



2009 MEDIA GUIDE



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PASSION

PASSION IS OUR PASSION

CHARACTER

CHARACTER IS OUR COMMITMENT

12TH MAN

THE 12TH MAN IS OUR FOCUS

EXCELLENCE

EXCELLENCE IS OUR GOAL



The term 12th MAN[®] is a trademark of Texas A & M University and its use is pursuant to a license agreement with the university.

IN MEMORY OF
MIKE KAHN

1954 – 2008



Mike served as the team's digital media reporter for seahawks.com since 2004.

IN MEMORY OF
SCOTT PATRICK

1957 – 2008



Scott spent 12 seasons with the Seahawks as vice president in the corporate partnerships department.

IN MEMORY OF
ROD O'CONNOR

1941 – 2008



For more than nine years, Rod worked as a lead in the housekeeping and conversion departments at Qwest Field.

"The foundation for every successful organization is the dedicated men and women who humbly work alongside others to create a spirit of family and togetherness. Mike, Rod and Scott embodied the spirit of our family." – Tod Leiweke

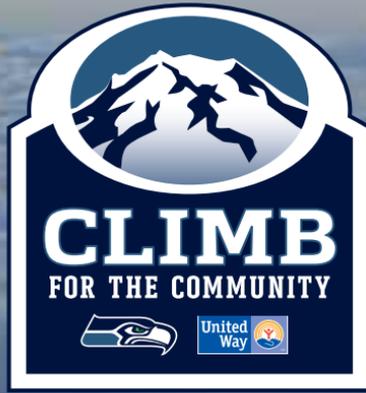
SPIRIT OF 12 PARTNERS™

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 2008, over \$237,000 was raised in the Qwest Spirit of 12 Partners Program and more than \$1.3 million in total funds since 2004.

The Paul G. Allen Family Foundation's mission is to enrich lives and strengthen communities in the Pacific Northwest. Grants are awarded in the areas of arts and culture, community development and social change, economic relief, education and youth engagement, and science and technology.

More Than \$1.3 Million Raised!





*Seahawks Head
Coach Jim Mora*

*NFL Commissioner
Roger Goodell*



United Way of King County

In 2008-09, the Seattle Seahawks partnered with United Way of King County to chair their annual Giving Campaign. Spearheaded by Vulcan Sports & Entertainment CEO Tod Leiweke, the campaign raised more than \$100 million which will fight family homelessness and help meet people's most basic needs of food and housing. Along with public service announcements, Seahawks players and staff made more than 80 appearances and hosted several events to raise funds and awareness for the crisis of family homelessness. The Campaign was capped with the 'Climb for the Community' of Mt. Rainier (14,410 ft. ASL). Alongside Leiweke, NFL Commissioner Roger Goodell, Seahawks Head Coach Jim Mora and world-renowned mountaineer Ed Viesturs summited the peak.

"The Seahawks are proud to lend our voice and assets to help tackle family homelessness," said Seahawks CEO Tod Leiweke. "Together with United Way, we are bringing people together to make a positive difference for families in the Pacific Northwest."



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 yearbooks at UW Medical Center and gave teddy bears to patients at Children's Hospital.

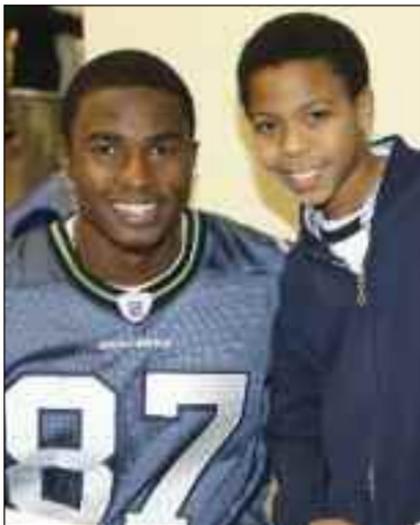


John Carlson and two Sea Gals pose for a photo with a patient at Children's Hospital.

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 pre-season game against the Bears on August 16. 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 donated more than \$1,700 in cash. The promotion benefited over 3,000 students in the Seattle and Tacoma area.



Ben Obomanu visits with a student at the CIS First & Goal Luncheon.



BOEING CLASSIC

Experience the Excitement • Make a Difference



COMMUNITY

This year's event takes place August 28-30. A full week of golf is scheduled leading up to the Champions Tour event.

The Jim Mora Celebrity Golf Classic will be held on Monday, August 24, and will be the kickoff event for the Boeing Classic. The tournament will benefit the *Jim Mora Count On Me Family Foundation* and the *Nutrition and Fitness for Life* program at Virginia Mason Medical Center. Current and former professional athletes will join Jim Mora for this special event, along with entertainment personalities.



TEAM VIRGINIA MEDICINE



HOMETOWN HUDDLE



Seahawks players and Sea Gals pose for a picture outside the First Place School.

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 ninth year the Seahawks participated in the program.

The Seattle Seahawks donated more than

\$5,000 worth of swim gear and playground equipment to the students at First Place, a non-profit school and social service agency devoted to helping children and families who are vulnerable due to transition, crisis or homelessness.

PETE GROSS HOUSE

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

This housing project is named after Pete Gross, the Seahawks play-by-play announcer from 1976-92, who succumbed to cancer in 1992 just three days after being inducted into the Seahawks Ring of Honor. The Seahawks took a very active role in seeing this project through to completion and will host the 16th annual "Pete Gross House Luncheon" in 2009. Last year, more than \$180,000 was raised for the Pete Gross House. The club also donated more than 40 televisions to the house.



Pete Gross addresses a Kingdome crowd while being inducted into the Seahawks Ring of Honor in 1992.

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 2008, more than 175 students volunteered over 6,000 hours of community service during the 5-month program. \$20,000 in college scholarships were distributed to 10 students (\$5,000 to top male and female; \$1,000 to the other 10 finalists) for their outstanding leadership and service in their communities.



Seahawks CEO Tod Leiweke honoring Qwest Leadership winners before a Seahawks game.

GATORADE JR. TRAINING CAMPS



A young participant takes a water break 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.

HIGH SCHOOL COACH OF THE WEEK AND COACH OF THE YEAR



Phil Zukowski was presented with the High School Coach of the Year Award at halftime of a Seahawks game.

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.

Cashmere High School's Phil Zukowski was named the 2008 Seattle Seahawks High School Coach of the Year after his team posted a 12-0 season and won the 1A State Championship. Zukowski 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. Seahawks players

buy tickets and donate them to various charities around the Pacific Northwest. Last season four players participated in the program, each donating 20 tickets to every game. The players donated more than 650 tickets for the season. More than 25 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 Walter Jones and T.J. Duckett.



T.J. Duckett provided tickets for every home game.

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 seventh annual Seattle Seahawks Tackle Child Abuse Dinner/Auction at The Westin Bellevue to benefit Childhaven. The event raised more than \$450,000 for Childhaven's Capital Campaign, including \$153,000 to Fund-A-Need for their Crisis Nursery. More than 400 guests were in attendance as Mack and Zoe Strong were honorary chairs. Chris Gray was honored as the 2008 Seahawks Courage Award winner.

SUSAN G. KOMEN, RACE FOR THE CURE

The Komen Seattle Race for the Cure held at Qwest Field raises 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 7, 2009, over \$1.7 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!



READY, SET, GOALS

Ready, Set, Goals is the Seahawks literacy program. 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 football season, a player writes a story based around a goal he had set and achieved. The students then write stories about their own personal goals. Four classrooms are chosen to participate in a live videoconference with the Seahawks player of the month.



Walter Jones reads a Dr. Seuss book to a group of students.

STATS FOR KIDS

Throughout the football season, there are a number of ways in which players can benefit local charities by raising their level of performance on the field. Programs have been developed that unite charities with sponsors who donate money based on game day performances. The program earned a grand total of \$266,972.53. Listed below are the programs which were in place during the 2008 football season:



FIRST DOWNS FOR KIDS

For every Seahawks first down, a donation was made to Boyer Children's Clinic. The program raised \$22,015.

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 \$231,932.

WINNING TO TACKLE HUNGER

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

THE POWER OF 12

For every opponent false start, a donation was made to the Pete Gross House. The program raised \$2,250 in 2008.



PLAY 60

American Heart
Association 
Learn and Live®

Designed to tackle childhood obesity, NFL Play 60 brings together the NFL's long-standing commitment to health and fitness with an impressive roster of partner organizations – Action for Healthy Kids, Ad Council, American Heart Association, National Dairy Council, Nickelodeon, United Way, and the U.S. Department of Health and Human Services.



