



2008 MEDIA GUIDE

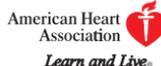
2008

PRESEASON

	Friday, Aug. 8	at Minnesota Vikings	5:00 p.m.	KONG
	Saturday, Aug. 16	Chicago Bears	6:00 p.m.	KONG
	Monday, Aug. 25	at San Diego Chargers	5:00 p.m.	ESPN
	Friday, Aug. 29	Oakland Raiders	7:00 p.m.	KING 5

REGULAR SEASON

	Sunday, Sept. 7	at Buffalo Bills	10:00 a.m.	FOX
	Sunday, Sept. 14	San Francisco 49ers	1:05 p.m.	FOX
	Sunday, Sept. 21	St. Louis Rams	1:05 p.m.	FOX
	Sunday, Sept. 28	Bye Week		
	Sunday, Oct. 5	at N.Y. Giants	10:05 a.m.	FOX
	Sunday, Oct. 12	Green Bay Packers	1:15 p.m.	FOX
	Sunday, Oct. 19	at Tampa Bay Buccaneers	5:15 p.m.	NBC
	Sunday, Oct. 26	at San Francisco 49ers	1:15 p.m.	FOX
	Sunday, Nov. 2	Philadelphia Eagles	1:15 p.m.	FOX
	Sunday, Nov. 9	at Miami Dolphins	10:00 a.m.	FOX
	Sunday, Nov. 16	Arizona Cardinals	1:05 p.m.	FOX
	Sunday, Nov. 23	Washington Redskins	1:15 p.m.	FOX
	Thursday, Nov. 27	at Dallas Cowboys	1:15 p.m.	FOX
	Sunday, Dec. 7	New England Patriots	5:15 p.m.	NBC
	Sunday, Dec. 14	at St. Louis Rams	10:00 a.m.	FOX
	Sunday, Dec. 21	N.Y. Jets	1:05 p.m.	CBS
	Sunday, Dec. 28	at Arizona Cardinals	1:15 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

12TH MAN

THE 12TH MAN IS OUR FOCUS

EXCELLENCE

EXCELLENCE IS OUR GOAL

PASSION

FOOTBALL IS OUR PASSION



CHARACTER

CHARACTER IS OUR COMMITMENT



12TH MAN[®]

THE 12TH MAN IS OUR FOCUS



EXCELLENCE

EXCELLENCE IS OUR GOAL





VIRGINIA MASON ATHLETIC CENTER

The Seahawks announced on May 9, 2006, plans for a state-of-the-art training facility to be located along Lake Washington. The 200,000 square foot waterfront facility, second-largest in the NFL, will be located within the northern city limits of Renton and the team will move in August 2008. 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.

On March 20, 2007, the Seattle Seahawks announced an expanded partnership with Virginia Mason Medical Center, naming the club's new state-of-the-art football training facility the Virginia Mason Athletic Center (VMAC).

"Virginia Mason is recognized as one of the top hospitals in the country," said Seahawks CEO Tod Leiweke. "The VMAC will allow our organization to consolidate into one facility, attract and retain free agents and bring training camp back home. The Seahawks, like Virginia Mason, strive to be at the top of our profession and this partnership helps accomplish that goal."

The privately funded practice facility is

situated on 19 acres of industrial property. It houses a permanent indoor practice facility, the team's current Kirkland front office departments and will also accommodate Corporate Sponsorships and Fan Development that are currently located at Qwest Field.

In addition, there will be four outdoor practice fields, 50,000 square feet of training facility space (16,000 in Kirkland), 15,000 square feet of player meeting space (5,700) and 48,000 square feet of administrative office space (14,500).

The facility will also include access for fans to attend training camp beginning in 2009.

Purchased by Vulcan Real Estate in 2000, the land was formerly home to a coal tar refinery & creosote plant, since remediated by Vulcan in concert with the City of Renton and the Washington State Department of Ecology. The project will improve the environmental climate of Renton and its wetlands by improving and redeveloping the site.

Since the team's inaugural season in 1976, the Seahawks were housed at Carillon Point for 10.5 years from 1976-1986.



VIRGINIA MASON ATHLETIC CENTER

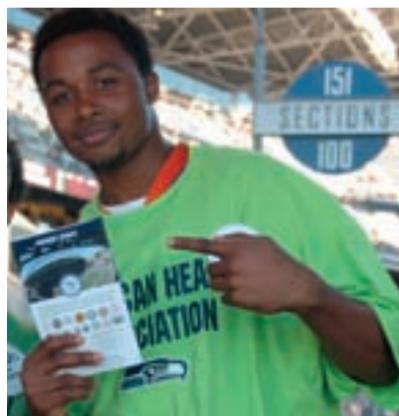
Official Name	Virginia Mason Athletic Center The facility name is part of a broad Seattle Seahawks and Virginia Mason partnership to support the health and well-being of our community
Location	The site is bounded by Interstate 405 to the east, Lake Washington to the west, residential properties to the 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

SPIRIT OF 12 PARTNERS™



Founded in 2004, the Spirit of 12 Partners embodies the team's commitment to the Pacific Northwest community and its fans. At every home game, Pacific Northwest youth service organizations partner with the Paul G. Allen Family Foundation and Seahawks fans to raise funds for kids' programs. As Spirit of 12 Partners, members of community-based nonprofits distribute the Seahawks Gameday Magazine, keeping 100 percent of the proceeds which are then matched by the Paul G. Allen Family Foundation. In 2007, more than \$288,000 was raised in the Qwest Spirit of 12 Partner Program and more than \$1.1 million in total funds since 2004. The Paul G. Allen Family Foundation enriches lives and strengthens communities by providing \$30 million in annual grants to Pacific Northwest nonprofits in the areas of arts and culture, youth engagement, health and human services, and science and technology.





join the team



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

CAPTAINS' BLITZ

The holiday season is a difficult time for many families who have children or loved ones in the hospital. Since 1978, the Captains' Blitz program has helped to put smiles on the faces of those who are hospitalized by visiting them and spreading holiday cheer. This past year, Seahawks players and Sea Gals visited bone marrow transplant patients and passed out Seahawks hats and year-books at UW Medical Center and gave teddy bears to patients at Children's Hospital.



Sea Gals pose for a photo with a patient at Children's Hospital.

COMMUNITIES IN SCHOOLS FIRST & GOAL LUNCHEON

Setting goals in school is easy, but actually achieving those goals is a challenge in itself. Since 1995, the Seahawks have teamed up with Communities in Schools to host a luncheon for over 1,000 students from the Puget Sound Region who have set and achieved personal goals. The students are recognized for accomplishing short-term personal improvement goals in academics, attendance, behavior, and/or community service since the school year began. The luncheon also gives the students the opportunity to meet and interact with numerous Seahawks players and Sea Gals.

Last season fans participated in the "Stuff the Bus" program before the Seahawks preseason game on August 30. Two school buses were parked in front of the Qwest Field Event Center for fans to drop off school supplies. Fans filled the bus with supplies and also donated more than \$2,000. The promotion benefited over 3,000 students in the Seattle and Tacoma area.



Darryl Tapp visits with children at the CIS First & Goal luncheon.



BOEING CLASSIC

Experience the Excitement • Make a Difference



COMMUNITY

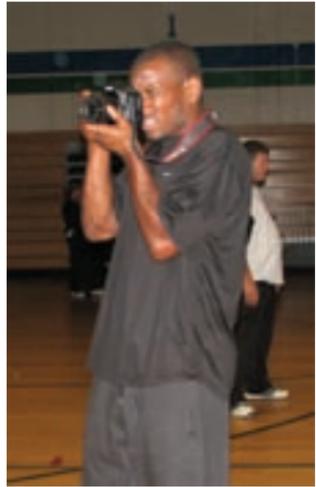


Working with the PGA and civic leaders, the Seahawks were instrumental in bringing the Boeing Classic to the Pacific Northwest in 2007. This PGA Champions Tour event has attracted over 100,000 spectators to TPC Snoqualmie Ridge and has generated over \$2.3 million to benefit The Heart Institute at Virginia Mason Medical Center. The Heart Institute, widely recognized for excellence in cardiac care, serves patients throughout the Northwest and Alaska.

The inaugural Rumble at the Ridge event featured NFL Hall of Famers Steve Largent, Lynn Swann, Mike Haynes and Gene Upshaw among others. Seahawks' Ring of Honor members were also present. This year's event takes place August 18-24. A full week of golf is scheduled leading up to the Champions Tour event which begins on August 22. Rumble at the Ridge, which kicks off a week of activities, has featured other NFL Hall of Famers including Hugh McElhenny, Mike McCormack and Ring of Honor members Jacob Green, Kenny Easley, Dave Krieg and Kurt Warner.



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Left: Students participate in activities at Dimmitt Middle School. **Right:** Seahawks WR Bobby Engram takes photographs as the Seahawks hosted a fit clinic as part of the NFL Hometown Huddle program.

HOMETOWN HUDDLE

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

The Seattle Seahawks donated a \$25,000 HOPSports Fitness System to Dimmitt Middle School/Skyline Boys & Girls Clubs in Renton. The Seahawks hosted a fit clinic at the school that utilized the new fitness system. Bobby Engram, Nate Burleson, Mike Green and C.J. Wallace participated in this event.

CHILDHAVEN

Childhaven, an organization designed to assist abused or neglected children five years old or younger, was named the Seahawks Courage House in 1999. Last year, the team held the sixth annual Seattle Seahawks Tackle Child Abuse Dinner/Auction at The Westin Bellevue to benefit Childhaven. The event raised over \$445,000 for Childhaven's Capital Campaign, including 175,000 to Fund-A-Mission. More than 450 guests were in attendance as Mack and Zoe Strong were honorary chairs. Seneca Wallace was honored as the Seahawks Courage Award winner.

PETE GROSS HOUSE

The Pete Gross House, which opened in November of 1999, is a 69-unit apartment complex providing housing for families undergoing treatment at the Fred Hutchinson Cancer Research Center. The Pete Gross House is also the location of The Hutch School, a fully accredited K through 12 school for cancer patients and their siblings. The apartments have been at capacity since this housing development opened.

This housing project is named after Pete Gross, the Seahawks play-by-play announcer from 1976-92, who succumbed to cancer in 1992 just three days after being inducted into the Seahawks Ring of Honor. The Seahawks took a very active role in seeing this project through to completion and annually hold the "Pete Gross House Luncheon." In 2007, over \$280,000 was raised for the house. Steve and Sharon Raible were honored for their work.



Seahawks broadcaster Steve Raible and his wife, Sharon, were nominated for their work.

Youth Football

STATE OF FOOTBALL

The Seahawks and Qwest Communications unveiled the "State of Football" at Qwest Field in September 2004 to honor the rich tradition and legacy of high school football in the State of Washington. The helmet wall features replica helmets from every Washington State high school football program.

On hand to help with the official unveiling and to represent their state high schools were Marcus Trufant, Jack Thompson, Michael Jackson and Mike Alcantera, who all spoke to the significance of high school football and the tribute that is made by the Helmet Wall to the hard working high school student athletes. Also speaking were Seahawks CEO Tod Leiweke and Qwest Communications Washington State President Kirk Nelson.



QWEST LEADERSHIP CHALLENGE

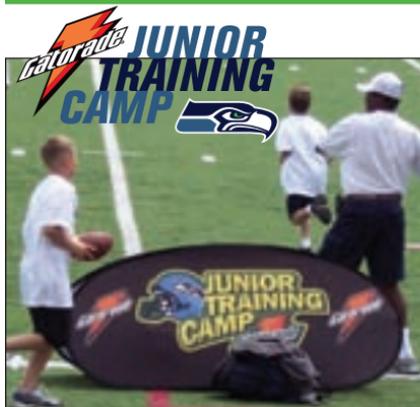
The Seattle Seahawks and Qwest Communications offer the "Qwest Leadership Challenge" as a leadership development program for high school football athletes. The program promotes and inspires involvement in charitable causes and rewards community service. Over 20,000 Washington students from 335 schools are engaged in high school football each fall.

In 2007, more than 165 students volunteered over 6,000 hours of community service during the 5 month program. \$20,000 in college scholarships were distributed to four students (5,000 each) for their outstanding leadership and service in their communities. The 2007 winners were Annie Saunders, Whitney Burgett, John Paul Bruckner and Nick Tengtio.



Seahawks CEO Tod Leiweke presents the Qwest Leadership Challenge winners before the Seahawks game on October 21.

GATORADE JR. TRAINING CAMPS



Young participants take instruction at one of many Gatorade Jr. Training Camps.

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

SEAHAWKS HIGH SCHOOL MENTORSHIP ACADEMY

For the third consecutive year the Seattle Seahawks hosted the Seattle Seahawks High School Coaches Mentorship Academy. This year's event was held on May 3-4, 2008. The Mentorship Academy is designed to provide high school coaches with an opportunity to learn about leadership and effective ways to develop and lead young men who participate in high school football. All of the coaches involved in the program attended the Seattle Seahawks Mini-Camp practice on May 3rd. Prior to practice Seahawks Head Coach Mike Holmgren shared his thoughts on the value of high school football and the importance of teaching young people the values of sportsmanship, citizenship and hard work.

HIGH SCHOOL COACH OF THE WEEK AND COACH OF THE YEAR



Tom Yearout was presented with the High School Coach of the Year Award at the Seahawks game vs. the New Orleans Saints.

During the 10-week 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 several items and privileges, including a \$500 donation to the school's football program from the Seattle Seahawks and the NFL Youth Football Fund and a \$100 savings bond from Sterling Savings Bank. At the conclusion of the high school season all 20 coaches are invited to attend the Seattle Seahawks High School Coach of the Week Luncheon.

Lewis & Clark High School's Tom Yearout was named the 2007 Seattle Seahawks High School Coach of the Year after his team posted a 12-2 season and won the 4A State Championship. Yearout received a \$2,000 grant from the Seattle Seahawks as well as the Jim Ennis Award.

CHARITY TICKET PROGRAM

The Player Charity Ticket Program is designed to allow groups of people the opportunity to attend a Seahawks game who typically would not be able to go. Seahawk players buy tickets and donate them to various charities around the Northwest. Last season six players participated in the program, each donating 20 tickets to every game. The players donated more than 1,080 tickets for the season. Over 35 different charities benefited from the players' donations.

Each player who donated tickets received a banner in the end zones at Qwest Field with his program's name on it. Last year's participants included Matt Hasselbeck, Walter Jones, Marcus Tubbs and Mack Strong.



Bobby Engram provided tickets for every home game.

SUSAN G. KOMEN, RACE FOR THE CURE



Head Coach Mike Holmgren poses with two of his granddaughters while quarterback Matt Hasselbeck stands with his three children near the starting line for the Susan G. Komen Race for the Cure.

The Komen Seattle Race for the Cure is a benefit to raise funds for the Puget Sound Affiliate of the Susan G. Komen Breast Cancer Foundation. Every year 15,000 team members and individuals gather to walk, run, enjoy entertainment, and sample treats from race sponsors. Breast cancer survivors are celebrated, and the memory of those whose lives have been lost to the disease are honored. Funds raised support breast cancer screening programs, educational outreach, treatment projects and cutting edge research programs. On June 21, 2008, over \$1.6 million was raised on race day. There is an event for everyone: a 1k coed walk, a 5k co-ed walk, a 5k competitive co-ed/ family run, a 5k competitive women's only run, a fun kids' race, and Sleep in for the Cure!

WELLS FARGO READY, SET, GOALS

Ready, Set, Goals is the Seahawks literacy program. Presented by Wells Fargo Bank, this program is designed to enhance reading comprehension, writing and goal-setting skills in third through sixth grade students. Approximately 100 classrooms throughout the state of Washington participate in the program.

Created in partnership with the Office of Superintendent of Public Instruction in 1999, Ready, Set, Goals brings Seahawks players and Blitz directly into participating classrooms. Each month during the school year, a player writes a story based around a goal he had set and achieved. The students then write stories about their own personal goals.

Five classrooms are chosen each month to participate in a live videoconference with the Seahawks player of the month. Participating players included Deon Grant, Kelly Jennings and Ben Obomanu.



Deon Grant talks to a student during a Ready Set Goals Video Conference for Jennie Reed Elementary School in Tacoma.

Gameday Incentive Programs

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 team charities with sponsors who donate money based on game day performances. The program earned a grand total of \$418,833. Listed below are the programs which were in place during the 2007 football season:

FIRST DOWNS FOR KIDS

For every Seahawks first down, a donation was made to Boyer Children's Clinic. The program raised \$22,213.

RUN FOR THEIR FUTURE

A donation was made to the CIS of Seattle for every Seahawks rushing yard. The program raised \$110,670.

SPECIAL KICKS - FIELD GOALS & PUNTS

For every successful field goal and punt landing inside the 20-yard line, a donation was made to Camp Fire USA. The program raised \$256,200.

TOUCHDOWNS FOR CHARITY

For every Seahawks offensive touchdown, a donation was made to Big Brothers Big Sisters. The program raised \$11,000.

CATCHES FOR KIDS

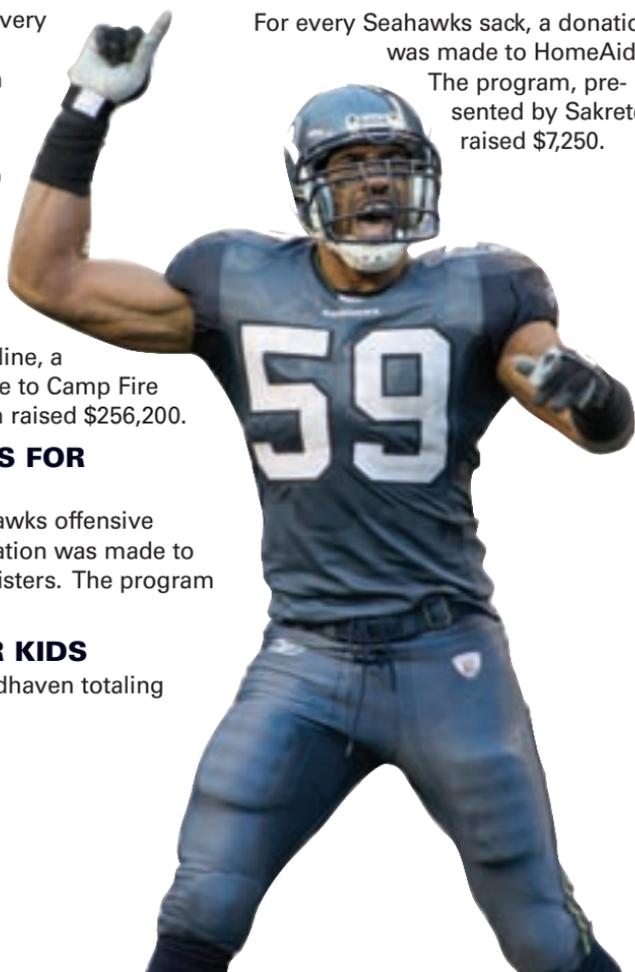
A donation to Childhaven totaling \$1,500 was made.

WINNING TO TACKLE HUNGER

For every Seahawks tackle, a donation was made to Northwest Harvest. The program, presented by 7-Eleven, raised \$10,000.

SACK ATTACK

For every Seahawks sack, a donation was made to HomeAid. The program, presented by Sakrete, raised \$7,250.



WHAT MOVES U

American Heart
Association



Learn and Live®

We're about healthy kids.

Addressing the continuing decline of physical education programs in many of America's schools and diminishing amount of exercise among today's children, the National Football League and American Heart Association launched the What Moves U national program. The awareness campaign is designed to incorporate physical activity in classroom lessons and encourage physical activity to an increasingly inactive generation of children.

The program includes an in-school activity kit created which includes curriculum-based activity sheets, program-specific learning materials and in-school promotional materials; and, an interactive fitness website for children. NFL teams and American Heart Association affiliates are working together to reach kids in local communities nationwide.

The program encourages teachers to begin their students' days with morning stretches, incorporate two minutes of activity for every 20 minutes of desk time, and assign homework that includes physical activity.



Leonard Weaver shows a young running back how to properly run the football.

FISH AND FEAST

The Seahawks teamed up with the C.A.S.T. for Kids Foundation to host the 2nd Annual Seahawks Fish and Feast Charity Fundraiser on June 7, 2008, at Southport on Lake Washington. The day

kicked off with event sponsors spending a few hours on the water with Seahawks players and coaches followed by a BBQ hosted by Bill's Bodacious BBQ and live and silent auctions. Seahawks defensive tackle Craig Terrill provided vocal entertainment.

Last year more than 15 players and coaches participated in the event.

All proceeds from this event benefit the C.A.S.T. for Kids Foundation, to provide recreational fishing opportunities for disabled and disadvantaged children. The inaugural event raised more than \$20,000 while last year's event raised more than \$25,000.

Honorary chair Patrick Kemey holds a fish for a young participant at the 2nd Annual Fish and Feast Charity Fundraiser.



New Orleans Rebuilding Project



Ms. Gibbs stands in front of her rebuilt home after it was completed in April.

The Seattle Seahawks, NewsTalk 710 KIRO and Rebuilding Together, a non-profit organization based in New Orleans, set a goal to help one family move back into their home in New Orleans.

Last season Seahawks fans donated more than \$85,000 to help Ms. Aniece Gibbs, 88, move back into her home after it was destroyed in Hurricane Katrina. The campaign was launched prior to the Seahawks game vs. the New Orleans Saints on October 14, 2007.

"My heartfelt thanks to all the Seahawks fans and my new Seattle family who provided the resources for me to move back into my home of 50 years," said Ms. Gibbs after the project was completed in April.

The first volunteers worked on the house during the week of November 12



and performed vital tasks to continue the process for professionals. Volunteers from Rebuilding Together affiliates across the country removed old insulation, demolished old plumbing and separated nails from floorboards and the ceiling. A house that was in dire straits at the start of 2007 is now structurally sound one year later.

"I remember taking pictures of this house with no front porch, a gaping hole in its exterior and a gutted, debris filled interior a few months ago," said Information and Research Officer Jon Skvarka. "Now there's this beautiful bright yellow house expressing the resilience and determination of Ms. Gibbs to the rest of the Hollygrove neighborhood."

The campaign included an opportunity for fans to bid on a variety of exclusive Seahawks merchandise and one-of-a-kind collectibles in addition to purchasing Mardi Gras beads prior to the Seahawks vs. Saints game.

"We were elated by the support from our fans and partners," said vice president of community outreach Mike Flood. "We were able to kick things off in Seattle and pass the ball to the 48 hands-on volunteers who worked a total of 1,920 hours over four months to move Ms. Gibbs back into her home."



Seahawks Player Foundations



BABINEAUX FAMILY FOUNDATION

The Jordan Babineaux Family Foundation is dedicated to filling the role of leadership and support for the youth of the Port Arthur, Texas community. Current BFF beneficiaries are Lupus Research and building a community center in Port Arthur.



DEION BRANCH FOUNDATION

The Deion Branch Foundation was established to help ease the struggles for those afflicted with meningitis. The two benefactors of the foundations are the meningitis Foundation of America (MFA) and the Home of the Innocents. www.deionbranch83.com



BOBBY ENGRAM FOUNDATION

The Bobby Engram Foundation strives to deliver relief, encouragement and opportunity to children who struggle with pain and anguish.



THE MATTHEW HASSELBECK FOUNDATION

The Matthew Hasselbeck Foundation strives to assist our community in meeting its educational, social and health needs by offering unique resources, experiences and financial support to local charitable organizations. Website: www.matthewhasselbeck.com



THE DARRYL TAPP FOUNDATION

The Darryl Tapp Foundation was established in 2007. At the Darryl Tapp Foundation, we STRIVE to build communities through the prudent support of 501c3 organizations with programs that have a direct impact on the under-served and less fortunate.

Website: <http://thegexpo.com/charities.html>



TRUFANT FAMILY FOUNDATION

The Trufant Family Foundation wishes to make a lasting impact on the community that is positive and motivating. We want our family and the people who volunteer their assistance to understand the importance of giving to others and to experience the satisfaction of helping others. Website: www.trufantfamilyfoundation.com



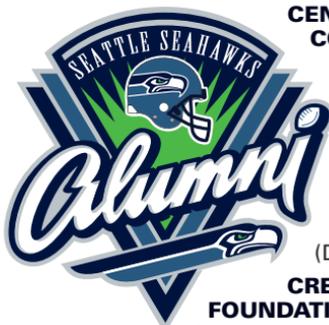
THE LEONARD WEAVER FAMILY FOUNDATION

The Seattle Seahawks' Leonard Weaver established The Leonard Weaver Family Foundation to provide life changing opportunities to underserved children and to support organizations that fight against Juvenile Diabetes. <http://www.leonardweaverfamilyfoundation.org/>

TD FOUNDATION

TJ Duckett Foundation was established to positively impact youth and families who have lost loved ones to cancer and providing assistance to those who are currently living with cancer. As a son of a cancer victim, TJ knows first-hand the challenges families face when treatment becomes necessary as employment. The TD Foundation wants to help patients focus on living with cancer instead of dying from it – to turn cancer patients into cancer survivors.

Seahawks Alumni Foundations



SHAUN ALEXANDER FOUNDATION

(Shaun Alexander)

THE AUGUST FOUNDATION

(Steve August)

BLADES FOUNDATION

(Brian Blades)

THINK BIG/KERRY CARTER FOUNDATION

(Kerry Carter)

DARBY FOUNDATION

(Chuck Darby)

TD4HIM

(Trent Dilfer)

PRO ATHLETES OUTREACH

(Norm Evans)

TOM FLORES YOUTH FOUNDATION

(Tom Flores)

TALON FOUNDATION

(Byron Franklin)

LIFE ATHLETES INC.

(Chris Godfrey)

JACOB GREEN CHARITY GOLF CLASSIC

(Jacob Green)

JAYCEE'S CHILDREN TREATMENT CENTER

(Jacob Green)

TIMOTHY HILL CHILDREN'S RANCH

(James Hill)

GEORGE F. HOAGLIN CHARITABLE FOUNDATION

(Fred Hoaglin)

S.M.A.R.T. STUDENTS, INC.

(Doug Hollie)

FAMILIES NORTHWEST

(Jeff Kemp)

GEORGE KOONCE SR. FOUNDATION

(George Koonce)

THE DEEMS MAY FOUNDATION

(Deems May)

MAC'S MIRACLE FUND

(Michael McCrary)

REGGIE MCKENZIE FOUNDATION

(Reggie McKenzie)

CENTRAL AREA COMMUNITY FESTIVAL

(Vic Minor)

RICK MIRER CHILDREN'S CHARITY FOUNDATION

(Rick Mirer)

MYLES FOR KIDS FOUNDATION

(DeShone Myles)

CRESCENT MOON FOUNDATION

(Warren Moon)

ROBERT PENCHION FOUNDATION

(Robert Penchion)

L.E.A.P

(Mike Pritchard)

RICKY PROEHL FOUNDATION

(Ricky Proehl)

JERRY RICE "127" FOUNDATION

(Jerry Rice)

MARCUS ROBERTSON CHILDREN'S FOUNDATION

(Marcus Robertson)

DAMIEN ROBINSON 4TH AND 1 SCHOLARSHIP FUND

(Damien Robinson)

ROBINSON FAMILY FOUNDATION

(Eugene Robinson)

THE GINO TORRETTA FOUNDATION

(Gino Torretta)

U.N.I SPORTS

(Alex Waits)

CURT WARNER AUTISM FOUNDATION

(Curt Warner)

RICKY WATTERS FOUNDATION

(Ricky Watters)

JIMMY WILLIAMS INERCEPTING OUR YOUTH FOUNDATION

(Jimmie Williams)

SHOW THEM WE CARE FOUNDATION

(Willie Williams)

GRANT WISTROM FOUNDATION

(Grant Wistrom)

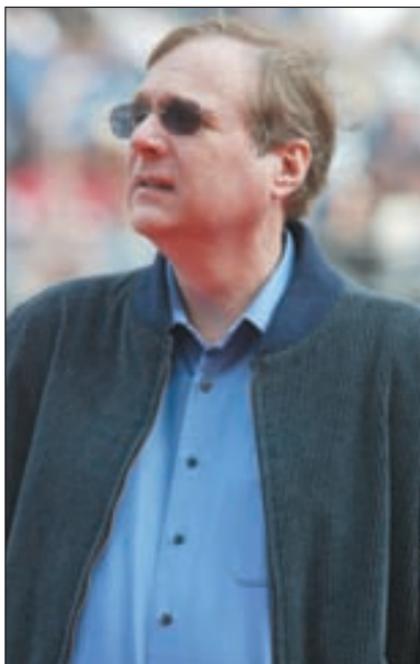
WUNSCH FAMILY FOUNDATION

(Jerry Wunsch)



PAUL G. ALLEN

CHAIRMAN, SEATTLE SEAHAWKS AND FIRST & GOAL INC.



Growing up in the Northwest, Paul G. Allen's passion for football was kindled attending University of Washington football games as a youth. As years passed, a fondness toward the Seahawks developed. When former ownership threatened to move the Seahawks to southern California in 1996, Allen acted on an opportunity to purchase the club and save pro football in Seattle. Along with the purchase came the vision of a new multi-functional stadium and exhibition hall. On June 30, 1997, the purchase was completed and secured that the future of the Seahawks would remain in the Great Northwest.

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

Both goals have been realized. In 2002, the vision of Seahawks Stadium and Exhibition Center, renamed Qwest Field &

Qwest Field Event Center in 2004, became reality. An open air facility which many critics argue is the best venue in the National Football League, Qwest Field is home to over 300 events annually ranging from soccer, to Supercross, concerts, graduation ceremonies, and trade shows. The Seahawks have also reached the postseason the last four seasons, including their first ever Super Bowl trip in 2005 after a franchise-best 13-3 record.

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

An investor and philanthropist, Allen creates and advances world-class projects and high-impact initiatives that change and improve the way people live, learn, work and experience the world through arts, education, entertainment, sports, business and technology. He co-founded Microsoft with Bill Gates in 1976, remained the company's chief technologist until he left Microsoft in 1983, and is the founder and chairman of Vulcan Inc., and chairman of Charter Communications. In addition, Allen's multibillion dollar investment portfolio includes large stakes in DreamWorks Animation SKG, Oxygen Media and more than 40 other technology, media and content companies. Allen also owns the Portland Trail Blazers NBA franchise.

Raised in the Pacific Northwest, Paul Allen has been named one of the top philanthropists in America - with lifetime giving totaling more than \$900 million - and is committed to giving back to communities in the region he still calls home. Allen gives back to the community through the Paul G. Allen Family Foundation, which strengthens communities and supports vulnerable populations in the areas of arts and culture, health and human services, opportunities for youth, and scientific advancement. In 2003 Allen announced a commitment of \$100 million in seed money dedicated to brain research and unveiled the creation of the Allen Institute for Brain Science in Seattle. The nonprofit Allen Institute was founded as an innovative and unprecedented resource for neuroscientists around the world. In 2006 the Allen Institute completed its inaugural project, the Allen Brain Atlas—Mouse Brain. The mouse brain atlas is a Web-based, three-dimensional map

of gene expression in the mouse brain which is freely accessible online and available at no cost. Detailing more than 21,000 genes at the cellular level, the Atlas continues to help lead scientists to new insights about neurological function and disease. In 2008 the Allen Institute announced three new major atlas projects -- the Allen Brain Atlas (ABA)—Human Brain, ABA—Developing Mouse Brain, and ABA—Mouse Spinal Cord. The new atlases are designed to accelerate brain, and spinal cord research, dramatically advancing the field of neuroscience.

Inspired by growing up in the era of the “space race,” with its Mercury, Gemini, and Apollo missions, Allen underscored his passion for rocketry by sponsoring the development of SpaceShipOne, the first privately funded spacecraft to successfully attain sub-orbital space. SpaceShipOne won the Ansari X-Prize in 2004. Additionally, In 1998, Allen began acquiring and preserving rare aircraft

of 20th-century military aviation, many of which are the last of their kind. The Collection’s purpose is to preserve and highlight the increasing rarity of original vintage aircraft, to restore these artifacts to the highest standard of authenticity, and to share them with the public.

Allen is also founder of Experience Music Project, Seattle’s critically acclaimed interactive music museum; the Science Fiction Museum and Hall of Fame; Flying Heritage Collection -- a collection of rare World War II aircraft restored to flying condition; and, Vulcan Productions, the independent film production company behind *Hard Candy*, *Far From Heaven*, “RX for Survival: A Global Health Challenge” series on PBS, “The Blues,” executive produced by Martin Scorsese in conjunction with Allen and Jody Patton and the 2001 “Evolution” series on PBS. Learn more about Allen online at www.paulallen.com.



JODY PATTON**PRESIDENT & CEO, VULCAN INC.**

Since co-founding Paul G. Allen's management company with Allen in 1986, Patton has developed and led a wide variety of Allen's business, charitable and entertainment endeavors. In addition to serving as a senior advisor to Allen and directing the ongoing strategic and corporate development of the organization and its broad portfolio of projects and investments, Patton's responsibilities include serving as president of the Allen Institute for Brain Science, Vulcan Productions (the independent film production company of *Where God left his Shoes*, *Hard Candy*, *Far From Heaven*, *RX for Survival: A Global Health Challenge* and *Evolution* acclaim), vice-chair of First & Goal

Inc. (the development and management company of Qwest Field and Qwest Field Event Center), executive director of Experience Music Project, Seattle's one-of-a-kind interactive music museum that opened in 2000 to international critical acclaim, and as a board member for Charter Communications, the third-largest publicly traded cable operator in the U.S. In addition, Patton serves as executive director of the Paul G. Allen Family Foundation, which supports nonprofit organizations focused on making positive and measurable change in the Pacific Northwest. Patton also co-founded the Allen Institute for Brain Science along with Allen. An active member of the arts and education communities, Patton currently serves on the boards of ArtsFund, the Oregon Shakespeare Festival, Science Fiction Museum and Hall of Fame, the Allen Institute for Brain Science and Seattle Seahawks Charitable Foundation.

SEATTLE SEAHAWKS BOARD OF DIRECTORS



PAUL G. ALLEN
Owner & Chairman
Seattle Seahawks
First & Goal



JODY PATTON
President & CEO
Vulcan Inc.



LANCE CONN
Vulcan Inc.



BERT KOLDE
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DENISE FLETCHER
Vulcan Inc.

TOD LEIWEKE

CEO VULCAN SPORTS & ENTERTAINMENT



Tod Leiweke enters his sixth season with the Seattle Seahawks after joining the club in June 2003. The 2008 season is Leiweke's 26th season in professional sports. Leiweke serves as Chief Executive Officer for the Seattle Seahawks and oversees all aspects of the club. In addition, he is president of First and Goal Inc., the organization that manages Qwest Field and Event Center for the state of Washington. On March 1, 2007, Paul Allen named him CEO of Vulcan Sports and Entertainment, a new entity in which Leiweke assumes responsibility for all aspects of the Seahawks, First and Goal Inc, the Allen-owned Portland Trail Blazers and Rose Garden. Leiweke was instrumental in bringing Major League Soccer to Seattle fulfilling a promise made by Allen to bring professional soccer to Seattle. Leiweke will manage Allen's minority ownership interest for Seattle Sounders FC which will begin play in April of 2009. In 2006 under Leiweke's direction, the Seahawks sold out of season tickets for the first time since the early 1990's and developed Blue Pride, the team's season ticket waiting list. Seattle has extended their sell-out streak at Qwest Field to 44 consecutive games. In 2005, Qwest Field was named by *The Sporting News* as the finest venue in the

National Football League. Under Leiweke's leadership, 2005 was a historic year both on and off the field. In addition to winning the NFC Championship and advancing to the team's first Super Bowl, the Seahawks won the 2005 NFL Sports Fan's Quality Award as the league's "Fan Friendliest" team. During the annual NFL meetings, NFL Commissioner Paul Tagliabue commented on the extraordinary support and involvement of the Seahawks fans. Leiweke's vision is a Seahawks organization that is committed on behalf of its fans to winning in the stadium and in the community. Leiweke was instrumental in forming the "Spirit of 12" Partnerships. Teaming with Qwest Communications, the partnership benefits the American Heart Association, Boys & Girls Clubs Washington State Association, Camp Fire USA, Treehouse, and YMCA of Greater Seattle. Leiweke serves as a board member on a number of Washington-based organizations including Washington CEO Roundtable, YMCA of Greater Seattle, and The Space Needle. He was a leader in launching the annual Boeing Classic golf tournament in 2005 and serves as co-chair of the Executive Committee. The tournament has raised nearly \$3 million its first three years with the primary beneficiary being The Heart Institute at Virginia Mason Medical Center. Leiweke is Chairman of this year's United Way King County campaign with a goal of \$110 million and a focus on family homelessness. Before joining the Seahawks, Leiweke served as president of the Minnesota Wild and chief operating officer of Minnesota Sports & Entertainment (MSE). Under Leiweke's leadership the Sports Fans of America Association, Inc. awarded its 2003 NHL Sports Fan's Quality Award to the Wild as the league's "Fan Friendliest" team. In an ESPN survey conducted in 2003, the team was ranked number one for stadium experience and number two for fan relationships among 123 sports franchises. The Wild played to sell-outs for every game in each of its first four seasons. Prior to joining the Wild, he served as the inaugural executive director of The FirstTee organization which welcomed underprivileged youth into the world of golf through the development of golf facilities throughout North America. Leiweke has also held executive positions with the PGA TOUR, the NHL's Vancouver Canucks and the NBA's Golden State Warriors. Leiweke, 48 (1/12/60), is a native of St. Louis, Mo. and is married, Tara, with two children, Tyler and Tori.

TIM RUSKELL

PRESIDENT OF FOOTBALL OPERATIONS/GENERAL MANAGER



Tim Ruskell begins his fourth season as president and general manager of the Seattle Seahawks. Hired February 23, 2005, in his first season Ruskell helped construct a team that won a franchise-record 13 games and reach Super Bowl XL. Believing that character plays an integral role in building a winning attitude, Ruskell's personnel decisions reflect that belief. In his first draft with the club in 2005, Ruskell selected C Chris Spencer, LBs Lofa Tatupu and Leroy Hill, all starters. Tatupu, who many analysts considered a reach in the second round, has earned three consecutive trips to the Pro Bowl, All Pro in 2007 and became the Seahawks' first rookie to make the Pro Bowl since Rufus Porter in 1988. Ruskell re-signed Tatupu and CB Marcus Trufant to long-term contracts in 2008 to be cornerstones of the defense heading into the future. He has lured unrestricted free agents LB Julian Peterson, FS Deon

Grant and DE Patrick Kerney into the fold over the last three years. A trade for Super Bowl MVP Deion Branch and the signing of restricted free agent WR Nate Burleson have bolstered a solid receiving corps. A scouting veteran of more than 20 years, Ruskell last served as the Atlanta Falcons assistant general manager. Before joining the Falcons in 2004, he served 17 distinguished seasons in Tampa Bay where he began as a regional scout in 1987 before assuming the positions of director of college scouting (1992-2000) and later director of player personnel (2001-03). In his only season with Atlanta, Ruskell helped hire head coach Jim Mora and piece together a roster that won the NFC South and earned a berth in the NFC Championship Game. This, after the Falcons finished last in the conference with a 5-11 record the season before his arrival. Ruskell helped build a team in Tampa Bay that earned postseason berths five of his final seven seasons, including two NFC Championship Game appearances and a Super Bowl XXXVII championship. As director of player personnel in Tampa Bay, Ruskell was instrumental in providing the Buccaneers with a roster that sent seven players to the Pro Bowl in 2002. During his tenure in Tampa Bay, the Buccaneers had at least one player named to the Pro Bowl in each of the last eight seasons from 1996 through 2003. In 2000, the Buccaneers sent a league-high nine players to the Pro Bowl, including a league-best six starters. Ruskell originally joined the Buccaneers as a regional scout in 1987, a job he performed for four years before being promoted to director of college scouting in 1992. Prior to joining the Buccaneers, Ruskell served as the director of scouting for the USFL's Tampa Bay Bandits from 1985-86. He also worked as a scout for the CFL's Saskatchewan Roughriders from 1983 through 1985. Ruskell is a University of South Florida alum with a communications degree that preceded a short career in radio. Ruskell and his wife, Linda, have a daughter, Samantha, and a son, Jack.

MARTHA FULLER

SENIOR VICE PRESIDENT & CFO VULCAN SPORTS & ENTERTAINMENT/SEAHAWKS



Martha Fuller is in her fifth year in the NFL as the Seahawks' Chief Financial Officer; last season she also assumed the title of Senior Vice President. Her responsibilities include the financial oversight of First & Goal

Inc. and the Seahawks, including budgeting, cash flow management, NFL economic issues, investments, facilities development, financial reporting and analysis, debt issuance, capital transactions, reporting to the Washington State Public Stadium Authority and risk management. Ms. Fuller also directs the organizations' political affairs and long-term strategic planning, as well as new business development opportunities for Vulcan Sports and Entertainment (such as the establishment of a new MLS franchise that will kick off its inaugural season at Qwest Field in 2009). Fuller, 45, came to Seattle in 2004, following two years as Director of Planning & Economic Development for the City of St. Paul, where she oversaw the city's housing and economic development portfolio – including the City's four-year, 5000-unit housing development initiative. In 1997, she was appointed the CFO of the NHL's Minnesota Wild expansion franchise, becoming the first female in the League's history to hold that position. At the Wild, she was responsible for negotiation of the Xcel Energy Center lease with the City of Saint Paul, related loan agreement with the State of Minnesota, various contracts relating to construction of the Xcel Energy Center, the purchase of the Minnesota Club building (home of the organization's offices), and the agreement under which an affiliate of the Wild manages the Xcel Energy Center and adjacent city convention facility. Fuller also developed and implemented the team's equity and debt financing arrangements, and oversaw the financial and legal transactions necessary for consummating the team's expansion agreement with the NHL. She began her career working for Arthur Andersen, then Andersen Consulting, from 1984-95, before moving on to become the Director of Finance for the City of St. Paul from 1995-97. Fuller serves as co-Chair of the American Heart Association's 2008 Seattle GoRed initiative,

Vice Chair of the Boards of the Humane Society of Seattle/King County and Enterprise Seattle, President of the Washington State Sports and Entertainment Facilities Operator Association and is a member of the Board of the Seattle Chamber of Commerce. She is a summa cum laude graduate of Drake University. Fuller is married to Redmond, Washington Fire Chief Tim Fuller. They reside in downtown Seattle with their springer spaniel, Rustler.

JOHN RIZZARDINI

COO SEAHAWKS AND FIRST & GOAL



In 2007, John Rizzardini assumed the position of Chief Operating Officer for the Seahawks and First & Goal Inc. In this role, his priorities are to continue to increase revenues in primary areas of corporate partnership, tickets, broadcast, suites, retail and promotions. He also oversees the day-to-day business operations for the team that include branding, game presentation, website and customer service. Rizzardini has helped build and manage a Seahawks brand that was ranked the 18th strongest out of 122 professional sports franchises according to a study by *Sports Business Journal*. Additionally, Rizzardini manages the day-to-day operation of Qwest Field and Qwest Field Event Center and the WaMu Theater. He originally joined the club's front office in August of 2003, as Vice President of Marketing and Customer Sales. In 2006, Rizzardini was promoted to Senior Vice President and Chief Marketing Officer. Rizzardini led a 2006 season ticket sales effort in which the club sold out for the first time since the early 1990's. With that, the Seahawks have now created Blue Pride, the team's season ticket waiting list which currently has more than 14,000 fans enrolled. During Rizzardini's lead, the team has also sold out 44 consecutive games at Qwest Field. Before joining the Seahawks, he served three years as Senior Vice President of Sales & Marketing for the National Hockey League's Vancouver Canucks and Orca Bay Sports & Entertainment. Prior to joining the Canucks, Rizzardini was Executive Vice President of the Los Angeles Arena Corporation, parent company of the Staples Center, the Los Angeles Kings, and the Los Angeles Galaxy of Major League Soccer. His

professional career began with the Golden State Warriors where he served in a number of capacities from 1986 to 1995, including the last four as Vice President of Marketing and Ticket Sales. He is a graduate of Cornell College and holds a Master's Degree in Sports Management from Western Illinois. Rizzardini serves on the Boards of the Seattle University Center for the Study of Sport and the Seattle Sports Commission and volunteers as a coach at the YMCA.

SUSAN DARRINGTON

VICE PRESIDENT FACILITY OPERATIONS & SERVICES



Susan Darrington enters her fifth season as Vice President of Facility Operations and Services. In this role, she is responsible for all aspects relating to facility operations, events management and service at Qwest Field and Event Center home

to over 1.5 million guests and 300 events annually. Darrington is a facility management executive with over 17 years of diverse experience in arenas, convention centers, ballparks and stadiums in North America. She began her career at Rexall Place in Edmonton, Alberta, Canada and joined First & Goal Inc. as Director of Event Operations in 2000, after working as an event coordinator at the Washington State Trade and Convention Center. Under Darrington's leadership, Qwest Field was voted the Fan Friendliest stadium in professional sports in 2005. Darrington holds a Bachelor's degree in Human Services Management from Western Washington University.

MIKE FLOOD

VICE PRESIDENT COMMUNITY RELATIONS



Mike Flood enters his 12th season with the Seahawks after joining 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 foot-

ball/soccer stadium and exhibition complex. A Seattle native, Flood attended Blanchet High School for three years before graduating from McLean High School in McLean, Virginia. He received a B.A. Degree in Industrial Education from Washington State University and a Master's Degree in Education from the University of North Carolina. Flood owned and operated an agricultural flying service in Fort Scott, Kansas, before joining the Coast Guard. He served as a pilot and Civil Engineering Officer in the Guard flying C130s, Dassault Falcon jets, and H60 Jayhawk helicopters. He managed Public Relations for the Coast Guard in 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.

JOHN IDZIK

VICE PRESIDENT FOOTBALL ADMINISTRATION



John Idzik begins his second season with the Seahawks after joining the club on February 16, 2007. Prior to joining the Seahawks he spent three seasons as Senior Director of Football Operations for the

Arizona Cardinals. With Seattle, Idzik oversees player negotiations, the team's compliance with the NFL salary cap and player personnel transactions, football operations budgets, staff and team contracts, team travel and several aspects of the day-to-day football operation. Idzik entered the NFL in 1993 with the Tampa Bay Buccaneers. He spent 11 years with the club, first as a pro personnel assistant and then was elevated to director of football administration in 1996 and assistant general manager in 2001. Prior to joining the Buccaneers, Idzik spent the 1991-92 seasons as a graduate assistant at Duke University, where he coached the offensive line. In 1990 he was the offensive backfield coach for the Aberdeen Oilers (Scotland) of the British American Football League. Idzik's first coaching assignment came in 1982 as the receivers coach at the State University of New York at Buffalo. Raised in a football family, Idzik's father, John, was the head coach of that Aberdeen club after serving as an NFL assis-

tant coach with the Miami Dolphins, Baltimore Colts, Philadelphia Eagles, and N.Y. Jets. They became one of the NFL's few father-son Super Bowl champions in 2002 when Idzik's Buccaneers won Super Bowl XXXVII, as his father was the offensive backfield coach of the 1970 world champion Baltimore Colts. A native of Detroit, Idzik graduated magna cum laude from Dartmouth College in 1982, where he also played wide receiver. He later earned a master's degree in liberal studies from Duke University in 1992. Idzik and his wife, Carol, have two sons, Bryant and Bradley, and a daughter, Holly.

RON JENKINS

VICE PRESIDENT CORPORATE PARTNERSHIPS



Ron Jenkins enters his 10th season with the Seahawks and his second as Vice President of Corporate Partnerships. In this role, he oversees the organization's relationships with its business and media partners, including Qwest Communications, Anheuser-Busch, Jones Soda, Virginia Mason Medical Center, Wells Fargo Bank, Belo Corp, FSN, Bonneville Int., and many others. Jenkins joined the Seahawks staff in June 1999 as director of ticket sales and has since held positions as director of suite sales & service (leading the sales effort for the opening of Qwest Field from 2000-02), director of marketing (2003-04), and director of partnership development (2005-06). Prior to joining the Seahawks, he served nine years in various sales and marketing management positions with Bacardi USA in the midwest and southeastern U.S. After a less than illustrious college football career as a receiver at Columbia University and Vanderbilt University, Jenkins graduated from Vanderbilt (class of '85) with a B.A. in economics. A native of Rochester Hills, Michigan, Ron and his wife Dorothy live in Enumclaw, Wash., with their two girls; Ava and Chiara.

LANCE LOPES

VICE PRESIDENT GENERAL COUNSEL



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

SCOTT PATRICK

VICE PRESIDENT PARTNERSHIP DEVELOPMENT



Scott Patrick enters his 12th season with the Seahawks and has made key contributions in growing revenues for an expanded corporate partnership department that is responsible for the development of national and regional

Corporate Partnerships, including key contributions made in a landmark NFL team deal with the Jones Soda Company which launches a five year relationship with the Club this season. Patrick focuses on revenue growth initiatives through integrated partnerships which utilize Qwest Field and Qwest Field

Event Center signage, Seahawks radio network, preseason and other team television and cable shows, print, Seahawks.com, cause marketing, retail programs and special community events. Patrick joined the Seahawks after 11 seasons with the Seattle Sonics, including the last five as the Sonics' VP of Corporate Sponsorship and Broadcasting. Prior to the Sonics, he served as the tournament coordinator for both the LPGA SAFECO Classic and the Senior PGA GTE Northwest Classic. Patrick also served (1997-2001) as the Vice President of Corporate Sales for Action Sports Media, a Paul Allen affiliate company with marketing rights agreements for the University of Washington and Washington State University. A native of Ellensburg, Washington, Patrick has a B.S. degree in Communications from the University of Washington. He serves on the Board of Directors for the Chris Elliott Fund which generates resources for brain cancer research and is an eight-year practicum sponsor of the University of Washington Business Schools' Sales Program. He and his wife Ronda, live in Bellevue, Wash., with their two kids, Brooks and Bailee.

DAVE PEARSON

VICE PRESIDENT COMMUNICATIONS & BROADCASTING



Dave Pearson is entering his 20th season in the NFL and begins his 11th season with the Seahawks. Originally joining the Seahawks as director of public relations in 1998, he added the day-to-day oversight of the team's broadcast department in 2004. He was promoted to vice president of communications and broadcasting on April 29, 2008. Pearson is responsible for managing the public image and overall communications strategy for the franchise while serving as the primary liaison for local and national media outlets and broadcast partners. He also oversees all radio broadcast, preseason telecast, team-produced radio and television shows, publications and website content. As vice president, he also assumes various responsibilities revolving around game day operations at Qwest Field. Under his direction, Seattle's communications department has been nominated by the Pro

Football Writers of America for the coveted Pete Rozelle Award four times (1999, 2005-07). Seattle received the most nominations two of the last three seasons and won the award in 2007. The teams' broadcasting department has won two Emmy's for its preseason game broadcast. After beginning his career in 1989 as an intern in the Seahawks public relations department, the Tacoma, Wash., native worked for the Houston Oilers two seasons (1990-91). From 1992-93 he was the assistant PR director for the Los Angeles Rams before returning to Houston as PR director prior to the 1994 season where he would help manage the team's transition to Tennessee. Pearson earned a degree in media relations and interpersonal communications from Pacific Lutheran University. He and his wife Beth, have two children, Allie and Chase, and reside in Mill Creek.

RUSTON WEBSTER

VICE PRESIDENT PLAYER PERSONNEL



Ruston Webster begins his third season with the Seahawks as vice president of player personnel. In this role, Webster works directly with President of Football Operations Tim Ruskell and oversee the day-to-day management of the

pro personnel and college scouting departments. Webster joined the Seahawks after serving all 18 of his years in the NFL with the Tampa Bay Buccaneers where he worked with Ruskell from 1988-2003. Prior to his promotion to director of player personnel 2005, he served the previous four seasons (2001-04) as the Buccaneers' director of college scouting where he proved to be instrumental in helping piece together a team that won the franchise's first Super Bowl title, a 48-21 victory over the Oakland Raiders in Super Bowl XXXVII. Webster joined the Buccaneers in 1988 as the team's scout for the northeastern United States. From 1989-91, he served as the clubs director of pro personnel. In 1992, he returned to the field as Tampa Bay's scout for the Southern states and shifted to the Midwest region in 1993 and the Southwest region from 1995-2000. Before joining the Buccaneers, Webster was the tight

ends/safeties coach at Tulsa University as a graduate assistant in 1987. In 1986, he was a graduate assistant at Alabama under former Buccaneer head coach Ray Perkins. Webster also served as a graduate assistant at Southwestern Louisiana in 1985. Webster earned his bachelor's degree in health, physical education and recreation from the University of Mississippi. A native of Madison, Mississippi, he and his wife, Gayle, have a daughter Hannah and sons Jacob and Drew.

WILL LEWIS

DIRECTOR OF PRO PERSONNEL



Will Lewis joined the Seahawks' football operations staff as the team's Director of Pro Personnel on May 20, 1999, following three years with the Green Bay Packers (1997-99) scouting department. With the Packers, he worked

closely with Seahawks' Executive Vice President & Head Coach Mike Holmgren. From 1998-99, Lewis served as the Packers' Assistant Director of Pro Personnel, following one year as a pro scout. Prior to his work with the Packers, Lewis was a defensive assistant coach for the Atlanta Falcons, under June Jones, from 1995-96. Lewis, signed by the Seahawks as an undrafted free agent cornerback in 1980 out of Millersville State (Pa.), played in 26 games returning 45 kickoffs for a 21.4-yard average and 56 punts for an 8.0-yard average, including a 75-yard touchdown, as a rookie versus the Denver Broncos. Following his Seahawks career, Lewis played three seasons with the Houston Gamblers of the USFL from 1983-85, and three seasons (1986-89) in the Canadian Football League. Lewis began his coaching career in the NFL Europe League with the New York/New Jersey Knights from 1991-92. He also coached defensive backs at his alma mater, Millersville State, from 1992-93, before brief stints at the University of Maine (1994) and the University of West Virginia (1995). Lewis and his wife, Kimmberly, have three sons; Ryan (4/15/94), and twins Drew & Troy (9/7/95) and a daughter Krysta.

CHRIS CULMER

PRO PERSONNEL ASSISTANT



Chris Culmer enters his fifth season as a pro scout for the Seahawks, his ninth season overall with the team. As a pro scout, Chris is responsible for the advance scouting of Seahawks' upcoming opponents and evaluating players

in all professional leagues including the NFL, the Canadian Football League, and Arena Football Leagues. During the season he also coordinates free agent tryouts, monitors NFL transactions, and assists in the recruiting and signing of all free agent players. Chris also evaluates draft eligible players each spring and attends college workouts in preparation for the NFL Draft. Chris is a Northwest native growing up in the Tri-Cities area of eastern Washington. He received his Bachelor's Degree in Business Administration (Marketing) from Washington State University in 1998 and earned a Master's Degree in Sport Management from the University of Massachusetts in 2000. Chris and his wife Kristina have a son Mason, age one, and reside in Renton, Wash.

JASON BARNES

PRO PERSONNEL ASSISTANT



Jason Barnes begins his third season with the Seahawks, his first as a pro scout, after serving as an intern in the personnel department two years. Barnes will help scout future Seahawks' opponents and assess talent in all professional leagues including the

NFL, the Canadian Football League and the Arena Football League. He also helps coordinate free agent visits and tryouts, and monitors the NFL transactions. 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. Single and has a son, Chase Alan Barnes.

SCOTT FITTERER**WESTERN REGION DIRECTOR OF COLLEGE SCOUTING**

Scott Fitterer joined the Seahawks' staff on June 25, 2001, as an area scout. He begins his fourth season as the club's western region director of college scouting. He coordinates the Seahawks' scouting effort in the western part of the

United States. Spent the previous three seasons with the New York Giants, 1998-99 as a part-time scout before being assigned to the West Coast region for the 2000 season. Was a 1995 draft pick of the Toronto Blue Jays and spent three years in the Blue Jays system (1995-97) before his career ended due to three shoulder surgeries. Was a two-sport athlete in college, playing quarterback in football and pitcher in baseball at UCLA (1992-94) and LSU (1994-95). In 1998, Fitterer returned to UCLA to earn his undergraduate degree in history. Born in Seattle, he is a graduate of Kennedy High School in Seattle. Scott, his wife Cherish, daughter Ella, and son Cole live in Sammamish, Wash.

MIKE YOWARSKY**EASTERN REGION DIRECTOR OF COLLEGE SCOUTING**

Mike Yowarsky, in his fourth season with the Seahawks, is the eastern region director of college scouting. A 15-year member of the Tampa Bay Buccaneers' scouting staff, Yowarsky was most recently responsible for the southeastern

portion of the United States. Yowarsky's contributions proved vital in 2002, as the Buccaneers captured their first Super Bowl title in team history with a 48-21 victory against Oakland in Super Bowl XXXVII. He joined Tampa Bay in 1991 after spending the 1990 campaign as a graduate assistant at the University of Florida under Head Coach Steve Spurrier. Prior to working at Florida, Yowarsky spent 1989 as a teacher in Cleveland, Tennessee. From 1984-85, he was a graduate assistant at Kansas and then served as a defensive assistant for the Jayhawks from 1986-88. Yowarsky taught in the Knoxville

school system from 1983-84. Earned a Bachelor's Degree in secondary education from Tennessee, and his Master's in athletic administration and sports psychology from Kansas. Mike and his wife, Viva, have two daughters, Maclain and Bridger.

MATT BERRY**AREA SCOUT (SOUTHWEST)**

Matt Berry begins his first season as a regional scout for the Seahawks having spent the previous five seasons with the Atlanta Falcons. Berry served the last three seasons as the Falcons' south central scout and 2005 as a

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

ED DODDS**AREA SCOUT (MIDWEST)**

Ed Dodds begins his second season with the Seahawks and first as a college scout after serving in the pro personnel department last season. Entering his sixth 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 invitations to the South Texas Shriners East-West All Star Classic in 1998.

CHARLES FISHER

AREA SCOUT (NORTHEAST)



Charles Fisher enters his sixth season with the Seahawks after being hired June 16, 2003, as an area scout. Fisher joined Seattle after serving one season as an intern in the Green Bay Packers' player personnel department. Before joining the Packers, he spent two and a half seasons in the NFL with the Cincinnati Bengals. Originally drafted in the second round (33rd overall) in the 1999 draft, won the starting left cornerback job his rookie season. Suffered three torn ligaments in the season opener which eventually ended his playing career. Remained with the Bengals during the 2000 season and part of 2001 before being released. A second-team All-Big East performer, he majored in Sports Management. Single and a native of Aliquippa, Pennsylvania.

DERRICK JENSEN

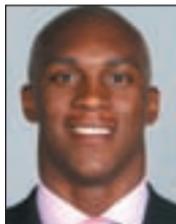
AREA SCOUT (SOUTHEAST)



Derrick Jensen begins his 18th year with the Seahawks scouting staff having been hired in 1991 after a seven-year NFL playing career as a fullback. Jensen was a third-round draft choice of the Oakland Raiders in 1978 and played in 106 games, starting 21, in his career, including a streak of 105 straight. Served as the captain of the Raiders' special teams for five seasons and contributed a blocked punt, which he recovered for the first touchdown, in the Raiders' 38-9 win over the Washington Redskins in Super Bowl XVIII. Also part of the Raiders' Super Bowl XV championship team. Finished his Raiders career with 780 yards on 224 carries, with five touchdowns. Added 44 receptions and three scores and returned an onside kick 33 yards for a touchdown against the Giants in 1980. Two-time Southland Conference MVP while at Texas-Arlington. Finished his career with 3,346 rushing yards, the first player in conference history to top 3,000 yards. Attended Oswatomie High School in Oswatomie, Kansas. Derrick and his wife, Amanda, have a son, Davis.

ERIC STOKES

AREA SCOUT (WEST)



Eric Stokes enters his 10th season with the Seattle Seahawks as a former player and scout. He begins his fifth season in the college scouting department and has served three years (2002-2004) as an assistant in the Seahawks pro personnel department. College scouting is an area Stokes is familiar, having broke into the front office ranks as a midlands scout in 2000. While serving in the pro personnel department, Stokes was responsible for the weekly advance of upcoming opponents as well as assisting in the evaluation and writing of player reports on potential talent in free agency, NFL Europe, the Canadian Football League and the Arena Football League. Stokes played three seasons as a safety in the NFL, but his career was shortened due to injury. Stokes graduated from the University of Nebraska with a degree in sociology. He was selected in the fifth round (121st overall) by Seattle in the 1997 NFL Draft and spent two season with the Seahawks before being selected by the Cleveland Browns in the 1999 expansion draft. Eric and his wife, Tisa, have three daughters Erisa (1/7/01), Payton (1/20/04), and Madison (1/15/06).

KIRK PARRISH

COLLEGE SCOUTING COORDINATOR



Kirk Parrish begins his 10th year with the Seahawks organization. He is responsible for maintaining the day-to-day operations of the College Scouting Department, including organizing all college prospect information (scouting database/draft boards), managing university relations, and serving as the liaison between the front office and on-the-road scouting staff. He also assists with the evaluation of draft-eligible players in the Pacific Northwest. Prior to joining the Seahawks, Parrish was the administrative assistant/football operations at Texas A&M University from 1997-99. Parrish coached tight ends and quarterbacks at the University of San Diego from 1995-96. Prior to USD, he

was a graduate assistant at Washington State University from 1992-94, where he earned a Ph.D. in educational administration in 2003, and a Master's Degree in athletic administration in 1993. Parrish earned his BA in education from Central Washington University where he was a quarterback for the Wildcat football program. His father, Jerry Parrish, is a member of the Seahawks' High School Coaches Council and Washington State Football Coaches Hall of Fame. His wife, Carol, is the Director of Marketing for the University of Washington Athletic Department. They have a daughter, Jill, and reside in Bothell, Wash.

SAM RAMSDEN

HEAD ATHLETIC TRAINER



Ramsden begins his fifth season as the franchise's head athletic trainer having originally joined the Seattle Seahawks as an associate athletic trainer in February of 1999.

Although his primary area of expertise for much of his 16 seasons in the NFL has been centered on physical rehabilitation and conditioning of professional football players, Ramsden is now charged with coordinating the healthcare provided for Seahawks players and staff. Before Seattle, he served six seasons with the Green Bay Packers as an assistant athletic trainer and was a member of the Super Bowl XXXI championship team. Ramsden was recently elected to the Professional Football Athletic Trainers Society's executive board and is recognized for his contributions to the PFATS Sponsorship Committee. As a student athletic trainer at the University of Wisconsin at La Crosse, Ramsden worked with several intercollegiate sports teams before joining the Packers' staff. He received a Bachelor's Degree in physical education with an emphasis in athletic training from the La Crosse school in 1992. A La Crescent, Minnesota native, he, his wife, Lisa and son, Henry, live near Snoqualmie, Washington, in the foothills of the Cascade Mountains.



The Scouts defeated the Coaches in the Fourth Annual Draft Bowl Home Run Derby.





MIKE HOLMGREN

Executive Vice President & Head Coach

Seahawks Experience: 10th Year
Total NFL Experience: 23rd Year
NFL Head Coaching: 17th Year

Mike Holmgren enters his tenth season as head coach of the Seattle Seahawks after guiding the club to its fourth straight NFC West title in 2007 and the club's fifth consecutive postseason appearance. His clubs have posted winning records seven of his nine seasons, including five division titles after winning the AFC West in 1999, his first season with the team and a club-record 13 wins in 2005. He announced on January 22, 2008, that this season will be his last in Seattle.

The league's winningest active head coach, Holmgren is tied (Philadelphia's Andy Reid) as the third longest-tenured head coach with the same club behind Tennessee's Jeff Fisher and Denver's Mike Shanahan (14 years). His 170-110 (.607) career head coaching record trails Hall of Famer Joe Gibbs' 171-101 record for tenth place in NFL history.

As the longest-tenured coach in club history, he passed Chuck Knox last season for most career Seattle victories. He is currently 86-68 (.558) while Knox compiled an 83-67 record in his nine years at the helm.

Holmgren originally joined the Seahawks as Executive Vice President/General Manager & Head Coach on January 9, 1999. Following the 2002 season, Holmgren decided to focus exclusively on coaching and relinquished his duties as general manager.

Since 2003, the Seahawks 51-29 record (.638) is the best in the NFC and are the only team in the NFC with a winning record each of the last five seasons. Seattle has posted five consecutive winning seasons for the first time in club history.

The Seahawks have made significant strides in becoming one of the elite teams in the NFL under Holmgren the last five seasons. The Seahawks reached 10 wins for just the fifth time in franchise history in 2007, marking the second time in three years that has been accomplished (2005).

Last season, Seattle made its third consecutive trip to the NFC Divisional Playoff round, only to fall to the Green Bay Packers, 42-20, at

Lambeau Field in heavy snow. After a 4-4 start and his running game slowed, Holmgren leaned on the pass and his offense answered. Seattle posted a 6-2 record over the second-half of the season heading to the playoffs. Matt Hasselbeck carried the load and set Seattle single-season records for attempts (562), completions (352) and yards (3,966). He also threw for a career-high 28 touchdowns. Hasselbeck looked often to Bobby Engram, who himself had a career-year, with a team-record 94 catches for a career-high 1,147 yards, becoming only the sixth Seattle receiver to record a 1,000-yard season.

In 2006, Holmgren guided the Seahawks to the NFC Divisional Playoff Game after winning the NFC West and posting a 9-7 record. After beginning the season 4-1, Seattle persisted through injuries to nine offensive starters (totaling 48 combined games), including 2005 MVP Shaun Alexander who missed six games with a broken foot. Matt Hasselbeck missed four games in the middle of the season with an injured knee and finished the season with a small fracture in his left hand.

It was the first time Seattle has won a game in back-to-back postseasons since the 1983 and 1984 seasons and ended a five-season NFL streak in which the Super Bowl runner-up did not make the following postseason.

In 2005, he joined an elite group of coaches, becoming just the fifth coach in NFL history to take two different teams to the Super Bowl (1996 & 1997 Green Bay, 2005 Seattle).

2007 HERRIGAN AWARD WINNER

Voted on by the Professional Football Writers of America, this award is given to the person (not a player or team media relations member) who helped the media best do its job last season.

In that group are Bill Parcells, Dan Reeves, Don Shula and Dick Vermeil.

Holmgren guided Seattle's second-ranked NFL offense to its best year in club history. Beginning the season 2-2, the Seahawks posted a club-record 11 straight wins en route to a 13-3 record. Undeclared at home for the second time under Holmgren (2003), Seattle earned the top seed in the NFC and a first-round bye to begin the postseason. The Seahawks defeated the Redskins, 20-10, and Carolina, 34-14, to advance to Super Bowl XL in Detroit. Seattle dropped the game to the Pittsburgh Steelers, 21-10.

In 2004, the Seahawks opened 3-0, including back-to-back road wins at New Orleans and at Tampa Bay before defeating San Francisco 34-0 ending the 49ers NFL-record streak without being shutout at 420 games. The Seahawks ended the season winning three of their last four, including wins over two playoff teams to secure its NFC West title.

Holmgren's offense ranked sixth in the NFL in 2003 and produced four Pro Bowlers (Shaun Alexander, Hasselbeck, Steve Hutchinson, Walter Jones) along with Alex Bannister who earned a trip for his special teams play. The club finished seventh in scoring, third in total first downs while leading the league in third-down percentage.

After a slow start in 2002, Holmgren kept his club focused and finished the season winning five of the last eight games, including three consecutive to finish a season for the first time since 1986. His offensive unit finished the year ranked seventh in total offense and third in passing while compiling more yards than any other club over the last six weeks of the season. Trent Dilfer and Hasselbeck combined for a franchise-record five 300-yard passing games, and Koren Robinson became only the second receiver (Steve Largent) in Seahawks history to surpass the 1,200-yard receiving mark.

In 2001, Holmgren guided his young roster back to winning form and bounced back to

post a 9-7 record. That was good for second place in the AFC West and equalled the team's best mark since 1999 and 1990. The team won three of its last four contests and just missed the playoffs, being eliminated in the final week of the regular season.

The 2000 campaign saw Holmgren continue to mold the Seahawks into his vision, revamping the roster and adding players that would be the backbone of the team for seasons to come. He suffered his first losing season as a head coach, posting a 6-10 record with his young roster (AFC-high 17 rookie or first-year players) while shaping the team financially for years to come.

It is that financial foundation that allowed the club to add Deion Branch in 2006, retain key unrestricted free agents Jones and Hasselbeck in 2005, while adding key free agents Nate Burleson, Julian Peterson, Deon Grant and Julius Jones over the last couple of seasons. In his four seasons as general manager, Holmgren drafted 2005 MVP Alexander and was instrumental in trading for Hasselbeck in 2001.

In his first season with the Seahawks, Holmgren helped guide the club into their first postseason since 1988, breaking a 10-year playoff drought. The 9-7 regular-season record by the 1999 Seahawks was the best mark since posting a similar record in 1990.

By leading Seattle into the postseason, he became just the second coach in team history to take the Seahawks to the playoffs, and just the third coach in NFL history to guide a team to at least seven straight postseasons, joining Tom Landry (nine years, and eight years) and Chuck Noll (eight years).

Holmgren took control of the Seahawks following one of the most successful coaching stints in league history as head coach of the Green Bay Packers from 1992-98 that included a 75-37 (.670) regular-season record, a 9-5 (.643) postseason mark, and two Super Bowl appearances, including a 35-21 victory over the New England Patriots in Super Bowl

ACTIVE COACHES WITH 100 CAREER WINS

	Regular Season				Postseason				Career			
	W	L	T	Pct.	W	L	T	Pct.	W	L	T	Pct.
1. Mike Holmgren, GB, Sea	157	99	0	.613	13	11	0	.542	170	110	0	.607
2. Mike Shanahan, Raiders, Den	138	90	0	.605	8	5	0	.615	146	95	0	.606
3. Bill Belichick, Cle, NE	127	81	0	.611	15	4	0	.789	142	85	0	.626
4. Tony Dungy, TB, Ind	127	65	0	.661	9	9	0	.500	136	74	0	.648
5. Jeff Fisher, Ten	115	99	0	.537	5	5	0	.500	120	104	0	.536
6. Tom Coughlin, Jac, NYG	103	89	0	.536	8	6	0	.571	111	95	0	.539

XXXI played in New Orleans. By winning at least one game in five consecutive post-seasons (1993-97), Holmgren joined John Madden (1973-77) as the only coaches in league history to accomplish the feat.

From 1995-98, Holmgren's Packers posted an NFL-best 48-16 (.762) record, finished first in the NFC Central Division three times, second once and posted a 7-3 mark in the playoffs.

By taking the Packers to six consecutive

postseasons (1993-98), Holmgren established a franchise record, with a team that had recorded just two winning seasons in the 19 years before he was hired.

In 22 NFL seasons (1999-07 head coach Seattle, 1992-98 head coach Green Bay, 1986-91 assistant coach San Francisco), Holmgren's teams posted a 228-122-1 (.651) regular season record, hit double digits in the win column 13 times, made the postseason 17 times, won three Super Bowls (XXIII, XXIV,

HOLMGREN'S HEAD COACHING RECORD

Year	Team	W	L	T	Pct.	Finish
1992	Green Bay	9	7	0	.563	2nd, NFC Central
1993	Green Bay	9	7	0	.563	3rd, NFC Central <i>Wild Card victory over Detroit, 28-24</i> <i>Divisional Playoff loss to Dallas, 27-17</i>
1994	Green Bay	9	7	0	.563	2nd, NFC Central <i>Wild Card victory over Detroit, 16-12</i> <i>Divisional Playoff loss to Dallas, 35-9</i>
1995	Green Bay	11	5	0	.688	1st, NFC Central <i>Wild Card victory over Atlanta, 37-20</i> <i>Divisional Playoff victory over San Francisco, 27-17</i> <i>NFC Championship loss to Dallas, 38-27</i>
1996	Green Bay	13	3	0	.813	1st, NFC Central <i>Divisional Playoff victory over San Francisco, 35-14</i> <i>NFC Championship victory over Carolina, 30-13</i> <i>Super Bowl XXXI victory over New England, 35-21</i>
1997	Green Bay	13	3	0	.813	1st, NFC Central <i>Divisional Playoff victory over Tampa Bay, 21-7</i> <i>NFC Championship victory over San Francisco, 23-10</i> <i>Super Bowl XXXII loss to Denver, 31-24</i>
1998	Green Bay	11	5	0	.688	2nd, NFC Central <i>Wild Card loss to San Francisco, 30-27</i>
1999	Seattle	9	7	0	.563	1st, AFC West <i>Wild Card loss to Miami, 20-17</i>
2000	Seattle	6	10	0	.375	4th, AFC West
2001	Seattle	9	7	0	.563	2nd, AFC West
2002	Seattle	7	9	0	.438	3rd, NFC West
2003	Seattle	10	6	0	.625	2nd, NFC West <i>Wild Card OT loss at Green Bay, 33-27</i>
2004	Seattle	9	7	0	.563	1st, NFC West <i>Wild Card loss to St. Louis, 27-20</i>
2005	Seattle	13	3	0	.813	1st, NFC West <i>Divisional Playoff victory over Washington, 20-10</i> <i>NFC Championship victory over Carolina, 34-14</i> <i>Super Bowl XL loss to Pittsburgh, 21-10</i>
2006	Seattle	9	7	0	.563	1st, NFC West <i>Wild Card victory over Dallas, 21-20</i> <i>Divisional Playoff OT loss at Chicago, 27-24</i>
2007	Seattle	10	6	0	.625	1st, NFC West <i>Wild Card victory over Washington, 35-14</i> <i>Divisional Playoff loss at Green Bay, 42-20</i>
Reg. Season (16 Yrs.)		157	99	0	.613	
Postseason (12 Yrs.)		13	11	0	.542	
Combined Record		170	110	0	.607	

XXXI), and reached two other Super Bowls (XXXII & XL).

Holmgren's 1996 team that won the Super Bowl, led the NFL in scoring with a team-record 456 points and also led the league in defensive scoring, a feat that had not been accomplished since 1972.

Before becoming the Packers' head coach, Holmgren served as an assistant coach of the San Francisco 49ers from 1986-91. He coached the 49ers' quarterbacks from 1986-88 under head coach Bill Walsh, and was the team's offensive coordinator from 1989-91 under George Seifert. During his tenure in San Francisco, the 49ers posted a 71-23-1 (.753) regular-season record to reach the post-season each year, and won Super Bowl XXIII over Cincinnati and Super Bowl XXIV over Denver. As offensive coordinator in 1989, the 49ers boasted the NFL's top-ranked offense.

Prior to joining the 49ers staff, Holmgren coached quarterbacks at Brigham Young University from 1982-85, including a national championship in 1984. He also served as the offensive coordinator/quarterbacks coach at San Francisco State in 1981.

As a quarterback at San Francisco's Lincoln High School, Holmgren was named

1965's "Prep Athlete of the Year," before continuing his playing career at the University of Southern California from 1966-69. He was drafted by the St. Louis Cardinals in the eighth round of the 1970 draft and went to camp with both the Cardinals and the New York Jets that year.

Holmgren, born June 15, 1948, began his coaching career in 1971 at his alma mater Lincoln High, where he also taught history. One year later, he moved to San Francisco's Sacred Heart High as a teacher and assistant coach. He also coached at Oak Grove High from 1975-80.

He received a Bachelor of Science Degree from USC in 1970.

Holmgren returned to the NFL's influential Competition Committee February 6, 2002, after a three-year layoff, but stepped down in February 2006. He served as co-chair of the Committee along with former Buccaneers General Manager and current Falcons President and GM Rich McKay, having taken over for Don Shula, from 1996-98.

Mike and his wife, Kathy, have four daughters—twins Calla and Jenny, Emily, Gretchen, four granddaughters, Emma, Emerson, Mary, Isabell and one grandson, Luke.

HOLMGREN'S COACHING CAREER

1971	Lincoln High School (San Francisco, Calif.): <i>Assistant Coach</i>
1972-74	Sacred Heart High School (San Francisco, Calif.): <i>Assistant Coach</i>
1975-80	Oak Grove High School (San Jose, Calif.): <i>Assistant Coach</i>
1981	San Francisco State University: <i>Offensive Coordinator/Quarterbacks</i>
1982-85	Brigham Young University: <i>Quarterbacks Coach</i>
1986-88	San Francisco 49ers: <i>Quarterbacks Coach</i>
1989-91	San Francisco 49ers: <i>Offensive Coordinator/Quarterbacks</i>
1992-98	Green Bay Packers: <i>Head Coach</i>
1999-02	Seattle Seahawks: <i>Executive V.P. of Football Operations/General Manager & Head Coach</i>
2003-	Seattle Seahawks: <i>Executive V.P. & Head Coach</i>

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-	Mike Holmgren	82	62	0	.569	4	6	.400

HOLMGREN VS NFL

	Team	Regular Season	Postseason	Total
AMERICAN FOOTBALL CONFERENCE	Baltimore Ravens	2-1	---	2-1
	Buffalo Bills	3-3	---	3-3
	Cincinnati Bengals	5-1	---	5-1
	Cleveland Browns	3-2	---	3-2
	Denver Broncos	5-5	0-1	5-6
	Houston Texans	1-0	---	1-0
	Indianapolis Colts	1-2	---	1-2
	Jacksonville Jaguars	3-1	---	3-1
	Kansas City Chiefs	4-6	---	4-6
	Miami Dolphins	2-3	0-1	2-4
	New England Patriots	1-2	1-0	2-2
	New York Jets	1-2	---	1-2
	Oakland/L.A. Raiders	5-4	---	5-4
	Pittsburgh Steelers	4-2	0-1	4-3
	San Diego Chargers	7-3	---	7-3
	Tennessee/Houston	3-0	---	4-0
NATIONAL FOOTBALL CONFERENCE	Arizona Cardinals	8-4	---	8-4
	Atlanta Falcons	5-2	1-0	6-2
	Carolina Panthers	3-2	2-0	5-2
	Chicago Bears	15-3	0-1	15-4
	Dallas Cowboys	4-5	1-3	5-8
	Detroit Lions	11-6	2-0	13-6
	Green Bay Packers	2-2	0-2	2-4
	Minnesota Vikings	7-11	---	7-11
	New Orleans Saints	5-1	---	5-1
	New York Giants	4-3	---	4-3
	Philadelphia Eagles	5-5	---	5-5
	St. Louis/L.A. Rams	13-6	0-1	13-7
	San Francisco 49ers	10-4	3-1	13-5
	Seattle Seahawks	1-0	---	1-0
	Tampa Bay Buccaneers	14-4	1-0	15-4
	Washington Redskins	0-4	2-0	2-4
Career Totals		157-99	13-11	170-110

HOLMGREN IS IN RANGE OF CATCHING...

	Regular Season				Postseason				Career			
	W	L	T	Pct.	W	L	T	Pct.	W	L	T	Pct.
1 Don Shula	328	156	6	.677	19	17	0	.528	347	173	6	.667
7 Dan Reeves	190	165	2	.535	11	9	0	.550	201	174	2	.536
8. Chuck Knox	186	147	1	.558	7	11	0	.389	193	158	1	.550
9. Bill Parcells	172	130	1	.569	11	8	0	.579	183	138	1	.570
10. Joe Gibbs	154	94	0	.621	17	7	0	.708	171	101	0	.629
11. Paul Brown	166	100	6	.624	4	8	0	.333	170	108	6	.612
Mike Holmgren	157	99	0	.613	13	11	0	.542	170	110	0	.607
13. Bud Grant	158	96	5	.621	10	12	0	.455	168	108	5	.608
14. Bill Cowher	149	90	1	.623	12	9	0	.571	161	99	1	.619



GIL HASKELL

Assistant Head Coach/Offensive Coordinator

Seahawks Experience: 9th Year
NFL Experience: 26th Year

Named to his current position on January 20, 2000, Haskell joined his long-time friend and peer Mike Holmgren. As the team's offensive coordinator, Haskell works closely with Holmgren in implementing an innovative and precise offensive scheme. His sole responsibility is guiding the offense.

Last year, the Seahawks offense took to the air over the last half of the season and as a result saw Matt Hasselbeck and Bobby Engram turn in the finest seasons in Seahawks history. Hasselbeck set Seattle single-season records for attempts (562), completions (352) and yards (3,966). He also threw for a career-high 28 touchdowns. He looked often to Engram, with a team-record 94 catches for a career-high 1,147 yards, becoming only the sixth Seattle receiver to record a 1,000-yard season. Also, Haskell's seven-year run of sending at least one player to the Pro Bowl continued, as Walter Jones and Hasselbeck were voted to the NFC roster.

The 2006 edition of Haskell's offense was hit by injuries to key players, as a total of nine offensive starters missed 48 combined games. He lost reigning league MVP Shaun Alexander for six games and Hasselbeck for four games while Maurice Morris and Seneca Wallace filled in, respectively. Morris set career-highs in rush yards (604) and posted two 100-yard games while Wallace saw his most extensive playing time of his career and tossed eight touchdowns while posting a 2-2 record. In addition, Haskell's six-year run of sending at least one player to the Pro Bowl continued, as Walter Jones and Mack Strong were voted to the NFC roster.

It was a banner year in 2005 for the Seahawks offense as it finished the season ranked second in total offense and earned a trip to Super Bowl XL. Haskell's unit led the NFL in points per game (28.3), red zone offense (71.7%), fourth-down efficiency (7/8), a club-record 57 touchdowns and 24 80+

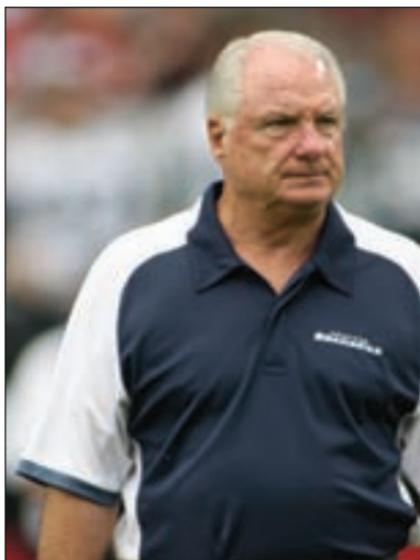
yard drives. His playbook allowed Alexander to lead the league in rushing with a club-record 1,880 yards and an NFL-record 28 total touchdowns (NFL-record 27 rush, 1 rec.), since eclipsed by San Diego's LaDainian Tomlinson. The offense also boasted six Pro Bowlers (Alexander, Hasselbeck, Steve Hutchinson, Jones, Strong, Robbie Tobeck).

Haskell helped the Seahawks ground attack rank 2nd in the NFC in 2004, and also helped Alexander rank 2nd in the NFL with a franchise-record 1,696 rushing yards. His 20 total touchdowns topped the NFL and club charts.

Haskell's 2003 offense was highlighted by sending four offensive players to the Pro Bowl (Alexander, Hasselbeck, Hutchinson, and Jones). Seattle's offense ranked 6th in the NFL (4th NFC) and led the League in first downs/game (21.1) and third-down conversions (46.8%). He helped Hasselbeck set a franchise record for passing yards (3,841) and tie the record for most completions in a season (313). He also helped Hasselbeck become the highest-rated passer in club history.

In 2002, Haskell guided a Seattle aerial attack that ranked third in the NFL averaging 254.9 yards a game. Seattle also set a franchise record gaining 5,818 total offensive yards that included a franchise-record three 500-yard games of total offense. Haskell coordinated an offense that allowed Hasselbeck to finish the season ranked first in the NFC with a 63.7 completion percentage and second in the NFC with a 87.8 passer rating. Not only did the offense excel through the air, Haskell kept Alexander on track setting a franchise record with 16 rushing and 18 total touchdowns.

Haskell's 2001 offensive plan was tailored to the running style of second-year back Alexander. His schemes helped Alexander enjoy a breakout year and rush for the NFL's



fourth-best performance in history (currently fifth) with 266 yards vs. Oakland. Add Ricky Watters in the mix and Seattle ranked fifth in the AFC (9th NFL) with 121.0 yards per game. Overall, Seattle's offense increased to 298.3 yards per game.

In his first year as offensive coordinator for Seattle, Haskell oversaw the AFC's top-ranked (2nd NFL) red zone offense, scoring 60.9% of the time. His offense gained 292.5 yards per game, threw for 185.0 yards and rushed for 107.5 yards, ranking 11th in each category in the AFC.

Haskell joined the Seahawks after serving in the same capacity for the Carolina Panthers (1998-99) where his offense finished sixth in the NFL in 1999, with 355.4 yards per game in total offense, including the second-ranked passing attack in the NFL with 260.1 passing yards per game. He orchestrated an offense in 1999 that set team records in total yards (5,686), points (421) and passing yards (4,161), and also sent three players (QB Steve Beuerlein, WR Muhsin Muhammad and TE Wesley Walls) to the Pro Bowl.

The 25-year NFL coaching veteran rejoined Holmgren after serving six seasons (1992-97), three as wide receivers coach (1995-97) and three as running backs coach (1992-94), for the Green Bay Packers.

While receivers coach under Holmgren, Haskell coached the Packers' record-setting Pro Bowl receiving duo of Antonio Freeman and Robert Brooks.

Before his tenure with the Packers, Haskell entered the NFL in 1983 and served nine seasons with the Los Angeles Rams (1983-91),

the first four as special teams coach, four seasons as running backs coach, and one as tight ends/special teams coach. Haskell coached three 1,000-yard rushers (Eric Dickerson, Greg Bell and Charles White) and sent two to the Pro Bowl (Dickerson, White) during his four years coaching the position.

Directing special teams, Haskell's unit was ranked number one. Led by 1984 Pro Bowl punt returner Henry Ellard, Haskell's units ranked first in the NFL in 1984 and 1985. After the 1985 season, Ellard's 13.51 punt return average was an NFL record for highest-career average. Haskell also sent kick returner Ron Brown and punter Dale Hatcher to the 1985 Pro Bowl.

Prior to a distinguished NFL career, his late uncle, Dr. William O'Grady, was part owner of the San Francisco 49ers, and before leaving for the University of Southern California in 1978, Haskell worked for the 49ers for 22 years.

Haskell spent five seasons as wide receivers and special teams coach for USC (1978-82) and nine years at San Francisco's St. Ignatius High School (1969-77), serving as head coach the final five seasons.

He was reunited with his former St. Ignatius assistant coach, Bill Laveroni, in 2002 who was hired at the time to be the Seahawks' assistant offensive line coach.

Haskell, born September 24, 1943, and his wife, Nancy, have four grown daughters, Paula, Patty, Jenny, Julie and three granddaughters, Avery, Ryan and Isabella.

HASKELL'S COACHING CAREER

1978-82	University of Southern California, <i>Special Teams & Wide Receivers</i>
1983-86	Los Angeles Rams <i>Special Teams</i>
1987-90	Los Angeles Rams <i>Running Backs</i>
1991	Los Angeles Rams <i>Tight Ends/Special Teams</i>
1992-94	Green Bay Packers <i>Running Backs</i>
1995-97	Green Bay Packers <i>Wide Receivers</i>
1998-99	Carolina Panthers <i>Offensive Coordinator</i>
2000-06	Seattle Seahawks <i>Offensive Coordinator</i>
2007-	Seattle Seahawks <i>Asst. Head Coach/Off. Coord.</i>



JOHN MARSHALL

Defensive Coordinator

Seahawks Experience: 6th Year
NFL Experience: 29th Year

John Marshall joined the Seahawks' defensive coaching staff on February 12, 2003, as linebackers coach, while taking over coordinating duties before the 2006 season.

Marshall welcomes the task of his fourth defensive coordinator position in the NFL since 1980. He previously held coordinating jobs in Atlanta (1983-85), San Francisco (1997-98) and Carolina (1999-01).

The defense, which ranks second in the NFL in sacks since the 2005 season, was led in 2007 by Patrick Kerney's career-high 14.5 sacks. The addition and leadership of safeties Deon Grant and Brian Russell allowed former first-round pick Marcus Trufant to pick off a career-high seven interceptions and earn his first Pro Bowl berth. Marshall's defense also led the NFL in touchdown passes allowed (15) and led the NFC (4th NFL) with 20 interceptions. Along with Trufant, his unit boasted three more Pro Bowlers (Kerney, Julian Peterson, Lofa Tatupu) and two AP first-team All-Pros (Kerney, Tatupu).

His 2006 defense was led by Pro Bowl linebackers Peterson and Tatupu. Marshall's scheme helped Peterson to a career-high 10.0 sacks while Tatupu led the team for the second straight season in tackles, this with a career-high 123 (93 solo).

Marshall served as interim defensive coordinator in 2005 after Ray Rhodes suffered stroke-like symptoms before the season opener. Marshall's defense led the NFL with 50 sacks, allowed only one 100-yard rusher, finished second in the NFL in red zone defense (40.4%), rushing touchdowns allowed (5) and saw rookie linebacker Tatupu earn a trip to the Pro Bowl.

Marshall joined the Seahawks after one season as an assistant defensive line coach for the Detroit Lions in 2002.

Before Detroit, Marshall spent three seasons (1999-01) as the assistant head coach/defensive coordinator of the Carolina

Panthers. His defense ranked fourth in the NFL with 105 takeaways over his three-year tenure.

Prior to Carolina, Marshall was part of two Super Bowl squads in San Francisco from 1989-98 working with the defensive line from 1989-93, linebackers from 1994-96 and two years as defensive coordinator from 1997-98.

As defensive coordinator in 1997, he spearheaded the NFL's top-rated defense, second versus the rush and pass, while helping send five players to the Pro Bowl. Marshall coached nearly a decade in the NFL before going to San Francisco, starting as Green Bay Packers' special teams coach in 1980 and taking over as linebackers coach in 1981. He served as defensive coordinator for the Atlanta Falcons from 1983-85 and coached the defensive line of the Indianapolis Colts from 1986-88.

Marshall's coaching career started as an assistant at Hancock (Calif.) Junior College in 1967 before holding several positions for the University of Oregon from 1968-76, serving under freshman head coach George Seifert as freshman assistant for one season (1968), freshman head coach (1969-71) and offensive line coach (1972-76).

He then moved to the University of Southern California where he coached linebackers from 1977-79 and helped lead the Trojans to two Rose Bowl victories and the 1978 National Championship.

In 1964, Marshall began his college playing career at Washington State before having his playing career cut short due to a neck injury. He went on to major in health education at the University of Oregon in 1969.

Marshall, born October 2, 1945, and his wife, Becky, have two daughters, Sarah and Meg.

MARSHALL'S COACHING CAREER

1967	Hancock Junior College <i>Assistant</i>	1986-88	Indianapolis Colts <i>Defensive Line</i>
1968	University of Oregon <i>Freshman Assistant</i>	1989-93	San Francisco 49ers <i>Defensive Line</i>
1969-71	University of Oregon <i>Freshman Head Coach</i>	1994-96	San Francisco 49ers <i>Linebackers</i>
1972-76	University of Oregon <i>Offensive Line</i>	1997-98	San Francisco 49ers <i>Defensive Coordinator</i>
1977-79	University of Southern California <i>Linebackers</i>	1999-01	Carolina Panthers <i>Asst. Head Coach/ Defensive Coordinator</i>
1980	Green Bay Packers <i>Special Teams</i>	2002	Detroit Lions <i>Assistant Defensive Line</i>
1981-82	Green Bay Packers <i>Linebackers</i>	2003-05	Seattle Seahawks <i>Linebackers</i>
1983-85	Atlanta Falcons <i>Defensive Coordinator</i>	2006-	Seattle Seahawks <i>Defensive Coordinator</i>



CHRIS BEAKE

Quality Control/Offense

Seahawks Experience: 1st Year
NFL Experience: 9th Year

Beake joined Seattle's staff on February 1, 2008 after spending three years as linebackers coach for Jim Mora's Atlanta Falcons from 2004-06.

While with Atlanta, he oversaw a group led by Keith Brooking, and guided Brooking to a Pro Bowl berth in 2004 and 2005.

Prior to joining the Falcons, Beake spent six seasons in San Francisco in various capacities. He was a pro personnel assistant (1998), quality control/defense coach (1999), defensive assistant (2000-02) and offensive assistant (2003). In his time with the 49ers, Beake worked with current Seahawks coaches Dwaine Board, Bruce DeHaven, John Marshall and Mora.

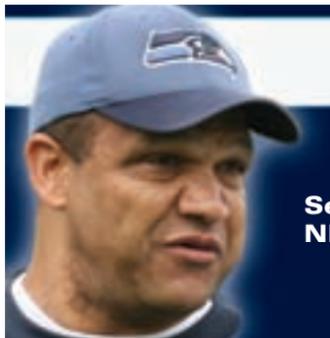
A graduate of the Air Force Academy in 1994, Beake earned his degree in civil engineering. While a lieutenant, he served as a graduate assistant coach/defense for the 1994 season.

He was a Civil Engineer Officer in the Air

Force Academy for three years before joining the NFL (1995-98), while earning his master's degree in business administration from West Florida in 1997. Beake and his wife, Andrea, have one son, Colin.

BEAKE'S COACHING CAREER

1994	Air Force Academy <i>Graduate Assistant/Defense</i>
1999	San Francisco 49ers <i>Quality Control/Defense</i>
2000-02	San Francisco 49ers <i>Defensive Assistant</i>
2003	San Francisco 49ers <i>Offensive Assistant</i>
2004-06	Atlanta Falcons <i>Linebackers</i>
2008-	Seattle Seahawks <i>Quality Control/Offense</i>



DWAIN BOARD

Defensive Line

Seahawks Experience: 6th Year
NFL Experience: 19th Year

Seattle made significant moves prior to the 2003 season to shore up a defense that had ranked last against the run in 2002. One of the most important moves was hiring former San Francisco 49ers defensive line coach Dwaine Board on January 29, 2003.

Since 2005, his linemen have helped Seattle rank second in the NFL with 136 sacks. Rocky Bernard's 15.5 sacks in that span leads the league among interior linemen.

Board will work in to the rotation first-round pick Lawrence Jackson and fourth-round pick Red Bryant, in addition to the continued development of Brandon Mebane.

His group generated 36 sacks in 2004, and in 2005, his unit contributed 32.5 of Seattle's NFL-leading 50 sacks on the season. They also allowed only one 100-yard rusher, set the franchise mark allowing only 94.4 rushing yards per game (5th NFL) and was second in the NFL allowing only five rushing touchdowns. Board saw the emergence of free agent pick-up Bryce Fisher have a career-high 9.0 sacks and Bernard finish with a career-high 8.5 sacks, good for second among NFL interior linemen.

Board made an immediate impact in his first season, helping improve Seattle's run defense from last in the NFL in 2002 to 19th in 2003, the second-greatest turnaround in the NFL behind New England. He also helped the club rank fourth in the NFC (7th NFL) with 41 sacks.

Board was part of a 49ers defensive staff in 2002 that designed a defense that ranked second in the NFC (7th NFL) against the run allowing an average of 103.3 yards per game. Board's line also contributed to a defense that ranked fourth in the NFC (7th NFL) in sacks, while coaching DT Bryant Young to his fourth Pro Bowl.

Before joining Seattle, Board previously served 23 years in the 49ers' organization, 10 as a player (1979-88) and 13 as a coach. He began his coaching career in 1990 as a San Francisco defensive line assistant before

being promoted to defensive line coach in 1994.

In 17 seasons as a coach, Board has sent players to 10 Pro Bowls, including Dana Stubblefield who was named 1997 NFL Defensive Player of the Year.

Board and Mike Holmgren were on the same 49ers coaching staff from 1990-91.

In 2001, Board's defensive line was anchored by three-time Pro Bowler Young and the return of Stubblefield. He also tutored rookie lineman Andre Carter, who led the team in sacks with 6.5.

The 2000 season was led by Young and Brentson Buckner, who combined for 16.5 sacks.

Young was the bright spot of Board's 1999 defensive line. Returning to the starting line-up after a career-threatening injury in 1998, Young recorded 11 sacks, was voted NFL Comeback Player of the Year by *Associated Press* and was selected to his second Pro Bowl. Under Board, the 1998 defensive unit recorded 51.0 sacks to rank second in the NFL, including Chris Doleman's 15.0 that ranked second in the NFC (3rd NFL). Board was a factor in the development of Stubblefield in 1997, who was named NFL Defensive Player of the Year after a career-high 15.0 sacks.

A member of four world championship 49ers teams as a player and coach, Board recorded 61.0 career sacks and eight more in the postseason from 1979-88. His four tackles, two sacks and constant pressure in Super

BOARD'S COACHING CAREER

1990-93	San Francisco 49ers <i>Defensive Line Assistant</i>
1994-02	San Francisco 49ers <i>Defensive Line</i>
2003-	Seattle Seahawks <i>Defensive Line</i>

Bowl XIX, earned him Defensive Player of the Game honors in San Francisco's 38-16 win over Miami.

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 Steelers in 1979.

Following his release by Pittsburgh, Board

signed with the 49ers and registered a team-leading seven sacks as a rookie in 1979. He retired following the 1988 campaign, after joining the Saints in midseason.

Born November 29, 1956 in Rocky Mount, Va., "Pee Wee" and his wife, Lynne, have three daughters, Camille, Allie and Tessa Raine.



MIKE CLARK

Head Strength & Conditioning

Seahawks Experience: 5th Year
NFL Experience: 5th Year

Named to his current position on January 22, 2004, Mike Clark joined the Seahawks in his first stint in the National Football League after 24 years of service coaching collegiate athletes in strength, conditioning and nutrition.

Clark came to Seattle from Texas A&M, where he spent 14 seasons as the head strength and conditioning coach, adding the title of assistant athletic director in 2000. During his tenure with the Aggies, Clark

helped develop current Seahawks defensive lineman Rocky Bernard (1997-01) and Seahawks' linebackers coach Zerick Rollins.

A 2003 inductee into the USA Strength and Conditioning Coaches Hall of Fame, Clark was twice named Strength Coach of the Year in 1993 and 2000. Also in 2000, he was the president of the Collegiate Strength & Conditioning Coaches Association.

During Seattle's Super Bowl XL run in 2005, his regimen earned the "Colonel"



CLARK'S COACHING CAREER

1978	University of Kansas <i>Graduate Assistant</i>
1979-80	Topeka (Kan.) High School <i>Defensive Coord. & Linebackers</i>
1981	University of Wyoming <i>Head Strength & Conditioning</i>
1982	University of Kansas <i>Head Strength & Conditioning</i>
1983-87	University of Oregon <i>Head Strength & Conditioning</i>
1988-89	University of Southern California <i>Head Strength & Conditioning</i>
1990-03	Texas A&M University <i>Head Strength & Conditioning</i>
2004-	Seattle Seahawks <i>Head Strength & Conditioning</i>

American Football Monthly's NFL Strength & Conditioning Coach of the Year award.

Before joining the Texas A&M coaching staff, he was head strength and conditioning coach at Southern California (1988-89), Oregon (1983-87), Kansas (1982), and Wyoming (1981). After two years as a graduate assistant at Kansas (1977-78), Clark coached linebackers and served as defen-

sive coordinator at Topeka (Kan.) High School (1979-80).

A graduate of Ottawa University where he played center, Clark earned his B.S. in Physical Education and minored in Biology in 1977.

Born August 22, 1954 in Wichita, Kansas, Mike and his wife, Kris, have three children, Matthew, J.J. and Alicia.



MIKE DEBORD

Assistant Offensive Line

Seahawks Experience: 1st Year
NFL Experience: 1st Year

Named to his current position on March 4, 2008, DeBord comes to Seattle after spending 26 years in the college ranks, including the last 12 years at the University of Michigan.

DeBord's main responsibilities will be to aid coach Mike Solari in the day-to-day preparation and practice regimen for the offensive line, led by Pro Bowler Walter Jones and Mike Wahle.

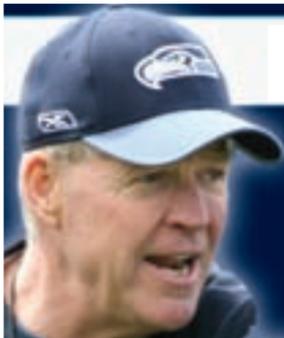
He was appointed to the Michigan staff in 1992 as the offensive line coach and elevated to assistant head coach in 1995. DeBord was promoted to offensive coordinator and tight ends coach in 1997 before becoming the head coach at Central Michigan University in 2000. After four seasons at Central Michigan, he returned to the Wolverines in 2004, spending the last two as offensive coordinator and tight ends coach.

A four-year letterman on the offensive line at Manchester College, DeBord began his coaching career at Franklin College in Indiana in 1982 after receiving his master's degree from Ball State in 1981. He was also an assistant coach at Fort Hays (1984-86), Eastern Illinois (1987-88), Ball State (1989), Colorado State (1990-91) and Northwestern (1992) before joining the Michigan staff.

A 2004 inductee in to the Indiana Football Hall of Fame, DeBord and his wife, Deb, have two sons, Tyler and Kyle.

DEBORD'S COACHING CAREER

1982-83	Franklin College <i>Offensive Line</i>
1984	Fort Hays <i>Offensive Line</i>
1985-86	Fort Hays <i>Offensive Coord./QBs/WRs</i>
1987-88	Eastern Illinois <i>Offensive Line</i>
1989	Ball State <i>Offensive Line</i>
1990-91	Colorado State <i>Offensive Line</i>
1992	Northwestern <i>Offensive Line</i>
1992-94	Michigan <i>Offensive Line</i>
1995-96	Michigan <i>Asst. Head Coach/Off. Line</i>
1997-99	Michigan <i>Offensive Coordinator/TEs</i>
2000-03	Central Michigan <i>Head Coach</i>
2004-05	Michigan <i>Special Teams/Recruiting Coord.</i>
2006-07	Michigan <i>Offensive Coordinator/TEs</i>
2008-	Seattle Seahawks <i>Assistant Offensive Line</i>



BRUCE DEHAVEN

Special Teams

Seahawks Experience: 2nd Year
NFL Experience: 22nd Year

Bruce DeHaven joined Seattle on January 22, 2007 after four years with the Dallas Cowboys.

In his first season in Seattle, DeHaven's return schemes aided Nate Burleson to return one punt return and one kickoff return for touchdowns. With his 94-yard punt return at Cleveland, Burleson is the only player in NFL history to return three punts 90+ yards for a touchdown in his career. He also helped Josh Brown to a career-year. Brown set career-highs in field goal attempts (34), field goals made (28), points scored (127) and touchbacks (13).

In 2006, DeHaven saw punter Mat McBriar lead the NFL with a 48.2 punting average and more importantly rank second in the NFC (4th NFL) with a 38.6 net punting average. His punt return team allowed Terence Newman to be one of five NFC returners to average over 10 yards per punt return and a 56-yard touchdown.

In 2004, the Cowboys kickoff coverage unit finished first in the NFL by limiting opponents to an average of 17.5 yards per return.

There were a number of outstanding individual performances in 2003, DeHaven's first season in Dallas, with lineman Flozell Adams setting a team-record by blocking three extra point attempts, kicker Billy Cundiff tying the NFL record for field goals in a game with seven and Randal Williams returning an onside kick attempt 38 yards for a touchdown to open the Philadelphia game.

Under DeHaven's guidance, the special teams in Buffalo (1987-99) and San Francisco (2000-02) thrived and were considered some of the most consistent units in the NFL. During DeHaven's three years with San Francisco, the 49ers special teams shined. In 2002, return man Jimmy Williams led the NFL with a 16.8-yard punt return average. This performance came on the heels of a 2001 season that saw Vinny Sutherland break the team record for most kick return yards by a rookie with 1,140.

Prior to joining the 49ers, DeHaven spent

13 seasons with the Buffalo Bills. During his tenure in Buffalo, the club made four consecutive Super Bowl appearances, won six AFC East championships and appeared in 20 play-off games. In those 13 years, DeHaven helped develop two of the greatest special teams players in NFL history: Mark Pike and Steve Tasker. Under DeHaven's tutelage, Tasker was invited to seven Pro Bowls as the AFC's Special Teams Player and was voted the 1993 Pro Bowl MVP. In 1998, kicker Steve Christie set the Bills single-season club records for points (140) and field goals (33) and became the franchise's all-time leading scorer.

In 1996, *The Dallas Morning News*, in a ranking of the 19 most important statistical categories, named the Bills special teams unit the best in the NFL. His 1991 punt coverage unit led the NFL in fewest punt return yards allowed with 53, the lowest total since the NFL changed the rules allowing only the ends to release on punt coverage before the ball is snapped. DeHaven also guided the Bills kickoff coverage unit to the top NFL ranking four consecutive years (1987-90).

Prior to joining the Bills staff in 1987, DeHaven spent three seasons in different coaching capacities in the USFL. He was the running backs and special teams coach with the Orlando Renegades (1985), special teams coach and offensive line coach for the Pittsburgh Maulers (1984) and special teams and assistant offensive line coach with the New Jersey Generals (1983).

DeHaven began his collegiate coaching career at Kansas (1979-81), working with the defensive backs and offensive line, as well as heading up recruiting. He served as offensive line coach and recruiting coordinator at New Mexico State in 1982 before breaking into the pro ranks.

Before joining the college ranks, DeHaven spent nine years as a high school coach. As an assistant at Southeast (Wichita, Kan.) High School during part of that time, he helped lead the school to three consecutive Kansas

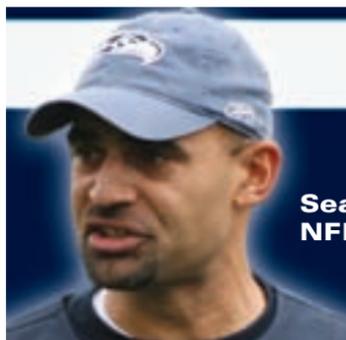
state football championships.

DeHaven was born in Trousdale, Kan. on September 6, 1948. He played eight-man football at Belpre-Trousdale, Kan., High School. A graduate of Southwestern College in Kansas with a degree in history and politi-

cal science, DeHaven was a basketball standout, leading the team in scoring two consecutive years. He also participated in track and field. He and his wife, Kathy, have a son Tobin Scott and daughter AnnieMaude.

DEHAVEN'S COACHING CAREER

1970	Oxford (Kan.) Jr. High School <i>Head Coach</i>	1984	Pittsburgh Maulers (USFL) <i>Offensive Line/Special Teams</i>
1971-73	Oxford (Kan.) High School <i>Head Coach</i>	1985	Orlando Renegades (USFL) <i>Running Backs/Special Teams</i>
1974-78	Southeast (Wichita, Kan.) High <i>Assistant Coach</i>	1987-99	Buffalo Bills <i>Special Teams</i>
1979-81	Kansas <i>Def. Backs/Off. Line/Recruiting</i>	2000-02	San Francisco 49ers <i>Special Teams</i>
1982	New Mexico State <i>Offensive Line/Recruiting Coord.</i>	2003-06	Dallas Cowboys <i>Special Teams</i>
1983	New Jersey Generals (USFL) <i>Asst. Off. Line/Special Teams</i>	2007-	Seattle Seahawks <i>Special Teams</i>



KASEY DUNN

Running Backs

Seahawks Experience: 1st Year
NFL Experience: 1st Year

Hired March 11, 2008, Dunn begins his first season as Seattle's running backs coach after spending 15 years in the collegiate ranks.

In 2007, he became the assistant head coach/special teams coordinator/wide receivers coach at Baylor after spending three seasons at the University of Arizona (2004-06).

A University of Idaho graduate, Dunn began his coaching career at his alma mater as a volunteer wide receivers coach in 1993. A standout receiver at Idaho from 1987-91, he was a three-time All-American who ended his career with school records in receptions (268), yards (3,847) and second in touchdowns (25). At the end of his career, his catches and yards ranked second all-time, trailing only Jerry Rice.

He played professionally with the Houston

Oilers (1992), and the CFL's B.C. Lions (1992) and Edmonton Eskimos (1993).

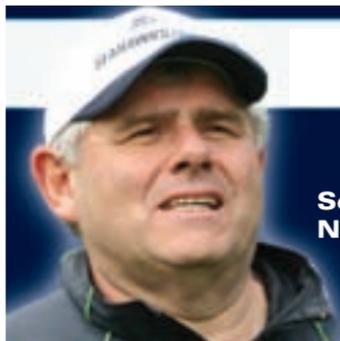
After stops at the University of San Diego (1994) and the University of New Mexico (1996-97), he moved to Washington State University (1998-02) as assistant head coach/special teams coordinator/running backs coach. He was part of the coaching staff which directed the Cougars to back-to-back bowl games for the first time in school history before moving on to Texas Christian in 2003.

Additionally, Dunn worked in the NFL's Minority Coaching Fellowship Program with the Seahawks (2003) and Denver Broncos (1997) during training camp.

Dunn attended North Kitsap High School in Poulsbo, Wash. He is married to Janelle, with two daughters, Kayla and Lauren.

DUNN'S COACHING CAREER

1993	Idaho <i>Wide Receivers (volunteer)</i>	2003	Texas Christian <i>Cornerbacks</i>
1994	University of San Diego <i>Tight Ends/Wide Receivers</i>	2004-06	Arizona <i>Running Backs</i>
1995	Idaho <i>Cornerbacks</i>	2007	Baylor <i>Asst. Head Coach/Special Teams/Wide Receivers</i>
1996-97	New Mexico <i>Cornerbacks</i>	2008	Maryland <i>Wide Receivers</i>
1998	Washington State <i>Running Backs</i>	2008-	Seattle Seahawks <i>Running Backs</i>
1999-00	Washington State <i>Running Backs/Special Teams</i>		
2001-02	Washington State <i>Asst. Head Coach/Running Backs/Special Teams</i>		



KEITH GILBERTSON

Wide Receivers

Seahawks Experience: 7th Year
NFL Experience: 7th Year

Keith Gilbertson was named offensive consultant July 20, 2005, for his second stint with the club. He was an assistant coach from 1996-98 serving as a defensive assistant in 1996 followed by two years coaching tight ends under Dennis Erickson. This season, Gilbertson takes on the responsibility of coaching wide receivers after two seasons as the assistant offensive line coach.

He inherits a squad led by veteran Bobby Engram, who is coming off a career year at the age of 34. He posted a career and team-record 94 catches for a career-high 1,147 yards, becoming only the sixth Seattle receiver to record a 1,000-yard season. Gilbertson's squad also returns Nate Burleson, who led the team with nine touchdowns. He will also aid in the development of Ben Obomanu and Courtney Taylor.

With more than 30 years of coaching experience, Gilbertson spent 2003-04 as head coach of the University of Washington, after serving as its offensive coordinator from 2000-02.

He began his coaching career as a graduate assistant at Idaho State (1971-74) and

earned a degree in education from Western Washington, where he was a grad assistant in 1975. After serving the 1976 season as a grad assistant at Washington for Don James, he was the offensive coordinator at Utah State from 1977-81. In 1982, he joined Erickson's staff at Idaho for one season as the offensive coordinator.

For three seasons, from 1983-85, he coached the USFL's Los Angeles Express. He returned to Idaho in 1985 as the offensive coordinator and helped the Vandals to a 9-2 regular-season record. The following season, he took over as Idaho's head coach when Erickson was named head coach at Washington State. Gilbertson led the Vandals to an 11-2 record in 1988, marking the best record and the highest coaching winning percentage in school history.

Gilbertson was instrumental in developing Washington's offense into one of the most explosive in the nation between 1989 and 1991. He was the Huskies' offensive line coach his first two seasons and took over as the offensive coordinator in 1991 when Washington won the national championship.

The 1991 Washington team led the Pac-10 in total offense, rushing offense and scoring offense. He then left the Huskies following 1991 to take over as the head coach at California. His four-year stint as the Golden Bears' coach was highlighted by the 1993 team that posted a 9-4 record and defeated Iowa 37-3 in the Alamo Bowl.

Born in Snohomish, Wash. May 15, 1948,

he attended Snohomish High before going on to play football at Central Washington, Columbia Basin Junior College, and Hawaii.

He later returned to earn his bachelor's degree in social sciences from Central Washington in 1971.

Gilbertson and his wife, Barbara, have two children, Kristin and David. He also has an adult daughter, Ann.

GILBERTSON'S COACHING CAREER

1971-74	Idaho State <i>Graduate Assistant</i>	1996	Seattle Seahawks <i>Defensive Assistant</i>
1975	Western Washington <i>Graduate Assistant</i>	1997-98	Seattle Seahawks <i>Tight Ends</i>
1976	University of Washington <i>Graduate Assistant</i>	1999	University of Washington <i>Asst. Head Coach/ Offensive Line/TEs</i>
1977-81	Utah State <i>Offensive Coordinator</i>	2000-02	University of Washington <i>Offensive Coord./Tight Ends</i>
1982	University of Idaho <i>Offensive Coordinator</i>	2003-04	University of Washington <i>Head Coach</i>
1983-85	L.A. Express (USFL) <i>Assistant Coach</i>	2005	Seattle Seahawks <i>Offensive Consultant</i>
1986-88	University of Idaho <i>Head Coach</i>	2006-07	Seattle Seahawks <i>Assistant Offensive Line</i>
1989-90	University of Washington <i>Offensive Line</i>	2008-	Seattle Seahawks <i>Wide Receivers</i>
1991	University of Washington <i>Offensive Coord./Off. Line</i>		
1992-95	University of California <i>Head Coach</i>		



TOM HEADLEE

Quality Control/Defense

Seahawks Experience: 3rd Year
NFL Experience: 3rd Year

Named to his current position February 16, 2006, Tom Headlee moved into the coaching ranks after spending his first six years as a coaching assistant with the Seahawks.

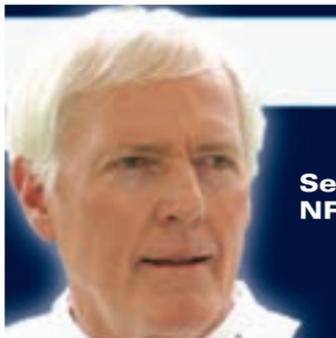
Headlee's primary responsibilities include video study of opponents, self-scouting, playbook production, and assisting defensive coordinator John Marshall.

A graduate of Washington State Uni-

versity, he earned his degree in Education in 2000. Born November 6, 1976, in Wenatchee, Wash., Tom and his wife, Deborah, have two daughters, Kiara and McKenna.

HEADLEE'S COACHING CAREER

2006-	Seattle Seahawks <i>Quality Control/Defense</i>
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JOHN JAMISON

Assistant Special Teams

Seahawks Experience: 4th Year
NFL Experience: 4th Year

John Jamison moved into the role of Special Teams Assistant May 4, 2005, after serving as a Pro Personnel Assistant in the Scouting Department from 2000-04.

His role will be assisting Bruce DeHaven in all kicking aspects as well as organizing scout teams and scouting reports of upcoming opponents.

Jamison began his coaching career with Mike Holmgren at Sacred Heart High in San Francisco in 1973 but then switched to varsity basketball for Mt. Pleasant High in San Jose, where he coached for eight years. He was named Santa Clara County Coach of the Year in 1980.

Jamison and Holmgren attended Lincoln

High together in San Francisco, where Jamison was Holmgren's favorite target at receiver. The duo were named the top scholar-athletes in San Francisco County their senior year of 1965.

He attended the University of California where he played one year of football and majored in political science with a minor in English. He and his wife Carla live in Redmond.

JAMISON'S COACHING CAREER

2005-	Seattle Seahawks <i>Special Teams Assistant</i>
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DARREN KREIN

Assistant Strength & Conditioning

Seahawks Experience: 10th Year
NFL Experience: 10th Year

Darren Krein originally joined the Seahawks in his current position March 1, 1997, for two seasons and re-joined the team in 2001 in the same capacity, now working alongside Mike Clark.

The first-ever assistant hired by the Seahawks to help in the weight room, Krein has worked on a daily basis with players' weight training, as well as helping coordinate the team's offseason conditioning program.

Krein plays an integral role in the players' rehabilitation process. He works with players

that were previously injured and helps build strength and flexibility to become game ready.

One of Krein's achievements is the physical development of Pro Bowl quarterback Matt Hasselbeck. After an injury-plagued 2001 season, and a 2002 season that saw him as a backup for most of the year, Hasselbeck's off-season training allowed him in 2003, 2005 and 2007 to become the first Seahawks quarterback since Rick Mirer in 1993 to start all 16 games.

Before joining the Seahawks, Krein was a 1994 fifth-round draft choice by the AFC champion San Diego Chargers. He missed his rookie season due to a knee injury. Claimed off waivers by the Green Bay Packers on June 17, 1995, but did not play. While there, he trained under former Seahawks head strength and conditioning coach Kent Johnston, who was head strength and conditioning coach for the Packers.

Krein played the 1996 World League season with the Barcelona Dragons, but re-injured his knee and retired.

Was a four-year letterman under former Seahawks head coach Dennis Erickson at the University of Miami and a unanimous first-

team All-Big East defensive end as a senior. Had 190 career tackles and 17.5 sacks as a defensive end after beginning his career as a middle linebacker. Graduated with a degree in Business Management.

Attended Smoky Hill High School in Aurora, Colo. He lives in Kirkland with wife, Jennifer, daughter Ella and sons Aiden and Kellen.

KREIN'S COACHING CAREER

1997-98	Seattle Seahawks <i>Asst. Strength & Conditioning</i>
2001-	Seattle Seahawks <i>Asst. Strength & Conditioning</i>



On February 14, 2008, Seattle named former Washington Redskins quarterbacks coach Bill Lazor to replace the departed Jim Zorn, who took over head coaching duties in Washington the week prior.

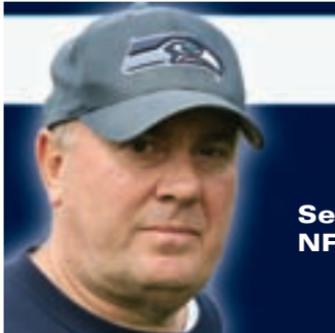
Lazor will begin his sixth NFL season in 2008 after spending the previous four with Washington, serving his final two years as quarterbacks coach. He originally began his Redskins career as an offensive assistant in 2004 after a season with the Atlanta Falcons in 2003.

Before breaking in to the NFL, he was an offensive coordinator/quarterbacks coach for the University of Buffalo from 2001-02. He began his coaching career at his alma mater, Cornell, working with running backs, receivers, quarterbacks and tight ends while also serving as the recruiting coordinator from 1998-2000.

While at Cornell, he set 26 school passing and total offensive records. He earned his degree in human development and family studies. He is married to wife, Nicole, with one son, Nolan.

LAZOR'S COACHING CAREER

1994-00	Cornell <i>RBs/WRs/QBs/TEs/Passing Game Coord./Recruiting Coord.</i>
2001-02	University of Buffalo <i>Offensive Coordinator/QBs</i>
2003	Atlanta Falcons <i>Quality Control/Offense</i>
2004-05	Washington Redskins <i>Offensive Assistant</i>
2006-07	Washington Redskins <i>Quarterbacks</i>
2008-	Seattle Seahawks <i>Quarterbacks</i>



JIM LIND

Tight Ends

Seahawks Experience: 10th Year
NFL Experience: 17th Year

Jim Lind originally joined the Seahawks on January 14, 1999. He enters his tenth year with the Seahawks and ninth coaching tight ends.

The only coach still with Mike Holmgren since 1999, Lind works with second-round pick John Carlson in 2008.

Originally joined the team as its linebackers coach. With the untimely passing of defensive coordinator Fritz Shurmur in 1999 prior to training camp, Lind coordinated the Seahawks' defensive unit.

That defense recorded an NFL-leading 30 interceptions while holding opponents to just 19 passing touchdowns.

Lind enters his 17th year as an NFL coach having spent four seasons as the Green Bay Packers linebackers coach under Holmgren.

The Packers' 1996 defense, with help from Lind, set the NFC record for fewest touchdowns allowed in a 16-game schedule.

His 1998 linebacking corps helped the Packers' defense finish fourth in the NFL, limiting opponents to just 281.7 yards a game while plugging holes for a bare 90.1 opponent rushing average.

He broke into the NFL as a defensive assistant/quality control coach in 1992 under Holmgren. This was the second time Lind crossed paths with Holmgren, previously coaching together at Brigham Young University while Lind was a graduate assistant in 1981-82.

Before breaking into the professional ranks, he served nine years as a collegiate head coach, most recently at Wisconsin-Eau Claire (1987-91). Lind enjoyed his most success while a head coach at the University of Minnesota-Morris (1983-86) where he directed the Cougars to two Northern Inter-collegiate Conference championships earning NIC Coach of the Year in 1984 and NAIA District 13 Coach of the Year in 1986.

He began his collegiate coaching career as a graduate assistant at St. Cloud State (1977) before earning the offensive coordinator job there in 1978. He then moved to nearby St. Johns University (1979-80) before crossing paths with Holmgren at BYU as a graduate assistant (1981-82).

Lind entered coaching in 1974 as head football coach at Underwood (Minn.) High School holding that position until joining St. Cloud State.

Lind played three years of collegiate football as a linebacker his freshman year at

LIND'S COACHING CAREER

1974-76	Underwood (Minn.) High <i>Head Coach</i>
1977	St. Cloud State (Minn.) <i>Graduate Assistant</i>
1978	St. Cloud State (Minn.) <i>Offensive Coordinator</i>
1979-80	St. John's (Minn.) University <i>Defensive Coach</i>
1981-82	Brigham Young University <i>Graduate Assistant</i>
1983-86	University of Minnesota-Morris <i>Head Coach</i>
1987-91	Univ. of Wisconsin-Eau Claire <i>Head Coach</i>
1992-94	Green Bay Packers <i>Defensive Asst./Quality Control</i>
1995-98	Green Bay Packers <i>Linebackers</i>
1999	Seattle Seahawks <i>Linebackers</i>
2000-	Seattle Seahawks <i>Tight Ends</i>

Bethel College, before moving to Bemidji State, where he earned his undergraduate degree, playing two years at defensive back.

Later, he earned his master's degree at St. Cloud State and Doctorate in Professional

Leadership in Physical Education and Athletics at BYU.

Born November 11, 1947, in Isle, Minn., Lind and his wife, Cindy, have two sons, Erik and Bryan.



LARRY MARMIE
Assistant Defensive Backs

Seahawks Experience: 3rd Year
NFL Experience: 13th Year

Larry Marmie enters his third season with Seattle after being hired on February 16, 2006.

Along with Jim Mora in 2007, he helped the revamped secondary lead the NFL in touchdown passes allowed (15) and lead the NFC (4th NFL) with 20 interceptions. The group saw Marcus Trufant lead the team with a career-high seven interceptions and earn his first Pro Bowl berth.

Marmie joined Seattle after serving the previous two seasons as the St. Louis Rams defensive coordinator. In his first year, he led the Rams to a 17th overall defensive ranking.

He began his NFL coaching career with the

Arizona Cardinals where he served as defensive backs coach (1996-00) and as a defensive coordinator his last three-plus seasons after Dave McGinnis was named head coach during the 2000 season (2000-03).

Marmie has 28 years of collegiate coaching experience after his quarterback playing days at Eastern Kentucky (1962-65), with his main duties emphasizing the secondary positions.

Born October 17, 1942, he and his wife, Linda, have three children, daughters Vicki and Cozy and son, Larry, Jr. with nine grandchildren.

MARMIE'S COACHING CAREER

1966-67	Berea (Ky.) High School <i>Head Coach</i>	1988-91	Arizona State University <i>Head Coach</i>
1968-71	Morehead State University <i>Secondary/Defensive Line</i>	1992-94	University of Tennessee <i>Defensive Coordinator</i>
1972-76	Eastern Kentucky University <i>Defensive Coord./LBs</i>	1995	UCLA <i>Secondary</i>
1977-78	University of Tulsa <i>Defensive Coordinator</i>	1996-00	Arizona Cardinals <i>Secondary</i>
1979-82	University of North Carolina <i>Secondary</i>	2000-03	Arizona Cardinals <i>Defensive Coordinator</i>
1983-84	University of Tennessee <i>Defensive Coordinator</i>	2004-05	St. Louis Rams <i>Defensive Coordinator</i>
1985-87	Arizona State University <i>Defensive Coordinator</i>	2006-	Seattle Seahawks <i>Defensive Asst./Secondary</i>



JIM MORA

Assistant Head Coach/Defensive Backs

Seahawks Experience: 2nd Year
NFL Experience: 25th Year

Named to his current position on January 21, 2007, Mora enters his second year with the Seahawks and brings 24 years of defensive philosophy to the club.

In his first season with an overhauled secondary with the additions and leadership of safeties Deon Grant and Brian Russell, Mora's squad led the NFL in touchdown passes allowed (15) and led the NFC (4th NFL) with 20 interceptions. He saw former first-round pick Marcus Trufant pick off a career-high seven passes and earn his first Pro Bowl berth.

Mora joined Seattle after serving as Executive Vice President/Head Coach of the Atlanta Falcons from 2004-06. He compiled a 26-22 (.542) record during his three years in Atlanta.

He and his staff guided the Falcons to an 11-5 record in 2004, becoming just the eighth rookie head coach in NFL history to win 11 games, captured the NFC South Division title, and led the Falcons to their second-ever appearance in the NFC Championship Game. The Kansas City 101 Club named him the 2004 NFC Coach of the Year.

The defense, which ranked dead last the year before, improved to 14th overall en route to leading the league with a franchise-record 48 quarterback sacks. Mora's defense, coordinated by defensive coordinator Ed Donatell, held opposing offenses to zero points in the first quarter nine times, and also led the league in rushing defense (167.0 ypg).

Mora joined the Falcons from the San Francisco 49ers where he spent seven seasons (1997-03), including the last five as defensive coordinator. His last two seasons, Mora's defense finished no worse than fourth in the NFC against the run and in 2003, the 49ers recorded 36 takeaways, their most since 1997. In addition, at least one player from Mora's defense was named to the Pro Bowl in four of his last five seasons as defensive coordinator.

Included among his 49ers coaching high-

lights, Mora's defense tied for first in the NFC with a +11 turnover differential on the heels of 36 takeaways. San Francisco's defense continued an impressive trend in 2003 as the 49ers did not allow a rusher to run for over 100 yards in their last 19 home games. San Francisco's staunch run defense at home was highlighted in 2003 by holding the St. Louis Rams to a mere nine yards rushing, which was the second-lowest rushing total by an opponent in 49ers team history. Mora's aggressive defense also produced 42 sacks in 2003 to tie for second in the NFC and it was the highest team total since 51 in 1998.

Mora's defensive creativity with talent was witnessed when he utilized Julian Peterson at four positions against Dallas in 2002 in which the 49ers clinched the NFC West Division title. Mora devised a clever game plan to move the athletic linebacker all over the field. Peterson played linebacker, defensive end, strong safety and cornerback because of injuries on defense. The Pro Football Hall of Fame recognized the unique feat as Peterson was the first player since the NFL merger in 1970 to play four positions in a game as he packed his bags for the Pro Bowl for the first time in his career.

In Mora's first season as the 49ers defensive coordinator in 1999, he developed DT Bryant Young and FS Lance Schulters into Pro Bowl performers and tutored his defense to a team-record tying five defensive touchdowns.

In his first year in 1997, the 49ers finished first in the NFL in total defense, second in pass defense (with 25 interceptions), takeaways (41) and run defense, as well as third in the League in sacks (54). Mora helped San Francisco advance to the NFC Championship Game where five members of the defense were voted to the Pro Bowl. A year later, Mora's troops tied for first in the NFC and fourth in the NFL with 21 interceptions.

James Lawrence Mora joined his father, James Ernest Mora, in 1992 as the secondary coach for the New Orleans Saints. Growing up

with a father in the NFL gave Mora the opportunity to be a visiting locker room attendant for the Seattle Seahawks at a young age and was a ball boy at the 1978 Rose Bowl.

It was in New Orleans that Mora started to distinguish himself as one of the NFL's premier position coaches as the Saints boasted the top-ranked pass defense in the NFL during his first two years. Mora remained with New Orleans through the 1996 season.

Mora broke in to the NFL with the San Diego Chargers in 1985. In his first year, his position was the first-ever in the NFL to be known as a quality control coach, consisting of duties such as breaking down game film, charting defenses, opponent tendencies, self-scout tendencies and game analysis reports.

He was named defensive assistant/secondary one year later, a position he held until earning the role of defensive backs coach in 1989.

After his playing days at the University of Washington as a walk-on linebacker (1981-83), he began his coaching career as a defensive assistant under Don James in 1984. While at Washington, Mora had the opportunity to be a part of two Rose Bowl teams, in addition to helping the Huskies to a berth in the Orange Bowl as a graduate assistant in 1984.

Established the Jim Mora Count on Me Family Foundation on April 25, 2006 at the Georgia Aquarium. The foundation targets three areas: children from low socio-econom-

ic backgrounds, mentally and physically challenged children, and "at-risk" children who lack stability or support in their lives.

Married to wife, Shannon, with daughter Lillia, and sons, Cole, Ryder and Trey. Has two brothers, Stephen, a mortgage broker in Bend, Ore., and Michael, an architect in Seattle.

MORA'S COACHING CAREER

1984	University of Washington <i>Defensive Assistant</i>
1985	San Diego Chargers <i>Quality Control/Defense</i>
1986-88	San Diego Chargers <i>Defensive Assistant/Secondary</i>
1989-91	San Diego Chargers <i>Defensive Backs</i>
1992-96	New Orleans Saints <i>Secondary</i>
1997-98	San Francisco 49ers <i>Secondary</i>
1999-03	San Francisco 49ers <i>Defensive Coordinator</i>
2004-06	Atlanta Falcons <i>Executive. V.P./Head Coach</i>
2007-	Seattle Seahawks <i>Asst. Head Coach/Secondary</i>



MIKE PHAIR
Assistant Linebackers

Seahawks Experience: 1st Year
NFL Experience: 1st Year

Phair begins his seventh season in the NFL, fourth with the Seahawks and first as a coach, named to his position on April 28, 2008. He spent three years as Seattle's Area Scout (West) from 2005-07.

Before coming to Seattle, he spent the previous three seasons in the Tampa Bay Buccaneers' college scouting department. In his first season with Tampa Bay, the club won their first Super Bowl title in team history.

PHAIR'S COACHING CAREER

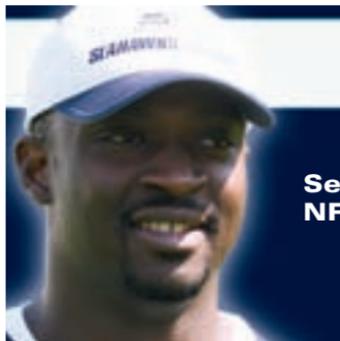
1999-00	Arizona State <i>Defensive Graduate Assistant</i>
2001	Tiffin University <i>Linebackers/Special Teams/Recruiting</i>
2008-	Seattle Seahawks <i>Assistant Linebackers</i>

Before joining Tampa Bay, he spent a year coaching at Tiffin University, helping coach the linebackers and special teams along with recruiting and academic study responsibilities with the team. Prior to his stint at Tiffin, Phair spent two seasons (1999-2000) as a defensive graduate assistant at Arizona State, working with the defensive line.

A two-year starting linebacker at ASU,

where he began his career as a walk-on in 1990, Phair also played two seasons at Mesa Community College and garnered first-team all-conference in 1989. Phair graduated from ASU with a Bachelor's Degree in sociology in 1994 and his Master's Degree in education, curriculum, and instruction in 2000.

Mike and his wife, Jennifer, have four children.



ZERICK ROLLINS

Linebackers

Seahawks Experience: 8th Year
NFL Experience: 8th Year

Zerick Rollins begins his eighth season with the Seahawks and third in the role of coaching linebackers, serving the previous four years as defensive line/quality control coach and the 2001 season as defensive assistant.

Last season he saw Lofa Tatupu make his third career Pro Bowl in as many years, while also making the AP All-Pro first team for the first time in his career with his third straight 100-tackle season. He became first Seahawks player since Chad Brown (1997-99) to lead the team in tackles three straight seasons and first since Brown to post 100+ tackles in three straight seasons. For the second straight year, his linebackers were three of the top four tacklers on the team, with Julian Peterson recording 9.5 sacks and his second straight Pro Bowl berth.

In 2006, his linebacking trio were three of the top four tacklers on the team, while Peterson turned in a Pro Bowl season with a career-high 10.0 sacks, Tatupu making his second Pro Bowl appearance in as many years and Leroy Hill setting a career-high with 92 tackles (70 solo).

Rollins served as interim linebackers coach in 2005 when John Marshall took over coordinating duties in place of Ray Rhodes. In his role, he guided rookie Tatupu's development as he became the first rookie to lead the team in tackles (105, 86 solo) since 1977 and Tatupu was also named to the Pro Bowl. Rollins tutelage also developed Hill into another rookie standout as his 7.5 sacks set the club

record for sacks by a rookie and ranked third among all NFL rookies.

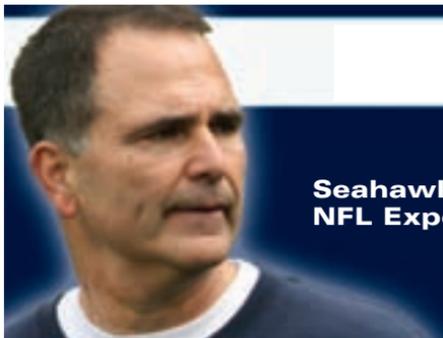
Rollins began his coaching career serving as a graduate assistant from 1998-00 at his alma mater, Texas A&M, assisting the defensive line for the first two years and safeties in his final season.

Was a two-year starter at defensive end for the Aggies, where he helped lead A&M to its first Big 12 South Division crown in 1997. During that season, Rollins received the Academic Achievement Award, given to the student-athlete who "excelled in both academics and sports," as well as a Hitachi Post Graduate Scholarship for his studies.

He graduated with a degree in Economics and earned his Master's Degree in Educational Administration. Born June 20, 1975 in Houston, Texas. Rollins and his wife, Chandra, have three daughters, Zeria, Zena, Adanna, and two sons, Zachary and Zerick.

ROLLINS' COACHING CAREER

1998-00	Texas A&M <i>Graduate Assistant</i>
2001	Seattle Seahawks <i>Defensive Assistant</i>
2002-05	Seattle Seahawks <i>Def. Line/Quality Control</i>
2006-	Seattle Seahawks <i>Linebackers</i>



MIKE SOLARI

Offensive Line

Seahawks Experience: 1st Year
NFL Experience: 20th Year

Hired on January 24, 2008 to take over offensive line duties, Solari brings 19 years of offensive experience to Seattle.

Solari spent the past 11 seasons with Kansas City Chiefs, including the last two as offensive coordinator. He was one of just six assistant coaches in team history to boast over a decade of service with the franchise.

Prior to his role as offensive coordinator, he spent nine years as the Chiefs offensive line coach. Since 2001, Kansas City's rush offense finished in the top-10 on five occasions, while Larry Johnson set Kansas City records with 1,789 yards and 11 100-yard games in 2006.

Solari's line produced a trio of Pro Bowl offensive linemen in 2004 and 2005 in guards Will Shields and Brian Waters as well as tackle Willie Roaf. Kansas City became the first club to accomplish that feat since Dallas from 1993-96.

Thanks in part to his strong line, the Chiefs offense led the league in total offense in 2004 (franchise-record 418.4 ypg) and 2005 (387.0 ypg).

Solari spent five seasons (1992-96) as the tight ends/assistant offensive line coach for the San Francisco 49ers before joining the Chiefs. He was largely responsible for the development of tight end Brent Jones, who made four Pro Bowl appearances, and instrumental in the team's successful Super Bowl XXIX season.

Solari began his NFL coaching career with the Dallas Cowboys in 1987 where he was the assistant offensive line/special teams coach for two seasons. He moved on to the Phoenix Cardinals for one season, working with Gene Stallings before joining him at the University of Alabama (1990-91).

His coaching career began at Mission Bay (Calif.) High School in 1976, followed by stints at Mira Costa Junior College (1978) and U.S. International (1979). In 1980, he helped lead Boise State to the NCAA Division I-AA Championship. He also spent time at the

University of Cincinnati (1981-82), Kansas (1983-85) and served as the offensive coordinator at the University of Pittsburgh (1986).

A former offensive lineman at San Diego State, he was a teammate of Chiefs Head Coach Herm Edwards and Carolina Panthers Head Coach John Fox.

Solari is married to wife, Patti, with three children, Tamara, Stephanie and Michael.

SOLARI'S COACHING CAREER

1976-77	Mission Bay High School <i>Offensive Line</i>
1978	Mira Costa Junior College <i>Offensive Line</i>
1979	U.S. International <i>Offensive Line</i>
1980	Boise State <i>Offensive Line</i>
1981-82	University of Cincinnati <i>Offensive Line</i>
1983-85	Kansas <i>Offensive Line</i>
1986	University of Pittsburgh <i>Offensive Coord./Off. Line</i>
1987-88	Dallas Cowboys <i>Asst. Off. Line/Special Teams</i>
1989	Phoenix Cardinals <i>Offensive Line</i>
1990-91	Alabama <i>Offensive Line</i>
1992-96	San Francisco 49ers <i>TEs/Asst. Offensive Line</i>
1997-05	Kansas City Chiefs <i>Offensive Line</i>
2006-07	Kansas City Chiefs <i>Offensive Coordinator</i>
2008-	Seattle Seahawks <i>Offensive Line</i>

2008 ALPHA ROSTER

No.	Name	Pos.	Ht.	Wt.	Birthdate	Exp.	College	Hometown	How Acq.
36	Adams, Jamar	S	6-2	212	11/29/1985	R	Michigan	Charlotte, N.C.	FA-'08
47	Alcorn, Zac	TE	6-4	255	8/24/1980	3	Black Hills State	Chadron, Neb.	FA-'08
59	Atkins, Baraka	DE	6-4	268	9/28/1984	2	Miami	Sarasota, Fla.	D4(a)-'07
52	Babin, Jason	DE	6-3	267	5/24/1980	5	Western Michigan	Paw Paw, Mich.	T(Hou)-'07
27	Babineaux, Jordan	CB	6-0	206	8/31/1982	5	Southern Arkansas	Port Arthur, Texas	FA-'04
9	Bell, Dalton	QB	6-3	210	3/9/1983	1	West Texas A&M	Canyon, Texas	W(Car)-'08
99	Brown, Rocky	DT	6-3	308	4/19/1979	7	Texas A&M	Baytown, Texas	D5(a)-'02
83	Branch, Deion	WR	5-9	192	7/18/1979	7	Louisville	Albany, Ga.	T(NE)-'06
60	Brown, Kevin	DT	6-2	303	7/8/1985	R	UCLA	Los Angeles, Calif.	FA-'08
79	Bryant, Red	DT	6-4	318	4/18/1984	R	Texas A&M	Jasper, Texas	D4-'08
81	Burleson, Nate	WR	6-0	198	8/19/1981	6	Nevada	Seattle, Wash.	RFA(Min)-'06
16	Bumpus, Michael	WR	5-11	194	12/13/1985	R	Washington State	Culver City, Calif.	FA-'08
89	Carlson, John	TE	6-5	251	5/12/1984	R	Notre Dame	Litchfield, Minn.	D2-'08
49	Castelo, Matt	LB	5-10	225	3/26/1986	R	San Jose State	San Jose, Calif.	FA-'08
91	Cooper, Chris	DE	6-5	285	12/27/1977	8	Nebraska-Omaha	Lincoln, Neb.	FA-'08
7	Coutu, Brandon	K	5-11	188	9/29/1984	R	Georgia	Lawrenceville, Ga.	D7(b)-'08
40	Curran, Dan	FB	6-0	240	10/28/1976	1	New Hampshire	Chelmsford, Mass.	FA-'08
61	Dickinson, Dustin	G	6-3	298	5/3/1985	R	Houston	Springtown, Texas	FA-'08
28	Dizer, DeMichael	CB	5-11	183	2/23/1985	R	Grambling	Sterlington, La.	FA-'08
45	Duckett, T.J.	RB	6-0	254	2/17/1981	7	Michigan State	Kalamazoo, Mich.	UFA(Det)-'08
54	Engram, Bobby	WR	5-10	192	1/7/1973	13	Penn State	Camden, S.C.	UFA(Chi)-'01
14	Filani, Joel	WR	6-2	216	12/8/1983	1	Texas Tech	Tempe, Ariz.	FA-'08
30	Forsett, Justin	WR	5-8	194	10/14/1985	R	California	Arlington, Texas	D7(a)-'08
5	Frye, Charlie	QB	6-4	217	8/28/1981	4	Akron	Willard, Ohio	T(Cle)-'07
18	Gessner, Chas	WR	6-5	215	8/17/1981	4	Brown	Washington, D.C.	FA-'08
24	Grant, Deon	SS	6-2	215	3/14/1979	9	Tennessee	Augusta, Ga.	UFA(Jac)-'07
62	Gray, Chris	G	6-4	305	6/19/1970	16	Auburn	Birmingham, Ala.	UFA(Chi)-'98
41	Green, Howard	DT	6-2	320	1/12/1979	4	LSU	Donaldsonville, La.	FA-'07
42	Green, Mike	SS	6-0	200	12/6/1976	9	Northwestern St. (La.)	Ruston, La.	T(Chi)-'06
8	Hasselbeck, Matt	QB	6-4	225	9/25/1975	10	Boston College	Westwood, Mass.	T(GB)-'01
44	Hawthorne, David	LB	6-0	240	5/14/1985	R	Texas Christian	Corsicana, Texas	FA-'08
85	Heller, Will	TE	6-6	270	2/28/1981	6	Georgia Tech	Dunwoody, Ga.	UFA(TB)-'06
54	Herring, Will	LB	6-3	235	8/28/1983	2	Auburn	Opelika, Ala.	D5-'07
56	Hill, Leroy	LB	6-1	238	9/14/1982	4	Clemson	Haddock, Ga.	D3(b)-'05
32	Hobbs, Kevin	CB	6-0	188	4/30/1983	2	Auburn	Tampa, Fla.	FA-'07
3	Hodges, Reggie	P	6-0	226	1/26/1982	4	Ball State	Champaign, Ill.	FA-'08
95	Jackson, Lawrence	DE	6-4	271	8/30/1985	R	USC	Inglewood, Calif.	D1-'08
21	Jennings, Kelly	CB	5-11	180	11/30/1982	3	Miami	Live Oak, Fla.	D1-'06
33	Johnson, Kelin	S	6-0	197	3/22/1985	R	Georgia	Daytona Beach, Fla.	FA-'08
22	Jones, Julius	RB	5-10	208	8/14/1981	5	Notre Dame	Big Stone Gap, Va.	UFA(Dal)-'08
57	Jones, Nick	C	6-3	305	7/5/1985	1	Georgia	Bowdon, Ga.	FA-'08
71	Jones, Walter	T	6-5	325	1/19/1974	12	Florida State	Aliceville, Ala.	D1(b)-'97
82	Kent, Jordan	WR	6-4	219	7/24/1984	2	Oregon	Eugene, Ore	D6(b)-'07
97	Kerney, Patrick	DE	6-5	272	12/30/1976	10	Virginia	Newtown, Pa.	UFA(ATI)-'07
34	Kirtman, David	FB	6-0	238	2/12/1983	3	USC	Mercer Island, Wash.	D5-'06
50	Laury, Lance	LB	6-2	237	1/17/1982	3	South Carolina	Hopkins, S.C.	FA-'06
58	Lewis, D.D.	LB	6-1	241	1/8/1979	7	Texas	Houston, Texas	FA-'08
75	Locklear, Sean	T	6-4	308	5/29/1981	5	North Carolina State	Lumberton, N.C.	D3-'04
31	Lowe, Omare	CB	6-1	195	4/20/1978	7	Washington	Maple Valley, Wash.	FA-'08
53	Mallard, Wesly	LB	6-1	230	11/21/1978	6	Oregon	Hinesville, Ga.	FA-'08
10	Mare, Olindo	K	5-11	190	6/6/1973	13	Syracuse	Cooper City, Fla.	FA-'08
92	Mebane, Brandon	DT	6-1	314	1/15/1985	2	California	Los Angeles, Calif.	D3-'07
20	Morris, Maurice	RB	5-11	216	12/1/1979	7	Oregon	Chester, S.C.	D2(a)-'02
63	Murray, Pat	G	6-3	310	10/31/1984	1	Truman State	Pocahontas, Iowa	FA-'08
46	Newton, Joe	TE	6-7	258	10/15/1983	2	Oregon State	Roseburg, Ore.	FA-'07
87	Obomanu, Ben	WR	6-0	206	10/30/1983	3	Auburn	Selma, Ala.	D7(b)-'06
19	Payne, Logan	WR	6-2	205	1/21/1985	2	Minnesota	Lutz, Fla.	FA-'07
98	Peterson, Julian	LB	6-3	240	7/28/1978	9	Michigan State	Washington, D.C.	UFA(SF)-'06
1	Plackemeier, Ryan	P	6-3	247	3/5/1984	3	Wake Forest	Bonsall, Calif.	D7(a)-'06
8	Putzier, Jeb	TE	6-4	251	1/20/1979	7	Boise State	Eagle, Idaho	UFA(Hou)-'08
73	Robinson, William	T	6-5	297	12/20/1984	R	San Diego State	Pomona, Calif.	FA-'08
25	Russell, Brian	FS	6-2	210	2/25/1978	7	San Diego State	West Covina, Calif.	UFA(Cle)-'07
35	Schmitt, Owen	FB	6-2	247	2/13/1985	R	West Virginia	Fairfax, Va.	D5-'08
48	Schmitt, Tyler	LS	6-2	231	3/25/1986	R	San Diego State	Peoria, Ariz.	D6-'08
17	Shelton, Trent	WR	6-0	202	9/21/1984	1	Baylor	Little Rock, Ark.	FA-'08
67	Sims, Rob	G	6-3	312	12/6/1983	3	Ohio State	Macedonia, Ohio	D4-'06
65	Spencer, Chris	C	6-3	312	3/28/1982	4	Mississippi	Madison, Miss.	D1-'05
72	Tafisi, Nu'u	DE	6-2	268	6/30/1981	2	California	Salt Lake City, Utah	FA-'07
55	Tapp, Darryl	DE	6-1	270	9/13/1984	3	Virginia Tech	Chesapeake, Va.	D2-'06
51	Tatupu, Lofa	LB	6-0	242	11/15/1982	4	USC	Wrentham, Mass.	D2-'05
86	Taylor, Courtney	WR	6-1	205	4/7/1984	2	Auburn	Carrollton, La.	D6(a)-'07
93	Terrill, Craig	DT	6-2	295	6/27/1980	5	Purdue	Lebanon, Ind.	D6-'04
96	Tripplett, Larry	DT	6-2	296	1/18/1979	7	Washington	Los Angeles, Calif.	FA-'08
23	Trufant, Marcus	CB	5-11	197	12/25/1980	6	Washington State	Tacoma, Wash.	D1-'03
90	Tubbs, Marcus	DT	6-3	318	5/16/1981	5	Texas	DeSoto, Texas	D1-'04
69	Vailos, Steve	G	6-3	312	12/28/1983	2	Wake Forest	Boardman, Ohio	D7-'07
68	Wahle, Mike	G	6-6	304	3/29/1977	11	Navy	Lake Arrowhead, Calif.	FA-'08
39	Wallace, C.J.	SS	6-0	218	4/17/1985	2	Washington	Sacramento, Calif.	FA-'07
15	Wallace, Seneca	QB	5-11	205	8/6/1980	6	Iowa State	Sacramento, Calif.	D4(a)-'03
43	Weaver, Leonard	FB	6-0	242	9/23/1982	4	Carson-Newman	Melbourne, Fla.	FA-'05
41	Wicks, Eric	S	6-0	217	3/19/1985	R	West Virginia	Pittsburgh, Pa.	FA-'08
78	Williams, Kyle	T	6-6	295	3/19/1984	1	USC	Dallas, Texas	FA-'07
74	Willis, Ray	T	6-6	315	8/13/1982	4	Florida State	Angleton, Texas	D4-'05
26	Wilson, Josh	CB	5-9	192	3/11/1985	2	Maryland	Upper Marlboro, Md.	D2-'07
77	Womack, Floyd	T	6-4	328	11/15/1978	8	Mississippi State	Cleveland, Miss.	D4(c)-'01
66	Wrotto, Mansfield	G	6-3	320	10/12/1984	2	Georgia Tech	Snellville, Ga.	D4(b)-'07

2008 NUMERICAL ROSTER

No.	Name	Pos.	Ht.	Wt.	Birthdate	Exp.	College	Hometown	How Acq.
1	Ryan Plackemeier	P	6-3	247	3/5/1984	3	Wake Forest	Bonsall, Calif.	D7(a)-'06
3	Reggie Hodges	P	6-0	226	1/26/1982	4	Ball State	Champaign, Ill.	FA-'08
5	Charlie Frye	QB	6-4	217	8/28/1981	4	Akron	Willard, Ohio	T(Cle)-'07
7	Brandon Couto	K	5-11	188	9/29/1984	8	Georgia	Lawrenceville, Ga.	T(D)-'08
8	Matt Hasselbeck	QB	6-4	225	9/25/1975	10	Boston College	Westwood, Mass.	T7(B)-'07
9	Dalton Bell	QB	6-3	210	3/9/1983	1	West Texas A&M	Canyon, Texas	W(Car)-'08
10	Olindo Mare	K	5-11	190	6/6/1973	13	Syracuse	Cooper City, Fla.	FA-'08
14	Joel Filani	WR	6-2	216	12/8/1983	1	Texas Tech	Tempe, Ariz.	FA-'08
15	Seneca Wallace	QB	5-11	205	8/6/1980	6	Iowa State	Sacramento, Calif.	D4(a)-'03
16	Michael Bumpus	WR	5-11	194	12/13/1985	R	Washington State	Culver City, Calif.	FA-'08
17	Trent Shelton	WR	6-0	202	9/21/1984	1	Baylor	Little Rock, Ark.	FA-'08
18	Chas Gessner	WR	6-5	215	8/17/1981	4	Brown	Washington, D.C.	FA-'08
19	Logan Payne	WR	6-2	205	1/21/1985	2	Minnesota	Lutz, Fla.	FA-'07
20	Maurice Morris	RB	5-11	216	12/1/1979	7	Oregon	Chester, S.C.	D2(a)-'02
21	Kelly Jennings	CB	5-11	180	11/30/1982	3	Miami	Live Oak, Fla.	D1-'06
22	Julius Jones	RB	5-10	208	8/14/1981	5	Notre Dame	Big Stone Gap, Va.	UFA(Dal)-'08
23	Marcus Trufant	CB	5-11	197	12/25/1980	6	Washington State	Tacoma, Wash.	D1-'03
24	Deon Grant	SS	6-2	215	3/14/1979	9	Tennessee	Augusta, Ga.	UFA(Jac)-'07
25	Brian Russell	FS	6-2	210	2/5/1978	7	San Diego State	West Covina, Calif.	UFA(Cle)-'07
26	Josh Wilson	CB	5-9	192	3/11/1985	2	Maryland	Upper Marlboro, Md.	D2-'07
27	Jordan Babineaux	CB	6-0	206	8/31/1982	5	Southern Arkansas	Port Arthur, Texas	FA-'04
28	DeMichael Dizer	CB	5-11	183	2/23/1985	R	Grambling	Sterlington, La.	FA-'08
30	Justin Foreset	RB	5-8	194	10/14/1985	R	California	Arlington, Texas	D7(a)-'08
31	Omare Lowe	CB	6-1	195	4/20/1978	7	Washington	Maple Valley, Wash.	FA-'08
32	Kevin Hobbs	CB	6-0	188	4/30/1983	2	Auburn	Tampa, Fla.	FA-'07
33	Kelin Johnson	S	6-0	197	3/22/1985	R	Georgia	Daytona Beach, Fla.	FA-'08
34	David Kirtman	FB	6-0	238	2/12/1983	3	USC	Merced Island, Wash.	D5-'06
35	Owen Schmitt	FB	6-2	247	2/13/1985	R	West Virginia	Fairfax, Va.	D5-'08
36	Jamar Adams	S	6-2	212	11/29/1985	R	Michigan	Charlotte, N.C.	FA-'08
39	C.J. Wallace	SS	6-0	218	4/17/1985	2	Washington	Sacramento, Calif.	FA-'07
40	Dan Curran	FB	6-0	240	10/28/1976	1	New Hampshire	Chelmsford, Mass.	FA-'08
41	Eric Wicks	S	6-0	217	3/19/1985	R	West Virginia	Pittsburgh, Pa.	FA-'08
42	Mike Green	SS	6-0	200	12/6/1976	9	Northwestern St. (La.)	Ruston, La.	T(Chi)-'06
43	Leonard Weaver	FB	6-0	242	9/23/1982	4	Carson-Newman	Melbourne, Fla.	FA-'08
44	David Hawthorne	LB	6-0	240	5/14/1985	R	Texas Christian	Corsicana, Texas	FA-'08
45	T.J. Duckett	RB	6-0	254	2/17/1981	7	Michigan State	Kalamazoo, Mich.	UFA(Det)-'08
46	Joe Newton	TE	6-7	258	10/15/1983	2	Oregon State	Roseburg, Ore.	FA-'07
47	Zac Alcorn	TE	6-4	255	8/24/1980	3	Black Hills State	Chadron, Neb.	FA-'08
48	Tyler Schmitt	LS	6-2	231	3/25/1986	R	San Diego State	Peoria, Ariz.	D6-'08
49	Matt Castello	LB	5-10	225	3/26/1986	R	San Jose State	San Jose, Calif.	FA-'08
50	Lance Laury	LB	6-2	237	1/17/1982	3	South Carolina	Hopkins, S.C.	FA-'06
51	Lofa Tatupu	LB	6-0	242	11/15/1982	4	USC	Wrentham, Mass.	D2-'05
52	Jason Babin	DE	6-3	267	5/24/1980	5	Western Michigan	Paw Paw, Mich.	T(Hou)-'07
53	Wesly Mallard	LB	6-1	230	11/21/1978	6	Oregon	Hinesville, Ga.	FA-'08
54	Will Herring	LB	6-3	235	8/28/1983	2	Auburn	Opelika, Ala.	D5-'07
55	Darryl Tapp	DE	6-1	270	9/13/1984	3	Virginia Tech	Chesapeake, Va.	D2-'06
56	Leroy Hill	LB	6-1	238	9/14/1982	4	Clemson	Haddok, Ga.	D3(B)-'05
57	Nick Jones	C	6-3	305	7/5/1985	1	Georgia	Bowdon, Ga.	FA-'08
58	D.D. Lewis	LB	6-1	241	1/8/1979	7	Texas	Houston, Texas	FA-'08
59	Baraka Atkins	DE	6-4	268	9/28/1984	2	Miami	Sarasota, Fla.	D4(a)-'07
60	Kevin Brown	DT	6-2	303	7/8/1985	R	UCLA	Los Angeles, Calif.	FA-'08
61	Dustin Dickinson	G	6-3	298	5/3/1985	R	Houston	Springtown, Texas	FA-'08
62	Chris Gray	G	6-4	305	6/19/1970	16	Auburn	Birmingham, Ala.	UFA(Chi)-'98
63	Pat Murray	G	6-3	310	10/31/1984	1	Truman State	Pocahontas, Iowa	FA-'08
65	Chris Spencer	C	6-3	312	3/28/1982	4	Mississippi	Madison, Miss.	D1-'05
66	Mansfield Wrotto	G	6-3	320	10/12/1984	2	Georgia Tech	Snellville, Ga.	D4(b)-'07
67	Rob Sims	G	6-3	312	12/6/1983	3	Ohio State	Macedonia, Ohio	D4-'06
68	Mike Wahle	G	6-6	304	3/29/1977	11	Navy	Lake Arrowhead, Calif.	FA-'08
69	Steve Vallos	G	6-3	312	12/28/1983	2	Wake Forest	Boardman, Ohio	D7-'07
71	Walter Jones	T	6-5	325	1/19/1974	12	Florida State	Aliceville, Ala.	D1(b)-'97
72	Nu'u Tafisi	DE	6-2	268	6/30/1981	2	California	Salt Lake City, Utah	FA-'07
73	William Robinson	T	6-5	297	12/20/1984	R	San Diego State	Pomona, Calif.	FA-'08
74	Ray Willis	T	6-6	315	8/13/1982	4	Florida State	Angleton, Texas	D4-'05
75	Sean Locklear	T	6-4	308	5/29/1981	5	North Carolina State	Lumberton, N.C.	D3-'04
77	Floyd Womack	T	6-4	328	11/15/1978	8	Mississippi State	Cleveland, Miss.	D4(C)-'01
78	Kyle Williams	T	6-6	295	3/19/1984	1	USC	Dallas, Texas	FA-'08
79	Red Bryant	DT	6-4	318	4/18/1984	R	Texas A&M	Jasper, Texas	D4-'08
81	Nate Burleson	WR	6-0	198	8/19/1981	6	Nevada	Seattle, Wash.	RFA(Min)-'06
82	Jordan Kent	WR	6-4	219	7/24/1984	2	Oregon	Eugene, Ore	D6(b)-'07
83	Deion Branch	WR	5-9	192	7/18/1979	7	Louisville	Albany, Ga.	T(INE)-'06
84	Bobby Engram	WR	5-10	192	1/7/1973	13	Penn State	Camden, S.C.	UFA(Chi)-'01
85	Will Heller	TE	6-6	270	2/28/1981	6	Georgia Tech	Dunwoody, Ga.	UFA(TB)-'06
86	Courtney Taylor	WR	6-1	205	4/7/1984	2	Auburn	Carrollton, Ala.	D6(a)-'07
87	Ben Obomanu	WR	6-0	206	10/30/1983	3	Auburn	Selma, Ala.	D7(b)-'06
88	Jeb Putzler	TE	6-4	251	1/20/1979	7	Boise State	Eagle, Idaho	UFA(Hou)-'08
89	John Carlson	TE	6-5	251	5/12/1984	R	Notre Dame	Litchfield, Minn.	D2-'08
90	Marcus Tubbs	DT	6-3	318	5/16/1981	5	Texas	DeSoto, Texas	D1-'04
91	Chris Cooper	DE	6-5	285	12/27/1977	8	Nebraska-Omaha	Lincoln, Neb.	FA-'08
92	Brandon Mebane	DE	6-1	314	1/15/1985	2	California	Los Angeles, Calif.	D3-'07
93	Craig Terrill	DT	6-2	295	6/27/1980	5	Purdue	Lebanon, Ind.	D6-'04
94	Howard Green	DT	6-2	320	1/12/1979	4	LSU	Donaldsonville, La.	FA-'07
95	Lawrence Jackson	DE	6-4	271	8/30/1985	R	USC	Inglewood, Calif.	D1-'08
96	Larry Triplett	DT	6-2	296	1/18/1979	7	Washington	Los Angeles, Calif.	FA-'08
97	Patrick Kerney	DE	6-5	272	12/30/1976	10	Virginia	Newtown, Pa.	UFA(Atl)-'07
98	Julian Peterson	LB	6-3	240	7/28/1978	9	Michigan State	Washington, D.C.	UFA(SF)-'06
99	Rocky Bernard	DT	6-3	308	4/19/1979	7	Texas A&M	Baytown, Texas	D5(a)-'02

HOW BUILT

Year	By Draft	Trade/Waivers/Prac. Sq.	Free Agents
2008	DE Lawrence Jackson (1)	QB Dalton Bell (W)	S Jamar Adams
	TE John Carlson (2)		TE Zac Alcorn
	DT Red Bryant (4)		DT Kevin Brown
	FB Owen Schmitt (5)		WR Michael Bumpus
	LS Tyler Schmitt (6)		LB Matt Castelo
	RB Justin Forsett (7a)		DE Chris Cooper
	K Brandon Coutu (7b)		FB Dan Curran
			G Dustin Dickinson
			CB DeMichael Dizer
			RB T.J. Duckett
			WR Joel Filani
			WR Chas Gessner
			LB David Hawthorne
			P Reggie Hodges
		S Kelin Johnson	
		RB Julius Jones	
		LB D.D. Lewis	
		CB Omare Lowe	
		LB Wesly Mallard	
		K Olindo Mare	
		G Pat Murray	
		TE Jeb Putzier	
		T William Robinson	
		WR Trent Shelton	
		DT Larry Tripplett	
		G Mike Wahle	
		C Chris White	
		S Eric Wicks	
2007	CB Josh Wilson (2)	DE Jason Babin (T)	S Deon Grant
	DT Brandon Mebane (3)		DT Howard Green
	DE Baraka Atkins (4a)		CB Kevin Hobbs
	G Mansfield Wrotto (4b)		DE Patrick Kerney
	LB Will Herring (5)		TE Joe Newton
	WR Courtney Taylor(6a)		WR Logan Payne
	WR Jordan Kent (6b)		S Brian Russell
G Steve Vallos (7)		DE Nu'u Tafisi	
		S C.J. Wallace	
		T Kyle Williams	
2006	CB Kelly Jennings (1)	WR Deion Branch (T)	WR Nate Burleson
	DE Darryl Tapp (2)	S Mike Green (T)	TE Will Heller
	G Rob Sims (4)		LB Lance Laury
	FB David Kirtman (5)		LB Julian Peterson
	P Ryan Plackemeier (7a)		
	WR Ben Obomanu (7b)		
2005	C Chris Spencer (1)		FB Leonard Weaver
	LB Lofa Tatupu (2)		
	LB Leroy Hill (3b)		
	T Ray Willis (4)		
2004	DT Marcus Tubbs (1)		CB Jordan Babineaux
	T Sean Locklear (3)		
	DT Craig Terrill (6)		
2003	CB Marcus Trufant (1)		
	QB Seneca Wallace (4a)		
2002	RB Maurice Morris (2a)		
	DE Rocky Bernard (5a)		
2001	T Floyd Womack (4c)	QB Matt Hasselbeck (T)	WR Bobby Engram
1998			G Chris Gray
1997	T Walter Jones (1b)		





BARAKA ATKINS

Defensive End 6-4 268
Miami
2nd NFL Season
2nd Seahawks Season
4th Round 2007
2007 Games/Starts: 12/0
Career Games/Starts: 12/0
September 28, 1984
Sarasota, Florida

59

2007: Saw action in 12 games registering 10 tackles, a pass defended and a fumble recovery. Was inactive four games including versus San Francisco (11/12) and Chicago (11/18) with an ankle injury. Was placed on injured reserve (ankle) January 1, 2008, and missed the post-season.

PRO: Originally drafted by the Seahawks in the fourth round of the 2007 NFL Draft.

COLLEGE: Split time between defensive tackle and end during career at Miami. Played in 49 games, starting 45 times. Registered 175 tackles (84 solos), 18 sacks and 29.5 stops for loss. Added 52 quarterback pressures and nine pass deflections. Recovered three fumbles, including one for a touchdown and caused five fumbles.

PERSONAL: At Booker High School (Sarasota, Fla.), Atkins was regarded as one of the nation's top defensive end prospects.

Played mainly strong-side defensive end and was rated the fourth-best defensive lineman in Florida and the 36th-best overall player in the state by Florida Prep Football. Was a member of the Atlanta Journal-Constitution's Super Southern 100 squad and earned first-team Class 5A All-State honors as a senior while recording 78 tackles, 25 sacks, forced four fumbles and four fumble recoveries, returning one for a touchdown. As a junior, he returned a blocked punt for a touchdown, adding 79 tackles and eight sacks. Named the defensive MVP of the University of Miami summer camp in June 2001 and participated in the Cali-Florida All-Star game, where he scored the only defensive touchdown. He also lettered in track and basketball. Business Management major. Son of Shelia and Fredd Atkins. Father is the mayor of the city of Sarasota. Born 9/28/84. Resides in Sarasota, Florida.

ATKINS' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2007 Seattle	12/0	10	4	6	0.0	0.0	0	0	0.0	0	0	1	0	1	0
NFL TOTALS	12/0	10	4	6	0.0	0.0	0	0	0.0	0	0	1	0	1	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2007 Seattle		Injured Reserve (Ankle)														
NFL TOTALS	0/0	0	0	0	0.0	0.0	0	0	0.0	0						

JASON BABIN

Defensive End 6-3 267
Western Michigan
5th NFL Season
2nd Seahawks Season
Trade (Houston) 2007
2007 Games/Starts: 2/0
Career Games/Starts: 45/22
May 24, 1980
Paw Paw, Michigan

52

2007: Saw action in two games for the Seahawks but did not have a tackle.

PRO: Acquired by Seattle via trade with the Houston Texans for safety Michael Boulware on September 1, 2007. Originally drafted in the first round (27th overall) of the 2004 NFL Draft by the Texans. Has played in 43 games in three seasons, starting 22. Has tallied 146 total tackles and 13 sacks with two passes defended, two forced fumbles and two fumble recoveries for 22 yards. Was the first player in Western Michigan history to go in the opening round. **2006:** Played in 15 games, starting three, and finished with 25 total tackles and a career-high five solo sacks. **2005:** Played in 12 games, starting three and recorded 45 tackles, four sacks and two forced fumbles. Had the most prolific game of his career, registering 13 tackles and two sacks at San Francisco (1/1/06). **2004:** Started all 16 games, registering 76 tackles, four sacks, two fumble recoveries, and one pass defended. Added one special teams tackle. Made NFL debut against San Diego (9/12), recording nine tackles. Had five tackles and first-career sack at Detroit (9/19).

COLLEGE: Started 25-of-47 games at WMU, setting Broncos' career marks in sacks (38) and tackles for loss (75). Also amassed 299 career tackles, eight forced fumbles, two fumble recoveries, two passes defended, and three receptions for 35 yards. Blocked three punts and blocked in the offense's power-I formation. Started all 12 games at left defensive end as a senior, earning first-team All-America honors from The NFL Draft Report and College Sports Report. First-team All-Mid-American Conference selection and league's Defensive Player of the Year in consecutive seasons. Was team captain, team MVP, and Defensive Hard Hat Award recipient after racking up a career-high 115 tackles and matching a career high with 15 sacks for 71 yards. Majored in criminal justice.

PERSONAL: First-team All-Kalamazoo Valley Association selection as a senior at Paw Paw (Mich.) High School. Two-time team Defensive MVP before missing all of his senior season with a broken leg. Also lettered in wrestling, winning the state title. Owns a ranch in Texas. Married to Sara, couple lives in Houston with their sons, Maddux Bo and Tallan Davis.

BABIN'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2004 Houston	16/16	76	51	25	4.0	19.0	0	0	0.0	0	0	1	0	2	22
2005 Houston	12/3	45	29	16	4.0	27.0	0	0	0.0	0	0	1	2	0	0
2006 Houston	15/3	25	19	6	5.0	39.0	0	0	0.0	0	0	0	0	0	0
2007 Seattle	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	45/22	146	99	47	13.0	85.0	0	0	0.0	0	0	2	2	2	22

BABIN'S SINGLE-GAME HIGHS

Tackles: 13, at San Francisco (1/1/06)

Sacks: 2, 3 Times (Last vs Jacksonville, 11/12/06)

ADDITIONAL STATS

Special Team Tackles: 2004 (1), 2006 (1); Career: 2.

JORDAN BABINEAUX



Cornerback 6-0 206
 Southern Arkansas
 5th NFL Season
 5th Seahawks Season
 Undrafted FA 2004
 2007 Games/Starts: 16/0
 Career Games/Starts: 53/12
 August 31, 1982
 Port Arthur, Texas

27

2007: Saw action in all 16 games totaling 56 tackles and an interception as the team's third cornerback in nickel packages. Had nine tackles in the postseason and returned an interception 57 yards versus Washington (1/5) for a touchdown.

PRO: Originally signed with the Seahawks as an undrafted free agent April 29 following the 2004 NFL Draft. Signed to the Seahawks' practice squad following training camp before signing to the active roster November 26. **2004:** Saw action in the final six games and the playoff game versus St. Louis (1/8/05) after spending the first 11 weeks on the Seahawks' practice squad. Totaled three defensive tackles and five special teams stops. Had one defensive and one special teams tackle in the playoff game. **2005:** Started four of 16 games and finished third on the team with 17 special teams tackles. Served primarily as the team's cornerback in nickel and dime situations and totaled a career-high 58 tackles and three interceptions. Had a hand in two game-saving and game-winning plays during the regular season. First

came at St. Louis (10/9) when he forced Shaun McDonald to fumble late in the fourth quarter on a punt return that allowed Seattle to run out the clock. Saved another game when he intercepted Drew Bledsoe versus Dallas (10/23) and returned it 25 yards to the Cowboys' 32-yard line with :05 remaining in the game. Josh Brown then kicked the game-winning field goal as time ran out. Started the final four games of the season with injuries to Andre Dyson (ankle) and Herndon (knee). Posted a career-high 12 tackles versus Indianapolis (12/24). Saw action in all three postseason games, starting in the Divisional matchup versus Washington (1/14/06). **2006:** Started eight games at strong safety playing in a total of 15 contests missing the game at Chicago (10/1) with a concussion. Finished the season with 58 tackles to go along with an interception and four passes defended. Began the season as the cornerback in dime packages, but supplanted Michael Boulware at strong safety in the seventh game of the season at Kansas City (10/29). Remained the starting strong safety until injuries at corner-

BABINEAUX'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2004 Seattle	6/0	3	2	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0
2005 Seattle	16/4	58	47	11	0.0	0.0	3	57	19.0	25	0	8	0	0	0	
2006 Seattle	15/8	51	41	10	0.0	0.0	1	20	20.0	20	0	4	0	0	0	
2007 Seattle	16/0	56	47	9	1.0	8.0	1	0	0.0	0	0	2	3	1	0	
NFL TOTALS	53/12	168	137	31	1.0	8.0	5	77	19.3	25	0	14	3	1	0	

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2004 Seattle	1/0	1	0	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2005 Seattle	3/1	7	5	2	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2006 Seattle	2/2	9	8	1	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2007 Seattle	2/1	9	6	3	0.0	0.0	1	57	57.0	57t	1	1	0	1	0
NFL TOTALS	8/4	26	19	7	0.0	0.0	1	57	57.0	57t	1	3	0	1	0

back forced him to return to that position and serve as the third cornerback in the nickel package for the final two games of the season. Started both playoff games at cornerback after regular-season injuries to Marcus Trufant, Kelly Herndon and Jimmy Williams. Totaled nine tackles in the postseason including one of the biggest plays of the season when he stopped Tony Romo at Seattle's 2-yard line, 1-yard shy of a first down, following a mishandled field goal snap. Helped preserve a 21-20 lead in the final minutes of the NFC Wild Card game.

COLLEGE: The Muleriders cornerback played in 39 games in his career at SAU, made 213 tackles (127 solo), three sacks, 10 interceptions returned for 124 yards, 20 passes defended, recovered six fumbles, forced two fumbles. He also returned 17 kickoffs for 487 yards and two touchdowns, including a 100-yard return. Had a standout senior year, earning Dopke.com honors as a first-team All-

America kick returner, Dopke.com Division II National Special Teams Performer of the Year, D2Football.com second-team All-America defensive back, Daktronics second-team All-America cornerback, *Football Gazette* second-team All-America cornerback, Daktronics first-team All-South Region cornerback, *Football Gazette* first-team All-South Region defensive back, first-team All-Gulf South Conference defensive back, and was selected to play in the Division II Whataburger Cactus Bowl All-Star game. Set SAU and GSC records for kickoff return yards in a game with 208 yards, set GSC and tied NCAA Division II records for kickoff return touchdowns in a game with two for 196 yards, and set an SAU record and tied GSC and NCAA Division II records for longest kickoff return for a touchdown with 100 yards, all in SAU's game against Delta State in 2003.

PERSONAL: Prepped at Lincoln High in Port Arthur, Texas. Born August 31, 1982.

BABINEAUX'S SINGLE-GAME HIGHS

Tackles: 12, vs. Indianapolis (12/24/05)

Interceptions: 1, 5 Times, Last vs. Arizona (12/9/07)

Forced Fumbles: 1, 3 Times, Last vs. Chicago (11/18/07)

Fumble Recoveries: 1, vs. St. Louis (10/21/07)

ADDITIONAL STATS

Special Team Tackles: 2004 (5), 2005 (17, FF, FR), 2006 (4); 2007 (7) **Career:** 33, 1 FF, 1 FR

Postseason: 2004 (1), 2005 (2), 2006 (0); **Career:** 3



ROCKY BERNARD

Defensive Tackle **6-3** **308**

Texas A&M

7th NFL Season

7th Seahawks Season

5th Round (A) 2002

2007 Games/Starts: 14/14

Career Games/Starts: 88/40

April 19, 1979

Baytown, Texas

99

2007: Started the first 14 games of the season and was inactive the final two (groin). Totaled 35 tackles, 3.5 sacks and two fumble recoveries. Sacked 49ers (9/30) QB Alex Smith on the third play of the game which forced him to leave the contest with a separated shoulder.

PRO: Selected with the 11th pick of the fifth round (146th overall) by the Seahawks in the 2002 Draft. Was the second defensive player chosen by Seattle in that draft (Anton Palepoi, 56th overall). Re-signed a multi-year contract

with Seattle on March 16, 2006. **2002:** Played in 16 games as a rookie with two starts at New York versus the Giants (9/22) and versus Minnesota (9/29). Became the first rookie defensive lineman to start a game for the Seahawks since Sam Adams in 1994. Totaled 49 tackles (34 solo) with four sacks. Named the NFL's Defensive Rookie of the Month for September after leading the club with four sacks, while adding 18 tackles. Despite starting just two games, season tackle total was third among defensive lineman. Had first-career

sack versus Arizona (9/15) and started the following week against New York Giants for John Randle (knee) and Brandon Mitchell (calf) and posted another sack to go along with five solo tackles. Also started the next week versus Minnesota and collected two sacks and season-high nine tackles. Forced first-career fumble at Arizona (11/10) to stifle a scoring threat on the Seahawks' 1-yard line. **2003:** Played in 12 games totaling 16 tackles and two sacks. Was inactive four of five games in the middle of the season (San Francisco 10/12, Chicago 10/19, Pittsburgh 11/2, at Washington 11/9), but was a regular in the nickel rotation the final seven games. Registered one sack at Baltimore (11/23) and versus Arizona (12/21). Declared inactive (toe) for playoff game at Green Bay (1/4/04). **2004:** Played in 14 games with one start and totaled 39 tackles, 3.5 sacks, six passes defended and a fumble recovery. Posted one sack in each of the first three games of the season at New Orleans (9/12), at Tampa Bay (9/19) and versus San Francisco (9/26). Part of a defensive unit that held the 49ers scoreless for the first time in 420 games. Started only regular-season game at Arizona for Rashad Moore (shoulder) and tied a season high with six tackles. Declared inactive (knee) two games at Minnesota (12/12) and at New York Jets (12/19). Started at defensive tackle in playoff game versus St. Louis (1/8) and registered four tackles and a

sack. **2005:** Enjoyed one of the finest seasons by a Seahawks defensive tackle collecting a career-high 8.5 sacks. Started seven of 16 games and totaled 52 combined tackles. Posted multi-sack games at St. Louis (10/9) with 1.5 and at San Francisco (11/20) with 2.0. Also totaled 2.0 sacks in NFC Championship Game versus Carolina (1/22/06). **2006:** Started all 16 games at defensive tackle finishing with 36 tackles and 3.5 sacks. Also forced two fumbles and had a recovery. Posted 2.0 sacks for the third time of career versus Oakland (11/6), a game in which Seattle posted 9.0 team sacks, tied for third-most in club history. Started both playoff games totaling a nine tackles, including a sack at Chicago (1/14/07).

COLLEGE: In 33 career starts, collected 170 tackles (89 solo) with 12 sacks and 33 stops for loss. Was the only member of the Aggies' defensive line to start every game his final season and posted 69 tackles, the most tackles by an Aggie lineman since former Seahawks player Adams (78 in 1993).

PERSONAL: All-American selection by SuperPrep and Prepstar at Sterling High School (Baytown, Texas). Earned District 22-5A Defensive MVP honors after posting 102 tackles, 12 quarterback pressures, and five forced fumbles. Agricultural economics major. First name is Robert, nicknamed "Rocky."

BERNARD'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2002 Seattle	16/2	49	34	15	4.0	26.0	0	0	0	0	0	0	1	1	0	0
2003 Seattle	12/0	16	11	5	2.0	9.0	0	0	0	0	0	1	1	0	0	
2004 Seattle	14/1	39	26	13	3.5	23.0	0	0	0	0	0	6	0	1	0	
2005 Seattle	16/7	52	43	9	8.5	58.5	0	0	0	0	0	3	0	2	5	
2006 Seattle	16/16	36	24	12	3.5	15.5	0	0	0	0	0	1	2	1	0	
2007 Seattle	14/14	35	25	10	3.5	24.0	0	0	0	0	0	0	0	2	0	
NFL TOTALS	88/40	227	163	64	25.0	156.0	0	0	0	0	0	12	4	6	5	

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2004 Seattle	1/1	4	3	1	1.0	2.0	0	0	0.0	0	0	0	0	0	0
2005 Seattle	3/3	7	6	1	2.0	20.0	0	0	0.0	0	0	1	0	0	
2006 Seattle	2/2	9	8	1	1.0	6.0	0	0	0.0	0	0	1	0	0	
2007 Seattle	2/2	3	3	0	0.0	0.0	0	0	0.0	0	0	0	0	0	
NFL TOTALS	8/8	23	20	3	4.0	28.0	0	0	0.0	0	0	2	0	0	

BERNARD'S SINGLE-GAME HIGHS

Tackles: 9, vs. Minnesota (9/29/02)

Sacks: 2.0, 3 Times, Last vs. Oakland (11/6/06)

Interceptions: None

FF: 1, 4 Times, Last vs. Minnesota (10/22/06)

FR: 1, 6 Times, Last vs. San Francisco (11/12/07)



DEION BRANCH

Wide Receiver 5-9 192
 Louisville
 7th NFL Season
 3rd Seahawks Season
 Trade (New England) 2006
 2007 Games/Starts: 11/11
 Career Games/Starts: 78/66
 July 18, 1979
 Albany, Georgia

83

2007: Started all 11 games played missing games 6-9 with a foot injury and the season finale at Atlanta (12/30) with a calf injury. Despite missing five games, finished third on the team with 49 receptions, 661 yards and four TDs. Was inactive (calf) for the Wild Card game, but returned to action in the Divisional Playoffs at Green Bay (1/12/08) but left the game in the first quarter with an injured ACL.

PRO: Traded by New England to Seattle on September 11, 2006 for an undisclosed 2007 draft pick. Originally drafted by New England in the second-round (65th overall) of the 2002 NFL Draft. Has totaled 21 receptions in two Super Bowls (XXXVIII, XXXIX). Named Super Bowl MVP after tying a Super Bowl record with 11 receptions in the Patriots' 24-21 victory over the Eagles in Super Bowl XXXIX. Registered a game-high 133 receiving yards.

2002: Finished his first NFL season ranked second among all AFC rookies with 43 receptions and tied for third with 489 receiving yards despite missing the final three games due to a leg injury. Set Patriots single-game rookie record by hauling in 13 passes at San Diego (9/29) and tied the second highest total by a rookie in NFL single-game history. Led all rookies and ranked sixth in the AFC with an average kickoff return yardage of 24.0. Returned five kickoffs for 31 yards or more, including a long of 63 yards at Detroit (11/28). Snared six passes for 83 yards and a touchdown to lead the team in receiving in his NFL debut as the Patriots defeated the Pittsburgh (9/9), 30-14. Hauled in a 22-yard touchdown pass from Tom Brady in the third quarter for the first touchdown of his professional career versus the Steelers. Started first professional game at wide receiver and caught six passes for 33 yards versus Kansas City (9/22). Set career highs with seven kickoff returns and 201 return yards versus Chiefs. **2003:** Started 12 of 15 games at wide receiver. Led the team with 57 receptions and 803 receiving yards. Gained first-down yardage on 40 of his 57

catches. Recorded 24 third-down catches that gained first downs. Caught two passes for 23 yards in the Patriots' 24-14 AFC Championship victory at Indianapolis (1/18/04). Talled a game-high 10 receptions for 143 yards and a touchdown in the Patriots' 32-29 Super Bowl XXXVIII victory over the Carolina Panthers (2/1/04). Hauled in the Patriots' first touchdown with a 5-yard reception with 3:05 remaining in the second quarter. Helped set up the Patriots' second touchdown by getting behind the defense and hauling in a 52-yard reception. Set up Adam Vinatieri's game-winning field goal with a 17-yard reception on third-and-3 with just nine seconds remaining in the contest. **2004:** Started nine regular-season games and all three playoff contests. Talled a career-high four touchdown receptions. Finished third on the team with 35 receptions and 454 receiving yards. Led all NFL receivers in the playoffs with 16 receptions for 264 yards. Returned to action versus Kansas City (11/22) after being inactive for seven games and led the team with six receptions and 106 receiving yards and a touchdown. Named NFL Offensive Player of Championship Sunday after recording a team-high 116 receiving yards on four receptions and a touchdown in the Patriots' 41-27 AFC Championship victory over Pittsburgh (1/23/05). Sealed the trip to the Super Bowl with a 23-yard touchdown run off of a reverse in the fourth quarter. Named Super Bowl XXXIX MVP after tying a Super Bowl record with 11 receptions in the Patriots' 24-21 victory over Philadelphia (2/6/05). Registered a game-high 133 receiving yards. **2005:** Led the team with career highs in receptions (78), receiving yards (998) and touchdown receptions (5). Recorded five or more receptions in 11 of 16 regular season games. In the regular season, led the team in receptions or tied for the team lead nine times. Paced the squad in receiving yards in five games. Led the team with eight receptions

and set a Patriots playoff record with 153 receiving yards at Denver (1/14/06), and also recorded the longest reception in Patriots' playoff history when he hauled in a 73-yard pass in the AFC Divisional Playoffs. **2006:** Started 13 of 14 games after joining the Seahawks via trade with New England following the season opener. Was exempt from the roster week two versus Arizona (9/17) and saw first action in a Seahawks uniform versus the N.Y. Giants (9/24). Started every game after that. Finished the season second on the team with 53 receptions and 725 yards. Was tied for second with four touchdown receptions. Had six catches for 76 yards and first-career two-touchdown game at St. Louis (10/15). Had season highs with seven catches and 113 yards at San Francisco (11/19). Started both postseason games and led team with a total of eight receptions for 96 yards.

COLLEGE: Branch hauled in 143 passes for 2,204 yards (15.4 average) and 18 touchdowns while at Louisville (2000-01). His 143 catches

MOST CAREER RECEPTIONS IN SUPER BOWL GAMES

Rec	Player	Team(s)	Games
33	Jerry Rice	SF, OAK	4
27	Andre Reed	BUF	4
21	Deion Branch	NE	2
20	Roger Craig	SF	3
20	Thurman Thomas	BUF	4

rank sixth on the school's career-record list while his 2,204 yards are topped only by Miguel Montano (2,305, 1994-97), Ibn Green (2,830, 1996-99) and Arnold Jackson (3,670, 1997-2000) in Louisville annals. Only Anthony Cummings (25, 1987-90), Green (33) and Jackson (31) had more touchdown catches in a career for the Cardinals. Became only the second player in school history to record multiple 1,000-yard receiving seasons, joining Jackson (1,209 in 1999 and 1,165 in 1998).

BRANCH'S NFL RECORD

Club	G/S	Receiving					Rushing				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2002	New England	13/7	43	489	11.4	49t	2	2	0	0.0	0
2003	New England	15/11	57	803	14.1	66t	3	1	11	11.0	0
2004	New England	9/9	35	454	13.0	26t	4	0	0	0.0	0
2005	New England	16/15	78	998	12.8	51	5	0	0	0.0	0
2006	Seattle	14/13	53	725	13.7	38t	4	4	30	7.5	0
2007	Seattle	11/11	49	661	13.5	65	4	0	0	0.0	0
NFL TOTALS		78/66	315	4,130	13.2	66t	22	7	41	5.9	0

Club	No	Punt Returns				Kickoff Returns					
		Yds	Avg	LG	TD	No	Yds	Avg	LG	TD	
2002	New England	2	58	29.0	40	0	36	863	24.0	63	0
2003	New England	4	26	6.5	11	0	0	0	0.0	0	0
2004	New England	1	0	0.0	0	0	0	0	0.0	0	0
2005	New England	0	0	0.0	0	0	0	0	0.0	0	0
2006	Seattle	0	0	0.0	0	0	0	0	0.0	0	0
2007	Seattle	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		7	84	12.0	40	0	36	863	24.0	63	0

POSTSEASON

Club	G/S	Receiving					Rushing				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2003	New England	3/3	15	176	11.7	52	1	0	0	0.0	0
2004	New England	3/3	16	264	16.5	60t	1	2	37	18.5	1
2005	New England	2/2	10	189	18.9	73	0	0	0	0.0	0
2006	Seattle	2/2	8	96	12.0	27	0	0	0	0.0	0
2007	Seattle	1/0	0	0	0.0	0	0	0	0	0.0	0
NFL TOTALS		11/10	49	725	14.8	73	2	2	37	18.5	1

Earned team MVP honors following the 2000 season. Earned second-team All-America honors at Jones County (Ellisville, Miss.) College following the 1998 season. Caught 69 passes for 1,012 yards (14.7 avg.) and nine scores and helped JCC to a 12-0 mark and a victory in the Golden Isles Bowl. Grabbed 37 passes for 639 yards (17.7 avg.) and five touchdowns as a freshman.

PERSONAL: Born Anthony Branch on July 18, 1979. Lettered in football and track at Monroe (Albany, Ga.) High. Participated in indoor track at Louisville in 2001. Competed in the 60 meter dash (7.1). Also performed on the outdoor squad in the 60 meters, 100 meters and 4x100 relays. Besides football, also enjoys soccer. Majored in communications.

BRANCH'S GAME-BY-GAME RECEIVING

2002	Opponent	No	Yds	Avg	LG	TD	2003	Opponent	No	Yds	Avg	LG	TD
09/09	Pittsburgh	6	83	13.8	22t	1	09/07	at Buffalo	1	8	8.0	8	0
09/15	at N.Y. Jets	3	65	21.7	49t	1	09/14	at Philadelphia	6	89	14.8	26t	1
09/22	Kansas City	6	33	5.5	11	0	09/21	N.Y. Jets	2	25	12.5	16	0
09/29	at San Diego	13	128	9.8	18	0	09/28	at Washington	3	38	12.7	17	0
10/05	at Miami	4	61	15.3	24	0	10/05	Tennessee	5	68	13.6	23	0
10/13	Green Bay	5	38	7.6	18	0	10/12	N.Y. Giants	Inactive				
10/21	Bye Week						10/19	at Miami	6	62	10.3	20	0
10/27	Denver	0	0	0.0	0	0	10/26	Cleveland	3	30	10.0	16	0
11/03	at Buffalo	0	0	0.0	0	0	11/03	at Denver	3	107	35.7	66t	1
11/10	at Chicago	1	9	9.0	9	0	11/09	Bye Week					
11/17	at Oakland	3	11	3.7	6	0	11/16	Dallas	2	69	34.5	46	0
11/24	Minnesota	1	20	20.0	20	0	11/23	at Houston	5	52	10.4	19	0
11/28	at Detroit	0	0	0.0	0	0	11/30	at Indianapolis	6	64	10.7	14	1
12/08	Buffalo	1	41	41.0	41	0	12/07	Miami	6	93	15.5	25	0
12/16	at Tennessee	Inactive					12/14	Jacksonville	1	16	16.0	16	0
12/22	N.Y. Jets	Inactive					12/20	at N.Y. Jets	2	24	12.0	18	0
12/29	Miami	Inactive					12/27	Buffalo	6	58	9.7	30	0
TOTALS (13/7)		43	489	11.4	49t	2	TOTALS (15/11)		57	803	14.1	66t	3
							01/10	Tennessee	3	10	3.3	6	0
2004	Opponent	No	Yds	Avg	LG	TD	01/18	Indianapolis	2	23	11.5	14	0
09/09	Indianapolis	7	86	12.3	21	1	02/01	Carolina	10	143	14.3	52	1
09/19	at Arizona	1	7	7.0	7	0	PLAYOFFS (3/3)		15	176	11.7	52	1
09/26	Bye Week						2005	Opponent	No	Yds	Avg	LG	TD
10/03	at Buffalo	Inactive					09/08	Oakland	7	99	14.1	29	1
10/10	Miami	Inactive					09/18	at Carolina	8	60	7.5	17	0
10/17	Seattle	Inactive					09/25	at Pittsburgh	6	78	13.0	22	0
10/24	N.Y. Jets	Inactive					10/02	San Diego	1	6	6.0	6	0
10/31	at Pittsburgh	Inactive					10/09	at Atlanta	8	107	13.4	51	0
11/07	at St. Louis	Inactive					10/16	at Denver	7	87	12.4	19	0
11/14	Buffalo	Inactive					10/23	Bye Week					
11/22	at Kansas City	6	105	17.5	26t	1	10/30	Buffalo	3	92	30.7	37	1
11/28	Baltimore	4	51	12.8	15	0	11/07	Indianapolis	5	58	11.6	17	1
12/05	at Cleveland	1	13	13.0	13	0	11/13	at Miami	5	82	16.4	30	0
12/12	Cincinnati	3	44	14.7	23	0	11/20	New Orleans	5	38	7.6	11	1
12/20	at Miami	3	44	14.7	23	0	11/27	at Kansas City	5	49	9.8	20	0
12/26	at N.Y. Jets	7	82	11.7	21	1	12/04	N.Y. Jets	5	44	8.8	13	0
01/02	San Francisco	3	22	7.3	8t	1	12/11	at Buffalo	5	83	16.6	28	0
TOTALS (9/9)		35	454	13.0	26t	4	12/17	Tampa Bay	2	27	13.5	19	0
01/16	Indianapolis	1	15	15.0	15	0	12/26	at N.Y. Jets	4	69	17.3	22	0
01/23	at Pittsburgh	4	116	29.0	60	1	01/01	Miami	2	19	9.5	11t	1
02/06	Philadelphia	11	133	12.1	27	0	TOTALS (16/15)		78	998	12.8	51	5
PLAYOFFS (3/3)		16	264	16.5	60	1	01/07	Jacksonville	2	36	18.0	20	0
							01/14	at Denver	8	153	19.1	73	0
							PLAYOFFS (2/2)		10	189	18.9	73	0

BRANCH'S GAME-BY-GAME RECEIVING

2006	Opponent	No	Yds	Avg	LG	TD	2007	Opponent	No	Yds	Avg	LG	TD	
09/10	at Detroit	Reserve list w/ NE						09/09	Tampa Bay	0	0	0.0	0	0
09/17	Arizona	Exempt list w/ SEA						09/16	at Arizona	7	122	17.4	37	0
09/24	N.Y. Giants	2	23	11.5	15	0	09/23	Cincinnati	6	77	12.8	42	1	
10/01	at Chicago	3	57	19.0	31	0	09/30	at San Francisco	7	130	18.6	65	0	
10/08	Bye Week							10/07	at Pittsburgh	2	14	7.0	7	0
10/15	at St. Louis	6	76	12.7	19	2	10/14	New Orleans	Inactive					
10/22	Minnesota	4	60	15.0	23	0	10/21	St. Louis	Inactive					
10/29	at Kansas City	2	45	22.5	26	0	10/28	Bye Week						
11/06	Oakland	4	61	15.3	22	1	11/04	at Cleveland	Inactive					
11/12	St. Louis	3	22	7.3	11	0	11/12	San Francisco	Inactive					
11/19	at San Francisco	7	113	16.1	38	1	11/18	Chicago	4	31	7.8	11	0	
11/27	Green Bay	4	38	9.5	17	0	11/25	at St. Louis	5	92	18.4	29	1	
12/03	at Denver	3	23	7.7	10	0	12/02	at Philadelphia	5	40	8.0	21	0	
12/10	at Arizona	3	54	18.0	20	0	12/09	Arizona	3	52	17.3	31	1	
12/14	San Francisco	4	54	13.5	21	0	12/16	at Carolina	8	79	9.9	15	1	
12/24	San Diego	5	61	12.2	17	0	12/23	Baltimore	2	24	12.0	19	0	
12/31	at Tampa Bay	3	38	12.7	16	0	12/30	at Atlanta	Inactive					
TOTALS (14/13)		53	725	13.7	38	4	TOTALS (16/7)		49	661	13.5	65	4	
01/06	Dallas	4	48	12.0	27	0	01/05	Washington	Inactive					
01/14	at Chicago	4	48	12.0	24	0	01/12	at Green Bay	0	0	0.0	0	0	
PLAYOFFS (2/2)		8	96	12.0	27	0	PLAYOFFS (1/0)		0	0	0.0	0	0	

BRANCH'S SINGLE-GAME HIGHS

Most Receptions: 13, at San Diego (9/29/02)**Longest Reception:** 66t, at Denver (11/3/03)**Most Yards:** 130, at San Francisco (9/30/07)**Most TDs:** 2, at St. Louis (10/15/06)

POSTSEASON

Most Receptions: 11, vs. Philadelphia (SB) (2/6/05)**Longest Reception:** 73, at Denver (Div) (1/14/06)**Most Yards:** 153, at Denver (Div) (1/14/06)**Most TDs:** 1, 2 Times, Last at Pitt. (Champ) (1/23/05)


NATE BURLESON

Wide Receiver **6-0** **198**

Nevada

6th NFL Season

3rd Seahawks Season

Restricted FA (Minnesota) 2006

2007 Games/Starts: 16/12

Career Games/Starts: 76/52

August 19, 1981

Seattle, Washington

81

2007: Started 12 of 16 games while leading the team with 11 total TDs (9 rec., 2 ret.). Had at least one catch in each game and finished the season second with 50 receptions for 694 yards. Led team with nine receiving TDs. Tied a club record with a 94-yard punt return for TD (Charlie Rogers, at Pitt, 9/26/99) at Cleveland (11/4) and became the only player in NFL history to return three punts 90-plus yards for a TD in his career. Returned first-career kickoff

return 91 yards for a TD versus St. Louis (10/21).

PRO: Acquired as a restricted free agent by the Seahawks March 31, 2006. Enjoyed a breakout season in his second year in the NFL in 2004, becoming only the ninth player in Vikings history to post a 1,000-yard season. Joined Randy Moss as the only players in team history to catch a touchdown pass and return a punt for a touchdown in the same

game when he accomplished the feat at Indianapolis (11/8/04). Originally selected in the third round (71st overall) of the 2003 Draft by the Vikings, the highest receiver drafted by the Vikings since Moss in 1998. **2003:** Started first career game and scored first career touchdown on a 22-yard pass from Gus Frerotte versus San Francisco (9/28). Caught first career pass on a 6-yarder from Daunte Culpepper versus Chicago (9/14) on ESPN Sunday Night game. **2004:** Played in all 16 games with 15 starts and led the team with 1,006 yards receiving to give the Vikings a 1,000-yard receiver for the 12th straight season. Broke the 100-yard mark in four games and nine receiving touchdowns were the most by a Vikings wide receiver other than Moss since Cris Carter's nine in 2000. Posted the Vikings' first punt return for a touchdown since 1999 and the second-longest punt return in team history with a 91-yarder at Indianapolis (11/8) on Monday Night Football. Posted first-career multi-touchdown receiving game with two at Detroit (12/19). Recorded



BURLESON'S NFL RECORD

	Club	G/S	Receiving					Rushing				TD
			No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2003	Minnesota	16/9	29	455	15.7	52	2	0	0	0.0	0	
2004	Minnesota	16/15	68	1,006	14.8	68t	9	6	49	8.2	0	
2005	Minnesota	12/9	30	328	10.9	20	1	2	-6	-3.0	0	
2006	Seattle	16/7	18	192	10.7	36	2	0	0	0.0	0	
2007	Seattle	16/12	50	694	13.9	45t	9	2	4	2.0	0	
NFL TOTALS			76/52	195	2,675	13.7	68t	23	10	47	4.7	0

	Club	Punt Returns					Kickoff Returns					
		No	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD	
2003	Minnesota	1	0	0.0	0	0	0	0	0.0	0	0	
2004	Minnesota	25	214	8.6	91t	1	2	51	25.5	29	0	
2005	Minnesota	5	21	4.2	10	0	0	0	0.0	0	0	
2006	Seattle	34	322	9.5	90t	1	26	643	24.7	50	0	
2007	Seattle	58	658	11.3	94t	1	27	590	21.9	91t	1	
NFL TOTALS			123	1,215	9.9	94t	3	55	1,284	23.3	91t	1

POSTSEASON

	Club	G/S	Receiving					Rushing				TD
			No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2004	Minnesota	2/2	8	110	13.8	29	1	0	0	0.0	0	
2006	Seattle	2/0	1	16	16.0	16t	1	0	0	0.0	0	
2007	Seattle	2/1	10	97	9.7	25	0	0	0	0.0	0	
NFL TOTALS			6/3	19	223	11.7	29	2	0	0	0.0	0

	Club	Punt Returns					Kickoff Returns					
		No	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD	
2004	Minnesota	0	0	0.0	0	0	0	0	0.0	0	0	
2006	Seattle	6	15	2.5	13	0	11	277	25.2	41	0	
2007	Seattle	6	84	14.0	20	0	8	125	15.6	26	0	
NFL TOTALS			12	99	8.3	13	0	19	402	21.2	41	0

career-long touchdown reception with a 68-yarder versus Green Bay (12/24). Registered first career 100-yard game at New Orleans (10/17) with 134 yards on six catches on Sunday Night Football. **2005:** Bounced back from injuries to contribute in the final five games of the season. Missed four games with injuries, inactive for games versus New Orleans (9/25), at Atlanta (10/2), at Chicago (10/16), and at Green Bay (11/21). **2006:** Saw action at wide receiver in all 16 games with seven starts totaling 192 yards and two touchdowns on 18 receptions. Gave Seattle a spark on special teams taking over punt return duties versus Oakland (11/6) and kickoff returns versus Green Bay (11/27) and was named the NFC's Pro Bowl alternate returner.

Averaged 9.5 yards on 34 punt returns including a 90-yard touchdown return versus St. Louis (11/12). Score put Seattle up 21-16 in the fourth quarter and the return was the second-longest in franchise history (Charlie Rogers, 94 at Pittsburgh, 9/26/99). Became one of six players in NFL history to have two or more punt returns of 90 or more yards in a career. Averaged 24.7 yards on 26 kickoff returns with a long of 50 at Arizona. Average was fourth-best in team history.

COLLEGE: Recorded 248 catches for 3,293 yards and 22 touchdowns during his three years at Nevada. Finished career second in NCAA history for receptions in a single season with 138 in 2002. Finalist for the

BURLERSON'S GAME-BY-GAME RECEIVING

2003	Opponent	No	Yds	Avg	LG	TD	2004	Opponent	No	Yds	Avg	LG	TD
09/07	at Green Bay	0	0	0.0	0	0	09/12	Dallas	3	34	11.3	19	0
09/14	Chicago	1	6	6.0	6	0	09/20	at Philadelphia	5	67	13.4	20	0
09/21	at Detroit	1	29	29.0	29	0	09/26	Chicago	2	71	35.5	63	0
09/28	San Francisco	3	54	18.0	24	1	10/03	Bye					
10/05	at Atlanta	3	71	23.7	52	0	10/10	at Houston	3	16	5.3	7	1
10/12	Bye						10/17	at New Orleans	6	134	22.3	36	0
10/19	Denver	0	0	0.0	0	0	10/24	Tennessee	6	53	8.8	17	0
10/26	N.Y. Giants	3	52	17.3	32	0	10/31	N.Y. Giants	6	43	7.2	15	1
11/02	Green Bay	3	51	17.0	24	0	11/08	at Indianapolis	1	8	8.0	8t	1
11/09	at San Diego	1	19	19.0	19t	1	11/14	at Green Bay	11	141	12.8	40	1
11/16	at Oakland	3	32	10.7	18	0	11/21	Detroit	5	52	10.4	16	1
11/23	Detroit	3	32	10.7	15	0	11/28	Jacksonville	2	21	10.5	15	0
11/30	at St. Louis	2	28	14.0	17	0	12/05	at Chicago	3	31	10.3	23	1
12/07	Seattle	0	0	0.0	0	0	12/12	Seattle	4	42	10.5	16	0
12/14	at Chicago	2	16	8.0	9	0	12/19	at Detroit	5	134	26.8	37t	2
12/20	Kansas City	3	57	19.0	28	0	12/24	Green Bay	2	110	55.0	68t	1
12/28	at Arizona	1	8	8.0	8	0	01/02	at Washington	4	49	12.3	17	0
TOTALS (16/9)		29	455	15.7	52	2	TOTALS (16/15)		68	1,006	14.8	68t	9
09/11	Tampa Bay	3	45	15.0	20	0	01/09	at Green Bay	4	60	15.0	29	1
09/18	at Cincinnati	3	48	16.0	19	0	01/16	at Philadelphia	4	50	12.5	28	0
09/25	New Orleans	Inactive					PLAYOFFS (2/2)		8	110	13.8	28	1
10/02	at Atlanta	Inactive					2006	Opponent	No	Yds	Avg	LG	TD
10/09	Bye Week						09/10	at Detroit	1	36	36.0	36	0
10/16	at Chicago	Inactive					09/17	Arizona	1	7	7.0	7	0
10/23	Green Bay	3	37	12.3	16	0	09/24	N.Y. Giants	4	42	10.5	15	1
10/30	at Carolina	1	6	6.0	6	0	10/01	at Chicago	1	19	19.0	19	0
11/06	Detroit	2	16	8.0	15t	1	10/08	Bye Week					
11/13	at N.Y. Giants	2	14	7.0	12	0	10/15	at St. Louis	0	0	0.0	0	0
11/21	at Green Bay	Inactive					10/22	Minnesota	0	0	0.0	0	0
11/27	Cleveland	0	0	0.0	0	0	10/29	at Kansas City	1	21	21.0	21	0
12/04	at Detroit	2	26	13.0	15	0	11/06	Oakland	0	0	0.0	0	0
12/11	St. Louis	2	20	10.0	12	0	11/12	St. Louis	0	0	0.0	0	0
12/18	Pittsburgh	2	24	12.0	14	0	11/19	at San Francisco	1	5	5.0	5	0
12/25	at Baltimore	4	26	6.5	11	0	11/27	Green Bay	3	17	5.7	7	0
01/01	Chicago	6	66	11.0	15	0	12/03	at Denver	2	23	11.5	16	0
TOTALS (12/9)		30	328	10.9	20	1	12/10	at Arizona	1	5	5.0	5t	1
							12/14	San Francisco	2	12	6.0	7	0
							12/24	San Diego	0	0	0.0	0	0
							12/31	at Tampa Bay	1	5	5.0	5	0
TOTALS (16/7)		18	192	10.7	36	2	01/06	Dallas	0	0	0.0	0	0
01/14	at Chicago	1	16	16.0	16t	1	01/14	at Chicago	1	16	16.0	16t	1
PLAYOFFS (2/0)		1	16	16.0	16t	1							

2007	Opponent	No	Yds	Avg	LG	TD
09/09	Tampa Bay	2	41	20.5	21	0
09/16	at Arizona	2	39	19.5	24t	1
09/23	Cincinnati	6	76	12.7	22t	1
09/30	at San Francisco	2	10	5.0	5	0
10/07	at Pittsburgh	1	7	7.0	7	0
10/14	New Orleans	6	63	10.5	22t	1
10/21	St. Louis	1	12	12.0	12	0
10/28	Bye Week					
11/04	at Cleveland	4	59	14.8	26	0
11/12	San Francisco	4	51	12.8	20	0
11/18	Chicago	1	4	4.0	45	1
11/25	at St. Louis	1	20	20.0	20	0
12/02	at Philadelphia	4	71	17.8	43t	1
12/09	Arizona	5	50	10.0	25	1
12/16	at Carolina	1	20	20.0	20	0
12/23	Baltimore	3	52	17.3	22	1
12/30	at Atlanta	7	119	17.0	45t	2
TOTALS (16/7)		50	694	13.9	45t	9
01/05	Washington	6	64	10.7	25	0
01/12	at Green Bay	4	33	8.3	20	0
PLAYOFFS (2/1)		10	97	9.7	25	0

Biletnikoff Award, given annually to the nation's top wide receiver. Led the nation in receptions per game and receiving yards as a senior and was named first-team All-America by AFCA, All-WAC and team MVP. A second-team All-America by *The Sporting News* and *CNN/SI*. Finished career first in conference and school history in single-game receptions (19) and single-season receptions (138).

PERSONAL: Earned eight letters in football, basketball and track at O'Dea High School in Seattle. Named Seattle Athlete of the Year as a senior in 1999. Part of an athletically gifted family, started by father, Alvin, who played for the Calgary Stampeders of the CFL from 1976-81. Brother, Kevin, played for the NBA's Charlotte Bobcats. Born in Calgary during his father's playing days. Human development and family studies major. Married to wife Atoya. Couple has a son, Nathaniel II.

BURLESON'S SINGLE-GAME HIGHS

Most Receptions: 11, at Green Bay (11/14/04)

Longest Reception: 68t, vs. Green Bay (12/24/04)

Most Punt Returns: 6, 2 Times, Last at St. Louis (11/25/07)

Most Kickoff Returns: 6, at Arizona (12/10/06)

Most Receiving Yards: 141, at Green Bay (11/14/04)

Most Touchdowns: 2, 2 Times, Last at Atlanta (12/30/07)

Longest Punt Return: 94t, at Cleveland (11/4/07)

Longest Kickoff Return: 91t, vs. St. Louis (10/21/07)



CHRIS COOPER

Defensive Tackle **6-5** **285**

Nebraska-Omaha

8th NFL Season

2nd Seahawks Season

Unrestricted FA (Ariz.) 2008

2007 Games/Starts: 12/0

Career Games/Starts: 78/13

December 27, 1977

Lincoln, Nebraska

91

2007: Appeared in 12 games recording six tackles. Was inactive four times. In 70th career game helped hold Willie Parker, the NFL's leading rusher heading into the game, to just 37 yards on 19 carries versus Pittsburgh (9/30).

PRO: Originally drafted in the sixth round (184th overall) of the 2001 NFL Draft by the Oakland Raiders, spent three seasons in Oakland before being traded to the Dallas Cowboys on September 11, 2004. Was released by Dallas on November 2, 2004, and signed by San Francisco on September 9, 2004. Spent the 2005 season on the 49ers injured reserve list before signing with Seattle on May 8, 2005, as a free agent. Released by

Seattle on September 22, 2006, and signed by the Cardinals on September 26, 2006, re-signing as an unrestricted free agent on March 23, 2007. **2001:** Saw action in 11 games with one start in rookie season with the Raiders totaling 22 tackles and 2.0 sacks. Recorded an interception versus Seattle (9/30) and made first-career start versus San Diego (11/18). **2002:** Played in all 16 games with one start and saw action in all three postseason contests for the Raiders. Recorded three tackles and played on special teams in AFC Divisional Game versus N.Y. Jets (1/12/03) and tallied three tackles in the AFC Championship Game versus Tennessee (1/19/03). Recorded three tackles in Super Bowl XXXVII versus Tampa

Bay (1/26/03). **2003:** Saw action in all 16 games and recorded nine starts with the Raiders. Finished the season with a career-high 49 tackles and 2.5 sacks. Recorded a career-high seven tackles versus Denver (11/30). **2004:** Split the season between Dallas and San Francisco and finished with 17 tackles seeing action in 10 games between the two teams. Played in two games and was inactive for five others with the Cowboys. Played in eight games with the 49ers with two starts. **2005:** Spent the season on San Francisco's injured reserve (shoulder). **2006:** Inactive for the first two games of the season with the Seahawks and released by Seattle on September 22. Signed with the Cardinals on September 26 and played in 13 games.

COLLEGE: Four-year starter at Nebraska-Omaha and was a Division II All-America

selection as a senior after leading the team for the third consecutive year with 11.0 sacks as a senior. Earned second-team all-conference honors as a junior with 45 tackles and led the team with nine sacks. Played in all 12 games as a sophomore and led the team with seven sacks. As a redshirt freshman, played in every game and recorded 21 tackles and four sacks.

PERSONAL: Full name Christopher Lyle Cooper. Earned all-state honors as a two-way lineman at Southeast (Lincoln, NE) High School. Also lettered two years in basketball as a forward and center. An active supporter of Foster 2 Dream Foundation which assists foster children with various programs and scholarships. Married to wife Mattie. Was a Criminal Justice Psychology major at Nebraska-Omaha.

COOPER'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2001 Oakland	11/1	22	14	8	2.0	9.0	1	0	0.0	0	0	1	0	0	0	
2002 Oakland	16/1	19	14	5	1.0	4.0	0	0	0.0	0	0	1	1	0	0	
2003 Oakland	16/9	49	40	9	2.5	18.0	0	0	0.0	0	0	3	1	3	0	
2004 Dal/SF	10/2	16	13	3	1.0	7.0	0	0	0.0	0	0	1	1	0	0	
2005 SF		Injured Reserve (Shoulder)														
2006 Arizona	13/0	23	15	8	2.0	15.0	0	0	0.0	0	0	3	0	1	0	
2007 Arizona	12/0	5	1	6	0.0	0.0	0	0	0.0	0	0	0	0	0	0	
NFL TOTALS	66/13	96	33	129	8.5	53.0	1	0	0.0	0	0	9	4	3	0	

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2001 Oakland	2/0	6	5	1	1.0	8.0	0	0	0.0	0	0	0	0	0	0
2002 Oakland	3/0	9	4	5	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	5/0	15	9	6	1.0	8.0	0	0	0.0	0	0	0	0	0	0

COOPER'S SINGLE-GAME HIGHS

Tackles: 7, vs. Buffalo (12/28/04)

Sacks: 1.0, 8 Times, Last at St. Louis (12/3/06)

Interceptions: 1, vs. Seattle (9/30/01)

FF: 1, 2 Times, Last vs. Minnesota (11/16/03)

FR: 1, 4 Times, Last vs. Seattle (12/10/06)



After a decade of holding training camp in Eastern Washington, the Seahawks returned home to Kirkland in 2007. The Seahawks also trained at their home practice facility from 1986-96. The team will utilize the dorms and eating hall at Northwest University, adjacent to the team's complex.

From 1976-85, and from 1997-2006, the team traveled east of the Cascade Mountain Range to Eastern Washington University in Cheney, Washington.

T.J. DUCKETT

Running Back 6-0 254
 Michigan State
 7th NFL Season
 1st Seahawks Season
 Unrestricted FA (Detroit) 2008
 2007 Games/Starts: 12/1
 Career Games/Starts: 77/14
 February 17, 1981
 Kalamazoo, Michigan

45

2007: Had 65 attempts for 335 yards (5.2 avg.) and three rushing touchdowns. Left the season opener at Oakland (9/9) early due to an ankle injury and was inactive Games 2-5 with that injury. Returned to action decisively against Tampa Bay (10/21), taking four consecutive carries for 30 yards (7.5 avg.) while spelling RB Kevin Jones. Had a career day against Kansas City (12/23), rushing 15 times for a career-high 102 yards (6.8 avg.) and a touchdown. Included in that total is a 53-yard rush, the longest by a Lions' running back in 2007 and the second longest of his career. Made only start of the season at Green Bay (12/30).

PRO: Signed as a free agent with Seattle on March 5, 2008. In his only season with Detroit, averaged a career-high 5.2 yards per attempt. Arrived in Detroit in 2007 for his sixth NFL season after spending 2006 with Washington who acquired him through a trade with Atlanta. The Falcons originally drafted Duckett in the first round (18th overall) of the 2002 NFL Draft. In four seasons with Atlanta (2002-05), scored 33 rushing touchdowns. Established career highs in 2003 with 779 rushing yards and a team-leading 11 touchdowns on 197 attempts (4.0 avg.) while playing in all 16 games (11 starts). In lone season with the Redskins, played in 10 games and had 132 rushing yards and two touchdowns while rushing for a career-low 38 attempts.

2002: Played in 12 games with three starts and rushed 130 times for 507 yards with four touchdowns. Also saw action in both playoff games. Missed four contests with a plantar fascia injury in his right foot, a left foot sprain and a right knee injury. Started opposite Warrick Dunn when the team opened with two running backs in the backfield vs. Cincinnati (9/22) and led the team with 67 yards on 18 carries with a long of 11 yards. Scored on a six-yard touchdown run in the victory at Green Bay (1/4) in the Wild Card Playoff Game. **2003:** Started 10 of 16 games

for Atlanta and led the team with career-highs of 779 yards on 197 attempts and 11 touchdowns, in addition to posting 11 catches for 94 yards. Shared the starter role with RB Warrick Dunn before Dunn (foot) was lost for the season in Week 12. Became the fourth player in team history with at least 10 rushing scores in a single-season. Eleven rushing touchdowns rank as the third-highest single-season total in team history. Started record-breaking touchdown streak with one score vs. Philadelphia (11/2) in Week 9 and it stretched seven consecutive games until Week 15 before being held scoreless in Week 16 at Tampa Bay (12/20). Made first career start at Carolina (9/28) and rushed 14 times for a then career-high 100 yards. **2004:** Saw action in 13 games and totaled 509 yards on 104 carries (4.9 avg.) and eight rushing touchdowns. Average of 4.9 and eight touchdowns ranked second on the team. Out of 109 carries, only one was for negative yardage and ranked second in the NFL in the percentage of carries converted for first downs. Rushed 12 times for 65 yards with club-record four rushing touchdowns vs. Oakland (12/12). Inactive (knee) Weeks 15-16. **2005:** Played in 14 games and recorded 380 rushing yards on 121 carries with a team-high eight touchdowns as he helped the team lead the NFL in rushing for the second consecutive season (159.1 yards per game). Also tallied six receptions for 63 yards and two kickoff returns for 36 yards. Recorded a rushing touchdown in fourth consecutive game vs. Minnesota (10/2) and contributed 40 rushing yards to the second-highest single-game rushing total in Falcons history of 285 yards (behind a 297-yard rushing performance by the Falcons vs. the Los Angeles Rams on October 1, 1972). Inactive vs. New York Jets (10/24) and at Miami (11/6) after suffering an ankle injury at New Orleans (10/16). **2006:** Played sparingly in 10 games and recorded a career-low 38

rushes for 132 yards, two touchdowns and two receptions for 16 yards.

COLLEGE: Left Michigan State with 621 carries for 3,379 yards (5.4 avg.) and 29 rushing touchdowns, in addition to recording 22 receptions for 151 yards with one score. Career rushing attempts rank sixth on the Spartans' record chart, while 3,379 yards are topped only by Sedrick Irvin (3,504, 1996-97), Blake Ezor (3,749, 1986-89), Tico Duckett (4,212, 1989-92) and Lorenzo White (4,887, 1984-87). Average (5.4) placed ninth in school history and only Ezor (34) and White (43) scored more touchdowns on the ground. Started every game as a senior, leading the team with 263 carries for 1,420 yards (5.4 avg.) and 12 scores. His 263 attempts rank eighth on the school's season-record list, while 1,420 yards rank fourth. Averaged 125.0 all-purpose yards per game and rushed for 100 or more yards seven times. Earned second-team All-Big Ten Conference honors with 1,353 yards rushing on 240 carries (5.6 avg.) and seven touchdowns as a junior. Ran 100 or more yards six times, including a career-high of 248 yards vs. Iowa.

PERSONAL: Consensus prep All-America at Ly Norrix (Kalamazoo, Mich.) High School,

where he was named Parade Magazine and Rivalnet National Player of the Year as a senior. Also selected as Defensive Player of the Year by Prepstar, SuperPrep and Rivalnet from the linebacker position. Recorded 102 tackles, nine sacks, and four forced fumbles, while rushing for 1,623 yards (11.2 avg.) and 21 touchdowns as a senior. Also threw for 808 yards and nine scores. Had 140 tackles, three sacks and two interceptions as a junior and accounted for 2,080 total yards and 20 scores on offense. Two-time state Class A shot put champion who holds the state record in the shot put at 64-7 in track and field. Was also a member of the 400m relay team with a personal-best time of 10.9 in the 100m. Pays living tribute to his mother who passed away from cancer with a tattoo on his right arm. Brother, Tico, (1989-92) ranks as Michigan State's second leading all-time rusher with 4,212 yards. T.J. wore No. 8 at MSU as the sum of the digits in his older brother Tico's No. 35 jersey. Participated in an Earth Day celebration, along with 250 volunteers and Rolling Stones keyboardist Chuck Leavell, to plant more than 200 trees as part of a national effort to break the Guinness World Record for most trees planted in 60 minutes. Nickname in college was "Diesel."

DUCKETT'S NFL RECORD

	Club	G/S	Att	Rushing				Receiving				
				Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2002	Atl	12/3	130	507	3.9	33	4	9	61	6.8	20	0
2003	Atl	16/10	197	779	4.0	55	11	11	94	8.5	21	0
2004	Atl	13/0	104	509	4.9	35	8	3	15	5.0	11	0
2005	Atl	14/0	121	380	3.1	25	8	6	63	10.5	19	0
2006	Was	10/0	38	132	3.5	19	2	2	16	8.0	19	0
2007	Det	12/1	65	335	5.2	53	3	4	54	13.5	22	0
NFL TOTALS		77/14	655	2642	4.0	55	36	35	303	8.7	22	0

POSTSEASON

	Club	G/S	Att	Rushing				Receiving				
				Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2002	Atl	2/0	19	50	2.6	15	1	1	18	18.0	18	0
2004	Atl	2/0	22	80	3.6	13	1	0	0	-	-	0
NFL TOTALS		4/0	41	130	3.2	15	2	1	18	18.0	17	0

DUCKETT'S SINGLE-GAME HIGHS

Rushes:	27 at Tampa Bay (12/20/03)	Receptions:	3 vs. Tampa Bay (10/6/02)
Yards:	102 vs. Kansas City (12/23/07)	Yards:	34 vs. Tampa Bay (10/6/02)
Longest:	55 vs. Minnesota (10/5/03)	Longest:	22 at Green Bay (12/30/07)
TDs:	4 vs. Oakland (12/12/04)		

ADDITIONAL STATS

Kickoff Returns/Yards: 2002 (1/4), 2005 (2/36) Career: 3/40

DUCKETT'S GAME-BY-GAME

2002	Opponent	-----Rushing-----					-----Receiving-----					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
09/08	at Green Bay	6	39	6.5	15	0	1	0	0.0	0	0	39
09/15	Chicago	5	32	6.4	14	0	0	0	-	-	0	32
09/22	Cincinnati	18	67	3.7	11	0	0	0	-	-	0	67
10/06	Tampa Bay	11	52	4.7	12	0	3	34	11.3	20	0	86
10/13	at N.Y. Giants	16	36	2.3	8	0	1	7	7.0	7	0	43
10/20	Carolina	12	47	3.9	13	2	1	9	9.0	9	0	56
10/27	at New Orleans											
11/03	Baltimore	13	75	5.8	33	1	1	0	0.0	0	0	75
11/10	at Pittsburgh											
11/17	New Orleans											
11/24	at Carolina	22	66	3.0	8	1	0	0	-	-	0	66
12/01	at Minnesota	11	37	3.4	18	0	0	0	-	-	0	37
12/08	at Tampa Bay	13	47	3.6	13	0	2	11	5.5	7	0	58
12/15	Seattle	2	9	4.5	7	0	0	0	-	-	0	9
12/22	Detroit											
12/29	at Cleveland	1	0	0.0	0	0	0	0	-	-	0	0
2002 Season Totals (12/3)		130	507	3.9	33	4	9	61	6.8	20	0	568
01/04/03	at Green Bay	17	45	2.6	15	1	0	0	0.0	0	0	45
01/11/03	at Philadelphia	2	5	2.5	6	0	1	18	18.0	18	0	23
2002 Playoff Totals (2/0)		19	50	2.6	15	1	1	18	18.0	18	0	88

2003	Opponent	-----Rushing-----					-----Receiving-----					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
09/07	at Dallas	5	21	4.2	11	0	0	0	0.0	0	0	21
09/14	Washington	7	35	5.0	13t	2	0	0	0.0	0	0	35
09/21	Tampa Bay	3	6	2.0	3	0	2	13	6.5	8	0	19
09/28	at Carolina	14	100	7.1	41	0	1	21	21.0	21	0	121
10/05	Minnesota	11	69	6.3	55	0	2	10	5.0	9	0	79
10/13	at St. Louis	16	50	3.1	10	0	1	7	7.0	7	0	57
10/19	New Orleans	14	42	3.0	8	0	0	0	0.0	0	0	42
11/02	Philadelphia	16	55	3.4	20	1	1	6	6.0	6	0	61
11/09	at N.Y. Giants	7	33	4.7	12t	2	0	0	0.0	0	0	33
11/16	at New Orleans	4	7	1.8	4t	1	0	0	0.0	0	0	7
11/23	Tennessee	4	8	2.0	3	1	0	0	0.0	0	0	8
11/30	at Houston	12	31	2.6	5	1	2	24	12.0	15	0	55
12/07	Carolina	17	59	3.5	9t	1	1	7	7.0	7	0	66
12/14	at Indianapolis	18	74	4.1	17t	1	1	6	6.0	6	0	80
12/20	at Tampa Bay	27	93	3.4	25	0	0	0	0.0	0	0	93
12/28	Jacksonville	22	96	4.4	21	1	0	0	0.0	0	0	96
2003 Season Totals (16/10)		197	779	4.0	55	11	11	94	8.5	21	0	873

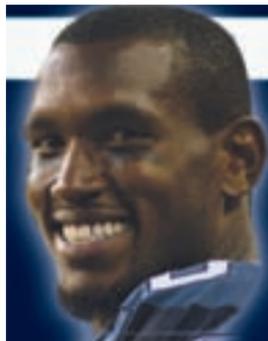
2004	Opponent	-----Rushing-----					-----Receiving-----					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
09/12	at San Francisco	2	6	3.0	3	0	1	1	1.0	1	0	7
09/19	St. Louis	9	52	5.8	9	0	0	0	0.0	0	0	52
09/26	Arizona											
10/03	at Carolina	13	63	4.8	12	1	0	0	0.0	0	0	63
10/10	Detroit	0	0	-	-	0	0	0	0.0	0	0	0
10/17	San Diego	11	45	4.1	11	0	0	0	0.0	0	0	45
10/24	at Kansas City	4	8	2.0	5	0	0	0	0.0	0	0	8
10/31	at Denver	8	45	5.6	21t	1	0	0	0.0	0	0	45
11/14	Tampa Bay	12	53	4.4	21	2	0	0	0.0	0	0	53
11/21	at N.Y. Giants	6	30	5.0	12	0	0	0	0.0	0	0	30
11/28	New Orleans	12	58	4.8	25	0	0	0	0.0	0	0	58
12/05	at Tampa Bay	7	32	4.6	20	0	1	3	3.0	3	0	35
12/12	Oakland	12	65	5.4	28t	4	0	0	0.0	0	0	65
12/18	Carolina											
12/26	at New Orleans											
01/02/05	at Seattle	8	52	6.5	35	0	1	11	11.0	11	0	63
2004 Season Totals (13/0)		104	509	4.9	35	8	3	15	5.0	11	0	524
01/15/05	St. Louis	15	66	4.4	13	1	0	0	0.0	0	0	66
01/23/05	at Philadelphia	7	14	2.0	5	0	0	0	0.0	0	0	14
2004 Playoff Totals (2/0)		22	80	3.6	13	1	0	0	0.0	0	0	80

DUCKETT'S GAME-BY-GAME

2005	Opponent	-----Rushing-----					-----Receiving-----					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
09/12	Philadelphia	8	15	1.9	5	1	0	0	-	-	0	15
09/18	at Seattle	4	18	4.5	9	1	0	0	-	-	0	18
09/25	at Buffalo	12	75	6.3	25	1	0	0	-	-	0	75
10/02	Minnesota	14	40	2.9	6	1	0	0	-	-	0	40
10/09	New England	5	30	6.0	18	0	0	0	-	-	0	30
10/16	at New Orleans	2	5	2.5	3	0	0	0	-	-	0	5
10/24	N.Y. Jets	Inactive										
11/06	at Miami	Inactive										
11/13	Green Bay	4	31	7.8	11	0	2	27	13.5	19	0	58
11/20	Tampa Bay	14	51	3.6	17	1	1	19	19.0	19	0	70
11/24	at Detroit	19	72	3.8	13	1	0	0	-	-	0	72
12/04	at Carolina	4	4	1.0	4	0	1	2	2.0	2	0	6
12/12	New Orleans	10	13	1.3	3	1	0	0	-	-	0	13
12/18	at Chicago	8	-2	-0.3	2	0	0	0	-	-	0	-2
12/24	at Tampa Bay	11	32	2.9	9	1	0	0	-	-	0	32
01/01	Carolina	6	-4	-0.7	3	0	2	15	7.5	9	0	11
2005 Season Totals (14/0)		121	380	3.1	25	8	6	63	10.5	19	0	443

2006	Opponent	-----Rushing-----					-----Receiving-----					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
09/11	Minnesota	Did Not Play										
09/17	at Dallas	5	24	4.8	15	0	0	0	-	-	0	24
09/24	at Houston	Inactive										
10/01	Jacksonville	Inactive										
10/08	at N.Y. Giants	Did Not Play										
10/15	Tennessee	Did Not Play										
10/22	at Indianapolis	0	0	-	-	0	0	0	-	-	0	0
11/05	Dallas	Did Not Play										
11/12	at Philadelphia	2	16	8.0	12	0	1	-3	-3.0	-3	0	13
11/19	at Tampa Bay	5	26	5.2	18	0	0	0	-	-	0	26
11/26	Carolina	7	24	3.4	19	0	0	0	-	-	0	24
12/03	Atlanta	4	9	2.3	4	0	0	0	-	-	0	9
12/10	Philadelphia	3	1	0.3	2	0	0	0	-	-	0	1
12/17	at New Orleans	4	18	4.5	11	0	0	0	-	-	0	18
12/24	at St. Louis	5	18	3.6	11	1	1	19	19.0	19	0	37
12/30	N.Y. Giants	3	-4	-1.3	1t	1	0	0	-	-	0	-4
2006 Season Totals (10/0)		38	132	3.5	19	2	2	16	8.0	19	0	148

2007	Opponent	-----Rushing-----					-----Receiving-----					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
09/09	at Oakland	3	4	1.3	4	0	0	0	0.0	-	0	4
09/16	Minnesota	Inactive										
09/23	at Philadelphia	Inactive										
09/30	Chicago	Inactive										
10/07	at Washington	Inactive										
10/21	Tampa Bay	4	30	7.5	12	0	0	0	0.0	-	0	30
10/28	at Chicago	1	1	1.0	1	0	0	0	0.0	-	0	1
11/04	Denver	5	48	9.6	22	1	0	0	0.0	-	0	48
11/11	at Arizona	1	0	0.0	0	0	0	0	0.0	-	0	0
11/18	N.Y. Giants	0	0	0.0	-	0	0	0	0	-	0	0
11/22	Green Bay	7	29	4.1	10	0	0	0	0.0	-	0	29
12/02	at Minnesota	3	22	7.3	18	0	0	0	0.0	-	0	22
12/09	Dallas	9	60	6.7	32t	1	0	0	0.0	-	0	60
12/16	at San Diego	4	10	2.5	3	0	0	0	0.0	-	0	10
12/23	Kansas City	15	102	6.8	53	1	2	22	11.0	12	0	124
12/30	at Green Bay	13	29	2.2	5	0	2	32	16.0	22	0	61
2007 Season Totals (12/1)		65	335	5.2	53	3	4	54	13.5	22	0	389
Career Totals (77/14)		655	2,642	4.0	55	36	35	303	8.7	22	0	2945
Playoff Totals (4/0)		41	130	3.2	15	2	1	18	18.0	17	0	148



BOBBY ENGRAM

Wide Receiver 5-10 192

Penn State

13th NFL Season

8th Seahawks Season

Unrestricted FA (Chicago) 2001

2007 Games/Starts: 16/15

Career Games/Starts: 158/104

January 7, 1973

Camden, South Carolina

84

2007: Started 15 of 16 games and set franchise record with career-high 94 receptions (Darrell Jackson, 87, 2004). Also led team with a career high 1,147 yards and finished second tying a career high with six TDs. Had four or more receptions in all but two games and tallied 50 or more receiving yards in all but one game. Ranked fourth in the NFC in receptions, just four behind the conference leader and sixth in yards. Playing in his 150th career game (at Cleveland, 11/4), established a career high with 14 receptions, second most in team history (Steve Largent, 15). Led team in the postseason with 10 receptions and 124 yards and a TD.

PRO: Signed a one-year contract with Seahawks August 30, 2001, following five seasons with the Chicago Bears. Re-signed a one-year contract with Seattle February 28, 2002, before re-signing a multi-year contract March 7, 2003. After fighting through an injury-plagued 2006 season, returned in 2007 to set Seahawks franchise record with 94 receptions and is fifth all time with 352 receptions. Is Seattle's all-time leading receiver in the postseason with 35 receptions (Jackson, 26) and is second in postseason receiving yards with 476 (Jackson, 503). Climbed into seventh on Chicago's all-time receptions list with 246 catches. Shattered career-high with team-leading 88 receptions in 1999, the second-highest single-season total in Bears history. Moved into starting role in second year with Chicago. Best rookie season for a Bears' wide receiver in catches, yards, and touchdowns since Willie Gault (1983). **1996:** Finished second on Bears in touchdowns with six behind Curtis Conway (seven). Caught 33 passes (fourth best on Bears) for 389 yards (third) as Bears third wide receiver. Returned 31 punts averaging 9.1 yards per attempt. His 19 fair catches were third-most in team history for a season. Led team with 23.2-yard average on 25 kickoff returns (580 yards). Started two games (at Detroit 9/22; at Tampa 12/22). Caught first NFL pass for 7 yards versus

Dallas (9/2) in season opener. Had two catches for 11 yards and first NFL touchdown versus Minnesota (9/15) and fair caught six punts for a Bears single-game record. Had three catches for 39 yards in first career start at Detroit (9/22). **1997:** Bears' leading receiver for first 10 weeks of season before suffering ankle injury, costing him five weeks. Finished fourth in receptions with 45 for 399 yards. Led team in catches in five of first seven games. Injured right ankle in second quarter at Minnesota (11/9) and missed weeks 11-15 and returned to starting lineup at Tampa Bay (12/21) and caught two passes for 12 yards.

1998: Led Bears' with 64 catches and 987 yards. Also led team with five touchdowns. Only Bear to catch a pass in every game. Eclipsed 100 yards receiving in three games. Totaled 142 yards, including career-long 79-yard touchdown catch at Arizona (10/11).

1999: Played in all 16 games for the third time in his career, starting 14. Increased total receptions for fourth straight season, compiling career-best and team-leading 88 catches for 947 yards and four touchdowns. Total receptions ranked third in NFC (7th NFL). Recorded two 100-yard receiving games. Exploded for career-high 13 receptions and 143 yards at St. Louis (12/26), including two touchdowns. **2000:** Moved into seventh on all-time Chicago receiving chart, but had season ended prematurely by knee injury in the third game of the season. Was on pace to approach career-best numbers from the previous season with 16 catches for 109 yards through two and a half games. Caught four passes for 38 yards in the first half versus New York Giants (9/17), before suffering a torn anterior cruciate ligament in his right knee. Injury ended personal streak of 36 consecutive games with at least one pass reception, the third-longest streak in Bears history. Placed on injured reserve (9/19) and had successful reconstructive knee surgery (10/12).

2001: Served as third receiver in first season with Seattle playing in all 16 games, starting four. Finished the season with 29 receptions

and 400 yards. Twenty receptions came on third down yielding 17 first downs. Returned six punts for 96 yards (16.0 avg.) when Charlie Rogers was injured (toe). Started games when team opened in three wide receiver set versus Jacksonville (10/7), San Diego (12/2), at New York Giants (12/23), and at San Diego (12/30). Ended a streak of 69 consecutive games with at least one reception versus Dallas (12/16), a streak that dated back to 1996, six games into his rookie season. **2002:** Saw action in 15 games missing one (toe) at Atlanta (12/15). Started six total games, five in a three-receiver set and one replacing Darrell Jackson (concussion) versus Washington (11/3). Finished fourth on the team with 50 receptions and third with 619 yards. A staple as the Seahawks' third wide receiver, led the team with 25 receptions on third down while only five other NFL receivers had more. Of 50 total receptions, led the NFL converting first downs on 43 of those receptions (86.0%). Also served as the team's punt returner, finishing fifth in the NFC with a 10.7-yard average on 21 returns for 224 yards with one touchdown. First-career touchdown return (61 yards) came versus San Francisco (10/14) on ABC's Monday Night Football, where he also collected six receptions for a season-high 85 yards en route to earning MNF's popular Horse Trailer Award (with 49ers' Terrell Owens, Jeff Garcia, and Chike Okeafor) given to the game's most valuable player. Punt return touchdown marked the first for the Seahawks since Rogers at Pittsburgh (9/26/99, 49 games). **2003:** Enjoyed finest season since 1999, with 52 receptions for 637 yards while matching a career high with six touchdown receptions (1996). Played in all 16 games, starting seven. Also started in playoff game at Green Bay (1/4/04) and corralled four passes for 83 yards. An acrobatic 34-yard reception at the Packers' 8-yard line inside of two minutes helped set up the Seahawks' tying touchdown to send the game into overtime. Caught at least one pass in every game except at St. Louis (12/14). Served as the team's primary punt returner and ranked fifth in the NFC averaging 10.3 yards per return on 31 returns for 320 yards, including one touchdown. Versus Detroit (11/16), earned NFC Special Teams Player of the Week honors after returning a punt 83 yards for a touchdown. Became only the second player in club history (Joey Galloway at San Diego 10/25/98) to score a receiving touchdown and return a punt for a touchdown in the same game. Return was a career high and fourth-longest in team history. **2004:** Started seven times when team opened in three-wide receiver sets. Played in 13 total games and was inactive three (ankle). Totaled 36 catches for 499 yards and two touchdowns. Average of 13.9 yards per recep-

tion was best as a member of the Seahawks and second-highest of career (15.4 in 1998). Returned 10 punts for 118 yards (11.8 avg.), fourth consecutive season averaging more than 10 yards per return. Was inactive (ankle) for three games at Arizona (10/24), versus Carolina (10/31), and at San Francisco (11/7). **2005:** Moved into the starting role at wide receiver and enjoyed finest season since joining the Seahawks. Despite missing three games (ribs), led the team with 67 receptions and 778 yards. Receptions total was best since career-high 88 in 1999. Totaled 27 receptions for 316 yards through first four games of season. Led team with season-high nine receptions for 106 yards at Washington (10/2) despite injuring ribs on first reception of the game. Game marked first 100-yard performance since 1999 (67 games). Missed the next three weeks (5-7) and returned to action following the bye (week 9) at Arizona (11/6). Scored first touchdown of the season in a snowy Monday night contest at Philadelphia (12/5). Started all three postseason games totaling 11 receptions for 115 yards, including six for 70 yards in Super Bowl XL (2/5/06). Was the Seahawks' Ed Block Courage Award winner. **2006:** Started six of seven games played. Was diagnosed with a thyroid condition which forced him to miss nine games in the middle of the season. Missed games 5-13 returning for the final three. Totaled 24 receptions for 290 yards and a touchdown. Lone touchdown came versus the N.Y. Giants (9/24). Started one postseason game and played in both recording seven catches for 120 yards. Averaged 22.0 yards on four catches for 88 yards versus Dallas (1/6/07).

HONORS: **2003**, *NFC Special Teams Player of the Week 11*

COLLEGE: Set school records with 167 career receptions for 3,026 yards and 31 touchdowns, topping marks of O.J. McDuffie (125 catches) and Kenny Jackson (2,006 and 25 TDs). His 786 career punt-return yards ranked second in school annals to McDuffie's 1,059. Gained 4,043 all-purpose yards, joining Blair Thomas (4,512) and Curt Warner (4,982) as only Nittany Lions to gain more than 4,000 yards. Second-team All-America by *UPI* and *Football News*; third team by *AP* senior season. All-Big Ten first-team selection. Finalist for Fred Biletnikoff Award, given to top receiver in nation. Ranked 10th in country, averaging 98.5 yards per game. Gained 1,084 yards, breaking own single-season yardage record. His 63 receptions tied McDuffie's record set in 1992. Averaged 9.8 yards on 19 punt returns and 18.8 yards on five carries from scrimmage. *Football News* second-team All-American after junior year. First-team All-Big Ten choice. Led team with 52 receptions for 1,029 yards and seven touchdowns. *AP* third-

team All America as a sophomore. Consensus All-Big Ten first team. Led team in receiving, punt returns, and all-purpose yards. Third in Big Ten with 79.4-yard average. Second in conference and ninth in nation with 12.2 average on 33 punt returns. Caught 48 passes for 18.2 average and 13 touchdowns (school single-season record). Set school mark with five 100-yard receiving games. Big Ten Offensive Player of the Week versus Minnesota in sea-

son opener with eight catches for 165 yards and four touchdowns. Four touchdown catches in one game was PSU single-game record. Did not play in 1992, sat out school in fall semester. One of two true freshmen to earn letter while playing in every game.

PERSONAL: Three-time all-state selection at Camden (S.C.) High School. Exercise and sport science major. Married, Deanna, with daughter Bobbi and sons Dean and Trey.

ENGRAM'S NFL RECORD

Club	G/S	Receiving						Rushing			
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
1996 Chicago	16/2	33	389	11.8	24	6	0	0	0.0	0	
1997 Chicago	11/11	45	399	8.9	23	2	0	0	0.0	0	
1998 Chicago	16/16	64	987	15.4	79t	5	1	3	3.0	0	
1999 Chicago	16/14	88	947	10.8	56	4	2	11	5.5	0	
2000 Chicago	3/3	16	109	6.8	25	0	1	1	0.0	0	
2001 Seattle	16/4	29	400	13.8	31	0	0	0	0.0	0	
2002 Seattle	15/6	50	619	12.4	38	0	0	0	0.0	0	
2003 Seattle	16/7	52	637	12.3	34t	6	0	0	0.0	0	
2004 Seattle	13/7	36	499	13.9	60	2	0	0	0.0	0	
2005 Seattle	13/13	67	778	11.6	56	3	0	0	0	0	
2006 Seattle	7/6	24	290	12.1	25	1	1	4	4.0	0	
2007 Seattle	16/15	94	1,147	12.2	49	6	0	0	0.0	0	
NFL TOTALS	158/104	598	7,201	12.0	79t	35	5	19	3.8	0	

Club	No	Punt Returns				Kickoff Returns				
		Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
1996 Chicago	31	282	9.1	34	0	25	580	23.2	45	0
1997 Chicago	1	4	4.0	4	0	2	27	13.5	20	0
2001 Seattle	6	96	16.0	27	0	1	6	6.0	6	0
2002 Seattle	21	224	10.7	61t	1	0	0	0.0	0	0
2003 Seattle	31	320	10.3	83t	1	1	18	18.0	18	0
2004 Seattle	10	118	11.8	48	0	0	0	0.0	0	0
2005 Seattle	1	9	9.0	9	0	0	0	0.0	0	0
2006 Seattle	0	0	0.0	0	0	0	0	0.0	0	0
2007 Seattle	0	0	0.0	0	0	1	12	12.0	12	0
NFL TOTALS	101	1,053	10.4	83t	2	30	643	21.4	45	0

POSTSEASON

Club	G/S	Receiving					Rushing				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2003 Seattle	1/1	4	83	20.8	34	0	0	0	0.0	0	
2004 Seattle	1/1	3	34	11.3	19t	1	0	0	0.0	0	
2005 Seattle	3/3	11	115	10.5	21	0	0	0	0.0	0	
2006 Seattle	2/1	7	120	17.1	36	0	0	0	0.0	0	
2007 Seattle	2/1	10	124	12.4	22	1	0	0	0.0	0	
NFL TOTALS	9/7	35	476	13.6	36	2	0	0	0.0	0	

Club	No	Punt Returns				Kickoff Returns				
		Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2003 Seattle	1	16	16.0	16	0	0	0	0.0	0	0
2004 Seattle	1	9	9.0	9	0	0	0	0.0	0	0
2005 Seattle	0	0	0.0	0	0	0	0	0.0	0	0
2006 Seattle	0	0	0.0	0	0	0	0	0.0	0	0
2007 Seattle	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS	2	25	12.5	16	0	0	0	0.0	0	0

ENGRAM'S GAME-BY-GAME RECEIVING

1996	Opponent	No	Yds	Avg	LG	TD	1997	Opponent	No	Yds	Avg	LG	TD
09/02	Dallas	1	7	7.0	7	0	09/01	at Green Bay	3	24	8.0	12	0
09/08	at Washington	2	28	14.0	19	0	09/07	Minnesota	6	63	10.5	15	1
09/15	Minnesota	2	11	5.5	6	1	09/14	Detroit	5	60	12.0	18	0
09/22	at Detroit	3	39	13.0	24	0	09/21	at New England	5	47	9.4	11	0
09/29	Oakland	0	0	0.0	0	0	09/28	at Dallas	3	15	5.0	10	0
10/06	Green Bay	2	30	15.0	16	0	10/05	New Orleans	6	59	9.8	16	0
10/13	at New Orleans	1	22	22.0	22	0	10/12	Green Bay	3	17	5.7	8	0
10/28	at Minnesota	1	2	2.0	2	0	10/27	at Miami	8	63	7.9	23	1
11/03	Tampa Bay	2	28	14.0	15	0	11/02	Washington	2	16	8.0	12	0
11/10	at Denver	1	21	21.0	21	0	11/09	at Minnesota	2	23	11.5	15	0
11/17	at Kansas City	5	57	11.4	17	0	11/16	N.Y. Jets	Inactive	(Ankle)			
11/24	Detroit	1	5	5.0	5t	1	11/23	Tampa Bay	Inactive	(Ankle)			
12/01	at Green Bay	4	46	11.5	15t	2	11/27	at Detroit	Inactive	(Ankle)			
12/08	St. Louis	1	9	9.0	9	0	12/07	Buffalo	Inactive	(Ankle)			
12/14	San Diego	5	61	12.2	18	1	12/14	at St. Louis	Inactive	(Ankle)			
12/22	at Tampa Bay	2	23	11.5	17	1	12/21	at Tampa Bay	2	12	6.0	8	0
TOTALS (16/2)		33	389	11.8	24	6	TOTALS (11/11)		45	399	8.9	23	2
1998	Opponent	No	Yds	Avg	LG	TD	1999	Opponent	No	Yds	Avg	LG	TD
09/06	Jacksonville	2	35	17.5	21	0	09/12	Kansas City	6	53	8.8	16	0
09/13	at Pittsburgh	4	76	19.0	54t	1	09/19	Seattle	3	33	11.0	21	0
09/20	at Tampa Bay	3	29	9.7	14	0	09/26	at Oakland	3	42	14.0	30	0
09/27	Minnesota	6	123	20.5	33t	2	10/03	New Orleans	4	33	8.3	12	0
10/04	Detroit	4	44	11.0	14	0	10/10	at Minnesota	3	17	5.7	7	0
10/11	at Arizona	5	142	28.4	79t	1	10/17	Philadelphia	6	59	9.8	18	0
10/18	Dallas	3	49	16.3	31	0	10/21	Bye Week					
10/25	at Tennessee	4	27	6.8	14	0	10/24	at Tampa Bay	4	64	16.0	50	0
11/08	St. Louis	2	54	27.0	48	0	10/31	at Washington	7	65	9.3	21	0
11/15	at Detroit	4	74	18.5	22	0	11/07	at Green Bay	6	48	8.0	15	1
11/22	at Atlanta	3	42	14.0	22	0	11/14	Minnesota	6	42	7.0	15	0
11/29	Tampa Bay	4	33	8.3	13	0	11/21	at San Diego	8	121	15.1	52	0
12/06	at Minnesota	9	140	15.6	47t	1	11/25	at Detroit	4	41	10.3	15	0
12/13	at Green Bay	3	17	5.7	9	0	12/05	Green Bay	2	60	30.0	56	0
12/20	Baltimore	3	34	11.3	18	0	12/19	Detroit	10	94	9.4	30	1
12/27	Green Bay	5	68	13.6	26	0	12/26	at St. Louis	13	143	11.0	27	2
TOTALS (16/16)		64	987	15.4	79t	5	1/02/00	Tampa Bay	3	32	10.7	15	0
							TOTALS (16/14)		88	947	10.8	56	4
2000	Opponent	No	Yds	Avg	LG	TD	2001	Opponent	No	Yds	Avg	LG	TD
09/03	at Minnesota	8	61	7.6	25	0	09/09	at Cleveland	2	18	9.0	11	0
09/10	at Tampa Bay	4	10	2.6	6	0	09/23	Philadelphia	2	28	14.0	19	0
09/17	N.Y. Giants	4	38	9.5	12	0	09/30	at Oakland	2	26	13.0	16	0
09/24	Detroit	Injured Reserve	(Knee)				10/07	Jacksonville	5	71	14.2	31	0
10/01	at Green Bay	Injured Reserve	(Knee)				10/14	Denver	1	6	6.0	6	0
10/08	New Orleans	Injured Reserve	(Knee)				10/28	Miami	3	28	9.3	12	0
10/15	Minnesota	Injured Reserve	(Knee)				11/04	at Washington	2	53	26.5	27	0
10/22	at Philadelphia	Injured Reserve	(Knee)				11/11	Oakland	1	28	28.0	28	0
11/05	Indianapolis	Injured Reserve	(Knee)				11/18	at Buffalo	1	21	21.0	21	0
11/12	at Buffalo	Injured Reserve	(Knee)				11/25	at Kansas City	1	1	1.0	1	0
11/19	Tampa Bay	Injured Reserve	(Knee)				12/02	San Diego	3	44	14.7	26	0
11/26	at N.Y. Jets	Injured Reserve	(Knee)				12/09	at Denver	2	26	13.0	14	0
12/03	Green Bay	Injured Reserve	(Knee)				12/16	Dallas	0	0	0.0	0	0
12/10	New England	Injured Reserve	(Knee)				12/23	at N.Y. Giants	0	0	0.0	0	0
12/17	at San Francisco	Injured Reserve	(Knee)				12/30	at San Diego	2	30	15.0	16	0
12/24	at Detroit	Injured Reserve	(Knee)				1/06/02	Kansas City	2	20	10.0	12	0
TOTALS (3/3)		16	109	6.8	25	0	TOTALS (16/4)		29	400	13.8	31	0

ENGRAM'S SINGLE-GAME HIGHS

Most Receptions: 14, at Cleveland (11/4/07)

Longest Reception: 79t, at Arizona (10/11/98)

Most Punt Returns: 5, at Detroit (9/22/96)

Longest Punt Return: 83t, Detroit (11/16/03)

Most Receiving Yards: 143, at St. Louis (12/26/99)

Most Touchdowns: 2, 5 Times, Last vs. San Francisco (12/11/05)

Most Punt Return Yards: 84, Detroit (11/16/03)

Most Punt Return TDs: 1, 2 Times, Last vs. Detroit (11/16/03)

CHARLIE FRYE



Quarterback

6-4

217

Akron

4th NFL Season

2nd Seahawks Season

Trade (Cleveland) 2007

2007 Games/Starts: 0/0

Career Games/Starts: 20/18

August 28, 1981

Willard, Ohio

5

2007: Served as the 3rd QB each of the 15 games he was on the Seahawks roster. Started at QB for the Cleveland Browns week one of the season and completed four of 10 passes for 34 yards versus Pittsburgh (9/9).

PRO: Acquired by Seattle in a trade with the Cleveland Browns on September 11, 2007, for a 2008 draft choice. Started the season opener for the Browns in 2007 before being traded. Originally drafted by Cleveland in the third round (67th overall) in the 2005 NFL Draft. Has started 19 of 21 games played and has posted a career 62.4 completion percentage. **2006:** Started 13 games and completed 252 of 393 passes for 2,454 yards with 10 TDs and 17 interceptions for a 72.0 QB rating. Completed 64.1% of his passes (252-of-393) for the second-highest completion percentage in a single season in franchise history. Had a career-high three passing TDs at Oakland (10/1). Threw for a career-high 298 yards vs. Baltimore (9/24). Suffered a bone bruise on throwing hand versus Kansas City (12/3) and was forced to miss three contests. Added three rushing TDs on 47 carries for 215 yards. **2005:** Appeared in seven contests during rookie season, including starts in the final five regular season games, and was 98-of-164 passing for 1,002 yards, 4 TDs and 5 interceptions for a 72.8 QB rating. Named Diet Pepsi Rookie of the Week three times—vs. Jacksonville (12/4), at Oakland (12/18), and vs. Baltimore (1/1/06). In first NFL start, established a franchise single-game rookie record with a 136.7 QB rating on 13-of-20 passing for 226 yards and 2 TDs vs. Jacksonville (12/4). Made NFL debut vs. Miami (11/20), and was 6-of-11 passing for 58 yards with one interception as he played in one offensive series in the second quarter and two series in the fourth quarter.

COLLEGE: Another in a long line of standout QBs to emerge from the Mid-American Conference, Frye joins Marshall's Chad Pennington, Byron Leftwich and Miami of

Ohio's Ben Roethlisberger. Finished collegiate career at Akron with 54 school passing and total offense records. Played in 46 games and completed 913-of-1,436 passes (63.6%) for 11,049 yards, 64 TDs and 32 interceptions. Added 429 yards and 19 TDs on 375 carries, giving him 11,478 yards and 87 TDs in total offense. Only the third QB in Mid-American Conference history and 16th in NCAA Division 1-A annals to throw for at least 2,000 yards in four consecutive seasons. His 11,049 yards passing rank third in conference annals and 15th in NCAA Division 1-A history, while his 11,478 yards in total offense rank second on the MAC career-record list and 10th in NCAA history. As a senior in 2004, named All-American Dream Team selection by The NFL Draft Report. All-Mid American Conference first-team choice and recipient of the MAC's Verne Smith Leadership Award, given to the top player in the conference. Also won the Joe Fogg Award (top local college athlete). Completed 220-of-346 passes (63.6%) for 2,623 yards, 18 TDs. Also punted twice for 52 yards. As a junior in 2003, named All-American honorable mention by The NFL Draft Report after starting eleven games, ranking fifth in the country in total offense (319.8 ypg) and 10th in passing (295.75 ypg).

PERSONAL: Attended Willard (Oh.) High and finished his career with 17 school records, including pass completions (482), passing yards (6,209) and TD passes (54). Named Northwest District Player of the Year as he led Willard to a 10-2 mark and a state playoff berth as a senior. Also earned first-team All-Ohio Division III honors. Education major at Akron where he was a Dean's List student. Wore a Superman t-shirt under his uniform during each collegiate game, a tradition he started in high school to honor his favorite superhero. Throws with his right hand, but writes with his left hand and is also a left-footed kicker.

FRYE'S NFL RECORD

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2005	Cleveland	7/5	164	98	1,002	59.8	4	5	45	22/135	72.8
2006	Cleveland	13/13	393	252	2,454	64.1	10	17	75	44/262	72.0
2007	Cleveland	1/1	10	4	34	40.0	0	1	15	5/31	10.0
2007	Seattle	0/0	0	0	0	0.0	0	0	0	0/0	0.0
TOTALS		21/19	567	354	3,490	62.4	14	23	75	71/428	71.1

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2005	Cleveland	7/5	18	52	2.9	12	1
2006	Cleveland	13/13	47	215	4.6	17	3
2007	Cleveland	1/1	1	1	1.0	1	0
2007	Seattle	0/0	0	0	0.0	0	0
TOTALS		21/19	66	268	3.9	17	4

FRYE'S GAME-BY-GAME PASSING

2005

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
Games 1-9			Did Not Play									
11/20	Miami	(P)	11	6	58	54.5	0	1	15	0/0		31.6
11/27	at Minnesota	(P)	1	0	0	0.0	0	1	0	0/0		0.0
12/04	Jacksonville	(S)	20	13	226	65.0	2	0	45	5/21	L	136.7
12/11	at Cincinnati	(S)	24	16	138	66.7	1	1	17	2/14	L	78.1
12/18	at Oakland	(S)	32	21	198	65.6	0	1	33	2/13	W	69.5
12/24	Pittsburgh	(S)	39	20	183	51.2	0	0	29	8/60	L	64.4
1/1/06	Baltimore	(S)	37	22	199	59.5	1	1	33	5/27	W	71.8
2005	TOTALS	(7/5)	164	98	1,002	59.8	4	5	45	22/135	#2-3	72.8

2006

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
9/10	New Orleans.		27	16	132	59.3	1	2	18t	5/31	L	53.3
9/17	at Cincinnati		33	20	244	60.6	0	2	75	0/0	L	58.1
9/24	Baltimore		33	21	298	63.6	1	1	58t	7/48	L	90.2
10/1	at Oakland		32	22	192	68.8	3	2	22	2/13	W	89.6
10/8	at Carolina		43	26	173	60.5	0	2	23	2/16	L	49.9
10/22	Denver		33	19	149	57.6	1	1	18	5/18	L	66.4
10/29	N.Y. Jets		22	15	141	68.2	1	1	30t	3/21	W	81.8
11/5	at San Diego		44	26	241	59.1	1	1	52	5/32	L	72.3
11/12	at Atlanta		22	16	165	72.7	1	0	40	5/20	W	109.1
11/19	Pittsburgh		27	17	224	63.0	0	0	63	5/21	L	89.1
11/26	Cincinnati		29	18	186	62.1	0	4	43	4/34	L	40.9
12/3	Kansas City		13	11	122	84.6	1	0	23t	0/0	W	131.4
12/7	at Pittsburgh		Inactive (3rd QB - wrist)									
12/17	at Baltimore		Inactive (3rd QB - wrist)									
12/24	Tampa Bay		Inactive (3rd QB - wrist)									
12/31	at Houston		35	25	187	71.4	0	1	22	1/8	L	72.0
2006	TOTALS	(13/13)	393	252	2,454	64.1	10	17	75	44/262	#4-9	72.0

2007

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/09	Pittsburgh(w/Clev)	(S)	10	4	34	40.0	0	1	15	5/31	L	10.0
Games 2-16 (w/ Seattle)			Inactive (3rd QB)									
2007	TOTALS	(1/1)	10	4	34	40.0	0	1	15	5/31	#0-1	10.0
Career Totals		(21/19)	567	354	3,490	62.4	14	23	75	71/428	#6-13	71.1

#Reflects games started only

FRYE'S SINGLE-GAME HIGHS

Attempts: 44 at San Diego (11/5/06)
Completions: 26, 2 Times, Last at San Diego (11/5/06)
Completion %: 84.6 vs. Kansas City (12/3/06)
Yards: 298 vs. Baltimore (9/24/06)
Longest, no TD: 75 at Cincinnati (9/17/06)
Longest TD: 58 vs. Baltimore (9/24/06)

Most TDs: 3 at Oakland (10/1/06)
Interceptions: 4 vs. Cincinnati (11/26/06)
Rushes: 6, 2 Times, Last vs. New Orleans (9/10/06)
Rushing Yds.: 44 vs. New Orleans (9/10/06)
Longest Rush: 17, 2 Times, Last at Atlanta (11/12/06)
Rushing TD: 1, 4 Times, Last vs. Baltimore (9/24/06)



DEON GRANT

Safety	6-2	215
Tennessee		
9th NFL Season		
2nd Seahawks Season		
Unrestricted FA (Jacksonville) 2007		
2006 Games/Starts: 16/16		
Career Games/Starts: 112/112		
March 14, 1979		
Augusta, Georgia		24

2007: Started 16 games at safety, 112 consecutive for his career. Finished fifth on the team with 72 tackles and third with three interceptions.

PRO: Signed by the Seahawks as an unrestricted free agent on March 13, 2007, after spending the previous three seasons with the Jacksonville Jaguars. Took over the starting job at free safety after signing with the Jaguars as an unrestricted free agent on March 11, 2004. Was reunited with his former defensive coordinator from Carolina in Jack Del Rio after joining the Jaguars. Spent first four seasons with the Carolina Panthers where he was an original second-round draft choice (57th overall) in the 2000 NFL Draft. Durable player has started 112 consecutive games after spending his entire rookie campaign on injured reserve after fracturing his left hip. **2000:** Dislocated and fractured left hip during seven-on-seven drills in a training camp practice against the Detroit Lions (7/26) and was placed on injured reserve on August 20. **2001:** After spending his rookie season on injured reserve, was one of three Panthers defensive players to start all 16 games. Finished the season ranked second on the team with five interceptions and 12 passes defended. Recorded 74 tackles, one sack and two special teams tackles. Helped the defense tie for third in the NFL and set a team single-season record with 24 interceptions. Team's 36 takeaways tied for the second-highest total

in team history, equaling the 1995 total. Made two interceptions in finale versus New England (1/6/02). **2002:** Started all 16 games at free safety. Produced 83 tackles in addition to finishing second on the team with three interceptions and 15 passes defended. Had one forced fumble and one fumble recovery for a defense that ended the season without allowing an individual 300-yard passer and ranked fourth in pass defense, the highest ranking in team history. The unit also ranked second in the NFL in third down efficiency and fifth in opposing quarterback rating. Earned first-career NFC Defensive Player of the Week recognition at Minnesota (9/22) after recording a team-record three interceptions. **2003:** Started 16 games for the third consecutive season, registering a career-high 105 tackles in addition to 13 passes defended, five quarterback hurries, three interceptions, one sack and one fumble recovery in final season in Carolina. Started at free safety versus Atlanta (9/28) and led the team with a career-high 12 tackles in addition to two quarterback hurries. Named AP Defensive Player of the Week. Started all four postseason contests including Super Bowl XXXVIII, collecting eight tackles and one pass defended. Finished the postseason notching 31 tackles, one quarterback hurry, 3 passes defended and one interception. **2004:** Started 16 games for the fourth consecutive season, registering third-highest career tackle total with 84 to rank sixth on the

team. Recorded two interceptions, one fumble recovery, one sack and 11 passes defended. **2005:** Started 16 games for the fifth consecutive season, and ranked fourth on the team with 90 tackles. Ranked tied for third on the team with three interceptions, and totaled 1.5 sacks and 12 passes defended. One of three Jaguars defensive backs who started every game. Began season with best game of the year against Seattle (9/11) with five solo tackles, one interception and a half sack both off Matt Hasselback. **2006:** Started all 16 games at free safety and finished third on team with 85 tackles and second with two interceptions. Led team with 10 tackles at Indianapolis (9/24) and part of a defense that held Colts to under 300 yards of total offense, only team in NFL accomplish that task. Surpassed 500 career tackles versus Indianapolis (12/10).

COLLEGE: A first-team All-America selection by *The Sporting News*, *Football News*, Walter Camp and the American Football Coaches Association and a second-team pick by *The Associated Press*. All-SEC first team choice, AP SEC Defensive Player of the Year and a finalist for the Jim Thorpe Award, given annually to the nation's top defensive back as a

junior in 1999. Led the nation with nine interceptions, the second-highest total in Tennessee history, which he returned for 167 yards, the third-highest single-season total in school annals, and a touchdown. Starter in all 12 contests, he finished second on the team with 69 tackles, eight passes defended and a forced fumble while posting three two-interception contests. Started all 12 games at free safety as a sophomore and registered 62 tackles, five interceptions, two fumble recoveries and six passes defended, helping the Volunteers claim a national championship in 1998. Appeared in every game as a freshman in 1997, accounting for 10 tackles and a forced fumble. Majored in electrical engineering.

PERSONAL: Has a daughter, DeYon Imerie Grant. Attended Josey High in Augusta, Ga., where he was a first-team *USA Today* All-America and rated the best defensive back in the country and the ninth ranked defender overall by *The Sporting News* after posting 99 tackles, six interceptions, five forced fumbles and four fumble recoveries as a senior in 1996, playing both cornerback and free safety. Caught 28 passes for 622 yards with eight touchdowns in his final year. Full name: Deon D'Marquis Grant.

GRANT'S NFL RECORD

Year	Club	Tackles				Sacks		Interceptions								
		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2000	Carolina	Injured Reserve (Hip)														
2001	Carolina	16/16	74	48	26	1.0	11.0	5	96	19.2	43	0	13	0	0	0
2002	Carolina	16/16	83	57	26	0.0	0.0	3	16	5.3	10	0	16	1	1	0
2003	Carolina	16/16	105	68	37	1.0	11.0	3	25	8.3	25	0	10	0	1	0
2004	Jacksonville	16/16	84	63	21	1.0	9.0	2	4	2.0	4	0	8	0	1	0
2005	Jacksonville	16/16	90	69	21	1.5	6.0	3	29	9.7	29	0	12	0	0	0
2006	Jacksonville	16/16	85	61	24	0.0	0.0	2	25	12.5	14	0	0	0	1	6
2007	Seattle	16/16	72	60	12	0.0	0.0	3	34	11.3	34	0	10	0	0	0
NFL TOTALS		112/112	593	426	167	4.5	37.0	21	229	10.9	43	0	69	1	4	6

POSTSEASON

Year	Club	Tackles				Sacks		Interceptions								
		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2003	Carolina	4/4	31	19	12	0.0	0.0	1	16	16.0	16	0	4	0	0	0
2005	Jacksonville	1/1	10	6	4	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2007	Seattle	2/2	10	8	2	0.0	0.0	0	0	0.0	0	0	2	0	0	0
NFL TOTALS		7/7	51	33	18	0.0	0.0	1	16	16.0	16	0	6	0	0	0

GRANT'S SINGLE-GAME HIGHS

Tackles: 12, vs. Atlanta (9/28/03)

Interceptions: 3, vs. Minnesota (9/22/02)

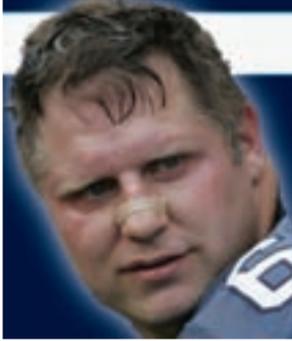
Sacks: 1, 4 Times, last vs. Houston (11/6/05)

Forced Fumbles: 1, vs. Atlanta (11/24/02)

Fumble Recoveries: 1, 4 Times, Last vs. Washington (10/1/06)

ADDITIONAL STATS

Special Team Tackles: 2001 (2), 2007 (5, FR); **Career:** (7, FR)



CHRIS GRAY

Guard 6-4 305
 Auburn
 16th NFL Season
 11th Seahawks Season
 Unrestricted FA (Chicago) 1998
 2007 Games/Starts: 16/16
 Career Games/Starts: 208/170
 June 19, 1970
 Birmingham, Alabama

62

2007: Started all 16 games at right guard. Seventh time in last eight seasons to start every contest.

PRO: Entered the NFL as a fifth-round draft choice (132nd overall) of the Miami Dolphins in 1993. Played in 42 games with 23 starts for Miami from 1993-96. Spent one season with the Chicago Bears (1997), before joining the Seahawks in 1998. Moved to right guard in 2001 from center where he had started 34 games from 1998-00. Streak of 121 consecutive regular-season games at either guard or center (1999-2006) for the Seahawks is a club record. Total of 145 starts is ninth on the Seahawks all-time list. **1993:** Saw action in five games as a rookie. Was inactive for 10 games and did not play in another. **1994:** Played in all 16 games and both playoff contests. Started two games. Made first NFL start versus L.A. Raiders (10/16). **1995:** Started the first 10 games before suffering a season-ending left ankle injury versus New England (11/12). Placed on injured reserve (11/15). Underwent surgery to repair ligament damage (11/17). **1996:** Returned from ankle injury and started the first 11 games. Suffered a broken ankle at Houston (11/17) and missed the remainder of the season. **1997:** Played in eight games with two starts for the Chicago Bears after signing as a free agent (9/10). **1998:** Signed as a free agent with the Seahawks April 15, 1998. Started the final eight games of the season replacing an injured Kevin Glover (back) at center. Inactive versus Oakland (11/1) with a concussion. Helped pave the way for a 105-yard rushing day for Ricky Watters in his first start versus Kansas City (11/8). Part of an offensive line that was instrumental in Watters setting a career-high with 178 yards versus Indianapolis (12/20). Served as the deep snapper for field goals and extra points all season. **1999:** Started 10 games at center and played in all 16. Handled snapping duties for field goals and PATs. Took over starting job at cen-

ter for the remainder of the season for an injured Glover (blood clot) at Green Bay (11/1). Part of an offensive line that helped Watters rush for a 125 yards at Green Bay on Monday night football (11/1). Helped Watters rush for a season-high 133 yards versus Cincinnati (11/7). **2000:** Started 16 games for the first time in his career. Entered the season as the starting center for the first time with the Seahawks. Helped Watters average 4.5 yards per carry and Alexander average 4.9 (second among rookies in 2000). Part of an offensive line that did not allow a sack in back-to-back games at Atlanta (12/3) and at Denver (12/10) - the first time that has been accomplished by the Seahawks in 324 games. **2001:** Started all 16 games for the second consecutive season. Started every game at right guard and became part of a solid front line that helped Alexander rush for 1,318 yards and a league-leading 14 touchdowns. Part of starting unit versus Oakland (11/11) that helped Alexander to the fourth-best rushing game in NFL history (266 yards) and helped set a franchise record with 319 rushing yards as a team. **2002:** Only one of two Seattle offensive lineman to start all 16 games (Robbie Tobeck). Started first four games at right guard before starting the final 12 games at left guard for injured Steve Hutchinson (leg). Helped solidify an offensive line that helped Alexander set a franchise record with 18 total touchdowns and 16 rushing scores. Provided solid protection for quarterback Matt Hasselbeck's four 300-yard plus passing games over the final six games of the season. Made the switch to left guard in the third quarter versus Minnesota (9/29), a game in which the line didn't allow a sack, the first game since 11/18/01 at Buffalo. **2003:** Started all 16 games at right guard assisting Alexander in establishing a career high with 1,435 rushing yards. Seattle's 125.6 rushing average per game was the most since 1995 (136.1). Offense ranked sixth in the NFL (10th

rushing, 7th passing). Helped Hasselbeck set franchise record and rank fourth in the NFL in passing yards (3,841). Part of an offensive line that did not allow a sack versus Detroit (11/16), just the second time since 11/18/01 at Buffalo. **2004:** Started all 16 games at right guard and helped Alexander to the Seahawks' single-season rushing record with 1,696 yards. Part of an offensive line that allowed just 34 sacks, tied for the second-lowest total since 1988. Helped Alexander rank first in the NFC in yards, yards per carry (4.8), non-kicker scoring (120), rushing touchdowns (16), and total touchdowns (20). **2005:** Started all 16 games. Has started 106 consecutive games for the Seahawks eclipsing Cortez Kennedy's club record of 100. Part of an offensive line that allowed just 27 sacks, tied for fifth fewest in the NFL. Part of a line that helped set a franchise record with 320 yards rushing versus Houston (10/16) and two 100-yard rushers in the same game for just the third time in team history. Helped pave

the way for Alexander to gain club-record 1,880 yards rushing and set NFL record with 28 total touchdowns. Started all three postseason games. **2006:** Started 15 of 15 games played at right guard. Inactive (thigh) in the finale at Tampa Bay (12/31) snapping club record of 121 straight regular-season starts. Returned to start both playoff games.

COLLEGE: Four-year letterman and two-year starter at Auburn. Second-team All-American and first-team all-SEC selection as a senior. Also earned all-SEC academic honors. Played left tackle as a junior and senior starting every game. Split time between tackle and tight end in first two seasons. Received a B.S. Degree in Marketing.

PERSONAL: Lettered in football at Home-wood High in Birmingham, Ala. Played tight end and defensive end. He and his wife, Julie, live in Plantation, Fla. They have a daughter, Grace and son, Matthew.

GRAY'S NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
1993	Miami	5/0		2001	Seattle	16/16	
1994	Miami	16/2	2/0	2002	Seattle	16/16	
1995	Miami	10/10		2003	Seattle	16/16	
1996	Miami	11/11		2004	Seattle	16/16	1/1
1997	Chicago	8/2		2005	Seattle	16/16	3/3
1998	Seattle	15/8		2006	Seattle	15/15	2/2
1999	Seattle	16/10	1/1	2007	Seattle	16/16	2/2
2000	Seattle	16/16		NFL TOTALS		208/170	11/9



HOWARD GREEN

Defensive Tackle **6-2** **320**

Louisiana State

4th NFL Season

2nd Seahawks Season

Free Agent 2007

2007 Games/Starts: 5/0

Career Games/Starts: 24/12

January 12, 1979

Donaldsonville, Louisiana

94

2007: Saw action in five games and was inactive five games totaling seven tackles after signing with the club October 16. Replaced Chuck Darby (IR) on the roster. Played in both postseason games and notched three tackles.

PRO: Before joining the Seahawks October 16, 2007, last saw action in the NFL in 2004

with the New Orleans Saints. Has played in 24 career games with 12 starts. Went to camp with the Minnesota Vikings in in 2007 before signing with Seattle. **2002:** Originally was a 6th-round draft choice (#190 overall) of Houston and went to training camp with the Texans. Was claimed off of waivers by Baltimore on September 3. Was inactive for

recoveries) while forcing two fumbles. According to press box statistics, recorded the third-most tackles in the NFL by a defensive back in 2004 and led all defensive backs in tackles in 2002. Earned 'Mr. Irrelevant' honors as the final player selected in the 2000 NFL Draft by the Bears. **2000:** Saw action in seven games on special teams, contributing three tackles. Was inactive first two games before NFL debut at Soldier Field versus the N.Y. Giants (9/17). **2001:** Bears leading tackler among non-starters recording 68 tackles as the team's dime-back in 16 regular season games played, starting twice when the team opened the game with their dime package. Special teams stalwart ranked second for Bears with career-high 25 special teams tackles. Totaled three tackles, including first career sack, and a forced fumble versus San Francisco (10/28) in first career start in dime package. Notched 11 tackles at Minnesota (11/25), including a forced fumble. Posted seven tackles, including a sack, at Washington (12/23). Wrapped up eight tackles versus Jacksonville (1/6/02), including one sack. Had three tackles in Divisional Playoff versus Philadelphia (1/19/02). **2002:** In first season as Bears starting strong safety, ranked second on team with career-high 138 tackles while ranking third with 15 special teams tackles. Twice led Chicago defenders in tackles and only player besides Brian Urlacher to do so in 2002. Reached double-digits in seven games. Recovered first career fumble at Minnesota (10/27) while leading secondary with 10 tackles. Led Bears with career-high 14 tackles versus N.Y. Jets (12/15). **2003:** Started the first six games at strong safety, but a groin injury kept him out of six of the last 10 games while making just two more starts. Still ranked 10th on the team in tackles and recorded first-career interception while starting 8-of-10 games played. Inactive for games eight, 11-12, and 15 before going on injured reserve due to injury. Set up Bears field goal with interception and 3-yard return in second quarter versus Green Bay (9/29) while tying for team-high with nine tackles. Recorded two tackles, with a half sack, at Seattle (10/19) in his 22nd straight start, but left game in fourth quarter with groin injury. **2004:** Started all 16 games at strong safety for the second time in career, led the secondary and ranked second on the team with 132 tackles, the second-highest total of career. Tied Nathan Vasher for team-lead in takeaways with six after tying for the NFL lead with four fumble recoveries and a career-high two interceptions. Paced Bears with 11 passes defended, adding 1.5 sacks, and one forced fumble. Recorded second career interception,

adding four tackles versus Detroit (9/12) in third consecutive season-opening start. Registered 10 tackles and dove for interception on Chicago's 6-yard line at Green Bay (9/19). Led secondary with 11 tackles versus Washington (10/17) to rank second on team. Tied for the team lead with 12 tackles versus Indianapolis (11/21). Led secondary with 11 tackles at Detroit (12/26) and combined with Lance Briggs on a sack; forced interception returned for touchdown by Briggs by pressuring Joey Harrington. **2005:** Started the season-opener for the fourth straight season and played in every contest for second consecutive campaign. Ranked fifth in the secondary with 51 tackles adding one interception, five passes defended and forced two fumbles. Registered 11 special teams tackles which ranked fifth on the team. Participated in games 1-16, starting games 1 and 13-14 at free safety. Started at free safety at Washington (9/11) and recorded three tackles. Notched season-best seven tackles at Tampa Bay (11/27) and added two special teams tackles. Filled in for injured Chris Harris and made six tackles versus Green Bay (12/4). Started at Pittsburgh (12/11) and made five tackles and forced a fumble. In best performance of season, tallied one interception, forced another interception with a crushing tackle, totaled seven tackles and two passes defended versus Atlanta (12/18). Notched two tackles in Divisional Playoff versus Carolina (1/18) and added two special teams tackles. **2006:** Placed on injured reserve September 2 following a Lisfranc injury suffered in the third preseason game at San Diego (8/26).

COLLEGE: Four-year letterwinner and two-year starter at safety at Northwestern State (La.) (1996-99), earning All-America and All-Southland Conference honors as a junior and senior. Ranked third on team with 99 tackles as a senior after finishing second on team with 104 tackles his junior season. Recorded 25 passes defended and four interceptions during his career. Also excelled on track team, anchoring the Demons relay teams. Majored in criminal justice.

PERSONAL: First-team All-State selection and team MVP at Ruston (La.) H.S. Had seven blocked kicks and five interceptions as a senior after two blocked kicks and two interceptions as a junior. Past community involvement includes participating with fellow members of Bears secondary and Meals on Wheels to "Intercept Hunger" with meal donations being made based on player performance. Has three daughters, Virginia Rae, Haley Michelle and Hunter Mikhayla. Michael Wayne Green is the youngest of three children of Rosie and Shelly Green.

MIKE GREEN'S NFL RECORD

Club	Tackles				Sacks		Interceptions								
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2000 Chicago	7/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2001 Chicago	16/2	68	46	22	3.0	17.0	0	0	0.0	0	0	4	2	0	0
2002 Chicago	16/16	138	89	49	1.0	10.0	0	0	0.0	0	0	5	0	2	-1
2003 Chicago	10/8	48	31	17	0.5	1.5	1	3	3.0	3	0	2	0	0	0
2004 Chicago	16/16	132	84	48	1.5	5.5	2	0	0.0	0	0	11	1	4	3
2005 Chicago	16/3	51	32	19	0.0	0.0	1	14	14.0	14	0	5	2	1	0
2006 Seattle	Injured Reserve (Foot)														
2007 Seattle	15/1	6	5	1	0.0	0.0	0	0	0.0	0	0	1	0	0	0
NFL TOTALS	96/46443	287	156	6.0	34.0	4	17	4.3	14	0	28	5	7	2	

POSTSEASON

Club	Tackles				Sacks		Interceptions								
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2001 Chicago	1/0	3	2	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2005 Chicago	1/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2006 Seattle	Injured Reserve (Foot)														
2007 Seattle	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	2/0	5	4	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0

GREEN'S SINGLE-GAME HIGHS

Tackles: 14, vs. N.Y. Jets (12/15/02)
Sacks: 1, 5 Times, Last vs. Philadelphia (10/3/04)

Interceptions: 1, 4 Times, Last vs. Atlanta (12/18/05)

ADDITIONAL STATS

Special Teams Tackles: 2000 (3), 2001 (25), 2002 (15), 2003 (2), 2004 (1), 2005 (10), 2007 (11); **Career:** 67.



MATT HASSELBECK

Quarterback 6-4 225
Boston College
10th NFL Season
8th Seahawks Season
Trade (Green Bay) 2001
2007 Games/Starts: 16/16
Career Games/Starts: 135/96
September 25, 1975
Westwood, Massachusetts

8

2007: Started all 16 games for the third time of career. Earned third trip to Pro Bowl ranking in the NFC's top five in attempts (562), completions (352), yards (3,966), TDs (28) and passer rating (91.4). Ranked in the NFL's top eight in those same categories. Set club records for attempts, completions and passing yards. Topped .700 completion percentage for the third time in a season opener completing 17 of 24 passes (.708) versus Tampa Bay (9/9). Connected with Nate Burleson on a 22-yard game-winning score down 21-17 with

1:00 remaining in the game versus Cincinnati (9/23). At Cleveland (11/4), passed Jim Zorn (20,122) for second on club's career list for most passing yards with his 14th-career 300-yard game (318). Completed 27 passes at Carolina (12/16) on his way to setting the club's single-season record with 319. Set career high with 26th and 27th TD pass versus Baltimore (12/23).

PRO: The Seahawks' all-time, highest-rated passer (86.3) ahead of Dave Krieg (82.3). Has

3,109 career attempts and 1,891 completions for 22,188 yards, 140 touchdowns, and 84 interceptions. Totaled 12-career 300-yard games through just 57 starts, a plateau it took Krieg, Seattle's former leader in that category (11), 114 starts to reach. Joined the Seahawks March 2, 2001, via a trade with Green Bay. Seattle received Hasselbeck and the Packers' 2001 first-round draft choice (17th overall—Steve Hutchinson) in exchange for Seattle's 10th selection in the first round and a third-round choice. An original 1998 sixth-round draft choice of the Packers during Mike Holmgren's reign in Green Bay. Spent the 1998 season on the practice squad before re-signing with the Packers as a free agent in February of 1999. Has played in 136 career games, 102 at quarterback. Most action early in his career was as the holder for the extra point and field goal units during his first three seasons. **1998:** Spent the entire season on the Packers' practice squad. **1999:** Won the role of backup with an impressive preseason performance. Played in all 16 games as the holder for extra point and field goal teams and saw action in four games at quarterback. Attempted 10 passes, completing three for 41 yards and a touchdown, without an interception. First NFL touchdown pass came on a fake field-goal attempt at Minnesota (12/20) with a 9-yard toss. First NFL action came in the fourth quarter in a 31-3 victory at San Diego (10/24). **2000:** Played in all 16 games serving primarily as the holder on the extra point and field goal units for the Packers. Saw action under center in four games backing up Brett Favre for a second straight year. Completed 10 of 19 passes for 104 yards and one touchdown without an interception for a 86.3 passer rating. Replaced an injured Favre (foot) in the third quarter versus Tampa Bay (11/12) and posted career highs with nine completions on 18 attempts for 93 yards. Threw a 27-yard touchdown pass off a fake field goal attempt in that game. Played the final two series at Arizona (9/24) in his initial action of the season and completed his only attempt for 11 yards. Subbed for Favre late in the game at Chicago (12/3), but did not throw a pass and was sacked once. Saw action late in the game versus Detroit (12/10) but did not attempt a pass. **2001:** Opened season as starter for Seahawks and finished starting 12 of 13 games played. Attempted 321 passes completing 176 (54.8%) for 2,023 yards, seven touchdowns, and eight interceptions for a 70.9 rating. Rushed 40 times for 141 yards, most rushing yards for Seahawks by a quarterback since Rick Mirer's 191 in 1996. Had a string of 123 pass attempts without an inter-

ception, tied for the seventh-longest streak in team history. Did not start versus Jacksonville (10/7) or Denver (10/14) because of a groin injury suffered at Oakland (9/30). Did not start final two games of the season at San Diego (12/30) or versus Kansas City (1/6/02) due to a shoulder injury. Returned from groin injury to start versus Miami and had finest game of the season, completing 16 of 28 attempts for 230 yards and two touchdowns for a 107.7 rating. Completed six of 12 passes for 127 yards and two interceptions at Washington (11/4), but was relieved by Trent Dilfer to open the second half. Versus Oakland (11/11), complemented Shaun Alexander's 266-yard rushing performance by completing 15 of 23 passes for 181 yards and a touchdown. Attempted a career-high 37 passes at Denver for a career-high 243 yards with one touchdown and two interceptions. **2002:** Started 10 games after entering camp as the team's second quarterback behind Dilfer. Started the season opener at Oakland (9/8) for Dilfer (knee) before taking over the remainder of the season after Dilfer suffered a season-ending Achilles injury at Dallas (10/27). Completed 267 of 419 passes for 3,075 yards, 15 touchdowns, and 10 interceptions for an 87.8 passer rating. Passed for more than 300 yards four times and surpassed 400 yards twice, both club records for a single season. Set team marks for completions (36) and yards (449) at San Diego (12/29) after attempting a franchise-record 55 passes at San Francisco (12/1). Completion percentage (63.7) was tops in the NFC (5th NFL) and 87.8 passer rating was second in the NFC (6th NFL). Led an offense that averaged an NFL-high 476 yards per game over the final six games, which included a franchise-record three 500-yard games. Guided club to victory in four of final six contests, including final three, the second-most consecutive victories to close out a season and most since five in 1986. Versus Kansas City (11/24), completed 25 of 36 passes for a then career-high and NFL week 12 best 362 yards with a career-best three touchdowns for a 129.6 rating. The career performance only lasted one week after passing for a franchise-record 427 yards on a club-high 55 attempts at San Francisco (12/1). Set a personal high with 30 completions, third-most in team annals, while tying a personal mark with three touchdown passes. Became just the second quarterback in team history to throw for 300 yards in back-to-back games, joining Zorn who did it twice (1979 & 1981), and the first Seahawks quarterback to throw for multiple 300-yard games in the same season since Krieg in 1985. Led team to 32 first downs versus Kansas City, and com-

bined with the Chiefs' 32 set an NFL record for most in one game (64). Also led Seattle to 534 total yards in that game, first time eclipsing 500 team yards since October 26, 1997, versus Oakland. Led team to 507 yards versus San Francisco, the first time Seattle had ever posted back-to-back 500-yard games. Passed for 303 yards and a touchdown versus St. Louis (12/22) and 298 yards with a touchdown at Atlanta (12/15). In record-breaking season finale at San Diego, scored first-career rushing touchdown on a 1-yarder with one second remaining in regulation to send the game into overtime. **2003:** Validated one of the finest seasons by a quarterback in club history with a trip to the Pro Bowl after leading club to first-ever undefeated home record. Finished the season second in the NFC with a franchise-record 3,841 passing yards (behind Marc Bulger's 3,845) and tied Brad Johnson for second with 26 touchdown passes behind Favre (32). Passer rating of 88.8 tied Aaron Brooks for third in the conference behind Daunte Culpepper (96.4) and Favre (90.4), while his rating on third down (107.3) was second in the NFC (3rd NFL). In addition to setting the club record for most passing yards in a single season (surpassing Warren Moon's 1997 total—3,678), he tied Moon's single-season club record for most completions (313). Tied own record for most 300-yard games in a season (4). Total of 26 touchdown passes ranked third on the club's all-time single-season list, while becoming the first quarterback since Mirer in 1993 to start all 16 games. Posted at least an 85.0 passer rating 10 times, including the opener versus New Orleans (9/7) where a 99.4 rating was the result of two touchdowns and no interceptions. Had another two-touchdown performance (110.6 rating) the following week at Arizona (9/14) that included touchdown passes of 55 and 66 yards to Darrell Jackson. Led Seattle back from a 23-10 fourth-quarter deficit to defeat St. Louis (9/21) 24-23. Completed a 3-yard touchdown pass to Koren Robinson with one minute to play for the go-ahead score. Also rushed for season-high 28 yards in that game. Led team to a Sunday night football victory over San Francisco (10/12). Led team on another game-winning drive versus Chicago (10/19) after directing a seven-play, 72-yard drive that resulted in the go-ahead touchdown with :58 to go. Completed 19 of 27 passes for 215 yards, a touchdown, and interception in that game. Passed for season-high 347 yards and tied season high with 26 completions at Cincinnati (10/26), but also threw a season-high three interceptions after attempting a season-high 43 passes. Enjoyed a sweet

November compiling a 107.4 passer rating during the month after tossing 11 touchdowns to just two interceptions. Led Seattle to a 3-0 home record during the month, passed for at least 300 yards three times, and took Seattle's offense from 11th to fourth overall. Against Pittsburgh (11/2), posted a 152.1 rating in the second half completing 10 of 15 passes for 139 yards and a touchdown. Posted career-best completion percentage (75.0, 21 of 28) versus Detroit (11/16). Earned NFL/FedEx Air Player of the Week in one of the greatest performances of career at Baltimore (11/23) against the NFL's third-rated pass defense. Tied Moon's and Krieg's team record with five touchdown passes. Completed 23 of 41 passes for 333 yards and a 122.3 passer rating. Connected with Jackson for a career-long 80-yard touchdown. Repeated as NFL/FedEx Air Player of the Week after completing 26 of 35 attempts (74.3%) for 328 yards, three touchdowns, and an interception the following week versus Cleveland's (11/30) second-rated pass defense. The game marked the first time in Seattle history with a 300-yard passer, 100-yard rusher (Alexander-127), and two 100-yard receivers (Robinson-122, Jackson-102). Ended regular season with a 315-yard performance in victory over the 49ers (12/27). Set club postseason record with 305-yard game at Green Bay (1/4/04). Also set club postseason records with 25 completions and 45 attempts. **2004:** Started 14 games completing 279 of 474 attempts for 3,382 yards, 22 touchdowns, and 15 interceptions. Touchdown total was good for fifth in the NFC (10th NFL). Totaled three, 300-yard games, tying Krieg for the most career games with 300-or-more yards passing (11). Also joined Krieg as only quarterbacks in club history to pass for 20-or-more touchdowns in consecutive seasons, while joining Zorn as the franchise's only quarterbacks to eclipse 3,000 yards three consecutive seasons. Named NFC Offensive Player of the Month for December after passing for 1,140 yards, completing 94 of 131 attempts (71.6%), 10 touchdowns, and four interceptions. Posted a 90 percent or better passer rating seven times and completed 70 percent or better five times. Opened the season with a 246-yard performance at New Orleans (9/12) along with a touchdown and interception. Only completed 12 passes at Tampa Bay (9/19), but one was a 27-yard touchdown pass to Robinson, the only touchdown of the game. Passed for 254 yards and two touchdowns versus the 49ers (9/26) and also tossed two touchdowns at St. Louis (10/10). Attempted a season-high 50 passes at New England (10/17) for 349 yards. Had a career-high four intercep-

tions at Arizona (10/24). Posted a season-high 130.8 rating at San Francisco (11/7) passing for 285 yards and three touchdowns. Declared inactive (thigh) versus Miami (11/21). Best individual performance came in losing effort on Monday Night Football versus Dallas (12/6). Completed 28 of 40 attempts for season-high 414 yards with three touchdowns and no interceptions. Followed that with a 334-yard game with three touchdowns and two interceptions at Minnesota (12/12). Was inactive (elbow) versus Arizona (12/26). Returned to action in the season finale versus Atlanta (1/2/05) and his two touchdown passes helped Seattle earn their first NFC West title. In playoff game versus St. Louis (1/8/05), passed for 341 yards completing 27 of 43 attempts, two touchdowns, and an interception. Joined Dan Fouts and Bulger as the only players in NFL history to begin their postseason careers with two 300-plus passing games. Broke own Seahawks postseason record with 341 yards. **2005:** Highlighted one of the best performances by a quarterback by leading the team to the franchise's first Super Bowl. Started all 16 games for second time of career while leading the NFC and setting a club record for highest single-season passer rating (98.2). Named as the starter for the NFC Pro Bowl squad after completing 294 of 449 passes for 3,459 yards, 24 touchdowns and nine interceptions. Touchdown total led the NFC while completion percentage (65.5) was second. Eclipsed the 3,000-yard mark for the fourth straight year, breaking Zorn's club record (3). Passed for at least one touchdown in career-high 12 consecutive games. Had a December to remember posting the fourth-best passer rating in NFL history (135.5) during the month tossing 10 touchdowns and one interception with a completion percentage of 76.0. Totaled a 103.0 passer rating in eight road games and did not throw an interception on the road in final seven games (185 attempts) of the season. At St. Louis (10/9), earned NFC Offensive Player of the Week after passing for club-record 12th-career 300-yard game. Completed 27 of 38 passes for 316 yards and two touchdowns all without top two receivers Jackson (knee) and Bobby Engram (ribs). Rushed for season-high 40 yards and career-long 23 yarder versus Houston (10/16). Also had club-record consecutive passes without an interception streak ended at 159 (Zorn, 153). Tied game 10-10 with :40 to play versus Dallas (10/23) with a 1-yard touchdown toss which Seahawks eventually won on a field goal at the end of regulation. Played in 100th career game versus St. Louis (11/13). Completed 21 of 25 passes (career

high and second in club history 84.0%) for 226 yards and season-high four touchdown passes versus San Francisco (12/11). Led team for a 10-point second-half deficit and compiled a season-high 147.7 passer rating at Tennessee (12/18). Started all three postseason games completing 62 of 103 attempts for 707 yards, four touchdowns and one interception. **2006:** Started 12 games missing four with a knee injury suffered late in the first half versus Minnesota (10/22). Posted second-best career completion percentage of .833 (25 of 30) with 210 yards at Detroit (9/10) in season opener. Led team to game-winning field goal position. Tied franchise record with five touchdown passes versus N.Y. Giants (9/24). Second time in career posting as many touchdown passes (11/23/03 at Baltimore). Totaled a season high 268 passing yards at St. Louis (10/15) to go along with three touchdown tosses and a 110.9 passer rating, second highest of the season. Injured right knee late in the first half versus Minnesota (10/22) after Vikings' E.J. Henderson rolled into it. Was inactive the following four games but returned to action for a Monday Night game versus Green Bay (11/27) on a snow covered Qwest Field. Passed for three touchdowns in that game. Led Seattle to game-winning field goal at Denver (12/3) for Seahawks first win in the Mile High city since 1995. Posted season-high 133.5 passer rating at Arizona (12/10) after passing completing 20 of 28 attempts for 243 yards and three touchdowns. Started both postseason games completing 36 of 69 passes for 435 yards with three touchdowns and three interceptions.

CAREER 300-YARD GAMES

Yards	Date	Opponent
449	12/29/02	at San Diego
427	12/01/02	at San Francisco
414	12/06/04	Dallas
362	11/24/02	Kansas City
362	10/14/07	New Orleans
349	10/17/04	at New England
344	10/26/03	at Cincinnati
337	11/18/07	Chicago
334	12/12/04	at Minnesota
333	11/23/03	at Baltimore
328	11/30/03	Cleveland
318	11/04/07	at Cleveland
316	10/09/05	at St. Louis
315	12/27/03	at San Francisco
303	12/22/02	St. Louis



HONORS:

2003: *NFC Pro Bowl; Seattle Post Intelligencer Sports Star of the Year; FedEx Air Player of the Week 12 & 13.* **2004:** *NFC Offensive Player of the Month for December.*

2005: *NFC Pro Bowl; PFW/PFWA All NFC Team; NFC Offensive Player of the Week 5.* **2007:** *NFC Pro Bowl.*

COLLEGE: Four-year letterman and two-year starter at Boston College. Finished fifth on the Eagles' career passing list with 4,548 yards, completing 390 of 701 passes with 22 touch-

downs and 26 interceptions. Started 21 games while playing in 37. Completed 188 of 305 passes for 2,239 yards and 11 touchdowns with 10 interceptions as a senior, when he was the co-winner of the "Thomas F. Scanlon Award" as the school's outstanding senior scholar-athlete. Threw for 277 yards in a 22-of-33 performance, that included a school-record 14 consecutive completions, versus Notre Dame. Completed 31-of-46 attempts for a career-high 393 yards and three touchdowns in his final collegiate game in a victory over Army. As a junior, he hit on 171-of-330 passes for 1,990 yards and nine touchdowns with nine interceptions. Came off the bench to lead the team to a come-from-behind victory over Hawaii in the season opener. Started the next

HASSELBECK'S NFL RECORD

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
1998	Green Bay		Practice Squad								
1999	Green Bay	16/0	10	3	41	30.0	1	0	19	1/9	77.5
2000	Green Bay	16/0	19	10	104	52.6	1	0	27t	1/2	86.3
2001	Seattle	13/12	321	176	2,023	54.8	7	8	64	38/251	70.9
2002	Seattle	16/10	419	267	3,075	63.7	15	10	49	26/143	87.8
2003	Seattle	16/16	513	313	3,841	61.0	26	15	80t	42/246	88.8
2004	Seattle	14/14	474	279	3,382	58.9	22	15	60	30/155	83.1
2005	Seattle	16/16	449	294	3,459	65.5	24	9	56	24/154	98.2
2006	Seattle	12/12	371	210	2,442	56.6	18	15	72t	34/229	76.0
2007	Seattle	16/16	562	352	3,966	62.6	28	12	65	33/204	91.4
TOTALS		135/96	3,138	1,904	22,333	60.5	142	84	80t	229/1,393	86.2

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD	
1998	Green Bay		Practice Squad					
1999	Green Bay	16/0	6	15	2.5	13	0	
2000	Green Bay	16/0	4	-5	-1.3	-1	0	
2001	Seattle	13/12	40	141	3.5	17	0	
2002	Seattle	16/10	40	202	5.1	21	1	
2003	Seattle	16/16	36	125	3.5	18	2	
2004	Seattle	14/14	27	90	3.3	19	1	
2005	Seattle	16/16	36	124	3.4	23	1	
2006	Seattle	12/12	18	110	6.1	19	0	
2007	Seattle	16/16	39	89	2.3	12	0	
TOTALS		135/96	246	891	3.6	23	5	

POSTSEASON

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2003	Seattle	1/1	45	25	305	55.6	0	1	34	2/14	67.4
2004	Seattle	1/1	43	27	341	62.3	2	1	25	3/9	93.3
2005	Seattle	3/3	103	62	707	60.2	4	1	37t	5/30	89.7
2006	Seattle	2/2	69	36	435	52.2	3	3	37t	3/16	68.2
2007	Seattle	2/2	65	39	423	60.0	2	2	35	3/24	76.6
TOTALS		9/9	325	189	2,211	58.2	11	8	37t	16/93	79.9

10 games before separating his right shoulder, causing him to miss the season finale versus Miami (Fla.). Served as the Eagles' backup quarterback as a sophomore. Played in 11 games with one start. Completed 27 of 60 passes for 280 yards and two touchdowns, with seven interceptions. Saw action in five games as a redshirt freshman. Received a B.S. Degree in Marketing and Finance.

PERSONAL: Was an honorable mention All-American selection by *USA Today* as a senior at Xaverian Brothers High School in Westwood, Mass. Also garnered All-East honors from *Blue Chip Illustrated* and All-New England honors from *SuperPrep*. A two-year starter, he completed 90 of 120 passes for 1,490 yards and seven touchdowns as a sen-

ior. Also ran for 400 yards and three touchdowns en route to capturing conference title and runner-up in Massachusetts' Division 1-A Super Bowl. Also won three letters in basketball and two in baseball. Competed in CBS' version of the "NFL Quarterback Challenge" over the 2003 offseason and finished in first place. Father Don, played tight end in the NFL for nine seasons with the Patriots (1977-83), Raiders (1983), Vikings (1984), and Giants (1985). Younger brother Tim was the starting quarterback for Boston College and is the backup for the New York Giants. Youngest brother, Nathanael, also attended Boston College and played wide receiver. Married college sweetheart Sarah and has two daughters, Annabelle and Mallory, and son Henry.

HASSELBECK VS. THE NFL (REG. SEASON GAMES STARTED ONLY)

Team	Games	Att	Comp	Yds	Pct	TD	Int	LG	Sack	Rate
Arizona	10	290	171	2,222	58.9	15	7	66t	14/97	90.3
Atlanta	4	114	78	917	68.4	6	1	41	10/48	106.5
Baltimore	2	68	41	532	60.3	7	2	80t	8/50	107.0
Buffalo	2	61	35	319	57.4	2	1	23	2/10	75.8
Carolina	2	71	48	475	67.6	2	1	25	4/41	89.8
Chicago	3	106	65	748	61.3	3	3	59	9/68	80.2
Cincinnati	2	80	50	592	62.5	6	5	46t	4/16	84.0
Cleveland	3	116	76	824	65.5	5	4	34	6/42	86.3
Dallas	3	107	64	790	59.8	4	2	35	4/36	87.4
Denver	3	101	55	591	54.5	1	5	39	11/69	54.5
Detroit	2	58	46	417	79.3	1	0	36	5/37	102.4
Green Bay	3	83	46	458	55.4	3	4	27	4/27	63.2
Houston	1	20	14	168	70.0	1	1	27	3/29	91.3
Indianapolis	1	21	17	168	81.0	2	0	17	2/9	131.7
Jacksonville	1	36	21	246	58.3	2	2	33t	3/21	74.5
Kansas City	2	62	41	524	66.1	4	0	44	4/31	113.9
Miami	1	28	16	230	57.1	2	0	64	4/24	107.7
Minnesota	3	85	47	679	55.3	4	4	72t	8/48	77.5
New England	1	50	27	349	54.0	0	2	37	3/8	59.5
New Orleans	3	95	57	745	60.0	5	2	38	8/47	93.5
N.Y. Giants	3	96	60	661	62.5	8	5	42	6/45	88.9
N.Y. Jets	1	30	22	201	73.3	2	1	20	4/14	99.4
Oakland	3	83	52	503	62.7	3	1	31	10/47	86.6
Philadelphia	4	118	60	570	50.8	5	4	43t	13/80	64.6
Pittsburgh	2	58	31	331	53.4	1	1	43	7/35	69.0
St. Louis	10	353	200	2,464	56.7	15	7	56t	23/160	84.3
San Diego	3	125	72	840	57.6	2	4	49	11/59	70.1
San Francisco	10	341	219	2,726	64.2	21	10	65	17/81	97.2
Seattle	-	-	-	-	-	-	-	-	-	-
Tampa Bay	3	79	46	585	58.2	3	1	49	8/45	88.8
Tennessee	1	27	21	285	77.8	3	0	56	1/9	147.7
Washington	4	123	79	874	64.2	2	3	49	10/68	80.5
Totals	96	3,085	1,877	22,034	60.8	140	83	80t 226/1,375	86.5	

SINGLE-GAME HIGHS

Attempts:	55* at San Francisco	(12/1/02)
Completions:	36* at San Diego	(12/29/02)
Completion %:	84.0 (21/25) vs. San Francisco	(12/11/05)
Yards:	449* at San Diego	(12/29/02)
Longest, no TD:	64 vs. Miami	(10/28/01) to Darrell Jackson
Longest TD:	80 at Baltimore	(11/23/03) to Darrell Jackson
Most TDs:	5**, 2 Times, Last vs. N.Y. Giants	(9/24/06)
Interceptions:	4 at Arizona	(10/24/04)
Rushes:	7, 2 Times, Last vs. Carolina	(10/31/04)
Rushing Yds.:	62 vs. Philadelphia	(12/8/02)
Longest Rush:	23 vs. Houston	(10/16/05)
Rushing TD:	1, 5 Times, Last at Arizona	(11/6/05)

*Club Record, **Ties Club Record

HASSELBECK'S GAME-BY-GAME PASSING

1998

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
Practice Squad												

1999

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
10/24	at San Diego	(P)	3	0	0	0.0	0	0	0	0	W	39.6
11/01	Seattle	(P)	6	2	32	33.3	0	0	19	1/9	L	52.1
12/20	Minnesota	(P)	1	1	9	100.0	1	0	9	0	L	143.8
1999	TOTALS	*(16/0)	10	3	41	30.0	1	0	19	1/9		77.5

2000

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/24	at Arizona	(P)	1	1	11	100.0	0	0	0	0/0	W	112.5
11/12	at Tampa Bay	(P)	18	9	93	50.0	1	0	27t	1/2	L	83.8
2000	TOTALS	*(16/0)	19	10	104	52.6	1	0	27t	1/2		86.3

2001

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/09	at Cleveland	(S)	34	20	178	58.8	0	2	34	4/28	W	48.4
09/23	Philadelphia	(S)	24	9	62	37.5	0	0	19	7/41	L	45.8
09/30	at Oakland	(S)	28	14	167	50.0	0	1	21	6/32	L	53.7
10/07	Jacksonville		Inactive - 3rd QB (Groin)									W
10/14	Denver	(P)	0	0	0	0.0	0	0	0	0/0	W	0.0
10/21	Bye Week											
10/28	Miami	(S)	28	16	230	57.1	2	0	64	4/24	L	107.7
11/04	at Washington	(S)	12	6	127	50.0	0	2	49	2/17	L	48.3
11/11	Oakland	(S)	23	15	181	65.2	1	0	31	1/3	W	103.7
11/18	at Buffalo	(S)	23	16	134	70.0	1	0	21	0/0	W	98.8
11/25	at Kansas City	(S)	26	16	162	61.5	1	0	28t	3/23	L	92.1
12/02	San Diego	(S)	35	19	202	54.3	0	0	45	2/10	W-ot	71.4
12/09	at Denver	(S)	37	17	243	45.9	1	2	39	5/36	L	54.2
12/16	Dallas	(S)	25	13	152	52.0	0	0	27	1/13	W	70.8
12/23	at N.Y. Giants	(S)	26	15	185	57.7	1	1	42	3/24	L	76.6
12/30	at San Diego		Inactive - 3rd QB (Shoulder)									W
01/06	Kansas City		Did Not Play (Shoulder)									W
2001	TOTALS	*(13/12)	321	176	2,023	54.8	7	8	64	38/251	#5-7	70.9

HASSELBECK'S GAME-BY-GAME PASSING

2002

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/08	at Oakland	(S)	32	23	155	71.9	2	0	16	3/12	L	103.0
09/15	Arizona										L	
09/22	at N.Y. Giants										L	
09/29	Minnesota										W	
10/06	Bye Week											
10/14	San Francisco										L	
10/20	at St. Louis	(P)	5	2	23	40.0	0	0	12	0/0	L	54.6
10/27	at Dallas	(P)	19	12	131	63.2	0	1	34	1/7	W	61.5
11/03	Washington	(S)	44	28	264	63.6	0	0	31	4/24	L	80.1
11/10	at Arizona	(S)	31	23	260	74.2	1	0	27	1/5	W	109.6
11/17	Denver	(S)	36	22	180	61.1	0	2	22	5/27	L	50.7
11/24	Kansas City	(S)	36	25	362	69.4	3	0	44	1/8	W	129.6
12/01	at San Francisco	(S)	55	30	427	54.5	3	2	39	0/0	L	82.9
12/08	Philadelphia	(S)	45	24	223	53.3	2	3	20	4/28	L	54.2
12/15	at Atlanta	(S)	31	22	298	71.0	1	0	35	2/0	W-ot	112.0
12/22	St. Louis	(S)	32	20	303	62.5	1	0	44	2/11	W	104.0
12/29	at San Diego	(S)	53	36	449	68.0	2	2	49	3/21	W-ot	90.8
2002	TOTALS	*(16/10)	419	267	3,075	63.7	15	10	49	26/143	#5-5	87.8

2003

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/07	New Orleans	(S)	23	12	137	52.2	2	0	35t	3/18	W	99.4
09/14	at Arizona	(S)	19	8	175	42.1	2	0	66t	1/2	W	110.6
09/21	St. Louis	(S)	39	22	256	56.4	2	1	35	4/36	W	82.9
09/28	Bye Week											
10/05	at Green Bay	(S)	39	23	225	58.9	0	1	24	2/10	L	64.6
10/12	San Francisco	(S)	27	17	207	63.0	1	1	27	4/21	W	83.4
10/19	Chicago	(S)	27	19	215	70.1	1	1	32	2/4	W	90.8
10/26	at Cincinnati	(S)	43	26	344	60.5	3	3	46t	2/6	L	80.3
11/02	Pittsburgh	(S)	31	18	215	58.1	1	0	43	5/24	W	90.1
11/09	at Washington	(S)	29	19	241	65.5	1	1	37	3/20	L	88.4
11/16	Detroit	(S)	28	21	207	75.0	1	0	34t	0/0	W	107.3
11/23	at Baltimore	(S)	41	23	333	56.1	5	0	80t	6/40	L-ot	122.3
11/30	Cleveland	(S)	35	26	328	74.3	3	1	32	2/14	W	119.7
12/07	at Minnesota	(S)	34	17	218	50.0	0	2	29	3/16	L	46.0
12/14	at St. Louis	(S)	37	21	246	56.8	1	1	27	2/15	L	74.8
12/21	Arizona	(S)	24	17	179	70.8	1	1	28	2/10	W	88.7
12/27	at San Francisco	(S)	37	24	315	64.9	2	2	31t	1/10	W	87.1
2003	TOTALS	(16/16)	513	313	3,841	61.0	26	15	80t	42/246	#10-6	88.8
01/04	at Green Bay	(S)	45	25	305	55.6	0	1	34	2/14	L-ot	67.4
Playoff Totals		(1/1)	45	25	305	55.6	0	1	34	2/14	0-1	67.4

HASSELBECK'S GAME-BY-GAME PASSING

2004

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/12	at New Orleans	(S)	29	19	246	65.5	1	1	38	0/0	W	89.2
09/19	at Tampa Bay	(S)	26	12	147	46.2	1	1	27t	5/23	W	60.9
09/26	San Francisco	(S)	30	21	254	70.0	2	0	60	1/6	W	117.9
10/03	Bye Week											
10/10	St. Louis	(S)	35	20	216	57.1	2	0	56t	1/12	L-ot	94.5
10/17	at New England	(S)	50	27	349	54.0	0	2	37	3/8	L	59.5
10/24	at Arizona	(S)	41	14	187	34.1	1	4	30	1/7	L	18.9
10/31	Carolina	(S)	30	21	201	70.0	1	1	22	1/5	W	85.6
11/07	at San Francisco	(S)	28	17	285	60.7	3	0	39t	3/16	W	130.8
11/14	at St. Louis	(S)	36	15	172	41.7	0	1	33	0/0	L	45.1
11/21	Miami		Inactive (Thigh)									W
11/28	Buffalo	(S)	38	19	185	50.0	1	1	23	2/10	L	61.8
12/06	Dallas	(S)	40	28	414	70.0	3	0	35	2/16	L	128.5
12/12	at Minnesota	(S)	34	23	334	67.6	3	2	37	3/17	W	104.3
12/19	at N.Y. Jets	(S)	30	22	201	73.3	2	1	20	4/14	L	99.4
12/26	Arizona		Did Not Play (Elbow)									W
01/02/05	Atlanta	(S)	27	21	191	77.8	2	1	23	4/21	W	105.4
2004 TOTALS	(14/14)		474	279	3,382	58.9	22	15	60	30/155	7-7	83.1
01/08	St. Louis	(S)	43	27	341	62.3	2	1	25	3/9	L	93.3
Playoff Totals	(1/1)		43	27	341	62.3	2	1	25	3/9		93.3

2005

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/11	at Jacksonville	(S)	36	21	246	58.3	2	2	33t	3/21	L	74.5
09/18	Atlanta	(S)	31	20	281	64.5	2	0	41	2/16	W	115.1
09/25	Arizona	(S)	31	20	242	64.5	0	0	48	0/0	W	88.4
10/02	at Washington	(S)	38	26	242	68.4	1	0	26	1/7	L-ot	94.4
10/09	at St. Louis	(S)	38	27	316	71.1	2	0	52	4/17	W	113.5
10/16	Houston	(S)	20	14	168	70.0	1	1	27	3/29	W	91.2
10/23	Dallas	(S)	42	23	224	54.8	1	2	22	1/7	W	58.0
10/30	Bye Week											
11/06	at Arizona	(S)	20	13	162	65.0	1	0	46	1/0	W	105.8
11/13	St. Louis	(S)	29	17	243	58.6	1	2	47	0/0	W	68.6
11/20	at San Francisco	(S)	31	19	233	61.3	1	0	28	1/5	W	95.2
11/27	N.Y. Giants	(S)	37	21	249	56.8	2	1	38	3/21	W-ot	84.2
12/05	at Philadelphia	(S)	15	8	98	53.3	1	0	42	0/0	W	96.0
12/11	San Francisco	(S)	25	21	226	84.0	4	1	28t	1/6	W	127.2
12/18	at Tennessee	(S)	27	21	285	77.8	3	0	56	1/9	W	147.7
12/24	Indianapolis	(S)	21	17	168	81.0	2	0	17	2/9	W	131.7
01/01/06	at Green Bay	(S)	8	6	76	75.0	0	0	27	1/7	L	104.2
2005 TOTALS	(16/16)		449	294	3,459	65.5	24	9	56	24/154	13-3	98.2
01/14	Washington	(S)	26	16	215	61.5	1	0	37	0/0	W	100.6
01/22	Carolina	(S)	28	20	219	71.4	2	0	28	2/16	W	118.0
02/05	Pittsburgh	(S)	49	26	273	53.0	1	1	35	3/14	L	67.8
Playoff Totals	(3/3)		103	62	707	60.2	4	1	37	5/30	2-1	89.7

HASSELBECK'S GAME-BY-GAME PASSING

2006

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating	
09/10	at Detroit	(S)	30	25	210	83.3	0	0	36	5/37	W	95.8	
09/17	Arizona	(S)	27	12	221	44.4	1	2	49t	3/26	W	54.7	
09/24	N.Y. Giants	(S)	33	24	227	72.7	5	3	22	0/0	W	93.1	
10/01	at Chicago	(S)	35	16	196	45.7	0	2	31	5/49	L	39.7	
10/08	Bye Week												
10/15	at St. Louis	(S)	34	19	268	55.9	3	0	42t	4/29	W	110.9	
10/22	Minnesota	(S)	17	7	127	41.2	1	0	72t	2/15	L	87.1	
10/29	at Kansas City		Inactive (Knee)									L	
11/06	Oakland		Inactive (Knee)									W	
11/12	at St. Louis		Inactive (Knee)									W	
11/19	at San Francisco		Inactive - 3rd QB (Knee)									L	
11/27	Green Bay	(S)	36	17	157	47.2	3	3	23t	1/10	W	52.7	
12/03	at Denver	(S)	28	16	168	57.1	0	1	33	1/6	W	59.8	
12/10	at Arizona	(S)	28	20	243	71.4	3	0	47	3/15	L	133.5	
12/14	San Francisco	(S)	37	20	220	54.1	1	2	22t	3/10	L	58.4	
12/24	San Diego	(S)	37	17	189	45.9	0	2	24	6/28	L	39.1	
12/31	at Tampa Bay	(S)	29	17	216	58.6	1	0	26	1/4	W	93.5	

2006	TOTALS	(12/12)	371	210	2,442	56.6	18	15	72t	34/229	#7-5	76.0
01/06	Dallas	(S)	36	18	240	50.0	2	2	37t	0/0	W	66.9
01/14	at Chicago	(S)	33	18	195	54.5	1	1	24	3/16	L	69.6
Playoff Totals		(2/2)	69	36	435	52.2	3	3	37t	3/16	1-1	68.2

2007

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/09	Tampa Bay	(S)	24	17	222	70.8	1	0	49	2/18	W	113.5
09/16	at Arizona	(S)	36	22	281	61.1	1	0	37	1/3	L	94.8
09/23	Cincinnati	(S)	37	24	248	64.9	3	2	42t	2/10	W	88.6
09/30	at San Francisco	(S)	31	23	281	74.2	2	1	65	2/3	W	109.7
10/07	at Pittsburgh	(S)	27	13	116	48.1	0	1	30	2/11	L	44.7
10/14	New Orleans	(S)	43	26	362	60.5	2	1	29	5/29	L	93.4
10/21	St. Louis	(S)	35	18	195	51.4	2	1	21	1/6	W	75.3
11/04	at Cleveland	(S)	47	30	318	63.8	2	1	31	0/0	L	88.8
11/12	San Francisco	(S)	40	27	278	67.5	2	1	46	1/4	W	93.5
11/18	Chicago	(S)	44	30	337	68.2	2	0	59	2/15	W	106.0
11/25	at St. Louis	(S)	38	21	249	55.3	1	1	29	5/34	W	73.2
12/02	at Philadelphia	(S)	34	19	187	55.9	2	1	43t	2/11	W	78.9
12/09	Arizona	(S)	33	22	272	66.7	4	0	46	1/3	W	131.6
12/16	at Carolina	(S)	41	27	274	65.9	1	0	25	3/36	L	92.9
12/23	Baltimore	(S)	27	18	199	66.7	2	2	23	2/10	W	82.2
12/30	at Atlanta	(S)	25	15	147	60.0	1	0	30t	2/11	L	89.9

2006	TOTALS	(16/16)	562	352	3,966	62.6	28	12	65	33/204	#10-6	91.4
1/05	Washington	(S)	32	20	229	62.5	1	2	35	1/2	W	68.4
01/12	at Green Bay	(S)	33	19	194	57.6	1	0	22	2/22	L	84.7
Playoff Totals		(2/2)	65	39	423	60.0	2	2	35	3/24	1-1	76.6

Career Totals		(135/96)	3,138	1,904	22,333	60.5	142	84	80t	229/1,393	#57-39	86.2
Career Playoff Totals		(9/9)	325	189	2,211	58.2	11	8	37t	16/93	4-5	79.9

Games with pass attempt listed

#Reflects games started only



WILL HELLER

Tight End 6-6 270
Georgia Tech
6th NFL Season
3rd Seahawks Season
Unrestricted FA (Tampa Bay) 2006
2007 Games/Starts: 16/6
Career Games/Starts: 58/9
February 28, 1981
Dunwoody, Georgia

85

2007: Played in all 16 games with six starts. Had a season-high three catches on two occasions (vs. St. Louis, 10/21 and vs. San Francisco, 11/12). Of his three catches vs. the Rams, two were for touchdowns, a career-high.

PRO: Signed with Seattle March 24, 2006 and re-signed March 5, 2007. Originally signed as an undrafted rookie free agent with Tampa Bay April 28, 2003. Went to training camp with the Buccaneers before being released and signing with the Miami Dolphins. Played seven games for the Dolphins in 2005, before being released and re-signing with Tampa Bay. **2003:** Played in nine games with one start. Tallied two catches for 15 yards and a score. First career start came at Washington (10/12) and also caught his first-career touchdown. Other reception was an 11-yarder at San Francisco (10/19). **2004:** Saw action in 10 games with two starts before being placed on injured reserve December 15. Caught 12 passes for 98 yards and one score on the season. Caught career-high three passes at St. Louis (10/18) for 21 yards including his second-career score. **2005:** Went to training camp with Tampa Bay but was released and signed

with Miami. Spent the first seven games of the season with the Dolphins, recording one catch for the Dolphins, a 1-yard score at Buffalo (10/9). Returned to Tampa Bay November 5 but was declared inactive the rest of the season. **2006:** Played in all 16 games, posting four catches for 32 yards and one touchdown, fourth career, and added four special teams tackles. During the season, saw time mostly in two tight end sets and played fullback at Denver (12/3) and in the Divisional Playoff Game at Chicago (1/14/07) in place of Mack Strong (stinger). Tied career-high with three catches vs. the New York Giants (9/24) and at Chicago in the postseason. His lone touchdown was a 10-yard catch vs. New York.

COLLEGE: Played in 39 games with 10 starts at Georgia Tech. Had 17 career receptions for 185 yards (10.9 avg.) with one touchdown. Started seven of 11 games his senior year and was used primarily as a blocker with six catches for 49 yards.

PERSONAL: Earned All-DeKalb County honors at Marist High. Played tight end, split end and defensive back. Also lettered in basketball. Majored in civil engineering.

HELLER'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2003	Tampa Bay	9/1	2	15	7.5	11	1
2004	Tampa Bay	10/2	12	98	8.2	22	1
2005	Mia/TB	7/0	1	1	1.0	1	1
2006	Seattle	16/0	4	32	8.0	12	1
2007	Seattle	16/6	13	82	6.3	25	3
NFL TOTALS		58/9	32	228	7.1	25	7

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2006	Seattle	2/1	3	20	6.7	10	0
2007	Seattle	2/1	0	0	0.0	0	0
NFL TOTALS		4/2	3	20	6.7	10	0

HELLER'S SINGLE-GAME HIGHS

Most Receptions: 3, 4 times, last vs. SF (11/23/07)**Most Yards:** 28 vs. N.Y. Giants (9/24/06)**Most TDs:** 2 vs. St. Louis (10/21/07)**Longest Reception:** 25 at Carolina (12/16/07)

ADDITIONAL STATS

Special Teams Stats: 2006 (4); Career: (4)


WILL HERRING

Linebacker 6-3 235
Auburn
2nd NFL Season
2nd Seahawks Season
5th Round 2007
2007 Games/Starts: 12/0
Career Games/Starts: 12/0
August 28, 1983
Opelika, Alabama

54

2007: Played in all 12 games, missing four due to hamstring injury. Played primarily on special teams finishing with 13 tackles. Saw time at outside linebacker in season finale at Atlanta (12/30).

PRO: Chosen with the 24th pick in the 5th round (161st overall) of the 2007 NFL Draft. Fourth linebacker selected since Tim Ruskell took over in 2005.

COLLEGE: Played in 52 career games. Recorded 237 tackles, seven interceptions, 2.0 sacks, four fumble recoveries and one forced fumble. As a senior, moved from free safety to linebacker during spring drills. Played in 12 games, registering 59 tackles, 2 interceptions, 1.5 sacks, one forced fumble

and one fumble recovery.

PERSONAL: Three-year starter at quarterback and led team to a 30-6 record during career. Final career numbers were 2,638 yards passing with 22 touchdowns and 1,632 yards rushing with 27 touchdowns. Two-time Opelika High School Offensive MVP. Opelika-Auburn News Super 10. Columbus Ledger-Enquirer Dandy Dozen. Ranked as one of the top 20 players in the state of Alabama by SuperPrep Magazine. Prep Star All-Region selection. Also played baseball and was a two-time all-area selection. Member of the National Honor Society. Majored in exercise science. Married to Ashley.

HERRING'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	12/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS	12/0	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	
2007 Seattle	2/0						Special Teams Only									
NFL TOTALS	2/0	0	0	0	0.0	0.0	0	0	0.0	0						

ADDITIONAL STATS

Special Teams Stats: 2007 (13); Career: (13)**Additional Postseason Stats:** Special Teams Tackles 2007 (2); Career: (2)

LEROY HILL



Linebacker **6-1** **238**
Clemson
4th NFL Season
4th Seahawks Season
3rd Round (B) 2005
2007 Games/Starts: 14/14
Career Games/Starts: 44/38
September 14, 1982
Haddock, Georgia

56

2007: Started all 14 games played, missing at Arizona (9/16, foot) and vs. San Francisco (11/12, hamstring). Tied career-high with 10 stops (five solo) vs. Chicago (11/18) while adding one sack. Scored his first-career touchdown on a 20-yard fumble return vs. Baltimore (12/23). Led the team in both post-season contests in tackles with 13 (11 solo) vs. Washington (1/5/08) and 11 (10 solo) at Green Bay (1/12/08).

PRO: Selected with the 35th choice (98th overall) in the third round of the 2005 NFL Draft. **2005:** Played in 15 games, with nine starts as one of two starting rookie linebackers (Lofa Tatupu). Set a Seattle record with 7.5 sacks by a rookie linebacker and third among all NFL rookies in that category (SD's Shawne Merriman 9.0 and Dallas' Demarcus Ware 8.0). Tied (Marquand Manuel) for third on the team with 67 tackles (48 solo). Moved into the starting lineup vs. St. Louis (11/13) when Jamie Sharper went down for the season (knee). Posted his first sack of season along with five tackles (four solo) in second game of career vs. Arizona (9/25) and second sack came two weeks later at St. Louis (10/9). Posted a sack in three straight games at Arizona (11/6), vs. St. Louis (11/13) and at San Francisco (11/20). Also forced a fumble at Arizona that was recovered by Seattle. On Monday Night Football at Philadelphia (12/5), posted six tackles (four solo) and 1.5 sacks, one of which forced a fumble that was recovered by Andre Dyson and returned 25 yards for a touchdown to open up the second half. Tallied a career-high nine tackles (three solo) at Tennessee (12/18). Started all three games in the postseason. Had nine tackles (six solo) vs. Washington (1/14/06), six (four solo) vs. Carolina (1/22/06) and eight (seven solo) in Super Bowl XL vs. Pittsburgh (2/5/06). **2006:** Started all 15 games played, missing the season opener at Detroit (shoulder, 9/10). Finished third on the team with a career-high 92 tackles (70 solo), 2.0 sacks, two forced fumbles

and one fumble recovery. Recovered first career fumble vs. the New York Giants (9/24). Had second sack of season, 9.5 career, vs. Minnesota (10/22) that forced a fumble along with six tackles (five solo). Recorded career-high 10 tackles (nine solo) at San Francisco (11/19). Had five tackles (four solo) at Tampa Bay (12/31) and forced his second fumble of season, fourth career. Led the team in both postseason games in tackles, tying (Julian Peterson) with seven (four solo) vs. Dallas (1/6/07) and a postseason career-high 10 (eight solo) at Chicago (1/14/07).

COLLEGE: First player, regardless of position since 1999-00, to earn first-team All-ACC honors in consecutive years. Started 24 of 47 collegiate games. Finished with 311 tackles (219 solo), 16 sacks, 48 tackles for loss, three interceptions, two forced fumbles, a fumble recovery, and four passes defensed. Only four players in Clemson history recorded more tackles for loss. As a senior, named ACC Defensive Player of Year and All-ACC first-team while starting every game (11) at strong-side linebacker. Second-team All-America choice by *College Football News* and third-team selection by *AP*. Led team in tackles for second-straight year with 106. Recorded eight sacks for second consecutive season. Tied school record with at least one sack in five consecutive games. Nominated for Butkus, Lombardi, and Nagurski Awards. Posted at least 10 tackles in seven of 11 games. Clemson's only first-team All-ACC selection his junior season. Led team with career-high 145 tackles (110 solo) and led team in tackles seven of 13 games including 10 double-digit tackle efforts. Had 27 tackles for loss which tied for second-best single-season mark in Clemson history. Added eight sacks and three interceptions. Played in every game as a sophomore and led the team in special teams tackles (21). Finished season with 29 total tackles and recovered a fumble. His first season, played in 10 of 11 games mostly on spe-

cial teams. Logged limited action on defense but recorded 31 tackles (19 solo) and deflected a pass.

PERSONAL: Attended Baldwin High. Was Class 5A all-state pick junior and senior year.

Named Region Defensive Player of Year while earning all-area, all-conference, and all-region honors both junior and senior seasons. Recorded 150 tackles as a senior. Majored in management.

HILL'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2005 Seattle	15/9	67	48	19	7.5	36.5	0	0	0.0	0	0	2	2	0	0
2006 Seattle	15/15	92	70	22	2.0	19.0	0	0	0.0	0	0	2	2	1	4
2007 Seattle	14/14	81	58	23	3.0	33.0	0	0	0.0	0	0	4	3	1t	20
NFL TOTALS	44/38	240	176	64	12.5	88.5	0	0	0.0	0	0	8	7	2	24

POSTSEASON

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

HILL'S SINGLE-GAME HIGHS

Tackles: 10 at SF (11/19/06) and vs. Chi (11/18/07)
Sacks: 1.5 at Arizona (11/6/05) and at Phi (12/5/05)
Int.: None

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

ADDITIONAL STATS

Special Teams Stats: 2005 (5); Career: (5)



KELLY JENNINGS

Cornerback **5-11** **180**

Miami

3rd NFL Season

3rd Seahawks Season

1st Round (31) 2006

2007 Games/Starts: 16/15

Career Games/Starts: 32/17

November 30, 1982

Live Oak, Florida

21

2007: Served first full season as starting right corner. Posted career-highs with 55 tackles (49 solo) and 12 passes defended. Opened season with a career-high eight stops (six solo) vs. Tampa Bay (9/9) and his first-career fumble recovery.

PRO: Drafted with the 31st selection in the first round of the 2006 NFL Draft. First cornerback drafted by Seahawks since 2003 (Marcus Trufant). **2006:** Played in all 16 games with two starts. Had three solo tackles in his NFL debut at Detroit (9/10). Posted four tackles vs.

the N.Y. Giants (9/24) and his first career interception came vs. Green Bay (11/27). Started first career game at Arizona in the nickel and second start came in place of Marcus Trufant (ankle) at right corner at Tampa Bay where he posted a career-high five stops (four solo). Started both postseason contests and had one forced fumble vs. Dallas (1/6/07) along with two solo tackles. Had a postseason career-high six stops (five solo) at Chicago (1/14/07) in the Divisional Playoff Game.

COLLEGE: Played in 49 games, starting 41.

Recorded 116 career tackles (82 solos) with 1.5 sacks and five stops for losses of 18 yards. Added four quarterback pressures, caused two fumbles, deflected 34 passes, and intercepted six passes. All-American first-team choice by *Sports Illustrated* as a senior, adding second-team honors from *The NFL Draft Report* and the *Associated Press*. All-ACC first-team pick and the team's nominee for the Draddy Award, the "Academic Heisman." Started every game in a secondary that led the nation in pass defense (152.17 ypg) and pass efficiency defense (89.48 rating) and ranked fourth in total defense (270.08 ypg).

PERSONAL: Attended Suwanee High.

Started on both offense and defense as he led the team to a 9-4 season and a berth in the state Class 3A playoffs as a senior. Listed as the fourth-best cornerback on the *Florida Times-Union* Super 75 list. Also won his school's Scholar-Athlete Award as a junior with a 3.42 grade-point average. Caught 43 passes for 720 yards and five touchdowns in 2000. Also had 41 tackles and one interception at cornerback that season. Snared 26 passes for 386 yards and four touchdowns as a junior in 1999, adding 35 tackles, two interceptions and seven pass deflections. Graduated in December 2004 with a degree in finance and finished a second degree in business management.

JENNINGS' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2006 Seattle	16/2	35	32	3	0.0	0.0	1	0	0.0	0	0	5	0	0	0
2007 Seattle	16/15	55	49	6	0.0	0.0	0	0	0.0	0	0	12	0	2	13
NFL TOTALS	32/17	90	81	9	0.0	0.0	1	0	0.0	0	0	17	0	2	13

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2006 Seattle	2/2	8	7	1	0.0	0.0	0	0	0.0	0	0	0	1	0	0
2007 Seattle	2/1	4	4	0	0.0	0.0	0	0	0.0	0	0	2	0	0	0
NFL TOTALS	2/2	12	11	1	0.0	0.0	0	0	0.0	0	0	2	1	0	0

JENNINGS' SINGLE-GAME HIGHS

Tackles: 8 vs. Tampa Bay (9/9/07)

Sacks: None

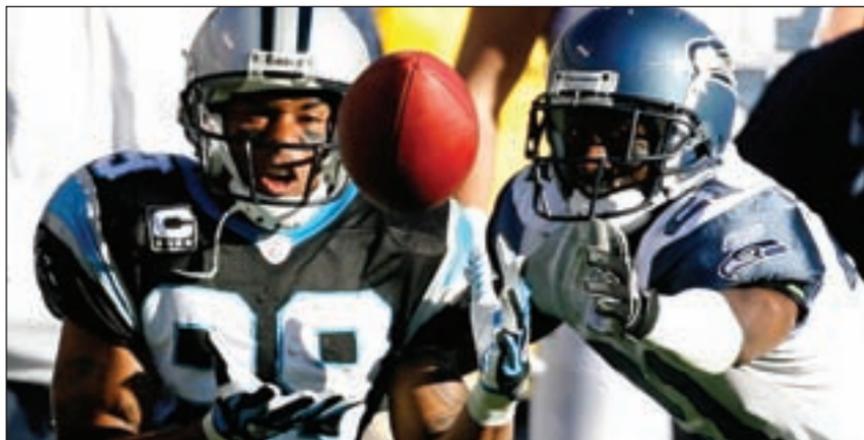
Int.: 1 vs. Green Bay (11/27/06)

FF: None

FR: 1 vs. TB (9/9/07) and vs. Cincinnati (9/23/07)

ADDITIONAL STATS

Special Teams Stats: 2006 (6, FF); **Career:** (6, FF)





JULIUS JONES

Running Back **5-10** **208**
Notre Dame
5th NFL Season
1st Seahawks Season
Unrestricted Free Agent (Dal) 2007
2007 Games/Starts: 16/16
Career Games/Starts: 53/51
August 14, 1981
Big Stone Gap, Virginia

22

2007: Started all 16 games, splitting time with Marion Barber. Posted season-highs in carries (16) and yards (66) in season opener vs. the N.Y. Giants (9/9). Scored two touchdowns on the year, one each vs. St. Louis (9/30) and at Philadelphia (11/4).

PRO: Signed with Seattle as an unrestricted free agent from Dallas on March 10, 2008. Originally drafted in the second round (43rd overall) of the 2004 NFL Draft by the Dallas Cowboys. Finished Dallas career in eighth place on team's rushing chart with 3,484 yards on 885 carries. **2004:** Missed eight of the first nine games of the season (bruised ribs and fractured scapula). Started the final seven games of the season and finished with 819 rushing yards, 4.2 yards per carry, and seven rushing touchdowns, leading all NFL rookies. He had three games of 149 or more rushing yards; only Seattle's Shaun Alexander had more (four). Made his NFL debut in the win over Cleveland (9/19), rushing for 150 yards and two touchdowns on 33 carries. His 150 rushing yards tied Calvin Hill for what was the second-best total by a rookie in club history until he rushed for 198 yards the following week. Tony Dorsett holds the team's rookie record with a 206-yard game. Despite playing in just two games in November, Jones was named the NFL's Offensive Rookie of the Month after rushing for 231 yards and two touchdowns on 63 carries. At Seattle (12/6), Jones had a career-high 198 yards on 30 carries and a career-high three touchdowns. He was named the NFC Offensive Player of the Week and earned Fed Ex Ground honors. Became the first player in team history – and the second player in NFL history (Earl Campbell) – to have at least 30 carries in three consecutive games. **2005:** Despite missing three games, Jones finished eighth in the NFC with 993 rushing yards. Against Philadelphia (10/9), Jones had 16 carries for 72 yards but suffered a high ankle sprain and did not return. Missed the next three games

and returned to limited action at Philadelphia (11/14). At the Giants (12/4), recorded nine receptions and 88 receiving yards, both of which were career bests. Posted a season-high 194 rushing yards and two touchdowns on a career-high 34 carries. The 194 yards were the second-most of his career and the fourth-most in club history. His 34 carries tied Emmitt Smith for the second-most in a game in club history. **2006:** Topped 1,000 rushing yards for the first time in career, becoming the first Cowboy to do so since Emmitt Smith in 2001. Jones finished with 267 rushes for 1,084 yards, which ranked 10th in the. Along with Terrell Owens' 1,180 receiving yards and Terry Glenn's 1,047 receiving yards, the Cowboys had a 1,000-yard rusher and two 1,000-yard receivers in the same season for just the second time in team history; it also happened in 1979. Jones rushed for 100 yards four times in 2006 and became the first Dallas back to have three consecutive 100-yard games since Smith in 2000. At Atlanta (12/16), reached 1,000 rushing yards for the season on a three-yard run. In his postseason debut at Seattle (1/6/07), he had 112 yards on 22 carries (5.1 yards per carry).

COLLEGE: Was one of four running backs in Notre Dame history to rush for over 3,000 yards in his career. Started 17 of 45 games and gained 3,018 yards on 634 carries (4.8 avg.) and scored 26 touchdowns. His 1,678 kickoff return yards broke Tim Brown's school record of 1,613 yards, and his 2,104 combined kick return yards also broke Brown's school record. Jones' 5,372 all-purpose yards was a Notre Dame record. In his final collegiate season, Jones returned from an inactive 2002 season and earned honorable mention All-America honors. He set a school record by running for more than 200 yards in a game three times. He finished with 229 carries for 1,268 yards, tied for the fourth-most in school history, and scored 10 touchdowns. His 1,568 all-purpose yards were the most in a season

by a Notre Dame player since former Cowboy Raghbir Ismail had 1,723 yards in 1990.

PERSONAL: Attended Powell Valley High, where he earned honorable mention USA Today All-America honors. He earned four letters in football and captained his team as a senior, when he rushed for 2,564 yards and 36 touchdowns. He was named the Virginia Group A Offensive Player of the Year in 1997 and 1998 by the Associated Press and Virginia High School Coaches Association. He was also the Virginia Region D and Lonesome Pine District Player of the Year as a junior and senior. Career totals include 614 carries for 5,803 yards and 86 touchdowns. He also played safety and made 10 career interceptions. He helped Powell Valley win 28 straight games and the Virginia Group A-Division II state title

in 1997 and 1998. He needed just 19 carries to set a Virginia high school record with 321 rushing yards in a playoff game and also scored five touchdowns. Earned four letters in basketball, serving as a senior captain and leading the team to league titles as a sophomore and junior. He also earned four letters in track, serving as a senior captain and earning all-state honors his last three seasons while competing in hurdle and jumping events. In 1998, he ran the 300 intermediate hurdles in a state record 38.7 seconds. He also ran the 110 high hurdles in 14.2 seconds. His older brother, Thomas, was the sixth pick in the 2000 NFL Draft by the Arizona Cardinals, played for Tampa Bay in 2003, and has played for Chicago since 2004. Majored in sociology. Married to wife Kelly, and has a son Julius.

J. JONES' NFL RECORD

	Club	G/S	No	Rushing			LG	TD	Att	Receiving			LG	TD
				Yds	Avg	Yds				Avg	Yds	Avg		
2004	Dallas	8/7	197	819	4.2	53	7	17	109	6.4	37	0		
2005	Dallas	13/12	257	993	3.9	51	5	35	218	6.2	26	0		
2006	Dallas	16/16	267	1,084	4.1	77t	4	9	142	15.8	39	0		
2007	Dallas	16/16	164	588	3.6	25	2	23	203	8.8	24	0		
TOTALS		53/51	885	3,484	3.9	77t	18	84	672	8.0	39	0		

	Club	G/S	No	Rushing			LG	TD	Att	Receiving			LG	TD
				Yds	Avg	Yds				Avg	Yds	Avg		
2006	Dallas	1/1	22	112	5.1	35	0	2	0	0.0	2	0		
2007	Dallas	1/0	3	8	2.7	4	0	0	0	0.0	0	0		
TOTALS		2/1	25	120	4.8	35	0	2	0	0.0	2	0		

JONES' SINGLE-GAME HIGHS

Rush Attempts: 34 at Carolina (12/24/05)
Rush Yards: 198 at Seattle (12/6/04)
Longest Rush: 77t vs. New Orleans (12/10/06)
Most Rush TDs: 3 at Seattle (12/6/04)

Most Receptions: 9 at N.Y. Giants (12/4/05)
Most Rec. Yards: 88 at N.Y. Giants (12/4/05)
Longest Reception: 39 at Jacksonville (9/10/06)
Most Rec. TDs: None

J. JONES' GAME-BY-GAME

	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L	
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD			
2004	at Minnesota													
9/12	at Minnesota						Inactive (Ribs)							L
9/19	Cleveland	5	16	3.2	8	0	2	14	7.0	7	0	30	149	W
9/27	vs. Washington						Inactive (Shoulder)							W
10/10	N.Y. Giants						Inactive (Shoulder)							L
10/17	Pittsburgh						Inactive (Shoulder)							L
10/24	at Green Bay						Inactive (Shoulder)							L
10/31	Detroit						Inactive (Shoulder)							W
11/7	at Cincinnati						Inactive (Shoulder)							L
11/15	Philadelphia						Inactive (Shoulder)							L
11/21	at Baltimore	30	81	2.7	11	0	0	0	0.0	0	0	81	149	L
11/25	Chicago	33	150	4.5	33t	2	1	-1	-1.0	-1	0	149	209	W
12/6	at Seattle	30	198	6.6	53	3	3	11	3.7	11	0	209	96	W
12/12	New Orleans	23	88	3.8	15	1	2	8	4.0	13	0	96	101	L
12/19	at Philadelphia	25	80	3.2	14	0	2	21	10.5	14	0	101	67	L
12/26	Washington	22	57	2.6	12	0	2	10	5.0	10	0	67	195	W
1/2/05	at N.Y. Giants	29	149	5.1	23	1	5	46	9.2	37	0	195	928	L
2004 Season Totals (8/7)		197	819	4.2	53	7	17	109	6.4	37	0	928	6-10	

J. JONES' GAME-BY-GAME

2005	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/11	at San Diego	26	93	3.6	13	1	3	18	6.0	14	0	111	W
9/19	Washington	22	81	3.7	9	0	4	24	6.0	13	0	105	L
9/25	at San Francisco	26	85	3.3	14	2	4	28	7.0	18	0	113	W
10/2	at Oakland	22	76	3.5	14	0	1	12	12.0	12	0	88	L
10/9	Philadelphia	16	72	4.5	25	0	0	0	0.0	0	0	72	W
10/16	N.Y. Giants												W
10/23	at Seattle												L
10/30	Arizona												W
11/14	at Philadelphia	8	16	2	8	0	1	3	3.0	3	0	19	W
11/20	Detroit	21	92	4.4	18	0	1	13	13.0	13	0	105	W
11/24	Denver	20	55	2.8	11	0	5	9	1.8	6	0	64	L
12/4	at N.Y. Giants	23	74	3.2	12	0	9	88	9.8	26	0	162	L
12/11	Kansas City	12	41	3.4	9	0	0	0	0.0	0	0	41	W
12/18	at Washington	12	79	6.6	51	0	3	17	5.7	15	0	96	L
12/24	at Carolina	34	194	5.7	43t	2	2	17	8.5	15	0	211	W
1/1/06	St. Louis	15	35	2.3	28	0	2	-1	-5.5	-5	0	24	L
2005 Season Totals (13/12)		257	993	3.9	51	5	35	218	6.2	26	0	1,211	9-7

2006	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/10	at Jacksonville	17	72	4.2	23t	1	1	39	39.0	39	0	111	L
9/17	Washington	20	94	4.7	14	0	0	0	0.0	0	0	94	W
10/1	at Tennessee	23	122	5.3	26	1	0	0	0.0	0	0	122	W
10/8	at Philadelphia	26	100	3.8	11	0	1	22	22.0	22	0	122	L
10/15	Houston	22	106	4.8	33	0	0	0	0.0	0	0	106	W
10/23	N.Y. Giants	13	30	2.3	7	0	1	25	25.0	25	0	55	L
10/29	at Carolina	24	92	3.8	14t	1	0	0	0.0	0	0	92	W
11/5	at Washington	20	73	3.7	10	0	0	0	0.0	0	0	73	L
11/12	at Arizona	15	45	3.0	11	0	0	0	0.0	0	0	45	W
11/19	Indianapolis	22	79	3.6	12	0	3	25	8.3	15	0	104	W
11/23	Tampa Bay	11	40	3.6	14	0	0	0	0.0	0	0	40	W
12/3	at N.Y. Giants	11	24	2.2	6	0	1	11	11.0	11	0	35	W
12/10	New Orleans	10	116	11.6	77t	1	1	10	10.0	10	0	126	L
12/16	at Atlanta	13	26	2.0	9	0	0	0	0.0	0	0	26	W
12/25	Philadelphia	10	38	3.8	7	0	1	10	10.0	10	0	48	L
12/31	Detroit	10	27	2.7	10	0	0	0	0.0	0	0	27	L
2006 Season Totals (16/16)		267	1,084	4.1	77t	4	9	142	15.8	39	0	1,226	9-7
1/6/07	at Seattle	22	112	5.1	35	0	2	0	0.0	2	0	112	0-1
2006 Playoff Totals (1/1)		22	112	5.1	35	0	2	0	0.0	2	0	112	0-1

2007	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/9	N.Y. Giants	16	66	4.1	21	0	1	11	11.0	11	0	77	W
9/16	at Miami	15	32	2.1	7	0	1	24	24.0	24	0	56	W
9/23	at Chicago	7	26	3.7	7	0	2	29	14.5	15	0	55	W
9/30	St. Louis	13	52	4.0	14	1	1	11	11.0	11	0	63	W
10/8	at Buffalo	12	41	3.4	15	0	0	0	0.0	0	0	41	W
10/14	New England	6	51	8.5	25	0	1	2	2.0	2	0	53	L
10/21	Minnesota	9	28	3.1	8	0	4	30	7.5	11	0	58	W
11/4	at Philadelphia	13	57	4.4	15	1	3	22	7.3	11	0	79	W
11/11	at N.Y. Giants	11	48	4.4	20	0	0	0	0.0	0	0	48	W
11/18	Washington	8	30	3.0	13	0	0	0	0.0	0	0	30	W
11/22	N.Y. Jets	14	64	4.6	19	0	4	26	6.5	9	0	90	W
11/29	Green Bay	9	26	2.9	12	0	1	21	21.0	21	0	47	W
12/9	at Detroit	8	29	3.6	8	0	2	13	6.5	8	0	42	W
12/16	Philadelphia	7	6	0.9	5	0	0	0	0.0	0	0	6	L
12/22	at Carolina	9	25	2.8	5	0	1	2	2.0	2	0	27	W
12/30	at Washington	8	7	0.9	5	0	2	12	6.0	8	0	19	L
2007 Season Totals		165	588	3.6	25	2	23	203	8.8	24	0	791	13-3
1/13/08	N.Y. Giants	3	8	2.7	4	0	0	0	0.0	0	0	8	L
2007 Playoff Totals (1/0)		3	8	2.7	4	0	0	0	0.0	0	0	8	0-1



WALTER JONES

Tackle 6-5 325
Florida State
12th NFL Season
12th Seahawks Season
1st Round (6) 1997
2007 Games/Starts: 15/15
Career Games/Starts: 168/168
January 19, 1974
Aliceville, Alabama

71

2007: Started all 15 games played. Named to eighth career Pro Bowl (1999, 2001-07) and was one of six Seattle representatives (Matt Hasselbeck, Patrick Kerney, Julian Peterson, Lofa Tatupu, Marcus Trufant). His eighth overall selection ties Cortez Kennedy for most in team history. Also earned first-team All-Pro status by the *Associated Press* for the fourth time (2001, 2004-05, 2007) in team history, a club-record. Started both postseason games.

PRO: Signed a long-term deal February 16, 2005. Selected with the sixth overall pick in the first round of the 1997 draft. Choice was acquired from the Tampa Bay Buccaneers on draft day for the Seahawks' 12th overall choice in the first round and a third-round choice obtained from the Atlanta Falcons on March 28. Became the first Seahawks offensive lineman to play in the Pro Bowl, following the 1999 season. Named to his seventh consecutive Pro Bowl, eighth career, following the 2007 season. Has started all 168 career games played. **1997:** Earned the starting job at left tackle in training camp and started 12 games, earning consensus first-team All-Rookie honors. Only the second rookie to start at left tackle in team history, joining Ray Roberts (1992). Named NFL Offensive Rookie of the Month for October. No other offensive lineman has earned the honor. Named the AFC Western Division's Outstanding Rookie by *The Sporting News*. **1998:** Started all 16 games at left tackle. Helped contribute to five 100-yard rushing performances, including a 178-yard career-high game for Ricky Watters versus Indianapolis (12/20). Team totaled 226 rushing yards in that game, the first time the Seahawks rushed over the 200-yard mark since 1996. Held Derrick Thomas without a sack at Kansas City (10/4) and the San Diego Chargers (10/25) top-ranked defense sackless. **1999:** Started all 16 games at left tackle en route to his first Pro Bowl selection. **2000:** Started all 16 games at left tackle. Part of an

offensive line that did not surrender a sack in back-to-back games at Atlanta (12/3) and at Denver, (12/10), for the first time in 324 games. **2001:** Started all 16 games at left tackle. Named to his second Pro Bowl in the last three seasons while helping Alexander to the fourth-best rushing game in NFL history (266 yards) that helped set a franchise record with 319 rushing yards versus Oakland (11/11). **2002:** Re-signed (9/16) with the club and started all 14 games he played in at left tackle, missing the first two (contract). Was part of the offensive line that blocked for Alexander's record-setting five-touchdown first half versus Minnesota (9/29). Helped block for Hasselbeck, as he passed for four 300-yard games, including two 400-yard games. Seattle's passing game ranked third in the NFL while the team set records for most yards in one season (5,818) and most 500-yard games in one season (3). Named to his third career Pro Bowl after the season (1999, 2001, 2002). **2003:** Re-signed (9/2) with the club and started all 16 games, joining Steve Hutchinson to form one of the best left sides in football. Named to fourth career Pro Bowl after the season (1999, 2001-03) and was one of five Seattle representatives, the most since 1987. **2004:** Started all 16 games, joining fellow Pro Bowler Hutchinson to form one of the best left sides in football. Named to fifth career Pro Bowl after the season (1999, 2001-04) and was one of three Seattle representatives (Shaun Alexander, Hutchinson). Also earned first-team All-Pro status for second time in career (2001) by the *Associated Press*, joining nine other players in franchise history to earn All-Pro first-team honors (Kenny Easley and Cortez Kennedy, three times each; Bobby Joe Edmonds; Hutchinson; Norm Johnson; Steve Largent; Joe Nash; Fred Young, one each). Helped Alexander to a career year with a career-high 1,696 yards and 20 total touchdowns (16 rush, 4 rec.), the most total scores in club history. **2005:**

Started 15 games, missing season finale (back), joining fellow Pro Bowler Steve Hutchinson to form one of the best left sides in football. Named to sixth career Pro Bowl after the season (1999, 2001-05) and was one of seven Seattle representatives (Shaun Alexander, Matt Hasselbeck, Hutchinson, Lofa Tatupu, Robbie Tobeck, Mack Strong). Also earned first-team All-Pro status for third time in career, second straight, (2001, 2004, 2005) by the *Associated Press*, joining nine other players in franchise history to earn All-Pro first-team honors (Kenny Easley and Cortez Kennedy, three times each; Hutchinson, twice; Bobby Joe Edmonds; Norm Johnson; Steve Largent; Joe Nash; Fredd Young, one each). Helped Alexander to become the NFL MVP with a career year on the ground with a career-high and Seattle-record 1,880 yards and an NFL-record 28 total touchdowns (27 rush, 1 rec.). Helped Seattle to a club-record 320 rush yards and two 100-yard rushers for only the third time in club history vs. Houston (10/16). Started all three postseason games. **2006:** Started all 16 games for the seventh time in career. Named to seventh career Pro Bowl (1999, 2001-06) and was one of four Seattle representatives (Julian Peterson, Mack Strong, Lofa Tatupu). His seventh overall selection ties Steve Largent for second-most in team history behind Cortez Kennedy (8). Also earned second-team All-Pro status by the *Associated Press*, joining ten other players in franchise history to earn All-Pro second-team honors (Steve Largent, four times; Curt Warner, three times; Chris Warren, twice; Shaun Alexander; Dave Brown; Chad Brown; Cortez Kennedy; Eugene Robinson; Rick Tuten; Jim Zorn, one each). Started both postseason games.

HONORS:



1997 First-team All-Rookie (*Pro Football Weekly, College and Pro Football Weekly, Football News*), NFL Offensive Rookie of the Month (October), AFC West Outstanding Rookie (*The Sporting News*). **1999** AFC Pro Bowl. **2001** AFC Pro Bowl, First-team All-Pro (*AP, Sports Illustrated, Pro Football Weekly, Football News*). **2002** NFC Pro Bowl, All-Pro Team (*Pro Football Weekly*), All-NFC Team (*Pro Football Weekly*). **2003** NFC Pro Bowl; All-NFC Team (*Pro Football Weekly*). **2004** First-team All-Pro (*AP, College & Pro Football Weekly, Football Digest, The Sporting News*), All-NFL (*Pro Football Weekly*), All-NFC (*Pro Football Weekly*), NFC Pro Bowl. **2005** First-team All-Pro (*AP, Pro Football Weekly/Professional Football Writers of America, The Sporting News, Sports Illustrated*), All-NFC (*Pro Football Weekly/Professional Football Writers of America*), All-NFL (*AP, Pro Football Weekly/Professional Football Writers of America*), NFC Pro Bowl. **2006** All-Pro (*The Sporting News*), Second-team All-Pro (*AP*), All-NFL (*Pro Football Weekly/Professional Football Writers of America*), All-NFC (*Professional Football Weekly/Pro Football Writers of America*), NFC Pro Bowl. **2007** NFC Pro Bowl, First-team All-Pro (*AP, The Sporting News*), All-NFL (*Pro Football Weekly/Pro Football Writers of America*), All-NFC (*Pro Football Weekly/Pro Football Writers of America*).

COLLEGE: Second-team All-Atlantic Coast Conference choice as a junior. Eight-time winner of the Victors Club given to the player for exceptional performance. Redshirted in 1995 after transferring from Holmes Community College in Holmes, Miss. Lettered two seasons and was named Mississippi Junior College Player of the Year by the *Jackson Clarion-Ledger* in 1994. Allowed just one sack in two seasons. Also played some tight end in the second half of the 1994 season. Criminology major.

PERSONAL: Football and basketball letterman at Aliceville High School in Aliceville, Ala. Lives in Woodinville, Wash., with his wife, Valeria. They have paternal twins, Walterius and Waleria, and one stepson, Rafael.

W. JONES' NFL RECORD

Year	Team	—	GP/GS	Postseason	Year	Team	—	GP/GS	Postseason
1997	Seattle	—	12/12		2003	Seattle	—	16/16	1/1
1998	Seattle	—	16/16		2004	Seattle	—	16/16	1/1
1999	Seattle	—	16/16	1/1	2005	Seattle	—	15/15	3/3
2000	Seattle	—	16/16		2006	Seattle	—	16/16	2/2
2001	Seattle	—	16/16		2007	Seattle	—	15/15	2/2
2002	Seattle	—	14/14		NFL TOTALS		—	168/168	10/10

PATRICK KERNEY



Defensive End **6-5** **272**
Virginia
10th NFL Season
2nd Seahawks Season
Unrestricted FA (Atlanta) 2007
2007 Games/Starts: 16/16
Career Games/Starts: 137/123
December 30, 1976
Newtown, Pennsylvania

97

2007: Started all 16 games for the seventh time in his career, posting career-highs with 14.5 sacks (1st NFC, 2nd NFL) and five forced fumbles. It was the most sacks by a Seahawks player since 1998 (Michael Sinclair, 16.5). Named to his second Pro Bowl (2004, 2007) and the AP All-Pro first-team for the first time in career. Named the NFC Defensive Player of the Month for November when he tallied 16 tackles (15 solo), 7.0 sacks, one interception and three forced fumbles in four games. Tied his career-high of 3.0 sacks three times during season. He became the first player since Indianapolis' Dwight Freeney (December 5-12, 2004) to record back-to-back 3+ sack games (11/18 vs. Chi.-11/25 at St. Louis). Also had 3.0 sacks vs. Arizona (12/9).

PRO: Signed as an unrestricted free agent from Atlanta on March 7, 2007. Originally the 30th overall selection by the Falcons in the 1999 NFL Draft. Named to the Pro Bowl in 2004 and 2007. **1999:** Played in all 16 games with two starts and posted 44 tackles with 2.5 sacks. Made first career start vs. Baltimore (10/3) and collared his first NFL sack when he dropped Stoney Case for a seven-yard loss.

2000: Started all 16 games and finished with 81 tackles (38 solo) with 2.5 sacks, one forced fumble and one fumble recovery. Registered nine stops and one sack vs. St. Louis (9/24) while adding the first interception of his career. **2001:** Started all 16 games at left defensive end and led the team with 12.0 sacks (9th NFL). Tallied 2.5 sacks vs. Dallas (11/11) and added 1.5 sacks vs. Carolina (9/23) and vs. New England (11/4). Streak of seven games with at least a half-sack lasted almost two months as it began vs. San Francisco (10/14) and ended vs. New Orleans (12/9).

2002: Posted career-highs in tackles with 104 (54 solo) as he recorded his second straight double-digit sack season with 10.5. Totaled career-high 11 tackles and one sack in the season opener at Green Bay (9/8). Picked up a

fumble recovery and scored the first touchdown of his career on a four-yard return vs. Baltimore (11/3). Posted one sack and a forced fumble in both playoff contests, and added a fumble recovery at the Packers (1/3/03).

2003: Started 16 games and totaled 87 tackles (52 solo), 6.5 sacks, two forced fumbles and a team-high three fumble recoveries.

2004: Started all 16 games and registered 81 tackles (52 solo), one interception, one fumble recovery, three passes defended and a career-high 13.0 sacks en route to his first Pro Bowl. Recorded more than one sack four times and had seven sacks in the first four games of the season, including a career-high three sacks vs. Arizona (9/26). Named the NFC's Defensive Player of the Month for September. Had two tackles and one sack in the NFC Championship Game at Philadelphia (1/23/05).

2005: Started all 16 games for the sixth consecutive season and recorded 59 tackles (40 solo), 6.5 sacks, three fumble recoveries and three forced fumbles. Collected two tackles, one sack and one fumble recovery vs. Minnesota (10/2) as part of a defensive effort that produced nine sacks on the day, one shy of the team record. Tied a career-high as he recovered his third fumble on the season in addition to tallying two tackles vs. the New York Jets (10/24). **2006:** Started all nine games played (four at left end and five at right end) and posted 19 tackles (16 solo), 4.5 sacks with two forced fumbles. Tallied 2.5 sacks vs. Arizona (10/1) in addition to a season-high five tackles and one forced fumble. Suffered a torn pectoral vs. Cleveland (11/12) and inactive the following week at Baltimore (11/19). Placed on injured reserve on November 20.

HONORS:

2004 NFC Defensive Player of the Month for September, NFC Pro Bowl. **2007** NFC

Defensive Player of the Month for November, NFC Pro Bowl, First-team All-Pro (AP), All-NFL (Pro Football Weekly/Pro Football Writers of America), All-NFC (Pro Football Weekly/Pro Football Writers of America).

COLLEGE: Amassed 127 tackles and 24 sacks in his three-year career at Virginia. All-America first-team selection as a senior by *Football News* and was the first UVA lineman to earn national honors since Chris Slade in 1992. Also earned first-team All-ACC honors as he amassed 62 tackles and 15 sacks. The 15 sacks tied the school-record set by Slade (1992). Registered 45 tackles with eight sacks as a junior. Played as a defenseman on Virginia's lacrosse team in 1996-97. The Cavaliers advanced to the championship game of the 1996 NCAA Lacrosse Tournament, losing to Princeton 13-12, in overtime. Played again in the 1997 NCAA playoffs as UVA lost in the quarterfinals to Maryland (10-9). Did not participate in 1996

spring football practice in order to compete on the lacrosse team.

PERSONAL: Four-year starter at Taft (Conn.) High and was voted team captain and Most Valuable Player as a senior as he played linebacker and offensive guard. Posted a career-high 84 tackles, three sacks, one interception and a blocked punt as a junior. Earned two letters in wrestling as a heavyweight and placed second at the All-New England Tournament. His father, John, played hockey at Middlebury College and his grandfather played football at Cornell. Participated in the 2006 NFL/USO Tour, in which he joined Pittsburgh Steelers tackle Max Starks and Seattle Seahawks end Bryce Fisher on a 12-day visit to U.S. military bases in the Balkans and Persian Gulf. While with Atlanta, participated in the Toys for Tots campaign, creating a public service announcement and collecting toys for kids at a holiday event he hosted each year. Established and raises money for the Lt. Thomas L. Kerney Endowment Fund, which was named after his brother who was a police officer killed in the line of duty. The fund provides scholarships for children of fallen police officers in Georgia and South Carolina. Currently a licensed pilot. Majored in history.

KERNEY'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
1999 Atlanta	16/2	44	25	19	2.5	18.5	0	0	0.0	0	0	1	0	0	0
2000 Atlanta	16/16	81	38	43	2.5	12.0	1	8	8.0	8	0	3	0	0	0
2001 Atlanta	16/16	68	41	27	12.0	60.0	0	0	0.0	0	0	0	2	1	0
2002 Atlanta	16/16	104	54	50	10.5	66.5	0	0	0.0	0	0	1	0	2	4
2003 Atlanta	16/16	87	52	35	6.5	30.5	0	0	0.0	0	0	1	2	3	0
2004 Atlanta	16/16	81	52	29	13.0	94.5	1	0	0.0	0	0	7	2	1	0
2005 Atlanta	16/16	59	40	19	6.5	36.5	0	0	0.0	0	0	1	3	3	2
2006 Atlanta	9/9	19	16	3	4.5	22.0	0	0	0.0	0	0	2	2	0	0
2007 Seattle	16/16	61	50	11	14.5	89.5	1	0	0.0	0	0	2	5	0	0
NFL TOTALS	137/123	604	368	236	72.5	430.0	3	8	2.7	8	0	18	16	10	6

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2002 Atlanta	2/2	6	4	2	2.0	14.0	0	0	0.0	0	0	1	1	1	0
2004 Atlanta	2/2	7	5	2	1.0	6.0	0	0	0.0	0	0	0	0	0	0
2007 Seattle	2/2	7	4	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	6/6	20	13	7	3.0	20.0	0	0	0.0	0	0	1	1	1	0

KERNEY'S SINGLE-GAME HIGHS

Tackles: 11, 2 Times, Last vs. Green Bay (9/8/02)

Sacks: 3.0 4 times, last vs. Arizona (12/9/07)

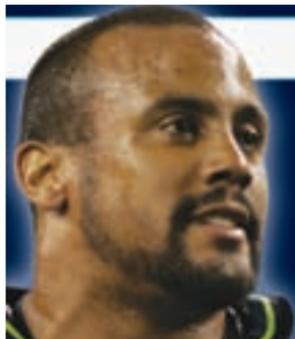
Int.: 1 3 times, last at St. Louis (11/25/07)

FF: 2 vs. Baltimore (12/23/07)

FR: 1, 10 Times, Last vs. N.Y. Jets (10/24/05)

TDs: 1 vs. Baltimore (11/3/02) 4 yard fumble return

DAVID KIRTMAN



Fullback 6-0 238
USC
3rd NFL Season
3rd Seahawks Season
Fifth Round 2006
2007 Games/Starts: 6/0
Career Games/Starts: 6/0
February 12, 1983
Mercer Island, Washington

34

2007: Signed from practice squad to active roster on November 12 and played in six games. Made NFL debut vs. San Francisco (11/12).

PRO: Selected with the 31st choice in the fifth round (163rd overall) of the 2006 draft.

2006: Began the season on the practice squad and signed to the active roster on December 12 after Craig Terrill (knee) was placed on injured reserve. Declared inactive for the final three games of the regular season and both postseason contests.

COLLEGE: Started 18 of 46 games for the Trojans. Finished with 94 yards and a touchdown on 21 carries (4.5 avg.) and had 46 receptions for 470 yards (10.2 avg.) and a pair of scores. All-Pac-10 Conference honorable mention his senior season.

PERSONAL: Attended Mercer Island High School. 2000 *Super Prep* All-Farwest and *Prep Star* All-Western Region pick as a senior. Ran for 1,380 yards and 18 touchdowns, adding 480 receiving yards as a senior, establishing 11 school records during his career. Earned All-KingCo Class 3A first-team honors while rushing for 1,311 yards (7.9 avg.) and 18 touchdowns, along with 16 receptions for 228 yards (14.3 avg.) and two scores as a junior. Also was on the track team (100 and 200 meters and shot put). Father, Louis, ran track at California. Brother, Michael, was on Pomona-Pitzer's football and track teams. Uncle, Nate, played football at Stanford in 1967. Majored in business.

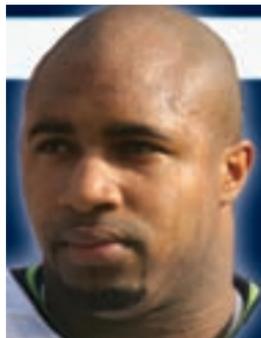
KIRTMAN'S NFL RECORD

Club	G/S	Rushing					Receiving				
		Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2006 Seattle	0/0	0	0	0.0	0	0	0	0	0.0	0	0
2007 Seattle	6/0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS	6/0	0	0	0.0	0	0	0	0	0.0	0	0

POSTSEASON

Club	G/S	Rushing					Receiving				
		Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2006 Seattle	0/0	0	0	0.0	0	0	0	0	0.0	0	0
2007 Seattle	1/0	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

LANCE LAURY



Linebacker 6-2 237
South Carolina
3rd NFL Season
3rd Seahawks Season
Free Agent 2006
2007 Games/Starts: 16/0
Career Games/Starts: 24/0
January 17, 1982
Hopkins, South Carolina

50

2007: Played in 16 games primarily on special teams, ranking second with 18 tackles. Saw time at linebacker for first time in career at Atlanta (12/30) and posted one solo tackle.

PRO: Signed with Seattle on May 1, 2006 as an undrafted rookie free agent. **2006:** Began season on the practice squad and signed to the active roster on November 11 after Marcus Tubbs (knee) was placed on injured reserve. Played in eight games on special teams only and had 11 special teams tackles. Made NFL debut vs. St. Louis (11/12). Played in both postseason games and had two special teams tackles.

HONORS: **2007** NFC SpecialTeams Player of the Week 3 vs. Cincinnati.

COLLEGE: Played in 11 games as a senior and was second on the team with 69 tackles. As a junior, served as a backup and had 12 tackles. Slowed in 2003 by knee surgery, was fourth on the team with 59 tackles. Selected as a Freshman All-America by *The Sporting News* following a 90-tackle season despite missing two games.

PERSONAL: Prepped at Lower Richland High and named all-conference in 1999 and 2000. Majored in hotel, restaurant and tourism management.

LAURY'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions					LG	TD	PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg								
2006 Seattle	8/0	Special teams only															
2007 Seattle	16/0	1	1	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
NFL TOTALS	24/0	1	1	0	0.0	0.0	0	0	0.0	0							

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions					LG	TD	PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg								
2006 Seattle	2/0	Special teams only															
2007 Seattle	2/0	Special teams only															
NFL TOTALS	4/0	0	0	0	0.0	0.0	0	0	0.0	0							

LAURY'S SINGLE-GAME HIGHS

Tackles: 1 at Atlanta (12/30/07)
Sacks: None
Int.: None

Forced Fumbles: None
Fumble Recoveries: None

ADDITIONAL STATS

Special Teams Stats: 2006 (11), 2007 (18, FF); **Career:** (29, FF)
Additional Postseason Stats: Special Teams Tackles 2006 (2), 2007 (2); **Career:** (4).



D.D. LEWIS

Linebacker 6-1 241
Texas
7th NFL Season
6th Seahawks Season
Free Agent 2008
2007 Games/Starts: 5/0
Career Games/Starts: 53/18
January 8, 1979
Houston, Texas

58

2007: In his first year in Denver, played in five games before being released on October 16.

PRO: Re-signed by Seattle on March 25, 2008 as a free agent. Signed by Denver as an unrestricted free agent on April 26, 2007 but was released during season. Signed by the Seahawks as an undrafted free agent April 30, 2002. The lone Seattle 2002 free agent to make the opening weekend active roster. **2002:** Played in all 16 games, beginning the season on special teams, ranking fourth with 11 special teams tackles. Moved into the linebacker rotation after injuries to Anthony Simmons (ankle) and Chad Brown (foot). Saw his first action at St. Louis (10/20) where he had three solo tackles and one forced fumble. **2003:** Played in 15 games, starting five. Made first career start at Cincinnati (10/26) in place of Brown (foot) and posted seven tackles (four solo). The following week he blocked a punt that Seattle converted into a field goal. It was the Seahawks' first punt block since Alex Bannister blocked a Denver punt 10/14/01 (34 games). Made second start vs. Detroit (11/16) in place of Simmons (coach's decision) and posted a career-high 11 tackles (eight solo).

Replaced Brown (ankle) in the Wild Card Game at Green Bay (1/4/04) early in the second quarter and led the team with 10 tackles (eight solo). **2004:** Underwent offseason shoulder surgery that did not heal in time for training camp. Placed on injured reserve August 31, 2004. **2005:** Took over starting linebacking duties and started all 12 games played, missing four (three knee, one foot). Tied career-high with 11 tackles (six solo) vs. Dallas (10/23) where he also forced his only fumble of the season, second career. Started all three postseason games. Had an assisted tackle vs. Washington (1/14/06) and four tackles each vs. Carolina (1/22/06) and vs. Pittsburgh (2/5/06) in Super Bowl XL. **2006:** Played in five games with one start, collecting four tackles and his first-career sack before landing on injured reserve on December 12 (toe). Backing up Leroy Hill, he saw time mostly on special teams where he had five tackles and forced fumble.

COLLEGE: Started all 51 games of his career, a UT record. Recorded 314 tackles with 17 sacks and 40 stops behind the line of scrimmage. Holds the school's all-time record with

LEWIS' NFL RECORD

Club	G/S	Tackles			Sacks			Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
2002 Seattle	16/0	17	15	2	0.0	0.0	0	0	0.0	0	0	0	1	0	0
2003 Seattle	15/5	56	38	18	0.0	0.0	0	0	0.0	0	0	2	0	0	
2004 Seattle		Injured reserve (shoulder)													
2005 Seattle	12/12	64	46	18	0.0	0.0	0	0	0.0	0	0	1	1	0	
2006 Seattle	5/1	4	4	0	1.0	1.0	0	0	0.0	0	0	0	0	0	
2007 Denver	5/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	
NFL TOTALS	53/18	141	103	38	1.0	1.0	0	0	0.0	0	0	3	2	0	

POSTSEASON

Club	G/S	Tackles			Sacks			Interceptions						
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2003 Seattle	1/0	10	8	2	0.0	0.0	0	0	0.0	0	0	0	0	0
2005 Seattle	3/3	9	5	4	0.0	0.0	0	0	0.0	0	0	1	0	0
NFL TOTALS	4/3	19	13	6	0.0	0.0	0	0	0.0	0	0	1	0	0

10 fumble recoveries. Shared UT's Most Valuable Player, Most Valuable Defensive Player, and Outstanding Linebacker (third straight year) as a senior. Ranked third on team with 81 tackles (47 solo) and second with 5.5 sacks for minus 50 yards, both career highs.

PERSONAL: Married to the former Nicole Resse and has sons, Zion and Joshua and daughter Jada. Has a passion for the Kingdom of God. Was a college teammate of defensive tackle Marcus Tubbs. Born January 8, 1979, in Bernhaven, Germany.

LEWIS' SINGLE-GAME HIGHS

Tackles: 11 vs. Det (11/16/03) and vs. Dal (10/23/05)

Interceptions: None

Fumble Recoveries: None

Sacks: 1.0 at Detroit (9/10/06)

Forced Fumbles: 1 at St. Louis (10/20/02) and vs. Dallas (10/23/05)

ADDITIONAL STATS

Special teams stats: 2002 (11), 2003 (10, blocked punt), 2006 (5, FF); **Career:** (26, blocked punt, FF)

Postseason special teams tackles: 2003 (1)



SEAN LOCKLEAR

Tackle	6-4	308
North Carolina State		
5th NFL Season		
5th Seahawks Season		
3rd Round 2004		
2007 Games/Starts: 16/16		
Career Games/Starts: 58/42		
May 29, 1981		
Lumberton, South Carolina		75

2007: Started all 16 games for the second time in career. Started both postseason contests.

PRO: Chosen with the 21st selection of the third round (84th overall) in the 2004 NFL Draft. **2004:** Played in all 16 games, mostly on special teams, and saw time at left tackle twice in place of Walter Jones (rest vs. San Francisco, 9/26 and ankle vs. Arizona, 12/26). Returned one kickoff for 12 yards vs. Miami (11/21). **2005:** Moved into the starting lineup at right tackle during the preseason after Floyd Womack (triceps) went down at Kansas City (8/27). Named to *ESPN.com's* The Unheralded Team and *USA Today's* All-Joe Team. Started all 16 games and helped Shaun Alexander become the NFL MVP with a career year on the ground with a career-high and Seattle-record 1,880 yards and an NFL-record 28 total touchdowns (27 rush, 1 rec.). Helped Seattle to a club-record 320 rush yards and two 100-yard rushers for only the third time in club history vs. Houston (10/16). Started all three postseason games. **2006:** Started all 10 games played, missing one game due to a league suspension and five games (8-12) due to an ankle sprain. Also started both postseason games, and was part of the line that did not

allow a sack vs. Dallas (1/6/07) in the NFC Wild Card Game.

COLLEGE: Switched to the offensive line after playing defensive tackle and defensive end first two seasons. Played nearly every offensive snap over his last three seasons, starting the final 27 games of career at variety of positions on the offensive line. Played 23 games on defense with three starts and recorded 68 tackles (39 solo) with five sacks. In his senior season, first Wolfpack offensive lineman since 1992 to earn first-team All-Atlantic Coast Conference honors. Started eight games at right tackle, two at right guard, and one at left tackle.

PERSONAL: Attended Lumberton Senior High where he played both offense and defense. Voted team MVP as a senior after catching 22 passes for 450 yards and averaging 11 tackles per contest on defense. Pulled in 11 passes for 260 yards with three touchdowns as a junior and averaged 8.5 tackles per game with two interceptions. Selected first-team All-County and All-Conference performer both junior and senior years. Two-year letterman in basketball. Graduated with a degree in Sports Management.

LOCKLEAR'S NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
2004	Seattle	16/0	1/0	2007	Seattle	16/16	2/2
2005	Seattle	16/16	3/3	NFL TOTALS		58/42	8/7
2006	Seattle	10/10	2/2				

Additional stats: One kickoff return for 12 yards.



OMARE LOWE

Cornerback 6-1 195
Washington
7th NFL Season
1st Seahawks Season
Free Agent 2008
2007 Games/Starts: 0/0
Career Games/Starts: 38/1
April 20, 1978
Maple Valley, Washington

31

2007: Placed on injured reserve (knee) during training camp with Atlanta.

PRO: Signed by Seattle for the second time as a free agent on April 7, 2008. Selected in the fifth round (161st overall) of the 2002 NFL Draft by the Miami Dolphins. Released by Miami after training camp in 2003 and spent time on the Tennessee Titans practice squad and N.Y. Jets practice squad before being signed to their active roster on November 11, 2003. Began 2004 season on Minnesota's practice squad before signing with New England in December. Signed with the Seahawks on April 1, 2005 but was cut after camp and picked up by Atlanta. **2002:** Played in one game, dressed but did not play in two and inactive the remaining 13 games. **2003:** Played in two games and had one special teams tackle. **2004:** Played in three games and was on the practice squad during the postseason with New England. **2005:** Played in 16 games with one start, posting four tack-

les (three solo). Also tallied a team-leading 16 special teams tackles. Made first career start vs. Carolina (1/1/06) and had three solo tackles. **2006:** Played in all 16 games and had a team-leading 14 tackles, a forced fumble and fumble recovery on special teams. Posted nine tackles on defense and had a career-high four (three solo) at Baltimore (11/19).

COLLEGE: Four-year letterman at Washington from 1998-2001 where he had 100 tackles, five interceptions and a school-record 24 passes defended. Started 10 games as a senior and had 40 tackles, one interception for a touchdown, one sack and nine passes defended. Also blocked a field goal and caught a 24-yard pass on a fake punt.

PERSONAL: Lettered in basketball, football and track at Tahoma High. Won the 110 high hurdles (14.2), 300 intermediate hurdles (37.94) and was part of the state championship 1,600-meter relay team (3:23.07) at the 1997 NCAA track championships as a senior.

LOWE'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions										
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds		
2002 Miami	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
2003 N.Y. Jets	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
2004 New Eng.	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
2005 Atlanta	16/1	4	3	1	0.0	0.0	0	0	0.0	0	0	1	0	0	0	0	0
2006 Atlanta	16/0	9	8	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
2007 Atlanta		Injured Reserve (knee)															
NFL TOTALS	38/1	13	11	2	0.0	0.0	0	0	0.0	0	0	1	0	0	0	0	0

LOWE'S SINGLE-GAME HIGHS

Tackles: 4 at Baltimore (11/19/06)
Sacks: None
Int.: None

Forced Fumbles: None
Fumble Recoveries: None

ADDITIONAL STATS

Special Teams Tackles: 2003 (1), 2005 (16), 2006 (14, FF, FR); **Career:** (31, FF, FR)



OLINDO MARE

Kicker	5-11	190
Syracuse		
13th NFL Season		
1st Seahawks Season		
Free Agent 2008		
2007 Games/Starts: 13/0		
Career Games/Starts: 168/0		
June 6, 1973		
Cooper City, Florida		

10

2007: Played in 13 games, connecting on 10 of 17 field goals. Made a season-high two field goals on three occasions. Had a season-long 52-yarder at Houston (11/18). Placed on injured reserve (hip) on December 12.

PRO: Signed with Seattle as a free agent on March 27, 2008. Originally signed by the N.Y. Giants as an undrafted rookie free agent on May 2, 1996. Picked up by Miami the following season and kicked for the Dolphins for 10 seasons. Departed Miami as the Dolphins' all-time leader in field goals (245), scoring (1,048) and field goal accuracy (.809, 245 of 303). Traded to the New Orleans Saints on April 3, 2007 for a sixth round draft choice. **1996:** Spent the season on the practice squad. **1997:** Played in 16 games and led Miami with 117 points. Was 28 of 36 on field goals and made all 33 PATs. Punted five times for a 47.0-yard average with a long of 53, with two downed inside the five. **1998:** Played in 16 games and both playoff contests. Converted 33 of his 34 PATs and 22 of his 27 field goals, with a long of 48. Tied for 10th in AFC with 99 points. Had a stretch of seven games where he connected on 14 straight field goals. **1999:** Had the top season for a kicker in Miami history. Converted 39 of 46 field goal attempts (84.8 percent), with a long of 54, and scored 144 points. His 39 field goals and 84.8 percent accuracy mark were team records at the time, and field goal total was an NFL single-season record and 20 of 84 kickoffs were touchbacks, second in NFL. **2000:** Converted 28 of 31 field goals and 33 of 34 PATs for 117 points. Point total ranked fourth in AFC and ninth in NFL. Conversion rate of 90.3 was fifth in NFL.

Connected on first 11 field goals, and following first misfire, made next 16. **2001:** Played in 16 games and hit 19 of 21 field goals and 39 of 40 PATs for 96 points. Conversion rate of .905 was best in the NFL and marked a new Dolphins record. Of 73 kickoffs, 12 went for touchbacks, tied for second-highest total in the NFL. Converted each of his first 13 attempts of season. **2002:** Played in 16 games and made 24 of 31 field goals and 42 of 43 PATs for 114 points, ranking sixth in AFC. Marked fourth time in six NFL seasons that he surpassed 100 points. Of 84 kickoffs, 12 went for touchbacks, ranking fourth in NFL. At Denver (10/13) drilled a 53-yard field goal with six seconds remaining for the win. The kick followed a 55-yard FG by Denver K Jason Elam with 45 seconds left, the first time in NFL history that a kicker from each team had a field goal of 50 yards or more with less than a minute to play **2003:** Played in all 16 games and was 22 of 29 FGs and 33 of 34 PATs for 99 points, ranking sixth in AFC. Of his 74 kickoffs, 24 went for touchbacks, best in NFL and highest total by a kicker since advent of the K-Ball in 1999. Hit a career-high four field goals of 50 yards or longer. **2004:** Played in 11 games and led team with 54 points on 12 of 16 FGs and 18 PATs. Sat out at New England (10/10) with a calf injury, snapping a string of 116 consecutive games played. **2005:** Played in 16 games, led Miami with 108 points, made 25 of 30 field goals and all 33 PATs. Of his 71 kickoffs, 16 were touchbacks, ranking third in NFL. Drilled 200th career field goal with a 53-yarder at Tampa Bay (10/16). **2006:** Led the Dolphins in scoring with 100 points, going 26

of 36 on field goals and making all 22 extra points. Finished season by making his final nine field goal attempts. Also had 24 touchbacks on kickoffs, leading the NFL. Kicked a 22-yard field goal vs. Kansas City (11/12) put him over 1,000 career points, one of 39 players in NFL history to reach the milestone.



HONORS: 1999 AFC Pro Bowl, NFL Alumni Association Special Teams Player of the Year, All-Pro (AP, *The Sporting News*, *Football Digest*, *Pro Football Weekly*), AFC

Special Teams Player of the Month for October, AFC Special Teams Player of the Week 5, AFC Special Teams Player of the Week 14. **2000** All-Pro (*USA Today*).

COLLEGE: Played final two years at Syracuse (1994-95) after attending MacMurray College in Jacksonville, Ill. and

Valencia Community College in Orlando, Fla, where he did not play football. In two years at Syracuse, hit 15 of 24 field goals and 52 of 53 PATs. Second-team All-Big East choice as a senior. Led Big East in scoring with 74 points. Converted 12 of 17 field goals including a long of 50, and 38-39 PATs as a senior. Majored in speech communications.

PERSONAL: Married to Sandy, with son, Hayden Olindo, and daughter, Kayla. Attended Cooper City (Fla.) High, where he lettered in football and soccer. Kicking shoe from 1999 record-setting season and football representing record-breaking field goal are both on display at the Pro Football Hall of Fame. Has participated in several golf Celebrity Pro Tour events. In 2000, he was honored with Florida Community College Distinguished Alumni Award.

MARE'S SINGLE-GAME HIGHS

Most FGs Att.: 6 at New England (10/17/99)
Most FGs Made: 6 at New England (10/17/99)
Longest FG Att.: 57 at Carolina (11/25/07)

Most PATs Att.: 7 vs. Detroit (9/8/02)
Most PATs Made: 7 vs. Detroit (9/8/02)
Longest FG Made: 54 vs. Philadelphia (10/24/99)

ADDITIONAL STATS

Special Team Tackles: 1997 (1), 1998 (4), 1999 (4), 2000 (3), 2002 (6), 2003 (3), 2004 (2), 2005 (2, FR), 2006 (2); **Career:** 27, FR. Has punted 11 times for 413 yards (37.5 avg.) with a long of 53.

MARE'S NFL RECORD

		Kicking									
Club	G/S	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+	FG%	LG	Pts
1996 N.Y. Giants				Practice Squad							
1997 Miami	16/0	33-33	28-36	2-2	14-15	8-10	3-6	1-3	77.8	50	117
1998 Miami	16/0	33-34	22-27	0-0	12-13	5-5	5-7	0-2	81.5	48	99
1999 Miami	16/0	27-27	39-46	1-1	9-9	17-17	9-14	3-5	84.8	54	144
2000 Miami	16/0	33-34	28-31	0-0	7-8	9-10	12-13	0-0	90.3	49	117
2001 Miami	16/0	39-40	19-21	1-1	8-8	8-8	2-4	0-0	90.5	46	96
2002 Miami	16/0	42-43	24-31	0-0	13-14	2-3	7-11	2-3	77.4	53	114
2003 Miami	16/0	33-34	22-29	0-0	9-9	3-6	6-8	4-6	75.9	52	99
2004 Miami	11/0	18-18	12-16	0-0	1-2	6-7	3-4	2-3	75.0	51	54
2005 Miami	16/0	33-33	25-30	0-0	9-10	9-12	6-6	1-2	83.3	53	108
2006 Miami	16/0	22-22	26-36	0-0	10-10	6-8	9-12	1-6	72.2	52	100
2007 N.O.	13/0	34-34	10-17	0-0	4-5	3-4	2-3	1-5	58.8	52	64
NFL TOTALS	168/0	347-352	255-320	4-4	96-103	76-90	64-88	15-35	79.7	54	1,112

		Miscellaneous							
Club	Indoors	In %	Outdoors	Out %	Home	Home %	Road	Road %	
1996 N.Y. Giants			Practice Squad						
1997 Miami	0-1	00.0	28-35	80.0	17-20	85.0	11-16	68.8	
1998 Miami	2-3	66.7	20-24	83.3	13-14	92.9	9-13	69.2	
1999 Miami	4-4	1.000	35-42	83.3	21-24	87.5	18-22	81.8	
2000 Miami	4-4	1.000	24-27	88.9	13-13	1.000	15-18	83.3	
2001 Miami	3-3	1.000	16-18	88.9	9-11	81.8	10-10	1.000	
2002 Miami	1-2	50.0	23-29	79.3	16-20	80.0	8-11	72.7	
2003 Miami	0-0	-	22-29	75.9	13-19	68.4	9-10	90.0	
2004 Miami	0-0	-	12-16	75.0	7-8	87.5	5-8	62.5	
2005 Miami	0-0	-	25-30	83.3	11-13	84.6	14-17	82.4	
2006 Miami	10-10	1.000	16-26	61.5	12-18	66.7	14-18	77.8	
2007 N.O.	8-13	61.5	2-4	50.0	4-8	50.0	6-9	66.7	
NFL TOTALS	32-40	80.0	223-280	79.6	136-168	81.0	119-152	78.3	

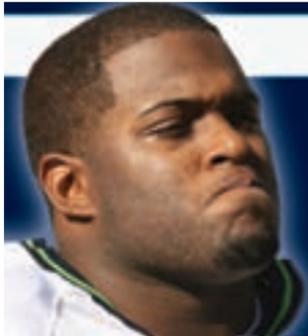
MARE'S POSTSEASON NFL RECORD

POSTSEASON

Club	G/S	PAT-Att	Kicking							LG	Pts
			FG-Att	1-19	20-29	30-39	40-49	50+	FG%		
1997 Miami	1/0	0-0	1-1	0-0	0-0	1-1	0-0	0-0	1.000	38	3
1998 Miami	2/0	1-1	4-5	0-0	2-3	1-1	1-1	0-0	80.0	40	13
1999 Miami	2/0	3-3	2-2	0-0	0-0	1-1	0-0	1-1	1.000	50	9
2000 Miami	2/0	2-2	1-2	0-0	0-0	1-2	0-0	0-0	50.0	38	5
2001 Miami	1/0	0-0	1-1	0-0	0-0	1-1	0-0	0-0	1.000	33	3
NFL TOTALS	8/0	6-6	9-11	0-0	2-3	5-6	1-1	1-1	81.8	50	33

Miscellaneous

Club	Indoors	In %	Outdoors	Out %	Home	Home %	Road	Road %
1997 Miami	0-0	-	1-1	1.000	0-0	-	1-1	1.000
1998 Miami	0-0	-	4-5	80.0	3-4	75.0	1-1	1.000
1999 Miami	2-2	1.000	0-0	-	0-0	-	2-2	1.000
2000 Miami	0-0	-	1-2	50.0	1-2	50.0	0-0	-
2001 Miami	0-0	-	1-1	1.000	1-1	1.000	0-0	-
NFL TOTALS	2-2	1.000	7-9	77.8	5-7	71.4	4-4	1.000



BRANDON MEBANE

Defensive Tackle **6-1** **314**

California
2nd NFL Season
2nd Seahawks Season
Third Round 2007
2007 Games/Starts: 16/10
Career Games/Starts: 16/10
January 15, 1985
Los Angeles, California

92

2007: Played in all 16 games with 10 starts. Took over starting duties vs. St. Louis (10/21) after Chuck Darby (knee) was placed on injured reserve. Made first-career sack vs. Cincinnati (9/23) and recovered first-career fumble vs. Baltimore (12/23). Started both postseason contests and had six tackles (four solo).

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

COLLEGE: Played in 41 games at California, starting 31. Collected 109 tackles (60 solos), 14.5 sacks for minus 87 yards and 16.5 stops for losses totaling 116 yards. Caused and recovered a fumble, adding two pass deflections and a safety. Ranks tied for 14th on the school's career record list with 14.5 quarterback sacks, joining Tom Canada (2001-02) and Cornell Collier (1988-91). His seven quarterback sacks in 2005 tied for 15th on Cal's season-record list.

PERSONAL: Mebane earned Super Prep and Prep Star All-American honors as a senior at Crenshaw High School. Was rated the No. 24 defensive tackle in the country by Rivals.com, which also ranked him No. 55 on its California Top 100 players list and No. 67 on its West Top 100 chart. First-team Best of the West pick by the Long Beach Press-Telegram, as well as All-West Region first-team by Sports Illustrated, was also an All-State choice in 2002. Was selected 2001 Los Angeles City Defensive Player of the Year and was a three-time All-City, All-Central City and All-League selection. Recorded 75 tackles, 13 sacks and two fumble recoveries on defense and ran for five touchdowns at fullback as a senior, adding 2002 Los Angeles Central City Player of the Year honors. As a junior, posted 78 tackles and 19 sacks. Also performed as a shot putter in track. Social Welfare major.

MEBANE'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2007 Seattle	16/10	29	23	6	2.0	11.0	0	0	0.0	0	0	0	0	0	1	0
NFL TOTALS	16/10	29	23	6	2.0	11.0	0	0	0.0	0	0	0	0	0	1	0

MEBANE'S SINGLE-GAME HIGHS

Tackles: 5 at Carolina (12/16/07)

Forced Fumbles: None

Sacks: 1.0 twice, last time vs. Arizona (12/9/07) **Fumble Recoveries:** 1 vs. Baltimore (12/23/07)

Int.: None



MAURICE MORRIS

Running Back **5-11** **216**
Oregon
7th NFL Season
7th Seahawks Season
2nd Round (A) 2002
2007 Games/Starts: 14/5
Career Games/Starts: 88/16
December 1, 1979
Chester, South Carolina

20

2007: Played in 14 games with five starts, posting career-highs with 628 yards and four touchdowns on 140 carries. Recorded his second career receiving touchdown vs. Tampa Bay (9/9). Rushed for a season-high 91 yards in finale at Atlanta (12/30).

PRO: Selected with the first of two second-round picks (54th overall). **2002:** Saw action in 11 games and totaled 153 yards on 32 carries. Won kickoff return duties in training camp and ranked eighth in the NFC with a 24.1 kickoff return average. Returned his first kickoff 66 yards at Oakland (9/8). Established a club record with 231 kickoff return yards on the second-most returns (7) while taking one a club-record tying 97 yards for the score (James Jefferson versus Kansas City, 10/8/89). It was the first time a Seattle player had taken one the distance since Charlie Rogers versus Buffalo (12/23/00, 21 games). Also tied Seahawks records for kickoff return touchdowns (1) in a career, season, game, and as a rookie. The 231 kickoff return yards were the most in the NFC in 2002. **2003:** Seeing his role expand, played in all 16 games with first-career start coming versus St. Louis (9/21) in place of Alexander (birth of child) and caught a career-high three passes for 28 yards. Served as the team's primary kickoff returner, totaling 47 for 1,007 yards (21.4 avg.) and a long of 56 coming at Minnesota (12/7) where he returned five kick-

offs for a season-high 153 yards (30.6 avg.).

2004: Played in 15 games and was inactive (concussion) at San Francisco (11/7). Posted season-highs versus San Francisco (9/26) in carries (8), yards (42), and long gain (12). Tied his career-high with seven kickoff returns on three occasions (at New England, 10/17, vs. Dallas, 12/6, and at the New York Jets, 12/19). Had a season-high 171 kickoff return yards at the Patriots and a season-long 34-yard return at Minnesota (12/12). **2005:** Played in all 16 games with two starts alongside Shaun Alexander (at Tennessee, 12/18 and vs. Indianapolis, 12/24). First career rush score came vs. Houston, 10/16. Rushed for a career-high 104 yards on eight carries (13.0 avg.) with a career-long 49-yard gain vs. Houston (10/16). Along with Alexander's 141 yards, was just the third time in franchise history with two 100-yard rushers in a single game, and in all, the team set a franchise-record with 320 rush yards on the night. Replaced Alexander (concussion) with 4:29 to go in the first quarter vs. Washington (1/14/06) in the Divisional Playoff Game. Carried a career-high 18 times for 49 yds. (2.7 avg.) and caught one pass for 16 yards. Carried seven times for 24 yards vs. Carolina (1/22/06) and had one catch for 6 yards in Super Bowl XL vs. Pittsburgh (2/5/06). **2006:** Played in all 16 games with a career-high eight starts, six in place of Shaun Alexander (foot). Started in a

two-back set with Alexander in the season-opener at Detroit (9/10) and vs. Green Bay (11/27). Started Games 4-9, with 23 carries for 74 yds. (3.2 avg.) with a long of 21 in win at St. Louis (10/15). Recorded back-to-back 100-yard games, giving him three career, with a career-high 138 yards on a career-high 30 carries vs. Oakland (11/6) and 124 yards on 21 carries vs. St. Louis (11/12).

COLLEGE: Spent two years at Oregon after transferring from Fresno City College where he was a two-time JC Grid-Wire All-American. Set national JC records of 4,487 all-purpose

yards and 3,708 yards rushing on 593 carries. Set Fresno City records with 26 scores in 1998, career rushing touchdowns (45), and total (49). Finished his Ducks career with 2,237 yards on 466 carries with 17 touchdowns and 307 yards and three scores on 35 receptions. His 2,237 rushing yards were fifth in school history.

PERSONAL: Rushed for over 1,600 yards and 25 touchdowns as a senior at Chester (S.C.) High. Has six brothers and eight sisters of Diane and Bernard Morris. Born in Chester, S.C.