FISH AND FEAST

The Seahawks teamed up with the C.A.S.T. for Kids Foundation to host the 3rd Annual Seahawks Fish and Feast Charity Fundraiser on May 17, 2009, at the Virginia

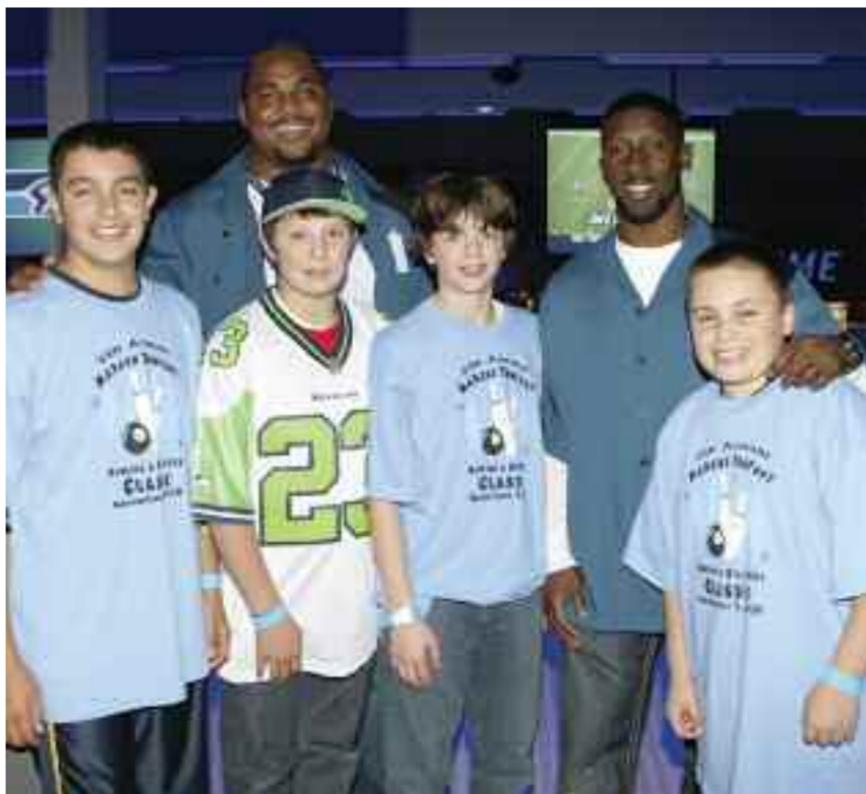
Mason Athletic Center on Lake Washington. The day kicked off with event sponsors spending a few hours on the water with Seahawks players and coaches followed by a BBQ hosted by Famous Dave's BBQ and live and silent auctions.

Patrick Kerney was the honorary chairman of the event and was joined by six of his teammates and two assistant coaches.

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.

Matt Hasselbeck holds a fish at the 3rd Annual Fish and Feast Charity Fundraiser.





Seahawks 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

TD FOUNDATION (TJ DUCKETT)

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.



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



JIM MORA COUNT ON ME FAMILY FOUNDATION

The Jim Mora Count On Me Family Foundation supports children in need (primarily in three target areas: from low socio-economic backgrounds, mentally and physically challenged, and children at-risk) by affording them the opportunity to realize their potential and dreams, help create more stability in their lives, support advocacy for children, and support channels that allow children to have a voice.



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

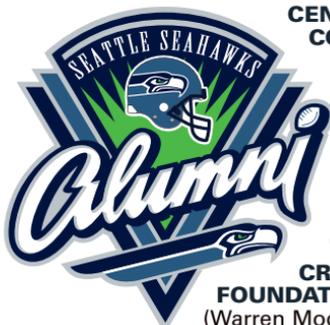
The Trufant Family Foundation wishes to make a lasting impact on the community that is positive and motivating. We want our family and the people who volunteer their assistance to understand the importance of giving to others and to experience the satisfaction of helping others. Website: www.trufantfamilyfoundation.com



QUINN'S CORPS FOUNDATION (DAN QUINN)

The Quinn's Corps Foundation is focused on the idea of a "corps", a body of people associated under common direction. The Foundation partners with others who share a passion for helping children in the areas of health care, education, and athletic participation.

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)

BOBBY ENGRAM FOUNDATION

(Bobby Engram)

PRO ATHLETES OUTREACH

(Norm Evans)

TOM FLORES YOUTH FOUNDATION

(Tom Flores)

TALON FOUNDATION

(Byron Franklin)

LIFE ATHLETES INC.

(Chris Godfrey)

JACOB GREEN CHARITY GOLF CLASSIC

(Jacob Green)

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)

STRONGER FAMILIES

(Jeff Kemp)

GEORGE KOONCE SR. FOUNDATION

(George Koonce)

THE DEEMS MAY FOUNDATION

(Deems May)

MAC'S MIRACLE FUND

(Michael McCrary)

REGGIE MCKENZIE FOUNDATION

(Reggie McKenzie)

CENTRAL AREA COMMUNITY FESTIVAL

(Vic Minor)

RICK MIRER CHILDREN'S CHARITY FOUNDATION

(Rick Mirer)

MYLES FOR KIDS FOUNDATION

(DeShone Myles)

CRESCENT MOON FOUNDATION

(Warren Moon)

ROBERT PENCHION FOUNDATION

(Robert Penchion)

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)

THE LEONARD WEAVER FAMILY FOUNDATION

(Leonard Weaver)

JIMMY WILLIAMS INERCEPTING OUR YOUTH FOUNDATION

(Jimmy Williams)

SHOW THEM WE CARE FOUNDATION

(Willie Williams)

GRANT WISTROM FOUNDATION

(Grant Wistrom)

WUNSCH FAMILY FOUNDATION

(Jerry Wunsch)



PAUL G. ALLEN

CHAIRMAN, VULCAN SPORTS & ENTERTAINMENT



Growing up in the Northwest, Paul G. Allen's passion for football was kindled attending University of Washington football games. 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 five of the last six 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 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. In addition, Allen's multibillion dollar investment portfolio includes stakes in technology, media and content companies. Allen also owns the Portland Trail Blazers NBA franchise and is a member of the ownership group for the Seattle Sounders FC of the MLS.

Raised in the Pacific Northwest, Paul Allen has been named one of the top philanthropists in America - with lifetime giving totaling more than \$950 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, 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 suborbital 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. 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
Chairman, Vulcan Sports
& Entertainment



JODY PATTON
President & CEO
Vulcan Inc.



BERT KOLDE
Vulcan Inc.



MARTHA FULLER
Vulcan Inc.

TOD LEIWEKE

CEO VULCAN SPORTS & ENTERTAINMENT



Tod Leiweke enters his seventh season with the Seattle Seahawks after joining the club in June 2003. This marks Leiweke's 27th season in professional sports. On March 1, 2007, Paul Allen named him CEO of Vulcan Sports and Entertainment, a new entity in which Leiweke assumed responsibility for all aspects of the Seahawks, Sounders FC, 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 manages Allen's minority ownership interest for Seattle Sounders FC which began 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 sellout streak at Qwest Field to 52 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. 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, Big Brothers Big Sisters of Puget Sound and Special Olympics Washington. 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 more than \$2 million its first five years with the primary beneficiary being The Heart Institute at Virginia Mason Medical Center. 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.

CLIMB FOR THE COMMUNITY

Leiweke chaired a 2008-09 United Way campaign that raised more than \$100 million to help fight family homelessness and help meet people's most basic needs of food and housing in King County. The campaign was capped with a "Climb for the Community" of Mt. Rainier (14,410 ft. ASL) alongside the Commissioner of the NFL Roger Goodell, Seahawks Head Coach Jim Mora and world-renowned mountaineer Ed Viesturs.



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 sellouts for every game in each of its first four seasons. Prior to joining the Wild, he served as the inaugural executive

director of The First Tee 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, 49 (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 fifth season as president of football operations 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. This past off-season, Ruskell and his staff managed a free agency and draft period that many NFL analysts considered one of the best in the NFL. The off-season began with Ruskell's oversight of the transition from Mike Holmgren to Jim Mora, who took over as head coach of the Seahawks. The Seahawks bolstered their receiving group with WR T.J. Houshmandzadeh, the top wide receiver in free agency, and also tackled depth at defensive line signing Colin Cole and Cory Redding. Seattle used the fourth overall selection in the NFL Draft, the Seahawks highest since 1997, to select LB Aaron Curry. That selection allowed the team to remove the franchise tag from LB Leroy Hill to expedite a smooth negotiation process that now gives Seattle one of the top linebacker trios in the NFL. During the draft, the Seahawks successfully traded away a second-round selection to Denver for the Broncos' 2010 first-round choice. Seattle was still able to select C Max Unger later in the second round, the same player who the team

was originally going to pick with the choice they traded to Denver. With the belief that character plays an integral role in building a winning attitude, Ruskell's personnel decisions reflect that mindset. In his first draft with the club in 2005, the Seahawks selected C Chris Spencer, LBs Lofa Tatupu and Hill, all starters. Tatupu, who many analysts considered a reach in the second round, earned three consecutive trips to the Pro Bowl (2005-07), 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 FS Deon Grant, DE Patrick Kerney and Houshmandzadeh into the fold over the last three years. In August 2008, he was named by NFL Commissioner Roger Goodell to be one of the charter members of the newly formed General Managers Advisory Committee (GMAC) which will advise the League on a number of policy recommendations and changes. A scouting veteran of more than 20 years, Ruskell last served as the Atlanta Falcons assistant general manager under highly regarded Falcons President and General Manager Rich McKay. 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 assisted McKay in piecing 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. He 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. Prior to joining the Buccaneers, he served as the director of scouting for the USFL's Tampa Bay Bandits from 1985-86, and 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.

JOHN RIZZARDINI**COO SEAHAWKS, SOUNDERS FC
AND FIRST & GOAL,**

In 2007, John Rizzardini assumed the position of Chief Operating Officer for the Seahawks, Sounders FC and First & Goal Inc. In this role, his priorities are 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 teams that include finance, branding, game presentation, human resources, website and customer service. Rizzardini oversees management of the operations 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. . During Rizzardini's lead, the team has also sold out 52 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.

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

Karen Harrison begins her 19th season with the Seahawks after originally joining the club in 1991 as a staff accountant. Promoted to her current position in May 2009, Harrison is responsible for the financial oversight of the Seahawks, First & Goal Inc., and Seattle Soccer LLC. She is charged with establishing budgets, forecasting and managing cash flow. She also oversees the teams' financial reporting and analysis as well as reporting to the Public Stadium Authority. Another aspect of this position is analyzing and handling economic challenges and opportunities as they relate to the National Football League and Major League Soccer. She also oversees the teams' information technology departments. In 1990, Harrison was loaned to the Seahawks from the public accounting firm Arthur Andersen & Company to assist in the Seahawks accounting department before being hired full time the following year. Promoted to controller in 1997, Harrison was promoted to Finance Director of the Seahawks in 2003 and added the same responsibility for First & Goal, Inc., in 2005. Was selected to attend the Inaugural Stanford Executive Education NFL Program for Managers in 2003. Harrison grew up in the North Seattle area before moving overseas where she lived in Tehran, Iran, from 1974-78. Returned to the states and graduated from Seattle's Nathan Hale High School at the age 16. Went on to earn a B.A. in Accounting from Seattle University. Lives outside of Black Diamond, Wash., in the Green River Valley with her two labs Sprocket and Mazie.