MORRIS' NFL RECORD

	Club	G/S	Kickoff Returns				LG	TD	Punt Returns			
			No	Yds	Avg				Att	Yds	Avg	LG
2002	Seattle	11/0	34	821	24.1	97t	1	0	0	0.0	0	0
2003	Seattle	16/1	47	1,007	21.4	56	0	0	0	0.0	0	0
2004	Seattle	15/0	47	994	21.1	34	0	15	75	5.0	22	0
2005	Seattle	16/2	1	21	21.0	21	0	0	0	0.0	0	0
2006-07	Seattle	30/13	0	0	0.0	0	0	0	0	0.0	0	0
TOTALS		88/16	129	2,843	22.0	97t	1	15	75	5.0	22	0

	Club	G/S	Rushing				LG	TD	Receiving			
			No	Yds	Avg				Att	Yds	Avg	LG
2002	Seattle	11/0	32	153	4.8	24	0	3	25	8.3	12	0
2003	Seattle	16/1	38	239	6.3	43	0	4	32	8.0	13	1
2004	Seattle	15/0	30	126	4.2	12	0	9	53	5.9	12	0
2005	Seattle	16/2	71	288	4.1	49	1	5	48	9.6	20	0
2006	Seattle	16/8	161	604	3.8	29	0	11	46	4.2	27	0
2007	Seattle	14/5	140	628	4.5	46	4	23	213	9.3	34t	1
TOTALS		88/16	472	2,038	4.3	49	5	55	417	7.6	34t	2

POSTSEASON

	Club	G/S	Kickoff Returns				LG	TD
			No	Yds	Avg			
2003	Seattle	1/0	4	70	17.5	19	0	
2004	Seattle	1/0	6	109	18.2	21	0	
2005	Seattle	3/0	1	16	16.0	16	0	
2006-07	Seattle	4/0	0	0	0.0	0	0	
TOTALS		9/0	11	195	17.7	21	0	

	Club	G/S	Rushing				Att	Yds	Avg.	LG	TD	
			No	Yds	Avg							
2003	Seattle	1/0	1	4	4.0	4	0	0	0.0	0	0	
2004	Seattle	1/0	2	9	4.5	5	0	0	0.0	0	0	
2005	Seattle	3/0	25	73	2.9	10	0	2	22	11.0	16	0
2006	Seattle	2/0	7	23	3.3	7	0	0	0	0.0	0	0
2007	Seattle	2/0	7	12	1.7	6	0	0	0	0.0	0	0
TOTALS		9/0	42	121	2.9	10	0	2	22	11.0	16	0

MORRIS' SINGLE-GAME HIGHS

Rush Attempts: 30 vs. Oakland (11/6/06)

Rush Yards: 138 vs. Oakland (11/6/06)

Longest Rush: 49 vs. Houston (10/16/05)

Most Rush TDs: 1 five times, last at Atl (12/30/07)

Most Receptions: 4 twice, last at Atl (12/30/07)

Most Rec. Yards: 43 at Cleveland (11/4/07)

Longest Reception: 34 vs. Tampa Bay (9/9/07)

Most Rec. TDs: 1 twice, last vs. Tampa Bay (9/9/07)

ADDITIONAL STATS

Most KO Ret: 7, 4 Times, Last at NYJ (12/19/04)

Longest KO Return: *97t at St. Louis (10/20/02)

Most KO Return Yards: *231 at St. Louis (10/20/02)

* Club Record

Special Teams Tackles: 2002 (2), 2003 (3),

2004 (5), 2005 (8), 2007 (1); **Total:** (19).



BEN OBOMANU

Wide Receiver **6-0** **206**

Auburn
3rd NFL Season
3rd Seahawks Season
7th Round (B) 2006
2007 Games/Starts: 13/0
Career Games/Starts: 13/0
October 30, 1983
Selma, Alabama

87

2007: Played in 12 games and made his NFL debut at San Francisco (9/30). Set career-highs in catches (4) and yards (72) vs. New Orleans (10/14). Also had his first-career score vs. the Saints.

PRO: Drafted with the second of two seventh-round picks (249th overall) in the 2006 NFL Draft. **2006:** Spent the entire regular season on the practice squad. Signed to the active roster on January 5, 2007 after the team released Itula Mili. Was inactive both postseason games.

COLLEGE: Finished his career 11th in receiving yards with 1,313 yards and ranked second in school annals with 18 touchdown receptions (Terry Beasley, 29). Also ranks seventh in Auburn history with 97 receptions. Saw action in every game, starting 11 times his senior season. Led team with career-high 33

receptions for 357 yards (10.8 avg.) and five touchdowns. Earned All-Southeastern Conference third-team honors from the league's coaches.

PERSONAL: Attended Selma High. Four-year starter who earned *Parade* All-American, *Prep Star*/CBS Sportsline Dream Team, *Super Prep* Elite 50 (ranked as the top player in Alabama by that service), *Huntsville Times* Elite 11, *Birmingham News* Class 6A All-State honors, *Constitution* Super Southern 100 and *The Sporting News* Hot 101 accolades. Caught 31 passes for 460 yards and nine touchdowns as a senior. Rushed for 218 yards on 20 carries and three scores, adding 284 yards on punt and kick returns with one more touchdown that year. Also started for the basketball team. Majored in finance.

OBOMANU'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2006	Seattle	0/0	0	0	0.0	0	0
2007	Seattle	12/0	12	180	15.0	30	1
NFL TOTALS		12/0	12	180	15.0	30	1

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2006	Seattle	0/0	0	0	0.0	0	0
2007	Seattle	12/0	4	63	15.8	22	0
NFL TOTALS		12/0	4	63	15.8	22	0

OBOMANU'S SINGLE-GAME HIGHS

Most Receptions: 4 vs. New Orleans (10/14/07)
Most TDs: 1 vs. New Orleans (10/14/07)

Most Yards: 72 vs. New Orleans (10/14/07)
Longest Reception: 30 at Pittsburgh (10/7/07)

ADDITIONAL STATS

Special Teams Tackles: 2007 (2); Career: (2)



JULIAN PETERSON

Linebacker 6-3 240

Michigan State

9th NFL Season

3rd Seahawks Season

Unrestricted FA (San Francisco) 2006

2007 Games/Starts: 16/16

Career Games/Starts: 951/88

July 28, 1978

Washington, D.C.

98

2007: Started all 16 games for fourth time in career and earned his third Pro Bowl berth, second straight with Seattle. Tallied 9.5 sacks (10th NFC), 0.5 off his career-high set in 2006. Set a career-high with 3.0 sacks vs. his former team at San Francisco (9/30). Also had a career-high two forced fumbles at the 49ers. Tied career-high with two interceptions during the season.

PRO: Signed with Seattle as an unrestricted free agent March 27, 2006, after six seasons with the San Francisco 49ers. Originally drafted as the 16th overall pick in the first round of the 2000 NFL Draft. **2000:** Saw action in 13 games, starting seven as rookie. Posted 47 tackles, four sacks, two interceptions (33 yards) and four passes defended. Recorded three tackles and first-career sack at Carolina (9/10). Also had first-career interception (31 yards) vs. Panthers. Had interception (two yards) and became first 49ers linebacker since 1995 to record multiple interceptions in season at Dallas (9/24). Made first-career start and posted one tackle before leaving game with left knee sprain vs. Oakland (10/8). **2001:** Started and played in 14 regular season games. Finished season with 49 tackles (32 solo). Also added three sacks, two passes defended and one fumble recovery, which he returned for 26-yard touchdown. Recorded three tackles at Chicago (10/28). Also recovered fumble and returned it 26 yards for first-career touchdown at Bears. Made first-career postseason start and recorded eight tackles (seven solo) in NFC Wild Card Game at Green Bay (1/13/02). **2002:** Played and started in every game, including postseason, for first time in career. Finished season ranked second on the team with 104 tackles (71 solo), two sacks, six tackles for loss, one interception and two forced fumbles. Named NFC Defensive Player of the Week (11/12) for performance against Chiefs. Made first-career start at safety and recorded six tackles (one

solo) and one quarterback pressure at Dallas (12/8). Also saw action at linebacker, defensive end and cornerback vs. Cowboys. Named to first Pro Bowl. **2003:** Started all 16 regular season games. Finished with career-high 144 (86 solo) tackles, career-high three forced fumbles, career-high seven sacks and two interceptions. Registered 12 tackles (six solo) and three quarterback pressures vs. Chicago (9/7). Tallied 14 tackles (nine solo) at Green Bay (11/23). Led team with career-high 15 tackles (nine solo) vs. Arizona (12/7). Also recorded 1.5 sacks (14.0 yards) and four passes defended vs. Cardinals. Named to second consecutive Pro Bowl. **2004:** Season cut short due to Achilles injury suffered vs. Arizona (10/10). Finished the season with 34 tackles (19 solo), 2.5 sacks, two passes defended and one forced fumble through five games as a starter. Tallied four tackles (two solo) and one pass defended before leaving game with torn Achilles tendon vs. Arizona. Placed on injured reserve on October 11. **2005:** Returned from Achilles tendon injury in 2004 to play in 15 games, starting 14. Finished season with 87 tackles (60 solo), 3.0 sacks, one forced fumble and one fumble recovery. Opened the season with a career-high 2.5 sacks along with seven tackles (five solo) vs. St. Louis (9/11). Posted a season-high nine tackles (six solo) vs. the N.Y. Giants (11/6) and forced his lone fumble of the year, seventh career. Tied season-high with nine stops (six solo) at Seattle (12/11) and also had 0.5 sacks. **2006:** Started 16 games for the third time in career, posting 89 tackles (71 solo), a career-high 10.0 sacks, one interception, one forced fumble and one fumble recovery. Named to his third career Pro Bowl, first with Seattle. Had a career-high string of four games (at St. Louis, 10/15; vs. Minnesota, 10/22; at Kansas City, 10/29; vs. Oakland, 11/6) with at least one sack, totaling 6.0 during that span. Had 2.0 in back-to-back weeks against the Rams and Vikings. Had a

season-high 12 tackles (eight solo) vs. the Vikings. Tied (Leroy Hill) for the team-lead in tackles with seven (four solo) vs. Dallas (1/6/07) in the NFC Wild Card Game. Had six tackles (four solo), one sack that forced a fumble (recovered by Chuck Darby) that led to a Seattle score in the second quarter at Chicago (1/14/07) in the Divisional Playoff Game.

HONORS:



2002 First-team All-Pro (*College & Pro Football News Weekly*), Second-team All-Pro (*AP, Football Digest*), NFC Pro Bowl. **2003** First-team All-Pro (*AP, Sports Illustrated, Football Digest, The Sporting News*), All-NFL (*Pro Football Weekly*), All-NFC (*Pro Football Weekly*), NFC Pro Bowl. **2006** NFC Pro Bowl.

2007 NFC Pro Bowl, All-NFC (*Pro Football Weekly/Pro Football Writers of America*).

COLLEGE: Registered 140 tackles, including 25 sacks, in only 23 games at Michigan State. Started all 12 games at outside linebacker as senior. All-America selection by *Football News* and *The Sporting News*. Finished with 82 tackles (55 solo). Led team with career-high 15 sacks as senior. First-team NJCAA All-America and Seaboard Conference Defensive Player of the Year at Valley Forge (Wayne, Pa.) Junior College as sophomore. Amassed 20.5 sacks as sophomore (1997) and 19.5 sacks as freshman (1996). Majored in park, recreation and tourism resources.

PERSONAL: Prepped at Crossland (Temple Hills, Md.) High School. Ranked among nation's top defensive linemen in 1995. Named Chesapeake Classic MVP in 1996. Married to Aimee.

PETERSON'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2000 San Francisco	13/7	47	32	15	4.0	33.0	2	33	16.5	31	0	4	0	0	0
2001 San Francisco	14/14	49	32	17	3.0	23.0	0	0	0.0	0	0	2	0	2	26
2002 San Francisco	16/16	104	71	33	2.0	6.0	1	2	2.0	2	0	6	2	1	3
2003 San Francisco	16/16	144	86	58	7.0	64.0	2	31	15.5	31	0	14	3	1	0
2004 San Francisco	5/5	34	19	15	2.5	22.0	0	0	0.0	0	0	2	1	0	0
2005 San Francisco	15/14	87	60	27	3.0	22.5	0	0	0.0	0	0	6	1	1	0
2006 Seattle	16/16	89	71	18	10.0	72.0	1	-4	-4.0	-4	0	6	1	1	25
NFL TOTALS	95/88	554	371	183	31.5	242.5	6	62	10.3	31	0	40	8	6	54

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2001 San Francisco	1/1	8	7	1	1.0	7.0	0	0	0.0	0	0	0	0	0	0
2002 San Francisco	2/2	14	11	3	2.0	18.0	1	0	0.0	0	0	2	1	0	0
2006 Seattle	2/2	13	8	5	1.0	19.0	0	0	0.0	0	0	1	1	0	0
NFL TOTALS	5/5	35	26	9	4.0	44.0	1	0	0.0	0	0	3	2	0	0

PETERSON'S SINGLE-GAME HIGHS

Tackles: 15 vs. Arizona (12/7/03)

FF: 1, 8 Times, Last at Kansas City (10/29/06)

Sacks: 2.5 vs. St. Louis (9/11/05)

FR: 1, 6 Times, Last at Denver (12/3/06)

Interceptions: 1, 6 Times, Last at Ari (12/10/06)

ADDITIONAL STATS

Special Teams Tackles: 2000 (1); **Total:** (1).



RYAN PLACKEMEIER

Punter 6-3 247
Wake Forest
3rd NFL Season
3rd Seahawks Season
7th Round (A) 2006
2007 Games/Starts: 16/0
Career Games/Starts: 32/0
March 5, 1984
Bonsall, California

1

2007: Played all 16 games and ranked tied for fourth in the NFL with 30 punts inside the 20 and had at least two downed inside the 20 in 12 of 16 games. Tied career-high with nine punts at Pittsburgh (10/7).

PRO: First of two seventh-round picks for the Seahawks (239th overall) in the 2006 NFL Draft. **2006:** Played all 16 games and set a Seattle record for punts by a rookie (84) and punting average (44.97), which ranks second in Seattle records all-time (45.00, Rick Tuten, 1995). His 37.3 net punting average is tied for third in Seattle history and his 72-yard punt vs. San Diego (12/24) ranks second. Also had 25 kicks inside the 20 and 15 touchbacks on the year. Made NFL debut at Detroit (9/10) and punted five times for 263 yards (season-high 52.6 avg., 42.6 net) with a long of 63 and two inside the 20 and two touchbacks. Posted season-highs in punts (9), yards (446) and punts landing inside the 20 (5) vs. San Diego. Punted 11 times for 393 yards (35.7 avg., 33.7 net) with a long of 56 and four punts landing inside the 20 in two postseason games.

HONORS: **2006** All-Rookie (*Pro Football Weekly/Professional Football Writers of America*).

COLLEGE: Left school as the top punter in Wake Forest and ACC history with career average of 45.26, as well as the NCAA all-time leading punter among those with at least 200 career kicks. Became only the fifth player in

Wake Forest history to be a three-time first-team All-ACC selection, joining Bob Bartholomew, Norman Sneed, James McDougald and John Henry Mills. As a senior, led the ACC in punting for a third straight year. Led nation in punting (47.2 yards per punt) and net punting (41.4). Played all 11 games. Punted 67 times for an average of 47.2, shattering his own single-season punting record. Won the Ray Guy Award as the nation's best punter and consensus first-team All-American. Named first team All-American by the American Football Coaches Association, Associated Press, CBSsportsline.com, Draft Insiders, ESPN.com, Football Writers Association of America, Rivals.com, Sports Illustrated, The Sporting News and the Walter Camp Foundation.

PERSONAL: Three-year starter as a placekicker and punter at Fallbrook High, earning first-team All-Avocado League honors as a senior. Named the *North County Times* Kicker of the Year. Was a perfect 32-of-32 on extra points during senior year and set a school-record with a 47-yard field goal. Also a four-year starter in soccer, earning the team MVP award as a junior and senior. Born in Colorado Springs, Colo. Father, Steve, was a swimmer and played water polo at Southeast Missouri State and uncle, Jim Israel, played basketball and baseball at Wake Forest. Majored in communication, minored in religion. Married to Kristen.

PLACKEMEIER'S NFL RECORD

Club	G/S	No	Yds	Avg	Net Avg	LG	I20	TB	Bk
2006 Seattle	16/0	84	3,778	45.0	37.3	72	25	15	0
2007 Seattle	16/0	86	3,436	40.0	34.3	62	30	6	0
NFL TOTALS	32/0	170	7,214	42.4	35.8	72	55	21	0

PLACKEMEIER'S SINGLE-GAME HIGHS

Punts: 9 vs. San Diego (12/24/06) and at Pit (10/7/07)
Avg. (3 min.): 52.6 at Detroit (9/10/06)
Net (3 min.): 44.6 at San Francisco (11/19/06)

Longest: 72 vs. San Diego (12/24/06)
Inside 20: 5 vs. San Diego (12/24/06)



JEB PUTZIER

Tight End 6-4 251
Boise State
7th NFL Season
1st Seahawks Season
Unrestricted Free Agent (Hou) 2008
2007 Games/Starts: 8/1
Career Games/Starts: 61/13
January 20, 1979
Eagle, Idaho

88

2007: Played in eight games with one start. Caught a season-high two passes vs. Indianapolis (9/23) and had one touchdown vs. Tennessee (10/21).

PRO: Signed by Seattle as an unrestricted free agent from Houston on March 4, 2008. Selected by the Denver Broncos in sixth round (191st overall) of 2002 NFL Draft. Signed by Houston Texans on March 21, 2006 as a free agent. **2002:** Played three games as a rookie and made one start at Seattle (11/17). Declared inactive for 11 of the other 13 games. Made NFL debut at Baltimore (9/30).

2003: Played four games for the Broncos and caught four passes for 34 yards (8.5 avg.) with a long of 13. Made the first catch of career and finished with a team-high four catches for 34 yards at Green Bay (12/28).

2004: Led Broncos tight ends with 36 catches for a career-high 572 yards (15.9 avg.) with two touchdowns in 16 games (five starts). Saw action in all 16 games for the first time in his career. Ranked fourth in the AFC and ninth in NFL among tight ends in receiving yards. Led the AFC and finished second in the NFL among eligible tight ends with a 15.9 average, which was the best average by a Broncos tight end in 25 years (third best all-time). Had

career highs in receptions (five) and receiving yards (66) vs. San Diego (9/26). **2005:** Played in all 16 games, starting four, and made a career-high 37 catches for 481 yards to finish fourth among the league's tight ends with a 13.0 avg. Caught three passes for 37 yards in the AFC Divisional Playoff Game against New England (1/14/06). Had a playoff career-high four receptions for 55 yards in the AFC Championship Game against Pittsburgh (1/22/06). **2006:** Played in 14 games, starting two for Houston. Had 13 catches for 125 yards.

COLLEGE: Mostly played wide receiver during his first three years at Boise State before switching to tight end for his senior year. Finished his collegiate career with 128 receptions for 2,050 yards with 19 touchdowns. Left Boise State ranking seventh in school history in both catches (128) and receiving yards (2,050) while his 19 touchdowns ranked sixth. All-Western Athletic Conference selection as a senior after starting all 12 games and pulling in a career-high 44 passes for 824 yards and 12 touchdowns, the most by any tight end in the nation. Was a walk-on to the Boise State program and redshirted his first season. Also played basketball.

PUTZIER'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2002	Denver	3/1	0	0	0.0	0	0
2003	Denver	4/0	4	34	8.5	13	0
2004	Denver	16/5	36	572	15.9	39	2
2005	Denver	16/4	37	481	13.0	32	0
2006	Houston	14/2	13	125	9.6	26	0
2007	Houston	8/1	6	39	6.5	11	1

NFL TOTALS 61/13 96 1,251 13.0 39 3

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2004	Denver	1/0	3	67	22.3	35t	1
2005	Denver	2/0	7	92	13.1	24	0

NFL TOTALS 3/0 10 159 15.9 35t 1

PERSONAL: Putzier and wife, Jaclyn, have one daughter, Kate. Attended Eagle High, earned two varsity letters each in football and basketball, and one each in track and baseball. Was a first-team all-state selection in both football and basketball as a senior, making 54 catches for 1,024 yards with 13 touch-

downs as a wide receiver/tight end and averaging 14 points and eight rebounds per game on the court... Also qualified for the state track meet in four events, receiving a medal in the 200-meter dash. Majored in English.

PUTZIER'S SINGLE-GAME HIGHS

Most Receptions: 7 at Miami (9/11/05)

Most Yards: 69 at Dallas (11/24/05)

Most TDs: 1 three times, last vs. Tennessee (10/21/07)

Longest Reception: 39 at San Diego (12/5/04)



BRIAN RUSSELL

Safety 6-2 210
San Diego State
7th NFL Season
2nd Seahawks Season
Unrestricted FA (Cleveland) 2007
2007 Games/Starts: 16/16
Career Games/Starts: 92/78
February 5, 1978
West Covina, California

25

2007: Started all 16 games for the fourth time in career, totaling 64 tackles (56 solo), 1.0 sacks and one interception. Tallied a season-high 10 tackles vs. New Orleans (10/14).

PRO: Signed by Seattle as an unrestricted free agent from Cleveland on March 9, 2007. Originally signed by Minnesota as an undrafted rookie free agent on April 27, 2001. Waived by Minnesota on September 2, 2001 and signed to its practice squad two days later. Made the 53-man roster in 2002. Signed by Cleveland as a restricted free agent on April 8, 2005. **2001:** Spent the season on Minnesota's practice squad. **2002:** Played in all 16 games, including two starts and totaled 16 tackles (12 solo) one interception. Also added 15 special teams tackles. Made NFL debut at Chicago (9/8) on special teams. Made first NFL start at strong safety vs. Chicago (10/27) and posted first career interception and added one tackle.

2003: Started all 16 games and finished with 95 tackles. Started the season with an interception in each of the first six games and finished the year tied for the NFL lead with nine interceptions. Also had one recovered fumble and one sack. Also had 15 special teams tackles. Had a season-high 10 tackles and recorded an interception at Detroit (9/21). Notched

his fifth consecutive game with an interception and added six tackles at Atlanta (10/5). Made first career sack at Oakland (11/16). Matched a season-high 10 tackles (nine solo) and one interception at St. Louis (11/30). Posted a career-high two interceptions vs. Kansas City (12/20) and tied a Vikings' record with three takeaways in one game by posting his first career fumble recovery. **2004:** Started all 16 regular season games and two postseason contests for the Vikings. Ranked third on the club with a career-high 111 tackles (74 solo), one interception, one forced fumble and one recovered fumble. Notched season-high nine tackles vs. the N.Y. Giants (10/31). Matched season-high nine tackles vs. Jacksonville (11/28). Started his first career postseason game and intercepted a Brett Favre pass, along with three tackles in the Vikings' 31-17 NFC Wild Card Playoff victory at Green Bay (1/9/05). Started in the NFC Divisional Playoff loss at Philadelphia (1/16/05) and recorded seven tackles and one forced fumble. Totaled 10 tackles, one interception and one forced fumble. **2005:** Started all 16 games for the fourth straight year and had 78 tackles (35 solo) and three interceptions. Had nine stops (three solo) in Browns debut vs.

Cincinnati (9/11). Had a season-high 10 stops (four solo) vs. Detroit (10/23). Tied career-high with two picks vs. Baltimore (1/1/06) and added seven tackles (two solo). **2006:** Started all 12 games played and posted 51 tackles (32 solo), one interception and one forced fumble before being placed on injured reserve (elbow) on December 11. Had a season-high eight tackles (four solo) in season opener vs. New Orleans (9/10) and a forced fumble. Recorded five solo stops at San Diego (11/5) and tallied 15th career interception vs. Cincinnati (11/26). Posted six stops (three solo) vs. Kansas City (12/3) in his last game before injury.

COLLEGE: Made the transition from quarterback to safety midway through his junior season. Named All-Mountain West honorable mention defensive back his senior year. Played in six games at free safety and five at corner and finished the season fourth on the team with 68 tackles (41 solo), one interception and two recovered fumbles. As a junior, played in eight games and finished with 20 tackles after starting the season at quarterback. Completed 19 of 42 for 215 yards and two touchdowns on the year. Made his defensive debut at Utah, contributing 10 tackles (four solo). Named team's offensive captain at the beginning of his sophomore year. Took over at quarterback in the first quarter of the second game of the season at USC because of

injury. Finished with five rushing touchdowns on the season, the most for a San Diego State quarterback since 1981. Ran for 51 yards in the Aztecs' first win of the season at Tulsa, the most rushing yards from an Aztec quarterback in 17 years. Completed 55 of 84 passes for 663 yards, including two touchdowns and an interception and a passer rating of 137.3 in his last three games of the season. Led San Diego State to a Las Vegas Bowl berth vs. North Carolina. Redshirted after transferring from Penn in 1997. In 1996, first freshman to ever start at quarterback for Penn. Played in 10 games and started two games. Finished 27 of 43 for 320 yards, adding four touchdowns and four interceptions.

PERSONAL: Played quarterback for Bishop Amat High in West Covina, Calif. and led school to the 1995 CIF Division I Championship. Del Rey League Champions in 1993, 1994 and 1995. Named All-Del Rey League and East-West All Star MVP. Kinesiology major. Father, Paul, is a football coach at Mt. San Antonio Junior College. Enjoys surfing and basketball. Wife, Leslie, is a track athlete who competed in the 2004 Olympic trials final in the javelin. In 2005 participated in an NFL and NFL Players Association three-day executive education program at the Wharton School at the University of Pennsylvania.

RUSSELL'S NFL RECORD

Year	Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR	Yds
			Tkl	So	Ast	QB	Yds	No	Yds	Avg						
2001	Minnesota															
Practice squad																
2002	Minnesota	16/2	16	12	4	0.0	0.0	1	18	18.0	18	0	1	0	0	0
2003	Minnesota	16/16	95	82	13	1.0	0.0	9	185	20.6	50	0	9	0	1	0
2004	Minnesota	16/16	111	74	37	0.0	0.0	1	41	41.0	41	0	8	1	1	0
2005	Cleveland	16/16	78	35	43	0.0	0.0	3	50	16.7	37	0	4	0	0	0
2006	Cleveland	12/12	51	32	19	0.0	0.0	1	6	6.0	6	0	6	1	0	0
2007	Seattle	16/16	64	56	8	1.0	9.0	1	0	0.0	0	0	6	0	1	0
NFL TOTALS		92/78	415	291	124	2.0	9.0	16	300	18.8	50	0	34	2	3	0

POSTSEASON

Year	Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR	Yds
			Tkl	So	Ast	QB	Yds	No	Yds	Avg						
2004	Minnesota	2/2	10	4	6	0.0	0.0	1	0	0.0	0	0	3	0	0	0
2007	Seattle	2/2	10	7	3	0.0	0.0	0	0	0.0	0	0	2	1	0	0
NFL TOTALS		4/4	20	11	9	0.0	0.0	1	0	0.0	0	0	5	1	0	0

RUSSELL'S SINGLE-GAME HIGHS

Tackles: 11 at Green Bay (11/14/04) **FF:** 1 two times, last vs. New Orleans (9/10/06)
Sacks: 1.0 at Oakland (11/16/03) and at Atlanta (12/30/07) **FR:** 1 three times, last at San Francisco (9/30)
Interceptions: 2 twice, last vs. Baltimore (1/1/06)

ADDITIONAL STATS

Special Teams Tackles: 2002 (15); 2003 (15); 2004 (5); 2005 (5); 2006 (2), 2007 (2); **Total:** (44).
Offensive Statistics: Rushed once for 4 yards.

ROB SIMS

Guard 6-3 312
 Ohio State
 3rd NFL Season
 3rd Seahawks Season
 2007 Games/Starts: 16/16
 Career Games/Starts: 30/19
 4th Round 2006
 December 6, 1983
 Macedonia, Ohio

67

2007: Started and played in all 16 games at left guard. Helped pave way for Shaun Alexander to rush for 105 yards vs. Tampa Bay (9/9). Was part of line that helped Shaun Alexander record his 37th-career 100-yard rushing game vs. Cincinnati (9/23). Helped line not allow a sack only time this season at Cleveland (11/4). Started at Philadelphia (12/2), but was spelled by Floyd Womack for part of second quarter. Part of an offensive line that helped team rush for season-high 167 yards at Atlanta (12/30). Started both postseason contests at left guard.

PRO: Drafted with the 31st pick in the fourth round (128) of the 2006 NFL Draft. First player chosen from Ohio State since 1997 (Shawn Springs). Fourth Buckeye drafted by Seahawks. Third consecutive year club has selected a guard. **2006:** Played key role on the offensive line during rookie season. Saw action in 14 games, including three starts. Made NFL debut replacing Chris Gray (knee) in the third game of the season versus the New York Giants (9/24) as line did not allow a sack. Split time at left guard with Floyd Womack and Chris Spencer before making first start of his career versus San Francisco (12/14) and remained there since. Seahawks averaged 125 yards on the ground in his three starts. Started both postseason games and helped Shaun Alexander rush for 108 yards and two touchdowns in the NFC Divisional Playoff at Chicago (1/14/06).

COLLEGE: Started 40 of 47 games for the Buckeyes, earning 12 of those starts at left guard. Shifted to position prior to senior sea-

son earning All-Big Ten Conference first-team honors. Made 28 starts at left tackle as an underclassmen. Produced 83 key blocks and eight touchdown-resulting blocks for an offense that collected 5,068 yards, an average of 422.8 yards per game his senior year. His ability to shut down the blitz and stunts saw the offensive line allow only 18 quarterback sacks for the season. Started 11 games at left tackle and finished season with 40 knock-downs as a junior. Took over left tackle duties when incumbent Ivan Douglas was sidelined with health problems (blood clot) during sophomore season. Made collegiate debut in the second week of freshman year vs. Kent State

PERSONAL: The son of the late Cleveland Browns tackle Mickey Sims (1977-79). Was a first-team All-Ohio selection at offensive tackle during senior season at Nordonia High School. Started at guard as a sophomore and junior before moving to tackle his senior season. Also earned letters in basketball and two in track, finishing fourth in state in the shot put as a senior. Communications major. Son of Brenda and the late Mickey Sims. Born 12/6/83. Resides in Macedonia, Ohio.

SIMS' NFL RECORD

Year	Team	GP/GS	Postseason
2006	Seattle	14/3	2/2
2007	Seattle	16/16	2/2
NFL TOTALS		30/19	4/4



CHRIS SPENCER

Center 6-3 312
 Mississippi
 4th NFL Season
 4th Seahawks Season
 2007 Games/Starts: 16/16
 Career Games/Starts: 41/29
 1st Round (26) 2005
 March 28, 1982
 Madison, Miss.

65

2007: Started 16 games at center. Helped pave way for Shaun Alexander to rush for 105 yards vs. Tampa Bay (9/9). Was part of line that helped Shaun Alexander record his 37th-career 100-yard rushing game vs. Cincinnati (9/23). Helped line not allow a sack only time this season at Cleveland (11/4). Started at Philadelphia (12/2), but left game in fourth quarter with a back injury and was replaced by Chris Gray. Part of an offensive line that helped team rush for season-high 167 yards at Atlanta (12/30). Started both postseason contests at center.

PRO: Drafted with the 26th overall selection in the first round of the 2005 NFL Draft. Only third center taken in first round since 1993. First center drafted by Seahawks since 1997. Highest center drafted in franchise history. Only second player drafted out of Mississippi in club history (Ken Lucas, 2001). **2005:** Saw action in nine games during rookie season at center or field goal unit. Played first NFL game against Jacksonville (9/11) for two plays in the third quarter replacing Chris Gray (helmet). Played center for part of the second half in Philadelphia (12/5) and was part of the line that did not allow a sack for third time all season. Played the entire second-half against Green Bay (1/1/06) in place of Robbie Tobeck (rest). **2006:** Was a staple of the offensive line, playing in all 16 games, including 13 starts (5 at guard, 8 at center). Made first career start at left guard versus the New York Giants (9/24). Started for Robbie Tobeck (hip) at center versus St. Louis (11/12) and helped Maurice Morris rush for 124 yards on 21 carries. Remained the starter for the rest of the season. Helped pave way for Shaun Alexander to gain 201 yards on a franchise-record 40 carries versus Green Bay (11/27) on Monday Night Football. Started both playoff games and was part of the line that did not allow a sack in the NFC Wild Card Game versus Dallas (1/6/07).

HONORS: 2005, PWA/PFWA All-Rookie Team

COLLEGE: Bypassed final year of eligibility to enter draft. Started only one year at Ole Miss but performance earned regard as one of the elite blockers in college football. Started at center all 11 games for Rebels as a junior. Named All-SEC by Southeastern Football Saturdays. Earned honorable mention All-SEC honors from the AP.

PERSONAL: Considered one of the top linemen in the nation and top overall player from Mississippi as a senior at Madison Central High School. Earned *Parade*, *SuperPrep*, *Prep Football Report*, *USA Today* and Reebok's ESPN All-America first-team honors. Rated as second-best offensive lineman in nation by *SuperPrep*. Added *Prepstar Super 30* All-Southeast Region and *Orlando Sentinel* All-Southern first-team accolades. Selected Player of Year in Mississippi by both *Gatorade* and *Jeff Whitaker's Deep South Football* publication. Helped Madison Central to Class 5A state championship in 1999 and a perfect 15-0 record. Won Class 5A Super Heavyweight power-lifting championship of Mississippi both junior and senior year. Holds all state prep lift records. Broke own state record senior year in power-lifting competition. Majored in Criminal Justice. Married to Katherine.

SPENCER'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2005	Seattle	—	9/0	0/0
2006	Seattle	—	16/13	2/2
2007	Seattle	—	16/16	2/2
NFL TOTALS			— 41/29	4/4

**DARRYL TAPP**

Defensive End 6-1 270
Virginia Tech
3rd NFL Season
3rd Seahawks Season
2nd Round 2006
2007 Games/Starts: 16/16
Career Games/Starts: 32/16
September 13, 1984
Chesapeake, Virginia

55

2007: Started all 16 regular-season games, recording 50 tackles (42 solo), 7.0 sacks, one interception, three forced fumbles and two fumble recoveries. Started first-career game at right defensive end totaling four tackles (two solo), .5 sack, a quarterback hurry and a pass defended vs. Tampa Bay (9/9). Collected three tackles (two solo), a sack, four quarterback hurries and a forced fumble while limiting 49ers' passers to a 22.7 rating at San Francisco (9/30). Vs. St. Louis (10/21), tied a club record with four sacks. Also had two passes defended and a forced fumble while playing the entire second half with cast after fracturing his hand during the game. Had three stops and second-career interception the following week at Cleveland (11/4). Recovered first fumble of the season and had one stop vs. San Francisco (11/12). Tied career high with five tackles (three solo), posted one sack and recovered a fourth-quarter fumble at Chicago (11/18). At St. Louis (11/25), recorded four solo stops and one forced fumble. Also had the clinching tackle on a goal line stand while facing fourth-and-goal from the 1 in the last seconds of the game. Started both post-season games, recording eight tackles (six solo).

PRO: Selected with the 31st pick in the second round (63rd overall) of the 2006 NFL Draft. Only second player chosen from Virginia Tech in club history (Ike Charlton, 2000). Fourth defensive end selected since 2002. **2006:** Played in all 16 games in first NFL season. Finished season with 23 tackles, 3.0 sacks, one interception for a touchdown, one forced fumble and nine special teams stops. Registered first NFL sack versus Arizona (9/17) and collected his second the following week versus New York Giants (9/24). Posted career-high four tackles, forced a fumble, and had a sack on Monday Night Football versus Green Bay (11/27). Recorded his first-career interception and returned it 25 yards for a touchdown at Denver (12/3). Tied career-

high with four tackles versus San Francisco (12/14). Played in both postseason games, registering four tackles.

COLLEGE: Played in 53 games during four seasons at Virginia Tech. Recorded 187 tackles, 23.5 sacks and 38 tackles for loss. Named first-team All-America by the American Football Coaches Association and was given the Dudley Award as the top Division I player in the Commonwealth of Virginia. As a senior, played in all 13 games, posted 48 tackles, 12 sacks and three forced fumbles. As a junior, started all 13 games, registering 60 tackles, 8.5 sacks and 16.5 tackles for loss. Given the Presidents' Award, given for outstanding leadership, following spring practice. Played in every game sophomore year. Played in all 14 games as a freshman, recording 19 tackles. Scored the game's first touchdown against Virginia, scooping up a blocked punt and returning it 11 yards for the score.

PERSONAL: Recorded 22 career sacks helping Deep Creek High School (Chesapeake, VA) to a 34-4 record during his three varsity seasons. Earned first-team All-Group AAA honors from the state coaches following the 2001 season. Was a second-team pick by the *Associated Press*. Named first-team All-Southeastern District, All-Tidewater and All-Eastern Region. Posted 89 stops during senior season, including a school-record 15 sacks. Selected an All-American and rated the number two defensive lineman in the Atlantic Region by *PrepStar* following his senior season and posted eight quarterback sacks. Earned first-team all-district honors helping team to the state championship game as a junior and to a regional championship in 2001. Lettered three seasons in basketball. Also lettered as a weight man in track. Born Darryl Anthony Tapp on 9/13/84 in Portsmouth, VA. Son of Charles, Sr., and Ruth Tapp. Majored in marketing.

TAPP'S NFL RECORD

Club	G/S	Tkl	Tackles		Sacks		Interceptions			TD	PD	FF	FR	Yds	
			So	Ast	QB	Yds	No	Yds	Avg						LG
2006 Seattle	16/0	23	15	8	3.0	19.0	1	25	25.0	25t	1	1	1	0	0
2007 Seattle	16/16	50	42	8	7.0	44.5	1	-4	-4.0	-4	0	10	3	2	9
NFL TOTALS	32/16	73	57	16	10.0	63.5	2	21	10.5	25t	1	11	4	2	9

POSTSEASON

Club	G/S	Tkl	Tackles		Sacks		Interceptions			TD	PD	FF	FR	Yds	
			So	Ast	QB	Yds	No	Yds	Avg						LG
2006 Seattle	2/2	4	4	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2007 Seattle	2/2	8	6	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	4/4	12	10	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0

TAPP'S SINGLE-GAME HIGHS

Tackles: 5, 2 Times, Last vs. Chicago (11/18/07)

Sacks: 1, 3 Times, Last vs. Green Bay (11/27/06)

Interceptions: 1, 2 Times, Last at Cleveland (11/4/07)

Forced Fumbles: 1, 4 Times, Last at St. Louis (11/25/07)

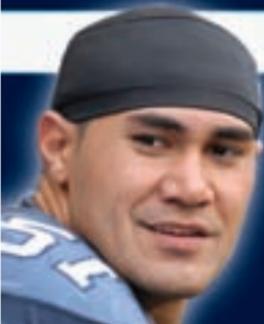
Fumble Recoveries: 1, vs. San Francisco (11/12/07)

Touchdowns: 1, at Denver (12/3/06)

25-yard interception return

ADDITIONAL STATS

Special Teams Tackles: 2006 (9) 2007 (0); **Career** (9).



LOFA TATUPU

Linebacker 6-0 242

USC

4th NFL Season

4th Seahawks Season

2nd Round 2005

2007 Games/Starts: 16/16

Career Games/Starts: 48/48

November 15, 1982

Wrentham, Massachusetts

51

2007: Named All Pro for first time in career and selected to the NFC Pro Bowl for the third time in as many seasons. Started all 16 games and became the first Seahawks player to lead the team in tackles for three consecutive seasons since Chad Brown (1997-99). Recorded 109 tackles, career-high four interceptions, nine passes defended and career-high three forced fumbles. Helped Seattle's defense rank tied for sixth in NFL allowing just 18.2 points per game. Tied for team lead with eight solo tackles and forced two fumbles during season opener vs. Tampa Bay (9/9). Recorded season-high 12 tackles (11 solo) and intercepted one pass for 16 yards the following week at Arizona (9/16). Registered eight tackles (seven solo) and forced one fumble at San Francisco

(9/30). Tallied seven tackles (one solo) and registered only sack of the season the next week at Pittsburgh (10/7). Led team with nine solo stops at St. Louis (11/25). Had one of the finest games of career while earning NFC Defensive Player of the Week honors at Philadelphia (12/2). Led team with 11 solo tackles and tied a franchise record with three interceptions for a combined 100 return yards. Recorded post-season-high 12 tackles (six solo) in the NFC Wild Card Game vs. Washington (1/5/08). Tallied seven tackles (five solo) and recovered a fumble and returned it 12 yards to Packers' 1-yard line to set up Seattle's first touchdown.

PRO: His 337 career tackles rank second in club history for most tackles in first three NFL seasons (Terry Beeson, 404). Has recorded 10

tackles or more ten times. First Seahawks player to lead the team in tackles for three consecutive seasons since Chad Brown (1997-99). Has led team in tackles 17 times in NFL Career (48 games). Selected with the 13th pick in the second round (45th overall) of the 2005 NFL Draft. Highest choice used on a linebacker since Simmons was taken 15th overall in the 1998 draft. Only second player chosen from USC in club history (Kris Richard 2002). **2005:** Was selected to the Pro Bowl after stellar rookie campaign. Led the team in total tackles (105) becoming second rookie in club history to lead team in tackles and first since 1977 when Terry Beeson recorded 134. Led team in tackles five times. Also registered 4.0 sacks, one fumble recovery, and three interceptions, including one for a touchdown. The 38-yard interception returned for a touchdown and nine tackles contributed to a 42-0 shutout in Philadelphia (12/5) and a share of Monday Night Football Horse Trailer Award. Registered first-career sack and had six tackles in first home game versus Atlanta (9/18). Racked up nine tackles and first-career interception at St. Louis (10/9). Set a career-high 13 tackles versus New York Giants (11/27). Recovered first-career fumble versus San Francisco (12/11). Started all three postseason games and returned first-career postseason interception 21 yards in NFC Championship against Carolina (1/22/06). Racked up 22 postseason tackles, including nine in Super Bowl XL (2/5/06). **2006:** Started all 16 games, becoming the first Seahawks middle linebacker to start back-to-back seasons at the position in nearly a decade. Named to his second Pro Bowl in as many years while leading the team with career-high 123 tackles (93 solo). Became first player to record back-to-back 100-tackle seasons since Anthony Simmons (2000-01). Also recorded 1.5 sacks, two forced fumbles and one fumble recovery. Led the team in tackles seven separate times. Registered 12 tackles (six solo) and recovered his second-career fumble versus Arizona (9/17). Tallied 11 tackles (nine solo) at Chicago (10/1). Had six solo tackles and only interception of the season the following week at St. Louis (10/15). Had nine solo stops and one passed defended at Kansas City (10/29). Recorded six tackles (five solo) and half a sack versus Oakland on Monday Night Football (11/6). Registered 10 tackles vs. St. Louis (11/12) and at San

Francisco (11/19) where he also forced his first-career fumble. Registered fifth double-digit tackle game this season tying a season high with 12 tackles (nine solo) and a sack versus San Diego (12/24). Led the team in tackles for seventh time this season registering seven tackles (five solo) and a forced fumble in the season finale at Tampa Bay (12/31). Started both postseason games and tallied 13 tackles, including eight (six solo) in the NFC Divisional Game at Chicago (1/14/06).

HONORS:



2005, *NFC Pro Bowl, PWF/PFWA All-Rookie Team, NFL Defensive Rookie of the Month for December/January, USA Today's All-Joe Team.* **2006,** *NFC Pro Bowl.* **2007,** *NFC Pro Bowl, Associated Press First Team, NFC Player of the Week for Week 13.*

COLLEGE: Transferred to USC after spending freshman year at the University of Maine. Started 25 games in two years for the Trojans as they won back-to-back national championships. Finished USC career with 202 tackles, nine sacks, seven interceptions, three fumble recoveries, three forced fumbles, 18 pass deflections, and one touchdown. Garnered numerous honors as a RS junior. First-team All American selection by *Sports Illustrated* and All-Pac-10 Conference first-team pick. Recipient of USC's co-Most Inspirational Player Award, Co-Lifter Award, and Bob Chandler Award. Led team in tackles for second straight year with 104. Honored with the John McKay Award, given annually to the underclassman with the most competitive spirit as a RS sophomore.

PERSONAL: Attended King Phillip Regional (Wrentham, Mass.) High School. Played football for his father, former NFL fullback and special teams great Mosi Tatupu, who is now an assistant coach at Curry College. Played linebacker and quarterback senior year. Recorded 100 tackles. Threw for 800 yards and 10 TDs while rushing for 450 yards and five scores. All-state pick and two-time (1999-00) *Sun Chronicle* All-Star and all-league linebacker. Earned all-league Defensive MVP honors as a senior. Majored in Sociology.

TATUPU'S SINGLE-GAME HIGHS

Tackles: 13 vs. N.Y. Giants (11/27/05)

Interceptions: 3 at Philadelphia (12/2/07)

Forced Fumbles: 2 vs. Tampa Bay (9/9/07)

Fumble Recoveries: 1, 2 Times, vs. San Francisco (12/11/05) and vs. Arizona (9/17/06)

Touchdowns: 1 at Philadelphia (12/5/05) 38-yard interception return

Sacks: 1.0, 6 Times, Last at Pittsburgh (10/7/07)

TATUPU'S NFL RECORD

Club	G/S	Tkl	Tackles		Sacks		Interceptions			TD	PD	FF	FR	Yds	
			So	Ast	QB	Yds	No	Yds	Avg						
2005 Seattle	16/16	105	86	19	4.0	32.0	3	55	18.3	38t	1	10	0	1	0
2006 Seattle	16/16	123	93	30	1.5	14.0	1	19	19.0	19	0	7	2	1	0
2007 Seattle	16/16	109	83	26	1.0	8.0	4	116	29.0	49	0	9	3	0	0
NFL TOTALS	48/48	337	262	75	6.5	54.0	8	190	23.75	49	1	26	5	2	0

POSTSEASON

Club	G/S	Tkl	Tackles		Sacks		Interceptions			TD	PD	FF	FR	Yds	
			So	Ast	QB	Yds	No	Yds	Avg						
2005 Seattle	3/3	22	17	5	0.0	0.0	1	21	21.0	21	0	2	0	0	0
2006 Seattle	2/2	13	9	4	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2007 Seattle	2/2	19	11	8	0.0	0.0	0	0	0.0	0	0	1	0	1	12
NFL TOTALS	7/7	54	37	17	0.0	0.0	1	21	21.0	21	0	3	0	1	12



COURTNEY TAYLOR

Wide Receiver **6-1** **205**

Auburn

2nd NFL Season

2nd Seahawks Season

6th Round (A) 2007

2007 Games/Starts: 8/0

Career Games/Starts: 8/0

April 7, 1984

Carrollton, Alabama

86

2007: Played in eight games, recording five receptions for 38 yards, returned one kickoff for 27 yards and had one special teams tackle. Made NFL debut at Arizona (9/16), recording first-career reception for six yards. Returned first-career kickoff for 27 yards on Sunday Night Football vs. New Orleans (10/14). Hauled in two receptions for career-high 19 yards vs St. Louis (10/21). At Atlanta (12/31), recorded two receptions for 13 yards and had a special teams tackle. Saw action on special teams and limited action at receiver in the Wild Card Game vs. Washington (1/5/08) and was inactive the following week at Green Bay (1/12/08).

PRO: Selected with the 23rd pick in the 6th round (197th overall) of the 2007 NFL Draft. Third player selected from Auburn in as many years (Will Herring, Ben Obomanu) and second Tiger wide receiver selected (Obomanu). First time club has selected two players from the same school since 2004 (Niko Koutouvides, Craig Terrill; Purdue).

COLLEGE: In 50 games at Auburn, Taylor started 33 times. He holds the school career-

record with 153 receptions and became only the fourth player in school history to gain over 2,000 yards receiving, totaling 2,098 yards (13.9 avg) with nine touchdowns. He added 139 yards on 14 carries (9.9 avg) and completed one pass attempt for a 28-yard score. He also excelled on the coverage units, recording twelve tackles (9 solos).

PERSONAL: Attended Carrollton (Ala.) High School. Competed as a three-year starter at quarterback and cornerback. Collected 1,200 all-purpose yards passing and running, throwing for ten touchdowns as a senior. On defense, he recorded 76 tackles and six interceptions, leading his team to 10-2 record. Also competed in track and won the state Class A high jump as a junior. Talented basketball player that averaged over 20 points and 10 rebounds as a senior. Business/ Logistics Marketing major. Son of Mary and Joe Walker. Born 4/07/84. Resides in Carrollton, Alabama.

TAYLOR'S NFL RECORD

Club	G/S	Receiving						Rushing			
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2007 Seattle	8/0	5	38	7.6	12	0	0	0	0.0	0	
NFL TOTALS	8/0	5	38	7.6	12	0	0	0	0.0	0	

POSTSEASON

Club	G/S	Receiving						Rushing			
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2007 Seattle	1/0	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	



CRAIG TERRILL

Defensive Tackle **6-2** **295**
Purdue
5th NFL Season
5th Seahawks Season
6th Round 2004
2007 Games/Starts: 16/2
Career Games/Starts: 47/2
June 27, 1980
Lebanon, Indiana

93

2007: Played in all 16 games for the second time in career with two starts and finished the season with 25 tackles (19 solo), two quarterback hits and one pass defended. Tallied four solo tackles and one passed defended in the season opener vs. Tampa Bay (9/9). Tied career high with five tackles (two solo) at Pittsburgh (10/7). Made first-career start vs. Baltimore (12/23) but did not record a tackle. Recorded three tackles (two solo) in the NFC Wild Card Game vs. Washington (1/5/08). Registered two solo tackles in the NFC Divisional Game at Green Bay (1/12/08).

PRO: Three-career blocked field goals ranks second in club history (Joe Nash, 8). Selected with the 24th pick in the fifth round (189th overall) of the 2004 NFL Draft. Second defensive lineman taken by team and second consecutive year team drafted a defensive lineman in the sixth round. Only fourth player chosen from Purdue University in club history. With fourth-round selection Niko Koutouvides, became first teammates to be drafted by Seahawks since 1998. **2004:** Played in four games. Made roster during training camp but was inactive to start the season (Weeks 1-6). Dressed for first time at Arizona (10/24) but did not play. Inactive for weeks 8-13. Made NFL debut at Minnesota (12/12) playing defensive tackle. Registered one assisted tackle. Posted career-high two

tackles against Atlanta (1/2/05) in season finale. Played in Wild Card Game vs. St. Louis (1/8/05) and split a sack with defensive linemate Cedric Woodard. **2005:** Played in all 16 games recording 18 tackles and 2.0 sacks. Recorded first sack of career at St. Louis (10/9). Had a career-high three tackles at Tennessee (12/18). Blocked a field-goal attempt at Washington (10/2), first blocked field goal since Lamar King's blocked kick at Green Bay (11/1/99, 92 games). Played in all three postseason games and posted six tackles, including a forced fumble in the NFC Championship against Carolina (1/22/06). **2006:** Played 11 games at defensive tackle and on special teams before being placed on injured reserve (knee) on December 12. Recorded 11 tackles, 3.0 sacks, one fumble recovery and blocked two field goals. Was inactive at St. Louis (10/15) and versus Minnesota (10/22). Had arguably his two finest games of his career on Monday Night Football. Versus Oakland (11/6), set career highs in tackles (5) and sacks (3.0) and two games later versus Green Bay (11/27), blocked a field goal for second straight week, recovered a fumble (third career) and had three stops. Blocked his second-career field goal at San Francisco (11/19).

COLLEGE: Three-year starter on the defensive line. Amassed 131 tackles (89 solo) and

35.5 tackles for losses of 165 yards. Ranks fifth on school's career sack list with 20.5. All-Big Ten selection by coaches and honorable mention by media as a fifth-year senior. As junior was honorable mention All-Big Ten by coaches and media. Started every game as sophomore. Appeared in all 12 games and

started eight freshman year.

PERSONAL: First-team All-State as a senior defensive lineman at Lebanon (Ind.) High. Holds school records for sacks in a season (27) and career (36). Enjoys playing the guitar. Majored in Journalism. Married to Rachel.

TERRILL'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
2004 Seattle	4/0	4	1	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2005 Seattle	16/0	18	12	6	2.0	13.5	0	0	0.0	0	0	2	0	2	18
2006 Seattle	11/0	11	7	4	3.0	13.0	0	0	0.0	0	0	0	0	1	5
2007 Seattle	16/2	25	19	6	0.0	0.0	0	0	0.0	0	0	1	0	0	0
NFL TOTALS	47/2	58	39	19	5.0	26.5	0	0	0.0	0	0	3	0	3	23

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
2004 Seattle	1/0	1	0	1	0.5	0.0	0	0	0.0	0	0	0	0	0	0
2005 Seattle	3/0	6	3	3	0.0	0.0	0	0	0.0	0	0	0	1	0	0
2006 Seattle	Inactive														
2007 Seattle	2/0	5	4	1	1.0	8.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	6/0	12	7	5	1.5	8.0	0	0	0.0	0	0	0	1	0	0

TERRILL'S SINGLE-GAME HIGHS

Tackles: 5 vs. Oakland (11/6/06)

Sacks: 3.0 vs. Oakland (11/6/06)

Interceptions: None

Forced Fumbles: None

Fumble Recoveries: 1, 3 Times, Last vs. Green Bay (11/27/06)

ADDITIONAL STATS

Special Teams: 2005: Blocked field goal (1 at Washington, 10/2/05);
2006: Block field goal, 2 (1 at San Francisco, 11/19/06 and 1 vs. Green Bay, 11/27/06).



LARRY TRIPPLETT

Defensive Tackle **6-2** **296**
Washington
7th NFL Season
1st Seahawks Season
Free Agent 2008
2007 Games/Starts: 16/16
Career Games/Starts: 92/62
January 18, 1979
Los Angeles, California

96

2007: Started all 16 games at defensive tackle marking his third consecutive season earning a start in each game, fourth time in six NFL seasons. Recorded 51 tackles, first career interception, a fumble recovery, a forced fumble and a sack. Forced a fumble in 3rd quarter,

shared a sack and intercepted his first career pass at Washington (12/2). Versus Miami (12/9), participated in second sack in back-to-back games, marking his second career sack streak and tied his career-long streak at two games. Recovered fourth career fumble

recovery vs. the New York Giants (12/23).

PRO: Signed with Seattle as an unrestricted free agent 4/30/08. Released by Buffalo 2/29/08. Signed by the Bills as an unrestricted free agent 3/11/06. Originally drafted in the second round of the 2002 NFL Draft (42nd overall) by the Indianapolis Colts. **2002:** Started 10 of 13 games as rookie. Recorded 43 tackles, 33 solo, seven QB pressures and one pass defended. NFL career debut at Jacksonville (9/8) and had four solo tackles. Opened first four games before missing three of next four games with shoulder and elbow injuries. In postseason, started at defensive tackle and had two solo tackles at New York Jets (1/4). **2003:** Started 16 games at left defensive tackle and had 62 tackles, 49 solo, one sack and one blocked field goal. Recorded season-high eight stops at Tampa Bay (10/6) and at Jacksonville (11/9). In postseason, started all three postseason games and registered three tackles at Kansas City (1/11) and six tackles at New England (1/18). **2004:** Played in all 16 games and was key reserve as club employed multiple players in each game. Registered 40 tackles, 36 solo, six QB pressures, two FF and one blocked FG. Had season-high six tackles at Tennessee (9/19). Blocked a field goal versus Baltimore (12/19). In postseason, had three tackles and one sack vs. Denver (1/9) and four solo stops and one sack at New England (1/16). **2005:** Saw action in 15 games at left defensive tackle, starting four. Registered 37 tackles, 26 solo, 15 QB pressures, career-high four sacks, one batted pass, one forced fumble and two fumble recoveries (one for 60t). Had one of best performances at Baltimore (9/11) with seven tackles, six solo, and two sacks. Had

four solo stops and one fumble recovery at San Francisco (10/9). Had one solo stop, one sack and a FR for a 60-yard touchdown return vs. Tennessee (12/4). In postseason, saw action as reserve defensive tackle vs. Pittsburgh (1/15) and had one sack. **2006:** Started all 16 games and had 56 tackles, four passes defended, 2.5 sacks, one forced fumble and one fumble recovery versus New England (10/22), recorded seven tackles, one for a loss. At Houston (11/19), recorded his first sack of the season in the first quarter. Versus Jacksonville (11/26), notched seven tackles and recorded first multi-sack game with the Bills with 1.5 sacks

COLLEGE: Started 33 consecutive games over final three seasons, predominantly at NT and opened 33 of 37 for career had 115 tackles, 74 solo, 32 stops for losses, 9.5 sacks, nine passes broken up, two FF and two FR had 38 tackles, 27 solo, two sacks and 14 tackles for losses as senior served as team captain for second straight year as All-America third-team pick by The Sporting News, honorable mention from CNN/SI and first-team from Football News was All-Pac Ten Conference first-team selection and semifinalist for Lombardi Award.

PERSONAL: Full name is Larry Christopher Jermaine Tripplett. Born in Los Angeles, Calif. Attended Westchester High School. First-team All-Area pick on defense by The Daily Breeze, adding All-City and All-Central City honors as senior. Named MVP of Coastal Conference. Had 13 sacks as senior. Was first-team All-Westside and All-City selection as junior. Participated in public service announcement for United Negro College Fund. Tripplett and his wife, Natasha, have one daughter.

TRIPPLETT'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions					FF	FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD				PD
2002 Ind.	13/10	21	18	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2003 Ind.	16/16	47	29	18	1.0	6.5	0	0	0.0	0	0	2	1	0	0
2004 Ind.	16/0	29	26	3	0.0	0.0	0	0	0.0	0	0	0	1	0	0
2005 Ind.	15/4	30	25	5	4.0	26.0	0	0	0.0	0	0	2	1	2	60
2006 Buffalo	16/16	33	19	14	2.5	13.5	0	0	0.0	0	0	3	1	1	0
2007 Buffalo	16/16	35	18	17	1.0	1.5	1	0	0.0	0	0	5	1	1	0
NFL TOTALS	92/62	195	135	60	8.5	47.5	1	0	0.0	0	0	10	5	4	60

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions					FF	FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD				PD
2002 Ind.	1	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0.0
2003 Ind.	3	4	4	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0.0
2004 Ind.	2	8	8	0	2.0	21.0	0	0	0.0	0	0	0	0	0	0.0
2005 Ind.	1	2	2	0	1.0	10.0	0	0	0.0	0	0	0	0	0	0.0
NFL TOTALS	7/4	15	14	1	3.0	31.0	0	0	0.0	0	0	0	0	0	0.0

TRIPPLETT'S SINGLE-GAME HIGHS

Tackles: 8 at Tampa Bay (10/6/03)**Interceptions:** 1, at Washington (12/2/07)**Fumble Recoveries:** 1, 4 Times, Last vs. New York Giants (12/23/07)**Sacks:** 1.5 vs. Jacksonville (11/26/06)**Forced Fumbles:** 1, 5 Times, Last at Wash. (12/2/07)

ADDITIONAL STATS

2005: Returned fumble for touchdown vs. Tennessee (12/4/05)



MARCUS TRUFANT

Cornerback **5-11** **197**
Washington State
6th NFL Season
6th Seahawks Season
1st Round (11) 2003
2007 Games/Starts: 16/16
Career Games/Starts: 78/78
December 25, 1980
Tacoma, Washington

23

2007: Turned in finest season of his career, earning first NFC Pro Bowl honors. Started all 16, registering 85 tackles (78 solo), career-high seven interceptions (2nd NFC, T3rd NFL) 16 passes defended and first-career touchdown. Tied career high with nine tackles (8 solo) vs. Cincinnati (9/23). Intercepted two passes for 54 return yards and recorded four passes defended and three solo stops the following week at San Francisco (9/30). Had a career game vs. Arizona (12/9). Tied a franchise record with career-high high three interceptions, including one 84 yards for first-career touchdown. Finished tied for second on team with six tackles (four solo). Tied career-high with nine solo tackles at Carolina (12/16). Recorded six tackles (three solo), an interception and three passes defended in the NFC Wild Card Game vs. Washington (1/5/08). Returned interception 78 yards for a score and set club records for: Most interception yards for a career (78) and game (78), longest interception return (78) and most interception touchdowns (1) for a career and game (Babineaux returned interception 57 yards for a touchdown later in the game). Had three solo stops in the NFC Divisional Game at Green Bay (1/12/08).

PRO: Local product chosen with the 11th overall pick in the first round of the 2003 NFL Draft, becoming the first defensive player taken in the first round by the Seahawks since DE Lamar King (1999) and only the third cornerback drafted in the first round by the

Seahawks in team history. The fifth-highest cornerback taken by Seattle and highest since Shawn Springs was chosen third in 1997. **2003:** One of two rookies (S Ken Hamlin) to start on defense and make an immediate impact. Started all 16 games, the first five games at left corner with Springs out (shoulder), and the last 11 at right corner. Led the team with 20 passes defended which tied for second in the NFC (T-5th NFL). Also collected 78 tackles (69 solo) with two interceptions and one fumble recovery. Started in place of Springs against New Orleans (9/7) and did not waste any time making his presence felt with five tackles and two passes defended, one of which was batted in the air and intercepted by DE Chike Okeafor. At Arizona (9/14), recovered first-career fumble and returned it 31 yards to the Arizona 6-yard line to set up the Seahawks' first score. Against St. Louis the next week (9/21), recorded a career-high eight solo tackles. In first game at right cornerback versus Chicago (10/19), tied career high of eight tackles and picked off first-career pass while posting team-high three passes defended. Again tied career-high with eight solo tackles in win against Pittsburgh (11/9). At Baltimore (11/23), posted career and team-high five passes defended. In season finale at San Francisco (12/27), snagged second-career interception, posted three solo stops and two passes defended. Started the Wild Card Game at Green Bay (1/4/04) and recorded five solo

stops and one special teams tackle. **2004:** Followed up excellent rookie season by becoming only fourth cornerback in NFL history to lead their team in total tackles (93). Tied SS Michael Boulware for second on team with five interceptions (3rd NFC, 8th NFL). Posted 20 passes defended for the second consecutive season. At Tampa Bay (9/19), registered eight tackles and returned an interception 41 yards, leading to Seahawks touchdown. Recorded eight solo stops, an interception, and three passes defended against St. Louis (10/10). Intercepted fourth-quarter pass and returned it 58 yards to seal win against Carolina (10/31). Notched career-high nine tackles vs. Miami (11/21). Against Arizona (12/26), intercepted a pass and batted down two others. Capped off regular season with 31-yard interception return and two passes defended vs. Atlanta (1/2/05). Started playoff game against St. Louis (1/8/05) and recorded five tackles and one pass defended. **2005:** Played major role in the defensive success, starting the first 15 games of the season. Declared inactive (back) versus Green Bay (1/1/06), missing the first game of his NFL career. Led team with seven tackles (all solo), posted second-career sack, forced first-career fumble, and had one pass defended against Jacksonville (9/11). Recorded a season-high eight tackles against the New York Giants (11/27). Had his only interception of the season and seven tackles (all solo) at Arizona (11/6). Led the team with three passes defended, recorded three tackles and picked up a Steve Smith fumble late in the fourth quarter to help seal the win in the NFC Championship against Carolina (1/22/06). **2006:** Started the first 15 games before missing second-career game (ankle) in the season finale at Tampa Bay (12/31). Collected 68 tackles (60 solo), one interception, tied the team lead with two forced fumbles and tied for second with 11 passes defended. Recorded five stops and forced first fumble of the season versus New York Giants (9/24). Registered seven tackles and one pass defended versus St. Louis (11/12). Tied career-high with nine tackles the following week at San Francisco

(11/19). Intercepted his only pass of the season, ninth career, along with five tackles on Monday Night Football versus Green Bay (11/27). Forced his second fumble of the year, third career, at Denver (12/3) the following week. Tallied eight tackles and one passed defended at Arizona (12/10). Recorded four solo stops before leaving the game (ankle) midway through the third quarter versus San Diego (12/24), which ended his season.



HONORS: **2003**, Pro Football Weekly All-Rookie Team. **2007**, NFC Pro Bowl.

COLLEGE: Started at Washington State since early in his freshman year. Did not allow a touchdown reception in his last two seasons. Finished college career with 201 tackles (153 solo), five tackles for loss, 11 interceptions, and 49 pass deflections in 42 games. As a senior, was selected an All-American second-team pick by the *Associated Press* and first-team All-Pac-10 Conference choice. Served as team captain and started every game at left cornerback. Finished the season third on the team with 74 tackles (59 solo). Also had three interceptions, deflected 13 passes, and recovered a fumble. Returned 38 punts for 402 yards (10.6 avg.). **PERSONAL:** Attended Wilson (Tacoma, Wash.) High School. Earned three varsity letters, two in basketball and track. Served as a team captain for three sports as a senior. As a junior, named the top offensive player on the team, while in basketball, he was chosen Mr. Defense. Triple jumped 47-6 to capture ninth place at the State track meet. As a senior, earned All-State first-team honors by *Associated Press*, the *Seattle PI*, and *Washington Prep Report*. Was a *Seattle Times* Red Chip honoree and named to the Western 100 (number eight DB) by the *Tacoma News Tribune*. Named Washington AAAA player of the Year by *TNT*, as well as to the paper's all-league, all-area, and all-state teams. Won the state 4-A title. Scored 30 touchdowns and rushed for more than 1,800 yards. On defense, recorded 48 tackles and eight interceptions. Majored in communications.

TRUFANT'S SINGLE-GAME HIGHS

Tackles: 9, 4 Times, Last at Carolina (12/116/07)
Interceptions: 3 vs. Arizona (12/9/07)
Fumble Recoveries: 1 at Arizona (9/14/03)

Sacks: 1.0, 2 Times, Last at Jacksonville (9/11/05)
Forced Fumbles: 1, 3 Times, Last at Denver (12/3/06)
Touchdowns: 1 vs. Arizona (12/9/07)
 84-yard interception return

ADDITIONAL STATS

Special Teams Tackles: 2003 (5); 2004 (2); 2005 (7); **Career:** (14). **Postseason:** 2003 (1)
Punt Return: 2006: One punt return for no gain.

TRUFANT'S NFL RECORD

Club	Tackles				Sacks		Interceptions								
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2003 Seattle	16/16	78	69	9	0.0	0.0	2	21	10.5	15	0	20	0	1	31
2004 Seattle	16/16	93	83	10	1.0	8.0	5	141	28.2	58	0	20	0	0	0
2005 Seattle	15/15	64	55	9	1.0	5.0	1	7	7.0	7	0	14	1	0	0
2006 Seattle	15/15	68	60	8	0.0	0.0	1	0	0.0	0	0	11	2	0	0
2007 Seattle	16/16	85	78	7	0.0	0.0	7	150	21.4	49	0	16	0	0	0
NFL TOTALS	78/78	388	345	43	2.0	13.0	16	319	19.9	58	0	81	3	1	31

POSTSEASON

Club	Tackles				Sacks		Interceptions								
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2003 Seattle	1/1	5	5	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2004 Seattle	1/1	5	4	1	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2005 Seattle	3/3	9	9	0	0.0	0.0	0	0	0.0	0	0	4	0	1	0
2006 Seattle				Injured Reserve											
2007 Seattle	2/2	9	6	3	0.0	0.0	1	78	78	78t	1	3	0	0	0
NFL TOTALS	7/7	28	24	4	0.0	0.0	1	78	78	78t	1	8	0	1	0



MARCUS TUBBS

Defensive Tackle **6-3** **318**

Texas

5th NFL Season

5th Seahawks Season

1st Round (23) 2004

2007 Games/Starts: 0/0

Career Games/Starts: 29/16

May 16, 1981

DeSoto, Texas

90

2007: Placed on injured reserve on September 1 following a torn ACL suffered in the fourth preseason game vs. Oakland (8/30).

PRO: Selected with the 23rd overall pick in the first round of the 2004 NFL Draft, marking the second consecutive year the team had taken a defensive player in the first round (Marcus Trufant, 2003). Only third Longhorn selected in club history and first defensive tackle taken by team in first round since Sam Adams (Texas A&M) was selected eighth overall in 1994. **2004:** Played in 11 games with three starts. Began season as reserve but worked way into starting lineup until ankle injury ended season. Finished rookie year with 13 total tackles and one sack. Also forced a fumble and knocked down a pass. Declared inactive with hamstring injury week one at New Orleans (9/12). Made NFL debut at Tampa Bay (9/19) but did not record tackle.

Registered first-career tackle against San Francisco (9/26). Against Carolina (10/31), posted career-high three tackles. Collected first-career sack and first-career forced fumble on same play against Miami (11/21) halting a drive before halftime. Declared inactive (ankle) weeks 14-17. Also inactive for Wild Card Game against St. Louis (1/8/05). **2005:** Followed up rookie campaign with strong second season. Played in 13 games, starting 11. Was inactive (calf) for three straight games against St. Louis (11/13), at San Francisco (11/20), and versus New York Giants (11/27). Set career-highs in every major category including tackles (40), sacks (5.5) forced fumbles (2), and first-career fumble recovery. Set single game career highs in tackles (6) versus Indianapolis (12/24) and sacks (2.0) versus San Francisco (12/11). Recorded six post-season tackles (all solo) including two in Super Bowl XL against Pittsburgh (2/5/06). **2006:**

Played in five games, starting two totaling seven tackles and half of a sack. Recorded two stops versus Arizona (9/17). Declared inactive (knee) at Chicago. Split a sack with Rocky Bernard and added two tackles at St. Louis (10/15) the following week. Registered a season-high three tackles at Minnesota (10/22). Declared inactive the next two weeks at Kansas City (10/29) and versus Oakland (11/6) before being placed on injured reserve (knee) on November 11.

COLLEGE: Started 37 of 48 games. Finished career with 205 tackles (95 solo) and 15.5 sacks. Forced five fumbles and recovered another. Blocked four kicks. All-American third-team selection by *NFL Report* and first-team All-Big 12 Conference as senior. Recorded career-high 77 tackles (38 solo) with 5.5 sacks and 12 tackles for loss. Forced two fumbles, two passes defended, and blocked two kicks. As junior, started nine of 12 games. Recorded 43 tackles (19 solo) with 2.5 sacks. Selected second-team All-Big 12 Conference by *Houston Chronicle* and *Dallas Morning News* for second consecutive year. Named team's Most Outstanding Defensive Lineman

while garnering second-team All-Big 12 Conference honors from *Houston Chronicle* and *Dallas Morning News* as sophomore. Was key contributor on UT defense that led nation in total defense (236.2 ypg) and ranked third in passing (146.7 ypg) and scoring defense (13.7 ppg). Named UT's Most Improved Defensive Player after playing in every game, with three starts as redshirt freshman.

PERSONAL: Attended DeSoto (Texas) High. Basketball standout who didn't play football until junior year. Earned first-team All-District honors at tight end as a senior after catching 28 passes for 353 yards and two touchdowns. Three-year starter in basketball. Selected first-team All-District all three years while setting career averages of 15 points and 10 rebounds per game. Two-time Athletics Director's Honor Roll member and named to Fall 2000 and 2001 Big-12 Conference Commissioner's Honor Roll while majoring in Youth and Community Studies. Cousin of former NFL Pro Bowl linebacker Winfred Tubbs (San Francisco). Married to Jessica, and has a daughter, Karmyn.

TUBBS' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2004 Seattle	11/3	13	6	7	1.0	10.0	0	0	0.0	0	0	1	1	0	0
2005 Seattle	13/11	40	28	12	5.5	25.5	0	0	0.0	0	0	2	2	1	0
2006 Seattle	5/2	7	4	3	0.5	5.5	0	0	0.0	0	0	0	0	0	0
2007 Seattle	Injured Reserve (ACL)														
NFL TOTALS	29/16	60	38	22	7.0	41.0	0	0	0.0	0	0	3	3	1	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2004 Seattle	Inactive														
2005 Seattle	3/0	6	6	0	0.0	0	0	0	0.0	0	0	0	0	0	0
2006 Seattle	Inactive														
2007 Seattle	Injured Reserve (ACL)														
NFL TOTALS	3/0	6	6	0	0.0	0	0	0	0.0	0	0	0	0	0	0

TUBBS' SINGLE-GAME HIGHS

Tackles: 6, vs. Indianapolis (12/24/05)

Interceptions: None

Fumble Recoveries: 1, at Philadelphia (12/5/05)

Sacks: 2.0, vs. San Francisco (12/11/05)

Forced Fumbles: 1, 3 Times, Last vs. Indianapolis (12/24/05)

MIKE WAHLE



Guard 6-6 304
 Navy
 11th NFL Season
 1st Seahawks Season
 Free Agent 2008
 2007 Games/Starts: 16/16
 Career Games/Starts: 142/128
 March 29, 1977
 Lake Arrowhead, CA

68

2007: Started at left guard all 16 games. Helped Panthers rush for a season-high 186 yards on 38 attempts and part of offensive line that did not yield a sack at St. Louis (9/9). Helped pave way for 175 rushing yards on 36 attempts at Atlanta (9/23). Forced to leave the game in the fourth quarter at Arizona (10/14) after suffering a blow to the head and did not return. Part of offensive line that did not allow a sack for second time this season vs. Seattle (12/16). Helped ball carriers rush for 180 yards and two touchdowns in the season finale at Tampa Bay (12/30).

PRO: Signed with Seattle on February 14, 2007, after spending three seasons with Carolina. Signed as a free agent by the Panthers (3/3/05) after being released by Green Bay (3/1/05) where he played his first seven seasons. Signed as an unrestricted free agent by Green Bay (3/11/02). Selected by Green Bay in the second round (24th overall) of the 1998 supplemental draft (7/9/98).

1998: Saw action in one game and was inactive for 15 contests. Inactive for NFC Wild Card at San Francisco (1/3). Made NFL debut at Chicago (12/27), appearing on special teams and at left guard. **1999:** Played in all 16 games with 13 starts. Made starts in six contests at left tackle, six at left guard and one at right tackle. Started the first four games at left guard before starting at right tackle at Denver (10/17) and returning to left guard for the next two contests. Started the final six games at left tackle. Did not start versus Chicago (11/17), at Dallas (11/14) and versus Detroit (11/21). Part of offensive line that paved the way for a 4,000-yard passer in Brett Favre, 1,000-yard rusher in Dorsey Levens and two 1,000-yard receivers in Antonio Freeman and Bill Schroeder, the first such quartet in team history. Vs. Oakland (9/12): Made first NFL start at left guard. At Denver (10/17): Moved over to start at right tackle in place of an injured Earl Dotson. At San Francisco (11/29): Started at left tackle after a knee injury to Ross

Verba. **2000:** Appeared in all 16 games with six starts at left tackle. Started the first six contests at left tackle prior to suffering a left calf strain at Detroit (10/8). Utilized primarily on special teams for the remainder of the season. At Minnesota (12/17): Lined up as an extra tight end. **2001:** Started all 16 regular season contests at left guard. Played a key role on offensive line that allowed 22 sacks, third fewest in the League, and the fewest yielded by Green Bay since surrendering 17 in 1974. Opened holes for running back Ahman Green to rank second in the NFC in rushing with 1,387 yards. Received a game ball for his touchdown-saving tackle of Buccaneers cornerback Donnie Abraham following a 46-yard return of a Brett Favre interception vs. Tampa Bay (11/4). Helped the Packers rush for a season-high 222 yards vs. Cleveland (12/23). Started at left guard in NFC Wild Card versus San Francisco (1/13) and NFC Divisional Playoff at St. Louis (1/20). **2002:** Started all 16 regular season games. Contributed to Packers offense that averaged 120.8 rushing yards per game, the team's highest total in 17 years. Recorded first NFL reception for seven yards, catching a Brett Favre pass that had been batted into the air at New Orleans (9/15). Started NFC Wild Card versus Atlanta (1/4) at left guard. **2003:** Started all 16 regular season contests at left guard. Part of Green Bay offense that established single-season marks for rushing yards with 2,558, which ranked third in the NFL, and yards per carry at 5.05. Assisted Packers in rushing for more than 100 yards in 11 games and more than 200 in five. Member of offensive line that yielded 19 sacks, tied for the second-fewest surrendered in the NFL. Included a team-record six contests without a sack allowed and three consecutive games with no sacks given up for the first time in franchise history. Cleared paths for Ahman Green to lead the NFC in rushing with a team record 1,883 yards. At Tampa Bay (11/16), Helped Packers end Buccaneers NFL-

record streak of 69 consecutive games with a sack. Started at left guard in NFC Wild Card versus Seattle (1/4) and NFC Divisional Playoff at Philadelphia (1/11). **2004:** Started all 16 regular season games at left guard for the fourth consecutive season. Contributed to Green Bay offense that set team records with 6,349 total net yards, 4,441 net passing yards and 14 sacks allowed, a total that led the NFL. Started NFC Wild Card versus Minnesota (1/9) at left guard. **2005:** Started at left guard in all 16 contests for the fifth consecutive season. Member of offensive line unit that started the same five players in every contest for the first time in team history. Twenty-eight sacks allowed ranked as the second-fewest in team history behind the 26 surrendered in 2003. Helped Stephen Davis establish a team record with 12 rushing touchdowns. At Atlanta (1/1/06), contributions helped establish a team record with 13 rushing first downs and 229 yards rushing. In the NFC Wild Card Game at the N.Y. Giants (1/8/06), contributed to an offense that accumulated 223 yards rushing on 45 attempts. The total matched the second-highest total in team history. Marked first time in team history that Carolina gained more than 200 yards rushing in consecutive contests after it amassed a team-record 229 yards in the regular season finale at Atlanta (1/1). Part of offense that produced 29 points and 434 total net yards against a Chicago defense that allowed a NFL-low 12.9 points per game and ranked second in the NFL in yards allowed per game. Contributions helped Carolina equal NFL record with its fourth consecutive road postseason victory and become fourth team since 1990 to win an NFC Divisional Playoff game on the road. Started all three postseason contests. **2006:** Started at left guard in 13 contests. Saw action at left tackle versus Atlanta (9/10) after Travele Wharton left the game with a knee injury. Missed final three weeks of the season

after being placed on injured reserve with a shoulder injury (12/20). Contributed to an offensive line unit that ranked 10th in the NFL and seventh in the NFC in sacks per pass play, despite employing eight different combinations through the first four weeks of the season. At Baltimore (10/15), started at left guard and provided protection for quarterback Jake Delhomme to pass for a career-high 365 yards. Started at left guard and contributed to an offensive unit that totaled a team-record 242 yards rushing on 43 attempts, an average of 5.6 yards per carry vs. St. Louis (11/19).



HONORS: 2006: NFC Pro Bowl. **2005:** NFC Pro Bowl; Pro Football Weekly All-NFC; Pro

Football Writers Association All-NFC. **2003:** Sports Illustrated All-Pro.

COLLEGE: Played in 17 games with 11 starts at Navy. Entered the Naval Academy as a 200-pound tight end and grew to a 6-6, 300-pound offensive linema. 1998, forfeited senior year of eligibility because of an NCAA ruling and subsequently resigned from the Academy. As a junior, started all 11 contests at left tackle for the Midshipmen. Helped pave way for the nation's third-best rushing offense. 1996, moved to offensive line from wide receiver before sophomore season. Appeared in six games as a reserve tackle and on special teams. As a freshman, member of junior varsity squad as a wide receiver.

PERSONAL: Established a charitable foundation that will support educational-based charities. Worked with the Rim Education Foundation while in high school. Attended Rim of the World HS in Lake Arrowhead, CA, earning All-Conference and league Most Valuable Player at tight end. Also played quarterback and strong safety. Lettered three years in basketball, garnering All-Region and league Most Valuable Player recognition at point guard as a senior. Earned four letters in baseball as a pitcher. Majored in economics. Took classes at the University of Nevada-Las Vegas in the spring of 2003 and 2004 toward the completion of his degree. Lives in San Diego, CA. Participated in a local elementary school's Fit Squad Pep Rally, where he spoke to students about the importance of a healthy lifestyle, visited classrooms and signed autographs. Active in the Pop Warner Youth Football community. Michael James Wahle is married to Trina and they have one daughter, Teagan.

WAHLE'S NFL RECORD

Year	Team	—	GP/GS	Postseason
1998	Green Bay		1/0	
1999	Green Bay		16/13	
2000	Green Bay		16/6	
2001	Green Bay		16/16	2/2
2002	Green Bay		16/16	1/1
2003	Green Bay		16/16	2/2
2004	Green Bay		16/16	1/1
2005	Carolina		16/16	3/3
2006	Carolina		13/13	
2007	Carolina		16/16	
NFL TOTALS			— 142/128	9/9

Seahawks history. **2003:** Won the third quarterback spot in training camp and served as the emergency quarterback all 16 games. Played in all four preseason games, completing 24 of 43 passes (55.8%) for 228 yards and three interceptions. **2004:** Remained in Seattle throughout offseason working with quarterbacks coach Jim Zorn. Hard work paid off after winning third quarterback spot for second consecutive season. Served as emergency quarterback all 16 games. Played in all four preseason games, completing 41 of 77 passes (53.2%) for 439 yards with one touchdown and just one interception. Displayed athletic ability during practice rotating in at wide receiver and defensive back. **2005:** Saw action in six games, including entire second half at Green Bay (1/1/06) where he threw his first-career touchdown pass. Made his NFL debut in the fourth quarter versus Arizona (9/25). Lined up at receiver in two postseason games, including Super Bowl XL. Caught a 28-yard pass that helped set up Seattle's first score in the NFC Championship (1/22/06). **2006:** Played in eight games, starting four. Completed 82 of 141 passes for 927 yards, eight touchdowns and seven interceptions. Also rushed 12 times for 122 yards (10.2 avg.). Made season debut late in the fourth quarter at Chicago (10/1), completing one of two passes for six yards. Replaced Matt Hasselbeck (knee) early in the third quarter completed 14 of 25 passes for 134 yards and two interceptions versus Minnesota (10/22). Made first-career start the following week at Kansas City (10/29) and completed 15 of 30 passes for 198 and career-high three touchdowns. Led team to first win as starting quarterback versus Oakland (11/6) after completing 18 of 30 attempts for 176 yards and one touchdown. Also rushed for career-high 49 yards on three carries, including a career-long 37-yarder. Set career-high passer rating of 114.6, completing 15 of 23 passes for 161 yards and two touchdowns versus St. Louis (11/12). Set career-high in completions (19), attempts (31) and yards (252) the following week at San Francisco (11/19). Saw time at receiver versus San Diego (12/24). Started at

receiver and caught one pass for 6 yards on the first play from scrimmage in the NFC Wild Card Game versus Dallas (1/6/07). Served as the backup quarterback and did not play in the Divisional Playoff Game versus Chicago (1/14/07).

COLLEGE: Was originally recruited as a defensive back by Oregon State, but left when his mom became ill, enrolling closer to home at Sacramento City Junior College. Joined the Iowa State program in 2001 and was named Big 12's Newcomer of the Year. In two seasons at Iowa State, he completed 411 of 712 passes (57.7%) for 5,289 yards, 26 touchdowns, and 27 interceptions, adding 912 yards and 15 scores on 237 carries (3.8 avg.) in 25 games. Only Alex Espinoza (5,307, 1984-86) gained more yards passing in school history. His 6,201 yards in total offense shattered Espinoza's previous all-time school mark of 5,018 yards. Was a consensus All-Big 12 Conference second-team choice as senior. Started every game, setting school season records as he completed 244 of 443 passes (55.1%) for 3,245 yards, 15 touchdowns, and 18 interceptions. Gained 437 yards with eight touchdowns on 123 carries (3.6 avg.). All-Big 12 honorable mention as a junior after completing 167 of 269 passes (62.1%) for 2,944 yards, 11 touchdowns and nine interceptions. Gained 475 yards with seven scores on 114 carries (4.2 avg.) in 11 regular season games. **JUNIOR COLLEGE:** JUCO All-American and All-Conference selection as a sophomore at Sacramento City (Calif.) Junior College, passing for 3,675 yards and 22 touchdowns and rushing for 550 yards on 49 carries for nine touchdowns.

PERSONAL: Attended Rancho Cordova (Sacramento, Calif.) High. All-CIF second-team pick as a junior, adding All-Sierra Conference and All-City first-team honors as a senior. Played basketball and was named first-team All-Sierra Conference and received honorable mention for the All-Sacramento team. Lettered twice in football and three times in basketball. Majored in sociology.

WALLACE'S NFL RECORD

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2003	Seattle	0/0	0	0	0	0.0	0	0	0	0	0.0
2004	Seattle	0/0	0	0	0	0.0	0	0	0	0	0.0
2005	Seattle	6/0	25	13	173	52.0	1	1	42	3/20	70.9
2006	Seattle	8/4	141	82	927	58.2	8	7	49t	14/83	76.2
2007	Seattle	10/0	28	19	215	67.9	2	1	45t	3/13	99.6
TOTALS		24/4	194	114	1,315	58.8	11	9	49t	20/116	78.9

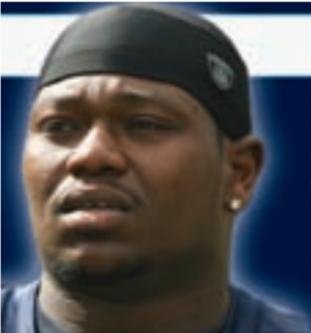
SINGLE-GAME HIGHS

Attempts:	31	at San Francisco	(11/19/06)
Completions:	19	at San Francisco	(11/19/06)
Completion %:	77.3	(17/22) at Atlanta	(12/30/07)
Yards:	252	at San Francisco	(11/19/06)
Longest, no TD:	30	(2 times) Last vs. St. Louis	(11/12/06) to Darrell Jackson
Longest TD:	49t	at Kansas City	(10/29/06) to Darrell Jackson
Most TDs:	3	at Kansas City	(10/29/06)
Interceptions:	3	at San Francisco	(10/19/06)
Rushes:	4	at Kansas City	(10/29/06)
Rushing Yds.:	49	vs. Oakland	(11/6/06)
Longest Rush:	37	vs. Oakland	(11/6/06)
Rushing TD:	None		

WALLACE'S ADDITIONAL STATS

Regular Season: Rushes: 2005, rushed once for no gain; 2006, rushed 12 times for 122 yards; 2007, rushed 4 times for 17 yards. Receptions: 2007, two catches for 47 yards.

Postseason: 2005, One reception for 28 yards; 2006, one reception for 6 yards.



LEONARD WEAVER

Fullback **6-0** **242**

Carson-Newman

4th NFL Season

4th Seahawks Season

Undrafted FA 2005

2007 Games/Starts: 16/4

Career Games/Starts: 32/4

September 23, 1982

Melbourne, Florida

43

2007: Took over as the starting fullback after Mack Strong was placed on IR on October 9. Played in all 16 games with four starts, rushing 33 times for 146 yards (4.4 avg.) and one touchdown. Caught 39 passes for 313 yards (8.0 avg.). Rushed three times for 40 yards, including a career-high 37-yard rush and caught four passes for 53 yards on Sunday Night Football vs. New Orleans (10/14). Scored first-career and the go-ahead touchdown with 5:57 remaining in the game at St. Louis (11/15). Rushed for career-high eight times for 34 yards and recorded career-high six receptions for 29 yards at Atlanta (12/30). Scored first-career postseason touchdown on 17-yard rush in the NFC Wild Card Game vs. Washington (1/5/08). Rushed four times for 10 cards in the NFC Divisional Game at Green Bay (1/12/08).

PRO: Signed with Seattle as an undrafted free agent April 24, 2005. **2005:** Made the club after signing as an undrafted free agent. Played in all 16 games, mostly on special teams. Carried the ball 12 times for 80 yards

and caught one pass for 17 yards. Tied career-high with five rushes and set highs for yards (41) and long gain (24) versus San Francisco (12/11). Replaced Mack Strong (stinger, chest) in the second quarter versus Houston (10/16), finished with five carries for 21 yards. Declared inactive for the NFC Championship against Carolina (1/22/06) and Super Bowl XL versus Pittsburgh (2/5/06). **2006:** Missed the entire season after being placed on injured reserve on September 2 (ankle).

COLLEGE: Led Carson-Newman in receiving as a tight end with 27 catches for 571 yards and a team-high eight touchdowns. He was named a Division II All-American by the AP, the American Football Coaches Association, d2football.com, dopke.com and *Football Gazette*. Helped lead the Eagles to a 9-3 record his final year, a South Atlantic conference championship and into the second-round of

WEAVER'S ADDITIONAL STATS

Special Teams Tackles: 2005 (2, FF), 2007 (1).

the NCAA Division II playoffs. In 2003, had 16 receptions for 410 yards and six scores, including a 67-yarder in the Division II Playoffs at Valdosta State. Entered Carson-Newman as a linebacker and had nine tackles in two

games as a redshirt freshman in 2001 and moved to tight end before the 2002 season.

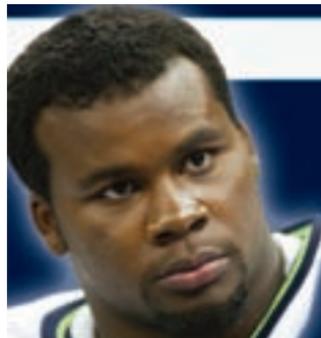
PERSONAL: Prepped at Satellite High. Born September 23, 1982. Married to wife, Senetra and has a son, Leonard IV.

WEAVER'S NFL RECORD

Year	Club	G/S	Rushing				LG	TD	Receiving			
			Att	Yds	Avg	LG			No	Yds	Avg.	LG
2005	Seattle	16/0	17	80	4.7	24	0	1	12	12.0	12	0
2006	Seattle		Injured Reserve									
2007	Seattle	16/4	33	146	4.4	37	1	39	313	8.0	46	0
TOTALS		32/4	50	226	4.5	37	1	40	325	8.1	46	0

POSTSEASON

Year	Club	G/S	Rushing				LG	TD	Receiving			
			Att	Yds	Avg	LG			No	Yds	Avg.	LG
2005	Seattle	1/0	0	0	0.0	0	0	0	0	0.0	0	0
2006	Seattle		Injured Reserve									
2007	Seattle	2/1	5	27	5.4	17t	1	2	8	4.0	8	0
TOTALS		3/1	5	27	5.4	17t	1	2	8	4.0	8	0



RAY WILLIS

Tackle

6-6

315

Florida State

4th NFL Season

4th Seahawks Season

4th Round 2005

2007 Games/Starts: 5/0

Career Games/Starts: 12/0

August 13, 1982

Angeleton, Texas

74

2007: Played in five games on special teams and replaced Chris Gray (rest) in the season finale at Atlanta (12/30). Was declared inactive for both postseason games.

PRO: Taken with fourth selection of fourth round (105th overall) of the 2005 NFL Draft. Second player chosen out of Florida State in as many years (Michael Boulware, 2004). Fifth Seminole drafted by Seahawks. Last tackle chosen by Seahawks from Florida State was Walter Jones in 1997. **2005:** Played in six games, five on special teams and saw time at right tackle in the second half at Green Bay (11/06). Played in his first NFL game on the field-goal unit against Jacksonville (9/11). **2006:** Made only appearance of the season on the field-goal unit at Kansas City (10/29). Declared inactive for both postseason games.

COLLEGE: Formed one of best tackle tandems in country with Alex Barron (first-round selection, 19th overall by St. Louis).

Well-respected team leader who takes great pride in play. Started 35 career games for Seminoles. Earned honorable-mention All-ACC honors as a senior while leading the way for FSU offense to average 372.5 yards per game (third ACC). Named ACC offensive lineman of the week twice as a junior.

PERSONAL: Highly recruited out of Angeleton (Texas) High School. All-district selection as senior. Honorable mention Class 5A all-state choice. *SuperPrep's* number-28 offensive lineman and number-36 prospect in Texas. All-Midlands Region honorable mention selection by *PrepStar*. Social Science major. Married to Kimberly.

WILLIS' NFL RECORD

Year	Team	GP/GS	Postseason
2005	Seattle	6/0	0/0
2006	Seattle	1/0	0/0
2007	Seattle	5/0	0/0
NFL TOTALS		12/0	0/0



JOSH WILSON

Cornerback 5-9 192
Maryland
2nd NFL Season
2nd Seahawks Season
2nd Round 2007
2007 Games/Starts: 12/0
Career Games/Starts: 12/0
March 11, 1985
Upper Marlboro, Maryland

26

2007: Played in 12 games during rookie season. Recorded four tackles (2 solo), one quarterback hit, three special teams tackles and returned 15 kicks for 385 yards (27.5 avg.) and one touchdown. Made NFL Debut on special teams and on nickel defense vs. Tampa Bay (9/9). Returned kickoff 72 yards to set up a touchdown vs. Cincinnati (9/23). Declared inactive (knee) at Pittsburgh (10/7). Returned kickoff 89 yards for first-career touchdown at St. Louis (11/25). Injured quadriceps at Philadelphia (12/2) and missed next three games. Returned at Atlanta (12/30) and recorded a special teams stop. Played in both postseason games and tied team lead with two special teams tackles in the NFC Wild Card Game vs. Washington (1/5/08).

PRO: Drafted with the 23rd selection in the second round (55th overall) of the 2007 NFL Draft. First player in team history selected from Maryland. Second consecutive year club has selected a cornerback with their first selection. Fifth cornerback drafted by club in the second round.

COLLEGE: One of the fastest players to ever don a Terrapins' uniform, he was an avid "workout warrior," having won Iron Terp honors in 2005. Excelled in the classroom and was the recipient of the James Tatum Award, given to the top football student-athlete in the Atlantic Coast Conference. Was also a two-time Academic All-ACC choice. The two-year starter at the boundary cornerback position, Wilson appeared in 46 of a possible 48 games at Maryland, starting 28 times. Despite not handling kickoff return duties until his final season, he ranks eighth on the school's career-record list with 847 yards in returns. Also excelled on special teams, blocking three kicks over the course of his two years starting in the secondary.

PERSONAL: Graduated in December 2006 with a degree in Marketing. Earned Academic All-Atlantic Coast Conference honors in each of his last two years. Son of Valanda and the late Timothy Wilson. His father helped the Terps capture the Atlantic Coast Conference title in each of his three years at the school.

WILSON'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions				TD	PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG					
2007 Seattle	12/0	4	2	2	0.0	0.0	0	0	0	0	0	0	0	0	0
NFL TOTALS	12/0	4	2	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions				TD	PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG					
2007 Seattle	2/0	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

Kickoff Returns

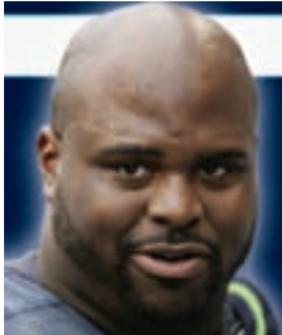
Club	G/S	No	Yds	Avg	LG	TD
2007 Seattle	12/0	15	385	27.5	89t	1
TOTALS	12/0	15	385	27.5	89t	1

His father went on to a career in the National Football League, where he was the blocking back for NFL Hall of Fame halfback Earl Campbell with the Houston Oilers. Josh still carries his father's NFL trading card for good

luck. Josh's mother is currently enrolled at the School of Business at Maryland. Born Joshua Wilson on 3/11/85. Resides in Upper Marlboro, Maryland.

ADDITIONAL STATS

Special Teams Tackles: 2007 (5); Career (5). Postseason: (3).



FLOYD WOMACK

Tackle	6-4	328
Mississippi St.		
8th NFL Season		
8th Seahawks Season		
4th Round (C) 2001		
2007 Games/Starts: 41/1		
Career Games/Starts: 76/32		
November 15, 1978		
Cleveland, Mississippi		

77

2007: Played in 14 games and started in place of Walter Jones (rest) the season finale at Atlanta (12/30). Played in both postseason games, playing at left guard and on special teams at Green Bay (1/12/08).

PRO: Selected as the third of three fourth-round picks (128th overall) for the Seahawks in the 2001 draft. His selection marked the sixth consecutive draft that Seattle had selected at least one tackle, and marked the 25th tackle that the Seahawks have drafted in 26 seasons. **2001:** Declared inactive for 10 games during season. Made his NFL debut at tackle on the field-goal unit versus Jacksonville (10/7). Played on field-goal unit versus Dallas (12/9), at New York Giants (12/23), at San Diego (12/30), and versus Kansas City (1/6/02). **2002:** Started 10 of 11 games. Started first-career game at left tackle in place of Walter Jones (contract) at Oakland (9/8). Started at left tackle versus Arizona (9/15), and left briefly (hand) in the second quarter, but later returned. Started at right tackle the following week versus Minnesota (9/29) after Jones' return. Did not start versus Washington after missing practice (family) during the week, but returned to start the next three weeks at Arizona (11/10), versus Denver (11/17), and versus Kansas City (11/24). Left with injured ankle versus Kansas City and was inactive the final five games. Part of offensive unit that allowed just 33 total sacks, fewest since allowing 29 in 1988. **2003:** Played in 10 games with four starts.

Started the first two games of the season at right tackle before a toe injury sidelined him from weeks three to eight. Returned at Washington (11/9) and played on special teams. Against Detroit (11/16), saw time at right tackle. Saw time at tight end in the jumbo package and on special teams at Baltimore (11/23). Played tight end in the jumbo package at Minnesota (12/7). Started at right tackle in place of Chris Terry (excused absence) at St. Louis (12/14) and the following week against Arizona (12/21). Replaced Gray (knee) at right guard late in the game at San Francisco (12/27). Started at right guard in place of Gray in the Wild Card Game at Green Bay (1/4/04). **2004:** Began season as reserve but assumed starting right tackle duties midway through season when Terry was placed on injured reserve (shoulder). Played in all 16 games and started eight. Played on line that allowed Alexander to rush for franchise-record 1,696 yards. Played in team's jumbo package against St. Louis (10/10). Started at right tackle in place of Terry (shoulder) at Arizona (10/24). Started second consecutive week at right tackle vs. Carolina (10/31). Replaced Terry against Miami (11/21) and vs. Buffalo (11/28). Played in jumbo package against Dallas (12/6). Took over starting right tackle duties at Minnesota (12/12) for remainder of regular season and playoff game vs. St. Louis (1/8/05). **2005:** Played in 11 games. Extremely valuable to the offense playing every position on offensive line

except center. Also saw time on the field goal unit. Declared inactive (triceps) for the first four games. Made season debut at St. Louis and played one snap for Gray (shoe). Was injured in the second quarter (quad) and did not return. Was inactive (quad) the following week versus Houston (10/16). Was part of the jumbo package when Alexander tied the NFL record with his 27th total score this season at Green Bay (1/1/06). Substituted for Jones (ribs) for two plays in playoff game against Washington (1/14/06). Served as extra tackle in the goal-line package in the NFC Championship Game against Carolina (1/22/06). Played on field-goal unit for all three postseason contests. **2006:** Played and started in nine games (eight at left guard, one at right guard). Club was 7-2 and averaged 141 rushing yards per game with Womack in the lineup. Started versus Arizona (9/17), but was forced to leave midway through the third quarter (knee). Inactive the following five games and returned on Monday Night Football versus Oakland (11/6) where he helped Maurice Morris rush for a season-high 138 yards. Helped the Seahawks rush for a season-high 235 yards, including 201 from Shaun Alexander, versus Green Bay (11/27). Declared inactive (groin) versus San Francisco (12/14) and the following week versus San Diego (12/24). Started at right guard at Tampa Bay (12/31) for Chris Gray (thigh), ending Gray's consecutive games started streak at 121. Declared inactive in the NFC Wild Card Game versus Dallas (1/6/07). Dressed but did not play in the Divisional Playoff Game at Chicago (1/14/07).

COLLEGE: Anchored tackle position for the Bulldogs since his sophomore year, starting 29 consecutive games. His emergence as a pass protector saw the MSU aerial game generate 6,358 yards during his tenure as a starter. As a senior, Walter Camp Foundation and *Associated Press* All-American second-team selection, despite missing the team's final five games. A consensus All-Southeastern Conference first-team choice, he started the first six games at left tackle, helping the offense amass 4,250 yards, collecting an impressive 63 knockdowns in that span. Graded at least 90 percent for blocking consistency in every game he played in. Junior season started every game at left tackle as the offense totaled 3,562 yards en route to a 9-2 record. Helped offense gain a season-high 454 yards versus Vanderbilt. Moved into the starting lineup at left tackle as a sophomore, helping the offense average 322.5 yards per game. Was originally scheduled to redshirt freshman season, but was forced into action by the sea-

WOMACK'S NFL RECORD

Year	Team	GP/GS	Postseason
2001	Seattle	— 5/0	
2002	Seattle	— 11/10	
2003	Seattle	— 10/4	1/1
2004	Seattle	— 16/8	1/1
2005	Seattle	— 11/0	3/0
2006	Seattle	— 9/9	0/0
2007	Seattle	— 14/1	2/0
NFL TOTALS		— 76/32	7/2



Seahawks fans have become known as the loudest in the NFL. Over the last three seasons opponents have piled up 68 false start penalties, most in the NFL. That's 11 more than the Vikings in a domed stadium and 20 more than the Broncos total of 48.

son's fourth game when injuries depleted the offensive line. Saw action in the South Carolina, Mississippi, and Auburn contests.

PERSONAL: A first-team, All-District 3-4A selection following his standout senior season at East Side (Cleveland, Miss.) High and was named Co-Most Valuable Player in Bolivar County. Considered one of the top players in Mississippi by several publications. Helped lead East Side to a two-year 19-

3 record. Started at offensive guard during his junior season when East Side posted an 8-2 record. Moved to tackle as a senior, and helped his school to its best-ever record, 11-1, and a berth in the postseason playoffs. Nicknamed "Pork Chop" by his mother who thought Floyd resembled Pork Chop Cash, a local pro wrestler, when Floyd was a baby. Married to Kimberly.



MANSFIELD WROTTO

Guard	6-3	320	
Georgia Tech			
2nd NFL Season			
2nd Seahawks Season			
4th Round (B) 2007			
2007 Games/Starts: 0/0			
Career Games/Starts: 0/0			
October 12, 1984			
Snellville, Georgia			

66

2007: Inactive for 15 games during rookie season. Active but did not play vs. San Francisco (11/12). Declared inactive both postseason games.

PRO: Chosen with the 24th selection of the 2007 NFL Draft (124th overall). First player selected out of Georgia Tech since 1999 (Charlie Rogers) and fifth overall. Fourth consecutive year club has selected a guard. College tackle will make switch to guard.

COLLEGE: Four-year starter who moved to offensive tackle before his senior year after three seasons at defensive tackle. Originally moved to offensive guard in the spring of 2005 but returned to defense for the 2005 season. Began working at offensive tackle during Tech's bowl practices last December. Started all but five games over his four seasons. Selected to play in the Senior Bowl following his senior season. **SENIOR:** Started every game at right tackle. Helped the offense rank second in the ACC in rushing (164.2 ypg) and blocked for the ACC's leading rusher, Tashard Choice, gain 1,473 yards. Made a key play in Georgia Tech's win over NC State with a touchdown-saving tackle on an interception return. **JUNIOR:** Totalled 13 tackles with 4.5 tackles for loss, including 3.5 sacks. Recorded sacks against North Carolina, Wake Forest and Virginia a half-sack against Georgia. Career-high four tackles against Virginia. Helped the defense rank in Top 20 nationally in total defense (10th),

rushing defense (11th), pass efficiency defense (14th) and scoring defense (16th).

SOPHOMORE: Totalled 18 tackles with 3.5 tackles for loss. Season-high three tackles with 1.5 tackles for loss in win at Maryland, helping hold the Terps to just 82 yards of total offense. **FRESHMAN:** Recorded 14 tackles, including four tackles for loss. Had a sack and a fumble recovery against Georgia. Also had tackles for loss against NC State, Virginia and Tulsa.

PERSONAL: First-team all-state selection in Class 5A by the *Atlanta Journal-Constitution*. Named to the AJC's Top 50 in Georgia. Rated the No. 46 player in Georgia by BorderWars. Ranked among the nation's top 50 defensive tackles by Rivals, which also tabbed him the No. 42 prospect in Georgia. Registered 61 tackles, with five tackles for loss, 2.5 sacks and 16 quarterback hurries. Graded 92 percent with 46 knockdown blocks as an offensive lineman. Three-time letterman for coach Mark Crews at Brookwood High. Full name is Mansfield Chell Wrotto (pronounced ROTT-o). Parents are Mansfield and Jemmie Wrotto. Majored in Management.

WROTTO'S NFL RECORD

Year	Team	--	GP/GS	Postseason
2007	Seattle	--	0/0	0/0
NFL TOTALS		--	0/0	0/0

2008 DRAFT CHOICES

Rd	Pick	Overall	Pos	Player	College
1	28	28	DE	Lawrence Jackson	USC
2	7	38	TE	John Carlson	Notre Dame
4	22	121	DT	Red Bryant	Texas A&M
5	30	163	FB	Owen Schmitt	West Virginia
6	23	189	LS	Tyler Schmitt	San Diego St.
7	26	233	RB	Justin Forsett	California
7	28	235	K	Brandon Coutu	Georgia



(L to R) Justin Forsett, Tyler Schmitt, Red Bryant, Lawrence Jackson, John Carlson, Owen Schmitt, Brandon Coutu





LAWRENCE JACKSON

Defensive End 6-4 271
Southern California

Rookie NFL Season
Rookie Seahawks Season
1st Round 2008
August 30, 1985
Inglewood, California

95

PRO: Drafted with the 28th selection in the first round (28th overall) of the 2008 NFL Draft. Fourth player chosen from USC and third since Tim Ruskell took over as President/General Manager (Lofa Tatupu, 2005; David Kirtman 2006). Sixth time in seven years club has selected a defensive player with their first selection. Fourth consecutive year club has selected a defensive end.

COLLEGE: One of the Trojans' top playmakers since arriving on campus in 2003. In 52 games, Jackson started 51 contests. He registered 181 tackles (108 solos) with 30.5 sacks for minus-181 yards and 52 stops for losses totaling 247 yards. He recovered four fumbles and caused seven others while also blocking three kicks. He deflected 13 passes and also intercepted two others for 22 yards in returns. **RS SENIOR:** Emerged, alongside defensive tackle Sedrick Ellis, to give the Trojans a formidable front wall. The Trojans ranked fourth in the nation in run defense (84.15 ypg) and second in total defense (273.15 ypg). The defensive end earned second-team All-American honors, as the team captain also picked up All-Pac 10 first-team accolades, in addition to sharing the team's Defensive Player of the Year Award. Ranked third in the league and led the team with 10.5 sacks and 17 stops behind the line of scrimmage. Totaled 60 tackles (31 solos) with a pair of forced fumbles and a fumble recovery. He also deflected three passes. **RS JUNIOR:** Finished the 2006 campaign with 43 tackles (26 solos), four sacks, 11 stops for losses and two blocked kicks. Also picked off a pass, deflected three others and caused a fumble that he recovered while starting all 13 contests. **RS SOPHOMORE:** Selected as an All-American third-team and All-Pac 10 Conference first-team choice, in addition to being selected the team's Defensive Lineman of the

Year. Ranked fourth in the conference with a team-high 10 sacks and was second on the squad with 13 stops for losses. Caused four fumbles, recovered two others, blocked a kick and deflected six passes. **RS FRESHMAN:** Went on to earn a spot in the starting lineup, picking up Freshman All-American and All-Pac 10 Conference Freshman Team recognition. In 13 games, he made 32 tackles (19 solos) and tied for second on the team with six sacks, adding 11 stops for losses and an interception.

PERSONAL: Attended Inglewood (Cal.) High School, playing football for head coach Kevin Moore. Earned 2002 Super Prep, Prep Star, Student Sports, Tom Lemming, CNNSI.com and The Insiders.com All-American first-team honors. Member of the Super Prep Elite

50, Prep Star Top 100 Dream Team, The Sporting News Hot 100, Tom Lemming Top 100, Super Prep All-Farwest, Prep Star All-West, Tom Lemming All-West and Long Beach Press-Telegram

Best in the West first-team squads. The Tacoma News Tribune Western 100, Orange County Register Fab 15, Cal-Hi Sports All-State, All-CIF Division III, Los Angeles Times All-Star, Los Angeles Times All-South Bay/ Westside Lineman MVP and South Bay Daily Breeze All-South Bay first-team

pick also received All-Bay League MVP honors as a senior while playing on the defensive line and at middle linebacker. In his career, he had 57 sacks... Also lettered on the track team.





JOHN CARLSON

Tight End **6-5** **251**
Notre Dame

Rookie NFL Season
Rookie Seahawks Season
2nd Round 2008
May 12, 1984
Litchfield, Minnesota

89

PRO: Selected with the 7th pick in the second round (38th overall) of the 2008 NFL Draft. Second highest drafted tight end in club history (Jerramy Stevens, 2002). First player drafted out of Notre Dame since Rick Mirer in 1993. Second tight end drafted by club in second round (Christian Fauria, 1995). First tight end drafted by the Seahawks since Tim Ruskell was hired as President/General Manager.

COLLEGE: Carlson developed into one of the elite tight ends in the country at Notre Dame. Played in 47 games at Notre Dame, starting 31 contests. Finished his career with 100 receptions for 1,093 yards (10.9-yard average) and eight touchdowns. On special teams, registered 28 tackles (20 solo) and returned one kick-off for 14 yards. **RS SENIOR:** Rated the best tight end in college, he was one of the few bright spots for a team that finished the season with a 3-9 record. Caught a pass in all 12 games while leading the Irish with 40 catches for 372 yards (9.3-yard average) and three touchdowns. He also recorded six tackles (four solo). Selected to play in the 2008 Senior Bowl, Carlson was forced to miss the game after a mysterious flu-like virus sapped him of energy and almost 10 pounds during the week prior to the practices.

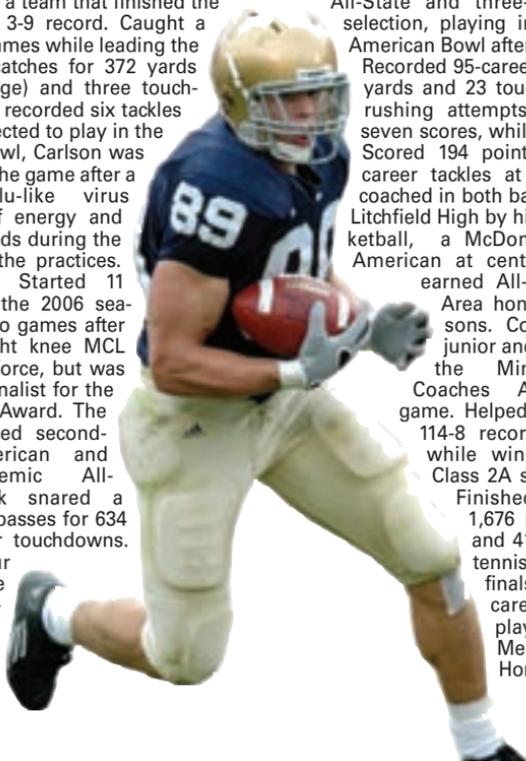
RS JUNIOR: Started 11 games during the 2006 season. Missed two games after suffering a right knee MCL sprain vs. Air Force, but was still named a finalist for the John Mackey Award. The Sports Illustrated second-team All-American and ESPN Academic All-American pick snared a career-high 47 passes for 634 yards and four touchdowns. Registered four tackles (three solo) while participating with the special teams cover-

age units. **RS SOPHOMORE:** Limited in 2005 preseason drills with a sprained medial collateral ligament in his left knee. Started six of 12 games. Registered seven passes for 56 yards and a touchdown. **RS FRESHMAN:** Started two of 12 games, but saw most action on special teams. Recorded five tackles (four solo) on the coverage unit and made six catches for 31 yards. **TRUE FRESHMAN:** Redshirted as a freshman. Appeared in three games with the 2003-2004 basketball team, scoring two points on a pair of free throws and grabbing one defensive rebound.

PERSONAL: Attended Litchfield (Minn.) High School. Named to 20-player Best of the Midwest team and the 10-member Super Preps team by the Minneapolis Star-Tribune. The four-year starter at tight end was a two-time All-State and three-time All-Conference selection, playing in the U.S. Army All-American Bowl after his senior campaign.

Recorded 95-career receptions for 1,331 yards and 23 touchdowns, adding 133 rushing attempts for 493 yards and seven scores, while also returning kicks. Scored 194 points and recorded 200 career tackles at defensive end. Was coached in both basketball and tennis at Litchfield High by his father, John. In basketball, a McDonald's preseason All-American at center as a senior and earned All-Conference and All-Area honors four-straight seasons. Conference MVP as a junior and senior and played in the Minnesota Basketball Coaches Association All-Star game. Helped the team compile a 114-8 record during his career while winning the Minnesota Class 2A state title three times.

Finished prep career with 1,676 points, 974 rebounds and 412 assists. Helped the tennis team reach the state finals as a junior. He had a career record of 106-22 playing No. 1 doubles. Member of the National Honor Society.





RED BRYANT

Red Bryant
Texas A&M

6-4 318

Rookie NFL Season
Rookie Seahawks Season
4th Round 2008
April 18, 1984
Jasper, Texas

79

PRO: Drafted with the 22nd pick in the 4th round (121st overall) of the 2008 NFL Draft. Fourth player selected out Texas A&M in club history, all have been defensive linemen (Jacob Green, 1980; Sam Adams 1994; Rocky Bernard, 2002). Second consecutive year club has selected a defensive tackle (Brandon Mebane 2007). First defensive tackle selected in fourth round in team history.

COLLEGE: An efficient "run stuffer" for Texas A&M, Bryant started 41 games. Recorded 124 tackles (37 solo) with 6 1/2 sacks for minus-53 yards, 20 1/2 stops for losses of 92 yards and 12 quarterback pressures. Caused three fumbles, deflected nine passes, blocked three kicks and recorded a safety.

RS SENIOR: Continued his dominance vs. the run, as he allowed 43 yards on 42 plays directed at him (team gave up 1,491 yards on the ground) in the team's first 10 games. Recorded 41 tackles (11 solo) with an 11-yard sack, six stops for losses of 19 yards and seven quarterback pressures. Also registered a safety on his only QB sack, blocked a field goal and caused a fumble that set up an A&M touchdown drive. **RS JUNIOR:** The team's captain manhandled the opposition in the trenches, making 19 plays vs. the run that netted the opposition just 12 yards. Made a valiant effort to play with an ACL tear in his right knee, but agreed to have surgery prior to the Texas game. In nine games, posted 19 tackles (seven solo), a sack, 2 1/2 stops behind the line of scrimmage, five pass deflections and a blocked kick. **RS SOPHOMORE:** Awarded All-Big Twelve Conference first-team and All-American third-team

honors from The NFL Draft Report in 2005. Recorded 30 tackles (eight solo) with three sacks, 8 1/2 stops for losses, caused two fumbles and deflected a pass. His dominance vs. the run stood out. In 31 running plays, he held the opposition to -27 yards. **RS FRESHMAN:** Took over nose tackle duties, starting all 12 contests. Earned Freshman All-American and All-Big Twelve Conference honors from The Gridiron Report, totaling 34 tackles (nine solo) with an assisted sack, 3 1/2 stops behind the line of scrimmage and three quarterback pressures. Also deflected two passes and blocked a kick. **TRUE:**

FRESHMAN: Redshirted as a true freshman.

PERSONAL: Attended Jasper (Tex.) High School. Earned first-team 3A All-State honors from the Texas Sports Writers Association and was one of eight finalists for the Willie Ray Smith Award, presented to the top offensive and defensive players in Southeast Texas. Consensus Texas Top 100 recruit, adding District and Golden Triangle Defensive Most Valuable Player honors during his senior season. Recipient of the 2001 District Defensive Player of the Year Award and was named the Southeast Texas Defensive Player of the Year by the Beaumont Enterprise. In addition to starring on the gridiron, Bryant also was a standout forward on the school's basketball team. Engaged to Janelle, daughter of former Seahawk Jacob Green.





OWEN SCHMITT

Fullback
West Virginia

6-2 247

Rookie NFL Season
Rookie Seahawks Season
5th Round 2008
February 13, 1985
Fairfax, Virginia

35

PRO: Chosen with the 30th selection in the 5th round (163 overall) of the 2008 NFL Draft. First player drafted from West Virginia in club history. Third fullback selected since 2005 (Tony Jackson, 2005; David Kirtman, 2006) and fifth since 2001 (Chris Davis, 2003; Heath Evans, 2001).

COLLEGE: Most agree he is a throwback to an era where the fullback delivered devastating blocks. In 38 games at West Virginia, Schmitt earned a total of 21 starts, including four at tight end. Carried 160 times for 1,003 yards (6.3-yard average) and 13 touchdowns. Caught 32 passes for 288 yards (9.0-yard avg) and two scores, adding 34 yards on two kickoff returns. Punted three times for 61 yards (20.3 avg) with two kicks downed inside the 20-yard line and recorded two solo tackles. Broke 10 facemasks over the last three years. **SENIOR:** An All-American first-team pick by The NFL Draft Report and selected by the coaching staff for the Ira E. Rodgers Award. Received All-Big East Conference second-team honors from Rivals.com, as he continued to dominate as a blocker, coming up with 106 knockdowns and 17 touchdown-resulting blocks.

Started 11 of 13 games at fullback, rushing 47 times for 272 yards (5.8-yard average) and four touchdowns while getting tackled just once

behind
the line of
scrimmage.

Finished fourth on the team with 12 receptions for 121 yards (10.1-yard average) and a score while also having two of three punts downed inside the 20-yard line, finishing with a 20.3-yard average and one solo tackle. **JUNIOR:** Started four of 13 contests, seeing action mostly at fullback, but

also lined up at tight end and tailback. Earned All-American second-team honors from The NFL Draft Report and Scout.com, and was the recipient of the Whitey Gwynne Award, given by the WVU coaches to the team's unsung hero. Added NSCA Strength All-American honors. Ran for 351 yards and seven touchdowns on 65 carries (5.4-yard average). Caught 12 passes for 91 yards (7.6 avg) with a score, recorded one solo tackle and returned a kickoff 14 yards. Also collected 87 knockdowns, including 16 touchdown-resulting blocks.

SOPHOMORE: Left UW-River Falls after that season, joining the West Virginia program as a walk-on. Under NCAA transfer rules, he was forced to sit out the 2004 season. In 2005, he started six games at fullback, while also lining up at the tailback and tight end positions. An Iron Mountaineer Award winner for his performances in the weight room, the versatile athlete collected 380 yards on 48 attempts (7.9-yard average) with two touchdowns, as the opposition failed to tackle him for a loss on any play. Also caught eight passes for 76 yards (9.5-yard average) and returned a kickoff 20 yards.

FRESHMAN: Earned All-Wisconsin Intercollegiate Athletic Conference honors at Wisconsin-River Falls, as he ranked third in the league and led the team with 193 carries for 1,063 yards (5.5-yard average) and five touchdowns in nine starting assignments. He also caught two passes for 10 yards, amassing 1,073 all-purpose yards.

PERSONAL: Attended Fairfax (Va.) High School, playing football for head coach Bill Rechin. Earned unanimous All-Conference and Liberty District Most Valuable Player accolades. Led the conference in rushing as a senior, serving as team captain... Also excelled in baseball, picking up All-District and All-Region recognition in that sport.



TYLER SCHMITT

Long Snapper
San Diego State

6-2 246

Rookie NFL Season
Rookie Seahawks Season
6th Round 2008
March 25, 1986
Peoria, Arizona

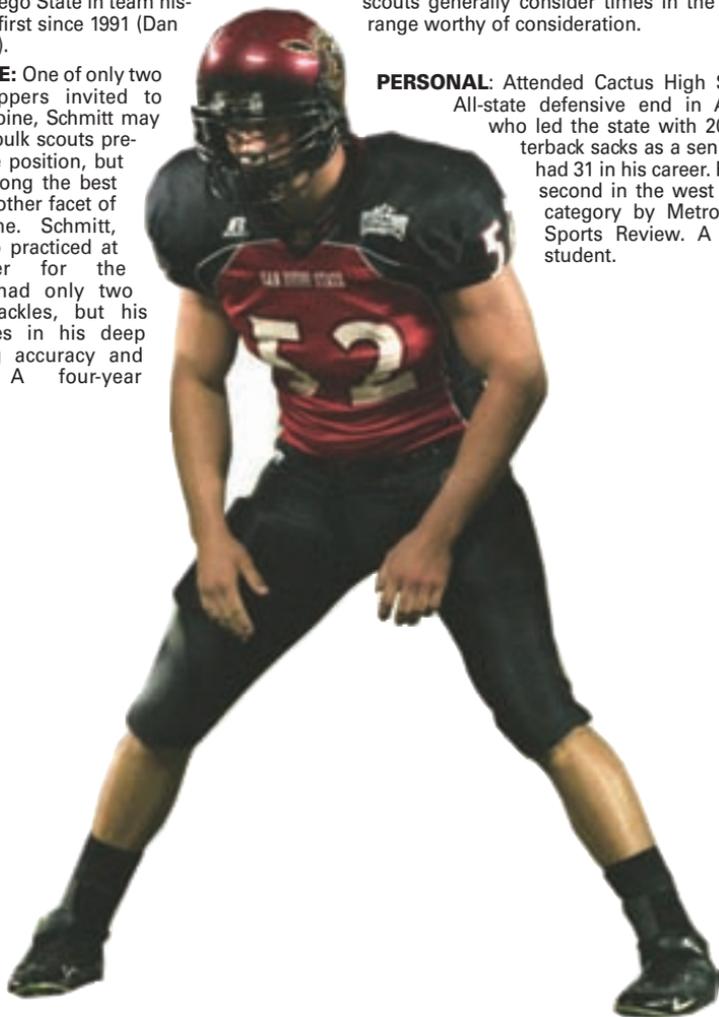
48

PRO: Drafted with the 23rd pick in the 6th round (189 overall) in the 2008 NFL Draft. First long snapper drafted by the Seahawks in club history. Fourth player drafted out of San Diego State in team history and first since 1991 (Dan McGwire).

COLLEGE: One of only two long-snappers invited to the Combine, Schmitt may lack the bulk scouts prefer at the position, but he is among the best in every other facet of the game. Schmitt, who also practiced at linebacker for the Aztecs, had only two career tackles, but his value lies in his deep snapping accuracy and speed. A four-year

starter, Schmitt never had a bad snap on punts or field-goal attempts and generates good speed on his snaps. Timed snaps as fast as .53 seconds from his hands to the punter. NFL scouts generally consider times in the .60-.70 range worthy of consideration.

PERSONAL: Attended Cactus High School. All-state defensive end in Arizona who led the state with 20 quarterback sacks as a senior and had 31 in his career. Ranked second in the west in that category by Metropolitan Sports Review. A strong student.



JUSTIN FORSETT

Running Back
California

5-8 194

Rookie NFL Season
Rookie Seahawks Season
7th Round (A) 2008
October 14, 1985
Arlington, Texas

30

PRO: Selected with the 26th pick in the 7th round (233rd overall) of the 2008 NFL Draft. First running back selected by club since 2002 (Maurice Morris). Second consecutive year team has drafted a player from California (Brandon Mebane, 2007) and third in club history (Bobby Shaw, 1998).

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

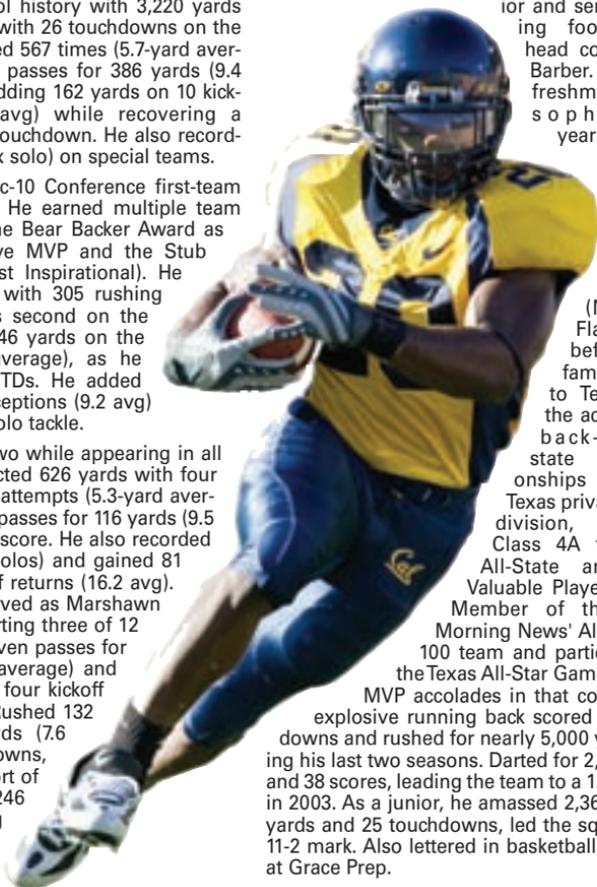
SENIOR: An All-Pac-10 Conference first-team choice as a senior. He earned multiple team honors including the Bear Backer Award as the team's offensive MVP and the Stub Allison Award (Most Inspirational). He set the Cal record with 305 rushing attempts and ranks second on the school list with 1,546 yards on the ground (5.1-yard average), as he scored 15 rushing TDs. He added 202 yards on 22 receptions (9.2 avg) and recorded one solo tackle.

JUNIOR: Started two while appearing in all 13 games. He collected 626 yards with four touchdowns on 119 attempts (5.3-yard average) and caught 12 passes for 116 yards (9.5 avg), including one score. He also recorded three tackles (two solos) and gained 81 yards on five kickoff returns (16.2 avg).

SOPHOMORE: Served as Marshawn Lynch's backup, starting three of 12 games. Grabbed seven passes for 68 yards (9.7-yard average) and gained 70 yards on four kickoff returns (17.5 avg). Rushed 132 times for 999 yards (7.6 avg) and six touchdowns, falling one yard short of joining Lynch (1,246 yards) in becoming the 38th running back tandem in

NCAA history to both rush for over 1,000 yards in the same season. **FRESHMAN:** Saw action mostly as a gunner on the special-team coverage units. He gained 49 yards with a touchdown on 11 carries (4.5-yard average) and had an 11-yard kickoff return. He also recovered a blocked punt in the end zone for a score.

PERSONAL: Attended Grace Prep (Arlington, Tex.) Academy as a junior and senior, playing football for head coach Mike Barber. Spent his freshman and sophomore years at Polk



(Mulberry, Fla.) High before his family moved to Texas. Led the academy to back-to-back state championships in the Texas private school division, earning Class 4A first-team All-State and Most Valuable Player honors. Member of the Dallas Morning News' All-Area Top 100 team and participated in the Texas All-Star Game, earning MVP accolades in that contest. The explosive running back scored 63 touchdowns and rushed for nearly 5,000 yards during his last two seasons. Darted for 2,560 yards and 38 scores, leading the team to a 12-1 record in 2003. As a junior, he amassed 2,365 rushing yards and 25 touchdowns, led the squad to an 11-2 mark. Also lettered in basketball and track at Grace Prep.

BRANDON COUTU

Kicker
Georgia

5-11 188

Rookie NFL Season
Rookie Seahawks Season
7th Round (B) 2008
September 29, 1984
Lawrenceville, Georgia

7

PRO: Second of two seventh-round picks (235th Overall) for Seahawks. Fourth kicker drafted in club history (Don Bitterlich, 1976; John Kasay, 1991; Josh Brown, 2003). Second kicker selected out of Georgia (John Kasay, 1991).

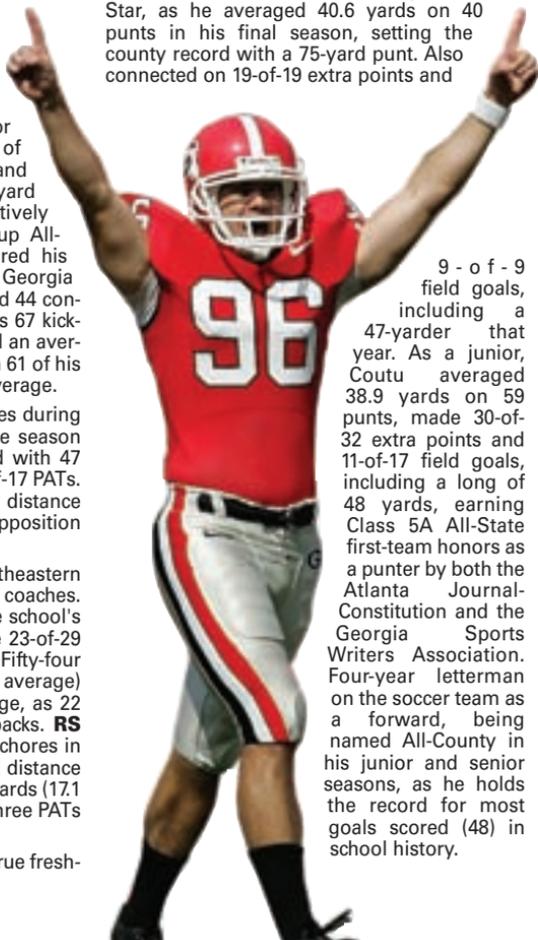
COLLEGE: In 43 games at Georgia, scored 262 points, sixth-best total in school history. Was successful on 51-of-64 field goals (79.7 percent) and all 109 extra-point tries. Was good on 5-of-11 field-goal attempts from 50 yards or longer. Kicked off 221 times for a 60.68-yard distance average, as 47 of those kicks resulted in touchbacks and 167 others were returned for an 18.7-yard average. **RS SENIOR:** Had a relatively injury-free 2007 campaign, picking up All-SEC honorable mention, but re-injured his hamstring in the season finale vs. Georgia Tech. He hit on 16-of-21 field goals and 44 conversions for 92 points. Only one of his 67 kick-offs resulted in a touchback, as he had an average distance of 59.0 yards, resulting in 61 of his kicks being returned for a 19.9-yard average.

RS JUNIOR: Played in just five games during 2006 before sitting out the rest of the season with a torn right hamstring. Finished with 47 points on 10-of-11 field goals and 17-of-17 PATs. He kicked off 15 times for a 64.2-yard distance average and six touchbacks, as the opposition averaged 20.2 yards on nine returns.

RS SOPHOMORE: Selected All-Southeastern Conference first-team by the league's coaches. His 114 points scored rank fifth on the school's single-season record list, as he made 23-of-29 field goals and all 45 extra point tries. Fifty-four of his 77 kickoffs (61.6-yard distance average) were returned for an 18.4-yard average, as 22 of those attempts were ruled touchbacks. **RS FRESHMAN:** Mostly handled kickoff chores in 2004, with 62 attempts for a 60.5-yard distance average, as 43 were returned for 737 yards (17.1 avg). Made 2-of-3 field goals and all three PATs for 9 points.

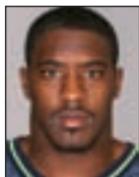
TRUE FRESHMAN: Redshirted as a true freshman.

PERSONAL: Attended Collins Hill (Suwanee, Ga.) High School. Earned All-American first-team honors as a punter. Added Gwinnett Daily Post All-County first-team accolades as a place-kicker and was a member of the Touchdown Club of Atlanta Class 5A All-State team as a senior. Named a Who's Who in Sports All-Star, as he averaged 40.6 yards on 40 punts in his final season, setting the county record with a 75-yard punt. Also connected on 19-of-19 extra points and



9 - o f - 9 field goals, including a 47-yarder that year. As a junior, Coutu averaged 38.9 yards on 59 punts, made 30-of-32 extra points and 11-of-17 field goals, including a long of 48 yards, earning Class 5A All-State first-team honors as a punter by both the Atlanta Journal-Constitution and the Georgia Sports Writers Association. Four-year letterman on the soccer team as a forward, being named All-County in his junior and senior seasons, as he holds the record for most goals scored (48) in school history.

ADDITIONAL FREE AGENTS



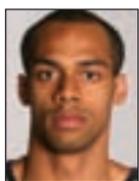
Jamar Adams, S, 6-2, 212, Rookie, Michigan (Charlotte, N.C.)

Signed by Seattle on April 27, 2008 as an undrafted rookie free agent. Played in 47 career games and made 34 starting assignments at safety, contributing 172 tackles, 6.5 tackles for loss, two sacks and four interceptions. Was an All-Big Ten Conference second-team pick after his senior season, and named the Brandstatter-Beckmann Coaches Award recipient, given to the Wolverine senior that best demonstrates passion, dedication and commitment to the team. Started all thirteen games at strong safety, leading the team with a career-high 92 tackles (39 solo). Added a sack, 13 passes defended and three interceptions. Attended David W. Butler High School and totaled 225 tackles, 23 interceptions, three sacks, six forced fumbles, two fumble recoveries and one blocked field goal in his four-year career at cornerback and safety. Named to the CBS All-America team. Voted team captain as a senior. Chosen as a Wendy's High School Heisman Finalist. Selected as the Charlotte Observer Player of the Year as a senior. Was all-state, all-conference and conference player of the year as a senior. Was an All-Southwestern Conference 4A selection as a sophomore, junior and senior. Participated in basketball and was a three-year member of the track team. Majored in general studies. Born on November 29, 1985.



Zac Alcorn, TE, 6-4, 255, 2nd Year, Black Hills State (Chadron, Neb.)

Signed by Seattle on January 15, 2008 as a free agent. Originally signed by the Green Bay Packers on May 5, 2006 and spent the first 11 weeks of the 2006 season on the practice squad. Signed to the Packers active roster and saw time mostly on special teams for six games and had two special teams tackles. Went to camp with Green Bay in 2007 but was released at the conclusion of the preseason. Completed his college career at Black Hills State (S.D.) after two years at Chadron State (Neb.) College. An NAIA All-America and two-time first-team All-DAC while at Black Hills. Played in 20 games for the Yellow Jackets, with 85 receptions for 1,220 yards and 12 touchdowns. Two-year letterwinner at Chadron State. Three-sport athlete at Chadron High in football, track (discus) and basketball. Worked as life skills assistant with mentally handicapped for three years while in college. Majored in business administration. Married to wife, Jennifer, with two children. Born August 24, 1980.



Donovan Alexander, CB, 5-11, 185, Rookie, North Dakota (Winnipeg, Manitoba)

Signed with Seattle on April 27, 2008 as an undrafted rookie free agent. Was a three-year starter at cornerback for the Sioux and was a two-time All-North Central Conference selection. Participated in the Valero Cactus Bowl, the NCAA Division II All-Star Football game, after completing his senior season. Played in 52 career games, with 38 starts, and graduated tied for fourth all-time at UND with 32 pass breakups. Also finished career with 166 tackles (121 solo). He helped lead UND to an NCAA postseason appearance in each of his four seasons and was named to the Academic All-NCC team in 2007. He was also named to the NCC Commissioner's Academic Honor Roll in each of his final two seasons. In 2006, was drafted in the third round (23rd overall)

by the Montreal Alouettes in the Canadian Football League Canadian Draft. A 2003 graduate of St. Paul's High School. Team MVP as a senior and junior. Two-year selection to the Winnipeg Sun Top-10 Honor List. Majored in communications. Born April 3, 1985.



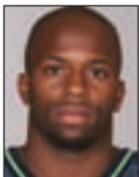
Dalton Bell, QB, 6-3, 210, 1st Year, West Texas A&M (Canyon, Texas)

Claimed off waivers (Green Bay) on April 29, 2008. Originally signed by the Carolina Panthers as an undrafted rookie free agent but released after camp and picked up by the Packers. Played in 40 games with 21 starts for West Texas A&M. Over his last two seasons, led WTAMU to a 20-4 record, back-to-back Lone Star Conference Championships, while throwing for 7,779 yards and 62 touchdowns. Earned honorable mention all-district honors at Canyon High. Majored in business marketing. Married to wife, Abbie, with one son. Born March 9, 1983.



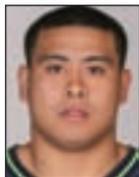
Kevin Brown, DT, 6-2, 303, Rookie, UCLA (Los Angeles, Calif.)

Signed by Seattle on May 5, 2008 as a rookie free agent. Played in 49 career games for UCLA and had 94 tackles and 10.0 sacks. Had a career-high 41 tackles his senior season and 5.0 sacks in 2004. Mother, Linda, is in the International Softball Hall of Fame. Lettered two seasons at Long Beach Poly High and played his sophomore season at Serra High on both the offensive and defensive lines. PrepStar All-America selection. All-CIF Southern Section first team on offense. All-CIF-SS Division I first team. L.A. Times All-Southeast/South Coast on offense. Member of Tacoma News Tribune Western 100. Long Beach Press-Telegram Dream Team first-team offense. Named Long Beach Press-Telegram Best in the West honorable mention. Majored in sociology. Born July 8, 1985.



Michael Bumpus, WR, 5-11, 194, Rookie, Washington State (Culver City, Calif.)

Signed by Seattle on April 27, 2008 as an undrafted rookie free agent. All-Pac-10 Conference honorable mention his senior season. Totaled 70 catches in his senior campaign, good for second on the all-time single-season list and his 789 yards and four touchdowns were career highs. Also became Wazzu's all-time leader in career receptions (195) and career punt return yards (801). Named All-Pac-10 second team in 2004 as a punt return specialist, and was named honorable mention in both 2005 and 2006. Attended Culver City High, lettering in football, basketball, soccer and baseball. Named the Southern Section's Division X offensive player of the year after his senior season. Father, Mark, is a retired Marine. Cousin, Larry Bumpus, played football at Oregon State. Majored in social sciences. Born December 13, 1985 in Honolulu, Hawaii.



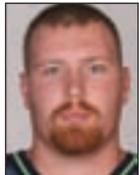
**Matt Castelo, LB, 5-10, 225, Rookie, San Jose State
(San Jose, Calif.)**

Signed by Seattle on April 27, 2008 as an undrafted rookie free agent. Played in 43 career games with 433 (203 solo) tackles, 5.5 sacks and three interceptions in his four years with the Spartans. Two-time All-WAC selection and honored by the San Jose Sports Authority as its 2007 Male Collegiate Athlete of the Year. Had a career-high 165 tackles (78 solo) his junior year and followed that up with 141 tackles (67 solo) his senior season. Prepped at Valley Christian High where he earned All-Central Coast Section honors twice. As a senior, credited with 128 tackles, 10.0 sacks and was named league's Linebacker of the Year. Majored in business management. Born on March 26, 1986.



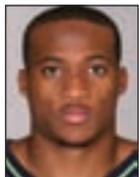
**Dan Curran, FB, 6-0, 240, 1st Year, New Hampshire
(Chelmsford, Mass.)**

Signed by Seattle on January 7, 2008 as a free agent. Has played for five years with the New Orleans VooDoo and Georgia Force of the Arena Football League. Went to training camp with the New Orleans Saints in 2004. Gained 1,805 yards in his career at New Hampshire from 1995-99. Ran for 1,059 yards and 14 touchdowns as a senior. Played behind former Chicago Bears Pro Bowler Jerry Azumah for most of career at UNH. Rushed for 1,650 yards and 27 touchdowns as a senior at Chelmsford High. Also lettered in hockey. Keeps in shape by pushing automobiles. Also works as a financial planner at Curran and Doherty Financial Group in Chelmsford. Majored in communications. Married to wife, Meghan, with one son. Born on October 28, 1976.



**Dustin Dickinson, G, 6-3, 298, Rookie, Houston
(Springtown, Texas)**

Signed by Seattle on April 27, 2008 as an undrafted rookie free agent. Played in 49 games for Houston, and finished career with 39 straight starts along the line. Member of offensive line that averaged more than 500 yards of total offense and more than 34.0 points per game in his final season. Named honorable mention All-Conference USA in 2006 and 2007. Selected first-team, All-District 5-4A at Springtown High. One of the Fort Worth Star-Telegram's Area Top 75 recruits. Also selected All-Parker County and All-Tarrant County. Enjoys hunting and weightlifting in his spare time. Majored in sports administration. Born May 3, 1985.



**DeMichael Dizer, CB, 5-11, 183, Rookie, Grambling
(Sterlington, La.)**

Signed by Seattle on April 27, 2008 as an undrafted rookie free agent. In 37 games with 34 starts, ended with 92 tackles, 18 defended passes and seven interceptions, helping the team to a Southwestern Athletic Conference championship in 2005 and a runner-up finish in 2007. Attended Sterlington High where he had 380 tackles and 25 interceptions in his career. His senior year was highlighted by earning The News-Star's 2002 Toby Caston Defensive Player of the Year award before signing with former GSU coach Doug Williams. That senior campaign featured 10 picks, including two in the state championship, 73 tackles and five fumble recoveries — two of which he returned for scores. Majored in therapeutic recreation. Born February 23, 1985.



Joel Filani, WR, 6-2, 216, 2nd Year, Texas Tech (Tempe, Ariz.)

Signed by Seattle on May 5, 2008 as a free agent. Originally a sixth-round selection (188th overall) by the Tennessee Titans in the 2007 NFL Draft, he was released after camp and spent 2007 on the Minnesota Vikings practice squad. At Texas Tech, former Seahawks player Dave Brown served as a spiritual mentor to many of the players, in particular to Filani, before Brown's passing. Played in 50 games, starting 25, and recorded 175 catches for 2,667 yards and 23 touchdowns. Vaulted in to team record books as a senior with 91 catches for 1,300 yards and 13 touchdowns. His yardage total was the highest in school history, while his touchdowns tied for first and reception total tied for fourth. Was named first-team All-Big 12 for second straight season. His parents, David and Esther, departed their native Nigeria in 1983 and he was born later that year. Majored in finance and served as an intern PlainsCapital Cooperation in the summer of 2006. Attended Paradise Valley High where he recorded 40 catches, 653 yards and eight scores. Also competed in basketball and track. Born December 8, 1983.



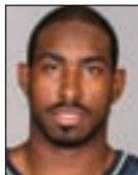
Chas Gessner, WR, 6-5, 215, 4th Year, Brown (Washington, D.C.)

Signed by Seattle on May 14, 2008 as a free agent. Originally entered the league as an undrafted rookie free agent on May 2, 2003 with the New England Patriots and has spent time with the Berlin Thunder of NFL Europe (2004), the New York Jets (2004) and Tampa Bay Buccaneers (2006-07). He made his NFL debut last season with Tampa Bay vs. Arizona (11/4). A two-time finalist for the Walter Payton Award as the nation's top Division I-AA player, he led the country in 2002 with 11.4 receptions per game. He finished with 114 catches, third-best in I-AA history. His 292 career catches rank fourth in I-AA history and second in Ivy League history while his 36 career scores also rank second in Ivy League annals. Also tied a 19-year record with 24 catches vs. Rhode Island in 2002, tying Jerry Rice's mark vs. Southern set in 1983. Also a standout performer for Brown's lacrosse team, where he was a third-team All-American his junior year. Prepped at Our Lady of Good Counsel (Wheaton, Md.) High School where he played basketball, football and lacrosse. Majored in history. Born on August 17, 1981.



David Hawthorne, LB, 6-0, 240, Rookie, Texas Christian (Corsicana, Texas)

Signed by Seattle on April 27, 2008 as an undrafted rookie free agent. Hawthorne made 38 career starts as a Frog, including all but three contests over the last three seasons. He totaled 186 tackles at TCU. Playing as a graduate student in the 2007 campaign, he finished second on the team with 84 tackles while placing third with 5.0 sacks. He nearly doubled his previous career high of 43 stops in 2006. Recorded 142 tackles as a senior at Corsicana High, with two forced fumbles, two fumble recoveries, two interceptions and scored three defensive touchdowns. Lettered three times in football and twice in basketball. Earned his school's Head Hunter Award on the gridiron and was named Mr. Defense in basketball. Majored in liberal arts. Born May 14, 1985.



Kevin Hobbs, CB, 6-0, 188, 2nd Year, Auburn (Tampa, Fla.)

Played in six games and one postseason contest for Seattle in 2007. Had two solo tackles, one pass defensed and five tackles and a forced fumble on special teams. Made NFL debut at Pittsburgh (10/7). Signed by Seattle on May 5, 2007. Originally signed by Seattle as an undrafted free agent on May 1, 2006 but was released after training camp.

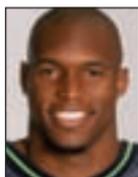
Had 11 tackles his senior season, including one in the Sugar Bowl against Virginia Tech. Impressed scouts at Auburn's annual Pro Day with a 4.34 40-yard dash. Moved from cornerback to safety his junior year and started one game. In 2003, played in all 13 games, starting seven and tied for the team-lead with three interceptions, including one returned 20 yards for a touchdown against Louisiana-Monroe. Was a walk-on at Auburn his sophomore year and sat out the season after transferring from Texas Southern (2001). Majored in business accounting. Born April 30, 1983.



Reggie Hodges, P, 6-0, 226, 2nd Year, Ball State (Champaign, Ill.)

Signed by Seattle on April 7, 2008 as a free agent. Originally a sixth round pick (210th overall) by the St. Louis Rams in the 2005 NFL Draft, he played in five games with St. Louis before being released and playing in three more games with Philadelphia in 2005. He went to camp in both 2006 and 2007 with Indianapolis but was released before the season both times.

He has punted 41 times for 1,535 yards (37.4 avg., 33.0 net) with a long of 55, nine inside the 20 and two touchbacks. His 254 punts at Ball State set a school record and his 10,210 yards rank ranked second in school history. Three-time All-Big 12 Conference choice at Centennial High, earning first-team all-state as a senior. Majored in communications. Born on January 26, 1982.



Kelin Johnson, S, 6-0, 197, Rookie, Georgia (Daytona Beach, Fla.)

Signed with Seattle as an undrafted rookie free agent on April 27, 2008. Played in 48 games with 24 starts for Georgia, totaling 132 tackles and four interceptions. Prepped at Mainland High where he was a Florida Sports Writers Association Class AAAAA First Team All-State selection. Four-year starter at defensive back and played two years of

quarterback as well. Recorded 105 tackles and three interceptions and one blocked punt as a senior as team won state title in AAAAA. Transferred after his junior year from Atlantic High where he had 850 yards rushing and 750 yards passing. Majored in speech communication. Born on March 22, 1985.



Nick Jones, C, 6-3, 305, 1st Year, Georgia (Bowdon, Ga.)

Signed with Seattle on January 15, 2008 as a free agent. Originally signed with Seattle on May 2, 2007 but was released after camp. Started at center for all 13 games his senior year and ended career with 42 consecutive starts. Second-Team All-SEC by AP and coaches and helped Georgia ranked second in the SEC in fewest sacks allowed (17). Named team's Most Valuable Offensive Player and a team captain.

Part of senior class that compiled 40-12 record, 3-1 bowl record, played in two SEC championship games and won one SEC title (2005). Started all 24 games between his sophomore and junior seasons. Starting guard on 2005 team that

ranked second in the SEC in scoring offense (29.5 ppg) and third in total offense. Started at center the final five games of his freshman season. Scored a touchdown when recovered a fumble in the endzone at Georgia Tech. Recipient of Iron Man Award, presented to a player who "shows up every day for work, never late, and strains his potential in every endeavor." Atlanta Journal-Constitution Top 50 in Georgia and Class A All-State selection at Bowdon High. Defensive player of the year in Carroll County after he recorded 72 tackles as a defensive lineman as a senior. Also helped the baseball squad to the state finals as a junior. Born July 5, 1985.



Jordan Kent, WR, 6-4, 219, 2nd Year, Oregon (Eugene, Ore.)

Drafted by Seattle with the second of two sixth round picks (210th overall) in the 2007 NFL Draft. Spent the entire 2007 season on the team's practice squad. First three-sport athlete in the collegiate ranks since 2001-02, Kent was a valuable performer on Oregon's basketball and track teams before joining the football squad in 2005. Earned All-American honors in track, All-Pac 10 Conference academic accolades in basketball. Started twelve of thirteen games at flanker, ranking second on the team with 44 receptions for 491 yards (11.2 avg) and four touchdowns. Attended Winston Churchill (Eugene, Ore.) High School, playing basketball and track, lettering four times in each sport. Led Churchill High to the state title in both sports as a junior and again in track as a senior. All-State first-team basketball selection, averaging 18 points per game while leading his hoops team to a 20-4 record during his final year. Twice named High School Athlete of the Year (2001-02) at the Oregon Sports Award banquet. In track, he led the team to back-to-back state championships. Became first player in state history to win titles in four individual events, capturing the championships in the 400-, 200- and 100-meters dashes and the long jump as a senior. Also won the state titles in the 400- and 200-meter dashes and the long jump his junior season. Two-time state Track Athlete of the Year. Holds the state prep record in the 200-meters and the long jump. Career-best long jump of 25'-1/4" broke the previous state 41-year-old record of 24'-1/4" by Mel Renfro in 1960. Named to the school's Honor Roll four-straight years. Father, Ernie, is the head coach of Oregon's basketball team (1998-present) Ernie was named 2002 Pac-10 Conference Coach of the Year and is the only coach to have led Oregon to four NCAA Tournament appearances, as well as Pac-10 regular season and tournament titles. Brother, Marcus, also played for the Oregon basketball team. Resides in Eugene, Oregon. Graduated from Oregon in May 2006 with a degree in Business Administration Born July 14, 1984 in Dhaharan, Saudi Arabia.



Wesly Mallard, LB, 6-1, 230, 6th Year, Oregon (Hinesville, Ga.)

Signed by Seattle on April 29, 2008 as a free agent. Originally drafted by the New York Giants in the sixth round (188th overall) of the 2002 NFL Draft. Has played in 59 career games with the Giants (2002-04), New England (2005) and Tampa Bay (2005-06), totaling four tackles (three solo) and 50 special teams tackles. Finished Ducks career with 162 tackles (89 solo), 4.0 sacks and two interceptions. Was an All-Pac-10 selection after his senior year when he had a career-high 111 tackles (59 solo). Excelled on special teams early in career. Also ran track at Oregon. Played first two years of high school football in U.S. before completing prep career in Korea, where his father was stationed at a U.S. Army base. Rushed for over 1,000 yards and 22 touchdowns his senior year overseas before returning to Hardaway High in Columbus, Ga. to receive his diploma. Majored in English. Born on November 21, 1978 in Columbus.



**Pat Murray, G, 6-3, 310, 1st Year, Truman State
(Pocahontas, Iowa)**

Signed by Seattle on January 9, 2008 as a free agent. Originally signed by Green Bay as an undrafted rookie free agent on May 4, 2007. Played in 41 games with 32 starts at Division II Truman State. Earned first-team All-Mid-America honors in 2006 where he made 11 starts at right tackle. Majored in criminal justice and would like to pursue a job in law enforcement after his playing days. Lettered in football, basketball, track and golf at Pocahontas High. Born on October 31, 1984 in Fort Dodge, Iowa.



**Joe Newton, TE, 6-7, 258, 2nd Year, Oregon State
(Roseburg, Ore.)**

Signed by the Seahawks as an undrafted rookie free agent on May 2, 2007 and spent the season on the team's practice squad. Pac-10 honorable mention selection in 2006 with 36 receptions for 466 yards and a career-high tying seven touchdowns. Was a semifinalist for the John Mackey Award (top TE). Ended Beavers career ranked fifth in career touchdown receptions with 15 (most-ever by a Beavers tight end). Missed the entire 2005 season with a lower left leg injury suffered in a testing exercise. Honorable mention All-Pac-10 in 2004 with 56 catches for 687 yards and seven scores. Led the team for receptions in five of the 11 games played. Second on the team in receptions, tops among Pac-10 tight ends, and co-led the team in touchdowns. Was a Parade Magazine All-American at Roseburg High. First-team Long Beach Press-Telegram Best in the West list after his senior season, receiving seven of the possible 10 votes for the team – the highest total ever by a prep player from Oregon at that time. In his career, had 68 receptions for 1,019 receiving yards and 18 touchdowns. As a senior, caught 21 passes for 298 yards and four touchdowns in nine games. SuperPrep Magazine rated him the top football player in the state. The Roseburg News-Review named him to its All-Century team. First-team all-state on offense and defense. Played defensive tackle and was named the Defensive Player of the Year for the Southern Oregon Conference. Also was a standout in basketball and track. Won the 4A state discus title as a senior with a toss of 178-10, which was more than 17 feet better than the second-place competitor. An all-league performer in basketball after averaging 18 points as a senior. In January of 2002, his football jersey (No. 87) was retired by Roseburg High. Majored in forest management. Born October 15, 1983.



Logan Payne, WR, 6-2, 205, 2nd Year, Minnesota (Lutz, Fla.)

Signed by Seattle as an undrafted rookie free agent on May 2, 2007. Spent the entire season on the practice squad and was signed to the active roster on January 1, 2008 during the postseason. Was inactive for both playoff contests. Played in 46 career games for the Golden Gophers and caught 96 passes for 1,333 yards and 11 touchdowns. Had career highs in catches (59), yards (804) and touchdowns (9) his senior year, leading the team in all categories. Posted 37 catches for 529 yards and two scores his junior season after seeing limited playing time his first two seasons. Graduated from Land O' Lakes High. Was all-county his junior and senior seasons and all-area his senior year along with being named the county and area player of the year. Also was an all-state selection. Totaled 109 receptions for 1,650 yards and 30 touchdowns for his career. Had 74 receptions for 1,250 yards and 23 touchdowns his senior year. Also played defensive back and intercepted two passes his senior sea-

son and eight for his career. Also played basketball and baseball. Was the team MVP for basketball and was an honor roll student all four years of high school. Born January 21, 1985.



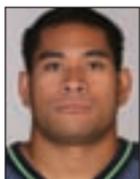
William Robinson, T, 6-5, 297, Rookie, San Diego State (Pomona, Calif.)

Signed with Seattle on April 27, 2008 as an undrafted rookie free agent. Played left tackle his junior and senior seasons. Also saw time at right guard during his Aztecs career. Father, Willie, is a deputy sheriff in Los Angeles County and is on the SWAT team. Mom, Carolyn, is a retired deputy sheriff who played college basketball at Cal State Fullerton. Prepped at Bishop Amat High and was an honorable mention all-region pick by PrepStar. Also earned varsity letters in basketball and track. Majored in political science. Born on December 20, 1984.



Trent Shelton, WR, 6-0, 202, 1st Year, Baylor (Little Rock, Ark.)

Signed by the Seahawks on June 4, 2008 as a free agent. Originally signed by the Indianapolis Colts in April 2007 as an undrafted rookie free agent and spent the first two weeks of the 2007 on their practice squad until being released on September 20. Played four seasons for the Baylor Bears and set a school-record with recording at least one catch in 45 consecutive games. Started 29 of 46 career games and caught 155 passes for 1,978 yards and 12 touchdowns. Attended North Crowley High in Fort Worth, Texas. Led district in receptions as a senior with 48 catches for 798 yards and six touchdowns. Was a two-time first-team all-district selection. Member of Texas Football's 2001 TexasTop 300. Also lettered in track and basketball. Named honorable mention all-district in basketball as a junior and picked up first-team honors in senior season. Held school long jump record. Uncle, George Stewart, played football at Arkansas and was the receivers coach for the Atlanta Falcons in 2007. Brother, Terry Shelton, played basketball at Texas-San Antonio and is currently a coach at North Crowley (Texas) High. Brother, Todd, played basketball at Central (Kan.) College and works for the Cleveland Cavaliers. Majored in speech communications. Born on September 21, 1984.



Nu'u Tafisi, DE, 6-2, 268, 2nd Year, California (Salt Lake City, Utah)

Signed with Seattle on May 2, 2007 and spent the entire season on the team's practice squad. Started 24 of 25 games in his two years at Cal after transferring from Mt. San Antonio College. A second-team All-Pac-10 selection and earned the team's Joe Roth Award (for courage, attitude and sportsmanship) his senior year. Posted 32 tackles (12 solo) and 5.5 sacks his final season. Debuted at Cal with 38 tackles (30 solo) and 3.5 sacks. Earned Junior College All-America first-team honors from the JC Athletic Bureau/California Community College Football Coaches Association and landed on JC Gridwire's All-America second team. Recorded 59 tackles, including 16 sacks for club that etched an 8-3 record in 2004. Voted the league's Defensive Most Valuable Player. Graduated from high school at 16 and worked construction jobs until embarking on a two-year mission in 1999. Social welfare major. Name is pronounced NEW-ew Tah-FEE-see. Born June 30, 1981 in Samoa. Married to Umu.



**Steve Vallos, G, 6-3, 312, 2nd Year, Wake Forest
(Boardman, Ohio)**

Drafted by Seattle in the seventh round (232nd overall) in the 2007 NFL Draft. Spent the entire 2007 season on the team's practice squad. College tackle that made the switch to guard/center in the pros. Left Wake Forest as the school's all-time leader in career starts (48).

Named first-team All-American by Sports Illustrated and The Sporting News, first-team All-ACC and ACC Player of the Year by College Football News following his senior season. Helped the Demon Deacons lead the ACC in rushing his junior year at 197 yards per game. Prepped at Boardman High where he earned letters in football, wrestling and track, where he competed in discus and shot put. First-team All-Steel Valley in football and track. Also named the Vindicator's Wrestler of the Year and was a first-team All-Eastern Ohio wrestling selection. Holds the school's season (24) and career (58) pin records. Majored in communications. Born December 28, 1983 in Youngstown, Ohio.



**Eric Wicks, S, 6-0, 217, Rookie, West Virginia
(Pittsburgh, Pa.)**

Signed by Seattle as an undrafted rookie free agent on April 27, 2008. Played in 50 games with 38 starts for the Mountaineers, recording 208 tackles (110 solo), 12.0 sacks, 16 passes defended, eight interceptions, six forced fumbles and four fumble recoveries. First-team All-Big East pick his senior and junior years, as voted by the coaches. Had a

career-high 73 stops (45 solo) 7.0 sacks and three interceptions his junior year. Tied career-high with three picks in his final season. Was Perry Academy Player of the Year, where he won three Pittsburgh city league titles. Majored in athletic coaching education. Born March 19, 1985.



Kyle Williams, T, 6-6, 295, 2nd Year, USC (Dallas, Texas)

Signed by Seattle on June 1, 2007 as an undrafted rookie free agent and spent the season on the practice squad. Played four years at USC with 49 games played, with 13 starts at right tackle his redshirt senior year. Was primarily a backup and special teams performer his first three seasons. Prepped at Highland Park High and named a 2001 Super Prep All-American, Prep Star All-American, Tom Lemming All-

American, Max Emfinger All-American, Prep Star Dream Team, Super Prep All-Southwest, Prep Star All-Midlands Region, Student Sports All-Southwest first team, all-state, Dave Campbell Football Magazine Texas 4-1 Player of the Year finalist, Old Spice Lone Star All-Star team, all-area and all-district as a senior. His father, Scott, played college basketball. An uncle, Eric Williams, was a defensive lineman with the Detroit Lions (1984-89) and Washington Redskins (1990-93) after earning 1983 All-Pac-10 first team honors in his three years (1981-83) at Washington State. His grandfather, Roy Williams, played for the Detroit Lions and San Francisco 49ers. Another uncle played professional basketball in Europe, while his other grandfather played three sports at Lehigh in the 1960s. Majored in communications. Born March 19, 1984.

DRAFT SUMMARIES

1976 VETERAN ALLOCATION

Player,	Pos.	Former Team	Player,	Pos.	Former Team
Wayne Baker	DT	San Francisco	Gordon Jolley	T	Detroit
Carl Barisich	DT	Cleveland	Gary Keithley	QB	St. Louis
Nick Bebout	T	Atlanta	Art Kuehn	C	Washington
Lyle Blackwood	DB	Cincinnati	Kerry Marbury	RB	New England
Ed Bradley	LB	Pittsburgh	Al Matthews	DB	Green Bay
Dave Brown	DB	Pittsburgh	Sam McCullum	WR	Minnesota
Don Clune	WR	N.Y. Giants	John McMakin	TE	Detroit
Rondy Colbert	DB	N.Y. Giants	Eddie McMillan	DB	L.A. Rams
Dwayne Crump	DB	St. Louis	Bill Olds	RB	Baltimore
Mike Curtis	LB	Baltimore	Jesse O'Neal	DE	Houston
Jerry Davis	DB	N.Y. Jets	Joe Owens	DE	New Orleans
John Demarie	G	Cleveland	Bob Penchion	G	San Francisco
Norm Evans	T	Miami	Bob Picard	WR	Philadelphia
Ken Geddes	LB	L.A. Rams	Rocky Rasley	G	Kansas City
Gary Hayman	RB	Buffalo	Steve Taylor	DB	Denver
Fred Hoaglin	C	Houston	Dave Tipton	DE	San Diego
Neil Graff	QB	New England	Charles Waddell	TE	San Diego
Don Hansen	LB	Atlanta	Larry Woods	DT	N.Y. Jets
Ron Howard	TE	Dallas	Rolly Woolsey	DB	Dallas
Ken Hutcherson	LB	Green Bay			

1976 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Steve Niehaus (2, 2)	DT	Notre Dame	6.	Alvis Darby (1, 157)	TE	Florida
2a.	Sammy Green (1, 29)	LB	Florida	7.	Dick Dixon (2, 184)	DT	Arkansas St.
2b.	Sherman Smith (30, 58)	RB	Miami, OH	8.	Larry Shipp (1, 210)	WR	LSU
2c.	Steve Raible (31, 59)	WR	Georgia Tech	9.	Bob Bos (2, 239)	T	Iowa St.
3a.	Jeff Lloyd (2, 62)	DE	West Texas St.	10.	Randy Coffield (1, 266)	LB	Florida St.
3b.	Rick Engles (29, 89)	P	Tulsa	11.	Keith Muehr (2, 293)	P	SW Louisiana
3c.	Don Bitterlich (32, 92)	K	Temple	12.	Ron Barnett (1, 320)	WR	Texas-Arlington
4a.	Steve Myer (1, 93)	QB	New Mexico	13.	Andy Reid (2, 349)	RB	Georgia
4b.	Randy Johnson (30, 122)	G	Georgia	14.	Jarvis Blinks (1, 376)	DB	Northwestern St.
4c.	Andrew Bolton (31, 123)	RB	Fisk	15.	Dan Smith (2, 405)	T	Washington St.
5a.	Don Dufek (2, 126)	DB	Michigan	16.	Jeff Urczyk (1, 432)	G	Georgia Tech
5b.	Ernie Jones (29, 153)	DB	Miami	17.	Chris Rowland (2, 461)	QB	Washington
5c.	Larry Bates (32, 156)	FB	Miami				

1977 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	(choice traded to Dallas)			3.	Dennis Boyd (2, 58)	DE	Oregon St.
1b.	Steve August (14, 14) (choice from Dallas)	G	Tulsa	4a.	John Yarno (3, 87)	C	Idaho
2a.	Tom Lynch (2, 30) (choice from Dallas)	T	Boston Coll.	4b.	Larry Seivers, (27, 111) (choice from Minnesota for Ahmad Rashad, WR)	WR	Tennessee
2b.	(choice traded to L.A. Rams for draft choice and Geoff Reece, C)			5.	(choice traded to Detroit for Bill Munson, QB)		
2c.	Terry Beeson (23, 41) (choice from Dallas)	LB	Kansas	6	Tony Benjamin (3, 142)	FB	Duke
2d.	Peter Cronan (2, 51) (choice from L.A. Rams)	LB	Boston Coll.	7.	David Sims (2, 169)	RB-FB	Georgia Tech
2e.	(choice traded to Dallas for Duke Ferguson, WR) (choice from Dallas)			8.	(choice traded to Houston for Steve Largent, WR)		
				9.	George Adzick (2, 225)	S	Minnesota
				10.	Sam Adkins (3, 254)	QB	Wichita St.
				11.	Bill Westbeld (2, 281)	T	Dayton
				12.	I.V. Wilson (22, 329)	DT	Tulsa

1978 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Keith Simpson (9, 9)	DB	Memphis St.	9.	Rich Grimmitt (9, 231)	T	Illinois
2.	Keith Butler (8, 36)	LB	Memphis St.	10.	Rob Stewart (8, 258)	WR	Lafayette
3.	Bob Jury (7, 63)	DB	Pittsburgh	11a.	(choice traded to New Orleans for Andy Dorris, DE)		
4.	Al Hunter (choice exercised in 1977 supplemental draft)	RB	Notre Dame	11b.	George Halas (23, 301)	LB	Miami
5.	Louis Bullard (9, 119)	T	Jackson St.	(choice from Miami for Carl Barisich, DE)			
6.	Glenn Starks (8, 146)	WR	Texas A&I	12.	Jeff Bergeron (10, 316)	RB	Lamar
7.	John Harris (7, 173)	DB	Arizona St.				
8.	(choice traded to Minnesota for Atry Beamon, S and Amos Martin, LB)						

1979 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Manu Tuiaosopo (18, 18)	DT	UCLA	6.	(choice traded to Dallas for Bill Gregory, DE)		
2.	Joe Norman (17, 45)	LB	Indiana	7a.	Larry Polowski (4, 169)	LB	Boise St.
3a.	Michael Jackson (1, 57)	LB	Washington	(choice from Washington for Don Testerman, FB)			
(choice from San Francisco for Bob Jury, S)			7b.	(choice traded to Washington in Don Testerman transaction)			
3b.	(choice traded to Dallas for Bill Gregory, DE)						
3c.	(choice traded to San Francisco in Bob Jury trade)						
4a.	(choice voluntarily given to Buffalo for Ahmad Rashad signing)						
(choice acquired from Tampa Bay for Larry Seivers, WR)			8.	(choice traded to Detroit for Ernie Price, DE)			
4b.	Mark Bell (20, 102)	TE	Colorado St.	9.	Ezra Tate (20, 240)	RB	Miss. St.
5.	(choice traded to Dallas for Efen Herrera, K)						
10.	Robert Hardy (19, 267)	DT	Jackson St.	11.	Jim Hinesly (18, 293)	G	Michigan St.
11.	Jim Hinesly (18, 293)	G	Michigan St.	12.	Jeff Moore (16, 319)	RB	Jackson St.
12.	Jeff Moore (16, 319)	RB	Jackson St.				

1980 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Jacob Green (10, 10)	DE	Texas A&M	7.	(choice traded to N.Y. Giants for Dan Doornink, FB)		
(choice from Buffalo)			8a.	Vic Minor (11, 204)	S	Northeast LA	
1b.	(choice traded to Buffalo)						
2.	Andre Hines (16, 44)	T	Stanford	(choice from Minnesota for Steve Niehaus, DT)			
3.	(choice traded to Buffalo)						
4.	Terry Dion (14, 97)	DE	Oregon	8b.	Jack Cosgrove (14, 207)	C	Pacific
5a.	Joe Steele (17, 127)	RB	Washington	9.	Jim Swift (17, 238)	T	Iowa
5b.	Daniel Jacobs (22, 132)	DE	Winston-Salem St.	10a.	Ron Essink (16, 265)	T	Grand Val. St.
(choice from Washington for Don Testerman, FB)			10b.	Billy Reaves (25, 274)	WR	Morris Brown	
6.	Mark McNeal (15, 153)	DE	Idaho	(choice from Houston for Sammy Green, LB)			
				11.	Tali Ena (15, 292)	RB	Washington St.
				12.	Presnell Gilbert (14, 319)	CB	U.S. Int'l.

1981 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Kenny Easley (1, 4)	S	UCLA	8.	Eric Lane (3, 196)	RB	BYU
2.	David Hughes (3, 31)	FB	Boise St.	9a.	Jim Stone (2, 223)	RB	Notre Dame
3.	Bill Dugan (2, 58)	G	Penn St.	9b.	Jim Whatley (15, 236)	WR	Washington St.
4.	Scott Phillips (4, 87)	WR	BYU	(choice from Minnesota for Nick Bebout, T)			
5.	Edwin Bailey (3, 114)	G	S. Carolina St.	10.	Ken Dawson (4, 252)	RB	Savannah St.
6.	Steve Durham (2, 140)	DE	Clemson	11.	Lance Olander (3, 279)	RB	Colorado
7a.	Ron Johnson (4, 170)	WR	Long Beach	12.	Jeff Bednarek (2, 306)	DT	Pacific
7b.	Brad Scovill (20, 186)	TE	Penn St.				
(choice from Houston for Sammy Green, LB)							

1982 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Jeff Bryant (6, 6)	DE	Clemson	6.	Jack Campbell (5, 144)	T	Utah
2.	Bruce Scholtz (6, 33)	LB	Texas	7.	Eugene Williams (7, 174)	LB	Tulsa
3a.	(choice traded to New England for Horace Ivory, RB)			8.	Chester Cooper (6, 201)	WR	Minnesota
3b.	Pete Metzelaars (20, 75)	TE	Wabash	9.	David Jefferson (5, 228)	LB	Miami
	(choice from Buffalo for Tom Lynch, G)			10.	Craig Austin (7, 258)	LB	So. Dakota
4.	(choice traded to St. Louis for Theotis Brown, RB)			11.	Sam Clancy (5, 284)	TE	Pittsburgh
5.	(choice traded to L.A. Rams for Jim Jodet, FB)			12.	Frank Naylor (5, 311)	C	Rutgers

1983 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Curt Warner (3, 3)	RB	Penn St.	6.	Reginald Gipson (10, 150)	FB	Alabama A&M
	(choice from Houston)			7.	Sam Merriman (9, 177)	LB	Idaho
1b.	(choice traded to Houston)			8.	Matt Hernandez (14, 210)	T	Purdue
2.	(choice traded to Houston)			9.	Bob Clasby (12, 236)	T	Notre Dame
3.	(choice traded to Houston)			10.	Pete Speros (12, 263)	G	Penn St.
4.	(choice traded to St. Louis for Theotis Brown, RB)			11.	Bob Mayberry (11, 290)	G	Clemson
5.	Chris Castor (11, 123)	WR	Duke	12.	Don Dow (10, 317)	T	Washington

1984 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Terry Taylor (22, 22)	CB	So. Illinois	5b.	(choice traded to Baltimore for Robert Pratt, G)		
2.	Daryl Turner (21, 49)	WR	Michigan St.	6.	John Kaiser (22, 162)	LB	Arizona
3.	Fredd Young (20, 76)	LB	New Mexico St.	7.	Sam Slater (21, 189)	T	Weber St.
4a.	Rickey Hagood (2, 86)	NT	S. Carolina	8.	John Puzar (20, 216)	C	Long Beach
	(choice from San Francisco for Manu Tuiasosopo, NT)			9.	Adam Schreiber (19, 243)	G	Texas
4b.	(choice traded to Baltimore for Roger Carr, WR)			10.	Randall Morris (18, 270)	RB	Tennessee
5a.	(choice traded to N.Y. Giants for Terry Jackson, CB)			11.	Steve Gemza (22, 302)	T	UCLA
	(choice acquired from San Diego for Roger Carr, WR)			12.	Theo Windham (21, 329)	S	Utah St.

1984 SUPPLEMENTAL DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Gordon Hudson	TE	BYU	3.	Frank Seurer	QB	Kansas
2.	Alvin Powell	G	Winston Salem				

1985 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(choice traded to Cincinnati for Blair Bush, C)			6.	(choice traded to N.Y. Giants for Terry Jackson, CB)		
2.	Owen Gill (25, 53)	FB	Iowa	7.	Ron Mattes (25, 193)	T	Virginia
3.	Danny Greene (25, 81)	WR	Washington	8.	Judious Lewis (25, 221)	WR	Arkansas St.
4.	Tony Davis (25, 109)	TE	Missouri	9.	Bob Otto (24, 248)	DE	Idaho St.
5a.	Mark Napolitan (11, 123)	C	Michigan St.	10a.	John Conner (25, 227)	QB	Arizona
	(choice from San Diego for Roger Carr, WR)			10b.	James Bowers (28, 280)	S	Memphis St.
5b.	Arnold Brown (16, 128)	CB	N. Carolina		(choice from San Francisco for Manu Tuiasosopo, NT)		
	(choice from Pittsburgh for Steve August, T)			11.	Louis Cooper (25, 305)	LB	W. Carolina
5c.	Johnnie Jones (25, 137)	RB	Tennessee	12.	(choice traded to Buffalo for Reggie McKenzie, G)		

1986 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	John L. Williams (1, 15)	FB	Florida	7b.	Paul Miles (15, 181)	RB	Nebraska
2.	(choice traded to New England for Bob Cryder, T)				(choice from Cleveland for the rights to Sam Clancy, DE)		
3.	Patrick Hunter (13, 68)	CB	Nevada-Reno	8.	Alonzo Mitz (17, 211)	DE	Florida
4.	(choice traded to Cincinnati for Dan Ross, TE)			9.	Michael Black (16, 237)	T	Sacram. St.
5.	Bobby Joe Edmonds (16, 126)	WR	Arkansas	10.	Don Fairbanks (15, 264)	DE	Colorado
6.	Eddie Anderson (15, 153)	S	Fort Valley St.	11.	David Norrie (14, 291)	QB	UCLA
7a.	(choice traded to Buffalo for Jon Borchardt, G)			12.	John McVeigh (16, 321)	LB	Miami

1987 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Tony Woods (18, 18)	LB	Pittsburgh	7b.	Derek Tennell (17, 185)	TE	UCLA
2.	David Wyman (17, 45)	LB	Stanford	8.	Sammy Garza (21, 216)	QB	Texas-El Paso
3.	(choice traded to Cincinnati for Mike Wilson, T)			9.	M.L. Johnson (20, 243)	LB	Hawaii
4.	Mark Moore (20, 104)	S	Oklahoma St.	10.	Louis Clark (19, 270)	WR	Miss. St.
5a.	Tommie Agee (7, 119)	FB	Auburn	11.	Daryl Oliver (18, 297)	RB	Miami
	(choice from Detroit for Shelton Robinson, LB)			12a.	Wes Dove (5, 312)	DE	Syracuse
5b.	Ruben Rodriguez (19, 131)	P	Arizona		(choice from Green Bay for Dan Ross, TE)		
6.	(choice traded to Philadelphia for Greg Naron, G)			12b.	Tony Burse (17, 324)	FB	Mid. Tenn. St.
7a.	Roland Barbay (16, 184)	NT	LSU				
	(choice from Minnesota for John Harris, S)						

1988 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Brian Bosworth	LB	Oklahoma	6.	Roy Hart (21, 158)	NT	South Carolina
2.	(choice exercised in 1987 supplemental draft)			7.	Ray Jackson (20, 185)	CB	Ohio St.
2.	Brian Blades (2, 22)	WR	Miami	8.	Robert Tyler (22, 215)	TE	S. Carolina St.
3.	Tommy Kane (3, 20)	WR	Syracuse	9.	Deatrich Wise (21, 242)	NT	Jackson St.
4.	Kevin Harmon (19, 101)	RB	Iowa	10.	Derwin Jones (20, 269)	DE	Miami
5a.	(choice traded to Phoenix for Kelly Stouffer, QB).			11a.	Rick McLeod	T	Washington
	(choice from Dallas for Ron Essink, T)				(choice from Green Bay for Dave Brown, CB)		
5b.	(choice traded to San Francisco for Jeff Kemp, QB)			11b.	Dwayne Harper (22, 299)	CB	S. Carolina St.
				12.	Dave DesRochers (21, 326)	T	San Diego St.

1989 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Andy Heck (15, 15)	T	Notre Dame	5.	(choice traded to Phoenix for Kelly Stouffer, QB)		
	(choice from Indianapolis for Fredd Young, LB)			6.	(choice traded to Tampa Bay with Randy Edwards, NT for Ron Heller, T)		
1b.	(choice traded to Phoenix for Kelly Stouffer, QB)			7.	Mike Nettles (17, 184)	CB	Memphis St.
2.	Joe Tofflemire (16, 44)	C	Arizona	8.	Marlin Williams (16, 211)	DE	W. Illinois
3.	Elroy Harris (15, 71)	RB	E. Kentucky	9.	David Franks (15, 238)	G	Connecticut
4a.	Travis McNeal (17, 101)	TE	Tenn.-Chat.	10.	Derrick Fenner (17, 268)	RB	North Carolina
4b.	James Henry (19, 103)	RS/CB	So. Mississippi	11.	Mike Baum (16, 295)	DE	Northwestern
	(choice from Philadelphia for Ron Heller, T)			12.	R.J. Kors (15, 322)	S	Long Beach

1990 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Cortez Kennedy (3, 3) (choice from New England)	DT	Miami	4.	Chris Warren (8, 89)	RB	Ferrum
1b.	(choice traded to New England)			5.	Eric Hayes (10, 119)	DT	Florida St.
1c.	(choice traded to New England) (choice from Indianapolis for Fredd Young, LB)			6.	Ned Bolcar (9, 146)	LB	Notre Dame
2a.	Terry Wooden (4, 29) (choice acquired from New England)	LB	Syracuse	7.	Bob Kula (10, 175)	T	Michigan St.
2b.	Robert Blackmon (9, 34)	S	Baylor	8.	Bill Hitchcock (9, 202)	T	Purdue
3.	(choice traded to New England)			9.	(choice traded to Dallas for Daryl Smith, T)		
				10.	Robert Morris (9, 257)	DE	Valdosta St.
				11.	Daryl Reed (10, 286)	CB	Oregon
				12.	John Gromos (8, 312)	QB	Vanderbilt

1991 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Dan McGwire (16, 16)	QB	San Diego St.	6.	Michael Sinclair (16, 155)	DE	E. New Mexico
2a.	(choice traded to L.A. Raiders)			7.	(choice traded to Atlanta for Ronnie Lee, T)		
2b.	Doug Thomas (24, 51) (choice from L.A. Raiders)	WR	Clemson	8.	(choice traded to L.A. Raiders for Vann McElroy, S)		
3.	David Daniels (19, 74)	WR	Penn St.	9.	(choice traded to Cleveland for Bob Buczkowski, DE)		
4a.	(choice traded to New England in 1990)			10.	Erik Ringoens (16, 266)	LB	Hofstra
4b.	John Kasay (17, 128) (choice from L.A. Raiders)	K	Georgia	11.	Tony Stewart (19, 297)	RB	Iowa
5.	Harlan Davis (16, 155)	CB	Tennessee	12.	Ike Harris (18, 324)	T	S. Carolina

1992 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Ray Roberts (10, 10)	T	Virginia	8.	Muhammad Shamsid-Deen, (11, 207)	RB	Tenn.-Chat.
2.	(choice traded to Minnesota for Keith Millard, DT)			9.	Larry Stayner (10, 234)	TE	Boise St.
3.	Bob Spitulski (10, 66) Florida	LB	Cent.	10.	Anthony Hamlet (11, 263)	DE	Miami
4.	(choice traded to New Orleans for Rueben Mayes, RB)			11.	Kris Rongen (10, 290)	G	Washington
5.	Gary Dandridge (10, 122)	S	Appala. St.	12a.	Chico Fraley (11, 319)	LB	Washington
6.	Michael Bates (10, 150)	WR	Arizona	12b.	John MacNeill (12, 320) (choice from N.Y. Jets in compensation for Ron Mattes, T)	DE	Michigan St.
7.	Mike Frier (10, 178)	DE	Appala. St.				

1993 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Rick Mirer (2, 2)	QB	Notre Dame	7.	Michael McCrary (2, 170)	DE	Wake Forest
2.	Carlton Gray (1, 30)	CB	UCLA	8a.	Jeff Blackshear (1, 197) Louisiana	G	NE
3.	(choice traded to the Minnesota for Keith Millard, DT)			8b.	Antonio Edwards (8, 204) (choice from Chicago in compensation for signing restricted free agent Joe Cain, LB)	DE	Valdosta St.
4.	Dean Wells (1, 85)	LB	Tennessee				
5.	Terrence Warren (2, 114)	WR	Hampton				
6.	(choice traded to Green Bay for Dave McCloughan, S)						

1994 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Sam Adams (8, 8)	DT	Texas A&M	6.	(choice traded to New England for Jon Vaughn, RB)		
2.	Kevin Mawae (7, 36)	C	LSU	7.	Carlester Crumpler (8, 202)	TE	East Carolina
3.	Lamar Smith (8, 73)	RB	Houston				
4.	Larry Whigham (7, 110)	S	NE Louisiana				
5.	(choice traded to San Diego for 4th round 1995 draft choice)						

1995 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Joey Galloway (8, 8)	WR	Ohio St.	5.	(choice traded to Detroit for Reggie Barrett, WR)		
2.	Christian Fauria (7, 39)	TE	Colorado	6a.	Henry McMillan (9, 180)	DT	Florida
3.	(choice to Green Bay for signing of restricted free agent Corey Harris, CB)			6b.	Eddie Goines (32, 203)	WR	N. Carolina St.
4a.	(choice traded to Arizona for Ricky Proehl, WR)				(compensatory choice for a net loss of free agents in 1994)		
4b.	Jason Kyle (28, 126)	LB	Arizona St.	7.	Keif Bryant (8, 216)	DE	Rutgers
	(choice from San Diego for 5th round 1994 choice)						

1996 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	(choice traded to Houston for 1st round 1996 draft choice and Glenn Montgomery, DT)			4b.	(choice traded to Jacksonville for 4th round 1996 draft choice)		
1b.	(choice traded to Detroit for 1st round and 3rd round 1996 draft choices) (choice from Houston)			4c.	Eric Unverzagt (36, 131)	LB	Wisconsin
1c.	Pete Kendall (21, 21)	T	Boston Coll.	5.	(choice traded to Jacksonville for 4th round 1996 draft choice)		
2.	Fred Thomas (17, 47)	CB	Tenn.-Martin	6a.	Reggie Green (17, 184)	G	Florida
3a.	Robert Barr (16, 77)	T	Rutgers	6b.	T.J. Cunningham (42, 209)	CB	Colorado
3b.	Reggie Brown (30, 91)	FB	Fresno St.		(compensatory choice for a net loss of free agents in 1995)		
4a.	Phillip Daniels (4, 99)	DE	Georgia	7.	Johnnie Church (16, 225)	DE	Florida
	(choice from N.Y. Giants through Dallas, Miami and Jacksonville)						

1997 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Shawn Springs (3, 3)	CB	Ohio St.	3a.	(choice to Tampa Bay on 4/19/97) (choice from Atlanta on 3/28/97)		
1b.	Walter Jones (6, 6)	T	Florida St.	3b.	(choice to Atlanta on 3/28/97)		
	(choice from St. Louis through N.Y. Jets and Tampa Bay on 4/19/97)			4a.	(choice to Atlanta on 3/28/97) (choice from Baltimore for G Jeff Blackshear on 3/12/96)		
1c.	(choice to Atlanta on 3/28/97) (choice from Chicago on 2/18/97)			4b.	(choice to Chicago on 2/18/97)		
1d.	(choice to Tampa Bay on 4/19/97)			5.	Eric Stokes (12, 142)	S	Nebraska
2.	(choice to Atlanta on 3/28/97)			6.	Itula Mili (11, 174)	TE	BYU
				7.	Carlos Jones (10, 211)	CB	Miami

1998 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player
1.	Anthony Simmons (15, 15)	LB	Cemson	Pos. College	
2.	Todd Weiner (17, 47)	T	Kansas St.	6a.	Carl Hansen (9, 162)
3.	Ahman Green (15, 76)	RB	Nebraska	6b.	Bobby Shaw (16, 169)
4.	DeShone Myles (16, 108)	LB	Nevada	7.	Jason McEndoo
5.	(choice to Dallas for Cowboys' 6th and 7th round choices)			St.	

1999 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	(choice traded to New England for 1st, 3rd and 6th round choices)			4.	Antonio Cochran (20, 115)	DE	Georgia
1b.	(choice traded to Dallas for 1st and 5th round picks)			5a.	Floyd Wedderburn (7, 140)	T	Penn St. (choice from Carolina through Dallas)
1c.	Lamar King (22, 22)	DE	Saginaw	5b.	Charlie Rogers (19, 152)	KR	Georgia Tech
2.	(choice from Dallas)			6a.	Steve Johnson (1, 170)	CB	Tennessee
2.	to Green Bay as compensation for Mike Holmgren			6b.	(choice traded to Cleveland for 6th round pick)		
3a.	Brock Huard (16, 77)	QB	Washington	6c.	(choice traded to Cleveland for 6th round pick)		
3b.	Karsten Bailey (21, 82)	WR	Auburn	7.	(choice traded to N.Y. Jets for QB Glenn Foley on 3/19/99)		
	(choice from New England)						

2000 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Shaun Alexander (19, 19)	RB	Alabama (from Dallas for WR Joey Galloway 2/12/00)	5b.	(choice traded to Denver for 6th and 7th round pick; from San Francisco with 3rd and 4th round picks)		
1b.	Chris McIntosh (22,22)	T	Wisconsin	6a.	James Williams (9, 175)	WR	Marshall (from Denver with 7th round pick for 5th round picks)
2.	Ike Charlton (21, 52)	CB	Virginia Tech	6b.	Tim Watson (19, 185)	DT	Rowan (from Green Bay with Fred Vinson for Ahman Green & 5th round pick)
3.	Darrell Jackson (18, 80)	WR	Florida (from Dallas for WR James McKnight 6/24/99)	6c.	John Hilliard (24, 190)	DT	Mississippi St.
3.	(choice traded to San Francisco for 4th and 5th round pick)			7a.	(choice traded to Oakland for 2001 6th round pick; from Denver with 6th round pick for 5th round pick)		
4a.	Marcus Bell (22, 116)	LB	Arizona	7b.	(choice traded to Green Bay for WR Derrick Mayes [8/30/99])		
4b.	Isaiah Kacyvenski (25, 119)	LB	Harvard (from San Francisco with 5th round pick for 3rd round pick)				
5a.	(choice traded to Green Bay with Ahman Green for Fred Vinson and 6th round pick)						

2001 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(#7 choice traded to San Francisco for #9, 3rd, 7th round pick; from Dallas for WR Joey Galloway [2/12/00])			4a.	Orlando Huff (9, 104)	LB	Fresno St.
1a.	Koren Robinson (9,9)	WR	N.Carolina St. (from San Francisco)	4b.	Curtis Fuller (32, 127)	S	TCU
1.	(#10 and 3rd round traded to Green Bay for QB Matt Hasselbeck and #17 [3/2/01])			4c.	Floyd Womack (33, 128)	T	Mississippi St.
1b.	Steve Hutchinson (17, 17)	G	Michigan (from Green Bay)	5.	Alex Bannister (9, 140)	WR	E. Kentucky
2.	Ken Lucas (9, 40)	CB	Mississippi	6.	Josh Booty (9, 172)	QB	LSU
3.	Heath Evans (20, 82)	FB	Auburn (from New Orleans through Green Bay and San Francisco)	6.	(choice traded to San Francisco with #7 for #9, 3rd & 7th round picks)		
				7a.	Harold Blackmon (10, 210)	S	Northwestern
				7b.	Dennis Norman (22, 222)	T	Princeton (from St. Louis through Green Bay and San Francisco)
				7c.	Kris Kocurek (37, 237)	DT	Texas Tech

2002 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(#28 traded to Green Bay with 5th round pick for #28 and 2nd round pick)			5a.	Rocky Bernard (11, 146)	DE	Texas A&M (from Indianapolis for QB Brock Huard 4/19/02)
1.	Jerramy Stevens (28, 28)	TE	Washington (from Green Bay)	5.	(choice traded to Green Bay)		
2a.	Maurice Morris (22, 54)	RB	Oregon	5b.	Ryan Hannam (34, 169)	TE	No. Iowa
2b.	Anton Palepoi (28, 60)	DE	UNLV (from Green Bay)	5c.	Matt Hill (36, 171)	T	Boise St.
3.	Kris Richard (20, 85)	CB	USC	6.	Craig Jarrett (22, 194)	P	Michigan St.
4.	Terreal Bierria (22, 120)	S	Georgia	7.	Jeff Kelly (21, 232)	QB	So. Miss.

2003 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Marcus Trufant (11, 11)	CB	WA St.	6a.	Rashad Moore (10, 183)	DT	Tennessee
2.	Ken Hamlin (10, 42)	S	Arkansas	6b.	(from Green Bay, choice traded to New Orleans for DT Norman Hand)		
3.	Wayne Hunter (9, 73)	T	Hawaii	7a.	Josh Brown (8, 222)	K	Nebraska
4a.	Seneca Wallace (13, 110)	QB	Iowa St.	7b.	Taco Wallace (10, 224)	WR	Kansas St.
4b.	Solomon Bates (38, 135)	LB	Arizona St.				
5a.	(choice traded to Green Bay for # 165 & #203)						
5b.	Chris Davis (30, 165)	FB	Syracuse				
	(from Green Bay)						

2004 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Marcus Tubbs (23, 23)	DT	Texas	5.	D.J. Hackett (25, 157)	WR	Colorado
2.	Michael Boulware (21, 53)	S	Florida St.	6.	Craig Terrill (24, 189)	DT	Purdue
3.	Sean Locklear (21, 84)	G	N. Carolina St.	7.	Donnie Jones (23, 224)	P	LSU
4.	Niko Koutouvides (20, 116)	LB	Purdue				

2005 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(#23 traded to Oakland for #26 and #105)			4a.	Ray Willis (4, 105)	T	Florida St.
1.	Chris Spencer (26, 26)	C	Mississippi		(from Oakland)		
	(from Oakland)			4	(#121 traded to Carolina for #45)		
2.	Lofa Tatupu (13, 45)	LB	USC	4	(#126 traded to Carolina for #45)		
	(from Carolina)				(from Denver thru Cleveland)		
2.	(#54 traded to Carolina for #45)			5.	Jeb Hucekba (23, 159)	DE	Arkansas
3a.	David Greene (21, 85)	QB	Georgia	6.	Tony Jackson (22, 196)	FB	Iowa
3b.	LeRoy Hill (35, 98)	LB	Clemson	7a.	Cornelius Wortham (21, 235)	LB	Alabama
				7b.	Doug Nienhuis (40, 254)	G	Oregon St.

2006 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Kelly Jennings (31, 31)	CB	Miami	6.	(#200 traded to Chicago for S Mike Green 4/25/06)		
2.	Darryl Tapp (31, 63)	DE	Virginia Tech	7a.	Ryan Plackemeier (31, 239)	P	Wake Forest
3.	(Sent to Minn. for RFA WR Nate Burleson)			7b.	Ben Obomanu (41, 249)	WR	Auburn
4.	Rob Sims (31, 128)	G	Ohio State				
5.	David Kirtman (31, 163)	FB	USC				

2007 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(#24 traded to NE for WR Deion Branch 9/11/06)			5.	Will Herring (24, 161)	LB	Auburn
2.	Josh Wilson (23, 55)	CB	Maryland	6a.	Courtney Taylor (23, 197)	WR	Auburn
3.	Brandon Mebane (22, 85)	DT	California	6b.	Jordan Kent (36, 210)	WR	Oregon
4a.	Baraka Atkins (21, 120)	DE	Miami	7.	Steve Vallos (22, 232)	G	Wake Forest
4b.	Mansfield Wrotto (24, 124)	G	Georgia Tech				
	(From SF for WR Darrell Jackson)						

2008 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(#25 traded to Dallas for #28, #163, #235)			4.	Red Bryant (22, 121)	DT	Texas A&M
1.	Lawrence Jackson (28, 28)	DE	USC	5.	Owen Schmitt (30,163)	FB	West Virginia
	(From Dallas)			6.	Tyler Schmitt (23, 189)	LS	San Diego St.
2.	John Carlson (7, 38)	TE	Notre Dame	7a.	Justin Forsett (26, 233)	RB	California
	(From Baltimore for #55 and #86)			7b.	Brandon Coutu (28,235)	K	Georgia

TRADES

1976

- 8/5 DT Wayne Baker to Oakland for conditional draft choice.
- 8/26 Eighth-round 1977 draft choice to Houston for WR Steve Largent.
- 9/6 Fifth-round 1977 draft choice to Detroit for QB Bill Munson.
- 9/6 Exchange of twelfth-round 1977 draft choices with Pittsburgh for G Ron Coder.
- 9/7 WR Ahmad Rashad to Minnesota for fourth-round 1977 draft choice (WR Larry Seivers).
- 9/7 STerry Brown to Cleveland for CBTed Bachman. Brown had been claimed on waivers from St. Louis.

1977

- 5/3 First-round 1977 draft choice (#2) to Dallas for first-round (#14) and three second-round 1977 draft choices (G Steve August, T Tom Lynch, LB Terry Beeson).
- 5/3 Second-round 1977 draft choice to Los Angeles Rams for C Geoff Reece and Rams' second-round 1977 draft choice (LB Peter Cronan).
- 5/3 Second-round 1977 draft choice to Dallas for WR Duke Ferguson.
- 5/3 LB Ed Bradley to San Francisco for DT Bill Sandifer.
- 7/20 DT Carl Barisich to Miami Dolphins for eleventh-round 1978 draft choice (LB George Halas).
- 8/30 WR Larry Seivers to Tampa Bay for fourth-round 1979 draft choice. Seattle gave draft choice to Buffalo as voluntary compensation for Ahmad Rashad signing in 1976.
- 9/5 Eighth-round 1978 draft choice to Minnesota for S Autry Beamon and LB Amos Martin.
- 9/6 Eleventh-round 1978 draft choice to New Orleans for DE Andy Dorris.

1978

- 8/15 Fifth-round 1979 draft choice to Dallas for K Efen Herrera.
- 8/28 S Bob Jury and third-round 1979 draft choice to San Francisco 49ers for third-round 1979 draft choice (LB Michael Jackson).
- 8/28 Third-round and sixth-round 1979 draft choices to Dallas for DE Bill Gregory and third-round 1979 draft choice (choice traded).
- 9/27 DT Bill Cooke and eighth-round 1979 draft choice to Detroit for DE Ernie Price.

1979

- 3/30 FB Don Testerman and seventh-round 1979 draft choice to Washington for seventh-round 1979 (LB Larry Polowski) and fifth-round 1980 draft choices (DE Daniel Jacobs).
- 4/16 G Gordon Jolley to Detroit for past considerations.
- 8/1 DT Steve Niehaus to Minnesota for DE Carl Eller and eighth-round 1980 draft choice (S Vic Minor).
- 8/21 Seventh-round 1980 draft choice to New York Giants for FB Dan Doornink.

1980

- 4/29 First-round (#16) and third-round 1980 draft choices to Buffalo for first-round (#10) 1980 draft choice (DE Jacob Green).
- 4/30 LB Sammy Green to Houston for tenth-round 1980 (WR Billy Reaves) and seventh-round 1981 (TE Brad Scoville) draft choices.
- 8/26 Fifth-round 1982 draft choice to Los Angeles Rams for FB Jim Jodat.
- 9/1 T Nick Bebout to Minnesota for ninth-round 1981 draft choice (WR Jim Whatley).

1981

- 9/25 Third-round 1982 draft choice to New England for RB Horace Ivory.
- 10/13 Fourth-round 1982 and fourth-round 1983 draft choices to St. Louis for RB Theotis Brown.
- 10/13 G Tom Lynch to Buffalo for third-round 1982 draft choice (TE Pete Metzelaars).

1982

- 4/30 LB Terry Beeson to Atlanta for conditional 1983 draft choice.
- 7/12 Fifth-round 1984 draft choice to Baltimore for G Robert Pratt.
- 9/3 Fourth-round 1984 draft choice to Baltimore for WR Roger Carr.

1983

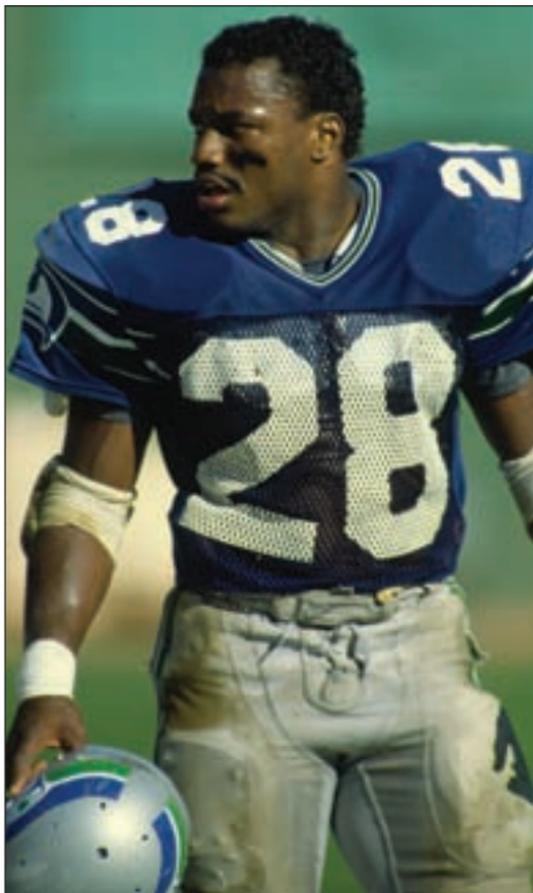
- 4/24 First-round (#9), second-round, and third-round 1983 draft choices to Houston for first-round (#3) 1983 draft choice (RB Curt Warner).
- 6/28 Twelfth-round 1985 draft choice to Buffalo for G Reggie McKenzie.
- 6/29 First-round 1985 draft choice to Cincinnati for C Blair Bush.
- 8/24 RB Sherman Smith and WR Roger Carr to San Diego for fifth-round 1984 draft choice (choice traded) and fifth-round 1985 draft choice (C Mark Napolitan).

1984

- 3/12 Fifth-round 1984 and sixth-round 1985 draft choices to New York Giants for CB Terry Jackson.
- 4/4 NT Manu Tuiasosopo to San Francisco for fourth-round 1984 and tenth-round 1985 draft choices.
- 7/31 Second-round 1986 draft choice to New England for T Bob Cryder.
- 10/9 T Steve August to Pittsburgh for fifth-round 1985 draft choice.

1985

- 4/26 Seventh-round 1986 draft choice to Buffalo for G Jon Borchart.
- 8/20 TE Pete Metzelaars to Buffalo for WR Byron Franklin.
- 8/27 The rights to DE Sam Clancy to Cleveland for seventh-round 1986 draft choice (RB Paul Miles).
- 10/15 Fourth-round 1986 draft choice to Cincinnati for TE Dan Ross.



RB Curt Warner (1983-89)

1986

- 8/9 Sixth-round 1987 draft choice to Philadelphia for G Greg Naron.
- 8/19 TE Dan Ross to Green Bay for twelfth-round 1987 draft choice (DE Wes Dove).
- 8/27 Third-round 1987 draft choice to Cincinnati for T Mike Wilson.
- 9/1 LB Shelton Robinson to Detroit for fifth-round 1987 draft choice (FB Tommie Agee).
- 9/2 S John Harris to Minnesota for seventh-round 1987 draft choice (NT Roland Barbay).

1987

- 5/19 Fifth-round 1988 draft choice to San Francisco for QB Jeff Kemp.
- 8/25 T Ron Essink to Dallas for fifth-round 1988 draft choice (choice traded).
- 8/26 CB Dave Brown to Green Bay for eleventh-round 1988 draft choice (T Rick McLeod).

1988

- 4/22 Fifth-round 1988, first-round 1989, and fifth-round 1989 draft choices to Phoenix for QB Kelly Stouffer.
- 5/4 NT Randy Edwards and sixth-round 1989 draft choice to Tampa Bay for T Ron Heller.
- 5/23 Conditional draft choice to Washington for CB Tim Morrison.
- 8/1 WR Daryl Turner to Cleveland for an undisclosed draft choice. Turner failed his physical, is returned to Seahawks, and waived.
- 8/22 T Ron Heller to Philadelphia for fourth-round 1989 draft choice (RS James Henry).
- 9/8 LB Fredd Young to Indianapolis for first-round 1989 (T Andy Heck) and first-round 1990 (choice traded) draft choices.

1989

- 7/25 Ninth-round 1990 draft choice to Dallas for T Daryle Smith.
- 7/28 Conditional draft choice to Detroit for T Curt Singer.
- 8/7 C Kevin Thomas to Phoenix for conditional draft choice.
- 8/31 CB Terry Taylor to Detroit for FB James Jones.

1990

- 4/22 Two first-round (#8 and #10) and third-round 1990 draft choices and fourth-round 1991 draft choice to New England for first-round (#3) (DT Cortez Kennedy) and second-round (#29) (LB Terry Wooden) 1990 draft choices.
- 7/27 LB Willie Walker to New York Jets for conditional draft choice.
- 8/26 Conditional draft choice to Detroit for WR John Ford.
- 8/28 Seventh-round 1991 draft choice to Atlanta for T Ronnie Lee.
- 10/16 Eighth-round 1991 draft choice to Los Angeles Raiders for S Vann McElroy.

1991

- 1/31 T Ron Mattes to New York Jets for twelfth-round 1992 draft choice (DE John MacNeill).
- 4/22 Ninth-round 1991 draft choice to Cleveland for DE Bob Buczkowski.

1992

- 4/25 Second-round 1992 and third-round 1993 draft choices to Minnesota for DT Keith Millard.
- 4/26 Fourth-round 1992 draft choice to New Orleans for RB Rueben Mayes.

1993

- 4/26 Sixth-round 1993 draft choice to Green Bay for S Dave McCloughan.
- 8/25 Sixth-round 1994 draft choice to New England for RB Jon Vaughn.

1994

- 4/25 Fifth-round 1994 draft choice to San Diego for fourth-round 1995 draft choice (LB Jason Kyle).
- 4/28 Fifth-round 1995 draft choice to Detroit for WR Reggie Barrett.

1995

- 3/10 Third-round 1995 draft choice to Green Bay for signing restricted free agent CB Corey Harris.
- 4/3 Fourth-round 1995 draft choice to Arizona for WR Ricky Proehl.

1996

- 3/12 G Jeff Blackshear to Baltimore for fourth-round 1997 draft choice (choice traded).
- 4/20 First-round 1996 draft choice (#14) to Houston for first-round 1996 draft choice (#17) and DT Glenn Montgomery.
- 4/20 First-round 1996 draft choice (#17) to Detroit for first-round draft choice (#21) (G Pete Kendall) and third-round 1996 draft choice (FB Reggie Brown).
- 4/20 Fourth and fifth-round 1996 draft choices to Jacksonville for fourth-round 1996 draft choice (DE Phillip Daniels).
- 6/27 S Eugene Robinson to Green Bay for DE Matt LaBounty

1997

- 2/18 QB Rick Mirer and fourth-round 1997 draft choice (b) to Chicago for first-round (#11) 1997 draft choice (choice traded).
- 3/28 First-round (#11), second-round, third-round, and fourth-round 1997 draft choices to Atlanta for first-round (#3) (CB Shawn Springs) and third-round 1997 draft choices.
- 4/19 First-round (#12) and third-round 1997 draft choices to Tampa Bay Buccaneers for first-round (#6) 1997 draft choice (T Walter Jones).
- 9/30 Conditional draft choice to New Orleans Saints for WR Daryl Hobbs.

1998

- 4/19 Fifth-round choice (#138) to Dallas in exchange for sixth-round (#162, DT Carl Hansen) and seventh-round (#197, C Jason McEndoo) selections.

1999

- 3/19 Seventh-round choice (#223) to NY Jets for QB Glenn Foley.
- 4/17 First-round choice (#17) to New England for first-round (#20), third-round (#82) and sixth round (#191).
- 4/17 First-round choice (#20) to Dallas for first-round (#22) and fifth-round (#140).
- 4/17 Second-round choice (#47) awarded to Green Bay as compensation for Mike Holmgren.
- 4/18 Sixth-round choices (#187 & #191) to Cleveland for sixth-round (#170, CB Steve Johnson).
- 6/24 WR James McKnight to Dallas Cowboys for third-round 2000 draft choice.
- 8/30 Seventh-round 2000 pick to Green Bay for WR Derrick Mayes.
- 9/5 Conditional draft choice to Jacksonville for CB Cordell Taylor.

2000

- 2/12 WR Joey Galloway to Dallas Cowboys for first-round choices in 2000 & 2001.
- 4/14 RB Ahman Green and fifth-round choice to Green Bay for CB Fred Vinson and sixth-round pick.
- 4/15 Third-round choice (#86) to San Francisco for fourth (#119) and fifth-round (#154) picks.
- 4/16 Fifth-round pick (#154) to Denver for sixth-round (#175) and seventh-round (#231) picks.
- 4/16 Seventh-round pick (#231) to Oakland for a sixth-round 2001 choice.
- 8/27 Undisclosed 2001 draft choice to Chicago for G Chad Overhauser.

2001

- 3/2 First-round pick (#10) and third-round choice (#72) to Green Bay for QB Matt Hasselbeck and first-round choice (#17).
- 4/21 First-round (#7) and sixth-round pick (#191) to San Francisco for first-round (#9), third-round (#82) and seventh-round (#222) picks.

2002

- 4/19 Brock Huard to Indianapolis for fifth-round choice (#146).
- 4/20 First-round (#20) and fifth-round pick (#156) to Green Bay for first-round (#28) and second-round (#60) picks.
- 6/21 Ike Charlton to Jacksonville for seventh-round choice (#222) in 2003.

2003

- 4/10 Undisclosed 2004 draft choice to Atlanta for T Michael Thompson.
- 4/27 Fifth-round pick (#147) to Green Bay for fifth-round (#165) and sixth-round picks (#203).
- 4/27 Sixth-round pick (#203) to New Orleans for DT Norman Hand.

2004

- 10/10 Conditional 2005 draft choice to Oakland for WR Jerry Rice.

2005

- 3/8 QB Trent Dilfer to Cleveland for 2005 fourth-round pick (#120).
- 4/23 First-round pick (#23) to Oakland for first-round (#26) and fourth-round (#105) picks.
- 4/23 Second-round (#54) and two fourth-round (#121, #126) picks to Carolina for second-round (#45) pick.

2006

- 4/25 Sixth-round pick (#200) to Chicago for S Mike Green.
- 9/11 First-round pick (#24) to New England for WR Dieon Branch.

2007

- 4/29 WR Darrell Jackson to San Francisco for 2007 fourth-round pick (#124).
- 9/1 S Michael Boulware to Houston for DE Jason Babin.
2008 fifth-round draft choice (#158) to Jacksonville for RB Alvin Pearman and a 2008 seventh-round draft choice (#233).
- 9/11 DE Bryce Fisher to Tennessee for 2008 sixth-round draft choice (#189).
2008 sixth-round draft choice (#190) to Cleveland for QB Charlie Frye.

2008

- 4/26 First-round (#25) to Dallas for first-round (#28), fifth-round (#163) and seventh-round (#235).
- 4/26 Second-round (#55) and third-round (#86) to Baltimore for second-round (#38).





The Seahawks won their second-consecutive season opener defeating the Tampa Bay Buccaneers 20-6 at Qwest Field. After allowing six first-quarter points, Seattle's defense stiffened and held the Bucs scoreless and allowed just 138 yards over the next three quarters. Seattle's offense got on track in the second quarter scoring 10 points in the final 2:39 of the half. Josh Brown put Seattle on the board with a 28-yard field goal. Following Nate Burleson's 56-yard punt return to the Tampa Bay 14-yard line, Shaun Alexander punched in his 108th career touchdown from 1-yard out to give Seattle a 10-6 halftime lead. Seattle's defense continued to pressure Tampa in the second half and finished the game with five sacks, led by last year's leading sacker, Julian Peterson, who finished the game with 2.0 sacks, three quarterback hurries, a forced fumble and recovery. Seattle's offense put the game out of reach in the fourth quarter following a 46-yard field goal by Brown and a 34-yard touchdown connection from Matt Hasselbeck to Maurice Morris who beat Bucs linebacker Derrick Brooks in one-on-one coverage down the left sideline. Alexander finished the game with 105 yards and a touchdown on 27 carries. Hasselbeck posted a 113.5 passer rating completing 17 of 24 attempts for 222 yards.

Tampa Bay	6	0	0	0	—	6
Seattle	0	10	0	10	—	20

					Tampa Bay	Seattle
TB 1	8:56	M. Bryant 38 FG (6-55, 3:35)			3	0
TB 1	0:00	M. Bryant 32 FG (10-76, 5:56)			6	0
SEA 2	2:39	J. Brown 28 FG (11-69, 4:03)			6	3
SEA 2	0:50	Alexander 1 run (Brown kick) (3-14, 0:45)			6	10
SEA 4	14:09	J. Brown 46 FG (9-52, 4:21)			6	13
SEA 4	7:55	Morris 34 pass Hasselbeck (Brown kick) (7-70, 4:13)			6	20
Att.	—	68,044				

INDIVIDUAL STATISTICS

RUSHING

Tampa Bay	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Williams	12	60	20	0	Alexander	27	105	22	1
Graham	4	11	8	0	Morris	3	15	10	0
McCown	1	9	9	0	Strong	1	9	9	0
Pittman	3	6	2	0	Hasselbeck	2	7	6	0
3 Others	3	4	3	0	Burleson	1	3	3	0
TOTAL	23	90	20	0	TOTAL	34	139	22	1

PASSING

Tampa Bay	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
Garcia	27	19	201	0	0	91.7	Hasselbeck	24	17	222	1	0	113.5
McCown	4	1	9	0	0	39.6							
TOTAL	31	20	210	0	0	84.1	TOTAL	24	17	222	1	0	113.5

RECEIVING

Tampa Bay	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Galloway	5	72	49	0	Pollard	5	43	11	0
Pittman	5	32	11	0	Engram	3	64	49	0
Hilliard	4	49	28	0	Strong	3	21	8	0
Smith	2	23	17	0	Burleson	2	41	21	0
Williams	2	14	8	0	Alexander	2	12	12	0
Clayton	1	11	11	0	Morris	1	34	34	1
Graham	1	9	9	0	Hackett	1	7	7	0
TOTAL	20	210	49	0	TOTAL	17	222	49	1

TEAM STATISTICS

	TB	Seattle
Total First Downs	13	17
Third Down Eff.	5-14-36%	4-12-33%
Total Net Yards	284	343
Total Off. Plays	59	60
Avg. per Play	4.8	5.7
Net Yards Rushing	90	139
Total Rushing Plays	23	34
Net Yards Passing	194	204
Times Sacked/Yds Lost	5/16	2/18
Pass Atts-Comps-Ints	31-20-0	24-17-0
Punts-No. and Avg.	6-48.8	6-43.0
Penalties-No. and Yards	5-37	3-35
Fumbles-No. and Lost	3-2	2-1
Touchdowns	0	2
Field Goals Made-Att	2-2	2-2
Time of Possession	29:35	30:25

DEFENSE

	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Ruud	13	10	3	0.0	0.0	0	0	0	1	1
Phillips	10	8	2	1.0	11.0	0	0	0	0	0
Brooks	8	8	0	0.0	0.0	0	0	0	0	0
Spires	5	4	1	1.0	7.0	0	0	1	0	0
Additional Stats: Forced Fumbles: Barber 1.										
	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Seattle										
Tatupu	8	8	0	0.0	0.0	0	0	0	2	0
Jennings	8	6	2	0.0	0.0	0	0	0	0	1
Peterson	7	7	0	2.0	9.0	0	0	0	1	1
Hill	7	5	2	0.0	0.0	0	0	0	0	0
Kerney	5	3	2	1.5	5.5	0	0	0	0	0
Additional Stats: Sacks: Tapp 0.5, Darby 0.5, Bernard 0.5.										



Seattle couldn't quite hold onto a 20-17 fourth-quarter lead as two Neil Rackers field goals in the final five minutes carried Arizona to a 23-20 victory. Seattle got off to a slow start punting on their first five possessions of the first half. In the mean time, Arizona built a 17-0 lead behind a balanced attack of Matt Leinart and Edgerrin James. After an opening quarter Rackers' 28-yard field goal, Leinart connected with Leonard Pope on a 30-yard scoring pass and James scored on a 17-yard run. However, on Seattle's final possession of the first half, Matt Hasselbeck commanded a 10-play, 80-yard touchdown drive ending with a 24-yard touchdown pass to Nate Burleson with 1:16 remaining in the half. After a Lofa Tatupu interception on the Cardinals' first series of the second half, Shaun Alexander cruised into the end zone from 16 yards on a fourth-and-1 play pulling Seattle to within 17-14. A pair of 28-yard field goals by Josh Brown gave Seattle a 20-17 lead with 9:52 to play in the final quarter. With the score tied at 20-20, Seattle drove the ball to Arizona's 36-yard line where on first-and-5 with 1:55 to play, the Cardinals recovered a fumble and proceeded to drive for the game-winning score.

Seattle	0	7	10	3	—	20
Arizona	3	14	0	6	—	23

						Seattle	Arizona
AZ	1	1:27	Rackers 28 FG (6-21, 3:05)			0	3
AZ	2	14:07	Pope 30 pass Leinart (Rackers kick) (4-70, 1:45)			0	10
AZ	2	5:43	James 17 run (Rackers kick) (5-38, 3:31)			0	17
SEA	2	1:16	Burleson 24 pass Hasselbeck (Brown kick) (10-80, 4:27)			7	17
SEA	3	8:42	Alexander 17 run (Brown kick) (8-52, 3:13)			14	17
SEA	3	3:34	Brown 28 FG (8-51, 2:41)			17	17
SEA	4	9:52	Brown 28 FG (9-78, 4:19)			20	17
AZ	4	4:44	Rackers 52 FG (9-46, 5:08)			20	20
AZ	4	0:01	Rackers 42 FG (5-22, 1:47)			20	23
Att.	—	64,542					

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Arizona	Att	Yds	LG	TD
Alexander	18	70	16t	1	James	24	128	17t	1
Strong	3	10	6	0	Arrington	1	8	8	0
Hasselbeck	2	6	6	0	Leinart	1	-4	-4	0
Weaver	1	6	6	0					
TOTAL	24	92	16t	1	TOTAL	26	132	17t	1

PASSING

Seattle	A	C	Yds	TD	Int	RT	Arizona	A	C	Yds	TD	Int	RT
Hasselbeck	36	22	281	1	0	94.8	Leinart	37	23	299	1	1	85.3
TOTAL	36	22	281	1	0	94.8	TOTAL	37	23	299	1	1	85.3

RECEIVING

Seattle	No	Yds	LG	TD	Arizona	No	Yds	LG	TD
Branch	7	122	37	0	Fitzgerald	7	87	40	0
Engram	5	71	26	0	Boldin	4	83	35	0
Strong	3	30	15	0	Arrington	4	24	12	0
Burleson	2	39	24t	1	B. Johnson	2	23	13	0
Alexander	2	5	4	0	Morey	2	23	14	0
Weaver	1	7	7	0	James	2	22	11	0
Taylor	1	6	6	0	Pope	1	30	30t	1
Pearman	1	1	1	0	Bienemann	1	7	7	0
TOTAL	22	281	37	1	TOTAL	23	299	40	1

TEAM STATISTICS

	Seattle	Arizona
Total First Downs	18	20
Third Down Eff.	4-13-31%	6-12-50%
Total Net Yards	370	431
Total Off. Plays	61	63
Avg. per Play	6.1	6.8
Net Yards Rushing	92	132
Total Rushing Plays	24	26
Net Yards Passing	278	299
Times Sacked/Yards Lost	1/3	0/0
Pass Atts-Comps-Ints	36-22-0	37-23-1
Punts-No. and Avg.	5-39.8	4-40.8
Penalties-No. and Yards	4-25	7-55
Fumbles-No. and Lost	2-1	0-0
Touchdowns	2	2
Field Goals Made-Att	2-2	3-4
Time of Possession	27:54	32:06

DEFENSE

	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Tatupu	12	11	0.0	0.0	0	1	16	1	0	0
Peterson	7	5	2	0.0	0.0	0	0	0	0	0
Trufant	5	5	0	0.0	0.0	0	0	1	0	0

Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Hayes	7	6	1	0.0	0.0	0	0	0	0	0
Hood	6	6	0	0.0	0.0	0	0	0	0	0
Green	5	5	0	0.0	0.0	0	0	1	0	0
Dansby	5	5	0	0.0	0.0	0	0	0	0	0
Wilson	5	3	2	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Smith 1.0. FR: Dockett 1.



Matt Hasselbeck's 22-yard touchdown pass to Nate Burleson with 1:00 remaining in the game lifted Seattle to a 24-21 victory while the Seahawks' bend-but-don't-break defense limited the Bengals to only two touchdowns. Josh Wilson sparked Seattle with a 72-yard return on the opening kickoff following Hasselbeck to connect with Bobby Engram just three plays later on an 18-yard scoring pass. After the Bengals took a 10-7 lead early in the second quarter, Hasselbeck hooked up with Deion Branch for a 42-yard touchdown reception giving the Seahawks a 14-10 lead at half-time. Pinned at their own 6-yard line, Hasselbeck was sacked in the end zone for a safety pulling the Bengals to within 14-12. The teams swapped field goals in the fourth quarter before the Bengals' Kenny Watson scored on an 8-yard run giving the Bengals a 21-17 lead (2-point conversion failed) with 2:42 to play in the game. Hasselbeck drove Seattle to the Bengals' 36-yard line in five plays and facing a 4th-and-1 with 1:41 to play, Shaun Alexander burst for 14 yards and a first down. Hasselbeck connected with Burleson on the very next play. On the ensuing kickoff, Deon Grant covered up a Lance Laury forced fumble and Seattle ran out the clock. Both Grant and Brian Russell had interceptions in the game. Seattle's defense allowed 412 yards, including 342 passing yards for Carson Palmer and a pair of 100-yard receivers (T.J. Houshmandzadeh-141, Chad Johnson-138); however, those yards did not translate on the scoreboard.

	Cincinnati	7	3	2	9	—	21	
	Seattle	7	7	0	10	—	24	
						Cincinnati	Seattle	
SEA 1 13:31	Engram 18 pass Hasselbeck (Brown kick) (3-24, 1:29)					0	7	
CIN 1 6:18	Houshmandzadeh 35 pass Palmer (Graham kick) (14-83, 7:13)					7	7	
CIN 2 10:20	Graham 43 FG (6-43, 2:43)					10	7	
SEA 2 2:06	Branch 42 pass Hasselbeck (Brown kick) (3-69, 1:00)					10	14	
CIN 3 11:19	Safety, Marshall sack Hasselbeck in end zone					12	14	
CIN 4 9:57	Graham 24 FG (11-38, 4:50)					15	14	
SEA 4 6:00	Brown 23 FG (9-64, 3:57)					15	17	
CIN 4 2:42	Watson 8 run (run failed) (7-68, 3:18)					21	17	
SEA 4 1:00	Burleson 22 pass Hasselbeck (Brown kick) (7-60, 1:42)					21	24	
Att.	—68,110							

INDIVIDUAL STATISTICS

RUSHING

Cincinnati	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Watson	9	60	14	1	Alexander	21	100	22	0
J. Johnson	1	12	12	0	Weaver	1	3	3	0
R. Johnson	17	9	5	0	Hasselbeck	3	-1	1	0
Houshmandzadeh	1	3	3	0					
Green	1	1	1	0					
Palmer	1	-1	-1	0					
TOTAL	30	84	14	1	TOTAL	25	102	22	0

PASSING

Cincinnati	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
Palmer	43	27	342	1	2	75.9	Hasselbeck	37	24	248	3	2	88.6
TOTAL	43	27	342	1	2	75.9	TOTAL	37	24	248	3	2	88.6

RECEIVING

Cincinnati	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Houshmandzadeh	12	141	35t	1	Branch	6	77	42t	1
C. Johnson	9	138	20	0	Burleson	6	76	22t	1
Green	2	15	9	0	Engram	5	62	19	1
R. Johnson	1	33	33	0	Heller	2	12	13	0
Coats	1	10	10	0	Strong	2	9	5	0
Kelly	1	4	4	0	Alexander	2	8	7	0
Watson	1	1	1	0	Pollard	1	4	4	0
TOTAL	27	342	35t	1	TOTAL	24	248	42t	3

TEAM STATISTICS

	Cin	Seattle
Total First Downs	24	19
Third Down Eff.	11-18-61%	5-12-42%
Total Net Yards	412	340
Total Off. Plays	75	64
Avg. per Play	5.5	5.3
Net Yards Rushing	84	102
Total Rushing Plays	30	25
Net Yards Passing	328	238
Times Sacked/Yds Lost	2/14	2/10
Pass Atts-Comps-Ints	43-27-2	37-24-2
Punts-No. and Avg.	4-40.8	5-40.0
Penalties-No. and Yards	10-72	3-20
Fumbles-No. and Lost	2-2	0-0
Touchdowns	2	3
Field Goals Made-Att	2-2	1-1
Time of Possession	33:22	26:38

DEFENSE

Cincinnati	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
O'Neal	6	6	0	0.0	0.0	0	0	1	0	0
M. Williams	6	6	0	0.0	0.0	1	35	1	0	0
Thornton	6	6	0	0.0	0.0	0	0	0	0	0
L. Johnson	6	5	1	0.0	0.0	0	0	1	0	0
Dh. Jones	5	4	1	0.0	0.0	0	0	0	0	0

Additional Stats: Interceptions: Hall 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Grant	9	8	1	0.0	0.0	1	0	1	0	0
Trufant	9	8	1	0.0	0.0	0	0	0	0	0
Hill	9	7	2	0.0	0.0	0	0	1	1	0
Peterson	6	6	0	0.0	0.0	0	0	0	0	0
Babineaux	6	5	1	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Bernard, Mebane 1.0.

Interceptions: Russell 1. Fumble Recoveries: Jennings 1.



Seattle used pressure defense and an effective passing game to upend the 49ers at Monster Park 23-3. Seattle's defense didn't allow the 49ers to creep into positive yardage until 5:31 was left in the first half. Until that point, the Seahawks had limited San Francisco to -4 in total yards on 15 plays. The 49ers lost starting QB Alex Smith on the third play of the game when Rocky Bernard sacked him forcing a punt. The Seahawks waited until the second quarter to get on the scoreboard when Josh Brown booted a 23-yard field goal to take a 3-0 lead. A two-play touchdown drive, a Deion Branch 65-yard reception and a 17-yard Bobby Engram touchdown catch, led to a 10-0 lead. Another Brown field goal gave Seattle a 13-0 halftime lead. The 49ers recovered an onside kick coming out of the half, but Marcus Trufant had the first of two interceptions on the very next play. That turnover led to a 14-yard Matt Hasselbeck to Marcus Pollard touchdown. Brown added a third field goal to give Seattle a 23-3 win. All of Seattle's six sacks on the day came in the first half, led by Julian Peterson's career-high three to go along with two forced fumbles. Hasselbeck tied a season high with 281 yards for a 109.7 passer rating. Branch's 130 receiving yards were a career best.

Seattle	0	13	7	3	—	23
San Francisco	0	0	3	0	—	3

		Seattle	SF
SEA 2 12:55	Brown 23 FG (11-52, 5:29)	3	0
SEA 2 6:10	Engram 17 Pass Hasselbeck (Brown kick) (2-82, 0:51)	10	0
SEA 2 0:57	Brown 31 FG (8-68, 2:31)	13	0
SEA 3 12:11	Pollard 14 Pass Hasselbeck (Brown kick) (6-44, 2:37)	20	0
SF 3 4:36	Nedney 43 FG (6-26, 1:44)	20	3
SEA 4 14:49	Brown 25 FG (7-17, 1:31)	23	3
Att. —	67,651		

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	SF	Att	Yds	LG	TD
Alexander	25	78	17	0	Gore	16	79	17	0
Morris	5	13	9	0	Robinson	1	28	28	0
Weaver	3	6	3	0	Hicks	2	2	4	0
S. Wallace	1	-1	-1	0					
Hasselbeck	3	-3	-1	0					
TOTAL	37	93	17	0	TOTAL	19	109	28	0

PASSING

Seattle	A	C	Yds	TD	Int	RT	SF	A	C	Yds	TD	Int	RT
Hasselbeck	31	23	281	2	1	109.7	Dilfer	33	12	128	0	2	23.3
S. Wallace	1	0	0	0	0	39.6	Smith	1	0	0	0	0	39.6
TOTAL	32	23	281	2	1	106.4	TOTAL	34	12	128	0	2	22.7

RECEIVING

Seattle	No	Yds	LG	TD	SF	No	Yds	LG	TD
Branch	7	130	65	0	Gore	3	42	22	0
Engram	4	53	26	1	Jackson	3	38	20	0
Weaver	4	26	10	0	Battle	3	19	7	0
Pollard	2	23	14	1	Jacobs	1	14	14	0
Burleson	2	10	5	0	Hicks	1	8	8	0
Wallace	1	18	18	0	Walker	1	7	7	0
Strong	1	12	12	0					
Alexander	1	5	5	0					
Morris	1	4	4	0					
TOTAL	23	281	65	2	TOTAL	12	128	22	0

TEAM STATISTICS

	Seattle	SF
Total First Downs	17	9
Third Down Eff.	5-17-29%	2-14-14%
Total Net Yards	371	184
Total Off. Plays	71	59
Avg. per Play	5.2	3.1
Net Yards Rushing	93	109
Total Rushing Plays	37	19
Net Yards Passing	278	75
Times Sacked/Yards Lost	2/3	6/53
Pass Atts-Comps-Ints	32-23-1	34-12-2
Punts-No. and Avg.	8-38.3	10-54.3
Penalties-No. and Yards	3-15	9-65
Fumbles-No. and Lost	0-0	5-1
Touchdowns	2	0
Field Goals Made-Att	3-3	1-1
Time of Possession	36:10	23:50

DEFENSE

Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Hill	9	6	3	0.0	0.0	0	0	0	0	0
Tatupu	8	7	1	0.0	0.0	0	0	1	1	0
Russell	6	6	0	0.0	0.0	0	0	0	0	1
Grant	5	4	1	0.0	0.0	0	0	0	0	0
Peterson	4	4	0	3.0	31.0	0	0	0	2	0
Additional Stats: Sacks: Bernard 1.0, Kerney 1.0, Tapp 1.0; Interceptions: Trufant 2; Forced Fumbles: Tapp 1.										
SF	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Willis	12	10	2	0.0	0.0	0	0	0	0	0
Douglas	9	8	1	1.0	3.0	0	0	0	0	0
Roman	8	8	0	0.0	0.0	0	0	0	0	0
Smith	8	6	2	0.0	0.0	0	0	0	0	0
Harris	5	4	1	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Banta-Cain 1.0; Interceptions: Clements 1.										



The Seattle Seahawks were held scoreless for the first time since the 2000 season opener at Miami, a span of 115 games, losing to the Pittsburgh Steelers 21-0. The Steelers controlled the ball 40:45, including 24:37 in the second half. Both defenses played stout in the opening half, until Pittsburgh mustered a touchdown when Ben Roethlisberger connected with Heath Miller on 13-yard pass with 1:56 remaining in the first half. The Seahawks screamed down the field in the final two minutes, but facing second-and-10 from Pittsburgh's 14-yard line with :07 remaining Matt Hasselbeck's pass was intercepted at the goal line by Steelers' Ike Taylor. Leading 7-0 and receiving the second-half kickoff, Pittsburgh chewed up the opening 10:17 on a 17-play touchdown drive for a 14-0 lead. Seattle was forced to a quick three-and-out before the Steelers hammered out a 13-play, 85-yard touchdown drive for a 21-0 lead. The Seahawks were only able to retain possession for 1:31 in the third quarter. Seattle's 144 total yards were the fewest since totaling 128 in a 17-15 win versus the San Diego Chargers on November 5, 2000.

Seattle	0	0	0	0	—	0
Pittsburgh	0	7	7	7	—	21

				Seattle	Pittsburgh
PIT	2	1:56	H. Miller 13 pass Roethlisberger (Reed kick) (8-68, 4:49)	0	7
PIT	3	4:43	Davenport 1 run (Reed kick) (17-80, 10:17)	0	14
PIT	4	10:06	Davenport 5 run (Reed kick) (13-85, 8:06)	0	21

Att. —64,478

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Pittsburgh	Att	Yds	LG	TD
Alexander	11	25	8	0	Parker	28	102	19	0
S. Wallace	1	11	11	0	Davenport	7	58	45	2
Weaver	1	2	2	0	Kreider	1	2	2	0
					Davis	2	1	2	0
					Roethlisberger	1	1	1	0
					Batch	2	-1	0	0
TOTAL	13	38	11	0	TOTAL	41	163	45	2

PASSING

Seattle	A	C	Yds	TD	Int	RT	Pittsburgh	A	C	Yds	TD	Int	RT
Hasselbeck	27	13	116	0	1	44.7	Roethlisberger	22	18	206	1	0	120.8
S. Wallace	3	1	6	0	0	42.4							
TOTAL	30	14	122	0	1	44.0	TOTAL	22	18	206	1	0	120.8

RECEIVING

Seattle	No	Yds	LG	TD	Pittsburgh	No	Yds	LG	TD
Alexander	3	7	3	0	Wilson	5	69	18	0
Obomanu	2	38	30	0	Miller	4	44	13t	1
Pollard	2	28	22	0	Davenport	4	38	17	0
Engram	2	25	14	0	Washington	3	26	14	0
Branch	2	14	7	0	Reid	1	25	25	0
Weaver	2	3	3	0	Davis	1	4	4	0
Burleson	1	7	7	0					
TOTAL	14	122	30	0	TOTAL	18	206	25	1

TEAM STATISTICS

	Seattle	Pitt
Total First Downs	8	19
Third Down Eff.	4-13-31%	8-15-53%
Total Net Yards	144	342
Total Off. Plays	46	66
Avg. per Play	3.1	5.2
Net Yards Rushing	38	163
Total Rushing Plays	13	41
Net Yards Passing	106	179
Times Sacked/Yards Lost	3/16	3/27
Pass Atts-Comps-Ints	30-14-1	22-18-0
Punts-No. and Avg.	9-43.9	6-47.0
Penalties-No. and Yards	4-25	6-64
Fumbles-No. and Lost	0-0	2-0
Touchdowns	0	3
Field Goals Made-Att	0-0	0-0
Time of Possession	19:15	40:45

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Peterson	10	6	4	1.0	9.0	0	0	0	0	0
Grant	8	5	3	0.0	0.0	0	0	0	0	0
Hill	8	2	6	0.0	0.0	0	0	0	0	0
Tatupu	7	1	6	1.0	8.0	0	0	0	0	0
Four with 5 tackles										
Additional Stats: Sacks: Wyms 1.0.										
Pittsburgh	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Harrison	6	4	2	0.0	0.0	0	0	0	0	0
Carter	5	4	1	0.5	2.0	0	0	0	0	0
Farrior	5	3	2	2.0	11.5	0	0	0	0	0
Taylor	5	3	2	0.0	0.0	1	3	4	0	0
Aa. Smith	5	3	2	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Haggans 0.5.										



The Seahawks could not rally from a 21-0 deficit in the first half to overcome the New Orleans Saints who prevailed 28-17 on a nationally televised Sunday night contest in front of a record crowd at Qwest Field. New Orleans put consistent pressure on Matt Hasselbeck while the Seahawks did not register a sack for the second time this season. Seattle also struggled to contain Reggie Bush in the first half, totaling 88 yards rushing and another 42 receiving (97 and 44 for the game). Seattle allowed the Saints to jump out to an early 7-0 lead after a punt snap was one-hopped, fumbled and recovered by the Saints' Pierre Thomas and returned 5 yards for the touchdown. After Seattle failed to recover a Saints' fumble near midfield, New Orleans went up 14-0 on a Drew Brees-to-Eric Johnson 3-yard scoring pass capping a 13-play, 86-yard drive. Attempting to tie a club record with his 16th-consecutive made field goal on the ensuing drive, Josh Brown's 44-yard attempt was blocked and the Saints took a 21-0 lead six plays later when Lance Moore scored on a 7-yard end around. Seattle refused to be shut out in the half as Hasselbeck and Ben Obomanu hooked up on a 17-yard scoring pass. The Saints struck back for a 28-7 lead with a 2-yard Brees-to-Marques Colston touchdown with :30 remaining in the first half. Seattle found themselves in range for a Brown 52-yard field goal with :02 remaining to pull within 28-10 at the end of the first half. Seattle threatened late, but could only score one touchdown in the fourth quarter, a 22-yard catch and run by Nate Burleson. Hasselbeck ended the day with 362 yards, tied for the fourth-highest total of his career and first 300-yard game since October 9, 2005, at St. Louis.

New Orleans	7	21	0	0	—	28
Seattle	0	10	0	7	—	17

						New Orleans	Seattle	
NO	1	12:38	P.Thomas 5 fumble return (Mare kick)			7	0	
NO	2	14:28	E. Johnson 3 pass Brees (Mare kick) (13-86, 7:04)			14	0	
NO	2	5:18	Moore 7 run (Mare kick) (6-66, 2:48)			21	0	
SEA	2	2:16	Obomanu 17 pass Hasselbeck (Brown kick) (7-63, 3:02)			21	7	
NO	2	0:30	Colston 2 pass Brees (Mare kick) (9-80, 1:46)			28	7	
SEA	2	0:02	Brown 52 FG (4-38, 0:28)			28	10	
SEA	4	6:39	Burleson 22 pass Hasselbeck (Brown kick) (6-80, 1:31)			28	17	
Att.	— 68,296							

INDIVIDUAL STATISTICS

RUSHING

New Orleans	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Bush	19	97	22	0	Weaver	3	40	37	0
Stecker	8	17	9	0	Alexander	14	35	11	0
Moore	1	7	7	1	Hasselbeck	2	13	12	0
Brees	4	0	0	0	Morris	1	4	4	0
Karney	1	0	0	0	Plackemeier	1	0	0	0
TOTAL	33	121	22	1	TOTAL	21	92	37	0

PASSING

New Orleans	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Brees	36	25	246	2	0	106.9	Hasselbeck	43	26	362	2	1	93.4
TOTAL	36	25	246	2	0	106.9	TOTAL	43	26	362	2	1	93.4

RECEIVING

New Orleans	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Patten	8	113	36	0	Engram	9	120	27	0
Bush	6	44	17	0	Burleson	6	63	22	1
Moore	3	35	20	0	Obomanu	4	72	25	1
Miller	2	26	17	0	Weaver	4	53	22	0
E. Johnson	2	12	9	1	Pollard	2	25	13	0
Stecker	2	10	5	0	Wallace	1	29	29	0
2 totaling	2	6	4	1					
TOTAL	25	246	36	2	TOTAL	26	362	29	2

TEAM STATISTICS

	NO	Seattle
Total First Downs	22	25
Third Down Eff.	7-14-50%	4-12-25%
Total Net Yards	367	425
Total Off. Plays	69	69
Avg. per Play	5.3	6.2
Net Yards Rushing	121	92
Total Rushing Plays	33	21
Net Yards Passing	246	333
Times Sacked/Yards Lost	0/0	5/29
Pass Atts-Comps-Ints	36-25-0	43-26-1
Punts-No. and Avg.	6-43.2	4-40.5
Penalties-No. and Yards	5-37	3-11
Fumbles-No. and Lost	2-1	1-1
Touchdowns	4	2
Field Goals Made-Att	0-0	1-2
Time of Possession	32:44	27:16

DEFENSE

New Orleans	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Bullocks	8	7	1	0.0	0.0	1	6	1	0	0
Fujita	7	7	0	0.0	0.0	0	0	0	0	0
McKenzie	7	6	1	0.0	0.0	0	0	3	0	0
Harper	6	6	0	2.0	16.0	0	0	1	0	0
Additional Stats: Sacks: Young 1.0, Thomas 1.0, Grant 1.0. FR: Thomas 1. Blk FG: Bullocks 1.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Russell	10	8	2	0.0	0.0	0	0	1	0	0
Tatupu	8	6	2	0.0	0.0	0	0	0	0	0
Trufant	7	7	0	0.0	0.0	0	0	0	0	0
Hill	7	7	0	0.0	0.0	0	0	0	0	0
Jennings	6	4	2	0.0	0.0	0	0	1	0	0
Additional Stats: FF: Babineaux 1, Peterson 1. FR: Atkins 1.										



The Seahawks' defense contained the Rams' offense limiting their attack to six points while forcing five turnovers and posting seven sacks. Seattle scored on the opening drive for the second time of the season using an 11-play drive culminated with a 1-yard Will Heller touchdown reception from Matt Hasselbeck. The Rams countered with a Jeff Wilkins field goal, but Seahawks kicker Josh Brown matched Wilkins to extend Seattle's lead to 10-3 at the half. Nate Burleson returned the opening kickoff in the second half 91 yards for his first-career kickoff return for a touchdown, which led to NFC Special Teams Player of the Week honors. Wilkins connected on another field goal try to bring the Rams to within 17-6; however, that is all the scoring Rams would get. Brown connected on three second-half field goals and Heller scored on an 11-yard pass from Hasselbeck with 6:08 remaining in the game for the 33-6 final score. DE Darryl Tapp tied a club record with 4.0 sacks in the game. Deon Grant, Julian Peterson and Marcus Trufant each recorded interceptions.

St. Louis	3	0	3	0	—	6
Seattle	7	3	13	10	—	33

	SEA	STL	SEA	STL	SEA	STL	SEA	STL	SEA	STL	SEA	STL
SEA 1	7:40	Heller 1 pass Hasselbeck (Brown kick) (11-71, 5:45)										
STL 1	1:02	Wilkins 31 FG (8-35, 3:30)										
SEA 2	10:15	Brown 38 FG (12-52, 5:47)										
SEA 3	14:47	Burleson 91 kickoff return (Brown kick) (0-0, 0:13)										
STL 3	10:33	Wilkins 29 FG (9-62, 4:14)										
SEA 3	6:29	Brown 48 FG (9-38, 4:04)										
SEA 3	4:00	Brown 45 FG (4-6, 1:34)										
SEA 4	7:02	Brown 43 FG (5-19, 2:04)										
SEA 4	6:08	Heller 11 pass Hasselbeck (Brown kick) (2-14, 0:42)										
Att.	—68,164											

INDIVIDUAL STATISTICS

RUSHING

St. Louis	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Leonard	12	44	17	0	Alexander	19	47	11	0
Pittman	4	8	7	0	Morris	10	42	21	0
Minor	1	1	1	0	Weaver	3	11	7	0
TOTAL	17	53	17	0	TOTAL	32	100	21	0

PASSING

St. Louis	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
Bulger	40	21	225	0	3	38.0	Hasselbeck	35	18	195	2	1	75.3
TOTAL	40	21	225	0	3	38.0	TOTAL	35	18	195	2	1	75.3

RECEIVING

St. Louis	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Holt	8	82	28	0	Engram	6	73	21	0
Minor	5	37	20	0	Weaver	3	37	15	0
McMichael	3	34	19	0	Heller	3	18	11t	2
Bruce	2	52	31	0	Taylor	2	19	12	0
Hagans	2	16	9	0	Morris	2	18	10	0
Taylor	1	4	4	0	Alexander	1	18	18	0
					Burleson	1	12	12	0
TOTAL	21	225	31	0	TOTAL	18	195	21	2

TEAM STATISTICS

	St. Louis	Seattle
Total First Downs	15	19
Third Down Eff.	4-15-27%	4-14-29%
Total Net Yards	221	289
Total Off. Plays	64	68
Avg. per Play	3.5	4.3
Net Yards Rushing	53	100
Total Rushing Plays	17	32
Net Yards Passing	164	189
Times Sacked/Yards Lost	7/57	1/6
Pass Atts-Comps-Ints	40-21-3	35-18-1
Punts-No. and Avg.	6-52.3	5-45.8
Penalties-No. and Yards	8-45	4-25
Fumbles-No. and Lost	2-2	0-0
Touchdowns	0	3
Field Goals Made-Att	2-3	4-4
Time of Possession	26:59	33:01

DEFENSE

St. Louis	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Witherspoon	13	12	1	0.0	0.0	0	0	0	0	0
Hall	5	4	1	0.0	0.0	0	0	0	0	0
Adeyanju	5	4	1	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Glover 1.0. INT: Bartell 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Tapp	5	5	0	4.0	26.0	0	0	2	1	0
Trufant	5	5	0	0.0	0.0	1	0	2	0	0
Kerney	4	4	0	1.0	8.0	0	0	0	0	0
Peterson	4	4	0	1.0	9.0	1	0	1	0	0
Tatupu	4	4	0	0.0	0.0	0	0	1	0	0
Babineaux	4	4	0	0.0	0.0	0	0	0	0	1

Additional Stats: Sacks: Hill 1.0 INT: Grant 1. FF: Hill 1.

FR: Bernard 1.



Despite winning the coin toss and receiving the ball first in overtime, the Seahawks could not pull off the victory and lost to the Cleveland Browns 33-30 on a Phil Dawson 25-yard field goal. Seattle held a commanding 21-9 halftime lead, but surrendered 24 second-half points, including overtime. Seahawks Bobby Engram gave Seattle an early 7-0 lead before the first of four Jamal Lewis touchdown runs pulled the Browns to within 7-6 after a failed PAT. D.J. Hackett, in his first game back from an ankle injury since Week 1, scored on a 6-yard pass play and Nate Burleson tied a club record with a 94-yard punt return for a 21-6 lead. Dawson connected on a 19-yard field goal just before half. After the third quarter saw Lewis score from 1-yard out and Josh Brown connect on the first of his three second-half field goals, the game was 24-16. Lewis scored on a 2-yard run early in the fourth quarter, but the two-point conversion failed and left the score 24-22. Brown booted a 26-yard field goal before Lewis' fourth touchdown run, a 1-yarder, gave Cleveland their first lead of the game, 30-27, with 2:17 remaining. Seattle could not find the end zone in the final seconds so they settled for a 22-yard Brown field goal as time expired to tie the game at 30-30 and push the game into overtime. Seattle received the kickoff and moved to Cleveland's 44-yard line. Facing fourth-and-1, Maurice Morris, substiting for Shaun Alexander who suffered a sprained ankle and knee, was stopped short of the line to gain. Cleveland moved into position for the game-winning field goal aided by a 34-yard screen pass to Jamal Lewis. In the game, Engram set career a high with 14 receptions, second-most in team history (Steve Largent, 15) while Matt Hasselbeck passed for 318 yards, 14th time of his career with 300 or more passing yards in a game.

	Seattle	7	14	3	6	0	—	30	
	Cleveland	0	9	7	14	3	—	33	
							Seattle	Cleveland	
SEA 1	5:13	Engram 5 pass Hasselbeck (Brown kick) (7-80, 4:12)						7	0
CLEV 2	12:49	Lewis 2 run (kick failed, WL) (9-57, 4:58)						7	6
SEA 2	6:23	Hackett 6 Pass Hasselbeck (Brown kick) (12-78, 6:26)						14	6
SEA 2	3:49	Burleson 94 punt return (Brown kick)						21	6
CLEV 2	0:21	Dawson 19 FG (9-54, 1:24)						21	9
CLEV 3	8:57	Lewis 1 run (Dawson kick) (11-69, 6:03)						21	16
SEA 3	5:06	Brown 39 FG (10-39, 3:51)						24	16
CLEV 4	12:42	Lewis 2 run (Pass failed) (10-54, 5:06)						24	22
SEA 4	7:55	Brown 26 FG (9-65, 4:47)						27	22
CLEV 4	2:17	Lewis 1 run (Anderson pass to Jurevicius) (14-89, 5:38)						27	30
SEA 4	0:00	Brown 22 FG (13-67, 2:17)						30	30
CLEV OT	10:03	Dawson 25 FG (6-49, 2:42)						30	33
Att.	—	72,927							

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Cleveland	Att	Yds	LG	TD
Morris	9	55	12	0	Lewis	20	37	5	4
Alexander	14	32	11	0	Anderson	2	21	11	0
Hasselbeck	4	17	11	0	Wright	3	6	3	0
Weaver	1	1	1	0					
TOTAL	28	105	12	0	TOTAL	25	64	11	4

PASSING

Seattle	A	C	Yds	TD	Int	RT	Cleveland	A	C	Yds	TD	Int	RT
Hasselbeck	47	30	318	2	1	88.8	Anderson	48	29	364	0	1	75.3
TOTAL	47	30	318	2	1	88.8	TOTAL	48	29	364	0	1	75.3

RECEIVING

Seattle	No	Yds	LG	TD	Cleveland	No	Yds	LG	TD
Engram	14	139	26	1	Winslow	11	125	22	0
Hackett	6	58	15	1	Edwards	5	67	19	0
Burleson	4	59	26	0	Jurevicius	4	69	21	0
Morris	2	43	31	0	Lewis	4	67	34	0
Weaver	2	11	7	0	Vickers	3	17	9	0
Obomanu	1	7	7	0	Wright	1	13	13	0
Alexander	1	1	1	0	Heiden	1	6	6	0
TOTAL	30	318	31	2	TOTAL	29	364	34	0

TEAM STATISTICS

	Seattle	Clev
Total First Downs	28	30
Third Down Eff.	7-14-50%	5-11-45%
Total Net Yards	423	428
Total Off. Plays	75	73
Avg. per Play	5.6	5.9
Net Yards Rushing	105	64
Total Rushing Plays	28	25
Net Yards Passing	318	364
Times Sacked/Yards Lost	0/0	0/0
Pass Atts-Comps-Ints	47-30-1	48-29-1
Punts-No. and Avg.	2-36.0	4-43.5
Penalties-No. and Yards	4-20	6-49
Fumbles-No. and Lost	1-1	0-0
Touchdowns	3	4
Field Goals Made-Att	3-3	2-2
Time of Possession	32:23	42:37

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Tatupu	8	7	1	0.0	0.0	0	0	0	0	0
Trufant	6	6	0	0.0	0.0	0	0	0	0	0
Peterson	6	5	1	0.0	0.0	0	0	0	0	0
Russell	5	5	0	0.0	0.0	0	0	0	0	0

Additional Stats: INT: Tapp 1.

Cleveland	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Bodden	8	6	2	0.0	0.0	0	0	0	0	1
E. Wright	7	6	1	0.0	0.0	0	0	1	0	0
Jones	7	5	2	0.0	0.0	1	26	1	0	0
Williams	6	5	1	0.0	0.0	0	0	1	0	0



Seattle's defense recorded a Monday Night Football record fifth shutout en route to a 24-0 win over the San Francisco 49ers in front of a record crowd of 68,331 at Qwest Field. Seattle allowed just 76 total yards at the half and did not allow a first down until the final play of the first half, a Hail Mary pass that was ruled complete on the field. Since the play did not involve a score, instant replay was not used which could have ruled the 45-yard pass play incomplete. The six total first downs allowed tied a club record for fewest in a game, also accomplished versus San Diego on November 22, 1987. Seattle scored on their opening possession using 11 passes and two runs to drive 84 yards culminating in a 1-yard touchdown pass from Matt Hasselbeck to Will Heller. Seattle added a Josh Brown 20-yard field goal after Patrick Kerney sacked Alex Smith and forced a fumble which was recovered by Rocky Bernard. Maurice Morris, filling in for Shaun Alexander (knee), scored on a 6-yard run in the second quarter to give Seattle a 17-0 halftime lead. San Francisco threatened midway through the third quarter; however, facing fourth-and-inches from the Seahawks' 2-yard line, Frank Gore was stuffed by Kevin Bentley and Lofa Tatupu. Bentley led the team with 10 tackles filling in for Leroy Hill (hamstring). D.J. Hackett added a touchdown on a 10-yard pass from Hasselbeck on the first play of the fourth quarter to give Seattle a 24-0 lead. Hackett led the team tying a career high with eight receptions for 101 yards, his second-career 100-yard game.

San Francisco	0	0	0	0	—	0
Seattle	10	7	0	7	—	24

				San Francisco	Seattle
SEA	1	8:17	Heller 1 pass Hasselbeck (Brown kick) (13-84, 5:33)	0	7
SEA	1	4:07	Brown 20 FG (7-19, 2:38)	0	10
SEA	2	5:17	Morris 6 run (Brown kick) (3-52, 0:44)	0	17
SEA	4	14:55	Hackett 10 pass Hasselbeck (Brown kick) (12-77, 6:12)	0	24
Att.	— 68,331				

INDIVIDUAL STATISTICS

RUSHING

San Francisco	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Gore	13	72	16	0	Morris	28	87	10	1
Smith	1	6	6	0	Hasselbeck	6	16	8	0
Norris	1	3	3	0	Weaver	2	3	5	0
Battle	1	-2	-2	0					
TOTAL	16	79	16	0	TOTAL	36	106	10	1

PASSING

San Francisco	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
Smith	28	12	114	0	0	54.8	Hasselbeck	40	27	278	2	1	93.5
TOTAL	28	12	114	0	0	54.8	TOTAL	40	27	278	2	1	93.5

RECEIVING

San Francisco	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Battle	4	78	45	0	Hackett	8	101	46	1
Lelie	2	18	12	0	Ingram	4	53	20	0
Gore	2	7	7	0	Burleson	4	51	20	0
Jackson	1	4	4	0	Morris	3	16	9	0
Davis	1	4	4	0	Heller	3	5	3	1
Walker	1	2	2	0	Weaver	2	22	16	0
Hicks	1	1	1	0	Pollard	2	19	11	0
					Obomanu	1	11	11	0
TOTAL	12	114	45	0	TOTAL	27	278	46	2

TEAM STATISTICS

	SF	Seattle
Total First Downs	6	27
Third Down Eff.	1-12-8%	6-14-43%
Total Net Yards	173	380
Total Off. Plays	47	77
Avg. per Play	3.7	4.9
Net Yards Rushing	79	106
Total Rushing Plays	16	36
Net Yards Passing	94	274
Times Sacked/Yards Lost	3/20	1/4
Pass Atts-Comps-Ints	28-12-0	40-27-1
Punts-No. and Avg.	7-50.7	5-40.6
Penalties-No. and Yards	10-53	4-39
Fumbles-No. and Lost	2-2	3-1
Touchdowns	0	3
Field Goals Made-Att	0-0	1-2
Time of Possession	20:06	39:54

DEFENSE

San Francisco	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Ulbrich	10	9	1	0.0	0.0	0	0	0	0	0
Lewis	9	7	2	0.0	0.0	0	0	0	0	1
Clements	6	5	1	0.0	0.0	1	12	1	0	0
Hudson	6	5	1	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Haralson 1.0. FF: Franklin 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Bentley	10	6	4	0.0	0.0	0	0	0	0	0
Tatupu	6	3	3	0.0	0.0	0	0	1	0	0
Babineaux	3	3	0	1.0	8.0	0	0	1	1	0
Bernard	3	3	0	0.0	0.0	0	0	0	0	1

Additional Stats: Sacks: Kerney 1.0, Peterson 1.0 FF: Kerney 1. FR: Tapp 1.



The Seahawks fell behind 10-0 midway through the first quarter, but battled back for a 30-23 victory in front of a boisterous crowd of 68,249. Cedric Benson gave the Bears their first score on the second play of the game when he escaped for a 43-yard touchdown run. Benson's 20-yard rush on their following drive set up a Robbie Gould 31-yard field goal. However, after those two Benson runs, Seattle's defensive adjustments corralled him for 26 yards on nine attempts for the remainder of the game. Seattle took a 14-10 lead midway through the second quarter following a 19-yard scoring pass from Matt Hasselbeck to D.J. Hackett and a 19-yard Maurice Morris touchdown scamper. The Bears answered Seattle's touchdown with a scoring drive of their own capped by a 5-yard Adrian Peterson touchdown run with 1:16 remaining in the half to take a 17-14 lead. However, Seattle responded with a 40-yard Josh Brown field goal with :17 left to tie the game 17-17 at the half. The Seahawks' Nate Burleson returned the second-half kickoff 44 yards to the Chicago 49. Facing fourth-and-1, Mike Holmgren's decision to go for it paid off when Hasselbeck hooked up with Marcus Pollard for 20 yards eventually setting up a 4-yard Hasselbeck-to-Burleson touchdown connection. With Seattle up just one touchdown, 24-17, the Bears threatened midway through the third quarter from Seattle's 25-yard line but were stuffed on a fourth-down attempt. Following another Gould field goal, Brown answered with two of his own giving Seattle a 30-20 lead with 3:31 remaining in the game. The Bears tacked on a late field goal but their ensuing onside kick attempt failed. Hasselbeck passed for 337 yards on 30 completions while Hackett set career highs with nine catches for 136 yards. Patrick Kerney led the way with 3.0 second-half sacks including one that forced a fumble at Seattle's 42-yard line with 5:55 remaining in the game and the Seahawks clinging to just a touchdown lead.

Chicago	10	7	0	6	—	23
Seattle	7	10	7	6	—	30

					Chicago	Seattle
CHI	1	14:05	Benson 43 run (Gould kick) (2-50, 0:55)		7	0
CHI	1	8:51	Gould 31 FG (6-53, 2:35)		10	0
SEA	1	3:45	Hackett 19 pass Hasselbeck (Brown kick) (10-76, 5:06)		10	7
SEA	2	6:31	Morris 19 run (Brown kick) (4-32, 1:12)		10	14
CHI	2	1:16	Peterson 5 run (Gould kick) (10-60, 5:15)		17	14
SEA	2	0:17	Brown 40 FG (6-38, 0:59)		17	17
SEA	3	11:05	Burleson 4 pass Hasselbeck (Brown kick) (8-49, 3:55)		17	24
CHI	4	14:15	Gould 47 FG (10-57, 3:55)		20	24
SEA	4	12:10	Brown 23 FG (5-68, 2:05)		20	27
SEA	4	3:31	Brown 46 FG (5-19, 2:12)		20	30
CHI	4	0:13	Gould 48 FG (7-41, 1:29)		23	30
Att.	—		68,249			

INDIVIDUAL STATISTICS

RUSHING

Chicago	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Benson	11	89	43t	1	Morris	18	87	19t	1
Grossman	4	13	6	0	Weaver	2	11	13	0
Peterson	5	11	5t	1	Hasselbeck	3	5	5	0
2 others	2	-6	0	0					
TOTAL	22	107	43t	2	TOTAL	23	103	19t	1

PASSING

Chicago	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
Grossman	37	24	266	0	0	86.1	Hasselbeck	44	30	337	2	0	106.0
TOTAL	37	24	266	0	0	86.1	TOTAL	44	30	337	2	0	106.0

RECEIVING

Chicago	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Berrian	9	102	23	0	Hackett	9	136	59	1
Olsen	7	43	9	0	Engram	8	84	23	0
Muhammad	3	71	41	0	Branch	4	31	11	0
5 others	5	50	36	0	Weaver	4	23	8	0
					Pollard	2	33	20	0
					3 others	3	30	19	1
TOTAL	24	266	41	0	TOTAL	30	337	59	2

TEAM STATISTICS

	Chicago	Seattle
Total First Downs	16	21
Third Down Eff.	6-16-38%	6-16-38%
Total Net Yards	345	425
Total Off. Plays	64	69
Avg. per Play	5.4	6.2
Net Yards Rushing	107	103
Total Rushing Plays	22	23
Net Yards Passing	238	322
Times Sacked/Yards Lost	5/28	2/15
Pass Atts-Comps-Ints	37-24-0	44-30-0
Punts-No. and Avg.	5-43.0	5-35.0
Penalties-No. and Yards	6-40	2-20
Fumbles-No. and Lost	2-1	1-1
Touchdowns	2	3
Field Goals Made-Att	3-3	3-4
Time of Possession	28:55	31:05

DEFENSE

Chicago	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Urlacher	8	8	0	0.0	0.0	0	0	1	0	1
Tillman	8	7	1	0.0	0.0	0	0	1	0	0
Briggs	6	5	1	0.0	0.0	0	0	0	0	0
Manning	5	4	1	0.0	0.0	0	0	0	0	0
Archuleta	4	4	0	1.0	6.0	0	0	1	0	0
Walker	4	3	1	1.0	9.0	0	0	0	0	0

Additional Stats: FF: Ogunleye 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Hill	10	5	5	1.0	10.0	0	0	0	0	0
Grant	7	5	2	0.0	0.0	0	0	1	0	0
Trufant	7	5	2	0.0	0.0	0	0	1	0	0
Tatupu	6	5	1	0.0	0.0	0	0	0	0	0
Kerney	5	5	0	3.0	8.0	0	0	1	1	0
Tapp	5	3	1	1.0	10.0	0	0	0	0	1

Additional Stats: FF: Babineau 1.



Seattle shut out the Rams in the second half and stymied their rushing attack over the final three quarters to pull out a 24-19 victory at the Edward Jones Dome. Seattle's offense started slowly with their first four plays resulting in an incomplete pass, two sacks and then a safety. Following a Steven Jackson 53-yard run on the first play following the safety, Seattle was down 9-0. However, Josh Wilson got Seattle on the board on the ensuing kickoff with an 89-yard touchdown return. An Isaac Bruce touchdown reception and a Jeff Wilkins 23-yard field goal following a Seattle goal-line stand facing first-and-goal from the 1, gave St. Louis a 19-7 lead at the half. Seattle's second-half defense shut the Rams down long enough to allow Seattle's offense to claw its way into the lead. A Josh Brown field goal and Deion Branch's 9-yard touchdown reception brought the Seahawks to within 19-17 by the end of the third quarter. Patrick Kerney, already with an interception and a sack earlier in the game, notched his second sack of the game early in the fourth quarter knocking the Rams out of field goal range forcing a punt. Seattle took that opportunity 80 yards in 10 plays resulting in Leonard Weaver's first-career touchdown from 5 yards out giving Seattle their first lead of the game, 24-19. Another Kerney third-down sack on the Rams' next drive forced a punt. Seattle drove in range for a Brown 52-yard field goal attempt, but the kick was pushed wide right and the Rams took over at their own 42-yard line. Needing a touchdown, the Rams were stuffed at the goal line after facing a first-and-goal from the 4. On the final play of the game, Rams' Gus Frerotte, who replaced Marc Bulger who left the game in the first quarter following a sack by Leroy Hill, fumbled the snap and was tackled by Darryl Tapp.

	Seattle	7	0	10	7	—	24			
	St. Louis	16	3	0	0	—	19	Seattle	St. Louis	
STL 1	8:46	Morris tackled in end zone by Carriker for safety					0	2		
STL 1	8:30	Jackson 53 run (Wilkins kick) (1-53, 0:16)					0	9		
SEA 1	8:14	Wilson 89 kickoff return (Brown kick) (0-0, 0:16)					7	9		
STL 1	0:28	Bruce 15 pass Frerotte (Wilkins kick) (6-30, 3:33)					7	16		
STL 2	8:07	Wilkins 23 FG (12-60, 6:07)					7	19		
SEA 3	9:36	Brown 33 FG (9-51, 4:03)					10	19		
SEA 3	3:22	Branch 9 pass Hasselbeck (Brown kick) (5-67, 1:51)					17	19		
SEA 4	5:57	Weaver 5 run (Brown kick) (10-80, 4:50)					24	19		
Att. —	65,423									

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	St. Louis	Att	Yds	LG	TD
Morris	16	79	46	0	Jackson	23	90	53t	1
Weaver	1	5	5t	1	Pittman	5	11	4	0
Hasselbeck	2	3	4	0	Frerotte	2	2	2	0
					Hill	1	1	1	0
TOTAL	19	87	46	1	TOTAL	31	104	53t	1

PASSING

Seattle	A	C	Yds	TD	INT	RT	St. Louis	A	C	Yds	TD	INT	RT
Hasselbeck	38	21	249	1	1	73.2	Frerotte	32	20	161	1	1	72.5
							Bulger	5	3	32	0	1	39.2
TOTAL	38	21	249	1	1	73.2	TOTAL	37	23	193	1	2	62.1

RECEIVING

Seattle	No	Yds	LG	TD	St. Louis	No	Yds	LG	TD
Engram	7	70	19	0	Bruce	6	63	15t	1
Branch	5	92	29	1	Holt	5	54	21	0
Hackett	4	41	12	0	Bennett	4	35	18	0
Pollard	2	18	11	0	Jackson	3	15	8	0
Burleson	1	20	20	0	McMichael	2	626	19	0
Morris	1	5	5	0	Leonard	2	0	1	0
Heller	1	3	3	0	Hill	1	0	0	0
TOTAL	21	249	29	1	TOTAL	23	193	21	1

TEAM STATISTICS

	Seattle	St. Louis
Total First Downs	18	17
Third Down Eff.	3-12-25%	5-17-29%
Total Net Yards	302	265
Total Off. Plays	62	72
Avg. per Play	4.9	3.7
Net Yards Rushing	87	104
Total Rushing Plays	19	31
Net Yards Passing	215	161
Times Sacked/Yards Lost	5/34	4/32
Pass Atts-Comps-Ints	38-21-1	37-23-2
Punts-No. and Avg.	5-6.45	9-4.72
Penalties-No. and Yards	6-45	4-20
Fumbles-No. and Lost	2-1	4-0
Touchdowns	3	2
Field Goals Made-Att	1-3	1-1
Time of Possession	24:43	35:17

DEFENSE

	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Tatupu	9	9	0	0.0	0.0	0	0	1	0	0
Kerney	7	7	0	3.0	23.0	1	0	1	1	0
Hill	7	6	1	1.0	9.0	0	0	0	1	0
Grant	6	6	0	0.0	0.0	0	0	0	0	0
Trufant	5	5	0	0.0	0.0	1	0	1	0	0
Babineaux	5	5	0	0.0	0.0	0	0	0	0	0
Additional Stats: FF: Tapp 1.										
St. Louis	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Bartell	7	7	0	0.0	0.0	0	0	1	0	0
Witherspoon	5	5	0	2.0	16.0	0	0	2	0	0
Hill	5	5	0	0.0	0.0	0	0	0	0	0



The Seahawks improved to 8-4 with a 28-24 victory over the Eagles in Philadelphia. The Seahawks jumped to a 7-0 lead after Lofa Tatupu intercepted the Eagles' A.J. Feeley on the first play of the game and returned it to the Philadelphia 18-yard line leading to a 2-yard Shaun Alexander touchdown run. The Eagles evened the score on a Correll Buckhalter 30-yard run on the ensuing drive. Tatupu again intercepted Feeley on Philadelphia's next possession and returned it 49 yards to the Eagles' 8-yard line setting up a Matt Hasselbeck-to-Bobby Engram touchdown play for a 14-7 lead. Philadelphia's David Akers added a 31-yard field goal but Seattle responded with a 43-yard Hasselbeck-to-Nate Burleson for a touchdown and a 21-10 lead. The Eagles answered midway through the second quarter with a 24-yard touchdown Kevin Curtis touchdown reception to pull within 21-17. Facing fourth-and-goal from the 1-yard line with :07 remaining in the half, Philadelphia decided to go for the touchdown and the lead; however, Rocky Bernard tripped up Brian Westbrook and the Eagles were unable to convert. After a Seattle fumble on the opening drive of the second half, Westbrook traveled 29 yards for a touchdown to give Philadelphia a temporary lead, 24-21. After an exchange of punts, facing third-and-2, Maurice Morris took a pitch left and scampered 45 yards for a touchdown and the final score of the afternoon. The Eagles threatened late after Westbrook returned a punt 64 yards to the Seattle 14-yard line where he was forced out of bounds by Kevin Bentley with 1:16 to play in the game. However, Tatupu's club-record tying third interception at the Seahawks' 4 with :23 remaining sealed Seattle's fourth-straight victory. After allowing a touchdown on the opening drive of the second half, Seattle's defense forced Philadelphia's remaining eight drives to end in four three-and-outs, two interceptions, a missed field goal and a turnover on downs.

Seattle	14	7	7	0	—	28
Philadelphia	10	7	7	0	—	24

					Seattle	Philadelphia
SEA	1	13:48	Alexander 2 run (Brown kick) (4-18, 0:51)		7	0
PHI	1	11:56	Buckhalter 30 run (Akers kick) (5-65, 1:52)		7	7
SEA	1	7:21	Engram 12 pass Hasselbeck (Brown kick) (3-8, 1:23)		14	7
PHI	1	5:14	Akers 31 FG (7-53, 2:07)		14	10
SEA	2	11:16	Burleson 43 pass Hasselbeck (Brown kick) (1-43, 0:10)		21	10
PHI	2	9:06	Curtis 24 pass Feeley (Akers kick) (4-60, 2:10)		21	17
PHI	3	12:42	Westbrook 29 run (Akers kick) (4-40, 1:23)		21	24
SEA	3	9:13	Morris 45 run (Brown kick) (3-53, 1:26)		28	24
Att.—68,445						

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Philadelphia	Att	Yds	LG	TD
Alexander	20	65	16	1	Westbrook	21	93	29t	1
Morris	5	64	45t	1	Buckhalter	4	37	30t	1
Weaver	2	7	6	0	Feeley	4	14	7	0
Hasselbeck	2	-1	0	0					
TOTAL	29	135	45t	2	TOTAL	29	144	30t	2

PASSING

Seattle	A	C	Yds	TD	Int	RT	Philadelphia	A	C	Yds	TD	Int	RT
Hasselbeck	34	19	187	2	1	78.9	Feeley	42	19	220	1	4	30.0
TOTAL	34	19	187	2	1	78.9	TOTAL	42	19	220	1	4	30.0

RECEIVING

Seattle	No	Yds	LG	TD	Philadelphia	No	Yds	LG	TD
Engram	5	60	21	1	Westbrook	7	46	24	0
Branch	5	40	21	0	Curtis	6	111	47	1
Burleson	4	71	43t	1	Smith	3	21	14	0
Weaver	3	5	5	0	Brown	2	26	17	0
Pollard	2	11	6	0	Celek	1	16	16	0
TOTAL	19	187	43t	2	TOTAL	19	220	47	1

TEAM STATISTICS

	Seattle	Phil
Total First Downs	16	17
Third Down Eff.	6-15-40%	7-19-37%
Total Net Yards	311	363
Total Off. Plays	65	72
Avg. per Play	4.8	5.0
Net Yards Rushing	135	144
Total Rushing Plays	29	29
Net Yards Passing	176	219
Times Sacked/Yards Lost	2/11	1/1
Pass Atts-Comps-Ints	34-19-1	42-19-4
Punts-No. and Avg.	5-40.8	5-44.8
Penalties-No. and Yards	2-25	0-0
Fumbles-No. and Lost	2-1	0-0
Touchdowns	4	3
Field Goals Made-Att	0-1	1-2
Time of Possession	29:32	30:28

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Tatupu	11	0	11	0.0	0.0	3	100	3	0	0
Russell	8	7	1	0.0	0.0	0	0	0	0	0
Peterson	6	6	0	1.0	1.0	1	3	1	0	0
Bernard	5	4	1	0.0	0.0	0	0	0	0	0
Trufant	4	4	0	0.0	0.0	0	0	1	0	0

Additional Stats: Sacks: Cole 0.5. **FF:** Cole, Brown 1. **FR:** Cole 1. **INT:** Brown 1.



The Seahawks jumped out to a 24-0 first-half lead and never looked back as they clinched their fourth-consecutive NFC West title defeating the Cardinals 42-21. The Seahawks scored on each of their first four possessions with a Josh Brown 23-yard field goal and three Matt Hasselbeck touchdown passes to Nate Burleson, Bobby Engram and Deion Branch. The Cardinals got on the board with a Kurt Warner to Bryant Johnson touchdown pass with 1:04 to play in the first half; however, Seattle countered with another Brown field goal with :02 left for a 27-7 halftime lead. The Cardinals never pull as close as 27-14 after Jerheme Urban scored on a 2-yard pass. Seattle answered with a 3-yard Hasselbeck to Marcus Pollard touchdown pass. Seattle tacked on a safety after a fumbled punt snap by Mitch Berger and later added another touchdown on an 84-yard interception return by Marcus Trufant, the first of his career, to go up 42-14. The Cardinals' Larry Fitzgerald added a late touchdown for a 42-21 final. In the game, Trufant tied a franchise record with a career-high three interceptions giving him a career-high seven for the season. Patrick Kerney notched his third 3.0 sack game in four weeks giving him the NFL lead with 13.5, the most for the Seahawks since Michael Sinclair led the NFL with 16.5 in 1998. Hasselbeck's 131.6 passer rating was the fourth best of his career and the fourth time he's passed for four or more touchdowns in a game. Bobby Engram moved into fifth place on Seattle's receiving yards list passing John L. Williams.

		Arizona					Seattle						
		0	7	7	7	—	21	—	—	—	42		
		10	17	0	15	—	—	—	—	—	—		
SEA	1	8:51	Brown 23 FG (7-28, 3:09)									0	3
SEA	1	0:46	Burleson 7 pass Hasselbeck (Brown kick) (9-79, 5:04)									0	10
SEA	2	11:47	Engram 15 pass Hasselbeck (Brown kick) (4-59, 1:39)									0	17
SEA	2	7:44	Branch 17 pass Hasselbeck (Brown kick) (4-58, 2:01)									0	24
ARI	2	1:04	Bry. Johnson 5 pass Warner (Rackers kick) (5-26, 1:46)									7	24
SEA	2	0:02	Brown 41 FG (7-36, 1:02)									7	27
ARI	3	0:57	Urban 2 pass Warner (Rackers kick) (13-83, 6:43)									14	27
SEA	4	10:42	Pollard 3 pass Hasselbeck (Brown kick) (11-62, 5:07)									14	34
SEA	4	9:25	Berger OB in end zone, forced by Scobey - Safety									14	36
SEA	4	5:29	Trufant 84 interception return (aborted PAT)									14	42
ARI	4	2:27	Fitzgerald 11 pass Warner (Rackers kick) (6-70, 3:02)									21	42

Att. —68,193

INDIVIDUAL STATISTICS

RUSHING

Arizona	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
James	13	46	9	0	Alexander	10	38	25	0
Shipp	2	4	5	0	Morris	13	36	10	0
Berger	1	0	0	0	Hasselbeck	4	3	6	0
					Weaver	1	3	3	0
TOTAL	16	50	9	0	TOTAL	28	80	25	0

PASSING

Arizona	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
Warner	46	28	337	3	5	65.5	Hasselbeck	33	22	272	4	0	131.6
TOTAL	46	28	337	3	5	65.5	TOTAL	33	22	272	4	0	131.6

RECEIVING

Arizona	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Urban	6	123	38	1	Burleson	5	50	25	1
Fitzgerald	6	79	23	1	Weaver	4	56	46	0
Breaston	4	52	22	0	Engram	4	55	20	1
Pope	4	16	11	0	Branch	3	52	31	1
James	3	24	13	0	Morris	3	26	14	0
4 others	5	43	15	1	2 others	3	33	18	1
TOTAL	28	337	38	3	TOTAL	22	272	46	4

TEAM STATISTICS

	Arizona	Seattle
Total First Downs	23	21
Third Down Eff.	3-10-30%	4-12-33%
Total Net Yards	355	349
Total Off. Plays	67	62
Avg. per Play	5.3	5.6
Net Yards Rushing	50	80
Total Rushing Plays	16	28
Net Yards Passing	305	269
Times Sacked/Yards Lost	5/32	1/3
Pass Atts-Comps-Ints	46-28-5	33-22-0
Punts-No. and Avg.	4-43.3	5-36.0
Penalties-No. and Yards	7-55	5-23
Fumbles-No. and Lost	1-0	1-0
Touchdowns	3	5
Field Goals Made-Att	0-1	2-2
Time of Possession	30:37	29:23

DEFENSE

Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Dansby	11	10	1	0.0	0.0	0	0	1	1	0
Pace	6	6	0	1.0	3.0	0	0	1	0	0
Hood	5	5	0	0.0	0.0	0	0	0	0	0
Holt	5	5	0	0.0	0.0	0	0	0	0	0
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Kerney	7	7	0	3.0	21.0	0	0	0	1	0
Jennings	6	6	0	0.0	0.0	0	0	1	0	0
Trufant	6	4	2	0.0	0.0	3	96	3	0	0
Tatupu	4	4	0	0.0	0.0	0	0	1	0	0
Babineaux	4	4	0	0.0	0.0	1	0	1	0	0
Russell	4	4	0	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Bernard 1.0, Mebane 1.0. INT: Grant 1.



The Seahawks and Panthers both struggled offensively and failed to light up the scoreboard until the fourth quarter on a blustery December day in Charlotte with Carolina coming away with a 13-10 victory. A scoreless first half featured 11 punts by both teams and a Panthers missed field goal. The third quarter saw Seattle punt twice and Carolina stopped on fourth-and-1 at the Seahawks' 33-yard line. Aided by the wind, John Kasay finally put the first points on the board early in the fourth quarter connecting on a 53-yard field goal. Seattle countered with a Josh Brown 23-yard field goal on the ensuing drive to tie the score 3-3. The Panthers mustered another field goal to go up 6-3 with just 2:59 to play. Seattle drove into Carolina territory on their next drive, but facing second-and-2, Matt Hasselbeck was sacked and fumbled. The fumble was recovered by Carolina and three plays later DeAngelo Williams escaped for a 35-yard touchdown run to put the Panthers up 13-3 with 1:17 to play in the game. The Seahawks scored on a 15-yard Hasselbeck to Deion Branch pass with :01 remaining and Carolina covered up the ensuing kickoff and won 13-10. In the game, Bobby Engram led Seattle with nine receptions for 84 yards. The game gave him his first-career 1,000-yard season and 85 receptions helped him become just the third receiver in team history with 80 or more receptions in a season. His total is just three away from setting a club record (Darrell Jackson 87 in 2004).

Seattle	0	0	0	10	—	10
Carolina	0	0	0	13	—	13

			Seattle	Carolina
CAR	4	12:18	Kasay 53 FG (10-44, 5:25)	0 3
SEA	4	8:23	Brown 23 FG (8-76, 3:55)	3 3
CAR	4	2:59	Kasay 37 FG (10-41, 5:24)	3 6
CAR	4	1:17	Williams 35 run (Kasay kick) (3-40, 0:21)	3 13
SEA	4	0:01	Branch 15 pass Hasselbeck (Brown kick) (6-65, 1:16)	10 13
Att.	— 73,421			

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Carolina	Att	Yds	LG	TD
Alexander	7	17	20	0	Williams	15	61	35t	1
Morris	4	15	6	0	Foster	18	47	9	0
Hasselbeck	2	11	11	0	Moore	2	5	5	0
Burleson	1	1	1	0	Hoover	1	1	1	0
					Smith	2	0	1	0
TOTAL	14	44	20	0	TOTAL	38	114	35t	1

PASSING

Seattle	A	C	Yds	TD	Int	RT	Carolina	A	C	Yds	TD	Int	RT
Hasselbeck	41	27	274	1	0	92.9	Moore	27	19	208	0	0	92.8
TOTAL	41	27	274	1	0	92.9	TOTAL	27	19	208	0	0	92.8

RECEIVING

Seattle	No	Yds	LG	TD	Carolina	No	Yds	LG	TD
Engram	9	84	19	0	Smith	8	72	15	0
Branch	8	79	15t	1	Carter	3	22	12	0
Morris	4	31	13	0	Robinson	2	20	12	0
Weaver	2	11	6	0	King	2	13	13	0
Heller	1	25	25	0	Williams	2	11	7	0
Burleson	1	20	20	0	Rosario	1	54	54	0
Obomanu	1	18	18	0	Fauria	1	16	16	0
Alexander	1	6	6	0					
TOTAL	27	274	25	1	TOTAL	19	208	54	0

TEAM STATISTICS

	Seattle	Carolina
Total First Downs	18	15
Third Down Eff.	3-12-25%	9-18-50%
Total Net Yards	282	322
Total Off. Plays	58	65
Avg. per Play	4.9	5.0
Net Yards Rushing	44	114
Total Rushing Plays	14	38
Net Yards Passing	238	208
Times Sacked/Yards Lost	3/36	0/0
Pass Atts-Comps-Ints	41-27-0	27-19-0
Punts-No. and Avg.	8-40.6	5-47.0
Penalties-No. and Yards	3-15	5-54
Fumbles-No. and Lost	3-1	2-0
Touchdowns	1	1
Field Goals Made-Att	1-1	2-3
Time of Possession	24:38	35:22

DEFENSE

	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Trufant	9	9	0	0.0	0.0	0	0	0	0	0
Kerney	8	6	2	0.0	0.0	0	0	0	0	0
Tatupu	7	4	3	0.0	0.0	0	0	0	0	0
Babineaux	6	5	1	0.0	0.0	0	0	0	0	0
Grant	6	3	3	0.0	0.0	0	0	1	0	0
Carolina	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Lucas	8	7	1	0.0	0.0	0	0	1	0	0
Beason	8	5	3	0.0	0.0	0	0	0	0	0
Marshall	7	5	2	0.0	0.0	0	0	0	0	1
Harris	6	6	0	0.0	0.0	0	0	1	1	0
Dendy	5	5	0	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Davis 1.0, Diggs 1.0, Jenkins 1.0.
FF: Davis 1.



The Seahawks and Ravens both started slow but the Seahawks soared to a 27-0 win after outscoring the Ravens 21-0 in the second quarter. Seattle jumped out to a 7-0 lead when Nate Burleson hauled in his team-leading seventh touchdown from 21 yards away. Following a Matt Hasselbeck interception on the Seahawks next possession, Leroy Hill recovered a Ravens fumble and returned it 20 yards for his first-career touchdown. After five-straight Baltimore punts to begin the game, Shaun Alexander took a screen pass from Hasselbeck 14 yards for a touchdown and a Seahawks 21-0 halftime lead. The Ravens didn't cross over into Seahawks territory until their final possession of the half that resulted in a Patrick Kerney sack and forced fumble which was recovered by Julian Peterson. After forcing two more Ravens' punts to open the second half, Josh Brown connected on a 42-yard field goal and after another Ravens fumble Brown tacked on a 39-yard field goal for a 27-0 lead. The Ravens scored late on a 79-yard pass from Troy Smith, making his first NFL start, to Derrick Mason. The Seahawks rushed for 144 total yards against the Ravens, second-ranked run defense. It was the most yards the Ravens had allowed this season and most since allowing 162 versus Tennessee in 2006. Bobby Engram led the team with five receptions giving him a club record for most receptions in a season with 90.

Baltimore	0	0	0	6	—	6
Seattle	0	21	6	0	—	27

				Baltimore	Seattle
SEA	2	11:34	Burleson 21 pass Hasselbeck (Brown kick) (12-89, 6:12)	0	7
SEA	2	5:57	Hill 20 yard fumble return (Brown kick)	0	14
SEA	2	1:53	Alexander 14 pass Hasselbeck (Brown kick) (6-70, 2:22)	0	21
SEA	3	5:40	Brown 42 FG (9-56, 4:54)	0	24
SEA	3	3:07	Brown 39 FG (4--1, 1:44)	0	27
BALT	4	4:41	Mason 79 pass T. Smith (pass failed) (3-92, 1:22)	6	27
Att.	— 68,164				

INDIVIDUAL STATISTICS

RUSHING

Baltimore	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Anderson	8	44	16	0	Alexander	13	73	19	0
M. Smith	7	25	6	0	Morris	15	40	8	0
T. Smith	6	25	10	0	Weaver	4	14	7	0
McGahee	5	10	6	0	Hasselbeck	3	12	8	0
McClain	1	2	2	0	Wallace	1	5	5	0
TOTAL	27	106	16	0	TOTAL	36	144	19	0

PASSING

Baltimore	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
T. Smith	33	16	199	1	0	77.7	Hasselbeck	27	18	199	2	2	82.2
TOTAL	33	16	199	1	0	77.7	TOTAL	29	19	202	2	2	80.0

RECEIVING

Baltimore	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Mason	5	98	79t	1	Engram	5	69	23	0
Clayton	3	39	16	0	Burleson	3	52	22	1
Sypniewski	3	28	12	0	Pollard	3	15	6	0
M. Smith	2	12	9	0	Branch	2	24	19	0
3 others	3	22	10	0	Weaver	2	20	12	0
TOTAL	16	199	79t	1	4 others	4	22	14t	1
					TOTAL	19	202	23	2

TEAM STATISTICS

	Baltimore	Seattle	Baltimore	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Total First Downs	13	21	Landry	11	8	3	0.0	0.0	0	0	0	0	0
Third Down Eff.	4-15-27%	4-14-29%	Greisen	10	10	0	0.0	0.0	0	0	0	0	0
Total Net Yards	293	336	Edwards	6	5	1	0.0	0.0	0	0	1	0	0
Total Off. Plays	62	67	Additional Stats: Sacks: Ngata 1.0, Bannon 1.0. INT: Martin 1, Reed 1.										
Avg. per Play	4.7	5.0											
Net Yards Rushing	106	144											
Total Rushing Plays	27	36	Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Net Yards Passing	187	192	Babineaux	7	6	1	0.0	0.0	0	0	0	0	0
Times Sacked/Yards Lost	2/12	2/10	Hill	7	5	2	0.0	0.0	0	0	0	0	1
Pass Atts-Comps-Ints	33-16-0	29-19-2	Peterson	6	5	1	0.5	2.0	0	0	0	0	1
Punts-No. and Avg.	9-41.0	5-42.6	Tapp	5	4	1	0.5	2.0	0	0	1	0	0
Penalties-No. and Yards	6-69	0-0	Tatupu	5	3	2	0.0	0.0	0	0	0	0	0
Fumbles-No. and Lost	3-3	0-0	Additional Stats: Sacks: Kerney 1.0. FF: Kerney 2. FR: Mebane 1.										
Touchdowns	1	3											
Field Goals Made-Att	0-0	2-2											
Time of Possession	27:24	32:36											



The Seahawks wrapped the 2007 regular season with a 44-41 shootout loss at the Georgia Dome in Atlanta. The Seahawks jumped out to a 10-0 first-quarter lead behind Shaun Alexander's 100th-career rushing touchdown and a 54-yard Josh Brown field goal. The Falcons scored two second-quarter touchdowns to go up 14-10, but with 1:10 remaining in the half, Matt Hasselbeck connected with Bobby Engram on a 30-yard lob pass for a 17-14 lead. Morton Andersen tied the game as time expired with a 30-yard field goal. With several Seahawks starters inactive, the team sprinkled in the reserves in the second half. Seneca Wallace took over in the second half and led the Seahawks to a 27-20 lead following a 51-yard Brown field goal and a 29-yard touchdown dash by Maurice Morris. A Chris Redman to Alge Crumpler 55-yard completion tied the game at 27-27. Following two Seattle turnovers deep in their own territory on their next two drives, the Falcons capitalized with two Redman touchdown passes to take a 41-27 lead early in the fourth quarter. Wallace connected on a 45-yard pass with Nate Burleson to pull within 41-34. A third Andersen field goal gave the Falcons a 10-point lead with 3:23 remaining. Wallace again connected with Burleson on a 13-yard pass with :54 to go in the game to pull within 44-41. Seattle recovered an onside kick attempt, but were flagged for being offsidess and the next attempt failed. Seattle recorded a season-high 501 yards of total offense, 30 first downs and 167 rushing yards in the loss. Hasselbeck set a franchise record for passing yards in a season while Wallace recorded the highest passer rating of his career.

Seattle	7	10	10	14	—	41
Atlanta	0	17	3	24	—	44

						Seattle	Atlanta
SEA 1	10:32	Alexander 2 run (Brown kick) (10-77, 4:26)	7	0			
SEA 2	13:09	Brown 54 FG (6-18, 1:55)	10	0			
ATL 2	9:34	Horn 4 pass Redman (Andersen kick) (7-71, 3:35)	10	7			
ATL 2	5:10	Dunn 5 run (Andersen kick) (2-32, 0:42)	10	14			
SEA 2	1:10	Engram 30 pass Hasselbeck (Brown kick) (9-83, 4:00)	17	14			
ATL 2	0:00	Andersen 30 FG (8-42, 1:10)	17	17			
SEA 3	6:41	Brown 51 FG (12-51, 6:13)	20	17			
ATL 3	4:07	Andersen 37 FG (7-18, 2:34)	20	20			
SEA 3	1:19	Morris 29 run (Brown kick) (7-77, 2:48)	27	20			
ATL 4	14:52	Crumpler 55 pass Redman (Andersen kick) (4-68, 1:27)	27	27			
ATL 4	13:30	Crumpler 7 pass Redman (Andersen kick) (3-19, 1:07)	27	34			
ATL 4	13:15	White 10 pass Redman (Andersen kick) (1-10, 0:26)	27	41			
SEA 4	7:49	Burleson 45 pass Wallace (Brown kick) (11-80, 5:05)	34	41			
ATL 4	3:23	Andersen 32 FG (8-53, 4:26)	34	44			
SEA 4	0:54	Burleson 13 pass Wallace (Brown kick) (10-81, 2:29)	41	44			
Att.	—	64,925					

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Atlanta	Att	Yds	LG	TD
Morris	13	91	29t	1	Dunn	12	70	38	1
Weaver	8	34	8	0	Norwood	11	46	11	0
Alexander	8	31	15	1	Redman	5	10	7	0
2 others	2	11	9	0	Snelling	1	-2	-2	0
TOTAL	31	167	29t	2	TOTAL	29	124	38	1

PASSING

Seattle	A	C	Yds	TD	Int	RT	Atlanta	A	C	Yds	TD	Int	RT
Hasselbeck	25	15	147	1	0	89.9	Redman	27	17	251	4	0	132.9
Wallace	22	17	206	2	1	116.9	TOTAL	27	17	251	4	0	132.9
TOTAL	47	32	353	3	1	102.5							

RECEIVING

Seattle	No	Yds	LG	TD	Atlanta	No	Yds	LG	TD
Burleson	7	119	45t	2	White	5	62	27	1
Weaver	6	39	18	0	Crumpler	3	67	55t	2
Engram	4	65	30t	1	Horn	3	32	23	1
Hackett	4	41	19	0	Norwood	2	41	35	0
5 others	11	89	15	0	3 others	4	49	35	0
TOTAL	32	353	45t	3	TOTAL	17	251	55t	4

TEAM STATISTICS

	Seattle	Atlanta
Total First Downs	30	19
Third Down Eff.	6-13-46%	5-12-42%
Total Net Yards	501	364
Total Off. Plays	82	58
Avg. per Play	6.1	6.3
Net Yards Rushing	167	124
Total Rushing Plays	31	29
Net Yards Passing	334	240
Times Sacked/Yards Lost	4/19	2/11
Pass Atts-Comps-Ints	47-32-1	27-17-0
Punts-No. and Avg.	2-36.5	3-45.0
Penalties-No. and Yards	9-85	5-41
Fumbles-No. and Lost	2-2	1-0
Touchdowns	5	5
Field Goals Made-Att	2-2	3-3
Time of Possession	34:58	25:02

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Grant	7	7	0	0.0	0.0	0	0	0	0	0
Russell	5	5	0	1.0	9.0	0	0	0	0	0
Hill	5	5	0	0.0	0.0	0	0	0	0	0
Trufant	5	5	0	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Wymys 1.										
Atlanta	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Houston	8	8	0	0.0	0.0	0	0	0	0	0
Milloy	7	6	1	0.0	0.0	0	0	0	0	0
Harris	6	5	1	0.0	0.0	0	0	0	0	0
Brooking	6	3	3	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Abraham 2.0, Babineaux 1.0, Nicholas 1.0, FF: Abraham 1, Babineaux 1, FR: Babineaux 1, Stanley 1. INT: Crocker 1.										

2007 STATISTICS

Day	Date	W/L	Score	Opponents	Attendance
Sun.	Sept. 9	W	20-6	Tampa Bay	68,044
Sun.	Sept. 16	L	23-20	at Arizona	64,542
Sun.	Sept. 23	W	24-21	Cincinnati	68,110
Sun.	Sept. 30	W	23-3	at San Francisco	67,651
Sun.	Oct. 7	L	21-0	at Pittsburgh	64,478
Sun.	Oct. 14	L	28-17	New Orleans	68,296
Sun.	Oct. 21	W	33-6	St. Louis	68,164
Sun.	Nov. 4	L	33-30	at Cleveland	72,927
Mon.	Nov. 12	W	24-0	San Francisco	68,331
Sun.	Nov. 18	W	30-23	Chicago	68,249
Sun.	Nov. 25	W	24-19	at St. Louis	65,423
Sun.	Dec. 2	W	28-24	at Philadelphia	68,445
Sun.	Dec. 9	W	42-21	Arizona	68,193
Sun.	Dec. 16	L	13-10	at Carolina	73,421
Sun.	Dec. 23	W	27-6	Baltimore	68,164
Sun.	Dec. 30	L	44-41	at Atlanta	64,925
POSTSEASON					
Sat.	Jan. 5	W	35-14	Washington	68,297
Sat.	Jan. 12	L	42-20	at Green Bay	72,168

TEAM STATS

	Seahawks	Opponents
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
Returns	5	1

SCORE BY PERIODS

	Q1	Q2	Q3	Q4	OT	PTS
Seahawks	76	136	73	108	0	393
Opponents	62	95	39	92	3	291

2007 STATISTICS

SCORING

	TD	Rush	Pass	Return	K-PAT	FG	S	Pts.
J. 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
Hackett	3	0	3	0			0	18
Heller	3	0	3	0			0	18
Pollard	2	0	2	0			0	12
Hill	1	0	0	1			0	6
Obomanu	1	0	1	0			0	6
Trufant	1	0	0	1			0	6
Weaver	1	1	0	0			0	6
Wilson	1	0	0	1			0	6
Scobey LG	0	0	0	0			1	2
Scobey TM	0	0	0	0			1	2
TEAM	44	9	30	5	43/43	28/34	1	393
OPPONENTS	32	16	15	1	27/28	22/27	2	291

2-Pt. Conversions: TEAM 0-1; OPPONENTS 1-4.

PASSING

	Att.	Comp.	Yds.	Comp.%	TD	Int.	Lg	Sck/Lst	Rating
Hasselbeck	562	352	3966	62.6	28	12	65	33/204	91.4
Wallace	28	19	215	67.9	2	1	45t	3/13	99.6
Frye LG	10	4	34	40.0	0	1	15	5/31	10.0
TEAM	590	371	4181	62.9	30	13	65	36/217	91.8
OPPONENTS	568	333	3808	58.6	15	20	79t	45/303	73.0

RUSHING

	No.	Yds.	Avg.	Long	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
Wallace	4	17	4.3	11	0
Burleson	2	4	2.0	3	0
Frye LG	1	1	1.0	1	0
Plackemeier	1	0	0.0	0	0
TEAM	430	1619	3.8	46	9
OPPONENTS	422	1644	3.9	53t	16

RECEIVING

	No.	Yds.	Avg.	Long	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
Alexander	14	76	5.4	18	1
Heller	13	82	6.3	25	3
Obomanu	12	180	15.0	30	1
Strong	9	72	8.0	15	0
Taylor	5	38	7.6	12	0
S. Wallace	2	47	23.5	29	0
Pearman	1	1	1.0	1	0
TEAM	371	4181	11.3	65	30
OPPONENTS	333	3808	11.4	79t	15

2007 STATISTICS

INTERCEPTIONS

	No.	Yds.	Avg.	Long	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
Babineaux	1	0	0.0	0	0
Kerney	1	0	0.0	0	0
Russell	1	0	0.0	0	0
Tapp	1	-4	-4.0	-4	0
TEAM	20	299	15.0	84t	1
OPPONENTS	13	144	11.1	35	0

PUNTING

	No.	Yds.	Avg.	Net	TB	In	Lg	B
Plackemeier	86	3436	40.0	34.3	6	30	62	0
TEAM	86	3436	40.0	34.3	6	30	62	0
OPPONENTS	93	4322	46.5	37.0	11	24	80	0

PUNT RETURNS

	Ret.	FC	Yds.	Avg.	Long	TD
Burleson	58	8	658	11.3	94t	1
TEAM	58	8	658	11.3	94t	1
OPPONENTS	37	15	362	9.8	64	0

KICKOFF RETURNS

	No.	Yds.	Avg.	Long	TD
Burleson	27	590	21.9	91t	1
Wilson	14	385	27.5	89t	1
Scobey LG	5	112	22.4	29	0
Obomanu	4	88	22.0	25	0
Pearman	3	71	23.7	33	0
Engram	1	12	12.0	12	0
Taylor	1	27	27.0	27	0
Terrill	1	0	0.0	0	0
C. Wallace	1	0	0.0	0	0
Willis	1	0	0.0	0	0
TEAM	53	1173	22.1	91t	2
OPPONENTS	73	1790	24.5	61	0

FIELD GOALS

	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	12/12	5/5	8/12	3/5
TEAM	0/0	12/12	5/5	8/12	3/5
OPPONENTS	1/1	5/5	9/10	5/7	2/4

J. Brown: (28G, 46G) (28G, 28G) (23G) (23G, 31G, 25G) () (44B, 52G) (38G, 48G, 45G, 43G) (39G, 26G, 22G) (20G, 54N) (44N, 40G, 23G, 46G) (46N, 33G, 52N) (40N) (23G, 41G) (23G) (42G, 39G) (54G, 51G).

Opponents: (38G, 32G) (28G, 53N, 52G, 42G) (43G, 24G) (43G) () () (31G, 29G, 44N) (19G, 25G) () (31G, 47G, 48G) (23G) (31G, 48N) (50N) (37N, 53G, 37G) () (30G, 37G, 32G).

Sacks: Kerney 14.5, Peterson 9.5, Tapp 7, Bernard 3.5, Hill 3, Mebane 2, Wyms 2, Babineaux 1, Russell 1, Tatupu 1, Darby 0.5. **TEAM** 45.0, **OPPONENTS** 36.0

DEFENSE STATISTICS

Name	Tkl.	Solo	Ast.	QB	Yds.	QH	Int	PD	FF	FR
Tatupu, L.	109	83	26	1.0	8.0	4	4	9	3	0
Trufant, M.	85	78	7	0	0	0	7	16	0	0
Hill, L.	81	58	23	3.0	33.0	4	0	4	3	1
Peterson, J.	74	63	11	9.5	64.0	15	2	3	4	2
Grant, D.	72	60	12	0	0	0	3	10	0	0
Russell, B.	64	56	8	1.0	9.0	1	1	6	0	1
Kerney, P.	61	50	11	14.5	89.5	28	1	2	5	0
Babineaux, J.	56	47	9	1.0	8.0	3	1	4	4	1
Jennings, K.	55	49	6	0	0	0	0	12	0	2
Tapp, D.	49	41	8	7.0	44.5	19	1	9	3	2
Bernard, R.	35	25	10	3.5	24.0	10	0	0	0	2
Mebane, B.	29	23	6	2.0	11.0	2	0	0	0	1
Terrill, C.	25	19	6	0	0	2	0	1	0	0
Bentley, K.	16	10	6	0	0	0	0	0	0	0
Darby, C.	12	8	4	0.5	0	2	0	0	0	0
Wyms, E.	11	8	3	2.0	12.0	5	0	0	0	0
Atkins, B.	10	4	6	0	0	1	0	1	0	1
Green, H.	7	4	3	0	0	0	0	0	0	0
Green, M.	6	5	1	0	0	0	0	1	0	0
Koutouvides, N.	4	2	2	0	0	0	0	1	0	0
Wilson, J.	4	2	2	0	0	1	0	0	0	0
Hobbs, K.	2	2	0	0	0	0	0	1	0	0
Laury, L.	1	1	0	0	0	0	0	0	0	0
Scobey, J.	1	1	0	0	0	0	0	0	0	0

SPECIAL TEAMS STATISTICS

Name	Tkl.	Solo	Ast.	FF	FR	BL
Koutouvides, N.	20	18	2	1	0	0
Laury, L.	18	14	4	1	0	0
Herring, W.	13	11	2	0	0	0
Green, M.	11	10	1	0	0	0
Bentley, K.	10	10	0	0	0	0
Babineaux, J.	8	5	3	0	0	0
Grant, D.	5	5	0	0	1	0
Hobbs, K.	5	3	2	1	0	0
Joppru, B.	5	3	2	0	0	0
Wilson, J.	5	5	0	0	0	0
Brown, J.	4	4	0	0	0	0
Pearman, A.	4	3	1	0	0	0
Russell, B.	4	4	0	0	0	0
Obomanu, B.	3	3	0	0	0	0
Scobey, J.	3	3	0	0	0	0
Wallace, C.	2	2	0	0	0	0
Rackley, D.	2	1	1	0	0	0
Taylor, C.	2	2	0	0	0	0
Engram, B.	1	1	0	0	0	0
McCrary, F.	1	1	0	0	0	0
Morris, M.	1	1	0	0	0	0
Plackemeier, R.	1	1	0	0	0	0
Weaver, L.	1	1	0	0	0	0
Mebane, B.	0	0	0	0	1	0

2007 PARTICIPATION

Date	9/9	9/16	9/23	9/30	10/7	10/14	10/21	11/4	11/12
Game	TB	@AZ	Cin	@SF	@Pit	NO	StL	@Clev	SF
Alexander, S.	RB	RB	RB	RB	RB	RB	RB	RB	in
Ashworth, T.	in	in	sub	in	sub	sub	sub	t	t
Atkins, B.	in	de	de	de	de	de	de	de	in
Babin, J.	in	in	in	in	in	in	de	in	sub
Babineaux, J.	cb	cb	cb	cb	cb	cb	cb	cb	cb
Bentley, K.	sub	OLB	in	sub	lb	in	sub	lb	OLB
Bernard, R.	RDT	RDT	RDT	RDT	RDT	RDT	RDT	RDT	RDT
Branch, D.	WR	WR	WR	WR	WR	in	in	in	in
Brown, J.	k	k	k	k	k	k	k	k	k
Burleson, N.	wr	WR	WR	WR	WR	WR	WR	WR	WR
Darby, C.	LDT	LDT	LDT	LDT	LDT	LDT	ir	ir	ir
Engram, B.	WR	WR	WR	wr	WR	WR	WR	WR	WR
Fisher, B.	de								
Frye, C.		*in	*in	*in	*in	*in	*in	*in	*in
Grant, D.	SS	SS	SS	SS	SS	SS	SS	SS	SS
Gray, C.	RG	RG	RG	RG	RG	RG	RG	RG	RG
Green, H.							in	in	in
Green, M.	s	s	s	s	s	s	s	s	s
Hackett, D.J.	WR	in	in	in	in	in	in	WR	WR
Hasselbeck, M.	QB	QB	QB	QB	QB	QB	QB	QB	QB
Heller, W.	te	te	te	te	te	TE	TE	TE	TE
Herring, W.	sub	sub	sub	sub	sub	sub	sub	sub	in
Hill, L.	OLB	in	OLB	OLB	OLB	OLB	OLB	OLB	in
Hobbs, K.					sub	in	dnp	sub	
Jennings, K.	RCB	RCB	RCB	RCB	RCB	RCB	RCB	RCB	RCB
Jones, W.	LT	LT	LT	LT	LT	LT	LT	LT	LT
Joppru, B.	te	sub	in	in	in	sub	sub	te	te
Kerney, P.	LDE	LDE	LDE	LDE	LDE	LDE	LDE	LDE	LDE
Kirtman, D.								fb	fb
Koutouvides, N.	sub	sub	sub	lb	lb	sub	lb	sub	sub
Laury, L.	sub	sub	sub	sub	sub	sub	sub	sub	sub
Locklear, S.	RT	RT	RT	RT	RT	RT	RT	RT	RT
McCrary, F.						dnp	fb	fb	fb
Mebane, B.	dt	dt	dt	dt	dt	dt	LDT	LDT	LDT
Morris, M.	rb	in	in	rb	rb	rb	rb	rb	RB
Obomanu, B.	in	in	in	wr	wr	wr	wr	wr	wr
Pearman, A.	in	rb	sub	sub	ir	ir	ir	ir	ir
Peterson, J.	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB
Plackemeier, R.	p	p	p	p	p	p	p	p	p
Pollard, M.	TE	TE	te	TE	te	TE	in	in	te
Rackley, D.	sub	sub	sub	sub	sub				
Robinson, J.									
Russell, B.	FS	FS	FS	FS	FS	FS	FS	FS	FS
Scobey, J.									
Sims, R.	LG	LG	LG	LG	LG	LG	LG	LG	LG
Spencer, C.	C	C	C	C	C	C	C	C	C
Strong, M.	fb	fb	FB	fb	FB	ir	ir	ir	ir
Stutz, B.						sub	sub	sub	sub
Tapp, D.	RDE	RDE	RDE	RDE	RDE	RDE	RDE	RDE	RDE
Tatupu, L.	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB
Taylor, C.	in	wr	wr	in	in	wr	wr	wr	wr
Terrill, C.	dt	dt	dt	dt	dt	dt	dt	dt	dt
Trufant, M.	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB
Wallace, C.	sub	sub	sub	sub	sub	sub	in	in	sub
Wallace, S.	dnp	dnp	dnp	wr	wr/qb	wr	wr/qb	dnp	wr
Weaver, L.	fb	fb	fb	FB	fb	fb	FB	fb	fb
Willis, R.	sub	sub	sub	sub	in	in	in	in	in
Wilson, J.	cb	cb	cb	cb	in	sub	sub	sub	cb
Womack, F.	sub	sub	dnp	t	dnp	sub	t	sub	sub
Wrotto, M.	in	in	in	in	in	in	in	in	dnp
Wyms, E.	in	dt	dt	in	dt	dt	dt	dt	dt

CAPS - starter; lower case - substitute at that position; sub - special teams only; dnp - did not play; in - inactive; ir - injured reserve; nfi - non-football injury; in* - third quarterback, res - reserve, pup - physically unable to perform; sus - suspended

2007 PARTICIPATION

11/18	11/25	12/2	12/9	12/16	12/23	12/30	G	S	IN	DNP
Chi	@StL	@Phil	AZ	@Car	Balt	@Atl				
in	in	RB	RB	RB	rb	rb	13	11	3	0
t	sub	t	t	sub	t	sub	13	0	3	0
in	de	de	in	de	de	de	12	0	4	0
dnp	in	in	in	in	in	in	2	0	13	1
cb	cb	cb	cb	cb	cb	cb	16	0	0	0
sub	sub	lb	sub	sub	lb	lb	14	2	2	0
RDT	RDT	RDT	RDT	RDT	in	in	14	14	2	0
WR	WR	WR	WR	WR	WR	in	11	11	5	0
k	k	k	k	k	k	k	16	0	0	0
wr	wr	wr	WR	WR	WR	WR	16	12	0	0
ir	ir	ir	ir	ir	ir	ir	6	6	0	0
WR	wr	WR	wr	WR	WR	WR	16	13	0	0
							1	0	0	0
*in	*in	*in	*in	*in	*in	*in	0	0	15	0
SS	SS	SS	SS	SS	SS	SS	16	16	0	0
RG	RG	RG	RG	RG	RG	RG	16	16	0	0
dt	in	in	dt	dt	dt	dt	5	0	5	0
s	SS	sub	sub	sub	sub	in	15	1	1	0
WR	WR	in	in	in	in	WR	6	6	10	0
QB	QB	QB	QB	QB	QB	QB	16	16	0	0
te	TE	te	TE	te	te	te	16	6	0	0
in	in	in	sub	sub	sub	sub	16	12	0	40
OLB	OLB	OLB	OLB	OLB	OLB	OLB	14	14	2	0
			cb	cb	cb	cb	6	0	1	1
RCB	cb	RCB	RCB	RCB	RCB	RCB	16	15	0	0
LT	LT	LT	LT	LT	LT	in	15	15	1	0
sub	sub	sub	sub	sub	sub	te	13	0	3	0
LDE	LDE	LDE	LDE	LDE	LDE	LDE	16	16	0	0
fb	fb	in	fb	dnp	fb	fb	6	0	1	1
sub	lb	sub	sub	sub	lb	in	15	0	1	0
sub	sub	sub	sub	sub	sub	lb	16	0	0	0
RT	RT	RT	RT	RT	RT	RT	16	16	0	0
sub	sub	sub					6	0	0	1
LDT	LDT	LDT	LDT	LDT	LDT	LDT	16	10	0	0
RB	RB	rb	rb	rb	RB	RB	14	5	2	0
wr	wr	wr	wr	wr	wr	wr	13	0	3	0
ir	ir	ir	ir	ir	ir	ir	3	0	1	0
OLB	OLB	OLB	OLB	OLB	OLB	OLB	16	16	0	0
p	p	p	p	p	p	te	16	0	0	0
TE	TE	TE	TE	TE	TE	te	14	10	2	0
							5	0	0	0
				sub	sub	sub	3	0	0	0
FS	FS	FS	FS	FS	FS	FS	16	16	0	0
			sub	sub	sub	sub	4	0	0	0
LG	LG	LG	LG	LG	LG	LG	16	16	0	0
C	C	C	C	C	C	C	16	16	0	0
ir	ir	ir	ir	ir	ir	ir	5	2	0	0
sub	sub	sub	sub	sub	sub	sub	8	0	0	0
RDE	RDE	RDE	RDE	RDE	RDE	RDE	16	16	0	0
MLB	MLB	MLB	MLB	MLB	MLB	MLB	16	16	0	0
in	in	sub	in	in	in	wr	8	0	8	0
dt	dt	dt	dt	dt	RDT	RDT	16	2	0	0
LCB	LCB	LCB	LCB	LCB	LCB	LCB	16	16	0	0
in	sub	sub	ir	ir	ir	ir	9	0	3	0
dnp	dnp	dnp	wr	wr	qb	qb	9	0	0	7
fb	fb	FB	fb	fb	fb	FB	16	4	0	0
in	in	in	in	in	in	t/g	5	0	11	0
cb	cb	sub	in	in	in	cb	12	0	4	0
sub	sub	t/g	g	sub	t/g	LT	14	1	0	2
in	in	de	in	in	in	in	0	0	15	1
de	de	de	de	in	de	de	13	0	3	0

2007 OFFENSE

	9/9 TB	9/16 @AZ	9/23 Cin	9/30 @SF	10/7 @Pit	10/14 NO	10/21 StL
Points	20	20	24	23	0	17	33
1 Quarter	0	0	7	0	0	0	7
2 Quarter	10	7	7	13	0	10	3
3 Quarter	0	10	0	7	0	0	13
4 Quarter	10	3	10	3	0	7	10
Overtime	-	-	-	-	-	-	-
First Downs	17	18	19	17	8	25	19
Rushing	8	5	5	4	3	3	5
Passing	9	13	12	13	4	21	13
Penalty	0	0	2	0	1	1	1
3rd Down Efficiency	4/16	4/13	5/12	5/17	4/13	4/12	4/14
Percentage	25%	31%	42%	29%	31%	33%	29%
4th Down Efficiency	0/0	1/1	1/1	0/0	0/0	0/3	0/1
Percentage	0%	100%	100%	0%	0%	0%	0%
Total Net Yards	343	370	340	371	144	425	289
Plays	60	61	64	71	46	69	68
Avg./Play	5.7	6.1	5.3	5.2	3.1	6.2	4.3
Net Yds. Rushing	139	92	102	93	38	92	100
Plays	34	24	25	37	13	21	32
Avg./Play	4.1	3.8	4.1	2.5	2.9	4.4	3.1
Net Yds. Passing	204	278	248	278	106	333	189
Sack/Loss	2/18	1/3	2/10	2/3	3/16	5/29	1/6
Gross Yds.	222	281	238	281	122	362	195
Att./Comp.	24/17	36/22	37/24	32/23	30/14	43/26	35/18
Interceptions	0	0	2	1	1	1	1
Avg./Play	7.8	7.5	6.1	8.2	3.2	6.9	5.3
Punts/Avg.	6/43.0	5/39.8	5/40.0	8/38.3	9/43.9	4/40.5	5/45.8
Blocked	0	0	0	0	0	0	0
Punt Ret./Yds.	5/63	2/30	2/10	5/42	4/40	2/23	6/59
Kickoff Ret./Yds.	3/28	2/41	4/126	1/22	3/66	5/119	2/117
Interceptions/Ret. Yds.	0/0	1/16	2/0	2/54	0/0	0/0	3/0
Penalties/Yds.	3/35	4/25	3/20	3/15	4/25	3/11	4/25
Fumbles/Lost	2/1	2/1	0/0	0/0	0/0	1/1	0/0
Touchdowns	2	2	3	2	0	2	3
Rushing	1	1	0	0	0	0	0
Passing	1	1	3	2	0	2	2
Returns	0	0	0	0	0	0	1
Defense	0	0	0	0	0	0	0
Safeties	0	0	0	0	0	0	0
1 Pt. PAT/Att.	2/2	2/2	3/3	2/2	0/0	2/2	3/3
2 Pt. PAT/Att.	0/0	0/0	0/0	0/0	0/0	0/0	0/0
FG/Att.	2/2	2/2	1/1	3/3	0/0	1/2	4/4
Time of Possession	30:25	27:54	26:38	36:10	19:15	27:16	33:01
Take/Give Ratio	2/1	1/1	4/2	3/1	0/1	1/2	5/1
Avg. Drive Start	SEA33	SEA23	SEA33	SEA35	SEA24	SEA24	SEA41

2007 OFFENSE

11/4 @Clev	11/12 SF	11/18 Chi	11/25 @StL	12/2 @Phil	12/9 AZ	12/16 @Car	12/23 Balt	12/30 @Atl
30	24	30	24	28	42	10	27	41
7	10	7	7	14	10	0	0	7
14	7	10	0	7	17	0	21	10
3	0	7	10	7	0	0	6	10
6	7	6	7	0	15	10	0	14
0	-	-	-	-	-	-	-	-
28	27	21	18	16	21	18	21	30
5	7	7	4	7	6	2	8	14
22	17	14	13	9	13	14	10	14
1	3	0	1	0	2	2	3	2
7/14	6/14	6/16	3/12	6/15	4/12	3/12	4/14	6/13
50%	43%	38%	25%	40%	33%	25%	29%	46%
0/2	0/0	1/1	0/0	0/1	1/1	0/0	0/1	2/2
0%	0%	100%	0%	0%	100%	0%	0%	100%
423	380	425	302	311	349	282	336	501
75	77	69	62	65	62	58	67	82
5.6	4.9	6.2	4.9	4.8	5.6	4.9	5.0	6.1
105	106	103	87	135	80	44	144	167
28	36	23	19	29	28	14	36	31
3.8	2.9	4.5	4.6	4.7	2.9	3.1	4.0	5.4
318	274	322	215	176	269	238	192	334
0/0	1/4	2/15	5/34	2/11	1/3	3/36	2/10	4/19
318	278	337	249	187	272	274	202	353
47/30	40/27	44/30	38/21	34/19	33/22	41/27	29/19	47/32
1	1	0	1	1	0	0	2	1
6.8	6.7	7.0	5.0	4.9	7.9	5.4	6.2	6.5
2/36.0	5/40.6	5/35.0	5/46.6	7/30.4	5/36.0	8/40.6	5/42.6	2/36.5
0	0	0	0	0	0	0	0	0
2/95	5/25	3/22	6/64	3/55	3/34	5/42	3/45	2/9
6/99	1/0	4/78	4/166	5/80	3/43	2/44	2/29	6/105
1/4	0/0	0/0	2/0	4/103	5/130	0/0	0/0	0/0
4/20	4/39	2/20	6/45	2/25	5/23	3/15	0/0	9/85
1/1	3/1	1/1	2/1	2/1	1/0	3/1	0/0	2/2
3	3	3	3	4	5	1	3	5
0	1	1	1	2	0	0	0	2
2	2	2	1	2	4	1	2	3
1	0	0	1	0	0	0	0	0
0	0	0	0	0	1	0	1	0
0	0	0	0	0	1	0	0	0
3/3	3/3	3/3	3/3	4/4	4/5	1/1	3/3	5/5
0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0
3/3	1/2	3/4	1/3	0/1	2/2	1/1	2/2	2/2
32:23	39:54	31:05	24:43	29:32	29:23	24:38	32:36	34:58
1/2	2/2	1/1	2/2	4/2	5/0	0/1	3/2	0/3
SEA28	SEA31	SEA37	SEA28	SEA37	SEA34	SEA28	SEA36	SEA25

2007 DEFENSE

	9/9 TB	9/16 @AZ	9/23 Cin	9/30 @SF	10/7 @Pit	10/14 NO	10/21 StL
Points	6	23	21	3	21	28	6
1 Quarter	6	3	7	0	0	7	3
2 Quarter	0	14	3	0	7	21	0
3 Quarter	0	0	2	3	7	0	3
4 Quarter	0	6	9	0	7	0	0
Overtime	-	-	-	-	-	-	-
First Downs	13	20	24	9	19	22	15
Rushing	5	5	6	3	9	5	4
Passing	6	15	16	6	10	16	10
Penalty	2	0	2	0	0	1	1
3rd Down Efficiency	5/14	6/12	11/18	2/14	8/15	7/14	4/15
Percentage	36%	50%	61%	14%	53%	50%	27%
4th Down Efficiency	0/0	0/0	0/0	0/1	0/0	1/1	0/0
Percentage	0%	0%	0%	0%	0%	100%	0%
Total Net Yards	284	431	412	184	342	367	221
Plays	59	63	75	59	66	69	64
Avg./Play	4.8	6.8	5.5	3.1	5.2	5.3	3.5
Net Yds. Rushing	90	132	84	109	163	121	53
Plays	23	26	30	19	41	33	17
Avg./Play	3.9	5.1	2.8	5.7	4.0	3.7	3.1
Net Yds. Passing	194	299	328	75	179	246	168
Sack/Loss	5/16	0/0	2/14	6/53	3/27	0/0	7/57
Gross Yds.	210	299	342	128	206	246	225
Att./Comp.	31/20	37/23	43/27	34/12	22/18	36/25	40/21
Interceptions	0	1	2	2	0	0	3
Avg./Play	5.4	8.1	7.3	1.9	7.2	6.8	3.6
Punts/Avg.	6/48.8	4/40.8	4/40.8	10/54.3	6/47.0	6/43.2	6/52.3
Blocked	0	0	0	0	0	0	0
Punt Ret./Yds.	5/40	2/33	2/6	6/63	6/33	0/0	0/0
Kickoff Ret./Yds.	4/90	1/19	6/133	4/92	0/0	1/17	7/171
Interceptions/Ret. Yds.	0/0	0/0	2/37	1/0	1/3	1/6	1/9
Penalties/Yds.	5/37	7/55	10/72	9/65	6/64	5/37	8/45
Fumbles/Lost	3/2	0/0	2/2	5/1	2/0	2/1	2/2
Touchdowns	0	2	2	0	3	4	0
Rushing	0	1	1	0	2	1	0
Passing	0	1	1	0	1	2	0
Returns	0	0	0	0	0	0	0
Defense	0	0	0	0	0	1	0
Safeties	0	0	1	0	0	0	0
1 Pt. PAT/Att.	0/0	2/2	1/1	0/0	3/3	4/4	0/0
2 Pt. PAT/Att.	0/0	0/0	0/1	0/0	0/0	0/0	0/0
FG/Att.	2/2	3/4	2/2	1/1	0/0	0/0	0/0
Time of Poss.	29:35	32:06	33:22	23:50	40:45	32:44	26:59
Take/Give Ratio	1/2	1/1	2/4	1/3	0/1	2/1	1/5
Avg. Drive Start	TB20	AZ31	CIN27	SF31	PIT25	NO28	STL24

2007 DEFENSE

11/4 @Clev	11/12 SF	11/18 Chi	11/25 @StL	12/2 @Phil	12/9 AZ	12/16 @Car	12/23 Balt	12/30 @Atl
33	0	23	19	24	21	13	6	44
0	0	10	16	10	0	0	0	0
9	0	7	3	7	7	0	0	17
7	0	0	0	7	7	0	0	3
14	0	6	0	0	7	13	6	24
3	-	-	-	-	-	-	-	-
30	6	16	17	17	23	15	13	19
8	3	5	3	7	3	2	4	6
20	3	9	13	9	18	12	9	11
2	0	2	1	1	2	1	0	2
5/11	1/12	6/16	5/17	7/19	3/10	9/18	4/15	5/12
45%	8%	38%	29%	37%	30%	50%	27%	42%
1/1	0/3	0/2	0/1	0/2	1/2	0/1	2/2	0/1
100%	0%	0%	0%	0%	50%	0%	100%	0%
428	173	345	265	363	355	322	293	364
73	47	64	72	72	67	65	62	58
5.9	3.7	5.4	3.7	5.0	5.3	5.0	4.7	6.3
64	79	107	104	144	50	114	106	124
25	16	22	31	29	16	38	27	29
2.6	4.9	4.9	3.4	5.0	3.1	3.0	3.9	4.3
364	94	238	161	219	305	208	187	340
0/0	3/20	5/28	4/32	1/1	5/32	0/0	2/12	2/11
364	114	266	193	220	337	208	199	251
48/29	28/12	37/24	37/23	42/19	46/28	27/19	33/16	27/17
1	0	0	2	4	5	0	0	0
7.6	3.0	5.7	3.9	5.1	6.0	7.7	5.3	8.3
4/43.5	7/50.7	5/43.0	9/47.2	5/44.8	4/43.3	5/47.0	9/41.0	3/45.0
0	0	0	0	0	0	0	0	0
1/18	1/11	1/0	2/51	3/70	3/-1	2/18	1/16	2/4
6/161	4/102	7/174	6/169	5/144	6/153	2/16	6/122	8/237
1/26	1/12	0/0	1/13	1/0	0/0	0/0	2/20	1/18
6/49	10/53	6/40	4/20	0/0	7/55	5/54	6/69	5/41
0/0	2/2	2/1	4/0	0/0	1/0	2/0	3/3	1/0
4	0	2	2	3	3	1	1	5
4	0	2	1	2	0	1	0	1
0	0	0	1	1	3	0	1	4
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	0
1/2	0/0	2/2	2/2	3/3	3/3	1/1	0/0	5/5
1/2	0/0	0/0	0/0	0/0	0/0	0/0	0/1	0/0
2/2	0/0	3/3	1/1	1/2	0/1	2/3	0/0	3/3
42:37	20:06	28:55	35:17	30:28	30:37	35:22	27:24	25:02
2/1	2/2	1/1	2/2	2/4	0/5	1/0	2/3	3/0
CLE36	SF36	CHI34	STL36	PHI38	AZ35	CAR24	BAL21	ATL48

OFFENSE

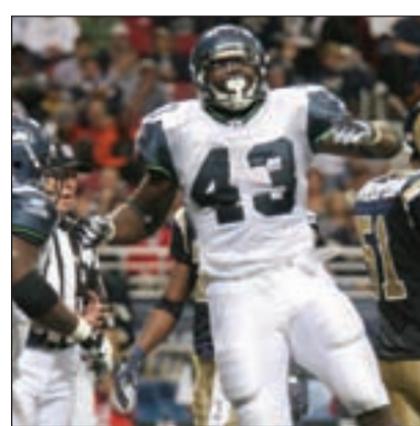
DATE	GAME	WR	LT	LG	C	RG	RT	TE	WR	QB	RB	FB	K
9/9	Tampa Bay	Hackett	Jones	Sims	Spencer	Gray	Locklear	Pollard	Branch	Hasselbeck	Alexander	Engram (WR)	Brown
9/16	at Arizona	Burleson	Jones	Sims	Spencer	Gray	Locklear	Pollard	Branch	Hasselbeck	Alexander	Engram (WR)	Brown
9/23	Cincinnati	Burleson	Jones	Sims	Spencer	Gray	Locklear	Engram (WR)	Branch	Hasselbeck	Alexander	Strong	Brown
9/30	at San Francisco	Burleson	Jones	Sims	Spencer	Gray	Locklear	Pollard	Branch	Hasselbeck	Alexander	Weaver	Brown
10/7	at Pittsburgh	Burleson	Jones	Sims	Spencer	Gray	Locklear	Engram (WR)	Branch	Hasselbeck	Alexander	Strong	Brown
10/14	New Orleans	Burleson	Jones	Sims	Spencer	Gray	Locklear	Pollard	Engram	Hasselbeck	Alexander	Heller (TE)	Brown
10/21	at Cleveland	Burleson	Jones	Sims	Spencer	Gray	Locklear	Heller	Engram	Hasselbeck	Alexander	Weaver	Brown
11/4	Hackett	Hackett	Jones	Sims	Spencer	Gray	Locklear	Heller	Engram	Hasselbeck	Alexander	Burleson (WR)	Brown
11/12	San Francisco	Hackett	Jones	Sims	Spencer	Gray	Locklear	Heller	Engram	Hasselbeck	Morris	Burleson (WR)	Brown
11/18	Chicago	Hackett	Jones	Sims	Spencer	Gray	Locklear	Pollard	Branch	Hasselbeck	Morris	Engram (WR)	Brown
11/25	at St. Louis	Hackett	Jones	Sims	Spencer	Gray	Locklear	Pollard	Branch	Hasselbeck	Morris	Heller (TE)	Brown
12/2	at Philadelphia	Engram	Jones	Sims	Spencer	Gray	Locklear	Pollard	Branch	Hasselbeck	Alexander	Weaver	Brown
12/9	Arizona	Burleson	Jones	Sims	Spencer	Gray	Locklear	Pollard	Branch	Hasselbeck	Alexander	Heller (TE)	Brown
12/16	at Carolina	Burleson	Jones	Sims	Spencer	Gray	Locklear	Pollard	Branch	Hasselbeck	Alexander	Engram (WR)	Brown
12/23	Baltimore	Burleson	Jones	Sims	Spencer	Gray	Locklear	Pollard	Branch	Hasselbeck	Morris	Engram (WR)	Brown
12/30	at Atlanta	Burleson	Wormack	Sims	Spencer	Gray	Locklear	Hackett (WR)	Engram	Hasselbeck	Morris	Weaver	Brown

DEFENSE

DATE	GAME	LDE	LDT	RDT	RDE	OLB	MLB	OLB	LCB	RCB	SS	FS	P
9/9	Tampa Bay	Kerney	Darby	Bernard	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
9/16	at Arizona	Kerney	Darby	Bernard	Tapp	Bentley	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
9/23	Cincinnati	Kerney	Darby	Bernard	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
9/30	at San Francisco	Kerney	Darby	Bernard	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
10/7	at Pittsburgh	Kerney	Darby	Bernard	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
10/14	New Orleans	Kerney	Darby	Bernard	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
10/21	St. Louis	Kerney	Mebane	Bernard	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
11/4	at Cleveland	Kerney	Mebane	Bernard	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
11/12	San Francisco	Kerney	Mebane	Bernard	Tapp	Bentley	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
11/18	Chicago	Kerney	Mebane	Bernard	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
12/2	at Philadelphia	Kerney	Mebane	Bernard	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
12/9	Arizona	Kerney	Mebane	Bernard	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
12/16	at Carolina	Kerney	Mebane	Bernard	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
12/23	Baltimore	Kerney	Mebane	Terrill	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier
12/30	at Atlanta	Kerney	Mebane	Terrill	Tapp	Hill	Tatupu	Peterson	Trufant	Jennings	Grant	Russell	Plackemeier

2007 GAME-BY-GAME INDIVIDUAL RUSHING

SHAUN ALEXANDER			MAURICE MORRIS			LEONARD WEAVER			MATT HASSELBECK			MACK STRONG									
No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD		
9/9	Tampa Bay	27	105	3.9	22	1	Inactive	0	0	0	0	0	0	0	1	9	9.0	9	0		
9/16	at Arizona	18	70	3.9	16†	1	Inactive	0	0	0	0	0	0	0	3	10	3.3	6	0		
9/23	Cincinnati	21	100	4.8	22	0	Inactive	0	0	0	0	0	0	0	0	0	0	0	0		
9/30	at San Francisco	25	78	3.1	17	0	5	13	2.6	9	0	3	6	2.0	3	0	0	0	0		
10/7	at Pittsburgh	11	25	2.3	8	0	0	0	0	0	0	1	2	2.0	2	0	0	0	0		
10/14	New Orleans	14	35	2.5	11	0	1	4	4.0	4	0	3	40	13.3	37	0	0	0	0		
10/21	St. Louis	19	47	2.5	11	0	10	42	4.2	21	0	3	11	3.7	7	0	0	0	0		
11/4	at Cleveland	14	32	2.3	11	0	9	55	6.1	12	0	1	1	1.0	1	0	0	0	0		
11/12	San Francisco	Inactive					28	87	3.1	10	1	2	3	1.5	5	0	0	0	0		
11/18	Chicago	Inactive					18	87	4.8	19†	1	2	11	5.5	13	0	6	1.7	8	0	
11/25	at St. Louis	Inactive					16	79	4.9	46	0	1	5	5.0	5†	1	3	1.5	4	0	
12/2	at Philadelphia	20	65	3.3	16	1	5	64	12.8	45†	1	2	7	3.5	6	0	2	-1	-0.5	0	
12/9	Arizona	10	38	3.8	25	0	13	36	2.8	10	0	1	3	3.0	3	0	4	3	0.8	6	
12/16	at Carolina	7	17	2.4	20	0	4	15	3.8	6	0	0	0	0	0	0	2	11	5.5	11	
12/23	Baltimore	13	73	5.6	19	0	15	40	2.7	8	0	4	14	3.5	7	0	3	12	4.0	8	
12/30	at Atlanta	8	31	3.9	15	1	13	91	7.0	29†	1	8	34	4.3	8	0	1	9	9.0	9	
Totals		207	716	3.5	25	4	140	628	4.5	46	4	33	146	4.4	37	1	39	89	2.3	12	0



FB Leonard Weaver

SENECA WALLACE			NATE BURLESON			BOBBY ENGRAM										
No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD		
9/9	Tampa Bay	Did Not Play			1	3	3.0	3	0	0	0	0	0	0		
9/16	at Arizona	Did Not Play			0	0	0	0	0	1	4	4.0	4	0		
9/23	Cincinnati	Did Not Play			0	0	0	0	0	0	0	0	0	0		
9/30	at San Francisco	1	-1	-1.0	-1	0	0	0.0	0	0	0	0	0	0		
10/7	at Pittsburgh	1	11	11.0	11	0	0	0.0	0	Inactive						
10/14	New Orleans	0	0	0.0	0	0	0	0.0	0	Inactive						
10/21	St. Louis	0	0	0.0	0	0	0	0.0	0	Inactive						
11/4	at Cleveland	Did Not Play			0	0	0	0	0	Inactive						
11/12	San Francisco	0	0	0.0	0	0	0	0.0	0	Inactive						
11/18	Chicago	0	0	0.0	0	0	0	0.0	0	Inactive						
11/25	at St. Louis	Did Not Play			0	0	0	0	0	Inactive						
12/2	at Philadelphia	Did Not Play			0	0	0	0	0	Inactive						
12/9	Arizona	0	0	0.0	0	0	0	0.0	0	Inactive						
12/16	at Carolina	0	0	0.0	0	0	1	1	1.0	1	0	0	0	0		
12/23	Baltimore	1	5	5.0	5	0	0	0	0	0	0	0	0	0		
12/30	at Atlanta	1	2	2.0	2	0	0	0	0	0	0	0	0	0		
Totals		4	17	4.3	11	0	2	4	2.0	3	0	1	4	4.0	4	0

2007 GAME-BY-GAME INDIVIDUAL RECEIVING



MACK STRONG				COURTNEY TAYLOR			
No.	Yds.	Avg.	LG TD	No.	Yds.	Avg.	LG TD
9/9	Tampa Bay	3	21	7.0	8	0	0
9/16	at Arizona	3	30	10.0	15	0	0
9/23	Cincinnati	2	9	4.5	5	0	0
9/30	at San Francisco	1	12	12.0	12	0	0
10/7	at Pittsburgh	0	0	0.0	0	0	0
10/14	New Orleans	Injured Reserve					
10/21	St. Louis	Injured Reserve					
11/4	at Cleveland	Injured Reserve					
11/12	San Francisco	Injured Reserve					
11/18	Chicago	Injured Reserve					
11/25	at St. Louis	Injured Reserve					
12/2	at Philadelphia	Injured Reserve					
12/9	Arizona	Injured Reserve					
12/16	at Carolina	Injured Reserve					
12/23	Baltimore	Injured Reserve					
12/30	at Atlanta	Injured Reserve					
Totals		9	72	8.0	15	0	0

SENECA WALLACE				ALVIN PEARMAN			
No.	Yds.	Avg.	LG TD	No.	Yds.	Avg.	LG TD
9/9	Tampa Bay	Did Not Play					
9/16	at Arizona	Did Not Play					
9/23	Cincinnati	Did Not Play					
9/30	at San Francisco	1	18	18.0	18	0	0
10/7	at Pittsburgh	0	0	0.0	0	0	0
10/14	New Orleans	1	29	29.0	29	0	0
10/21	St. Louis	0	0	0.0	0	0	0
11/4	at Cleveland	Did Not Play					
11/12	San Francisco	0	0	0.0	0	0	0
11/18	Chicago	0	0	0.0	0	0	0
11/25	at St. Louis	Did Not Play					
12/2	at Philadelphia	Did Not Play					
12/9	Arizona	0	0	0.0	0	0	0
12/16	at Carolina	0	0	0.0	0	0	0
12/23	Baltimore	0	0	0.0	0	0	0
12/30	at Atlanta	0	0	0.0	0	0	0
Totals		2	47	23.5	29	0	0

2007 GAME-BY-GAME INDIVIDUAL PASSING

MATT HASSELBECK

	Att.	Comp.	Yds.	Pct.	TD	INT	LG	Sack	Rat.
9/9 Tampa Bay	24	17	222	70.8	1	0	49	2/18	113.5
9/16 at Arizona	36	22	281	61.1	1	0	37	1/3	94.8
9/23 Cincinnati	37	24	248	64.9	3	2	42t	2/10	88.6
9/30 at San Francisco	31	23	281	74.2	2	1	65	2/3	109.7
10/7 at Pittsburgh	27	13	116	48.1	0	1	30	2/11	44.7
10/14 New Orleans	43	26	362	60.5	2	1	29	5/29	93.4
10/21 St. Louis	35	18	195	51.4	2	1	21	1/6	75.3
11/4 at Cleveland	47	30	318	63.8	2	1	31	0/0	88.8
11/12 San Francisco	40	27	278	67.5	2	1	46	1/4	93.5
11/18 Chicago	44	30	337	68.2	2	0	59	2/15	106.0
11/25 at St. Louis	38	21	249	55.3	1	1	29	5/34	73.2
12/2 at Philadelphia	34	19	187	55.9	2	1	43t	2/11	78.9
12/9 Arizona	33	22	272	66.7	4	0	46	1/3	131.6
12/16 at Carolina	41	27	274	65.9	1	0	25	3/36	92.9
12/23 Baltimore	25	18	199	66.7	2	2	23	2/10	82.2
12/30 at Atlanta	25	15	147	60.0	1	0	30t	2/11	89.9
Totals	562	352	3,966	62.6	28	12	65	33/204	91.4

SENECA WALLACE

	Att.	Comp.	Yds.	Pct.	TD	INT	LG	Sack	Rat.
9/9 Tampa Bay	Did Not Play								
9/16 at Arizona	Did Not Play								
9/23 Cincinnati	Did Not Play								
10/7 at San Francisco	1	0	0.0	0.0	0	0	0	0/0	39.6
10/7 at Pittsburgh	3	1	6	33.3	0	0	6	1/5	42.4
10/14 New Orleans	WR Only								
10/21 St. Louis	0	0	0.0	0.0	0	0	0	0/0	0.0
11/4 at Cleveland	Did Not Play								
11/12 San Francisco	WR Only								
11/18 Chicago	WR Only								
11/25 at St. Louis	Did Not Play								
12/2 at Philadelphia	Did Not Play								
12/9 Arizona	WR Only								
12/16 at Carolina	WR Only								
12/23 Baltimore	2	1	3	50.0	0	0	3	0/0	56.2
12/30 at Atlanta	22	17	206	77.3	2	1	45t	2/8	116.9
Totals	28	19	215	67.9	2	1	45t	3/13	99.6



QB Seneca Wallace

2007 GAME-BY-GAME INDIVIDUAL DEFENSE

		LOFA TATUJU					MARCUS TRUFANT					LEROY HILL																		
		Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FR	Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FR	Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FR					
9/9	Tampa Bay	8	8	0	0.0	0	0	0	2	0	4	3	1	0.0	0	1	0	0	0	0	7	5	2	0.0	0	0	0			
9/16	at Arizona	12	11	1	0.0	1	1	0	0	0	5	3	0	0.0	0	1	0	0	0	0	9	7	2	0.0	0	0	1	0		
9/23	Cincinnati	3	2	1	0.0	0	0	0	0	0	9	8	1	0.0	0	0	0	0	0	0	9	6	3	0.0	0	0	0	0	0	
9/30	at San Francisco	8	7	1	0.0	0	1	1	0	0	3	3	0	0.0	2	4	0	0	0	0	8	2	6	0.0	0	0	0	0	0	
10/7	at Pittsburgh	7	1	6	1.0	0	0	0	0	0	5	4	1	0.0	0	1	0	0	0	0	7	6	1	0.0	0	0	0	0	0	
10/14	New Orleans	8	6	2	0.0	0	0	0	0	0	7	7	0	0.0	0	0	0	0	0	0	3	3	0	1.0	0	1	1	0	0	
10/21	St. Louis	4	4	0	0.0	0	1	0	0	0	5	5	0	0.0	1	2	0	0	0	0	4	4	0	0.0	0	1	0	0	0	
11/4	at Cleveland	8	7	1	0.0	0	0	0	0	0	6	6	0	0.0	0	0	0	0	0	0	10	5	5	1.0	0	0	1	0	0	
11/12	San Francisco	6	3	3	0.0	0	1	0	0	0	2	2	0	0.0	0	1	0	0	0	0	7	6	1	1.0	0	0	1	0	0	
11/18	Chicago	6	1	5	0.0	0	0	0	0	0	7	5	2	0.0	0	1	0	0	0	0	2	2	0	0.0	0	2	0	0	0	
11/25	at St. Louis	9	9	0	0.0	0	1	0	0	0	5	5	0	0.0	1	1	0	0	0	0	1	0	1	0.0	0	0	0	0	0	
12/2	at Philadelphia	11	11	0	0.0	3	3	0	0	0	4	4	0	0.0	0	1	0	0	0	0	2	2	0	0.0	0	2	0	0	0	
12/9	Arizona	7	4	3	0.0	0	1	0	0	0	6	4	2	0.0	0	3	3	0	0	0	1	0	1	0.0	0	0	0	0	0	0
12/16	at Carolina	4	4	0	0.0	0	0	0	0	0	9	9	0	0.0	0	0	0	0	0	0	2	2	0	0.0	0	0	0	0	0	0
12/23	Baltimore	5	3	2	0.0	0	0	0	0	0	3	3	0	0.0	0	0	0	0	0	0	7	5	2	0.0	0	0	0	0	1	0
12/30	at Atlanta	3	2	1	0.0	0	0	0	0	0	5	5	0	0.0	0	0	0	0	0	0	5	5	0	0.0	0	0	0	0	0	0
Totals		109	83	26	1.0	4	9	3	0	0	85	78	7	0.0	7	16	0	0	0	81	58	23	3.0	0	4	3	1	0	0	

		DEON GRANT					BRIAN RUSSELL											
		Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FR	Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FR	
9/9	Tampa Bay	7	7	0	2.0	0	0	1	1	3	3	0	0.0	0	1	0	0	0
9/16	at Arizona	7	5	2	0.0	0	0	0	0	4	4	0	0.0	0	0	0	0	0
9/23	Cincinnati	6	6	0	0.0	0	0	0	0	9	8	1	0.0	1	1	0	0	0
9/30	at San Francisco	4	4	0	3.0	0	0	2	0	5	4	1	0.0	0	0	0	0	0
10/7	at Pittsburgh	10	6	4	1.0	0	0	0	0	8	5	3	0.0	0	0	0	0	0
10/14	New Orleans	3	2	1	0.0	0	0	0	0	2	2	0	0.0	0	0	0	0	0
10/21	St. Louis	4	4	0	1.0	1	1	0	0	3	2	1	0.0	1	1	0	0	0
11/4	at Cleveland	6	5	1	0.0	0	0	0	0	4	4	0	0.0	0	0	0	0	0
11/12	San Francisco	2	2	0	1.0	0	0	0	0	1	1	0	0.0	0	0	0	0	0
11/18	Chicago	3	2	1	0.0	0	0	0	0	7	5	2	0.0	0	1	0	0	0
11/25	at St. Louis	3	3	0	0.0	0	1	0	0	6	6	0	0.0	0	0	0	0	0
12/2	at Philadelphia	6	6	0	1.0	1	1	0	0	1	1	0	0.0	0	2	0	0	0
12/9	Arizona	3	3	0	0.0	0	0	0	0	2	2	0	0.0	1	2	0	0	0
12/16	at Carolina	4	3	1	0.0	0	0	0	0	6	3	3	0.0	0	1	0	0	0
12/23	Baltimore	6	5	1	0.5	0	0	0	1	4	3	1	0.0	0	1	0	0	0
12/30	at Atlanta	0	0	0	0.0	0	0	0	0	7	7	0	0.0	0	0	0	0	0
Totals		74	63	11	9.5	2	3	3	2	72	60	12	0.0	3	10	0	0	0

2007 GAME-BY-GAME INDIVIDUAL DEFENSE

	CRAIG TERRILL				KEVIN BENTLEY				CHUCK DARBY			
	Tkl.	Solo	Asst.	Int.	Tkl.	Solo	Asst.	Int.	Tkl.	Solo	Asst.	Int.
9/9 Tampa Bay	4	4	0	0.0	0	0	0	0.0	4	2	2	0.5
9/16 at Arizona	1	1	0	0.0	0	0	0	0	1	1	0	0.0
9/23 Cincinnati	2	2	0	0.0	4	3	1	0.0	2	1	1	0.0
9/30 at San Francisco	0	0	0	0.0	0	Inactive			1	1	0	0.0
10/7 at Pittsburgh	5	2	3	0.0	0	0	0	0.0	2	2	0	0.0
10/14 New Orleans	0	0	0	0.0	2	1	1	0.0	2	1	1	0.0
10/21 St. Louis	2	2	0	0.0	Inactive				Injured Reserve			
11/4 at Cleveland	2	1	1	0.0	Special Teams Only				Injured Reserve			
11/12 San Francisco	1	1	0	0.0	1	1	0	0.0	Injured Reserve			
11/18 Chicago	2	0	2	0.0	10	6	4	0.0	Injured Reserve			
11/25 at St. Louis	2	2	0	0.0	Special Teams Only				Injured Reserve			
12/2 at Philadelphia	0	0	0	0.0	Special Teams Only				Injured Reserve			
12/9 Arizona	2	2	0	0.0	0	0	0	0.0	Injured Reserve			
12/16 at Carolina	1	1	0	0.0	Special Teams Only				Injured Reserve			
12/23 Baltimore	0	0	0	0.0	Special Teams Only				Injured Reserve			
12/30 at Atlanta	1	1	0	0.0	0	0	0	0.0	Injured Reserve			
Totals	25	19	6	0.0	17	11	6	0.0	12	8	4	0.5

	ELLIS WYMS				BARAKA ATKINS				HOWARD GREEN			
	Tkl.	Solo	Asst.	Int.	Tkl.	Solo	Asst.	Int.	Tkl.	Solo	Asst.	Int.
9/9 Tampa Bay	0	0	0	0.0	1	1	0	0.0	Not on Roster			
9/23 Cincinnati	0	0	0	0.0	0	0	0	0.0	Not on Roster			
9/30 at San Francisco	0	0	0	0.0	0	0	0	0.0	Not on Roster			
10/7 at Pittsburgh	3	1	2	1.0	4	0	4	0.0	Not on Roster			
10/14 New Orleans	0	0	0	0.0	0	0	0	0.0	Not on Roster			
10/21 St. Louis	1	1	0	0.0	2	1	1	0.0	Inactive			
11/4 at Cleveland	1	1	0	0.0	0	0	0	0.0	Inactive			
11/12 San Francisco	1	1	0	0.0	0	0	0	0.0	Inactive			
11/18 Chicago	0	0	0	0.0	0	0	0	0.0	Inactive			
11/25 at St. Louis	1	1	0	0.0	0	0	0	0.0	Inactive			
12/2 at Philadelphia	1	1	0	0.0	0	0	0	0.0	Inactive			
12/9 Arizona	0	0	0	0.0	Inactive				3	2	1	0.0
12/16 at Carolina	1	0	1	0.0	2	2	0	0.0	0	0	0	0.0
12/23 Baltimore	2	2	0	1.0	1	0	1	0.0	0	0	0	0.0
12/30 at Atlanta	1	1	0	0.0	10	4	6	0.0	1	1	0	0.0
Totals	11	8	3	2.0	10	4	6	0.0	7	4	3	0.0

2007 3RD DOWN EFFICIENCY

Date	Team	Yards to Go										Total	Pct.
		1	2	3	4	5	6	7	8	9	10+		
9/9	Seahawks	0-2	0-0	0-1	1-1	1-2	0-1	1-2	0-0	0-1	1-2	4-12	33%
	Tampa Bay	2-3	1-3	0-1	1-1	0-0	0-1	0-1	0-1	1-1	0-2	5-14	36%
9/16	Seahawks	1-1	0-0	0-0	0-1	0-1	0-0	0-2	0-0	2-2	1-5	4-12	33%
	at Arizona	1-1	1-1	1-1	0-0	0-2	0-0	1-1	2-2	0-1	0-3	6-12	50%
9/23	Seahawks	1-1	1-2	1-1	1-2	0-3	0-1	0-0	0-0	0-0	1-2	5-12	42%
	Cincinnati	3-4	1-1	2-2	0-0	0-2	1-2	0-0	1-1	1-1	2-5	11-18	61%
9/30	Seahawks	0-1	0-1	0-1	2-2	0-2	1-5	2-3	0-0	0-1	0-1	5-17	29%
	at San Francisco	0-0	0-1	0-0	1-1	0-0	0-1	0-1	0-2	0-0	1-8	2-14	14%
10/7	Seahawks	1-1	1-1	0-2	1-2	0-1	0-0	0-2	0-0	1-1	0-3	4-13	31%
	at Pittsburgh	1-1	0-0	3-3	0-1	0-1	0-0	2-2	0-1	0-2	2-4	8-15	53%
10/14	Seahawks	0-0	0-0	1-2	1-2	1-2	0-0	0-0	0-1	0-1	1-4	4-12	33%
	New Orleans	1-2	1-2	0-0	0-0	1-1	0-0	1-3	0-1	1-2	2-3	7-14	50%
10/21	Seahawks	1-2	0-0	0-0	0-1	0-0	0-1	1-1	0-0	1-2	1-7	4-14	29%
	St. Louis	1-1	1-2	0-1	0-0	0-0	1-1	0-0	0-0	1-1	0-9	4-15	27%
11/4	Seahawks	0-0	2-3	0-0	1-2	0-1	2-2	1-2	0-2	1-1	0-1	7-14	50%
	at Cleveland	1-1	0-1	1-1	0-0	1-3	0-0	0-0	1-1	0-2	1-2	5-11	45%
11/12	Seahawks	2-3	1-1	0-0	1-1	0-0	2-3	0-2	0-1	0-0	0-3	6-14	43%
	San Francisco	0-0	0-0	0-1	0-3	0-1	0-0	0-2	0-1	0-0	1-4	1-12	8%
11/18	Seahawks	1-2	1-1	0-1	2-3	1-4	0-0	0-0	0-2	1-1	0-2	6-16	38%
	Chicago	2-2	0-1	0-1	0-0	3-3	0-0	0-2	1-2	0-2	0-3	6-16	38%
11/25	Seahawks	1-3	0-0	1-1	0-0	0-0	0-0	0-1	0-0	0-0	1-7	3-12	25%
	at St. Louis	2-2	0-1	0-0	2-3	0-1	1-2	0-2	0-1	0-2	0-3	5-17	29%
12/2	Seahawks	0-2	1-1	1-2	0-0	0-0	0-1	2-2	1-3	0-0	1-4	6-15	40%
	at Philadelphia	1-3	3-3	0-0	0-1	1-1	0-2	2-5	0-0	0-2	0-2	7-19	37%
12/9	Seahawks	1-1	0-0	1-1	0-1	0-2	0-1	0-0	1-3	0-0	1-3	4-12	33%
	Arizona	1-1	0-0	0-0	0-0	0-0	0-0	0-2	1-2	0-0	1-5	3-10	30%
12/16	Seahawks	0-2	1-1	0-2	0-0	0-1	1-1	0-0	0-0	0-0	1-5	3-12	25%
	at Carolina	1-3	0-0	1-1	2-2	1-1	3-3	0-1	0-2	1-1	0-4	9-18	50%
12/23	Seahawks	1-4	2-3	0-1	0-0	0-0	0-0	1-2	0-2	0-0	0-2	4-14	29%
	Baltimore	1-2	1-2	0-0	0-0	0-3	0-0	0-2	1-3	0-0	1-3	4-15	27%
12/30	Seahawks	2-2	1-1	0-0	1-1	1-1	0-1	0-2	1-1	0-1	0-3	6-13	46%
	at Atlanta	0-0	0-0	0-0	1-1	1-2	0-0	1-2	0-1	0-1	2-5	5-12	35%
Totals	Seahawks	12-27	11-15	5-15	11-19	4-20	6-17	8-21	3-15	6-11	9-54	75-214	35%
	Opponents	18-26	9-18	8-12	7-13	8-21	6-12	7-26	7-21	5-18	13-65	88-232	38%

2007 DRIVE CHART

Date	Team	Drive Ended By											Pts	Pts/Drv	Eff
		Drives	3/Out	TD	FG	FGA	Pnt	Dwn	TO	Saf	Clk				
9/9	Seattle	11	2	2	2	2	6	0	1	0	0	20	1.8	0.364	
	Tampa Bay	12	4	0	2	2	6	0	2	0	2	6	0.5	0.167	
9/16	Seattle	10	3	2	2	2	5	0	1	0	0	20	2.0	0.400	
	at Arizona	11	0	2	3	4	4	0	1	0	0	23	2.1	0.455	
9/23	Seattle	13	1	3	1	1	5	0	2	1	1	24	1.8	0.308	
	Cincinnati	12	0	2	2	2	4	0	3	0	1	19	1.6	0.333	
9/30	Seattle	15	3	2	3	3	8	0	1	0	1	23	1.5	0.333	
	at San Francisco	16	6	0	1	1	10	1	3	0	1	3	0.2	0.063	
10/7	Seattle	10	4	0	0	0	9	0	1	0	0	0	0.0	0.000	
	at Pittsburgh	10	4	3	0	0	6	0	0	0	1	21	2.1	0.300	
10/14	Seattle	12	1	2	1	2	4	2	2	0	0	17	1.4	0.250	
	New Orleans	12	3	3	0	0	6	0	1	0	2	21	1.8	0.250	
10/21	Seattle	15	3	3	4	4	5	1	1	0	1	26	1.7	0.467	
	St. Louis	15	4	0	2	3	6	0	5	0	1	6	0.4	0.133	
11/4	Seattle	11	2	2	3	3	2	1	2	0	1	23	2.1	0.455	
	at Cleveland	11	2	4	2	2	4	0	1	0	0	33	3.0	0.545	
11/12	Seattle	13	2	3	1	2	5	0	2	0	1	24	1.8	0.308	
	San Francisco	13	5	0	0	0	7	3	2	0	1	0	0.0	0.000	
11/18	Seattle	14	1	3	3	4	5	0	1	0	1	30	2.1	0.429	
	Chicago	14	4	2	3	3	5	2	1	0	1	23	1.6	0.357	
11/25	Seattle	14	4	2	1	3	5	0	1	1	2	17	1.2	0.214	
	at St. Louis	15	5	2	1	1	9	1	2	0	0	17	1.1	0.200	
12/2	Seattle	17	3	4	0	1	7	1	2	0	2	28	1.6	0.235	
	at Philadelphia	16	5	3	1	2	5	2	4	0	0	24	1.5	0.250	
12/9	Seattle	12	3	4	2	2	5	0	0	0	1	33	2.8	0.500	
	Arizona	14	1	3	0	1	4	0	5	1	0	21	1.5	0.214	
12/16	Seattle	11	3	1	1	1	8	0	1	0	0	10	0.9	0.182	
	at Carolina	12	3	1	2	3	5	1	0	0	2	13	1.1	0.250	
12/23	Seattle	13	2	2	2	2	5	1	2	0	1	20	1.5	0.308	
	Baltimore	14	4	1	0	0	9	0	3	0	1	6	0.4	0.071	
12/30	Seattle	12	1	5	2	2	2	0	3	0	0	41	3.4	0.583	
	at Atlanta	13	2	5	3	3	3	1	0	0	1	44	3.4	0.615	
Totals	Seahawks	203	38	40	28	34	86	6	23	2	12	356	1.8	0.335	
	Opponents	210	52	31	22	27	93	11	33	1	14	280	1.3	0.252	

INSIDE THE 20

Date	Team	Trips/Scores	TD	FG/Att	Points	Int	Fum	Downs	Clock
9/9	Seattle	2/2	1	1/1	10	0	0	0	0
	Tampa Bay	2/2	0	2/2	6	0	0	0	0
9/16	Seattle	3/3	1	2/2	13	0	0	0	0
	at Arizona	2/2	1	1/1	10	0	0	0	0
9/23	Seattle	2/3	1	1/1	10	0	0	0	1
	Cincinnati	2/2	1	1/1	9	0	0	0	0
9/30	Seattle	5/5	2	3/3	23	0	0	0	0
	at San Francisco	0/0	0	0/0	0	0	0	0	0
10/7	Seattle	0/1	0	0/0	0	1	0	0	0
	at Pittsburgh	3/3	3	0/0	21	0	0	0	0
10/14	Seattle	1/2	1	0/0	7	0	0	1	0
	New Orleans	3/4	3	0/0	21	0	1	0	0
10/21	Seattle	3/3	2	1/1	17	0	0	0	0
	St. Louis	2/2	0	2/2	6	0	0	0	0
11/4	Seattle	4/4	2	2/2	20	0	0	0	0
	at Cleveland	6/6	4	2/2	33	0	0	0	0
11/12	Seattle	4/4	3	1/1	24	0	0	0	0
	San Francisco	0/1	0	0/0	0	0	0	1	0
11/18	Seattle	4/4	3	1/1	24	0	0	0	0
	Chicago	2/2	1	1/1	10	0	0	0	0
11/25	Seattle	3/3	2	1/1	17	0	0	0	0
	at St. Louis	2/3	1	1/1	10	0	0	1	0
12/2	Seattle	2/2	2	0/0	14	0	0	0	0
	at Philadelphia	1/3	0	1/1	3	1	0	1	0
12/9	Seattle	5/5	4	1/1	31	0	0	0	0
	Arizona	3/3	3	0/0	21	0	0	0	0
12/16	Seattle	2/2	1	1/1	10	0	0	0	0
	at Carolina	0/1	0	0/1	0	0	0	0	0
12/23	Seattle	2/4	1	1/1	10	1	0	1	0
	Baltimore	0/0	0	0/0	0	0	0	0	0
12/30	Seattle	2/2	2	0/0	14	0	0	0	0
	at Atlanta	7/7	4	3/3	37	0	0	0	0
Totals	Seahawks	44/49	28	16/16	244	2	0	2	1
	Opponents	35/41	21	14/15	187	1	1	3	0

2007 MISCELLANEOUS STATS

DRIVE ENGINEERING

QB	Drives Started	Drives Ended By									Points Yielded	Points Drive	Drive Eff.
		TD	FG	FGA	Pnt	Dwn	TO	Saf	Gm	Hlf			
Hasselbeck	191	37	27	33	82	5	21	2	6	5	332	1.7	0.335
Wallace	12	3	1	1	4	1	2	0	1	0	24	2.0	0.333
Seattle	203	40	28	34	86	6	23	2	7	5	356	1.8	0.335
Opponents	210	31	22	27	93	11	33	1	5	9	280	1.3	0.252

YARDS GAINED BY DOWN

Team	1st Down			2nd Down			3rd Down			4th Down			Season		
	Att.	Yds.	Avg.	Att.	Yds.	Avg.									
Seattle	477	2570	5.4	351	1944	5.5	214	985	4.6	14	84	6.0	1056	5583	5.3
Opponents	442	2056	4.7	344	1858	5.4	232	1192	5.1	17	43	2.5	1035	5149	5.0

FIRST DOWN TENDENCIES

Team	Rushing			Passing			Overall			Times Gained			
	Att.	Yds.	Avg.	Att.	Yds.	Avg.	Att.	Yds.	Avg.	10+	5+	0	Neg.
Seattle	222	701	3.2	255	1869	7.3	477	2570	5.4	206	217	272	94
Opponents	231	832	3.6	211	1224	5.8	442	2056	4.7	178	206	268	106

GOAL-TO-GO

Team	Att.	TD	FG	FGA	Fumble	Down	Clock	Pts.
Seattle	16	12	4	4	0	0	0	96
Opponents	20	15	3	3	0	0	2	114

TAKEAWAYS/GIVEAWAYS

	No.	Resulting in...	TD	FG	FGA	Safety	Int.	Fumble	Punt	Down	Clock	Pts.
Takeaways	34		10	7	9	0	1	1	6	4	6	98
Giveaways	24		8	4	4	0	1	1	7	2	1	68

2007 WEEKLY RANKINGS

NFL

NFC

Week	Offense			Defense			Week	Offense			Defense		
	Total	Rush	Pass	Total	Rush	Pass		Total	Rush	Pass	Total	Rush	Pass
1	12	9t	12	16	11	18	1	6	5t	5	9	5	9
2	12	13	11	23	16t	23	2	6	6	6	13	10t	12
3	13	17	12	26	16	30	3	7	8	6	15	9	15
4	8t	17	7	17	13	16	4	2	8	4	8	7	9
5	21	23	13	19	20	17	5	9	11	6	11	12	7
6	18	22	8	19	18	19	6	9	10	4	9	11	8
7	18	22	10	14	15	16	7	7	9	5	7	8	8
8	16	22	12	13	13t	16	8	8	9	7	7	8	7
9	13	23	10	17	13	25	9	6	10	5	9	9	13
10	12	21	8	11	10	20	10	5	9	4	6	6	10
11	9	21	8	13	13	20	11	5	8	5	7	9	10
12	11	21	8	11	14	14	12	5	8	5	5	9	6
13	11	21	10	13	14	14	13	5	8	5	7	9	5
14	11	21	8	12	14	22	14	5	8	5	7	9	10
15	13	24	8	13	13	20	15	6	9	5	8	8	10
16	12	22t	10	14	12	15	16	6	8t	6	7	7	6
17	9	20	8	15	12	19	17	5	8	5	7	7	8

2007 SUPERLATIVES

OVERALL	10-6	WHEN SCORING...	
Home	7-1	First	7-2
Road	3-5	Less than 20 points	0-3
		20 or more points	10-3
BY MONTH			
September	3-1	When leading at halftime	8-1
October	1-2	When trailing at halftime	1-3
November	3-1	When leading after three quarters	9-2
December	3-2	When trailing after three quarters	1-2
		When tied after three quarters	0-2
TURF			
Artificial	8-2	When outrushing opponents	5-2
Natural Grass	2-4	When plus in time of possession	6-1
		When minus in time of possession	4-5
INDOORS	1-1	When equal in time of possession	0-0
VS. CONFERENCE			
vs. AFC	2-2	When plus in takeaway/giveaway	7-0
North	2-2	When minus in takeaway/giveaway	0-5
West	0-0	When equal in takeaway/giveaway	3-1
East	0-0		
South	0-0	With a 100-yard rusher	2-0
		With a 100-yard receiver	3-4
vs. NFC	8-4	With a 300-yard passer	1-2
North	1-0		
West	5-1	Versus an opponent 100-yard rusher	0-2
East	1-0	Versus an opponent 100-yard receiver	4-2
South	1-3	Versus an opponent 300-yard passer	1-1

2007 HONORS

NATE BURLESON, WR/KR
NFC Special Teams Player of the Week 7
 (St. Louis, 10/21)

BOBBY ENGRAM, WR
Seattle P-I Sports Star of the Year

MATT HASSELBECK, QB
NFC Pro Bowl Team

PATRICK KERNEY, DE
NFC Pro Bowl Team

All-Pro 1st Team
Associated Press

All-NFC Team
Pro Football Weekly/PFWA

All-NFL Team
Pro Football Weekly/PFWA
NFC Defensive Player of the Week
Month/November

LANCE LAURY, LB/ST
NFC Special Teams Player of the Week 3
 (Cincinnati, 9/23)

JULIAN PETERSON, LB
NFC Pro Bowl Team

All-NFC Team
Pro Football Weekly/PFWA

WALTER JONES, T
NFC Pro Bowl Team

All-Pro 1st Team
Associated Press

All-Pro Team
The Sporting News

All-NFC Team
Pro Football Weekly/PFWA

All-NFL Team
Pro Football Weekly/PFWA

LOFA TATUPU, LB
NFC Pro Bowl Team
All-Pro 1st Team
Associated Press
NFC Defensive Player of the Week 13
 (Philadelphia, 12/2)

MARCUS TRUFANT, CB
NFC Pro Bowl Team

All-Pro Team
The Sporting News

All-NFC Team
Pro Football Weekly/PFWA
NFC Defensive Player of the Week 14
 (Arizona, 12/9)

2007 STANDINGS

NFC

	W	L	T	Pct.	Pts.	Opp.
NORTH DIVISION						
*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 DIVISION						
*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
EAST DIVISION						
*Dallas	13	3	0	.813	455	325
*New York Giants	10	6	0	.625	373	351
*Washington	9	7	0	.563	334	310
Philadelphia	8	8	0	.500	336	300
WEST DIVISION						
*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

AFC

	W	L	T	Pct.	Pts.	Opp.
NORTH DIVISION						
*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 DIVISION						
*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
EAST DIVISION						
*New England	16	0	0	1.000	589	274
Buffalo	7	9	0	.438	252	354
New York Jets	4	12	0	.250	268	355
Miami	1	15	0	.063	267	437
WEST DIVISION						
*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

* Playoff teams

AFC Wild Card

- Jacksonville 31, Pittsburgh 29
- Tennessee 6, San Diego 17

AFC Divisional

- Jacksonville 20, New England 31
- San Diego 28, Indianapolis 34

AFC Championship

- San Diego 12, New England 21

NFC Wild Card

- Washington 14, Seattle 35
- NY Giants 24, Tampa Bay 14

NFC Divisional

- Seattle 20, Green Bay 42 (ot)
- NY Giants 21, Dallas 17

NFC Championship

- NY Giants 23, Green Bay 20

Super Bowl XLII

New England 14, NY Giants 17



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 (QBs/WRs/TEs)

Captains: T Norm Evans (Off.), LB Mike Curtis (Def.), LB Ed Bradley (Sp.Teams)

MVP: QB Jim Zorn

Pro Bowl: None

National Honors: Jim Zorn, NFC Offensive

Rookie of the Year: DT Steve Niehaus, NFC Defensive Rookie of the Year

All-NFL: None

OFFENSE

Pos.		Starts
WR	Sam McCullum	13
LT	Nick Bebout	13
LG	Bob Penchion	13
C	Fred Hoaglin	7
	*Art Kuehn	7
RG	John Demarie	7
	Bob Newton	7
RT	Norm Evans	10
TE	Ron Howard	13
WR	*Steve Largent	13
QB	*Jim Zorn	14
RB	*Sherman Smith	9
FB	*Don Testerman	8

DEFENSE

LE	Dave Tipton	12
LT	*Steve Niehaus	14
RT	Richard Harris	8
RE	Bob Lurtsema	13
LLB	Ken Geddes	9
	*Sammy Green	5
MLB	Ed Bradley	14
RLB	Mike Curtis	14
LCB	Eddie McMillan	14
RCB	Rolly Woolsey	11
FS	Dave Brown	14
SS	Al Matthews	14

SPECIAL TEAMS

K	Don Bitterlich	3
	John Leyboldt	11
P	Rick Engles	14

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Baltimore	11	3	0	.786	417	246
New England*	11	3	0	.786	376	236
Miami	6	8	0	.429	263	264
N.Y. Jets	3	11	0	.214	169	383
Buffalo	2	12	0	.143	245	363

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	10	4	0	.714	342	138
Cincinnati	10	4	0	.714	335	210
Cleveland	9	5	0	.643	267	287
Houston	5	9	0	.357	222	273

WESTERN	W	L	T	Pct.	Pts.	Opp.
Oakland	13	1	0	.929	350	237
Denver	9	5	0	.643	315	206
San Diego	6	8	0	.429	248	285
Kansas City	5	9	0	.357	290	376
Tampa Bay	0	14	0	.000	125	412

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	11	3	0	.786	296	194
Washington*	10	4	0	.714	291	217
St. Louis	10	4	0	.714	309	267
Philadelphia	4	10	0	.286	165	286
N.Y. Giants	3	11	0	.214	170	250

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	11	2	1	.821	305	176
Chicago	7	7	0	.500	253	216
Detroit	6	8	0	.429	262	220
Green Bay	5	9	0	.357	218	299

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	3	1	.750	351	190
San Francisco	8	6	0	.571	270	190
Atlanta	4	10	0	.286	172	312
New Orleans	4	10	0	.286	253	346
Seattle	2	12	0	.143	229	429

1977 REVIEW (5-9)

Date	W/L	Score	Opponents	Att.	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/18	L	29-14	Baltimore	58,991	Largent	10	0	10	0	0	0	0	60
09/25	L	42-20	at Cincinnati	45,579	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			
					SEA	461	1964	4.3	39	12			
					OPP	596	2485	4.2	41	21			

Team Statistics

	Sea	Opp		No	Yds	Avg	LG	TD	
TOTAL FIRST DOWNS	251	295							
Rushing	116	152	Receiving						
Passing	116	125	Largent	33	643	19.4	74	10	
Penalty	19	18	Testerman	31	219	7.0	25	4	
3rd Down: Made/Att.	72/187	86/206	Smith	30	419	13.9	44	2	
3rd Down Pct.	38.5	41.7	Ferguson	19	374	19.6	45	2	
4th Down: Made/Att.	6/16	9/14	Howard	17	177	10.4	24	1	
4th Down Pct.	37.6	64.3	Sims	12	176	14.6	82	3	
TOTAL NET YARDS	4292	4818	Sawyer	10	105	10.5	27	0	
Avg. Per Game	306.6	344.1	SEA	175	2459	14.1	82	23	
Total Plays	869	963	OPP	196	2464	12.6	67	19	
Avg. Per Play	4.9	5.0							
NET YARDS RUSHING	1964	2485	Interceptions						
Avg. Per Game	140.3	177.5	Beamon	6	36	6.0	16	0	
Total Rushes	461	596	McMillan	4	157	39.2	57	0	
NET YARDS PASSING	2328	2333	Brown	4	68	17.0	29	1	
Avg. Per Game	166.3	166.6	Preece	4	55	13.7	29	0	
Sacked/Yards Lost	21/131	18/131	Geddes	3	9	3.0	6	0	
Gross Yards	2459	2464	SEA	25	356	14.2	57	1	
Att./Completions	387/175	349/196	OPP	32	594	18.6	102	3	
Completion Pct.	45.2	56.2							
Had Intercepted	32	25	Kickoff Returns						
PUNTS/AVERAGE	64/38.0	54/36.0	Hunter	36	820	22.7	41	0	
NET PUNTING AVG.	30.6	30.8	Ferguson	11	240	21.8	39	0	
PENALTIES/YARDS	76/666	96/794	Packer	13	280	21.5	44	0	
FUMBLES/BALL LOST	26/13	20/11	SEA	71	1502	21.2	44	0	
TOUCHDOWNS	37	43	OPP	50	1240	24.8	70	0	
Rushing	12	21							
Passing	23	19	Punt Returns						
Returns	2	3	Packer	20	0	131	6.5	31	0
TOTAL POINTS	282	373	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.), S Eddie McMillan (Def.), S Steve Preece (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: None

National Honors: None

All-NFL: None

EASTERN	AFC					
	W	L	T	Pct.	Pts.	Opp.
Baltimore	10	4	0	.714	295	221
Miami	10	4	0	.714	313	197
New England	9	5	0	.643	278	217
N.Y. Jets	3	11	0	.214	191	300
Buffalo	3	11	0	.214	160	313

CENTRAL	AFC					
	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	9	5	0	.643	283	243
Houston	8	6	0	.571	299	230
Cincinnati	8	6	0	.571	238	235
Cleveland	6	8	0	.429	269	267

WESTERN	AFC					
	W	L	T	Pct.	Pts.	Opp.
Denver	12	2	0	.857	274	148
Oakland*	11	3	0	.786	351	230
San Diego	7	7	0	.500	222	205
Seattle	5	9	0	.357	282	373
Kansas City	2	12	0	.143	225	349

* Wild Card team

OFFENSE

Pos.		Starts
WR	Duke Ferguson	8
	Sam McCullum	3
	Steve Raible	3
LT	Nick Bebout	12
LG	Gordon Jolley	11
C	Art Kuehn	14
RG	Ron Coder	14
RT	Norm Evans	13
TE	Ron Howard	12
WR	Steve Largent	14
QB	Jim Zorn	10
	Steve Myer	4
RB	Sherman Smith	13
FB	Don Testerman	13

DEFENSE

LE	Richard Harris	14
LT	Ron East	14
RT	Bob Lurtsema	9
	*Dennis Boyd	5
RE	Alden Roche	9
LLB	Sammy Green	14
MLB	*Terry Beeson	13
RLB	Ken Geddes	14
LCB	Eddie McMillan	4
RCB	Dave Brown	14
SS	Autry Beamon	9
	Don Dufek	5
FS	Steve Preece	14

SPECIAL TEAMS

K	John Leyboldt	14
P	Herman Weaver	13
	Rick Engles	1

*Rookie or first-year player

NFC

EASTERN	NFC					
	W	L	T	Pct.	Pts.	Opp.
Dallas	12	2	0	.857	345	212
Washington	9	5	0	.643	196	189
St. Louis	7	7	0	.500	272	287
Philadelphia	5	9	0	.357	220	207
N.Y. Giants	5	9	0	.357	181	265

CENTRAL	NFC					
	W	L	T	Pct.	Pts.	Opp.
Minnesota	9	5	0	.643	231	227
Chicago*	9	5	0	.643	255	253
Detroit	6	8	0	.429	183	252
Green Bay	4	10	0	.286	134	219
Tampa Bay	2	12	0	.143	103	223

WESTERN	NFC					
	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	4	0	.714	302	146
Atlanta	7	7	0	.500	179	129
San Francisco	5	9	0	.357	220	260
New Orleans	3	11	0	.214	232	336

1978 REVIEW (9-7)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
09/03	L	24-20	San Diego	55,778	SEA	85	115	50	95	0	345		
09/10	L	21-10	at Pittsburgh	48,277	OPP	68	114	79	94	3	358		
09/17	W	24-17	at N.Y. Jets	46,911									
09/24	W	28-16	Detroit	56,781	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/01	L	28-7	at Denver	74,989	Sims	15	14	1	0	0	0	0	90
10/08	W	29-28	Minnesota	62,031	Herrera	0	0	0	0	40-44	13-21	0	79
10/15	L	45-28	at Green Bay (Mil)	52,712	Largent	8	0	8	0	0	0	0	48
10/22	W	27-7	Oakland	62,529	Smith	7	6	1	0	0	0	0	42
10/29	L	20-17	Denver (OT)	62,948	Zorn	6	6	0	0	0	0	0	36
11/05	W	31-29	at Chicago	50,697	SEA	44	28	15	1	40-44	13-21	1	345
11/12	L	17-14	Baltimore	61,905	OPP	43	20	21	2	41-43	19-27	1	358
11/19	W	13-10	at Kansas City	35,252									
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											
TOTAL FIRST DOWNS	345	331											
Rushing	150	153											
Passing	156	160											
Penalty	39	18											
3rd Down: Made/Att.	98/235	88/216											
3rd Down Pct.	41.7	40.7											
4th Down: Made/Att.	20/31	8/14											
4th Down Pct.	64.5	57.1											
TOTAL NET YARDS	5511	5522											
Avg. Per Game	344.4	345.1											
Total Plays	1072	1036											
Avg. Per Play	5.1	5.3											
NET YARDS RUSHING	2394	2517											
Avg. Per Game	149.6	157.3											
Total Rushes	561	551											
NET YARDS PASSING	3117	3005											
Avg. Per Game	194.8	187.8											
Sacked/Yards Lost	44/284	25/220											
Gross Yards	3401	3225											
Att./Completions	467/261	460/263											
Completion Pct.	55.9	57.2											
Had Intercepted	22	22											
PUNTS/AVERAGE	69/36.9	66/38.0											
NET PUNTING AVG.	29.9	31.0											
PENALTIES/YARDS	94/789	125/997											
FUMBLES/BALL LOST	36/19	34/17											
TOUCHDOWNS	44	43											
Rushing	28	20											
Passing	15	21											
Returns	1	2											
TOTAL POINTS	345	358											

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.), S 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.), S 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

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

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	11	5	0	.688	320	260
New England	10	6	0	.625	441	325
Miami	8	8	0	.500	266	305
Baltimore	7	9	0	.438	355	387
N.Y. Jets	4	12	0	.250	302	395

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	11	5	0	.688	357	310
Houston*	11	5	0	.688	295	251
Pittsburgh	9	7	0	.563	352	313
Cincinnati	6	10	0	.375	244	312

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	418	327
Oakland*	11	5	0	.688	364	306
Kansas City	8	8	0	.500	319	336
Denver	8	8	0	.500	310	323
Seattle	4	12	0	.250	291	408

* Wild Card team

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	W	L	T	Pct.	Pts.	Opp.
Philadelphia	12	4	0	.750	384	222
Dallas*	12	4	0	.750	454	311
Washington	6	10	0	.375	261	293
St. Louis	5	11	0	.313	299	350
N.Y. Giants	4	12	0	.250	249	425

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	9	7	0	.563	317	308
Detroit	9	7	0	.563	334	272
Chicago	7	9	0	.438	304	264
Tampa Bay	5	10	1	.344	271	341
Green Bay	5	10	1	.344	231	371

WESTERN	W	L	T	Pct.	Pts.	Opp.
Atlanta	12	4	0	.750	405	272
Los Angeles*	11	5	0	.688	424	289
San Francisco	6	10	0	.375	320	415
New Orleans	1	15	0	.063	291	487

1981 REVIEW (6-10)

Date	W/L	Score	Opponents	Att	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						
Passing	166	173	Receiving					
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 NETYARDS	5021	5940	OPP	294	3394	11.5	90	25
Avg. Per Game	313.8	371.3						
Total Plays	1001	1126	Interceptions					
Avg. Per Play	5.0	5.3	Harris	10	155	15.5	42	2
NETYARDS RUSHING	1594	2806	Easley	3	155	51.7	82	1
Avg. Per Game	99.6	175.4	SEA	21	397	18.9	82	3
Total Rushes	440	588	OPP	15	257	17.1	46	1
NETYARDS PASSING	3427	3134						
Avg. Per Game	214.2	195.9	Punting					
Sacked/Yards Lost	37/300	36/260	West	66	2578	39.1	36.1	2
Gross Yards	3727	3394	SEA	68	2665	39.2	36.2	2
Att./Completions	524/307	502/294	OPP	55	2337	42.5	35.3	5
Completion Pct.	58.6	58.6						
Had Intercepted	15	21	Punt Returns					
PUNTS/AVERAGE	68/39.0	55/42.5	Johns	16	4	177	11.1	34
NET PUNTING AVG.	36.2	35.3	Lewis	15	2	100	6.7	23
PENALTIES/YARDS	106/823	104/944	SEA	32	6	293	9.2	34
FUMBLES/BALL LOST	41/23	43/27	OPP	33	18	153	4.6	16
TOUCHDOWNS	40	46						
Rushing	14	20	Kickoff Returns					
Passing	21	25	Lewis	20	378	18.9	36	0
Returns	5	1	Ivory	15	281	18.7	32	0
TOTAL POINTS	322	388	SEA	69	1278	18.5	36	0
			OPP	67	1177	17.6	35	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	397	236	2788	59.4	7.02	13	3.3	9	2.3	80	24/201	80.2
Krieg	112	64	843	57.1	7.53	7	6.3	5	4.5	57	11/85	83.3
SEA	524	307	3727	58.6	7.11	21	4.0	15	2.9	80	37/300	82.0
OPP	502	294	3394	58.6	6.76	25	5.0	21	4.2	90	36/260	78.2

1982 REVIEW (4-5)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
09/12	L	21-7	Cleveland	55,907	SEA	9	37	28	53	0	127		
09/19	L	23-21	at Houston	43,117	OPP	26	70	23	28	0	147		
09/26			at New England	Cxl									
10/03			Kansas City	Cxl	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/10			at San Diego	Cxl	N. Johnson	0	0	0	13-14	10-14	0	43	
10/17			L.A. Raiders	Cxl	Largent	3	0	3	0	0	0	18	
10/24			San Diego	Cxl	T. Brown	2	2	0	0	0	0	12	
10/31			at Kansas City	Cxl	Carr	2	0	2	0	0	0	12	
11/07			Denver	Cxl	Walker	2	0	2	0	0	0	12	
11/14			at St. Louis	Cxl	SEA	14	4	9	1	13-14	10-14	0	127
11/21	W	17-10	at Denver	73,916	OPP	18	12	4	2	17-18	6-15	2	147
11/28	W	16-0	Pittsburgh	55,553	Rushing								
12/05	L	28-23	at L.A. Raiders	42,170	Smith	63	202	3.2	19	0			
12/12	W	20-14	Chicago	52,826	Doornink	45	178	4.0	46	0			
12/19	L	16-0	New England	53,457	T. Brown	53	141	2.7	17	2			
12/26	L	24-10	at Cincinnati	55,330	Zorn	15	113	7.5	35	1			
01/02	W	13-11	Denver	43,145	Hughes	30	106	3.5	13	0			

Team Statistics		Sea	Opp	Receiving		No	Yds	Avg	LG	TD		
TOTAL FIRST DOWNS		159	167	SEA	227	795	3.5	46	4			
Rushing		51	86	OPP	337	1461	4.3	53	12			
Passing		89	68	Interceptions								
Penalty		19	13	Easley	4	48	12.0	44	0			
3rd Down: Made/Att.	43/130	50/126		Harris	4	33	8.3	18	0			
3rd Down Pct.	33.1	39.7		Jackson	2	29	14.5	28	0			
4th Down: Made/Att.	6/12	5/8		SEA	13	160	12.3	44	1			
4th Down Pct.	50.0	62.5		OPP	13	88	6.8	39	1			
POSSESSION AVG.	28:04	31:56		Punting								
TOTAL NET YARDS	2594	2794		West	48	1835	38.2	36.7	3	8	52	0
Avg. Per Game	288.2	310.4		SEA	49	1889	38.6	35.9	3	9	54	0
Total Plays	589	600		OPP	50	2032	40.6	34.9	3	10	59	0
Avg. Per Play	4.4	4.7		Punt Returns								
NET YARDS RUSHING	795	1461		Johns	19	10	210	11.1	37	0		
Avg. Per Game	88.3	162.3		SEA	21	14	228	10.9	37	0		
Total Rushes	227	337		OPP	19	23	69	3.6	18	0		
NET YARDS PASSING	1799	1333		Kickoff Returns								
Avg. Per Game	199.9	148.1		Ivory	10	224	22.4	30	0			
Sacked/Yards Lost	36/269	17/135		Lane	11	172	15.6	32	0			
Gross Yards	2068	1468		SEA	29	544	18.8	32	0			
Att./Completions	326/176	246/138		OPP	24	361	15.0	34	0			
Completion Pct.	54.0	56.1										
Had Intercepted	13	13										
PUNTS/AVERAGE	49/38.6	50/40.6										
NET PUNTING AVG.	35.9	34.9										
PENALTIES/YARDS	59/523	44/406										
FUMBLES/BALL LOST	21/11	18/9										
TOUCHDOWNS	14	18										
Rushing	4	12										
Passing	9	4										
Returns	1	2										
TOTAL POINTS	127	147										

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: SS Kenny Easley

Pro Bowl: SS Kenny Easley (1)

National Honors: None

First-Team All-NFL: SS 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

Punt Returns	No	FC	Yds	Avg	LG
TD					
Johns	28	5	316	11.3	75t
SEA	34	6	366	10.8	75t
OPP	36	16	185	5.1	18

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

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

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 Tuiaosopo	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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/30	W	20-12	at Minnesota	57,171	Johnson	0	0	0	0	50-51	20-24	0	110
10/07	L	28-14	at L.A. Raiders	77,904	Largent	12	0	12	0	0	0	0	72
10/14	W	31-28	Buffalo	59,034	Turner	10	0	10	0	0	0	0	60
10/21	W	28-24	at Green Bay (Mil)	52,286	Lane	5	4	1	0	0	0	0	30
10/29	W	24-0	at San Diego	53,974	SEA	51	10	32	9	50-51	20-24	1	418
11/04	W	45-0	Kansas City	61,396	OPP	34	11	18	5	34-34	14-22	1	282
11/12	W	17-14	L.A. Raiders	64,001									
11/18	W	26-6	at Cincinnati	50,280	Rushing		Att	Yds	Avg	LG	TD		
11/25	W	27-24	at Denver	74,922	Hughes		94	327	3.5	14	1		
12/02	W	38-17	Detroit	62,441	Lane		80	299	3.7	40	4		
12/09	L	34-7	at Kansas City	34,855	Doornink		57	215	3.8	25	0		
12/15	L	31-14	Denver	64,411	SEA		495	1645	3.3	40	10		
					OPP		475	1789	3.8	25	11		

POSTSEASON

12/22	W	13-7	L.A. Raiders	62,049	Receiving	No	Yds	Avg	LG	TD		
			(AFC Wild Card Game)		Largent	74	1164	15.7	65	12		
12/29	L	31-10	at Miami	73,469	Turner	35	715	20.4	80	10		
			(AFC Divisional Playoff)		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		

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	Interceptions								
3rd Down Pct.	37.8	34.1	Easley	10	126	12.6	58	2			
4th Down: Made/Att.	4/9	9/20	Brown	8	179	22.4	90	2			
4th Down Pct.	44.4	45.0	SEA	38	697	18.3	90	7			
POSSESSION AVG.	30:46	29:14	OPP	26	333	12.8	42	3			
TOTAL NET YARDS	5068	4963	Kickoff Returns	No	Yds	Avg	LG	TD			
Avg. Per Game	316.8	310.2	Dixon	25	446	17.8	36	0			
Total Plays	1034	1051	Hughes	17	348	20.5	38	0			
Avg. Per Play	4.9	4.7	SEA	54	1007	18.6	38	0			
NET YARDS RUSHING	1645	1789	OPP	67	1116	16.7	46	0			
Avg. Per Game	102.8	111.8	Punt Returns	No	FC	Yds	Avg	LG	TD		
Total Rushes	495	475	Easley	16	5	194	12.1	42	0		
NET YARDS PASSING	3423	3174	Skansi	16	2	145	9.1	16	0		
Avg. Per Game	213.9	198.4	SEA	44	11	484	11.0	47	1		
Sacked/Yards Lost	42/328	55/398	OPP	32	39	205	6.4	65	1		
Gross Yards	3751	3572	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Att./Completions	497/283	521/265	West	95	3567	37.5	33.3	10	24	60	0
Completion Pct.	56.9	50.9	SEA	95	3567	37.5	33.3	10	24	60	0
Had Intercepted	26	38	OPP	83	3345	40.3	33.0	6	14	63	4
PUNTS/AVERAGE	95/37.5	83/40.3	Field Goals	1-19	20-29	30-39	40-49	50+			
NET PUNTING AVG.	33.3	33.0	Johnson	0-0	9-10	4-4	6-7	1-3			
PENALTIES/YARDS	128/1179	114/883	SEA	0-0	9-10	4-4	6-7	1-3			
FUMBLES/BALL LOST	24/13	47/25	OPP	0-0	4-5	5-8	5-9	0-0			
TOUCHDOWNS	51	34									
Rushing	10	11									
Passing	32	18									
Returns	9	5									
TOTAL POINTS	418	282									

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
LT	Ron Essink
LG	Reggie McKenzie
	Edwin Bailey
C	Blair Bush
RG	Robert Pratt
RT	Bob Cryder
TE	Charle Young
	Mike Tice
WR	Steve Largent
QB	Dave Krieg
RB	Eric Lane
	Curt Warner
FB	Franco Harris
	David Hughes

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	16
RILB	Keith Butler	16
ROLB	Greg Gaines	11
LCB	Keith Simpson	15
RCB	Dave Brown	16
SS	Kenny Easley	16
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	14	2	0	.875	513	298
New England	9	7	0	.563	362	352
N.Y. Jets	7	9	0	.438	332	364
Indianapolis	4	12	0	.250	239	414
Buffalo	2	14	0	.125	250	454

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	9	7	0	.563	387	310
Cincinnati	8	8	0	.500	339	339
Cleveland	5	11	0	.313	250	297
Houston	3	13	0	.188	240	437

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	353	241
Seattle*	12	4	0	.750	418	282
L.A. Raiders*	11	5	0	.688	368	278
Kansas City	8	8	0	.500	314	324
San Diego	7	9	0	.438	394	413

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	11	5	0	.688	426	310
N.Y. Giants*	9	7	0	.563	299	301
St. Louis	9	7	0	.563	423	345
Dallas	9	7	0	.563	308	308
Philadelphia	6	9	1	.406	278	320

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	10	6	0	.625	325	248
Green Bay	8	8	0	.500	390	309
Tampa Bay	6	10	0	.375	335	380
Detroit	4	11	1	.281	283	408
Minnesota	3	13	0	.188	276	484

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	15	1	0	.938	475	227
L.A. Rams*	10	6	0	.625	346	316
New Orleans	7	9	0	.438	298	361
Atlanta	4	12	0	.250	281	382

1985 REVIEW (8-8)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
09/08	W	28-24	at Cincinnati	51,625	SEA	43	116	90	100	0	349		
09/15	W	49-35	at San Diego	54,420	OPP	47	78	63	112	3	303		
09/23	L	35-24	L.A. Rams	63,292									
09/29	L	28-7	at Kansas City	50,485	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/06	W	26-21	San Diego	61,300	Johnson	0	0	0	40-41	14-25	0	82	
10/13	W	30-26	Atlanta	60,430	Turner	13	0	13	0	0	0	78	
10/20	L	13-10	at Denver (OT)	74,899	Warner	9	8	1	0	0	0	54	
10/27	L	17-14	at N.Y. Jets	69,320	Largent	6	0	6	0	1-1	0	37	
11/03	W	33-3	L.A. Raiders	64,060	SEA	44	9	28	7	41-44	14-25	1	349
11/10	W	27-3	at New Orleans	47,365	OPP	35	12	22	1	31-35	20-28	1	303
11/17	L	20-13	New England	60,345									
11/25	L	19-6	at San Francisco	57,482	Rushing		Att	Yds	Avg	LG	TD		
12/01	W	24-6	Kansas City	52,655	Warner	291	1094	3.8	38	38	8		
12/08	W	31-13	Cleveland	58,477	Morris	55	236	4.3	21	0	0		
12/15	L	13-3	at L.A. Raiders	77,425	Hughes	40	128	3.2	9	0	0		
12/20	L	27-24	Denver	56,283	Krieg	35	121	3.5	17	1	1		
					SEA	462	1644	3.6	38	9			
					OPP	473	1837	3.9	43	12			

Team Statistics

	Sea	Opp										
TOTAL FIRST DOWNS	299	290										
Rushing	96	90	Receiving	No	Yds	Avg	LG	TD				
Passing	179	179	Largent	79	1287	16.3	43	6				
Penalty	24	21	Warner	47	307	6.5	27	1				
3rd Down: Made/Att.	96/244	72/218	Turner	34	670	19.7	54	13				
3rd Down Pct.	39.3	33.0	C. Young	28	351	12.5	32	2				
4th Down: Made/Att.	10/17	9/13	Skansi	21	269	12.8	32	1				
4th Down Pct.	58.8	69.2	Walker	19	285	15.0	28	2				
POSSESSION AVG.	30:13	29:47	SEA	304	3820	12.6	54	28				
TOTAL NETYARDS	5007	5160	OPP	273	3787	13.9	71	22				
Avg. Per Game	312.9	322.5	Interceptions	No	Yds	Avg	LG	TD				
Total Plays	1090	1030	Harris	7	20	2.9	17	0				
Avg. Per Play	4.6	5.0	Brown	6	58	9.7	28	1				
NETYARDS RUSHING	1644	1837	Taylor	4	75	18.8	75	1				
Avg. Per Game	102.8	114.8	SEA	24	272	11.3	75	3				
Total Rushes	462	473	OPP	23	389	16.9	83	1				
NETYARDS PASSING	3363	3323	Punting	No	Yds	Avg	Net	TB	I20	LG	B	
Avg. Per Game	210.2	207.7	Finzer	68	2766	40.7	34.6	6	12	61	0	
Sacked/Yards Lost	53/457	61/464	Colquitt	12	481	40.1	34.3	2	3	55	0	
Gross Yards	3820	3787	West	11	420	38.2	28.3	3	0	52	0	
Att./Completions	575/304	496/273	SEA	91	3667	40.3	33.8	11	15	61	0	
Completion Pct.	52.9	55.0	OPP	97	4081	42.1	34.6	12	22	62	2	
Had Intercepted	23	24	Punt Returns	No	FC	Yds	Avg	LG	TD			
PUNTS/AVERAGE	91/40.3	97/42.1	Skansi	31	7	312	10.1	32	0			
NET PUNTING AVG.	33.8	34.6	Easley	8	0	87	10.9	25	0			
PENALTIES/YARDS	102/827	106/840	SEA	53	11	483	9.1	32	0			
FUMBLES/BALL LOST	34/18	39/20	OPP	47	14	374	8.0	19	0			
TOUCHDOWNS	44	35										
Rushing	9	12										
Passing	28	22										
Returns	7	1										
TOTAL POINTS	349	303										

Passing

	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	532	285	3602	53.6	6.77	27	5.1	20	3.8	54	52/448	76.2
Gilbert	40	19	218	47.5	5.45	1	2.5	2	5.0	37	1/9	51.9
SEA	575	304	3820	52.9	6.64	28	4.9	23	4.0	54	53/457	73.4
OPP	496	273	3787	55.0	7.64	22	4.4	24	4.8	71	61/464	74.4

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	31	636	20.5	58	0
Skansi	19	358	18.8	35	0
SEA	58	1166	20.1	58	0
OPP	47	918	19.5	63	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	0-0	5-5	7-9	1-8	1-3
SEA	0-0	5-5	7-9	1-8	1-3
OPP	0-0	10-11	4-7	5-7	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F.Young	118	93	25	3.0	2	0	1
K. Butler	108	71	37	0.0	3	2	3
Green	92	60	32	13.5	1	7	2
Nash	87	67	20	9.0	0	0	2
Easley	79	62	17	2.0	7	0	3
Bryant	73	49	24	8.5	4	0	4

Record (Finish): 8-8 (3rd, AFC West).