SUSAN DARRINGTON**VP FACILITY OPERATIONS &
SERVICES**

Susan Darrington enters her sixth 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 2 million guests and 300 events annually. Darrington is a facility management executive with over 18 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

VP COMMUNITY RELATIONS



Mike Flood enters his 13th 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 Sea-

hawks. He helped spearhead the state-wide campaign that resulted in the passage of Referendum 48 to build the new football/soccer stadium and exhibition complex. A Seattle native, Flood attended Blanchet High School for three years before graduating from McLean High School in 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

VP FOOTBALL ADMINISTRATION



John Idzik begins his third 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 operations while also remaining active in player evaluations. Idzik entered the NFL in 1993 with the Tampa Bay Buccaneers. He spent 11 years with the club, first as a 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 receivers coach at the State University of New York at Buffalo. Raised in a football family, Idzik's father, also John, was the head coach of the Aberdeen club after serving as an NFL assistant coach 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 the younger Idzik's Buccaneers won Super Bowl XXXVII, as his father was the offensive backfield coach of the Super Bowl V champion Baltimore Colts. A native of Detroit, Idzik graduated magna cum laude from Dartmouth College in 1982 with a bachelor's degree in mathematics, where he also played wide receiver for the Big Green. 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**VP CORPORATE PARTNERSHIPS**

Ron Jenkins enters his 11th season with the Seahawks and his third as Vice President of Corporate Partnerships. In this role, he oversees the organization's relationships with its business and media partners for both the Seahawks and the Seattle Sounders

FC, including Qwest Communications, Anheuser-Busch, Jones Soda, Virginia Mason Medical Center, Microsoft, adidas, Belo Corp, FSN, Bonneville Radio, 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, where they enjoy horseback riding, hiking, and biking.

LANCE LOPES**VP GENERAL COUNSEL**

Lance Lopes enters his ninth season with the Seahawks after being hired March 16, 2001. Lopes administers the legal affairs for the Seahawks, Sounders FC and First & Goal Inc. He also handles special projects for the organization, including the construction

of VMAC, the club's new headquarters and development of the WaMu Theater in the 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 negotia-

tions. 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.

DAVE PEARSON**VP COMMUNICATIONS & BROADCASTING**

Dave Pearson is entering his 21st season in the NFL and begins his 12th season with the Seahawks. Originally joining the Seahawks as director of public relations in 1998, he added the day-to-day oversight of the team's broadcast department in 2004. He was promoted

to vice president of communications and broadcasting on April 29, 2008. Pearson is responsible for managing the public image and overall communications strategy for the Seahawks and Sounders FC while serving as the primary liaison for local and national media outlets and broadcast partners. He also oversees all radio broadcasts, preseason telecasts, team-produced radio and television shows, publications and website content. As vice president, he also assumes various responsibilities revolving around game day operations at 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 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

VP PLAYER PERSONNEL



Ruston Webster begins his fourth 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 club's 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, Kimmerly, have three sons; Ryan, and twins Drew and Troy, and a daughter, Krysta.

TAG RIBARY

PRO SCOUT



Tag Ribary rejoins the Seahawks for the 2009 season as a pro scout. Ribary spent 11 seasons with the Seahawks from 1990-2000 as the team's assistant director of pro personnel. In his role as a pro scout, Ribary 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 will also coordinate free agent tryouts, monitors NFL transactions and assists in the recruiting and signing of all free agent players. Following his time in Seattle, Ribary became the director of pro personnel for the Washington Redskins in 2001. The next season he moved into a pro scouting role with the Carolina Panthers where he remained through the end of the 2007 season. He was part of a staff that helped the Panthers reach Super Bowl XXXVIII. A native of Seattle, Wash., Ribary graduated from Washington State University and Bellevue Christian (Wash.) High School. He and his wife, Eva, have a daughter, Regan, and son, Bennett.

DALE THOMPSON**PRO SCOUT**

Dale Thompson begins his second season with the Seahawks, first as a pro scout, after serving as an intern in the pro personnel department for the 2008 season. Thompson 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. After attending Santiago High School in Corona, Calif, Thompson attended the University of Southern California where he played tight end. During his career, the Trojans played in two national championship games, winning in 2004, won four Pac 10 titles, and won two Rose Bowls. He graduated with a degree in sociology.

He graduated with a degree in sociology.

AARON HINELINE**SPECIAL PROJECTS**

Aaron Hinline begins his fourth season with the Seahawks, first in the Special Projects capacity, after serving as an intern in the pro personnel department from 2006-08. Hinline will work exclusively with the vice president of player personnel and head coach

on various projects, including football research. In his previous role, he was responsible for the advance scouting of upcoming opponents and evaluating players in all professional leagues including the NFL, the Canadian Football League, and Arena Football Leagues. He also helped coordinate free agent tryouts, monitored NFL transactions, and attended spring college workouts in preparation for the NFL draft. Hinline was an all-state linebacker at Woodinville (Wash.) High School and was a USA Today Honorable Mention All-American. Hinline then attended Central Washington University where he was a four-year starter at fullback earning all conference in 2004. He became a graduate assistant at Central for one season coaching running backs and working with the strength and conditioning staff before joining the Seahawks in 2006. He is married to Gentry and they have a daughter, Peyton.

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 fifth 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 fifth 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 has two daughters, Maclain and Bridger.

JASON BARNES

AREA SCOUT (NORTHEAST)



Jason Barnes begins his fourth season with the Seahawks, his first working with the college scouting department after working with pro scouting the first three years. While working with the pro department, Barnes helped scout future Seahawks' opponents and assess talent

in all professional leagues including the NFL, the Canadian Football League and the Arena Football League. Lined up at wide receiver four seasons (2000-04) at Ball State University where he received a B.A. in criminal justice. A FortWayne, 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.

MATT BERRY

AREA SCOUT (SOUTHWEST)



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

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

ED DODDS

AREA SCOUT (MIDWEST)



Ed Dodds begins his third season with the Seahawks and second as a college scout after serving in the pro personnel department in 2007. Entering his seventh season in the NFL, Dodds joined the Seahawks in May 2007, after spending his first four seasons with

the Oakland Raiders. Dodds joined the Raiders after earning a degree in business marketing from Texas A&M-Kingsville. He was a student coach at Texas A&M-Kingsville from 2000-03, serving one year as quality control assistant for the offense, then handling quality control on defense for two seasons. He was a four-year starter at H.M. King High School in Kingsville, Texas, where he was a three-year all-district pick at guard and linebacker earning an invitation to the South Texas Shriners East-West All Star Classic in 1998.

DERRICK JENSEN

AREA SCOUT (SOUTHEAST)



Derrick Jensen begins his 19th year with the Seahawks scouting staff having been hired in 1991 after a seven-year NFL playing career as a full-back. 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 11th season with the Seattle Seahawks as a former player and scout. He begins his sixth 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 seasons with the Seahawks before being selected by the Cleveland Browns in the 1999 expansion draft. Eric and his wife, Tisa, have three daughters, Erisa, Payton, and Madison.

KIRK PARRISH

COLLEGE SCOUTING COORDINATOR



Kirk Parrish begins his 11th 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/foot-

ball 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 (North Kitsap HS). Kirk and his wife, Carol, 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 rehabil-

itation 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.





JIM MORA
HEAD COACH

SEAHAWKS EXPERIENCE: 3rd YEAR
NFL EXPERIENCE: 26th YEAR

Named to coach defensive backs on January 21, 2007, Mora enters his first year as Seahawks head coach after being named Mike Holmgren's successor on February 6, 2008. Entering his third year with the club, he is the seventh head coach in Seahawks history, and brings 25 years of defensive philosophy and coaching experience to the team.

In his first season with an overhauled secondary with the additions and leadership of safeties Deon Grant and Brian Russell in 2007, 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, led 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.

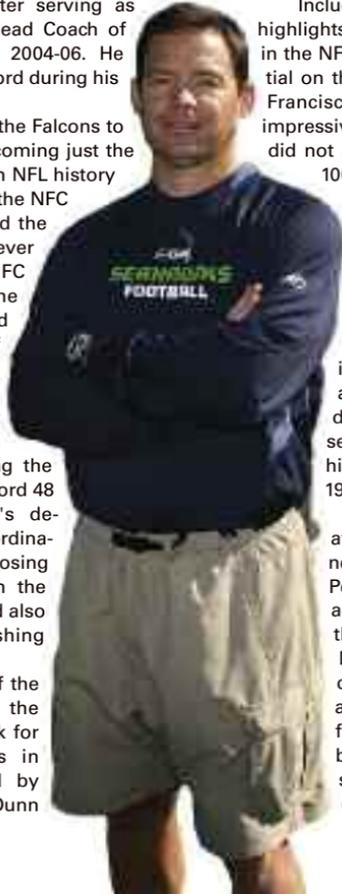
On the offensive side of the ball, Mora oversaw the League's top rushing attack for all three of his seasons in Atlanta. His offense, led by 1,000-yard rusher Warrick Dunn

in each season, was spearheaded by quarterback Michael Vick, the only quarterback in NFL history to rush for over 1,000 yards in a single-season (1,039 yards in 2006), while putting up near-career numbers in passing with a career-high 20 touchdowns passes the same season.

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 highlights, 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-economic backgrounds, mentally and physically challenged children, and "at-risk" children who lack stability or support in their lives. The West Coast expansion of the foundation was announced in Seattle on April 8, 2009

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>
2007-08	Seattle Seahawks <i>Asst. Head Coach/Secondary</i>
2009-	Seattle Seahawks <i>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	---	---	---
1999-08	Mike Holmgren	86	74	0	.538	4	6	.400
2009-	Jim Mora	0	0	0	.000	---	---	---

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

MORA'S HEAD COACHING RECORD

Year	Team	W	L	T	Pct.	Finish
2004	Atlanta	11	5	0	.688	1st, NFC South <i>Divisional Playoff victory vs. St. Louis, 47-17</i> <i>NFC Championship Game loss at Philadelphia, 27-10</i>
2005	Atlanta	8	8	0	.500	3rd, NFC South
2006	Atlanta	7	9	0	.438	3rd, NFC South
Reg. Season (3 Yrs.)		26	22	0	.542	
Postseason (1 Yrs.)		1	1	0	.500	
Combined Record		27	23	0	.540	

MORA VS. NFL

Team	Regular Season	Postseason	Total
AMERICAN FOOTBALL CONFERENCE			
Baltimore Ravens	0-1	---	0-1
Buffalo Bills	1-0	---	1-0
Cincinnati Bengals	1-0	---	1-0
Cleveland Browns	0-1	---	0-1
Denver Broncos	1-0	---	1-0
Houston Texans	0-0	---	0-0
Indianapolis Colts	0-0	---	0-0
Jacksonville Jaguars	0-0	---	0-0
Kansas City Chiefs	0-1	---	0-1
Miami Dolphins	1-0	---	1-0
New England Patriots	0-1	---	0-1
New York Jets	1-0	---	1-0
Oakland Raiders	1-0	---	1-0
Pittsburgh Steelers	1-0	---	1-0
San Diego Chargers	1-0	---	1-0
Tennessee Titans	0-0	---	0-0
NATIONAL FOOTBALL CONFERENCE			
Arizona Cardinals	2-0	---	2-0
Atlanta Falcons	0-0	---	0-0
Carolina Panthers	3-3	---	3-3
Chicago Bears	0-1	---	0-1
Dallas Cowboys	0-1	---	0-1
Detroit Lions	1-2	---	1-2
Green Bay Packers	0-1	---	0-1
Minnesota Vikings	1-0	---	1-0
New Orleans Saints	3-3	---	3-3
New York Giants	1-1	---	1-1
Philadelphia Eagles	1-1	0-1	1-2
St. Louis Rams	1-0	1-0	2-0
San Francisco 49ers	1-0	---	1-0
Seattle Seahawks	0-2	---	0-2
Tampa Bay Buccaneers	3-3	---	3-3
Washington Redskins	1-0	---	1-0
Career Totals	26-22	1-1	27-23



SEAHAWKS EXPERIENCE: 1st YEAR
NFL EXPERIENCE: 4th YEAR

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

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

Prior to Tampa Bay, he spent 10 seasons as an assistant coach at his alma mater, North Dakota State (1996-2005), including six as the assistant head coach (2000-05). He also served as defensive coordinator for the Bison from 1997-2002, and again in 2005.

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

He was the head coach at Fort Lewis College

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

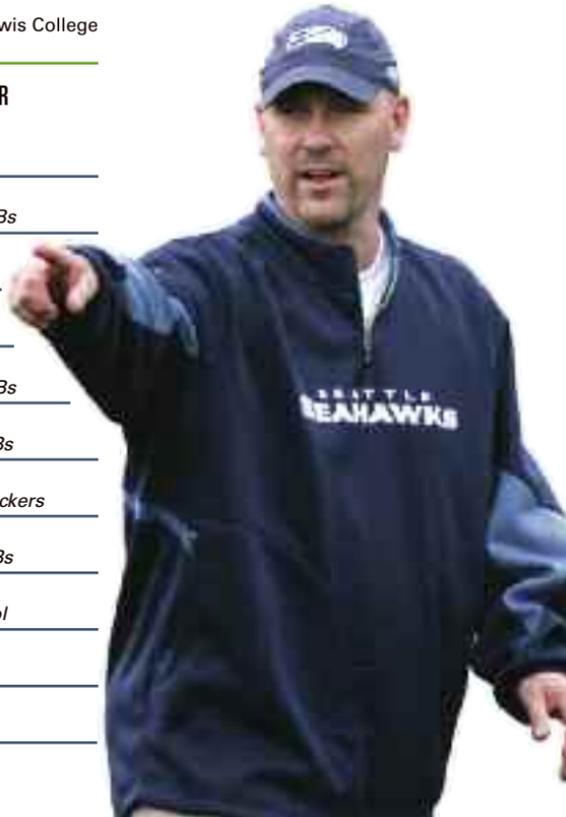
Bradley played his college football at North Dakota State (1984-1988), where he was a free safety and punter, a four-time academic All-North Central Conference selection and a valuable member of the 1988 national championship football team.

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

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

BRADLEY'S COACHING CAREER

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





GREG KNAPP
OFFENSIVE COORDINATOR

SEAHAWKS EXPERIENCE: 1st YEAR
NFL EXPERIENCE: 15th YEAR

Named offensive coordinator on January 8, 2009, Knapp joins the Seahawks after spending two years in the same capacity with the Oakland Raiders.

He broke in to the NFL with the San Francisco 49ers in 1995, serving three years as offensive quality control coach (1995-97) and three years as quarterbacks coach before being promoted to offensive coordinator from 2001-03. In 2004, he joined head coach Jim Mora in Atlanta where he also served three years as offensive coordinator.

During his 14 years on the offensive side of the ball in the NFL, 10 of the 14 quarterbacks have taken part in the Pro Bowl (Steve Young from 1995-98, Jeff Garcia from 2000-03 and Michael Vick from 2005-06).

In his eight years as offensive coordinator, Knapp's rushing attack has placed in the NFL top-10 all eight seasons, including five top-five finishes and led the NFL in rushing three consecutive seasons, all during Mora's tenure in Atlanta (2004-06).

His Atlanta offense, led by 1,000-yard rusher Warrick Dunn in each season, was spearheaded by quarterback Michael Vick, the only quarterback in NFL history to rush for over 1,000 yards in a single-season (1,039 yards in 2006), while putting up near-career numbers in passing with a career-high 20 touchdowns passes the same season.

A well-balanced play-caller, Knapp has managed the NFL's elite players to career seasons. As quarterbacks coach for Hall of Famer Steve Young in 1998, Knapp's calls helped Young to a career-year and San Francisco single-season record with 4,170 passing yards and 36 touchdowns. That passing yardage record lasted only two years, when Jeff Garcia broke it with 4,278 yards under Knapp's guidance.

Promoted to coordinator in 2001, he witnessed Garcia become the first quarterback in 49ers history to pass for 30+ touchdowns in back-

KNAPP'S COACHING CAREER

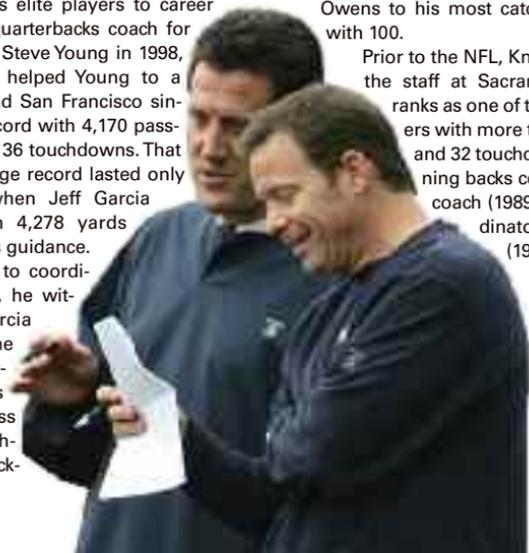
1986-89	Sacramento State <i>Running Backs</i>
1989-90	Sacramento State <i>Wide Receivers</i>
1991-94	Sacramento State <i>Asst. Head Coach/Off. Coord.</i>
1995-97	San Francisco 49ers <i>Quality Control/Offense</i>
1998-00	San Francisco 49ers <i>Quarterbacks</i>
2001-03	San Francisco 49ers <i>Offensive Coordinator</i>
2004-06	Atlanta Falcons <i>Offensive Coordinator</i>
2007-08	Oakland Raiders <i>Offensive Coordinator</i>
2009-	Seattle Seahawks <i>Offensive Coordinator</i>

to-back seasons, while developing Terrell Owens in to one of the league's-best receivers. Owens posted a career-high 16 scores and had his second-best year in yards with 1,412 in 2001. The following season, Knapp's passing game allowed Owens to his most catches in a single-season, with 100.

Prior to the NFL, Knapp spent nine years on the staff at Sacramento State, where he ranks as one of the school's all-time leaders with more than 3,800 passing yards and 32 touchdowns. He served as running backs coach (1986-89), receivers coach (1989-90) and offensive coordinator/assistant head coach (1991-94).

He went to training camps with Kansas City (1986), L.A. Raiders (1987-90) and San Francisco (1992-94).

A native of Seal Beach, Calif., he and his wife, Starla, have one daughter, Jordan.





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 Mora, Bruce DeHaven, Greg Knapp and Dan Quinn.

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.

Prior to joining the NFL, Beake was a Civil Engineer Officer in the Air Force (1995-98), earning his master's degree in business administra-

tion 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>
2009-	Seattle Seahawks <i>Offensive Asst./Asst. Special Teams</i>



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 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" *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 defensive 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, Kan., Mike and his wife, Kris, have three children, Matthew, J.J. and Alicia.