Head Coach: Chuck Knox (29-19, .604)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord.), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: SS Kenny Easley (4), WR Steve Largent (5), ST Fredd Young (2)

National Honors: RB Curt Warner, Comeback Player of the Year (SI)

First-Team All-NFL: SS Kenny Easley (AP, PFWA, NEA), WR Steve Largent (AP, PFWA, SI, C&PFN)

OFFENSE

Pos.		Starts
WR	Daryl Turner	12
LT	Ron Essink	12
LG	Edwin Bailey	16
C	Blair Bush	16
RG	Robert Pratt	12
RT	Steve August	6
TE	Charle Young	14
QB	Dave Krieg	16
RB	Curt Warner	16
FB	David Hughes	10
	Eric Lane	3

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Fredd Young	13
RILB	Keith Butler	16
ROLB	Michael Jackson	16
LCB	Terry Taylor	16
RCB	Dave Brown	16
SS	Kenny Easley	13
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	David Finzer	12
	Jeff West	2
	Jimmy Colquitt	2

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	12	4	0	.750	428	320
N.Y. Jets*	11	5	0	.688	393	264
New England*	11	5	0	.688	362	290
Indianapolis	5	11	0	.313	320	386
Buffalo	2	14	0	.125	200	381

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	8	8	0	.500	287	294
Cincinnati	7	9	0	.438	441	437
Pittsburgh	7	9	0	.438	379	355
Houston	5	11	0	.313	284	412

WESTERN	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	354	308
Denver	11	5	0	.688	380	329
Seattle	8	8	0	.500	349	303
San Diego	8	8	0	.500	467	435
Kansas City	6	10	0	.375	317	360

*Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	10	6	0	.625	357	333
N.Y. Giants*	10	6	0	.625	399	283
Washington	10	6	0	.625	297	312
Philadelphia	7	9	0	.438	286	310
St. Louis	5	11	0	.313	278	414

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	15	1	0	.938	456	198
Green Bay	8	8	0	.500	337	355
Minnesota	7	9	0	.438	346	359
Detroit	7	9	0	.438	307	366
Tampa Bay	2	14	0	.125	294	448

WESTERN	W	L	T	Pct.	Pts.	Opp.
L.A. Rams	11	5	0	.688	340	277
San Francisco*	10	6	0	.625	411	263
New Orleans	5	11	0	.313	294	401
Atlanta	4	12	0	.250	282	452

1986 REVIEW (10-6)

Date	W/L Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
09/07	W 30-0	Pittsburgh	61,461	SEA	69	96	80	121	0	366		
09/14	W 23-17	Kansas City	61,068	OPP	60	103	52	78	0	293		
09/21	W 38-31	at New England	58,977									
09/28	L 19-14	at Washington	54,157	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	Rushing								
11/27	W 31-14	at Dallas	58,020	Warner								
12/08	W 37-0	L.A. Raiders	62,923	Williams								
12/14	W 34-24	at San Diego	47,096	Morris								
12/20	W 41-16	Denver	63,697	Krieg								
				SEA								
				OPP								
Team Statistics		Sea	Opp									
TOTAL FIRST DOWNS		291	310	Receiving								
Rushing		123	93	Largent								
Passing		158	192	Warner								
Penalty		10	25	Franklin								
3rd Down: Made/Att.		96/221	84/225	Williams								
3rd Down Pct.		43.4	37.3	Skansi								
4th Down: Made/Att.		0/6	6/18	R. Butler								
4th Down Pct.		0.0	33.3	Turner								
POSSESSION AVG.		29:46	30:14	SEA								
TOTAL NET YARDS		5409	5341	OPP								
Avg. Per Game		338.1	333.8	Interceptions								
Total Plays		1005	1053	Brown								
Avg. Per Play		5.4	5.1	Justin								
NET YARDS RUSHING		2300	1759	Robinson								
Avg. Per Game		143.8	109.9	Moyer								
Total Rushes		513	471	SEA								
NET YARDS PASSING		3109	3582	OPP								
Avg. Per Game		194.3	223.9	Kickoff Returns								
Sacked/Yards Lost		39/315	47/306	Edmonds								
Gross Yards		3424	3888	Morris								
Att./Completions		453/268	535/301	SEA								
Completion Pct.		59.2	56.3	OPP								
Had Intercepted		14	22	Punting								
PUNTS/AVERAGE		79/38.6	81/40.4	Gamache								
NET PUNTING AVG.		33.0	33.7	SEA								
PENALTIES/YARDS		98/813	81/652	OPP								
FUMBLES/BALL LOST		29/13	26/14	Net								
TOUCHDOWNS		43	34	TB								
Rushing		15	12	I20								
Passing		24	20	LG								
Returns		4	2	B								
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	Fred 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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/11	L	17-10	Cincinnati	31,739	N. Johnson	0	0	0	40-40	15-20	0	85	
10/18	W	37-14	at Detroit	8,310	Warner	10	8	2	0	0	0	60	
10/25	W	35-13	at L.A. Raiders	52,735	Largent	8	0	8	0	0	0	48	
11/01	W	28-17	Minnesota	61,134	Turner	6	0	6	0	0	0	36	
11/09	L	30-14	at N.Y. Jets	60,452	SEA	46	13	31	2	44-46	17-22	0	371
11/15	W	24-13	Green Bay	60,693	OPP	36	14	20	2	35-36	21-26	0	314
11/22	W	34-3	San Diego	62,444									
11/30	L	37-14	L.A. Raiders	62,802	Rushing		Att	Yds	Avg	LG	TD		
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	No	Yds	Avg	LG	TD
			(AFC Wild Card Game)		Largent	58	912	15.7	55	8
					J. Williams	38	420	11.1	75	3
					R. Butler	33	465	14.1	40	5
					Skansi	19	207	10.9	25	1
					SEA	237	3028	12.8	75	31
					OPP	255	3196	12.5	81	20

Team Statistics

	Sea	Opp		No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	301	297									
Rushing	120	133									
Passing	154	148									
Penalty	27	16									
3rd Down: Made/Att.	92/189	85/196	Interceptions	No	Yds	Avg	LG	TD			
3rd Down Pct.	48.7	43.4	Easley	4	47	11.8	22	0			
4th Down: Made/Att.	4/9	4/10	Robinson	3	75	25.0	44	0			
4th Down Pct.	44.4	40.0	Jenkins	3	46	15.3	34	0			
POSSESSION AVG.	30:35	29:25	SEA	17	289	17.0	53	1			
TOTAL NET YARDS	4735	5159	OPP	21	146	7.0	32	0			
Avg. Per Game	315.7	343.9									
Total Plays	937	954	Punt Returns	No	FC	Yds	Avg	LG	TD		
Avg. Per Play	5.1	5.4	Edmonds	20	4	251	12.6	40	0		
NET YARDS RUSHING	2023	2201	SEA	32	8	322	10.1	40	0		
Avg. Per Game	134.9	146.7	OPP	32	12	251	7.8	91	1		
Total Rushes	937	472									
NET YARDS PASSING	2712	2958	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Avg. Per Game	180.8	197.2	Rodriguez	47	1880	40.0	34.0	5	17	63	0
Sacked/Yards Lost	36/316	37/238	SEA	61	2370	38.9	33.1	5	18	63	0
Gross Yards	3028	3196	OPP	63	2465	39.1	32.7	4	13	60	1
Att./Completions	405/237	445/255									
Completion Pct.	58.5	57.3	Kickoff Returns	No	Yds	Avg	LG	TD			
Had Intercepted	21	17	Edmonds	27	564	20.9	43	0			
PUNTS/AVERAGE	61/38.9	63/39.1	Hollis	10	263	26.3	41	0			
NET PUNTING AVG.	33.1	32.7	SEA	64	1236	19.3	43	0			
PENALTIES/YARDS	79/668	104/890	OPP	67	1379	20.6	92	1			
FUMBLES/BALL LOST	32/16	38/21									
TOUCHDOWNS	46	36	Field Goals	1-19	20-29	30-39	40-49	50+			
Rushing	13	14	N. Johnson	0-0	7-7	4-7	4-5	0-1			
Passing	31	20	Hagler	0-0	2-2	0-0	0-0	0-0			
Returns	2	2	SEA	0-0	9-9	4-7	4-5	0-1			
TOTAL POINTS	371	314	OPP	0-0	7-7	9-9	5-8	0-2			

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	294	178	2131	60.5	7.25	23	7.8	15	5.1	75	27/247	87.6
Mathison	76	36	501	47.4	6.59	3	3.9	5	6.6	47	6/49	54.8
Kemp	33	23	396	69.7	12.00	5	15.2	1	3.0	55	3/20	137.1
SEA	405	237	3028	58.5	7.48	31	7.7	21	5.2	75	36/316	85.9
OPP	445	255	3196	57.3	7.18	20	4.5	17	3.8	81	37/238	78.8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F. Young	99	78	21	9.0	5	5	4
Bosworth	78	64	14	4.0	3	2	2
Robinson	69	49	20	0.0	3	0	1
Bryant	52	40	12	4.0	0	1	1
J. Green	48	36	12	9.5	0	3	1

Record (Finish): 9-6 (2nd, AFC West). Lost wild card playoff at Houston 23-20 (OT).

Head Coach: Chuck Knox (48-31, .608)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QB), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent and RB Curt Warner (Off.), S Kenny Easley (Def.), S Paul Moyer (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: S Kenny Easley (5), DE Jacob Green (2), WR Steve Largent (7), RB Curt Warner (3), LB Fredd Young (4)

National Honors: None

First-Team All-NFL: WR Steve Largent (PFWA), G Bryan Millard (Films), RB Curt Warner (SI, NEA), LB Fredd Young (AP, PFWA, Films, SI, PFW, SN, NEA)

OFFENSE

Pos.	Starts	
WR	Daryl Turner	8
LT	Ron Mattes	12
LG	Edwin Bailey	12
C	Blair Bush	11
RG	Bryan Millard	12
RT	Mike Wilson	12
TE	Mike Tice	12
WR	Steve Largent	13
QB	Dave Krieg	12
RB	Curt Warner	12
FB	John L. Williams	10

DEFENSE

LE	Jacob Green	12
NT	Joe Nash	12
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	7
	*Tony Woods	5
LILB	Fredd Young	13
RILB	*Brian Bosworth	12
ROLB	Greg Gaines	10
	*Tony Woods	2
LCB	Terry Taylor	12
RCB	Patrick Hunter	11
SS	Kenny Easley	11
FS	Eugene Robinson	12

SPECIAL TEAMS

K	Norm Johnson	13
P	Ruben Rodriguez	13

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Indianapolis	9	6	0	.600	300	238
New England	8	7	0	.533	320	293
Miami	8	7	0	.533	362	335
Buffalo	7	8	0	.467	270	305
N.Y. Jets	6	9	0	.400	280	312

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	10	5	0	.677	390	239
Houston*	9	6	0	.600	345	349
Pittsburgh	8	7	0	.533	285	299
Cincinnati	4	11	0	.267	285	370

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	10	4	1	.700	379	288
Seattle*	9	6	0	.600	371	314
San Diego	8	7	0	.533	253	317
L.A. Raiders	5	10	0	.333	301	289
Kansas City	4	11	0	.267	273	388

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	11	4	0	.733	379	385
Dallas	7	8	0	.467	340	348
St. Louis	7	8	0	.467	362	268
Philadelphia	7	8	0	.467	337	380
N.Y. Giants	6	9	0	.400	280	312

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	11	4	0	.733	356	282
Minnesota*	8	7	0	.533	336	335
Green Bay	5	9	1	.367	255	300
Tampa Bay	4	11	0	.267	286	360
Detroit	4	11	0	.267	269	384

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	2	0	.867	459	253
New Orleans*	12	3	0	.800	422	283
L.A. Rams	6	9	0	.400	317	361
Atlanta	3	12	0	.200	205	436

1988 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/02	W	31-20	at Atlanta	28,619	N. Johnson	0	0	0	0	39-39	22-28	0	105
10/09	W	16-10	at Cleveland	78,605	Warner	12	10	2	0	0	0	0	72
10/16	L	20-19	New Orleans	63,569	Blades	8	0	8	0	0	0	0	48
10/23	L	31-10	at L.A. Rams	57,033	Williams	7	4	3	0	0	0	0	42
10/30	W	17-14	San Diego	59,641	Butler	4	0	4	0	0	0	0	24
11/06	L	13-3	Buffalo	61,074	SEA	39	14	22	3	39-39	22-28	0	339
11/13	W	27-24	Houston	60,446	OPP	38	14	21	3	38-38	21-32	0	329
11/20	L	27-24	at Kansas City	33,152									
11/28	W	35-27	L.A. Raiders	62,641	Rushing	Att	Yds	Avg	LG	TD			
12/04	L	13-7	at New England	59,068	Warner	266	1025	3.9	29	10			
12/11	W	42-14	Denver	62,839	Williams	189	877	4.6	44	4			
12/18	W	43-37	at L.A. Raiders	61,127	SEA	517	2086	4.0	44	14			
					OPP	509	2286	4.5	42	14			

POSTSEASON

12/31	L	21-13	at Cincinnati (AFC Divisional Playoff)	58,560	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

Team Statistics	Sea	Opp	Interceptions	No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	291	321	Moyer	6	79	13.2	34	0			
Rushing	125	134	Taylor	5	53	10.6	27	1			
Passing	139	171	Jenkins	3	41	13.7	21	0			
Penalty	27	16	SEA	22	280	12.7	34	1			
3rd Down: Made/Att.	83/211	96/219	OPP	20	195	9.8	55	1			
3rd Down Pct.	39.3	43.8									
4th Down: Made/Att.	7/16	10/16	Punting	No	Yds	Avg	Net	TB	I20	LG	B
4th Down Pct.	43.8	62.5	Rodriguez	70	2858	40.8	36.8	4	14	68	0
POSSESSION AVG.	28:32	31:28	SEA	70	2858	40.8	36.8	4	14	68	0
TOTAL NET YARDS	4842	5639	OPP	66	2778	42.1	35.7	4	22	59	0
Avg. Per Game	302.6	352.4									
Total Plays	983	1040	Punt Returns	No	FC	Yds	Avg	LG	TD		
Avg. Per Play	4.9	5.4	Edmonds	35	8	340	9.7	41	0		
NET YARDS RUSHING	2086	2286	SEA	37	8	340	9.2	41	0		
Avg. Per Game	130.4	142.9	OPP	36	14	202	5.6	16	0		
Total Rushes	517	509									
NET YARDS PASSING	2756	3353	Kickoff Returns	No	Yds	Avg	LG	TD			
Avg. Per Game	172.3	209.6	Edmonds	40	900	22.5	65	0			
Sacked/Yards Lost	29/223	30/265	SEA	11	218	19.8	30	0			
Gross Yards	2979	3618	SEA	62	1352	21.8	65	0			
Att./Completions	437/245	501/280	OPP	66	1207	18.3	95	0			
Completion Pct.	56.1	55.9									
Had Intercepted	20	22	Field Goals	1-19	20-29	30-39	40-49	50+			
PUNTS/AVERAGE	70/40.8	66/42.1	N. Johnson	1-1	4-4	7-9	10-14	0-0			
NET PUNTING AVG.	36.8	35.7	SEA	1-1	4-4	7-9	10-14	0-0			
PENALTIES/YARDS	89/790	111/861	SEA	62	1352	21.8	65	0			
FUMBLES/BALL LOST	29/14	31/18	OPP	66	1207	18.3	95	0			
TOUCHDOWNS	39	38									
Rushing	14	14									
Passing	22	21									
Returns	3	3									
TOTAL POINTS	339	329									

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	228	134	1741	58.8	7.64	18	7.9	8	3.5	75	12/92	94.6
Stouffer	173	98	1106	56.6	6.39	4	2.3	6	3.5	53	13/110	69.2
Kemp	35	13	132	37.1	3.77	0	0.0	4	14.8	19	3/21	9.2
SEA	437	245	2979	56.1	6.82	22	5.0	20	4.6	75	29/233	74.9
OPP	501	280	3618	55.9	7.22	21	4.2	22	4.4	69	30/265	74.4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	114	85	29	1.0	3	1	0
Wyman	97	71	26	2.5	0	1	2
Bosworth	82	55	27	0.0	3	1	1
Woods	80	57	23	5.0	2	0	1
Moyer	73	52	21	0.0	2	0	2

Record (Finish): 9-7 (1st, AFC West). Lost divisional playoff at Cincinnati 21-13.

Head Coach: Chuck Knox (57-38, .600)

Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), DE Jacob Green and S Eugene Robinson (Def.),

Game-to-Game (Sp. Teams)

MVP: FB John L. Williams

Pro Bowl: QB Dave Krieg (2), ST Rufus Porter (1)

National Honors: WR Steve Largent, NFL Man of the Year

First-Team All-NFL: G Bryan Millard (S/I),

ST Rufus Porter (PF/W, 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	Steve Largent	15
WR	Dave Krieg	9
QB	*Kelly Stouffer	6
	Jeff Kemp	1
	Steve Largent	16
RB	Curt Warner	1
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	0	42
10/29	W	10-7	San Diego	59,691	Blades	5	0	5	0	0	0	0	30
11/05	L	20-10	at Kansas City	54,489	Skansi	5	0	5	0	0	0	0	30
11/12	L	17-7	Cleveland	58,978	Warner	4	3	1	0	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						
Rushing	86	119	Receiving					
Passing	180	158	Blades	77	1063	13.8	60	5
Penalty	24	16	Williams	76	657	8.6	51	6
3rd Down: Made/Att.	85/211	89/213	Skansi	39	488	12.5	26	5
3rd Down Pct.	40.3	41.8	Largent	28	403	14.4	33	3
4th Down: Made/Att.	8/17	5/16	Clark	25	260	10.4	28	1
4th Down Pct.	47.1	31.3	Warner	23	153	6.7	24	1
POSSESSION AVG.	29:20	30:40	SEA	316	3583	11.3	60	21
TOTAL NETYARDS	4596	5215	OPP	252	3332	13.2	69	23
Avg. Per Game	287.3	325.9	Interceptions					
Total Plays	1010	997	Robinson	5	24	4.8	20	0
Avg. Per Play	4.6	5.2	Harper	2	15	7.5	15	0
NETYARDS RUSHING	1392	2118	SEA	9	57	6.3	20	0
Avg. Per Game	87.0	132.4	OPP	23	248	10.8	30	2
Total Rushes	405	520	Punting					
NETYARDS PASSING	3204	3097	Rodriguez	75	2995	39.9	32.9	8
Avg. Per Game	200.3	193.6	SEA	75	2995	39.9	32.9	8
Sacked/Yards Lost	46/379	32/235	OPP	74	2902	39.2	33.9	7
Gross Yards	3583	3332	Punt Returns					
Att./Completions	559/316	445/252	Hollis	18	7	164	9.1	21
Completion Pct.	56.5	56.6	Jefferson	12	10	87	7.3	19
Had Intercepted	23	9	SEA	30	17	251	8.4	21
PUNTS/AVERAGE	76/39.4	74/39.2	OPP	41	12	334	8.1	49
NET PUNTING AVG.	32.9	33.9	Punt Returns					
PENALTIES/YARDS	79/738	118/809	Hollis	18	7	164	9.1	21
FUMBLES/BALL LOST	43/14	26/13	Jefferson	12	10	87	7.3	19
TOUCHDOWNS	28	37	SEA	30	17	251	8.4	21
Rushing	5	11	OPP	41	12	334	8.1	49
Passing	21	23	Punt Returns					
Returns	2	3	Hollis	18	7	164	9.1	21
TOTAL POINTS	241	327	Jefferson	12	10	87	7.3	19
			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/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

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	Scoring	TDs	Ru	Pa	Rt	PAT	FG	S	Pts
10/07	W	33-20	at New England	39,735	Johnson	0	0	0	0	33-34	23-32	0	102
10/14	L	24-17	at L.A. Raiders	50,624	Fenner	15	14	1	0	0	0	0	90
10/21	W	19-7	Kansas City	60,358	Chadwick	4	0	4	0	0	0	0	24
10/28			BYE		Kane	4	0	4	0	0	0	0	24
11/04	L	31-14	San Diego	59,646	Blades	3	0	3	0	0	0	0	18
11/11	W	17-16	at Kansas City	71,285	Williams	3	3	0	0	0	0	0	18
11/18	L	24-21	Minnesota	59,735	SEA	34	18	15	1	33-34	23-32	0	306
11/25	W	13-10	at San Diego (OT)	50,097	OPP	32	7	19	6	32-32	20-27	1	286
12/02	W	13-10	Houston (OT)	57,592									
12/09	W	20-14	at Green Bay	52,015	Rushing	Att	Yds	Avg	LG	TD			
12/16	L	24-17	at Miami	57,851	Fenner	215	859	4.0	36	14			
12/23	W	17-12	Denver	55,845	Williams	187	714	3.8	25	3			
12/30	W	30-10	Detroit	50,681	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		No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	284	280									
Rushing	111	86	Receiving	No	Yds	Avg	LG	TD			
Passing	155	171	Williams	73	699	9.6	60	0			
Penalty	18	23	Kane	52	776	14.9	63	4			
3rd Down: Made/Att.	87/200	83/207	Blades	49	525	10.7	24	3			
3rd Down Pct.	43.5	40.1	Chadwick	27	478	17.7	54	4			
4th Down: Made/Att.	6/7	7/11	Skansi	22	257	11.7	25	2			
4th Down Pct.	85.7	63.6	Fenner	17	143	8.4	50	1			
POSSESSION AVG.	30:47	29:13	SEA	265	3194	12.1	63	15			
TOTAL NET YARDS	4583	4609	OPP	300	3256	10.9	46	19			
Avg. Per Game	286.4	288.1	Interceptions	No	Yds	Avg	LG	TD			
Total Plays	945	950	Robinson	3	89	29.7	39	0			
Avg. Per Play	4.8	4.9	Harper	3	69	23.0	47	0			
NET YARDS RUSHING	1749	1605	SEA	12	182	15.2	47	0			
Avg. Per Game	109.3	100.3	OPP	20	252	12.6	42	0			
Total Rushes	457	413									
NET YARDS PASSING	2834	3004	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Avg. Per Game	177.1	187.8	Donnelly	67	2722	40.6	34.4	8	18	54	0
Sacked/Yards Lost	40/360	33/252	SEA	67	2722	40.6	34.4	8	18	54	0
Gross Yards	3194	3256	OPP	77	3225	41.9	36.2	5	22	67	0
Att./Completions	448/265	504/300	Punt Returns	No	FC	Yds	Avg	LG	TD		
Completion Pct.	59.2	59.5	Warren	28	16	269	9.6	39	0		
Had Intercepted	20	12	Jefferson	8	0	68	8.5	14	0		
PUNTS/AVERAGE	67/40.6	77/41.9	SEA	36	16	337	9.4	39	0		
NET PUNTING AVG.	34.4	36.2	OPP	29	21	254	8.8	66	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									

Passing

	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
SEA	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
OPP	504	300	3256	59.5	6.46	19	3.8	12	2.4	46	33/252	81.3

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	23	478	20.8	71	0
Loville	18	359	19.9	29	0
SEA	50	985	19.7	71	0
OPP	51	910	17.8	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	2-2	7-7	8-14	5-6	1-3
SEA	2-2	7-7	8-14	5-6	1-3
OPP	0-0	11-11	3-5	5-8	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Glasgow	83	70	13	2.0	2	3	1
Robinson	82	63	19	0.0	5	1	4
Harper	71	62	9	0.0	4	1	0
Green	60	44	16	12.5	2	3	1
Hunter	56	48	8	0.0	10	1	1
Nash	53	41	12	1.0	0	1	1

Record (Finish): 9-7 (3rd, AFC West)

Head Coach: Chuck Knox (73-54, .575)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: QB Dave Krieg (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

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		Att	Yds	Avg	LG	TD								
11/17	L	31-7	at L.A. Raiders	49,317	Williams		188	741	3.9	42	4								
11/24	W	13-10	Denver	60,430	Fenner		91	267	2.9	15	4								
12/01	L	19-6	Kansas City	57,248	Jones		45	154	3.4	22	3								
12/08	L	24-22	San Francisco	56,711	SEA		394	1426	3.6	42	11								
12/15	L	26-13	at Atlanta	53,834	OPP		435	1684	3.9	32	4								
12/22	W	23-9	L.A. Rams	51,100	Receiving		No	Yds	Avg	LG	TD								
Team Statistics			Sea	Opp	Blades		70	1003	14.3	52	2								
TOTAL FIRST DOWNS			253	263	Williams		61	499	8.2	35	1								
Rushing			80	92	Kane		50	763	15.3	60	2								
Passing			159	159	Chadwick		22	255	11.6	29	3								
Penalty			14	12	SEA		290	3371	11.6	60	15								
3rd Down: Made/Att.			67/193	78/220	OPP		296	3288	11.1	61t	18								
3rd Down Pct.			34.7	35.5	Interceptions		No	Yds	Avg	LG	TD								
4th Down: Made/Att.			2/9	9/20	Robinson		5	56	11.2	27	0								
4th Down Pct.			22.2	45.0	Harper		4	84	21.0	43	0								
POSSESSION AVG.			29:27	30:33	SEA		18	302	16.8	43	2								
TOTAL NET YARDS			4534	4703	OPP		26	334	12.8	58	2								
Avg. Per Game			283.4	293.9	Punting		No	Yds	Avg	Net	TB	I20	LG	B					
Total Plays			924	988	Tuten		49	2106	43.0	36.9	3	8	60	0					
Avg. Per Play			4.9	4.8	Donnelly		13	505	38.8	33.8	1	1	57	0					
NET YARDS RUSHING			1426	1684	Waits		14	474	33.9	33.6	0	2	50	0					
Avg. Per Game			89.1	105.3	SEA		76	3085	40.6	35.7	4	11	60	0					
Total Rushes			394	435	OPP		79	3089	39.1	33.0	8	20	65	1					
NET YARDS PASSING			3108	3019	Punt Returns		No	FC	Yds	Avg	LG	TD							
Avg. Per Game			194.3	188.7	Warren		32	19	298	9.3	59t	1							
Sacked/Yards Lost			42/263	36/269	SEA		38	20	325	8.6	59t	1							
Gross Yards			3371	3288	OPP		40	18	289	7.2	29	0							
Att./Completions			488/290	517/296	Kickoff Returns		No	Yds	Avg	LG	TD								
Completion Pct.			59.4	57.3	Warren		35	792	22.6	55	0								
Had Intercepted			26	18	Loville		18	412	22.9	50	0								
PUNTS/AVERAGE			76/40.6	79/39.1	SEA		60	1280	21.3	55	0								
NET PUNTING AVG.			35.7	33.0	OPP		51	858	16.8	38	0								
PENALTIES/YARDS			85/682	108/845	Passing		Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating	
FUMBLES/BALL LOST			26/17	34/21	Krieg		285	187	2080	65.6	7.30	11	3.9	12	4.2	60	32/216	82.5	
TOUCHDOWNS			29	25	Kemp		181	94	1207	51.9	6.67	4	2.2	12	6.6	52	8/38	52.9	
Rushing			11	4	Stouffer		15	6	57	40.0	3.80	0	0.0	1	6.7	19	2/9	23.5	
Passing			15	18	McGwire		7	3	27	42.9	3.86	0	0.0	1	14.3	13	0/0	14.3	
Returns			3	3	SEA		488	290	3371	59.4	6.91	15	3.1	26	5.3	60	42/263	68.4	
TOTAL POINTS			276	261	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)

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.), TE James Jones (Sp. Teams)

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)

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 Brizl	16
C	Ray Donaldson	16
RG	Bill Hitchcock	14
RT	Andy Heck	16
TE	Paul Green	8
	Ferrell Edmunds	16
WR	Brian Blades	14
QB	*Rick Mirer	16
RB	Chris Warren	14
FB	John L. Williams	9

DEFENSE

LE	Jeff Bryant	15
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Natu Tuatagaloa	15
RLB	Terry Wooden	16
MLB	Rod Stephens	13
RLB	Kevin Murphy	10
	Rufus Porter	6
LCB	Dwayne Harper	14
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	12	4	0	.750	329	242
Miami	9	7	0	.563	349	351
N.Y. Jets	8	8	0	.500	270	247
New England	5	11	0	.313	238	286
Indianapolis	4	12	0	.250	189	378

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Houston	12	4	0	.750	368	238
Pittsburgh*	9	7	0	.563	308	281
Cleveland	7	9	0	.438	304	307
Cincinnati	3	13	0	.188	187	319

WESTERN	W	L	T	Pct.	Pts.	Opp.
Kansas City	11	5	0	.688	328	291
L.A. Raiders*	10	6	0	.625	306	326
Denver*	9	7	0	.563	373	284
San Diego	8	8	0	.500	322	290
Seattle	6	10	0	.375	280	314

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	376	229
N.Y. Giants*	11	5	0	.688	288	205
Philadelphia	8	8	0	.500	293	315
Phoenix	7	9	0	.438	326	269
Washington	4	12	0	.250	230	345

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Detroit	10	6	0	.625	298	292
Minnesota*	9	7	0	.563	277	290
Green Bay*	9	7	0	.563	340	282
Chicago	7	9	0	.438	234	230
Tampa Bay	5	11	0	.313	237	376

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	473	295
New Orleans	8	8	0	.500	317	343
Atlanta	6	10	0	.375	316	385
L.A. Rams	5	11	0	.313	221	367

1994 REVIEW (6-10)

Date	W/L	Score	Opponents	Att	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

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									

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

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)

MVP: RB Chris Warren

Pro Bowl: DT Cortez Kennedy (4), P Rick Tuten (1), RB Chris Warren (2)

National Honors: WR Steve Largent (Hall of Fame inductee)

All-NFL: DT Cortez Kennedy (AP, SI, CPFN), P Rick Tuten (SI)

OFFENSE

Pos.		Starts
WR	Kelvin Martin	15
LT	Ray Roberts	14
LG	Jeff Blackshear	16
C	Ray Donaldson	16
RG	*Kevin Mawae	11
RT	Howard Ballard	16
TE	Paul Green	11
	Ferrell Edmunds	7
WR	Brian Blades	16
QB	Rick Mirer	13
	Dan McGwire	3
RB	Chris Warren	15
FB	Tracy Johnson	10

DEFENSE

LE	Antonio Edwards	8
	*Sam Adams	6
LT	Joe Nash	15
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	6
LLB	Terry Wooden	15
MLB	Rod Stephens	16
RLB	Rufus Porter	14
LCB	Carlton Gray	11
	Tony Brown	5
RCB	Patrick Hunter	5
	Terry Taylor	3
SS	Robert Blackmon	15
FS	Eugene Robinson	14

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	10	6	0	.625	389	327
New England*	10	6	0	.625	351	312
Indianapolis	8	8	0	.500	307	320
Buffalo	7	9	0	.438	340	356
N.Y. Jets	6	10	0	.375	264	320

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	12	4	0	.750	316	234
Cleveland*	11	5	0	.688	340	204
Cincinnati	3	13	0	.188	276	406
Houston	2	14	0	.125	226	352

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	381	306
Kansas City*	9	7	0	.563	319	398
L.A. Raiders	9	7	0	.563	303	327
Denver	7	9	0	.438	347	396
Seattle	6	10	0	.375	287	323

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	414	248
N.Y. Giants	9	7	0	.563	279	304
Arizona	8	8	0	.500	235	267
Philadelphia	7	9	0	.438	308	308
Washington	3	13	0	.188	320	412

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	10	6	0	.625	356	314
Green Bay*	9	7	0	.563	382	287
Detroit*	9	7	0	.563	357	342
Chicago*	9	7	0	.563	271	307
Tampa Bay	6	10	0	.375	251	351

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	505	296
New Orleans	7	9	0	.438	348	407
Atlanta	7	9	0	.438	317	385
L.A. Rams	4	12	0	.250	286	365

1995 REVIEW (8-8)

Date	W/L	Score	Opponents	Att	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	New York 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	New York Jets	41,160							
12/03	W	26-14	Philadelphia	39,893							
12/10	W	31-27	at Denver	71,488							
12/17	W	44-10	Oakland	58,428							
12/24	L	26-3	at Kansas City	75,784							

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	311	321
Rushing	121	116
Passing	171	181
Penalty	19	24
3rd Down: Made/Att.	82/217	81/218
3rd Down Pct.	37.8	37.2
4th Down: Made/Att.	9/13	10/18
4th Down Pct.	69.2	55.6
POSSESSION AVG.	28:30	31:30
TOTAL NET YARDS	5270	5669
Avg. Per Game	329.4	354.3
Total Plays	1033	1078
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2178	2130
Avg. Per Game	136.1	133.1
Total Rushes	477	496
NET YARDS PASSING	3092	3539
Avg. Per Game	193.3	221.2
Sacked/Yards Lost	45/267	28/167
Gross Yards	3359	3706
Att./Completions	511/273	554/310
Completion Pct.	53.4	56.0
Had Intercepted	23	16
PUNTS/AVERAGE	83/45.0	81/42.6
NET PUNTING AVG.	36.5	36.4
PENALTIES/YARDS	100/852	114/901
FUMBLES/BALL LOST	24/9	17/9
TOUCHDOWNS	42	43
Rushing	20	11
Passing	19	26
Returns	1	2
Defensive	2	4
TOTAL POINTS	363	366

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	40/40	23/28	0	109
Warren	16	15	1	0	0	0	0	96
Galloway	9	1	7	1	0	0	0	54
SEA	42	20	19	3	40/40	23/28	1	363
OPP	43	11	26	6	36/37	24/35	0	366

2-Point PATs: Mirer 0-1, Warren 0-1
SEA 0-2, Opp 0-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	310	1346	4.3	52	15
Broussard	46	222	4.8	21t	1
L. Smith	36	215	6.0	68	0
SEA	477	2178	4.6	86t	20
OPP	496	2130	4.3	46	11

Receiving	No	Yds	Avg	LG	TD
Blades	77	1001	13.0	49	4
Galloway	67	1039	15.5	59t	7
Warren	35	247	7.1	20t	1
Crumpler	23	254	11.0	24	1
SEA	273	3359	12.3	59t	19
OPP	310	3706	12.0	88t	26

Interceptions	No	Yds	Avg	LG	TD
Blackmon	5	46	9.2	21	0
Gray	4	45	11.3	26	0
SEA	16	127	7.9	32	0
OPP	24	384	16.0	72t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	83	3735	45.0	36.5	8	21	73	0
SEA	83	3735	45.0	36.5	8	21	73	0
OPP	81	3449	42.6	36.4	6	24	62	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	36	12	360	10.0	89t	1
SEA	40	13	384	9.6	89t	1
OPP	48	7	549	11.4	44	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	1064	24.7	70	0
SEA	72	1620	22.5	70	0
OPP	70	1669	23.8	99t	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	391	209	2564	53.5	6.56	13	3.3	20	5.1	59t	42/255	63.7
Friesz	120	64	795	53.3	6.63	6	5.0	3	2.5	43t	3/12	80.4
SEA	511	273	3359	53.4	6.57	19	3.7	23	4.5	59t	45/267	67.6
OPP	554	310	3706	56.0	6.69	26	4.7	16	2.9	88t	28/167	80.2

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	5/5	9/10	8/10	0/2
SEA	1/1	5/5	9/10	8/10	0/2
OPP	1/1	10/13	5/7	7/9	1/5

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	135	114	21	0.0	8	1	0
E. Robinson	105	79	26	0.0	4	0	1
Moss	88	65	23	2.0	5	1	2
C. Harris	85	77	8	0.0	12	1	1
Gray	73	68	5	0.0	19	0	0

Record (Finish): 8-8, (3rd, AFC West)

Head Coach: Dennis Erickson (8-8, .500)

Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def.), Tom Catlin (Quality Control), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Arnie Matsumoto (Def. Asst.), Howard Mudd (OL), Rich Olson (QB), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

Captains: Rick Mirer (Off.), Eugene Robinson (Def.), Trey Junkin (Sp. Teams)

MVP: RB Chris Warren

Pro Bowl: DT Cortez Kennedy (5), RB Chris Warren (3)

National Honors: WR Steve Largent inducted into Pro Football Hall of Fame

OFFENSE

Pos.		Starts
WR	*Joey Galloway	16
LT	James Atkins	16
LG	*Matt Joyce	13
C	Jim Sweeney	16
RG	Kevin Mawae	16
RT	Howard Ballard	16
TE	*Christian Fauria	9
	Carlester Crumpler	7
WR	Brian Blades	16
QB	Rick Mirer	13
	John Friesz	3
RB	Chris Warren	16
FB	Steve Smith	7
	Tracy Johnson	4

DEFENSE

LE	Michael Sinclair	15
LT	Joe Nash	11
	Sam Adams	5
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	7
SLB	Terry Wooden	16
MLB	Dean Wells	10
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	13
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	10	6	0	.625	350	335
Indianapolis*	9	7	0	.563	331	316
Miami*	9	7	0	.563	398	332
New England	6	10	0	.375	294	377
N.Y. Jets	3	13	0	.188	233	384

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	11	5	0	.688	407	327
Cincinnati	7	9	0	.438	349	374
Houston	7	9	0	.438	348	324
Cleveland	5	11	0	.313	289	356
Jacksonville	4	12	0	.250	275	404

WESTERN	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.813	358	241
San Diego*	9	7	0	.563	321	323
Seattle	8	8	0	.500	363	366
Denver	8	8	0	.500	388	345
Oakland	8	8	0	.500	348	332

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	435	291
Philadelphia*	10	6	0	.625	318	338
Washington	6	10	0	.375	326	359
N.Y. Giants	5	11	0	.313	290	340
Arizona	4	12	0	.250	275	422

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Green Bay	11	5	0	.688	401	314
Detroit*	10	6	0	.625	436	336
Chicago	9	7	0	.563	392	360
Tampa Bay	7	9	0	.438	238	335

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	11	5	0	.688	457	258
Atlanta*	9	7	0	.563	362	349
St. Louis	7	9	0	.438	309	418
Carolina	7	9	0	.438	289	325
New Orleans	7	9	0	.438	319	348

1996 REVIEW (7-9)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
09/01	L	29-7	at San Diego	58,780	SEA	53	117	57	90	--	317
09/08	L	30-20	Denver	43,671	OPP	85	111	64	116	--	376
09/15	L	35-17	Kansas City	39,790							
09/22	W	17-13	at Tampa Bay	30,212							
09/29	L	31-10	Green Bay	59,973							
10/06	W	22-15	at Miami	59,539							
10/13			BYE								
10/17	L	34-16	at Kansas City	76,057							
10/27	W	32-13	San Diego	38,143							
11/03	W	23-16	Houston	36,320							
11/10	W	42-23	Minnesota	50,794							
11/17	L	17-16	at Detroit	51,194							
11/24	L	27-21	Oakland	47,506							
12/01	L	34-7	at Denver	74,982							
12/08	W	26-18	Buffalo	41,373							
12/15	L	20-13	at Jacksonville	66,134							
12/22	W	28-21	at Oakland	33,455							

Scoring	TD	RU	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	27/27	28/34	0	111	
Smith	8	8	0	0	0	0	54	
Galloway	8	0	7	1	0	0	48	
Warren	5	5	0	0	0	0	32	
SEA	33	16	14	3	27/27	28/34	0	317
OPP	40	15	25	0	35/35	31/34	1	376

2-Point PATs: Smith 3-3, Warren 1-3
SEA 4-6, Opp 3-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	203	855	4.2	51	5
Smith	153	680	4.4	29	8
Mirer	33	191	5.8	33	2
SEA	442	1997	4.5	51	16
OPP	506	2098	4.1	40	15

Receiving	No	Yds	Avg	LG	TD
Galloway	57	987	17.3	65t	7
Blades	43	556	12.9	80t	2
Warren	40	273	6.8	33	0
Crumpler	26	258	9.9	26	0
Proehl	23	309	13.4	56	2
SEA	261	3216	12.3	80t	14
OPP	303	3624	12.0	65t	25

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	15	5	158	10.5	88t	1
R. Harris	19	10	194	10.2	35	0
SEA	34	15	352	10.4	88t	1
OPP	52	17	640	12.3	50	0

Interceptions	No	Yds	Avg	LG	TD
D. Williams	5	148	29.6	79t	1
2 players with	3				
SEA	14	256	18.3	79t	1
OPP	17	305	17.9	63	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	85	3746	44.1	34.5	7	21	66	1
SEA	86	3746	43.6	34.5	7	21	66	1
OPP	76	3214	42.3	34.0	14	23	57	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	979	22.8	86	0
SEA	71	1542	21.7	86	0
OPP	72	1642	22.8	60	0

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	268	325
Rushing	94	114
Passing	147	181
Penalty	27	30
3rd Down: Made/Att.	64/212	80/211
3rd Down Pct.	30.2	37.9
4th Down: Made/Att.	7/17	7/15
4th Down Pct.	41.2	46.7
POSSESSION AVG.	28:01	31:59
TOTAL NET YARDS	5024	5437
Avg. Per Game	314.0	339.8
Total Plays	974	1066
Avg. Per Play	5.2	5.1
NET YARDS RUSHING	1997	2098
Avg. Per Game	124.8	131.1
Total Rushes	442	506
NET YARDS PASSING	3027	3339
Avg. Per Game	189.2	208.7
Sacked/Yards Lost	38/189	48/285
Gross Yards	3216	3624
Att./Completions	494/261	512/303
Completion Pct.	52.8	59.2
Had Intercepted	17	14
PUNTS/AVG.	86/43.6	76/42.3
Net Punting Avg.	34.5	34.0
PENALTIES/YARDS	112/879	98/804
FUMBLES/LOST	24/12	37/18
TOUCHDOWNS	33	40
Rushing	16	15
Passing	14	25
Defense	1	0
Returns	2	0
TOTAL POINTS	317	376

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Friesz	211	120	1629	56.9	7.72	8	3.8	4	1.9	80t	12/77	86.4
Mirer	265	136	1546	51.3	5.83	5	1.9	12	4.5	60	22/84	56.6
SEA	494	261	3216	52.8	6.51	14	2.8	17	3.4	80t	38/189	68.3
OPP	512	303	3624	59.2	7.08	25	4.9	14	2.7	65t	48/285	85.8

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	11/13	7/7	8/11	2/3
SEA	0/0	11/13	7/7	8/11	2/3
OPP	3/3	9/9	8/11	9/9	2/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wells	107	82	25	1.0	4	0	2
Moss	106	77	29	1.0	4	0	0
Blackmon	102	80	22	1.0	7	3	0
D. Williams	80	67	13	0.0	11	0	1
McCrary	76	57	19	13.5	3	1	1

Record (finish): 7-9 (T4th, AFC West)

Head Coach: Dennis Erickson (15-17, .469)

Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (Def. Asst.), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QB), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

Captains: QB Rick Mirer & RB Chris Warren (Off.), LB Winston Moss & LB Terry Wooden (Def.), P Rick Tuten (Sp. Teams)

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	New York 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							

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	331	286
Rushing	98	96
Passing	207	166
Penalty	26	24
3rd Down: Made/Att.	91/224	66/198
3rd Down Pct.	40.6	33.3
4th Down: Made/Att.	8/16	8/16
4th Down Pct.	50.0	50.0
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	5759	4849
Avg. Per Game	359.9	303.1
Total Plays	1049	959
Avg. Per Play	5.5	5.1
NET YARDS RUSHING	1800	1731
Avg. Per Game	112.5	108.2
Total Rushes	404	455
NET YARDS PASSING	3959	3118
Avg. Per Game	247.4	194.9
Sacked/Yards Lost	36/228	42/238
Gross Yards	4187	3356
Att./Completions	609/359	462/276
Completion Pct.	58.9	59.7
Had Intercepted	21	13
PUNTS/AVERAGE	78/40.3	74/42.0
Net Punting Avg.	32.3	36.8
PENALTIES/YARDS	109/911	100/820
FUMBLES/LOST	26/11	33/16
TOUCHDOWNS	43	38
Rushing	13	10
Passing	26	19
Defensive	4	4
Returns	0	5
FIELD GOALS	22/28	31/34
TOTAL POINTS	365	362

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	37/37	22/28	0	103
Galloway	12	0	12	0	0	0	0	72
Broussard	6	5	1	0	0	0	0	36
McKnight	6	0	6	0	0	0	0	36
Warren	4	4	0	0	0	0	0	24
SEA	43	13	26	4	37/37	22/28	1	365
OPP	38	10	19	9	35/35	31/34	1	358

2-Point PATs: Smith 1-1, Kitna 0-1, Moon 0-3, Tuten 0-1. SEA 1-6. OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Warren	200	847	4.2	36t	4
Broussard	70	418	6.0	77t	5
Smith	91	392	4.3	35	2
SEA	404	1800	4.5	77t	13
OPP	455	1731	3.8	55t	10

Receiving	No	Yds	Avg	LG	TD
Galloway	72	1049	14.6	53t	12
Pritchard	64	843	13.2	61	2
Warren	45	257	5.7	20	0
McKnight	34	637	18.7	60t	6
Crumpler	31	361	11.6	30	1
Br. Blades	30	319	10.6	27	2
Broussard	24	143	6.0	20t	1
Smith	23	183	8.0	22	0
SEA	359	4187	11.7	61	26
OPP	276	3356	12.2	92	19

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	48	2007	41.8	36.4	5	15	65	0
SEA	78	3144	40.3	32.3	8	24	65	2
OPP	74	3111	42.0	36.8	7	21	66	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Harris	21	12	144	6.9	19	0
Davis	16	6	104	6.5	28	0
SEA	37	18	248	6.7	28	0
OPP	38	14	463	12.2	89t	2

Interceptions	No	Yds	Avg	LG	TD
D. Williams	8	172	21.5	44t	1
Be. Blades	2	11	5.5	11	0
SEA	13	196	15.1	44t	1
OPP	21	372	17.7	75t	4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	528	313	3678	59.3	6.97	25	4.7	16	3.0	60t	30/192	83.7
SEA	609	359	4187	58.9	6.88	26	4.3	21	3.4	61	36/228	79.7
OPP	462	276	3356	59.7	7.26	19	4.1	13	2.8	92	42/238	84.1

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	50	1076	21.5	43	0
SEA	76	1550	20.4	43	0
OPP	77	1779	23.1	93t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	9/9	7/10	5/7	1/2
SEA	0/0	9/9	7/10	5/7	1/2
OPP	2/2	12/13	5/5	8/10	4/4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	104	75	29	6.5	3	1	4
D. Williams	93	68	25	0.0	13	1	1
Wells	92	74	18	1.0	2	1	1
Be. Blades	70	58	12	1.0	2	0	0

Record (finish): 8-8 (3rd, AFC West)

Head Coach: Dennis Erickson (23-25, .479)

Assistants: Gregg Smith (Asst. Head Coach/OL), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Ned James (Off. Asst.), Darren Krein (Asst. Str. & Cond.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs), Jim Zorn (Off. Asst.)

Captains: QB John Friesz (Off.), LB Winston Moss (Def.), S Jay Bellamy (Sp. Teams)

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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/11	L	21-16	Denver	66,258	Peterson	0	0	0	0	41/41	19/24	0	98
10/18			BYE		Galloway	12	0	10	2	0	0	0	72
10/25	W	27-20	at San Diego	58,512	Watters	9	9	0	0	0	0	0	56
11/01	L	31-18	Oakland	66,246	Pritchard	3	0	3	0	0	0	0	20
11/08	W	24-12	Kansas City	66,251	Springs	3	0	0	3	0	0	0	18
11/15	L	20-17	at Oakland	51,527	SEA	45	11	21	13	41/41	19/24	0	372
11/22	L	30-22	at Dallas	64,142	OPP	35	13	18	4	31/31	23/30	0	310
11/29	W	20-18	Tennessee	59,048	2-Point PATs: SEA 2-4. OPP 0-4.								
12/06	L	32-31	at NY Jets	72,200	Rushing	Att	Yds	Avg	LG	TD			
12/13	W	38-17	San Diego	62,690	Watters	319	1239	3.9	39t	9			
12/20	W	27-23	Indianapolis	58,703	A. Green		35	209	6.0	64	1		
12/27	L	28-21	at Denver	74,057	Kitna		20	67	3.4	21	1		

Team Statistics		Sea	Opp													
TOTAL FIRST DOWNS		267	337													
Rushing		92	111													
Passing		144	197	Receiving	No	Yds	Avg	LG	TD							
Penalty		31	29	Galloway	65	1047	16.1	81t	10							
3rd Down: Made/Att.		54/195	92/236	Pritchard	58	742	12.8	50t	3							
3rd Down Pct.		27.7	39.0	Watters	52	373	7.2	24	0							
4th Down: Made/Att.		6/17	8/20	Fauria	37	377	10.2	25	2							
4th Down Pct.		35.3	40.0	McKnight	21	346	16.5	59t	2							
POSSESSION AVG.		27:05	32:55	Blades	15	184	12.3	47	0							
TOTAL NET YARDS		4626	5689	SEA	273	3219	11.8	81t	21							
Avg. Per Game		289.1	355.6	OPP	343	3972	11.6	80t	18							
Total Plays		940	1137	Punting	No	Yds	Avg	Net	TB	I20	LG	B				
Avg. Per Play		4.9	5.0	Feagles	81	3570	44.1	36.5	12	27	59	0				
NET YARDS RUSHING		1626	1999	SEA	81	3570	44.1	36.5	12	27	50	0				
Avg. Per Game		101.6	124.9	OPP	78	3397	43.6	36.0	8	23	61	0				
Total Rushes		426	487	Punt Returns	No	FC	Yds	Avg	LG	TD						
NET YARDS PASSING		3000	3690	Galloway	25	5	251	10.0	74t	2						
Avg. Per Game		187.5	230.6	Joseph	15	5	182	12.1	66	0						
Sacked/Yards Lost		34/219	53/282	SEA	41	10	428	10.4	74t	2						
Gross Yards		3219	3972	OPP	33	15	371	11.2	63t	1						
Att./Completions		480/273	597/343	Interceptions	No	Yds	Avg	LG	TD							
Completion Pct.		56.9	57.5	Springs	7	142	20.3	56t	2							
Had Intercepted		18	24	D. Smith	3	56	18.7	26t	2							
PUNTS/AVERAGE		81/44.1	78/43.6	D. Williams	3	41	13.7	28	0							
Net Punting Avg.		36.5	36.0	Bellamy	3	40	13.3	24	0							
PENALTIES/YARDS		117/914	130/1157	W. Williams	2	36	18.0	28t	1							
FUMBLES/LOST		30/16	34/18	SEA	24	455	19.0	56t	8							
TOUCHDOWNS		45	35	OPP	18	220	12.2	74t	2							
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

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

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	10	6	0	.625	381	275
Arizona*	9	7	0	.563	325	378
N.Y. Giants	8	8	0	.500	287	309
Washington	6	10	0	.375	319	421
Philadelphia	3	13	0	.188	161	344

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	15	1	0	.938	556	296
Green Bay*	11	5	0	.688	408	319
Tampa Bay	8	8	0	.500	314	295
Detroit	5	11	0	.313	306	378
Chicago	4	12	0	.250	276	368

WESTERN	W	L	T	Pct.	Pts.	Opp.
Atlanta	14	2	0	.875	442	289
San Francisco*	12	4	0	.750	479	328
New Orleans	6	10	0	.375	305	359
Carolina	4	12	0	.250	336	413
St. Louis	4	12	0	.250	285	378

1999 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
09/12	L	28-20	Detroit	66,238	SEA	86	104	70	78	0	338
09/19	W	14-13	at Chicago	66,944	OPP	53	109	59	71	6	298
09/26	W	29-10	at Pittsburgh	57,881							
10/03	W	22-21	Oakland	66,400							
10/10			BYE								
10/17	L	13-10	at San Diego	59,432							
10/24	W	26-16	Buffalo	66,301							
11/01	W	27-7	at Green Bay	59,869							
11/07	W	37-20	Cincinnati	66,303							
11/14	W	20-17	Denver	66,314							
11/21	W	31-19	at Kansas City	78,714							
11/28	L	16-3	Tampa Bay	66,314							
12/05	L	30-21	at Oakland	44,716							
12/12	L	19-16	San Diego	66,318							
12/19	L	36-30	at Denver (OT)	65,987							
12/26	W	23-14	Kansas City	66,332							
01/02	L	19-9	at New York Jets	78,154							

POSTSEASON

01/09	L	20-17	Miami	66,170							
(AFC Wild Card Game)											

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	276	313
Rushing	65	107
Passing	179	183
Penalty	32	23
3rd Down: Made/Att.	68/210	89/239
3rd Down Pct.	32.4	37.2
4th Down: Made/Att.	2/8	8/18
4th Down Pct.	25.0	44.4
POSSESSION AVG.	27:48	32:12
TOTAL NET YARDS	4805	5426
Avg. Per Game	300.3	339.1
Total Plays	971	1104
Avg. Per Play	4.9	4.9
NET YARDS RUSHING	1408	1934
Avg. Per Game	88.0	120.9
Total Rushes	408	484
NET YARDS PASSING	3397	3492
Avg. Per Game	212.3	218.3
Sacked/Yards Lost	38/232	38/252
Gross Yards	3629	3744
Att./Completions	525/288	582/320
Completion Pct.	54.9	55.0
Had Intercepted	16	30
PUNTS/AVERAGE	84/40.8	81/42.0
Net Punting Avg.	35.2	34.3
PENALTIES/YARDS	98/883	128/985
FUMBLES/LOST	31/17	17/6
TOUCHDOWNS	34	30
Rushing	5	9
Passing	25	19
Defensive	3	1
Returns	1	1
FIELD GOALS	34/40	30/38
TOTAL POINTS	338	298

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	32/32	34/40	0	134
Mayes	10	0	10	0	0	0	0	60
Watters	7	5	2	0	0	0	0	42
Dawkins	7	0	7	0	0	0	0	42
Pritchard	2	0	2	0	0	0	0	12
SEA	34	5	25	4	32/32	34/40	0	338
OPP	30	9	19	2	26/27	30/38	1	298

2-Point PATs: SEA 0-2. OPP 0-2.

Rushing	Att	Yds	Avg	LG	TD
Watters	325	1210	3.7	45	5
Green	26	120	4.6	21	0
Kitna	35	56	1.6	10	0
R. Brown	14	38	2.7	0	0
SEA	408	1408	3.5	45	5
OPP	484	1934	4.0	71	9

Receiving	No	Yds	Avg	LG	TD
Mayes	65	829	13.4	54t	10
Dawkins	58	992	17.1	45t	7
Watters	40	387	9.7	25	2
Fauria	35	376	10.7	25	0
R. Brown	34	228	6.7	26	1
Pritchard	26	375	14.4	51	2
Galloway	22	335	15.2	48	1
Mili	5	28	5.6	8	1
Bownes	4	68	17.0	49t	1
SEA	288	3629	12.6	51	25
OPP	320	3744	11.7	76t	19

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	84	3425	40.8	35.2	5	34	59	0
SEA	84	3425	40.8	35.2	5	34	59	0
OPP	81	3398	42.0	34.3	10	23	68	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	22	18	318	14.5	94t	1
SEA	30	24	419	14.0	94t	1
OPP	36	18	370	10.3	81t	1

Interceptions	No	Yds	Avg	LG	TD
Springs	5	77	15.4	42	0
W. Williams	5	43	8.6	40t	1
D. Williams	4	41	10.3	21	0
Bellamy	4	4	1.0	7	0
Joseph	3	82	27.3	40	0
Hanks	2	30	15.0	23t	1
SEA	30	336	11.2	42	2
OPP	16	210	13.1	43	0

Kickoff Returns	No	Yds	Avg	LG	TD
Green	36	818	22.7	54	0
Rogers	18	465	25.8	49	0
SEA	68	1547	22.8	61	0
OPP	81	1500	18.5	39	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	495	270	3346	54.5	6.76	23	4.6	16	3.2	51	32/198	77.7
Foley	30	18	283	60.0	9.43	2	6.7	0	0.0	49t	6/34	113.6
SEA	525	288	3629	54.9	6.91	25	4.8	16	3.0	51	38/232	79.8
OPP	582	320	3744	55.0	6.43	19	3.3	30	5.2	76t	38/252	64.1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	10/10	8/11	14/16	1/2
SEA	1/1	10/10	8/11	14/16	1/2
OPP	1/1	9/9	8/8	9/12	3/8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	117	87	30	5.5	6	2	1
Bellamy	96	85	11	0.0	8	0	0
D. Smith	90	65	25	1.0	3	0	0
Simmons	90	55	35	0.0	2	0	0
D. Williams	78	63	15	0.0	11	0	1
Springs	74	64	10	0.0	15	0	1
Kennedy	73	61	12	6.5	15	0	1
W. Williams	72	66	6	0.0	16	0	0
Daniels	45	38	7	9.0	2	1	0

Record (finish): 9-7 (1st, AFC West)

Head Coach: Mike Holmgren (9-7, .563)

Assistants: Mike Sherman (Offensive Coordinator/Tight Ends), Larry Brooks (Defensive Line), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (Wide Receivers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Cond.), Jim Lind (Linebackers), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/Offensive Line), Stump Mitchell (Running Backs), Dick Roach (Def. Assistant), Pete Rodriguez (Special Teams), Mike Sheppard (Quarterbacks), Rod Springer (Asst. Strength & Cond.), Bob Zeman (Def. Assistant)

Captains: Game-to-Game

MVP: LB Chad Brown

Pro Bowl: LB Chad Brown (3), T Walter Jones (1), DT Cortez Kennedy (3)

OFFENSE

Pos.		Starts
WR	Sean Dawkins	13
LT	Walter Jones	16
LG	Pete Kendall	16
C	Kevin Glover	6
	Chris Gray	10
RG	Brian Habib	16
RT	Grant Williams	15
TE	Christian Fauria	15
WR	Derrick Mayes	15
QB	Jon Kitna	15
RB	Ricky Watters	16
FB	Reggie Brown	8

DEFENSE

LE	Michael Sinclair	15
LT	Sam Adams	13
RT	Cortez Kennedy	16
RE	Phillip Daniels	16
OLB	Chad Brown	15
MLB	Anthony Simmons	16
OLB	Darrin Smith	14
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Darryl Williams	12
FS	Jay Bellamy	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Indianapolis	13	3	0	.813	423	333
Buffalo*	11	5	0	.688	320	229
Miami*	9	7	0	.563	326	336
N.Y. Jets	8	8	0	.500	308	309
New England	8	8	0	.500	299	284

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Jacksonville	14	2	0	.875	396	217
Tennessee*	13	3	0	.813	392	324
Baltimore	8	8	0	.500	324	277
Pittsburgh	6	10	0	.375	317	320
Cincinnati	4	12	0	.250	283	460
Cleveland	2	14	0	.125	217	437

WESTERN	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	338	298
Kansas City	9	7	0	.563	390	322
San Diego	8	8	0	.500	269	316
Oakland	8	8	0	.500	390	329
Denver	6	10	0	.375	314	318

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	10	6	0	.625	443	377
Dallas*	8	8	0	.500	352	276
N.Y. Giants	7	9	0	.438	299	358
Arizona	6	10	0	.375	245	382
Philadelphia	5	11	0	.313	272	357

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	11	5	0	.688	270	235
Minnesota*	10	6	0	.625	399	335
Detroit*	8	8	0	.500	322	323
Green Bay	8	8	0	.500	357	341
Chicago	6	10	0	.375	272	341

WESTERN	W	L	T	Pct.	Pts.	Opp.
St. Louis	13	3	0	.813	526	242
Carolina	8	8	0	.500	421	381
Atlanta	5	11	0	.313	285	380
San Francisco	4	12	0	.250	295	453
New Orleans	3	13	0	.188	260	434

2000 REVIEW (6-10)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/03	L	23-0	at Miami	72,949	Lindell	0	0	0	0	25/25	15/17	0	70
09/10	L	37-34	St. Louis	64,869	Watters	9	7	2	0	0	0	0	54
09/17	W	20-10	New Orleans	59,513	Jackson	6	0	6	0	0	0	0	36
09/24	W	20-12	at San Diego	47,233	Dawkins	5	0	5	0	0	0	0	30
10/02	L	24-17	at Kansas City	82,893	Heppner™	0	0	0	0	8/8	6/9	0	26
10/08	L	26-3	at Carolina	72,192	SEA	37	10	21	6	33/33	21/26	1	320
10/15	L	37-24	Indianapolis	63,593	OPP	46	20	23	3	45/45	28/33	0	405
10/22	L	31-3	at Oakland	57,490	2-Point PATs: SEA 0-4, OPP 0-1.								
10/29	L	24-19	Kansas City	62,141									
11/05	W	17-15	San Diego	59,884									
11/12	W	28-21	at Jacksonville	68,063									
11/19			BYE										
11/26	L	38-31	Denver	68,661									
12/03	W	30-10	at Atlanta	44,680									
12/10	L	31-24	at Denver	75,218									
12/16	W	27-24	Oakland	68,681									
12/23	L	42-23	Buffalo	61,025									

Team Statistics

	Sea	Opp		No	Yds	Avg	LG	TD								
TOTAL FIRST DOWNS	281	331	Dawkins	63	731	11.6	40	5								
Rushing	98	126	Watters	63	613	9.7	59	2								
Passing	168	185	Jackson	53	713	13.5	71	6								
Penalty	15	20	Mayes	29	264	9.1	40	1								
3rd Down: Made/Att.	83/205	89/201	Mili	28	288	10.3	34	3								
3rd Down Pct.	40.5	44.3	Fauria	28	237	8.5	16	2								
4th Down: Made/Att.	7/14	1/7	Strong	23	141	6.1	24	1								
4th Down Pct.	50.0	14.3	J. Williams	8	99	12.4	18	0								
POSSESSION AVG.	27:31	32:29	Bailey	6	62	10.3	22	1								
TOTAL NET YARDS	4680	6391	Alexander	5	41	8.2	18	0								
Avg. Per Game	292.5	399.4	SEA	308	3198	10.4	71	21								
Total Plays	956	1019	OPP	309	4089	13.2	73	23								
Avg. Per Play	4.9	6.3	Punting						No	Yds	Avg	Net	TB	I20	LG	B
NET YARDS RUSHING	1720	2454	Feagles	74	2960	40.0	36.9	2	24	57	1					
Avg. Per Game	107.5	153.4	SEA	75	2960	39.5	36.9	2	24	57	1					
Total Rushes	403	503	OPP	62	2571	41.5	33.3	6	21	69	0					
NET YARDS PASSING	2960	3937	Punt Returns						No	FC	Yds	Avg	LG	TD		
Avg. Per Game	185.0	246.1	Rogers	26	12	363	14.0	43	0							
Sacked/Yards Lost	46/238	27/152	SEA	30	14	384	12.8	43	0							
Gross Yards	3198	4089	OPP	32	18	151	4.7	22	0							
Att./Completions	507/308	489/309	Interceptions						No	Yds	Avg	LG	TD			
Completion Pct.	60.7	63.2	Bellamy	4	132	33.0	84t	1								
Had Intercepted	21	17	W. Williams	4	74	18.5	69t	1								
PUNTS/AVERAGE	75/39.5	62/41.5	Simmons	2	15	7.5	8	0								
Net Punting Avg.	36.9	33.3	Springs	2	8	4.0	8	0								
PENALTIES/YARDS	89/728	96/694	Koonce	1	27	27.0	27t	1								
FUMBLES/LOST	35/17	28/12	SEA	17	300	17.6	84t	3								
TOUCHDOWNS	37	46	OPP	21	191	9.1	79t	2								
Rushing	10	20	Kickoff Returns						No	Yds	Avg	LG	TD			
Passing	21	23	Rogers	66	1629	24.7	81t	1								
Defensive	5	3	SEA	80	1932	24.2	81t	1								
Returns	1	0	OPP	64	1236	19.3	39	0								
FIELD GOALS	21/26	28/33	Field Goals						1-19	20-29	30-39	40-49	50+			
TOTAL POINTS	320	405	Lindell	0/0	4/5	1/1	7/8	3/3								
			Heppner™	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								

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	Heppner™	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

Largest Award: RB Ricky Watters

Pro Bowl: None

OFFENSE

Pos.	Starts	
WR	Sean Dawkins	16
LT	Walter Jones	16
LG	Pete Kendall	16
C	Chris Gray	16
RG	Floyd Wedderburn	16
RT	Chris McIntosh	10
TE	Christian Fauria	10
WR	*Darrell Jackson	10
	Derrick Mayes	8
QB	Jon Kitna	12
	Brock Huard	4
RB	Ricky Watters	16
FB	Mack Strong	12

DEFENSE

LE	Michael Sinclair	16
LT	Riddick Parker	16
RT	Cortez Kennedy	16
RE	Lamar King	16
OLB	Chad Brown	16
MLB	George Koonce	16
OLB	Anthony Simmons	16
LCB	Shawn Springs	16
RCB	Willie Williams	15
SS	Kerry Joseph	10
	Reggie Tongue	6
FS	Jay Bellamy	16

SPECIAL TEAMS

K	*Rian Lindell	12
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	11	5	0	.688	323	226
Indianapolis*	10	6	0	.625	429	326
N.Y. Jets	9	7	0	.563	321	321
Buffalo	8	8	0	.500	315	350
New England	5	11	0	.313	276	338

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Tennessee	13	3	0	.812	346	191
Baltimore*	12	4	0	.750	333	165
Pittsburgh	9	7	0	.563	321	255
Jacksonville	7	9	0	.438	367	327
Cincinnati	4	12	0	.250	185	359
Cleveland	3	13	0	.188	161	419

WESTERN	W	L	T	Pct.	Pts.	Opp.
Oakland	12	4	0	.750	479	299
Denver*	11	5	0	.688	485	369
Kansas City	7	9	0	.438	355	354
Seattle	6	10	0	.375	320	405
San Diego	1	15	0	.062	269	440

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	12	4	0	.750	328	246
Philadelphia*	11	5	0	.688	351	245
Washington	8	8	0	.500	281	269
Dallas	5	11	0	.313	294	361
Arizona	3	13	0	.188	210	443

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	11	5	0	.688	397	371
Tampa Bay*	10	6	0	.625	388	269
Green Bay	9	7	0	.562	353	323
Detroit	9	7	0	.562	307	307
Chicago	5	11	0	.313	216	355

WESTERN	W	L	T	Pct.	Pts.	Opp.
New Orleans	10	6	0	.625	354	305
St. Louis*	10	6	0	.625	540	471
Carolina	7	9	0	.438	310	310
San Francisco	6	10	0	.375	388	422
Atlanta	4	12	0	.250	252	413

2001 REVIEW (9-7)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/09	W	9-6	at Cleveland	72,318	Alexander	16	14	2	0	0	0	0	96
09/23	L	27-3	Philadelphia	62,826	Lindell	0	0	0	0	33/33	20/32	0	93
09/30	L	38-14	at Oakland	54,629	Jackson	8	0	8	0	0	0	0	48
10/07	W	24-15	Jacksonville	54,524	Mili	2	0	2	0	0	0	0	12
10/14	W	34-21	Denver	61,837	8 w/ one	8	1	3	4	0	0	0	48
10/21			BYE		SEA	34	15	15	4	33/33	20/32	1	301
10/28	L	24-20	Miami	59,108	OPP	34	9	20	5	31/31	29/36	0	324
11/04	L	27-14	at Washington	82,352	2-Point PATs: Fauria 1-1. SEA 1-1. OPP 1-3.								
11/11	W	34-27	Oakland	67,231									
11/18	W	23-20	at Buffalo	60,836	Rushing								
11/25	L	19-7	at Kansas City	77,357	Alexander	309	1318	4.3	88t	14			
12/02	W	13-10	San Diego (OT)	55,466	Watters	72	318	4.4	40	1			
12/09	L	20-7	at Denver	74,524	Hasselbeck	40	141	3.5	17	0			
12/16	W	29-3	Dallas	63,366	Strong	17	55	3.2	12	0			
12/23	L	27-24	at N.Y. Giants	78,119	Graham	12	43	3.6	19	0			
12/30	W	25-22	at San Diego	51,412	SEA	469	1936	4.1	88t	15			
01/06	W	21-18	Kansas City	58,460	OPP	427	1721	4.0	57	9			

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	274	300
Rushing	107	91
Passing	141	186
Penalty	26	23
3rd Down: Made/Att.	77/213	92/223
3rd Down Pct.	36.2	41.3
4th Down: Made/Att.	8/17	6/11
4th Down Pct.	47.1	54.5
POSSESSION AVG.	29:51	30:09
TOTAL NET YARDS	4772	5206
Avg. Per Game	298.3	325.4
Total Plays	980	1028
Avg. Per Play	4.9	5.1
NET YARDS RUSHING	1936	1721
Avg. Per Game	121.0	107.6
Total Rushes	469	427
NET YARDS PASSING	2836	3485
Avg. Per Game	177.3	217.8
Sacked/Yards Lost	49/328	38/248
Gross Yards	3164	3733
Att./Completions	462/258	563/339
Completion Pct.	55.8	60.2
Had Intercepted	12	14
PUNTS/AVERAGE	86/43.4	76/42.3
Net Punting Avg.	36.4	36.1
PENALTIES/YARDS	66/579	101/805
FUMBLES/LOST	24/9	28/13
TOUCHDOWNS	34	34
Rushing	15	9
Passing	15	20
Defensive	4	3
Returns	0	2
FIELD GOALS	20/32	29/36
TOTAL POINTS	301	324

By Quarters	1	2	3	4	OT	Tot
SEA	64	107	75	52	3	301
OPP	53	123	74	74	0	324

Receiving	No	Yds	Avg	LG	TD
Jackson	70	1081	15.4	64	8
Alexander	44	343	7.8	28t	2
Robinson	39	536	13.7	42	1
Engram	29	400	13.8	31	0
Fauria	21	18	9.0	30	1
Strong	17	141	8.3	35	0
J. Williams	12	212	17.7	49	1
SEA	258	3164	12.3	64	15
OPP	339	3733	11.0	65	20

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	85	3730	43.9	36.4	7	26	68	1
SEA	86	3730	43.4	36.4	7	26	68	1
OPP	76	3212	42.3	36.1	6	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	25	10	244	9.8	34	0
SEA	33	14	352	10.7	34	0
OPP	43	11	462	10.7	86t	1

Interceptions	No	Yds	Avg	LG	TD
W. Williams	4	24	6.0	24	0
Tongue	3	67	22.3	55t	1
Charlton	2	43	21.5	38t	1
Robertson	2	30	15.0	25	0
Kacyvenski	1	22	22.0	22	0
Lucas	1	0	0.0	0	0
Springs	1	0	0.0	0	0
SEA	14	186	13.3	55t	2
OPP	12	36	3.0	10	0

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	50	1120	22.4	64	0
SEA	72	1496	20.8	64	0
OPP	64	1273	19.9	90t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	7/8	4/5	6/14	3/5
SEA	0/0	7/8	4/5	6/14	3/5
OPP	0/0	12/12	7/8	9/12	1/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	321	176	2023	54.8	6.30	7	2.2	8	2.5	64	38/251	70.9
Dilfer	122	73	1014	59.8	8.31	7	5.7	4	3.3	54	10/72	92.0
Huard	17	9	127	52.9	7.47	1	5.9	0	0.0	44	1/5	96.9
Feagles	2	0	0	0.0	0.00	0	0.0	0	0.0	0	0/0	39.6
SEA	462	258	3164	55.8	6.85	15	3.2	12	2.6	64	49/328	77.2
OPP	563	339	3733	60.2	6.63	20	3.6	14	2.5	65	38/248	81.4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Simmons	123	103	20	2.0	0	7	1	0
C. Brown	106	80	26	8.5	0	7	2	1
Kirkland	101	80	21	1.0	0	4	1	0
Tongue	72	53	19	1.0	3	7	1	1
W. Williams	68	57	11	0.0	4	16	1	1
Robertson	63	48	15	0.0	2	3	0	0
Eaton	55	42	13	1.0	0	2	1	0

Record (finish): 9-7 (2nd, AFC West)

Head Coach: Mike Holmgren (24-24, .500)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)

Captains: Chad Brown, Matt Hasselbeck, Levon Kirkland, Marcus Robertson, Robbie Tobeck, Ricky Watters

Largest Award: FB Mack Strong

Pro Bowl: Walter Jones (2), 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	Att	Yds	Avg	LG	TD				
11/17	L	31-9	Denver	65,495	Alexander	295	1175	4.0	58t	16			
11/24	W	39-32	Kansas City	56,250	Hasselbeck	40	202	5.1	21	1			
12/01	L	31-24	at San Francisco	67,594	Morris	32	153	4.8	24	0			
12/08	L	27-20	Philadelphia	59,862	Strong	23	94	4.1	9	0			
12/15	W	30-24	at Atlanta (OT)	69,551	Evans	17	53	3.1	8	0			
12/22	W	30-10	St. Louis	63,953	Robinson	8	56	7.0	20	0			
12/29	W	31-28	at San Diego (OT)	52,159	SEA	430	1740	4.0	58t	17			
					OPP	500	2441	4.9	58t	18			

Team Statistics			Sea	Opp									
TOTAL FIRST DOWNS			347	356	Receiving	No	Yds	Avg	LG	TD			
Rushing			104	140	Robinson	78	1240	15.9	83	5			
Passing			208	191	Jackson	62	877	14.1	48	4			
Penalty			35	25	Alexander	59	460	7.8	80t	2			
3rd Down: Made/Att.	93/216	100/215			Engram	50	619	12.4	38	0			
3rd Down Pct.	43.1	46.5			Mili	43	508	11.8	49	2			
4th Down: Made/Att.	6/21	6/13			Stevens	26	252	9.7	29	3			
4th Down Pct.	28.6	46.2			Strong	22	120	5.5	12	2			
POSSESSION AVG.	28:55	31:05			SEA	361	4257	11.8	83	19			
TOTAL NET YARDS	5818	5852			OPP	321	3596	11.2	64t	21			
Avg. Per Game	363.6	365.8			Punting	No	Yds	Avg	Net	TB	I20	LG	B
Total Plays	1050	1083			Feagles	61	2542	41.7	37.0	4	22	58	0
Avg. Per Play	5.5	5.4			SEA	61	2542	41.7	37.0	4	22	58	0
NET YARDS RUSHING	1740	2441			OPP	65	2538	39.0	33.0	7	20	59	0
Avg. Per Game	108.8	152.6			Punt Returns	No	FC	Yds	Avg	LG	TD		
Total Rushes	430	500			Engram	21	23	224	10.7	61t	1		
NET YARDS PASSING	4078	3411			SEA	25	23	256	10.2	61t	1		
Avg. Per Game	254.9	213.2			OPP	17	19	202	11.9	89t	1		
Sacked/Yards Lost	33/179	28/185			Interceptions	No	Yds	Avg	LG	TD			
Gross Yards	4257	3596			Tongue	5	118	23.6	46t	1			
Att./Completions	587/361	555/321			Lucas	3	67	22.3	40	0			
Completion Pct.	61.5	57.8			Springs	3	0	0.0	0	0			
Had Intercepted	16	19			Simmons	2	19	9.5	15	0			
PUNTS/AVERAGE	61/41.7	65/39.0			Six with 1								
Net Punting Avg.	37.0	33.0			SEA	19	245	12.9	46t	1			
PENALTIES/YARDS	100/792	99/816			OPP	16	119	7.4	22t	1			
FUMBLES/LOST	23/12	22/11			Kickoff Returns	No	Yds	Avg	LG	TD			
TOUCHDOWNS	41	43			Morris	34	821	24.1	97t	1			
Rushing	17	18			J. Williams	21	354	16.9	46	0			
Passing	19	21			SEA	74	1533	20.7	97t	1			
Defensive	3	1			OPP	73	1591	21.8	95t	2			
Returns	2	3			Field Goals	1-19	20-29	30-39	40-49	50+			
FIELD GOALS	23/29	22/26			Lindell	1/1	9/9	8/10	4/5	1/4			
TOTAL POINTS	355	369			SEA	1/1	9/9	8/10	4/5	1/4			
					OPP	0/0	9/9	6/8	7/9	0/0			

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	419	267	3075	63.7	7.34	15	3.6	10	2.4	49	26/143	87.8
Dilfer	168	94	1182	56.0	7.04	4	2.4	6	3.6	83	7/36	71.1
SEA	587	361	4257	61.5	7.25	19	3.2	16	2.7	83	33/179	83.0
OPP	555	321	3596	57.8	6.48	21	3.8	19	3.4	64t	28/185	75.6

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Tongue	93	68	25	0	5	10	0	1
Robertson	89	67	22	0	0	4	0	2
Lucas	82	71	11	0	3	12	1	0
Bell	74	63	11	1.0	0	5	2	2
Eaton	73	48	25	1.0	0	3	0	2
Kacyvenski	71	51	20	0	1	1	0	0
Springs	59	54	5	0	3	11	0	1

Record (finish): 7-9 (3rd, NFC West)

Head Coach: Mike Holmgren (31-33, .484)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (LBs), Kent Johnston (Strength & Cond.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)

Captains: Chad Brown, Matt Hasselbeck, Levon Kirkland, Marcus Robertson, Robbie Tobeck, Ricky Watters

Largent Award: FB Mack Strong

Pro Bowl: Walter Jones (3)

OFFENSE

Pos.	Starts
WR	Koren Robinson 16
LT	Walter Jones 14
LG	Chris Gray (4 @ RG) 12
	Steve Hutchinson 4
C	Robbie Tobeck 16
RG	Floyd Wedderburn 10
RT	Floyd Womack (2 @ LT) 8
	Chris Terry 5
TE	Itula Mili 12
WR	Darrell Jackson 13
QB	Matt Hasselbeck 10
	Trent Dilfer 6
RB	Shaun Alexander 16
FB	Mack Strong 12

DEFENSE

LE	Lamar King 12
LT	Chad Eaton 16
RT	John Randle 12
RE	Antonio Cochran 16
OLB	Chad Brown 8
	Tim Terry 8
MLB	Isaiah Kacyvenski 9
	Orlando Huff 7
OLB	Marcus Bell 9
	Anthony Simmons 7
LCB	Shawn Springs 15
RCB	Ken Lucas 16
SS	Reggie Tongue 16
FS	Marcus Robertson 15

SPECIAL TEAMS

K	Rian Lindell 16
P	Jeff Feagles 16

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
N.Y. Jets	9	7	0	.563	359	336
New England	9	7	0	.563	381	346
Miami	9	7	0	.563	378	301
Buffalo	8	8	0	.500	379	397

NORTH	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	10	5	1	.656	390	345
Cleveland*	9	7	0	.563	344	320
Baltimore	7	9	0	.438	316	354
Cincinnati	2	14	0	.125	279	456

SOUTH	W	L	T	Pct.	Pts.	Opp.
Tennessee	11	5	0	.688	367	324
Indianapolis*	10	6	0	.625	349	313
Jacksonville	6	10	0	.375	328	315
Houston	4	12	0	.250	213	356

WEST	W	L	T	Pct.	Pts.	Opp.
Oakland	11	5	0	.688	450	304
Denver	9	7	0	.563	392	344
San Diego	8	8	0	.500	333	367
Kansas City	8	8	0	.500	467	399

* Wild Card team

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	12	4	0	.750	415	241
N.Y. Giants*	10	6	0	.625	320	279
Washington	7	9	0	.438	307	365
Dallas	5	11	0	.313	217	329

NORTH	W	L	T	Pct.	Pts.	Opp.
Green Bay	12	4	0	.750	398	328
Minnesota	6	10	0	.375	390	442
Chicago	4	12	0	.250	281	379
Detroit	3	13	0	.188	306	451

SOUTH	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	12	4	0	.750	346	196
Atlanta*	9	6	1	.594	402	314
New Orleans	9	7	0	.563	432	388
Carolina	7	9	0	.438	258	302

WEST	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	367	351
St. Louis	7	9	0	.438	316	369
Seattle	7	9	0	.438	355	369
Arizona	5	11	0	.313	262	417

2003 REVIEW (10-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/07	W	27-10	New Orleans	52,250	J. Brown	0	0	0	0	48/48	22/30	0	114
09/14	W	38-0	at Arizona	23,127	Alexander	16	14	2	0	0	0	0	96
09/21	W	24-23	St. Louis	65,841	Jackson	9	0	9	0	0	0	0	54
10/05	L	35-13	at Green Bay	70,365	Engram	7	0	6	1	0	0	0	42
10/12	W	20-19	San Francisco	66,437	K. Robinson	5	0	4	1	0	0	0	30
10/19	W	24-17	Chicago	65,671	Mili	4	0	4	0	0	0	0	24
10/26	L	27-24	at Cincinnati	52,131	SEA	48	17	27	4	48/48	22/30	1	404
11/02	W	23-16	Pittsburgh	66,507	OPP	36	9	24	3	34/35	25/31	0	327
11/09	L	27-20	at Washington	80,728	2-Point PATs: SEA 0-0. OPP 1-1.								
11/16	W	35-14	Detroit	65,865									
11/23	L	44-41	at Baltimore (OT)	69,477	Rushing								
11/30	W	34-7	Cleveland	64,680	Alexander	326	1435	4.4	55	14			
12/07	L	34-7	at Minnesota	63,968	Morris	38	239	6.3	43	0			
12/14	L	27-22	at St. Louis	66,152	Strong	37	174	4.7	21t	1			
12/21	W	28-10	Arizona	64,899	Hasselbeck	36	125	3.5	18	2			
12/27	W	24-17	at San Francisco	67,840	H. Evans	7	24	3.4	8	0			
					K. Robinson	4	15	3.8	16	0			
					SEA	453	2009	4.4	55	17			
					OPP	456	1759	3.9	50	9			

POSTSEASON

01/04	L	33-27	at Green Bay (OT)	71,457	(NFC Wild Card Game)								
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Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	338	304
Rushing	121	93
Passing	190	183
Penalty	27	28
3rd Down: Made/Att.	96/205	99/235
3rd Down Pct.	46.8	42.1
4th Down: Made/Att.	2/7	7/18
4th Down Pct.	28.6	38.9
POSSESSION AVG.	28:33	31:27
TOTAL NET YARDS	5627	5239
Avg. Per Game	351.7	327.4
Total Plays	1017	1069
Avg. Per Play	5.5	4.9
NET YARDS RUSHING	2009	1759
Avg. Per Game	125.6	109.9
Total Rushes	453	456
NET YARDS PASSING	3618	3480
Avg. Per Game	226.1	217.5
Sacked/Yards Lost	43/254	40/248
Gross Yards	3872	3728
Att./Completions	521/317	573/343
Completion Pct.	60.8	59.9
Had Intercepted	16	16
PUNTS/AVERAGE	69/40.0	76/39.8
NET PUNTING AVG.	37.1	34.1
PENALTIES/YARDS	91/777	105/825
FUMBLES/BALL LOST	23/13	25/12
TOUCHDOWNS	48	36
Rushing	17	9
Passing	27	24
Defensive	0	0
Returns	4	3
FIELD GOALS	22/30	25/31
TOTAL POINTS	404	327

By Quarters	1	2	3	4	OT	Tot
SEA	89	166	67	82	0	404
OPP	51	104	73	96	3	327

	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

	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

	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
Seven with 1					
SEA	16	157	9.8	33	0
OPP	16	164	10.3	80t	1

	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 & Conditioning), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Asst./Secondary), Tom Lovat (Asst. Head Coach/OL), John Marshall (LBs), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Pete Rodriguez (Special Teams Coord.), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DT John Randle

Largent Award: QB Trent Dilfer

Pro Bowl: RB Shaun Alexander (1), ST Alex Bannister (1), QB Matt Hasselbeck (1), G Steve Hutchinson (1), T Walter Jones (4)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	16
	Koren Robinson	15
	Bobby Engram	7
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	10
	Floyd Womack	4
TE	Itula Mili	12
QB	Matt Hasselbeck	16
RB	Shaun Alexander	15
FB	Mack Strong	9

DEFENSE

LE	Antonio Cochran	7
	Brandon Mitchell	6
LT	Cedric Woodard	12
RT	John Randle	9
	Rashad Moore	6
RE	Chike Okeafor	16
OLB	Anthony Simmons	13
MLB	Randall Godfrey	14
OLB	Chad Brown	14
LCB	Shawn Springs	8
RCB	Marcus Trufant (5@ LCB)	16
SS	Reggie Tongue	14
FS	Ken Hamlin	14

SPECIAL TEAMS

K	*Josh Brown	16
P	Tom Rouen	16

* Rookie or first-year player

AFC

	W	L	T	Pct.	Pts.	Opp.
EAST						
New England	14	2	0	.875	348	238
Miami	10	6	0	.625	311	261
Buffalo	6	10	0	.375	243	279
N.Y. Jets	6	10	0	.375	283	299
NORTH						
Baltimore	10	6	0	.625	391	281
Cincinnati	8	8	0	.500	346	384
Pittsburgh	6	10	0	.375	300	327
Cleveland	5	11	0	.313	254	322
SOUTH						
Indianapolis	12	4	0	.750	447	336
Tennessee*	12	4	0	.750	435	324
Jacksonville	5	11	0	.313	276	331
Houston	5	11	0	.313	255	380
WEST						
Kansas City	13	3	0	.812	484	332
Denver*	10	6	0	.625	381	301
Oakland	4	12	0	.250	270	379
San Diego	4	12	0	.250	313	441

* Wild Card team

NFC

	W	L	T	Pct.	Pts.	Opp.
EAST						
Philadelphia	12	4	0	.750	374	287
Dallas*	10	6	0	.625	289	260
Washington	5	11	0	.312	287	372
N.Y. Giants	4	12	0	.250	243	387
NORTH						
Green Bay	10	6	0	.625	442	307
Minnesota	9	7	0	.563	416	353
Chicago	7	9	0	.438	283	346
Detroit	5	11	0	.313	270	379
SOUTH						
Carolina	11	5	0	.688	325	304
New Orleans	8	8	0	.500	340	326
Tampa Bay	7	9	0	.438	301	264
Atlanta	5	11	0	.313	299	422
WEST						
St. Louis	12	4	0	.750	447	328
Seattle*	10	6	0	.625	404	327
San Francisco	7	9	0	.438	384	337
Arizona	4	12	0	.250	225	452

2004 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/12	W	21-7	at New Orleans	64,900	Alexander	20	16	4	0	0	0	0	120
09/19	W	10-6	at Tampa Bay	65,089	J. Brown	0	0	0	0	40/40	23/25	0	109
09/26	W	34-0	San Francisco	66,709	Jackson	7	0	7	0	0	0	0	44
10/03			BYE		Stevens	3	0	3	0	0	0	0	20
10/10	L	33-27	St. Louis (OT)	66,940	Rice	3	0	3	0	0	0	0	18
10/17	L	30-20	at New England	68,756	Engram	2	0	2	0	0	0	0	12
10/24	L	25-17	at Arizona	35,695	SEA	43	17	23	3	40/40	23/25	0	371
10/31	W	23-17	Carolina	66,214	OPP	42	17	24	1	38/39	27/32	1	373
11/07	W	42-27	at San Francisco	64,423	2-Point Conversions: SEA 2-3, OPP 0-2.								
11/14	L	23-12	at St. Louis	66,044									
11/21	W	24-17	Miami	66,644									
11/28	L	38-9	Buffalo	66,271									
12/06	L	43-39	Dallas	68,093									
12/12	W	27-23	at Minnesota	64,110									
12/19	L	37-14	at New York Jets	77,894									
12/26	W	24-21	Arizona	65,825									
01/02	W	28-26	Atlanta	66,740									

POSTSEASON

01/08	L	27-20	St. Louis (NFC Wild Card Game)	65,397									
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Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	320	311
Rushing	110	102
Passing	189	191
Penalty	21	18
3rd Down: Made/Att.	76/210	97/229
3rd Down Pct.	36.2	42.4
4th Down: Made/Att.	6/11	6/9
4th Down Pct.	54.5	66.7
POSSESSION AVG.	29:00	31:00
TOTAL NET YARDS	5634	5620
Avg. Per Game	352.1	351.3
Total Plays	1034	1047
Avg. Per Play	5.4	5.4
NET YARDS RUSHING	2095	2031
Avg. Per Game	130.9	126.9
Total Rushes	468	452
NET YARDS PASSING	3539	3589
Avg. Per Game	221.2	224.3
Sacked/Yards Lost	34/176	36/218
Gross Yards	3715	3807
Att./Completions	532/304	559/340
Completion Pct.	57.1	60.8
Had Intercepted	18	23
PUNTS/AVERAGE	79/38.4	74/41.8
NET PUNTING AVG.	34.3	37.3
PENALTIES/YARDS	79/669	91/747
FUMBLES/BALL LOST	19/9	25/12
TOUCHDOWNS	43	42
Rushing	17	17
Passing	23	24
Defensive	3	1
Returns	0	0
FIELD GOALS	23/25	27/32
TOTAL POINTS	371	373

By Quarters	1	2	3	4	OT	Tot
SEA	86	129	70	86	0	371
OPP	89	113	52	113	6	373

Rushing	Att	Yds	Avg	LG	TD
Alexander	353	1696	4.8	44	16
Strong	36	131	3.6	11	0
Morris	30	126	4.2	12	0
Hasselbeck	27	90	3.3	19	1
SEA	468	2095	4.5	44	17
OPP	452	2031	4.5	53	17

Receiving

	No	Yds	Avg	LG	TD
Jackson	87	1199	13.8	56t	7
Engram	36	499	13.9	60	2
Robinson	31	495	16.0	33	2
Stevens	31	349	11.3	32	3
Rice TM	25	362	14.5	56	3
Mili	23	240	10.4	20	1
Alexander	23	170	7.4	24	4
SEA	304	3715	12.2	60	23
OPP	340	3807	11.2	63	24

Punting

	No	Yds	Avg	Net	TB	I20	LG	B
Jones	26	988	38.0	32.2	2	6	51	1
SEA	79	3036	38.4	34.3	4	20	60	2
OPP	74	3091	41.8	37.3	5	31	60	0

Punt Returns

	No	FC	Yds	Avg	LG	TD
Morris	15	4	75	5.0	22	0
Engram	10	19	118	11.8	48	0
SEA	30	26	230	7.7	48	0
OPP	33	21	244	7.4	39	0

Interceptions

	No	Yds	Avg	LG	TD
Lucas	6	46	7.7	25	1
Trufant	5	141	28.2	58	0
Boulware	5	69	13.8	63t	1
Hamlin	4	48	12.0	24	0
SEA	23	337	14.7	63t	3
OPP	18	158	8.8	48t	1

Kickoff Returns

	No	Yds	Avg	LG	TD
Morris	47	994	21.1	34	0
Carter	21	448	21.3	36	0
SEA	74	1529	20.7	36	0
OPP	77	1677	21.8	51	0

Field Goals

	1-19	20-29	30-39	40-49	50+
J. Brown	1/1	7/7	8/9	6/7	1/1
SEA	1/1	7/7	8/9	6/7	1/1
OPP	0/0	6/6	12/15	6/7	3/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	474	279	3382	58.9	7.14	22	4.6	15	3.2	60	30/155	83.1
Dilfer	58	25	333	43.1	5.74	1	1.7	3	5.2	56	4/21	46.1
TEAM	532	304	3715	57.1	6.98	23	4.3	18	3.4	60	34/176	79.1
OPP	559	340	3807	60.8	6.81	24	4.3	23	4.1	63	36/218	78.3

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Trufant	93	83	10	1.0	5	20	0	0
Kacyvenski	81	62	19	1.0	0	0	1	0
Hamlin	79	63	16	2.0	4	9	1	1
Bierria	69	47	22	0.0	1	5	1	0
Lucas	67	60	7	0.0	6	21	0	1
Okeafor	53	41	12	8.5	0	0	5	0
Boulware	53	40	13	1.0	5	6	1	0

Record (finish): 9-7 (1st, NFC West)

Head Coach: Mike Holmgren (50-46, .521)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Mike Clark (Strength & Conditioning), Nolan Cromwell (WRs), Bill Gillespie (Strength & Conditioning Asst.), Darren Krein (Strength & Conditioning Asst.), Bill Laveroni (OL), Jim Lind (TEs), John Marshall (LBs), Mark Michaels (Special Teams), Stump Mitchell (RBs), Gary Reynolds (Offensive 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
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	8
	Floyd Womack	8
TE	Jerramy Stevens	5
	Itula Mili	4
QB	Matt Hasselbeck	14
	Trent Dilfer	2
RB	Shaun Alexander	16
FB	Mack Strong	13
K	Josh Brown	16

DEFENSE

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							
10/02	L	20-17	at Washington (OT)	90,215							
10/09	W	37-31	at St. Louis	65,707							
10/16	W	42-10	Houston	66,196							
10/23	W	13-10	Dallas	67,046							
10/30			BYE								
11/06	W	33-19	at Arizona	43,542							
11/13	W	31-16	St. Louis	67,192							
11/20	W	27-25	at San Francisco	63,590							
11/27	W	24-21	N.Y. Giants (OT)	67,102							
12/05	W	42-0	at Philadelphia	67,637							
12/11	W	41-3	San Francisco	66,690							
12/18	W	28-24	at Tennessee	69,149							
12/24	W	28-13	Indianapolis	67,855							
01/01	L	23-17	at Green Bay	69,928							

POSTSEASON

01/14	W	20-10	Washington (NFC Divisional Playoff)	67,551							
01/22	W	34-14	Carolina (NFC Championship Game)	67,837							
01/22	L	21-10	Pittsburgh (Super Bowl XL)	68,206							

Team Statistics	Sea	Opp	Rushing	Att	Yds	Avg	LG	TD
TOTAL FIRST DOWNS	361	295	Rushing	142	78			
Passing	192	194	Passing	27	23			
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	POSSSESSION AVG.	29:17	30:43			
TOTAL NET YARDS	5915	5069	TOTAL NET YARDS	5915	5069			
Avg. Per Game	369.7	316.8	Avg. Per Game	369.7	316.8			
Total Plays	1020	1041	Total Plays	1020	1041			
Avg. Per Play	5.8	4.9	Avg. Per Play	5.8	4.9			
NET YARDS RUSHING	2457	1510	NET YARDS RUSHING	2457	1510			
Avg. Per Game	153.6	94.4	Avg. Per Game	153.6	94.4			
Total Rushes	519	420	Total Rushes	519	420			
NET YARDS PASSING	3458	3559	NET YARDS PASSING	3458	3559			
Avg. Per Game	216.1	222.4	Avg. Per Game	216.1	222.4			
Sacked/Yards Lost	27/174	50/302	Sacked/Yards Lost	27/174	50/302			
Gross Yards	3632	3861	Gross Yards	3632	3861			
Att./Completions	474/307	571/331	Att./Completions	474/307	571/331			
Completion Pct.	64.8	58.0	Completion Pct.	64.8	58.0			
Had Intercepted	10	16	Had Intercepted	10	16			
PUNTS/AVERAGE	80/41.0	77/40.1	PUNTS/AVERAGE	80/41.0	77/40.1			
NET PUNTING AVG.	80/34.7	77/36.0	NET PUNTING AVG.	80/34.7	77/36.0			
PENALTIES/YARDS	94/846	123/909	PENALTIES/YARDS	94/846	123/909			
FUMBLES/BALL LOST	18/7	25/11	FUMBLES/BALL LOST	18/7	25/11			
TOUCHDOWNS	57	24	TOUCHDOWNS	57	24			
Rushing	29	5	Rushing	29	5			
Passing	25	18	Passing	25	18			
Defensive	3	0	Defensive	3	0			
Returns	0	1	Returns	0	1			
FIELD GOALS	18/25	34/42	FIELD GOALS	18/25	34/42			
TOTAL POINTS	452	271	TOTAL POINTS	452	271			

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	28	27	1	0	0	0	0	168
J. Brown	0	0	0	0	56/57	18/25	0	110
Jurevicius	10	0	10	0	0	0	0	60
Stevens	5	0	5	0	0	0	0	30
Engram	3	0	3	0	0	0	0	18
Jackson	3	0	3	0	0	0	0	18
SEA	57	29	25	3	56/57	18/25	0	452
OPP	24	5	18	1	21/21	34/42	0	271

2-Point Conversions: SEA 0-0, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	370	1880	5.1	88t	27
Morris	71	288	4.1	49	1
Hasselbeck	36	124	3.4	23	1
Weaver	17	80	4.7	24	0
Strong	17	78	4.6	16	0
SEA	519	2457	4.7	88t	29
OPP	420	1510	3.6	50	5

Receiving	No	Yds	Avg	LG	TD
Engram	67	778	11.6	56	3
Jurevicius	55	694	12.6	52	10
Stevens	45	554	12.3	35t	5
Jackson	38	482	12.7	48	3
Hackett	28	400	14.3	47	2
Strong	22	166	7.5	27	0
Alexander	15	78	5.2	9	1
SEA	307	3632	11.8	56	25
OPP	331	3861	11.7	63	18

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	61	2539	41.6	35.0	20	7	62	0
SEA	80	3282	41.0	34.7	25	8	62	0
OPP	77	3091	40.1	36.0	23	7	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Williams	24	22	139	5.8	24	0
SEA	31	23	177	5.7	24	0
OPP	41	16	343	8.4	44	0

Interceptions	No	Yds	Avg	LG	TD
Boulware	4	107	26.8	40	0
Babineaux	3	56	18.7	25	0
Tatupu	3	55	18.3	38t	1
Herndon	2	12	6.0	6	0
SEA	16	315	19.7	72t	2
OPP	10	93	9.3	33	0

Kickoff Returns	No	Yds	Avg	LG	TD
Scobey	59	1326	22.5	53	0
SEA	61	1347	22.1	53	0
OPP	82	1802	22.0	99t	1

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	5/5	4/5	4/7	5/8
SEA	0/0	5/5	4/5	4/7	5/8
OPP	0/0	8/9	16/18	7/10	3/5

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	449	294	3459	65.5	7.70	24	5.3	9	2.0	56	24/154	98.2
Wallace	25	13	173	52.0	6.92	1	4.0	1	4.0	42	3/20	70.9
SEA	474	307	3632	64.8	7.66	25	5.3	10	2.1	56	27/174	96.8
OPP	571	331	3861	58.0	6.76	18	3.2	16	2.8	63	50/302	77.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	105	86	19	4.0	3	10	0	1
Boulware	73	58	15	2.0	4	9	1	0
Manuel	67	54	13	0.0	0	2	0	1
Hill	67	48	19	7.5	0	2	2	0
Trufant	64	55	9	1.0	1	14	1	0
Lewis	64	46	18	0.0	0	1	1	0
Babineaux	58	47	11	0.0	3	8	0	0

Record (finish): 13-3 (1st, NFC West)

Head Coach: Mike Holmgren (63-49, .563)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Bob Casullo (Special Teams), Mike Clark (Strength & Conditioning), Nolan Cromwell (WRs), Keith Gilbertson (Offensive Consultant), John Jamison (Special Teams Assistant), Darren Krein (Strength & Conditioning Asst.), Bill Laveroni (OL), Jim Lind (TEs), John Marshall (LBs), Stump Mitchell (RBs), Gary Reynolds (Offensive Asst./Quality Control), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DE Grant Wistrom

Largest Award: FB Mack Strong

Pro Bowl: RB Shaun Alexander (3), QB Matt Hasselbeck (2), G Steve Hutchinson (3), T Walter Jones (6), FB Mack Strong (1), LB Lofa Tatupu (1), C Robbie Tobeck (1).

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	10	6	0	.625	379	338
Miami	9	7	0	.562	318	317
Buffalo	5	11	0	.312	271	367
N.Y. Jets	4	12	0	.250	240	355

NORTH	W	L	T	Pct.	Pts.	Opp.
Cincinnati	11	5	0	.688	421	350
Pittsburgh*	11	5	0	.688	389	258
Baltimore	6	10	0	.375	265	299
Cleveland	6	10	0	.375	232	301

SOUTH	W	L	T	Pct.	Pts.	Opp.
Indianapolis	14	2	0	.875	439	247
Jacksonville*	12	4	0	.750	361	269
Tennessee	4	12	0	.250	299	421
Houston	2	14	0	.125	260	431

WEST	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.812	395	258
Kansas City	10	6	0	.625	403	325
San Diego	9	7	0	.562	418	312
Oakland	4	12	0	.250	290	383

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	11	5	0	.688	422	314
Washington*	10	6	0	.625	359	293
Dallas	9	7	0	.562	325	308
Philadelphia	6	10	0	.375	310	388

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

NORTH	W	L	T	Pct.	Pts.	Opp.
Chicago	11	5	0	.688	260	202
Minnesota	9	7	0	.562	306	344
Detroit	5	11	0	.312	254	344
Green Bay	4	12	0	.250	298	344
SOUTH	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	11	5	0	.688	300	274
Carolina*	11	5	0	.688	391	259
Atlanta	8	8	0	.500	351	341
New Orleans	3	13	0	.188	235	398
WEST	W	L	T	Pct.	Pts.	Opp.
Seattle	13	3	0	.812	452	271
St. Louis	6	10	0	.375	363	429
Arizona	5	11	0	.312	311	387
San Francisco	4	12	0	.250	239	428

* Wild Card teams

2006 REVIEW (9-7; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	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									
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 OPP	484 441	1923 2029	4.0 4.6	37 95t	8 12			

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	312	277
Rushing	112	102
Passing	167	160
Penalty	33	15
3rd Down: Made/Att.	85/224	80/219
3rd Down Pct.	37.9	36.5
4th Down: Made/Att.	2/8	6/12
4th Down Pct.	25.0	50.0
POSSESSION AVG.	29:48	30:12
TOTAL NET YARDS	4977	5285
Avg. Per Game	311.1	330.3
Total Plays	1045	986
Avg. Per Play	4.8	5.4
NET YARDS RUSHING	1923	2029
Avg. Per Game	120.2	126.8
Total Rushes	484	441
NET YARDS PASSING	3054	3256
Avg. Per Game	190.9	203.5
Sacked/Yards Lost	49/315	41/282
Gross Yards	3369	3538
Att./Completions	512/292	504/299
Completion Pct.	57.0	59.3
Had Intercepted	22	12
PUNTS/AVERAGE	86/44.5	88/42.9
NET PUNTING AVG.	37.0	36.9
PENALTIES/YARDS	94/700	118/950
FUMBLES/BALL LOST	21/12	34/14
TOUCHDOWNS	37	39
Rushing	8	12
Passing	26	23
Defensive	2	4
Returns	1	0
FIELD GOALS	25/31	23/33
TOTAL POINTS	335	341

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Brown	0	0	0	0	36/36	25/31	0	111
Jackson	10	0	10	0			0	60
Alexander	7	7	0	0			0	42
Stevens	4	0	4	0			0	26
Branch	4	0	4	0			0	24
Hackett	4	0	4	0			0	24
SEA	37	8	26	3	36/36	25/31	0	335
OPP	39	12	23	4	36/36	23/33	0	341

2-Pt. Conversions: SEA 1-1 (Stevens), OPP 1-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	252	896	3.6	33t	7
Morris	161	604	3.8	29	0
Strong	33	149	4.5	17	1
Wallace	12	122	10.2	37	0
Hasselbeck	18	110	6.1	19	0
SEA	484	1923	4.0	37	8
OPP	441	2029	4.6	95t	12

Receiving	No	Yds	Avg	LG	TD
Jackson	63	956	15.2	72t	10
Branch	53	725	13.7	38t	4
Hackett	45	610	13.6	47	4
Strong	29	159	5.5	13	0
Engram	24	290	12.1	25	1
Stevens	22	231	10.5	26	4
Burleson	18	192	10.7	36	2
SEA	292	3369	11.5	72t	26
OPP	299	3538	11.8	71t	23

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Plackemeier	84	3778	45.0	37.3	15	25	72	0
TEAM	86	3827	44.5	37.0	15	26	72	0
OPP	88	3773	42.9	36.9	5	25	61	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	34	7	322	9.5	90t	1
TEAM	49	16	424	8.7	90t	1
OPP	39	12	343	8.8	40	0

Interceptions	No	Yds	Avg	LG	TD
Hamlin	3	63	21.0	37	0
Boulware	2	1	0.5	1	0
Tapp	1	25	25.0	25t	1
Babineaux	1	20	20.0	20	0
SEA	12	124	10.3	37	1
OPP	22	141	6.4	39	1

Kickoff Returns	No	Yds	Avg	LG	TD
Burleson	26	643	24.7	50	0
SEA	69	1548	22.4	50	0
OPP	61	1499	24.6	51	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	10/10	5/7	7/9	3/5
TEAM	0/0	10/10	5/7	7/9	3/5
OPP	1/1	1/3	11/12	10/12	0/5

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	371	210	2442	56.6	6.58	18	4.9	15	4.0	72t	34/229	76.0
Wallace	141	82	927	58.2	6.57	8	5.7	7	5.0	49t	14/83	76.2
TEAM	512	292	3369	57.0	6.58	26	5.1	22	4.3	72t	49/315	76.0
OPP	504	299	3538	59.3	7.02	23	4.6	12	2.4	71t	41/282	86.1

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	123	93	30	1.5	1	7	2	1
Hamlin	96	75	21	2.0	3	11	1	0
Hill	92	70	22	2.0	0	2	2	1
Peterson	89	71	18	10.0	1	6	1	1
Herndon	68	50	18	0.0	1	16	1	1
Trufant	68	60	8	0.0	1	11	2	0
Babineaux	51	41	10	0.0	1	4	0	0

Record (finish): 9-7 (1st, NFC West)

Head Coach: Mike Holmgren (72-56, .563)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Bob Casullo (Special Teams), Mike Clark (Strength & Conditioning), Nolan Cromwell (WRs), Keith Gilbertson (Asst. OL), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Conditioning Asst.), Bill Laveroni (OL), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Stump Mitchell (RBs), Gary Reynolds (Offensive Asst./Quality Control), Ray Rhodes (Special Projects/Def.), Zerick Rollins (LBs), Jim Zorn (QB).

Captains: LS J.P. Darche, T Walter Jones, LB Lofa Tatupu.

Largest Award: FB Mack Strong

Pro Bowl: T Walter Jones (7), LB Julian Peterson (1, 3 overall), FB Mack Strong (2), LB Lofa Tatupu (2).

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	12	4	0	.750	385	237
N.Y. Jets*	10	6	0	.625	316	295
Buffalo	7	9	0	.438	300	311
Miami	6	10	0	.375	260	283
NORTH	W	L	T	Pct.	Pts.	Opp.
Baltimore	13	3	0	.812	353	201
Cincinnati	8	8	0	.500	373	331
Pittsburgh	8	8	0	.500	353	315
Cleveland	4	12	0	.250	238	356
SOUTH	W	L	T	Pct.	Pts.	Opp.
Indianapolis	12	4	0	.750	427	360
Tennessee	8	8	0	.500	324	400
Jacksonville	8	8	0	.500	371	274
Houston	6	10	0	.375	267	366
WEST	W	L	T	Pct.	Pts.	Opp.
San Diego	14	2	0	.875	492	303
Kansas City*	9	7	0	.562	331	315
Denver	9	7	0	.562	319	305
Oakland	2	14	0	.125	168	332

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	10	6	0	.625	390	328
Dallas*	9	7	0	.562	425	350
N.Y. Giants*	8	8	0	.500	355	362
Washington	5	11	0	.312	307	376

OFFENSE

Pos.		Starts
WR	Darrell Jackson	13
	Deion Branch	13
	Nate Burleson	7
	Bobby Engram	6
	D.J. Hackett	4
LT	Walter Jones	16
	Floyd Womack	8
LG	Chris Spencer	5
	*Rob Sims	3
C	Robbie Tobeck	8
	Chris Spencer	8
RG	Chris Gray	15
	Floyd Womack	1
RT	Sean Locklear	10
	Tom Ashworth	6
TE	Jerramy Stevens	6
	Itula Mili	2
QB	Matt Hasselbeck	12
	Seneca Wallace	
RB	Shaun Alexander	10
	Maurice Morris	8
FB	Mack Strong	10

DEFENSE

LE	Bryce Fisher	16
	Chuck Darby	14
RT	Marcus Tubbs	2
	Rocky Bernard	16
RE	Grant Wistrom	16
	Leroy Hill	15
OLB	D.D. Lewis	1
	Lofa Tatupu	16
OLB	Julian Peterson	16
	Kelly Herndon	16
RCB	Marcus Trufant	15
	*Kelly Jennings	2
SS	Michael Boulware	8
	Jordan Babineaux	8
FS	Ken Hamlin	16

SPECIAL TEAMS

K	Josh Brown	16
P	*Ryan Plackemeier	16
* Rookie or first-year player		

NFC

NORTH	W	L	T	Pct.	Pts.	Opp.
Chicago	13	3	0	.812	427	255
Green Bay	8	8	0	.500	301	366
Minnesota	6	10	0	.375	282	327
Detroit	3	13	0	.188	305	398
SOUTH	W	L	T	Pct.	Pts.	Opp.
New Orleans	10	6	0	.625	413	322
Carolina	8	8	0	.500	270	305
Atlanta	7	9	0	.438	292	328
Tampa Bay	4	12	0	.250	211	353
WEST	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.562	335	341
St. Louis	8	8	0	.500	367	381
San Francisco	7	9	0	.438	298	412
Arizona	5	11	0	.312	314	389

* Wild Card teams

2007 REVIEW (10-6; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
09/09	W	20-6	Tampa Bay	68,044	SEA	76	136	73	108	0	393
09/16	L	23-20	at Arizona	64,542	OPP	62	95	39	92	3	291
09/23	W	24-21	Cincinnati	68,110							
09/30	W	23-3	at San Francisco	67,651							
10/07	L	21-0	at Pittsburgh	64,478							
10/14	L	28-17	New Orleans	68,296							
10/21	W	33-6	St. Louis	68,164							
10/28			BYE								
11/04	L	33-30	at Cleveland (OT)	72,927							
11/12	W	24-0	San Francisco	68,331							
11/18	W	30-23	Chicago	68,249							
11/25	W	24-19	at St. Louis	65,423							
12/02	W	28-24	at Philadelphia	68,445							
12/09	W	42-21	Arizona	68,193							
12/16	L	13-10	at Carolina	73,421							
12/23	W	27-6	Baltimore	68,164							
12/30	L	44-41	at Atlanta	64,925							
POSTSEASON											
01/05	W	35-14	Washington (NFC Wild Card Game)	68,297							
01/12	L	42-20	at Green Bay (NFC Divisional Playoff)	72,168							

Team Statistics	Sea	Opp	Receiving	No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	323	278	Engram	94	1147	12.2	49	6			
Rushing	93	78	Burleson	50	694	13.9	45t	9			
Passing	211	183	Branch	49	661	13.5	65	4			
Penalty	19	17	Weaver	39	313	8.0	46	0			
3rd Down: Made/Att.	75/214	88/232	Hackett	32	384	12.0	59	3			
3rd Down Pct.	35.0	37.9	Pollard	28	273	9.8	22	2			
4th Down: Made/Att.	6/14	5/17	Morris	23	213	9.3	34t	1			
4th Down Pct.	42.9	29.4	SEA	371	4181	11.3	65	30			
POSSESSION AVG.	29:49	30:11	OPP	333	3808	11.4	79t	15			
TOTAL NET YARDS	5583	5149	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Avg. Per Game	348.9	321.8	Plackemeier	86	3436	40.0	34.3	6	30	62	0
Total Plays	1056	1035	SEA	86	3436	40.0	34.3	6	30	62	0
Avg. Per Play	5.3	5.0	OPP	93	4322	46.5	37.0	11	24	80	0
NET YARDS RUSHING	1619	1644	Punt Returns	No	FC	Yds	Avg	LG	TD		
Avg. Per Game	101.2	102.8	Burleson	58	8	658	11.3	94t	1		
Total Rushes	430	422	SEA	58	8	658	11.3	94t	1		
NET YARDS PASSING	3964	3505	OPP	37	15	362	9.8	64	0		
Avg. Per Game	247.8	219.1	Interceptions	No	Yds	Avg	LG	TD			
Sacked/Yards Lost	36/217	45/303	Trufant	7	150	21.4	84t	1			
Gross Yards	4181	3808	Tatupu	4	116	29.0	49	0			
Att./Completions	590/371	568/333	Grant	3	34	11.3	34	0			
Completion Pct.	62.9	58.6	Peterson	2	3	1.5	3	0			
Had Intercepted	13	20	SEA	20	299	15.0	84t	1			
PUNTS/AVERAGE	86/40.0	93/46.5	OPP	13	144	11.1	35	0			
NET PUNTING AVG.	86/34.3	93/37.0	Kickoff Returns	No	Yds	Avg	LG	TD			
PENALTIES/YARDS	59/428	99/756	Burleson	27	590	21.9	91t	1			
FUMBLES/BALL LOST	21/11	31/14	SEA	53	1173	22.1	91t	2			
TOUCHDOWNS	44	32	OPP	73	1790	24.5	61	0			
Rushing	9	16	Field Goals	1-19	20-29	30-39	40-49	50+			
Passing	30	15	Brown	0/0	12/12	5/5	8/12	3/5			
Defensive	2	1	TEAM	0/0	12/12	5/5	8/12	3/5			
Returns	3	0	OPP	1/1	5/5	9/10	5/7	2/4			
FIELD GOALS	28/34	22/27									
TOTAL POINTS	393	291									

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.), Jim Mora (DBs), Dwaine Board (DL), Bruce DeHaven (Special Teams), Mike Clark (Strength & Conditioning), Nolan Cromwell (WRs), Keith Gilbertson (Asst. OL), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Conditioning Asst.), Bill Laveroni (OL), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Stump Mitchell (RBs), Gary Reynolds (Offensive Asst./Quality Control), Ray Rhodes (Special Projects/Def.), Zerick Rollins (LBs), Jim Zorn (QBs).

Captains: QB Matt Hasselbeck, FB Mack Strong, LB Lofa Tatupu, S Deon Grant, K Josh Brown, LB Niko Koutouvides

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: Kerney (1), Tatupu (1), 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

COACHES ALL-TIME ROSTER

Name	Responsibility	Years	College
Arnold, Dave	Special Teams	1995-97	Drake
Austin, Teryl	Defensive Backs	2003-06	Pittsburgh
Beake, Chris	Quality Control/Offense	2008-	Air Force Academy
Becker, John	Offensive Coord./WRs	1989-91	Cal State-Northridge
Board, Dwaine	Defensive Line	2003-	North Carolina A&T
Boghosian, Sam	Offensive Coord./OL	1976-77	UCLA
Brasher, Tommy	Defensive Line	1992-98	Arkansas
Bratkowski, Bob	Wide Receivers	1992-94	Washington State
	Offensive Coord./WRs	1995-97	
	Offensive Coordinator	1998	
Brooks, Larry	Defensive Line	1999-2002	Virginia State
Brown, Dave	Defensive Coach	1992-98	Michigan
Casullo, Bob	Special Teams Coordinator	2005-06	Brockport St. (N.Y.) College
Catlin, Tom	Asst. Head Coach/LBs/Def. Coord.	1983-91	Oklahoma
	Assistant Head Coach/Defense	1992	
	Assistant Head Coach	1993	
	Quality Control	1994-95	
Christensen, Jack	Defensive Backs	1978-82	Colorado State
Clark, Mike	Strength & Conditioning	2004-	Ottawa University
Colquitt, Jerry	Offensive Quality Control	1999-2002	Tennessee
Cromwell, Nolan	Wide Receivers	1999-2007	Kansas
DeBord, Mike	Assistant Offensive Line	2008-	Manchester College
DeHaven, Bruce	Special Teams Coordinator	2007-	SW College (Kan.)
Dunn, Kasey	Running Backs	2008-	Idaho
Dyer, George	Defensive Line	1983-91	UC-Santa Barbara
Erickson, Dennis	Head Coach	1995-98	Montana State
Flajole, Ken	Defensive Backs	1999, 2001-02	Pacific Lutheran
	Linebackers	2000	
Flores, Tom	Head Coach	1992-94	Pacific
Gilbertson, Keith	Defensive Assistant	1996	Central Washington
	Tight Ends	1997-98	
	Offensive Consultant	2005	
	Asst. Offensive Line	2006-07	
	Wide Receivers	2008-	
Gillespie, Bill	Asst. Strength & Conditioning	2003-04	Liberty
Harris, Chick	Running Backs	1983-91	Northern Arizona
Haskell, Gil	Offensive Coordinator	2000-06	San Francisco State
	Asst. Head Coach/Off. Coord.	2007-	
Hawkins, Ralph	Defensive Backs	1983-88	Maryland
Headlee, Tom	Quality Control/Defense	2006-	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-	Southern California
Houck, Hudson	Offensive Line	1992	Southern California
Jackson, Milt	Wide Receivers	1998	Tulsa
James, Ned	Offensive Assistant	1995-96	New Mexico
	Defensive Assistant	1997	
Jamison, John	Special Teams Assistant	2005-	California
Johnson, Jim	Linebackers	1998	Missouri
Johnston, Kent	Strength & Conditioning	1999-2003	Stephen F. Austin
Kennan, Larry	Offensive Coordinator/QBs	1992-94	LaVerne
Knox, Chuck	Head Coach	1983-91	Juniata
Krein, Darren	Assistant Strength & Cond.	1997-98, 2001-	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-	Cornell
LeDuc, Dana	Strength & Conditioning	1995-98	Texas
Leggett, Earl	Defensive Line	1976-77	Louisiana State
Lind, Jim	Linebackers	1999	Bemidji (Minn.) State
	Tight Ends	2000-	

Name	Responsibility	Years	College
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
Marmie, Larry	Defensive Assistant/Secondary	2006-	Eastern Kentucky
Marshall, John	Linebackers	2003-05	Oregon
	Defensive Coordinator	2006-	
Matsumoto, Arnie	Staff Assistant	1989-95	Lewis and Clark
Meyer, Ken	Quarterbacks	1983-91	Denison
Meyers, Bill	Assistant 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-	Washington
Moyer, Paul	Special Assignments	1990-91	Arizona State
	DBs/Asst. Special Teams	1992-94	
Mudd, Howard	Offensive Line	1978-82	Hillsdale
		1993-97	
Murphy, Mike	Linebackers	1995-97	Huron
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
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	
Raines, Frank	Strength & Conditioning	1990-94	George Mason
Reynolds, Gary	Off. Asst./Quality Control	2003-07	Texas A&M
Rhyme, Jerry	QB/WRs/TEs	1976-77	Tulsa
	Offensive Coord./QB/WRs/TEs	1978-79	
	Offensive Coord./QB/WRs	1980-82	
Rhodes, Ray	Defensive Coordinator	2003-05	Tulsa
	Special Projects/Defense	2006-07	
Roach, Dick	Defensive Assistant	1999-2000	Black Hills State
Robinson, Willy	Defensive Backs	1995-98	Fresno State
Rodriguez, Pete	Asst. Head Coach/Special Teams	1998	Western St. (Colorado)
	Special Teams Coordinator	1999-2003	
Rollins, Zerick	Defensive Assistant	2001	Texas A&M
	Defensive Line/Quality Control	2002-05	
	Linebackers	2006-	
Shelmon, Clarence	Running Backs	1992-97	Houston
Sheppard, Mike	Quarterbacks	1999-2000	California Lutheran
Sherman, Mike	Offensive Coordinator	1999	Central Connecticut State
Shurmer, Fritz	Defensive Coordinator	1999	Albion College (Mich.)
Sidwell, Steve	Defensive Coordinator	2000-02	Colorado
Simpson, Jackie	Defensive Coord./LBs	1981-82	Mississippi
Smith, Gregg	Assistant Head Coach/TEs	1995-96	Idaho
	Asst. Head Coach/Offensive Line	1997	
	Offensive Line	1998	
Solari, Mike	Offensive Line	2008-	San Diego State
Springer, Rod	Assistant Strength & Cond.	1999-2002	Tarleton State
Stephenson, Kent	Offensive Line	1985-91	Northern Iowa
Tillman, Rusty	Special Teams	1979-82	Northern Arizona
	Special Teams/TEs	1983-86	
	Special Teams/LBs	1987-91	
	Defensive Coordinator/LBs	1992-94	
Vitt, Joe	Special Assignments	1982-91	Towson State
Yarber, Eric	Offensive Quality Control	1998	Idaho
Zorn, Jim	Offensive Assistant	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, Sam	DT/DE	1994-99	89	66	Texas A&M
Adams, Theo	T	1992	10	0	Hawaii
Adkins, Sam	QB	1977-82	10	0	Wichita State
Agee, Tommie	FB	1988	16	0	Auburn
Ahrens, Dave	LB	1990	10	3	Wisconsin
Aiu, Charlie	G	1978	1	0	Hawaii
Alexander, Shaun	RB	2000-07	119	97	Alabama
Allen, Harvey	S	1987	2	2	Nevada-Las Vegas
Allert, Ty	LB	1990	1	0	Texas
Allred, Brian	CB	1993-94	4	0	Sacramento State
Alvarez, Wilson	K	1981	4	0	S.E. Louisiana
Anderson, Eddie	S	1986	5	0	Fort Valley State
Anderson, Fredell	DE	1980-82	22	6	Prairie View A&M
Andrews, Ricky	LB	1990	15	0	Washington
Andrews, Tom	C/G	1987	2	2	Louisville
Araguz, Leo	P	2005	4	0	Stephen F. Austin
Ashworth, Tom	T	2006-	29	6	Colorado
Atkins, Baraka	DE	2007-	12	0	Miami
Atkins, James	T/G	1994-97	49	37	S.W. Louisiana
August, Steve	T	1977-84	97	90	Tulsa

B

Babin, Jason	DE	2007-	2	0	Western Michigan
Babineaux, Jordan	CB	2004-	53	12	Southern Arkansas
Bachman, Ted	CB	1976	5	0	New Mexico State
Baham, Curtis	CB	1987	3	0	Tulane
Bailey, Edwin	G/T	1981-91	139	120	South Carolina State
Bailey, Karsten	WR	1999-2000	11	0	Auburn
Bailey, Rodney	DE	2005	8	0	Ohio State
Ballard, Howard	T	1994-98	74	74	Alabama A&M
Bannister, Alex	WR	2001-05	57	4	Eastern Kentucky
Barbay, Roland	NT	1987	5	0	Louisiana State
Barber, Michael	LB	1995-97	21	9	Clemson
Barisich, Carl	DE	1976	14	7	Princeton
Barr, Robert	T	1996	*0	0	Rutgers
Bates, Michael	WR	1993-94	31	1	Arizona
Bates, Solomon	LB	2003-04	17	3	Arizona State
Beamon, Autry	S	1977-79	45	39	East Texas State
Bebout, Nick	T	1976-79	56	55	Wyoming
Beede, Frank	G	1996-2000	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	1994-2000	98	55	Rutgers
Bengen, Brant	WR	1987	3	0	Idaho
Benjamin, Tony	FB	1977-79	28	1	Duke
Bentley, Kevin	LB	2005-07	43	5	Northwestern
Berry, Ray	LB	1993	8	2	Baylor
Bernard, Rocky	DT	2002-	88	40	Texas A&M
Bernard, Walter	CB	2002-03	1	0	New Mexico
Berti, Tony	G/T	1998	*0	0	Colorado
Bickett, Duane	LB	1994-95	22	1	Southern California
Bierria, Terreal	S	2002-04	30	12	Georgia
Bitterlich, Don	K	1976	3	0	Temple
Blackmon, Harold	CB	2001-02	9	0	Northwestern

Blackmon, Robert	S	1990-96	106	96	Baylor
Blackshear, Jeff	G	1993-95	47	21	Northeast Louisiana
Blackwood, Lyle	S	1976	11	0	Texas Christian
Blades, Bennie	S	1997	10	9	Miami
Blades, Brian	WR	1988-98	156	122	Miami
Bloedorn, Greg	G	1997-99	12	0	Cornell
Blue, Anthony	CB	1987	3	0	Nevada-Las Vegas
Bolcar, Ned	LB	1990	5	0	Notre Dame
Bolton, Andrew	RB	1976	5	2	Fisk
Borchardt, Jon	G/T	1985-87	42	4	Montana State
Bosworth, Brian	LB	1987-89	24	24	Oklahoma
Boulware, Michael	S	2004-06	48	28	Florida State
Bouyer, Willie	WR	1989-90	1	0	Michigan State
Bowman, Barry	P	1987	1	0	Louisiana Tech
Bownes, Fabien	WR	1999-01	47	0	Western Illinois
Boyd, Dennis	DE/DT/T	1977-79, 81-82	59	27	Oregon State
Boyd, Jerome	LB	1983	5	0	Oregon State
Bradley, Ed	LB	1976	14	14	Wake Forest
Branch, Deion	WR	2006-	25	24	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
Brock, Lou	CB	1988	1	0	Southern California
Broussard, Steve	RB	1995-98	58	2	Washington State
Brown, Arnold	CB	1987	2	0	North Carolina Central
Brown, Chad	LB	1997-2004	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-	80	0	Nebraska
Brown, Reggie	FB	1996-2000	62	10	Fresno State
Brown, Theotis	RB	1981-83	22	7	UCLA
Brown, Tony	CB	1994-95	29	5	Fresno State
Brown, Travis	QB	2000	1	0	Northern Arizona
Bryant, Beno	RB	1994	2	0	Washington
Bryant, Cullen	FB	1983-84	19	5	Colorado
Bryant, Jeff	DE/DT	1982-93	175	167	Clemson
Bullard, Louis	T	1978-80	36	15	Jackson State
Burleson, Nate	WR	2006-	32	19	Nevada
Burnham, Tim	T	1987-88	3	3	Washington
Burse, Tony	FB	1987	12	0	Middle Tennessee State
Bush, Blair	C	1983-88	82	78	Washington
Butler, Chuck	LB	1984	8	0	Boise State
Butler, Hillary	LB	1998	7	0	Washington
Butler, Keith	LB	1978-87	146	132	Memphis State
Butler, Ray	WR	1985-88	41	8	Southern California

C

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	1999-2000	26	2	Kansas State
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
Charlton, Ike	CB	2000-01	31	1	Virginia Tech
Childs, Jason	G	1993	*0	0	North Dakota
Clancy, Sam	DE	1983	13	0	Pittsburgh
Clark, Bernard	LB	1991	2	0	Miami
Clark, Greg	LB	1992	12	0	Arizona State
Clark, Louis	WR	1987-92	55	15	Mississippi State
Clarke, Ken	NT	1988	16	1	Syracuse
Clune, Don	WR	1976	9	1	Pennsylvania

C

Cochran, Antonio	DT	1999-2004	84	32	Georgia
Coder, Ron	G	1976-77, 79	43	19	Penn State
Coffield, Randy	LB	1976	13	0	Florida State
Coleman, Andre	WR	1997	2	0	Kansas State
Collins, Greg	LB	1976	13	0	Notre Dame
Collins, Mark	S	1998	9	0	Cal State-Fullerton
Colquitt, Jimmy	P	1985	2	0	Tennessee
Comeaux, Darren	LB	1988-91	50	39	Arizona State
Cook, Kerwin	WR	2001	*0	0	Tulane
Cooke, Bill	DE/DT	1978-80	34	3	Massachusetts
Cooper, Chris	DT	2006	*0	0	Nebraska-Omaha
Cooper, Marquis	LB	2006	1	0	Washington
Corley, Chris	TE	1987	1	0	South Carolina
Cortes, Julio	LB	1987	3	3	Miami
Cotton, Marcus	LB	1991	3	0	Southern California
Covington, Tony	S	1995	11	0	Virginia
Cowlings, Al	DE	1976	1	0	Southern California
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
Curtis, Mike	LB	1976	14	14	Duke

D

Daniels, David	WR	1991-92	29	1	Penn State
Daniels, Phillip	DE	1996-99	60	41	Georgia
Darby, Alvis	TE	1976	1	0	Florida
Darby, Chuck	DT	2005-07	36	34	South Carolina State
Darche, Jean-Philippe	LS	2000-06	97	0	McGill (Canada)
Davis, Anthony	LB	1993	10	0	Utah
Davis, Brian	CB	1991-92	29	2	Nebraska
Davis, Chris	FB	2003-04	1	0	Syracuse
Davis, Fred	CB	1987	1	1	Western Carolina
Davis, Harlan	CB	1991	0	0	Tennessee
Davis, Russell	DT	2006	13	0	North Carolina
Davis, Tyree	WR	1997	14	1	Central Arkansas
Dawkins, Sean	WR	1999-2000	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
Dilfer, Trent	QB	2001-04	22	12	Fresno State
Dion, Terry	DE	1980	9	2	Oregon
Dixon, Zachary	RB	1983-84	26	2	Temple
Dodge, Dedrick	S	1991-92	25	0	Florida State
Donaldson, Ray	C	1993-94	32	32	Georgia
Donnelly, Rick	P	1990-91	19	0	Wyoming
Doornink, Dan	FB/RB	1979-85	92	44	Washington State
Dorning, Dale	DE	1987	3	3	Oregon
Dorris, Andy	DE	1977	4	1	New Mexico State
Dove, Wes	DE	1987	2	0	Syracuse
Duckett, Forey	S	1994	2	0	Nevada
Dufek, Don	S	1976-77, 79-84	95	6	Michigan
Dugan, Bill	G	1981-83	40	5	Penn State
Dyson, Andre	CB	2005	10	5	Utah

E					
Easley, Kenny	S	1981-87	89	87	UCLA
East, Ron	DT	1977	14	14	Montana State
Eaton, Chad	DT	2001-02	32	32	Washington State
Edmonds, Bobby Joe	RB/KR	1986-88	42	0	Arkansas
Edmunds, Ferrell	TE	1993-94	23	23	Maryland
Edwards, Antonio	DE	1993-97	51	24	Valdosta State
Edwards, Randy	DE/NT	1984-87	52	4	Alabama
Engram, Bobby	WR	2001-	96	56	Penn State
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
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
Fanning, Mike	DE	1984	16	0	Notre Dame
Farrell, Sean	G	1992	6	0	Penn State
Fauria, Christian	TE	1995-2001	103	72	Colorado
Feagles, Jeff	P	1998-2002	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
Fiones, Brian	LB	1981-82	13	0	Washington State
Foley, Glenn	QB	1999	2	1	Boston College
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	1999-2000	*0	0	Mississippi
Frier, Mike	DT	1994	2	0	Appalachian State
Friesz, John	QB	1995-98	21	11	Idaho
Frye, Charlie	QB	2007-	*0	0	Akron
Fuller, Curtis	S	2001-02	26	2	Texas Christian
Fuller, Randy	CB	1999	2	0	Tennessee State

G					
Gaines, Greg	LB	1981, 83-88	88	43	Tennessee
Galloway, Joey	WR	1995-99	71	67	Ohio State
Gamache, Vince	P	1986	16	0	Cal State-Fullerton
Garcia, Frank	P	1981	1	0	Arizona
Gardner, Rich	CB	2006	*0	0	Penn State
Geddes, Ken	LB	1976-78	36	25	Nebraska
Gelbaugh, Stan	QB	1992-96	13	9	Maryland
George, Jeff	QB	2002	0	0	Illinois
Gilbert, Gale	QB	1985-86	25	2	California
Glasgow, Nesby	S	1988-92	77	30	Washington
Glaze, Charles	CB	1987	3	2	South Carolina State
Glover, Kevin	C	1998-99	14	14	Maryland
Godfrey, Chris	G	1988	9	2	Michigan
Godfrey, Randall	LB	2003	15	14	Georgia
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

G

Graham, Jay	RB	2001	11	0	Tennessee
Graham, Jeff	QB	1993-94	*0	0	Long Beach State
Grant, Deon	S	2007-	16	16	Tennessee
Grant, Will	C	1986	7	6	Kentucky
Gray, Carlton	CB	1993-96	53	45	UCLA
Gray, Chris	G/C	1998-	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-	5	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
Griffith, Russell	P	1987	2	0	Weber State

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
Hamlin, Ken	S	2003-06	54	52	Arkansas
Hand, Norman	DT	2003	6	5	Mississippi
Hanks, Merton	S	1999	12	2	Iowa
Hannam, Ryan	TE	2002-05	52	5	Northern Iowa
Hanousek, Matt	T/G	1987	3	3	Utah State
Hansen, Don	LB	1976	2	0	Illinois
Harden, Michael	CB	2004-05	4	0	Missouri
Hardy, Andre	FB	1985	3	1	St. Mary's
Hardy, Darryl	LB	1997	2	0	Tennessee
Hardy, Robert	DT	1979-82	54	53	Jackson State
Harmon, Kevin	RB	1988-89	9	0	Iowa
Harper, Dwayne	CB	1988-93	94	76	South Carolina State
Harris, Corey	CB	1995-96	32	32	Vanderbilt
Harris, Elroy	RB	1989	14	0	Eastern Kentucky
Harris, Franco	FB	1984	8	6	Penn State
Harris, John	S	1978-85	119	112	Arizona State
Harris, Richard	DE/DT	1976-77	28	24	Grambling
Harris, Ronnie	WR	1994-98	44	0	Oregon
Harrison, Martin	DE	1997	8	0	Washington
Hart, Roy	NT	1988-89	16	1	South Carolina
Hasselbeck, Matt	QB	2001-	103	96	Boston College
Hauck, Tim	S	1997	16	0	Montana
Hayes, Eric	DT	1990-91	21	3	Florida State
Heck, Andy	T/G	1989-93	77	70	Notre Dame
Heller, Ron	TE	1990, 92	32	16	Oregon State
Heller, Will	TE	2006-	32	6	Georgia Tech
Heppner, Kris	K	2000	4	0	Montana
Hernandez, Matt	T	1983	8	1	Purdue
Herndon, Kelly	CB	2005-06	28	22	Toledo
Herrera, Efrén	K	1978-81	60	0	UCLA
Herring, Will	LB	2007-	12	0	Auburn
Hicks, Mark	LB	1983	10	1	Arizona State

Hill, James	TE	2000	10	0	Abilene Christian
Hill, Leroy	LB	2005-	44	38	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-	6	0	Auburn
Hollie, Doug	DE	1987-88	5	0	Southern Methodist
Hollis, David	CB/S	1987-89	27	0	Nevada-Las Vegas
Howard, Ron	TE	1976-78	42	36	Seattle
Howell, John	S	2005	10	0	Colorado State
Huard, Brock	QB	1999-2001	6	4	Washington
Hudson, Gordon	TE	1986	16	4	Brigham Young
Huff, Orlando	LB	2001-04	55	23	Fresno State
Hughes, David	FB	1981-85	69	27	Boise State
Hughes, Van D	T	1987	1	1	Southwest Texas State
Hunter, Al	RB/FB	1977-80	53	5	Notre Dame
Hunter, John	G	1992	5	3	Brigham Young
Hunter, Patrick	CB	1986-94	120	99	Nevada-Reno
Hunter, Pete	CB	2006	^0	0	Virginia Union
Hunter, Wayne	T	2003	2	0	Hawaii
Hutchinson, Steve	G	2001-05	68	68	Michigan
Hyde, Glenn	C	1986	3	0	Pittsburgh

I

Innocent, Dou	WR	1996	4	0	Mississippi
Irvin, Darrell	DE	1983	16	0	Oklahoma
Ivory, Horace	RB	1981-82	12	0	Oklahoma

J

Jackson, Darrell	WR	2000-06	96	90	Florida
Jackson, Harold	WR	1983	15	6	Jackson State
Jackson, Joe	LB	1987	3	0	San Francisco State
Jackson, Michael	LB	1979-86	105	78	Washington
Jackson, Terry	CB	1984-85	32	0	San Diego State
James, Toran	LB	1998	*0	0	North Carolina A&T
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-	32	17	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, Johnnie	S	1989	3	1	Texas
Johnson, M.L.	LB	1987-89	37	9	Hawaii
Johnson, Norm	K	1982-90	134	0	UCLA
Johnson, Tracy	FB	1992-95	63	15	Clemson
Jolley, Gordon	G/T	1976-77	26	15	Utah
Jones, Donnie	P	2004	6	0	Louisiana State
Jones, Ernie	CB	1976	9	3	Miami
Jones, Horace	DE	1977	1	0	Louisville
Jones, James	FB	1989-92	50	7	Florida
Jones, 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-	168	168	Florida State
Joppru, Ben	TE	2006-2007	18	0	Michigan
Jordan, Charles	WR	1999	4	1	Long Beach City College
Joseph, Kerry	S	1998-2001	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
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	1996-2000	76	75	Boston College
Kennedy, Cortez	DT	1990-2000	167	153	Miami
Kerney, Patrick	DE	2007-	16	16	Virginia
Killens, Terry	LB	2002	3	0	Penn State
King, Lamar	DE	1999-2003	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	1997-2000	39	33	Central Washington
Koonce, George	LB	2000	16	16	East Carolina
Koutouvides, Niko	LB	2004-07	59	2	Purdue
Kraayeveld, Dave	DE/DT	1978	12	0	Milton
Krieg, Dave	QB	1980-91	129	116	Milton
Kuehn, Art	C/G	1976-82	98	33	UCLA
Kyle, Jason	LB	1995-98	48	0	Arizona

L

LaBounty, Matt	DE	1996-2001	65	9	Oregon
Lambert, Dion	S	1994-95	1	1	UCLA
Lane, Eric	FB/RB	1981-87	97	12	Brigham Young
Largent, Steve	WR	1976-89	200	197	Tulsa
Laughton, Jim	TE	1986	6	0	San Diego State
Laury, Lance	LB	2006-	24	0	South Carolina
Lavine, Paul	LB	1987	3	1	Utah State
Le Bel, Harper	TE	1989	16	0	Colorado State
Lee, Ronnie	T	1990-92	34	21	Baylor
Lewis, D.D.	LB	2002-06	48	18	Texas
Lewis, Will	CB	1980-81	26	0	Millersville State
Leypoldt, John	K	1976-78	25	0	No College
Lincoln, Jeremy	CB	1997	12	3	Tennessee
Lindell, Rian	K	2000-02	44	0	Washington State
Lindley, David	QB	1987	*0	0	Linfield
Locklear, Sean	T	2004-	58	42	North Carolina State
Logan, James	LB	1995-2000	63	4	Memphis
Long, Doug	WR	1977-78	16	0	Whitworth
Loville, Derek	RB	1990-91	27	1	Oregon
Lucas, Ken	CB	2001-04	62	47	Mississippi
Lurtsema, Bob	DE/DT	1976-77	27	25	Western Michigan
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
McCrary, Fred	FB	2007	6	0	Mississippi State
McCrary, Michael	DE	1993-96	58	13	Wake Forest
McCullum, Sam	WR	1976-81	91	78	Montana State
McCutcheon, Lawrence	FB	1980	8	1	Colorado State
McDaniel, Terry	CB	1998	9	0	Tennessee
McElroy, Vann	S	1990	10	0	Baylor
McEndoo, Jason	C	1998	1	0	Washington State
McGrath, Mark	WR	1981	6	0	Montana State
McGwire, Dan	QB	1991-94	12	5	San Diego State
McIntosh, Chris	T	2000-2001	24	13	Wisconsin
McKenzie, Reggie	G	1983-84	24	22	Michigan
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
McNeal, Travis	TE	1989-91	48	24	Tennessee-Chattanooga
McShane, Charles	LB	1977-79	29	0	California Lutheran
McVeigh, John	LB	1987	3	3	Miami
Mack, Kim	S	1987	1	0	Florida State
Mangiero, Dino	NT	1984	15	0	Rutgers
Manuel, Marquand	S	2004-05	31	11	Florida
Marinaro, Ed	FB	1977	2	0	Cornell
Martin, Amos	LB	1977	2	0	Louisville
Martin, Kelvin	WR	1993-94	32	29	Boston College
Mathison, Bruce	QB	1987	3	2	Nebraska
Mattes, Ron	T	1986-90	75	59	Virginia
Matthews, Al	S	1976	14	14	Texas A&I
Mawae, Kevin	C/G	1994-97	62	59	Louisiana State
Maxwell, Vernon	LB	1989	9	7	Arizona State
May, Deems	TE	1997-99	47	0	North Carolina
Mayes, Derrick	WR	1999-2000	28	23	Notre Dame
Mayes, Rueben	RB	1992-93	17	0	Washington State
Mebane, Brandon	DT	2007-	16	10	California
Merriman, Sam	LB	1983-87	71	1	Idaho
Metzelaars, Pete	TE	1982-84	34	13	Wabash
Mili, Itula	TE	1998-2006	114	43	Brigham Young
Millard, Bryan	G/T	1984-91	121	99	Texas
Millard, Keith	DT	1992	2	0	Washington State
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
Milne, Brian	FB	1999	10	0	Penn State
Minor, Vic	S	1980-81	20	0	Northeast Louisiana
Miranda, Paul	CB	2000-01	12	2	Central Florida
Mirer, Rick	QB	1993-96	55	51	Notre Dame
Mitchell, Brandon	DE	2002-04	34	8	Texas A&M
Mitz, Alonzo	DE	1986-89	40	7	Florida
Montgomery, Glenn	DT	1996	7	1	Houston
Moody, Michael	T	1994	*0	0	Southern California
Moon, Warren	QB	1997-98	25	24	Washington
Moore, Alvin	RB	1987	1	0	Arizona State
Moore, Jeff	RB	1979-81	32	3	Jackson State
Moore, Mark	S	1987	5	0	Oklahoma State
Moore, Rashad	DT	2003-04	30	18	Tennessee
Morris, Maurice	RB	2002-	88	16	Oregon
Morris, Michael	LS	1990	4	0	N.E. Missouri State
Morris, Randall	RB	1984-88	61	2	Tennessee

M

Morton, Michael	RB	1987	2	0	Nevada-Las Vegas
Moss, Winston	LB	1995-97	46	46	Miami
Moyer, Paul	S	1983-89	98	30	Arizona State
Munson, Bill	QB	1976	6	0	Utah State
Murphy, Kevin	LB	1993	14	10	Oklahoma
Myer, Steve	QB	1976-80	13	4	New Mexico
Myles, DeShone	LB	1998-2000	16	7	Nevada

N

Nash, Joe	DT/NT	1982-96	218	169	Boston College
Nelson, Ralph	RB	1976	7	3	No College
Newbill, Richard	LB	1990-92	10	0	Miami
Newton, Bob	G	1976-81	82	66	Nebraska
Niehaus, Steve	DE/DT	1976-78	36	20	Notre Dame
Norman, Dennis	T	2001-04	1	0	Princeton
Norman, Joe	LB	1979-81, 83	50	10	Indiana
Norman, Todd	G	1995	*0	0	Notre Dame

O

O'Brien, Mike	S	1979	3	0	California
O'Callaghan, John	TE	1987	1	0	San Diego State
Obomanu, Ben	WR	2006-	13	0	Auburn
Okeafor, Chike	DE	2003-04	32	32	Purdue
Olds, Bill	FB	1976	1	1	Nebraska
Orns, Fred	LB	1987	2	0	Chapman College
Overhauser, Chad	G	2000	*0	0	UCLA
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	1997-2000	51	19	North Carolina
Parros, Rick	FB/RB	1985, 87	5	1	Utah State
Parry, Josh	FB	2006	8	0	San Jose State
Pearman, Alvin	RB	2007-	3	0	Virginia
Peets, Brian	TE	1978-79	25	14	Pacific
Penchion, Bob	G	1976	13	13	Alcorn A&M
Perryman, Dean	C	1987	1	0	Washington
Peterson, Julian	LB	2006-	32	32	Michigan State
Peterson, Todd	K	1995-99	80	0	Georgia
Plackemeier, Ryan	P	2006-	32	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
Ponder, Willie	WR	2006	6	0	S.E. Missouri State
Porter, Rufus	LB	1988-94	98	67	Southern
Powell, Alvin	G	1987-88	18	0	Winston-Salem State
Pratt, Robert	G	1982-85	52	52	North Carolina
Preece, Steve	S	1977	14	14	Oregon State
Price, Ernie	DE	1978-79	16	15	Texas A&I
Pritchard, Mike	WR	1996-99	62	41	Colorado
Proehl, Ricky	WR	1995-96	24	7	Wake Forest
Pruitt, Etric	S	2005	6	0	Southern Mississippi

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
Rayhle, Fred	TE	1977	2	0	Tenn-Chattanooga
Reece, Geoff	C	1977	5	0	Washington State
Rennaker, Terry	LB	1980	15	0	Stanford
Rice, Jerry	WR	2004	11	9	Mississippi Valley State
Richard, Kris	CB	2002-04	38	1	Southern California
Richards, Howard	T	1987	2	2	Missouri
Richardson, C.J.	S	1997	15	0	Miami
Richardson, Kyle	P	1997	2	0	Arkansas State
Ridgle, Elston	DE	1989	2	0	Nevada-Reno
Riley, Patrick	DT	1996	*0	0	Miami
Roberts, Ray	T	1992-95	57	46	Virginia
Robertson, Marcus	S	2001-02	27	27	Iowa State
Robinson, Damien	S	2003-04	15	4	Iowa
Robinson, Eugene	S	1985-95	170	152	Colgate
Robinson, Jeff	LS	2007	3	0	Idaho
Robinson, Koren	WR	2001-04	57	52	North Carolina State
Robinson, Rafael	S	1992-95	51	5	Wisconsin
Robinson, Shelton	LB	1982-85	56	35	North Carolina
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	1999-2001	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-	16	16	San Diego State

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
Scholtz, Bruce	LB	1982-88	96	95	Texas
Schreiber, Adam	G	1984	6	0	Texas
Scobey, Josh	RB	2005-	32	0	Kansas State
Scoggins, Ron	T	1987	3	0	Nevada-Las Vegas
Seigler, Dexter	CB	1996-97	14	0	Miami
Sevy, Jeff	G/T	1979-80	19	5	California
Sharper, Jamie	LB	2005	8	8	Virginia
Shaw, Bobby	WR	1998	1	0	California
Shaw, Rickie	T	1993	*0	0	North Carolina
Simmons, Anthony	LB	1998-2004	86	79	Clemson
Simonson, Dave	T	1976	5	0	Minnesota
Simpson, Keith	CB/S	1978-85	108	70	Memphis State
Sims, David	FB/RB	1977-79	29	12	Georgia Tech
Sims, Jack	G	1987	3	2	Hawaii
Sims, Rob	G	2006-	30	19	Ohio State
Sinclair, Michael	DE	1991-2001	144	114	Eastern New Mexico
Singer, Curt	T	1986, 90-91	24	0	Tennessee
Skansi, Paul	WR	1984-91	100	2	Washington

S

Skow, Jim	DE	1991	11	1	Nebraska
Smith, Dallis	S	1987	3	3	Valdosta State
Smith, Darrin	LB	1998-99	28	27	Miami
Smith, Lamar	RB	1994-97	43	4	Houston
Smith, Sherman	RB	1976-82	82	68	Miami, Ohio
Smith, Steve	FB	1994-95	25	7	Penn State
Snell, Donald	WR	1987	1	0	Virginia Tech
Spagnola, John	TE	1988	16	4	Yale
Speer, Del	S	1994	1	0	Florida
Spencer, Chris	C	2005-	41	29	Mississippi
Springs, Shawn	CB	1997-2003	93	88	Ohio State
Spitulski, Bob	LB	1992-94	26	1	Central Florida
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
Stouffer, Kelly	QB	1988-92	22	16	Colorado State
Stowe, Tyronne	LB	1995	6	6	Rutgers
Streater, Rahmaan	DE	2000	*0	0	Richmond
Strong, Mack	FB	1994-2007	201	108	Georgia
Strozier, Wilbur	TE	1987	12	3	Georgia
Stutz, Boone	LS	2007	8	0	Texas A&M
Sutherland, Doug	DT	1981	16	6	Wisconsin-Superior
Sweeney, Jim	C	1995	16	16	Pittsburgh

T

Tafoya, Joe	DE	2005-06	28	1	Arizona
Tapp, Darryl	DE	2006-	32	16	Virginia Tech
Tatupu, Lofa	LB	2005-	48	48	Southern California
Taylor, Bobby	CB	2004	9	0	Notre Dame
Taylor, Cordell	CB	1999	2	0	Hampton
Taylor, Courtney	WR	2007-	8	0	Auburn
Taylor, Terry	CB	1984-88, 94	79	55	Southern Illinois
Teal, Jimmy	WR	1987-88	6	2	Texas A&M
Terrill, Craig	DT	2004-	47	2	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, Fred	CB	1996-99	45	5	Tennessee-Martin
Thomas, Garth	G	1987	1	1	Washington
Thomas, Ricky	S	1987	1	1	Alabama
Thomas, Robb	WR	1992-95	62	3	Oregon State
Thomas, Rodell	LB	1981-82	19	1	Alabama State
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-	78	78	Washington State
Tuatagaloa, Natu	DE	1992-93	30	15	California
Tubbs, Marcus	DT	2004-	29	16	Texas

Tuiasosopo, Manu	DT/DE/NT	1979-83	73	64	UCLA
Turner, Daryl	WR	1984-87	59	40	Michigan State
Turner, Kevin	LB	1981	8	0	Pacific
Tuten, Rick	P	1991-97	101	0	Florida State
Tyler, Robert	TE	1989	9	9	South Carolina State

U

Unverzagt, Eric	LB	1996-97	9	0	Wisconsin
Urban, Jerheme	WR	2003-05	10	2	Trinity

V

Vaughn, Jon	RB	1993-94	26	2	Michigan
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W

Wagner, Vince	K	1981	*0	0	Northwestern (Minn.)
Waits, Alex	P	1991	3	0	Texas
Walker, Brian	S	1999	5	0	Washington State
Walker, Byron	WR	1982-86	58	3	Citadel
Walker, Tim	LB	1980	16	0	Savannah State
Wallace, C.J.	S	2007-	9	0	Washington
Wallace, Seneca	QB	2003-	23	4	Iowa State
Wallace, Taco	WR	2003-04	4	0	Kansas State
Walsh, Jim	FB	1980	4	0	San Jose State
Walter, Ken	P	2004	6	0	Kent State
Warner, Curt	RB	1983-89	93	92	Penn State
Warren, Chris	RB	1990-97	123	89	Ferrum
Warren, Terrence	WR	1993-94	16	0	Hampton University
Warrick, Peter	WR	2005	13	5	Florida State
Watson, Tim	DT	2000-01	*0	0	Rowan
Watters, Orlando	CB	1994	16	8	Arkansas
Watters, Ricky	RB	1998-2001	53	52	Notre Dame
Weaver, Herman	P	1977-80	61	0	Tulsa
Weaver, Leonard	FB	2005-	32	4	Carson-Newman
Weber, Roger	G	1987	*0	0	Kent State
Webster, Cornell	CB	1977-80	52	33	Tulsa
Wedderburn, Floyd	T/G	1999-2002	46	26	Penn State
Weeks, Marquis	RB	2006	10	0	Virginia
Weiner, Todd	T	1998-2001	48	20	Kansas State
Wells, Dean	LB	1993-98	84	50	Kentucky
Werner, Matt	DE	1994	*0	0	UCLA
West, Jeff	P	1981-85	58	0	Cincinnati
Wheat, Warren	G	1989-91	16	7	Brigham Young
White, Chris	S	1987	1	0	Tennessee
White, Jim	DE	1976	2	0	Colorado State
White, Mike	DT	1981-82	20	8	Albany State
White, Tracy	LB	2003-04	20	2	Howard
Wiley, Charles	DT	1987	1	1	Nevada-Las Vegas
Williams, Brent	DE	1994-95	21	19	Toledo
Williams, Darryl	S	1996-99	61	60	Miami
Williams, Eugene	LB	1982-83	13	1	Tulsa
Williams, Grant	T	1996-99	56	23	Louisiana Tech
Williams, James	FB	1987	1	0	Fresno State
Williams, James	WR	2000-02	29	4	Marshall
Williams, Jimmy	CB	2005-06	30	1	Vanderbilt
Williams, John	FB	1985	2	0	Wisconsin
Williams, John L.	FB	1986-93	123	115	Florida
Williams, Lester	NT	1987	2	0	Miami
Williams, Robert	CB	1999	1	0	North Carolina

W

Williams, Ronnie	TE	1996	13	3	Oklahoma State
Williams, Willie	CB	1997-2003	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-	12	0	Florida State
Wilmer, Ray	S	1984	3	0	Louisiana Tech
Wilson, Josh	CB	2007-	12	0	Maryland
Wilson, Mike	T	1986-89	60	60	Georgia
Wilson, Robert	WR	1997-99	18	0	Florida A&M
Wimmer, Gary	LB	1983	3	0	Stanford
Wistrom, Grant	DE	2004-06	41	41	Nebraska
Womack, Floyd	T	2001-	76	32	Mississippi State
Woodard, Cedric	DT	2000-04	61	28	Texas
Wooden, Terry	LB	1990-96	89	87	Syracuse
Woods, Larry	DT	1976	6	0	Tennessee State
Woods, Tony	LB/DE	1987-92	89	79	Pittsburgh
Woolsey, Rolly	CB	1976	14	11	Boise State
Wortham, Cornelius	LB	2005	8	0	Alabama
Wrotto, Mansfield	G	2007-	*0	0	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



Jim Zorn spent 17 seasons with the Seahawks as a player (1976-84) and a coach (1997, 2001-2007) before being named head coach of the Washington Redskins this season.

SERIES BREAKDOWN

Due to the 2002 new alignment plan, division records were reset.
Division records from 1976-2001 may be found on page 314.

NFC WEST (24-12)

ARIZONA CARDINALS (9-9)

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

Franchise moved from St. Louis in 1988.

Points: Arizona 359 (19.9)
Seattle 471 (26.2)

ST. LOUIS RAMS (10-9)

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

Moved from L.A. Coliseum to Anaheim Stadium in 1980. Moved from Anaheim to St. Louis in 1995.

Points: St. Louis 465 (24.5)
Seattle 428 (22.5)

SAN FRANCISCO 49ERS (10-8)

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

Points: San Francisco 348 (19.3)
Seattle 437 (24.3)

NFC EAST (6-6)

DALLAS COWBOYS (4-6)

10/3/76	—	L	13-28	62,027
11/27/80	—	L	@ 7-51	57,540
12/4/83	—	L	10-35	63,352
11/27/86	—	W	@ 31-14	58,020
10/11/92	—	L	@ 0-27	62,311
11/22/98	—	L	@ 22-30	64,142
12/16/01	—	W	+ 29-3	63,366
10/27/02	—	W	@ 17-14	63,854
12/6/04	—	L	39-43	68,093
10/23/05	—	W	13-10	67,046

Points: Dallas 255 (25.5)
Seattle 181 (18.1)

NEW YORK GIANTS (5-7)

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

Points: N.Y. Giants 264 (22.0)
Seattle 210 (17.5)

PHILADELPHIA EAGLES (5-6)

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

Points: Philadelphia 217 (19.7)
Seattle 235 (21.4)

WASHINGTON REDSKINS (4-9)

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

Points: Washington 251 (19.3)
Seattle 188 (14.5)

NFC NORTH (7-5)

CHICAGO BEARS (7-3)

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

Points: Chicago 214 (21.4)
Seattle 204 (20.4)

DETROIT LIONS (6-4)

10/24/76	—	L		14-41	61,280
9/24/78	—	W		28-16	56,781
12/2/84	—	W		38-17	62,441
10/18/87	—	W	@	37-14	8,310
12/30/90	—	W		30-10	50,681
10/17/93	—	L	@	10-30	60,801
10/17/96	—	L	@	16-17	51,194
9/12/99	—	L		20-28	66,238
11/16/03	—	W		35-14	65,865
9/10/06	—	W	@	9-6	60,535

Points: Seattle 237 (23.7)
Detroit 193 (19.3)

GREEN BAY PACKERS (5-6)

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

1981 & 1999 games played at Green Bay.
1976, 1978 & 1990 played in Milwaukee.

Points: Green Bay 277 (25.2)
Seattle 247 (22.5)

MINNESOTA VIKINGS (6-4)

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

Played in Metropolitan Stadium from 1961-81. Moved into the Metrodome in 1982.

Points: Seattle 256 (25.6)
Minnesota 242 (24.2)

NFC SOUTH (8-3)

ATLANTA FALCONS (8-3)

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

Played at Atlanta-Fulton County Stadium from 1966-91. Moved into Georgia Dome in 1992.

Points: Seattle 302 (27.5)
Atlanta 259 (23.5)

CAROLINA PANTHERS (1-2)

10/08/00	—	L	@	3-26	72,192
10/31/04	—	W		23-17	66,214
12/16/07	—	L	@	10-13	73,421

Points: Carolina 56 (18.7)
Seattle 36 (12.0)

NEW ORLEANS SAINTS (5-5)

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

Points: Seattle 237 (23.7)
New Orleans 200 (20.0)

TAMPA BAY BUCCANEERS (7-1)

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

Points: Seattle 138 (17.3)
Tampa Bay 102 (12.8)

* Overtime + at Husky Stadium

AFC WEST (4-4)

DENVER BRONCOS (18-33)

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

Points: Denver 1191 (23.4)
Seattle 997 (19.5)

KANSAS CITY CHIEFS (18-31)

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

Points: Kansas City 1133 (23.1)
Seattle 935 (19.1)

* Overtime + at Husky Stadium

OAKLAND RAIDERS (23-27)

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

Franchise moved from Oakland to Los Angeles in 1982. Moved back to Oakland in 1995.

Points: Oakland 1117 (22.3)
Seattle 1075 (21.5)

SAN DIEGO CHARGERS (25-23)

11/27/77	-	L		28-30	55,338
9/3/78	-	L		20-24	55,778
12/10/78	-	L	@	10-37	49,975
9/2/79	-	L		16-33	62,287
10/14/79	-	L	@	10-20	50,077
9/7/80	-	L		13-34	62,042
12/13/80	-	L	@	14-21	49,980
10/4/81	-	L	@	10-24	51,463
11/16/81	-	W		44-23	58,628
9/18/83	-	W		34-31	61,714
10/9/83	-	L	@	21-28	49,132
9/9/84	-	W		31-17	61,314
10/29/84	-	W	@	24-0	53,974
9/15/85	-	W	@	49-35	54,420
10/6/85	-	W		26-21	61,300
10/6/86	-	W		33-7	63,207
12/14/86	-	W	@	34-24	47,096
11/22/87	-	W		34-3	62,444
9/18/88	-	L	@	6-17	44,449
10/30/88	-	W		17-14	59,641
10/15/89	-	W	@	17-16	50,079
10/29/89	-	W		10-7	59,961
11/4/90	-	L		14-31	59,646
11/25/90	-	*W	@	13-10	50,097
10/27/91	-	W		20-9	58,025
11/10/91	-	L	@	14-17	43,597
10/4/92	-	L	@	6-17	36,783
12/27/92	-	L		14-31	49,324
9/5/93	-	L	@	12-18	58,039
10/3/93	-	W		31-14	54,778
9/18/94	-	L	+	10-24	65,536
10/30/94	-	L	@	15-35	59,001
9/10/95	-	L	@	10-14	54,420
10/22/95	-	L		25-35	45,821
9/1/96	-	L	@	7-29	58,780
10/27/96	-	W		32-13	38,143
9/21/97	-	W		26-22	51,110
11/9/97	-	W	@	37-31	64,616
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

Points: Seattle 1,001 (20.9)
San Diego 992 (20.7)

* Overtime + at Husky Stadium

AFC EAST (1-3)

BUFFALO BILLS (6-4)

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

Points: Seattle 235 (23.5)

Buffalo 235 (23.5)

MIAMI DOLPHINS (3-6)

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

Moved from the Orange Bowl into Joe Robbie Stadium in 1987.

Points: Miami 192 (21.3)

Seattle 147 (16.3)

NEW ENGLAND PATRIOTS (7-7)

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

Points: New England 274 (19.6)

Seattle 250 (17.9)

* Overtime + at Husky Stadium

NEW YORK JETS (8-8)

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

Moved from Shea Stadium into Giants Stadium in 1984.

Points: N.Y. Jets 320 (20.0)

Seattle 283 (17.7)

AFC NORTH (4-4)

BALTIMORE RAVENS (1-2)

12/27/97	—	L @	24-31	54,395
11/23/03	—	*L @	41-44	69,477
12/23/07	—	W	27-6	68,164

Points: Seattle 92 (30.7) Baltimore 81 (27.0)

CINCINNATI BENGALS (9-8)

9/25/77	—	L @	20-42	45,579
9/6/81	—	L @	21-27	41,177
12/26/82	—	L @	10-24	55,330
11/18/84	—	W @	26-6	50,280
9/8/85	—	W @	28-24	51,625
11/16/86	—	L @	7-34	54,410
10/11/87	—	L	10-17	31,739
12/10/89	—	W @	24-17	54,744
10/1/90	—	W	31-16	60,135
10/6/91	—	W @	13-7	60,010
9/6/92	—	L	3-21	57,350
9/26/93	—	W @	19-10	46,880
11/06/94	—	*L	17-20	46,630
9/17/95	—	W	24-21	39,492
11/7/99	—	W	37-20	66,303
10/26/03	—	L @	24-27	52,131
9/23/07	—	W	24-21	68,110

Points: Cincinnati 354 (20.8)

Seattle 338 (19.9)

CLEVELAND BROWNS (11-5)

12/18/77	-	W	20-19	61,583
12/3/78	-	W	47-24	62,262
11/11/79	-	W	@ 29-24	72,440
10/12/80	-	L	3-27	61,366
12/20/81	-	W	42-21	51,435
9/12/82	-	L	7-21	55,907
10/2/83	-	W	@ 24-9	75,446
9/3/84	-	W	33-0	59,540
12/8/85	-	W	31-13	58,477
10/9/88	-	W	@ 16-10	78,605
11/12/89	-	L	7-17	58,978
11/14/93	-	W	22-5	54,622
12/24/94	-	L	@ 9-35	54,180
9/9/01	-	W	@ 9-6	72,318
11/30/03	-	W	34-7	64,680
11/4/07	-	*L	@ 30-33	72,927

Franchise suspended in 1996 and

reactivated in 1999.

Points: Seattle 363 (22.7)
Cleveland 271 (16.9)

PITTSBURGH STEELERS (8-7)

12/4/77	-	L	@ 20-30	45,429
9/10/78	-	L	@ 10-21	48,277
11/8/81	-	W	24-21	59,058
11/28/82	-	W	16-0	55,553
10/23/83	-	L	21-27	61,615
9/7/86	-	W	30-0	61,146
12/6/87	-	L	@ 9-13	48,881
10/20/91	-	W	@ 27-7	54,678
12/6/92	-	L	@ 14-20	47,015
12/26/93	-	W	16-6	51,814
9/25/94	-	W	+ 30-13	59,637
9/27/98	-	L	@ 10-13	58,413
9/26/99	-	W	@ 29-10	57,881
11/02/03	-	W	23-16	66,507
10/7/07	-	L	@ 0-21	64,478

Points: Seattle 279 (18.6)
Pittsburgh 218 (14.5)

AFC SOUTH (3-1)

HOUSTON TEXANS (1-0)

10/16/05	-	W	42-10	66,196
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INDIANAPOLIS COLTS (4-5)

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

Franchise transferred from Baltimore in 1984.

Points: Seattle 203 (22.6)

Indianapolis 173 (19.2)

JACKSONVILLE JAGUARS (3-2)

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

Points: Seattle 126 (25.2)

Jacksonville 112 (22.4)

TENNESSEE TITANS (9-4)

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

Franchise transferred from Houston in 1997 and changed name from Oilers to Titans in 1999.

Points: Seattle 265 (20.4)

Tennessee 244 (18.8)

* Overtime + at Husky Stadium

RECORD VS. DIVISION (1976-2001)

AFC East (26-27)

- Buffalo (6-3)
- Indianapolis (3-5)
- Miami (2-6)
- New England (7-6)
- New York Jets (8-7)

AFC Central (29-17)

- Baltimore (0-1)
- Cleveland (10-4)
- Cincinnati (8-7)
- Jacksonville (3-1)
- Tennessee (8-4)

AFC West (80-110)

- Denver (17-32)
- Kansas City (17-30)
- Oakland (22-26)
- San Diego (24-22)

NFC East (13-27)

- Arizona (1-5)
- Dallas (2-5)
- New York Giants (3-6)
- Philadelphia (3-5)
- Washington (4-6)

NFC Central (21-13)

- Chicago (5-2)
- Detroit (4-4)
- Green Bay (4-4)
- Minnesota (4-2)
- Tampa Bay (4-1)

NFC West (12-16)

- Atlanta (5-2)
- Carolina (0-1)
- New Orleans (3-4)
- St. Louis (2-5)
- San Francisco (2-4)

YEARLY RESULTS

Year	W	L	T	Pct.	Pts.	Opp.	Finish	Home	Road	Div.	AFC	NFC	Post.
1976	2	12	0	.143	229	429	*5th	1-6-0	1-6-0	0-4-0	1-0-0	1-12-0	---
1977	5	9	0	.357	282	373	*4th	3-4-0	2-5-0	1-3-0	4-9-0	1-0-0	---
1978	9	7	0	.563	345	358	3rd	5-3-0	4-4-0	4-4-0	6-6-0	3-1-0	---
1979	9	7	0	.563	378	372	3rd	5-3-0	4-4-0	3-5-0	6-6-0	3-1-0	---
1980	4	12	0	.250	291	408	5th	0-8-0	4-4-0	1-7-0	3-9-0	1-3-0	---
1981	6	10	0	.375	322	388	5th	5-3-0	1-7-0	2-6-0	6-8-0	0-2-0	---
1982	4	5	0	.444	127	147	+10th	3-2-0	1-3-0	2-1-0	3-5-0	1-0-0	---
1983	9	7	0	.563	403	397	2nd	5-3-0	4-4-0	5-3-0	8-4-0	1-3-0	2-1-0
1984	12	4	0	.750	418	282	2nd	7-1-0	5-3-0	6-2-0	8-4-0	4-0-0	1-1-0
1985	8	8	0	.500	349	303	3rd	5-3-0	3-5-0	4-4-0	6-6-0	2-2-0	---
1986	10	6	0	.625	366	293	3rd	7-1-0	3-5-0	5-3-0	7-5-0	3-1-0	---
1987	9	6	0	.600	371	314	^2nd	6-2-0	3-4-0	4-3-0	5-6-0	4-0-0	0-1-0
1988	9	7	0	.563	339	329	1st	5-3-0	4-4-0	6-2-0	8-4-0	1-3-0	0-1-0
1989	7	9	0	.438	241	327	4th	3-5-0	4-4-0	4-4-0	7-5-0	0-4-0	---
1990	9	7	0	.563	306	286	3rd	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	---
1991	7	9	0	.438	276	261	4th	5-3-0	2-6-0	2-6-0	6-6-0	1-3-0	---
1992	2	14	0	.125	140	312	5th	1-7-0	1-7-0	1-7-0	2-10-0	0-4-0	---
1993	6	10	0	.375	280	314	5th	4-4-0	2-6-0	1-7-0	6-8-0	0-2-0	---
1994	6	10	0	.375	287	323	5th	3-5-0	3-5-0	2-6-0	4-10-0	2-0-0	---
1995	8	8	0	.500	363	366	3rd	5-3-0	3-5-0	3-5-0	5-7-0	3-1-0	---
1996	7	9	0	.438	317	376	5th	4-4-0	3-5-0	2-6-0	5-7-0	2-2-0	---
1997	8	8	0	.500	365	362	3rd	4-4-0	4-4-0	4-4-0	6-6-0	2-2-0	---
1998	8	8	0	.500	372	310	3rd	6-2-0	2-6-0	3-5-0	5-7-0	3-1-0	---
1999	9	7	0	.563	338	298	1st	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	0-1-0
2000	6	10	0	.375	320	405	4th	3-5-0	3-5-0	3-5-0	4-8-0	2-2-0	---
2001	9	7	0	.563	301	324	2nd	6-2-0	3-5-0	5-3-0	8-4-0	1-3-0	---
2002	7	9	0	.438	355	369	3rd	3-5-0	4-4-0	2-4-0	2-2-0	5-7-0	---
2003	10	6	0	.625	404	327	2nd	8-0-0	2-6-0	5-1-0	2-2-0	8-4-0	0-1-0
2004	9	7	0	.563	371	373	1st	5-3-0	4-4-0	3-3-0	1-3-0	8-4-0	0-1-0
2005	13	3	0	.813	452	271	1st	8-0-0	5-3-0	6-0-0	3-1-0	10-2-0	2-1-0
2006	9	7	0	.563	335	341	1st	5-3-0	4-4-0	3-3-0	2-2-0	7-5-0	1-1-0
2007	10	6	0	.625	393	291	1st	7-1-0	3-5-0	5-1-0	2-2-0	8-4-0	1-1-0
	246	254	0	.492	10,436	10,629		147-104-0	99-150-0	105-125-0	155-172-0	91-82-0	7-10-0

*Seahawks were placed in the NFC West for scheduling purposes in 1976 and played every NFC team and the Tampa Bay Buccaneers. In 1977, Seattle was placed in the AFC West and played every AFC team and Tampa Bay. Seattle switched back to the NFC West in 2002.

+Conference finish. Schedule shortened to 9 games because of players' strike.

^Schedule shortened to 15 games because of players' strike. Game 2 (at San Diego) was cancelled and games 3-5 were played with replacement players.



Seattle boasts the NFC's best record since the beginning of the 2003 season (51-29) and is the only NFC team with winning records each of the last five seasons. Philadelphia is second with a 49-31 record.

VERSUS THE NFL

	-- Regular Season --			OT	Post-season	Pre-season
	Total	Home	Road			
* Arizona	9-9	6-4	3-5	0-2	0-0	9-5
Arizona	9-7	6-3	3-4	0-2	0-0	7-2
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2
Atlanta	8-3	4-1	4-2	1-0	0-0	2-0
^ Baltimore	1-2	1-0	0-2	0-1	0-0	0-0
Buffalo	6-4	5-3	1-1	0-0	0-0	2-0
Carolina	1-2	1-0	0-2	0-0	1-0	0-0
Chicago	7-3	4-1	3-2	0-0	0-1	1-1
Cincinnati	9-8	4-3	5-5	0-1	0-1	1-0
Cleveland	11-5	7-3	4-2	0-1	0-0	0-0
Dallas	4-6	2-3	2-3	0-0	1-0	3-2
Denver	18-33	13-13	5-20	1-5	1-0	0-7
Detroit	6-4	4-2	2-2	0-0	0-0	5-2
+ Green Bay	5-6	2-1	3-5	0-0	0-2	2-1
Houston	1-0	1-0	0-0	0-0	0-0	5-2
# Indianapolis	4-5	3-4	1-1	0-0	0-0	8-9
Indianapolis	4-3	3-2	1-1	0-0	0-0	7-9
Baltimore	0-2	0-2	0-0	0-0	0-0	1-0
Jacksonville	3-2	1-0	2-2	0-0	0-0	0-0
Kansas City	18-31	13-11	5-20	1-1	0-0	3-0
Miami	3-6	2-2	1-4	0-0	1-2	0-1
Minnesota	6-4	4-2	2-2	0-0	0-0	6-5
New England	7-7	2-3	5-4	0-0	0-0	1-1
New Orleans	5-5	3-3	2-2	0-1	0-0	3-0
N.Y. Giants	5-7	4-2	1-5	1-0	0-0	0-0
N.Y. Jets	8-8	3-3	5-5	0-0	0-0	0-0
@Oakland	23-27	14-10	9-17	0-1	1-1	5-2
Oakland	12-14	8-4	4-10	0-0	0-0	5-2
Los Angeles	11-13	6-6	5-7	0-1	1-1	0-0
Philadelphia	5-6	2-4	3-2	0-1	0-0	0-0
Pittsburgh	8-7	6-1	2-6	0-0	0-1	0-0
%St. Louis	10-9	6-4	4-5	0-1	0-1	2-6
St. Louis	9-5	5-2	4-3	0-0	0-1	0-0
Los Angeles	1-4	1-2	0-2	0-0	0-0	2-6
San Diego	25-23	15-10	10-13	3-0	0-0	5-3
San Francisco	10-8	5-5	5-3	0-0	0-0	13-15
Tampa Bay	7-1	3-1	4-0	0-0	0-0	3-0
= Tennessee	9-4	6-1	3-3	1-0	0-1	1-0
Tennessee	3-0	2-0	1-0	0-0	0-0	0-0
Houston	6-4	4-1	2-3	1-0	0-1	1-0
Washington	4-9	1-4	3-5	0-1	1-0	0-0
TOTALS	246-254	147-104	99-150	9-19	7-13	81-62

* 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)

OVERTIME GAMES

OVERTIME RESULTS (8-19)

10/29/78	L	17-20	Denver Broncos	62,948
11/27/83	W	51-48	Kansas City Chiefs	56,795
10/20/85	L	10-13	at Denver Broncos	74,899
01/03/88*	L	20-23	at Houston Oilers	49,662
10/22/89	L	21-24	Denver Broncos	62,353
09/23/90	L	31-34	at Denver Broncos	75,290
11/25/90	W	13-10	at San Diego Chargers	50,097
12/02/90	W	13-10	Houston Oilers	57,592
10/13/91	L	20-23	Los Angeles Raiders	61,974
11/30/92	W	16-13	Denver Broncos	51,612
12/13/92	L	17-20	Philadelphia Eagles	47,492
12/19/93	L	27-30	Phoenix Cardinals	45,737
11/06/94	L	17-20	Cincinnati Bengals	46,630
10/29/95	L	14-20	at Arizona Cardinals	39,600
09/28/97	L	17-20	at Kansas City Chiefs	77,877
11/16/97	L	17-20	at New Orleans Saints	50,493
12/19/99	L	30-36	at Denver Broncos	65,987
12/02/01	W	13-10	San Diego Chargers	55,466
12/15/02	W	30-24	at Atlanta Falcons	69,551
12/29/02	W	31-28	at San Diego Chargers	52,159
11/23/03	L	41-44	at Baltimore Ravens	69,477
01/04/04*	L	27-33	at Green Bay Packers	71,457
10/10/04	L	27-33	St. Louis Rams	66,940
10/02/05	L	17-20	at Washington	90,215
11/27/05	W	24-21	N.Y. Giants	67,102
01/14/07*	L	27-24	at Chicago	62,184
11/4/07	L	33-30	at Cleveland	72,927

Denver 20, at Seattle 17 — Sunday, October 29, 1978

The Broncos' Jim Turner kicked a second-chance 18-yard field goal 12:59 into overtime for the win. Turner missed an 18-yarder the play before but the Seahawks were penalized for having 12 men on the field. Denver's Steve Foley intercepted a pass at the Seattle 36 to set up the drive. The Broncos had three possessions in the overtime and Seattle two.

at Seattle 51, Kansas City 48 — Sunday, November 27, 1983

Norm Johnson's third 42-yard field goal of the day, with 1:46 gone, gave the Seahawks the win in the highest-scoring game in Seattle history and the third-highest in NFL history. Seattle had the only possession in overtime, driving 24 yards in four plays. Zachary Dixon's 47-yard kickoff return to the Chiefs' 48 started the drive, which featured four Curt Warner runs to the Kansas City 24 before Johnson kicked his field goal on third down. Warner set team records with 32 rushes, 207 rushing yards, and scored three touchdowns. Johnson had tied the game with two seconds left in regulation with a 42-yarder.

at Denver 13, Seattle 10 — Sunday, October 20, 1985

Rich Karlis booted a 24-yard field goal 9:19 into overtime for the win. Each team had three possessions, with the first two ending in punts. Seattle's third drive ended in Daniel Hunter's interception and 20-yard return to the Seahawks' 15. Karlis booted his field goal four plays later.

at Houston 23, Seattle 20 — Sunday, January 3, 1988 (Wild Card Playoffs)

Tony Zendejas' 42-yard field goal 8:05 into overtime gave the Oilers the win over the Seahawks. Zendejas' kick capped a 61-yard drive on the Oilers' first overtime possession. Warren Moon completed 3-of-4 passes on the drive's first five plays, for 37 yards, before Mike Rozier ran six times for 27 yards setting up Zendejas. Seattle forced overtime with

an 80-yard drive that ended with Steve Largent's touchdown reception from Dave Krieg with 26 seconds left. The drive, which was set up because of a miss by Zendejas from 29 yards, featured fourth-and-10 and third-and-10 conversions from Krieg, who was only 4-of-10 on the drive, but accounted for all 80 yards. Seattle won the overtime coin toss, but was forced to punt after three plays.

Denver 24, at Seattle 21 — Sunday, October 22, 1989

David Treadwell kicked a 27-yard field goal 7:46 into overtime for the win. Seattle won the toss and drove to the Broncos' 22 where Norm Johnson's 40-yard field goal was wide left. After a Broncos punt, Denver's Dennis Smith intercepted Dave Krieg's pass and returned it 28 yards to the Seattle 10, where Treadwell kicked a field goal on the next play.

at Denver 34, Seattle 31 — Sunday, September 23, 1990

David Treadwell's 25-yard field goal 9:14 into overtime capped Denver's first overtime possession. Seattle won the toss and drove to the Denver 26 where Norm Johnson's 44-yard field goal was wide right. The Broncos then moved from their own 26 to the Seattle 8 setting up the kick.

Seattle 13, at San Diego 10 — Sunday, November 25, 1990

Norm Johnson's 40-yard field goal came 3:01 into overtime and was set up by Rufus Porter's recovery of a Nesby Glasgow forced fumble at the Chargers' 23.

at Seattle 13, Houston 10 — Sunday, December 2, 1990

De ja vu. Norm Johnson's 42-yard field goal 4:25 into overtime was set up by David Wyman's recovery of a Tony Woods forced fumble at the Houston 27.

L.A. Raiders 23, at Seattle 20 — Sunday, October 13, 1991

Jeff Jaeger's 37-yard field goal 6:37 into overtime was the winner. After both team's punted on their first possession, Los Angeles' Ronnie Lott intercepted Jeff Kemp at the Seattle 19 and Jaeger kicked the game-winner on the next play.

at Seattle 16, Denver 13 — Sunday, November 30, 1992

John Kasay redeemed himself with a 32-yard field goal 11:10 into overtime as Seattle snapped an eight-game losing streak. Kasay had missed a 33-yarder on Seattle's second overtime possession. Denver had three possessions and Seattle four. The Seahawks' special teams and defense set up the game-winning drive by downing a punt at the Denver 4 and holding the Broncos to no yards on three plays. Seattle drove 24 yards in four plays for the winner.

Philadelphia 20, at Seattle 17 — Sunday, December 13, 1992

Roger Ruzek's 44-yard field goal as the gun sounded ended the longest game in Seattle history (75:00). The Eagles gained 101 yards and controlled the ball for 10:02 on three overtime possessions, while holding the Seahawks to 20 yards on two.

Phoenix 30, at Seattle 27 — Sunday, December 19, 1993

Greg Davis kicked a club record and personal-best 55-yard field goal on the last play of regulation and added a 41-yarder on the Cardinals' only overtime possession for the win. Davis' 55-yard kick capped a 27-yard, seven-play drive after Seattle took a 27-24 lead on Rick Mirer's one-yard run with 1:22 left. Steve Beuerlein hit 5-of-6 passes on Phoenix's 57-yard, 13-play game-winning drive. It was the only possession in overtime by either team.

Cincinnati 20, at Seattle 17 — Sunday, November 6, 1994

Doug Pelfrey kicked his Cincinnati-record sixth field goal of the game, a 26-yarder 8:14 into overtime, to give the winless Bengals (0-8) their first victory of the season. Pelfrey's kick came one play after quarterback Jeff Blake connected on a 76-yard pass to Darnay Scott to the Seattle 7. Each team had two possessions in the overtime. The game marked the Seahawks' first game back in the Kingdome, which had been undergoing ceiling tile repairs since mid-July.

at Arizona 20, Seattle 14 — Sunday, October 29, 1995

Lorenzo Lynch returned a deflected pass 72 yards for a touchdown with 3:33 left in overtime. His return ended a game that had a combined 11 turnovers, seven by Seattle, including a team-record eight fumbles. Each team had chances to win late, but Seattle lost a fumble into the Cardinals' end zone and had a field goal blocked, while Arizona also had a field goal blocked. After the block, the Seahawks moved to the Cardinals' 33 where a second-and-six pass was deflected into Lynch's hands.

at Kansas City 20, Seattle 17 — Sunday, September 28, 1997

Pete Stoyanovich's 41-yard field goal with 1:56 left in overtime gave the Chiefs the win. Safety James Woods picked off a Seahawks pass and returned it to midfield setting up the Chiefs' game-winning drive. Marcus Allen, who scored two touchdowns, ran four times for eight yards on the drive, including a two-yard run on a third-and-one play. Each team had two possessions in overtime.

at New Orleans 20, Seattle 17 — Sunday, November 16, 1997

Doug Brien's 48-yard field goal one play after Winfred Tubbs' interception gave the Saints the win 17 seconds into overtime. Tubbs picked off his pass on Seattle's first play and returned it to the Seahawks' 20 setting up Brien. Both teams had chances to win late in regulation after Seattle had tied the game with 1:40 left. New Orleans drove to the Seahawks' 29 with 51 seconds left, but lost a fumble. Seattle then moved to the Saints' 27, but missed a 45-yard field goal with 19 seconds left.

at Denver 36, Seattle 30 — Sunday, December 19, 1999

After falling behind 30-20, with 1:47 remaining, the Seahawks scored on a Jon Kitna to Derrick Mayes pass play with :54 left. Trailing by three points, the Seahawks' Kerry Joseph recovered an onside kick and Todd Peterson booted a 45-yard field goal to send the game into overtime. The Seahawks' defense forced a punt on the first possession of overtime, but after a sack, a fumble was returned by Broncos' linebacker Glenn Cadrez 37 yards for the winning score.

at Seattle 13, San Diego 10 — Sunday, December 2, 2001

Rian Lindell's 24-yard field goal on the first overtime series clinched the win for Seattle. Lindell made up for a 43-yard field-goal attempt toward the end of regulation that sailed wide right. Shaun Alexander rushed for 29 of his 87 yards in the period setting up the game-winning field goal.

Seattle 30, at Atlanta 24 — Sunday, December 15, 2002

The Falcons had possession first in the extra period and drove to the Seahawks' 18-yard line, but Jay Feely's 36-yard attempt sailed wide right. The Seahawks took over and drove down the field before Shaun Alexander scampered 27 yards into the end zone for the win. The game marked the first overtime victory for the Seahawks via a touchdown.

Seattle 31, at San Diego 28 — Sunday, December 29, 2002

Seattle had possession first and drove down to the Chargers' 28-yard line, but an errant Matt Hasselbeck pass was intercepted. The Seahawks forced San Diego to a three-and-out following a John Randle sack deep in Chargers territory. Seattle regained possession and moved to the Chargers' 6-yard line where Rian Lindell booted a game-winning 24-yard field goal.

at Baltimore 44, Seattle 41 — Sunday, November 23, 2003

The Ravens overcame a 17-point, fourth-quarter deficit to force the game into overtime sparked by a 16-yard blocked punt return for a touchdown. Following a fourth-down conversion via a tipped pass on fourth-and-28, the Ravens scored with 1:12 remaining to make it a three-point game. An errant officiating call allowed the clock to stop on second down with 1:03 to go in the game, allowing Baltimore to save their final timeout to use on third down. Following a punt by Seattle, and later aided by a 44-yard pass interference call, the Ravens were in field goal territory to tie and eventually won the game in overtime on a Matt Stover 42-yard field goal.

at Green Bay 33, Seattle 27 — Sunday, January 4, 2004 (Wild Card Playoffs)

The back-and-forth battle (four ties/four lead changes) was eventually won by the Packers when Al Harris returned a Matt Hasselbeck pass 52 yards for a touchdown. Played in 20-degree temperatures, the Seahawks were down 13-6 at the half. Three Shaun Alexander second-half touchdowns, all 1 yarders, kept the Seahawks in it, including the game-tying score with :51 left in the game. Heading into overtime, the Seahawks won the toss but both teams exchanged punts. On Seattle's next possession, Harris stepped in front of Alex Bannister to end the game. Hasselbeck became the first Seahawks quarterback to throw for at least 300 yards in the postseason (305). Alexander set a club single-game record with three postseason touchdowns.

St. Louis 33, at Seattle 27 — Sunday, October 10, 2004

St. Louis rallied from a 17-point, fourth-quarter deficit to force overtime. After limiting the Rams to just seven points and 122 total first-half yards, the Seahawks led 24-10 heading into the final quarter. A Marc Bulger 8-yard touchdown pass to Brandon Manumaleuna, followed by a 41-yard touchdown pass to Kevin Curtis on their very next play following a Seattle punt, brought the Rams within three points, 27-24. Unable to run out the clock, Seattle was forced to punt and the Rams proceeded to drive for Jeff Wilkins' game-tying, 36-yard field goal with eight seconds remaining. The Rams had first crack in overtime and a 52-yard touchdown pass from Bulger to Shaun McDonald sealed the victory for St. Louis.

at Washington 20, Seattle 17 — Sunday, October 2, 2005

The Seahawks used a 91-yard drive capped by a Matt Hasselbeck to Darrell Jackson 6-yard scoring pass to tie the game at 17-17 with 1:23 remaining. Kelly Herndon intercepted a Mark Brunell pass on the ensuing drive to set up a game-winning field goal attempt; however, Josh Brown's 47-yard attempt hit the left upright as time expired and the game headed into overtime. The Redskins won the coin flip and took the opening drive 55 yards in 11 plays before Nick Novak connected on a game-winning 39-yard field goal.

at Seattle 24, N.Y. Giants 21 — Sunday, November 27, 2005

The Seahawks escaped defeat three times to win their first overtime game since 2002. The Giants tied the game 21-21 with 1:59 to play. The Giants forced a Seahawks punt and five plays and 28 yards later, the Giants were lining up for a 40-yard game-winning field goal by Jay Feely. The kick was wide left and the game headed into overtime. The Seahawks won the toss and were forced to punt on their first possession. New York took over at their own 49-yard line. After an Eli Manning to Jeremy Shockey pass to the Seahawks' 26-yard line was reviewed and overturned, the Giants were forced to settle for a 54-yard field goal attempt that came up short. The Seahawks punted yet again, and Tiki Barber rattled off a 49-yard run to the Seahawks' 31. The Giants gained four more yards setting up a third game-winning attempt for Feely, this one from 45 yards. Short again. The Seahawks finally took advantage of their opportunity and on second-and-21, Matt Hasselbeck connected with D.J. Hackett for 38 yards and then rushed for an additional 20 yards setting up a 36-yard game winner by Josh Brown.

at Chicago 27, Seattle 24 — Sunday, January 14, 2007 (Divisional Playoffs)

Seattle's bid for a return trip to the Super Bowl ended when Bears' kicker Robbie Gould connected on a 49-yard field goal in overtime. Seattle won the coin toss, but was forced to punt. Facing a third-and-10, Rex Grossman found Bernard Berrian for a 30-yard gain to the Seahawks' 36 yard line. Four plays later, Gould connected on the game winner.

at Cleveland 33, Seattle 30— Sunday, November 4, 2007

Despite winning the coin toss and receiving the ball first in overtime, the Seahawks could not pull off the victory and lost to the Cleveland Browns 33-30 on a Phil Dawson 25-yard field goal. Seattle held a commanding 21-9 halftime lead, but surrendered 24 second-half points, including overtime. Bobby Engram set a career high with 14 receptions, second-most in team history (Steve Largent, 15), while Matt Hasselbeck passed for 318 yards, 14th time of his career with 300 or more passing yards in a game.

PLAYOFF GAMES

AFC WILD CARD PLAYOFFS SEATTLE SEAHAWKS 31, DENVER BRONCOS 7 SATURDAY, DECEMBER 24, 1983 — KINGDOME

Dave Krieg threw three touchdown passes to lead the Seahawks to a win in the first playoff game in their history. Krieg, who completed 12-of-13 passes, increased a 10-7 Seahawks halftime lead with touchdown passes on Seattle's first two second half possessions. Seattle scored on the game's opening drive on a Krieg touchdown pass. After a Denver touchdown, Seattle took the lead for good with a field goal. Krieg then opened the second half by throwing two touchdown passes. Seattle recorded three takeaways, all deep in Seahawks territory. Of Denver's 360 total yards, 140 were gained on their last two drives. Steve DeBerg, who was activated two days before the game after missing nine games with a shoulder injury, was 14-of-19 for 131 yards, before being replaced midway through the fourth quarter by rookie John Elway. Both teams had 9-7 records in the regular season with Seattle gaining the home-field advantage by virtue of their win on the season's last week and Denver's loss at Kansas City.

Denver		7	0	0	0	—	7
Seattle		7	3	7	14	—	31
SEA 1	4:42	0-7	Largent 17 pass Krieg (N. Johnson kick) [8-62, 4:33]				
DEN 1	11:22	7-7	Myles 13 pass DeBerg (Karlis kick) [9-76, 4:08]				
SEA 2	5:35	7-10	N. Johnson 37 FG [9-32, 4:33]				
SEA 3	7:02	7-17	Metzelaars 5 pass Krieg (N. Johnson kick) [5-73, 3:19]				
SEA 4	0:04	7-24	Johns 18 pass Krieg (N. Johnson kick) [9-61, 4:17]				
SEA 4	5:26	7-31	Hughes 2 run (N. Johnson kick) [9-64, 4:43]				
Att.	—	60,752					

STARTERS

OFFENSE

TE	- Metzelaars
LT	- Essink
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- August
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Warner
FB	- C. Bryant
K	- N. Johnson

DEFENSE

LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Norman
RILB	- Butler
ROLB	- Gaines
LCB	- Justin
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

INDIVIDUAL STATISTICS

RUSHING LEADERS

Denver	Att	Yds	LG	TD
Winder	16	59	35	0
Poole	7	25	7	0
TOTAL	33	125	35	0
Seattle	Att	Yds	LG	TD
Warner	23	99	15	0
Hughes	3	16	9	1
TOTAL	38	145	15	1

PASSING LEADERS

Denver	A	C	Yds	TD	I
DeBerg	19	14	131	1	1
Elway	15	10	123	0	1
TOTAL	34	24	254	1	2
Seattle	A	C	Yds	TD	I
Krieg	13	12	200	3	0
TOTAL	13	12	200	3	0

PASS RECEIVING LEADERS

Denver	No	Yds	LG	TD
Myles	7	73	18	1
Watson	4	51	22	0
Poole	4	17	8	0
Simpson	3	52	31	0
TOTAL	24	254	31	1
Seattle	No	Yds	LG	TD
Largent	4	76	34	1
Warner	3	22	9	0
Johns	2	59	41	1
Young	2	38	28	0
Metzelaars	1	5	5	1
TOTAL	12	200	41	3

TEAM STATISTICS

	Denver	Seattle
Total First Downs	21	17
Rush/Pass/Penalty	5/14/2	8/9/0
Third Down Eff.	9/17 52.9%	5/10 50.0%
Fourth Down Eff.	1/2 50.0%	1/1 100.0%
Total Net Yards	360	324
Total Off. Plays	69	53
Avg. Per Play	5.2	6.1
Net Yards Rushing	125	145
Total Rushing Plays	33	38
Avg. Gain Per Rush	3.8	3.8
Net Yards Passing	235	179
Times Sacked/Yards Lost	2-19	2-21
Pass Att.-Comp.-Int.	34-24-2	13-12-0
Avg. Gain Per Pass Play	6.5	11.9
Punts-No. and Avg.	4-47.8	3-41.7
Had Blocked	0	0
Penalties-No. and Yards	5-35	3-34
Return Yardage	128	146
Fumbles-No. and Lost	1-1	1-0
Touchdowns	1	4
Rush/Pass/Return	0/1/0	1/3/0
Extra Points Made-Att.	1-1	4-4
Field Goals Made-Att.	0-0	1-1
Time of Possession	30:57	29:03

DEFENSE

Denver — Tackles: Ryan 7. Sacks: Manor 1.0, Woodard 1.0. Interceptions: None. FF: None. FR: None.
Seattle — Tackles: Easley 11. Sacks: Clancy 1.0, Easley 1.0. Interceptions: G. Johnson 1, Justin 1. FF: Robinson 1. FR: Moyer 1.

AFC DIVISIONAL PLAYOFFS

SEATTLE SEAHAWKS 27, MIAMI DOLPHINS 20

SATURDAY, DECEMBER 31, 1983 — ORANGE BOWL

Seattle scored 10 points in a 22-second span late in the fourth quarter to upset the highly favored and defending AFC champion Dolphins at home. Trailing 20-17 with 3:43 left, Dave Krieg connected twice with Steve Largent for 16 and 40 yards to put the ball at the Dolphins' 2 where Curt Warner scored. Sam Merriman recovered a Fulton Walker fumble on the ensuing kickoff to set up Norm Johnson's field goal. When Walker fumbled the kickoff again, Seattle recovered and ran out the clock. Miami scored first, but missed the point after allowing Seattle to take a 7-6 lead on Krieg's pass to Cullen Bryant. Zachary Dixon set up the score with a 59-yard kickoff return. Dan Marino's second touchdown pass of the first half gave the Dolphins a 13-7 halftime lead. Seattle regained the lead on Warner's 1-yard run which was set up by John Harris' fumble recovery. Johnson then added a field goal for a 17-13 lead after Kerry Justin's interception. Krieg was intercepted with 4:34 left setting up the Dolphins' go-ahead touchdown before rebounding with his completions to Largent, who had been held without a reception. The Seattle defense forced five turnovers to set up 13 points. Dave Brown had 10 tackles and Keith Butler nine for Seattle. Harris had four tackles, an interception and a fumble recovery. Miami entered the game 12-4 and winners of the AFC East, while Seattle qualified as a wild card with a 9-7 mark.

Seattle	0	7	7	13	—	27
Miami	0	13	0	7	—	20
MIA 2	2:23	0-6	D. Johnson 19 pass Marino (kick blocked) [12-80, 5:44]			
SEA 2	5:41	7-6	C. Bryant 6 pass Krieg (N. Johnson kick) [6-38, 3:16]			
MIA 2	9:17	7-13	Duper 32 pass Marino (von Schamann kick) [7-74, 3:36]			
SEA 3	8:34	14-13	Warner 1 run (N. Johnson kick) [8-55, 3:53]			
SEA 4	4:18	17-13	N. Johnson 27 FG [9-40, 4:18]			
MIA 4	11:17	17-20	Bennett 2 run (von Schamann kick) [3-16, 0:51]			
SEA 4	13:12	24-20	Warner 2 run (N. Johnson kick) [5-66, 1:55]			
SEA 4	13:34	27-20	N. Johnson 37 FG [4-8, 0:24]			
Att.	—	71,032				

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Warner	29	113	11	2
Bryant	5	22	6	0
TOTAL	42	151	12	2
Miami	Att	Yds	LG	TD
Nathan	8	19	9	0
Franklin	6	28	9	0
TOTAL	30	128	10	1

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Krieg	28	15	192	1	1
Zorn	1	0	0	0	0
TOTAL	29	15	192	1	1
Miami	A	C	Yds	TD	I
Marino	25	15	193	2	2
Clayton	1	0	0	0	0
TOTAL	26	15	193	2	2

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Warner	5	38	10	0
Johns	4	60	28	0
Largent	2	56	40	0
Doornink	2	26	16	0
C.Bryant	2	12	6	1
TOTAL	15	192	40	1
Miami	No	Yds	LG	TD
Duper	9	117	32	1
D. Johnson	2	29	19	1
Moore	2	26	13	0
TOTAL	15	193	32	2

STARTERS

OFFENSE

TE	- Metzelaars
LT	- Essink
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- August
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Warner
FB	- C. Bryant
K	- N. Johnson

DEFENSE

LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Robinson
RILB	- Butler
ROLB	- Gaines
LCB	- Justin
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

TEAM STATISTICS

	Seattle	Miami
Total First Downs	21	21
Rush/Pass/Penalty	12/9/0	9/11/1
Third Down Eff.	8/17 47.1%	6/10 60.0%
Fourth Down Eff.	1/1 100.0%	0/0 0.0%
Total Net Yards	334	321
Total Off. Plays	72	56
Avg. Per Play	4.6	5.7
Net Yards Rushing	151	128
Total Rushing Plays	42	30
Avg. Gain Per Rush	3.6	4.3
Net Yards Passing	192	193
Times Sacked/Yards Lost	1/9	0/0
Pass Att.-Comp.-Int.	29-15-1	26-15-2
Avg. Gain Per Pass Play	6.1	7.4
Punts-No. and Avg.	4-38.0	4-35.5
Had Blocked	0	0
Penalties-No. and Yards	2-15	5-30
Return Yardage	130	154
Fumbles-No. and Lost	0-0	3-3
Touchdowns	3	3
Rush/Pass/Return	2/1/0	1/2/0
Extra Points Made-Att.	3-3	2-3
Field Goals Made-Att.	2-3	0-0
Time of Possession	34:58	25:02

DEFENSE

Seattle — Tackles: Brown 10. Sacks: None. Interceptions: Harris 1, Justin 1. FF: Doornink 1, Gaines 1. FR: Doornink 1, Harris 1, Merriman 1.
Miami — Tackles: Baumhower 13. Sacks: Baumhower 1.0. Interceptions: Small 1. FF: None. FR: None.

AFC CHAMPIONSHIP GAME LOS ANGELES RAIDERS 30, SEATTLE SEAHAWKS 14 SUNDAY, JANUARY 8, 1984 — MEMORIAL COLISEUM

The Raiders stopped the Seahawks dream of a trip to the Super Bowl with a convincing 30-14 win in Seattle's first appearance in the AFC Championship Game. The Raiders, who compiled an AFC-best 12-4 record during the regular season, jumped to a 27-0 lead and were never threatened. Frank Hawkins rushed for a pair of touchdowns and Chris Bahr had two field goals in the first half, which saw Los Angeles score 17 points in the last 4:17 of the second quarter. Key was a 49-yard Malcolm Barnwell pass reception setting up a touchdown and a Mike Davis interception which led to a Bahr field goal. The Raiders held a 226-16 total-yard advantage at halftime, including holding Seattle to minus 9 yards passing. The Raiders also ran 36 plays to Seattle's 23. Marcus Allen extended the Raiders lead to 27-7 with a third-quarter touchdown reception. The Seahawks scored two late touchdowns sandwiched around another Bahr field goal for the final margin. Los Angeles controlled the ball for 37:06 and outgained Seattle 401 yards to 167. Seattle suffered five interceptions and allowed four sacks. Allen accounted for 216 total yards from scrimmage, rushing for 154 and catching seven passes for 62. The Raiders were playing in their eleventh AFL/AFC title game and won for the fourth time to earn a berth in Super Bowl XVIII. Los Angeles went on to defeat the defending world-champion Washington Redskins, 38-9, in the Super Bowl.