CLARK'S COACHING CAREER

1977-78	University of Kansas <i>Graduate Assistant</i>	1983-87	University of Oregon <i>Head Strength & Conditioning</i>
1979-80	Topeka (Kan.) High School <i>Defensive Coord. & Linebackers</i>	1988-89	University of Southern California <i>Head Strength & Conditioning</i>
1981	University of Wyoming <i>Head Strength & Conditioning</i>	1990-03	Texas A&M University <i>Head Strength & Conditioning</i>
1982	University of Kansas <i>Head Strength & Conditioning</i>	2004-	Seattle Seahawks <i>Head Strength & Conditioning</i>



Joining the Seahawks staff under Mike Holmgren on March 4, 2008, as assistant offensive line coach, DeBord takes over tight end duties in 2009. He came to Seattle after spending 26 years in the college ranks, including 12 of the last 16 years at the University of Michigan.

DeBord's main responsibilities will be to continue the maturation process of John Carlson. Carlson became the fourth rookie in NFL history to lead his team in catches (55), yards (627) and touchdowns (5) in a season. His catches and yards set single-season Seattle records for a tight end, and his five scores tied the single-season mark.

DeBord was appointed to the Michigan staff in 1992 as the offensive line coach and elevated to assistant head coach in 1995. DeBord was pro-

moted 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>	1995-96	Michigan <i>Asst. Head Coach/Off. Line</i>
1984	Fort Hays <i>Offensive Line</i>	1997-99	Michigan <i>Offensive Coordinator/TEs</i>
1985-86	Fort Hays <i>Offensive Coord./QBs/WRs</i>	2000-03	Central Michigan <i>Head Coach</i>
1987-88	Eastern Illinois <i>Offensive Line</i>	2004-05	Michigan <i>Special Teams/Recruiting Coord.</i>
1989	Ball State <i>Offensive Line</i>	2006-07	Michigan <i>Offensive Coordinator/TEs</i>
1990-91	Colorado State <i>Offensive Line</i>	2008	Seattle Seahawks <i>Assistant Offensive Line</i>
1992	Northwestern <i>Offensive Line</i>	2009-	Seattle Seahawks <i>Tight Ends</i>
1992-94	Michigan <i>Offensive Line</i>		



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

Last season, he helped Josh Wilson become one of the most dangerous returners in the League. Wilson set single-season Seattle records in kickoff returns (69) and kickoff return yards (1,753), while ranking second in the NFL in returns of 40+ yards (8).

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 playoff 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, since broken by Atlanta's 51 yards in 2008, 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

DeHAVEN'S COACHING CAREER

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

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, 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 High School. A graduate of Southwestern College in Kansas with a degree in history and political science, DeHaven was a basketball standout, leading the team in scoring two consecutive years. He also participated in track and field and is a member of the Athletic Department's Hall of Fame. He and his wife, Kathy, have a son Tobin Scott and daughter AnnieMaude.



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

This season he looks to re-vamp an offensive running attack, along with coordinator Greg Knapp, whose running schemes consistently ranked in the top 10.

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 nationally 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), Idaho (1995) 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 Bill Walsh

NFL Minority Coaching Fellowship 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>
1994	University of San Diego <i>Tight Ends/Wide Receivers</i>
1995	Idaho, <i>Cornerbacks</i>
1996-97	New Mexico, <i>Cornerbacks</i>
1998	Washington State, <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>
2003	Texas Christian, <i>Cornerbacks</i>
2004-06	Arizona, <i>Running Backs</i>
2007	Baylor <i>Asst. Head Coach/Special Teams/Wide Receivers</i>
2008	Maryland, <i>Wide Receivers</i>
2008-	Seattle Seahawks <i>Running Backs</i>



TOM HEADLEE

QUALITY CONTROL/DEFENSE

SEAHAWKS EXPERIENCE: 4th YEAR
NFL EXPERIENCE: 4th 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, play-book production, and assisting defensive coordinator Gus Bradley.

A graduate of Washington State University,

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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DARREN KREIN

ASSISTANT STRENGTH & CONDITIONING

SEAHAWKS EXPERIENCE: 11th YEAR
NFL EXPERIENCE: 11th YEAR

Darren Krein originally joined the Seahawks in his current position on 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 offseason 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 as the replacement for Jim Zorn, who took over head coaching duties in Washington the week prior.

With Hasselbeck sidelined for most of 2008, he helped Seneca Wallace improve his game. Wallace did not throw an interception in 184 attempts, a Seahawks record, and posted a career-high passer rating of 128.9 vs. New England (12/7/08).

Lazor spent four years 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 recruit-

ing 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 Nicole, with one son, Nolan, and a newborn expected in August 2009.

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>



Named to his current position on January 22, 2009, Lewis brings 14 years of NFL coaching experience to Seattle, including the previous two as secondary coach with the Carolina Panthers.

He began his pro career serving as the Pittsburgh Steelers defensive backs coach for five seasons (1995-99) before being named defensive coordinator over the next four years. His defense ranked seventh overall in his first season and jumped to lead the league in total defense in 2001. In 2002 and 2003, his unit also finished in the NFL's top 10, giving him four-consecutive top-10 finishes as a defensive coordinator.

Lewis then spent three years as coordinator with the New York Giants where, in 2005, his defense did not allow a touchdown in a span that

covered 244:21, 53 opponent possessions and more than 15 full quarters.

He began his coaching career as a graduate assistant at Texas A&M in 1987 under Jackie Sherrill, who was his coach as a player at the University of Pittsburgh.

Lewis was the 11th overall pick in the 1983 NFL Draft by the Green Bay Packers. He played four seasons for the Packers and twice led or shared the team lead in interceptions before his career was cut short due to a neck injury suffered in the third game of the 1986 season vs. the Chicago Bears. He finished his career with 16 interceptions in 51 games, including a 99-yard interception return for a touchdown against the Rams on November 18, 1984, to set a Packers record.

Brother of Seahawks Pro Personnel Director Will Lewis, Tim and his wife, Shawn, have two

daughters, Erin and Chelsea, and a son, Bryce.

LEWIS' COACHING CAREER

1987-88	Texas A&M <i>Graduate Assistant</i>	2000-03	Pittsburgh Steelers <i>Defensive Coordinator</i>
1989-92	Southern Methodist <i>Defensive Backs</i>	2004-06	New York Giants <i>Defensive Coordinator</i>
1993-94	University of Pittsburgh <i>Defensive Backs</i>	2007-08	Carolina Panthers <i>Secondary</i>
1995-99	Pittsburgh Steelers <i>Defensive Backs</i>	2009-	Seattle Seahawks <i>Defensive Backs</i>



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

Along with 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>Assistant Defensive Backs</i>



Phair begins his eighth season in the NFL, fifth with the Seahawks and second as a coach. He was named assistant linebackers coach on April 28, 2008, and moved to assistant defensive line coach in 2009. 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.

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.

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>
2009-	Seattle Seahawks <i>Assistant Defensive Line</i>



Named wide receivers coach on January 13, 2009, Robert Prince begins his first season with Seattle after spending the previous two years with the Jacksonville Jaguars as their assistant wide receivers coach.

He joined the Jaguars staff after breaking in to the NFL coaching ranks with the Atlanta Falcons from 2004-06. He spent two seasons as the Falcons offensive assistant before moving to assistant quarterbacks coach in his final season.

Prior to the NFL, Prince spent 15 years in the collegiate ranks. During this time, Prince served as a coaching intern through the Bill Walsh NFL

Minority Coaching Fellowship with San Francisco (2000 and 2002) and San Diego (2001). His coaching background includes stops at Humboldt State (1989-90), Montana State (1991), Sacramento State (1992-93), Fort Lewis College (1994-95), Recruit Seagulls of the Japan American Football League (1996-97), Portland State (1998-2000) and Boise State (2001-03).

Prince earned his degree in mathematics and master's in physical education from Humboldt State. He and his wife, Susan, have three children, Hayden, Tyson and Jasmin.

PRINCE'S COACHING CAREER

1989-90	Humboldt State <i>Graduate Assistant</i>	2001-02	Boise State <i>Wide Receivers</i>
1991	Montana State <i>Assistant Offensive Line</i>	2003	Boise State <i>Passing Game Coord./WRs</i>
1992-93	Sacramento State <i>Wide Receivers</i>	2004-05	Atlanta Falcons <i>Offensive Assistant</i>
1994-95	Fort Lewis College <i>Offensive Coordinator</i>	2006	Atlanta Falcons <i>Assistant Quarterbacks</i>
1996-97	Recruit Seagulls (Japan American Football League) <i>Offensive Coordinator</i>	2007-08	Jacksonville Jaguars <i>Assistant Wide Receivers</i>
1998-00	Portland State <i>Off. Coordinator/QBs/WRs</i>	2009-	Seattle Seahawks <i>Wide Receivers</i>



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

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

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

Was a four-year letterman as a defensive lineman at Salisbury State (Md.), where he was a co-captain in 1992 and 1993. Also lettered in track and still holds the school record in the hammer throw. He was inducted to Salisbury State's Athletic Hall of Fame in 2005.

He and his wife, Stacey, initiated the Quinn's Corps Program in 2004 to help children and families in need.

QUINN'S COACHING CAREER

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



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

For the fourth straight year in 2008, he saw Lofa Tatupu lead the team in tackles, while all three of his starting linebackers finished as the top three tacklers on the team. Also, Julian Peterson made his third appearance in the Pro Bowl in as many years with Seattle.

In 2007, Lofa Tatupu make his third career Pro Bowl, 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 tutelege 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, Zenae, Adanna, and three sons, Zachary, Zerick and Zion.

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: 2nd YEAR
NFL EXPERIENCE: 23rd YEAR

Hired on January 24, 2008, to take over offensive line duties, Solari brings 20 years of offensive experience to Seattle.

It was a taxing 2008 season for Solari, as all five of his starters landed on the injured reserve list before season's end. However, the trend of Solari sending linemen to the Pro Bowl continued, as Walter Jones was voted to his ninth career trip to Hawaii.