Seattle	0	0	7	7	—	14
Los Angeles	3	17	7	3	—	30
LA 1	6:13	0-3	Bahr 20 FG [6-23, 2:43]			
LA 2	10:43	0-10	Hawkins 1 run (Bahr kick) [9-61, 4:40]			
LA 2	13:54	0-17	Hawkins 5 run (Bahr kick) [4-60, 1:26]			
LA 2	14:57	0-20	Bahr 45 FG [5-33, 0:38]			
LA 3	8:11	0-27	Allen 3 pass Plunkett (Bahr kick) [2-46, 1:09]			
SEA 3	10:59	7-27	Doornink 11 pass Zorn (N. Johnson kick) [10-74, 4:01]			
LA 4	11:03	7-30	Bahr 35 FG [7-19, 3:49]			
SEA 4	13:44	14-30	Young 9 pass Zorn (N. Johnson kick) [9-71, 2:41]			
Att.	—	88,734				

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Warner	11	26	7	0
Hughes	3	14	8	0
TOTAL	18	65	10	0
Los Angeles	Att	Yds	LG	TD
Allen	25	154	43	0
Hawkins	10	24	8	2
Plunkett	7	26	10	0
TOTAL	46	205	43	2

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Krieg	9	3	12	0	3
Zorn	27	14	134	2	2
TOTAL	36	17	146	2	5
Los Angeles	A	C	Yds	TD	I
Plunkett	24	17	214	1	2
TOTAL	24	17	214	1	2

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Doornink	6	48	12	1
Johns	5	49	14	0
Largent	2	25	14	0
Warner	2	10	12	0
TOTAL	17	146	14	2
Los Angeles	No	Yds	LG	TD
Allen	7	62	16	1
Barnwell	5	116	49	0
Christensen	3	14	6	0
Branch	2	22	11	0
TOTAL	17	214	49	1

STARTERS

OFFENSE

TE	- Metzelaars
LT	- Essink
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- August
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Warner
FB	- C. Bryant
K	- N. Johnson

DEFENSE

LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Robinson
RILB	- Butler
ROLB	- Gaines
LCB	- Justin
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

TEAM STATISTICS

	Seattle	Los Angeles
Total First Downs	16	21
Rush/Pass/Penalty	4/10/2	10/11/0
Third Down Eff.	2/12 16.7%	9/16 56.3%
Fourth Down Eff.	1/2 50.0%	0/1 0.0%
Total Net Yards	167	401
Total Off. Plays	58	72
Avg. Per Play	2.9	5.6
Net Yards Rushing	65	205
Total Rushing Plays	18	46
Avg. Gain Per Rush	2.9	5.6
Net Yards Passing	102	196
Times Sacked/Yards Lost	4/44	2/18
Pass Att.-Comp.-Int.	36-17-5	24-17-2
Avg. Gain Per Pass Play	2.6	7.5
Punts-No. and Avg.	5-32.0	2-34.0
Penalties-No. and Yards	2-20	7-53
Return Yardage	144	100
Fumbles-No. and Lost	1-0	3-2
Touchdowns	2	3
Rush/Pass/Return	0/2/0	2/1/0
Extra Points Made-Att.	2-2	3-3
Field Goals Made-Att.	0-0	3-3
Time of Possession	22:54	37:06

DEFENSE

Seattle — **Tackles:** Nash 11, Butler 10. **Sacks:** Dufek 1.0, Gaines 1.0. **Interceptions:** G. Johnson 1, Scholtz 1. **FF:** Green 1, Scholtz 1. **FR:** J. Bryant 2.

Los Angeles — **Tackles:** Squirek 7. **Sacks:** Townsend 2.0, Martin 1.0, Pickel 1.0. **Interceptions:** M. Davis 2, Hayes 1, McElroy 1, Millen 1. **FF:** Millen 1. **FR:** None.

AFC WILD CARD PLAYOFFS SEATTLE SEAHAWKS 13, LOS ANGELES RAIDERS 7 SUNDAY, DECEMBER 22, 1984 — KINGDOME

Dan Doornink rushed for a career-high 123 yards to help the Seahawks eliminate the defending Super Bowl champion Raiders. Seattle took a 7-0 lead into halftime on Dave Krieg's 26-yard second-quarter touchdown pass to Daryl Turner. Seattle rushed for 34 yards on the 93-yard drive, which was keyed by a 23-yard pass interference penalty on Los Angeles' Lester Hayes putting the ball at the Raiders' 33. Doornink contributed 18 yards on a third-quarter drive to Norm Johnson's 35-yard field goal. That drive was set up by Keith Simpson's recovery of a Bruce Scholtz forced fumble at the Raiders' 38. Johnson upped the lead to 13-0 with a 44-yard fourth-quarter field goal. The Raiders broke into the scoring column on Jim Plunkett's 46-yard touchdown pass to Marcus Allen with 5:05 left. Seattle ran the clock down to 45 seconds on their next drive behind the running of Doornink, who carried four times for 13 yards, including a five-yard run on a third-and-two. He also contributed a 14-yard reception. The Raiders' last drive ended with Kenny Easley's interception with four seconds left. Doornink, a seven-year veteran, had started only three times in the regular season and rushed for 215 yards. He contributed 82 of his total in the second half. The Seattle defense limited Los Angeles to 240 total yards, recorded six sacks, and forced three turnovers. Jacob Green had 2.5 of the sacks. Keith Butler had nine tackles, including a sack. Bill Pickel had 15 tackles and Vann McElroy 11 for the Raiders. Seattle played the game without starting left tackle Ron Essink (flu) and started Sid Abramowitz, who had one career start, in his place. Seattle's reliance on the run caused the Raiders to switch to a 4-4 defense for most of the second half, removing Hayes for an extra linebacker.

Los Angeles	0	0	0	7	—	7
Seattle	0	7	3	3	—	13
SEA 2	10:41	0-7	Turner 26 pass Krieg (N. Johnson kick) [9-93, 5:05]			
SEA 3	13:31	0-10	N. Johnson 35 FG [7-21, 2:33]			
SEA 4	4:10	0-13	N. Johnson 44 FG [5-23, 2:27]			
LA 4	9:55	7-13	Allen 46 pass Plunkett (Bahr kick) [7-78, 1:17]			

Att. — 62,049

STARTERS

OFFENSE	
TE	- Tice
LT	- Abramowitz
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- Cryder
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Doornink
FB	- Hughes
K	- N. Johnson
DEFENSE	
LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Robinson
RILB	- Butler
ROLB	- Gaines
LCB	- Simpson
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

INDIVIDUAL STATISTICS

RUSHING LEADERS

Los Angeles	Att	Yds	LG	TD
Allen	17	61	15	0
Hawkins	6	34	11	0
TOTAL	25	105	15	0
Seattle	Att	Yds	LG	TD
Doornink	27	123	14	0
Hughes	14	54	12	0
Lane	4	17	8	0
Krieg	3	10	13	0
TOTAL	49	202	14	0

PASSING LEADERS

Los Angeles	A	C	Yds	TD	I
Plunkett	27	14	184	1	2
TOTAL	27	14	184	1	2
Seattle	A	C	Yds	TD	I
Krieg	10	4	70	1	0
TOTAL	10	4	70	1	0

PASS RECEIVING LEADERS

Los Angeles	No	Yds	LG	TD
Allen	5	90	46	1
Hawkins	4	27	12	0
Barnwell	3	34	18	0
Christensen	1	21	21	0
King	1	12	12	0
TOTAL	14	184	46	1
Seattle	No	Yds	LG	TD
Turner	1	26	26	1
Tice	1	20	20	0
Doornink	1	14	14	0
Hughes	1	10	10	0
TOTAL	4	70	26	1

TEAM STATISTICS

	Los Angeles	Seattle
Total First Downs	14	17
Rush/Pass/Penalty	5/8/1	12/4/1
Third Down Eff.	4/13 30.8%	2/13 15.4%
Fourth Down Eff.	0/0 0.0%	0/0 0.0%
Total Net Yards	240	248
Total Off. Plays	58	61
Avg. Per Play	4.1	4.1
Net Yards Rushing	105	202
Total Rushing Plays	25	49
Avg. Gain Per Rush	4.2	4.1
Net Yards Passing	135	46
Times Sacked/Yards Lost	6/49	2/24
Pass Att.-Comp.-Int.	27-14-2	10-4-0
Avg. Gain Per Pass Play	4.1	3.8
Punts-No. and Avg.	8-41.9	8-37.8
Penalties-No. and Yards	8-68	7-55
Return Yardage	33	111
Fumbles-No. and Lost	2-1	0-0
Touchdowns	1	1
Rush/Pass/Return	0/1/0	0/1/0
Extra Points Made-Att.	1-1	1-1
Field Goals Made-Att.	0-0	2-2
Time of Possession	25:41	34:19

DEFENSE

Los Angeles — Tackles: Pickel 15, McElroy 11. **Sacks:** Alzado 2.0. **Interceptions:** None. **FF:** None. **FR:** None.
Seattle — Tackles: Butler 9, Green 9. **Sacks:** Green 2.5, Butler 1.0, Fanning 1.0, Mangiero 1.0, Bryant 0.5. **Interceptions:** Easley 1, Harris 1. **FF:** Butler 1, Scholtz 1. **FR:** Simpson 1.

AFC DIVISIONAL PLAYOFFS

MIAMI DOLPHINS 31, SEATTLE SEAHAWKS 10

SATURDAY, DECEMBER 29, 1984 — ORANGE BOWL

Dan Marino threw three touchdown passes to lead the Dolphins to a divisional playoff win in the Orange Bowl. Miami, which had the AFC's best regular-season record, 14-2, would host the AFC Championship Game. Seattle, which finished the regular season a franchise best 12-4, was eliminated. The win also avenged a 27-20 Seahawks win in the divisional round of the 1983 AFC playoffs. Marino threw two of his scoring passes in the third quarter to break open what had been a 14-10 Miami halftime lead. Marino, who set an NFL record with 48 touchdown passes during the season, was 7-of-8 for 50 yards on the first scoring drive. On the second, he found Mark Clayton two plays after a short punt gave Miami the ball at the Seattle 33. Uwe von Schamann closed out the scoring with a fourth-quarter field goal. Miami struck first on their second possession as Tony Nathan scored on a 14-yard run. After Seattle closed to 7-3, Marino found Jimmy Cefalo for a 34-yard touchdown on the Dolphins' next possession, one play after a Seattle interception was nullified by an offsides penalty. Seattle closed to 14-10 on Dave Krieg's 56-yard touchdown pass to Steve Largent with 3:23 left in the half. Marino gained 405 yards as Marino passed for 262. Seattle's John Harris, a Miami native, picked off two passes in the first half. His 32-yard return with the first set up a field goal. He returned the second 13 yards to the Miami 45, but the Dolphins held, forcing a punt.

Seattle		0	10	0	0	—	10
Miami		7	7	14	3	—	31
MIA 1	10:51	0-7	Nathan 14 run (von Schamann kick) [8-68, 4:01]				
SEA 2	1:24	3-7	N. Johnson 27 FG [7-29, 3:08]				
MIA 2	4:07	3-14	Cefalo 34 pass Marino (von Schamann kick) [4-60, 2:43]				
SEA 2	11:37	10-14	Largent 56 pass Krieg (N. Johnson kick) [4-70, 1:47]				
MIA 3	10:35	10-21	Hardy 3 pass Marino (von Schamann kick) [13-76, 5:40]				
MIA 3	12:35	10-28	Clayton 33 pass Marino (von Schamann kick) [2-33, 0:46]				
MIA 4	3:32	10-31	von Schamann 37 FG [8-69, 3:55]				
Att.	—	73,469					

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Doornink	10	35	8	0
Hughes	7	14	7	0
TOTAL	18	51	8	0
Miami	Att	Yds	LG	TD
Nathan	18	76	14	1
Bennett	11	41	14	0
P. Johnson	6	22	11	0
TOTAL	36	143	14	1

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Krieg	35	20	234	1	0
TOTAL	35	20	234	1	0
Miami	A	C	Yds	TD	I
Marino	34	21	262	3	2
TOTAL	34	21	262	3	2

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Largent	6	128	56t	1
Doornink	6	23	9	0
Turner	3	38	21	0
Skansi	2	31	24	0
TOTAL	20	234	56t	1
Miami	No	Yds	LG	TD
Clayton	5	75	33	1
Nathan	4	20	12	0
Hardy	3	48	32	1
Duper	3	32	15	0
2 players with	2			
TOTAL	21	262	34	3

STARTERS

OFFENSE

TE	- Tice
LT	- Essink
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- Cryder
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Doornink
FB	- Hughes
K	- N. Johnson

DEFENSE

LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Robinson
RILB	- Butler
ROLB	- Gaines
LCB	- Simpson
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

TEAM STATISTICS

	Seattle	Miami
Total First Downs	8	22
Rush/Pass/Penalty	2/6/0	8/12/2
Third Down Eff.	5/15 33.3%	4/13 30.8%
Fourth Down Eff.	0/1 0.0%	1/1 100.0%
Total Net Yards	267	405
Total Off. Plays	55	70
Avg. Per Play	4.9	5.8
Net Yards Rushing	51	143
Total Rushing Plays	18	36
Avg. Gain Per Rush	4.9	5.8
Net Yards Passing	216	262
Times Sacked/Yards Lost	2/18	0/0
Pass Att.-Comp.-Int.	35-20-0	34-21-2
Avg. Gain Per Pass Play	5.8	7.7
Punts-No. and Avg.	7-37.0	3-37.0
Had Blocked	0	0
Penalties-No. and Yards	4-20	1-5
Return Yardage	127	81
Fumbles-No. and Lost	1-1	0-0
Touchdowns	1	4
Rush/Pass/Return	0/1/0	1/3/0
Extra Points Made-Att.	1-1	4-4
Field Goals Made-Att.	1-2	1-3
Time of Possession	24:12	35:48

DEFENSE

Seattle — Tackles: Butler 8, Easley 8. Sacks: None. Interceptions: Harris 2. FF: None. FR: None.
Miami — Tackles: M. Brown 10. Sacks: Brudzinski 1.0, Betters 1.0. Interceptions: None. FF: McNeil 1. FR Benson 1.

AFC WILD CARD PLAYOFFS

HOUSTON OILERS 23, SEATTLE SEAHAWKS 20

(OVERTIME)

SUNDAY, JANUARY 3, 1988 — ASTRODOME

Tony Zendejas' 42-yard field goal 8:05 into overtime gave the Oilers the win over the Seahawks in Houston's first playoff game since 1980. The win put the Oilers in the divisional playoffs at the Denver Broncos. Zendejas' kick capped a 61-yard drive on the Oilers' first overtime possession. Warren Moon completed 3-of-4 passes on the drive's first five plays, for 37 yards, before Mike Rozier ran six times for 27 yards setting up Zendejas. Seattle forced overtime with an 80-yard drive that ended with Steve Largent's touchdown reception from Dave Krieg with 26 seconds left. The drive, which was set up because of a miss by Zendejas from 29 yards, featured fourth-and-10 and third-and-10 conversions from Krieg, who was only 4-of-10 on the drive, but accounted for all 80 yards. Seattle won the overtime coin toss, but was forced to punt after three plays. Playing without Curt Warner (ankle), the NFL's third-leading rusher, Seattle was outgained 437-250, including 178-29 on the ground. Houston held the ball for 47:44 compared to Seattle's 20:21. Despite this, the Seahawks grabbed a 7-0 lead just 3:16 into the game. Melvin Jenkins picked off a pass on Houston's third play setting up a Krieg touchdown pass. Zendejas had a pair of field goals around a Rozier touchdown. After two Norm Johnson field goals tied the score, Moon threw a touchdown pass to Willie Drewrey, the first of his career, for a 20-13 lead.

Seattle	7	3	3	7	0	—	20
Houston	3	10	7	0	3	—	23
SEA 1	3:16	7-0	Largent 20 pass Krieg (N. Johnson kick) [3-54, 1:38]				
HOU 1	10:16	7-3	Zendejas 47 FG [11-51, 7:00]				
HOU 2	1:43	7-10	Rozier 1 run (Zendejas kick) [9-48, 4:20]				
HOU 2	8:11	7-13	Zendejas 49 FG [7-27, 4:33]				
SEA 2	11:50	10-13	N. Johnson 33 FG [4-4, 0:48]				
SEA 3	6:37	13-13	N. Johnson 41 FG [6-16, 2:16]				
HOU 3	12:26	13-20	Drewrey 29 pass Moon (Zendejas kick) [9-84, 5:49]				
SEA 4	14:34	20-20	Largent 12 pass Krieg (N. Johnson kick) [10-80, 1:21]				
HOU OT	8:05	20-23	Zendejas 42 FG (12-61, 6:53)				

STARTERS

OFFENSE	
WR	- Butler
LT	- Mattes
LG	- Bailey
C	- Feasel
RG	- Millard
RT	- Wilson
TE	- Tice
WR	- Largent
QB	- Krieg
RB	- Williams
FB	- Burse
K	- N. Johnson
DEFENSE	
LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Young
RILB	- Bosworth
ROLB	- Gaines
LCB	- Jenkins
RCB	- Hunter
SS	- Easley
FS	- Robinson
P	- West

Att. — 49,622

INDIVIDUAL STATISTICS

RUSHING				
Seattle	Att	Yds	LG	TD
Williams	7	27	10	0
Morris	4	2	4	0
TOTAL	11	29	10	0
Houston	Att	Yds	LG	TD
Highsmith	12	74	16	0
Rozier	21	66	11	1
Pinkett	11	29	5	0
TOTAL	50	178	16	1

PASSING				
Seattle	A	C	Yds	TD
Krieg	38	16	237	2
Williams	1	0	0	0
TOTAL	39	16	237	2
Houston	A	C	Yds	TD
Moon	32	21	273	1
TOTAL	32	21	273	1

PASS RECEIVING				
Seattle	No	Yds	LG	TD
Largent	7	132	33	2
Butler	3	73	32	0
Williams	2	5	3	0
Skansi	2	13	7	0
TOTAL	16	237	33	2
Houston	No	Yds	LG	TD
Givins	7	89	19	0
D. Hill	6	84	15	0
Drewrey	3	62	29t	1
Highsmith	2	17	11	0
TOTAL	21	273	29t	1

TEAM STATISTICS

	Seattle	Houston
Total First Downs	11	27
Rush/Pass/Penalty	1/10/0	9/18/0
Third Down Eff.	2/12 16.7%	10/18 55.6%
Fourth Down Eff.	1/1 100.0%	0/0 0.0%
Total Net Yards	250	437
Total Off. Plays	52	84
Avg. Per Play	4.8	5.2
Net Yards Rushing	29	178
Total Rushing Plays	11	50
Avg. Gain Per Rush	2.6	3.6
Net Yards Passing	221	259
Times Sacked/Yards Lost	2/16	2/14
Pass Att.-Comp.-Int.	39-16-0	32-21-1
Avg. Gain Per Pass Play	5.3	7.6
Punts-No. and Avg.	7-44.3	3-35.0
Penalties-No. and Yards	3-20	4-25
Return Yardage	226	92
Fumbles-No. and Lost	1-1	2-1
Touchdowns	2	2
Rush/Pass/Return	0/2/0	1/1/0
Extra Points Made-Att.	2-2	2-2
Field Goals Made-Att.	2-2	3-5
Time of Possession	20:21	47:44

DEFENSE

Seattle — Tackles: Bosworth 17, Robinson 15, Easley 12, Jenkins 12, Young 12. **Sacks:** Bryant 1.0, Gaines 1.0. **Interceptions:** Jenkins 1. **FF:** Young 1. **FR:** Young 1.

Houston — Tackles: Bostic 5, Childress 5, Meads 5. **Sacks:** Childress 1.0, Lyles 0.5, Meads 0.5. **Interceptions:** None. **FF:** None. **FR:** Bostic 1.

AFC DIVISIONAL PLAYOFFS CINCINNATI BENGALS 21, SEATTLE SEAHAWKS 13 SATURDAY, DECEMBER 31, 1988 — RIVERFRONT STADIUM

In a matchup of division winners, the Bengals used the running of rookie Ickey Woods to defeat the Seahawks in Riverfront Stadium. With the win, Cincinnati earned the right to host the AFC Championship Game. Woods rushed for 126 of the Bengals' 254 rushing yards helping set up two short Stanley Wilson touchdown runs. Woods scored on a third short run to give the Bengals a 21-0 halftime lead. Cincinnati rushed for 165 yards in the half, 70 by Woods and 60 by James Brooks, and controlled the ball for 20:35. The Seahawks scored first in the fourth quarter after Joe Nash recovered a Jacob Green forced fumble on the Bengals' 31. Dave Krieg passed seven yards to John L. Williams for the score. After a punt, Seattle drove 69 yards capped by Krieg's one-yard run, but missed the extra point, to trail by eight. Seattle outgained the Bengals 245-116 in the second half. Williams caught 11 passes for 137 yards for the Seahawks, both team postseason records. The 11 receptions were also the third most in a postseason game in NFL history. The Seahawks were hampered by an ankle injury suffered by Curt Warner in the season finale at the Los Angeles Raiders. The Bengals held Warner 11 yards on eight carries. The Bengals earned the right to host the game after posting an AFC-best 12-4 record. Seattle was 9-7 and won their first AFC West title. Cincinnati went on to defeat the Buffalo Bills and represented the AFC in Super Bowl XXIII.

Seattle	0	0	0	13	—	13
Cincinnati	7	14	0	0	—	21
CIN 1	5:59	0-7	Wilson 3 run (Breech kick)	[11-85, 5:41]		
CIN 2	3:25	0-14	Wilson 3 run (Breech kick)	[7-75, 5:32]		
CIN 2	7:20	0-21	Woods 1 run (Breech kick)	[5-56, 3:00]		
SEA 4	3:20	7-21	Williams 7 pass Krieg (N. Johnson kick)	[5-31, 1:44]		
SEA 4	8:55	13-21	Krieg 1 run (kick wide right)	[9-69, 3:33]		
Att.	—	58,560				

STARTERS

OFFENSE	
WR	- Blades
LT	- Mattes
LG	- Bailey
C	- Bush
RG	- Millard
RT	- Wilson
TE	- Tice
WR	- Largent
QB	- Krieg
RB	- Warner
FB	- Williams
K	- N. Johnson
DEFENSE	
LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Comeaux
RILB	- Wyman
ROLB	- Woods
LCB	- Taylor
RCB	- Jenkins
SS	- Moyer
FS	- Robinson
P	- West

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Warner	8	11	8	0
Williams	7	10	3	0
TOTAL	16	22	8	1
Cincinnati	Att	Yds	LG	TD
Woods	23	126	30	1
Brooks	13	72	26	0
Wilson	7	45	20	2
TOTAL	47	254	30	3

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Krieg	50	24	297	1	2
TOTAL	50	24	297	1	2
Cincinnati	A	C	Yds	TD	I
Esiason	19	7	108	0	0
TOTAL	19	7	108	0	0

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Williams	11	137	37	1
Blades	5	78	24	0
Butler	2	40	32	0
Largent	2	17	12	0
TOTAL	24	297	37	1
Cincinnati	No	Yds	LG	TD
Holman	3	44	24	0
Collinsworth	1	30	30	0
Brown	1	23	23	0
Brooks	1	9	9	0
Riggs	1	2	2	0
TOTAL	7	108	30	0

TEAM STATISTICS

Seattle	19	Cincinnati	22
Total First Downs	19		
Rush/Pass/Penalty	1/16/2		17/5/0
Third Down Eff.	2/12 16.7%	6/13	46.2%
Fourth Down Eff.	2/4 50.0%	0/1	0.0%
Total Net Yards	294		345
Total Off. Plays	69		68
Avg. Per Play	4.3		5.1
Net Yards Rushing	22		254
Total Rushing Plays	16		47
Avg. Gain Per Rush	1.4		5.4
Net Yards Passing	272		91
Times Sacked/Yards Lost	3/25		2/17
Pass Att.-Comp.-Int.	50-24-2		19-7-0
Avg. Gain Per Pass Play	5.3		4.3
Punts-No. and Avg.	6-44.1		6-46.0
Had Blocked	0		0
Penalties-No. and Yards	5-45		2-29
Return Yardage	96		73
Fumbles-No. and Lost	1-1		3-2
Touchdowns	2		3
Rush/Pass/Return	1/1/0		3/0/0
Extra Points Made-Att.	2-3		3-3
Field Goals Made-Att.	0-0		0-0
Time of Possession	24:41		35:19

DEFENSE

Seattle — Tackles: Robinson 11. **Sacks:** Clarke 1.0, Green 1.0. **Interceptions:** None. **FF:** Clarke 1, Green 1. **FR:** Jenkins 1, Nash 1.
Cincinnati — Tackles: Krumrie 7. **Sacks:** Buck 1.0, Skow 1.0, Williams 1.0. **Interceptions:** Thomas 1, Wilcots 1. **FF:** Krumrie 1. **FR:** Skow 1.

AFC WILD CARD PLAYOFFS

MIAMI DOLPHINS 20, SEATTLE SEAHAWKS 17

SUNDAY, JANUARY 9, 2000 — KINGDOME

Charlie Rogers' 85-yard kickoff return touchdown proved not to be enough as the Seattle Seahawks lost to the Miami Dolphins at the Kingdome, 20-17, in their first playoff appearance since 1988. Seattle held a 17-13 lead in the fourth quarter, but Dan Marino led an 85-yard touchdown drive with 4:48 remaining which proved to be the game-winner. The Seahawks jumped to a 7-0 lead when Jon Kitna connected with Sean Dawkins on a 9-yard scoring pass. The Dolphins' Olindo Mare put Miami on the board in the first quarter with a 32-yard field goal. Seattle countered with a 50-yard Todd Peterson field goal with 45 seconds remaining in the half for a 10-3 Seahawks halftime lead. Miami came right out of the gate to open the second half trying to work their way back into the game. Marino connected with Orande Gadsden on a 1-yard touchdown pass, which tied the game at 10-10. However, on the ensuing kickoff, Rogers bobbled the kick, but was able to retain possession and returned it 85 yards for an electrifying touchdown giving Seattle a 17-10 lead. Following an exchange of punts, Miami crept to within 17-13 on a 50-yard Mare field goal in the third quarter. Trying to catch Seattle by surprise, the Dolphins attempted an onside kick and recovered, but Seattle's defense held and forced the Dolphins to punt. The Dolphins scored the go-ahead touchdown on a J.J. Johnson 2-yard touchdown run with 4:48 remaining. The Seahawks would have two opportunities to catch up, but were forced to punt on the first and an interception with 23 seconds left in the game sealed the victory for the Dolphins.

Miami	3	0	10	7	—	20
Seattle	7	3	7	0	—	17
SEA 1	6:18	0-7	Dawkins 9 pass Kitna (Peterson kick)	[8-47, 3:35]		
MIA 1	2:05	3-7	Mare 32 FG [7-37, 4:13]			
SEA 2	0:45	3-10	Peterson 50 FG [8-49, 3:45]			
MIA 3	8:55	10-10	Gadsden 1 pass Marino (Mare kick)	[10-60, 6:05]		
SEA 3	8:37	10-17	Rogers 85 kickoff return (Peterson kick)			
MIA 3	2:22	13-17	Mare 50 FG [6:32, 3:12]			
MIA 4	4:48	20-17	Johnson 2 run (Mare kick)	[11-85, 4:21]		

Att. — 66,170

INDIVIDUAL STATISTICS

RUSHING LEADERS

Miami	Att	Yds	LG	TD
Johnson	27	86	18	1
Denson	7	19	17	0
2 Others	3	3	4	0
TOTAL	37	108	18	1

Seattle	Att	Yds	LG	TD
Watters	19	40	8	0
Kitna	1	1	1	0
TOTAL	20	41	8	0

PASSING LEADERS

Miami	A	C	Yds	TD	I
Marino	30	17	196	1	0
TOTAL	30	17	196	1	0

Seattle	A	C	Yds	TD	I
Kitna	30	14	162	1	2
TOTAL	30	14	162	1	2

PASS RECEIVING LEADERS

Miami	No	Yds	LG	TD
McDuffie	5	82	27	0
Martin	5	70	23	0
Gadsden	2	25	24	1
Johnson	2	3	6	0
4 Others	3	16	7	0
TOTAL	17	196	27	1

Seattle	No	Yds	LG	TD
Dawkins	3	35	17	1
Pritchard	3	34	17	0
Fauria	3	31	14	0
Watters	2	22	14	0
3 Others	3	40	22	0
TOTAL	14	162	22	1

TEAM STATISTICS

	Miami	Seattle
Total First Downs	18	12
Rush/Pass/Penalty	7/10/1	0/10/2
Third Down Eff.	6/16 37.5%	5/15 33.3%
Fourth Down Eff.	0/0 0.0%	1/1 100.0%
Total Net Yards	299	171
Total Off. Plays	68	56
Avg. Per Play	4.4	3.1
Net Yards Rushing	108	41
Total Rushing Plays	37	20
Avg. Gain Per Rush	2.9	2.1
Net Yards Passing	191	130
Times Sacked/Yards Lost	1/5	6/32
Pass Att.-Comp.-Int.	30-17-0	30-14-2
Avg. Gain Per Pass Play	6.2	3.6
Punts-No. and Avg.	8-41.3	7-47.9
Had Blocked	0	0
Penalties-No. and Yards	6-67	2-10
Return Yardage	100	24
Fumbles-No. and Lost	0-0	0-0
Touchdowns	2	2
Rush/Pass/Return	1/1/0	0/1/1
Extra Points Made-Att.	2-2	2-2
Field Goals Made-Att.	2-2	1-1
Time of Possession	34:38	25:12

DEFENSE

Miami — **Tackles:** Thomas 9. **Sacks:** Armstrong 3.0, Owens 1.0, Thomas 1.0, Williams 1.0. **Interceptions:** Buckley 1, Marion 1. **FF:** None. **FR:** None.

Seattle — **Tackles:** Brown 10. **Sacks:** Adams 1.0. **Interceptions:** None. **FF:** None. **FR:** None.

STARTERS

OFFENSE

WR	- Dawkins
LT	- Jones
LG	- Kendall
C	- Gray
RG	- Habib
RT	- Williams
TE	- Fauria
WR	- Mayes
QB	- Kitna
RB	- Watters
FB	- Brown
K	- Peterson

DEFENSE

LE	- Sinclair
DT	- Adams
RE	- Daniels
OLB	- Brown
ILB	- Simmons
ILB	- Willis
CB	- Canty
LCB	- Springs
RCB	- W. Williams
SS	- D. Williams
FS	- Bellamy
P	- Feagles

NFC WILD CARD PLAYOFFS GREEN BAY PACKERS 33, SEATTLE SEAHAWKS 27 (OT) SUNDAY, JANUARY 4, 2004 — LAMBEAU FIELD

The "Frozen Tundra" provided the stage for another epic playoff battle as the Seahawks and Packers went toe-to-toe for the right to play another week. After battling four and half quarters, the Packers' Al Harris sent the Seahawks home and the Packers to Philadelphia for the NFC divisional playoff when he intercepted a Matt Hasselbeck pass in overtime and returned it 52 yards for the score. Things started slowly as both teams warmed to the 20 degree temperatures and the Seahawks heated up first with a 30-yard field goal from Josh Brown. The Packers got even in the second quarter following a Ryan Longwell field goal. The Seahawks responded with another Brown field goal before Brett Favre led the Packers down the field ending with a 23-yard touchdown strike to tight end Bubba Franks. Another Longwell field goal gave the Packers a 13-6 lead at the half. Hasselbeck and the Seahawks began the second half with a Shaun Alexander tying touchdown. After forcing the Packers to punt, Hasselbeck again picked apart the Packers' secondary and led the Hawks down to the Green Bay 1-yard line where Alexander punched it in for his second score of the game. The Pack retaliated with an Ahman Green touchdown and another tie game. Another Green touchdown put the Packers up 27-20 with 2:44 to play. Hasselbeck's seven-play, 67-yard drive set up a Seahawks record third touchdown run by Alexander to tie the game with :51 remaining. Favre forced the Packers down to the Seattle 29 with five seconds on the clock but it wasn't close enough as Longwell came up short from 47 yards out. The Seahawks won the overtime coin toss and a confident Hasselbeck assured a score. The two teams traded three and outs. Five plays into the Seahawks' second drive, Hasselbeck looked left and tried to sneak a pass into Alex Bannister but Harris stepped in front.

Seattle	3	3	14	7	0	—	27
Green Bay	0	13	0	14	6	—	33
SEA 1	7:01	3-0	J. Brown 30 FG	[10-57, 4:53]			
GB 2	9:13	3-3	Longwell 31 FG	[5-37, 2:01]			
SEA 2	6:50	6-3	J. Brown 35 FG	[8-51, 2:23]			
GB 2	4:37	6-10	Franks 23 pass Favre (Longwell kick)	[5-80, 2:13]			
GB 2	0:46	6-13	Longwell 27 FG	[6-30, 1:32]			
SEA 3	9:28	13-13	Alexander 1 run (Brown kick)	[10-74, 5:32]			
SEA 3	1:57	20-13	Alexander 1 run (Brown kick)	[11-77, 4:57]			
GB 4	10:01	20-20	Green 1 run (Longwell kick)	[12-60, 6:56]			
GB 4	2:44	27-20	Green 1 run (Longwell kick)	[12-51, 6:46]			
SEA 4	0:51	27-27	Alexander 1 run (J.Brown kick)	[7-67, 1:53]			
GB OT	10:35	27-33	Harris 52 interception return				

STARTERS

OFFENSE

WR	- K. Robinson
LT	- Jones
LG	- Hutchinson
C	- Tobeck
RG	- Womack
RT	- Terry
WR	- Engram
WR	- Jackson
QB	- Hasselbeck
RB	- Alexander
WR	- Bannister
K	- Brown

DEFENSE

LE	- Mitchell
DT	- Woodard
DT	- Moore
RE	- Okeafor
OLB	- Simmons
MLB	- Godfrey
OLB	- C. Brown
LCB	- Springs
RCB	- Trufant
SS	- Tongue
FS	- D. Robinson
P	- Rouen

Att. — 71,457

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Alexander	20	45	17	3
Morris	1	4	4	0
TOTAL	21	49	17	3
Green Bay	Att	Yds	LG	TD
Green	23	66	9	2
Davenport	7	21	8	0
2 Others	2	-9	-1	0
TOTAL	32	78	9	2

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Hasselbeck	45	25	305	0	1
TOTAL	45	25	305	0	1
Green Bay	A	C	Yds	TD	I
Favre	38	26	319	1	0
TOTAL	38	26	319	1	0

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
K. Robinson	7	88	33	0
Mili	6	62	15	0
Jackson	5	58	25	0
Engram	4	83	34	0
3 Others	3	14	8	0
TOTAL	25	305	34	0
Green Bay	No	Yds	LG	TD
Driver	6	66	23	0
Walker	5	111	44	0
Green	5	44	13	0
Henderson	3	38	29	0
5 Others	7	60	23	1
TOTAL	26	319	44	1

TEAM STATISTICS

	Seattle	Green Bay
Total First Downs	22	22
Rush/Pass/Penalty	4/16/2	8/14/0
Third Down Eff.	6/16 37.5%	4/13 30.8%
Fourth Down Eff.	1/1 100%	2/2 100%
Total Net Yards	340	397
Total Off. Plays	68	70
Avg. Per Play	5.0	5.7
Net Yards Rushing	49	78
Total Rushing Plays	21	32
Avg. Gain Per Rush	2.3	2.4
Net Yards Passing	291	319
Times Sacked/Yards Lost	2/14	0/0
Pass Att.-Comp.-Int.	45-25-1	38-26-0
Avg. Gain Per Pass Play	6.2	8.4
Punts-No. and Avg.	6-37.5	5-38.4
Had Blocked	0	0
Penalties-No. and Yards	2-15	5-30
Return Yardage	114	194
Fumbles-No. and Lost	1-0	0-0
Touchdowns	3	4
Rush/Pass/Return	3/0/0	2/1/1
Extra Points Made-Att.	3-3	3-3
Field Goals Made-Att.	2-2	2-3
Time of Possession	29:26	34:59

DEFENSE

Seattle — Tackles: Lewis 10. Sacks: None. Interceptions: None. FF: None. FR: None.
Green Bay — Tackles: Sharper 11. Sacks: Kampman 1.0, Hunt 1.0. Interceptions: Harris 1. FF: Hunt 1. FR None.

NFC WILD CARD PLAYOFFS

ST. LOUIS RAMS 27, SEATTLE SEAHAWKS 20

SATURDAY, JANUARY 8, 2005 — QWEST FIELD

Hosting only their fourth home playoff game in team history, the Seahawks took on the St. Louis Rams for the third time of the season, only to have the same outcome of the previous two matchups. The Rams scored first as Marc Bulger found Torry Holt from 15 yards out on their opening possession. Seattle answered with a Josh Brown 47-yard field goal. Trailing 14-10 at the half, Seattle took the second-half kickoff and pulled to within 14-13 after another Brown field goal. The Rams answered with a field goal of their own, giving them a 17-13 lead heading into the fourth quarter. Seattle's next possession at the end of the third and beginning of the fourth quarter, was a seven-play, 76-yard drive in which Darrell Jackson caught four passes for 50 yards, including a 23-yard touchdown to give the Seahawks their first lead of the day, 20-17. The Rams tied the game with a Jeff Wilkins' 27-yard field goal. St. Louis forced a Seattle punt and received the ball with 5:42 left to play. Bulger connected with Cam Cleeland for a 17-yard touchdown and a 27-20 Rams' lead. On their final drive, Seattle drove to the Rams' 11-yard line with under one minute to play. Facing third-and-16 after a sack and incompleteness, Hasselbeck found Ingram for a 12-yard gain but left the Seahawks with fourth down and 0:27 remaining. Seattle's fourth-down play was something that plagued the team the last two seasons as Ingram had Hasselbeck's pass go off his hands in the end zone. St. Louis took over the ball on downs. Jackson caught a career-high 12 passes for 128 yards and Hasselbeck became only the third quarterback (Dan Fouts, Bulger) in NFL history to throw for more than 300 yards in his first two career postseason starts.

St. Louis	7	7	3	10	—	27
Seattle	3	7	3	7	—	20

STL	1	11:33	0-7	Holt 15 pass Bulger (Wilkins kick) [6-75, 3:27]
SEA	1	2:05	3-7	J. Brown 47 FG [9-46, 4:30]
STL	2	13:32	3-14	Faulk 1 run (Wilkins kick) [6-75, 3:33]
SEA	2	8:18	10-14	Ingram 19 pass Hasselbeck (J. Brown kick) [9-84, 5:14]
SEA	3	8:52	13-14	J. Brown 30 FG [14-64, 6:08]
STL	3	2:35	13-17	Wilkins 38 FG [12-48, 6:17]
SEA	4	13:43	20-17	Jackson 23 pass Hasselbeck (J. Brown kick) [7-76, 3:52]
STL	4	8:07	20-20	Wilkins 27 FG [11-60, 5:36]
STL	4	2:11	20-27	Cleeland 17 pass Bulger (Wilkins kick) [7-76, 3:31]

Att. — 65,397

INDIVIDUAL STATISTICS

RUSHING LEADERS

St. Louis	Att	Yds	LG	TD
Faulk	13	55	13	1
Jackson	10	36	9	0
2 Others	4	11	7	0
TOTAL	27	102	13	1

Seattle	Att	Yds	LG	TD
Alexander	15	40	9	0
Hasselbeck	2	26	17	0
2 Others	3	15	6	0
TOTAL	20	81	17	0

PASSING LEADERS

St. Louis	A	C	Yds	TD	I
Bulger	32	18	313	2	1
TOTAL	32	18	313	2	1

Seattle	A	C	Yds	TD	I
Hasselbeck	43	27	341	2	1
TOTAL	43	27	341	2	1

PASS RECEIVING LEADERS

St. Louis	No	Yds	LG	TD
Holt	6	108	52	1
Curtis	4	107	50	0
Bruce	3	40	21	0
Faulk	2	12	12	0
3 Others	3	46	31	1
TOTAL	18	313	52	2

Seattle	No	Yds	LG	TD
Jackson	12	128	23t	1
Mili	6	98	22	0
Robinson	4	40	15	0
Ingram	3	34	19	1
2 Others	2	41	25	0
TOTAL	27	341	25	2

TEAM STATISTICS

	St. Louis	Seattle
Total First Downs	22	24
Rush/Pass/Penalty	3/15/4	7/15/2
Third Down Eff.	9/14 64%	5/12 42%
Fourth Down Eff.	0/0 0.0%	0/2 0.0%
Total Net Yards	396	413
Total Off. Plays	64	66
Avg. Per Play	6.2	6.3
Net Yards Rushing	102	81
Total Rushing Plays	27	20
Avg. Gain Per Rush	3.8	4.1
Net Yards Passing	294	332
Times Sacked/Yards Lost	5/19	3/9
Pass Att.-Comp.-Int.	32-18-1	43-27-1
Avg. Gain Per Pass Play	7.9	7.2
Punts-No. and Avg.	3-29.0	3-44.3
Had Blocked	0	0
Penalties-No. and Yards	4-30	9-61
Return Yardage	115	118
Fumbles-No. and Lost	0-0	2-0
Touchdowns	3	2
Rush/Pass/Return	1/2/0	0/2/0
Extra Points Made-Att.	3-3	2-2
Field Goals Made-Att.	2-2	2-2
Time of Possession	31:06	28:54

DEFENSE

St. Louis — **Tackles:** Polley 12. **Sacks:** Kennedy 1.0, Lewis 1.0, Thomas 1.0. **Interceptions:** T. Fisher 1. **FF:** B. Fisher 1, T. Fisher 1. **FR:** None.

Seattle — **Tackles:** C. Brown 10. **Sacks:** Okeafor 2.0, Bernard 1.0, Terrill 0.5, Woodward 0.5. **Interceptions:** Hamlin 1. **FF:** None. **FR:** None.

STARTERS

OFFENSE

WR	- Rice
LT	- Jones
LG	- Hutchinson
C	- Tobeck
RG	- Gray
RT	- Womack
TE	- Mili
WR	- Jackson
QB	- Hasselbeck
RB	- Alexander
WR	- Ingram
K	- J. Brown

DEFENSE

LE	- Okeafor
DT	- Woodard
DT	- Bernard
RE	- Mitchell
OLB	- Kacyvenski
ILB	- Koutouvides
OLB	- C. Brown
LCB	- Trufant
RCB	- Lucas
SS	- Boulware
FS	- Hamlin
P	- Walter

NFC DIVISIONAL PLAYOFFS

SEATTLE SEAHAWKS 20, WASHINGTON REDSKINS 10

SATURDAY, JANUARY 14, 2006 — QWEST FIELD

The Seattle Seahawks ended their 21-year streak without a postseason win with a 20-10 victory over the Washington Redskins in the NFC Divisional Playoff Game at Qwest Field. In the wet afternoon, Seattle's trouble holding on to the ball stalled drives and gave Washington good field position after a Shaun Alexander fumble at the Redskins 12-yard line and two special teams fumbles on the day. Seattle's defense weathered the storm in the first half and held Washington to only a John Hall second-quarter field goal. Seattle's offense took another hit when Alexander left the game with a concussion in the first quarter after gaining only 9 yards on six carries. Maurice Morris gained the tough yards and Coach Mike Holmgren put the outcome on Matt Hasselbeck's arm and leadership for the remainder of the game. The Redskins took a 3-0 lead midway through the second quarter and Seattle responded with a 29-yard scoring pass from Hasselbeck to Darrell Jackson. Seattle took a 7-3 lead into halftime, before Hasselbeck beat Redskins CB Shawn Springs to the pylon for a 14-3 midway through the third quarter. Josh Brown added a field goal to begin the final quarter for a 17-3 lead. The Redskins tried to hang on when Mark Brunell connected with Santana Moss for a 20-yard touchdown. The Seahawks capped the day with a 31-yard Brown field goal for a 20-10 victory.

STARTERS

OFFENSE

WR	-	Engram
LT	-	Jones
LG	-	Hutchinson
C	-	Tobek
RG	-	Gray
RT	-	Locklear
WR	-	Jurevicius
WR	-	Jackson
QB	-	Hasselbeck
FB	-	Strong
WR	-	Alexander
K	-	J. Brown

DEFENSE

LE	-	Fisher
DT	-	Darby
DT	-	Bernard
RE	-	Wistrom
OLB	-	Hill
ILB	-	Tatupu
OLB	-	Lewis
LCB	-	Babineaux
RCB	-	Trufant
SS	-	Boulware
FS	-	Manuel
P	-	Rouen

Washington	0	3	0	7	—	10
Seattle	0	7	7	6	—	20

WAS 2 8:59 3-0 Hall 26 FG [10-32, 5:03]

SEA 2 3:22 3-7 Jackson 29 pass Hasselbeck (J. Brown kick) [12-74, 5:03]

SEA 3 9:35 3-14 Hasselbeck 6 run (J. Brown kick) [10-81, 4:20]

SEA 4 14:16 3-17 J. Brown 33 FG [6-48, 2:39]

WAS 4 11:59 10-17 Moss 20 pass Brunell (Hall kick) [4-76, 2:17]

SEA 4 2:54 10-20 J. Brown 31 FG [9-60, 5:07]

Att. — 67,551

INDIVIDUAL STATISTICS

RUSHING LEADERS

Washington	Att	Yds	LG	TD
Portis	17	41	7	0
Brunell	4	12	7	0
2 Others	4	6	7	0
TOTAL	25	59	7	0

Seattle	Att	Yds	LG	TD
Morris	18	49	8	0
Strong	3	40	32	0
2 Others	12	30	9	1
TOTAL	33	119	32	1

PASSING LEADERS

Washington	A	C	Yds	TD	I
Brunell	37	22	242	1	0
TOTAL	37	22	242	1	0

Seattle	A	C	Yds	TD	I
Hasselbeck	26	16	215	1	0
TOTAL	26	16	215	1	0

PASS RECEIVING LEADERS

Washington	No	Yds	LG	TD
Moss	7	103	39	1
Cooley	4	85	52	0
Betts	3	21	10	0
Jacobs	3	19	16	0
2 Others	5	14	9	0
TOTAL	22	242	52	1

Seattle	No	Yds	LG	TD
Jackson	9	143	37	1
Stevens	2	13	9	0
Engram	2	11	9	0
Jurevicius	1	31	31	0
2 Others	2	17	16	0
TOTAL	16	215	37	1

TEAM STATISTICS

Washington	Seattle
Total First Downs	11 15
Rush/Pass/Penalty	3/7/1 6/8/1
Third Down Eff.	5/19 26% 7/14 50%
Fourth Down Eff.	2/4 50.0% 0/0 0.0%
Total Net Yards	289 334
Total Off. Plays	65 59
Avg. Per Play	4.4 5.7
Net Yards Rushing	59 119
Total Rushing Plays	25 33
Avg. Gain Per Rush	2.4 3.6
Net Yards Passing	230 215
Times Sacked/Yards Lost	2/12 0/0
Pass Att.-Comp.-Int.	32-22-0 26-16-0
Avg. Gain Per Pass Play	5.8 8.3
Punts-No. and Avg.	7-42.7 5-42.4
Had Blocked	0 0
Penalties-No. and Yards	7-50 2-10
Return Yardage	3 -1
Fumbles-No. and Lost	1-1 5-3
Touchdowns	1 2
Rush/Pass/Return	0/1/0 1/1/0
Extra Points Made-Att.	1-1 2-2
Field Goals Made-Att.	1-2 2-2
Time of Possession	32:15 27:45

DEFENSE

Washington — **Tackles:** Taylor, Washington 7. **Sacks:** None.
Interceptions: None. **FF:** Daniels 1. **FR:** Marshall 1.
Seattle — **Tackles:** Tatupu 10. **Sacks:** Fisher, Darby 1.0.
Interceptions: None. **FF:** Fisher 1. **FR:** Wistrom.

NFC CHAMPIONSHIP GAME

SEATTLE SEAHAWKS 34, CAROLINA PANTHERS 14

SUNDAY, JANUARY 22, 2006 — QWEST FIELD

The Seahawks advanced to their first Super Bowl in club history as they defeated the Carolina Panthers 34-14 in front of a 12th Man crowd of 67,837 in the NFC Championship Game. The Seahawks' offense got on the board first as it needed only five plays to cover 57 yards ending with a Matt Hasselbeck to Jerramy Stevens 17-yard touchdown pass. Seattle's defense, aided by the raucous crowd, allowed only 6 total first-quarter yards and forced two Jake Delhomme interceptions; one each by Lofa Tatupu and Marquand Manuel. Seattle's offense turned the takeaways into 10 points and took an early 17-0 lead in the second quarter. Carolina's touchdown in the second quarter was a 59-yard punt return by Steve Smith that was allowed after a penalty flag for an illegal block in the back that was picked up. Josh Brown tacked on a 39 yard field goal midway through the quarter for a 20-7 lead at the half. Receiving the opening kickoff, Seattle drove 65 yards in eight plays with Hasselbeck and Darrell Jackson hooking up from 20 yards out for a 27-7 lead. The teams then exchanged two punts each until Michael Boulware intercepted Delhomme with 1:25 left in the third quarter. Seattle jumped out to a 34-7 lead after Shaun Alexander scored his second of two 1-yard runs with 6:00 left to play in the game. Carolina added its first offensive score of the day with 5:09 remaining in the game and after a Seattle punt, Smith caught a 7-yard pass but Craig Terrill forced a fumble that was recovered by Marcus Trufant to seal Seattle's trip to Super Bowl XL in Detroit.

Carolina	0	7	0	7	—	14
Seattle	10	10	7	7	—	34

SEA 1	5:31	0-7	Stevens 17 pass Hasselbeck (Brown kick) [5-57, 2:16]
SEA 1	2:23	0-10	Brown 24 FG [6-14, 2:44]
SEA 2	14:53	0-17	Alexander 1 run (Brown kick) [4-17, 0:57]
CAR 2	9:05	7-17	Smith 59 punt return (Kasay kick)
SEA 2	4:03	7-20	Brown 39 FG [10-57, 5:02]
SEA 3	11:09	7-27	Jackson 20 pass Hasselbeck (Brown kick) [8-65, 3:51]
SEA 4	6:00	7-34	Alexander 1 run (Brown kick) [8-53, 4:48]
CAR 4	5:09	14-34	Carter 47 pass Delhomme (Kasay kick) [4-80, :51]

INDIVIDUAL STATISTICS

RUSHING LEADERS

Carolina	Att	Yds	LG	TD
Robertson	4	19	15	0
Delhomme	3	15	6	0
Goings	5	2	0	0
TOTAL	12	36	15	0
Seattle	Att	Yds	LG	TD
Alexander	34	132	18	2
Hasselbeck	6	27	15	0
2 Others	11	31	10	0
TOTAL	51	190	18	2

PASSING LEADERS

Carolina	A	C	Yds	TD	I
Delhomme	35	15	196	1	3
TOTAL	35	15	196	1	3
Seattle	A	C	Yds	TD	I
Hasselbeck	28	20	219	2	0
TOTAL	28	20	219	2	0

PASS RECEIVING LEADERS

Carolina	No	Yds	LG	TD
Robertson	5	37	18	0
Smith	5	33	12	0
Carter	2	88	47	1
3 Others	3	38	19	0
TOTAL	15	196	47	1
Seattle	No	Yds	LG	TD
Jackson	6	75	20	1
Stevens	6	66	17	1
Engram	3	34	13	0
Wallace	1	28	28	0
4 Others	4	16	7	0
TOTAL	20	219	28	2

STARTERS

OFFENSE

WR	-	Engram
LT	-	Jones
LG	-	Hutchinson
C	-	Toback
RG	-	Gray
RT	-	Locklear
WR	-	Jurevicius
WR	-	Jackson
QB	-	Hasselbeck
FB	-	Strong
RB	-	Alexander
K	-	J. Brown

DEFENSE

LE	-	Fisher
DT	-	Darby
DT	-	Bernard
RE	-	Wistrom
OLB	-	Hill
ILB	-	Tatupu
OLB	-	Lewis
LCB	-	Dyson
RCB	-	Trufant
SS	-	Boulware
FS	-	Manuel
P	-	Rouen

Att. — 67,837

TEAM STATISTICS

	Carolina	Seattle
Total First Downs	11	27
Rush/Pass/Penalty	2/7/2	13/11/3
Third Down Eff.	1/9 11%	8/18 44%
Fourth Down Eff.	0/0 0%	0/1 0%
Total Net Yards	212	393
Total Off. Plays	49	81
Avg. Per Play	4.3	4.9
Net Yards Rushing	36	190
Total Rushing Plays	12	51
Avg. Gain Per Rush	3.0	3.7
Net Yards Passing	176	203
Times Sacked/Yards Lost	2/20	2/16
Pass Att.-Comp.-Int.	35-15-3	28-20-0
Avg. Gain Per Pass Play	4.8	6.8
Punts-No. and Avg.	7-34.7	5-38.8
Had Blocked	0	0
Penalties-No. and Yards	5-57	7-63
Return Yardage (No kickoffs)	59	74
Fumbles-No. and Lost	1-1	0-0
Touchdowns	2	4
Rush/Pass/Return	0/1/1	2/2/0
Extra Points Made-Att.	2-2	4-4
Field Goals Made-Att.	0-0	2-3
Time of Possession	18:09	41:51

DEFENSE

Carolina — **Tackles:** Witherspoon 10. **Sacks:** Morgan, Rucker 1.0. **Interceptions:** None. **FF:** None. **FR:** None.
Seattle — **Tackles:** Hill 6. **Sacks:** Bernard 2.0. **Interceptions:** Boulware, Manuel, Tatupu 1. **FF:** Terrill 1. **FR:** Trufant 1.

SUPER BOWL XL PITTSBURGH STEELERS 21, SEATTLE SEAHAWKS 10 SUNDAY, FEBRUARY 5, 2006 — FORD FIELD - DETROIT

Playing in the Super Bowl for the first time in their 30-year history, Seattle faced the Pittsburgh Steelers at Ford Field in Detroit, losing 21-10. Both teams were held scoreless on their first two possessions. But on Seattle's ensuing drive, Darrell Jackson caught a 16-yard touchdown only to have it called back because of offensive pass-interference. This forced the Seahawks to settle for a 47-yard field goal by Josh Brown with 0:22 left in the first quarter. Closing the half, Pittsburgh converted a 3rd-and-28 with a 37-yard catch by Hines Ward, which helped set up Ben Roethlisberger's 1-yard score. The Steelers led 7-3 at halftime before scoring on the second play from scrimmage to start the second half as Willie Parker ran right for 75 yards and a touchdown. It was the longest run in Super Bowl history. The Seahawks battled back as Kelly Herndon intercepted Roethlisberger at the Seattle 4-yard line and ran it back 76 yards, the longest interception return in Super Bowl history. Three plays later, Jerramy Stevens caught a 16-yard touchdown from Matt Hasselbeck to pull the Seahawks within 14-10. The Seahawks were on the verge of scoring again when Sean Locklear's holding penalty erased an 18-yard catch by Stevens that would have left the Seahawks at the Pittsburgh 1-yard line. This sent the Seahawks back to the air as Hasselbeck threw an interception in Pittsburgh's territory. The Steelers took advantage of the turnover and with 9:04 to play, the Steelers used some trickery as Antwaan Randle El took a reverse and threw a 43-yard touchdown pass to Ward giving the Steelers a 21-10 lead. On the Seahawks' next possession, they were forced to punt, allowing the Steelers to run the clock down to the two-minute warning before giving Seattle one last shot. The Seahawks drove the ball down to the Pittsburgh 23-yard line before an incompletion on fourth down with :08 remaining in the game.

Seattle	3	0	7	0	—	10
Pittsburgh	0	7	7	7	—	21
SEA 1	0:22	3-0	J. Brown 47 FG [7-22, 3:39]			
PIT 2	1:55	3-7	Roethlisberger 1 run (Reed kick) [11-59, 6:20]			
PIT 3	14:38	3-14	Parker 75 run (Reed kick) [2-75, 0:22]			
SEA 3	6:45	10-14	Stevens 16 pass from Hasselbeck (Brown kick) [3-20, 0:53]			
PIT 4	8:56	10-21	Ward 43 pass Randle El (Reed kick) [4-56, 1:50]			

Att. — 68,206

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Alexander	20	95	21	0
Hasselbeck	3	35	18	0
Strong	2	7	7	0
TOTAL	25	137	21	0
Pittsburgh	Att	Yds	LG	TD
Parker	10	93	75t	1
Bettis	14	43	12	0
3 Others	9	45	18	1
TOTAL	33	181	75t	2

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Hasselbeck	49	26	273	1	1
TOTAL	49	26	273	1	1
Pittsburgh	A	C	Yds	TD	I
Roethlisberger	21	9	123	0	2
Randle El	1	1	43	1	0
TOTAL	22	10	166	1	2

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Engram	6	70	21	0
Jurevicius	5	93	35	0
Jackson	5	50	20	0
Stevens	3	25	16t	1
4 Others	7	35	13	0
TOTAL	26	273	35	1
Pittsburgh	No	Yds	LG	TD
Ward	5	123	43t	1
Randle El	3	22	8	0
Wilson	1	20	20	0
Parker	1	1	1	0
TOTAL	10	166	43t	1

STARTERS

OFFENSE	
WR	- Engram
LT	- Jones
LG	- Hutchinson
C	- Tobeck
RG	- Gray
RT	- Locklear
TE	- Stevens
QB	- Jackson
WR	- Hasselbeck
FB	- Strong
RB	- Alexander
K	- J. Brown
DEFENSE	
LE	- Fisher
DT	- Darby
DT	- Bernard
RE	- Wistrom
OLB	- Hill
ILB	- Tatupu
OLB	- Lewis
LCB	- Dyson
RCB	- Trufant
SS	- Boulware
FS	- Manuel
P	- Rouen

TEAM STATISTICS

	Seattle	Pittsburgh
Total First Downs	20	14
Rush/Pass/Penalty	5/15/0	6/8/0
Third Down Eff.	5/17 29%	8/15 53%
Fourth Down Eff.	1/2 50.0%	0/0 0.0%
Total Net Yards	396	339
Total Off. Plays	77	56
Avg. Per Play	5.1	6.1
Net Yards Rushing	137	181
Total Rushing Plays	25	33
Avg. Gain Per Rush	5.5	5.5
Net Yards Passing	259	158
Times Sacked/Yards Lost	3/14	1/8
Pass Att.-Comp.-Int.	49-26-1	22-10-2
Avg. Gain Per Pass Play	5.0	6.9
Punts-No. and Avg.	6-50.2	6-48.7
Had Blocked	0	0
Penalties-No. and Yards	7-70	3-20
Return Yardage	103	56
Fumbles-No. and Lost	0-0	0-0
Touchdowns	1	3
Rush/Pass/Return	0/1/0	2/1/0
Extra Points Made-Att.	1-1	3-3
Field Goals Made-Att.	1-3	0-0
Time of Possession	33:02	26:58

DEFENSE

Seattle — **Tackles:** Tatupu 9. **Sacks:** Wistrom 1.0. **Interceptions:** Boulware, Herndon 1. **FF:** None. **FR:** None.
Pittsburgh — **Tackles:** Taylor 7. **Sacks:** Haggans, Hampton, Townsend 1.0. **Interceptions:** Taylor 1. **FF:** None. **FR:** None.

NFC WILD CARD PLAYOFFS

SEATTLE SEAHAWKS 21, DALLAS COWBOYS 20

SATURDAY, JANUARY 6, 2007 — QWEST FIELD

Seattle advanced in the postseason for the second straight year with a 21-20 win in the closing minutes of its Wild Card Game vs. Dallas. The Seahawks got on the board first after their opening drive ended with a Josh Brown 21-yard field goal. Martin Gramatica tied the game 3-3 with a 50-yard field goal. Brown made his second field goal midway through the second quarter for a 6-3 lead, but Tony Romo gave Dallas a 10-6 lead with a 13-yard touchdown toss to Patrick Crayton with 0:11 left before halftime. Seattle took its first second-half possession and regained the lead 13-10 on a Matt Hasselbeck to Jerramy Stevens hookup. However, Miles Austin returned the ensuing kickoff 93 yards for a score, and the lead, 17-13. After Hasselbeck's second interception of the day, Gramatica gave Dallas a 20-13 lead on a 29-yard field goal to open the fourth quarter. Facing a fourth-and-2 from the Dallas 2, the Seahawks scoring attempt was thwarted. On the next play, Kelly Jennings forced Terry Glenn to fumble into the end zone resulting in a safety, making the score 20-15. Following the ensuing free kick, Hasselbeck found Stevens for the second time on the day for a 37-yard score and a 21-20 Seattle lead. Seattle failed on its two-point conversion attempt. On third-and-7 from Seattle's 11-yard line, Romo found Jason Witten for 7 yards but the spot was reviewed by instant replay. The spot was reversed and Gramatica came on for a 19-yard field goal attempt. Romo bobbled the snap, picked it up and rushed 7 yards until being tripped up by Jordan Babineaux at the Seattle 2, 1 yard short of a first down. Seattle took over with 1:14 left and Seattle held on for victory.

Dallas	3	7	7	3	—	20
Seattle	3	3	7	8	—	21

SEA 1	11:13	0-3	Brown 21 FG [9-55, 3:47]	
DAL 1	4:50	3-3	Gramatica 50 FG [5-11, 2:21]	
SEA 2	8:23	3-6	Brown 30 FG [13-54, 5:14]	
DAL 2	0:11	10-6	Crayton 13 pass Romo (Gramatica kick) [10-76, 5:03]	
SEA 3	6:08	10-13	Stevens 15 pass Hasselbeck (Brown kick) [12-62, 6:45]	
DAL 3	5:57	17-13	Austin 93 kickoff return (Gramatica kick) [0-0, 0:11]	
DAL 4	10:15	20-13	Gramatica 29 FG [8-46, 4:26]	
SEA 4	6:32	20-15	Glenn fumble out of bounds in end zone for safety	
SEA 4	4:24	20-21	Stevens 37 pass Hasselbeck (pass failed) [4-50, 2:08]	Att. — 68,058

INDIVIDUAL STATISTICS

RUSHING LEADERS

Dallas	Att	Yds	LG	TD
Jones	22	112	35	0
Barber	3	4	3	0
Romo	1	0	0	0
TOTAL	26	116	35	0

Seattle	Att	Yds	LG	TD
Alexander	24	69	20	0
Morris	3	12	7	0
2 Others	5	11	5	0
TOTAL	32	92	20	0

PASSING LEADERS

Dallas	A	C	Yds	TD	I
Romo	29	17	189	1	0
TOTAL	29	17	189	1	0

Seattle	A	C	Yds	TD	I
Hasselbeck	36	18	240	2	2
TOTAL	36	18	240	2	2

PASS RECEIVING LEADERS

Dallas	No	Yds	LG	TD
Glenn	4	41	18	0
Witten	3	57	32	0
Crayton	3	42	18	1
Barber	3	23	9	0
Owens	2	26	14	0
Jones	2	0	2	0
TOTAL	17	189	32	1

Seattle	No	Yds	LG	TD
Stevens	5	77	37t	2
Ingram	4	88	36	0
Branch	4	48	27	0
3 Others	5	27	7	0
TOTAL	18	240	37t	2

STARTERS

OFFENSE

WR	- Branch
LT	- Jones
LG	- Sims
C	- Spencer
RG	- Gray
RT	- Locklear
WR	- Ingram
WR	- Wallace
QB	- Hasselbeck
FB	- Strong
RB	- Alexander
K	- J. Brown

DEFENSE

LE	- Fisher
DT	- Darby
DT	- Bernard
RE	- Wistrom
OLB	- Hill
ILB	- Tatupu
OLB	- Peterson
LCB	- Babineaux
RCB	- Jennings
SS	- Boulware
FS	- Hamlin
P	- Plackemeier

TEAM STATISTICS

	Dallas	Seattle
Total First Downs	14	19
Rush/Pass/Penalty	5/8/1	6/9/4
Third Down Eff.	3/13 23%	4/15 27%
Fourth Down Eff.	1/2 50.0%	2/3 67.0%
Total Net Yards	284	332
Total Off. Plays	57	68
Avg. Per Play	5.0	4.9
Net Yards Rushing	116	92
Total Rushing Plays	26	32
Avg. Gain Per Rush	4.5	2.9
Net Yards Passing	168	240
Times Sacked/Yards Lost	2/21	0/0
Pass Att.-Comp.-Int.	29-17-0	36-18-2
Avg. Gain Per Pass Play	5.4	6.7
Punts-No. and Avg.	5-48.4	5-35.0
Had Blocked	0	0
Penalties-No. and Yards	8-74	3-15
Return Yardage (No kickoffs)	13	13
Fumbles-No. and Lost	4-1	1-0
Touchdowns	2	2
Rush/Pass/Return	0/1/1	0/2/0
Extra Points Made-Att.	2-2	1-2
Field Goals Made-Att.	2-2	2-2
Time of Possession	28:23	31:37

DEFENSE

Dallas — Tackles: James 11. **Sacks:** None. **Interceptions:** Henry, Williams 1. **FF:** None. **FR:** None.
Seattle — Tackles: Hill, Peterson 7. **Sacks:** Fisher 2.0. **Interceptions:** None. **FF:** Boulware, Fisher, Jennings 1. **FR:** Hunter 1.

NFC DIVISIONAL PLAYOFFS

CHICAGO BEARS 27, SEATTLE SEAHAWKS 24 (OT)

SUNDAY, JANUARY 14, 2007 — SOLDIER FIELD - CHICAGO

The Seahawks season ended to eventual Super Bowl XLI participant the Chicago Bears in overtime, 27-24, in Chicago. The Bears opened the game with a 12-play, 80-yard scoring drive with Thomas Jones taking it in from 9 yards out for the only score in the opening quarter. Seattle's first play to open the second quarter tied the game at 7-7 when Matt Hasselbeck found Nate Burleson for a 16-yard touchdown. However, Chicago took the lead right back as Rex Grossman threw a 68-yard bomb to Bernard Berrian for a 14-7 lead. The teams then forced a combined six punts until the teams each scored once more in the quarter. Shaun Alexander ran for his first of two scores on the day, this from 4 yards out, with Jones answering from 7 yards out to give Chicago a 21-14 halftime lead. Seattle held Chicago to just 52 total yards of offense in the third quarter while scoring 10 points and taking a 24-21 lead into the fourth quarter. Josh Brown opened the third with a 40-yard field goal and Alexander scored his second touchdown of the day from 13 yards out. Following back-to-back interceptions to begin the fourth, each team punted once with Devin Hester's 66-yard punt return for a score called back due to a penalty. The Bears put together a 12-play, 48-yard drive with Robbie Gould tying the game at 24-24 with a 41-yard field goal. On Seattle's next possession at the Chicago 44 with 2:26 left, the Seahawks failed to gain a yard on third-and-1 and fourth-and-1 and turned the ball over. Chicago went three-and-out but Seattle was unable to score in regulation. Seattle won the toss to begin overtime but was forced to punt. Grossman, facing a third-and-10, found Berrian for a 30-gain to the Seattle 36. Four plays later, Gould ended Seattle's season with a 49-yard field goal.

Seattle	0	14	10	0	0	24
Chicago	7	14	0	3	3	27
CHI 1	8:35	0-7	Jones 9 run (Gould kick) [12-80, 6:25]			
SEA 2	14:54	7-7	Burleson 16 pass Hasselbeck (Brown kick) [9-71, 3:54]			
CHI 2	14:36	7-14	Berrian 68 pass Grossman (Gould kick) [1-68, 0:18]			
SEA 2	2:28	14-14	Alexander 4 run (Brown kick) [5-26, 1:50]			
CHI 2	0:48	14-21	Jones 7 run (Gould kick) [7-57, 1:41]			
SEA 3	9:56	17-21	Brown 40 FG [9-49, 5:04]			
SEA 3	4:57	24-21	Alexander 13 run (Brown kick) [7-51, 2:25]			
CHI 4	4:24	24-24	Gould 41 FG [12-48, 5:51]			
CHI 5	10:02	24-27	Gould 49 FG [7-34, 2:49]			

Att. — 62,184

STARTERS

OFFENSE	
WR	- Branch
LT	- Jones
LG	- Sims
C	- Spencer
RG	- Gray
RT	- Locklear
TE	- Stevens
WR	- Jackson
QB	- Hasselbeck
TE	- Heller
RB	- Alexander
K	- J. Brown
DEFENSE	
LE	- Fisher
DT	- Darby
DT	- Bernard
RE	- Wistrom
OLB	- Hill
ILB	- Tatupu
OLB	- Peterson
LCB	- Babineaux
RCB	- Jennings
SS	- Boulware
FS	- Hamlin
P	- Plackemeier

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Alexander	26	108	13t	2
Morris	4	11	6	0
Hasselbeck	1	8	8	0
TOTAL	31	127	13t	2

Chicago	Att	Yds	LG	TD
Jones	21	66	9t	2
Benson	12	45	12	0
Davis	1	9	9	0
TOTAL	34	120	12	2

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Hasselbeck	33	18	195	1	1
TOTAL	33	18	195	1	1

Chicago	A	C	Yds	TD	I
Grossman	38	21	282	1	1
TOTAL	38	21	282	1	1

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Jackson	4	49	24	0
Branch	4	48	22	0
Ingram	3	32	16	0
Heller	3	20	10	0
3 Others	4	46	16t	1
TOTAL	18	195	24	1

Chicago	No	Yds	LG	TD
Berrian	5	105	68t	1
Davis	4	84	37	0
Muhammad	3	38	21	0
Benson	3	24	11	0
5 Others	6	31	13	0
TOTAL	21	282	68t	1

TEAM STATISTICS

	Seattle	Chicago
Total First Downs	18	21
Rush/Pass/Penalty	12/6/0	8/10/3
Third Down Eff.	5/15 33%	8/20 40%
Fourth Down Eff.	1/3 33.0%	1/1 100.0%
Total Net Yards	306	371
Total Off. Plays	67	75
Avg. Per Play	4.6	4.9
Net Yards Rushing	127	120
Total Rushing Plays	31	34
Avg. Gain Per Rush	4.1	3.5
Net Yards Passing	179	251
Times Sacked/Yards Lost	3/16	3/31
Pass Att.-Comp.-Int.	33-18-1	38-21-1
Avg. Gain Per Pass Play	5.0	6.1
Punts-No. and Avg.	6-36.3	6-40.3
Had Blocked	0	0
Penalties-No. and Yards	4-16	5-40
Return Yardage (No kickoffs)	18	11
Fumbles-No. and Lost	0-0	4-1
Touchdowns	3	3
Rush/Pass/Return	2/1/0	2/1/0
Extra Points Made-Att.	3-3	3-3
Field Goals Made-Att.	1-1	2-2
Time of Possession	29:25	35:33

DEFENSE

Seattle — **Tackles:** Hill 10. **Sacks:** Bernard, Peterson, Wistrom 1.0. **Interceptions:** Hunter 1. **FF:** Peterson 1. **FR:** Darby 1.
Chicago — **Tackles:** Briggs 11. **Sacks:** Brown, Johnson, Ogunleye 1.0. **Interceptions:** Manning 1. **FF:** None. **FR:** None.

NFC WILD CARD PLAYOFFS

SEATTLE SEAHAWKS 35, WASHINGTON REDSKINS 14

SATURDAY, JANUARY 5, 2008 — QWEST FIELD

The Seahawks won their fourth-consecutive home playoff game trouncing the Washington Redskins 35-14 in front of a Seahawks record postseason crowd of 68,297. The Seahawks' defense stymied the Redskins in the first half jumping out to a 10-0 lead behind Leonard Weaver's postseason club-record 17-yard touchdown run. Josh Brown tied a club record with a second-quarter 50-yard field goal. Seattle tacked on another Brown field goal in the third quarter to take a 13-0 lead. The fourth quarter would see the two teams score 36 combined points beginning with the Redskins who took a 14-13 lead. The Redskins scored on the first play of the fourth quarter when Todd Collins connected with Antwaan Randle El on a 7-yard touchdown pass. On the second play of Seattle's following possession, Redskins safety LaRon Landry intercepted Matt Hasselbeck and Washington turned the turnover into seven points three plays later when Collins found Santana Moss on a 30-yard touchdown pass. On the ensuing kickoff, a gust of wind knocked the kickoff out of the air short of the returners and was recovered by Washington at Seattle's 14-yard line. Seattle's defense forced the Redskins to a 30-yard field goal attempt which missed wide left. Seattle took a 21-14 lead after a 20-yard Hasselbeck-to-D.J. Hackett touchdown connection and a successful two-point conversion. On Washington's first play following Seattle's touchdown, Marcus Trufant intercepted Collins and returned it 78 yards for a touchdown, the first in Seattle postseason history. On Washington's final drive, Seahawks' Jordan Babineaux intercepted Collins and returned it 57 yards for a touchdown.

Washington	0	0	0	14	—	14
Seattle	7	3	3	22	—	35

SEA 1	3:45	7-0	Weaver 17 run (Brown kick) [6-45, 3:21]
SEA 2	8:58	10-0	Brown 50 FG [5:33, 1:42]
SEA 3	4:30	13-0	Brown 33 FG [8-52, 4:24]
WAS 4	14:53	13-7	Randle El 7 pass Collins (Suisham kick) [12-84, 4:37]
WAS 4	12:38	13-14	Moss 30 pass Collins (Suisham kick) [3-42, 1:19]
SEA 4	6:06	21-14	Hackett 20 pass Hasselbeck (Pollard pass) [5-42, 1:57]
SEA 4	5:38	28-14	Trufant 78 interception return (Brown kick)
SEA 4	0:27	35-14	Babineaux 57 interception return (Brown kick)

Att. — 68,297

INDIVIDUAL STATISTICS

RUSHING LEADERS

Washington	Att	Yds	LG	TD
Portis	20	52	13	0
Betts	3	15	9	0
3 Others	6	8	2	0
TOTAL	29	75	13	0

Seattle	Att	Yds	LG	TD
Alexander	15	46	13	0
Weaver	1	17	17	1
2 Others	5	14	6	0
TOTAL	21	77	17	1

PASSING LEADERS

Washington	A	C	Yds	TD	I
Collins	50	29	266	2	2
TOTAL	50	29	266	2	2

Seattle	A	C	Yds	TD	I
Hasselbeck	32	20	229	1	2
TOTAL	32	20	229	1	2

PASS RECEIVING LEADERS

Washington	No	Yds	LG	TD
Randle El	10	94	19	1
Moss	6	68	30	1
Cooley	5	46	19	0
4 Others	8	58	13	0
TOTAL	29	266	30	2

Seattle	No	Yds	LG	TD
Hackett	6	101	30	1
Burleson	6	64	25	0
Engram	4	57	19	0
2 Others	4	7	8	0
TOTAL	20	229	35	1

TEAM STATISTICS

	Washington	Seattle
Total First Downs	21	14
Rush/Pass/Penalty	4/16/1	3/11/0
Third Down Eff.	4/18 22%	2/11 18%
Fourth Down Eff.	1/3 33.0%	0/0 0.0%
Total Net Yards	319	304
Total Off. Plays	82	54
Avg. Per Play	3.9	5.6
Net Yards Rushing	75	77
Total Rushing Plays	29	21
Avg. Gain Per Rush	2.6	3.7
Net Yards Passing	244	227
Times Sacked/Yards Lost	3/22	1/2
Pass Att.-Comp.-Int.	50-29-2	32-20-2
Avg. Gain Per Pass Play	4.6	6.9
Punts-No. and Avg.	8-43.5	7-41.6
Had Blocked	0	0
Penalties-No. and Yards	5-39	3-30
Return Yards (No kickoffs)	2	219
Fumbles-No. and Lost	1-0	1-0
Touchdowns	2	4
Rush/Pass/Return	0/2/0	1/1/2
Extra Points Made-Att.	2-2	4-4
Field Goals Made-Att.	0-1	2-2
Time of Possession	34:15	25:45

DEFENSE

Washington — **Tackles:** Springs 8. **Sacks:** Wilson 1.0. **Interceptions:** Landry 2. **FF:** Wilson 1. **FR:** None.
Seattle — **Tackles:** Hill 13, Tatupu 12. **Sacks:** Hill, Peterson, Terrill 1.0. **Interceptions:** Trufant, Babineaux 1. **FF:** None. **FR:** None.

STARTERS

OFFENSE

WR	-	Burleson
LT	-	Jones
LG	-	Sims
C	-	Spencer
RG	-	Gray
RT	-	Locklear
TE	-	Pollard
WR	-	Hackett
WR	-	Engram
QB	-	Hasselbeck
RB	-	Alexander
K	-	J. Brown

DEFENSE

LE	-	Kerney
DT	-	Mebane
DT	-	Bernard
RE	-	Tapp
OLB	-	Hill
ILB	-	Tatupu
OLB	-	Peterson
LCB	-	Trufant
RCB	-	Jennings
SS	-	Grant
FS	-	Russell
P	-	Plackemeier

NFC DIVISIONAL PLAYOFFS GREEN BAY PACKERS 42, SEATTLE SEAHAWKS 20 SATURDAY, JANUARY 12, 2008 — LAMBEAU FIELD

The Seattle Seahawks hopes for returning to another Super Bowl were whited out at Green Bay's Lambeau Field, 42-20, in the NFC Divisional round. Most of the final three quarters were played on a snow-covered field. Seattle jumped out to a quick 14-0 lead in the first five minutes of the game after forcing two Ryan Grant fumbles. Leroy Hill jarred the ball loose on the first play from scrimmage and Lofa Tatupu returned the fumble 12 yards to Green Bay's 1-yard line setting up a Shaun Alexander 1-yard run just 20 seconds into the game. On the Packers' next possession Grant again fumbled after a Brian Russell tackle. Matt Hasselbeck capped the ensuing drive with an 11-yard touchdown pass to Bobby Engram for a 14-0 lead with 10:59 remaining in the first quarter. The Packers roared back tying the game 14-14 by the end of the first quarter. Green Bay capitalized on Seattle's first turnover taking a 21-14 lead after an 18-yard drive that resulted in Brett Favre's second TD pass to Greg Jennings. Seattle tacked on a second-quarter field goal, but the Packers' Ryan Grant scored his second TD on a 3-yard run with 26 seconds remaining in the half for a 28-17 halftime lead. The Packers added to their lead on Favre's third TD pass, this one a 13-yard pass to Brandon Jackson. Josh Brown connected on his second field goal attempt to pull within 35-20 late in the third quarter. Grant's third TD run in the fourth quarter capped the game for the Packers who won 42-20. Grant set a club postseason record with his 201 yards on 27 carries. For Seattle, Bobby Engram led the team with six catches for 67 yards and became the team's all-time leader in the postseason with 35 receptions. Leroy Hill led the team with 11 tackles becoming Seattle's all-time postseason leader with 64.

Seattle	14	3	3	0	—	20
Green Bay	14	14	7	7	—	42

SEA 1	14:40	7-0	Alexander 1 run (Brown kick) [1-1, 0:03]
SEA 1	10:59	14-0	Engram 11 pass Hasselbeck (Brown kick) [6-49, 2:52]
GB 1	7:08	14-7	Jennings 15 pass Favre (Crosby kick) [6-69, 3:51]
GB 1	1:02	14-14	Grant 1 run (Crosby kick) [9-64, 4:50]
GB 2	13:22	21-14	Jennings 2 pass Favre (Crosby kick) [3-18, 1:22]
SEA 2	7:18	21-17	Brown 29 FG [11-63, 6:04]
GB 2	0:26	28-17	Grant 3 run (Crosby kick) [14-70, 6:52]
GB 3	10:25	35-17	Jackson 13 pass Favre (Crosby kick) [6-66, 3:29]
SEA 3	2:46	35-20	Brown 27 FG [14-70, 7:39]
GB 4	13:26	42-20	Grant 1 run (Crosby kick) [7-65, 4:20]

Att. — 72,168

STARTERS

OFFENSE

TE	- Heller
LT	- Jones
LG	- Sims
C	- Spencer
RG	- Gray
RT	- Locklear
TE	- Pollard
T	- Ashworth
QB	- Hasselbeck
FB	- Weaver
RB	- Alexander
K	- J. Brown

DEFENSE

LE	- Kerney
DT	- Mebane
DT	- Bernard
RE	- Tapp
OLB	- Hill
ILB	- Tatupu
OLB	- Peterson
LCB	- Trufant
RCB	- Jennings
SS	- Grant
FS	- Russell
P	- Plackemeier

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Alexander	9	20	9	1
Weaver	4	10	6	0
2 Others	5	-2	1	0
TOTAL	18	28	9	1

Green Bay	Att	Yds	LG	TD
Grant	27	201	43	3
Jackson	8	34	18	0
TOTAL	35	235	43	3

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Hasselbeck	33	19	194	1	0
TOTAL	33	19	194	1	0

Green Bay	A	C	Yds	TD	I
Favre	23	18	173	3	0
TOTAL	23	18	173	3	0

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Engram	6	67	22	1
Obomanu	4	63	22	0
Burleson	4	33	20	0
3 Others	5	31	9	0
TOTAL	19	194	22	1

Green Bay	No	Yds	LG	TD
Jennings	6	71	24	2
Jones	3	42	31	0
Driver	3	18	11	0
4 Others	6	42	13t	1
TOTAL	18	173	31	3

TEAM STATISTICS

Seattle	Green Bay	
Total First Downs	15	25
Rush/Pass/Penalty	4/8/3	11/13/1
Third Down Eff.	3/11 27%	7/10 70%
Fourth Down Eff.	0/1 0.0%	0/0 0.0%
Total Net Yards	200	408
Total Off. Plays	53	59
Avg. Per Play	3.8	6.9
Net Yards Rushing	28	235
Total Rushing Plays	18	35
Avg. Gain Per Rush	1.6	6.7
Net Yards Passing	172	173
Times Sacked/Yards Lost	2/22	1/0
Pass Att.-Comp.-Int.	33-19-0	23-18-0
Avg. Gain Per Pass Play	4.9	7.2
Punts-No. and Avg.	4-40.3	3-35.0
Had Blocked	0	0
Penalties-No. and Yards	4-28	5-47
Return Yardage (No kickoffs)	0	2
Fumbles-No. and Lost	2-1	2-2
Touchdowns	2	6
Rush/Pass/Return	1/1/0	3/3/0
Extra Points Made-Att.	2-2	6-6
Field Goals Made-Att.	2-2	0-0
Time of Possession	26:00	34:00

DEFENSE

Seattle — Tackles: Hill 11. Sacks: Hill 1.0. Interceptions: None. FF: Hill, Russell, 1. FR: Tatupu, Babineaux 1.
Green Bay — Tackles: Bigby 7. Sacks: Jenkins 1.5, Gbaja-Biamila 0.5. Interceptions: None. FF: Bigby. FR: Kampman.

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

*Played at Husky Stadium

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

2005

Preseason (2-2)

Sat.	8/12	W	34-15	at New Orleans	38,529
Mon.	8/22	L	18-10	Dallas Cowboys	47,641
Fri.	8/26	W	23-17	at Kansas City	74,158
Fri.	9/2	L	23-21	Minnesota Vikings	63,746

2006

Preseason (2-2)

Fri.	8/12	L	13-3	Dallas Cowboys	66,304
Sun.	8/20	W	30-17	at Indianapolis Colts	56,596
Sat.	8/26	L	31-20	at San Diego Chargers	51,878
Thurs.	8/31	W	30-7	Oakland Raiders	67,158

2007

Preseason (3-1)

Sun.	8/12	W	24-16	at San Diego Chargers	57,500
Sat.	8/18	L	48-13	at Green Bay Packers	69,761
Sat.	8/25	W	30-13	Minnesota Vikings	66,723
Thurs.	8/30	W	19-14	Oakland Raiders	66,700

* Played at Husky Stadium

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 — 6/4The National Football League announces that Seattle will have a franchise for the 1976 season. **12/5**The National Football League announces that it has voted membership to Seattle Professional Football, Inc., headed by Lloyd W. Nordstrom with partners Herman Sarkowsky, D.E. "Ned" Skinner, Howard S. Wright, M. Lamont Bean, and Lynn P. Himmelman.



1975 — 3/6 John Thompson, Executive Director of the NFL Management Council, named General Manager. **6/17** Nickname "Seahawks" selected from 20,365 entries and 1,741 different names. One hundred fifty-one suggest "Seahawks." **7/25** Season ticket applications mailed. **7/28** Season ticket applications accepted — 24,168 received the first day. **8/23** Season ticket sales closed after target of 59,000 reached. **12/18** Seahawks agree to a 20-year lease agreement to play all games in the Kingdome.

1976 — 1/3 Jack Patera, defensive line coach of the Minnesota Vikings, named head coach. **1/20** Lloyd W. Nordstrom, spokesman for the Nordstrom family, the Seahawks' majority owner, dies of a heart attack while vacationing in Mexico. **3/30** Veteran Allocation held in New York City. Seahawks select 39 NFL veterans. 4/8-9 Seahawks select 25 collegians in their first college draft. Notre Dame's Steve Niehaus is the first choice and he flies to Seattle for evening news conference on April 8. **7/9** Seahawks open training camp at Eastern Washington University in Cheney. **8/1** Seahawks play first game before 60,825 fans in the Kingdome. San Francisco holds on to defeat Seattle, 27-20, as Jim Zorn is tackled on the 49ers' two-yard line when the gun sounds. **8/29** Seahawks capture first victory, a 17-16 preseason win over San Diego, as Ron Howard catches a three-yard Jim Zorn pass for the winning touchdown with only 13 seconds remaining in the contest. **9/12** Seattle opens regular season play with a near miss against St. Louis, 30-24. The game ends with the Cardinals intercepting a pass in the end zone. **10/17** Seahawks win Expansion Bowl with 13-10 victory over host Tampa Bay. Linebacker Mike Curtis blocks a Tampa Bay field goal attempt with 42 seconds remaining to preserve the victory. **11/7** Seahawks capture their first regular season victory at home with a 30-13 win over Atlanta. Sherman Smith becomes the first Seattle back to rush for over 100 yards with 124 yards on 14 carries.

1977 – 1/17 Seahawks host the Pro Bowl and it is the first sellout in the 27-year history of the game and is the largest crowd under the AFC vs. NFC format. AFC scores a 24-14 win before 63,214 fans. **5/3** Seattle trades its first-round draft choice, the second player in the draft, to Dallas for the Cowboys' first-round selection and three second-round picks. The Seahawks select Steve August, offensive guard from Tulsa, on the first round. **10/30** After missing four games with an injury, Jim Zorn returns to lead Seattle to a 56-17 triumph over Buffalo. The Seahawks set 15 club records and equal six, including Zorn's four TD passes. **11/13** Seattle defense blanks the New York Jets, 17-0, in Shea Stadium, the first time an established team is shutout by a second-year team. **12/18** Seahawks win their fifth game of the year, a 20-19 decision over Cleveland before 61,583 fans in the Kingdome, to establish a record for most wins ever by a second-year expansion team.

1978 – 5/3 Keith Simpson, cornerback from Memphis State, is selected as Seattle's first-round draft choice followed by his college teammate Keith Butler, a linebacker, on the second round. **10/8** Efen Herrera kicks a 19-yard field goal on the final play of the game to give Seattle a 29-28 win over the Minnesota Vikings. **11/26** Seattle becomes the first team since 1965 to beat Oakland twice during the regular season with a 17-16 win on Efen Herrera's 46-yard field goal with just three seconds remaining. **12/17** Seahawks end their third season with a 9-7 record and finish one game behind Denver in the AFC West standings following a 23-19 win over Kansas City. Al Hunter rushes for 133 yards on 27 carries as Seahawks perform before sixth-straight home sellout crowd.

1979 – 1/29 Steve Largent catches a record-equaling five passes as Seattle's first representative to the Pro Bowl. National Football Conference defeats Largent and his AFC teammates, 13-7, in the Los Angeles Memorial Coliseum. **5/3** Manu Tuaiasopo, 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 on the first round. **9/28** Seahawks score second shutout in the club's history with a 14-0 win over Washington Redskins in Robert F. Kennedy Memorial Stadium. **10/5** Sam McCullum catches two touchdown passes and Efen Herrera kicks four field goals in 26-7 win over Houston at the Astrodome. The win would prove to be Seattle's last of the season.

1981 – 4/28 Seahawks select UCLA safety Kenny Easley on 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 on 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 sea-

son 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 on the first round by Seattle. **4/25** Head Coach Chuck Knox agrees to a two-year contract extension. **8/3** Quarterback Jim Zorn (1976-84) becomes the second person inducted into the Seahawks Ring of Honor. **9/1** Seahawks drop season opener, 27-24, at New Orleans and lose starting quarterback Dave Krieg for six weeks with a broken thumb in the process. Wide receiver Brian Blades sets career highs with 12 receptions, 160 yards, and two touchdowns. **9/8** Jeff Kemp makes his first start since September 25, 1988, and throws two touchdown passes in a 20-13 win over the New York Jets. One goes to Travis McNeal, the first of his career. **9/29** Chris Warren's 59-yard punt return touchdown, the first by a Seahawks player since 1986, sparks a 31-3 win over the visiting Indianapolis Colts. The defense limits the Colts to 137 yards and records five sacks. Rookie first-round draft choice Dan McGwire starts and plays the first half, engineering a 50-yard touchdown drive on his first possession. **10/6** The Seahawks defense stops the Cincinnati Bengals on a 4th-and-four inches short with 29 seconds left to preserve a 13-7 win at Riverfront Stadium. Dwayne Harper and Nesby Glasgow combine for the tackle, which comes at the Seattle 22. **10/20** Dave Krieg returns from missing six games on injured reserve to lead

Seattle to a 27-7 win at Pittsburgh. Krieg throws for 266 yards, completing 25-of-31 passes, and two scores. **10/27** John Kasay equals an NFL record with two field goals of 50-or-more yards in a 20-9 win over the San Diego Chargers. Kasay connects from 54 and 51 yards. The 54-yarder equals the team record. **11/24** The defense forces four turnovers and has five sacks, three by Rufus Porter, in a 13-10 win over the eventual AFC West Champion Denver Broncos in the Kingdome. Additionally, the defense twice holds on downs inside Seahawks territory in the game's last 4:49. **12/22** Seattle finishes their 16th season with a 7-9 record after defeating the Los Angeles Rams, 23-9, in the Kingdome. It was the first win by the Seahawks over the Rams in five regular season games. James Jones rushes for a pair of scores, while the defense keeps their third 1991 opponent out of the end zone. **12/27** The Seahawks and head coach Chuck Knox agree to mutually end Knox's nine-year tenure as Head Coach. Knox leaves having compiled an 80-63-0 (55.9%) regular season record. He guided the Seahawks to four playoff appearances, including an AFC West title in 1988 and a berth in the AFC Championship Game in 1983.

1992 — **1/6** Seahawks President/General Manager Tom Flores is named President/Head Coach. Flores coached nine seasons, 1979-87, with the Oakland/Los Angeles Raiders and compiled an 83-53-0 (61.0%) regular season record. He led the Raiders to two Super Bowl Championships, XV and XVIII, the only Super Bowls won by the AFC in the decade of the 1980's. **1/8** Larry Kennan, Coach of the Year in the World League of American Football in 1991, is named Offensive Coordinator/ Quarterbacks Coach. Kennan guided the London Monarchs to an 11-1 record and WFLA Championship in the league's first season. Kennan served as an NFL assistant with the Los Angeles Raiders (1982-87), Denver Broncos (1988) and Indianapolis Colts (1989-90). **1/9** Seahawks defensive assistants George Dyer (line), Rod Perry (secondary), and Joe Vitt (special assignments), along with John Becker (offensive coordinator/wide receivers) and Chick Harris (running backs) leave the Seahawks to join Chuck Knox with the Los Angeles Rams. **1/11** Seahawks Assistant Head Coach Tom Catlin announces he will stay with the Seahawks as assistant head coach/defense. In addition, Rusty Tillman is promoted from special teams coach to defensive coordinator, Russ Purnell from tight ends and assistant special teams to special teams and tight ends coach, and Paul Moyer from staff assistant to defensive backfield coach. **1/21** Offensive Line Coach Hudson Houck and Running Backs Coach Clarence Shelmon are added to Tom Flores' staff. Both coaches come to the Seahawks from the Los Angeles Rams. **1/22** Bob Bratkowski, offensive coordinator at the University of Miami for the past three seasons, is named wide receivers coach. Bratkowski's father Zeke, is a former NFL quarterback and current NFL assistant coach. **1/23** Tommy Brasher is named defensive line coach. Brasher has coached nine seasons in the NFL and 12 in college. **1/24** Former Seahawks cornerback Dave Brown (1976-86) returns to the club as a defensive assistant. An original member of the Seahawks, Brown still holds career records with 50 interceptions and four interception return touchdowns. **8/22** Dave Brown becomes the third inductee into the Seahawks Ring of Honor around the 200 Level of the Kingdome. **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 on the first round of the NFL draft. Mirer is the second player chosen overall. **9/19** Chris Warren rushes a club record 36 times for a personal best 174 yards in a 17-14 win over the Patriots in New England, Seattle's first win after two losses. **9/26** Rod Stephens' fumble recovery in the end zone provides the winning touchdown in a 19-10 win at Cincinnati. **10/3** Seattle makes it three straight with a 31-14 win over the San Diego Chargers in the Kingdome. Rookie Rick Mirer passes for 282 yards and a score and also rushes for a touchdown. The three-game winning streak is the Seahawks longest since 1990. **10/24** Rick Mirer throws the game-winning touchdown pass to Brian Blades with 25 seconds left in a 10-9 win over New England in the Kingdome. **11/14** Eugene Robinson records 11 tackles, two interceptions, two forced fumble, and one fumble recovery to spark a 22-5 win over the visiting Cleveland Browns. In all, the Seahawks defense forces seven turnovers and accounts for a touchdown and a safety. **12/26** Chris Warren rushes for 168 yards to become the second Seattle player to have back-to-back 1,000-yard seasons, but the Phoenix Cardinals tie the game on the last play of regulation and go on to a 30-27 overtime win in the Kingdome. **12/26** Jon Vaughn, who learned during warmups that he would start for an injured Chris Warren (abdominal muscle), rushes for a career-high 131 yards in a 16-6 win over the Pittsburgh Steelers. Seattle gains 267 yards rushing, giving them back-to-back 200-yard rushing games for the first time in franchise history.

1994 — **1/2** The Seahawks finish the season 6-10 after dropping a 34-24 decision to the AFC West Champion Kansas City Chiefs in Arrowhead Stadium. John L. Williams rushes for 102 yards, to give the Seahawks three straight games with an individual over 100 yards, a franchise first. Rick Mirer becomes the first rookie quarterback since 1973 to start all his team's games and only the third since the 1970 merger. Mirer ends the season with NFL rookie passing records for attempts (486), completions (274), and yards (2,833), while helping to improve Seattle's win total by four games. **2/24** Nate Odomes, two-time Pro Bowl cornerback of the Buffalo Bills signs as a free agent. **2/28** Odomes' Buffalo teammate and fellow two-time Pro Bowler, tackle Howard Ballard signs as a free agent. **4/24** Texas A&M University defensive tackle Sam Adams is the Seahawks first-round draft choice. Adams is the eighth player picked on the first round. **7/19** Kingdome ceiling tiles fall from roof forcing closure of the building until November 5. Seahawks play both preseason games and first three regular season games in the University of Washington's 72,500 seat Husky Stadium. **8/13** Seahawks play first-ever outdoor game in Seattle defeating Tampa Bay Buccaneers, 29-6, in Husky Stadium. **9/4** Seahawks capture season opener for first time since 1988 with a 28-7 win at the Washington Redskins, as Chris Warren rushes for 100 yards and two touchdowns. The win is the 100th in the career of Head Coach Tom Flores. **9/11** Chris Warren scores two touchdowns for the second straight week as Seahawks go 2-0 with a 38-9 win over the Raiders in Los Angeles. Rick Mirer tosses three touchdown passes. **9/18** San Diego Chargers stop Seahawks two-game winning streak, 24-10, before Seahawks record crowd of 65,536 in Husky Stadium. **9/25** Chris Warren earns AFC Offensive Player of the Week honors in a 30-13 win over the visiting Pittsburgh Steelers. Warren rushes for 125 yards and a touchdown, while the Seahawks defense intercepts four passes. **11/6** Cincinnati Bengals spoil Seahawks return to Kingdome with a 20-17 overtime win. Doug Pelfrey kicks six field goals, including a 26-yarder 8:14 into overtime for the win. **11/20** Mack Strong's seven-yard touchdown run with 42 seconds left gives Seahawks a 22-21 win over the visiting Tampa Bay Buccaneers, breaking a six-game losing streak. **11/27**

Seahawks defeat Kansas City 10-9 behind John Kasay's 32-yard field goal with 1:42 left. The back-to-back one-point wins are a franchise first. Chris Warren surpasses the 1,000-yard mark in the 12th game, the earliest in team history. Curt Warner inducted into Ring of Honor. **12/11** Chris Warren rushes for a personal best 185 yards on 30 carries, including a touchdown in a 16-14 win at Houston. Warren, playing with cracked ribs, had 183 of his yards in the first three quarters. **12/18** Chris Warren tops 100 yards for the seventh time with 122, but the Los Angeles Raiders escape with a 17-16 Kingdome win. **12/24** Cleveland Browns defeat the Seahawks 35-9 in Cleveland Stadium, closing out a 6-10 season. Chris Warren finishes the season with a franchise record 1,545 rushing yards, a total that leads the AFC. **12/29** Tom Flores, Seahawks general manager/head coach from 1992-94, is relieved of his duties. Flores, who joined the organization in 1989 as president/general manager, compiled a 14-34 regular season record. All 12 of Flores' assistants were also fired.

1995 — 1/12 Dennis Erickson, head coach at the University of Miami, is named head coach. In six seasons at Miami, Erickson compiled a 63-9-0 record and won national championships in 1989 and 1991. A native of Everett, Washington, Erickson posted a 113-40-1 record in 13 seasons as a college head coach at the University of Idaho, University of Wyoming, Washington State University, and Miami. Erickson brings six coaches with him from Miami, Gregg Smith (Assistant Head Coach/Tight Ends), Greg McMackin (Defensive Coordinator), Dave Arnold (Special Teams), Dana LeDuc (Strength and Conditioning), Rich Olson (Quarterbacks), and Willy Robinson (Defensive Backs). In addition he retains Bob Bratkowski (Offensive Coordinator/Wide Receivers), Tommy Brasher (Defensive Line), Tom Catlin (Quality Control), Dave Brown (Defensive Coach), Arnie Matsumoto (Staff Assistant), Howard Mudd (Offensive Line), and Clarence Shelmon (Running Backs) from the previous staff. **1/28** Wide Receiver Steve Largent becomes the first Seahawks player to be elected into the Pro Football Hall of Fame. Largent was elected in his first year of eligibility. He played his entire NFL career with Seattle from 1976-89, and retired in possession of six NFL receiving marks, including most receptions (819), yards (13,089), touchdowns (100), and consecutive games with a reception (177). Largent's presenter for induction is Seahawks' Vice President Gary Wright. **2/9** Mike Murphy, a nine-season NFL coaching veteran, is named linebackers coach. Murphy coached with the Detroit Lions and Arizona Cardinals, prior to serving one year in the Pro Personnel Department of the Carolina Panthers. **4/22** Seahawks select Ohio State University wide receiver Joey Galloway with the eighth pick in the first round of the NFL draft. Galloway is the second wide receiver chosen overall and the first ever picked by the Seahawks on the first round of the draft. **7/29** Steve Largent is formally inducted into the Pro Football Hall of Fame. **8/12** Seahawks officially retire Largent's #80 jersey. **9/3** Seahawks lose NFL debut of Head Coach Dennis Erickson, 34-10, to the Kansas City Chiefs in the Kingdome. Jacob Green was inducted into the Ring of Honor. **9/17** Erickson gains first career win, 24-21, over the Cincinnati Bengals in the Kingdome. Chris Warren rushes for 109 yards. **11/5** Rookie Joey Galloway returns a punt a club record 89 yards for a touchdown to spark a 30-28 win over the visiting New York Giants. Brian Blades has two first quarter touchdown receptions. The win snaps a four-game losing streak and ignites a streak of six wins in seven games. **11/12** Galloway strikes again, this time on an 86-yard run from scrimmage in a 47-30 win over the Jaguars in Jacksonville. His run is a club record and is an NFL-long for 1995, as was his punt return. Galloway accounts for 237 all-purpose yards and three touchdowns, including five receptions for 114 yards and two scores receiving. **11/19** Seattle posts a 27-20 win over the Redskins in Washington, D.C., completing a two-game, 10-day road trip. Chris Warren rushes for a season-high 136 yards and one score, quarterback Rick Mirer throws two touchdown passes and Robert Blackmon has two interceptions. The Seahawks stayed in Jacksonville between games. **12/3** Todd Peterson kicks four field goals in a 26-14 win over the Philadelphia Eagles. **12/10** Quarterback John Friesz engineers three fourth quarter touchdown drives in a 31-27 win over the Broncos in Denver. Seattle rallies from a 20-0 second quarter deficit for the win, the greatest comeback in franchise history. Friesz throws for two touchdowns, including the game-winner to Chris Warren with 49 seconds left. Antonio Edwards' club record 83-yard return of a Robert Blackmon-forced fumble in the third quarter, ignites the rally. **12/17** Chris Warren scores three touchdowns in a 44-10 win over the Oakland Raiders. The win is Seattle's eighth of the year, their most since 1990. **12/24** AFC Western Division champion Kansas City Chiefs end the Seahawks postseason bid with a 26-3 win in Arrowhead Stadium.

1996 – **2/2** Team owner Ken Behring announces that he is moving the franchise. **4/20** Ken Behring and Seattle native Paul Allen enter into an exclusive 14-month option for Allen to purchase the Seahawks. Allen can exercise the option at anytime until July 1, 1997. Allen is named Chairman of Football Northwest, Inc., with Bert Kolde serving as Vice Chairman and Bob Whitsitt as President. Seahawks select Boston College tackle Pete Kendall on the first round with the 21st overall pick. Seattle had traded down twice in the first round, acquiring defensive tackle Glenn Montgomery from the Houston Oilers in the first deal and adding an extra third round pick from the Detroit Lions in the second. **9/1** Seahawks start 21st season with 29-7 loss at San Diego. **9/22** Lamar Smith's 14-yard run with 31 seconds left gives Seahawks a 17-13 win at Tampa Bay, their first win after three losses. **10/6** John Friesz throws touchdown passes of 51, 65 and 80 yards, the latter with 2:03 left to Brian Blades, for a 22-15 win at Miami. **11/3** Michael McCrary blocks Houston's game-winning field goal with 16 seconds left, recovers it, and laterals to Robert Blackmon to complete a 68-yard touchdown return to give Seattle a 23-16 win. John Friesz throws for 323 yards, Seattle's first 300-yard passing game since 1990. **11/10** Seattle completes three wins in three home games by defeating the Minnesota Vikings, 42-23. **11/17** Seattle misses a last play field goal in 17-16 loss at the Detroit Lions. Lamar Smith rushes for a career high 148 yards in his first career start. Seahawks also lose quarterback John Friesz for remainder of the season with a broken leg. **12/8** Seahawks snap three-game losing streak with 26-18 win over visiting Buffalo Bills. Chris Warren rushes for 116 yards, his franchise record 24th career 100-yard game. **12/22** Seahawks close season with 28-21 win at Oakland. Seattle forces seven turnovers and wins with backup quarterbacks Stan Gelbaugh and Gino Torretta playing for John Friesz (broken leg) and Rick Mirer (quadriceps). Torretta passes 32 yards to Joey Galloway for his first career touchdown. Lamar Smith rushes for two touchdowns.

1997 – **2/14** Seahawks make first strike in free agency signing Steelers Pro Bowl linebacker Chad Brown. Brown's signing is followed two days later with that of Pittsburgh teammate cornerback Willie Williams. **2/18** Quarterback Rick Mirer is traded to the Chicago Bears for a first-round draft choice. Seattle now has the 11th and 12th picks overall in the April 19-20 NFL draft. **3/5** Seahawks announce a return of their training camp to Eastern Washington University in Cheney, Washington. Seattle trained at Eastern from 1976-85, before training year-around at their Kirkland Headquarters. **3/6** Detroit Lions safety Bennie Blades is signed as a free agent reuniting him with his brother, Brian. **3/7** Former University of Washington quarterback Warren Moon signs as a free agent after 13 seasons with the Houston Oilers (1984-93) and Minnesota Vikings (1994-96). Moon ranks fourth in league history in attempts (6,000), completions (3,514), and yards (43,787), and is tied for seventh in touchdowns (254). **3/28** Seattle trades their first-round pick obtained from the Bears, to Atlanta for the Falcons first-round pick, the third overall. Seattle also sends second and fourth rounders to Atlanta and the Falcons flip-flop their third round choices. **4/19** After selecting Ohio State cornerback Shawn Springs with the third overall choice, Seattle sends the 12th overall choice and a third-round pick to the Tampa Bay Buccaneers for the sixth overall choice. That pick is used on Florida State University tackle Walter Jones. It is the first time in their history that the Seahawks have utilized two first-round draft choices. **4/25** Washington State Legislature passes Seahawks Stadium Funding Plan, Referendum 48. The bill sets a statewide vote for June 17. **6/17** Washington state voters approve Referendum 48 by a 51.1 percent to 48.9 percent margin (820,354 yes, 783,584 no), including a 56.4 percent margin (275,358 yes, 213,092 no) in King County. **6/23** Metropolitan King County Council votes 9-3 to approve a new football stadium for the Seahawks. **6/30** Bob Whitsitt, President of Football Northwest, signs paperwork to purchase Seahawks from Ken Behring. **7/15** Seahawks open training camp at Eastern Washington University in Cheney, returning after an 11-year absence. **8/19** Football Northwest is approved as the Seahawks owners by the member clubs of the NFL. **8/31** Seattle loses season opener to New York Jets, 41-3, in the Kingdome and quarterback John Friesz for nine weeks with a broken right thumb. **9/14** Seahawks hold Indianapolis Colts to a franchise low 118 yards for their first win, 31-3, in Indianapolis. The 28-point margin of victory is the largest for Seattle on the road. **10/5** Seattle embarks on three-game winning streak by beating the Tennessee Oilers, 16-13, in Kingdome. Steve Broussard scores on 77 and 43 yard runs within three second half carries overcoming a 10-0 deficit. Broussard rushes for 138 yards on just 6 carries. **10/26** Warren Moon throws a team record-equalling five touchdown passes, including three to Joey Galloway, in a 45-34 win over the Oakland Raiders. His 409

yards is third in team history for a single game and is an NFL high for 1997. **11/9** Moon connects with Galloway on a game-winning 40-yard touchdown pass at San Diego with 2:20 left. The 37-31 win is marred by a season-ending broken ankle suffered by six-time Pro Bowl defensive tackle Cortez Kennedy. **11/28** Seahawks open their first retail store, the Seahawks EndZone Store, in Seattle's Pioneer Square area, two blocks from the Kingdome. **12/14** Quarterback Jon Kitna makes his first career start and guides Seattle to a 22-21 win at Oakland, overcoming a 21-3 halftime deficit. Kitna throws for 283 yards and one score in becoming the sixth first-time quarterback starter in team history to win his debut. Todd Peterson's 49-yard field goal with 2:20 left is the winner. Seattle's win was their fifth of the season after overcoming a 10-point deficit, equalling the most in the NFL since 1970. **12/21** Seattle closes out season with a 38-9 win over the San Francisco 49ers. Warren Moon throws four touchdown passes and sets single season records for completions (313) and yards (3,378). Pro Bowl free safety Darryl Williams co-leads the AFC in interceptions with 8, while Pro Bowl defensive end Michael Sinclair has 12 sacks.

1998 — 1/16 Seahawks announce ticket restructure, increasing the number of \$10 tickets, the lowest ticket price in the NFL, to slightly more than 10,000. **2/1** Warren Moon named MVP of Pro Bowl while leading AFC to 29-24 win. **1/16** Offensive Line Coach Howard Mudd leaves the Seahawks for Indianapolis Colts. **1/17** Linebackers Coach Mike Murphy also joins the Colts staff. **1/30** Coaches Clarence 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 free agency contract. **3/6** The club agrees to terms with unrestricted free agent guard Brian Habib of the Super Bowl Champion Denver Broncos. **4/18** Linebacker Anthony Simmons from Clemson is the team's first-round pick, 15th overall, in the draft. **9/6** The Seahawks open the 1998 season with a 36-0 shutout over the Philadelphia Eagles at Veterans Stadium. The Seahawks would go on to one of the team's best starts ever, with three straight victories to open the year. **12/28** A day after completing its second consecutive 8-8 season, the club relieves Dennis Erickson of his coaching duties.

1999 — 1/8 Team President Bob Whitsitt appoints Mike Holmgren to the position of Executive Vice President of Football Operations/General Manager & Head Coach. The Seahawks surrender a second-round choice in the 1999 draft to the Green Bay Packers as compensation. **1/14** Holmgren hires Mike Sherman (Offensive Coordinator/Tight Ends), Fritz Shurmur (Defensive Coordinator), Tom Lovat (Offensive Line), Larry Brooks (Defensive Line), Nolan Cromwell (Wide Receivers), Jim Lind (Linebackers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Conditioning), and the retainment of Pete Rodriguez (Special Teams). **1/19** Mike Sheppard named Quarterbacks coach. **1/26** Mike Reinfeldt named Senior Vice President. **1/28** Stump Mitchell named Running Backs coach. **1/29** Rod Springer named assistant Strength & Conditioning coach. **2/5** Jerry Colquitt (Offensive Quality Control) and Clayton Lopez (Defensive Quality Control) named to coaching staff. **2/14** Sign unrestricted free agent WR Sean Dawkins. **4/17** Select DE Lamar King (Saginaw Valley State) with the 22nd pick in the first round of the 1999 NFL Draft. **5/26** Defensive Coordinator Fritz Shurmur takes a leave of absence for health reasons. **6/7** Holmgren hires former Buffalo Bills' Assistant Coach Dick Roach to the position of defensive assistant. Linebackers coach Jim Lind is given the added 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 included 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. For the first time in the NFL, a club allowed fans to choose part of the team's uniform ensemble (the helmet). In a weeklong contest, a total of 64,513 fans voted with an overwhelming 49,447 (76.6%) voting for the new Seahawks blue helmet. The traditional silver helmet received 15,066 (23.4%) votes. (Marked the first time in NFL history that a team allowed fans to choose any part of the teams' uniform ensemble.) **4/2** Bill Laveroni named assistant offensive line coach. **4/19** Traded quarterback Brock Huard to Indianapolis for the Colts fifth-round draft choice in the 2002 draft. **4/20** Seahawks selected Washington Husky



tight end Jerramy Stevens in the first round of the NFL Draft, the first tight end selected by the team in the opening round. **5/4** Fieldturf installation completed in Seahawks Stadium. **5/15** Seahawks Stadium and Exhibition Center announced as interim name until a permanent naming rights sponsor is found; FGI announces the project will come in on budget, a month earlier than anticipated. **6/21** Traded CB Ike Charlton to Jacksonville Jaguars for an undisclosed draft choice. **7/20** Seahawks Stadium Grand Opening begins with Public Fanfare Days, followed by three weeks of public open houses. **8/3** Seahawks take the field in Seahawks Stadium for the first time in a preseason scrimmage. **8/10** Seahawks play their first game in Seahawks Stadium, a preseason loss to the Indianapolis Colts, 28-10. **9/15** Seahawks play their Inaugural Game in Seahawks Stadium versus the Arizona Cardinals, a 24-13 loss. **9/29** Shaun Alexander scores an NFL-record five first-half touchdowns versus the Minnesota Vikings on ESPN Sunday Night Football. **10/29** Place QB Trent Dilfer on injured reserve and signed veteran QB Jeff George for remainder of season. **11/24** Seattle and Kansas City combine for 64 first downs, an NFL record. **12/29** Matt Hasselbeck set a franchise record passing for 449 yards in a 31-28 overtime win at San Diego. Seattle also established 20 club records during the season, including most first downs in a season (347), most yards gained in a game (591 at San Diego), most net yards gained in a season (5,818) and most passing yards in a season (4,257). Seattle finished the season 7-9, third place in the NFC West. **12/31** Mike Holmgren relinquishes his role as general manager, but remains executive vice president of football operations and head coach. Seattle fires defensive coordinator Steve Sidwell, defensive line coach Larry Brooks, defensive backs coach Ken Flajole, linebackers coach Johnny Holland and offensive quality control coach Jerry Colquitt.

2003 — **1/29** Seahawks hire Dwaine Board as defensive line coach. **2/5** Seattle names Ray Rhodes defensive coordinator. **2/7** Seattle names Teryl Austin defensive backs coach. **2/10** Seattle hires Bob Ferguson as general manager. **2/12** Seattle hires John Marshall as linebackers coach. **3/4** Seattle re-signed unrestricted free agents LB Anthony Simmons and DE Antonio Cochran. **4/26** Seattle selected CB Marcus Trufant from Washington State with the 11th overall pick in the NFL draft. **4/27** Seattle traded a sixth-round selection to the New Orleans Saints for DT Norman Hand. **6/16** Hired Charles Fisher as an area scout. **6/25** Paul G. Allen names Tod Leiweke chief executive officer in charge of all Seahawks business and administration operations. Bob Whitsitt focuses on football operations. **9/7** Seattle opened the season with a compelling 27-10 victory over the Saints, their first season-opening win at home since 1986. **9/14** Seattle recorded first shutout since 1998, and 10th shutout in club history at Arizona. Safety Ken Hamlin earned NFC Defensive Player of the Week honors for his performance. In just his second NFL game, Hamlin had a hand in four of Seattle's six takeaways including the Cardinals first three drives. **10/5** Josh Brown set

club record with 58-yard field goal at Green Bay. **10/12** The Seahawks unveiled a flag 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 present the inaugural flag. Steve Largent and Mike McCormack were among others to present 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 enroute 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 left 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 intro-

duced 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 or 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.



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 Jacob Green, 1980-91	178
5 Jeff Bryant, 1982-93	175
6 Eugene Robinson, 1985-95	170
7 Walter Jones, 1997-	168
8 Cortez Kennedy, 1990-00	167
9 Dave Brown, 1976-86	159
10 Chris Gray, 1998-	158

GAMES STARTED

Player, Seasons	No.
1 Steve Largent, 1976-89	197
2 Jacob Green, 1980-91	176
3 Joe Nash, 1982-96	169
4 Walter Jones, 1997-	168
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-	145
10 Keith Butler, 1978-87	132

POINTS SCORED

Player, Seasons	No.
1 Norm Johnson, 1982-90	810
2 Shaun Alexander, 2000-07	672
3 Steve Largent, 1976-89	608
4 Josh Brown, 2003-07	571
5 Todd Peterson, 1995-99	555
6 Curt Warner, 1983-89	372
7 John Kasay, 1991-94	341
8 Efren Herrera, 1978-81	331
9 Chris Warren, 1990-97	292
10 Darrell Jackson, 2000-06	282

TOTAL TOUCHDOWNS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	112
2 Steve Largent, 1976-89	101
3 Curt Warner, 1983-89	62
4 Chris Warren, 1990-97	48
5 Darrell Jackson, 2000-06	47
6 Joey Galloway, 1995-99	42
7 Sherman Smith, 1976-82	38
8 Daryl Turner, 1984-87	36
9 Brian Blades, 1988-98	34
10 John L. Williams, 1986-93	33

FIELD GOALS

Player, Seasons	No.
1 Norm Johnson, 1982-90	159
2 Todd Peterson, 1995-99	126
3 Josh Brown, 2003-07	116
4 John Kasay, 1991-94	82
5 Efren Herrera, 1978-81	64
6 Rian Lindell, 2000-02	58
7 John Leyboldt, 1976-77	17
8 Kris Heppner, 2000	6
9 Wilson Alvarez, 1981	3
10 Scott Hagler, 1987	2

FIELD GOAL ATTEMPTS

Player, Seasons	No.
1 Norm Johnson, 1982-90	228
2 Todd Peterson, 1995-99	154
3 Josh Brown, 2003-07	145
4 John Kasay, 1991-94	105
5 Efren Herrera, 1978-81	92
6 Rian Lindell, 2000-02	78
7 John Leyboldt, 1976-77	30
8 Kris Heppner, 2000	9
9 Wilson Alvarez, 1981	7
10 Don Bitterlich, 1976	4

POINT AFTER TOUCHDOWNS

Player, Seasons	No.
1 Norm Johnson, 1982-90	333
2 Josh Brown, 2003-07	223
3 Todd Peterson, 1995-99	177
4 Efren Herrera, 1978-81	139
5 Rian Lindell, 2000-02	96
6 John Kasay, 1991-94	95
7 John Leyboldt, 1976-78	59
8 Wilson Alvarez, 1981	14
9 Kris Heppner, 2000	8
10 Don Bitterlich, 1976	7

PAT ATTEMPTS

Player, Seasons	No.
1 Norm Johnson, 1982-90	338
2 Josh Brown, 2003-07	224
3 Todd Peterson, 1995-99	177
4 Efren Herrera, 1978-81	148
5 John Kasay, 1991-94	97
6 Rian Lindell, 2000-02	96
7 John Leyboldt, 1976-78	59
8 Wilson Alvarez, 1981	15
9 Kris Heppner, 2000	8
10 Don Bitterlich, 1976	7

RUSHING ATTEMPTS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	2,176
2 Curt Warner, 1983-89	1,649
3 Chris Warren, 1990-97	1,559
4 John L. Williams, 1986-93	1,148
5 Ricky Watters, 1998-01	994
6 Sherman Smith, 1976-82	810
7 Maurice Morris, 2002-	472
8 Dan Doornink, 1979-85	463
9 Derrick Fenner, 1989-91	317
10 Jim Zorn, 1976-84	307

RUSHING YARDS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	9,429
2 Chris Warren, 1990-97	6,706
3 Curt Warner, 1983-89	6,705
4 John L. Williams, 1986-93	4,579
5 Ricky Watters, 1998-01	4,009
6 Sherman Smith, 1976-82	3,429
7 Maurice Morris, 2002-	2,038
8 Dan Doornink, 1979-85	1,530
9 Jim Zorn, 1976-84	1,494
10 Lamar Smith, 1994-97	1,286

RUSHING TOUCHDOWNS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	100
2 Curt Warner, 1983-89	55
3 Chris Warren, 1990-97	44
4 Sherman Smith, 1976-82	28
5 Ricky Watters, 1998-01	22
6 Derrick Fenner, 1989-91	19
David Sims, 1977-79	19
8 Jim Zorn, 1976-84	17
John L. Williams, 1986-93	17
10 Dan Doornink, 1979-85	14

PASSING ATTEMPTS

Player, Seasons	No.
1 Dave Krieg, 1980-91	3,576
2 Matt Hasselbeck, 2001-	3,109
3 Jim Zorn, 1976-84	2,992
4 Rick Mirer, 1993-96	1,523
5 Jon Kitna, 1997-00	1,130
6 Warren Moon, 1997-98	786
7 Kelly Stouffer, 1988-92	437
8 John Friesz, 1995-98	416
9 Trent Dilfer, 2001-04	356
10 Stan Gelbaugh, 1992-96	273

PASSING COMPLETIONS

Player, Seasons	No.
1 Dave Krieg, 1980-91	2,096
2 Matt Hasselbeck, 2001-	1,891
3 Jim Zorn, 1976-84	1,593
4 Rick Mirer, 1993-96	814
5 Jon Kitna, 1997-00	658
6 Warren Moon, 1997-98	458
7 John Friesz, 1995-98	228
8 Kelly Stouffer, 1988-92	225
9 Trent Dilfer, 2001-04	196
10 Stan Gelbaugh, 1992-95	131

PASSING YARDS

Player, Seasons	No.
1 Dave Krieg, 1980-91	26,132
2 Matt Hasselbeck, 2001-	22,188
3 Jim Zorn, 1976-84	20,122
4 Rick Mirer, 1993-96	9,094
5 Jon Kitna, 1997-00	7,552
6 Warren Moon, 1997-98	5,310
7 John Friesz, 1995-98	2,971
8 Trent Dilfer, 2001-04	2,560
9 Kelly Stouffer, 1988-92	2,333
10 Jeff Kemp, 1987-91	1,735

TOUCHDOWN PASSES

Player, Seasons	No.
1 Dave Krieg, 1980-91	195
2 Matt Hasselbeck, 2001-	140
3 Jim Zorn, 1976-84	107
4 Jon Kitna, 1997-00	49
5 Rick Mirer, 1993-96	41
6 Warren Moon, 1997-98	36
7 John Friesz, 1995-98	16
8 Trent Dilfer, 2001-04	13
9 Seneca Wallace, 2003-	11
10 Jeff Kemp, 1987-91	9

PASSES HAD INTERCEPTED

Player, Seasons	No.
1 Dave Krieg, 1980-91	148
2 Jim Zorn, 1976-84	133
3 Matt Hasselbeck, 2001-	84
4 Rick Mirer, 1993-96	56
5 Jon Kitna, 1997-00	45
6 Warren Moon, 1997-98	24
7 Kelly Stouffer, 1988-92	19
8 Jeff Kemp, 1987-91	18
9 Trent Dilfer, 2001-04	14
Steve Myer, 1976-79	14

TIMES SACKED

Player, Seasons	No.
1 Dave Krieg, 1980-91	341
2 Matt Hasselbeck, 2001-	227
3 Jim Zorn, 1976-84	200
4 Rick Mirer, 1993-96	138
5 Jon Kitna, 1997-00	79
6 Warren Moon, 1997-98	52
7 Kelly Stouffer, 1988-92	50
8 Stan Gelbaugh, 1992-96	36
9 Trent Dilfer, 2001-04	22
10 Dan McGwire, 1991-94	20
Seneca Wallace, 2003-	20

**QUARTERBACK RATING
(MINIMUM 100 ATTEMPTS)**

Player, Seasons	No.
1 Matt Hasselbeck, 2001-	86.3
2 Dave Krieg, 1980-91	82.3
3 Warren Moon, 1997-98	81.3
4 Brock Huard, 1999-01	80.1
5 Seneca Wallace, 2003-	78.9
6 John Friesz, 1995-98	78.3
7 Jon Kitna, 1997-00	76.3
8 Trent Dilfer, 2001-04	72.5
9 Jim Zorn, 1976-84	67.8
10 Rick Mirer, 1993-96	65.2

PASS RECEPTIONS

Player, Seasons	No.
1 Steve Largent, 1976-89	819
2 Brian Blades, 1988-98	581
3 John L. Williams, 1986-93	471
4 Darrell Jackson, 2000-06	441
5 Bobby Engram, 2001-	352
6 Joey Galloway, 1995-99	283
7 Sam McCullum, 1976-81	232
8 Mack Strong, 1994-07	218
9 Koren Robinson, 2001-04	213
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 Joey Galloway, 1995-99	4,457
5 Bobby Engram, 2001-	4,370
6 John L. Williams, 1986-93	4,151
7 Sam McCullum, 1976-81	3,409
8 Koren Robinson, 2001-04	3,167
9 Sherman Smith, 1976-82	2,342
10 Mike Pritchard, 1996-99	2,288

RECEIVING TOUCHDOWNS

Player, Seasons	No.
1 Steve Largent, 1976-89	100
2 Darrell Jackson, 2000-06	47
3 Joey Galloway, 1995-99	37
4 Daryl Turner, 1984-87	36
5 Brian Blades, 1988-98	34
6 Sam McCullum, 1976-81	21
7 Bobby Engram, 2001-	18
8 John L. Williams, 1986-93	16
9 Jerramy Stevens, 2002-06	15
10 Ray Butler, 1985-88	13
Itula Mili, 1997-06	13

INTERCEPTIONS

Player, Seasons	No.
1 Dave Brown, 1976-86	50
2 Eugene Robinson, 1985-95	42
3 John Harris, 1978-85	41
4 Kenny Easley, 1981-87	32
5 Darryl Williams, 1996-99	20
Shawn Springs, 1997-03	20
7 Keith Simpson, 1978-85	19
8 Willie Williams, 1997-03	17
9 Terry Taylor, 1984-88, 1994	16
Marcus Trufant, 2003-	16

INTERCEPTION RETURN YARDS

Player, Seasons	No.
1 Dave Brown, 1976-86	643
2 Eugene Robinson, 1985-95	586
3 Kenny Easley, 1981-87	528
4 John Harris, 1978-85	425
5 Darryl Williams, 1996-99	402
6 Keith Simpson, 1978-85	338
7 Marcus Trufant, 2003-	319
8 Robert Blackmon, 1990-96	246
9 Dwayne Harper, 1988-93	242
10 Shawn Springs, 1997-03	235

INTERCEPTION RETURN FOR TD

Player, Seasons	No.
1 Dave Brown, 1976-86	5
2 Keith Simpson, 1978-85	3
Kenny Easley, 1981-87	3
Willie Williams, 1997-03	3
5 John Harris, 1978-85	2
Jacob Green, 1980-91	2
Terry Taylor, 1984-88, 1994	2
Darryl Williams, 1996-99	2
Shawn Springs, 1997-03	2
Darrin Smith, 1998-99	2
Reggie Tongue, 2000-03	2
Anthony Simmons, 1998-04	2

PUNTS

Player, Seasons	No.
1 Rick Tuten, 1991-97	554
2 Jeff Feagles, 1998-02	385
3 Jeff West, 1981-85	299
4 Herman Weaver, 1977-80	257
5 Ruben Rodriguez, 1987-89	192
6 Ryan Plackemeier, 2006-	170
7 Tom Rouen, 2003-05	154
8 Rick Engles, 1976-77	84
9 Rick Donnelly, 1990-91	80
10 Vince Gamache, 1986	79

PUNTING YARDS

Player, Seasons	No.
1 Rick Tuten, 1991-97	24,266
2 Jeff Feagles, 1998-02	16,227
3 Jeff West, 1981-85	11,511
4 Herman Weaver, 1977-80	10,182
5 Ruben Rodriguez, 1987-89	7,733
6 Ryan Plackemeier, 2006-	7,214
7 Tom Rouen, 2003-05	6,394
8 Rick Donnelly, 1990-91	3,227
9 Rick Engles, 1976-77	3,204
10 Vince Gamache, 1986	3,048

INSIDE THE 20

Player, Seasons	No.
1 Rick Tuten, 1991-97	147
2 Jeff Feagles, 1998-02	133
3 Jeff West, 1981-85	73
4 Tom Rouen, 2003-05	59
5 Ryan Plackemeier, 2006-	55
6 Herman Weaver, 1977-80	49
7 Ruben Rodriguez, 1987-89	48
8 Rick Donnelly, 1990-91	19
9 Rick Engles, 1976-77	13
10 David Finzer, 1985	12

TOUCHBACKS

Player, Seasons	No.
1 Rick Tuten, 1991-97	45
2 Jeff Feagles, 1998-02	30
3 Jeff West, 1981-85	28
4 Ryan Plackemeier, 2006-	21
5 Herman Weaver, 1977-80	19
6 Ruben Rodriguez, 1987-89	17
7 Tom Rouen, 2003-05	11
8 Rick Donnelly, 1990-91	9
9 Vince Gamache, 1986	7
10 David Finzer, 1985	6

HAD BLOCKED

Player, Seasons	No.
1 Herman Weaver, 1977-80	5
2 Rick Engles, 1976-77	3
3 Kyle Richardson, 1997	2
Rick Tuten, 1991-97	2
Jeff Feagles, 1998-02	2
Tom Rouen, 2003-05	2
7 Ruben Rodriguez, 1987-89	1
Donnie Jones, 2004	1
Ken Walter, 2004	1

PUNT RETURNS

Player, Seasons	No.
1 Chris Warren, 1990-97	94
2 Nate Burleson, 2006-	92
3 Bobby Joe Edmonds, 1986-88	89
4 Joey Galloway, 1995-99	79
5 Paul Johns, 1981-84	74
6 Charlie Rogers, 1999-01	73
7 Bobby Engram, 2001-	69
8 Kelvin Martin, 1993-94	65
9 Will Lewis, 1980-81	57
10 Paul Skansi, 1984-91	53

FAIR CATCHES

Player, Seasons	No.
1 Bobby Engram, 2001-	65
2 Chris Warren, 1990-97	60
3 Charlie Rogers, 1999-01	40
4 Kelvin Martin, 1993-94	35
5 Jimmy Williams, 2005-06	31
6 Bobby Joe Edmonds, 1986-88	26
7 Paul Johns, 1981-84	23
Joey Galloway, 1995-99	23
9 Ronnie Harris, 1994-98	22
10 Nate Burleson, 2006-	15

PUNT RETURN YARDS

Player, Seasons	No.
1 Bobby Joe Edmonds, 1986-88	1,010
2 Nate Burleson, 2006-	980
3 Charlie Rogers, 1999-01	925
4 Paul Johns, 1981-84	843
5 Joey Galloway, 1995-99	823
6 Chris Warren, 1990-97	819
7 Bobby Engram, 2001-	767
8 Kelvin Martin, 1993	550
9 Paul Skansi, 1984-91	500
10 Will Lewis, 1980-81	449

PUNT RETURN TD'S

Player, Seasons	No.
1 Joey Galloway, 1995-99	4
2 Paul Johns, 1981-84	2
Bobby Engram, 2001-	2
Nate Burleson, 2006-	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-	129
4 Bobby Joe Edmonds, 1986-88	101
5 Chris Warren, 1990-97	86
6 Randall Morris, 1984-88	82
7 Al Hunter, 1977-80	78
8 Josh Scobey, 2005-07	76
9 Zachary Dixon, 1983-84	74
10 Ahman Green, 1998-99	63

KICKOFF RETURN YARDS

Player, Seasons	No.
1 Steve Broussard, 1995-98	3,900
2 Charlie Rogers, 1999-01	3,214
3 Maurice Morris, 2002-	2,843
4 Bobby Joe Edmonds, 1986-88	2,228
5 Chris Warren, 1990-97	1,794
6 Al Hunter, 1977-80	1,717
7 Josh Scobey, 2005-07	1,641
8 Randall Morris, 1984-88	1,621
9 Zachary Dixon, 1983-84	1,594
10 Ahman Green, 1998-99	1,438

KICKOFF RETURN TD'S

Player, Seasons	No.
1 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-	1
Nate Burleson, 2006-	1
Josh Wilson, 2007-	1

FUMBLES

Player, Seasons	No.
1 Dave Krieg, 1980-91	108
2 Jim Zorn, 1976-84	49
3 Curt Warner, 1983-89	38
Jon Kitna, 1997-00	38
5 Shaun Alexander, 2000-07	29
6 Matt Hasselbeck, 2001-	26
Chris Warren, 1990-97	26

8 Rick Mirer, 1993-96	24
9 Sherman Smith, 1976-82	22
10 Kelly Stouffer, 1988-92	20

OWN FUMBLE RECOVERIES

Player, Seasons	No.
1 Dave Krieg, 1980-91	27
2 Jon Kitna, 1997-00	20
3 Curt Warner, 1983-89	13
4 Jim Zorn, 1976-84	12
Shaun Alexander, 2000-07	12
6 Chris Warren, 1990-97	10
7 John L. Williams, 1986-93	9
8 Edwin Bailey, 1981-91	7
Sherman Smith, 1976-82	7
Rick Mirer, 1993-96	7

FORCED FUMBLES

Player, Seasons	No.
1 Jacob Green, 1980-91	28
2 Michael Sinclair, 1991-01	24
3 Rufus Porter, 1988-94	14
4 Joe Nash, 1982-96	13
Cortez Kennedy, 1990-00	13
Bruce Scholtz, 1982-88	13
7 Jeff Bryant, 1982-93	12
8 Keith Butler, 1978-87	11
Keith Simpson, 1978-85	11
Chad Brown, 1997-04	11

FUMBLE RECOVERIES

Player, Seasons	No.
1 Jacob Green, 1980-91	17
2 Eugene Robinson, 1985-95	14
3 Chad Brown, 1997-04	13
4 Dave Brown, 1976-86	11
Jeff Bryant, 1982-93	11
John Harris, 1978-85	11
7 Kenny Easley, 1981-87	9
Greg Gaines, 1981, 1983-88	9
Shelton Robinson, 1982-85	9
Terry Wooden, 1990-96	9
Michael Sinclair, 1991-01	9

FUMBLE RETURN YARDS

Player, Seasons	No.
1 Chad Brown, 1997-04	96
2 Michael Sinclair, 1991-01	94
3 Corey Harris, 1995-96	85
Shawn Springs, 1997-03	85
5 Antonio Edwards, 1993-97	83
6 Jacob Green, 1980-91	79
7 Carlton Gray, 1993-96	62
John Harris, 1978-85	62
9 Kelly Herndon, 2005-06	61
10 Fredd Young, 1984-87	58

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 20 tied with	1

TACKLES

Player, Seasons	No.
1 Eugene Robinson, 1985-95	984
2 Keith Butler, 1978-87	813
3 Joe Nash, 1982-96	779
4 Chad Brown, 1997-04	744
5 Jacob Green, 1980-91	718
6 Jeff Bryant, 1982-93	689
7 Dave Brown, 1976-86	684
8 Cortez Kennedy, 1990-00	668
9 John Harris, 1978-85	649
10 Michael Jackson, 1979-86	574

QUARTERBACK SACKS

Player, Seasons	No.
1 Jacob Green, 1980-91	116.0
2 Michael Sinclair, 1991-01	73.5
3 Jeff Bryant, 1982-93	63.0
4 Cortez Kennedy, 1990-00	58.0
5 Chad Brown, 1997-04	48.0
6 Joe Nash, 1982-96	47.5
7 Rufus Porter, 1988-94	37.5
8 Rocky Bernard, 2002-	25.0
9 Sam Adams, 1994-99	22.0
10 Phillip Daniels, 1996-99	21.5

YARDS LOST ON SACKS

Player, Seasons	No.
1 Jacob Green, 1980-91	753.0
2 Jeff Bryant, 1982-93	469.0
3 Michael Sinclair, 1991-01	418.5
4 Cortez Kennedy, 1990-00	390.5
5 Joe Nash, 1982-96	312.0
Rufus Porter, 1988-94	312.0
7 Chad Brown, 1997-04	284.5
8 Bill Gregory, 1978-80	177.0
9 Sam Adams, 1994-99	157.0
10 Manu Tuiaosopo, 1979-83	156.0
Rocky Bernard, 2002-	156.0

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

BLOCKED PUNTS

Player, Seasons	No.
1 Kerry Justin, 1978-83, 1986-87	3
2 Don Dufek, 1976-77, 1979	2
Sam Merriman, 1983-87	2
Fredd Young, 1984-87	2
Patrick Hunter, 1986-94	2
6 Sam McCullum, 1976-81	1
Steve Raible, 1976-81	1
Autry Beamon, 1977-79	1
Peter Cronan, 1977-79, 1981	1
Greg Gaines, 1981, 1983-88	1
Byron Walker, 1982-86	1
Terry Taylor, 1984-88, 1994	1
Tony Burse, 1987	1
Michael Bates, 1993-94	1
Alex Bannister, 2001-05	1
D.D. Lewis, 2002-06	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 Fiones, 1981-82	1
Terry Wooden, 1990-96	1

BLOCKED FIELD GOALS

Player, Seasons	No.
1 Joe Nash, 1982-96	8
2 Jeff Bryant, 1982-93	3
Craig Terrill, 2004-	3
4 Dennis Boyd, 1977-79, 1981-82	2
Jacob Green, 1980-91	2
Mike White, 1981-82	2
7 16 players tied with	1

BLOCKED FIELD GOALS RETURNED FOR TOUCHDOWN

Player, Seasons	No.
1 Byron Walker, 1982-86	1
Vernon Dean, 1988	1
Robert Blackmon, 1990-96	1
Shawn Springs, 1997-03	1

RETURN TOUCHDOWNS

(TDs scored via Interception, Punt, Kickoff, Fumble, Blocked Punt, or Blocked FG)

Player, Seasons	No.
1 Dave Brown, 1976-86	5
2 Jacob Green, 1980-91	4
Joey Galloway, 1995-99	4
Shawn Springs, 1997-03	4
Willie Williams, 1997-03	4
6 Kenny Easley, 1981-87	3
Keith Simpson, 1978-86	3
Terry Taylor, 1984-88, 1994	3
Chad Brown, 1997-04	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

*Led NFL; + Led AFC; # Tied AFC; [^] Led NFC



John L. Williams, Seattle's first-round draft choice in 1986, led the team in touchdowns three times.

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

RUSHING

		G	Att.	Yds.	Avg.	LG	TD
1976	Sherman Smith	12	119	537	4.5	53t	4
1977	Sherman Smith	14	163	763	4.7	39	4
1978	Sherman Smith	12	165	805	4.9	67t	6
1979	Sherman Smith	16	194	775	4.0	41t	11
1980	Jim Jodet	16	155	632	4.1	26	5
1981	Theotis Brown	10	141	531	3.8	43t	6
1982	Sherman Smith	9	63	202	3.2	19	0
1983	Curt Warner	16	335+	1449+	4.3	60	13
1984	David Hughes	16	94	327	3.3	15	1
1985	Curt Warner	16	291	1094	3.8	38t	8
1986	Curt Warner	16	319+	1481+	4.6	60t	13+
1987	Curt Warner	12	234	985	4.2	57t	8
1988	Curt Warner	16	266	1025	3.9	29t	10
1989	Curt Warner	16	194	631	3.3	34	3
1990	Derrick Fenner	16	215	859	4.0	36t	14*
1991	John L. Williams	16	188	741	3.9	42	4
1992	Chris Warren	16	223	1017	4.6	52	3
1993	Chris Warren	14	273	1072	3.9	45t	7
1994	Chris Warren	16	333	1545+	4.6+	41	9
1995	Chris Warren	16	310	1346	4.3	52	15+
1996	Chris Warren	14	203	885	4.2	51	5
1997	Chris Warren	15	200	847	4.2	36t	4
1998	Ricky Watters	16	319	1239	3.9	39t	9
1999	Ricky Watters	16	325	1210	3.7	45	5
2000	Ricky Watters	16	278	1242	4.5	55t	7
2001	Shaun Alexander	16	309	1318	4.3	88t	14+
2002	Shaun Alexander	16	295	1175	4.0	58	16^
2003	Shaun Alexander	16	326	1435	4.4	55	14
2004	Shaun Alexander	16	353	1696^	4.8^	44	16^
2005	Shaun Alexander	16	370	1880*	5.1	88t	27!*
2006	Shaun Alexander	10	252	896	3.6	33t	7
2007	Shaun Alexander	13	207	716	3.5	25	4

! 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

RECEIVING

		G	Yds.	No.	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

* Led NFL; + Led AFC; #Tied AFC

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

* Led NFL; + Led AFC; # Tied AFC



WR Bobby Engram set a franchise record with 94 receptions in 2007.

INTERCEPTIONS

		G	No.	Yds.	Avg.	LG	TD
1976	Dave Brown	14	4	70	17.5	34	0
	Rolly Woolsey	14	4	19	4.7	13	0
1977	Autry Beamon	14	6	36	6.0	16	0
1978	Cornell Webster	15	5	9	1.8	14	0
1979	Dave Brown	16	5	46	9.2	32t	1
1980	Dave Brown	16	6	32	5.3	24	0
	John Harris	16	6	28	4.7	15	0
1981	John Harris	16	10+	155	15.5	42t	2+
1982	Kenny Easley	8	4	48	12.0	44	0
	John Harris	9	4	33	8.3	18	0
1983	Kenny Easley	16	7	96	13.2	38	0
1984	Kenny Easley	16	10+	126	12.6	58t	2*
1985	John Harris	16	7	20	2.9	17	0
1986	Dave Brown	16	5	58	11.6	24	1
1987	Kenny Easley	12	4	47	11.8	22	0
1988	Paul Moyer	16	6	79	13.2	34	0
1989	Eugene Robinson	16	5	24	4.8	20	0
1990	Eugene Robinson	16	3	89	29.7	39	0
	Dwayne Harper	16	3	69	23.0	47	0
1991	Eugene Robinson	16	5	56	11.2	27	0
1992	Eugene Robinson	16	7	126	18.0	49	0
1993	Eugene Robinson	16	9*	80	8.9	28	0
1994	Patrick Hunter	5	3	85	28.3	51	0
	Terry Wooden	16	3	78	26.0	69t	1
	Orlando Watters	16	3	39	13.0	18	1
	Eugene Robinson	13	3	18	6.0	18	0
1995	Robert Blackmon	13	5	46	9.2	21	0
1996	Darryl Williams	16	5	148	29.6	79	1
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

* 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

* 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

* Led NFL; @ Tied NFL; + Led AFC; # Tied AFC

KICKOFF RETURNS

		G	No.	Yds.	Avg.	LG	TD
1976	Oliver Ross	10	30	655	21.8	45	0
1977	Al Hunter	12	36	820	22.7	41	0
1978	Al Hunter	16	16	385	24.1	38	0
1979	Tony Green	11	20	437	21.9	31	0
1980	Will Lewis	16	25	585	23.4	54	0
1981	Will Lewis	10	20	378	18.9	36	0
1982	Horace Ivory	6	10	224	22.4	30	0
1983	Zachary Dixon	13	49*	1448*	23.4	94t	1*
1984	David Hughes	16	17	348	20.5	38	0
1985	Randall Morris	16	31	636	20.5	58	0
1986	Bobby Joe Edmonds	15	34	764	22.5	46	0
1987	Bobby Joe Edmonds	11	27	564	20.9	43	0
1988	Bobby Joe Edmonds	16	40	900	22.5	65	0
1989	James Jefferson	16	22	511	23.2	97t+	1*
1990	Chris Warren	16	23	478	20.8	71	0
1991	Chris Warren	16	35	792	22.6	55	0
1992	Chris Warren	16	28	524	18.7	34	0
1993	Michael Bates	16	30	602	20.1	46	0
1994	Michael Bates	15	26	508	19.5	38	0
1995	Steve Broussard	15	43	1062	24.7	70	0
1996	Steve Broussard	12	43	979	22.8	86	0
1997	Steve Broussard	16	50	1076	21.5	43	0
1998	Steve Broussard	15	29	781	26.9	90t	1
1999	Ahman Green	14	36	818	22.7	54	0
2000	Charlie Rogers	15	66	1629	24.7	81t	1
2001	Charlie Rogers	13	50	1120	22.4	64	0
2002	Maurice Morris	11	34	821	24.1	97t	1
2003	Maurice Morris	16	47	1007	21.4	56	0
2004	Maurice Morris	15	47	994	21.1	34	0
2005	Josh Scobey	16	59	1326	22.5	53	0
2006	Nate Burleson	16	26	643	24.7	50	0
2007	Nate Burleson	16	27	590	21.9	91t	1

* Led NFL; + Led AFC

SACKS

		G	No.		G	No.	
1976	Steve Niehaus	14	9.5	1993	Michael Sinclair	9	8.0
1977	Alden Roche	12	3.5	1994	Michael Sinclair	12	4.5
1978	Bill Gregory	16	9.0	1995	Antonio Edwards	13	6.5
1979	Manu Tuiasosopo	16	8.0		Cortez Kennedy	16	6.5
1980	Jacob Green	14	6.5	1996	Michael McCrary	16	13.5+
1981	Jacob Green	16	12.0	1997	Michael Sinclair	16	12.0
1982	Jeff Bryant	9	3.0	1998	Michael Sinclair	16	16.5*
	Jacob Green	9	3.0	1999	Phillip Daniels	16	9.0
1983	Jacob Green	16	16.0	2000	Chad Brown	16	6.0
1984	Jeff Bryant	16	14.5		Lamar King	14	6.0
1985	Jacob Green	16	13.5	2001	John Randle	15	11.0
1986	Jacob Green	16	12.0	2002	John Randle	12	7.0
1987	Jacob Green	12	9.5	2003	Chike Okeafor	16	8.0
1988	Jacob Green	16	9.0	2004	Chike Okeafor	16	8.5
1989	Rufus Porter	16	10.5	2005	Bryce Fisher	16	9.0
1990	Jacob Green	16	12.5	2006	Julian Peterson	16	10.0
1991	Rufus Porter	15	10.0	2007	Patrick Kerney	16	14.5^
1992	Cortez Kennedy	16	14.0				

* Led NFL; + Led AFC; ^ Led NFC

DEFENSIVE STATISTICS

TACKLES

Includes solo and assists

		G	No.			G	No.
1976	Dave Brown	14	111	1992	Eugene Robinson	16	94
1977	Terry Beeson	14	134	1993	Eugene Robinson	16	111
1978	Terry Beeson	16	153	1994	Rod Stephens	16	128
1979	Terry Beeson	16	114	1995	Terry Wooden	16	135
1980	Michael Jackson	15	136	1996	Dean Wells	16	107
1981	Michael Jackson	16	140	1997	Chad Brown	15	104
1982	Michael Jackson	8	64	1998	Chad Brown	16	150
1983	Bruce Scholtz	16	104	1999	Chad Brown	15	117
1984	Shelton Robinson	16	93	2000	Anthony Simmons	16	147
1985	Fredd Young	16	118	2001	Anthony Simmons	16	123
1986	Fredd Young	15	121	2002	Reggie Tongue	16	93
1987	Fredd Young	13	101	2003	Anthony Simmons	13	100
1988	Eugene Robinson	16	114	2004	Marcus Trufant	16	93
1989	Eugene Robinson	16	102	2005	Lofa Tatupu	16	105
1990	Nesby Glasgow	16	83	2006	Lofa Tatupu	16	123
1991	Terry Wooden	16	100	2007	Lofa Tatupu	16	109

SPECIAL TEAMS TACKLES

		G	No.
1976	Don Dufek	14	15
1977	Peter Cronan	14	11
	Charles McShane	14	11
1978	Cornell Webster	15	12
1979	Don Dufek	13	18
1980	Don Dufek	8	13
1981	Mike Tice	16	11
1982	Eric Lane	9	6
	Ken McAlister	9	6
1983	Don Dufek	14	18
1984	Sam Merriman	16	21
1985	John Kaiser	16	14
1986	Eric Lane	15	16
1987	David Hollis	11	10
1988	Rufus Porter	16	16
1989	Rufus Porter	16	13
1990	James Jones	16	15
1991	David Daniels	16	12
	Rod Stephens	16	12
	Chris Warren	16	12
1992	Tracy Johnson	16	18
1993	Michael Bates	16	22
1994	Dean Wells	15	16
1995	Mack Strong	16	19
1996	Jay Bellamy	16	34
1997	Tim Hauck	16	22
1998	Kerry Joseph	16	14
1999	James Logan	16	18
2000	Isaiah Kacyvenski	16	15
2001	Isaiah Kacyvenski	16	21
2002	Terreal Bierria	14	16
2003	Alex Bannister	16	18
2004	Niko Koutouvides	16	16
2005	Josh Scobey	16	23
2006	Kevin Bentley	14	14
	Niko Koutouvides	16	14
2007	Niko Koutouvides	15	20



RB Don Dufek led the Seahawks in special teams tackles four times.

TOP SINGLE-GAME PERFORMANCES

100 YARDS RUSHING (CHRONOLOGICAL)

	Player	Opponent	Att.	Yds.	Avg.	LG	TD
1	* Sherman Smith	vs. Atlanta 11/7/76	14	124	8.9	53t	1
2	David Sims	at N.Y. Jets 9/17/78	23	121	5.3	25	3
3	David Sims	at Green Bay 10/15/78	22	104	4.7	12	1
4	Sherman Smith	at Chicago 11/5/78	23	152	6.6	67t	2
5	David Sims	vs. Baltimore 11/12/78	14	106	7.6	44t	2
6	Al Hunter	vs. Kansas City 12/17/78	27	133	4.9	55t	2
7	Dan Doornink	at Atlanta 10/29/79	21	122	5.8	26t	2
8	Jim Jodat	at Washington 9/28/80	22	117	5.3	12	0
9	Theotis Brown	at N.Y. Jets 10/25/81	14	104	7.4	43	0
10	* Curt Warner	at N.Y. Jets 9/11/83	25	128	5.1	31	2
11	* Curt Warner	vs. San Diego 9/18/83	22	109	5.9	23	2
12	* Curt Warner	at L.A. Raiders 10/30/83	23	101	4.4	24	1
13	* Curt Warner	vs. Denver 11/6/83	24	135	5.6	23	0
14	* Curt Warner	vs. Kansas City 11/27/83 (OT)	32	207	6.5	28	3
15	* Curt Warner	vs. New England 12/18/83	26	116	4.5	14	0
16	Eric Lane	at Minnesota 9/30/84	14	113	8.1	40t	1
17	Curt Warner	at San Diego 9/15/85	28	169	6.0	21	2
18	Curt Warner	at Denver 10/20/85 (OT)	27	136	5.0	19	0
19	Curt Warner	vs. New England 11/17/85	24	105	4.4	24	0
20	Curt Warner	vs. Pittsburgh 9/7/86	21	114	5.4	31	0
21	Curt Warner	at Washington 9/28/86	16	106	6.6	29	1
22	Curt Warner	vs. San Diego 10/6/86	28	142	5.1	21	0
23	Curt Warner	at Denver 10/26/86	21	139	6.6	14	0
24	Curt Warner	at Dallas 11/27/86	22	122	5.5	19	1
25	Curt Warner	vs. L.A. Raiders 12/8/86	23	116	5.0	18	2
26	Curt Warner	vs. Denver 12/20/86	24	192	8.0	60t	3
27	John L. Williams	vs. Kansas City 9/20/87	15	112	7.5	48	1
28	Curt Warner	at L.A. Raiders 10/25/87	29	112	3.9	9	2
29	Curt Warner	vs. Green Bay 11/15/87	25	123	4.9	57	1
30	Curt Warner	vs. San Diego 11/22/87	23	119	5.2	27	1
31	Curt Warner	at Atlanta 10/2/88	22	110	5.0	21	1
32	John L. Williams	vs. Houston 11/13/88	13	102	7.8	44t	1
33	Curt Warner	vs. L.A. Raiders 11/28/88	27	130	4.8	26	0
	John L. Williams	vs. L.A. Raiders 11/28/88	17	105	6.2	24	0
35	Curt Warner	vs. Denver 12/11/88	23	126	5.5	18	4
	John L. Williams	vs. Denver 12/11/88	20	109	5.5	18	0
37	Curt Warner	at L.A. Raiders 10/1/89	21	102	4.8	21	1
38	Derrick Fenner	at Denver 9/23/90 (OT)	22	144	6.5	28	3
39	Derrick Fenner	at Green Bay 12/9/90	20	112	5.5	36	1
40	John L. Williams	vs. Denver 11/24/91	17	109	6.4	42	0
41	Chris Warren	at New England 9/20/92	24	122	5.1	33	1
42	Chris Warren	vs. Washington 11/8/92	19	103	5.4	36	0
43	Chris Warren	vs. Kansas City 11/22/92	20	154	7.7	35	1
44	Chris Warren	at New England 9/19/93	36	174	4.5	17	1
45	Chris Warren	vs. Cleveland 11/14/93	24	112	4.7	20	0
46	Chris Warren	vs. Phoenix 12/19/93 (OT)	27	168	6.2	45	1
47	Jon Vaughn	vs. Pittsburgh 12/26/93	26	131	5.0	37	0
48	Chris Warren	at Washington 9/4/94	22	100	4.5	13	2
49	Chris Warren	vs. Pittsburgh 9/25/94	26	126	4.8	28	1
50	Chris Warren	at Kansas City 10/23/94	19	117	6.2	41	0
51	Chris Warren	at Denver 11/13/94	18	122	6.8	23	1
52	Chris Warren	vs. Tampa Bay 11/20/94	16	116	7.3	31	0
53	Chris Warren	at Houston 12/11/94	30	185	6.2	33	1
54	Chris Warren	vs. L.A. Raiders 12/18/94	24	122	5.1	33	1
55	John L. Williams	at Kansas City 1/2/94	16	102	6.4	38	1
56	Chris Warren	vs. Cincinnati 9/17/95	24	109	4.5	30	1
57	Chris Warren	vs. Denver 10/1/95	24	115	4.8	18	3
58	Chris Warren	vs. San Diego 10/22/95	18	112	6.2	17	2
59	Chris Warren	at Arizona 10/29/95 (OT)	23	127	5.5	52	0

100 YARDS RUSHING (CHRONOLOGICAL) (CONTINUED)

	Player	Opponent	Att.	Yds.	Avg.	LG	TD
60	Chris Warren	at Jacksonville 11/12/95	27	121	4.5	29	1
61	Chris Warren	at Washington 11/19/95	29	136	4.7	14	1
62	Chris Warren	at Denver 12/10/95	18	101	5.6	24	1
63	Chris Warren	vs. Oakland 12/17/95	17	105	6.2	35	3
64	Chris Warren	vs. Green Bay 9/29/96	18	103	5.7	37	1
65	Lamar Smith	at Detroit 10/17/96	33	148	4.5	18	1
66	Chris Warren	vs. San Diego 10/27/96	19	146	7.7	50	1
67	Chris Warren	vs. Buffalo 12/8/96	21	116	5.5	51	0
68	Steve Broussard	vs. Tennessee 10/5/97	6	138	23.0	77	2
69	* Ahman Green	at Philadelphia 9/6/98	6	100	16.7	64	1
70	Ricky Watters	vs. Arizona 9/13/98	22	105	4.8	17	0
71	Ricky Watters	vs. Washington 9/20/98	24	136	5.7	33	1
72	Ricky Watters	vs. Kansas City 11/8/98	24	105	4.4	13	2
73	Ricky Watters	vs. Indianapolis 12/20/98	32	178	4.2	38	1
74	Ricky Watters	at Green Bay 11/1/99	31	125	4.0	45	0
75	Ricky Watters	vs. Cincinnati 11/7/99	27	133	4.9	19t	1
76	Ricky Watters	at Kansas City 11/21/99	24	107	4.5	45	2
77	Ricky Watters	at Denver 12/19/99	16	115	7.2	26	1
78	Ricky Watters	vs. New Orleans 9/17/00	22	105	4.8	16	1
79	Ricky Watters	vs. Oakland 12/16/00	26	168	6.5	53	0
80	Shaun Alexander	vs. Jacksonville 10/7/01	31	176	5.7	23	2
81	Shaun Alexander	vs. Denver 10/14/01	33	142	4.3	60t	2
82	Shaun Alexander	vs. Oakland 11/11/01	35	266	7.6	88t	3
83	Ricky Watters	vs. Dallas 12/16/01	28	104	3.7	18	1
84	Shaun Alexander	vs. Kansas City 1/6/02	20	127	6.4	44t	1
85	Shaun Alexander	vs. Minnesota 9/29/02	24	139	5.8	43	4
86	Shaun Alexander	vs. Kansas City 11/24/02	23	145	6.3	46t	2
87	Shaun Alexander	vs. Philadelphia 12/8/02	17	123	7.2	58	0
88	Shaun Alexander	at Atlanta 12/15/02	28	127	4.5	27t	2
89	Shaun Alexander	vs. New Orleans 9/7/03	24	108	4.5	15	1
90	Shaun Alexander	at Green Bay 10/5/03	20	102	5.1	18	1
91	Shaun Alexander	vs. Chicago 10/19/03	21	101	4.8	25t	2
92	Shaun Alexander	vs. Detroit 11/16/03	20	110	5.5	55	1
93	Shaun Alexander	vs. Cleveland 11/30/03	27	127	4.7	21	1
94	Shaun Alexander	at St. Louis 12/14/03	25	126	5.0	35	1
95	Shaun Alexander	vs. Arizona 12/21/03	21	135	6.4	44t	2
96	Shaun Alexander	at New Orleans 9/12/04	28	135	4.8	27	2
97	Shaun Alexander	vs. St. Louis 10/10/04	23	150	6.5	41	1
98	Shaun Alexander	vs. Carolina 10/31/04	32	195	6.1	44	1
99	Shaun Alexander	at San Francisco 11/7/04	26	160	6.2	22	2
100	Shaun Alexander	at St. Louis 11/14/04	22	176	8.0	35	0
101	Shaun Alexander	at Minnesota 12/12/04	27	112	4.1	22	0
102	Shaun Alexander	vs. Arizona 12/26/04	30	154	5.1	23t	3
103	Shaun Alexander	vs. Atlanta 9/18/05	28	144	5.0	17	1
104	Shaun Alexander	vs. Arizona 9/25/05	22	140	6.4	45	4
105	Shaun Alexander	at St. Louis 10/9/05	25	119	4.8	18t	2
106	Shaun Alexander	vs. Houston 10/16/05	22	141	6.4	23t	4
	Maurice Morris	vs. Houston 10/16/05	8	104	13.0	49	1
108	Shaun Alexander	at Arizona 11/6/05	23	173	7.5	88t	2
109	Shaun Alexander	vs. St. Louis 11/13/05	33	165	5.0	37	3
110	Shaun Alexander	at San Francisco 11/20/05	24	115	4.8	40	2
111	Shaun Alexander	vs. N.Y. Giants 11/27/05	31	110	3.5	20	1
112	Shaun Alexander	vs. San Francisco 12/11/05	21	108	5.1	16	1
113	Shaun Alexander	at Tennessee 12/18/05	26	172	6.6	52	1
114	Shaun Alexander	vs. Indianapolis 12/24/05	21	139	6.6	25	2
115	Maurice Morris	vs. Oakland 11/6/06	30	138	4.6	29	0
116	Maurice Morris	vs. St. Louis 11/12/06	21	124	5.9	20	0
117	Shaun Alexander	vs. Green Bay 11/27/06	40	201	5.0	21	0
118	Shaun Alexander	vs. San Diego 12/24/06	31	140	4.5	33t	2
119	Shaun Alexander	vs. Tampa Bay 9/9/07	27	105	3.9	22	1
120	Shaun Alexander	vs. Cincinnati 9/23/07	21	100	4.8	22	0

* Rookie; + Running Back; ^ Tight End

100 Yards: Alexander 37, Warren 24, Warner 23, Watters 11, J.L. Williams 6, Morris 3, Sims 3, Fenner 2, S. Smith 2, Broussard 1, Brown 1, Doornink 1, Green 1, Hunter 1, Jodat 1, Lane 1, L. Smith 1, Vaughn 1.

100 YARDS RECEIVING (CHRONOLOGICAL)

	Player	Opponent	No.	Yds.	Avg.	LG	TD
1	Sam McCullum	vs. St. Louis 9/12/76	4	112	28.0	72t	2
2	* Steve Largent	vs. San Francisco 9/26/76	7	128	18.3	41	1
3	Steve Raible	at Minnesota 11/14/76	3	112	37.7	80t	1
4	* Steve Largent	vs. New Orleans 11/21/76	6	101	16.8	22	1
5	+* David Sims	at Cincinnati 9/25/77	4	105	26.3	82t	1
6	Steve Largent	vs. Buffalo 10/30/77	4	134	33.5	48t	2
	Duke Ferguson	vs. Buffalo 10/30/77	4	113	28.3	45	1
8	Steve Largent	vs. San Diego 11/27/77	4	116	29.0	74t	2
9	Steve Largent	vs. San Diego 9/3/78	6	127	21.2	33t	1
10	Steve Largent	at Green Bay 10/15/78	6	127	21.2	48t	1
11	Steve Largent	at Chicago 11/5/78	6	126	21.0	31	2
12	Steve Largent	vs. Cleveland 12/3/78	8	108	13.5	27	1
13	Steve Largent	vs. L.A. Raiders 9/16/79	5	139	27.8	40t	2
14	Steve Largent	at Denver 9/23/79	6	110	18.3	42	0
15	Steve Largent	vs. Houston 10/21/79	6	135	22.5	55t	2
16	Steve Largent	vs. New Orleans 11/18/79	9	146	16.2	34t	2
17	Steve Largent	at Atlanta 10/29/79	6	127	21.2	53	0
18	Steve Largent	at Kansas City 12/2/79	9	120	13.3	28	2
19	Sam McCullum	vs. Denver 12/8/79	5	102	20.4	58	0
20	Sam McCullum	at Oakland 12/16/79	8	173	21.6	65t	1
21	Steve Largent	vs. New England 9/21/80	6	127	21.2	31t	2
22	Sam McCullum	at N.Y. Jets 10/19/80	5	107	21.4	58	0
23	Steve Largent	at Oakland 10/26/80	4	142	35.5	67t	1
24	Steve Largent	vs. Philadelphia 11/2/80	6	101	16.8	27	1
25	Steve Largent	vs. N.Y. Giants 12/7/80	8	139	17.4	34t	1
26	Steve Largent	at Cincinnati 9/6/81	8	114	14.3	36	1
27	Sam McCullum	at Oakland 9/20/81	6	122	20.3	36t	1
28	+* David Hughes	vs. Kansas City 9/27/81	12	103	8.6	22	0
29	Steve Largent	vs. San Diego 10/4/81	5	118	23.6	34	1
30	Steve Largent	vs. N.Y. Jets 12/6/81	7	169	24.1	57	1
31	Paul Johns	at Denver 11/21/82	5	103	20.6	35	0
32	Steve Largent	vs. Pittsburgh 11/28/82	5	109	21.8	45	0
33	Steve Largent	vs. Chicago 12/12/82	8	111	13.9	34	0
34	Steve Largent	vs. San Diego 9/18/83	8	116	14.5	41t	2
35	Steve Largent	vs. Washington 9/25/83	8	130	19.3	45	2
36	^ Charlie Young	at San Diego 10/9/83	7	140	20.0	43	0
37	Paul Johns	vs. Pittsburgh 10/23/83	6	118	19.7	28t	1
38	Steve Largent	at St. Louis 11/13/83	8	155	19.4	45	3
39	Paul Johns	at Denver 11/20/83	9	116	12.9	20	0
40	Steve Largent	vs. New England 12/18/83	7	133	19.0	46	1
41	Paul Johns	at New England 9/16/84	8	105	13.1	25	0
42	Steve Largent	at Minnesota 9/30/84	8	130	16.3	30	1
43	Steve Largent	vs. Buffalo 10/14/84	5	106	21.2	51t	2
44	Steve Largent	at Green Bay 10/21/84	7	129	18.4	31	1
45	Steve Largent	at Denver 11/25/84	12	191	15.9	65	1
46	Steve Largent	vs. Detroit 12/2/84	8	104	13.0	22	2
47	Daryl Turner	at San Diego 9/15/85	7	121	17.3	34	4
48	Steve Largent	at New Orleans 11/10/85	5	110	22.0	43	0
49	Steve Largent	vs. New England 11/17/85	8	138	17.3	27	0
50	Steve Largent	vs. Kansas City 12/1/85	7	101	14.4	31	1
51	Steve Largent	vs. Atlanta 10/13/85	8	103	12.9	27	1
52	Ray Butler	at New England 9/21/86	3	128	42.7	67t	2
53	Byron Franklin	vs. San Diego 10/6/86	5	118	23.6	46t	1
54	Steve Largent	vs. N.Y. Jets 11/2/86	7	108	15.4	30	1
55	Steve Largent	at Cincinnati 11/16/86	7	102	14.6	28	0
56	Steve Largent	vs. Denver 12/20/86	6	101	16.8	27	0
57	Jimmy Teal	vs. Miami 10/4/87	9	137	15.2	47	0
58	Steve Largent	at Detroit 10/18/87	15	261	17.4	55	3
59	Ray Butler	vs. Denver 12/13/87	6	107	17.8	40t	2
60	+John L. Williams	at Chicago 12/20/87	8	117	14.6	75t	1
61	* Brian Blades	vs. New Orleans 10/16/88	8	145	18.1	52	1
62	Brian Blades	at L.A. Raiders 12/11/88	4	123	30.8	55	2
	+John L. Williams	at L.A. Raiders 12/18/88	7	180	25.7	75t	1

100 YARDS RECEIVING (CONTINUED)

	Player	Opponent	No.	Yds.	Avg.	LG	TD
64	Brian Blades	vs. Phoenix 9/17/89	9	146	16.2	28	1
65	Brian Blades	at L.A. Raiders 10/1/89	7	113	16.1	32	1
66	Brian Blades	vs. San Diego 10/29/89	10	117	11.7	21	1
67	Brian Blades	at Denver 11/26/89	8	122	15.3	29	0
68	Brian Blades	at Cincinnati 12/10/89	6	107	17.8	60t	1
69	+John L. Williams	vs. L.A. Raiders 12/17/89	12	129	10.8	36	1
70	+John L. Williams	at San Diego 11/25/90	9	110	12.2	60	0
71	Tommy Kane	at Miami 12/16/90	10	162	16.2	25	0
72	Brian Blades	at New Orleans 9/1/91	12	160	13.3	31	2
73	Brian Blades	at Denver 9/15/91	5	107	21.4	47	1
	Tommy Kane	at Denver 9/15/91	6	122	20.3	38	0
75	Tommy Kane	at Pittsburgh 10/20/91	6	102	17.0	60t	0
76	Brian Blades	at San Diego 11/10/91	8	131	16.4	39	0
77	Brian Blades	vs. San Diego 12/27/92	6	103	17.2	37	0
78	Brian Blades	vs. San Diego 10/3/93	10	132	13.2	20	1
79	Brian Blades	vs. Kansas City 12/5/93	7	134	19.1	41	0
80	Kelvin Martin	at Indianapolis 10/2/94	8	104	13.0	30t	1
81	Brian Blades	vs. Kansas City 11/27/94	7	141	20.1	34	0
82	Brian Blades	vs. Kansas City 9/3/95	8	107	13.4	23	1
83	* Joey Galloway	at Buffalo 10/15/95	5	102	20.4	54t	1
84	Brian Blades	vs. N.Y. Giants 11/5/95	6	153	25.5	44	2
85	* Joey Galloway	at Jacksonville 11/12/95	5	114	22.8	38	2
86	Brian Blades	at Denver 12/10/95	7	127	18.1	49	0
87	* Joey Galloway	vs. Oakland 12/17/95	5	108	21.6	43	1
88	Joey Galloway	at Miami 10/6/96	5	137	27.4	65t	2
89	Joey Galloway	at Denver 12/1/96	5	108	21.6	43	0
90	Joey Galloway	vs. San Diego 9/21/97	5	106	21.2	53	1
91	Joey Galloway	vs. Oakland 10/26/97	7	117	16.7	45	3
	James McKnight	vs. Oakland 10/26/97	4	100	25.0	42t	1
93	Joey Galloway	vs. San Francisco 12/21/97	6	101	16.8	37	2
94	Joey Galloway	at Philadelphia 9/6/98	6	142	23.7	35t	2
95	Joey Galloway	at Pittsburgh 9/27/98	7	139	19.9	40	0
96	Joey Galloway	at San Diego 10/25/98	4	130	32.5	81t	1
97	James McKnight	vs. Tennessee 11/29/98	5	113	22.6	59t	1
98	Joey Galloway	at N.Y. Jets 12/6/98	2	127	63.5	70t	2
99	Derrick Mayes	at Chicago 9/19/99	7	137	19.6	34t	1
100	Sean Dawkins	at Pittsburgh 9/26/99	5	105	21.0	43	0
101	Derrick Mayes	vs. Buffalo 10/24/99	6	105	17.5	43	2
102	Sean Dawkins	at Kansas City 11/21/99	5	114	22.8	45	1
103	Sean Dawkins	vs. Indianapolis 10/15/00	6	118	19.7	40	0
104	+ Ricky Watters	vs. Denver 11/26/00	9	126	14.0	59	0
105	Darrell Jackson	at Oakland 9/30/01	5	125	25.0	54	0
106	Darrell Jackson	vs. Miami 10/28/01	5	121	24.2	64	1
107	Darrell Jackson	vs. Oakland 11/11/01	7	102	14.6	31	1
108	Darrell Jackson	at Denver 12/9/01	4	104	26.0	39	1
109	Darrell Jackson	at San Diego 12/30/01	5	114	22.8	48	2
	James Williams	at San Diego 12/30/01	4	101	25.3	46	1
111	Darrell Jackson	vs. Arizona 9/15/02	10	174	17.4	48	0
112	Koren Robinson	at St. Louis 10/20/02	3	166	53.3	83	1
113	Koren Robinson	vs. Washington 11/3/02	8	100	12.5	23	0
114	Koren Robinson	vs. Kansas City 11/24/02	8	168	21.0	44	1
115	Darrell Jackson	at San Francisco 12/1/02	7	114	16.3	37	2
116	Koren Robinson	at Atlanta 12/15/02	9	143	15.9	35	0
117	Koren Robinson	at San Diego 12/29/02	9	103	11.4	21	1
	^ Itula Mili	at San Diego 12/29/02	7	119	17.0	49	0
119	Darrell Jackson	at Arizona 9/14/03	3	133	44.3	66t	2
120	Darrell Jackson	at Baltimore 11/23/03	7	146	20.9	80t	2
121	Darrell Jackson	vs. Cleveland 11/30/03	8	102	12.8	26t	2
	Koren Robinson	vs. Cleveland 11/30/03	6	122	20.3	32	0
123	Koren Robinson	at New England 10/17/04	9	150	16.7	31	0
124	Darrell Jackson	at Arizona 10/24/04	8	109	13.6	30	1

* Rookie; + Running Back; ^ Tight End

100 YARDS RECEIVING (CONTINUED)

	Player	Opponent	No.	Yds.	Avg.	LG	TD
125	Darrell Jackson	at San Francisco 11/7/04	5	114	22.8	39t	2
126	Darrell Jackson	vs. Dallas 12/6/04	9	113	12.6	35	1
	Jerry Rice	vs. Dallas 12/6/04	8	145	18.1	33	1
128	Darrell Jackson	at Minnesota 12/12/04	10	135	13.5	37	1
129	Darrell Jackson	vs. Arizona 12/26/04	6	101	16.8	53	0
130	Darrell Jackson	vs. Atlanta 9/18/05	8	131	16.4	41	0
131	Darrell Jackson	vs. Arizona 9/25/05	8	125	15.6	48	0
132	Bobby Engram	at Washington 10/2/05	9	106	11.8	26	0
133	Joe Jurevicius	at St. Louis 10/9/05	9	137	15.2	52	1
134	Joe Jurevicius	vs. New York Giants 11/27/05	8	137	17.1	35t	2
135	Darrell Jackson	vs. Arizona 9/17/06	5	127	25.4	49t	1
136	Darrell Jackson	vs. Minnesota 10/22/06	7	136	19.4	72t	1
137	Deion Branch	at San Francisco 11/19/06	7	113	16.1	38t	1
138	D.J. Hackett	at Arizona 12/10/06	4	104	26.0	47	1
139	Deion Branch	at Arizona 9/16/07	7	122	17.4	37	0
140	Deion Branch	at San Francisco 9/30/07	7	130	18.6	65	0
141	Bobby Engram	vs. New Orleans 10/14/07	9	120	13.3	27	0
142	Bobby Engram	at Cleveland 11/4/07	14	139	9.9	26	1
143	D.J. Hackett	vs. San Francisco 11/12/07	8	101	12.6	46	1
144	D.J. Hackett	vs. Chicago 11/18/07	9	136	15.1	59	1
145	Nate Burleson	at Atlanta 12/30/07	7	119	17.0	45t	2

100 Yards: Largent 40, Jackson 19, Blades 17, Galloway 12, Robinson 7, McCullum 5, Johns 4, J.L. Williams 4, Branch 3, Dawkins 3, Engram 3, Hackett 3, Kane 3, Butler 2, Jurevicius 2, Mayes 2, McKnight 2, Burleson, 1, Ferguson 1, Franklin 1, Hughes 1, Martin 1, Mili 1, Raible 1, Rice 1, Sims 1, Teal 1, Turner 1, Watters 1, J. Williams 1, C. Young 1.

300 YARDS PASSING (CHRONOLOGICAL)

	Player	Opponent	Att.	Comp.	Yds.	LG	TD	Int.
1	Jim Zorn	vs. San Diego 9/3/78	32	21	329	64t	2	1
2	Jim Zorn	at Green Bay 10/15/78	32	17	308	48t	1	2
3	Jim Zorn	vs. New Orleans 11/18/79	33	24	384	51t	4	0
4	Jim Zorn	vs. Denver 12/8/79	39	22	308	58	2	2
5	Jim Zorn	at Oakland 12/16/79	35	23	314	65t	2	1
6	Jim Zorn	vs. New England 9/21/80	36	20	312	40	4	1
7	Jim Zorn	vs. Kansas City 9/27/81	47	31	308	23	1	0
8	Jim Zorn	at Oakland 9/20/81	43	24	327	36t	1	1
9	Jim Zorn	at Denver 11/21/82	41	22	318	35t	1	1
10	Dave Krieg	at Denver 11/20/83	42	31	418	50t	3	4
11	Dave Krieg	at Green Bay 10/21/84	35	22	310	31	2	2
12	Dave Krieg	at Denver 11/25/84	44	30	406	80t	3	0
13	Dave Krieg	vs. Denver 12/15/84	50	30	334	30	2	2
14	Dave Krieg	at San Diego 9/15/85	32	22	307	40	5	0
15	Dave Krieg	vs. Atlanta 10/13/85	51	33	405	54	4	1
16	Dave Krieg	at San Diego 12/14/86	21	15	305	72t	4	0
17	Bruce Mathison	vs. Miami 10/4/87	42	20	326	47	2	3
18	Jeff Kemp	at Detroit 10/18/87	27	20	344	55	4	1
19	* Kelly Stouffer	vs. New Orleans 10/16/88	46	27	370	52	1	1
20	Dave Krieg	at L.A. Raiders 12/18/88	32	19	410	75t	4	1
21	Dave Krieg	vs. San Diego 10/29/89	49	27	311	24	1	2
22	Dave Krieg	at Kansas City 11/11/90	23	16	306	54t	2	0
23	Jeff Kemp	at Denver 9/15/91	50	21	322	47	0	2
24	Dave Krieg	at San Diego 11/10/91	39	29	379	49	2	1
25	John Friesz	vs. Houston 11/3/96	38	24	323	44	1	2
26	Warren Moon	vs. Oakland 10/26/97	44	28	409	45	5	0
27	Trent Dilfer	vs. Arizona 9/15/02	47	29	352	48	1	0
28	Matt Hasselbeck	vs. Kansas City 11/24/02	36	25	362	44	3	0
29	Matt Hasselbeck	at San Francisco 12/1/02	55	30	427	39	3	2
30	Matt Hasselbeck	vs. St. Louis 12/22/02	32	20	303	44	1	0
31	Matt Hasselbeck	at San Diego 12/29/02	53	36	449	49	2	2
32	Matt Hasselbeck	at Cincinnati 10/26/03	43	26	347	46t	3	3
33	Matt Hasselbeck	at Baltimore 11/23/03	41	23	333	80t	5	0

300 YARDS PASSING (CONTINUED)

Player	Opponent	Att.	Comp.	Yds.	LG	TD	Int.
34	Matt Hasselbeck vs. Cleveland 11/30/03	35	26	328	32	3	1
35	Matt Hasselbeck at San Francisco 12/27/03	37	24	315	31t	2	2
36	Matt Hasselbeck at New England 10/17/04	50	27	349	37	0	2
37	Matt Hasselbeck vs. Dallas 12/6/04	40	28	414	35	3	0
38	Matt Hasselbeck at Minnesota 12/12/04	34	23	334	37	3	2
39	Matt Hasselbeck at St. Louis 10/9/05	38	27	316	52	2	0
40	Matt Hasselbeck vs. New Orleans 10/14/07	43	26	362	29	2	1
41	Matt Hasselbeck at Cleveland 11/4/07 (OT)	47	30	318	31	2	1
42	Matt Hasselbeck vs. Chicago 11/18/07	44	30	337	59	2	0

300 Yards: Hasselbeck 15, Krieg 11, Zorn 9, Kemp 2, Dilfer 1, Friesz 1, Mathison 1, Moon 1, Stouffer 1.

3.0 SACKS (CHRONOLOGICAL)

Player	Opponent	Sacks	Yards
1	Bill Gregory vs. Denver 10/29/78	3.0	10.0
2	Jacob Green vs. L.A. Raiders 10/16/83	3.5	24.5
3	Jacob Green vs. New England 12/18/83	3.0	29.0
4	Jacob Green vs. Cleveland 9/3/84	3.0	24.0
5	Jeff Bryant vs. Detroit 12/2/84	3.0	19.0
6	Jacob Green vs. Cleveland 12/8/85	3.0	15.0
7	Jacob Green vs. N.Y. Giants 10/19/86	4.0	29.0
8	Jacob Green vs. Philadelphia 11/23/86	3.0	12.0
9	Fredd Young vs. Philadelphia 11/23/86	3.0	17.0
10	Jacob Green vs. Kansas City 9/11/88	3.0	28.0
11	Rufus Porter at San Diego 10/15/89	3.0	20.0
12	Jacob Green vs. Detroit 12/30/90	3.0	14.0
13	Rufus Porter vs. Denver 11/24/91	3.0	16.0
14	Cortez Kennedy at New England 9/20/92	3.0	23.0
15	Michael Sinclair vs. San Diego 10/3/93	3.0	23.0
16	Michael Sinclair vs. Denver 9/8/96	3.0	19.0
17	Michael Sinclair vs. Kansas City 9/15/96	4.0	13.0
18	Michael Sinclair vs. Buffalo 12/8/96	3.0	15.0
19	Michael McCrary at Jacksonville 12/15/96	3.0	13.0
20	Michael McCrary at Oakland 12/22/96	4.0	15.0
21	Chad Brown at Indianapolis 9/14/97	3.0	27.0
22	Cortez Kennedy at Green Bay 11/1/99	3.0	30.0
23	John Randle at San Diego 12/29/02	3.0	26.0
24	Craig Terrill vs. Oakland 11/6/06	3.0	13.0
25	Julian Peterson at San Francisco 9/30/07	3.0	31.0
26	Darryl Tapp vs. St. Louis 10/21/07	4.0	26.0
27	Patrick Kerney vs. Chicago 11/18/07	3.0	8.0
28	Patrick Kerney at St. Louis 11/25/07	3.0	23.0
29	Patrick Kerney vs. Arizona 12/9/07	3.0	21.0

3.0 Sacks: Green 8, Sinclair 4, Kerney 3, Kennedy 2, McCrary 2, Porter 2, Brown 1, Bryant 1, Gregory 1, Peterson 1, Randle 1, Tapp 1, Terrill 1, Young 1.

100 YARDS RUSHING

Player	Opponent	Att.	Yds.	Avg.	LG	TD
1	Shaun Alexander vs. Oakland 11/11/01	35	266	7.6	88t	3
2	* Curt Warner vs. Kansas City 11/27/83 (OT)	32	207	6.5	28	3
3	Shaun Alexander vs. Green Bay 11/27/06	40	201	5.0	21	0
4	Shaun Alexander vs. Carolina 10/31/04	32	195	6.1	44	1
5	Curt Warner vs. Denver 12/20/86	24	192	8.0	60t	3
6	Chris Warren at Houston 12/11/94	30	185	6.2	33	1
7	Ricky Watters vs. Indianapolis 12/20/98	32	178	4.2	38	1
8	Shaun Alexander vs. Jacksonville 10/7/01	31	176	5.7	23	2
	Shaun Alexander at St. Louis 11/14/04	22	176	8.0	35	0
10	Chris Warren at New England 9/19/93	36	174	4.5	17	1
11	Shaun Alexander at Arizona 11/6/05	23	173	7.5	88t	2
12	Shaun Alexander at Tennessee 12/18/05	26	172	6.6	52	1
13	Curt Warner at San Diego 9/15/85	28	169	6.0	21	2
14	Chris Warren vs. Phoenix 12/19/93 (OT)	27	168	6.2	45	1

* Rookie

100 YARDS RUSHING (CONTINUED)

	Player	Opponent	Att.	Yds.	Avg.	LG	TD
	Ricky Watters	vs. Oakland 12/16/00	26	168	6.5	53	0
16	Shaun Alexander	vs. St. Louis 11/13/05	33	165	5.0	37	3
17	Shaun Alexander	at San Francisco 11/7/04	26	160	6.2	22	2
18	Chris Warren	vs. Kansas City 11/22/92	20	154	7.7	35	1
	Shaun Alexander	vs. Arizona 12/26/04	30	154	5.1	23t	3
20	Sherman Smith	at Chicago 11/5/78	23	152	6.6	67t	2
21	Shaun Alexander	vs. St. Louis 10/10/04	23	150	6.5	41	1
22	Lamar Smith	at Detroit 10/17/96	33	148	4.5	18	1
23	Chris Warren	vs. San Diego 10/27/96	19	146	7.7	50	1
24	Shaun Alexander	vs. Kansas City 11/24/02	23	145	6.3	46t	2
25	Derrick Fenner	at Denver 9/23/90 (OT)	22	144	6.5	28	3
	Shaun Alexander	vs. Atlanta 9/18/05	28	144	5.0	17	1
27	Curt Warner	vs. San Diego 10/6/86	28	142	5.1	21	0
	Shaun Alexander	vs. Denver 10/14/01	33	142	4.3	60t	2
29	Shaun Alexander	vs. Houston 10/16/05	22	141	6.4	23t	4
30	Shaun Alexander	vs. Arizona 9/25/05	22	140	6.4	45	4
	Shaun Alexander	vs. San Diego 12/24/06	31	140	4.5	33t	2
32	Curt Warner	at Denver 10/26/86	21	139	6.6	14	0
	Shaun Alexander	vs. Minnesota 9/29/02	24	139	5.8	43	4
	Shaun Alexander	vs. Indianapolis 12/24/05	21	139	6.6	25	2
35	Steve Broussard	vs. Tennessee 10/5/97	6	138	23.0	77	2
	Maurice Morris	vs. Oakland 11/6/06	30	138	4.6	29	0
37	Curt Warner	at Denver 10/20/85 (OT)	27	136	5.0	19	0
	Chris Warren	at Washington 11/19/95	29	136	4.7	14	1
	Ricky Watters	vs. Washington 9/20/98	24	136	5.7	33	1
40	* Curt Warner	vs. Denver 11/6/83	24	135	5.6	23	0
	Shaun Alexander	vs. Arizona 12/21/03	21	135	6.4	44t	2
	Shaun Alexander	at New Orleans 9/12/04	28	135	4.8	27	2
43	Al Hunter	vs. Kansas City 12/17/78	27	133	4.9	55t	2
	Ricky Watters	vs. Cincinnati 11/8/99	27	133	4.9	19t	1
45	Jon Vaughn	vs. Pittsburgh 12/26/93	26	131	5.0	37	0
46	Curt Warner	vs. L.A. Raiders 11/28/88	27	130	4.8	26	0
47	* Curt Warner	at N.Y. Jets 9/11/83	25	128	5.1	31	2
48	Chris Warren	at Arizona 10/29/95 (OT)	23	127	5.5	52	0
	Shaun Alexander	vs. Kansas City 1/6/02	20	127	6.4	44t	1
	Shaun Alexander	at Atlanta 12/15/02	28	127	4.5	27t	2
	Shaun Alexander	vs. Cleveland 11/30/03	27	127	4.7	21	1
52	Curt Warner	vs. Denver 12/11/88	23	126	5.5	18	4
	Chris Warren	vs. Pittsburgh 9/25/94	26	126	4.8	28	1
	Shaun Alexander	at St. Louis 12/14/03	25	126	5.0	35	1
55	Ricky Watters	at Green Bay 11/1/99	31	125	4.0	45	2
56	* Sherman Smith	vs. Atlanta 11/7/76	14	124	8.9	53t	1
	Maurice Morris	vs. St. Louis 11/12/06	21	124	5.9	20	0
58	Curt Warner	vs. Green Bay 11/15/87	25	123	4.9	57	1
	Shaun Alexander	vs. Philadelphia 12/8/02	17	123	7.2	58	0
60	Dan Doornink	at Atlanta 10/29/79	21	122	5.8	26t	2
	Curt Warner	at Dallas 11/27/86	22	122	5.5	19	1
	Chris Warren	at New England 9/20/92	24	122	5.1	24	1
	Chris Warren	vs. L.A. Raiders 12/18/94	24	122	5.1	33	1
	Chris Warren	at Denver 11/13/94	18	122	6.8	23	1
65	David Sims	at N.Y. Jets 9/17/78	23	121	5.3	25	3
	Chris Warren	at Jacksonville 11/12/95	27	121	4.5	29	1
67	Curt Warner	vs. San Diego 11/22/87	23	119	5.2	27	1
	Shaun Alexander	at St. Louis 10/9/05	25	119	4.8	18t	2
69	Jim Jodat	at Washington 9/28/80	22	117	5.3	12	0
	Chris Warren	at Kansas City 10/23/94	19	117	6.2	41	0
71	* Curt Warner	vs. New England 12/18/83	26	116	4.5	14	0
	Curt Warner	vs. L.A. Raiders 12/8/86	23	116	5.0	18	2
	Chris Warren	vs. Tampa Bay 11/20/94	16	116	7.3	31	0
	Chris Warren	vs. Buffalo 12/8/96	21	116	5.5	51	0
75	Chris Warren	vs. Denver 10/1/95	24	115	4.8	18	3
	Ricky Watters	at Denver 12/19/99	15	115	7.2	26	1
	Shaun Alexander	at San Francisco 11/20/05	24	115	4.8	40	2

100 YARDS RUSHING (CONTINUED)

	Player	Opponent	No.	Yds.	Avg.	LG	TD
78	Curt Warner	vs. Pittsburgh 9/7/86	21	114	5.4	31	0
79	Eric Lane	at Minnesota 9/30/84	14	113	8.1	40t	1
80	John L. Williams	vs. Kansas City 9/20/87	15	112	7.5	48	1
	Curt Warner	at L.A. Raiders 10/25/87	29	112	3.9	9	2
	Derrick Fenner	at Green Bay 12/9/90	20	112	5.5	36	1
	Chris Warren	vs. Cleveland 11/14/93	24	112	4.7	20	0
	Chris Warren	vs. San Diego 10/22/95	18	112	6.2	17	2
	Shaun Alexander	at Minnesota 12/12/04	27	112	4.1	22	0
86	Curt Warner	at Atlanta 10/2/88	22	110	5.0	21	1
	Shaun Alexander	vs. Detroit 11/16/03	20	110	5.5	55	1
	Shaun Alexander	vs. N.Y. Giants 11/27/05 (OT)	31	110	3.5	20	1
89	* Curt Warner	vs. San Diego 9/18/83	22	109	5.9	23	2
	John L. Williams	vs. Denver 12/11/88	20	109	5.5	18	0
	John L. Williams	vs. Denver 11/24/91	17	109	6.4	42	0
	Chris Warren	vs. Cincinnati 9/17/95	24	109	4.5	30	1
93	Shaun Alexander	vs. New Orleans 9/7/03	24	108	4.5	15	1
	Shaun Alexander	vs. San Francisco 12/11/05	21	108	5.1	16	1
95	Ricky Watters	at Kansas City 11/21/99	24	107	4.5	45	2
96	David Sims	vs. Baltimore 11/12/78	14	106	7.6	44t	2
	Curt Warner	at Washington 9/28/86	16	106	6.6	29	1
98	Curt Warner	vs. New England 11/17/85	24	105	4.4	24	0
	John L. Williams	vs. L.A. Raiders 11/28/88	17	105	6.2	24	0
	Chris Warren	vs. Oakland 12/17/95	17	105	6.2	35	3
	Ricky Watters	vs. Arizona 9/13/98	22	105	4.8	17	0
	Ricky Watters	vs. Kansas City 11/8/98	24	105	4.4	13	2
	Ricky Watters	vs. New Orleans 9/17/00	22	105	4.8	16	1
	Shaun Alexander	vs. Tampa Bay 9/9/07	27	105	3.9	22	1
105	David Sims	at Green Bay 10/15/78	22	104	4.7	12	1
	Theotis Brown	at N.Y. Jets 10/25/81	14	104	7.4	43	0
	Ricky Watters	vs. Dallas 12/16/01	28	104	3.7	18	1
	Maurice Morris	vs. Houston 10/16/05	8	104	13.0	49	1
109	Chris Warren	vs. Washington 11/8/92	19	103	5.4	36	0
	Chris Warren	vs. Green Bay 9/29/96	18	103	5.7	37	1
111	John L. Williams	vs. Houston 11/13/88	13	102	7.8	44t	1
	Curt Warner	at L.A. Raiders 10/1/89	21	102	4.8	21	1
	John L. Williams	at Kansas City 1/2/94	16	102	6.4	38	1
	Shaun Alexander	at Green Bay 10/5/03	20	102	5.1	18	1
115	* Curt Warner	at L.A. Raiders 10/30/83	23	101	4.4	24	1
	Chris Warren	at Denver 12/10/95	18	101	5.6	24	1
	Shaun Alexander	vs. Chicago 10/19/03	21	101	4.8	25t	2
118	Chris Warren	at Washington 9/4/94	22	100	4.5	13	2
	* Ahman Green	at Philadelphia 9/6/98	6	100	16.7	64	1
	Shaun Alexander	vs. Cincinnati 9/23/07	21	100	4.8	22	0

100 Yards: Alexander 37, Warren 24, Warner 23, Watters 11, J.L. Williams 6, Morris 3, Sims 3, Fenner 2, S. Smith 2, Broussard 1, Brown 1, Doornink 1, Green 1, Hunter 1, Jodat 1, Lane 1, L. Smith 1, Vaughn 1.

300 YARDS PASSING

	Player	Opponent	Att.	Comp.	Yds.	LG	TD	Int.
1	Matt Hasselbeck	at San Diego 12/29/02	53	36	449	49	2	2
2	Matt Hasselbeck	at San Francisco 12/1/02	55	30	427	39	3	2
3	Dave Krieg	at Denver 11/20/83	42	31	418	50t	3	4
4	Matt Hasselbeck	vs. Dallas, 12/6/04	40	28	414	35	3	0
5	Dave Krieg	at L.A. Raiders 12/18/88	32	19	410	75t	4	1
6	Warren Moon	vs. Oakland 10/26/97	44	28	409	45	5	0
7	Dave Krieg	at Denver 11/25/84	44	30	406	80t	3	0
8	Dave Krieg	vs. Atlanta 10/13/85	51	33	405	54	4	1
9	Jim Zorn	vs. New Orleans 11/18/79	33	24	384	51t	4	0
10	Dave Krieg	at San Diego 11/10/91	39	29	379	49	2	1
11	* Kelly Stouffer	vs. New Orleans 10/16/88	46	27	370	52	1	1
12	Matt Hasselbeck	vs. Kansas City 11/24/02	36	25	362	44	3	0
	Matt Hasselbeck	vs. New Orleans 10/14/07	43	26	362	29	2	1
14	Trent Duffer	vs. Arizona 9/15/02	47	29	352	48	1	0
15	Matt Hasselbeck	at New England, 10/17/04	50	27	349	37	0	2

* Rookie; + Running Back; ^ Tight End

300 YARDS PASSING (CONTINUED)

	Player	Opponent	Att.	Comp.	Yds.	LG	TD	Int.
16	Matt Hasselbeck	at Cincinnati 10/26/03	43	26	347	46t	3	3
17	Jeff Kemp	at Detroit 10/18/87	27	20	344	55	4	1
18	Matt Hasselbeck	vs. Chicago 11/18/07	44	30	337	59	2	0
19	Dave Krieg	vs. Denver 12/15/84	50	30	334	30	2	2
	Matt Hasselbeck	at Minnesota, 12/12/04	34	23	334	37	3	2
21	Matt Hasselbeck	at Baltimore 11/23/03	41	23	333	80t	5	0
22	Jim Zorn	vs. San Diego 9/3/78	32	21	329	64t	2	1
23	Matt Hasselbeck	vs. Cleveland 11/30/03	35	26	328	32	3	1
24	Jim Zorn	at Oakland 9/20/81	43	24	327	36t	1	1
25	Bruce Mathison	vs. Miami 10/4/87	42	20	326	47	2	3
26	John Friesz	vs. Houston 11/3/96	38	24	323	44	1	2
27	Jeff Kemp	at Denver 9/15/91	50	21	322	47	0	2
28	Jim Zorn	at Denver 11/21/82	41	22	318	35t	1	1
	Matt Hasselbeck	at Cleveland 11/4/07 (OT)	47	30	318	31	2	1
30	Matt Hasselbeck	at St. Louis 10/9/05	38	27	316	52	2	0
31	Matt Hasselbeck	at San Francisco 12/27/03	37	24	315	31t	2	2
32	Jim Zorn	at Oakland 12/16/79	35	23	314	65t	2	1
33	Jim Zorn	vs. New England 9/21/80	36	20	312	40	4	1
34	Dave Krieg	vs. San Diego 10/29/89	49	27	311	24	1	2
35	Dave Krieg	at Green Bay 10/21/84	35	22	310	31	2	2
36	Jim Zorn	at Green Bay 10/15/78	32	17	308	48t	1	2
	Jim Zorn	vs. Denver 12/8/79	39	22	308	58	2	2
	Jim Zorn	vs. Kansas City 9/27/81	47	31	308	23	1	0
39	Dave Krieg	at San Diego 9/15/85	32	22	307	40	5	0
40	Dave Krieg	at Kansas City 11/11/90	23	16	306	54t	2	0
41	Dave Krieg	at San Diego 12/14/86	21	15	305	72t	4	0
42	Matt Hasselbeck	vs. St. Louis 12/22/02	32	20	303	44	1	0

300 Yards: Hasselbeck 15, Krieg 11, Zorn 9, Kemp 2, Dilfer 1, Friesz 1, Mathison 1, Moon 1, Stouffer 1.

100 YARDS RECEIVING

	Player	Opponent	No.	Yds.	Avg.	LG	TD
1	Steve Largent	at Detroit 10/18/87	15	261	17.4	55	3
2	Steve Largent	at Denver 11/25/84	12	191	15.9	65	1
3	+John L. Williams	at L.A. Raiders 12/18/88	7	180	25.7	75t	1
4	Darrell Jackson	vs. Arizona 9/15/02	10	174	17.4	48	0
5	Sam McCullum	at Oakland 12/16/79	8	173	21.6	65t	1
6	Steve Largent	vs. N.Y. Jets 12/6/81	7	169	24.1	57	1
7	Koren Robinson	vs. Kansas City 11/24/02	8	168	21.0	44	1
8	Koren Robinson	at St. Louis 10/20/02	3	166	53.3	83	1
9	Tommy Kane	at Miami 12/16/90	10	162	16.2	25	0
10	Brian Blades	at New Orleans 9/1/91	12	160	13.3	31	2
11	Steve Largent	at St. Louis 11/13/83	8	155	19.4	45	3
12	Brian Blades	vs. N.Y. Giants 11/5/95	6	153	25.5	44	2
13	Koren Robinson	at New England 10/17/04	9	150	16.7	31	0
14	Steve Largent	vs. New Orleans 11/18/79	9	146	16.2	34t	2
	Brian Blades	vs. Phoenix 9/17/89	9	146	16.2	28	1
	Darrell Jackson	at Baltimore 11/23/03	7	146	20.9	80t	2
17	* Brian Blades	vs. New Orleans 10/16/88	8	145	18.1	52	1
	Jerry Rice	vs. Dallas 12/6/04	8	145	18.1	33	1
19	Koren Robinson	at Atlanta 12/15/02	9	143	15.9	35	0
20	Steve Largent	at Oakland 10/26/80	4	142	35.5	67t	1
	Joey Galloway	at Philadelphia 9/6/98	6	142	23.7	35t	2
22	Brian Blades	vs. Kansas City 11/27/94	7	141	20.1	34	0
23	^ Charle Young	at San Diego 10/9/83	7	140	20.0	43	0
24	Steve Largent	vs. L.A. Raiders 9/16/79	5	139	27.8	40t	2
	Steve Largent	vs. N.Y. Giants 12/7/80	8	139	17.4	34t	1
	Joey Galloway	at Pittsburgh 9/27/98	7	139	19.9	40	0
	Bobby Engram	at Cleveland 11/4/07	14	139	9.9	26	1
28	Steve Largent	vs. New England 11/17/85	8	138	17.3	27	0
29	Derrick Mayes	at Chicago 9/19/99	7	137	19.6	34t	1
	Jimmy Teal	vs. Miami 10/4/87	9	137	15.2	47	0
	Joey Galloway	at Miami 10/6/96	5	137	27.4	65t	2
	Joe Jurevicius	at St. Louis 10/9/05	9	137	15.2	52	1
	Joe Jurevicius	vs. N.Y. Giants 11/27/05	8	137	17.1	35t	2

100 YARDS RECEIVING (CONTINUED)

	Player	Opponent	No.	Yds.	Avg.	LG	TD
34	Darrell Jackson	vs. Minnesota 10/22/06	7	136	19.4	72t	1
	D.J. Hackett	vs. Chicago 11/18/07	9	136	15.1	59	1
36	Steve Largent	vs. Houston 10/21/79	6	135	22.5	55t	2
	Darrell Jackson	at Minnesota 12/12/04	10	135	13.5	37	1
38	Steve Largent	vs. Buffalo 10/30/77	4	134	33.5	48t	2
	Brian Blades	vs. Kansas City 12/5/93	7	134	19.1	41	0
40	Steve Largent	vs. New England 12/18/83	7	133	19.0	46	1
	Darrell Jackson	at Arizona 9/14/03	3	133	44.3	66t	2
42	Brian Blades	vs. San Diego 10/3/93	10	132	13.2	20	1
43	Brian Blades	at San Diego 11/10/91	8	131	16.4	39	0
	Darrell Jackson	vs. Atlanta 9/18/05	8	131	16.4	41	0
45	Steve Largent	vs. Washington 9/25/83	8	130	16.3	45	2
	Steve Largent	at Minnesota 9/30/84	8	130	16.3	30	1
	Joey Galloway	at San Diego 10/25/98	4	130	32.5	81t	1
	Deion Branch	at San Francisco 9/30/07	7	130	18.6	65	0
49	Steve Largent	at Green Bay 10/21/84	7	129	18.4	31	1
	+ John L. Williams	vs. L.A. Raiders 12/17/89	12	129	10.8	36	1
51	* Steve Largent	vs. San Francisco 9/26/76	7	128	18.3	41	1
	Ray Butler	at New England 9/21/86	3	128	42.7	67t	2
53	Steve Largent	vs. San Diego 9/3/78	6	127	21.2	33t	1
	Steve Largent	at Green Bay 10/15/78	6	127	21.2	48t	1
	Steve Largent	at Atlanta 10/29/79	6	127	21.2	53	0
	Steve Largent	vs. New England 9/21/80	6	127	21.2	31t	2
	Brian Blades	at Denver 12/10/95	7	127	18.1	49	0
	Joey Galloway	at N.Y. Jets 12/6/98	2	127	63.5	70t	2
	Darrell Jackson	vs. Arizona 9/17/06	5	127	25.4	49t	1
60	Steve Largent	at Chicago 11/5/78	6	126	21.0	31	2
	+ Ricky Watters	vs. Denver 11/26/00	9	126	14.0	59	0
62	Darrell Jackson	at Oakland 9/30/01	5	125	25.0	54	0
	Darrell Jackson	vs. Arizona 9/25/05	8	125	15.6	48	0
64	Brian Blades	at L.A. Raiders 12/11/88	4	123	30.8	55	2
65	Sam McCullum	at Oakland 9/20/81	6	122	20.3	36t	1
	Brian Blades	at Denver 11/26/89	8	122	15.3	29	0
	Tommy Kane	at Denver 9/15/91	6	122	20.3	38	0
	Koren Robinson	vs. Cleveland 11/30/03	6	122	20.3	32	0
	Deion Branch	at Arizona 9/16/07	7	122	17.4	37	0
70	Daryl Turner	at San Diego 9/15/85	7	121	17.3	34	4
	Darrell Jackson	vs. Miami 10/28/01	5	121	24.2	64	1
72	Steve Largent	at Kansas City 12/2/79	9	120	13.3	28	2
	Bobby Engram	vs. New Orleans 10/14/07	9	120	13.3	27	0
74	^ Itula Mili	at San Diego 12/29/02	7	119	17.0	49	0
	Nate Burleson	at Atlanta 12/30/07	7	119	17.0	45t	2
76	Steve Largent	vs. San Diego 10/4/81	5	118	23.6	34	1
	Paul Johns	vs. Pittsburgh 10/23/83	6	118	19.7	28t	1
	Byron Franklin	vs. San Diego 10/6/86	5	118	23.6	46t	1
	Sean Dawkins	vs. Indianapolis 10/15/00	6	118	19.7	40	0
80	+ John L. Williams	at Chicago 12/20/87	8	117	14.6	75t	1
	Brian Blades	vs. San Diego 10/29/89	10	117	11.7	21	1
	Joey Galloway	vs. Oakland 10/26/97	7	117	16.7	45	3
83	Steve Largent	vs. San Diego 11/27/77	4	116	29.0	74t	2
	Steve Largent	vs. San Diego 9/18/83	8	116	14.5	41t	2
	Paul Johns	at Denver 11/20/83	9	116	12.9	20	0
86	Steve Largent	at Cincinnati 9/6/81	8	114	14.3	36	1
	* Joey Galloway	at Jacksonville 11/12/95	5	114	22.8	38	2
	Sean Dawkins	at Kansas City 11/21/99	5	114	22.8	45t	1
	Darrell Jackson	at San Diego 12/30/01	5	114	22.8	48t	2
	Darrell Jackson	at San Francisco 12/1/02	7	114	16.3	37	2
	Darrell Jackson	at San Francisco, 11/7/04	5	114	22.8	39t	2
92	Duke Ferguson	vs. Buffalo 10/30/77	4	113	28.3	45	1
	Brian Blades	at L.A. Raiders 10/1/89	7	113	16.1	32	1
	James McKnight	vs. Tennessee 11/29/98	5	113	22.6	59t	1
	Darrell Jackson	vs. Dallas, 12/6/04	9	113	12.6	35	1

* Rookie; + Running Back; ^ Tight End

100 YARDS RECEIVING (CONTINUED)

	Player	Opponent	No.	Yds.	Avg.	LG	TD
	Deion Branch	at San Francisco 11/19/06	7	113	16.1	38t	1
97	Sam McCullum	vs. St. Louis 9/12/76	4	112	28.0	72t	2
	Steve Raible	at Minnesota 11/14/76	3	112	37.7	80t	1
99	Steve Largent	vs. Chicago 12/12/82	8	111	13.9	34	0
100	Steve Largent	at Denver 9/23/79	6	110	18.3	42	0
	Steve Largent	at New Orleans 11/10/85	5	110	22.0	43	0
	+ John L. Williams	at San Diego 11/25/90	9	110	12.2	60	0
103	Steve Largent	vs. Pittsburgh 11/28/82	5	109	21.8	45	0
	Darrell Jackson	at Arizona, 10/24/04	8	109	13.6	30	1
105	Steve Largent	vs. Cleveland 12/3/78	8	108	13.5	27	1
	Steve Largent	vs. N.Y. Jets 11/2/86	7	108	15.4	30	1
	* Joey Galloway	vs. Oakland 12/17/95	5	108	21.6	43	1
	Joey Galloway	at Denver 12/1/96	5	108	21.6	43	0
109	Sam McCullum	at N.Y. Jets 10/19/80	5	107	21.4	58	0
	Ray Butler	vs. Denver 12/13/87	6	107	17.8	40t	2
	Brian Blades	at Cincinnati 12/10/89	6	107	17.8	60t	1
	Brian Blades	at Denver 9/15/91	5	107	21.4	47	1
	Brian Blades	vs. Kansas City 9/3/95	8	107	13.4	23	1
114	Steve Largent	vs. Buffalo 10/14/84	5	106	21.2	51t	2
	Joey Galloway	vs. San Diego 9/21/97	5	106	21.2	53	1
	Bobby Engram	at Washington 10/2/05	9	106	11.8	26	0
117	* David Sims	at Cincinnati 9/25/77	4	105	26.3	82t	1
	Paul Johns	at New England 9/16/84	8	105	13.1	25	0
	Sean Dawkins	at Pittsburgh 9/26/99	5	105	21.0	43	0
	Derrick Mayes	vs. Buffalo 10/24/99	6	105	17.5	43t	2
121	Steve Largent	vs. Detroit 12/2/84	8	104	13.0	22	2
	Kelvin Martin	at Indianapolis 10/2/94	8	104	13.0	30t	1
	Darrell Jackson	at Denver 12/9/01	4	104	26.0	39	1
	D.J. Hackett	at Arizona 12/10/06	4	104	26.0	47	1
125+*	David Hughes	vs. Kansas City 9/27/81	12	103	8.6	22	0
	Paul Johns	at Denver 11/21/82	5	103	20.6	35	0
	Steve Largent	vs. Atlanta 10/13/85	8	103	12.9	27	1
	Brian Blades	vs. San Diego 12/27/92	6	103	17.2	37	0
	Koren Robinson	at San Diego 12/29/02	9	103	11.4	21	1
130	Sam McCullum	vs. Denver 12/8/79	5	102	20.4	58	0
	Steve Largent	at Cincinnati 11/16/86	7	102	14.6	28	0
	Tommy Kane	at Pittsburgh 10/20/91	6	102	17.0	60t	0
	* Joey Galloway	at Buffalo 10/15/95	5	102	20.4	54t	1
	Darrell Jackson	vs. Oakland 11/11/01	7	102	14.6	31	1
	Darrell Jackson	vs. Cleveland 11/30/03	8	102	12.8	26t	2
136	* Steve Largent	vs. New Orleans 11/21/76	6	101	16.8	22	1
	Steve Largent	vs. Philadelphia 11/2/80	6	101	16.8	27	1
	Steve Largent	vs. Kansas City 12/1/85	7	101	14.4	31	1
	Steve Largent	vs. Denver 12/20/86	6	101	16.8	27	0
	Joey Galloway	vs. San Francisco 12/21/97	6	101	16.8	37	2
	James Williams	at San Diego 12/30/01	4	101	25.3	46	1
	Darrell Jackson	vs. Arizona, 12/26/04	6	101	16.8	53	0
	D.J. Hackett	vs. San Francisco 11/12/07	8	101	12.6	46	1
144	James McKnight	vs. Oakland 10/26/97	4	100	25.0	42t	1
	Koren Robinson	vs. Washington 11/3/02	8	100	12.5	23	0

100 Yards: Largent 40, Jackson 19, Blades 17, Galloway 12, Robinson 7, McCullum 5, Johns 4, J.L. Williams 4, Branch 3, Dawkins 3, Engram 3, Hackett 3, Kane 3, Butler 2, Jurevicius 2, Mayes 2, McKnight 2, Burleson 1, Ferguson 1, Franklin 1, Hughes 1, Martin 1, Mili 1, Raible 1, Rice 1, Sims 1, Teal 1, Turner 1, Watters 1, J. Williams 1, C. Young 1.

3.0 SACKS

	Player	Opponent	Sacks	Yards
1.	Jacob Green	vs. N.Y. Giants 10/19/86	4.0	29.0
	Michael Sinclair	vs. Kansas City 9/15/96	4.0	13.0
	Michael McCrary	at Oakland 12/22/96	4.0	15.0
	Darryl Tapp	vs. St. Louis 10/21/07	4.0	26.0
5.	Jacob Green	vs. L.A. Raiders 10/16/83	3.5	24.5
6.	Bill Gregory	vs. Denver 10/29/78	3.0	10.0
	Jacob Green	vs. New England 12/18/83	3.0	29.0
	Jacob Green	vs. Cleveland 9/3/84	3.0	24.0
	Jeff Bryant	vs. Detroit 12/2/84	3.0	19.0
	Jacob Green	vs. Cleveland 12/8/85	3.0	15.0
	Jacob Green	vs. Philadelphia 11/23/86	3.0	12.0
	Fredd Young	vs. Philadelphia 11/23/86	3.0	17.0
	Jacob Green	vs. Kansas City 9/11/88	3.0	28.0
	Rufus Porter	vs. San Diego 10/15/89	3.0	20.0
	Jacob Green	vs. Detroit 12/30/90	3.0	14.0
	Rufus Porter	vs. Denver 11/24/91	3.0	16.0
	Cortez Kennedy	at New England 9/20/92	3.0	23.0
	Michael Sinclair	vs. San Diego 10/3/93	3.0	23.0
	Michael Sinclair	vs. Denver 9/8/96	3.0	19.0
	Michael Sinclair	vs. Buffalo 12/8/96	3.0	15.0
	Michael McCrary	at Jacksonville 12/15/96	3.0	13.0
	Chad Brown	at Indianapolis 9/14/97	3.0	27.0
	Cortez Kennedy	at Green Bay 11/1/99	3.0	30.0
	John Randle	at San Diego 12/29/02	3.0	26.0
	Craig Terrill	vs. Oakland 11/6/06	3.0	13.0
	Julian Peterson	at San Francisco 9/30/07	3.0	31.0
	Patrick Kerney	vs. Chicago 11/18/07	3.0	8.0
	Patrick Kerney	at St. Louis 11/25/07	3.0	23.0
	Patrick Kerney	vs. Arizona 12/9/07	3.0	21.0

3.0 Sacks: Green 8, Sinclair 4, Kerney 3, Kennedy 2, McCrary 2, Porter 2, Brown 1, Bryant 1, Gregory 1, Peterson 1, Randle 1, Tapp 1, Terrill 1, Young 1.

TOP SINGLE-GAME OPPONENT PERFORMANCES

100 YARDS RUSHING (CHRONOLOGICAL)

	Player	Team, Date	Att.	Yds.	Avg.	LG	TD
1	Terry Metcalf	vs. St. Louis 9/12/76	16	113	7.1	36	0
	Jim Otis	vs. St. Louis 9/12/76	27	140	5.2	18	1
3	Mike Thomas	vs. Washington 9/19/76	27	143	5.3	24	1
4	Robert Newhouse	vs. Dallas 10/3/76	19	120	6.3	24	1
5	Sonny Collins	vs. Atlanta 11/7/76	17	100	5.9	47	0
6	Chuck Foreman	vs. Minnesota 11/14/76	17	100	5.9	36	0
7	Walter Payton	vs. Chicago 12/5/76	27	183	6.8	44	0
8	Tom Sullivan	at Philadelphia 12/12/76	23	121	5.3	26	2
9	Lydell Mitchell	vs. Baltimore 9/18/77	32	114	3.6	14	0
10	Sam Cunningham	at New England 10/9/77	31	101	3.3	26	0
11	Clarence Davis	at Oakland 11/6/77	18	100	5.6	24	1
12	Franco Harris	at Pittsburgh 12/4/77	23	103	4.5	11	0
13	Greg Pruitt	vs. Cleveland 12/18/77	22	127	5.8	18	1
14	Dexter Bussey	vs. Detroit 9/24/78	20	120	6.0	29t	1
15	Terdell Middleton	at Green Bay 10/15/78	23	121	5.3	25	4
16	Walter Payton	at Chicago 11/5/78	18	109	6.1	12	1
17	Greg Pruitt	vs. Cleveland 12/3/78	12	113	9.4	44	0
18	Tony Reed	vs. Kansas City 12/17/78	11	121	11.0	62t	1
19	Ted McKnight	vs. Kansas City 9/30/79	12	147	12.3	84t	2
20	Mike Pruitt	at Cleveland 11/11/79	15	141	9.4	65t	2
21	John Cappelletti	vs. San Diego 9/7/80	16	112	7.0	46	0
22	Mike Pruitt	vs. Cleveland 10/12/80	24	116	4.8	22t	2

100 YARDS RUSHING (CONTINUED)

Player	Team, Date	Att.	Yds.	Avg.	LG	TD
23	Tony Dorsett at Dallas 11/27/80	24	107	4.5	16	2
24	Billy Taylor vs. N.Y. Giants 12/7/80	19	103	5.4	30t	1
25	Earl Campbell vs. Houston 10/11/81	39	186	4.8	27	2
26	Rob Carpenter vs. N.Y. Giants 10/18/81	21	116	5.5	22	1
27	Gerry Ellis at Green Bay 11/1/81	23	127	5.5	19	0
28	Chuck Muncie vs. San Diego 11/16/81	20	151	7.6	73t	2
29	James Hadnot at Kansas City 11/22/81	10	106	10.6	24	0
30	Mike Pruitt vs. Cleveland 9/12/82	30	136	4.5	10	2
31	Earl Campbell at Houston 9/19/82	30	142	4.7	19	1
32	Marcus Allen vs. L.A. Raiders 12/5/82	24	156	6.5	53	2
33	Tony Collins vs. New England 12/19/82	32	103	3.2	11	0
34	Freeman McNeil at N.Y. Jets 9/11/83	22	140	6.4	19	0
35	Mike Pruitt at Cleveland 10/2/83	24	107	4.5	10	0
36	Franco Harris vs. Pittsburgh 10/23/83	31	132	4.3	11	1
37	Ottis Anderson at St. Louis 11/13/83	29	130	4.5	16	0
38	Tony Dorsett vs. Dallas 12/4/83	26	117	4.5	17	2
39	Tony Collins at New England 9/16/84	20	107	5.4	21	0
40	Walter Payton vs. Chicago 9/23/84	24	116	4.8	25	0
41	Greg Bell vs. Buffalo 10/14/84	28	113	4.0	22	0
42	Larry Kinnebrew at Cincinnati 11/18/84	22	119	5.4	12	0
43	Larry Kinnebrew at Cincinnati 9/8/85	18	101	5.6	16	1
44	Eric Dickerson vs. L.A. Rams 9/23/85	31	150	4.8	43	3
45	Gerald Riggs vs. Atlanta 10/13/85	23	139	6.0	30	0
46	Freeman McNeil vs. N.Y. Jets 10/27/85	22	151	6.8	30	0
47	Marcus Allen vs. L.A. Raiders 11/3/85	19	101	5.3	12	0
48	Marcus Allen at L.A. Raiders 12/15/85	27	109	4.0	14	1
49	George Rogers at Washington 9/28/86	25	115	4.6	24	2
50	Joe Morris vs. N.Y. Giants 10/19/86	24	116	4.8	16	0
51	Marc Logan vs. Cincinnati 10/11/87	16	103	6.4	30	1
52	Bo Jackson vs. L.A. Raiders 11/30/87	18	221	12.3	91t	2
53	Frank Pollard at Pittsburgh 12/6/87	22	106	4.8	15	1
54	Gary Anderson at San Diego 9/18/88	19	120	6.3	25t	1
55	Roger Craig vs. San Francisco 9/25/88	21	107	5.1	24	0
56	John Settle at Atlanta 10/2/88	21	115	5.5	20	0
57	John Stephens at New England 12/4/88	31	121	3.9	21	0
58	Christian Okoye vs. Kansas City 10/8/89	30	156	5.2	21	1
59	Christian Okoye at Kansas City 11/5/89	37	126	3.4	16	1
60	Neil Anderson at Chicago 9/9/90	20	101	5.1	17	2
61	Bobby Humphrey at Denver 9/23/90 (OT)	25	129	5.2	26	0
62	Marion Butts at San Diego 11/25/90	28	128	4.6	19	0
63	Harold Green vs. Cincinnati 9/6/92	21	123	5.9	52	0
64	Barry Foster at Pittsburgh 12/6/92	33	125	3.8	12	1
65	Herschel Walker vs. Philadelphia 12/13/92	23	111	4.8	18	1
66	Barry Sanders at Detroit 10/17/93	22	101	4.6	29	0
67	Leonard Russell vs. Denver 10/9/94	22	103	4.7	22	0
68	Natrone Means at San Diego 10/30/94	26	104	4.0	20	1
69	Leonard Russell at Denver 11/13/94	19	109	5.7	22	1
70	Eric Rgett vs. Tampa Bay 11/20/94	24	111	4.6	27	0
71	Marshall Faulk vs. Indianapolis 12/4/94	27	129	4.8	45t	1
72	Greg Hill vs. Kansas City 9/3/95	15	109	7.3	27	0
73	Natrone Means at San Diego 9/10/95	26	115	4.4	9	0
74	Harvey Williams at Oakland 10/8/95	19	160	8.4	37	0
75	Adrian Murrell vs. N.Y. Jets 11/26/95	24	116	4.8	21	1
76	Glyn Milburn at Denver 12/10/95	18	131	7.3	23	0
77	Greg Hill at Kansas City 12/24/95	21	113	5.4	16	0
78	Terrell Davis vs. Denver 9/8/96	28	111	3.9	17	0
79	Barry Sanders at Detroit 11/17/96	16	134	8.4	40	1
80	Napolean Kaufman vs. Oakland 11/24/96	15	104	6.9	21	0
81	Terrell Davis at Denver 12/1/96	26	106	4.1	16	1
82	Adrian Murrell vs. N.Y. Jets 8/31/97	24	131	5.5	15	0
83	Terrell Davis vs. Denver 9/7/97	21	107	5.1	14	1
84	Eddie George vs. Tennessee 10/5/97	26	116	4.5	22	0
85	Napolean Kaufman vs. Oakland 10/26/97	17	112	6.6	55	1
86	Terrell Davis at Denver 11/2/97	21	101	4.8	19	0

100 YARDS RUSHING (CONTINUED)

	Player	Team, Date	Att.	Yds.	Avg.	LG	TD
87	Jerome Bettis	at Pittsburgh 9/27/98	28	138	4.9	23	0
88	Terrell Davis	vs. Denver 10/11/98	30	208	6.9	70	1
89	Terrell Davis	at Denver 12/27/98	29	178	6.1	21	0
90	Tyrone Wheatley	vs. Oakland 10/3/99	20	100	5.0	23	1
91	Dorsey Levens	at Green Bay 11/1/99	24	104	4.3	15	0
92	Olandis Gary	at Denver 12/19/99	22	183	8.3	71	0
93	Curtis Martin	at N.Y. Jets 1/2/00	34	158	4.6	50	1
94	Lamar Smith	at Miami 9/3/00	27	145	5.4	36	1
95	Ricky Williams	vs. New Orleans 9/17/00	23	107	4.7	15	0
96	Tim Biakabutuka	at Carolina 10/8/00	23	103	4.5	43	0
97	Edgerrin James	vs. Indianapolis 10/15/00	38	219	5.8	26	3
98	Tyrone Wheatley	at Oakland 10/22/00	15	156	10.4	80	1
99	Fred Taylor	at Jacksonville 11/12/00	21	103	4.9	19	1
100	Mike Anderson	vs. Denver 11/26/00	30	195	6.5	80	2
101	Mike Anderson	at Denver 12/10/00	29	131	4.5	19	2
102	Tyrone Wheatley	vs. Oakland 12/16/00	26	146	5.6	67	0
103	Antowain Smith	vs. Buffalo 12/23/00	17	147	8.6	59	3
104	Stephen Davis	at Washington 11/4/01	32	142	4.4	20	1
105	Priest Holmes	at Kansas City 11/25/01	26	120	4.6	12	0
106	Terrell Davis	at Denver 12/9/01	19	109	5.7	57	0
107	Priest Holmes	vs. Kansas City 1/6/02	23	117	5.1	22	0
108	Charlie Garner	at Oakland 9/8/02	15	127	8.5	28	1
109	Thomas Jones	vs. Arizona 9/15/02	24	173	7.2	58t	1
110	Marshall Faulk	at St. Louis 10/20/02	32	183	5.7	40	3
111	Emmitt Smith	at Dallas 10/27/02	24	109	7.8	14	1
112	Kenny Watson	vs. Washington 11/3/02	23	110	4.8	23	0
113	Clinton Portis	vs. Denver 11/17/02	23	136	5.9	34	0
114	Priest Holmes	vs. Kansas City 11/24/02	23	197	8.6	30	2
115	Garrison Hearst	at San Francisco 12/1/02	31	124	4.0	31	3
116	Duce Staley	vs. Philadelphia 12/8/02	21	100	4.8	21t	1
117	Warrick Dunn	at Atlanta 12/15/02	20	101	5.1	31	0
118	Ahman Green	at Green Bay 10/5/03	27	118	4.4	16	2
119	Rudi Johnson	at Cincinnati 10/26/03	27	101	3.7	18t	1
120	Jamal Lewis	at Baltimore 11/23/03	26	117	4.5	14	0
121	Michael Bennett	at Minnesota 12/7/03	25	103	4.1	18	0
122	Corey Dillon	at New England 10/17/04	23	105	4.6	15	2
123	Emmitt Smith	at Arizona 10/24/04	26	106	4.1	26	1
124	Marshall Faulk	at St. Louis 11/14/04	18	139	7.7	40	0
125	Willis McGahee	vs. Buffalo 11/28/04	28	116	4.1	30t	4
126	Julius Jones	vs. Dallas 12/6/04	30	198	6.6	53	3
127	Curtis Martin	at N.Y. Jets 12/19/04	24	134	5.6	20	2
128	Warrick Dunn	vs. Atlanta 1/2/05	25	132	5.3	26	0
129	Tiki Barber	vs. N.Y. Giants 11/27/05 (OT)	26	151	5.8	49	0
130	Chester Taylor	vs. Minnesota 10/22/06	26	169	6.5	95t	1
131	Larry Johnson	at Kansas City 10/29/06	39	155	4.0	38	3
132	Frank Gore	at San Francisco 11/19/06	24	212	8.8	51	0
133	Tatum Bell	at Denver 12/3/06	23	133	5.9	31	0
134	Edgerrin James	at Arizona 12/10/06	26	115	4.4	17	1
135	Frank Gore	vs. San Francisco 12/14/06	29	144	5.0	40	1
136	LaDainian Tomlinson	vs. San Diego 12/24/06	22	123	5.6	62	0
137	Edgerrin James	at Arizona 9/16/07	24	128	5.3	17t	1
138	Willie Parker	at Pittsburgh 10/7/07	28	102	3.6	19	0

300 YARDS PASSING (CHRONOLOGICAL)

	Player	Team, Date	Att.	Comp.	Yds.	TD	Int.
1	Ken Stabler	vs. Oakland 9/16/79	37	25	343	1	2
2	Steve DeBerg	at San Francisco 10/7/79	40	31	306	1	1
3	Dan Fouts	at San Diego 10/14/79	35	28	318	3	0
4	Ken Stabler	at Oakland 12/16/79	47	31	342	1	2
5	Dan Fouts	at San Diego 12/13/80	42	29	339	1	2
6	Dan Fouts	at San Diego 10/4/81	41	30	302	3	0
7	Dan Fouts	vs. San Diego 9/18/83	41	21	338	4	3
8	Brian Sipe	at Cleveland 10/2/83	40	25	310	1	3
9	Dan Fouts	at San Diego 10/9/83	36	28	331	1	2

300 YARDS PASSING (CONTINUED)

	Player	Team, Date	Att.	Comp.	Yds.	TD	Int.
10	Bill Kenney	vs. Kansas City 11/27/83	38	21	311	4	0
11	Jeff Rutledge	at N.Y. Giants 12/11/83	52	29	349	0	2
12	Dan Fouts	vs. San Diego 9/9/84	40	23	332	2	4
13	Wade Wilson	at L.A. Raiders 10/7/84	19	12	309	2	0
14	Lynn Dickey	vs. Green Bay 10/21/84	38	24	364	3	3
15	Bill Kenney	at Kansas City 12/9/84	37	18	312	2	0
16	Dan Fouts	at San Diego 9/15/85	43	29	440	4	1
17	Mark Herrmann	vs. San Diego 10/6/85	35	26	344	3	3
18	John Elway	vs. Denver 12/20/85	42	24	432	1	0
19	Tony Eason	at New England 9/21/86	45	26	414	3	0
20	John Elway	at Denver 10/26/86	32	18	321	1	1
21	Ken O'Brien	vs. N.Y. Jets 11/2/86	32	26	431	4	0
22	Boomer Esiason	at Cincinnati 11/16/86	33	22	334	1	1
23	John Elway	at Denver 9/13/87	32	22	338	4	1
24	John Elway	vs. Denver 12/13/87	42	21	335	1	2
25	Bill Kenney	at Kansas City 12/27/87	35	23	320	3	0
26	Joe Montana	vs. San Francisco 9/25/88	29	20	302	4	1
27	Jim Everett	at L.A. Rams 10/23/88	27	20	311	3	0
28	Jay Schroeder	vs. L.A. Raiders 12/18/88	49	22	354	3	1
29	John Elway	vs. Denver 10/22/89	35	18	344	2	0
30	Randall Cunningham	vs. Philadelphia 12/13/92 (OT)	44	27	365	0	1
31	Warren Moon	at Houston 11/7/93	55	36	369	2	2
32	Steve Beuerlein	vs. Phoenix 12/19/93 (OT)	53	34	431	3	2
33	Jeff Blake	vs. Cincinnati 11/6/94	43	31	387	0	1
34	Jeff Hostetler	at Oakland 10/8/95	33	20	333	2	0
35	Jim Kelly	vs. Buffalo 12/8/96	41	24	324	1	2
36	Eric Zeier	at Baltimore 12/8/97	28	17	302	1	0
37	Trent Green	vs. Washington 9/20/98	54	27	383	0	1
38	Vinny Testaverde	at N.Y. Jets 12/6/98	63	42	418	2	1
39	Peyton Manning	vs. Indianapolis 12/20/98	39	23	335	1	1
40	John Elway	at Denver 12/27/98	36	26	338	4	0
41	Elvis Grbac	at Kansas City 11/21/99	49	30	322	0	1
42	Kurt Warner	vs. St. Louis 9/10/00	47	35	386	1	1
43	Steve Beuerlein	at Carolina 10/8/00	39	27	332	2	1
44	Elvis Grbac	vs. Kansas City 10/29/00	35	22	342	3	3
45	Mark Brunell	at Jacksonville 11/12/00	34	24	340	1	0
46	Doug Flutie	vs. Buffalo 12/23/00	25	20	366	3	0
47	Alex Van Pelt	at Buffalo 11/18/01	42	28	316	2	0
48	Kerry Collins	at N.Y. Giants 12/23/01	47	30	338	1	0
49	Doug Flutie	at San Diego 12/30/01	53	34	377	1	2
50	Trent Green	vs. Kansas City 11/17/02	34	26	343	2	1
51	Drew Brees	at San Diego 12/29/02	49	27	332	3	1
52	Anthony Wright	at Baltimore 11/23/03 (OT)	37	20	319	4	0
53	Marc Bulger	vs. St. Louis 10/10/04	42	24	325	3	3
54	Marc Bulger	at St. Louis 10/9/05	40	26	336	2	1
55	Kurt Warner	at Arizona 11/6/05	48	29	334	1	3
56	Marc Bulger	vs. St. Louis 11/13/05	40	28	304	1	1
57	Eli Manning	vs. N.Y. Giants 11/27/05	53	29	344	2	1
58	Steve McNair	at Tennessee 12/18/05	38	23	310	2	0
59	Marc Bulger	at St. Louis 10/15/06	39	26	360	3	1
60	Damon Huard	at Kansas City 10/29/06	25	17	312	1	0
61	Carson Palmer	vs. Cincinnati 9/23/07	43	27	342	1	2
62	Derek Anderson	at Cleveland 11/4/07 (OT)	48	29	364	0	1
63	Kurt Warner	vs. Arizona 12/9/07	46	28	337	3	5

100 YARDS RECEIVING (CHRONOLOGICAL)

	Player	Team, Date	Yds.	No.	Avg.	LG	TD
1	Willie McGee	vs. San Francisco 9/26/76	104	5	20.8	52t	1
2	James Scott	vs. Chicago 12/5/76	106	3	35.3	63t	2
3	Isaac Curtis	at Cincinnati 9/25/77	100	3	33.3	54	1
4	Morris Owens	vs. Tampa Bay 10/16/77	166	9	18.4	67t	1
5	Duriel Harris	at Miami 9/9/79	117	5	23.4	51	0
6	Cliff Branch	vs. Oakland 9/16/79	156	7	22.3	47	0

+ Running Back; ^ Tight End

100 YARDS RECEIVING (CONTINUED)

	Player	Team, Date	Yds.	No.	Avg.	LG	TD
7	^ Riley Odoms	at Denver 9/23/79	125	5	25.0	45	0
8	John Jefferson	at San Diego 10/14/79	137	9	15.2	49t	2
9	^ Henry Childs	vs. New Orleans 11/18/79	121	6	20.2	34	0
10	^ Jerome Barkum	vs. N.Y. Jets 11/26/79	103	6	17.2	40	0
11	Cliff Branch	at Oakland 12/16/79	109	10	10.9	15	0
12	John Jefferson	vs. San Diego 9/7/80	103	6	17.2	23t	2
13	Stanley Morgan	vs. New England 9/21/80	108	2	54.0	68t	2
14	Charles Smith	vs. Philadelphia 11/2/80	109	5	21.8	38	1
15	Earnest Gray	vs. N.Y. Giants 12/7/80	114	3	38.0	50t	2
16	John Jefferson	at San Diego 12/13/80	113	8	14.1	19t	1
17	^ Kellen Winslow	vs. San Diego 11/16/81	106	7	15.1	31	0
18	Dave Logan	vs. Cleveland 12/20/81	101	5	20.2	26	1
19	Carlos Carson	at Kansas City 9/4/83	104	7	14.9	48	1
20	Wesley Walker	at N.Y. Jets 9/11/83	116	3	38.7	48t	1
21	^ Eric Sievers	vs. San Diego 9/18/83	115	6	19.2	27t	2
22	^ Todd Christensen	vs. L.A. Raiders 10/16/83	152	11	13.8	22t	3
23	Marcus Allen	at L.A. Raiders 10/30/83	104	8	13.0	36	0
24	Steve Watson	vs. Denver 11/6/83	110	7	15.7	25t	1
25	Steve Watson	at Denver 11/20/83	119	4	29.8	78t	1
26	Carlos Carson	vs. Kansas City 11/27/83 (OT)	149	7	21.3	35	1
27	Byron Williams	at N.Y. Giants 12/11/83	103	7	14.7	24	0
28	^ Pete Holohan	vs. San Diego 9/9/84	133	6	22.2	51	0
29	+ Marcus Allen	at L.A. Raiders 10/7/84	173	4	32.3	92	1
30	James Lofton	at Green Bay 10/21/84	162	5	32.4	79t	2
31	Henry Marshall	at Kansas City 12/9/84	166	8	20.8	36	1
32	Cris Collinsworth	at Cincinnati 9/8/85	101	4	25.3	71	0
33	Wes Chandler	at San Diego 9/15/85	243	13	18.7	45	1
34	Wes Chandler	vs. San Diego 10/6/85	150	9	16.7	59	2
35	Stanley Morgan	at New England 9/21/86	161	7	23.0	44t	3
36	Art Monk	at Washington 9/28/86	103	5	20.6	69	0
37	Al Toon	vs. N.Y. Jets 11/2/86	195	9	21.7	50t	2
	Wesley Walker	vs. N.Y. Jets 11/2/86	161	6	26.8	83t	1
39	^ Kellen Winslow	at San Diego 12/14/86	105	8	13.1	28	1
40	^ Todd Christensen	at L.A. Raiders 10/25/87	124	8	15.5	20	1
41	Carlos Carson	at Kansas City 12/27/87	120	4	30.0	81t	1
	Stephon Paige	at Kansas City 12/27/87	100	7	14.3	46t	1
43	Paul Palmer	vs. Kansas City 9/11/88	105	8	13.1	27	0
44	Jerry Rice	vs. San Francisco 9/25/88	163	6	27.2	69t	3
45	Henry Ellard	at L.A. Rams 10/23/88	101	7	14.4	20	0
46	Drew Hill	vs. Houston 11/13/88	139	8	17.4	57t	1
47	Stephon Paige	at Kansas City 11/20/88	106	5	21.2	49	0
48	Tim Brown	vs. L.A. Raiders 11/28/88	114	4	28.5	49t	1
49	Mark Jackson	vs. Denver 12/11/88	137	7	19.6	35	1
50	Mervyn Fernandez	at L.A. Raiders 12/18/88	113	4	28.3	54t	1
	Willie Gault	at L.A. Raiders 12/18/88	108	2	54.0	57	1
52	Mike Quick	at Philadelphia 9/10/89	140	6	23.3	40	1
53	Roy Green	vs. Phoenix 9/17/89	166	8	20.8	59t	3
	J.T. Smith	vs. Phoenix 9/17/89	104	7	14.9	25t	1
55	Mervyn Fernandez	at L.A. Raiders 10/1/89	113	7	16.1	36t	1
56	Anthony Miller	at San Diego 10/15/89	116	7	16.6	44	0
57	Michael Young	vs. Denver 10/22/89	137	6	22.8	47	0
58	Vance Johnson	at Denver 11/26/89	154	6	25.7	69	2
59	^ Tim McGee	at Cincinnati 12/10/89	109	7	15.6	23	1
60	Gary Clark	vs. Washington 12/23/89	149	9	16.6	44t	1
61	Vance Johnson	at Denver 9/23/90	120	9	13.3	22	0
62	Hart Lee Dykes	at New England 10/7/90	103	5	20.6	35t	1
63	Eddie Brown	at Cincinnati 10/6/91	117	7	16.7	43	0
64	Anthony Miller	at San Diego 11/10/91	124	5	24.8	58	0
65	^ Ethan Horton	at L.A. Raiders 11/17/91	123	7	17.6	51t	1
66	John Taylor	vs. San Francisco 12/8/91	113	7	16.1	41	1
67	Irving Fryar	at New England 9/20/92	101	6	16.8	36t	1
68	Anthony Miller	at San Diego 10/4/92	142	9	15.8	67t	2
69	Michael Irvin	at Dallas 10/11/92	113	6	18.8	24	0

100 YARDS RECEIVING (CONTINUED)

	Player	Team, Date	Yds.	No.	Avg.	LG	TD
70	Fred Barnett	vs. Philadelphia 12/13/92 (OT)	161	9	17.9	53	1
71	^ Tony McGee	at Cincinnati 9/26/93	102	7	14.6	37	0
72	Anthony Miller	vs. San Diego 10/3/93	123	10	12.3	20	1
73	Webster Slaughter	at Houston 11/7/93	135	9	15.0	36	1
74	Gary Clark	vs. Phoenix 12/19/93 (OT)	152	12	12.7	28	1
75	^ Eric Green	vs. Pittsburgh 12/26/93	119	7	17.0	41	0
76	Henry Ellard	at Washington 9/4/94	105	7	15.0	25	0
77	Tony Martin	vs. San Diego 9/18/94	152	6	25.3	99t	1
78	Darnay Scott	vs. Cincinnati 11/6/94 (OT)	157	7	22.4	76	0
79	Tim Brown	vs. L.A. Raiders 12/18/94	107	4	26.8	77t	1
80	Willie Davis	vs. Kansas City 9/3/95	155	6	25.8	60t	2
81	Tony Martin	at San Diego 9/10/95	163	13	12.5	24	0
82	Tim Brown	at Oakland 10/8/95	143	5	28.6	80t	1
83	Bill Brooks	at Buffalo 10/15/95	109	6	18.2	30	2
84	Mike Sherrard	vs. N.Y. Giants 11/5/95	128	6	21.3	30	1
85	Antonio Freeman	vs. Green Bay 9/29/96	108	7	15.4	28	2
86	Cris Carter	vs. Minnesota 11/10/96	142	7	20.3	40	0
87	Jimmy Smith	at Jacksonville 12/15/96	124	8	15.5	39	2
88	Jeff Graham	vs. N.Y. Jets 8/31/97	100	3	33.3	47	2
89	Tim Brown	vs. Oakland 10/26/97	107	7	15.3	24	0
90	Rod Smith	at Denver 11/2/97	114	5	22.8	59	1
91	Tony Martin	at San Diego 11/9/97	100	5	20.0	61	2
92	Derrick Alexander	at Baltimore 12/7/97	150	6	25.0	92	0
93	Michael Westbrook	vs. Washington 9/20/98	132	7	18.9	36	2
94	Rod Smith	at Denver 10/11/98	136	8	17.0	50	1
95	Keyshawn Johnson	vs. N.Y. Jets 12/6/98	114	9	12.7	20	1
96	Torrance Small	vs. Indianapolis 12/20/98	120	3	40.0	53	0
97	Rod Smith	at Denver 12/27/98	158	9	17.6	36	1
98	Germane Crowell	vs. Detroit 9/12/99	141	7	20.1	41t	2
99	Pearless Price	vs. Buffalo 10/24/99	106	5	21.2	45	1
100	Corey Bradford	at Green Bay 11/1/99	106	3	35.3	74t	1
101	Carl Pickens	vs. Cincinnati 11/7/99	104	4	26.0	75t	1
102	Ed McCaffrey	vs. Denver 11/14/99	125	6	20.8	42	1
103	Derrick Alexander	at Kansas City 11/21/99	101	8	12.6	25	0
104	Jeff Graham	vs. San Diego 12/12/99	114	9	12.7	26	0
105	Torry Holt	vs. St. Louis 9/10/00	101	6	16.8	41	0
106	Derrick Alexander	at Kansas City 10/2/00	153	5	30.6	73	1
107	^ Wesley Walls	at Carolina 10/8/00	102	7	14.6	26	0
108	Marvin Harrison	vs. Indianapolis 10/15/00	134	7	19.1	39	0
109	Derrick Alexander	vs. Kansas City 10/29/00	137	4	34.6	59t	2
	^ Tony Gonzalez	vs. Kansas City 10/29/00	101	8	12.6	22	0
111	Keenan McCardell	at Jacksonville 11/12/00	156	6	26.0	67t	1
	Jimmy Smith	at Jacksonville 11/12/00	117	10	11.7	34	0
113	Ed McCaffrey	at Denver 12/10/00	112	8	14.0	41	1
114	Peerless Price	vs. Buffalo 12/23/00	132	8	16.5	34	1
	Eric Moulds	vs. Buffalo 12/23/00	101	4	25.3	48	0
116	James Thrash	vs. Philadelphia 9/23/01	165	10	16.5	64t	2
117	Peerless Price	at Buffalo 11/18/01	138	10	13.8	23	1
118	Amani Toomer	at N.Y. Giants 12/23/01	124	8	15.5	28	0
119	Ike Hilliard	at N.Y. Giants 12/23/01	105	7	15.0	26	1
120	Curtis Conway	at San Diego 12/30/01	156	11	14.2	38	1
121	Amani Toomer	at N.Y. Giants 9/22/02	100	4	25.0	49	0
122	Jason McAddley	at Arizona 11/10/02	113	5	22.6	42	0
123	+ Priest Holmes	vs. Kansas City 11/24/02	110	7	15.7	64t	1
124	^ Stephen Alexander	at San Diego 12/29/02	129	8	16.1	30	1
125	Donte' Stallworth	vs. New Orleans 9/7/03	101	8	12.6	30	0
126	Laveranues Coles	at Washington 11/9/03	125	5	25.0	64	1
127	Marcus Robinson	at Baltimore 11/23/03	131	7	18.7	50t	4
128	Randy Moss	at Minnesota 12/7/03	133	8	16.6	47t	2
129	Torry Holt	at St. Louis 12/14/03	100	6	16.7	40t	1
130	Anquan Boldin	vs. Arizona 12/21/03	122	10	12.2	60t	1
131	Joe Horn	at New Orleans 9/12/04	110	6	18.3	33	0

+ Running Back; ^ Tight End

100 YARDS RECEIVING (CONTINUED)

	Player	Team, Date	Yds.	No.	Avg.	LG	TD
132	Muhsin Muhammad	vs. Carolina 10/31/04	106	8	13.3	35	2
	Keary Colbert	vs. Carolina 10/31/04	100	4	25.0	63	0
134	Isaac Bruce	at St. Louis 11/14/04	104	7	14.9	21	0
135	Chris Chambers	vs. Miami 11/21/04	103	9	11.4	28	1
136	Keyshawn Johnson	vs. Dallas 12/6/04	116	6	19.3	39	1
137	Randy Moss	at Minnesota 12/12/04	104	4	26.0	54	1
138	Anquan Boldin	vs. Arizona 12/26/04	107	7	15.3	31t	1
139	Jimmy Smith	at Jacksonville 9/11/05	130	7	18.6	45	2
140	Torry Holt	at St. Louis 10/9/05	126	8	15.8	26t	1
141	Larry Fitzgerald	at Arizona 11/6/05	102	8	12.8	23	0
142	Brandon Lloyd	at San Francisco 11/20/05	119	7	17.0	44	1
143	Jeremy Shockey	vs. N.Y. Giants 11/27/05 (OT)	127	10	12.7	24	1
	Plaxico Burress	vs. N.Y. Giants 11/27/05 (OT)	109	6	18.2	24	0
145	Ben Troupe	at Tennessee 12/18/05	116	6	19.3	35	0
146	Brandon Stokley	vs. Indianapolis 12/24/05	122	5	24.4	45	0
147	Donald Driver	at Green Bay 1/1/06	118	6	19.7	59	0
148	Bernard Berrian	at Chicago 10/1/06	108	3	36.0	46	1
149	Torry Holt	at St. Louis 10/15/06	154	8	19.3	67t	3
150	Eddie Kennison	at Kansas City 10/29/06	132	6	22.0	51	0
	^ Tony Gonzalez	at Kansas City 10/29/06	116	6	19.3	37	0
152	Joey Galloway	at Tampa Bay 12/31/06	118	8	14.8	44	1
153	T.J. Houshmandzadeh	vs. Cincinnati 9/23/07	141	12	11.8	35t	1
	Chad Johnson	vs. Cincinnati 9/23/07	138	9	15.3	20	0
155	David Patten	vs. New Orleans 10/14/07	113	8	14.1	36	0
156	^ Kellen Winslow	at Cleveland 11/4/07 (OT)	125	11	11.4	22	0
157	Bernard Berrian	vs. Chicago 11/18/07	102	9	11.3	23	0
158	Kevin Curtis	at Philadelphia 12/2/07	111	6	18.5	47	1
159	Jerheme Urban	vs. Arizona 12/9/07	123	6	20.5	38	1

100 YARDS RUSHING

	Player	Team, Date	Att.	Yds.	Avg.	LG	TD
1	Bo Jackson	vs. L.A. Raiders 11/30/87	18	221	12.3	91t	2
2	Edgerrin James	vs. Indianapolis 10/15/00	38	219	5.8	26t	3
3	Frank Gore	at San Francisco 11/19/06	24	212	8.8	51	0
4	Terrell Davis	vs. Denver 10/11/98	30	208	6.9	70	1
5	Julius Jones	vs. Dallas 12/6/04	30	198	6.6	53	3
6	Priest Holmes	vs. Kansas City 11/24/02	23	197	8.6	30	2
7	Mike Anderson	vs. Denver 11/26/00	30	195	6.5	80t	2
8	Earl Campbell	vs. Houston 10/11/81	39	186	4.8	27	2
9	Walter Payton	vs. Chicago 12/5/76	27	183	6.8	44	0
	Olandis Gary	at Denver 12/19/99	22	183	8.3	71	0
	Marshall Faulk	at St. Louis 10/20/02	32	183	5.7	40	3
12	Terrell Davis	at Denver 12/27/98	29	178	6.1	21	0
13	Thomas Jones	vs. Arizona 9/15/02	24	173	7.2	58t	1
14	Chester Taylor	vs. Minnesota 10/22/06	26	169	6.5	95t	1
15	Harvey Williams	at Oakland 10/8/95	19	160	8.4	37	0
16	Curtis Martin	at N.Y. Jets 1/2/00	34	158	4.6	50	1
17	Marcus Allen	vs. L.A. Raiders 12/5/82	24	156	6.5	53	2
	Christian Okoye	vs. Kansas City 10/8/89	30	156	5.2	21	1
	Tyrone Wheatley	at Oakland 10/22/00	15	156	10.4	80t	1
20	Larry Johnson	at Kansas City 10/29/06	39	155	4.0	38	3
21	Chuck Muncie	vs. San Diego 11/16/81	20	151	7.6	73t	2
	Freeman McNeil	vs. N.Y. Jets 10/27/85	22	151	6.8	30	0
	Tiki Barber	vs. N.Y. Giants 11/27/05	26	151	5.8	49	0
24	Eric Dickerson	vs. L.A. Rams 9/23/85	31	150	4.8	43	3
25	Ted McKnight	vs. Kansas City 9/30/79	12	147	12.3	84t	2
	Antowain Smith	vs. Buffalo 12/23/00	17	147	8.6	59	3
27	Tyrone Wheatley	vs. Oakland 12/16/00	26	146	5.6	67	0
28	Lamar Smith	at Miami 9/3/00	27	145	5.4	36	1
29	Frank Gore	vs. San Francisco 12/14/06	29	144	5.0	40	1
30	Mike Thomas	vs. Washington 9/19/76	27	143	5.3	24	1
31	Earl Campbell	at Houston 9/19/82	30	142	4.7	19	1
	Stephen Davis	at Washington 11/4/01	32	142	4.3	20	1

100 YARDS RUSHING (CONTINUED)

	Player	Team, Date	Att.	Yds.	Avg.	LG	TD
33	Mike Pruitt	at Cleveland 11/11/79	15	141	9.4	65t	2
34	Jim Otis	vs. St. Louis 9/12/76	27	140	5.2	18	1
	Freeman McNeil	at N.Y. Jets 9/11/83	22	140	6.4	19	0
36	Gerald Riggs	vs. Atlanta 10/13/85	23	139	6.0	30	0
	Marshall Faulk	at St. Louis 11/14/04	18	139	7.7	40	0
38	Jerome Bettis	at Pittsburgh 9/27/98	28	138	4.9	23	0
39	Mike Pruitt	vs. Cleveland 9/12/82	30	136	4.5	10	2
	Clinton Portis	vs. Denver 11/17/02	23	136	5.9	34	0
41	Barry Sanders	at Detroit 11/17/96	16	134	8.4	40	1
	Curtis Martin	at N.Y. Jets, 12/19/04	24	134	5.6	20	2
43	Tatum Bell	at Denver 12/3/06	23	133	5.9	31	0
44	Franco Harris	vs. Pittsburgh 10/23/83	31	132	4.3	11	1
	Warrick Dunn	vs. Atlanta, 1/2/05	25	132	5.3	26	0
46	Glyn Milburn	at Denver 12/10/95	18	131	7.3	29	0
	Adrian Murrell	vs. N.Y. Jets 8/31/97	24	131	5.5	15	0
	Mike Anderson	at Denver 12/10/00	29	131	4.5	19	2
49	Ottis Anderson	at St. Louis 11/13/83	29	130	4.5	16	0
50	Bobby Humphrey	at Denver 9/23/90 (OT)	25	129	5.2	26	0
	Marshall Faulk	vs. Indianapolis 12/4/94	27	129	4.8	45t	1
52	Marion Butts	at San Diego 11/25/90	28	128	4.6	19	0
	Edgerrin James	at Arizona 9/16/07	24	128	5.3	17t	1
54	Greg Pruitt	vs. Cleveland 12/18/77	22	127	5.8	18	1
	Gerry Ellis	at Green Bay 11/1/81	23	127	5.5	19	0
	Charlie Garner	at Oakland 9/8/02	15	127	8.5	28	1
57	Christian Okoye	at Kansas City 11/5/89	37	126	3.4	16	1
58	Barry Foster	at Pittsburgh 12/6/92	33	125	3.8	12	1
59	Garrison Hearst	at San Francisco 12/1/02	31	124	4.0	31	3
60	Harold Green	vs. Cincinnati 9/6/92	21	123	5.9	52	0
	LaDainian Tomlinson	vs. San Diego 12/24/06	22	123	5.6	62	0
62	Tom Sullivan	at Philadelphia 12/12/76	23	121	5.3	26	2
	Terdell Middleton	at Green Bay 10/15/78	23	121	5.3	25	4
	Tony Reed	vs. Kansas City 12/17/78	11	121	11.0	62t	1
	John Stephens	at New England 12/4/88	31	121	3.9	21	0
66	Robert Newhouse	vs. Dallas 10/3/76	19	120	6.3	24	1
	Dexter Bussey	vs. Detroit 9/24/78	20	120	6.0	29t	1
	Gary Anderson	at San Diego 9/18/88	19	120	6.3	25t	1
	Priest Holmes	at Kansas City 11/25/01	26	120	4.6	12	0
70	Larry Kinnebrew	at Cincinnati 11/18/84	22	119	5.4	12	0
71	Ahman Green	at Green Bay 10/5/03	27	118	4.4	16	2
72	Tony Dorsett	vs. Dallas 12/4/83	26	117	4.5	17	2
	Priest Holmes	vs. Kansas City 1/6/02	23	117	5.1	22	0
	Jamal Lewis	at Baltimore 11/23/03	26	117	4.5	14	0
75	Mike Pruitt	vs. Cleveland 10/12/80	24	116	4.8	22t	2
	Rob Carpenter	vs. N.Y. Giants 10/18/81	21	116	5.5	22	1
	Walter Payton	vs. Chicago 9/23/84	24	116	4.8	25	0
	Joe Morris	vs. N.Y. Giants 10/19/86	24	116	4.8	16	0
	Adrian Murrell	vs. N.Y. Jets 11/26/95	24	116	4.8	21	1
	Eddie George	vs. Tennessee 10/5/97	26	116	4.5	22	0
	Willis McGahee	vs. Buffalo 11/28/04	28	116	4.1	30t	4
82	George Rogers	at Washington 9/28/86	25	115	4.6	24	2
	John Settle	at Atlanta 10/2/88	21	115	5.5	20	0
	Natrone Means	at San Diego 9/10/95	26	115	4.4	9	0
	Edgerrin James	at Arizona 12/10/06	26	115	4.4	17	1
86	Lydell Mitchell	vs. Baltimore 9/18/77	32	114	3.6	14	0
87	Terry Metcalf	vs. St. Louis 9/12/76	16	113	7.1	36	0
	Greg Pruitt	vs. Cleveland 12/3/78	12	113	9.4	44	0
	Greg Bell	vs. Buffalo 10/14/84	28	113	4.0	22	0
	Greg Hill	at Kansas City 12/24/95	21	113	5.4	16	0
91	John Cappelletti	vs. San Diego 9/7/80	16	112	7.0	46	0
	Napolean Kaufman	vs. Oakland 10/26/97	17	112	6.6	55	1

100 YARDS RUSHING (CONTINUED)

	Player	Team, Date	Att.	Yds.	Avg.	LG	TD
93	Herschel Walker	vs. Philadelphia 12/13/92	23	111	4.8	18	1
	Eric Rhett	vs. Tampa Bay 11/20/94	24	111	4.6	27	0
	Terrell Davis	vs. Denver 9/8/96	28	111	3.9	17	0
96	Kenny Watson	vs. Washington 11/3/02	23	110	4.8	23	0
97	Walter Payton	at Chicago 11/5/78	18	109	6.1	12	1
	Marcus Allen	at L.A. Raiders 12/15/85	27	109	4.0	14	1
	Leonard Russell	at Denver 11/13/94	19	109	5.7	22	1
	Greg Hill	vs. Kansas City 9/3/95	15	109	7.3	27	0
	Terrell Davis	at Denver 12/9/01	19	109	5.7	57	0
	Emmitt Smith	at Dallas 10/27/02	24	109	7.8	14	1
103	Tony Dorsett	at Dallas 11/27/80	24	107	4.5	16	2
	Mike Pruitt	at Cleveland 10/2/83	24	107	4.5	10	0
	Tony Collins	at New England 9/16/84	20	107	5.4	21	0
	Roger Craig	vs. San Francisco 9/25/88	21	107	5.1	24	0
	Terrell Davis	vs. Denver 9/7/97	21	107	5.1	14	1
	Ricky Williams	vs. New Orleans 9/17/00	23	107	4.7	15	0
109	James Hadnot	at Kansas City 11/22/81	10	106	10.6	24	0
	Frank Pollard	at Pittsburgh 12/6/87	22	106	4.8	15	1
	Terrell Davis	at Denver 12/1/96	26	106	4.1	16	1
	Emmitt Smith	at Arizona 10/24/04	26	106	4.1	26	1
	Corey Dillon	at New England 10/17/04	23	105	4.6	15	2
114	Natrone Means	at San Diego 10/30/94	26	104	4.0	20	1
	Napolean Kaufman	vs. Oakland 11/24/96	15	104	6.9	21	0
	Dorsey Levens	at Green Bay 11/1/99	24	104	4.3	15	0
117	Franco Harris	at Pittsburgh 12/4/77	23	103	4.5	11	0
	Billy Taylor	vs. N.Y. Giants 12/7/80	19	103	5.4	30t	1
	Tony Collins	vs. New England 12/19/82	32	103	3.2	11	0
	Marc Logan	vs. Cincinnati 10/11/87	16	103	6.4	30	1
	Leonard Russell	vs. Denver 10/9/94	22	103	4.7	22	0
	Tim Biakabutuka	at Carolina 10/8/00	23	103	4.5	43	0
	Fred Taylor	at Jacksonville 11/12/00	21	103	4.9	19	1
	Michael Bennett	at Minnesota 12/7/03	25	103	4.1	18	0
125	Willie Parker	at Pittsburgh 10/7/07	28	102	3.6	19	0
126	Sam Cunningham	at New England 10/9/77	31	101	3.3	26	0
	Larry Kinnebrew	at Cincinnati 9/8/85	18	101	5.6	16	1
	Marcus Allen	vs. L.A. Raiders 11/3/85	19	101	5.3	14	0
	Neil Anderson	at Chicago 9/9/90	20	101	5.1	17	2
	Barry Sanders	at Detroit 10/17/93	22	101	4.6	29	0
	Terrell Davis	at Denver 11/2/97	21	101	4.8	19	0
	Warrick Dunn	at Atlanta 12/15/02	20	101	5.1	31	0
	Rudi Johnson	at Cincinnati 10/26/03	27	101	3.7	18t	1
134	Sonny Collins	vs. Atlanta 11/7/76	17	100	5.9	47	0
	Chuck Foreman	vs. Minnesota 11/14/76	17	100	5.9	36	0
	Clarence Davis	at Oakland 11/6/77	18	100	5.6	24	1
	Tyrone Wheatley	vs. Oakland 10/3/99	20	100	5.0	23	1
	Duce Staley	vs. Philadelphia 12/8/02	21	100	4.8	21t	1

300 YARDS PASSING

	Player	Team, Date	Att.	Comp.	Yds.	TD	Int.
1	Dan Fouts	at San Diego 9/15/85	43	29	440	4	1
2	John Elway	vs. Denver 12/20/85	42	24	432	1	0
3	Ken O'Brien	vs. N.Y. Jets 11/2/86	32	26	431	4	0
	Steve Buerlein	vs. Phoenix 12/19/93 (OT)	53	34	431	3	2
5	Vinny Testaverde	at N.Y. Jets 12/6/98	63	42	418	2	1
6	Tony Eason	at New England 9/21/86	45	26	414	3	0
7	Jeff Blake	vs. Cincinnati 11/6/94 (OT)	43	31	387	0	1
8	Kurt Warner	vs. St. Louis 9/10/00	47	35	386	1	1
9	Trent Green	vs. Washington 9/20/98	54	27	383	2	2
10	Doug Flutie	at San Diego 12/30/01	53	34	377	1	2
11	Warren Moon	at Houston 11/7/93	55	36	369	2	2
12	Doug Flutie	vs. Buffalo 12/23/00	25	20	366	3	0

*NFL Record; +Running Back; ^ Tight End

300 YARDS PASSING (CONTINUED)

	Player	Team, Date	Att.	Comp.	Yds.	TD	Int.
13	Randall Cunningham	vs. Philadelphia 12/13/92 (OT)	44	27	365	0	1
14	Lynn Dickey	vs. Green Bay 10/21/84	38	24	364	3	3
	Derek Anderson	at Cleveland 11/4/07 (OT)	48	29	364	0	1
16	Marc Bulger	at St. Louis 10/15/06	39	26	360	3	1
17	Jay Schroeder	vs. L.A. Raiders 12/18/88	49	22	354	3	1
18	Jeff Rutledge	at N.Y. Giants 12/11/83	52	29	349	0	2
19	Mark Herrmann	vs. San Diego 10/6/85	35	26	344	3	3
	John Elway	vs. Denver 10/22/89	35	18	344	2	0
	Eli Manning	vs. N.Y. Giants 11/27/05 (OT)	53	29	344	2	1
22	Ken Stabler	vs. Oakland 9/16/79	37	25	343	1	2
	Trent Green	vs. Kansas City 11/24/02	34	26	343	2	1
24	Ken Stabler	at Oakland 12/16/79	47	31	342	1	2
	Elvis Grbac	vs. Kansas City 10/29/00	35	22	342	3	3
	Carson Palmer	vs. Cincinnati 9/23/07	43	27	342	1	2
27	Mark Brunell	at Jacksonville 11/12/00	34	24	340	1	0
28	Dan Fouts	at San Diego 12/13/80	42	29	339	1	2
29	Dan Fouts	vs. San Diego 9/18/83	41	21	338	4	3
	John Elway	at Denver 9/13/87	32	22	338	4	1
	John Elway	at Denver 12/27/98	36	26	338	4	0
	Kerry Collins	at N.Y. Giants 12/23/01	47	30	338	1	0
33	Kurt Warner	vs. Arizona 12/9/07	46	28	337	3	5
34	Marc Bulger	at St. Louis 10/9/05	40	26	336	2	1
35	John Elway	vs. Denver 12/13/87	42	21	335	1	2
	Peyton Manning	vs. Indianapolis 12/20/98	39	23	335	1	1
37	Boomer Esiason	at Cincinnati 11/16/86	33	22	334	1	1
	Kurt Warner	at Arizona 11/6/05	48	29	334	1	3
39	Jeff Hostetler	at Oakland 10/8/95	33	20	333	2	0
40	Dan Fouts	vs. San Diego 9/9/84	40	23	332	2	4
	Steve Beuerlein	at Carolina 10/8/00	39	27	332	2	1
	Drew Brees	at San Diego 12/29/02	49	27	332	3	1
43	Dan Fouts	at San Diego 10/9/83	36	28	331	1	2
44	Marc Bulger	vs. St. Louis 10/10/04	42	24	325	3	3
45	Jim Kelly	vs. Buffalo 12/8/96	41	24	324	1	2
46	Elvis Grbac	at Kansas City 11/21/99	49	30	322	0	1
47	John Elway	at Denver 10/26/86	32	18	321	1	1
48	Bill Kenney	at Kansas City 12/27/87	35	23	320	3	0
49	Anthony Wright	at Baltimore 11/23/03	37	20	319	4	0
50	Dan Fouts	at San Diego 10/14/79	35	28	318	3	0
51	Alex Van Pelt	at Buffalo 11/18/01	42	28	316	2	0
52	Bill Kenney	at Kansas City 12/9/84	37	18	312	2	0
	Damon Huard	at Kansas City 10/29/06	25	17	312	1	0
54	Bill Kenney	vs. Kansas City 11/27/83	38	21	311	4	0
	Jim Everett	at L.A. Rams 10/23/88	27	20	311	3	0
56	Brian Sipe	at Cleveland 10/2/83	40	25	310	1	3
	Steve McNair	at Tennessee 12/18/05	38	23	310	2	0
58	Wade Wilson	at L.A. Raiders 10/7/84	19	12	309	2	0
59	Steve DeBerg	at San Francisco 10/7/79	40	31	306	1	1
60	Marc Bulger	vs. St. Louis 11/13/05	40	28	304	1	1
61	Dan Fouts	at San Diego 10/4/81	41	30	302	3	0
	Joe Montana	vs. San Francisco 9/25/88	29	20	302	4	1
	Eric Zeier	at Baltimore 12/8/97	28	17	302	1	0

100 YARDS RECEIVING

	Player	Team, Date	Yds.	No.	Avg.	LG	TD
1	Wes Chandler	at San Diego 9/15/85	243	13	18.7	45	1
2	Al Toon	vs. N.Y. Jets 11/2/86	195	9	21.7	50t	2
3	+Marcus Allen	at L.A. Raiders 10/7/84	173	4	32.3	92	1
4	Morris Owens	vs. Tampa Bay 10/16/77	166	9	18.4	67t	1
	Henry Marshall	at Kansas City 12/9/84	166	8	20.8	36	1
	Roy Green	vs. Phoenix 9/17/89	166	8	20.8	59t	3
7	James Thrash	vs. Philadelphia 9/30/01	165	10	16.5	64t	2
8	Jerry Rice	vs. San Francisco 9/25/88	163	6	27.2	69t	3
	Tony Martin	at San Diego 9/10/95	163	13	12.5	24	0

100 YARDS RECEIVING (CONTINUED)

	Player	Team, Date	Yds	No	Avg.	LG	TD
10	James Lofton	at Green Bay 10/21/84	162	5	32.4	79t	2
11	Stanley Morgan	at New England 9/21/86	161	7	23.0	44t	3
	Wesley Walker	vs. N.Y. Jets 11/2/86	161	6	26.8	83t	1
	Fred Barnett	vs. Philadelphia 12/13/92 (OT)	161	9	17.9	53	1
14	Rod Smith	at Denver 12/27/98	158	9	17.6	36	1
15	Darnay Scott	vs. Cincinnati 11/6/94 (OT)	157	7	22.4	76	0
16	Cliff Branch	vs. Oakland 9/16/79	156	7	22.3	47	0
	Keenan McCardell	at Jacksonville 11/12/00	156	6	26.0	67t	1
	Curtis Conway	at San Diego 12/30/01	156	11	14.2	38	1
19	Willie Davis	vs. Kansas City 9/3/95	155	6	25.8	60t	2
20	Vance Johnson	at Denver 11/26/89	154	6	25.7	69	2
	Torry Holt	at St. Louis 10/15/06	154	8	19.3	67t	3
22	Derrick Alexander	at Kansas City 10/2/00	153	5	30.6	73	1
23	^Todd Christensen	vs. L.A. Raiders 10/16/83	152	11	13.8	22t	3
	Gary Clark	vs. Phoenix 12/19/93 (OT)	152	12	12.7	28	1
	Tony Martin	vs. San Diego 9/18/94	152	6	25.3	99t	1
26	Wes Chandler	vs. San Diego 10/6/85	150	9	16.7	59	2
	Derrick Alexander	at Baltimore 12/7/97	150	6	25.0	92	0
28	Carlos Carson	vs. Kansas City 11/27/83 (OT)	149	7	21.3	35	1
	Gary Clark	vs. Washington 12/23/89	149	9	16.6	44t	1
30	Tim Brown	at Oakland 10/8/95	143	5	28.6	80t	1
31	Anthony Miller	at San Diego 10/4/92	142	9	15.8	67t	2
	Cris Carter	vs. Minnesota 11/10/96	142	7	20.3	40	0
33	Germane Crowell	vs. Detroit 9/12/99	141	7	20.1	41t	2
	T.J. Houshmandzadeh	vs. Cincinnati 9/23/07	141	12	11.8	35t	1
35	Mike Quick	at Philadelphia 9/10/89	140	6	23.3	40	1
36	Drew Hill	vs. Houston 11/13/88	139	8	17.4	57t	1
37	Peerless Price	at Buffalo 11/18/01	138	10	13.8	23	1
	Chad Johnson	vs. Cincinnati 9/23/07	138	9	15.3	20	0
39	John Jefferson	vs. San Diego 9/7/80	137	9	15.2	49t	2
	Mark Jackson	vs. Denver 12/11/88	137	7	19.6	35	1
	Michael Young	vs. Denver 10/22/89	137	6	22.8	47	0
	Derrick Alexander	vs. Kansas City 10/29/00	137	4	34.6	59t	2
43	Rod Smith	at Denver 10/11/98	136	8	17.0	50	1
44	Webster Slaughter	at Houston 11/7/93	135	9	15.0	36	1
45	Marvin Harrison	vs. Indianapolis 10/15/00	134	7	19.1	39	0
46	^Pete Holohan	vs. San Diego 9/9/84	133	6	22.2	51	0
	Randy Moss	at Minnesota 12/7/03	133	8	16.6	47t	2
48	Michael Westbrook	vs. Washington 9/20/98	132	7	18.9	36	2
	Peerless Price	vs. Buffalo 12/23/00	132	8	16.5	34	1
	Eddie Kennison	at Kansas City 10/29/06	132	6	22.0	51	0
51	Marcus Robinson	at Baltimore 11/23/03	131	7	18.7	50t	4
52	Jimmy Smith	at Jacksonville 9/11/05	130	7	18.6	45	2
53	^Stephen Alexander	at San Diego 12/29/02	129	8	16.1	30	1
54	Mike Sherrard	vs. N.Y. Giants 11/5/95	128	6	21.3	30	1
55	^Jeremy Shockey	vs. N.Y. Giants 11/27/05 (OT)	127	10	12.7	24	1
56	Torry Holt	at St. Louis 10/9/05	126	8	15.8	26t	1
57	^Riley Odoms	at Denver 9/23/79	125	5	25.0	45	0
	Ed McCaffrey	vs. Denver 11/14/99	125	6	20.8	42	1
	Laveranues Coles	at Washington 11/9/03	125	5	25.0	64	1
	^ Kellen Winslow	at Cleveland 11/4/07 (OT)	125	11	11.4	22	0
61	^Todd Christensen	at L.A. Raiders 10/25/87	124	8	15.5	20	1
	Anthony Miller	at San Diego 11/10/91	124	5	24.8	58	0
	Jimmy Smith	at Jacksonville 12/15/96	124	8	15.5	39	2
	Amani Toomer	at N.Y. Giants 12/23/01	124	8	15.5	28	1
65	^Ethan Horton	at L.A. Raiders 11/17/91	123	7	17.6	51t	1
	Anthony Miller	vs. San Diego 10/3/93	123	10	12.3	20	1
	Jerheme Urban	vs. Arizona 12/9/07	123	6	20.5	38	1
68	Anquan Boldin	vs. Arizona 12/21/03	122	10	12.2	60t	1
	Brandon Stokley	vs. Indianapolis 12/24/05	122	5	24.4	45	0
70	^Henry Childs	vs. New Orleans 11/18/79	121	6	20.2	34	0
71	Carlos Carson	at Kansas City 12/27/87	120	4	30.0	81t	1
	Vance Johnson	at Denver 9/23/90	120	9	13.3	22	0
	Torrance Small	vs. Indianapolis 12/20/98	120	3	40.0	53	0

100 YARDS RECEIVING (CONTINUED)

	Player	Team, Date	Yds	No	Avg.	LG	TD
74	Steve Watson	at Denver 11/20/83	119	4	29.8	78t	1
	^Eric Green	vs. Pittsburgh 12/26/93	119	7	17.0	41	0
77	Brandon Lloyd	at San Francisco 11/20/05	119	7	17.0	44	1
	Donald Driver	at Green Bay 1/1/06	118	6	19.7	59	0
79	Joey Galloway	at Tampa Bay 12/31/06	118	8	14.8	44	1
	Duriel Harris	at Miami 9/9/79	117	5	23.4	51	0
82	Eddie Brown	at Cincinnati 10/6/91	117	7	16.7	43	0
	Jimmy Smith	at Jacksonville 11/12/00	117	10	11.7	34	0
87	Wesley Walker	at N.Y. Jets 9/11/83	116	3	38.7	48t	1
	Anthony Miller	at San Diego 10/15/89	116	7	16.6	44	0
88	Keyshawn Johnson	vs. Dallas 12/6/04	116	6	19.3	39	1
	^Ben Troupe	at Tennessee 12/18/05	116	6	19.3	35	0
88	^Tony Gonzalez	at Kansas City 10/29/06	116	6	19.3	37	0
	^Eric Sievers	vs. San Diego 9/18/83	115	6	19.2	27t	2
93	Earnest Gray	vs. N.Y. Giants 12/7/80	114	3	38.0	50t	2
	Tim Brown	vs. L.A. Raiders 11/28/88	114	4	28.5	49t	1
93	Rod Smith	at Denver 11/2/97	114	5	22.8	59	1
	Keyshawn Johnson	vs. N.Y. Jets 12/6/98	114	9	12.7	20	1
93	Jeff Graham	vs. San Diego 12/12/99	114	9	12.7	26	0
	John Jefferson	at San Diego 12/13/80	113	8	14.1	19t	1
100	Mervyn Fernandez	at L.A. Raiders 12/18/88	113	4	28.3	54t	1
	Mervyn Fernandez	at L.A. Raiders 10/1/89	113	7	16.1	36t	1
101	John Taylor	vs. San Francisco 12/8/91	113	7	16.1	41	1
	Michael Irvin	at Dallas 10/11/92	113	6	18.8	24	0
101	Jason McAddley	at Arizona 11/10/02	113	5	22.6	42	0
	David Patten	vs. New Orleans 10/14/07	113	8	14.1	36	0
102	Ed McCaffrey	at Denver 12/10/00	112	8	14.0	41	1
	Kevin Curtis	at Philadelphia 12/2/07	111	6	18.5	47	1
105	Steve Watson	vs. Denver 11/6/83	110	7	15.7	25t	1
	+Priest Holmes	vs. Kansas City 11/24/02	110	7	15.7	64t	1
105	Joe Horn	at New Orleans 9/12/04	110	6	18.3	33	0
	Cliff Branch	at Oakland 12/16/79	109	10	10.9	15	0
110	Charles Smith	vs. Philadelphia 11/2/80	109	5	21.8	38	1
	Tim McGee	at Cincinnati 12/10/89	109	7	15.6	23	1
110	Bill Brooks	at Buffalo 10/15/95	109	6	18.2	30	2
	Plaxico Burress	vs. N.Y. Giants 11/27/05	109	6	18.2	24	0
110	Stanley Morgan	vs. New England 9/21/80	108	2	54.0	68t	2
	Willie Gault	at L.A. Raiders 12/18/88	108	2	54.0	57	1
114	Antonio Freeman	vs. Green Bay 9/29/96	108	7	15.4	28	2
	Bernard Berrian	at Chicago 10/1/06	108	3	36.0	46	1
114	Tim Brown	vs. L.A. Raiders 1/18/94	107	4	26.8	77t	1
	Tim Brown	vs. Oakland 10/26/97	107	7	15.3	24	0
117	Anquan Boldin	vs. Arizona 12/26/04	107	7	15.3	31t	1
	James Scott	vs. Chicago 12/5/76	106	3	35.3	63t	2
123	^Kellen Winslow	vs. San Diego 11/16/81	106	7	15.1	31	0
	Stephon Paige	at Kansas City 11/20/88	106	5	21.2	49	0
127	Peerless Price	vs. Buffalo 10/24/99	106	5	21.2	45	1
	Corey Bradford	at Green Bay 11/1/99	106	3	35.3	74t	1
127	Muhsin Muhammad	vs. Carolina 10/31/04	106	8	13.3	35	2
	^Kellen Winslow	at San Diego 12/14/86	105	8	13.1	28	1
127	Paul Palmer	vs. Kansas City 9/11/88	105	8	13.1	27	0
	Henry Ellard	at Washington 9/4/94	105	7	15.0	25	0
127	Ike Hilliard	at N.Y. Giants 12/23/01	105	7	15.0	26	1
	Willie McGee	vs. San Francisco 9/26/76	104	5	20.8	52t	1
127	Carlos Carson	at Kansas City 9/4/83	104	7	14.9	48	1
	+Marcus Allen	at L.A. Raiders 10/30/83	104	8	13.0	36	0
127	J.T. Smith	vs. Phoenix 9/17/89	104	7	14.9	25t	1
	Carl Pickens	vs. Cincinnati 11/7/99	104	4	26.0	75t	1
127	Isaac Bruce	at St. Louis 11/14/04	104	7	14.9	21	0
	Randy Moss	at Minnesota 12/12/04	104	4	26.0	54	1

100 YARDS RECEIVING (CONTINUED)

134	^Jerome Barkum	vs. N.Y. Jets 11/26/79	103	6	17.2	40	0	
	John Jefferson	vs. San Diego 9/7/80	103	6	17.2	23t	2	
	Byron Williams	at N.Y. Giants 12/11/83	103	7	14.7	24	0	
	Art Monk	at Washington 9/28/86	103	5	20.6	69	0	
	Hart Lee Dykes	at New England 10/7/90	103	5	20.6	35t	1	
140	Chris Chambers	vs. Miami 11/21/04	103	9	11.4	28	1	
	^Tony McGee	at Cincinnati 9/26/93	102	7	14.6	37	0	
	^Wesley Walls	at Carolina 10/8/00	102	7	14.6	26	0	
	Larry Fitzgerald	at Arizona 11/6/05	102	8	12.8	23	0	
144	Bernard Berrian	vs. Chicago 11/18/07	102	9	11.3	23	0	
	Dave Logan	vs. Cleveland 12/20/81	101	5	20.2	26	1	
	Cris Collinsworth	at Cincinnati 9/8/85	101	4	25.3	71	0	
	Henry Ellard	at L.A. Rams 10/23/88	101	7	14.4	20	0	
	Irving Fryar	at New England 9/20/92	101	6	16.8	36t	1	
	Derrick Alexander	at Kansas City 11/21/99	101	8	12.6	25	0	
	Torry Holt	vs. St. Louis 9/10/00	101	6	16.8	41	0	
	^Tony Gonzalez	vs. Kansas City 10/29/00	101	8	12.6	22	0	
	Eric Moulds	vs. Buffalo 12/23/00	101	4	25.3	48	0	
	Donte' Stallworth	vs. New Orleans 9/7/03	101	8	12.6	30	0	
	153	Isaac Curtis	at Cincinnati 9/25/77	100	3	33.3	54	1
		Stephon Paige	at Kansas City 12/27/87	100	7	14.3	46t	1
Jeff Graham		vs. N.Y. Jets 8/31/97	100	3	33.3	47	2	
Tony Martin		at San Diego 11/9/97	100	5	20.0	61	2	
Amani Toomer		at N.Y. Giants 9/22/02	100	4	25.0	49	0	
Torry Holt		at St. Louis 12/14/03	100	6	16.7	40t	1	
Keary Colbert		vs. Carolina 10/31/04	100	4	25.0	63	0	

RECEPTIONS

	Player	Team, Date	No.	Yds.	Avg.	LG	TD
1	Wes Chandler	at San Diego 9/15/85	13	243	18.7	45	1
	Tony Martin	at San Diego 9/10/95	13	163	12.5	24	0
3	Gary Clark	vs. Phoenix 12/19/93 (OT)	12	152	12.7	28	1
	T.J. Houshmandzadeh	vs. Cincinnati 9/23/07	12	141	11.8	35t	1
5	^ Todd Christensen	vs. L.A. Raiders 10/16/83	11	152	13.8	22t	3
	Curtis Conway	at San Diego 12/30/01	11	156	14.2	38	1
^	Kellen Winslow	at Cleveland 11/4/07 (OT)	11	125	11.4	22	0
	+ Don McCauley	vs. Baltimore 11/12/78	10	88	8.8	19	0
8	Cliff Branch	at Oakland 12/16/79	10	109	10.9	15	0
	Clarence Williams	at San Diego 10/4/81	10	89	8.9	15	0
	Anthony Miller	vs. San Diego 10/3/93	10	123	12.3	20	1
	Jimmy Smith	at Jacksonville 11/12/00	10	117	11.7	67t	1
	James Thrash	vs. Philadelphia 9/23/01	10	165	16.5	64t	2
	Peerless Price	at Buffalo 11/18/01	10	138	13.8	23	1
	+ LaDainian Tomlinson	at San Diego 12/30/01	10	68	6.8	13	0
	Anquan Boldin	vs. Arizona 12/21/03	10	122	12.2	60t	1
^	Jabar Gaffney	vs. Houston 10/16/05	10	87	8.7	26	0
	Jeremy Shockey	vs. N.Y. Giants 11/27/05 (OT)	10	127	12.7	24	1

3.0 SACKS

	Player	Team, Date	Sacks	Yards
1	Derrick Thomas	at Kansas City 11/11/90	*7.0	60.0
2	Barney Chavous	vs. Denver 12/21/80	4.0	47.0
	Anthony Smith	vs. L.A. Raiders 10/18/92	4.0	29.0
^	Anthony Smith	vs. L.A. Raiders 9/12/93	4.0	21.0
	Leslie O'Neal	vs. San Diego 10/22/95	4.0	26.0
	Keith Willis	vs. Pittsburgh 10/23/83	3.5	15.0
6	Randy White	vs. Dallas 12/4/83	3.5	30.0
	Simon Fletcher	vs. Denver 11/30/92 (OT)	3.5	23.5
9	13 players tied with		3.0	

*NFL Record; +Running Back; ^ Tight End

MISCELLANEOUS TOP 10

HOME ATTENDANCE

Att.	Opponent	Stadium	Date	W/L	Score
1 68,681	Oakland	Husky Stadium	December 16, 2000	W	27-24
2 68,661	Denver	Husky Stadium	November 26, 2000	L	38-31
3 68,331	San Francisco	Qwest Field	November 12, 2007	W	24-0
4 68,297*	Washington	Qwest Field	January 5, 2008	W	35-14
5 68,296	New Orleans	Qwest Field	October 14, 2007	L	28-17
6 68,256	Green Bay	Qwest Field	November 27, 2006	W	34-24
7 68,249	Chicago	Qwest Field	November 18, 2007	W	30-23
8 68,193	Arizona	Qwest Field	December 9, 2007	W	42-21
9 68,175	St. Louis	Qwest Field	November 12, 2006	W	24-22
10 68,174	San Diego	Qwest Field	December 24, 2006	L	20-17

ROAD ATTENDANCE

Att.	Opponent	Stadium	Date	W/L	Score
1 90,215	Washington	FedEx Field	October 2, 2005	L	20-17(OT)
2 88,734*	L.A. Raiders	Los Angeles Coliseum	January 8, 1983	L	30-14
3 82,893	Kansas City	Arrowhead Stadium	October 2, 2000	L	24-17
4 82,352	Washington	FedEx Field	November 4, 2001	L	27-14
5 80,728	Washington	FedEx Field	November 9, 2003	L	27-20
6 78,847	Kansas City	Arrowhead Stadium	October 23, 1994	L	38-23
7 78,605	Cleveland	Municipal Stadium	October 9, 1988	W	16-10
8 78,551	N.Y. Giants	Giants Stadium	September 22, 2002	L	9-6
9 78,119	N.Y. Giants	Giants Stadium	December 23, 2001	L	27-24
10 77,645	Kansas City	Arrowhead Stadium	October 29, 2006	L	35-28

COLDEST GAMES

Temp.	Opponent	Date	W/L	Score
1 16	at Denver	December 3, 2006	W	23-20
2 20*	at Green Bay	January 4, 2004	L	33-27 (OT)
3 22	at Denver	December 10, 2000	L	31-24
4 26	at Pittsburgh	December 6, 1992	L	20-14
5 27	at Denver	December 19, 1999	L	36-30 (OT)
6 30	at Cincinnati	December 10, 1989	W	24-17
7 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

WARMEST GAMES

Temp.	Opponent	Date	W/L	Score
1 98	at Arizona	September 14, 2003	W	38-0
2 95	at N.Y. Jets	September 11, 1983	W	17-10
3 94	at Kansas City	September 4, 1987	L	17-13
4 93	at Philadelphia	September 10, 1989	L	31-7
5 89	at Miami	September 3, 2000	L	23-0
6 88	at Cincinnati	September 8, 1985	W	28-24
88	at Tampa Bay	September 19, 2004	W	10-6
8 85	at Denver	September 13, 1987	L	40-17
9 84	at San Diego	September 1, 1996	L	29-7
10 83	at Denver	October 1, 1978	L	28-7

* Playoff Game

RECORD BY MONTH

Year	REGULAR SEASON						Record
	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	
1976		0-3	1-4	1-3	0-2		2-12
1977		0-2	2-3	1-3	2-1		5-9
1978		2-2	2-3	3-1	2-1		9-7
1979		1-4	3-1	3-1	2-1		9-7
1980		2-2	2-2	0-5	0-3		4-12
1981		1-3	1-3	2-3	2-1		6-10
1982		0-2		2-0	1-3	1-0	4-5
1983		2-2	3-2	2-2	2-1		9-7
1984		4-1	3-1	4-0	1-2		12-4
1985		2-2	2-2	2-2	2-2		8-8
1986		3-1	2-2	2-3	3-0		10-6
1987		1-1	3-1	3-2	2-2		9-6
1988		2-2	3-2	2-2	2-1		9-7
1989		1-2	3-2	0-4	3-1		7-9
1990		0-3	3-1	2-2	4-1		9-7
1991		2-3	3-1	1-2	1-3		7-9
1992		1-3	0-4	1-3	0-4		2-14
1993		2-2	2-2	1-2	1-3	0-1	6-10
1994		3-1	0-4	2-2	1-3		6-10
1995		1-2	1-4	3-1	3-1		8-8
1996		1-4	2-1	2-2	2-2		7-9
1997	0-1	2-2	3-0	1-4	2-1		8-8
1998		3-1	1-2	2-3	2-2		8-8
1999		2-1	2-1	4-1	1-3		0-19-7
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
Total	0-1	56-60	58-67	67-64	62-59	3-3	246-254 (.492)

Year	INCLUDING PLAYOFFS						Record	Playoffs
	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.		
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*	9-8*	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
Total	0-1	56-60	58-67	67-64	65-61*	7-11*	253-264*	7-10

* includes playoffs

PRIME TIME RECORD

(32-22)

MONDAY NIGHT FOOTBALL (16-8)

Date	W/L	Score	Opponent
October 29, 1979	W	31-28	at Atlanta
November 26, 1979	W	30-7	vs. N.Y. Jets
November 17, 1980	L	19-17	vs. Oakland
November 16, 1981	W	44-23	vs. San Diego
October 29, 1984	W	24-0	at San Diego
November 12, 1984	W	17-14	at L.A. Raiders
September 23, 1985	L	35-24	vs. L.A. Rams
November 25, 1985	L	19-6	at San Francisco
October 6, 1986	W	33-7	vs. San Diego
December 8, 1986	W	37-0	vs. L.A. Raiders
November 9, 1987	L	30-14	at N.Y. Jets
November 30, 1987	L	37-14	vs. L.A. Raiders
November 28, 1988	W	35-27	vs. L.A. Raiders
December 4, 1989	W	17-16	vs. Buffalo
October 1, 1990	W	31-16	vs. Cincinnati
November 30, 1992	W	16-13 (OT)	vs. Denver
November 1, 1999	W	27-7	at Green Bay
October 2, 2000	L	24-17	at Kansas City
October 14, 2002	L	28-21	vs. San Francisco
December 6, 2004	L	43-39	vs. Dallas
December 5, 2005	W	42-0	at Philadelphia
November 6, 2006	W	16-0	vs. Oakland
November 27, 2006	W	34-24	vs. Green Bay
November 12, 2007	W	24-0	vs. San Francisco

THURSDAY-SUNDAY NIGHT (16-14)

Date	Network	W/L	Score	Opponent
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

*Thanksgiving Day Game

RECORDS BY TELEVISION NETWORK

NFL Network (0-1) ESPN (17-8) NBC (2-2) ABC (13-9) TNT (0-2)

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

BY WINNING %

Quarterback	Record	Win %
Glenn Foley	1-0	1.000
Trent Dilfer	8-4	.667
Matt Hasselbeck	57-39	.594
Dave Krieg	70-49	.588
John Friesz	6-5	.545
Jon Kitna	18-15	.545
Bruce Mathison	1-1	.500
Seneca Wallace	2-2	.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
Kelly Stouffer	5-11	.313
Steve Myer	1-3	.250
Stan Gelbaugh	1-8	.111
Gale Gilbert	0-2	.000
Brock Huard	0-4	.000

ALL-TIME HONORS

CAPTAINS

	Offense	Defense	Special Teams
1976	Norm Evans, T	Mike Curtis, LB	Ed Bradley, LB
1977	Norm Evans, T	Eddie McMillan, S	Steve Preece, S
1978	Norm Evans, T	Dennis Boyd, DT	Autry Beamon, S
1979	Steve Largent, WR	Dennis Boyd, DE	Autry Beamon, S
1980	Steve Largent, WR	Keith Simpson, S	
1981	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1982	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1983	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1984	Charle Young, TE	Dave Brown, CB	Eric Lane, RB
1985	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1986	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1987	Steve Largent, WR Curt Warner, RB	Kenny Easley, S	Paul Moyer, S
1988	Steve Largent, WR	Jacob Green, DE Eugene Robinson, S	Game-to-Game
1989	Steve Largent, WR	Jacob Green, DE	Game-to-Game
1990	Dave Krieg, QB	Jacob Green, DE	Game-to-Game
1991	Dave Krieg, QB	Jacob Green, DE	Game-to-Game
1992	John L. Williams, FB	Eugene Robinson, S	James Jones, TE
1993	John L. Williams, FB	Eugene Robinson, S	Tracy Johnson, FB Trey Junkin, TE
1994	Ray Donaldson, C	Eugene Robinson, S	Tracy Johnson, FB Trey Junkin, TE
1995	Rick Mirer, QB	Eugene Robinson, S	Trey Junkin, TE
1996	Rick Mirer, QB Chris Warren, RB	Winston Moss, LB Terry Wooden, LB	Rick Tuten, P
1997	John Friesz, QB	Winston Moss, LB	Jay Bellamy, S
1998	Warren Moon, QB Kevin Glover, C	Darryl Williams, S Michael Sinclair, DE	Jay Bellamy, S
1999*	Jon Kitna, QB Ricky Watters, RB	Chad Brown, LB Cortez Kennedy, DT	Fabien 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
	Offense	Defense	Special Teams
2003	Matt Hasselbeck, QB	John Randle, DT	Alex Bannister, WR
2004	Matt Hasselbeck, QB	Anthony Simmons, LB	Alex Bannister, WR
2005	Matt Hasselbeck, QB *Shaun Alexander, RB	Grant Wistrom, DE *Lofa Tatupu, LB	Alex Bannister, WR *Josh Scobey, KR
2006	Matt Hasselbeck, QB Walter Jones, T	Lofa Tatupu, LB Ken Hamlin, FS	J.P. Darche, LS Jimmy Williams, CB
2007	Matt Hasselbeck, QB Mack Strong, FB	Lofa Tatupu, LB Deon Grant, SS	Josh Brown, K Niko Koutouvides, LB

* 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 who best exemplifies the spirit, dedication, and integrity of the Seahawks)

1989	Steve Largent	WR	1998	Michael Sinclair	DE
1990	Jacob Green	DE	1999	Chad Brown	LB
1991	Rufus Porter	LB	2000	Ricky Watters	RB
1992	Jeff Bryant	DE	2001	Mack Strong	FB
	Joe Nash	DT	2002	Mack Strong	FB
1993	Eugene Robinson	S	2003	Trent Dilfer	QB
1994	Brian Blades	WR	2004	Mack Strong	FB
1995	Terry Wooden	LB	2005	Mack Strong	FB
1996	Cortez Kennedy	DT	2006	Mack Strong	FB
1997	Winston Moss	LB	2007	Bobby Engram	WR

MAN OF THE YEAR

1976	Norm Evans	T	1994	Brian Blades	WR
1980	Jim Zorn	QB	1995	Eugene Robinson	S
1981	Manu Tuiasosopo	DT	1996	Todd Peterson	K
1982	Dave Brown	CB	1997	Rick Tuten	P
1983	Paul Johns	WR	1998	Sam Adams	DT
1984	Jeff West	P	1999	Jon Kitna	QB
1985	Mike Tice	TE	2000	Jon Kitna	QB
1986	Mike Tice	TE	2001	Brock Huard	QB
1987	Mike Tice	TE	2002	Trent Dilfer	QB
1988	Steve Largent	WR	2003	Matt Hasselbeck	QB
1989	Norm Johnson	K	2004	Mack Strong	FB
1990	Jacob Green	DE	2005	Shaun Alexander	RB
1991	Eugene Robinson	S	2006	Marcus Trufant	CB
1992	Eugene Robinson	S	2007	Bobby Engram	WR
1993	Eugene Robinson	S			

MARCUS NALLEY TROPHY

(Most Valuable Player as voted by teammates)

1976	Jim Zorn	QB	1988	John L. Williams	FB
1977	Steve Largent	WR	1989	Brian Blades	WR
1978	Jim Zorn	QB	1990	John L. Williams	FB
1979	Steve Largent	WR	1991	Eugene Robinson	S
1980	Sam McCullum	WR	1992	Cortez Kennedy	DT
1981	Steve Largent	WR	1993	Eugene Robinson	S
1982	Kenny Easley	S	1994	Chris Warren	RB
1983	Curt Warner	RB	1995	Chris Warren	RB
1984	Kenny Easley	S	1996	Cortez Kennedy	DT
1985	Steve Largent	WR	1997	Darryl Williams	S
1986	Curt Warner	RB	1998	Chad Brown	LB
1987	Steve Largent	WR			

Discontinued in 1999

RETIRED JERSEYS

#12 Seattle's fans, the 12th Man (1984)

#80 Steve Largent (1995)

PRO FOOTBALL HALL OF FAME

- 1984 Mike McCormack, Coach-President/GM, 1982-88
 1995 Steve Largent, WR, 1976-89 (elected in first year of eligibility)
 2006 Warren Moon, QB, 1997-98 (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)

NFL PLAYER OF THE MONTH

- 1986 Curt Warner, RB (October), Dave Krieg, QB (December)
- 1989 John L. Williams, FB (December)
- 1996 Michael McCrary, DE (December)
- 1998 Chad Brown, LB (November)
- 1999 Jon Kitna, QB (October), Jeff Feagles, P (December)
- 2004 Matt Hasselbeck, QB (December)
- 2005 Shaun Alexander, RB (November)
- 2006 Ken Hamlin, FB (September), Nate Burleson WR (Special Teams - November)
- 2007 Patrick Kerney, DE (November)

NFL ROOKIE OF THE MONTH

- 1997 Walter Jones, T (October)
- 2002 Rocky Bernard, DT (September)
- 2005 Lofa Tatupu, LB (December/January)

NFL PLAYER OF THE WEEK

- 1984 Joe Nash, NT (Week 4), Kenny Easley, S (Week 9), Dave Brown, CB (Week 10), Dave Krieg, QB (Week 13)
- 1985 Dave Krieg, QB & Daryl Turner, WR (Week 2), Terry Taylor, CB (Week 9)
- 1986 Steve Largent, WR (Week 5), Jacob Green, DE (Week 12)
- 1987 Fredd Young, LB (Week 2), Steve Largent, WR (Week 6), Brian Bosworth, LB (Week 15)
- 1988 Jacob Green, DE (Week 2), Dave Krieg, QB (Week 16)
- 1989 Steve Largent, WR (Week 14)
- 1990 Dave Krieg, QB (Week 10), Nesby Glasgow, S (Week 12), DE Jacob Green (Week 17)
- 1991 Rufus Porter, LB (Week 13)
- 1992 Cortez Kennedy, DT (Week 3)
- 1993 Chris Warren, RB (Week 3), *Rick Mirer, QB and P Rick Tuten (Week 5), Eugene Robinson (Week 11)
- 1994 Chris Warren, RB (Week 5), Robert Blackmon, S (Week 13)
- 1995 *Joey Galloway, WR (Week 11), Robert Blackmon, S (Week 12), Todd Peterson, K (Week 14), Robert Blackmon, S (Week 15), Rick Tuten, P (Week 16)
- 1996 Cortez Kennedy, DT (Week 6), Darryl Williams, S (Week 9), Michael McCrary, Special Teams (Week 10), Rick Tuten, P (Week 15), Michael McCrary, DE (Week 17)
- 1997 Chad Brown, LB (Week 3), Darryl Williams, S (Week 4), Warren Moon, QB (Weeks 9 and 11)
- 1998 Jon Kitna, QB (Week 13)
- 1999 *Charlie Rogers, PR, Special Teams (Week 3), Shawn Springs, CB (Week 8)
- 2000 Jon Kitna, QB (Week 11)
- 2001 Shaun Alexander, RB (Weeks 4 and 9), Charlie Rogers, KR, Special Teams (Week 16)
- 2002 Shaun Alexander, RB (Week 4), Matt Hasselbeck QB (Week 12), Ken Lucas CB (Week 15)
- 2003 *Ken Hamlin, S (Week 2), Bobby Engram, WR, Special Teams (Week 11), Chad Brown, LB (Week 17)
- 2004 Tom Rouen, P (Week 2), Ken Lucas, CB (Week 3), *Michael Boulware, S (Week 11), Darrell Jackson, WR (Week 14), Shaun Alexander, RB (Week 16)
- 2005 Shaun Alexander, RB (Weeks 3, 6, 9), Josh Brown, K (Week 7), Andre Dyson, CB (Week 13), Matt Hasselbeck, QB (Week 5)
- 2006 Josh Brown, K (Weeks 6, 12)
- 2007 Lance Laury, LB/ST (Week 3), Nate Burleson, WR/ST (Week 7), Lofa Tatupu, LB (Week 13), Marcus Trufant, CB (Week 14)
- * Rookie

HALL OF FAME



STEVE LARGENT, WR 1976-89

Pro Football Hall of Fame: Steve Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on Saturday, January 28, 1995. Largent was formally inducted in Canton, Ohio, on Saturday, July 29, along with Jim Finks, Henry Jordan, Lee Roy Selmon, and Kellen Winslow. He was presented into the Hall of Fame by Seahawks' Vice President Gary Wright. Largent was the 23rd player to be elected in his first year of eligibility.

NFL Records: Concluded his 14 National Football League seasons with league career records for receptions, 819; yards, 13,089;

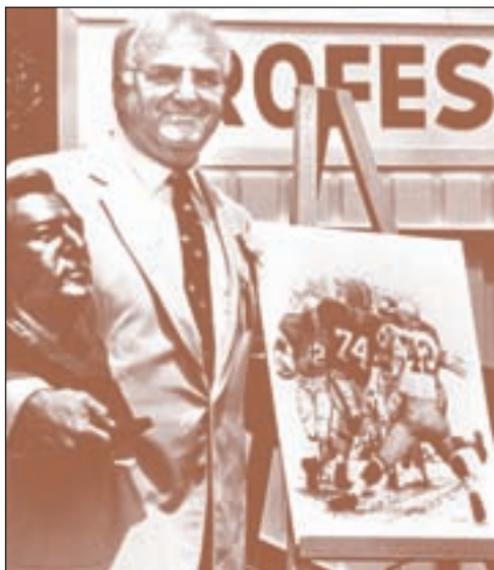
touchdowns, 100; consecutive games with a reception, 177; 50-catch seasons, 10; and 1,000-yard seasons, 8. Became only the second player in NFL history to be the career leader in receptions, yards and touchdowns at the same time joining Green Bay's Don Hutson (1945). Ranked third all-time at the time of his retirement with 40-career 100-yard games, trailing Don Maynard (50) and Lance Alworth (41). Still ranks 18th in total touchdowns with 101 (has one rushing), 11th with 40 100-yard games, and is 32nd in combined yards with 13,396.

Pro Career: Finished in the AFC's (or NFC's in 1976) top 10 in receptions 10 times in his first 12 seasons, failing only in 1977 and 1982, and in the top five seven times. Led the AFC in receptions in 1978 with 71 and finished second in 1981 (75) and 1987 (58), and was third in the NFC in 1976 (54). The only NFC wide receiver to catch more passes than Largent in 1976 was Dallas' Drew Pearson (58). Largent's total did lead all rookie wide receivers. Finished in the NFL's top 10 in receiving yards seven times, including a first-place finish in 1985, and a second in 1978, missing the lead by one yard. Missed only 10 games in his career due to injury, including six in 1989 with a broken elbow. Selected to play in the AFC-NFC Pro Bowl game seven times, after the 1978, 1979, 1981, 1984, 1985, 1986, and 1987 seasons. Unable to play in the 1979 game because of a wrist injury. Set the Pro Bowl career yardage record with 236, since surpassed by Jerry Rice with 495, and had 17 Pro Bowl receptions. Originally drafted in the fourth round in 1976 by the Houston Oilers. Was waived by the Oilers on August 24, recalled, and traded to the Seahawks for an eighth-round 1977 draft choice on August 26. The Oilers used that choice to select wide receiver Steve Davis from the University of Georgia.

Seahawks Records: Led the team in both receptions and yards in each of the team's first 12 seasons. Voted by his teammates as the Seahawks' Most Valuable Player after the 1977, 1979, 1981, 1985, and 1987 seasons. Was also elected Offensive Captain from 1979-83 and 1985-89. Second in games played (200) but has more starts (197) than any other player in team history. He was the first player voted into the team's Ring of Honor December 23, 1989.

Personal: Represented the 1st District of the State of Oklahoma for four terms. Was elected to the United States House of Representatives on November 8, 1994, and sworn in on November 29. Re-elected to a second two-year term in 1996, and resigned following his 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.

MIKE McCORMACK 1982-88



Pro Football Hall of Fame: Mike McCormack was inducted into the Pro Football Hall of Fame on July 28, 1984. He was one of four players honored in 1984 along with Arnie Weinmeister, Willie Brown and Charley Taylor. McCormack played with the Cleveland Browns from 1954-1962 and served as head coach of the Philadelphia Eagles (1973-75), Baltimore Colts (1980-81) and Seattle Seahawks (1982). He also served as president and general manager of the Seahawks. In 1993, he was hired by the newly formed Carolina Panthers as their team president and general manager. He retired from the Panthers' organization in 1997.

Pro Career: One of the game's greatest offensive tackles, he began his pro football career with the NFL's 1951 New York Yanks where as a rookie he earned the starting right tackle spot. That year he earned the first of six trips to the Pro Bowl, before being called into military service. The Baltimore Colts, who acquired his rights before the start of the 1953 season, traded him to the Cleveland Browns in a massive 15-player deal. Even though the Browns knew McCormack would not be available for a full year, he was the key man in the trade. Coach Paul Brown always considered it one of his wisest personnel moves. In his first season in Cleveland, McCormack, a former University of Kansas star and Chicago native, was asked to fill the middle guard position that had been vacated by the retiring Bill Willis on the defensive unit. It was a tall order, considering Willis would himself be elected to the Hall of Fame. McCormack, not surprisingly, was up to the challenge. He quickly became an important factor on an excellent Cleveland defensive team. Mike enjoyed perhaps his most memorable individual moment on the defensive team when, in the 1954 NFL Championship Game, he stole the ball from Detroit Lions quarterback Bobby Layne to set up one of the early touchdowns in a 56-10 Cleveland rout. But it was as an offensive tackle that McCormack made his lasting mark in pro football. Mike was the Browns' offensive right tackle for eight years from 1955 through 1962. During that period, the Browns' forward wall played a major role in assuring a balanced offensive approach and McCormack, equally adept as a blocker on rushing plays and as a quarterback protector, was a stabilizing factor throughout the period.

Seahawks Career: In 1982, McCormack joined the Seattle Seahawks as director of football operations, eventually becoming president and general manager the following season. He also served as the Seahawks' interim head coach for the remainder of the 1982 season when Jack Patera was fired after the first two games. McCormack took over during the 57-day players strike and led the team to a 4-3 record. He then returned to his management position when the Seahawks hired Chuck Knox as their new head coach in 1983. Under McCormack's leadership, the Seahawks enjoyed the franchise's finest years until the mid 2000's. During his seven seasons with the team, Seattle reached the postseason four times, including the AFC Championship Game in 1983.

Personal: Married to wife Ann and has four children; Michael, Tim, Molly and Colleen. Was a member of the University of Kansas' all-time team and served as co-captain of the 1950 Jayhawks team.



WARREN MOON QB 1997-98

Pro Football Hall of Fame: Warren Moon was elected to the Pro Football Hall of Fame on Saturday, February 4, 2006, the day before the Seahawks played the Pittsburgh Steelers in Super Bowl XL. Moon was formally inducted in Canton, Ohio, on Sunday, August 6, along with Troy Aikman, Harry Carson, John Madden, Reggie White and Rayfield Wright. He was presented into the Hall of Fame by friend, agent and business associate Leigh Steinberg. Moon was the first African-American quarterback to be inducted.

Pro Career: Prior to the 1978 NFL Draft, some NFL scouts suggested that since University of Washington quarterback Warren Moon had played in a rollout rather than a drop-back passing offense, he would be a mid-round pick. Others speculated that since only one African American quarterback, James Harris, had achieved any measurable success in the NFL, Moon would have to play some other position. Regardless of which misguided reason motivated NFL scouts, Moon remained confident of his abilities and opted to sign with the Edmonton Eskimos of the Canadian Football League. He went on to lead the Eskimos to an unprecedented five consecutive Grey Cup victories. Eventually, Moon returned to the United States to play for the Houston Oilers in 1984. He racked up nearly 50,000 passing yards in 17 NFL seasons. Moon set a new club record with 3,338 yards passing in his first year with Houston, a mark he would break four more times. In 1986, when the Oilers installed the run-and-shoot offense, Moon's quarterback skills finally became apparent to all. The wide-open offense showcased Moon's strong arm, running skills, and big-play ability. In 1990, Moon led the league with 4,689 passing yards. He also led the league in attempts (584), completions (362), and touchdowns (33), and tied Dan Marino's NFL record with nine 300-yard games in a season. The following year, he again led the league in passing yards 4,690. At the same time, he joined Hall of Fame quarterbacks Marino and Dan Fouts as the only quarterbacks to post back-to-back 4,000-yard seasons. Moon also established new NFL records that season with 655 attempts and 404 completions. Moon was traded to the Minnesota Vikings before the 1994 season. In his debut season, he passed for 4,264 yards and led the team to the playoffs. In his second season in Minnesota, he again passed for more than 4,200 yards. Moon moved on to the Seattle Seahawks as a free agent in 1997 where the veteran star set franchise records for completions (313) and yards passing (3,678) and earned his ninth Pro Bowl selection. Injuries limited his play in 1998. In 1999, Moon joined the Kansas City Chiefs and spent two seasons as a backup there before retiring. Despite spending his first six professional seasons in the CFL, Moon ranked third all-time in NFL passing yardage and fourth in touchdown passes thrown at the time of his retirement.

Seahawks Records: The 17-year NFL veteran played for the Seahawks from 1997-98, setting the franchise record for passing yards in one season with 3,678 in 1997, surpassed by Matt Hasselbeck in the 2003 season. His 313 completions in 1997 are second-most in club history, behind Hasselbeck's 352 completions in 2007. He also holds the club record for most consecutive completions (17).

Personal: Named the NFL's Man of the Year in 1989 for his work in the community, Warren established the Crescent Moon Foundation in 1989 to raise money for college academic scholarships in Seattle, Los Angeles, Houston, and Minneapolis/St. Paul. He remains active in charity work, co-hosting a celebrity golf tournament with Steve Pool which benefits Seattle's Children's Hospital. Additionally, Warren has worked as an ambassador for the NFL promoting the game of football both nationally and internationally to young people. He returns to the Seahawks radio team for his fifth season and serves as the team's preseason television analyst.



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 July 29, 1995 and only the 23rd player to be elected in first year of eligibility. He finished in the AFC's (or NFC's 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 sec-

ond in 1978, missing the lead by one yard. Selected to play in the Pro Bowl seven times (1978, 1979, 1981, 1984, 1985, 1986, and 1987) and was first-team All-NFL (AP) in both 1979 and 1985. Largent led the team in both receptions and yards in each of the team's first 12 seasons. Second in games played (200) but has more starts (197) than any other player in Seahawks history. After retiring from the game in 1989, Largent would gain political aspirations and represented the 1st District of the State of Oklahoma for four terms. He would then serve and be re-elected for his home state in the United States House of Representatives before resigning in his first-year of his fourth term to pursue the governorship of Oklahoma.

LARGENT'S NFL RECORD

	Club	G/S	Receiving				Rushing				TD
			No.	Yds.	Avg.	LG	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	83	4.9	1
Seahawks Totals		200/197	819	13,089	16.0	74	100	17	83	4.9	1

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988:1/1, **Career: 7/7**

LARGENT'S SINGLE-GAME HIGHS

Receptions: *15 vs. Detroit (10/18/87)

Yards: *261 vs. Detroit (10/18/87)

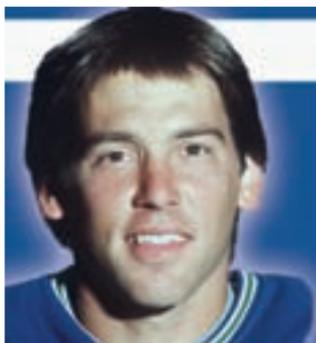
Longest: 74 vs. San Diego (11/27/77)

Most TDs: 3, 3 times, last vs. Detroit (10/18/87)

ADDITIONAL STATS

Passing: 7 attempts, 2 complete for 29 yards **Punt Returns:** 8 for 68 yards, 8.5 average, 12 long, 1 fair catch. **Kickoff Returns:** 8 for 156 yards, 19.5 average, 30 long. **Scoring:** 1 TD rushing (1981), 1 PAT (1985)

*Team Record



JIM ZORN

Quarterback 6-2 200
Cal Poly-Pomona
9 Seahawks Seasons
Free Agent 1976
Seattle Games/Starts: 126/100
Career Games/Starts: 140/(N/A)
Birthdate: May 10, 1953
Whittier, California
Ring of Honor: August 30, 1991

10

Inducted into the Ring of Honor in 1991, Jim Zorn was the starting quarterback for the Seahawks during their inaugural season in 1976 and would remain at the helm for the next seven years. Named the NFC Offensive Rookie of the Year in 1976 as he led the NFL in attempts with 439 and set a then-record 2,571 passing yards, which was also a record for an expansion team. By the end of the 1979 season, Zorn became only the third player to throw for 10,000 yards in his first four seasons. In 1978,

he earned numerous accolades, which included being named AFC Player of the Year by the Washington D.C. Touchdown Club and first-team All-NFL by the NEA. Zorn, along with current protégé Matt Hasselbeck, are the only two Seahawks quarterbacks to throw for 300 yards in back-to-back games which he accomplished twice, once in 1979 and again in 1981. Zorn finished his career leading the Seahawks in every passing category amassing 20,122 passing yards and 107 touchdown passes.

ZORN'S NFL RECORD

PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate.
1976	Seattle	14	439	208	2,571	.473	12	27	80	25/196	49.5
1977	Seattle	10	251	104	1,687	.414	16	19	82	12/51	54.3
1978	Seattle	16	443	248	3,283	.560	15	20	64	44/284	72.1
1979	Seattle	16	505	285	3,661	.564	20	18	65	23/201	77.7
1980	Seattle	16	488	276	3,346	.566	17	20	67	44/341	72.3
1981	Seattle	13	397	236	2,788	.594	13	9	80	24/201	82.4
1982	Seattle	9	245	126	1,540	.514	7	11	50	20/152	61.9
1983	Seattle	16	205	103	1,166	.502	7	7	43	9/64	64.8
1984	Seattle	16	17	7	80	.412	0	2	21	1/8	16.4
1985	Green Bay	13	123	56	794	.455	4	6	56	11/89	57.4
1987	Tampa Bay	1	36	20	199	.556	0	2	26	7/43	48.3

Career Totals	140	3,149	1,669	21,115	.530	111	141	82	220/1,630	67.3
Seahawks Totals	126	2,990	1,593	20,122	.533	107	133	82	202/1,498	67.9

RUSHING

Year	Club	G	Att.	Yds.	Avg.	LG	TD
1976	Seattle	14	52	246	4.7	19	4
1977	Seattle	10	25	141	5.6	15	1
1978	Seattle	16	59	290	4.9	23	6
1979	Seattle	16	46	279	6.1	41	2
1980	Seattle	16	44	214	4.9	25	1
1981	Seattle	13	30	140	4.7	20	1
1982	Seattle	9	15	113	7.5	35	1
1983	Seattle	16	30	71	2.4	18	1
1984	Seattle	16	7	-3	-0.4	7	0
1985	Green Bay	13	10	9	0.9	8	0
1987	Tampa Bay	1	4	4	1.0	5	0

Career Totals	140	322	1,504	4.7	41	17
Seahawks Totals	126	308	1,491	4.8	41	17



ZORN'S SINGLE GAME HIGHS

Attempts: 49 vs. Philadelphia (12/12/76)

Yards: 384 vs. New Orleans (11/18/79)

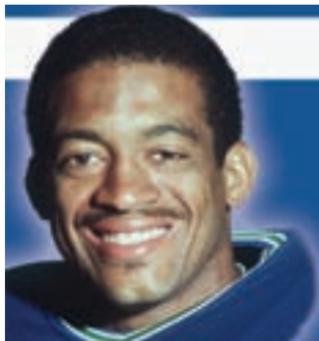
Most TDs: 4, 4 times, last vs. New England (9/21/80)

Completions: 31 vs. Kansas City (9/27/81)

Longest: 82 vs. Cincinnati (9/25/77) to David Sims

Interceptions: 6 vs. Detroit (10/24/76)

DAVE BROWN



Cornerback 6-1 197
Michigan
11 Seahawks Seasons
Veteran Allocation (Pitt)
Seattle Games/Starts: 159/159
Career Games/Starts: 172/159
Birthdate: January 16, 1953
Akron, Ohio
Ring of Honor: August 22, 1992 **22**

Inducted into the Ring of Honor in 1992, Dave Brown was an 11-year starter in the Seahawks' secondary from 1976-1986. Coming over from the Pittsburgh Steelers in the Veteran Allocation Draft in 1976, Brown Seattle at the free safety position leading the team with four interceptions. The following season #22 would shift over to the right-side cornerback position where he would be the "cornerstone" of the Seahawks' defense for the next 10 years, picking off another 46 passes, retiring as the all-time Seahawks leader in

the category with 50. In 1984, Brown picked off eight passes and was named to the AFC Pro Bowl squad and first-team All-NFL by NFL Films. Two of those interceptions were part of a NFL-record four interception returns for touchdowns on November 4, 1984 against the Kansas City Chiefs. Brown had returns of 90 and 58 yards. Brown retired as the Seahawks' leader in interception return yards (643), interception returns for touchdowns (5), and the aforementioned interceptions (50).

BROWN'S NFL RECORD

Club	G/S	Tkl.	QB	Int.	Yds.	Avg.	LG	TD	FF	FR
1975 Pittsburgh	13/0	6	0.0	0	0	0.0	0	0	0	0
1976 Seattle	14/14	111	0.0	4	70	17.5	33	0	2	0
1977 Seattle	14/14	64	0.0	4	68	17.0	29	1	0	0
1978 Seattle	16/16	41	0.0	3	44	14.7	44	0	0	3
1979 Seattle	16/16	65	0.0	5	46	9.2	23	0	0	0
1980 Seattle	16/16	63	1.0	6	32	5.2	24	0	0	0
1981 Seattle	10/10	48	0.0	2	2	1.0	2	0	1	1
1982 Seattle	9/9	50	1.0	1	3	3.0	3	0	0	2
1983 Seattle	16/16	54	0.0	6	83	11.2	37	0	6	2
1984 Seattle	16/16	54	0.0	8	*179	22.4	90	2	0	1
1985 Seattle	16/16	61	0.0	6	58	9.7	28	1	0	1
1986 Seattle	16/16	73	0.0	5	58	11.6	24	1	1	1
Career Totals	172/159	690	2.0	50	643	12.9	90	5	10	11
Seahawks Totals	159/159	684	2.0	*50	*643	12.9	90	*5	10	11

PUNT RETURNS

Club	No.	Yds.	Avg.	LG	TD
1975 Pittsburgh	22	217	9.9	48	0
1976 Seattle	11	74	6.7	19	0
Career Totals	33	291	8.8	48	0

Playoff Games Played/Started: 1975: 3/0, 1983: 3/3, 1984: 2/2, Career, 8/5



BROWN'S SINGLE-GAME HIGHS

Interceptions: 2, 5 times, last vs. Kansas City (11/4/84) **Longest Interception Return:** 90 vs. Kansas City (11/4/84)
Most Yards Returned: *148 vs. Kansas City (11/4/84) **Most Touchdowns:** *2 vs. Kansas City (11/4/84)

*Team Record



PETE GROSS

**Radio
Play-by-Play**

17 Seahawks Seasons

Birthdate: December 28, 1936

Whittier, California

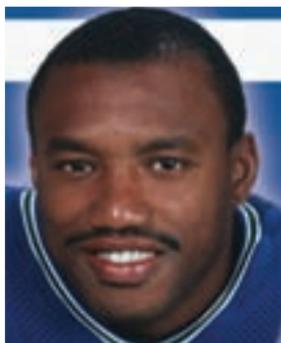
Ring of Honor: November 30, 1992

Inducted into the Seahawks' Ring of Honor in 1992, Pete Gross served as the radio play-by-play for 17 seasons from the Seahawks' inaugural 1976 season through 1992. One of the most beloved people to have ever been associated with the Seahawks' franchise, fans will never forget his numerous "touch-down Seahawks" calls. Over his 17 seasons, Gross called all but the five games he missed in 1992 while battling cancer. His career included eight playoff games and in the 1983 season Gross came within one game of the Super Bowl when Seattle faced the Los Angeles Raiders in the AFC Championship Game. The Seahawks lost that game 30-14. Gross was diagnosed with cancer in 1989. He succumbed to the disease in 1992, just three days after his induction into the Ring. He was inducted into the Ring during a Monday night game versus the Denver Broncos, a game the 2-14 Seahawks

won in overtime. Prior to moving to the Seahawks, he was the play-by-play voice of the University of Washington in both football and basketball. He came to Seattle after calling play-by-play for the University of the Pacific. Gross' legacy remains; the Seahawks are actively involved with the Pete Gross House. The Pete Gross House, which opened in November of 1999, is a 69-unit apartment complex that provides housing for families undergoing treatment at the Fred Hutchinson Cancer Research Center. The Pete Gross House is also the location of the Hutch School, a fully accredited K through 12 school for cancer patients and their siblings. The Seahawks took an active roll in seeing the project through to completion and annually hold the "Pete Gross House Luncheon" to raise funds for the continued upkeep of the facility.



Gross was inducted into the Seahawks' Ring of Honor during the Seahawks Monday night game versus the Denver Broncos. The Seahawks won the game and presented Gross with the game ball. Gross passed away three days later.



CURT WARNER

Running Back 5-11 205
Penn State
7 Seahawks Seasons
1st Round 1983
Seattle Games/Starts: 93/92
Career Games/Starts: 100/94
Birthdate: March 18, 1961
Wyoming, West Virginia
Ring of Honor: November 27, 1994

28

Curt Warner was inducted into the Ring of Honor on November 27, 1994, after a career that spanned seven years from 1983-1989 and which saw him hold every Seahawks rushing record when he was done. Immediately thrust into the Seahawks' lineup his rookie season, Warner would rush for 1,449 yards and 13 touchdowns highlighted by a then, Seahawks record 207-yard effort against Kansas City. The season was capped off by being named a starter in the Pro Bowl, 1983 AFC Player of the Year by the Washington D.C. Touchdown Club and NFLPA, AFC Offensive Player of the Year by the NFLPA and UPI, second-team All-NFL by the AP and *Football Digest* and first-team All-Rookie by *Pro Football Digest* and *Pro Football Weekly*. After suffering a season-ending injury in the first game of 1984,



Curt would bounce back in 1985 rushing for 1,094 yards and being named the NFL's Comeback Player of the Year by *Sports Illustrated*. Warner would not look back his final three seasons leading the team in rushing each year averaging 1,164 a season and 10 touchdowns, including a then Seahawks record four TDs vs. Denver in 1988. Warner

would be named to two more Pro Bowls (1986-87) bringing his career total to three, and was named AFC Offensive Player of the Year by the UPI in 1986, and first-team All-NFL by *Sports Illustrated* in 1987. Curt finished his career with 6,705 yards rushing on 1,649 carries with 62 touchdowns. He is currently third all-time in Seahawks history in rushing yards, third in total touchdowns and second in rushing attempts.

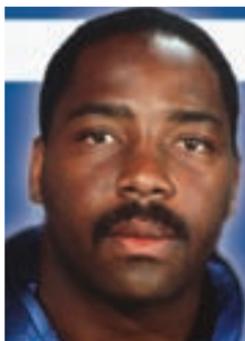
WARNER'S NFL RECORD

	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 (1980-1991). From the time the NFL made it an official statistic in 1982 until his retirement, Jacob was the third-most productive sack artist in the game, trailing only the likes of Lawrence Taylor and Reggie White. In 1983, Green registered a single-game Seahawks record 3.5 sacks against the Los Angeles Raiders, and the NFL's longest interception return for the season, a 73-yard touchdown at Cleveland. The following year,

Jacob equaled a team-record four fumble recoveries and registered a then-playoff record 2.5 sacks in a Wild Card game against the Los Angeles Raiders. Jacob's career was highlighted by two Pro Bowl selections in 1986 and 1987. In '86, he set a Seattle record with 4.0 sacks vs. the Giants. Green can be found scattered all over the Seahawks' record book having played in the third-most games (218), second-most starts (176), most fumble recoveries (17), fourth most tackles (779), and most career sacks (116.0).

GREEN'S NFL RECORD

Club	G/S	Tkl.	QB	Int.	FF	FR
1980 Seattle	14/13	58	6.5	0	0	0
1981 Seattle	16/16	74	12.0	0	6	1
1982 Seattle	9/9	36	3.0	0	1	0
1983 Seattle	16/16	61	16.0	1	1	2
1984 Seattle	16/16	69	13.0	0	4	4
1985 Seattle	16/16	92	13.5	1	*7	2
1986 Seattle	16/16	64	12.0	0	1	1
1987 Seattle	12/12	48	9.5	0	3	1
1988 Seattle	16/16	54	9.0	0	1	2
1989 Seattle	15/14	47	3.0	0	1	1
1990 Seattle	16/16	60	12.5	0	3	1
1991 Seattle	16/16	56	6.0	1	0	0
1992 San Francisco	2/0	1	0.0	0	0	0

Career Totals **180/176** **720** **116.0** **3** **28** **15**
Seahawks Totals **178/176** **719** ***116.0** **3** ***28** **15**

*Team Record

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988: 1/1, Career: 7/7



GREEN'S ADDITIONAL STATISTICS

Scoring: 2 TDs on interception returns (1983, 1985)
 2 TDs on fumble returns (1985, 1988)

Blocked Kicks: PAT (1986, 1989)
 FG (1985, 1988)



DAVE KRIEG

Quarterback 6-1 196
Milton

12 Seahawks Seasons

Free Agent 1980

Seattle Games/Starts: 129/119

Career Games/Starts: 213/(NA)

Birthdate: October 20, 1958

Schofield, Wisconsin

Ring of Honor: September 26, 2004

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Dave Krieg became the eighth member of the Seahawks' Ring of Honor on September 26, 2004. Krieg spent the first 12 years (1980-1991) of his 19-year NFL playing career with the Seahawks while becoming the club's all-time leader in 31 career, season and single-game passing categories at the time of his departure. He is still at the top of 20 of those categories, including career passing yards (26,132), completions (2,096), attempts (3,576), and touchdowns (195). Krieg originally joined the Seahawks as an undrafted

free agent from Milton College in 1980, and became the regular starter nine games into the 1983 season. The three-time Pro Bowler (1984, 1988 and 1989) is the only Seattle quarterback with a playoff victory and led the Seahawks to their only conference championship game in 1983, a club-record 12 wins and the playoffs in 1984, and back-to-back playoff appearances again in 1987 and 1988, since matched and surpassed in 2005 by Matt Hasselbeck.

KRIEG'S NFL RECORD

PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate
1980	Seattle	1	0	2	0	0.0	0	0	0	1/6	2.1
1981	Seattle	7	64	112	843	57.1	7	5	57	11/85	83.3
1982	Seattle	3	49	78	501	62.8	2	2	44	16/117	79.1
1983	Seattle	9	147	243	2,139	60.5	18	11	50	38/279	*95.0
1984	Seattle	16	276	480	3,671	57.5	*32	24	80	40/314	83.3
1985	Seattle	16	285	*532	3,602	53.6	27	20	54	52/448	76.2
1986	Seattle	15	225	375	2,921	60.0	21	11	72	35/281	91.0
1987	Seattle	12	178	294	2,131	60.5	23	15	75	27/247	87.6
1988	Seattle	9	134	228	1,741	58.8	18	8	75	12/92	94.6
1989	Seattle	15	286	499	3,309	57.3	21	20	60	37/289	74.8
1990	Seattle	16	265	448	3,194	59.2	15	20	63	40/360	73.6
1991	Seattle	10	187	285	2,080	*65.6	11	12	60	32/216	82.5
1992	Kansas City	16	230	413	3,115	55.7	15	12	77	48/323	79.9
1993	Kansas City	12	105	189	1,238	55.6	7	3	66	22/138	81.4
1994	Detroit	14	131	212	1,629	61.8	14	3	51	14/100	101.7
1995	Arizona	16	304	521	3,554	58.3	16	21	48	53/380	72.6
1996	Chicago	13	226	377	2,278	59.9	14	12	53	14/104	76.3
1997	Tennessee	8	1	2	2	50.0	0	0	2	0/0	47.9
1998	Tennessee	5	12	21	199	57.1	0	0	55	2/15	89.2
Career Totals		213	3,105	5,311	38,147	58.5	261	199	80	494/3,794	81.5
Seahawks Totals		129	^2,096	^3,576	^26,132	58.6	^195	^148	80	341/2,734	82.3

*Seahawks Single-Season Record

^Seahawks Career Record

KRIEG'S SINGLE-GAME HIGHS

Attempts: 51 vs. Atlanta (10/13/85)

Yards: 418 vs. Denver (11/20/83)

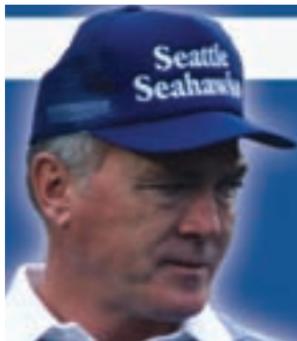
Most TDs: 5, 3 times, last vs. L.A. Raiders (11/28/88)

Completions: 33 vs. Atlanta (10/13/85)

Longest: 80 vs. Denver (11/25/84) TD

Interceptions: 5 vs. Kansas City (12/9/84)

CHUCK KNOX



Head Coach

**Juniata College
9 Seahawks Seasons**

**Birthdate: April 27, 1932
Sewickley, Pennsylvania
Ring of Honor: September 25, 2005**

Chuck Knox was the ninth member inducted to the Ring. He spent nine of his 22 illustrious seasons at the helm of the Seahawks from 1983-1991, during which time he led Seattle to 80 wins en route to becoming the winningest coach in club history. Compared to 63 losses, his winning percentage of .559 is the second-best among Seattle coaches with at least eight games coached. Knox posted six winning seasons with Seattle and led the Seahawks into postseason play four times. The Seahawks' three playoff wins under Knox were the only postseason wins in club history until 2005. Knox was named

NFL Coach of the Year following both the 1983 and 1984 seasons, where Seattle posted a 21-11 record, advanced to the 1983 AFC Championship Game and in 1984 posted the best record in franchise history at the time with a 12-4 mark. One of the NFL's all-time winningest coaches, Knox ranks eighth in league history with 193 career victories (193-158), including playoffs. He was the first coach in NFL history to lead three different franchises to the playoffs and was named NFL Coach of the Year four times while coaching three different teams (L.A. Rams-1973, Bills-1980, Seahawks-1983-84).

KNOX'S NFL RECORD

	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



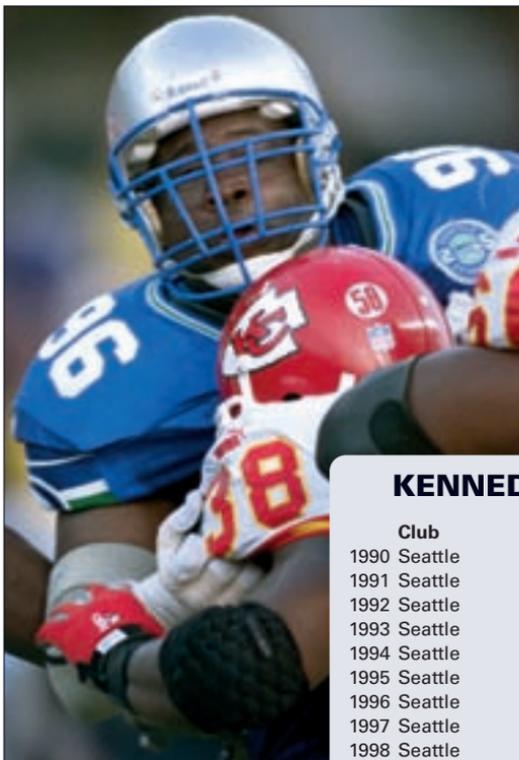
CORTEZ KENNEDY

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 will become 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 a club-record eight Pro Bowls, and a franchise-record six consecutive Pro Bowls (1991-96), including four as a starter. The three-time All-Pro is found throughout the Seahawks' record books, ranking sixth on the club's all-time

lists in games played (167), games started (153) and eighth in tackles (668). Kennedy ranks fourth in sacks (58), yards lost on sacks (390.5), and forced fumbles (13). His finest season came in 1992 when he became the second Seahawks player to win the *Associated Press* NFL Defensive Player of the Year Award (Kenny Easley, 1984) after recording 93 tackles (76 solo), 14.0 sacks, five forced fumbles, and four fumble recoveries. The 1999 Co-Defensive Captain, Kennedy helped lead Seattle back to the postseason for the first time since 1988.



KENNEDY'S NFL RECORD

Club	G/S	Tkl.	QB	Int.	FF	FR
1990 Seattle	16/2	48	1.0	0	1	1
1991 Seattle	16/16	73	6.5	0	1	0
1992 Seattle	16/16	93	14.0	0	4	1
1993 Seattle	16/16	77	6.5	0	1	1
1994 Seattle	16/16	70	4.0	0	1	1
1995 Seattle	16/16	54	6.5	0	1	0
1996 Seattle	16/16	69	8.0	0	2	0
1997 Seattle	8/8	18	2.0	0	0	0
1998 Seattle	15/15	43	2.0	0	0	1
1999 Seattle	16/16	73	6.5	2	2	0
2000 Seattle	16/16	50	1.0	1	0	0

Career Totals 167/153 668 58.0 3 13 5
Seahawks Totals 167/153 668 58.0 3 13 5

Playoff Games Played/Started: 1999: 1, Career: 1/1



INDIVIDUAL RECORDS

SERVICE

Most Seasons

- 15 Joe Nash, 1982-96
- 14 Steve Largent, 1976-89
- 14 Mack Strong, 1994-2007

Most Games Played

- 218 Joe Nash, 1982-96
- 201 Mack Strong, 1993-2007
- 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
- 176 Jacob Green, 1980-91
- 169 Joe Nash, 1982-96

Most Consecutive Games Started

- 121 Chris Gray, 1999-2006
- 100 Cortez Kennedy, 1990-97
- 92 Jacob Green, 1980-87
- Eugene Robinson, 1989-94

SCORING

POINTS

Most Points, Career

- 810 Norm Johnson, 1982-90 (159 FG, 333 PAT)
- 672 Shaun Alexander, 2000-07 (112 TDs: 100-R, 12-P)
- 608 Steve Largent, 1976-89 (101 TDs: 1-R, 100-P, 2 PAT)

Most Points, Season

- 168 Shaun Alexander, 2005 (27-R, 1-P)
- 134 Todd Peterson, 1999 (34 FG, 32 PAT)
- 127 Josh Brown, 2007 (28 FG, 43 PAT)

Most Points, Rookie, Season

- 114 Josh Brown, 2003 (22 FG, 48 PAT)
- 102 John Kasay, 1991 (25 FG, 27 PAT)
- 84 Curt Warner, 1983 (14 TDs: 13-R, 1-P)

Most Points, Game

- 30 Shaun Alexander, vs. Minnesota 9/29/02 (4-R, 1-P)
- 24 Daryl Turner, vs. San Diego 9/15/85 (4-P)
- Curt Warner, vs. Denver 12/11/88 (4-R)
- Shaun Alexander, vs. Arizona 9/25/05 (4-R)
- Shaun Alexander, vs. Houston 10/16/05 (4-R)

Most Consecutive Games Scoring

- 84 Josh Brown, 2003-07
- 80 Todd Peterson, 1995-99
- 64 Norm Johnson, 1985-89

TOUCHDOWNS

Most Touchdowns, Career

- 112 Shaun Alexander, 2000-07 (100-R, 12-P)
- 101 Steve Largent, 1976-89 (1-R, 100-P)
- 62 Curt Warner, 1983-89 (55-R, 7-P)

Most Touchdowns, Season

- 28 Shaun Alexander, 2005 (27-R, 1-P)
- 20 Shaun Alexander, 2004 (16-R, 4-P)
- 18 Shaun Alexander, 2002 (16-R, 2-P)

Most Touchdowns, Rookie, Season

- 14 Curt Warner, 1983 (13-R, 1-P)
- 10 Daryl Turner, 1984 (10-P)
- 9 Joey Galloway, 1995 (1-R, 7-P, 1-PR)

Most Touchdowns, Game

- 5 Shaun Alexander, vs. Minnesota 9/29/02 (4-R, 1-P)
- 4 Daryl Turner, vs. San Diego 9/15/84 (4-P)
- Curt Warner, vs. Denver 12/11/88 (4-R)
- Shaun Alexander, vs. Arizona 9/25/05 (4-R)
- Shaun Alexander, vs. Houston 10/16/05 (4-R)

Most Consecutive Games Scoring Touchdowns

- 9 Shaun Alexander, 2005
- 8 David Sims, 1978
- 7 Chris Warren, 1993-94

POINTS AFTER TOUCHDOWNS

Most Points After Touchdown Attempted, Career

- 339 Norm Johnson, 1982-90
- 224 Josh Brown, 2003-07
- 177 Todd Peterson, 1995-99

Most Points After Touchdown Attempted, Season

- 57 Josh Brown, 2005
- 51 Norm Johnson, 1984
- 50 Norm Johnson, 1983

Most Points After Touchdown Attempted, Game

- 8 John Leyboldt, vs. Buffalo 10/30/77
- 7 Norm Johnson, vs. San Diego 9/15/85
- 6 By 11 Players (Last: Josh Brown, vs. N.Y. Giants 9/24/06)

Most Points After Touchdown, Career

- 333 Norm Johnson, 1982-90
- 223 Josh Brown, 2003-07
- 177 Todd Peterson, 1995-99

Most Points After Touchdown, Season

- 56 Josh Brown, 2005
- 50 Norm Johnson, 1984
- 49 Norm Johnson, 1983

Most Points After Touchdown, Game

- 8 John Leyboldt, vs. Buffalo 10/30/77
- 7 Norm Johnson, vs. San Diego 9/15/85
- 6 By 11 Players (Last: Josh Brown, vs. N.Y. Giants 9/24/06)

Most Consecutive Points After Touchdown

- 177 Todd Peterson, 1995-99
- 165 Norm Johnson, 1985-90
- 110 Josh Brown, 2003-07

Highest Points After Touchdown % (100 or more PATs)

- 100.00 Todd Peterson, 1995-99 (177-177)
- 99.55 Josh Brown, 2003-2007 (223-224)
- 98.23 Norm Johnson, 1982-89 (333-339)

Most Points After Touchdown, No Misses, Season

- 48 Josh Brown, 2003
- 43 Josh Brown, 2007
- 41 Todd Peterson, 1998

Most Points After Touchdown, No Misses, Game

- 8 John Leyboldt, vs. Buffalo 10/20/77
- 7 Norm Johnson, vs. San Diego 9/15/85
- 6 By 9 Players (Last: Josh Brown, vs. N.Y. Giants 9/24/06)

TWO-POINT CONVERSIONS

(Two-point conversion rule was adopted in 1994)

Most Two-Point Conversion Attempts, Career

- 5 Chris Warren, 1990-97
- 4 Lamar Smith, 1994-97
- 3 Rick Tuten, 1991-97
- Warren Moon, 1997

Most Two-Point Conversion Attempts, Season

- 3 Lamar Smith, 1996
- Chris Warren, 1996
- Warren Moon, 1997

Most Two-Point Conversion Attempts, Game

- 2 Warren Moon, vs. Oakland 10/26/97
- 1 By 25 Players

Most Two-Point Conversions Made, Career

- 4 Lamar Smith, 1994-97
- 2 Chris Warren, 1990-97
- 1 By 10 Players

Most Two-Point Conversions Made, Season

- 3 Lamar Smith, 1996
- 1 By 13 Players (Last: Jerramy Stevens vs. Green Bay, 11/27/06)

Most Two-Point Conversions Made, Game

- 1 By 16 Players (Last: Jerramy Stevens vs. Green Bay, 11/27/06)

FIELD GOALS**Most Field Goals Attempted, Career**

- 228 Norm Johnson, 1982-90
- 154 Todd Peterson, 1995-99
- 145 Josh Brown, 2003-07

Most Field Goals Attempted, Season

- 40 Todd Peterson, 1999
- 35 Norm Johnson, 1986
- 34 Todd Peterson, 1996
- Josh Brown, 2007

Most Field Goals Attempted, Game

- 6 Norm Johnson, vs. Kansas City 9/20/87
- Todd Peterson, vs. San Diego 12/12/99
- Todd Peterson, at Pittsburgh 9/26/99
- 5 By 7 Players (Last: Josh Brown, at Denver 12/3/06)

Most Field Goals, Career

- 159 Norm Johnson, 1982-90
- 126 Todd Peterson, 1995-99
- 116 Josh Brown, 2003-07

Most Field Goals, Season

- 34 Todd Peterson, 1999
- 28 Todd Peterson, 1996
- Josh Brown, 2007
- 25 John Kasay, 1991
- Josh Brown, 2006

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)
- 4 15 Times (Last: Josh Brown, vs. St. Louis 10/21/07)

Most Field Goals, One Quarter

- 3 By 6 Players (Last: Josh Brown at Denver 12/3/06 - 4th)

Most Consecutive Games Scoring Field Goals

- 12 Todd Peterson, 1997-98
- 10 Efen Herrera, 1978-79
- Rian Lindell, 2002

Most Consecutive Field Goals

- 16 Todd Peterson, 1999
- Josh Brown, 2004
- 15 Josh Brown, 2006-07
- 14 Todd Peterson, 1995-96

Longest Field Goal

- 58 Josh Brown, at Green Bay 10/5/03
- 55 John Kasay, at Kansas City 1/2/94
- Josh Brown, Dallas 10/23/05
- 54 By 9 Players (Last: Josh Brown, at Atlanta 12/30/07)

Longest Field Goal Attempted

- 60 Efen Herrera, vs. Kansas City 11/9/80
- 58 Todd Peterson, at Kansas City 9/28/97 (OT)
- Josh Brown, at Green Bay 10/5/03
- 57 Rian Lindell, vs. San Francisco 10/14/02
- Josh Brown, vs. Indianapolis 12/24/05

Highest Field Goal %, Career (Minimum 25 atts.)

- 81.81 Todd Peterson, 1995-99 (154-126)
- 80.00 Josh Brown, 2003-07 (116-145)
- 78.10 John Kasay, 1991-94 (105-82)

Highest FG %, Season (Minimum 1 att. per game)

- 92.00 Josh Brown, 2004 (23-25)
- 88.24 Rian Lindell, 2000 (17-15)
- 85.00 Todd Peterson, 1999 (40-34)

Most Field Goals, No Misses, Game

- 5 Norm Johnson, vs. L.A. Raiders 12/18/88
- 4 By 13 Players (Last: Josh Brown, vs. St. Louis 10/21/07)

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

Most Field Goals, 50 or More Yards, Game

- 2 Norm Johnson, vs. L.A. Raiders 12/8/86
- John Kasay, vs. San Diego 10/27/91
- Josh Brown, vs. Dallas 10/23/05
- Josh Brown, vs. San Francisco 12/11/05
- Josh Brown, at Atlanta 12/30/07

SAFETIES**Most Safeties, Career**

- 2 Rod Stephens, 1989-94
- 1 By 9 Players

Most Safeties, Season

- 2 Rod Stephens, 1993 (ties NFL record)
- 1 By 9 Players
- (Last: Josh Scobey, 2007)

Most Safeties, Game

- 1 By 11 Players (Last: Josh Scobey, vs. Arizona 12/9/07)

RUSHING**ATTEMPTS****Most Attempts, Career**

- 2,176 Shaun Alexander, 2000-07
- 1,649 Curt Warner, 1983-89
- 1,559 Chris Warren, 1990-97

Most Attempts, Season

- 370 Shaun Alexander, 2005
- 353 Shaun Alexander, 2004
- 335 Curt Warner, 1983

Most Attempts, Rookie, Season

- 335 Curt Warner, 1983
- 129 John L. Williams, 1986
- 119 Sherman Smith, 1976

Most Attempts, Game

- 40 Shaun Alexander, vs. Green Bay 11/27/06
- 36 Chris Warren, at New England 9/19/93
- 35 Shaun Alexander, vs. Oakland 11/11/01

YARDS GAINED**Most Yards Gained, Career**

- 9,429 Shaun Alexander, 2000-07
- 6,706 Chris Warren, 1990-97
- 6,705 Curt Warner, 1983-89

Most Seasons, 1,000 or More Yards Rushing

- 5 Shaun Alexander, 2001-05
- 4 Curt Warner, 1983, 1985, 1986, 1988
- Chris Warren, 1992-95

Most Yards Gained, Season

- 1,880 Shaun Alexander, 2005
- 1,696 Shaun Alexander, 2004
- 1,545 Chris Warren, 1994

Most Yards Gained, Rookie, Season

- 1,449 Curt Warner, 1983
- 538 John L. Williams, 1986
- 537 Sherman Smith, 1976

Most Yards Gained, Game

- 266 Shaun Alexander, vs. Oakland 11/11/01
- 207 Curt Warner, vs. Kansas City 11/27/83 (OT)
- 201 Shaun Alexander, vs. Green Bay 11/27/06

Most Games, 100 or More Yards Rushing, Career

- 37 Shaun Alexander, 2000-07
- 24 Chris Warren, 1990-97
- 23 Curt Warner, 1983-89

Most Games, 100 or More Yards Rushing, Season

- 11 Shaun Alexander, 2005
- 8 Chris Warren, 1995
- 7 Curt Warner, 1986
- Chris Warren, 1994
- Shaun Alexander, 2003, 2004

Most Consecutive Games, 100 or More Yards, Rushing

- 4 Shaun Alexander, 2005
- 3 Shaun Alexander, 2004, 2005
- 2 Many Times

Most Games, 2 or More Players with 100 or More Yards Rushing

- vs. L.A. Raiders 11/28/88 (Curt Warner 130 and John L. Williams 105)
- vs. Denver 12/11/88 (Curt Warner 126 and John L. Williams 109)
- vs. Houston 10/16/05 (Shaun Alexander 141 and Maurice Morris 104)

Longest Run From Scrimmage

- 88 Shaun Alexander, vs. Oakland 11/11/01 (TD)
- Shaun Alexander, at Arizona 11/6/05 (TD)
- 86 Joey Galloway, at Jacksonville 11/12/95 (TD)

AVERAGE GAIN**Highest Average Gain, Career (100 or More Attempts)**

- 5.51 Steve Broussard, 1995-98 (136-750)
- 4.94 Rick Mirer, 1993-96 (178-880)
- 4.84 Jim Zorn, 1976-84 (308-1,494)

Highest Average Gain, Season (100 or More Attempts)

- 5.08 Shaun Alexander, 2005 (370-1,880)
- 4.88 Sherman Smith, 1978 (165-805)
- 4.80 Shaun Alexander, 2004 (353-1,696)

Highest Average Gain, Game (10 or More Attempts)

- 8.86 Sherman Smith, vs. Atlanta 11/7/76 (14-124)
 8.64 Lawrence McCutcheon, vs. Dallas 11/27/80 (11-95)
 8.07 Eric Lane, vs. Minnesota 9/30/84 (14-113)

TOUCHDOWNS**Most Touchdowns, Career**

- 100 Shaun Alexander, 2000-07
 55 Curt Warner, 1983-89
 44 Chris Warren, 1990-97

Most Touchdowns, Season

- 27 Shaun Alexander, 2005
 16 Shaun Alexander, 2002, 2004
 15 Chris Warren, 1995

Most Touchdowns, Rookie, Season

- 13 Curt Warner, 1983
 5 David Sims, 1977
 4 Sherman Smith, 1976
 Jim Zorn, 1976

Most Touchdowns, Game

- 4 Curt Warner, vs. Denver 12/11/88
 Shaun Alexander, vs. Minnesota 9/29/02
 Shaun Alexander, vs. Arizona 9/25/05
 Shuan Alexadner, vs. Houston 10/16/05
 3 By 12 Players (Last: Shaun Alexander, vs. St. Louis 11/13/05)

Most Consecutive Games Rushing for Touchdown

- 9 Shaun Alexander, 2005
 7 Chris Warren, 1993-94
 David Sims, 1978
 6 Shaun Alexander, 2003-04

PASSING**PASS RATING****Highest Pass Rating, Career (Minimum 500 Attempts)**

- 86.3 Matt Hasselbeck, 2001-07
 82.3 Dave Krieg, 1980-91
 81.3 Warren Moon, 1997-98

Highest Pass Rating, Season (Minimum 160 Attempts)

- 98.2 Matt Hasselbeck, 2005
 95.0 Dave Krieg, 1983
 94.6 Dave Krieg, 1988

Highest Pass Rating, Rookie, Season (100 attempts)

- 67.0 Rick Mirer, 1993
 49.5 Jim Zorn, 1976

ATTEMPTS**Most Passes Attempted, Career**

- 3,576 Dave Krieg, 1980-91
 3,109 Matt Hasselbeck, 2001-07
 2,990 Jim Zorn, 1976-84

Most Passes Attempted, Season

- 562 Matt Hasselbeck, 2007
 532 Dave Krieg, 1985
 528 Warren Moon, 1997

Most Passes Attempted, Rookie, Season

- 486 Rick Mirer, 1993
 439 Jim Zorn, 1976
 40 Gale Gilbert, 1985

Most Passes Attempted, Game

- 55 Matt Hasselbeck, at San Francisco 12/1/02
 53 Matt Hasselbeck, at San Diego 12/29/02 (OT)
 51 Dave Krieg, vs. Atlanta 10/13/85

COMPLETIONS**Most Passes Completed, Career**

- 2,096 Dave Krieg, 1980-91
 1,891 Matt Hasselbeck, 2001-07
 1,593 Jim Zorn, 1976-84

Most Passes Completed, Season

- 352 Matt Hasselbeck, 2007
 313 Warren Moon, 1997
 Matt Hasselbeck, 2003
 294 Matt Hasselbeck, 2005

Most Passes Completed, Rookie, Season

- 274 Rick Mirer, 1993
 208 Jim Zorn, 1976
 98 Kelly Stouffer, 1988

Most Passes Completed, Game

- 36 Matt Hasselbeck, at San Diego 12/29/02 (OT)
 33 Dave Krieg, vs. Atlanta 10/13/85
 31 Jim Zorn, vs. Kansas City 9/27/81
 Dave Krieg, vs. Denver 11/20/83

Most Consecutive Passes Completed

- 17 Warren Moon, vs. Oakland 11/1/98
 15 Jim Zorn, vs. Cleveland 10/12/80
 14 Jim Zorn, vs. N.Y. Jets 11/26/79
 Dave Krieg, vs. L.A. Raiders 9/16/90

COMPLETION PERCENTAGE**Highest Completion %, Career (100 att.)**

- 60.82 Matt Hasselbeck, 2001-07 (3,109-1,891)
 58.61 Dave Krieg, 1980-91 (3,576-2,096)
 58.27 Warren Moon, 1997-98 (786-458)

Highest Completion %, Season (100 att.)

- 65.61 Dave Krieg, 1991 (285-187)
 65.48 Matt Hasselbeck, 2005 (449-294)
 63.72 Matt Hasselbeck, 2002 (419-267)

Highest Completion %, Rookie, Season (Qualifiers)

- 56.38 Rick Mirer, 1993 (486-274)
 47.38 Jim Zorn, 1976 (439-208)

Highest Completion %, Game (20 att.)

- 86.36 Dave Krieg, vs. Denver 12/11/88 (22-19)
 84.00 Matt Hasselbeck, vs. San Francisco 12/11/05 (25-21)
 83.33 Matt Hasselbeck, at Detroit 9/10/06 (25-30)

YARDS GAINED**Most Yards Gained, Career**

- 26,132 Dave Krieg, 1980-91
 22,188 Matt Hasselbeck, 2001-07
 20,122 Jim Zorn, 1976-84

Most Seasons, 3,000 or More Yards Passing

- 5 Matt Hasselbeck, 2002-05, 2007
- 4 Dave Krieg, 1984, 1985, 1989, 1990
- 3 Jim Zorn, 1978-80

Most Consecutive Seasons, 3,000 or More Yards Passing

- 4 Matt Hasselbeck, 2002-05
- 3 Jim Zorn, 1978-80
- 2 Dave Krieg, 1984-85 & 1989-90

Most Yards Gained, Season

- 3,966 Matt Hasselbeck, 2007
- 3,841 Matt Hasselbeck, 2003
- 3,678 Warren Moon, 1997

Most Yards Gained, Rookie, Season

- 2,833 Rick Mirer, 1993
- 2,571 Jim Zorn, 1976
- 218 Gale Gilbert, 1985

Most Yards Gained, Game

- 449 Matt Hasselbeck, at San Diego 12/29/02 (OT)
- 427 Matt Hasselbeck, at San Francisco 12/1/02
- 418 Dave Krieg, vs. Denver 11/20/83

Most Games, 400 or More Yards Passing, Career

- 4 Dave Krieg, 1980-91
- 3 Matt Hasselbeck, 2001-07
- 1 Warren Moon, 1997

Most Games, 300 or More Yards Passing, Career

- 15 Matt Hasselbeck, 2001-07
- 11 Dave Krieg, 1980-91
- 9 Jim Zorn, 1976-84

Most Games, 300 or More Yards Passing, Season

- 4 Matt Hasselbeck, 2002, 2003
- 3 Jim Zorn, 1979
Dave Krieg, 1984
Matt Hasselbeck, 2004, 2007
- 2 By 3 Players (Last: Dave Krieg, 1985)

Most Consecutive Games, 300 or More Yards Passing

- 2 Jim Zorn, 1979, 1981
Matt Hasselbeck, 2 times in 2002, '03, '04

Longest Pass Completion

- 83 Trent Dilfer (to Koren Robinson), at St. Louis 10/20/02
- 82 Jim Zorn (to David Sims), vs. Cincinnati 9/25/77 (TD)
- 81 John Friesz (to Joey Galloway), at San Diego 10/25/98 (TD)

AVERAGE GAIN**Highest Average Gain, Career (100 Attempts)**

- 7.31 Dave Krieg, 1980-91 (3,576-26,132)
- 7.19 Trent Dilfer, 2001-04 (356-2,560)
- 7.14 Matt Hasselbeck, 2001-07 (3,109-22,188)

Highest Average Gain, Season (Qualifiers)

- 8.80 Dave Krieg, 1983 (243-2,139)
- 8.31 Trent Dilfer, 2001 (122-1,014)
- 7.79 Dave Krieg, 1986 (375-2,921)

Highest Avg. Gain, Rookie, Season (Qualifiers)

- 5.85 Jim Zorn, 1976 (439-2,571)
- 5.83 Rick Mirer, 1993 (486-2,833)

Highest Average Gain, Game (20 Attempts)

- 14.52 Dave Krieg, vs. San Diego 12/14/86 (21-305)
- 13.30 Dave Krieg, vs. Kansas City 11/11/90 (23-306)
- 12.87 Jim Zorn, vs. Buffalo 10/30/77 (23-296)

TOUCHDOWNS**Most Touchdown Passes, Career**

- 195 Dave Krieg, 1980-91
- 140 Matt Hasselbeck, 2001-07
- 107 Jim Zorn, 1976-84

Most Touchdown Passes, Season

- 32 Dave Krieg, 1984
- 28 Matt Hasselbeck, 2007
- 27 Dave Krieg, 1985

Most Touchdown Passes, Game

- 5 By 6 Players
(Last: Matt Hasselbeck, vs. N.Y. Giants 9/24/06)

Most Games, 5 or More TD Passes, Career

- 3 Dave Krieg, 1980-91
- 2 Matt Hasselbeck, 2001-07
- 1 Warren Moon, 1997-98

Most Games, 4 or More TD Passes, Career

- 7 Dave Krieg, 1980-91
- 4 Jim Zorn, 1976-84
Matt Hasselbeck, 2001-07

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 19 Times (Last: Matt Hasselbeck, vs. Arizona 12/9/07)

Most Consecutive Games, Touchdown Passes

- 28 Dave Krieg, 1983-85
- 12 Warren Moon, 1997-98
Matt Hasselbeck, 2005

HIGHEST %, TOUCHDOWN PASSES**Highest %, TD Passes, Career (100 Attempts)**

- 5.45 Dave Krieg, 1980-91 (3,576-195)
- 4.58 Warren Moon, 1997-98 (786-36)
- 4.50 Matt Hasselbeck, 2001-07 (3,109-140)

Highest %, TD Passes Season (Qualifiers)

- 7.89 Dave Krieg, 1988 (228-18)
- 7.82 Dave Krieg, 1987 (294-23)
- 7.41 Dave Krieg, 1983 (243-18)

Highest %, TD Passes, Rookie, Season (Qualifiers)

- 2.73 Jim Zorn, 1976 (439-12)
- 2.47 Rick Mirer, 1993 (486-12)

HAD INTERCEPTED**Most Consecutive Passes Attempted, None Intercepted**

- 159 Matt Hasselbeck, 2005
- 153 Jim Zorn, 1979
- 137 Dave Krieg, 1988

Most Passes Had Intercepted, Career

- 148 Dave Krieg, 1980-91
- 133 Jim Zorn, 1976-84
- 84 Matt Hasselbeck, 2001-07

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
- 44 Dave Krieg, vs. Denver 11/25/84
- Matt Hasselbeck, vs. Washington 11/3/02
- Matt Hasselbeck, vs. Chicago 11/18/07

LOWEST %, PASSES INTERCEPTED**Lowest %, Passes Had Intercepted, Career (100 att.)**

- 1.92 Brock Huard, 1999-01 (104-2)
- 2.70 Matt Hasselbeck, 2001-07 (3,109-84)
- 2.88 John Friesz, 1995-98 (416-12)

Lowest %, Passes Had Intercepted, Season (Qualifiers)

- 1.84 Rick Mirer, 1994 (381-7)
- 2.00 Matt Hasselbeck, 2005 (449-9)
- 2.14 Matt Hasselbeck, 2007 (562-12)

Lowest %, Passes Had Intercepted, Rookie Season

- 3.50 Rick Mirer, 1993 (486-17)
- 6.15 Jim Zorn, 1976 (439-27)

RECEIVING**Most Pass Receptions, Career**

- 819 Steve Largent, 1976-89 (9th in NFL history)
- 581 Brian Blades, 1988-98
- 471 John L. Williams, 1986-93

Most Seasons, 80 or More Pass Receptions

- 2 Brian Blades, 1993-94
- 1 Darrell Jackson, 2004
- Bobby Engram, 2007

Most Seasons, 70 or More Pass Receptions

- 6 Steve Largent, 1978, 1981, 1983-86
- 5 Brian Blades, 1989, 1991, 1993-95
- 3 John L. Williams, 1989-90, 1992

Most Seasons, 50 or More Pass Receptions

- 10 Steve Largent, 1976, 1978-81, 1983-87
- 6 John L. Williams, 1988-93
- Darrell Jackson, 2000-06
- 5 Brian Blades, 1989, 1991, 1993-95

Most Pass Receptions, Season

- 94 Bobby Engram, 2007
- 87 Darrell Jackson, 2004
- 81 Brian Blades, 1994

Most Pass Receptions, Rookie, Season

- 67 Joey Galloway, 1995
- 54 Steve Largent, 1976
- 53 Darrell Jackson, 2000

Most Pass Receptions, Game

- 15 Steve Largent, vs. Detroit 10/18/87
- 14 Bobby Engram, at Cleveland 11/4/07
- 12 By 4 Players (Last: Brian Blades, vs. New Orleans 9/1/91)

Most Consecutive Games, Pass Receptions

- 177 Steve Largent, 1977-89
- 71 Joey Galloway, 1995-99
- 52 Brian Blades, 1992-95

YARDS GAINED**Most Yards Gained, Career**

- 13,089 Steve Largent, 1976-89 (7th in NFL history)
- 7,620 Brian Blades, 1988-98
- 6,445 Darrell Jackson, 2000-06

Most Yards Gained, Season

- 1,287 Steve Largent, 1985
- 1,240 Koren Robinson, 2002
- 1,237 Steve Largent, 1979

Most Yards, Rookie, Season

- 1,039 Joey Galloway, 1995
- 715 Daryl Turner, 1984
- 713 Darrell Jackson, 2000

Most Yards Gained, Game

- 261 Steve Largent, vs. Detroit 10/18/87
- 191 Steve Largent, vs. Denver 11/25/84
- 180 John L. Williams, at L.A. Raiders 12/18/88

Most Games, 100+ Yards, Receiving, Career

- 40 Steve Largent, 1976-89
- 19 Darrell Jackson, 2000-06
- 17 Brian Blades, 1988-98

Most Games, 100+ Yards, Receiving, Season

- 6 Steve Largent, 1979
- 5 Steve Largent, 1984
- Brian Blades, 1989
- Darrell Jackson, 2001, 2004
- Koren Robinson, 2002

Most Consecutive Games, 100+ Yards Receiving

- 2 By 13 Players (Last: D.J. Hackett 2007)

Longest Pass Reception

- 83 Koren Robinson (from Trent Dilfer), at St. Louis 10/20/02
- 82 David Sims (from Jim Zorn), vs. Cincinnati 9/25/77 (TD)
- 81 Joey Galloway (from John Friesz), at San Diego 10/25/98 (TD)

AVERAGE PER RECEPTION**Highest Avg. Per Reception, Career (100 Receptions)**

- 18.53 Daryl Turner, 1984-87 (101-1,872)
- 15.98 Steve Largent, 1976-89 (819-13,089)
- 15.75 Joey Galloway, 1995-99 (283-4,457)

Highest Avg. Per Reception, Season (50 Receptions)

- 18.74 Steve Largent, 1979 (66-1,237)
- 17.31 Joey Galloway, 1996 (57-987)
- 17.10 Sean Dawkins, 1999 (58-992)

Highest Avg. Per Reception, Game (5 Receptions)

- 27.80 Steve Largent, vs. Oakland 9/16/79 (5-139)
- 27.40 Joey Galloway, vs. Miami 10/6/96 (5-137)
- 25.71 John L. Williams, vs. L.A. Raiders 12/18/88 (7-180)

TOUCHDOWNS**Most Touchdowns, Career**

- 100 Steve Largent, 1976-89
- 47 Darrell Jackson, 2000-06
- 37 Joey Galloway, 1995-99

Most Touchdowns, Season

- 13 Daryl Turner, 1985
- 12 Steve Largent, 1984
- Joey Galloway, 1997

Most Touchdowns, Rookie, Season

- 10 Daryl Turner, 1984
- 8 Brian Blades, 1988
- 7 Joey Galloway, 1995

Most Touchdowns, Game

- 4 Daryl Turner, vs. San Diego 9/15/85
- 3 By 4 Players (Last: Joey Galloway, vs. Oakland 10/26/97)

Most Consecutive Games, Touchdowns

- 5 Steve Largent, 1984
- Joey Galloway, 1998
- 4 By 5 Players (Last: Derrick Mayes, 1999)

INTERCEPTIONS**Most Interceptions By, Career**

- 50 Dave Brown, 1976-86
- 42 Eugene Robinson, 1985-95
- 41 John Harris, 1978-85

Most Interceptions By, Season

- 10 John Harris, 1981
- Kenny Easley, 1984
- 9 Eugene Robinson, 1993

Most Interceptions By, Rookie, Season

- 5 Michael Boulware, 2004
- 4 John Harris, 1978
- 3 By 5 Players (Last: Lofa Tatupu, 2005)

Most Interceptions By, Game

- 3 Kenny Easley, vs. San Diego 10/29/84
- Eugene Robinson, at Pittsburgh 12/6/92
- Darryl Williams, vs. San Diego 9/21/97
- Lofa Tatupu, at Philadelphia 12/2/07
- Marcus Trufant, vs. Arizona 12/9/07

Most Consecutive Games, Passes Intercepted

- 4 Cornell Webser, 1978-79
- John Harris, 1980
- Dave Brown, 1983-84
- Kenny Easley, 1984
- Eugene Robinson, 1991
- 3 By 9 Players (Last: Darryl Williams 1997)

YARDS RETURNED**Most Yards Returned, Career**

- 643 Dave Brown, 1976-86
- 586 Eugene Robinson, 1985-95
- 538 Kenny Easley, 1981-87

Most Yards Returned, Season

- 179 Dave Brown, 1984
- 172 Darryl Williams, 1997
- 157 Eddie McMillan, 1977

Most Yards Returned, Game

- 148 Dave Brown, vs. Kansas City 11/4/84
- 125 Kenny Easley, vs. Cleveland 12/20/81
- 100 Lofa Tatupu, at Philadelphia 12/2/07

Longest Return

- 91 Sammy Green, vs. San Francisco 10/7/79 (TD)
- 90 Dave Brown, vs. Kansas City 11/4/84 (TD)
- 84 Jay Bellamy, vs. St. Louis 9/10/00 (TD)
- Marcus Trufant, vs. Arizona 12/9/07 (TD)

TOUCHDOWNS**Most Touchdowns, Career**

- 5 Dave Brown, 1976-86
- 3 Keith Simpson, 1978-85
- Kenny Easley, 1981-87
- Willie Williams, 1997-03

Most Touchdowns, Season

- 2 By 6 Players (Last: Shawn Springs, Darrin Smith 1998)

Most Touchdowns, Game

- 2 Dave Brown, vs. Kansas City 11/4/84 (Ties NFL record)
- 1 50 Times (Last: Marcus Trufant, vs. Arizona 12/9/07)

PUNTING**Most Punts, Career**

- 554 Rick Tuten, 1991-97
- 385 Jeff Feagles, 1998-02
- 299 Jeff West, 1981-85

Most Punts, Season

- 108 Rick Tuten, 1992
- 95 Jeff West, 1984
- 91 Rick Tuten, 1994

Most Punts, Rookie, Season

- 84 Ryan Plackemeier, 2006
- 80 Rick Engles, 1976
- 47 Ruben Rodriguez, 1987

Most Punts, Game

- 12 Rick Tuten, vs. Denver 11/28/93
- 11 By 3 Players (Last: Rick Tuten, vs. Philadelphia 12/13/92 [OT])

Longest Punt

- 73 Rick Tuten, at Buffalo 10/15/95
- 72 Ryan Plackemeier, vs. San Diego 12/24/06
- 68 Ruben Rodriguez, vs. Denver 9/4/88
- Jeff Feagles, at Cleveland 9/9/01

AVERAGE YARDAGE**Highest Avg., Punting, Career (100 Punts)**

- 43.80 Rick Tuten, 1991-97 (554-24,266)
- 42.14 Jeff Feagles, 1998-02 (395-16,225)
- 41.25 Tom Rouen, 2003-05 (154-6,394)

Highest Avg., Punting, Season

- 45.00 Rick Tuten, 1995 (83-3,735)
- 44.97 Ryan Plackemeier, 2006 (84-3,778)
- 44.52 Rick Tuten, 1993 (90-4,007)

Highest Avg., Punting, Rookie, Season

- 44.97 Ryan Plackemeier, 2006 (84-3,778)
- 40.00 Ruben Rodriguez, 1987 (47-1,880)
- 38.34 Rick Engles, 1976 (80-3,067)

Highest Avg. Punting, Game (Minimum 4 Punts)

- 55.20 Rick Tuten, vs. Denver 12/1/96 (5-276)
- 52.83 Rick Tuten, at Buffalo 10/15/95 (6-317)
- 52.75 Rick Tuten, vs. Denver 9/18/96 (4-211)

Highest Net Punting Avg., Season

- 38.7 Rick Tuten, 1992
- 37.8 Tom Rouen, 2004
- 37.3 Rick Tuten, 1993
- Ryan Plackemeier, 2006

INSIDE THE 20**Most Punts Inside the 20, Career**

- 147 Rick Tuten, 1991-97
- 133 Jeff Feagles, 1998-02
- 73 Jeff West, 1981-85

Most Punts Inside the 20, Season

- 34 Jeff Feagles, 1999
- 33 Rick Tuten, 1994
- 30 Ryan Plackemeier, 2007

Most Punts Inside the 20, Game

- 6 Rick Tuten, vs. Minnesota 11/10/96
- Jeff Feagles, vs. Kansas City 12/26/99
- Jeff Feagles, at N.Y. Giants 12/23/01
- 5 5 Times (Last: Ryan Plackemeier, vs. San Diego 12/24/06)

TOUCHBACKS**Most Touchbacks, Career**

- 45 Rick Tuten, 1991-97
- 30 Jeff Feagles, 1998-02
- 28 Jeff West, 1981-85

Most Touchbacks, Season

- 15 Ryan Plackemeier, 2006
- 12 Jeff Feagles, 1998
- 10 Jeff West, 1983
- Jeff West, 1984

Most Touchbacks, Game

- 3 By 5 Players (Last: Ryan Plackemeier, vs. San Francisco 12/14/06)

HAD BLOCKED**Most Punts Had Blocked, Career**

- 6 Herman Weaver, 1977-80
- 3 Rick Engles, 1976-77
- 2 By 4 Players

Most Punts Had Blocked, Season

- 3 Herman Weaver, 1979
- 2 By 4 Players (Last: Tom Rouen, 2003)

Most Punts Had Blocked, Game

- 2 Herman Weaver, vs. Kansas City 9/30/79
- 1 By 18 Players (Last: Ken Walter, vs. Atlanta 1/2/05)

PUNT RETURNS**Most Punt Returns, Career**

- 94 Chris Warren, 1990-97
- 92 Nate Burleson, 2006-07
- 89 Bobby Joe Edmonds, 1986-88

Most Punt Returns, Season

- 58 Nate Burleson, 2007
- 41 Will Lewis, 1980
- 36 Joey Galloway, 1995

Most Punt Returns, Rookie, Season

- 41 Will Lewis, 1980
- 36 Joey Galloway, 1995
- 34 Rufus Crawford, 1978
- Bobby Joe Edmonds, 1986

Most Punt Returns, Game

- 7 Walter Packer, vs. N.Y. Jets 11/13/77
- 6 By 4 Players (Last: Nate Burleson, at St. Louis 11/25/07)

FAIR CATCHES**Most Fair Catches, Career**

- 68 Bobby Ingram, 2001-07
- 60 Chris Warren, 1990-97
- 40 Charlie Rogers, 1999-2001

Most Fair Catches, Season

- 25 Chris Warren, 1992
- 23 Bobby Ingram, 2002
- 22 Bobby Ingram, 2003
- Jimmy Williams, 2005

Most Fair Catches, Game

- 5 James Jefferson, vs. Denver 10/22/89
- Chris Warren, vs. Pittsburgh 10/20/91
- Chris Warren, vs. Denver 11/30/92 (OT)
- Charlie Rogers, vs. Buffalo 10/24/99
- Jimmy Williams, vs. Dallas 10/23/05

YARDS GAINED**Most Yards Gained, Career**

- 1,010 Bobby Joe Edmonds, 1986-88
- 980 Nate Burleson, 2006-07
- 925 Charlie Rogers, 1999-2001

Most Yards Gained, Season

- 658 Nate Burleson, 2007
- 419 Bobby Joe Edmonds, 1986
- 363 Charlie Rogers, 2000

Most Yards Gained, Rookie, Season

- 419 Bobby Joe Edmonds, 1986
- 360 Joey Galloway, 1995
- 349 Will Lewis, 1980

Most Yards Gained, Game

- 106 Charlie Rogers, at Pittsburgh 9/26/99
 105 Joey Galloway, vs. N.Y. Giants 11/5/95
 103 Bobby Joe Edmonds, vs. Philadelphia 11/23/86

Longest Punt Return

- 94 Charlie Rogers, at Pittsburgh 9/26/99 (TD)
 Nate Burleson, at Cleveland 11/4/07 (TD)
 90 Nate Burleson, vs. St. Louis 11/12/06 (TD)
 89 Joey Galloway, vs. N.Y. Giants 11/5/95 (TD)

AVERAGE YARDAGE**Highest Avg., Career (Minimum 50 Returns)**

- 12.67 Charlie Rogers, 1999-2001 (73-925)
 11.39 Paul Johns, 1981-84 (74-843)
 11.35 Bobby Joe Edmonds, 1986-88 (89-1,010)

Highest Avg., Season (min. 1 per game)

- 14.45 Charlie Rogers, 1999 (22-318)
 13.96 Charlie Rogers, 2000 (26-363)
 12.55 Bobby Joe Edmonds, 1987 (20-251)

Highest Avg., Rookie, Season (Qualifiers)

- 14.45 Charlie Rogers, 1999 (22-318)
 12.32 Bobby Joe Edmonds, 1986 (34-419)

Highest Avg., Game (Minimum 3 Returns)

- 32.00 Paul Johns, vs. L.A. Raiders 10/16/83 (3-96)
 31.57 Nate Burleson, vs. St. Louis 11/12/06 (3-95)
 26.33 Paul Johns, vs. New England 9/16/84 (3-79)

TOUCHDOWNS**Most Touchdowns, Career**

- 4 Joey Galloway, 1995-98
 2 Paul Johns, 1981-84
 Bobby Engram, 2001-07
 Nate Burleson, 2006-07

Most Touchdowns, Season

- 2 Joey Galloway, 1998
 1 By 12 Players (Last: Nate Burleson, 2007)

Most Touchdowns, Rookie, Season

- 1 Will Lewis, 1980
 Bobby Joe Edmonds, 1986
 Joey Galloway, 1995
 Charlie Rogers, 1999

Most Touchdowns, Game

- 1 By 14 Players
 (Last: Nate Burleson, at Cleveland 11/4/07)

KICKOFF RETURNS**Most Kickoff Returns, Career**

- 165 Steve Broussard, 1995-98
 134 Charlie Rogers, 1999-2001
 129 Maurice Morris, 2002-07

Most Kickoff Returns, Season

- 66 Charlie Rogers, 2000
 59 Josh Scobey, 2005
 50 Steve Broussard, 1997
 Charlie Rogers, 2001

Most Kickoff Returns, Game

- 8 Bobby Joe Edmonds, vs. L.A. Raiders 11/30/87
 7 By 11 Players (Last: Maurice Morris, vs. N.Y. Jets 12/19/04)

YARDS GAINED**Most Yards Gained, Career**

- 3,900 Steve Broussard, 1995-98
 3,214 Charlie Rogers, 1999-2001
 2,843 Maurice Morris, 2002-07

Most Yards Gained, Season

- 1,629 Charlie Rogers, 2000
 1,326 Josh Scobey, 2005
 1,148 Zachary Dixon, 1983

Most Yards Gained, Rookie, Season

- 829 Rufus Crawford, 1978
 821 Maurice Morris, 2002
 820 Al Hunter, 1977

Most Yards Gained, Game

- 231 Maurice Morris, at St. Louis 10/20/02
 198 Charlie Rogers, vs. Indianapolis 10/15/00
 196 Jon Vaughn, at San Diego 10/30/94

Longest Kickoff Return

- 97 James Jefferson, vs. Kansas City 10/8/89 (TD)
 Maurice Morris, at St. Louis 10/20/02 (TD)
 94 Zachary Dixon, vs. St. Louis 11/13/83 (TD)
 93 Jon Vaughn, at San Diego 10/30/94 (TD)

HIGHEST AVERAGE**Highest Avg., Career (50 Returns)**

- 23.99 Charlie Rogers, 1999-2001 (134-3,214)
 23.64 Steve Broussard, 1995-98 (165-3,900)
 22.83 Ahman Green, 1998-99 (63-1,438)

Highest Avg., Season (1 per game)

- 26.93 Steve Broussard, 1998 (29-781)
 25.83 Charlie Rogers, 1999 (18-465)
 24.74 Steve Broussard, 1995 (43-1,064)

Highest Avg., Game (Minimum 3 Returns)

- 42.75 Charlie Rogers, vs. Buffalo 12/23/00 (4-171)
 36.67 Chris Warren, vs. Denver 9/23/90 (3-110)
 36.00 Chris Warren, vs. San Diego 10/27/91 (3-108)

TOUCHDOWNS**Most Touchdowns, Career**

- 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

- 1 Zachary Dixon, 1983
- James Jefferson, 1989
- Jon Vaughn, 1994
- Steve Broussard, 1998
- Charlie Rogers, 2000
- Maurice Morris, 2002
- Nate Burleson, 2007
- Josh Wilson, 2007

Most Touchdowns, Rookie, Season

- 1 Maurice Morris, 2002
- Josh Wilson, 2007

Most Touchdowns, Game

- 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

COMBINED KICK RETURNS**Most Combined Kick Returns, Career**

- 207 Charlie Rogers, 1999-2001 (73-P, 134-K)
- 190 Bobby Joe Edmonds, 1986-88 (89-P, 101-K)
- 180 Chris Warren, 1990-97 (94-P, 86-K)

Most Combined Kick Returns, Season

- 92 Charlie Rogers, 2000 (26-P, 66-K)
- 85 Nate Burleson, 2007 (58-P, 27-K)
- 75 Bobby Joe Edmonds, 1988 (35-P, 40-K)
- Charlie Rogers, 2001 (25-P, 50-K)

Most Combined Kick Returns, Game

- 11 Bobby Joe Edmonds, NE 9/21/86 (5-P, 6-K)
- 10 By 4 Players (Last: Nate Burleson, vs. San Diego 12/24/06, 5-P, 5-K)

YARDS GAINED**Most Yards Returned, Career**

- 4,139 Charlie Rogers, 1999-2001 (925-P, 3,214-K)
- 3,900 Steve Broussard, 1995-98 (3,900-K)
- 3,238 Bobby Joe Edmonds, 1986-88 (1,010-P, 2,228-K)

Most Yards Gained, Season

- 1,992 Charlie Rogers, 2000 (363-P, 1,629-K)
- 1,364 Charlie Rogers, 2001 (244-P, 1,120-K)
- 1,326 Josh Scobey, 2005 (1,326-K)

Most Yards Returned, Game

- 231 Maurice Morris, vs. St. Louis 10/20/02 (231-K)
- 215 Charlie Rogers, vs. Indianapolis 10/15/00 (17-P, 198-K)
- 206 Charlie Rogers, at N.Y. Jets 1/2/00 (16-P, 190-K)

TOUCHDOWNS**Most Touchdowns, Career**

- 4 Joey Galloway, 1995-98 (4-P)
- 3 Nate Burleson, 2006-07 (2-P, 1-K)
- 2 Paul Johns, 1981-84 (2-P)
- Charlie Rogers, 1999-01 (1-P, 1-K)
- Bobby Engram, 2001-07 (2-P)

Most Touchdowns, Season

- 2 Joey Galloway, 1998 (2-P)
- Nate Burleson, 2007 (1-P, 1-K)
- 1 By 18 Players (Last: Josh Wilson, 2007 [1-K])

Most Touchdowns, Game

- 1 By 22 Players (Last: Josh Wilson at St. Louis 11/25/07)

FUMBLES**Most Fumbles, Career**

- 108 Dave Krieg, 1980-91
- 48 Jim Zorn, 1976-84
- 38 Curt Warner, 1983-89

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)
- 5 By 4 Players (Last: Rick Mirer, 1993 [5-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)

OWN FUMBLES RECOVERED**Most Own Fumbles Recovered, Career**

- 27 Dave Krieg, 1980-91
- 20 John Kitna, 1997-2000
- 13 Curt Warner, 1983-89

Most Own Fumbles Recovered, Season

- 9 Dave Krieg, 1989
- Jon Kitna, 2000
- 6 Jon Kitna, 1999
- 5 By 3 Players (Last: Rick Mirer, 1993)

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)

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 By 12 Players (Last: Michael Sinclair, 2000)

Most Opponents' Fumbles Recovered, Game

- 3 Darryl Williams, at Kansas City, 10/4/98
- 2 By 17 Players (Last: Marcus Bell, vs. Arizona 11/10/02)

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)
- 71 Shawn Springs, at Oakland 9/8/02

TOUCHDOWNS**Most Touchdowns, Career (Total)**

- 3 Chad Brown, 1997 (3-opp)
- 2 Jacob Green, 1980-91 (2-opp)
- Shelton Robinson, 1982-85 (2-opp)
- Michael Sinclair, 1991-01 (2-opp)

Most Touchdowns, Season (Total)

- 2 Shelton Robinson, 1983 (2-opp.)
- Chad Brown, 1997 (2-opp.)
- 1 By 27 Players (Last: Darryl Tapp, 2006 [1-opp])

Most Touchdowns, Game (Total)

- 1 By 31 Players (Last: Darryl Tapp, at Denver 12/3/06)

COMBINED NET YARDS

Yards Gained Via Rushing, Receiving, Interception Return, Punt Return, Kickoff Return, and Fumble Recovery Return

ATTEMPTS**Most Attempts, Career**

- 2,390 Shaun Alexander, 2000-07
- 1,943 Chris Warren, 1990-97
- 1,855 Curt Warner, 1983-89

Most Attempts, Season

- 385 Shaun Alexander, 2005
- 379 Curt Warner, 1983
- 378 Shaun Alexander, 2004

Most Attempts, Rookie, Season

- 379 Curt Warner, 1983
- 162 John L. Williams, 1986
- 161 Sherman Smith, 1976

Most Attempts, Game

- 40 Shaun Alexander, vs. Green Bay 11/27/06
- 37 Shaun Alexander, vs. Oakland 11/11/01
- 36 Chris Warren, at New England 9/19/93

YARDS GAINED**Most Yards Gained, Career**

- 13,396 Steve Largent, 1976-89
- 10,940 Shaun Alexander, 2000-07
- 10,665 Chris Warren, 1990-97

Most Yards Gained, Season

- 1,992 Charlie Rogers, 2000
- 1,958 Shaun Alexander, 2005
- 1,927 Chris Warren, 1992

Most Yards Gained, Rookie, Season

- 1,774 Curt Warner, 1983
- 1,583 Joey Galloway, 1995
- 1,172 Bobby Joe Edmonds, 1986

Most Yards Gained, Game

- 281 Shaun Alexander, vs. Oakland 11/11/01
- 264 Maurice Morris, vs. St. Louis 10/20/02
- 261 Steve Largent, vs. Detroit 10/18/87

TACKLES**Most Tackles, Career**

- 984 Eugene Robinson, 1985-95
- 813 Keith Butler, 1978-87
- 779 Joe Nash, 1982-96

Most Tackles, Season

- 153 Terry Beeson, 1978
- 150 Chad Brown, 1998
- 147 Anthony Simmons, 2000

Most Tackles, Game

- 18 Terry Beeson, vs. Houston 11/2/77
- Sammy Green, vs. Minnesota 10/8/78
- 16 By 10 Players (Last: Isaiah Kacyvenski, at Oakland 9/8/02)

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 only became official in 1982.*

Most Sacks, Season

- 16.5 Michael Sinclair, 1998
- 16.0 Jacob Green, 1983
- 14.5 Jeff Bryant, 1984
- 14.5 Patrick Kerney, 2007

Most Sacks, Game

- 4.0 Jacob Green, vs. N.Y. Giants 10/19/86
- Michael Sinclair, vs. Denver 9/8/96
- Michael McCrary, at Oakland 12/22/96
- Darryl Tapp, vs. St. Louis 10/21/07

FORCED FUMBLES**Most Forced Fumbles, Career**

- 28 Jacob Green, 1980-91
- 24 Michael Sinclair, 1991-2001
- 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)

Most Forced Fumbles, Game

- 2 By 15 Players (Last: Reggie Tongue, vs. Cleveland 11/30/03)

BLOCKED KICKS**Most Blocked Punts, Career**

- 3 Kerry Justin, 1978-83, 1986-87
- 2 By 4 Players

Most Blocked Punts, Season

- 2 By 4 Players (Last: Kerry Justin, 1986)

Most Blocked Punts, Game

- 1 By 22 Players (Last: D.D. Lewis, vs. Pittsburgh 11/2/03)

Most Blocked Field Goals, Career

- 8 Joe Nash, 1982-96
- 3 Craig Terrill, 2004-07
- 2 By 4 Players

Most Blocked Field Goals, Season

- 3 Joe Nash, 1989
- 2 Mike White, 1982
Joe Nash, 1984
Craig Terrill, 2006

Most Blocked Field Goals, Game

- 1 By 30 Players
(Last: Craig Terrill, vs. Green Bay 11/27/06)

Most Blocked PATs, Career

- 3 Mike White, 1981-82
- 2 By 3 Players

Most Blocked PATs, Season

- 2 Mike White, 1981
- 1 By 11 Players (Last: Terry Wooden, 1995)

Most Blocked PATs, Game

- 1 By 12 Players
(Last: Terry Wooden, vs. San Diego 10/22/95)

Most Blocked Kicks (Field Goals and PATs), Career

- 10 Joe Nash, 1982-96 (8 FG, 2 PAT)
- 5 Mike White, 1981-82 (2 FG, 3 PAT)
Jeff Bryant, 1982-93 (3 FG, 2 PAT)

Most Blocked Kicks (Field Goals and PATs), Season

- 3 Mike White, 1982 (2 FG, 1 PAT)
Joe Nash, 1989 (3 FG)
- 2 By 5 Players (Last: Craig Terrill, 2006)

Most Blocked Kicks (Field Goals and PATs), Game

- 1 By 43 Players (Last: Craig Terrill, vs. Green Bay 11/27/06 [FG])

Longest Return of Blocked Punt

- 32 Jessie Green, vs. N.Y. Jets 10/19/80
- 26 Steve Raible, vs. Green Bay 10/10/76
- 17 Autry Beamon, vs. Baltimore 9/18/77

Longest Return of Blocked Field Goal

- 62 Paul Moyer, vs. Cleveland 10/9/88
Vernon Dean, vs. L.A. Rams 10/23/88 (TD)
- 61 Robert Blackmon, vs. Houston 11/3/96 (TD)
Shawn Springs, at Green Bay 11/1/99 (TD)



LB Dave Wyman (1987-92) Seahawks Broadcasting Analyst

TEAM RECORDS

ATTENDANCE

Largest Single-Season Regular-Season Home Attendance

- 545,551 2007 (68,194)
- 543,820 2006 (67,978)
- 533,436 2004 (66,680)

Largest Single-Game Regular-Season Home Attendance

— Qwest Field

- 68,331 vs. San Francisco 11/12/07
- 68,296 vs. New Orleans 10/14/07
- 68,256 vs. Green Bay 11/27/06

-Kingdome (1976-1999)

- 66,400 vs. Oakland 10/3/99
- 66,332 vs. Kansas City 12/26/99
- 66,318 vs. San Diego 12/12/99

-Husky Stadium (2000-01)

- 68,681 vs. Oakland 12/16/00
- 68,661 vs. Denver 11/26/00
- 67,231 vs. Oakland 11/11/01

Largest Single-Game Regular-Season Road Attendance

- 90,215 at Washington 10/2/05
- *82,893 at Kansas City 10/2/00
- 82,352 at Washington 11/4/01

* Combined attendance from Arrowhead (79,451) and Kaufmann Stadium adjacent to Arrowhead (3,442).