Before joining Seattle, Solari spent 11 seasons with the 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 Willie 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, helping Luis Sharpe to the Pro Bowl in 1989, while 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 former 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>

2009 ALPHABETICAL ROSTER

No.	Name	Pos.	Ht.	Wt.	Birthdate	Exp.	College	Hometown	How Acq.
36	Adams, Jamar	S	6-2	212	11/29/1985	2	Michigan	Charlotte, N.C.	FA-'08
91	Atkins, Baraka	DE	6-4	268	9/28/1984	3	Miami	Sarasota, Fla.	D4(a)-'07
27	Babineaux, Jordan	SS	6-0	206	8/31/1982	6	Southern Arkansas	Port Arthur, Texas	FA-'04
96	Bennett, Michael	DE	6-3	274	11/13/1985	R	Texas A&M	Alief, Texas	FA-'09
83	Branch, Deion	WR	5-9	192	7/18/1979	8	Louisville	Albany, Ga.	T(NE)-'06
72	Brown, Kevin	DT	6-2	303	7/8/1985	2	UCLA	Los Angeles, Calif.	FA-'08
79	Bryant, Red	DT	6-4	318	4/18/1984	2	Texas A&M	Jasper, Texas	D4-'08
16	Bumpus, Michael	WR	5-11	194	12/13/1985	2	Washington State	Culver City, Calif.	FA-'08
81	Burleson, Nate	WR	6-0	198	8/19/1981	7	Nevada	Seattle, Wash.	RFA(Min)-'06
11	Butler, Deon	WR	5-10	182	1/4/1986	R	Penn State	Woodbridge, Va.	D3-'09
89	Carlson, John	TE	6-5	251	5/12/1984	2	Notre Dame	Litchfield, Minn.	D2-'08
90	Cole, Colin	DT	6-1	330	6/24/1980	7	Iowa	Ft. Lauderdale, Fla.	UFA (GB)-'09
7	Coutu, Brandon	K	5-11	188	9/29/1984	2	Georgia	Lawrenceville, Ga.	D7(b)-'08
41	Curran, Dan	FB	6-0	240	10/28/1976	1	New Hampshire	Chelmsford, Mass.	FA-'09
59	Curry, Aaron	LB	6-2	254	4/6/1986	R	Wake Forest	Fayetteville, N.C.	D1-'09
44	Duckett, T.J.	RB	6-0	254	2/17/1981	8	Michigan State	Kalamazoo, Mich.	UFA(Det)-'08
29	Floyd, Marquis	CB	6-0	190	3/17/1980	2	West Georgia	Monroe, Ga.	FA-'08
20	Forsett, Justin	RB	5-8	194	10/14/1985	2	California	Arlington, Texas	D7(a)-'08
70	Goddard, Na'Shan	T	6-5	315	4/23/1983	3	South Carolina	Dayton, Ohio	PS(NYG)-'07
24	Grant, Deon	SS	6-2	215	3/14/1979	10	Tennessee	Augusta, Ga.	UFA(Jac)-'08
37	Greene, Courtney	S	6-0	212	11/23/1986	R	Rutgers	New Rochelle, N.Y.	D7(a)-'09
33	Griffith, Justin	FB	6-0	230	7/21/1980	7	Mississippi State	Magee, Miss.	UFA(Oak)-'09
18	Hass, Mike	WR	6-1	206	1/2/1983	3	Oregon State	Portland, Ore.	FA-'09
8	Hasselbeck, Matt	QB	6-4	225	9/25/1975	11	Boston College	Westwood, Mass.	T(GB)-'01
57	Hawthorne, David	LB	6-0	240	5/14/1985	2	Texas Christian	Corsicana, Texas	FA-'08
54	Herring, Will	LB	6-3	235	8/28/1983	3	Auburn	Opelika, Ala.	D5-'07
56	Hill, Leroy	LB	6-1	238	9/14/82	5	Clemson	Haddock, Ga.	D3(b)-'05
32	Hobbs, Kevin	CB	6-0	188	4/30/1983	3	Auburn	Tampa, Fla.	FA-'07
84	Houshmandzadeh, T.J.	WR	6-2	203	9/26/1977	9	Oregon State	Barstow, Calif.	UFA (Cin)-'09
95	Jackson, Lawrence	DE	6-4	271	8/30/1985	2	USC	Inglewood, Calif.	D1-'08
21	Jennings, Kelly	CB	5-11	180	11/30/1982	4	Miami	Live Oak, Fla.	D1-'06
22	Jones, Julius	RB	5-10	208	8/14/1981	6	Notre Dame	Big Stone Gap, Va.	UFA(Dal)-'08
71	Jones, Walter	T	6-5	325	1/19/1974	13	Florida State	Aliceville, Ala.	D1(b)-'97
82	Kent, Jordan	WR	6-4	219	7/24/1984	3	Oregon	Eugene, Ore.	D6(b)-'07
97	Kerney, Patrick	DE	6-5	272	12/30/1976	11	Virginia	Newtown, Pa.	UFA(ATI)-'07
34	Kirtman, David	FB	6-0	238	2/12/83	4	USC	Mercer Island, Wash.	FA-'09
50	Laury, Lance	LB	6-2	237	1/17/1982	4	South Carolina	Hopkins, S.C.	FA-'06
52	Lewis, D.D.	LB	6-1	241	1/8/1979	8	Texas	Houston, Texas	FA-'08
75	Locklear, Sean	T	6-4	308	5/29/1981	6	North Carolina State	Lumberton, N.C.	D3-'04
31	Lucas, Ken	CB	6-0	205	1/23/1979	9	Mississippi	Cleveland, Miss.	UFA(Car)-'09
17	McMullen, Billy	WR	6-4	215	3/8/1980	6	Virginia	Richmond, Va.	FA-'08
10	Mare, Olindo	K	5-11	190	6/6/1973	14	Syracuse	Cooper City, Fla.	FA-'08
92	Mebane, Brandon	DT	6-1	314	1/15/1985	3	California	Los Angeles, Calif.	D3-'07
99	Miller, Brandon	DE	6-4	259	1/21/1986	2	Georgia	Colquitt, Ga.	W(ATI)-'08
30	Moore, Devin	RB	5-9	191	11/6/1985	R	Wyoming	Indianapolis, Ind.	FA-'09
43	Morrah, Cameron	TE	6-3	244	3/18/1987	R	California	Claremont, Calif.	D7(c)-'09
46	Newton, Joe	TE	6-7	258	10/15/1983	3	Oregon State	Roseburg, Ore.	FA-'07
87	Obomanu, Ben	WR	6-0	206	10/30/1983	4	Auburn	Selma, Ala.	D7(b)-'06
47	Owens, John	TE	6-3	255	1/10/1980	8	Notre Dame	Gulfport, Miss.	UFA (Det)-'09
19	Payne, Logan	WR	6-2	205	1/21/1985	3	Minnesota	Lutz, Fla.	FA-'07
42	Philistin, Dave	LB	6-1	235	9/24/1986	R	Maryland	Manchester, N.H.	FA-'09
77	Ramsey, Andre	T	6-5	322	7/24/1987	R	Ball State	Cordele, Ga.	FA-'09
94	Redding, Cory	DT	6-4	292	11/15/1980	7	Texas	Houston, Texas	T(Det)-'09
98	Reed, Nick	DE	6-1	247	9/1/1987	R	Oregon	Trabuco Canyon, Calif.	D7(b)-'09
73	Robinson, William	T	6-5	297	12/20/1984	2	San Diego State	Pomona, Calif.	FA-'08
3	Rowe, Jeff	QB	6-5	221	3/21/1984	3	Nevada	Reno, Nev.	PS(Cin)-'08
25	Russell, Brian	FS	6-2	210	2/5/1978	8	San Diego State	West Covina, Calif.	UFA(Cle)-'07
9	Ryan, Jon	P	6-0	222	11/26/1981	4	Regina	Regina, Saskatchewan	FA-'08
35	Schmitt, Owen	FB	6-2	247	2/13/1985	2	West Virginia	Fairfax, Va.	D5-'08
48	Schmitt, Tyler	LS	6-2	246	3/25/1986	2	San Diego State	Peoria, Ariz.	D6-'08
67	Sims, Rob	G	6-3	312	12/6/1983	4	Ohio State	Macedonia, Ohio	D4-'06
65	Spencer, Chris	C	6-3	312	3/28/1982	5	Mississippi	Madison, Miss.	D1-'05
55	Tapp, Darryl	DE	6-1	270	9/13/1984	4	Virginia Tech	Chesapeake, Va.	D2-'06
51	Tatupu, Lofa	LB	6-0	242	11/15/1982	5	USC	Wrentham, Mass.	D2-'05
86	Taylor, Courtney	WR	6-1	205	4/7/1984	3	Auburn	Carrollton, Ala.	D6(a)-'07
58	Taylor, Tony	LB	6-0	235	7/21/1984	2	Georgia	Watkinsville, Ga.	FA-'09
14	Teel, Mike	QB	6-3	230	1/6/1986	R	Rutgers	Ramsey, N.J.	D6-'09
49	Tereshinski, John	TE	6-3	245	2/10/1985	1	Wake Forest	Athens, Ga.	FA-'09
93	Terrill, Craig	DT	6-2	295	6/27/1980	6	Purdue	Lebanon, Ind.	D6-'04
23	Trufant, Marcus	CB	5-11	197	12/25/1980	7	Washington State	Tacoma, Wash.	D1-'03
60	Unger, Max	C	6-5	309	4/14/1986	R	Oregon	Kailua-Kona, Hawaii	D2-'09
69	Vallos, Steve	C	6-3	312	12/28/1983	3	Wake Forest	Bardonia, Ohio	D7-'07
68	Wahle, Mike	G	6-6	304	3/29/1977	12	Navy	Lake Arrowhead, Calif.	FA-'08
39	Wallace, C.J.	SS	6-0	218	4/17/1985	3	Washington	Sacramento, Calif.	FA-'07
15	Wallace, Seneca	QB	5-11	205	8/6/1980	7	Iowa State	Sacramento, Calif.	D4(a)-'03
78	Williams, Kyle	T	6-6	295	3/19/1984	3	USC	Dallas, Texas	FA-'07
74	Willis, Ray	G	6-6	315	8/13/1982	5	Florida State	Angleton, Texas	D4-'05
26	Wilson, Josh	CB	5-9	192	3/11/1985	3	Maryland	Upper Marlboro, Md.	D2-'07
66	Wrotto, Mansfield	G	6-3	320	10/12/1984	3	Georgia Tech	Snellville, Ga.	D4(b)-'07

2009 NUMERICAL ROSTER

No.	Name	Pos.	Ht.	Wt.	Birthdate	Exp.	College	Hometown	How Acq.
3	Jeff Rowe	QB	6-5	221	3/21/1984	3	Nevada	Reno, Nev.	PS(Cin)-'08
7	Brandon Coutu	K	5-11	188	9/29/1984	2	Georgia	Lawrenceville, Ga.	D7(b)-'08
8	Matt Hasselbeck	QB	6-4	225	9/25/1975	11	Boston College	Westwood, Mass.	T(GB)-'01
9	Jon Ryan	P	6-0	222	11/26/1981	4	Regina	Regina, Saskatchewan	FA-'08
10	Olindo Mare	K	5-11	190	6/6/1973	14	Syracuse	Cooper City, Fla.	FA-'08
11	Deon Butler	WR	5-10	182	1/4/1986	R	Penn State	Woodbridge, Va.	D3-'09
14	Mike Teel	QB	6-3	230	1/6/1986	R	Rutgers	Ramsey, N.J.	D6-'09
15	Seneca Wallace	QB	5-11	205	8/6/1980	7	Iowa State	Sacramento, Calif.	D4(a)-'03
16	Michael Bumpus	WR	5-11	194	12/13/1985	2	Washington State	Culver City, Calif.	FA-'08
17	Billy McMullen	WR	6-4	215	3/8/1980	6	Virginia	Richmond, Va.	FA-'08
18	Mike Hass	WR	6-1	206	1/2/1983	3	Oregon State	Portland, Ore.	FA-'09
19	Logan Payne	WR	6-2	205	1/21/1985	3	Minnesota	Lutz, Fla.	FA-'07
20	Justin Forsett	RB	5-8	194	10/14/1985	2	California	Arlington, Texas	D7(a)-'08
21	Kelly Jennings	CB	5-11	180	11/30/1982	4	Miami	Live Oak, Fla.	D1-'06
22	Julius Jones	RB	5-10	208	8/14/1981	6	Notre Dame	Big Stone Gap, Va.	UFA(Dal)-'08
23	Marcus Trufant	CB	5-11	197	12/25/1980	7	Washington State	Tacoma, Wash.	D1-'03
24	Deon Grant	SS	6-2	215	3/14/1979	10	Tennessee	Augusta, Ga.	UFA(Jac)-'07
25	Brian Russell	FS	6-2	210	2/5/1978	8	San Diego State	West Covina, Calif.	UFA(Cle)-'07
26	Josh Wilson	CB	5-9	192	3/11/1985	3	Maryland	Upper Marlboro, Md.	D2-'07
27	Jordan Babineaux	SS	6-0	206	8/31/1982	6	Southern Arkansas	Port Arthur, Texas	FA-'04
29	Marquis Floyd	CB	6-0	190	3/17/1980	2	West Georgia	Monroe, Ga.	FA-'08
30	Devin Moore	RB	5-9	191	11/6/1985	R	Wyoming	Indianapolis, Ind.	FA-'09
31	Ken Lucas	CB	6-0	205	1/23/1979	9	Mississippi	Cleveland, Miss.	UFA(Car)-'09
32	Kevin Hobbs	CB	6-0	188	4/30/1983	3	Auburn	Tampa, Fla.	FA-'07
33	Justin Griffith	FB	6-0	230	7/21/1980	7	Mississippi State	Magee, Miss.	UFA(Oak)-'09
34	David Kirtman	FB	6-0	238	2/12/83	4	USC	Mercer Island, Wash.	FA-'09
35	Owen Schmitt	FB	6-2	247	2/13/1985	2	West Virginia	Fairfax, Va.	D5-'08
36	Jamar Adams	S	6-2	212	11/29/1985	2	Michigan	Charlotte, N.C.	FA-'08
37	Courtney Greene	S	6-0	212	11/23/1986	R	Rutgers	New Rochelle, N.Y.	D7(a)-'09
39	C.J. Wallace	SS	6-0	218	4/17/1985	3	Washington	Sacramento, Calif.	FA-'07
41	Dan Curran	FB	6-0	240	10/28/1976	1	New Hampshire	Chelmsford, Mass.	FA-'09
42	Dave Philistin	LB	6-1	235	9/24/1986	R	Maryland	Manchester, N.H.	FA-'09
43	Cameron Morrah	TE	6-3	244	3/18/1987	R	California	Claremont, Calif.	D7(c)-'09
44	T.J. Duckett	RB	6-0	254	2/17/1981	8	Michigan State	Kalamazoo, Mich.	UFA(Det)-'08
46	Joe Newton	TE	6-7	258	10/15/1983	3	Oregon State	Roseburg, Ore.	FA-'07
47	John Owens	TE	6-3	255	1/10/1980	8	Notre Dame	Gulfport, Miss.	UFA (Det)-'09
48	Tyler Schmitt	LS	6-2	246	3/25/1986	2	San Diego State	Peoria, Ariz.	D6-'08
49	John Tereshinski	TE	6-3	245	2/10/1985	1	Wake Forest	Athens, Ga.	FA-'09
50	Lance Laury	LB	6-2	237	1/17/1982	4	South Carolina	Hopkins, S.C.	FA-'06
51	Lofa Tatupu	LB	6-0	242	11/15/1982	5	USC	Wrentham, Mass.	D2-'05
52	D.D. Lewis	LB	6-1	241	1/8/1979	8	Texas	Houston, Texas	FA-'08
54	Will Herring	LB	6-3	235	8/28/1983	3	Auburn	Opelika, Ala.	D5-'07
55	Darryl Tapp	DE	6-1	270	9/13/1984	4	Virginia Tech	Chesapeake, Va.	D2-'06
56	Leroy Hill	LB	6-1	238	9/14/82	5	Clemson	Haddock, Ga.	D3(b)-'05
57	David Hawthorne	LB	6-0	240	5/14/1985	2	Texas Christian	Corsicana, Texas	FA-'08
58	Tony Taylor	LB	6-0	235	7/21/1984	2	Georgia	Watkinsville, Ga.	FA-'09
59	Aaron Curry	LB	6-2	254	4/6/1986	R	Wake Forest	Fayetteville, N.C.	D1-'09
60	Max Unger	C	6-5	309	4/14/1986	R	Oregon	Kailua-Kona, Hawaii	D2-'09
65	Chris Spencer	C	6-3	312	3/28/1982	5	Mississippi	Madison, Miss.	D1-'05
66	Mansfield Wrotto	G	6-3	320	10/12/1984	3	Georgia Tech	Snellville, Ga.	D4(b)-'07
67	Rob Sims	G	6-3	312	12/6/1983	4	Ohio State	Macedonia, Ohio	D4-'06
68	Mike Wahle	G	6-6	304	3/29/1977	12	Navy	Lake Arrowhead, Calif.	FA-'08
69	Steve Vallos	C	6-3	312	12/28/1983	3	Wake Forest	Boardman, Ohio	D7-'07
70	Na'Shan Goddard	T	6-5	315	4/23/1983	3	South Carolina	Dayton, Ohio	PS(NYG)-'08
71	Walter Jones	T	6-5	325	1/19/1974	13	Florida State	Aliceville, Ala.	D1(b)-'97
72	Kevin Brown	DT	6-2	303	7/8/1985	2	UCLA	Los Angeles, Calif.	FA-'08
73	William Robinson	T	6-5	297	12/20/1984	2	San Diego State	Pomona, Calif.	FA-'08
74	Ray Willis	G	6-6	315	8/13/1982	5	Florida State	Angleton, Texas	D4-'05
75	Sean Locklear	T	6-4	308	5/29/1981	6	North Carolina State	Lumberton, N.C.	D3-'04
77	Andre Ramsey	T	6-5	322	7/24/1987	R	Ball State	Cordele, Ga.	FA-'09
78	Kyle Williams	T	6-6	295	3/19/1984	3	USC	Dallas, Texas	FA-'07
79	Red Bryant	DT	6-4	318	4/18/1984	2	Texas A&M	Jasper, Texas	D4-'08
81	Nate Burleson	WR	6-0	198	8/19/1981	7	Nevada	Seattle, Wash.	RFA(Min)-'06
82	Jordan Kent	WR	6-4	199	7/24/1984	3	Oregon	Eugene, Ore	D6(b)-'07
83	Deion Branch	WR	5-9	192	7/18/1979	8	Louisville	Albany, Ga.	T(NE)-'06
84	T.J. Houshmandzadeh	WR	6-2	203	9/26/1977	9	Oregon State	Barstow, Calif.	UFA (Cin)-'09
86	Courtney Taylor	WR	6-1	205	4/7/1984	3	Auburn	Carrollton, Ala.	D6(a)-'07
87	Ben Obomanu	WR	6-0	206	10/30/1983	4	Auburn	Selma, Ala.	D7(b)-'06
89	John Carlson	TE	6-5	251	5/12/1984	2	Notre Dame	Litchfield, Minn.	D2-'08
90	Colin Cole	DT	6-1	330	6/24/1980	7	Iowa	Ft. Lauderdale, Fla.	UFA (GB)-'09
91	Baraka Atkins	DE	6-4	268	9/28/1984	3	Miami	Sarasota, Fla.	D4(a)-'07
92	Brandon Mebane	DT	6-1	314	1/15/1985	3	California	Los Angeles, Calif.	D3-'07
93	Craig Terrill	DT	6-2	295	6/27/1980	6	Purdue	Lebanon, Ind.	D6-'04
94	Cory Redding	DT	6-4	292	11/15/1980	7	Texas	Houston, Texas	T(Det)-'09
95	Lawrence Jackson	DE	6-4	271	8/30/1985	2	USC	Inglewood, Calif.	D1-'08
96	Michael Bennett	DE	6-3	274	11/13/1985	R	Texas A&M	Aliief, Texas	FA-'09
97	Patrick Kerney	DE	6-5	272	12/30/1976	11	Virginia	Newtown, Pa.	UFA(Atl)-'07
98	Nick Reed	DE	6-1	247	9/1/1987	R	Oregon	Trabuco Canyon, Calif.	D7(b)-'09
99	Brandon Miller	DE	6-4	259	1/21/1986	2	Georgia	Colquitt, Ga.	W(Atl)-'08