GAMES WON

REGULAR SEASON

Most Consecutive Games Won

- 11 2005
- 8 1984
- 6 2002-03

Most Consecutive Games Without Defeat

- 11 2005
- 8 1984
- 6 2002-03

Most Games Won, Season

- 13 2005
- 12 1984
- 10 1986, 2003, 2007

Most Consecutive Games Won, One Season

- 11 2005
- 8 1984
- 5 1986, 1999, 2007

Most Consecutive Games Won, Start of Season

- 3 1986, 1998, 2003, 2004, 2006
- 2 1984, 1985, 1988, 1994

Most Consecutive Games Won, End of Season

- 5 1986
- 3 2002

Most Consecutive Home Games Won

- 12 2004-06
- 10 2002-04
- 8 1983-84

Most Consecutive Road Games, Won

- 5 1979-80, 2005
- 4 1984

Most Shutout Games Won or Tied, Season

- 3 1984
- 2 1986
- 1 9Times (Last: 2007)

Most Consecutive Shutout Games Won or Tied, Season

- 2 1984
- 1 12Times (Last: 2007)

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
- 10 1981, 1993, 1994, 2000

Most Consecutive Games Lost, One Season

- 9 1980
- 8 1992
- 6 1994

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

Most Consecutive Home Games Lost

- 8 1980
- 5 1992
- 4 1976, 1976-77

Most Consecutive Road Games Lost

- 8 1976-77, 1980-81
- 7 1992-93
- 6 2003

Most Shutout Games Lost or Tied, Season

- 2 1992
- 1 8Times (Last: 2007)

Most Consecutive Shutout Games, Lost or Tied, Season

- 2 1992
- 1 8Times (Last: 2007)

Most Consecutive Overtime Games Lost, Season

- 1 16Times (Last: 2007)

SCORING

POINTS

Most Points, Season

- 452 2005
- 418 1984
- 404 2003

Fewest Points, Season

- 127 1982 (9 games)
- 140 1992 (NFL record for 16-game season)
- 229 1976 (14 games)

Most Points, Game

- 56 vs. Buffalo 10/30/77
- 51 vs. Kansas City 11/27/83 (OT)
- 49 vs. San Diego 9/15/85

Fewest Points, Game

- 0 10 Times (Last: at Pittsburgh 10/7/07)

Most Points, Both Teams, Game

- 99 Seattle (51) vs. Kansas City (48) 11/27/83 (OT)
- 85 Seattle (41) at Baltimore (44) 11/23/03 (OT)
- Seattle (41) at Atlanta (44) 12/30/07
- 84 Seattle (49) vs. San Diego (35) 9/15/85

Fewest Points, Both Teams, Game

- 14 Seattle (14) vs. Washington (0) 9/28/80
- 15 Seattle (9) at Cleveland (6) 9/9/01
- Seattle (6) at N.Y. Giants (9) 9/22/02
- Seattle (9) at Detroit (6) 9/10/06

Most Points, Shutout Victory, Game

- 45 vs. Kansas City 11/4/84
- 42 at Philadelphia 12/5/05
- 38 at Philadelphia 9/6/98
- at Arizona 9/14/03

Fewest Points, Shutout Victory, Game

- 14 vs. Washington 9/28/80
- 16 vs. Pittsburgh 11/28/82
- vs. Oakland 11/6/06
- 17 vs. N.Y. Jets 11/13/77

Most Points Overcome to Win Game

- 20 at Denver 12/10/95 (Trailed 0-20, Won 31-27)
- 18 vs. Pittsburgh 11/8/81 (Trailed 3-21, Won 24-21)
- at Oakland 12/14/97 (Trailed 3-21, Won 22-21)

Most Points, Each Half

- 1st: 45 vs. Minnesota 9/29/02
- 42 vs. Buffalo 10/30/77
- 35 vs. Detroit 11/16/03
- at Philadelphia 12/5/05
- vs. N.Y. Giants 9/24/06
- 2nd: 35 vs. San Diego 9/15/85
- 34 vs. Kansas City 11/27/83
- 31 vs. L.A. Raiders 10/16/83
- vs. New England 9/21/86

Most Points, One Quarter

- 31 vs. Minnesota 9/29/02 (2nd)
- 28 4 Times (Last: vs. Kansas City 9/11/88 [2nd])

Most Points, Each Quarter

- 1st: 21 vs. Cincinnati 9/6/81
- vs. Detroit 10/18/87
- vs. N.Y. Giants 11/5/95
- vs. N.Y. Giants 9/24/06
- 2nd: 31 vs. Minnesota 9/29/02
- 28 vs. Buffalo 10/30/77
- vs. Kansas City 11/4/84
- vs. Kansas City 9/11/88
- 3rd: 28 vs. San Diego 9/15/85
- 21 vs. Chicago 9/23/84
- 20 vs. Kansas City 9/20/87
- vs. Chicago 12/20/87
- 4th: 24 vs. New England 9/21/86
- 22 vs. Dallas 12/6/04
- 21 vs. Detroit 9/24/78
- at Denver 12/10/95
- at San Diego 12/29/02
- OT: 6 at Atlanta 12/15/02
- 3 7 Times (Last: vs. N.Y. Giants 11/27/05)

GAMES

Most Consecutive Games Scoring

- 121 1992-99
- 115 2000-07
- 112 1982-89

TOUCHDOWNS

Most Touchdowns, Season

- 57 2005
- 51 1984
- 50 1983

Fewest Touchdowns, Season

- 14 1982 (9 games), 1992
- 28 1989

Most Touchdowns, Game

- 8 vs. Buffalo 10/30/77
- 7 vs. San Diego 9/15/85
- 6 11 Times (Last: vs. N.Y. Giants 9/24/06)

Most Touchdowns, Both Teams, Game

- 13 Seattle (6) vs. Kansas City (7) 11/27/83 (OT)
- 12 Seattle (7) vs. San Diego (5) 9/15/85
- 10 7 Times (Last: Seattle [5] at Atlanta [5] 12/30/07)

Most Consecutive Games Scoring Touchdowns

- 48 1982-85
- 34 1985-88
- 30 1977-79, 2002-04

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Season

- 56 2005
- 50 1984
- 49 1983

Fewest Points After Touchdown, Season

- 13 1982 (9 games)
- 14 1992
- 25 1994

Most Points After Touchdown, Game

- 8 vs. Buffalo 10/30/77
- 7 vs. San Diego 9/15/85
- 6 11 Times (Last: vs. N.Y. Giants 9/24/06)

Most Points After Touchdown, Both Teams, Game

- 12 Seattle (6) vs. Kansas City (6) 11/27/83 (OT)
- 10 5 Times (Last: Seattle [5] at Atlanta [5] 12/30/07)

TWO-POINT CONVERSIONS*(Two-point conversion rule was adopted in 1994)***Most Two-Point Conversion Attempts, Season**

- 6 1994, 1996, 1997
- 4 1998, 2000
- 3 2004

Most Two-Point Conversion Attempts, Game

- 2 at Kansas City 10/23/94
vs. San Diego 10/22/95
vs. Oakland 10/26/97
vs. Oakland 12/16/00
- 1 30 Times (Last: vs. Arizona 12/9/07)

Most Two-Point Conversions Made, Season

- 4 1994, 1996
- 2 1998, 2004

Most Two-Point Conversions Made, Game

- 2 at Kansas City 10/23/94
- 1 14 Times (Last: vs. Green Bay 11/27/06)

FIELD GOALS**Most Field Goals Attempted, Season**

- 40 1999
- 35 1986
- 34 1996, 2007

Fewest Field Goals Attempted, Season

- 14 1982 (9 games)
- 16 1976
- 18 1977

Most Field Goals Attempted, Game

- 6 vs. Kansas City 9/20/87
vs. Pittsburgh 9/26/99
vs. San Diego 12/12/99
- 5 7 Times (Last: at Denver 12/3/06)

Most Field Goals Attempted, Both Teams, Game

- 10 Seattle (6) vs. San Diego (4) 12/12/99
- 9 at Seattle (5) vs. Houston (4) 11/3/96

Most Field Goals, Season

- 34 1999
- 28 1996, 2007
- 25 1991, 2006

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
- 4 15 Times (Last: vs. St. Louis 10/21/07)

Most Field Goals, Both Teams, Game

- 8 Seattle (5) vs. L.A. Raiders (3) 12/18/88
- 7 8 Times (Last: Seattle (3) vs. Arizona (4) 9/25/05)

Most Consecutive Games Scoring Field Goals

- 19 2002-03
- 15 1990-91
- 12 1997-98

SAFETIES**Most Safeties, Season**

- 4 1993 (ties NFL record)
- 1 12 Times (Last: 2007)

Most Safeties, Game

- 1 16 Times (Last: vs. Arizona 12/9/07)

Most Safeties, Both Teams, Game

- 2 Seattle (0) vs. Denver (2) 1/2/83
Seattle (1) vs. Cleveland (1) 11/14/93
- 1 40 Times (Last: Seattle [1] vs. Arizona [0] 12/9/07)

FIRST DOWNS**Most Seasons Leading League**

- 1 1978

Most First Downs, Season

- 361 2005
- 347 2002
- 345 1978

Fewest First Downs, Season

- 159 1982 (9 games)
- 208 1992
- 238 1976

Most First Downs, Game

- 34 vs. San Diego 11/22/87
at San Diego 12/29/02 (OT)
- 33 vs. Kansas City 11/27/83 (OT)
- 32 vs. Kansas City 11/24/02

Fewest First Downs, Game

- 1 vs. L.A. Rams 11/4/79
- 2 vs. New England 12/4/88
- 6 3 Times (Last: at Dallas 10/11/92)

Most First Downs, Rushing, Season

- 150 1978
- 142 2005
- 131 1983

Fewest First Downs, Rushing, Season

- 51 1982 (9 games)
- 65 1999
- 75 1976

Most First Downs, Rushing, Game

- 19 vs. San Diego 11/22/87
vs. Houston 10/16/05
- 18 vs. Kansas City 11/27/83 (OT)

Fewest First Downs, Rushing, Game

- 0 vs. L.A. Rams 11/4/79
vs. New England 12/4/88
vs. L.A. Raiders 10/18/92

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 5Times (Last: vs. Philadelphia 9/23/01)

Most First Downs, Penalty, Season

- 39 1978
- 35 2002
- 33 2006

Fewest First Downs, Penalty, Season

- 10 1986
- 14 1991
- 15 2000

Most First Downs, Penalty, Game

- 6 vs. N.Y. Jets 9/17/78
vs. San Diego 11/16/81
vs. San Diego 9/18/94

Most First Downs, Both Teams, Game

- 64* vs. Kansas City 11/24/02
(Sea-32, KC-32)
- 62 vs. San Diego 9/15/85 (Sea-30, SD-32)

*NFL Record

NET YARDS GAINED RUSHING & PASSING

Most Plays, Season

- 1090 1985
- 1072 1978
- 1056 2007

Fewest Plays, Season

- 589 1982 (9 games)
- 869 1977
- 882 1976

Most Plays, Game

- 90 at San Diego 12/29/02 (OT)
- 85 vs. Kansas City 11/27/83 (OT)
vs. Green Bay 11/27/06
- 84 vs. Kansas City 9/29/85
vs. San Diego 11/22/87

Fewest Plays, Game

- 35 vs. L.A. Rams 11/4/79
- 41 vs. New England 12/4/88
- 42 vs. San Francisco 9/25/88
vs. Washington 12/23/89

Most Net Yards Gained, Season

- 5,915 2005
- 5,818 2002
- 5,759 1997

Fewest Net Yards Gained, Season

- 2,594 1982 (9 games)
- 3,374 1992
- 4,065 1976

Most Net Yards Gained, Game

- 591 at San Diego 12/29/02 (OT)
- 559 vs. Buffalo 10/30/77
- 554 vs. Oakland 10/26/97

Fewest Net Yards Gained, Game

- 7 vs. L.A. Rams 11/4/79 (NFL record)
- 62 at Dallas 10/11/92
- 65 vs. New England 12/4/88

Most Consecutive Games, 500 or More Yards Gained

- 2 2002

Most Consecutive Games, 400 or More Yards Gained

- 4 1986
- 2 13Times (Last: 2005)

Most Consecutive Games, 300 or More Yards Gained

- 9 1997
- 8 1996
- 7 1978-79

Most Games 500 Yards or More, Season

- 3 2002
- 2 1986
- 1 1977, 1979, 1983, 1997, 2004, 2007

Highest Average Gain, Season

- 5.80 2005 (1,020-5,915)
- 5.54 2002 (1,050-5,818)
- 5.53 2003 (1,017-5,627)

Lowest Average Gain, Season

- 3.57 1992 (945-3,374)
- 4.40 1982 (589-2,594 [9 games])
- 4.55 1989 (1,010-4,596)

RUSHING

ATTEMPTS**Most Rushing Attempts, Season**

- 561 1978
- 546 1983
- 519 2005

Fewest Rushing Attempts, Season

- 227 1982 (9 games)
- 374 1976
- 394 1991

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

YARDS GAINED**Most Yards Gained Rushing, Season**

- 2,457 2005
- 2,394 1978
- 2,300 1986

Fewest Yards Gained Rushing, Season

- 795 1982 (9 games)
- 1,392 1989
- 1,408 1999

Most Yards Gained Rushing, Game

- 320 vs. Houston 10/16/05
- 319 vs. Oakland 11/11/01
- 298 vs. Denver 12/20/86

Fewest Yards Gained Rushing, Game

- 20 vs. New England 12/4/88
- 23 vs. L.A. Rams 11/4/79
- vs. L.A. Raiders 11/17/91
- 24 at Denver 12/27/98

AVERAGE GAIN**Highest Average Gain, Rushing, Season**

- 4.73 2005 (519-2,457)
- 4.57 1995 (477-2,178)
- 4.52 1996 (442-1,997)

Lowest Average Gain, Rushing, Season

- 3.32 1984 (495-1,645)
- 3.44 1989 (405-1,392)
- 3.45 1999 (408-1,408)

TOUCHDOWNS**Most Touchdowns, Rushing, Season**

- 29 2005
- 28 1978
- 24 1979

Fewest Touchdowns, Rushing, Season

- 4 1982 (9 games), 1992
- 5 1989, 1999

Most Touchdowns, Rushing, Game

- 5 2005 vs. Houston 10/16/05
- 4 9Times (Last: vs. Arizona 9/25/05)

PASSING**ATTEMPTS****Most Passes Attempted, Season**

- 609 1997
- 590 2007
- 587 2002

Fewest Passes Attempted, Season

- 326 1982 (9 games)
- 387 1977
- 405 1987

Most Passes Attempted, Game

- 61 vs. Kansas City 9/29/85
- 55 at San Francisco 12/1/02
- 53 at San Diego 12/29/02 (OT)

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 3Times (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
- 90 Seattle (37) vs. N.Y. Giants (53) 11/27/05 (OT)

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**

- 371 2007
- 361 2002
- 359 1997

Fewest Passes Completed, Season

- 175 1977
- 176 1982 (9 games)
- 229 1976

Most Passes Completed, Game

- 36 at San Diego 12/29/02 (OT)
- 33 vs. Atlanta 10/13/85
- 32 at Atlanta 12/30/07

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)
- 59 Seattle (17) at N.Y. Jets (42) 12/6/98
- Seattle (30) at Cleveland (29) 11/4/07 (OT)
- 56 Seattle (22) vs. San Diego (34) 9/15/85

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

COMPLETION PERCENTAGE**Highest Completion Percentage, Season**

64.77 2005 (474-307)
 62.88 2007 (590-371)
 61.50 2002 (587-361)

Lowest Completion Percentage, Season

45.22 1977 (387-175)
 47.71 1976 (480-229)
 48.32 1992 (476-230)

TOUCHDOWNS**Most Touchdowns, Passing, Season**

32 1984
 31 1987
 30 2007

Fewest Touchdowns, Passing, Season

9 1982 (9 games)
 1992
 13 1976, 1993, 1994

Most Touchdowns, Passing, Game

5 vs. Detroit 12/2/84
 vs. San Diego 9/15/85
 vs. L.A. Raiders 11/28/88
 vs. Oakland 10/26/97
 at Baltimore 11/23/03 (OT)
 vs. N.Y. Giants 9/24/06

Most Touchdowns, Passing, Both Teams, Game

10 Seattle (5) vs. San Diego (5) 9/15/85
 9 Seattle (5) at Baltimore (4) 11/23/03 (OT)
 8 Seattle (5) vs. N.Y. Giants (3) 9/24/06

PASSES HAD INTERCEPTED**Most Passes Had Intercepted, Season**

32 1977
 30 1976
 26 1984, 1991

Fewest Passes Had Intercepted, Season

9 1994
 10 2005
 12 2001

Most Passes Had Intercepted, Game

6 vs. Detroit 10/24/76
 vs. Kansas City 12/9/84
 5 3Times (Last: vs. Tampa Bay 11/28/99)

PUNTING**Most Punts, Season**

108 1992
 95 1984
 91 1985, 1993, 1994

Fewest Punts, Season

49 1982 (9 games)
 61 1987, 2002
 64 1977

Most Punts, Game

12 vs. Denver 11/28/93
 11 3Times (Last: vs. Philadelphia 12/13/92 [OT])

Fewest Punts, Game

1 12Times (Last: vs. Houston 10/16/05)

AVERAGE YARDAGE**Highest Average Distance, Punting, Season**

45.00 1995 (83-3,735)
 44.50 2006 (86-3,827)
 44.07 1992 (108-4,760)

Lowest Average Distance, Punting, Season

36.42 1978 (69-2,513)
 37.40 1976 (82-3,067)
 37.55 1984 (95-3,567)

HAD BLOCKED**Most Punts Had Blocked, Season**

3 1979
 2 1976, 1977, 1980, 1997, 2003, 2004

Most Punts Had Blocked, Game

2 vs. Kansas City 9/30/79
 1 18Times (Last: vs. Atlanta 1/02/05)

Most Consecutive Punts Without A Block

612 1980-88
 521 1989-93
 254 1993-96, 1997-00

INSIDE THE 20**Most Punts Inside Opponents' 20-Yard Line, Season**

34 1999
 33 1994
 30 2007

Fewest Punts Inside Opponents' 20-Yard Line, Season

9 1982 (9 games)
 10 1977, 1986
 11 1979, 1991

Most Punts Inside Opponents' 20-Yard Line, Game

6 vs. Minnesota 11/10/96
 vs. Kansas City 12/26/99
 at N.Y. Giants 12/23/01
 5 vs. New England 12/18/83
 vs. Denver 11/30/92 (OT)
 at Washington 9/4/94
 vs. New Orleans 9/7/03

PUNT RETURNS**Most Punt Returns, Season**

58 2007
 53 1985
 49 2006

Fewest Punt Returns, Season

21 1982 (9 games)
 25 2002
 30 1989, 1999, 2000, 2004

Most Punt Returns, Game

7 vs. Tampa Bay 10/17/76
 vs. N.Y. Jets 11/13/77
 6 8Times (Last: at St. Louis 11/25/07)

Fewest Punt Returns, Game

0 45Times (Last: vs. Indianapolis 12/24/05)

FAIR CATCHES**Most Fair Catches, Season**

27 1992
26 2004
24 1999

Fewest Fair Catches, Season

4 1977
5 1978
6 3 Times (Last: 1983)

Most Fair Catches, Game

5 6 Times (Last: vs. Dallas 10/23/05)

YARDS GAINED**Most Yards, Punt Returns, Season**

658 2007
484 1984
483 1985

Fewest Yards, Punt Returns, Season

177 2005
217 1977
228 1982 (9 games)

Most Yards, Punt Returns, Game

106 at Pittsburgh 9/26/99
105 vs. N.Y. Giants 11/5/95
103 vs. Philadelphia 11/23/86

Fewest Yards, Punt Returns, Game

-3 at Washington 10/2/05 (OT)
vs. San Diego 9/21/97
-2 vs. Washington 9/19/76
at N.Y. Giants 10/25/92
at Kansas City 9/15/96

AVERAGE YARDS RETURNING PUNTS**Highest Average, Punt Returns, Season**

13.97 1999 (30-419)
12.80 2000 (30-384)
11.72 1986 (39-457)

Lowest Average, Punt Returns, Season

5.71 2005 (31-177)
6.65 1976 (37-246)
6.70 1997 (37-248)

TOUCHDOWNS RETURNING PUNTS**Most Touchdowns, Punt Returns, Season**

2 1998
1 12 Times (Last: 2007)

Most Touchdowns, Punt Returns, Game

1 14 Times (Last: at Cleveland 11/4/07)

KICKOFF RETURNS**Most Kickoff Returns, Season**

80 2000
79 1976
76 1997

Fewest Kickoff Returns, Season

29 1982 (9 games)
50 1990, 1992, 1993

Most Kickoff Returns, Game

9 vs. New Orleans 11/21/76
vs. Kansas City 11/27/83 (OT)
8 13 Times (Last: vs. Indianapolis
10/15/00)

Fewest Kickoff Returns, Game

0 5 Times (Last: vs. Oakland 11/6/06)

YARDS GAINED**Most Yards, Kickoff Returns, Season**

1,932 2000
1,620 1995
1,605 1976

Fewest Yards, Kickoff Returns, Season

544 1982 (9 games)
885 1992
931 1993

Most Yards, Kickoff Returns, Game

268 vs. Indianapolis 10/15/00
251 vs. New Orleans 11/21/76
231 at St. Louis 10/20/02

Fewest Yards, Kickoff Returns, Game

0 6 Times (Last: vs. San Francisco
11/12/07)

AVERAGE YARDAGE**Highest Average, Kickoff Returns, Season**

24.15 2000 (80-1,932)
23.59 1998 (64-1,510)
22.75 1999 (68-1,547)

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**

2 2007
1 6 Times (Last: 2002)

Most Touchdowns, Kickoff Returns, Game

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

FUMBLES**Most Fumbles, Season**

43 1989
41 1981
38 1980

Fewest Fumbles, Season

18 2005
19 2004
21 1982 (9 games), 2006, 2007

Most Fumbles, Game

8 vs. Kansas City 11/5/89
at Arizona 10/29/95 (OT)
7 vs. Denver 11/20/83

FUMBLES LOST**Most Fumbles Lost, Season**

23 1981
20 1983
19 1978, 1994

Fewest Fumbles Lost, Season

- 7 2005
- 9 1995, 2001, 2004
- 11 1982 (9 games), 1997, 2007

Most Fumbles Lost, Game

- 5 vs. Green Bay 10/15/78
vs. Denver 12/13/81
- 4 6Times (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

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
- 17 1992

Fewest Own Fumbles Recovered, Season

- 8 1984, 2003, 2004
- 9 1976, 1979, 1991, 2005, 2006

Most Opponents Fumbles Recovered, Season

- 28 1983
- 27 1981
- 25 1984

Fewest Opponents Fumbles Recovered, Season

- 6 1989
- 8 1982
- 9 1995

Most Opponents Fumbles Recovered, Game

- 7 vs. Cleveland 12/20/81
- 6 at Oakland 12/22/96
- 5 vs. L.A. Raiders 10/16/83
vs. Cleveland 11/14/93
vs. Kansas City 10/4/98

TOUCHDOWNS**Most TDs, Opponent Fumbles Recovered, Season**

- 3 1997
- 2 7Times (Last: 2003)

Most TDs, Fumbles Recovered, Game, Own and Opponents

- 2 4Times (Last: at New York Giants
12/23/01 [Seattle-1, NY-1])
- 1 Many Times

TURNOVERS

(Number of times losing the ball on interceptions and fumbles)

Most Turnovers, Season

- 48 1976 (30 ints, 18 fums)
- 46 1977 (32 ints, 14 fums)
- 43 1991 (26 ints, 17 fums)

Fewest Turnovers, Season

- 17 2005 (10 ints, 7 fums)
- 21 2001 (12 ints, 9 fums)
- 24 1982 (13 ints, 11 fums) (9 games)
2007 (13 ints, 11 fums)

Most Turnovers, Game

- 8 vs. Detroit 10/24/76 (6 ints, 2 fums)
vs. Denver 11/20/83 (4 ints, 4 fums)
- 7 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 Seattle (0) vs. L.A. Raiders (0) 12/18/94
Seattle (0) at San Diego (0) 10/25/98
Seattle (0) at Kansas City (0) 11/25/01
Seattle (0) vs. Pittsburgh (0) 11/2/03
Seattle (0) at Tennessee (0) 12/18/05
Seattle (0) vs. Oakland (0) 11/6/06
Seattle (0) vs. San Francisco (0) 12/14/06



QB Sam Adkins (1977-82)
Seahawks Broadcasting Analyst

PENALTIES

Fewest Penalties, Season

- 59 1982 (9 games), 2007
- 66 2001
- 76 1977

Most Penalties, Season

- 128 1984
- 117 1998
- 114 1994

Fewest Penalties, Game

- 0 vs. Pittsburgh 12/6/87
vs. Dallas 12/16/01
vs. Baltimore 12/23/07
- 1 7 Times (Last: vs. Atlanta 1/2/05)

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
- 5 5 Times, (Last: Seattle (1) at Cleveland (4) 9/9/01)

Most Penalties, Both Teams, Game

- 35 Seattle (15) vs. Tampa Bay (20) 10/17/76
- 30 Seattle (13) vs. Kansas City (17) 11/8/98
- 28 Seattle (17) vs. Green Bay (11) 10/21/84

YARDS PENALIZED

Fewest Yards Penalized, Season

- 428 2007
- 523 1982 (9 games)
- 579 2001

Most Yards Penalized, Season

- 1,179 1984
- 918 1992
- 914 1998

Fewest Yards Penalized, Game

- 0 vs. Pittsburgh 12/6/87
vs. Dallas 12/16/01
vs. Baltimore 12/23/07
- 5 vs. Pittsburgh 9/27/98
at Cleveland 9/9/01
vs. Atlanta 1/2/05

Most Yards Penalized, Game

- 145 vs. Denver 12/8/79
- 141 at Oakland 11/15/98
- 134 vs. Denver 9/7/97

Fewest Yards Penalized, Both Teams, Game

- 19 Seattle (14) vs. Oakland (5) 12/5/99
- 25 Seattle (25) at Philadelphia (0) 12/2/07
- 26 Seattle (10) vs. St. Louis (16) 9/10/00

Most Yards Penalized, Both Teams, Game

- 310 Seattle (120) vs. Tampa Bay (190) 10/17/76
- 273 Seattle (145) vs. Denver (128) 12/8/79
- 248 Seattle (96) vs. Kansas City (152) 11/8/98

TIME OF POSSESSION

Highest Average Time of Possession, Season

- 30:47 1990, 1997
- 30:46 1984

Lowest Average Time of Possession, Season

- 26:59 1981
- 27:05 1998
- 27:16 1977

Highest Time of Possession, Game

- 41:35 vs. San Diego 11/22/87
- 40:21 vs. Denver 10/22/89 (OT)
- 39:55 vs. Pittsburgh 10/20/91

Lowest Time of Possession, Game

- 14:28 vs. L.A. Rams 11/4/79
- 17:10 vs. San Francisco 9/25/88
- 17:45 at Kansas City 10/29/06

DEFENSIVE RECORDS

SCORING

Fewest Points Allowed, Season

- 147 1982 (9 games)
- 261 1991
- 271 2005

Most Points Allowed, Season

- 429 1976
- 408 1980
- 405 2000

Fewest Points Allowed, Game

- 0 14 Times (Last: vs. San Francisco 11/12/07)

Most Points Allowed, Game

- 51 vs. New Orleans 11/21/76
vs. Dallas 11/27/80
- 48 vs. Kansas City 11/27/83 (OT)

Fewest Touchdowns Allowed, Season

- 18 1982 (9 games)
- 24 2005
- 25 1991

Most Touchdowns Allowed, Season

- 53 1976
- 48 1983
- 47 1980

Fewest Touchdowns Allowed, Game

- 0 47 Times (Last: vs. San Francisco 11/12/07)

Most Touchdowns Allowed, Game

- 7 vs. Dallas 11/27/80
vs. Kansas City 11/27/83 (OT)
- 6 5 Times (Last: vs. Buffalo 12/23/00)

FIRST DOWNS

Fewest First Downs Allowed, Season

- 167 1982 (9 games)
- 247 1992
- 262 1991

Most First Downs Allowed, Season

- 371 1981
- 356 2002

351 1983

Fewest First Downs Allowed, Game

- 6 vs. San Diego 11/22/87
- vs. San Francisco 11/12/07
- 8 at N.Y. Jets 11/13/77
- vs. San Francisco 12/11/05
- 9 vs. Pittsburgh 9/7/86
- vs. Indianapolis 9/29/91
- vs. Tampa Bay 11/28/99
- vs. San Francisco 9/26/04
- at San Francisco 9/30/07

Most First Downs Allowed, Game

- 32 at San Diego 9/15/85
- vs. Kansas City 11/24/02
- 31 at Chicago 12/20/87
- at Denver 12/1/96
- at N.Y. Jets 12/6/98
- vs. Denver 12/27/98

Fewest First Downs Allowed, Rushing, Season

- 78 2005, 2007
- 86 1982 (9 games), 1990
- 90 1985

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 10 Times (Last: vs. San Francisco 9/26/04)

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

- 197 1998
- 195 1983
- 194 2005

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
- 21 at N.Y. Jets 12/6/98
- 20 6 Times (Last: at Cleveland 11/4/07)

Fewest First Downs Allowed, Penalty, Season

- 12 1991
- 13 1982 (9 games)
- 15 2006

Most First Downs Allowed, Penalty, Season

- 33 1979
- 30 1996
- 29 1984, 1998

Most First Downs Allowed, Penalty, Game

- 7 at Kansas City 10/17/96
- 5 5 Times (Last: vs. Denver 10/14/01)

OFFENSIVE PLAYS**Fewest Opponents Plays Allowed, Season**

- 600 1982 (9 games)
- 950 1990
- 954 1987

Most Opponents Plays Allowed, Season

- 1137 1998
- 1126 1981
- 1104 1999

Fewest Opponents Plays Allowed, Game

- 39 vs. San Diego 11/22/87
- 41 vs. Pittsburgh 10/20/91
- 43 vs. L.A. Raiders 9/16/90

Most Opponents Plays Allowed, Game

- 95 vs. L.A. Rams 11/4/79
- vs. Philadelphia 12/13/92 (OT)
- 89 vs. Minnesota 9/29/02
- 88 vs. Denver 10/29/78 (OT)

Fewest Opp. Plays Allowed, Rushing, Season

- 337 1982 (9 games)
- 413 1990
- 420 2005

Most Opponents Plays Allowed, Rushing, Season

- 614 1976
- 596 1977
- 588 1981

Fewest Opponents Plays Allowed, Rushing, Game

- 10 vs. Green Bay 12/9/90
- 12 vs. San Diego 11/22/87
- vs. Minnesota 11/10/96

Most Opponents Plays Allowed, Rushing, Game

- 63 vs. L.A. Rams 11/4/79
- 61 vs. Cincinnati 10/11/87
- 60 2 Times (Last: vs. Pittsburgh 10/23/83)

Fewest Opponents Plays Allowed, Passing, Season

- 263 1982 (9 games)
- 367 1977
- 394 1976

Most Opponents Plays Allowed, Passing, Season

- 650 1998
- 633 1993
- 621 2005

Fewest Opponents Attempts Allowed, Passing, Game

- 9 at N.Y. Giants 10/25/92
- 10 vs. New England 12/4/88
- 11 vs. Cincinnati 10/11/87

Most Opponents Attempts Allowed, Passing, Game

- 63 at N.Y. Jets 12/6/98
- 55 at Houston 11/7/93
- 54 vs. Washington 9/20/98

NET YARDS ALLOWED RUSHING & PASSING

Fewest Yards Allowed, Season

2794 1982 (9 games)
4583 1992
4609 1990

Most Yards Allowed, Season

6,391 2000
6,029 1983
5,940 1981

Fewest Yards Allowed, Game

113 vs. San Francisco 12/11/05
118 at Indianapolis 9/14/97
120 vs. Cleveland 9/3/84

Most Net Yards Allowed, Game

580 vs. San Francisco 9/25/88
579 vs. Buffalo 12/23/00
557 vs. San Diego 9/15/85

RUSHING

Fewest Yards Allowed, Rushing, Season

1,461 1982 (9 games)
1,510 2005
1,605 1990

Most Yards Allowed Rushing, Season

2,876 1976
2,806 1981
2,513 1978

Fewest Yards Allowed, Rushing, Game

13 vs. Green Bay 12/9/90
15 vs. Minnesota 11/10/96
17 vs. San Diego 11/22/87
vs. St. Louis 12/22/02

Most Yards Allowed, Rushing, Game

356 vs. L.A. Raiders 11/30/87
303 vs. L.A. Rams 11/4/79
301 vs. Denver 11/26/00

Fewest Touchdowns Allowed, Rushing, Season

4 1991
5 2005
7 1990

Most Touchdowns Allowed, Rushing, Season

23 1979
21 1977
20 1976, 1978, 1981, 2000

Most Touchdowns Allowed, Rushing, Game

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

3,937 2000
3,831 1983
3,690 1998

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
427 vs. N.Y. Jets 11/2/86
418 at N.Y. Jets 12/6/98

Fewest Touchdowns Allowed, Passing, Season

4 1982 (9 games)
11 1992
15 1994, 2007

Most Touchdowns Allowed, Passing, Season

33 1983
28 1980
27 1976

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
4 14 Times (Last: at Atlanta 12/30/07)

SACKS

Most Sacks, Season

61 1985
55 1984
53 1998

Fewest Sacks, Season

17 1982 (9 games)
18 1977
25 1978

Most Sacks, Game

11 vs. L.A. Raiders 12/8/86
10 vs. Philadelphia 12/13/92 (OT)
9 4 Times (Last: vs. Oakland 11/6/06)

Most Opponent's Yards Lost Attempting to Pass, Season

464 1985
398 1984
351 1983

Fewest Opponent's Yards Lost Attempting to Pass, Season

131 1977
135 1982 (9 games)
152 2000

Most Opponent's Yards Lost Attempting to Pass, Game

89 vs. Philadelphia 12/13/92 (OT)
68 vs. L.A. Raiders 12/8/86
65 vs. L.A. Raiders 10/16/83

INTERCEPTIONS

Most Seasons Leading League

1 1984, 1999

Most Passes Intercepted By, Season

38 1984
30 1999
26 1983

Fewest Passes Intercepted By, Season

9 1989
12 1990, 2006
13 1982 (9 games), 1997

Most Passes Intercepted By, Game

- 7 vs. San Diego 12/13/98
- 6 vs. Kansas City 11/4/84
- 5 vs. Houston 10/5/80
at Pittsburgh 12/6/92
at Pittsburgh 9/26/99
vs. Arizona 12/9/07

Most Consecutive Games, One or More Interceptions By

- 17 1983-84
- 12 2002-03
- 11 1993

Most Yards, Returning Interceptions, Season

- 697 1984 (4th in NFL history)
- 455 1998
- 397 1981

Fewest Yards Returning Interceptions, Season

- 57 1989
- 95 1980
- 124 2006

Most Yards Returning Interceptions, Game

- 325 vs. Kansas City 11/4/84 (NFL record)
- 148 at Philadelphia 12/5/05
- 130 vs. Arizona 12/9/07

Most TDs Returning Interceptions, Season

- 8 1998 (2nd in NFL history)
- 7 1984 (3rd in NFL history)
- 3 1981, 1985, 2000, 2004

Most Touchdowns Returning Interceptions, Game

- 4 vs. Kansas City 11/4/84 (NFL record)
- 2 vs. Chicago 9/23/84
vs. Arizona 9/13/98
at Philadelphia 12/5/05

Most TDs Returning Interceptions, Both Teams, Game

- 4 Seattle (4) vs. Kansas City (0) 11/4/84 (NFL record)
- 2 8 Times (Last: Seattle [2] at Philadelphia [0] 12/5/05)

PUNTING**Fewest Opponent Punts, Season**

- 50 1982 (9 games)
- 54 1977
- 55 1981

Most Opponent Punts, Season

- 97 1985
- 96 1992
- 93 2007

Fewest Opponent Punts, Game

- 0 at Oakland 12/16/79
vs. Oakland 12/5/99
at N.Y. Jets 12/19/04
- 1 21 Times (Last: at Kansas City 10/29/06)

Most Opponent Punts, Game

- 11 at Denver 10/25/85 (OT)
vs. Denver 11/30/92 (OT)
- 10 3 Times (Last: at San Francisco 9/30/07)

AVERAGE YARDAGE**Highest Opponent Average, Punting, Season**

- 46.47 2007 (93-4,322)
- 43.55 1998 (78-3,397)
- 42.88 2006 (88-3,773)

Lowest Opponent Average, Punting, Season

- 35.00 1976 (65-2,275)
- 35.96 1977 (54-1,942)
- 37.37 1979 (70-2,616)

Highest Opponent Average, Punting, Game (Min. 3)

- 56.6 at Denver 11/25/84 (5-283)
- 56.0 at Pittsburgh 9/26/99 (5-280)
- 55.3 vs. Oakland 12/14/97 (3-166)

Lowest Opp. Average, Punting, Game (Min. 3)

- 17.3 vs. Buffalo 10/14/84 (4-69)
- 24.0 vs. San Diego 9/4/78 (4-72)
- 22.8 vs. N.Y. Jets 11/26/79 (4-91)

HAD BLOCKED**Most Opponent Punts Blocked, Season**

- 4 1984, 1986
- 2 1976, 1979, 1980, 1985

Most Opponent Punts Blocked, Game

- 2 vs. Buffalo 10/14/84
at New England 9/21/86
- 1 19 Times (Last: vs. Pittsburgh 11/2/03)

Most Consecutive Opponent Punts Without A Block

- 512 1994-2000
- 365 2003-current
- 258 1987-91

INSIDE THE 20**Most Opponent Punts Inside the Opponents' 20, Season**

- 31 2004
- 25 1994, 2001, 2005
- 24 1995, 2007

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 14 Times (Last: vs. Jacksonville 9/11/05)

PUNT RETURNS**Fewest Opponent Punt Returns, Season**

- 17 2002
- 19 1982 (9 games)
- 29 1990, 2003

Most Opponent Punt Returns, Season

- 56 1976, 1992
- 52 1996

Fewest Yards Allowed, Punt Returns, Season

- 69 1982 (9 games)
- 140 2003
- 151 2000

Most Yards Allowed, Punt Returns, Season

640 1996
549 1995
537 1976

Fewest Yards Allowed, Punt Returns, Game

-12 vs. L.A. Rams 10/23/88
-5 at Green Bay 11/1/06
-4 vs. Denver 11/30/92 (OT)

Most Yards Allowed, Punt Returns, Game

184 at Baltimore 12/7/97
133 vs. Oakland 11/15/98
110 at L.A. Raiders 12/12/93
at Denver 12/19/99 (OT)

Seasons Leading League, Lowest Average Allowed, Punt Returns

1 1981, 1983, 1988, 2003

Lowest Average Allowed, Punt Returns, Season

3.63 1982 (19-69) (9 games)
4.64 1981 (33-153) (Led NFL)
4.72 2000 (32-151) (Led AFC)

Highest Average Allowed, Punt Returns, Season

12.31 1996 (52-640)
12.18 1997 (38-463)
11.88 2002 (17-202)

Longest Return Allowed, Game

91 vs. N.Y. Jets 11/9/87 (TD)
89 at Baltimore 12/7/97 (TD)
at San Francisco 12/1/02 (TD)
86 vs. Kansas City 11/22/92 (TD)
vs. Denver 10/14/01 (TD)

Most Touchdowns Allowed, Punt Returns, Season

2 1990, 1997
1 10 Times (Last: 2002)

Most Touchdowns Allowed, Punt Returns, Game

2 at Baltimore 12/7/97
1 12 Times (Last: at San Francisco
12/1/02)

KICKOFF RETURNS

Fewest Opponent Kickoff Returns, Season

24 1982 (9 games)
36 1992
44 1989

Most Opponent Kickoff Returns, Season

82 2005
81 1999
79 2003

Fewest Opponent Kickoff Returns, Game

0 8 Times (Last: at Pittsburgh 10/7/07)

Most Opponent Kickoff Returns, Game

10 vs. Kansas City 9/20/87
vs. Oakland 10/26/97
9 4 Times (Last: vs. Minnesota 9/29/02)

Fewest Yards Allowed, Kickoff Returns, Season

361 1982 (9 games)
685 1992
814 1989

Most Yards Allowed, Kickoff Returns, Season

1,802 2005
1,790 2007
1,779 1997

Fewest Yards Allowed, Kickoff Returns, Game

0 8 Times (Last: vs. N.Y. Jets 8/31/97)

Most Yards Allowed, Kickoff Returns, Game

237 at Atlanta 12/30/07
230 vs. Kansas City 9/20/87
223 vs. Oakland 10/26/97

Most Seasons Leading League, Lowest Average Allowed, Kickoff Returns

1 1982, 1983

Lowest Average Allowed, Kickoff Returns, Season

15.04 1982 (24-361) (Led NFL) (9 games)
16.14 1983 (59-952) (Led NFL)
16.66 1984 (67-1,116)

Highest Average Allowed, Kickoff Returns, Season

24.80 1977 (50-1,240)
24.57 2006 (61-1,499)
24.52 2007 (73-1,1790)

Longest Return Allowed, Game

99 vs. Kansas City 9/3/95 (TD)
99 at St. Louis 10/9/05 (TD)
95 vs. Green Bay 11/15/78 (TD)
vs. L.A. Raiders 11/28/88
at Detroit 10/17/93 (TD)
vs. Arizona 9/15/02 (TD)

Most TDs Allowed, Kickoff Returns, Season

2 1995, 2002
1 1978, 1987, 1993, 1997, 2001, 2005

Most TDs Allowed, Kickoff Returns, Game

1 10 Times (Last: at St. Louis 10/9/05)

FUMBLES

Fewest Opponent Fumbles, Season

17 1995, 1999
18 1982 (9 games)
20 1977



S Paul Moyer (1983-89)
Seahawks Broadcasting Analyst

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

Fewest Opponent Turnovers, Season

- 21 1982 (13 ints, 8 fums) (9 games)
- 22 1989 (9 ints, 13 fums)
- 25 1995 (16 ints, 9 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**

- 29:13 1990, 1997
- 29:14 1984

Highest Average Time of Possession Allowed, Season

- 33:01 1981
- 32:55 1998
- 32:44 1977

Least Time of Possession Allowed, Game

- 18:25 vs. San Diego 11/22/87
- 20:05 vs. Pittsburgh 10/20/91
- 20:06 vs. San Francisco 11/12/07

Most Time of Possession Allowed, Game

- 46:47 vs. Philadelphia 12/13/92 (OT)
- 45:32 vs. L.A. Rams 11/4/79
- 43:29 vs. Denver 10/29/78 (OT)

OPPONENT RECORDS**SCORING****POINTS****Most Points, Game**

- 24 Terrell Middleton, at Green Bay (Milwaukee), 10/15/78 (4TDs)
- Roy Green, at St. Louis 11/13/83 (4TDs)
- Marshall Faulk, at St. Louis 10/20/02 (4TDs)
- Marcus Robinson, at Baltimore 11/23/03 (4TDs)
- Willis McGahee, vs. Buffalo 11/28/04 (4TDs)
- Jamal Lewis, at Cleveland 11/4/07 (4TDs)
- 20 Joe Danelo, vs. N.Y. Giants 10/18/81 (6 FGs, 2 PATs)

TOUCHDOWNS**Most Touchdowns, Game**

- 4 Terrell Middleton, at Green Bay (Milwaukee), 10/15/78 (4-R)
- Roy Green, at St. Louis 11/13/83 (4-P)
- Marshall Faulk, at St. Louis 10/20/02 (3-R, 1-P)
- Marcus Robinson, at Baltimore 11/23/03 (4-P)
- Willis McGahee, vs. Buffalo 11/28/04 (4-R)
- Jamal Lewis, at Cleveland 11/4/07 (4-R)
- 3 16Times (Last: Larry Johnson, at Kansas City 10/29/06 [3-R])

POINTS AFTER TOUCHDOWN**Most Points After Touchdown Attempted, Game**

- 7 Rafael Septien, at Dallas 11/27/80
- 6 6Times (Last: Steve Christie, vs. Buffalo 12/23/00)

Most Points After Touchdown, Game

- 7 Rafael Septien, at Dallas 11/27/80 (7 attempts)
- 6 6Times (Last: Steve Christie, vs. Buffalo 12/23/00 [6 attempts])

Most Points After Touchdown, No Misses, Game

- 7 Rafael Septien, at Dallas 11/27/80
- 6 5Times (Last: Steve Christie, vs. Buffalo 12/23/00)

FIELD GOALS**Most Field Goals Attempted, Game**

- 6 Joe Danelo, vs. N.Y. Giants 10/18/81
- John Carney, at San Diego 9/5/93
- Doug Pelfrey, vs. Cincinnati 11/6/94 (OT)

Most Field Goals, Game

- 6 Joe Danelo, vs. N.Y. Giants 10/18/81
- John Carney, at San Diego 9/5/93
- Doug Pelfrey, vs. Cincinnati 11/6/94 (OT)

Most Field Goals, One Quarter

- 3 Rich Karlis, at Denver 11/20/83 (4th)
- Al Del Greco, at Houston 11/7/93 (2nd)
- John Carney, vs. SD 9/21/97 (2nd)

Longest Field Goal

- 57 Nick Lowery, at Kansas City 9/14/80
- Steve Cox, at Washington 9/28/86
- 55 5Times (Last: Neil Rackers, vs. Arizona 10/24/04)

Longest Field Goal Attempted

- 66 Jason Elam, at Denver 12/10/95
- 64 Jason Elam, at Denver 12/19/99
- 61 Ali Haji-Sheikh, at N.Y. Giants 12/11/83
- Michael Husted, vs. Oakland 10/3/99

Most Field Goals, No Misses, Game

- 6 Joe Danelo, vs. N.Y. Giants 10/18/81
- John Carney, at San Diego 9/5/93
- Doug Pelfrey, vs. Cincinnati 11/6/94 (OT)

Most Field Goals, 50 or More Yards, Game

- 3 Neil Rackers, at Arizona 10/24/04
- 2 By 6 Players (Last: Neil Rackers, vs. Arizona 9/25/05)

SAFETIES**Most Safeties, Game**

- 1 27 Times (Last: Adam Carriker at St. Louis 11/25/07)

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)**

- 12.28 Bo Jackson, vs. L.A. Raiders 11/30/87 (18-221)
- 12.25 Ted McKnight, vs. Kansas City 9/30/79 (12-147)
- 11.00 Tony Reed, at Kansas City 12/17/78 (11-121)

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 8 Times (Last: Larry Johnson, at Kansas City 10/29/06)

PASSING**ATTEMPTS****Most Passes Attempted, Game**

- 63 Vinny Testaverde, at N.Y. Jets 12/6/98
- 55 Warren Moon, at Houston 11/7/93
- 54 Trent Green, vs. Washington 9/20/98

COMPLETIONS**Most Passes Completed, Game**

- 42 Vinny Testaverde, at N.Y. Jets 12/6/98
- 36 Warren Moon, at Houston 11/7/93
- 35 Kurt Warner, vs. St. Louis 9/10/00

COMPLETION PERCENTAGE**Highest Completion %, Game (Min. 20 Attempts)**

- 83.87 Fran Tarkenton, at Minnesota 11/14/76 (31-26)
- 81.82 Ben Roethlisberger, at Pittsburgh 10/7/07 (22-18)
- 81.25 Ken O'Brien, vs. N.Y. Jets 11/2/86 (32-26)

YARDS GAINED**Most Yards Gained, Game**

- 440 Dan Fouts, at San Diego 9/15/85
- 432 John Elway, vs. Denver 12/20/85
- 431 By 2 Players, (Last: Steve Beuerlein, Phoenix 12/19/93 [OT])

Longest Pass Completion

- 99 Stan Humphries, to Tony Martin, San Diego 9/18/94 (TD) (ties NFL record)
- 92 Marc Wilson, to Marcus Allen, at L.A. Raiders 10/7/84
- Eric Zeier, to Derrick Alexander, at Baltimore 12/7/97

AVERAGE GAIN**Highest Average Gain, Game (20 Attempts)**

- 14.64 Doug Flutie, vs. Buffalo 12/23/00 (25-366)
- 13.47 Ken O'Brien, vs. N.Y. Jets 11/2/86 (32-431)
- 12.42 Gary Hogeboom, vs. Phoenix 9/17/89 (24-298)

TOUCHDOWNS**Most Touchdown Passes, Game**

- 5 Neil O'Donnell, vs. N.Y. Jets 8/31/97
- 4 14 Times (Last: Chris Redman, at Atlanta 12/30/07)

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
- 4 14Times (Last: A.J. Feeley, at Philadelphia 12/2/07)

MOST ATTEMPTS, NO INTERCEPTIONS, GAME

- 52 Ryan Leaf, vs. San Diego 10/25/98
- 47 Kerry Collins, at N.Y. Giants 12/23/01
- 45 Tony Eason, at New England 9/21/86

RECEIVING**Most Pass Receptions, Game**

- 13 Wes Chandler, at San Diego 9/15/85
- Tony Martin, at San Diego 9/10/95
- 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 AlToon, vs. N.Y. Jets 11/2/86
- 173 Marcus Allen, at L.A. Raiders 10/7/84

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

- 13 Times (Last: T.J. Houshmandzadeh (141) and Chad Johnson (138), vs. Cincinnati 9/23/07)

AVERAGE PER RECEPTION**Highest Average Per Reception, Game (5 Receptions)**

- 32.40 James Lofton, at Green Bay (Milwaukee), 10/21/84 (5-162)
- 30.60 Derrick Alexander, vs. Kansas City 10/2/00 (5-153)
- 28.60 Tim Brown, vs. Oakland 10/8/95 (5-143)

TOUCHDOWNS**Most Touchdowns, Game**

- 4 Roy Green, at St. Louis 11/13/83
- Marcus Robinson, at Baltimore 11/23/03
- 3 6Times (Last: Torry Holt, at St. Louis 10/15/06)

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)
- 83 Fred Marion, vs. New England 11/17/85
- 82 Carlton Williamson, at San Francisco 11/25/85

TOUCHDOWNS**Most Touchdowns, Game**

- 1 44Times (Last: R.W. McQuarters, vs. N.Y. Giants 9/24/06)

PUNTING**Most Punts, Game**

- 11 Chris Norman, at Denver 10/20/85 (OT)
- Ruben Rodriguez, vs. Denver 11/30/92 (OT)
- 10 5Times (Last: Andy Lee, at San Francisco 9/30/07)

Longest Punt

- 80 Donnie Jones, vs. St. Louis 10/21/07
- 71 Andy Lee, at San Francisco 9/30/07
- 69 Shane Lechler, at Oakland 10/22/00

AVERAGE YARDAGE**Highest Avg. Punting, Game (Min. 4 Punts)**

- 56.60 Chris Norman, vs. Denver 11/25/84 (5-283)
- 56.00 Josh Miller, vs. Pittsburgh 9/26/99 (5-280)
- 54.30 Andy Lee, at San Francisco 9/30/07 (10-543)

INSIDE THE 20**Most Punts Inside the 20, Game**

- 5 Mat McBriar, vs. Dallas 10/23/05
- 4 14Times (Last: Chris Hanson at Jacksonville 9/11/05)

TOUCHBACKS**Most Touchbacks, Game**

- 3 6Times (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 19Times (Last: Josh Miller, Pittsburgh 11/02/03)

PUNT RETURNS**Most Punt Returns, Game**

- 8 Vai Sikaheima, vs. Philadelphia 12/13/92
- 7 Rolland Lawrence, vs. Atlanta 11/7/76
- Pete Shaw, at N.Y. Giants 12/11/83
- Brian Mitchell, vs. Philadelphia 9/23/01
- Reno Mahe, at Philadelphia 12/5/05

FAIR CATCHES**Most Fair Catches, Game**

- 6 Greg Pruitt, at L.A. Raiders 10/7/84
- 5 Greg Pruitt, vs. L.A. Raiders 11/12/84
- Emile Harry, at Kansas City 11/9/86

YARDS GAINED**Most Yards Gained, Game**

- 184 Jermaine Lewis, at Baltimore 12/7/97
- 133 Desmond Howard, at Oakland 11/15/98
- 110 Tim Brown, at L.A. Raiders 12/12/93
- Tim Watson, at Denver 12/19/99 (OT)

Longest Punt Return

- 91 JoJo Townsell, vs. N.Y. Jets 11/9/87 (TD)
- 89 Jermaine Lewis, at Baltimore 12/7/97 (TD)
- Jimmy Williams, at San Francisco 12/1/02 (TD)
- 86 Dale Carter, vs. Kansas City 11/22/92 (TD)
- Deltha O'Neal, vs. Denver 10/14/01 (TD)

AVERAGE YARDAGE**Highest Average, Game (Minimum 3 Returns)**

- 36.80 Jermaine Lewis, at Baltimore 12/7/97 (5-184)
- 32.67 David Meggett, at N.Y. Giants 11/19/89 (3-98)
- 31.67 JoJo Townsell, at N.Y. Jets 11/9/87 (3-95)

TOUCHDOWNS

- 2 Jermaine Lewis, at Baltimore 12/7/97
- 1 12 Times (Last: Jimmy Williams, at San Francisco 12/1/02)

KICKOFF RETURNS**Most Kickoff Returns, Game**

- 10 Desmond Howard, vs. Oakland 10/26/97
- 9 Paul Palmer, at Kansas City 9/20/87
- 8 By 3 Players (Last: Andre Coleman, vs. San Diego 10/27/96)

YARDS GAINED**Most Yards Gained, Game**

- 223 Desmond Howard, vs. Oakland 10/26/97
- 221 Paul Palmer, at Kansas City 9/20/87
- 220 Terry Kirby, vs. Oakland 11/11/01

Longest Kickoff Return

- 99 Chris Johnson, at StL 10/9/05 (TD)
- Tamarick Vanover, vs. KC 9/3/95 (TD)
- 95 Steve Odom, at Green Bay (Milwaukee), 10/15/78 (TD)
- Tim Brown, L.A. Raiders 11/28/88
- Mel Gray, at Detroit 10/17/93 (TD)
- MarTay Jenkins, vs. Arizona 9/15/02 (TD)

HIGHEST YARDAGE**Highest Average, Game (Minimum 3 Returns)**

- 48.33 Byron Hanspard, vs. Atlanta 11/30/97 (3-145)
- 44.33 Paul Palmer, at Kansas City 12/27/87 (3-133)
- 40.25 MarTay Jenkins, vs. Arizona 9/15/02 (4-161)

TOUCHDOWNS**Most Touchdowns, Game**

- 1 By 10 Players (Last: Chris Johnson, at St. Louis 10/9/05 [99 yards])

COMBINED KICK RETURNS**Most Combined Kick Returns, Game**

- 11 By 4 Players (Last: Tamarick Vanover, vs. KC 12/26/99) (5-P, 6-K)
- 10 Rolland Lawrence, vs. Atlanta 11/7/76 (7-P, 3-K)
- Glyn Milburn, at Denver 12/10/95 (5-P, 5-K)

YARDS GAINED**Most Yards Returned, Game**

- 275 Jermaine Lewis, vs. Baltimore 12/7/97
- 228 Glyn Milburn, at Denver 12/10/95 (95-P, 133-K)
- 223 Desmond Howard, vs. Oakland 10/26/97 (223-K)

TOUCHDOWNS**Most Touchdowns, Game**

- 2 Jermaine Lewis, at Baltimore 12/7/97
- 1 22 Times (Last: Chris Johnson, at St. Louis 10/9/05)

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 10/29/00
- 39 Barry Foster, at Pittsburgh 12/6/92
- Marshall Faulk, at St. Louis 10/20/02

YARDS GAINED**Most Yards Gained, Game**

- 404 Glyn Milburn, at Denver 12/10/95 (NFL record)
- 308 Jermaine Lewis, vs. Baltimore 12/7/97
- 307 Priest Holmes, vs. Kansas City 11/24/02

TACKLES**Most Tackles, Game**

- 19 Randy Gradishar, vs. Denver 10/29/78
- 16 5 Times (Last: Dino Hackett, at Kansas City 9/20/87)

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 17 Times (Last: Gerald McBurrows at Atlanta 12/15/02)

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 15 Times (Last: Josh McCown, vs. Arizona 9/14/03)

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 25 Times (Last: 29 yards, Abdul Hodge, vs. Green Bay 11/27/06)

BLOCKED KICKS**Most Blocked Punts, Game**

- 1 16 Times (Last: Andre King, vs. Cleveland 11/30/03)

Most Blocked Field Goals, Game

- 1 16 Times (Last: Josh Bullocks, vs. New Orleans 10/14/07)

Most Blocked PATs, Game

- 1 8 Times (Last: Antonio Smith, at Arizona 11/6/05)

Most Blocked Kicks (Field Goals and PATs), Game

- 1 Many Times

Longest Return of Blocked Punt

- 23 Frank Duncan, vs. San Diego 9/7/80
- 0 6 Times (Last: Jessie Small, at Philadelphia 9/10/89)

Longest Return of Blocked Field Goal

- 58 Dave Waymer, vs. New Orleans 10/16/88 (TD)
- 0 8 Times (Last: Randy Starks, at Tennessee 12/18/05)

Touchdowns with Blocked Kick Recovery

- 1 Dave Waymer, New Orleans 10/16/88 (FG, 58 yds)
Albert Lewis, at Kansas City 1/2/94 (punt, 0 yds)

INDIVIDUAL POSTSEASON RECORDS**SERVICE****Most Games, Career**

- 10 Walter Jones, 99, 2003-
- 9 Chris Gray, 99, 2004-Shaun Alexander, 2003-07
Josh Brown, 2003-Bobby Engram, 2003-Matt Hasselbeck, 2003-Maurice Morris, 2003-
- 8 Mack Strong, 99, 2003-06
Jordan Babineaux, 2004-Rockey Bernard, 2004-Niko Koutouvides, 2004-2007
Sean Locklear, 2004-

Most Starts, Career

- 10 Walter Jones, 99, 2003-
- 9 Shaun Alexander, 2003-Chris Gray, 99, 2003-Matt Hasselbeck, 2003-
- 8 Rocky Bernard, 2004-
- 7 Edwin Bailey, 1983-84, 1987-88
Jeff Bryant, 1983-84, 1987-88
Jacob Green, 1983-84, 1987-88
Dave Krieg, 1983-84, 1987-88
Steve Largent, 1983-84, 1987-88
Joe Nash, 1983-84, 1987-88
Bruce Scholtz, 1983-84, 1987-88
Bobby Engram 2003-Sean Locklear, 2004-

SCORING**POINTS****Most Points, Career**

- 69 Josh Brown, 2003-07 (16 FG, 21 PAT) 9 games
- 48 Shaun Alexander, 2003- (8 TD) 9 games
- 38 Norm Johnson, 1983-84, 1987-88 (8 FG, 14 PAT) 7 games

Most Points, Game

- 18 Shaun Alexander, at Green Bay, 1/4/04
- 12 Curt Warner, at Miami 12/31/83 (2 TD)
Steve Largent, at Houston 1/3/88 (2 TD) (OT)
Shaun Alexander, vs. Car, 1/22/06
Jerramy Stevens, vs. Dallas, 1/6/07
Shaun Alexander, at Chi, 1/14/07 (OT)
- 10 Josh Brown vs Car, 1/22/06 (2 FG, 4 PAT)

TOUCHDOWNS**Most Touchdowns, Career**

- 8 Shaun Alexander, 2003-07 (8-R)
- 4 Steve Largent, 1983-84, 1987-88 (4-P)
Jerramy Stevens, 2003-06 (4-P)
- 3 Darrell Jackson, 2003-06 (3-P)

Most Touchdowns, Game

- 3 Shaun Alexander, at Green Bay 1/4/04 (3-R) (OT)
- 2 Curt Warner, at Miami 12/31/83 (2-R)
Steve Largent, at Houston 1/3/88 (2-P) (OT)
Shaun Alexander, vs. Carolina 1/22/06 (2-R)
Jerramy Stevens, vs. Dallas 1/6/07 (2-P)
Shaun Alexander, vs. Chi 1/14/07 (OT)

Most Consecutive Games Scoring Touchdown

- 3 Darrell Jackson, 2003-05
Jerramy Stevens, 2005-06
- 2 Steve Largent, 1984, 1987

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)
- 2 Todd Peterson, 1999 1 game (2 att)

Most Points After Touchdown, Game

- 4 Norm Johnson, vs. Den 12/24/83 (4 att)
Josh Brown, vs. Carolina 1/22/06 (4 att)
- 3 Norm Johnson, at Miami 12/31/83 (3 att)
Josh Brown, at Green Bay 1/4/04 (3 att)
Josh Brown, at Chicago 1/14/07 (OT)
Josh Brown, vs. Washington 1/5/08 (3 att)

FIELD GOALS**Most Field Goals Attempted, Career**

- 19 Josh Brown, 2003-07 (9 games)
- 10 Norm Johnson, 1983-84, 1987-88 (7 games)

Most Field Goals Attempted, Game

- 3 Times (Last: Josh Brown, vs. Pittsburgh 2/5/06)
- 8 Times (Last: Josh Brown, at Green Bay 1/12/08)

Longest Field Goal Attempted (all successful unless otherwise noted)

- 54 Josh Brown, vs. Pittsburgh 2/5/06 (wr)
- 50 Todd Peterson, vs. Miami 1/9/00
Josh Brown, vs. Pittsburgh 2/5/06 (wl)
Josh Brown vs. Washington 1/5/08
- 48 Norm Johnson, at Miami 12/31/83 (blk)

Most Field Goals, Career

- 16 Josh Brown, 2003-07, 9 games (19 att)
- 8 Norm Johnson, 1983-84, 1987-88, 7 games (10 att)

Most Field Goals, Game

- 2 10 Times (Last: Josh Brown, at Green Bay 1/12/08 (2 att))

Most Consecutive Field Goals

- 8 Josh Brown, 2003-05
- 7 Josh Brown, 2006-07
- 5 Norm Johnson, 1983-84

Longest Field Goal

- 50 Josh Brown, vs. Washington 1/5/08
- 50 Todd Peterson, vs. Miami 1/9/00
- 47 Josh Brown, vs. St. Louis 1/8/05

Highest Field Goal %, Career (min. 5 att.)

- 84.2 Josh Brown, 2003-06, 9 games (16-19)
- 80.0 Norm Johnson, 1983-84, 1987-88, 7 games (8-10)

SAFETIES**Most Safeties, Career**

None

Most Safeties, Game

None

Rushing**Most Attempts, Career**

- 169 Shaun Alexander, 2003- (9 games)
- 71 Curt Warner, 1983, 1988 (4 games)
- 42 Maurice Morris, 2003- (9 games)

Most Attempts, Game

- 34 Shaun Alexander, vs. Carolina 1/22/06
- 29 Curt Warner, at Miami 12/31/83
Dan Doornink, vs. L.A. Raiders 12/22/84
- 26 Shaun Alexander, at Chicago 1/14/07 (OT)

YARDS GAINED**Most Yards Gained, Career**

- 564 Shaun Alexander, 2003-07 (9 games)
- 249 Curt Warner, 1983, 1988 (4 games)
- 161 Dan Doornink, 1983-84 (5 games)

Most Yards Gained, Game

- 132 Shaun Alexander, vs. Carolina 1/22/06
- 126 Dan Doornink, vs. L.A. Raiders 12/22/84
- 113 Curt Warner, at Miami 12/31/83

Most Games, 100 or More Yards Rushing, Career

- 2 Shaun Alexander, 2003-07
- 1 Dan Doornink, 1983-84
Curt Warner, 1983

Most Consecutive Games, 100 or More Yards Rushing

- 1 Dan Doornink, 1984
Curt Warner, 1983
Shaun Alexander, 2005

Longest Run From Scrimmage

- 32 Mack Strong, vs. Washington 1/14/06
- 21 Shaun Alexander, vs. Pittsburgh 2/5/06
- 20 Shaun Alexander, vs. Dallas 1/6/07

AVERAGE GAIN**Highest Average Gain, Career (Min. 30 Attempts)**

- 4.13 Dan Doornink, 1983-84, 5 games (39-161)
- 3.84 David Hughes, 1983-84, 5 games (31-119)
- 3.51 Curt Warner, 1983, 1988 4 games (71-249)

Highest Average Gain, Game (Min. 20 attempts)

- 4.34 Dan Doornink, vs. L.A. Raiders 12/22/84 (29-126)
- 4.30 Curt Warner, vs. Denver 12/24/83 (23-99)
- 4.15 Shaun Alexander, at Chicago 1/14/07 (26-108) (OT)

TOUCHDOWNS**Most Touchdowns, Career**

- 8 Shaun Alexander, 2003-07 (9 games)
- 2 Curt Warner, 1983, 1988 (4 games)
- 1 By Many

Most Touchdowns, Game

- 3 Shaun Alexander, at GB 1/4/04 (OT)
- 2 Curt Warner, at Miami 12/31/83
Shaun Alexander, vs. Carolina 1/22/06
Shaun Alexander, at Chicago 1/14/07 (OT)

Most Consecutive Games Rushing for Touchdowns

- 1 David Hughes, 1983
- Curt Warner, 1983
- Dave Krieg, 1988
- Matt Hasselbeck, 2005
- Shaun Alexander, 2003, 2005, 2006, 2007
- Leonard Weaver, 2007

PASSING**PASS RATING****Highest Pass Rating, Career (Min. 100 attempts)**

- 79.4 Matt Hasselbeck, 2003- (8 games)
- 75.9 Dave Krieg, 1983-84, 1987-88 (7 games)

ATTEMPTS**Most Passes Attempted, Career**

- 325 Matt Hasselbeck, 2003- (9 games)
- 183 Dave Krieg, 1983-84, 1987-88 (7 games)
- 30 Jon Kitna, 1999 (1 game)

Most Passes Attempted, Game

- 50 Dave Krieg, at Cincinnati 12/31/88
- 49 Matt Hasselbeck, vs. Pittsburgh 2/5/06
- 45 Matt Hasselbeck, at Green Bay 1/4/04 (OT)

COMPLETIONS**Most Passes Completed, Career**

- 189 Matt Hasselbeck, 2003- (9 games)
- 94 Dave Krieg, 1983-84, 1987-88 (7 games)
- 14 Jim Zorn, 1983-84 (5 games)
- Jon Kitna, 1999 (1 game)

Most Passes Completed, Game

- 27 Matt Hasselbeck, vs. St. Louis 1/8/05
- 26 Matt Hasselbeck, vs. Pittsburgh 2/5/06
- 25 Matt Hasselbeck, at Green Bay 1/4/04

COMPLETION PERCENTAGE**Highest Completion %, Career (Min. 100 attempts)**

- 58.15 Matt Hasselbeck, 2003-, 9 games, (325-189)
- 51.37 Dave Krieg, 1983-84, 1987-88, 7 games, (183-94)

Highest Completion %, Game (15 Completions)

- 71.4 Matt Hasselbeck, vs. Carolina 1/22/06 (28-20)
- 62.8 Matt Hasselbeck, vs. St. Louis 1/8/05 (43-27)
- 62.5 Matt Hasselbeck, vs. Washington 1/5/08 (20-32)

YARDS GAINED**Most Yards Gained, Career**

- 2,211 Matt Hasselbeck, 2003- (9 games)
- 1,242 Dave Krieg, 1983-84, 1987-88 (7 games)
- 162 Jon Kitna, 1999 (1 game)

Most Yards Gained, Game

- 341 Matt Hasselbeck, vs. St. Louis 1/8/05
- 305 Matt Hasselbeck, at Green Bay 1/4/04 (OT)
- 297 Dave Krieg, at Cincinnati 12/31/88

Most games, 300 or More Yards Passing, Career

- 2 Matt Hasselbeck

Most Consec. Games, 300 or More Yards Passing, Career

- 2 Matt Hasselbeck, 2003-04

Longest Pass Completion

- 56 Dave Krieg (to Steve Largent) at Miami 12/29/84 (TD)
- 41 Dave Krieg (to Paul Johns) vs. Denver 12/24/83
- 40 Dave Krieg (to Steve Largent) at Miami 12/31/83

AVERAGE GAIN**Highest Average Gain, Career (Min. 100 attempts)**

- 6.80 Matt Hasselbeck, 2003-, 9 games (325-2,211)
- 6.79 Dave Krieg, 1983-84, 1987-88, 7 games (183-1,242)

Highest Average Gain, Game (20 Attempts)

- 8.27 Matt Hasselbeck, vs. Washington 1/14/06 (26-215)
- 7.93 Matt Hasselbeck, vs. St. Louis 1/8/05 (43-341)
- 7.82 Matt Hasselbeck, vs. Carolina 1/22/06 (28-219)

TOUCHDOWNS**Most Touchdown Passes, Career**

- 11 Matt Hasselbeck, 2003- (9 games)
- 9 Dave Krieg, 1983-84, 1987-88 (7 games)
- 2 Jim Zorn, 1983-84 (5 games)

Most Touchdown Passes, Game

- 3 Dave Krieg, vs. Denver 12/24/83
- 2 5 Times (Last: Matt Hasselbeck vs. Dallas 1/6/07)

Most Consecutive Games, Touchdown Pass

- 8 Matt Hasselbeck, 2004-current
- 4 Dave Krieg, 1984, 1987-88
- 2 Dave Krieg, 1983

HAD INTERCEPTED**Lowest %, Passes Had Intercepted, Career (Min. 100 att)**

- 2.46 Matt Hasselbeck, 2003-, 9 games (8-325)
- 3.28 Dave Krieg, 1987-88, 7 games (6-183)

Most Attempts Without Interception, Game

- 38 Dave Krieg, at Houston 1/3/88 (OT)
- 35 Dave Krieg, at Miami 12/29/84
- 33 Matt Hasselbeck, at Green Bay 1/12/08

Most Passes Had Intercepted, Career

- 8 Matt Hasselbeck, 2003-, 9 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
- 44 Matt Hasselbeck, 2003
- 36 Matt Hasselbeck, 2007-current

PASS RECEIVING**RECEPTIONS****Most Receptions, Career**

- 35 Bobby Engram, 2003- (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
- 7 Steve Largent, at Houston 1/3/88 (OT)

Most Consecutive Games, Pass Reception

- 9 Bobby Engram, 2003-current
- 5 Darrell Jackson, 2003-05
- 5 Jerramy Stevens, 2004-06
- 4 Dan Doornink, 1983-84
- Curt Warner, 1983, 1988

YARDS GAINED**Most Yards Gained, Career**

- 503 Darrell Jackson, 2003-06 (7 games)
- 476 Bobby Engram, 2003- (9 games)
- 434 Steve Largent, 1983-84, 1987-88 (7 games)

Most Yards Gained, Game

- 143 Darrell Jackson, vs. Washington 1/14/05
- 137 John L. Williams, at Cincinnati 12/31/88
- 132 Steve Largent, at Houston 1/3/88 (OT)

Most Games, 100 or More Yards Receiving, Career

- 2 Steve Largent, 1983-84, 1987-88 (7 games)
- Darrell Jackson, 2003-06 (7 games)
- 1 John L. Williams, 1987-88 (2 games)
- 1 D.J. Hackett, 2005- (5 games)

Most Consecutive Games, 100 or More Yards Receiving, Career

- 2 Steve Largent, 1984, 1987
- 2 Darrell Jackson, 2004-05
- 1 John L. Williams, 1988
- 1 D.J. Hackett, 2007

Longest Reception

- 56 Steve Largent, (from Dave Krieg) at Miami 12/29/84 (TD)
- 41 Paul Johns, (from Dave Krieg) at Denver 12/24/83
- 40 Steve Largent, (from Dave Krieg) at Miami 12/31/83

AVERAGE GAIN**Highest Average Gain, Career (Min. 10 Receptions)**

- 19.35 Darrell Jackson, 2003-06, 7 games (26-503)
- 18.87 Steve Largent, 1983-84, 1987-88, 7 games (23-434)
- 15.27 Paul Johns, 1983, 3 games (11-168)

Highest Average Gain, Game (Min. 3 Receptions)

- 24.33 Ray Butler, vs. Houston 1/3/88 (3-73) (OT)
- 22.00 Bobby Engram, vs. Dallas 1/6/07 (4-88)
- 21.33 Steve Largent, at Miami 12/29/84 (6-128)
- 20.75 Bobby Engram, at Green Bay 1/4/04 (4-83) (OT)

TOUCHDOWNS**Most Touchdowns, Career**

- 4 Steve Largent, 1983-84, 1987-88 (7 games)
- 4 Jerramy Stevens, 2003-06 (6 games)
- 3 Darrell Jackson, 2003-06 (6 games)

Most Touchdowns, Game

- 2 Steve Largent, at Houston 1/3/88 (OT)
- 2 Jerramy Stevens, vs. Dallas 1/6/07
- 1 16 times (Last: Bobby Engram, at Green Bay 1/12/08)

Most Consecutive Games, Touchdown Passes Caught

- 3 Jerramy Stevens, 2005-current
- 2 Steve Largent, 1984, 1987
- 1 16 times

INTERCEPTIONS BY**Most Interceptions, Career**

- 4 John Harris, 1983-84, 5 games
- 2 Greggory Johnson, 1983, 3 games
- Kerry Justin, 1983, 3 games
- Michael Boulware, 2004-06, 6 games

Most Interceptions, Game

- 2 John Harris, at Miami 12/29/84
- 1 By 13 (Last: Jordan Babineaux vs, Washington 1/5/08)

YARDS GAINED**Most Yards Gained, Career**

- 78 Marcus Trufant, 2003- (7 games)
- 76 Kelly Herndon, 2005 (3 games)
- 57 Jordan Babineaux, 2004- (8 games)

Most Yards Gained, Game

- 78 Marcus Trufant, vs. Washington 1/5/08
- 76 Kelly Herndon, vs. Pittsburgh 2/5/06
- 57 Jordan Babineaux, vs. Washington 1/5/08

Longest Return

- 78 Marcus Trufant, vs. Washington, 1/5/08
- 76 Kelly Herndon, vs. Pittsburgh 2/5/06
- 57 Jordan Babineaux, vs. Washington 1/5/08

TOUCHDOWNS**Most Touchdowns, Career**

- 1 Marcus Trufant, 2003- (7 games)
- 1 Jordan Babineaux 2004- (8 games)

Most Touchdowns, Game

- 1 Marcus Trufant, vs. Washington 1/5/08
- 1 Jordan Babineaux, vs. Washington 1/5/08

PUNTING**Most Punts, Career**

- 27 Jeff West, 1983-84 (5 games)
- 22 Ryan Plackemeier 2006- (4 games)
- 21 Tom Rouen, 2004-05 (4 games)

Most Punts, Game

- 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)
- 56 Ryan Plackemeier, at Chicago 1/14/07 (OT)

AVERAGE YARDAGE**Highest Average, Career (20 Punts)**

- 40.24 Ryan Plackemeier, 2006-, 4 games (21-845)
- 36.96 Jeff West, 1983-84, 5 games (27-998)

Highest Average, Game (4 Punts)

- 47.86 Jeff Feagles, vs. Miami 1/9/00 (7-335)
- 44.25 Ruben Rodriguez, at Houston 1/3/88 (7-310) (OT)
- 44.17 Ruben Rodriguez, at Cincinnati 12/31/88 (6-265)

PUNT RETURNS**Most Punt Returns, Career**

- 12 Nate Burleson, 2006- (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- (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- (4 games)
- 11 Maurice Morris, 2003- (7 games)
- 8 Josh Scobey, 2005 (3 games)

Most Kickoff Returns, Game

- 6 Maurice Morris, vs. St. Louis 1/8/05
- 6 Nate Burleson, at Chicago 1/14/06 (OT)
- 6 Nate Burleson, at Green Bay 1/12/08
- 5 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
- 5 Nate Burleson, vs. Dallas 1/6/07

YARDS GAINED**Most Yards Gained, Career**

- 402 Nate Burleson, 2006- (4 games)
- 183 Zachary Dixon, 1983 (3 games)
- 179 Maurice Morris, 2003- (7 games)

Most Yards Gained, Game

- 166 Nate Burleson, at Chicago 1/14/06 (OT)
- 159 Charlie Rogers, vs. Miami 1/9/00
- 111 Nate Burleson, vs. Dallas 1/6/06

Longest Return

- 85 Charlie Rogers, vs. Miami 1/9/00 (TD)
- 59 Zachary Dixon, at Miami 12/31/83
- 41 Nate Burleson, at Chicago 1/14/06 (OT)

AVERAGE YARDAGE**Highest Average, Career (Minimum 5 Returns)**

- 26.14 Zachary Dixon, 1983, 3 games (7-183)
 23.29 David Hughes, 1983-84, 5 games (7-163)
 21.29 Bobby Joe Edmonds, 1987-88, 2 games (7-149)
 21.15 Nate Burluson, 2006, 3 games (19-402)

Highest Average, Game (Minimum 3 Returns)

- 39.75 Charlie Rogers, vs. Miami 1/9/00
 27.67 Nate Burluson, at Chicago 1/14/07 (6-166)
 22.20 Nate Burluson, vs. Dallas 1/6/07 (5-111)

TOUCHDOWNS**Most Touchdowns, Career**

- 1 Charlie Rogers 1999 (1 game)

Most Touchdowns, Game

- 1 Charlie Rogers, vs. Miami 1/9/00

FUMBLES**Most Fumbles, Career**

- 2 John L. Williams, 1987-88 (2 games)
 Koren Robinson, 2003-04 (2 games)
 1 By 9 players

Most Fumbles, Game

- 2 Koren Robinson, vs. St. Louis 1/8/05
 Jimmy Williams, vs. Washington 1/14/06
 1 11 Times

RECOVERIES**Most Own Fumbles Recovered, Career**

- 1 Ron Essink, 1983-84 (5 games)
 Pete Metzelaars, 1983-84 (5 games)
 Robbie Tobeck, 2003-05 (5 games)
 Koren Robinson, 2003-04 (2 games)
 Chris Spencer, 2005- (3 games)
 Matt Hasselbeck, 2003- (9 games)



QB Brock Huard (1999-01)
Seahawks Broadcasting Analyst

Most Opponents Fumbles Recovered, Career

- 2 Jeff Bryant, 1983-84, 1987-88 (7 games)
 1 By 10 players, (Last C. Darby at Chicago 1/14/06) (OT))

Most Fumbles Recovered, Game, Own and Opponents

- 2 Jeff Bryant, at L.A. Raiders 1/8/84 (2-Opp)
 1 By Many

YARDS GAINED**Longest Return**

- 0 16 Times

TOUCHDOWNS**Most Touchdowns**

- None

TACKLES**Most Tackles, Career**

- 64 Leroy Hill, 2005- (7 games)
 54 Lofa Tatupu, 2005- (7 games)
 48 Keith Butler, 1983-84, 1987 (6 games)

Most Tackles, Game

- 17 Brian Bosworth, at Houston 1/3/88 (OT)
 15 Eugene Robinson, at Houston 1/3/88 (OT)
 13 Leroy Hill, vs. Washington, 1/5/08

SACKS**Most Sacks, Career**

- 4.0 Rocky Bernard, 2003- (7 games)
 3.5 Jacob Green, 1983-84, 1987-88 (7 games)
 3.0 Bryce Fisher, 2005-06 (5 games)

Most Sacks, Game

- 2.5 Jacob Green, vs. L.A. Raiders 12/22/84
 2.0 Chike Okeafor, vs. St. Louis 1/8/05
 Rocky Bernard, vs. Carolina 1/22/06
 Bryce Fisher, vs. Dallas 1/6/07

FUMBLES**Most Forced Fumbles, Career**

- 2 Jacob Green, 1983-84, 1987-88 (7 games)
 Bruce Scholtz, 1983-84, 1987-88 (7 games)
 Bryce Fisher, 2005-06 (5 games)
 1 By 11 players

Most Forced Fumbles, Game

- 1 By 16 players
 (Last Brian Russell, at Green Bay 1/22/08) (OT)

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-current
- 2 1983-84, 1987-88,

Most Games

- 3 1983, 2005
- 2 1984, 2006, 2007
- 1 1987, 1988, 1999, 2003, 2004,

Most Games Won

- 2 1983, 2005
- 1 1984, 2006, 2007

Most Consecutive Games Won

- 2 1983, 2005
- 1 1984, 2006, 2007

Most Consecutive Games Lost

- 6 1984-04
- 1 1983, 2005, 2006, 2007

SCORING

Most Points, Game

- 35 vs. Washington 1/5/08
- 34 vs. Carolina 1/22/06
- 31 vs. Denver 12/24/83

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

- 62 (20) at Green Bay (42)
- 60 (27) at Green Bay (33) 1/4/04 (OT)
- 51 (24) at Chicago (27) 1/14/06 (OT)

Fewest Points, Both Teams, Game

- 20 (13) at L.A. Raiders (7) 12/22/84
- 30 (20) vs. Washington (10) 1/14/06

31 (10) vs. Pittsburgh (21) 2/5/06

Largest Margin of Victory, Game

- 24 (31) vs. Denver (7) 12/24/83
- 21 (35) vs. Washington (14) 1/5/08
- 20 (34) vs. Carolina (14) 1/22/06

Most Points, Shutout Victory, Game

None

Most Points Overcome to Win Game

- 7 vs. Dallas 1/6/07 (Trailed 20-13, Won 21-20)
- 6 at Miami 12/31/83 (Trailed 7-13, Won 27-20)

Most Points, Each Half

- 1st: 20 vs. Carolina 1/22/06
- 17 at Green Bay 1/12/08
- 14 at Chicago 1/14/06 (OT)
- 2nd: 25 vs. Washington 1/5/08
- 21 vs. Denver 12/24/83
at Green Bay 1/4/04
- 20 at Miami 12/31/83

Most Points, Each Quarter

- 1st: 14 at Green Bay 1/12/08
- 10 vs. Carolina 1/22/06
- 7 4Times (Last: vs. Washington 1/5/08)
- 2nd: 14 at Chicago 1/14/06 (OT)
- 10 at Miami 12/29/84
vs. Carolina 1/22/06
- 7 ManyTimes
- 3rd: 14 at Green Bay 1/4/04
- 10 at Chicago 1/14/07 (OT)
- 7 8Times (Last: vs. Dallas 1/6/07)
- 4th: 22 vs. Washington 1/5/08
- 14 vs. Denver 12/24/83
- 13 at Miami 12/31/83
at Cincinnati 12/31/88
- OT: 0 at Houston 1/3/88
at Green Bay 1/4/04
at Chicago 1/14/07

TOUCHDOWNS

Most Touchdowns, Game

- 4 vs. Denver 12/24/83
vs. Carolina 1/22/06
vs. Washington 1/5/08
- 3 at Miami 12/31/83
at Green Bay 1/4/04 (OT)
at Chicago 1/14/07 (OT)

Fewest Touchdowns, Game

- 1 vs. L.A. Raiders 12/22/84
at Miami 12/29/84
vs. Pittsburgh 2/5/06
- 2 7Times (Last: at Green Bay 1/12/08)

Most Touchdowns, Both Teams, Game

- 8 Seattle (2) at Green Bay (6) 1/12/08
- 7 Seattle (3) at Green Bay (4) 1/4/04 (OT)
- 6 Seattle (3) at Miami (3) 12/31/83
Seattle (4) vs. Carolina (2) 1/22/06
Seattle (3) at Chicago (3) 1/14/07 (OT)
Seattle (4) vs. Washington (2) 1/5/08

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

- 4 vs. Denver 12/24/83
vs. Carolina 1/22/06
- 3 at Miami 12/31/83
at Green Bay 1/4/04 (OT)
at Chicago 1/14/07 (OT)
vs. Washington 1/5/08

Fewest PAT, Game

- 1 vs. L.A. Raiders 12/22/84
at Miami 12/29/84
at Cincinnati 12/31/88
vs. Pittsburgh 2/5/06
vs. Dallas 1/6/07

Most PAT, Both Teams, Game

- 8 (2) at Green Bay (6) 1/12/08
- 6 (3) at Green Bay (3) 1/4/04 (OT)
(4) vs. Carolina (2) 1/22/06
(3) at Chicago (3) 1/14/06 (OT)
- 5 6 Times (Last: Seattle [3] vs.
Washington [2] 1/5/08)

Fewest PAT, Both Teams, Game

- 2 Seattle (1) at L.A. Raiders (1) 12/22/84
- 3 Seattle (2) vs. Washington (1) 1/14/06
Seattle (1) vs. Dallas (2) 1/6/07
- 4 Seattle (2) at Houston (2) 1/3/88 (OT)
Seattle (1) at Cincinnati (3) 12/31/88
Seattle (2) vs. Miami (2) 1/9/00
Seattle (1) vs. Pittsburgh (3) 2/5/06

FIELD GOALS**Most Field Goals, Game**

- 2 9 Times (Last: at Green Bay 1/12/08)

Most Field Goals, Both Teams, Game

- 5 Seattle (2) at Houston (3) 1/3/88 (OT)
- 4 Seattle (2) at Green Bay (2) 1/4/04 (OT)
Seattle (2) vs. St. Louis (2) 1/8/05
- 3 Seattle (0) at L.A. Raiders (3) 1/8/84
Seattle (1) vs. Miami (2) 1/9/00
Seattle (2) vs. Washington (1) 1/14/06
Seattle (1) at Chicago (2) 1/14/06 (OT)

Most Field Goals Attempted, Game

- 3 at Miami 12/31/83
vs. Carolina 1/22/06
vs. Pittsburgh 2/5/06
- 2 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

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)

FIRST DOWNS**Most First Downs, Game**

- 27 vs. Carolina 1/22/06
- 24 vs. St. Louis 1/8/05
- 22 at Green Bay 1/4/04 (OT)

Fewest First Downs, Game

- 8 at Miami 12/29/84
- 11 at Houston 1/3/88 (OT)
- 12 vs. Miami 1/9/00

Most First Downs, Both Teams, Game

- 46 Seattle (24) vs. St. Louis (22) 1/8/05
- 44 Seattle (22) at Green Bay (22) 1/4/04 (OT)
- 42 Seattle (21) at Miami (21) 12/31/83

Fewest First Downs, Both Teams, Game

- 26 Seattle (15) vs. Washington (11) 1/14/06
- 30 Seattle (8) at Miami (22) 12/29/84
- Seattle (12) vs. Miami (18) 1/9/00
- 31 Seattle (17) at L.A. Raiders (14)
12/22/84

RUSHING**Most First Downs, Rushing, Game**

- 12 at Miami 12/31/83
- vs. L.A. Raiders 12/22/84
at Chicago 1/14/07 (OT)
- 8 vs. Denver 12/24/83

Fewest First Downs, Rushing, Game

- 0 vs. Miami 1/9/00
- 1 at Houston 1/3/88 (OT)
at Cincinnati 12/31/88
- 2 at Miami 12/29/84

Most First Downs, Rushing, Both Teams, Game

- 21 Seattle (12) at Miami (9) 12/31/83
- 20 Seattle (12) at Chicago (8) 1/14/07 (OT)
- 18 Seattle (1) at Cincinnati (17) 12/31/88
- 17 Seattle (12) at L.A. Raiders (5) 12/22/84

Fewest First Downs Rushing, Both Teams, Game

- 7 Seattle (0) vs. Miami (7) 1/9/00
Seattle (3) vs. Washington (4) 1/5/08
- 10 Seattle (2) at Miami (8) 12/29/84
Seattle (1) at Houston (9) 1/3/88 (OT)
Seattle (7) vs. St. Louis (3) 1/8/05

PASSING**Most First Downs, Passing, Game**

- 16 at Cincinnati 12/31/88
at Green Bay 1/4/04 (OT)
- 15 vs. St. Louis 1/8/05
vs. Pittsburgh 2/5/06
- 11 vs. Washington 1/5/08

Fewest First Downs, Passing, Game

- 4 vs. L.A. Raiders 12/22/84
- 6 at Miami 12/29/84
- 6 at Chicago 1/14/07 (OT)
- 8 at Green Bay 1/12/08

Most First Downs, Passing, Both Teams, Game

- 30 Seattle (16) at Green Bay (14) 1/4/04 (OT)
Seattle (15) vs. St. Louis (15) 1/8/05
- 28 Seattle (10) at Houston (18) 1/3/88 (OT)
- 27 Seattle (11) vs. Washington (16) 1/5/08

Fewest First Downs Passing, Both Teams, Game

- 12 Seattle (4) at L.A. Raiders (8) 12/22/84
- 16 Seattle (6) at Chicago (10) 1/14/07 (OT)
- 17 Seattle (9) vs. Dallas (8) 1/6/07
- 18 Seattle (6) at Miami (12) 12/29/84

PENALTY**Most First Downs, Penalty, Game**

- 4 vs. Dallas 1/6/07
- 3 at Green Bay 1/12/08
- 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

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
- 4 Seattle (3) at Green Bay (1) 1/12/08

Net Yards Gained Rushing & Passing

Most Net Yards Gained, Game
 413 vs. St. Louis 1/8/05
 396 vs. Pittsburgh 2/5/06
 340 at Green Bay 1/4/04 (OT)

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

809 Seattle (413) vs. St. Louis (396) 1/8/05
 737 Seattle (340) at Green Bay (397) 1/4/04 (OT)
 735 Seattle (396) vs. Pittsburgh (339)

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)
 16 at Cincinnati 12/31/88
 18 at L.A. Raiders 1/8/84
 at Miami 12/29/84
 at Green Bay 1/12/08

Most Attempts, Both Teams, Game

76 Seattle (51) at L.A. Raiders (25) 12/22/84
 72 Seattle (42) at Miami (30) 12/31/83
 71 Seattle (38) vs. Denver (33) 12/24/83

Fewest Attempts, Both Teams, Game

47 Seattle (20) vs. St. Louis (27) 1/8/05
 50 Seattle (21) vs. Washington (29) 1/5/08
 53 Seattle (21) at Green Bay (32) 1/4/04 (OT)
 53 Seattle (18) at Green Bay (35) 1/12/08

YARDS GAINED**Most Yards Gained, Game**

205 vs. L.A. Raiders 12/22/84
 151 at Miami 12/31/83
 145 vs. Denver 12/24/83

Fewest Yards Gained, Game

22 at Cincinnati 12/31/88
 28 at Green Bay 1/12/08
 29 at Houston 1/3/88 (OT)

Most Yards Gained, Both Teams, Game

318 Seattle (137) vs. Pittsburgh (181) 2/5/06
 310 Seattle (205) at L.A. Raiders (105) 12/22/84
 279 Seattle (151) at Miami (128) 12/31/83

Fewest Yards Gained, Both Teams, Game

127 Seattle (49) at Green Bay (78) 1/4/04 (OT)
 149 Seattle (41) vs. Miami (108) 1/9/00
 152 Seattle (77) vs. Washington (75) 1/5/08

AVERAGE GAIN**Highest Average Gain, Game**

5.50 vs. Pittsburgh 2/5/06
 4.05 vs. St. Louis 1/8/05 (20-81)
 4.02 vs. L.A. Raiders 12/22/84 (51-205)

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 8 Times (Last: vs. Dallas 1/6/07)

Most Touchdowns, Game

3 at Green Bay 1/4/04 (OT)
 2 at Miami 12/31/83
 vs. Carolina 1/22/06
 vs. Chicago 1/14/07

Most Touchdowns, Both Teams, Game

5 Seattle (3) at Green Bay (2) 1/4/04 (OT)
 4 Seattle (1) at Cincinnati (3) 12/31/88
 4 Seattle (2) vs. Chicago (2) 1/5/08
 4 Seattle (1) at Green Bay (3) 1/12/08
 3 Seattle (2) at Miami (1) 12/31/83

Fewest Touchdowns, Both Teams, Game

0 Seattle (0) at L.A. Raiders (0) 12/22/84
 Seattle (0) vs. Dallas (0) 1/6/07
 1 6 Times (Last: Seattle [1] vs. Washington [0] 1/5/08)

PASSING**ATTEMPTS****Most Attempts, Game**

50 at Cincinnati 12/31/88
 49 vs. Pittsburgh 2/5/06
 45 at Green Bay 1/4/04 (OT)

Fewest Attempts, Game

10 vs. L.A. Raiders 12/22/84
 13 vs. Denver 12/24/83
 29 at Miami 12/31/83

Most Attempts, Both Teams, Game

83 Seattle (45) at Green Bay (38) 1/4/04 (OT)
 82 Seattle (32) vs. Washington (50) 1/5/08
 75 Seattle (43) vs. St. Louis (32) 1/8/05

Fewest Attempts, Both Teams, Game

37 Seattle (10) at L.A. Raiders (27) 12/22/84
 47 Seattle (13) vs. Denver (34) 12/24/83
 55 Seattle (29) at Miami (26) 12/31/83

COMPLETIONS**Most Completions, Game**

27 vs. St. Louis 1/8/05
 26 vs. Pittsburgh 2/5/06
 25 at Green Bay 1/4/04 (OT)

Fewest Completions, Game

- 4 vs. L.A. Raiders 12/22/84
- 12 vs. Denver 12/24/83
- 14 vs. Miami 1/9/00

Most Completions, Both Teams, Game

- 51 Seattle (25) at Green Bay (26) 1/4/04
- 49 Seattle (20) vs. Washington (29) 1/5/08
- 45 Seattle (27) vs. St. Louis (18) 1/8/05

Fewest Completions, Both Teams, Game

- 18 Seattle (4) at L.A. Raiders (14) 12/22/84
- 30 Seattle (15) at Miami (15) 12/31/83
- 31 Seattle (24) at Cincinnati (7) 12/31/88
- Seattle (14) vs. Miami (17) 1/9/00

Highest Completion %, Game (Min. 20 Attempts)

- 62.79 vs. St. Louis 1/8/05 (27-43)
- 62.50 vs. Washington 1/5/08 (20-32)
- 57.75 at Green Bay 1/12/08 (19-33)

Lowest Completion %, Game (Min. 20 Attempts)

- 41.03 at Houston 1/3/88 (16-39) (OT)
- 46.67 vs. Miami 1/9/00 (14-30)
- 47.22 at L.A. Raiders 1/8/84 (17-36)

NET YARDS GAINED**Most Yards Gained, Game**

- 341 vs. St. Louis 1/8/05
- 291 at Green Bay 1/4/04 (OT)
- 273 at Cincinnati 12/31/88

Fewest Yards Gained, Game

- 46 vs. L.A. Raiders 12/22/84
- 102 at L.A. Raiders 1/8/84
- 130 vs. Miami 1/9/00

Most Yards Gained, Both Teams, Game

- 651 Seattle (341) vs. St. Louis (313) 1/8/05
- 610 Seattle (291) at Green Bay (319) 1/4/04 (OT)

- 495 Seattle (229) vs. Washington (266) 1/5/08

Fewest Yards Gained, Both Teams, Game

- 181 Seattle (46) at L.A. Raiders (135) 12/22/84
- 298 Seattle (102) at L.A. Raiders (196) 1/8/84
- 321 Seattle (130) vs. Miami (191) 1/9/00

TIMES SACKED**Most Times Sacked, Game**

- 6 vs. Miami 1/9/00
- 4 at L.A. Raiders 1/8/84
- 3 vs. St. Louis 1/8/05
- vs. Cincinnati 12/31/88
- at Chicago 1/14/07 (OT)

Fewest Times Sacked, Game

- 0 vs. Dallas 1/6/07
- 1 at Miami 12/31/83
- 1 vs. Washington 1/5/08

Most Times Sacked, Both Teams, Game

- 8 Seattle (2) at L.A. Raiders (6) 12/22/84
- Seattle (3) vs. St. Louis (5) 1/8/05
- 7 Seattle (6) vs. Miami (1) 1/9/00

Fewest Times Sacked, Both Teams, Game

- 1 Seattle (1) at Miami (0) 12/31/83
- 2 Seattle (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

TOUCHDOWNS**Most Touchdowns, Game**

- 3 vs. Denver 12/24/83
- 2 at L.A. Raiders 1/8/84
- at Houston 1/3/88 (OT)
- 2 vs. Dallas 1/6/07

Most Touchdowns, Both Teams, Game

- 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
- 3 4 Times (Last: Seattle [1] vs. Washington [2] 1/5/08)

INTERCEPTIONS BY**Most Interceptions By, Game**

- 2 7 Times (Last: vs. Washington 1/5/08)

Most Interceptions By, Both Teams, Game

- 7 Seattle (2) at L.A. Raiders (5) 1/8/84
- 4 Seattle (2) vs. Washington (2) 1/5/08
- 3 Seattle (2) at Miami (1) 12/31/83
- 3 Seattle (2) vs. Pittsburgh (1) 2/5/06

YARDS GAINED**Most Yards Gained, Game**

- 135 vs. Washington 1/5/08
- 76 vs. Pittsburgh 2/5/06
- 45 vs. Denver 12/24/83
- at Miami 12/29/84

Most Yards Gained, Both Teams, Game

- 137 Seattle (135) vs. Washington (2)
- 100 Seattle (76) vs. Pittsburgh (24) 2/5/06
- 61 Seattle (8) at L.A. Raiders (53) 1/8/84

TOUCHDOWNS**Most Touchdowns, Game**

- 2 vs. Washington 1/5/08

PUNTING**Most Punts, Game**

- 8 vs. L.A. Raiders 12/22/84
- 7 at Miami 12/29/84
- at Houston 1/3/88 (OT)
- vs. Miami 1/9/00
- vs. Washington 1/5/08

Fewest Punts, Game

- 3 vs. Denver 12/24/83
- vs. St. Louis 1/8/05
- 4 at Miami 12/31/83
- 5 at L.A. Raiders 1/8/84
- vs. Dallas 1/6/07

Most Punts, Both Teams, Game

- 16 Seattle (8) at L.A. Raiders (8) 12/22/84
- 15 Seattle (7) vs. Miami (8) 1/9/00
- 15 Seattle (7) vs. Washington (8) 1/5/08
- 12 Seattle (6) at Cincinnati (6) 12/31/88
- 12 Seattle (6) at Chicago (6) 1/14/07 (OT)
- 12 Seattle (6) vs. Pittsburgh 2/5/06

Fewest Punts, Both Teams, Game

- 6 Seattle (3) vs. St. Louis (3) 1/8/05
- 7 Seattle (3) vs. Denver (4) 12/24/83
- Seattle (5) at L.A. Raiders (2) 1/8/84
- Seattle (4) at Green Bay (3) 1/12/08
- 8 Seattle (4) at Miami (4) 12/31/83

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)
- 35.73 at Chicago 1/14/07 (OT) (11-393)

PUNT RETURNS**Most Punt Returns, Game**

- 6 vs. Washington 1/5/08
- 5 vs. L.A. Raiders 12/22/84
- at Cincinnati 12/31/88
- 4 vs. Denver 12/24/83
- 4 vs. Pittsburgh 2/5/06

Fewest Punt Returns, Game

- 0 at L.A. Raiders 1/8/84
- at Miami 12/31/83
- at Green Bay 1/12/08
- 1 at Miami 12/29/84
- at Green Bay 1/4/04 (OT)

vs. St. Louis 1/8/05**Most Punt Returns, Both Teams, Game**

- 9 Seattle (3) vs. Miami (6) 1/9/00
- 8 Seattle (5) at L.A. Raiders (3) 12/22/84
- Seattle (5) at Cincinnati (3) 12/31/88
- Seattle (3) vs. Miami (5) 1/9/00
- 7 Seattle (4) vs. Denver (3) 12/24/83

Fewest Punt Returns, Both Teams, Game

- 1 Seattle (0) at L.A. Raiders (1) 1/8/84
- 2 Seattle (0) at Miami (2) 12/31/83
- 4 Seattle (1) at Miami (3) 12/29/84
- Seattle (1) at Green Bay (3) 1/4/04 (OT)
- Seattle (1) vs. St. Louis (3) 1/8/05
- Seattle (3) vs. Dallas (1) 1/6/07

YARDS GAINED**Most Yards Gained, Game**

- 84 vs. Washington 1/5/08
- 66 at Houston 1/3/88 (OT)
- 58 vs. Denver 12/24/83

Fewest Yards Gained, Game

- 1 vs. Washington 1/14/06
- 0 at Miami 12/31/83
- at L.A. Raiders 1/8/84
- at Green Bay 1/12/08
- 5 at Miami 12/29/84

Most Yards Gained, Both Teams, Game

- 93 Seattle (66) at Houston (27) 1/3/88 (OT)
- 87 Seattle (24) vs. Miami (63) 1/9/00
- 84 Seattle (84) vs. Washington (0) 1/5/08

Fewest Yards, Gained, Both Teams, Game

- 1 Seattle (0) at L.A. Raiders (1) 1/8/84
- 2 Seattle (0) at Green Bay (0) 1/12/08
- 7 Seattle (2) at Chicago (5) 1/14/07 (OT)

TOUCHDOWNS**Most Touchdowns, Game**

None

KICKOFF RETURNS**Most Kickoff Returns, Game**

- 7 at L.A. Raiders 1/8/84
- at Green Bay 1/4/04 (OT)
- at Green Bay 1/12/08
- 6 at Houston 1/3/88 (OT)
- vs. St. Louis 1/8/05
- at Chicago 1/14/07 (OT)

Fewest Kickoff Returns, Game

- 2 vs. Denver 12/24/83
- vs. L.A. Raiders 12/22/84
- vs. Washington 1/5/08
- 3 at Cincinnati 12/31/88

Most Kickoff Returns, Both Teams, Game

- 13 Seattle (7) at Green Bay (6) 1/4/04 (OT)
- 12 Seattle (7) at Green Bay (5) 1/12/08
- 11 Seattle (6) vs. St. Louis (5) 1/8/05

Fewest Kickoff Returns, Both Teams, Game

- 4 Seattle (2) at L.A. Raiders (2) 12/22/84
- 6 Seattle (3) at Cincinnati (3) 12/31/88

YARDS GAINED**Most Yards Gained, Game**

- 166 at Chicago 1/14/07 (OT)
- 159 vs. Miami 1/9/00
- 136 at L.A. Raiders 1/8/84

Fewest Yards Gained, Game

- 19 vs. Washington 1/5/08
- 38 vs. L.A. Raiders 12/22/84
- 43 vs. Denver 12/24/83

Most Yards Gained, Both Teams, Game

- 271 Seattle (111) vs. Dallas (160) 1/6/07
- 247 Seattle (159) vs. Miami (88) 1/9/00
- 234 Seattle (130) at Miami (104) 12/31/83

Fewest Yards Gained, Both Teams, Game

- 66 Seattle (38) at L.A. Raiders (28)
- 12/22/84
- 120 Seattle (66) at Cincinnati (54) 12/31/88
- 128 Seattle (77) at Miami (51) 12/29/84

TOUCHDOWNS**Most Touchdowns, Game**

- 1 vs. Miami 1/9/00

PENALTIES**Most Penalties, Game**

- 9 vs. St. Louis 1/8/05
- 7 vs. L.A. Raiders 12/22/84
- 7 vs. Pittsburgh 2/5/06
- 5 at Cincinnati 12/31/88

Fewest Penalties, Game

- 2 4 Times (Last: at Green Bay 1/4/04) (OT)
- 3 4 Times (Last: vs. Washington 1/5/08)

Most Penalties, Both Teams, Game

- 15 Seattle (7) at L.A. Raiders (8) 12/22/84
- 11 Seattle (3) vs. Dallas (8) 1/6/07
- 10 Seattle (7) vs. Pittsburgh (3) 2/5/06

Fewest Penalties, Both Teams, Game

- 5 Seattle (4) at Miami (1) 12/29/84
- 7 4 Times (Last: Seattle [2] at GB [5] 1/4/04 (OT))

YARDS PENALIZED**Most Yards Penalized, Game**

- 70 vs. Pittsburgh 2/5/06
- 61 vs. St. Louis 1/8/05
- 55 vs. L.A. Raiders 12/22/84

Fewest Yards Penalized, Game

- 10 vs. Miami 1/9/00
- 13 vs. Dallas 1/6/07
- 15 at Miami 12/31/83
- at Green Bay 1/4/04 (OT)

Most Yards Penalized, Both Teams, Game

- 123 Seattle (55) at L.A. Raiders (68) 12/22/84
- 91 Seattle (61) vs. St. Louis (30) 1/8/05
- 90 Seattle (70) vs. Pittsburgh (29) 2/5/06

Fewest Yards Penalized, Both Teams, Game

- 25 Seattle (20) at Miami (5) 12/29/84
- 45 3 Times (Last: Seattle [15] at Green Bay [30] 1/4/04 [OT])

FUMBLES**Most Fumbles, Game**

- 2 vs. St. Louis 1/8/05
- 1 7 Times (Last: vs. Washington 1/5/08)

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

Most Fumbles, Both Teams, Game

- 4 Seattle (1) at L.A. Raiders (3) 1/8/84
- Seattle (1) at Cincinnati (3) 12/31/88
- Seattle (0) at Chicago (4) 1/14/07 (OT)
- Seattle (2) at Green Bay (2) 1/12/08
- 3 Seattle (0) at Miami (3) 12/31/83
- Seattle (1) at Houston (2) 1/3/88 (OT)

Fewest Fumbles, Both Teams, Game

- 0 Seattle (0) vs. Miami (0) 1/9/00
- 0 Seattle (0) vs. Pittsburgh (0) 2/5/06
- 1 Seattle (1) at Miami (0) 12/29/84
- Seattle (1) at Green Bay (0) 1/4/04 (OT)
- Seattle (0) vs. Dallas (1) 1/6/07

Most Fumbles Lost, Game

- 1 4 Times (Last: at Green Bay 1/12/08)

Fewest Fumbles Lost, Game

- 0 11 Times (Last: vs. Washington 1/5/08)

RECOVERIES**Most Total Fumbles Recovered, Game**

- 3 vs. Miami 12/31/83 (3-opp)
- at L.A. Raiders 1/8/84 (2-opp, 1-own)
- at Green Bay 1/12/08 (2-opp, 1-own)
- 2 3 Times (Last: vs. St. Louis 1/8/05 (2-own))

Most Own Fumbles Recovered, Game

- 2 vs. St. Louis 1/8/05
- 1 6 Times (Last: vs. Washington 1/5/08)

Most TDs Returning Interceptions, Both Teams, Game

None

POSTSEASON DEFENSE**TURNOVERS****Most Turnovers, Game**

- 5 at L.A. Raiders 1/8/84 (5-Ints)
- 3 at Cincinnati 12/31/88 (2-Ints, 1-Fum)

Fewest Turnovers, Game

- 0 4 Times (Last: at Green Bay 1/4/04)
- 1 5 Times (Last: vs. Dallas 1/6/07 [1-Fum])

Most Turnovers, Both Teams, Game

- 9 Seattle (5) at L.A. Raiders (4) 1/8/84 (7-Ints, 2-Fums)
- 6 Seattle (1) at Miami (5) 12/31/83
- 5 Seattle (3 vs. Cincinnati (2) 12/31/88)

Fewest Turnovers, Both Teams, Game

- 1 Seattle (1) at Green Bay (0) 1/4/04 (OT)
- 2 2 Times (Last: Seattle [1] vs. St. Louis [1] 1/8/05 [2-Ints])

SCORING**Fewest Points Allowed, Game**

- 7 vs. Denver 12/24/83
- vs. L.A. Raiders 12/22/84
- 10 vs. Carolina 1/22/06
- 14 vs. Washington 1/14/06
- vs. Washington 1/5/08

Most Points Allowed, Game

- 42 at Green Bay 1/12/08
- 33 at Green Bay 1/4/04 (OT)
- 31 at Miami 12/29/84

Fewest Touchdowns Allowed, Game

- 1 vs. Denver 12/24/83
- vs. L.A. Raiders 12/22/84
- vs. Washington 1/14/06
- vs. Dallas 1/6/07
- 2 4 Times (Last: vs. Washington 1/5/08)

Most Touchdowns Allowed, Game

- 6 at Green Bay 1/12/08
- 4 at Miami 12/29/84
- vs. Green Bay 1/4/04
- 3 6 Times (Last: at Chicago 1/14/07 (OT))

FIRST DOWNS**Fewest First Downs Allowed, Game**

- 14 vs. L.A. Raiders 12/22/84
- vs. Dallas 1/6/07
- vs. Pittsburgh 2/5/06
- 18 vs. Miami 1/9/00
- 21 5 Times (Last: vs. Washington 1/5/08)

Most First Downs Allowed, Game

- 27 at Houston 1/3/88 (OT)
- 25 at Green Bay 1/12/08
- 22 4Times (Last: vs. St. Louis 1/8/05)

Fewest First Downs Allowed, Rushing, Game

- 3 vs. St. Louis 1/8/05
- 4 vs. Washington 1/5/08
- 5 vs. Denver 12/24/83
- vs. L.A. Raiders 12/22/84
- vs. Dallas 1/6/07

Most First Downs Allowed, Rushing, Game

- 17 at Cincinnati 12/31/88
- 11 at Green Bay 1/12/08
- 10 at L.A. Raiders 1/8/84

Fewest First Downs Allowed, Passing, Game

- 5 at Cincinnati 12/31/88
- 8 vs. L.A. Raiders 12/22/84
- vs. Pittsburgh 2/5/06
- vs. Dallas 1/6/07

Most First Downs Allowed, Passing, Game

- 18 at Houston 1/3/88 (OT)
- 16 vs. Washington 1/5/08
- 15 vs. St. Louis 1/8/05

Most First Downs Allowed, Penalty, Game

- 4 vs. St. Louis 1/8/05
- 3 L.A. Raiders 12/22/84
- 3 at Chicago 1/14/07 (OT)

OFFENSIVE PLAYS

Fewest Opponent Plays Allowed, Game

- 56 at Miami 12/31/83
- 56 vs. Pittsburgh 2/5/06
- 57 vs. Dallas 1/6/07
- 58 vs. L.A. Raiders 12/22/84

Most Opponent Plays Allowed, Game

- 84 at Houston 1/3/88 (OT)
- 82 vs. Washington 1/5/08
- 75 at Chicago 1/14/07 (OT)

Fewest Opponent Plays Allowed, Rushing, Game

- 25 vs. L.A. Raiders 12/22/84
- 26 vs. Dallas 1/6/07
- 27 vs. St. Louis 1/8/05

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

- 50 vs. Washington 1/5/07
- 40 vs. Washington 1/14/06
- 38 at Green Bay 1/4/04 (OT)
- 38 at Chicago 1/14/07 (OT)

Net Yards Allowed Game

- Fewest Yards Allowed, Game
- 240 vs. L.A. Raiders 12/22/84
- 284 vs. Dallas 1/6/07
- 299 vs. Miami 1/9/00

Most Net Yards Allowed, Game

- 437 at Houston 1/3/88 (OT)
- 405 at Miami 12/29/84
- 408 at Green Bay 1/12/08

RUSHING

Fewest Yards Allowed, Rushing, Game

- 36 vs. Carolina 1/22/06
- 59 vs. Washington 1/14/06
- 75 vs. Washington 1/5/08

Most Yards Allowed, Rushing, Game

- 254 at Cincinnati 12/31/88
- 235 at Green Bay 1/12/08
- 205 at L.A. Raiders 1/8/84

Most Touchdowns Allowed, Rushing, Game

- 3 at Cincinnati 12/31/88
- at Green Bay 1/12/08
- 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)

Fewest Touchdowns Allowed, Rushing, Game

- 0 6Times (Last: vs. Washington 1/5/08)
- 1 5Times (Last: vs. St. Louis 1/8/05)

PASSING

Fewest Net Yards Allowed, Passing, Game

- 91 at Cincinnati 12/31/88
- 135 vs. L.A. Raiders 12/22/84
- 158 vs. Pittsburgh 2/5/06

Most Yards Allowed, Passing, Game

- 319 at Green Bay 1/4/04 (OT)
- 294 vs. St. Louis 1/8/05
- 282 at Chicago 1/14/07 (OT)

Fewest Touchdowns Allowed, Passing, Game

- 0 at Cincinnati 12/31/88
- 1 10Times (Last: vs. Dallas 1/6/07)

Most Touchdowns Allowed, Passing, Game

- 3 at Miami 12/29/84
- 3 at Green Bay 1/12/08
- 2 3Times (Last: vs. Washington 1/5/08)

SACKS

Most Sacks, Game

- 6 vs. L.A. Raiders 12/22/84
- 5 vs. St. Louis 1/8/05

Fewest Sacks, Game

- 0 at Miami 12/31/83
- at Miami 12/29/84
- at Green Bay 1/4/04 (OT)
- 1 vs. Miami 1/9/00
- vs. Pittsburgh 2/5/06
- at Green Bay 1/12/08

Most Opponents Yards Lost Attempting to Pass, Game

- 49 vs. L.A. Raiders 12/22/84
- 31 at Chicago 1/14/07 (OT)
- 22 vs. Washington 1/5/08

Fewest Opponent Yards Lost Attempting to Pass, Game

- 0 at Miami 12/31/83
at Miami 12/29/84
at Green Bay 1/4/04 (OT)
at Green Bay 1/12/08
- 5 vs. Miami 1/9/00
- 8 vs. Pittsburgh 2/5/06

INTERCEPTIONS BY**Most Passes Intercepted By, Game**

- 2 6 Times (Last: vs. Washington 1/5/08)

Fewest Passes Intercepted By, Game

- 0 at Cincinnati 12/31/88
vs. Miami 1/9/00
at Green Bay 1/4/04 (OT)
vs. Dallas 1/6/07
at Green Bay 1/12/08
- 1 at Houston 1/3/88 (OT)
vs. St. Louis 1/8/05
- 1 at Chicago 1/14/07 (OT)

Most Consec. Games, One or More Interceptions By

- 6 1983-84, 1987

Most Yards Returning Interceptions, Game

- 135 vs. Washington 1/5/08
- 45 vs. Denver 12/24/83
at Miami 12/29/84
- 28 at Houston 1/3/88 (OT)

Fewest Yards Returning Interceptions, Game

- 0 7 Times (Last: vs. Dallas 1/6/07)

Most Touchdowns Returning Interceptions, Game

- 2 vs. Washington 1/5/08

PUNT RETURNS**Fewest Opponent Punt Returns, Game**

- 0 vs. Washington 1/5/08
- 1 at L.A. Raiders 1/8/84
vs. Washington 1/14/06
vs. Carolina 1/22/06
at Green Bay 1/12/08
- 2 at Miami 12/31/83
vs. Pittsburgh 2/25/06

Most Opponent Punt Returns, Game

- 6 vs. Miami 1/9/00
- 4 at Houston 1/3/88(OT)

Most Yards Allowed, Punt Returns, Game

- 63 vs. Miami 1/9/00
- 59 vs. Carolina 1/22/06
- 39 at Green Bay 1/4/04
- 32 at Miami 12/31/83
vs. Pittsburgh 2/5/06

Fewest Yards Allowed, Punt Returns, Game

- 0 vs. Washington 1/5/08
- 1 at L.A. Raiders 1/8/84
- 2 at Green Bay 1/12/08

Longest Return, Allowed, Game

- 59 vs. Carolina 1/22/06 (TD)
- 25 vs. Miami 1/9/00
- 24 at Miami 12/31/83

Most Touchdowns Allowed, Punt Return, Game

- 1 vs. Carolina 1/22/06 (Steve Smith)

KICKOFF RETURNS**Fewest Opponent Kickoff Returns, Game**

- 2 3 Times (Last: vs. Pittsburgh 2/5/06)
- 3 3 Times (Last: vs. Miami 1/9/00)

Most Opponent Kickoff Returns, Game

- 7 vs. Carolina 1/22/06
vs. Washington 1/5/08
- 6 3 Times (Last: at Green Bay 1/4/04 [OT])

Fewest Yards Allowed, Kickoff Returns, Game

- 28 vs. L.A. Raiders 12/22/84
- 43 vs. Pittsburgh 2/5/06
- 46 at L.A. Raiders 1/8/84

Most Yards Allowed, Kickoff Returns, Game

- 189 vs. Washington 1/5/08
- 160 vs. Dallas 1/6/07
- 143 vs. Carolina 1/22/06

Longest Return Allowed, Game

- 93t vs. Dallas 1/6/07
- 55 vs. Washington 1/5/08
- 47 vs. Miami 1/9/00

Most Touchdowns Allowed, Kickoff Returns, Game

- 1 vs. Dallas 1/6/07

TURNOVERS

Number of times losing ball on interceptions and fumbles

Most Opponents' Turnovers, Game

- 5 at Miami 12/31/83
- 4 at L.A. Raiders 1/8/84
vs. Carolina 1/22/06
- 3 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84

Fewest 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. Dallas 1/6/07 (1-Fum)
- 2 7 Times (Last: at Green Bay 1/12/08)

Time of Possession

- Least Time of Possession Allowed, Game
- 18:09 vs. Carolina 1/22/06
- 25:02 at Miami 12/31/83
- 25:41 vs. L.A. Raiders 12/22/84

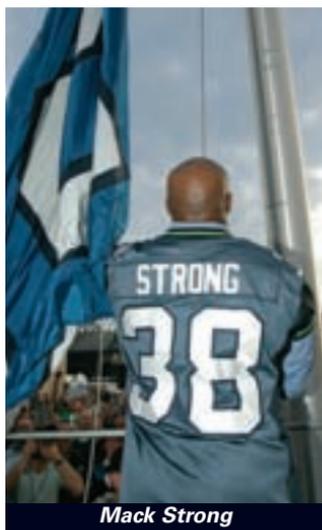
Most Time of Possession Allowed, Game

- 47:44 at Houston 1/3/88 (OT)
- 37:06 at L.A. Raiders 1/8/84
- 35:48 at Miami 12/29/84



A TRADITION CONTINUES

In 2003, the 12th Man was honored once again, this time with a flag. The tradition of the 12th Man Flag began October 12, 2003, when 12 original season ticket holders hoisted the flag versus the San Francisco 49ers. Now, at every home game just before kickoff, the flag is raised in honor of the 12th Man. From former Seahawks greats, to local celebrities and sports personalities, being called upon to raise the flag has become an honor within itself. The flag has become a symbol of Seahawks supporters all over the Northwest and the spirit of community that the organization and fans share.

**Apolo Ohno****Mack Strong****Drew Carey****Jamie Moyer**

ALL-TIME 12TH MAN FLAG RAISERS

2003

Date	Opponent	Flag Raiser
10/12	San Francisco	12 Original Season Ticket Holders
10/19	Chicago	Cortez Kennedy (Former Seahawks DT)
11/02	Pittsburgh	Curt Warner (Former Seahawks RB)
11/16	Detroit	Steve Largent (Former Seahawks WR)
11/30	Cleveland	Mike McCormack (Former Seahawks GM)
12/21	Arizona	Frosty Westering (Former PLU Head Coach)

2004

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)
01/02/05	Atlanta	Mothers of Seahawks Players
01/08/05	St. Louis	Ring of Honor Members

2005

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)
01/14/06	Washington	Ken Hamlin (Former Seahawks S)
01/22/06	Carolina	Paul Allen (Seahawks Chairman)

2006

08/12	Dallas	Hugh McElhenny (Pro Football Hall of Fame)
08/31	Oakland	Norm Johnson (Former Seahawks K)
09/17	Arizona	Cortez Kennedy (Former Seahawks DT)
09/24	N.Y. Giants	Pike Place Market Fish Mongers
10/22	Minnesota	Dave Niehaus (Mariners Broadcaster)
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)
01/6/07	Dallas	Marcus Trufant (Current Seahawks CB)

2007

8/25	Minnesota	Dan Doornink (Former Seahawks FB)
8/30	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)
1/5/08	Washington	Jamie Moyer (Former Mariners Pitcher)

SEA GALS



28 women make up the 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 22nd year as director. Her assistants are Robin Houlbjerg and Shannon Kingsley, also former Sea Gals.

In addition to numerous practices and game day performances, the Sea Gals are heavily involved in the community, donating much of their time to benefit local charities and organizations.

The Sea Gals hold an annual 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 Children's Hospital, which they



Sea Gals Director Sherri Thompson

contribute to annually.

The Sea Gals have also developed a "Show Group," a one-hour variety show that includes character dance routines, singing and crowd participation for all ages. The Show Group has performed across the nation, Middle East and European military bases. Information about the Sea Gals can be obtained by accessing www.seahawks.com or by calling (425) 827-9777.



The 2008 Sea Gals

BLITZ

Blitz, the Seahawks mascot is the big blue bird with crazy hair. He makes sure that Qwest Field is the loudest, most exciting place to play in the NFL. He is also the Seahawk's biggest fan! Along with football, Blitz loves to exercise his brain and body. He goes to the gym everyday, eats healthy foods and reads anything he can get his wings on. Blitz also launched a statewide "Ready, Set, Goals" literacy program, designed to enhance reading comprehension, writing, and goal-setting skills among 3rd through 6th grade students. Three classes per month are selected at random to participate in a live video conference with Blitz and a Seahawks player or Sea Gal. Blitz is available for parades, parties and corporate event appearances. For booking information please visit Seahawks.com.



Blitz takes a photo with a fan before a Seahawks game.



Blitz leads the team on the field.

BLUE THUNDER



Seahawks Blue Thunder is the heartbeat of the fans. This high-energy, entertainment drumline was established in 2004 at Qwest Field, performing throughout the stadium before, during and after games. Not your typical drumline, Blue Thunder uses a variety of rhythms and visuals, incorporating rock and roll drumming alongside drum corps style, endearing them to Seahawks fans of all ages. Blue Thunder is also available for parades, parties and corporate event appearances.

For booking information please visit Seahawks.com.



KIDS CLUB

The Seattle Seahawks Kids Club is the premier kids club in the Pacific Northwest, offering young fans, 14 and under, the opportunity to uniquely connect with the Seattle Seahawks. Members enjoy benefits such as a membership kit, exclusive events, member only e-blasts, contests, and special mailings throughout the year. Fans can sign up online at Seahawks.com.



TOUCHDOWN CITY



The Seattle Seahawks are dedicated to providing our fans with a unique game-day entertainment experience. Part of this commitment to the fan experience is the development of American Family Insurance Touchdown City. Located in the Qwest Field Event Center, American Family Insurance Touchdown City is a high energy interactive theme park where fans can experience the pageantry and spectacle of the NFL before each Seahawks home game.

American Family Insurance Touchdown City has something for fans of all ages and interests. You can test your quarterbacking accuracy, get timed in the 40 yard dash, and participate in other interactive exhibits that test your football skills or knowledge. For those who want to relax and watch NFL games from across the country, there's Budweiser's "Linebacker Lounge," a NFL themed section with giant projection screens that show all NFL games from around the league, energizing performances by the Sea Gals, the Seahawks "Blue Thunder" drumline and Chalk Talk with Steve Rabile and Warren Moon.

American Family Insurance Touchdown City features more than twenty-five entertaining exhibits including a full scale Seahawks locker room replica, inflatable games, a broadcast booth where fans make the calls, Measure up to the Pros football combine, 710 KIRO's pre-game broadcast stage, Seahawks Alumni autographs, face painting booth, and energizing performances by the Sea Gals and the Seahawks "Blue Thunder" drumline.

Admission into Touchdown City is free and open to all Seahawks fans three hours before each home game. Touchdown City is located inside the Qwest Field Event Center, which is connected to the south end of Qwest Field.



SEA HAWKERS 2008

Just as the Seattle Seahawks are entering 2008 with renewed energy, the Sea Hawks Booster Club enters the new year with some energy of their own.

MEMBERSHIP

There is strength in numbers, and this year the Sea Hawks will be looking to attract a new legion of members. The Sea Hawks will be actively recruiting through membership drives, as well as an increased visibility in the media, in the stands, and in the community. Look for them at an event near you!

BENEFITS

In 2008, a Sea Hawks Membership Card will be your ticket to events not available to the general public. The Sea Hawks have always enjoyed "mem-

bers-only" events: a BBQ at the Kirkland Headquarters, the annual Sea Hawks Spring Banquet at the stadium, and much more. However, this year that list includes a Sea Hawks-only tailgate area at the Qwest Events Center prior to each game.

CHARITY EVENTS

Since their inception in 1976, the Sea Hawks have been involved in helping charities throughout the community. This year the Sea Hawks will again support the Boyer's Children's Clinic "Thunder Ride," and many other Seahawks supported charity events.

The Sea Hawks expect to do great things in 2008. Join us and be part of the fun! Call us at 1-888-Hawk-Fan or visit us in the Fan Zone at www.Seahawks.com.



SEAHAWKS PRO SHOP

Located inside Qwest Field, the Seahawks Pro Shop features official sideline product and the best selection of Seahawks merchandise available. Shoppers will find everything from Seahawks sweatshirts to water bottles, as well as their favorite player's jersey.

During the season, fans are encouraged to come meet their favorite player at the weekly autograph sessions. For the best selection of Seahawks merchandise, fans can also shop www.seahawks.com and visit the Pro Shop online. For more information fans can call 206-682-2900.



DE Darryl Tapp and QB Seneca Wallace take photos during autograph sessions at the Pro Shop. Every Tuesday during the regular season, a player appears at the Pro Shop to meet fans and sign autographs.

A TRADITION CONTINUES

KEEPING THE SEAHAWKS LEGACY ALIVE

Seahawks alumni continue to make their mark off the playing field by making various appearances year after year.

After giving their heart and soul during their playing days with the Seahawks and the National Football League, they continue that drive and urgency off the field well after their professional playing days are over.

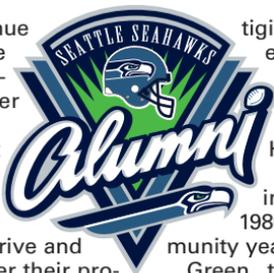
Seahawks alumni in the state of Washington made over 150 appearances in 2007. Those visits ranged from community celebrations to check presentations and everything in between.

Former players like Charle Young, (TE, 1983-85), Sam Adkins (QB, 1977-82), Blair Bush (C, 1983-88), Randall Morris (RB, 1984-88), and Manu Tuiasosopo (DT, 1979-83) all participated in community events that left lasting impressions on everyone involved.

Seahawks alumni are also successful in business and politics as well.

Steve Largent (WR, 1976-89) is the lone Seahawks player in the NFL Hall of Fame and has made his mark in national politics as a U.S. Congressman in the 1st District of the State of Oklahoma. In 2002, his run for Governor of Oklahoma was unsuccessful, but he continues to make a difference with community organizations.

His 13,089 yards and 100 touchdowns made him an instant choice for the pres-



tigious honor in his first year of eligibility. He is in the Seahawks Ring of Honor (1989) and was inducted into the Washington Sports Hall of Fame.

Seahawks Ring of Honor inductee Jacob Green, (DE, 1980-91), gives back to the community year in and year out.

Green, the Seahawks' all-time sack leader with 116.0, is the celebrity host of a golf outing each year. The Jacob Green Charity Golf Classic benefits the Fred Hutchinson Cancer Research Center and has raised over a million dollars since 1988.

Steve Raible (WR, 1976-81) an original member of the Seahawks, now enters his 27th season broadcasting Seahawks games for KIRO Radio.

Sam McCullum (WR, 1976-81), is the president and owner of Meat Distributors and Central Food Sales in Kirkland and Renton, Wash. McCullum ranks in three receiving categories: pass receptions, receiving yards, and receiving touchdowns. He now supplies meat to restaurants, hotels, and schools in Washington.

Kenny Easley (S, 1981-87) is the former owner of the Norfolk Nighthawks, an Arena Football League team in Virginia. His three interceptions versus the San Diego Chargers in October 1984 still ties a Seahawks record. In 2002, Easley became only the sixth player to be inducted into the Seahawks Ring of Honor.



Left to Right: Manu Tuiasosopo, Cortez Kennedy, Former Seahawks Vice President Gary Wright, Jacob Green, Kenny Easley.

TELEVISION

Seahawks Broadcasting is the Emmy® Award winning in-house production and syndication unit of the Seattle Seahawks. Now in its 11th season, Seahawks Broadcasting produces some of the most-watched and critically acclaimed sports broadcasts in the Pacific Northwest including the first NFL Team broadcast of a game in HDTV.

SEAHAWKS TELEVISION NETWORK

Kick off the 2008 season with the Seahawks preseason telecasts on the Seahawks Television Network. Check Seahawks.com for the Seahawks Television Network affiliate in your area.

PRESEASON FOOTBALL

Friday, August 8	@ Minnesota Vikings	5:00 p.m. PDT	KONG
Saturday, August 16	Chicago Bears	6:00 p.m. PDT	KONG
Monday, August 25	at San Diego Chargers	5:00 p.m. PDT	ESPN
Friday, August 29	Oakland Raiders	7:00 p.m. PDT	KING

VERNE LUNDQUIST - PLAY-BY-PLAY

Legendary announcer Verne Lundquist returns to the Seahawks broadcast team for his fifth season of preseason telecasts. The lead play-by-play announcer for CBS' coverage of college football, Verne has also worked with Terry Bradshaw and Dan Fouts on CBS' NFL broadcasts. Lundquist provides commentary for Masters, PGA Championship, among other PGA Tour events and 2008 marked his 24th year covering the Masters.

Verne has broadcast 20 different sports for CBS and serves as play-by-play announcer for CBS's coverage of NCAA Basketball, including Men's NCAA Basketball Championship and the lead play-by-play announcer for CBS' coverage of figure skating. He also was the long-time radio voice for the Dallas Cowboys (1972-84).

Verne grew up in Everett, Washington and currently resides in Steamboat Springs, Colorado with his wife Nancy where he serves on the Board of Directors of the summer chamber music festival, Strings in the Mountains.

WARREN MOON - ANALYST

Hall of Fame quarterback, Warren Moon, returns to the Seahawks broadcast team for his sixth season as the preseason television analyst. Moon served as the preseason analyst for the 2002 and 2003 seasons before returning to the tv booth in 2005. He will move back to the Seahawks radio booth as the in-game analyst once the regular season commences and has spent recent years as a Westwood One radio analyst and sideline reporter while also spending time in the booth during Fox Sports Net's Pac-10 College Game of the Week.

"SEAHAWKS ALL-ACCESS"

Join former Seahawks QB Warren Moon and FSN's Angie Mentink for "Seahawks All-Access" each week during the regular season. As the title implies, "All-Access" gives the Seahawks fan a perspective on the club not seen anywhere else through in-depth analysis, interviews and features. Catch "Seahawks All-Access" each Thursday night on FSN.

"MIKE HOLMGREN Q&A"

Join Mike Holmgren each week for the Mike Holmgren Q&A. Be there for an uncensored look as Coach Holmgren answers the tough questions and provides insights into that week's thought process as he sits down with the media during his weekly press conference. And get the inside information from Seahawks players as they prepare for their upcoming game. Catch the Mike Holmgren Q&A exclusively on FSN. Check Seahawks.com for dates, times and stations.

2008 BROADCASTING

SEAHAWKS RADIO NETWORK

Seahawks Radio can once again be found on 710 KIRO AM, the flagship station for the 2008 season. Wall to wall coverage begins each game day with the "Pregame Huddle" hosted by Dori Monson and joined by former Seahawks Paul Moyer, Sam Adkins, Dave Wyman and Brock Huard. Steve Raible and Warren Moon follow with the call of the game, and the broadcast day concludes with a post-game show featuring interviews with Seahawks players and "Hawk Talk" in which fans can call-in and discuss the Seahawks. Check Seahawks.com for the Seahawks Radio Affiliate in your area.

"SEAHAWKS HUDDLE"

"Seahawks Huddle," the club's weekly radio show, can be heard on 710 KIRO every Wednesday from 7:00-9:00pm. Beginning August 6, 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 27th season in the radio booth, his fourth as the play-by-play announcer and "Voice of the Seahawks" after 22 seasons as the Seahawks analyst.

An original member of the Seahawks, Raible played wide receiver from 1976-81 and has missed only four games in the franchise's history, either as a player or broadcaster after suffering a collapsed lung vs. Oakland in 1981. Steve has also co-authored the book, "Tales from the Seahawks Sideline" with Tacoma News Tribune beat writer, Mike Sando. Following his football career, Steve joined KIRO-TV where he has won five local Emmy Awards including two for "Best Anchor." He currently anchors KIRO-7 Eyewitness News at 5:00, 6:00 and 11:00.

One of the Northwest's favorite masters of ceremonies, Steve has twice been honored with the United Way Community Service Award and was named Outstanding Role Model of 2000 by Big Brothers/Big Sisters. He was also recently honored by Governor Christine Gregoire proclaiming May 4th 2005 as Steve Raible Day in honor of his community activities. He was also a 2001 recipient of the prestigious NCAA Silver Anniversary Award along with former Seahawks teammate, Steve Largent.

A graduate of Georgia Tech and a member of the school's athletic Hall of Fame, Steve lives in Seattle with his wife, Sharon.



Raible played for the Seahawks for six seasons from 1976-81.

WARREN MOON - ANALYST

Hall of Fame quarterback, Warren Moon, returns to the Seahawks radio team for his fifth season after serving as the preseason television analyst for the previous two seasons. After finishing a playing career in which he was nominated to an NFL record eight straight Pro Bowls (1988-95), adding a ninth overall in 1997, Moon has become one of football's leading broadcast analysts. He has spent recent years as a Westwood One radio analyst and sideline reporter and also spent time in the booth during Fox Sports Net's Pac-10 College Game of the Week.

The 17-year NFL veteran played for the Seahawks from 1997-98, setting the franchise record for passing yards in one season with 3,678 in 1997, surpassed by Matt Hasselbeck in the 2003 season. He also ranks in the top-three of 11 categories all-time in the NFL record books, including most career passing yards (third with 49,325), 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, co-hosting a celebrity golf tournament with Steve Pool which benefits Seattle's Children's Hospital.

Additionally, Warren has worked as an ambassador for the NFL promoting the game of football both nationally and internationally to young people.

SEATTLE SOUNDERS FC

When Qwest Field was approved in June of 1997, it was intended to house both football and soccer. Eleven years later, Vulcan Sports & Entertainment, along with Majority Owner Joe Roth, Minority Owner Adrian Hanauer and Minority Owner Drew Carey made this dream come true. In 2009, the world-class stadium will be the home of the Seattle Sounders FC.

The Seattle Sounders FC announced a multi-year sponsorship with Microsoft Corp. and Xbox 360 video game and entertainment system on May 28, 2008. The landmark deal is highlighted by the 'Xbox 360 LIVE' logo featured prominently on the Sounders FC jersey. Sounders FC will debut its new uniforms when the team takes the field for the first time in Spring 2009.

Xbox 360 also will be featured as the presenting sponsor of the Sounders FC annual international tour and will gain entitlement to the team's playing surface, "The Xbox Pitch at Qwest Field". Xbox 360 will be recognized as the official and exclusive video game console of Major League Soccer.

At the heart of the sponsorship is a commitment from the Sounders FC and Xbox 360 to collaborate in developing the team's overall community and philanthropic initiatives.

Additionally, the sponsorship gives Xbox 360 the right to use MLS league and team



marks along with logos and marketing assets at league and select team events such as the Pepsi MLS All-Star Game and MLS Cup, Major League Soccer's championship game. The agreement includes player appearances, intellectual property, title nights, website presence, in-stadium exposure - including Xbox 360 fieldboards to be displayed at every MLS game. Xbox 360 also will be a sponsor of MLS grassroots and community initiatives including MLS Futbolito, the League's official 4-v-4 soccer tournament.



Minority Owner Drew Carey visits George & Dragon to announce new team.

Rave Green
Pantone 370C

Sounders Blue
Pantone 647C

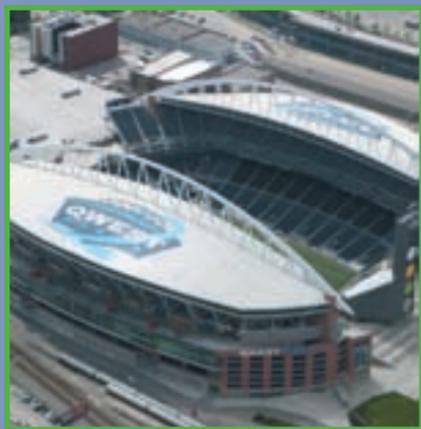
Cascade Shale
Pantone 433C

TIMELINE

November 12, 2007	Drew Carey visits George & Dragon to announcement team
November 13, 2007	Formal press conference to announce team at the Columbia Tower Club
November 14, 2007	Team announces more than 3,000 season ticket memberships have been sold
November 19, 2007	Team announces more than 6,500 season ticket memberships have been sold
December 12, 2007	Team announces more than 10,000 season ticket deposits have been sold
January 24, 2008	Chris Henderson is hired as Technical Director
February 22, 2008	Seattle MLS and Washington Youth Soccer hire Darren Swartzky to help identify and develop elite local talent
March 20, 2008	Team launches public vote to name the team; over 14,000 votes will be cast online
March 24, 2008	Gary Wright announced as Sr. Vice President of Business Operations
April 7, 2008	Announce team name, colors and badge at the Space Needle
April 29, 2008	Seattle Sounders FC Announce Ticket Pricing and dedicated website
May 7, 2008	Sounders FC Ink First Player; French forward Sebastian LeToux
May 16, 2008	Drew Carey launches Sounders FC Membership Association at Kells Irish Pub
May 28, 2008	Sounders FC announces Xbox 360 as presenting partner
May 31, 2008	Sounders FC merchandise available
June 1, 2008	Sounders FC Percussion & Brass Band Auditions @ Qwest Field



Left to Right: Minority Owner and General Manager Adrian Hanauer; Majority Owner Joe Roth; MLS Commissioner Don Garber; Vulcan Sports & Entertainment CEO Tod Leiweke



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 pre-season against the Indianapolis Colts in new Seahawks Stadium, renamed Qwest Field on June 2, 2004. The facility, built atop of the site of the Kingdome, is not only home to the Seahawks, but the stadium accommodates many levels of soccer competition, including Major League Soccer, amateur, international, World Cup and collegiate soccer.

Qwest Field is designed with a 67,000 seat capacity, with 5,000 additional seats available for special events, and 1,400 seats for fans with disabilities. With a roof covering 70 percent of the seating

area, fans will enjoy wide, comfortable seats with sideline seating a mere 52 feet from the playing field and end-zone seats just 40 feet from the action. The facility also features a dozen elevators and expansive concourses with an ample provision of concessions stands and restrooms.

In addition to having perfect views of the field and surrounding areas, fans experience elements of diversity and culture in part of the Stadium Art Program. In 1998, a request for qualifications yielded a total of 254 responses from around the United States and Canada. After reviewing the full range of submissions, 12 artists and projects were selected. Today, the stadium includes nearly \$2 million worth of art. For more information about the Seahawks new home, go to qwestfield.com.

QWEST FIELD FACTS & FIGURES

- 67,000 fixed seats – can be expanded to 72,000
- 63 restrooms (799 toilets/364 urinals) – twice as many as the Kingdome
- 1,400 seats for people with disabilities and their companions – compared to 70 at the Kingdome
- 10,000 cubic yards of concrete – equal to a 3' sidewalk from Seattle to Boise, ID
- 3,756 miles of cable – could reach from Seattle to just beyond the Panama Canal
- Over 800 televisions
- 12 elevators – compared to three at the Kingdome
- 50 Concession stands/47 Beer Concessions – twice as many per person as the Kingdome
- The roof is 760 feet long – the same as three Boeing 747's parked end-to-end
- The roof is 210,000 square feet – enough to cover 3.5 football fields
- The FieldTurf production used more than 35,000 recycled ground-up tennis shoes and 30,000 recycled ground up tires
- The roof contains 5,700 tons of steel – equal to 35 Statues of Liberty or 1,000 Orca whales
- 100% of the concrete from the Kingdome was processed and recycled (50% built into Qwest Field)
- Wide concourses offer outstanding views of the Seattle skyline, Safeco Field, the Cascades and Mt. Rainier, Puget Sound and the Olympic Mountains.
- There is a 2,000 car garage – part of 6,500 spaces near Qwest Field.

QWEST FIELD FUNDING

The \$430 million facility is owned by the public and was funded by a private-public partnership. Private contributions totaled at least \$130 million, while the public contributed up to \$300 million through a lottery and a variety of taxes generated by events in the stadium/exhibition center.

A breakdown of the funding package:

- \$130 million private investment led by Paul Allen
- \$127 million from new, sports related games, similar to the Mariners' baseball-themed scratch games
- \$101 million in sales taxes collected in King County attributable to events in the stadium/exhibition center
- \$56 million from facility admission and parking taxes
- \$15 million from extending King County's share of the existing hotel-motel tax
- \$1 million per year of in-kind advertising for the new lottery games will be provided by Paul Allen
- All excess stadium revenues will fund youth athletic facilities throughout Washington State in addition to a \$10 million contribution from Paul Allen
- \$14 million of the public contribution will come from interest earned on the \$50 million private contribution from Paul Allen
- Paul Allen agreed to pay for any construction cost overruns
- As an added measure, the debt on the Kingdome was retired, freeing property taxes for other purposes

FIRST & GOAL INC.

In June of 1997, Washington State voters approved a funding package to build a new football/soccer stadium and exhibition center. With that, Paul G. Allen and Football Northwest created First & Goal Inc., an entity that represented the interests of Qwest Field in the construction of the new stadium and now manage the stadium and exhibition center on a daily basis.

CLUB WELLS FARGO

Club Wells Fargo offers an atmosphere complete with Northwest furnishings, video options, and fresh food and beverage selections. Guests are immersed in a sophisticated and energetic dining scene that celebrates great moments in Seahawks history and captures the ambiance of Seattle's most delicious hot spots.



GRILL 12 (MINI RESTAURANT): In honor of the fans, the grill dishes up juicy burgers, sensational sandwiches and Seattle-style seafood favorites.

SIZZLE 360 DEGREES: This large, flat-top, circular Mongolian Grill delivers much more than a visual wow factor. Spice-loving fans get their kicks with offerings such as Hot Honey Cumin Chicken Stix, Thai BBQ Shrimp Sizzle Fry, and Sausage-Spiked Dim Sum.

CATCH!: This energetic spot is inspired by Seattle's quintessential seafood markets, and the fish are every bit as fresh. Savor the Salmon Plank Sandwich or Crab-cake with paprika aioli.

CIAO DOWN: Freshly made flat-breads from a wood-burning oven, hand-tossed pastas, crisp salads... the name says it all!

PLAYERS LOFT: A behind the scene look at the Seahawks locker room, full of player memorabilia capturing exciting moments in Seahawks history.

COACHES LOFT: A comfortable place to enjoy the game while taking an inside look at the Seahawks coaches and what it takes to lead a team.

BLUE LOFT: This spot captures the passion of the Seahawks and provides a cool, calm place to enjoy the game.

GREEN LOFT: This area is a great place to hang out with your guest and relax while enjoying the stylish club-like ambiance.

The four lofts are exclusively for Club One and Two ticket holders.





- PLAYER BLOGS
- MACK STRONG REPORT
- KIDS CLUB
- TRAINING CAMP
- PODCASTS
- ROOKIE REPORT

Online fans all over the world have the opportunity to stay up-to-date with Seahawks news by logging on to www.seahawks.com, the official web site for the Seattle Seahawks.

Fans are encouraged to become Hawk Mail members. The free e-mail subscriptions notifies on-line users of breaking news, upcoming events, changes to the site and numerous downloadable screen-savers of photos from game action each month.

Fans are able to read game previews, post game summaries, player spotlights, community events and Seahawks news from "Seahawks Insider" Mike Kahn. Fans are encouraged to send Kahn questions and comments to his mail bag which he answers weekly. The site also includes exclusive game day coverage with in-depth analysis, inside photos and scoring updates. Tony Ventrella provides web cam coverage at practice and on game day.

The format of the front page makes Seahawks.com easy to view for all computer screen sizes. Fans may also tune in and listen to Coach Holmgren's weekly Monday and Wednesday news conferences.



KINGDOME



The **Kingdome** was originally located on **35.9 acres**. Due to construction of the new parking garage and exhibition center the acreage is now 23.9 acres.

The Kingdome had the **largest concrete roof in the world** - 7.85 acres. A new roof and ceiling was completed in 1994. The new ceiling had improved acoustics through the use of a spray on cellulose material.

The building itself, contained **52,800** cubic yards of concrete and **443 tons** of structural steel.

It was **250 feet high** and **660 feet across** to the inside walls making it wider than the Space Needle is tall.

The Kingdome hosted **football, soccer, baseball, basketball, tennis, volleyball, rodeos, motor sports, concerts, meetings and trade & consumer shows** of all types.

The Kingdome boasted the 43rd largest facility exhibition space in North America.

More than **72 million people** entered the Kingdome through a variety of entertainment over 23 years.

Over **3,250** major events were held and many hundreds of smaller special events.

The largest event attendance at the Kingdome was 74,000, set on May 14, 1976 during a **Billy Graham Crusade**.

Original cost, including property, was \$67 million; another \$47 million in capital improvements was added over the years. The remaining debt on both the original cost and capital improvements is \$57 million.

TOP 10 MOMENTS*

November 7, 1976

First home win versus the Atlanta Falcons

November 16, 1981

First regular season victory over San Diego on Monday Night Football after eight straight previous defeats

December 24, 1983

First home playoff win versus the Denver Broncos

November 4, 1984

NFL record four interceptions returned for touchdowns against the Kansas City Chiefs

December 2, 1984

Clinched a playoff berth with a 38-17 win over Detroit

December 22, 1984

Eliminated defending Super Bowl Champion Los Angeles Raiders in the AFC Wild Card Game at the Kingdome

October 6, 1986

Steve Largent breaks the NFL record for consecutive games with a pass reception against San Diego on Monday Night Football

December 11, 1988

Seahawks score on their first six possessions in a 42-17 victory over the Denver Broncos/Largent hit on Mike Harden.

November 30, 1992

Play-by-play announcer Pete Gross is inducted into the Seahawks Ring of Honor

November 3, 1996

John Friesz threw for 323 yards, the first 300-yard passing game since 1990 in a 23-16 win over the Houston Oilers

**Top 10 Moments as voted on by Seahawks fans via the team's official web site, www.seahawks.com, prior to the final regular season game played on December 26, 1999.*

The roof and ceiling renovation was **\$70 million**.

The total debt on the Kingdome is \$127 million with the majority of it due to be retired in the year 2016.

Annual payments of \$6.3 million are received from a 2% hotel/motel room tax and a 1% rental car tax. This pays for the original construction, the roof and ceiling repair and millions of dollars in improvements.

The stadium employed 70 full-time staff and up to 1,200 part-time event personnel.

At one point, the Kingdome was home to four professional sports- **baseball, football, basketball** and **soccer** (*Seattle Sounders*).

The Kingdome was imploded on March 26, 2000.

HUSKY STADIUM



The **Seattle Seahawks** played their entire 2000 and 2001 home schedule at **Husky Stadium**. With the demolition of the Kingdome and creation of the new football stadium, the Seahawks looked to the home of the Washington Huskies for the 2000 and 2001 NFL seasons.

Seating capacity at Husky Stadium for Seahawks games was 68,589, with nearly 70 percent of those seats between the end-zones.

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.

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 houses 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 are 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 is then covered by an inflatable bubble as the weather worsens.

To reach the headquarters from Seattle,

take Highway 520 East and exit at the Kirkland Exit. Go right onto Northup Way and left onto 108th Avenue NE (next light). Follow 108th for approximately one mile and turn right onto NE 53rd St. Continue to the top of the hill, passing the player and staff entrance on your left. Turn left at top of the hill into the visitor's parking area.

From the Eastside, take Highway 520 West from I-405 and exit onto 108th Avenue NE. Turn right at the stop sign at the end of the exit and proceed up the hill on 108th. Go approximately one mile to NE 53rd Street and turn right. Turn left at top of the hill into the visitor's parking area.

From Southbound on I-405, take the N.E. 70th Street Exit. Take a left at N.E. 72nd Place and another left at 108th Avenue N.E. Go approximately one mile to NE 53rd Street and turn left. Turn left at top of the hill into the visitor's parking area.

From Sea-Tac Airport, follow the signs to I-405 North. Exit onto Highway 520 Westbound (Seattle) after 20-25 minutes. Take Highway 520 from I-405 and exit onto 108th Avenue NE. Turn right at the stop light at the end of the exit and proceed up the hill on 108th. Go approximately one mile to NE 53rd Street and turn right. Turn left at top of the hill into the visitor's parking area.

The Seahawks ticket offices are located inside Qwest Field. Fans may purchase tickets in person at the stadium's ticket windows, by phone or via www.seahawks.com. Questions during the week may be directed to one of the following offices:

Ticket Operations
(206) 682-2800

Ticket Sales
1-888-NFL-HAWK
(1-888-635-4295)



2008 SEASON TICKET PRICES PER GAME:

CLUB SEATS 1	\$340	GENERAL SEATING	\$65
CLUB SEATS 2	\$275	GENERAL SEATING	\$75
CLUB SEATS 3	\$199	GENERAL SEATING	\$65
CLUB SEATS 4	\$150	GENERAL SEATING	\$60
CHARTER SEATS	\$92*	GENERAL SEATING	\$45
		GENERAL SEATING	\$37

2008 PRESEASON SCHEDULE

HALL OF FAME WEEKEND - AUGUST 2-3

SUNDAY, AUGUST 3 (HALL OF FAME GAME)

Indianapolis vs. Washington (Canton, OH) Local
8:00p (ET) NBC

WEEK 1 - AUGUST 7 - 11

San Francisco at Oakland - TBD

THURSDAY, AUGUST 7

New Orleans at Washington ESPN 5:00p (MST)
NY Giants at Detroit 7:00p (ET)
Baltimore at New England 7:30p (ET)
NY Jets at Cleveland 7:30p (ET)
Kansas City at Chicago 7:00p (CT)

FRIDAY, AUGUST 8

Philadelphia at Pittsburgh 7:30p (ET)
Seattle at Minnesota 7:00p (CT)

SATURDAY, AUGUST 9

Buffalo at Washington 7:00p (ET)
Atlanta at Jacksonville 7:30p (ET)
Indianapolis at Carolina 7:30p (ET)
Tampa Bay at Miami 7:30p (ET)
Denver at Houston 7:00p (CT)
St. Louis at Tennessee 7:00p (CT)
Dallas at San Diego 7:00p (PT)

MONDAY, AUGUST 11

Cincinnati at Green Bay ESPN 7:00p (CT)

WEEK 2 - AUGUST 14-18

THURSDAY, AUGUST 14

Carolina at Philadelphia FOX 8:00p (ET)
Pittsburgh at Buffalo (Toronto) 7:30p (ET)

FRIDAY, AUGUST 15

Oakland at Tennessee FOX 7:00p (CT)

SATURDAY, AUGUST 16

Washington at NY Jets 7:00p (ET)
Indianapolis at Atlanta 7:30p (ET)
Miami at Jacksonville 7:30p (ET)
Minnesota at Baltimore 7:30p (ET)
Arizona at Kansas City 7:00p (CT)
Houston at New Orleans 7:00p (CT)
San Diego at St. Louis 7:00p (CT)
Chicago at Seattle 6:00p (PT)
Dallas at Denver 7:00p (MT)
Green Bay at San Francisco 6:00p (PT)

SUNDAY, AUGUST 17

New England at Tampa Bay NFLN 8:00p (ET)
Detroit at Cincinnati 7:35p (ET)

MONDAY, AUGUST 18

Cleveland at NY Giants ESPN 8:00p (ET)

WEEK 3 - AUGUST 21-25

THURSDAY, AUGUST 21

San Francisco at Chicago FOX 7:00p (CT)

FRIDAY, AUGUST 22

Houston at Dallas CBS 7:00p (CT)
Philadelphia at New England 7:30p (ET)
Tennessee at Atlanta 7:30p (ET)
Green Bay at Denver 7:00p (MT)

SATURDAY, AUGUST 23

Pittsburgh at Minnesota CBS 7:00p (CT)
Cleveland at Detroit 4:00p (ET)
NY Giants at NY Jets 7:00p (ET)
Jacksonville at Tampa Bay 7:30p (ET)
Kansas City at Miami 7:30p (ET)
New Orleans at Cincinnati 7:35p (ET)

SATURDAY, AUGUST 23, CONTINUED

Washington at Carolina	7:30p (ET)
Baltimore at St. Louis	7:00p (CT)
Arizona at Oakland	6:00p (PT)

SUNDAY, AUGUST 24

Buffalo at Indianapolis	NFLN	8:00p (ET)
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MONDAY, AUGUST 25

Seattle at San Diego	ESPN	5:00p (PT)
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WEEK 4 - AUGUST 28-29**THURSDAY, AUGUST 28**

Jacksonville at Washington	NBC	7:00p (ET)
Detroit at Buffalo		6:30p (ET)
NY Jets at Philadelphia		6:30p (ET)

THURSDAY, AUGUST 28, CONTINUED

Cincinnati at Indianapolis	7:00p (ET)
New England at NY Giants	7:00p (ET)
Atlanta at Baltimore	7:30p (ET)
Carolina at Pittsburgh	7:30p (ET)
Chicago at Cleveland	7:30p (ET)
Miami at New Orleans	7:00p (CT)
Minnesota at Dallas	7:00p (CT)
St. Louis at Kansas City	7:00p (CT)
Tampa Bay at Houston	7:00p (CT)
Tennessee at Green Bay	7:00p (CT)

FRIDAY, AUGUST 29

Denver at Arizona	7:00p (MST)
Oakland at Seattle	7:00p (PT)
San Diego at San Francisco	7:00p (PT)

2008 NFL SCHEDULE*(GAMES GROUPED BY START TIMES AND LISTED ALPHABETICALLY BY HOME TEAM)***THURSDAY, SEPTEMBER 4
FIRST WEEKEND)**

	LOCAL TIME	
1. WASHINGTON AT N.Y. GIANTS	7:00p (ET)	

SUNDAY, SEPTEMBER 7

2. DETROIT AT ATLANTA	1:00p (ET)
3. CINCINNATI AT BALTIMORE	1:00p (ET)
4. SEATTLE AT BUFFALO	1:00p (ET)
5. N.Y. JETS AT MIAMI	1:00p (ET)
6. KANSAS CITY AT NEW ENGLAND	1:00p (ET)
7. TAMPA BAY AT NEW ORLEANS	12:00p (CT)
8. ST. LOUIS AT PHILADELPHIA	1:00p (ET)
9. HOUSTON AT PITTSBURGH	1:00p (ET)
10. JACKSONVILLE AT TENNESSEE	12:00p (CT)
11. DALLAS AT CLEVELAND	4:15p (ET)
12. CAROLINA AT SAN DIEGO	1:15p (PT)
13. ARIZONA AT SAN FRANCISCO	1:15p (PT)
14. CHICAGO AT INDIANAPOLIS	8:15p (ET)

MONDAY, SEPTEMBER 8

15. MINNESOTA AT GREEN BAY	6:00p (CT)
16. DENVER AT OAKLAND	7:15p (PT)

**SUNDAY, SEPTEMBER 14
(SECOND WEEKEND)**

17. CHICAGO AT CAROLINA	1:00p (ET)
18. TENNESSEE AT CINCINNATI	1:00p (ET)
19. GREEN BAY AT DETROIT LIONS	1:00p (ET)
20. BUFFALO AT JACKSONVILLE	1:00p (ET)
21. OAKLAND AT KANSAS CITY	12:00p (CT)
22. INDIANAPOLIS AT MINNESOTA	12:00p (CT)
23. N.Y. GIANTS AT ST. LOUIS	12:00p (CT)
24. NEW ORLEANS AT WASHINGTON	1:00p (ET)
25. SAN FRANCISCO AT SEATTLE	1:05p (PT)
26. ATLANTA AT TAMPA BAY	4:05p (ET)
27. MIAMI AT ARIZONA	1:15p (MST)
28. SAN DIEGO AT DENVER	2:15p (MT)
29. BALTIMORE AT HOUSTON TEXANS	3:15p (CT)
30. NEW ENGLAND AT N.Y. JETS	4:15p (ET)
31. PITTSBURGH AT CLEVELAND	8:15p (ET)

MONDAY, SEPTEMBER 15

32. PHILADELPHIA AT DALLAS	7:30p (CT)
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**SUNDAY, SEPTEMBER 21
(THIRD WEEKEND)**

33. KANSAS CITY AT ATLANTA	1:00p (ET)
34. OAKLAND AT BUFFALO	1:00p (ET)
35. TAMPA BAY AT CHICAGO	12:00p (CT)
36. CAROLINA AT MINNESOTA	12:00p (CT)
37. MIAMI AT NEW ENGLAND	1:00p (ET)
38. CINCINNATI AT N.Y. GIANTS	1:00p (ET)
39. HOUSTON AT TENNESSEE	12:00p (CT)
40. ARIZONA AT WASHINGTON	1:00p (ET)
41. NEW ORLEANS AT DENVER	2:05p (MT)
42. DETROIT AT SAN FRANCISCO	1:05p (PT)
43. ST. LOUIS RAMS AT SEATTLE	1:05p (PT)
44. CLEVELAND AT BALTIMORE	4:15p (ET)
45. JACKSONVILLE AT INDIANAPOLIS	4:15p (ET)
46. PITTSBURGH AT PHILADELPHIA	4:15p (ET)
47. DALLAS AT GREEN BAY	7:15p (CT)

MONDAY, SEPTEMBER 22

48. N.Y. JETS AT SAN DIEGO	5:30p (PT)
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**SUNDAY, SEPTEMBER 28
(FOURTH WEEKEND)***(BYES: DETROIT, INDIANAPOLIS, MIAMI, NEW ENGLAND, N.Y. GIANTS, SEATTLE)*

49. ATLANTA AT CAROLINA	1:00p (ET)
50. CLEVELAND AT CINCINNATI	1:00p (ET)
51. HOUSTON AT JACKSONVILLE	1:00p (ET)
52. DENVER AT KANSAS CITY	12:00p (CT)
53. SAN FRANCISCO AT NEW ORLEANS	12:00p (CT)
54. ARIZONA AT N.Y. JETS	1:00p (ET)
55. GREEN BAY AT TAMPA BAY	1:00p (ET)
56. MINNESOTA AT TENNESSEE	12:00p (CT)
57. SAN DIEGO AT OAKLAND	1:05p (PT)
58. BUFFALO BILLS AT ST. LOUIS	3:05p (CT)
59. WASHINGTON AT DALLAS	3:15p (CT)
60. PHILADELPHIA AT CHICAGO	7:15p (CT)

MONDAY, SEPTEMBER 29

61. BALTIMORE AT PITTSBURGH	8:30p (ET)
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SUNDAY, OCTOBER 5 (FIFTH WEEK-END)*(BYES: CLEVELAND, N.Y. JETS, ST. LOUIS, OAKLAND)*

62. TENNESSEE AT BALTIMORE	1:00p	(ET)
63. KANSAS CITY AT CAROLINA	1:00p	(ET)
64. CHICAGO AT DETROIT	1:00p	(ET)
65. ATLANTA AT GREEN BAY	12:00p	(CT)
66. INDIANAPOLIS AT HOUSTON	12:00p	(CT)
67. SAN DIEGO AT MIAMI	1:00p	(ET)
68. SEATTLE AT N.Y. GIANTS	1:00p	(ET)
69. WASHINGTON AT PHILADELPHIA	1:00p	(ET)
70. TAMPA BAY AT DENVER	2:05p	(MT)
71. BUFFALO AT ARIZONA	1:15p	(MST)
72. CINCINNATI AT DALLAS	3:15p	(CT)
73. NEW ENGLAND AT SAN FRAN.	1:15p	(PT)
74. PITTSBURGH AT JACKSONVILLE	8:15p	(ET)

MONDAY, OCTOBER 6

75. MINNESOTA AT NEW ORLEANS	7:30p	(CT)
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SUNDAY, OCTOBER 12 (SIXTH WEEKEND)*(BYES: BUFFALO, KANSAS CITY, PITTSBURGH, TENNESSEE)*

76. CHICAGO AT ATLANTA	1:00p	(ET)
77. MIAMI AT HOUSTON	12:00p	(CT)
78. BALTIMORE AT INDIANAPOLIS	1:00p	(ET)
79. DETROIT AT MINNESOTA	12:00p	(CT)
80. OAKLAND AT NEW ORLEANS	12:00p	(CT)
81. CINCINNATI AT N.Y. JETS	1:00p	(ET)
82. CAROLINA AT TAMPA BAY	1:00p	(ET)
83. ST. LOUIS AT WASHINGTON	1:00p	(ET)
84. JACKSONVILLE AT DENVER	2:05p	(MT)
85. DALLAS AT ARIZONA	1:15p	(MST)
86. PHILADELPHIA AT SAN FRANCISCO	1:15p	(PT)
87. GREEN BAY AT SEATTLE	1:15p	(PT)
88. NEW ENGLAND AT SAN DIEGO	5:15p	(PT)

MONDAY, OCTOBER 13

89. N.Y. GIANTS AT CLEVELAND	8:30p	(ET)
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SUNDAY, OCTOBER 19 (SEVENTH WEEKEND)*(BYES: ARIZONA, ATLANTA, JACKSONVILLE, PHILADELPHIA)*

90. SAN DIEGO AT BUFFALO	1:00p	(ET)
91. NEW ORLEANS AT CAROLINA	1:00p	(ET)
92. MINNESOTA AT CHICAGO	12:00p	(CT)
93. PITTSBURGH AT CINCINNATI	1:00p	(ET)
94. TENNESSEE AT KANSAS CITY	12:00p	(CT)
95. BALTIMORE AT MIAMI	1:00p	(ET)
96. SAN FRANCISCO AT N.Y. GIANTS	1:00p	(ET)
97. DALLAS AT ST. LOUIS	12:00p	(CT)
98. DETROIT AT HOUSTON	3:05p	(CT)
99. INDIANAPOLIS AT GREEN BAY	3:15p	(CT)
100. N.Y. JETS AT OAKLAND	1:15p	(PT)
101. CLEVELAND AT WASHINGTON	4:15p	(ET)
102. SEATTLE AT TAMPA BAY	8:15p	(ET)

MONDAY, OCTOBER 20

103. DENVER AT NEW ENGLAND	8:30p	(ET)
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SUNDAY, OCTOBER 26 (EIGHTH WEEKEND)*(BYES: CHICAGO, CINCINNATI, DENVER, GREEN BAY, HOUSTON, MINNESOTA)*

104. OAKLAND AT BALTIMORE	1:00p	(ET)
105. ARIZONA AT CAROLINA	1:00p	(ET)
106. TAMPA BAY AT DALLAS	12:00p	(CT)
107. WASHINGTON AT DETROIT	1:00p	(ET)
108. BUFFALO BILLS AT MIAMI	1:00p	(ET)
109. ST. LOUIS AT NEW ENGLAND	1:00p	(ET)
110. SAN DIEGO AT NEW ORLEANS (LONDON)	5:00p	(GMT)
111. KANSAS CITY AT N.Y. JETS	1:00p	(ET)
112. ATLANTA AT PHILADELPHIA	1:00p	(ET)
113. CLEVELAND AT JACKSONVILLE	4:05p	(ET)
114. N.Y. GIANTS AT PITTSBURGH	4:15p	(ET)
115. SEATTLE AT SAN FRANCISCO	1:15p	(PT)

MONDAY, OCTOBER 27

116. INDIANAPOLIS AT TENNESSEE	7:30p	(CT)
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SUNDAY, NOVEMBER 2 (NINTH WEEKEND)*(BYES: CAROLINA, NEW ORLEANS, SAN DIEGO, SAN FRANCISCO)*

117. N.Y. JETS AT BUFFALO BILLS	1:00p	(ET)
118. DETROIT AT CHICAGO	12:00p	(CT)
119. JACKSONVILLE AT CINCINNATI	1:00p	(ET)
120. BALTIMORE AT CLEVELAND	1:00p	(ET)
121. TAMPA BAY AT KANSAS CITY	12:00p	(CT)
122. HOUSTON AT MINNESOTA	12:00p	(CT)
123. ARIZONA AT ST. LOUIS	12:00p	(CT)
124. GREEN BAY AT TENNESSEE	12:00p	(CT)
125. MIAMI AT DENVER	2:05p	(MT)
126. DALLAS AT N.Y. GIANTS	4:15p	(ET)
127. ATLANTA AT OAKLAND	1:15p	(PT)
128. PHILADELPHIA AT SEATTLE	1:15p	(PT)
129. NEW ENGLAND AT INDIANAPOLIS	8:15p	(ET)

MONDAY, NOVEMBER 3

130. PITTSBURGH AT WASHINGTON	8:30p	(ET)
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THURSDAY, NOVEMBER 6 (TENTH WEEKEND)*(BYES: BALTIMORE, DALLAS, TAMPA BAY, WASHINGTON)*

131. DENVER AT CLEVELAND	8:15p	(ET)
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SUNDAY, NOVEMBER 9

132. NEW ORLEANS AT ATLANTA	1:00p	(ET)
133. TENNESSEE AT CHICAGO	12:00p	(CT)
134. JACKSONVILLE AT DETROIT	1:00p	(ET)
135. CINCINNATI AT HOUSTON	12:00p	(CT)
136. SEATTLE AT MIAMI	1:00p	(ET)
137. GREEN BAY AT MINNESOTA	12:00p	(CT)
138. BUFFALO AT NEW ENGLAND	1:00p	(ET)
139. ST. LOUIS AT N.Y. JETS	1:00p	(ET)
140. CAROLINA AT OAKLAND	1:05p	(PT)
141. INDIANAPOLIS AT PITTSBURGH	4:15p	(ET)
142. KANSAS CITY AT SAN DIEGO	1:15p	(PT)
143. N.Y. GIANTS AT PHILADELPHIA	8:15p	(ET)

MONDAY, NOVEMBER 10

144. SAN FRANCISCO AT ARIZONA	6:30p	(MT)
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**THURSDAY, NOVEMBER 13
(ELEVENTH WEEKEND)**

145. N.Y. JETS AT NEW ENGLAND	8:15p	(ET)
SUNDAY, NOVEMBER 16		
146. DENVER AT ATLANTA	1:00p	(ET)
147. DETROIT LIONS AT CAROLINA	1:00p	(ET)
148. PHILADELPHIA AT CINCINNATI	1:00p	(ET)
149. CHICAGO AT GREEN BAY	12:00p	(CT)
150. HOUSTON AT INDIANAPOLIS	1:00p	(ET)
151. TENNESSEE AT JACKSONVILLE	1:00p	(ET)
152. NEW ORLEANS AT KANSAS CITY	12:00p	(CT)
153. OAKLAND RAIDERS AT MIAMI	1:00p	(ET)
154. BALTIMORE AT N.Y. GIANTS	1:00p	(ET)
155. MINNESOTA AT TAMPA BAY	1:00p	(ET)
156. ST. LOUIS AT SAN FRANCISCO	1:05p	(PT)
157. ARIZONA AT SEATTLE	1:05p	(PT)
158. SAN DIEGO AT PITTSBURGH	4:15p	(ET)
159. DALLAS AT WASHINGTON*	8:15p	(ET)

MONDAY, NOVEMBER 17

160. CLEVELAND AT BUFFALO	8:30p	(ET)
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**THURSDAY, NOVEMBER 20
(TWELFTH WEEKEND)**

161. CINCINNATI AT PITTSBURGH	8:15p	(ET)
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SUNDAY, NOVEMBER 23

162. CAROLINA AT ATLANTA	1:00p	(ET)
163. PHILADELPHIA AT BALTIMORE	1:00p	(ET)
164. HOUSTON AT CLEVELAND	1:00p	(ET)
165. SAN FRANCISCO AT DALLAS	12:00p	(CT)
166. TAMPA BAY AT DETROIT LIONS	1:00p	(ET)
167. MINNESOTA AT JACKSONVILLE	1:00p	(ET)
168. BUFFALO AT KANSAS CITY	12:00p	(CT)
169. NEW ENGLAND AT MIAMI	1:00p	(ET)
170. CHICAGO AT ST. LOUIS	12:00p	(CT)
171. N.Y. JETS AT TENNESSEE	12:00p	(CT)
172. OAKLAND AT DENVER	2:05p	(MT)
173. N.Y. GIANTS AT ARIZONA	2:15p	(MT)
174. WASHINGTON AT SEATTLE	1:15p	(PT)
175. INDIANAPOLIS AT SAN DIEGO*	5:15p	(PT)

MONDAY, NOVEMBER 24

176. GREEN BAY AT NEW ORLEANS	7:30p	(CT)
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**THURSDAY, NOVEMBER 27
(THIRTEENTH WEEKEND)**

177. TENNESSEE AT DETROIT	12:30p	(ET)
178. SEATTLE AT DALLAS	3:15p	(CT)
179. ARIZONA AT PHILADELPHIA	8:15p	(ET)

SUNDAY, NOVEMBER 30

180. SAN FRANCISCO AT BUFFALO	1:00p	(ET)
181. BALTIMORE AT CINCINNATI	1:00p	(ET)
182. INDIANAPOLIS AT CLEVELAND	1:00p	(ET)
183. CAROLINA AT GREEN BAY	12:00p	(CT)
184. DENVER AT N.Y. JETS	1:00p	(ET)
185. MIAMI AT ST. LOUIS RAMS	12:00p	(CT)
186. NEW ORLEANS AT TAMPA BAY	1:00p	(ET)
187. N.Y. GIANTS AT WASHINGTON	1:00p	(ET)
188. ATLANTA AT SAN DIEGO	1:05p	(PT)
189. PITTSBURGH AT NEW ENGLAND	4:15p	(ET)
190. KANSAS CITY AT OAKLAND	1:15p	(PT)
191. CHICAGO AT MINNESOTA *	7:15p	(CT)

MONDAY, DECEMBER 1

192. JACKSONVILLE AT HOUSTON	7:30p	(CT)
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*Sunday night games in Weeks 11-17 subject to change

**THURSDAY, DECEMBER 4
(FOURTEENTH WEEKEND)**

193. OAKLAND AT SAN DIEGO	5:15p	(PT)
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SUNDAY, DECEMBER 7

194. WASHINGTON AT BALTIMORE	1:00p	(ET)
195. JACKSONVILLE AT CHICAGO	12:00p	(CT)
196. MINNESOTA AT DETROIT	1:00p	(ET)
197. HOUSTON AT GREEN BAY	12:00p	(CT)
198. CINCINNATI AT INDIANAPOLIS	1:00p	(ET)
199. ATLANTA AT NEW ORLEANS	12:00p	(CT)
200. PHILADELPHIA AT N.Y. GIANTS	1:00p	(ET)
201. CLEVELAND AT TENNESSEES	12:00p	(CT)
202. MIAMI AT BUFFALO (TORONTO)	4:05p	(ET)
203. KANSAS CITY AT DENVER	2:05p	(MT)
204. N.Y. JETS AT SAN FRANCISCO	1:05p	(PT)
205. ST. LOUIS AT ARIZONA	2:15p	(MT)
206. DALLAS AT PITTSBURGH	4:15p	(ET)
207. NEW ENGLAND AT SEATTLE *	5:15p	(PT)

MONDAY, DECEMBER 8

208. TAMPA BAY AT CAROLINA	8:30p	(ET)
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**THURSDAY, DECEMBER 11
(FIFTEENTH WEEKEND)**

209. NEW ORLEANS AT CHICAGO	7:15p	(CT)
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SUNDAY, DECEMBER 14

210. TAMPA BAY AT ATLANTA	1:00p	(ET)
211. PITTSBURGH AT BALTIMORE	1:00p	(ET)
212. DENVER AT CAROLINA	1:00p	(ET)
213. WASHINGTON AT CINCINNATI	1:00p	(ET)
214. TENNESSEE AT HOUSTON	12:00p	(CT)
215. DETROIT LIONS AT INDIANAPOLIS	1:00p	(ET)
216. GREEN BAY AT JACKSONVILLE	1:00p	(ET)
217. SAN DIEGO AT KANSAS CITY	12:00p	(CT)
218. SAN FRANCISCO AT	1:00p	(ET)
219. BUFFALO BILLS AT N.Y. JETS	1:00p	(ET)
220. SEATTLE AT ST. LOUIS RAMS	12:00p	(CT)
221. MINNESOTA AT ARIZONA	2:05p	(MT)
222. NEW ENGLAND AT OAKLAND	1:15p	(PT)
223. N.Y. GIANTS AT DALLAS*	7:15p	(CT)

MONDAY, DECEMBER 15

224. CLEVELAND AT PHILADELPHIA	8:30p	(ET)
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**THURSDAY, DECEMBER 18
(SIXTEENTH WEEKEND)**

225. INDIANAPOLIS AT JACKSONVILLE	8:15p	(ET)
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SATURDAY, DECEMBER 20

226. BALTIMORE AT DALLAS	7:15p	(CT)
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SUNDAY, DECEMBER 21

227. CINCINNATI AT CLEVELAND	1:00p	(ET)
228. NEW ORLEANS AT DETROIT	1:00p	(ET)
229. MIAMI AT KANSAS CITY CHIEFS	12:00p	(CT)
230. ATLANTA AT MINNESOTA	12:00p	(CT)
231. ARIZONA AT NEW ENGLAND	1:00p	(ET)
232. CAROLINA AT N.Y. GIANTS	1:00p	(ET)
233. SAN FRANCISCO AT ST. LOUIS	12:00p	(CT)
234. PITTSBURGH AT TENNESSEE	12:00p	(CT)
235. PHILADELPHIA AT WASHINGTON	1:00p	(ET)
236. BUFFALO BILLS AT DENVER	2:05p	(MT)
237. HOUSTON AT OAKLAND	1:05p	(PT)
238. N.Y. JETS AT SEATTLE	1:05p	(PT)
239. SAN DIEGO AT TAMPA BAY*	8:15p	(ET)

MONDAY, DECEMBER 22

240. GREEN BAY AT CHICAGO BEARS	7:30p	(CT)
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**SUNDAY, DECEMBER 28
(SEVENTEENTH WEEKEND)**

241. ST. LOUIS RAMS AT ATLANTA	1:00p	(ET)	248. N.Y. GIANTS AT MINNESOTA	12:00p	(CT)
242. JACKSONVILLE AT BALTIMORE	1:00p	(ET)	249. CAROLINA AT NEW ORLEANS	12:00p	(CT)
243. NEW ENGLAND AT BUFFALO BILLS	1:00p	(ET)	250. MIAMI AT N.Y. JETS	1:00p	(ET)
244. KANSAS CITY AT CINCINNATI	1:00p	(ET)	251. DALLAS AT PHILADELPHIA	1:00p	(ET)
245. DETROIT AT GREEN BAY	12:00p	(CT)	252. CLEVELAND AT PITTSBURGH	1:00p	(ET)
246. CHICAGO AT HOUSTON	12:00p	(CT)	253. OAKLAND AT TAMPA BAY	1:00p	(ET)
247. TENNESSEE AT INDIANAPOLIS	1:00p	(ET)	254. SEATTLE AT ARIZONA	2:15p	(MT)
			255. DENVER AT SAN DIEGO	1:15p	(PT)
			256. WASHINGTON AT SAN FRANCISCO	1:15p	(PT)

2008 OPPONENTS

MINNESOTA VIKINGS

Head Coach: Brad Childress
Stadium: Metrodome


CHICAGO BEARS

Head Coach: Lovie Smith
Stadium: Soldier Field


SAN DIEGO CHARGERS

Head Coach: Norv Turner
Stadium: Qualcomm Stadium


OAKLAND RAIDERS

Head Coach: Lane Kiffin
Stadium: McAfee Coliseum


BUFFALO BILLS

Head Coach: Dick Jauron
Stadium: Ralph Wilson Stadium


SAN FRANCISCO 49ERS

Head Coach: Mike Nolan
Stadium: Monster Park


ST. LOUIS RAMS

Head Coach: Scott Linehan
Stadium: Edward Jones Dome


NEW YORK GIANTS

Head Coach: Tom Coughlin
Stadium: Giants Stadium


GREEN BAY PACKERS

Head Coach: Mike McCarthy
Stadium: Lambeau Field


TAMPA BAY BUCCANEERS

Head Coach: Jon Gruden
Stadium: Raymond Jones Stadium


PHILADELPHIA EAGLES

Head Coach: Andy Reid
Stadium: Lincoln Financial Field


MIAMI DOLPHINS

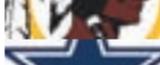
Head Coach: Tony Sparano
Stadium: Dolphin Stadium


ARIZONA CARDINALS

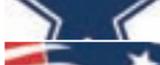
Head Coach: Ken Whisenhunt
Stadium: University of Phoenix Stadium


WASHINGTON REDSKINS

Head Coach: Jim Zorn
Stadium: FedEx Field


DALLAS COWBOYS

Head Coach: Wade Phillips
Stadium: Texas Stadium


NEW ENGLAND PATRIOTS

Head Coach: Bill Belichick
Stadium: Gillette Stadium


NEW YORK JETS

Head Coach: Eric Mangini
Stadium: Giants Stadium

AUG. 8

Public Relations: Bob Hagan
Phone: 816/920-9300

AUG. 16

Public Relations: Jim Christman
Phone: 847/295-6600

AUG. 25

Public Relations: Bill Johnston
Phone: 816/920-9300

AUG. 29

Public Relations: Mike Taylor
Phone: 510/864-5000

SEPT. 7

Public Relations: Scott Berchtold
Phone: 716/648-1800

SEPT. 14/OCT. 26

Public Relations: Aaron Salkin
Phone: 408/562-4949

SEPT. 21/DEC. 14

Public Relations: Rick Smith
Phone: 314/982-7267

OCT. 5

Public Relations: Pat Hanlan
Phone: 201/935-8493

OCT. 12

Public Relations: Jeff Blumb
Phone: 317/297-2658

OCT. 19

Public Relations: Jeff Kamis
Phone: 813/870-2700

NOV. 2

Public Relations: Derek Boyko
Phone: 215/463-2500

NOV. 9

Public Relations: Harvey Greene
Phone: 954/621-3550

NOV. 16/DEC. 28

Public Relations: Mark Dalton
Phone: 602/379-0101

NOV. 23

Public Relations: Zach Bolno
Phone: 703/726-7000

NOV. 27

Public Relations: Rich Dalrymple
Phone: 972/556-9900

DEC. 7

Public Relations: Stacey James
Phone: 508/543-8200

DEC. 21

Public Relations: Bruce Speight
Phone: 516/560-8100

AC Joint — Acromioclavicular joint; joint of the shoulder where acromion process of the scapula and the distal end of the clavicle meet, most shoulder separations occur at this point.

Abduct — Movement of any extremity away from the midline of the body. This action is achieved by an abductor muscle.

Abrasion — Any injury which rubs off the surface of the skin.

Abscess — An infection which produces pus; can be the result of a blister, callus, penetration wound or laceration.

Abduct — Movement of an extremity toward the midline of the body. This action is achieved by an adductor muscle.

Adhesion — Abnormal adherence of collagen fibers to surrounding structures during immobilization following trauma or as a complication of surgery which restricts normal elasticity of the structures involved.

Aerobic — Exercise in which energy needed is supplied by oxygen inspired and is required for sustained periods of vigorous exercise with a continually high pulse rate.

Anabolic Steroids — Steroids that promote tissue growth by creating protein in an attempt to enhance muscle growth. The main anabolic steroid is testosterone.

Anaerobic — Exercise without use of oxygen as an energy source; short of bursts of vigorous exercises.

Anaphylactic Shock — Shock that is caused by an allergic reaction.

Anterior Compartment Syndrome — Condition in which swelling within the anterior compartment of the lower leg jeopardizes the viability of muscles, nerves and arteries that serve the foot. In severe cases, emergency surgery is necessary to relieve the swelling and pressure.

Anterior Cruciate Ligament (ACL) — A primary stabilizing ligament within the center of the knee joint that prevents hyperextension and excessive rotation of the joint. A complete tear of the ACL necessitating reconstruction could require up to 12 months of rehabilitation.

Anterior Talofibular Ligament — A ligament of the ankle that connects the fibula (lateral ankle bone) to the talus. This ligament is oft times subject to sprain.

Anti-Inflammatory — Any agent which prevents inflammation, such as aspirin or ibuprofen.

Anterogram — A film demonstrating arteries after injection of a dye.

Arthrogram — X-ray technique for joints

using air and/or dye injected into the affected area; useful in diagnosing meniscus tears of the knee and rotator cuff tears of the shoulder.

Arthroscope — An instrument used to visualize the interior of a joint cavity.

Arthroscopy — A surgical examination of the internal structures of a joint by means for viewing through an arthroscope. An arthroscopic procedure can be used to remove or repair damaged tissue or as a diagnostic procedure in order to inspect the extent of any damage or confirm a diagnosis.

Aspiration — The withdrawal of fluid from a body cavity by means of a suction or siphonage apparatus, such as a syringe.

Atrophy — To shrivel or shrink from disuse, as in muscular atrophy.

Avascular Necrosis — Death of a part due to lack of circulation.

Avulsion — The tearing away, forcibly, of a part or structure.

Baker's Cyst — Localized swelling of a bursa sac in the posterior knee as a result of fluid that has escaped from a knee capsule. A Baker's cyst indicates that there is a trauma inside the knee joint that leads to excessive fluid production.

Bone Scan — An imaging procedure in which a radioactive-labeled substance is injected into the body to determine the status of a bony injury. If the radioactive substance is taken up the bone at the injury site, the injury will show as a "hot spot" on the scan image. The bone scan is particularly useful in the diagnosis of stress fractures.

Brachial Plexus — Network of nerves originating from the cervical vertebrae and running down to the shoulder, arm, hand, and fingers.

Bruise — A discoloration of the skin due to an extravasation of blood into the underlying tissues.

Bursa — A fluid-filled sac that is located in areas where friction is likely to occur, then minimizes the friction; for example between a tendon and bone.

Capsule — An enclosing structure which surrounds the joint and contains ligaments which stabilize that joint.

Cartilage — Smooth, slippery substance preventing two ends of bones from rubbing together and grating.

CAT Scan — Use of a computer to produce a cross-sectional view of the anatomical part being investigated from X-ray data.

Cellulitis — Inflammation of cellular or connective tissue.

Cervical Vertebrae — Group of seven ver-

tebrae located in the neck.

Charley Horse — A contusion or bruise to any muscle resulting in intramuscular bleeding. No other injury should be called a charley horse.

Colles' Fracture — A fracture of the distal end of the radius with the lower end being displaced backward.

Concentric Muscle Contraction — A shortening of the muscle as it develops tension and contracts to move a resistance.

Concussion — Jarring injury of the brain resulting in dysfunction. It can be graded as mild, moderate or severe depending on loss of consciousness, amnesia and loss of equilibrium.

Contusion — An injury to a muscle and tissues caused by a blow from a blunt object.

Cortical Steroids — Used to suppress joint inflammation.

Costochondral — Cartilage that separates the bones within the rib cage.

Cryokinetics — Treatment with cold and movement.

Cryotherapy — A treatment with the use of cold.

Cyst — Abnormal sac containing liquid or semi-solid matter.

Degenerative Joint Disease — Changes in the joint surface as a result of repetitive trauma.

Deltoid Ligament — Ligament that connects the tibia to bones of the medial aspect of the foot and is primarily responsible for stability of the ankle on the medial side. Is sprained less frequently than other ankle ligaments.

Deltoid Muscle — Muscles at top of the arm, just below the shoulder, responsible for shoulder motions to the front, side and back.

Disc, Intervertebral — A flat, rounded plate between each vertebrae of the spine. The disc consists of a thick fiber ring which surrounds a soft gel-like interior. It functions as a cushion and shock absorber for the spinal column.

Dislocation — Complete displacement of joint surfaces.

Eccentric Muscle Contraction — An overall lengthening of the muscles as it develops tension and contracts to control motion performed by an outside force; oft times referred to as a "negative" contraction in weight training.

Eccymosis — Bleeding into the surface tissue below the skin, resulting in a "black and blue" effect.

Edema — Accumulation of fluid in organs and tissues of the body; swelling.

Effusion — Accumulation of fluid, in various spaces in the body, or the knee itself. Commonly, the knee has an effusion after an injury.

Electrical Galvanic Stimulation (EGS) — An electrical therapeutic modality that sends

a current to the body at select voltages and frequencies in order to stimulate pain receptors, disperse edema, or neutralize muscle spasms among other functional applications.

Electromyogram (EMG) — Test to determine nerve function.

Epicondylitis — Inflammation in the elbow due to overuse.

Ethyl Chloride — "Cold spray," a chemical coolant sprayed onto an injury site to produce a local, mild anesthesia.

Fat Percentage — The amount of body weight that is adipose, fat tissue. Fat percentages can be calculated by underwater weighing, measuring select skinfold thickness, or by analyzing electrical impedance.

Femur — Thigh bone; longest bone in the body.

Fibula — Smaller of the two bones in the lower leg; runs from the knee to the ankle along the outside of the lower leg.

Flexibility — The ability of muscle to relax and yield to stretch forces.

Flexibility Exercise — General term used to describe exercise performed by an athlete to passively or actively elongate soft tissue without the assistance of an athletic trainer.

Fracture — Breach of continuity of a bone. Types of fractures include simple, compound, comminuted, greenstick incomplete, impacted, longitudinal, oblique, stress, or transverse.

Gamekeeper's Thumb — Tear of the ulnar collateral ligament of the metacarpophalangeal joint of the thumb.

Glycogen — Form in which foods are stored in the body as energy.

Grade One Injury — A mild injury in which ligament, tendon, or other musculoskeletal tissue may have been stretched or contused, but not torn or otherwise disrupted.

Grade Two Injury — A moderate injury when musculoskeletal tissue has been partially, but not totally, torn which causes appreciable limitation in function of the injured tissue.

Grade Three Injury — A severe injury in which tissue has been significantly, and in some cases totally, torn or otherwise disrupted causing a virtual total loss of function.

Hamstring — Category of muscle that runs from the buttocks to the knee along the back of the thigh. It functions to flex the knee, and is oft times injured as a result of improper conditioning or lack of muscle flexibility.

Heat Cramps — Painful muscle spasms of the arms or legs caused by excessive body heat and depletion of fluids and electrolytes.

Heat Exhaustion — Mild form of shock due to dehydration because of excessive sweating when exposed to heat and humidity.

Heat Stroke — Condition of rapidly rising internal body temperature that overwhelms

the body's mechanisms of release of heat and could result in death if not cared for appropriately.

Heel Cup — Orthotic device that is inserted into the shoe and worn under the heel to give support to the Achilles tendon and help absorb impacts at the heel.

Hematoma — Tumor-like mass produced by an accumulation of coagulated blood in a cavity.

Hot Pack — Chemical pack that rests in water, approximately 160 degrees, and retains its heat for 15-20 minutes when placed in a towel for general therapeutic application.

Humerus — Bone of the upper arm that runs from the shoulder to the elbow.

Hydrotherapy — Treatment using water.

Hyperextension — Extreme extension of a limb or body part.

Illiotal Band — A thick, wide fascial layer that runs from the iliac crest to the knee joint and is occasionally inflamed as a result of excessive running.

Inflammation — The body's natural response to injury in which the injury site might display various degrees of pain, sweating, heat, redness, and/or loss of function.

Internal Rotation — Rotation of a joint or extremity medially, to the inside.

Lesion — Wound, injury or tumor.

Ligament — Bands of fibrous tissue that connects bone to bone, or bone to cartilage and supports and strengthens joints.

Lumbar Vertebrae — Five vertebrae of the lower back that articulate with the sacrum to form the lumbosacral joint.

Magnetic Resonance Imaging (MRI) — Imaging procedure in which a radio frequency pulse causes certain electrical elements of the injured tissue to react to this pulse and through this process a computer display and permanent film establish a visual image. MRI does not require radiation and is very useful in the diagnosis of soft tissue, disc, and meniscus injuries.

Meniscectomy —

An intra-articular surgical procedure of the knee by which all or part of the damaged meniscus is removed.

Metacarpals — Five long bones of the hand, running from the wrist to the fingers.

Metatarsals — Five long bones of the foot, running from the ankle to the toes.

Myositis — Inflammation of a muscle.

Necrotic — Relating to death of a portion of tissue.

Neoprene — Lightweight rubber used in joint and muscle sleeves designed to provide support and/or insulation and heat retention to the area.

Orthotic — Any device applied to or around the body in the care of physical impairment or disability, commonly used to control foot mechanics.

Parsthesia — Sensation of numbness or tingling, indicating nerve irritation.

Patella — The knee cap.

Patella Tendinitis — Inflammation of the patella ligament; also known as "jumper's knee."

Patellofemoral Joint — Articulation of the knee cap and femur. Inflammation of this joint can occur through; 1) acute injury to the patella, 2) overuse from excessive running particularly if there is an associated knee weakness, 3) chronic wear and tear of the knee, or 4) as a result of poor foot mechanics. Patellofemoral irritation can lead to chondromalacia, which in its most chronic condition, could require surgery.

Peroneal Muscles — Group of muscles of the lateral lower leg that are responsible for exerting the knee. Tendons of these three muscles are vital to the stability of the ankle and foot.

Phalanx — Any bone of the fingers or toes; plural is phalanges.

Phlebitis — An inflammation of a vein.

Plica — Fold of tissue in the joint capsule and common result of a knee injury.

Posterior Cruciate Ligament (PCL) — A primary stabilizing ligament of the knee that provides significant stability and prevents displacement of the tibia backward within the knee joint. A complete tear of this ligament necessitating reconstruction would require up to 12 months of rehabilitation.

Quadriceps Muscles — Commonly referred to as "quads." A group of four muscles of the front thigh that run from the hip and form a common tendon at the patella; they are responsible for knee extension.

Radiography — Taking X-rays.

Radius — Forearm bone on the thumb side.

Reconstruction — Surgical rebuilding of a joint using natural, artificial or transplanted materials.

Referred Pain — Pain felt in an undamaged area of the body away from the actual injury.

Retraction — The moving of tissue to expose a part or structure of the body.

Rotator Cuff — Comprised of four muscles in the shoulder area that can be irritated by over use. The muscles are the supraspinatus (most commonly injured), infraspinatus, teres minor, and subscapularis.

Rotator Cuff Impingement Syndrome — A microtrauma or overuse injury caused by stress, and the four stages are: 1) Tendinitis with temporary thickening of the bursa and rotator cuff; 2) Fiber dissociation in the tendon with permanent thickening of the bursa and scar formation; 3) A partial rotator cuff tear of less than one centimeter; or 4) A complete tear of one centimeter or more.

Sacrum — Group of five fused vertebrae

located just below the lumbar vertebrae of the lower back.

Scapula — Shoulder blade.

Sciatica — Irritation of the sciatic nerve resulting in pain or tingling running down the inside of the leg.

Sciatic Nerve — Major nerve that carries impulses for muscular action and sensations between the lower back and thigh and lower leg; it is the longest nerve in the body.

Shin Splint — A catch-all syndrome describing pain in the shin that is not a fracture or tumor and cannot be defined otherwise.

Sorbothane — An energy absorbing polyurethane utilized in some foot orthotics to absorb shock forces of the foot.

Spasm (Theory) — Muscle soreness induced by exercise; is the result of reduced muscle blood flow, which results in pain.

Spleen — Large, solid organ responsible for the normal production and destruction of blood cells.

Spondylitis — Inflammation of one or more vertebrae.

Sprain — Injury resulting from a stretch or twist of the joint and causes various degrees of stretch or tear of a ligament or other soft tissue at the joint.

Stemum — The breast bone.

Steroids — Any one of a large number of hormone-like substances. See anabolic steroids and cortical steroids.

Strain — Injury resulting from a pull or torsion to the muscle or tendon that causes various degrees of stretch or tear to the muscle or tendon tissue.

Stress Fracture — A hair-line type break in a bone caused by overuse.

Stress X-Ray — A continual X-ray taken when a portion of the body is stressed to its maximum in order to determine joint stability. This is a test utilized in some ankle injuries.

Stretching — Any therapeutic maneuver designed to elongate shortened soft tissue structures and thereby increase flexibility.

Subluxation — Partial dislocation of a joint. The term usually implies that the joint can return to its normal position without formal reduction.

Talus — The ankle bone that articulates with the tibia and fibula to form the ankle joint.

Target Heart Rate — A pre-determined pulse to be obtained during exercise when circulation is working at full efficient capacities.

Tarsals — Group of seven bones of the foot consisting of the calcaneal, talus, cuboid, and three cuneiform bones.

Temporomandibular Joint (TMJ) — The articulation of the jaw and skull; considered by some to be vital in resolution of injuries

throughout the body.

Tendinitis — Inflammation of the tendon and/or tendon sheath, caused by chronic overuse or sudden injury.

Tendon — Tissue that connects muscle to bone.

Tennis Elbow — General term for lateral elbow pain.

Thoracic — Group of twelve vertebrae located in the thorax and articulate with the 12 ribs.

Thoracic Outlet Compression Syndrome — A neurovascular disorder of the upper extremity common in throwing.

Tibia — Larger of the two bones of the lower leg and is the weight-bearing bond of the shin.

Tomograph — A special type of X-ray apparatus that demonstrates an organ or tissue at a particular depth.

Trachea — The windpipe.

Trascutaneous Electrical Nerve Stimulator (TENS) — An electrical modality that sends mild current through pads at the injury site which stimulates the brain to release the natural analgesic, endorphin.

Transverse Process — Small lateral projection off the right side and the left side of each vertebrae that functions as an attachment site for muscles and ligaments of the spine.

Trapezius — Flat triangular muscle covering the posterior surface of the neck and shoulder.

Triceps — Muscle of the back of the upper arm, primarily responsible for extending the elbow.

Ulna — Forearm bone that runs from the tip of the elbow to the little finger side of the wrist.

Ulnar Nerve — Nerve in the elbow commonly irritated from excessive throwing.

Ultrasound — An electrical modality that transmits a sound wave through an applicator into the skin to the soft tissue in order to heat the local area for relaxing the injured tissue and/or disperse edema.

Valgus — Angulation outward and away from the midline of the body.

Varus — Angulation inward and toward the midline of the body.

Vasokonstriction — Decrease of local blood flow.

Vasodilation — Increase of local blood flow.

"Wind-Knocked-Out" — Syndrome describing a contraction of the abdominal nerve trunk, the solar plexus, as a result of an abdominal contusion.

Zygoma — The cheekbone.

2008-2009 KEY DATES

2008

Late July	Training camps open.
July 22*	Signing period ends at 4:00 PM ET for unrestricted free agents who received June 1 tender. (*Or the first scheduled day of the first NFL training camp, whichever is later.)
August 3	Pro Football Hall of Fame Game, Canton, Ohio (Indianapolis vs. Washington)
August 7-11	First full preseason weekend
August 26	Roster cutdown to maximum of 75 players
August 30	Roster cutdown to maximum of 53 players
August 31	Clubs may establish practice squad of eight players
September 4-8	Kickoff 2008 Weekend
December 28	Regular season ends

2009

January 3-4	Wild Card Playoffs
January 10-11	Divisional Playoffs
January 18	Conference Championships
February 1	Super Bowl XLIII, Tampa, Fla. (NBC)
February 8	AFC-NFC Pro Bowl, Honolulu, Hawaii (NBC)

SEAHAWKS

ADMINISTRATION

Chairman	Paul G. Allen
Chief Executive Officer	Tod Leiweke
President of Football Operations	Tim Ruskell
Chief Financial Officer	Martha Fuller
Chief Operating Officer	John Rizzardini
Vice President/Facility Operations & Services	Susan Darrington
Vice President/Community Relations	Mike Flood
Vice President/Football Administration	John Idzik
Vice President/Corporate Partnerships	Ron Jenkins
Vice President/General Counsel & Business Development	Lance Lopes
Vice President/Partnership Development	Scott Patrick
Vice President/Communications & Broadcasting	Dave Pearson
Vice President/Player Personnel	Ruston Webster
Director of Human Resources	Cindy Kelley
Assistant Director of Human Resources	Sarita Carter
Executive Assistant/CEO	Anne Mitsakos
Executive Assistant	Kim Lindbeck
Executive Assistant	Charlotte Kores
Administrative Assistant	Megan West
Director of Fields & Facilities	John Wright
Facilities Manager	Dale Cramer
Fields/Maintainance Coordinator	Duc Dinh
Fields/Projects Coordinator	Sean Vanos
Fields Assistant	Sergio Pedroza
Travel Coordinator	Janice Schweitzer
Director of Security	Rick Ninomiya
Security Assistant	James Yoshida
Receptionist	Natalie Thomas
Office Assistant	Heather Stamp
Team Executive Chef	Mac McNabb



ADMINISTRATION: (Standing L-R) Anne Mitsakos, Sarita Carter, Eric Heuston, Cindy Kelley, Kim Lindbeck (Seated L-R) Heather Stamp, Natalie Thomas



FINANCE: (Back L-R) Orustus Petty, William Saguilla, Scott McFadden, Patrick McCluskey (Front L-R) Heather Palmer, Tina Godfrey, Bethany Hensley, Deepthi Krishnan, Ping Chen, Karen Harrison, Sayreen Kara, Martha Fuller

FINANCE

Director of Finance	Karen Harrison
Senior Accounting Manager	Ping Chen
Accounting Manager	William Saguilla
Business Manager	Patrick McCluskey
Senior Accountant/Compliance Coordinator	Scott McFadden
A/P Accounting Administrator	Tina Godfrey, Heather Palmer
Payroll Specialist	Bethany Hensley
Senior Accountant	Sayreen Kara
Staff Accountant	Deepthi Krishnan
FGI Bookkeeper/Payroll	Orustus Petty



INFORMATION SYSTEMS: (L-R) Joseph Nicoletti, Allen Olson, Robert Ullman, Steve Steensma

INFORMATION SYSTEMS

Applications Developer/DBA	Joseph Nicoletti
Client/Server Information Systems Administrator	Steve Steensma
Client/Server Information Systems Administrator	Allen Olson
Database Administrator	Robert Ullman



COMMUNICATIONS & BROADCASTING: (Standing L-R) Dave Pearson, Matt Johnson, Rich Gonzales, Lane Gammel, Brian O'Connell. (Seated L-R) Julie Barber, Jeff Garza, Suzanne Lavender

COMMUNICATIONS & BROADCASTING

Director of Corporate Communications	Suzanne Lavender
Director of Communications	Lane Gammel
Assistant Director of Broadcasting	Brian O'Connell
Communications Manager	Rich Gonzales
Communications Assistant	Jeff Garza
Media Services Coordinator	Julie Barber
Executive Producer	Matt Johnson
Web Writer	Mike Kahn



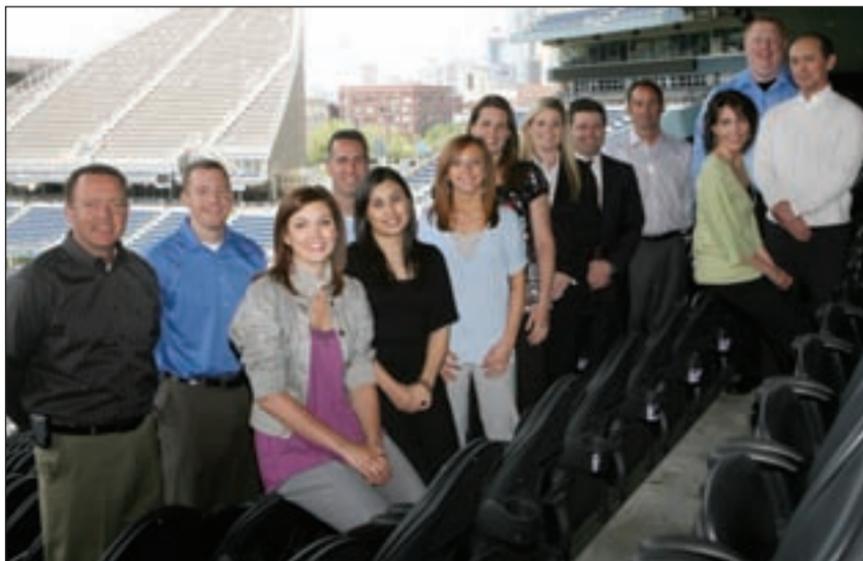
COMMUNITY OUTREACH: (L-R) Keith Rousu, Mike Flood, Sandy Gregory, Carlos Oseguera, Ryan Madayag, J.P. Shin, Connie Cate, Paul Johns, Kevin Griffin

COMMUNITY OUTREACH

Director of Community Outreach	Sandy Gregory
Assistant Director of Community Outreach	Paul Johns
Community Outreach Coordinator	J.P. Shin
Community Outreach Assistant	Connie Cate
Director of Sea Gals	Sherri Thompson

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Fan Development Coordinator Carlos Oseguera



CORPORATE PARTNERSHIPS: (L-R) John Pleas, Luke Grothkopp, Lisa Gregory, Ron Jenkins, Teresa Morales, Kristy Springer, Kristina Howell, Christy Grady, Bill Chapin, Brian Jones, Gina Martinez Todd, Kenton Olson, Glen Iwasaki

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Corporate Partnership Service Coordinator
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Graphic Designer Glen Iwasaki

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Production Services Manager David Glass

MARKETING, SUITE SALES & WEB

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Director of Corporate Hospitality, Suite Sales, & Service Amy Sprangers
Suite Sales Manger Eric Engberg
Suite Services Coordinator Lis Kanyer
Corporate Hospitality Manager Sarah Tompkins
Marketing and Sales Manager Stephanie Gray
Graphic Design Manager John Weaver
Database Marketing Manager Stacey Terry
Database Marketing and Research Coordinator Mike Spring
Digital Media Manager Kenton Olson



MARKETING, TICKET & SUITE SALES & SERVICE: (L-R) Chuck Arnold, Gary Boyle, Lis Kanyer, Don Repp, Erin Johnson, Mike Spring, Maryann Boddy, Will Brantley, Stephanie Gray, Mike Naehr, Amy Sprangers, Chris Lawrence, Meryl Stinehour, Kevin Tiemann, Christine Hengtgen, Casey Shaw, John Weaver, Steve Lund



SECURITY: (L-R) Rick Ninomiya & Jim Yoshida



GAMEDAY & VIDEO PRODUCTION: (L-R) David Glass & Rick Crawford

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 Box Office Manager - FGI Don Repp
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 Group Sales & Service Specialist Casey Shaw
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 Pro Shop Manager Melanie Pulley
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 Warehouse Coordinator Nate Oziel
 Warehouse Associate Nick Haswell
 Retail Sales & Service Coordinator Bryan Poole



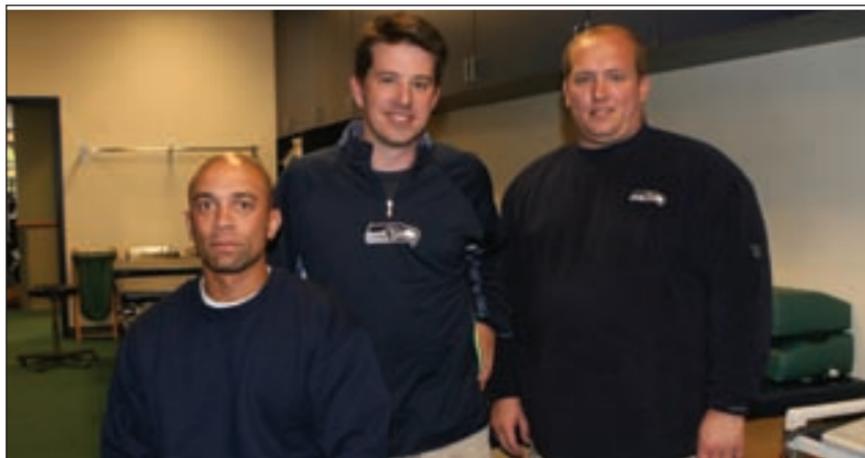
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College Scouting Administrator	Kirk Parrish
Executive Assistant/President & GM	Teresa Widner
Director of Rehabilitation/Associate Athletic Trainer	Reggie Barnes
Assistant Athletic Trainer	Donald Rich
Director of Player Development	Maurice Kelly
Director of Video	Thom Fermstad
Assistant Director of Video	Brad Campbell
Video Assistant	John Mallory
Equipment Manager	Erik Kennedy
Equipment Assistants	Jeff Inderhees, Derin Lazuta, Zach Struck
Team Travel/Training Camp Coordinator	Jeremy Young
Football Administration Coordinator	A.J. Durso
Executive Assistant/Head Coach	Jeanne Denkmann
Team Medical Director	Dr. Brad Shoup
Head Team Orthopedist	Dr. Ed Khalfayan
Team Orthopedist	Dr. Mike McAdam
Team Physiatrist	Dr. Stan Herring
Practices:	Shoup, Totem Lake Family Medicine (Kirkland); Khalfayan & McAdam, Orthopedic Physicians Associates (Seattle); Herring, Puget Sound Sports and Spine Physicians at Harborview Spine Center (Seattle)



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TRAINERS: (L-R) Reggie Barnes, Sam Ramsden, Donald Rich



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EQUIPMENT: (L-R) Jeff Inderhees, Erik Kennedy, Zach Struck, Derin Lazuta

FIRST & GOAL, INC.

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Human Resources Manager.....	Eric Heuston
Sales & Marketing Manager.....	Sara Elswick
Event Services Manager	Don Meucci
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EVENT SERVICES & MARKETING: (L-R) Tom Emanuel, Sarah Elswick, David Young, Don Meucci, Natascha Robinson, Ronson Bailey, J. Lee Cook, James Kraman, Jennifer DeArment, Jim Cloninger



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 Natasha Robinson
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Maintenance Lead	Dennis Holmstrom
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Senior Maintenance Administrator	Rebecca Topp
Field Crew	Devon Moore, Raul Rios



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FIELDS: (L-R) Darrell Smith, Brady Murray, John Wright, Devon Moore, Raul Rios

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CREDITS

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