HOW BUILT

Year	By Draft	Trade/Waivers/Prac. Sq.	Free Agents
2009	LB Aaron Curry (1)	DT Cory Redding (T)	DE Michael Bennett
	C Max Unger (2)		DT Colin Cole
	WR Deon Butler (3)		FB Justin Griffith
	QB Mike Teel (6)		WR Mike Hass
	S Courtney Greene (7a)		WR T.J.
	DE Nick Reed (7b)		Houshmandzadeh
	TE Cameron Morrah (7c)		FB David Kirtman
			CB Ken Lucas
			WR Billy McMullen
			RB Devin Moore
			TE John Owens
			LB Dave Philistin
			T Andre Ramsey
			FB Dan Curran
			LB Tony Taylor
			TE John Tereshinski
2008	DE Lawrence Jackson (1)	T Na'Shan Goddard (PS)	S Jamar Adams
	TE John Carlson (2)	DE Brandon Miller (W)	DT Kevin Brown
	DT Red Bryant (4)	QB Jeff Rowe (PS)	WR Michael Bumpus
	FB Owen Schmitt (5)		RB T.J. Duckett
	RB Justin Forsett (7a)		CB Marquis Floyd
	K Brandon Coutu (7b)		LB David Hawthorne
			RB Julius Jones
			LB D.D. Lewis
			K Olindo Mare
			T William Robinson
		P Jon Ryan	
		G Mike Wahle	
2007	CB Josh Wilson (2)		S Deon Grant
	DT Brandon Mebane (3)		CB Kevin Hobbs
	DE Baraka Atkins (4a)		DE Patrick Kerney
	G Mansfield Wrotto (4b)		TE Joe Newton
	LB Will Herring (5)		WR Logan Payne
	WR Courtney Taylor (6a)		S Brian Russell
	WR Jordan Kent (6b)		S C.J. Wallace
	G Steve Vallos (7)		T Kyle Williams
2006	CB Kelly Jennings (1)	WR Deion Branch (T)	WR Nate Burleson
	DE Darryl Tapp (2)		LB Lance Laury
	G Rob Sims (4)		
	WR Ben Obomanu (7b)		
2005	C Chris Spencer (1)		
	LB Lofa Tatupu (2)		
	LB Leroy Hill (3b)		
	T Ray Willis (4)		
2004	T Sean Locklear (3)		CB Jordan Babineaux
	DT Craig Terrill (6)		
2003	CB Marcus Trufant (1)		
	QB Seneca Wallace (4a)		
2001		QB Matt Hasselbeck (T)	





BARAKA ATKINS

Position Defensive End
 Height . . .6-4 Weight . . .268
 College Miami
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born September 28, 1984
 Hometown . . . Sarasota, Florida
 Pronunciation Buh-ROCK-uh

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HOW ACQUIRED: Selected in the 4th round of the 2007 NFL Draft.

NFL CAREER HIGHLIGHTS:

* Served first two seasons as a backup in the defensive end rotation totaling 21 games played with 28 tackles and 2.0 sacks.

* Was placed on injured reserve on January 1, 2008, missing the 2007 playoffs with an ankle injury.

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. Also lettered in track and basketball. Business Management major. Son of Shelia and Fredd Atkins. Father is the mayor of the city of Sarasota.

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
2008 Seattle	9/0	18	15	3	2.0	7.0	0	0	0.0	0	0	0	0	1	0
NFL TOTALS	21/0	28	19	9	2.0	7.0	0	0	0.0	0	0	1	0	3	0

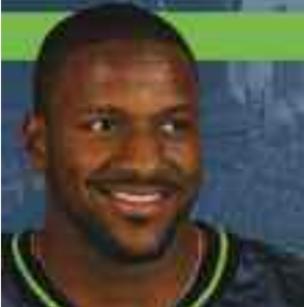
POSTSEASON

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	0	0	0	0	0

ATKINS' SINGLE-GAME HIGHS

Tackles: 5, vs. NE (12/7/08)
Sacks: 2, vs. NE (12/7/08)

FF: None
FR: 1, 2 Times, Last vs. Wash (11/23/08)



JORDAN BABINEAUX

Position	Safety
Height	6-0
Weight	206
College	Southern Arkansas
NFL Seasons	6 th
Seahawks Seasons	6 th
Born	August 31, 1982
Hometown	Port Arthur, Texas
Pronunciation	BAB-in-oh

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HOW ACQUIRED: 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.

NFL CAREER HIGHLIGHTS:

- * Has primarily served as the team's nickel back during his career, also showing the versatility to play safety.
- * Has earned the nickname "Big Play Babs" with several game-saving plays, including two during the team's run in Super Bowl XL. First play came at St. Louis (10/9/05) 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 (10/23/05) 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. Helped preserve a 21-20 lead in the final minutes of the 2006 NFC Wild Card game by stopping Cowboys' Tony Romo at Seattle's 2-yard line, 1 yard shy of a first down, following a mishandled field goal snap.
- * One of the team's key special teams performers totaling 45 career stops with two

forced fumbles and two fumble recoveries.

- * As a rookie in 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.
- * Began the 2006 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 cornerback 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.
- * Returned an interception 57 yards versus Washington (1/5) in 2007 NFC Wild Card Game for a touchdown.

COLLEGE: The Southern Arkansas University cornerback played in 39 career games totaling 213 tackles (127 solo). Also posted 3.0 sacks, 10 interceptions, 20 passes defensed, recovered six fumbles, forcing two for the Muleriders. Also returned 17 kickoffs for 487 yards and two touchdowns, including a 100-yard return. Was selected to play in the Division II Whataburger Cactus Bowl All-Star game.

PERSONAL: Prepped at Lincoln High in Port Arthur, Texas. Has a daughter, Jaida.

BABINEAUX'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF			
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	0
2006 Seattle	15/8	51	41	10	0.0	0.0	1	20	20.0	20	0	4	0	0	0	0
2007 Seattle	16/0	56	47	9	1.0	8.0	1	0	0.0	0	0	2	3	1	0	0
2008 Seattle	14/1	46	45	1	0.0	0.0	1	35	35.0	35t	1	3	0	1	24t	0
NFL TOTALS	67/13	214	182	32	1.0	8.0	6	112	18.7	35t	1	17	3	2	24t	0

POSTSEASON

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

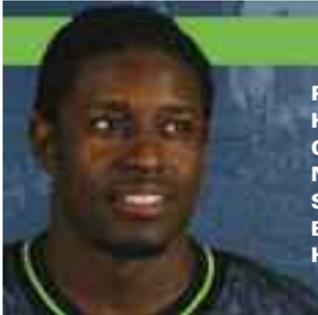
BABINEAUX'S SINGLE-GAME HIGHS

Tackles: 12, vs. Indianapolis (12/24/05)
FF: 1, 3 Times, Last vs. Chicago (11/18/07)
INTTD: 1, at Miami (11/9/08)

Interceptions: 1, 6 Times, Last at Miami (11/9/08)
FR: 1, 2 Times, Last at St. Louis (12/14/08)
FRTD: 1, at St. Louis (12/14/08)

ADDITIONAL STATS

Special Team Tackles: 2004 (5), 2005 (17, FF, FR), 2006 (4), 2007 (7), 2008 (12, FF, FR) **Career:** 45, 2 FF, 2 FR
Postseason: 2004 (1), 2005 (2), 2006 (0); **Career:** 3



DEION BRANCH

Position	Wide Receiver
Height	5-9 Weight
College	Louisville
NFL Seasons	8th
Seahawks Seasons	4th
Born	July 18, 1979
Hometown	Albany, Georgia

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HOW ACQUIRED: Acquired by Seattle via trade with New England on September 11, 2006, for a first-round draft choice.

NFL CAREER HIGHLIGHTS:

* 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). Tallied 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). 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.

* Named 2004 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).

* Led the Patriots with eight receptions and set a Patriots playoff record with 153 receiving yards at Denver (1/14/06) while also recording the longest reception in Patriots' playoff history hauling in a 73-yard pass in the AFC Divisional Playoffs.

* Set Patriots single-game rookie record by hauling in 13 passes at San Diego (9/29/02) and tied the second highest total by a rookie in NFL single-game history.

* Has started 32 of 33 games played in three

seasons with Seattle catching 132 passes for 1,798 yards and 12TDs.

* Suffered a torn ACL in Seahawks Divisional Playoff Game at Green Bay (1/12/08) and rehabbed to return to action the following season Week 5 at New York.

COLLEGE: Hauled in 143 passes for 2,204 yards (15.4 average) and 18 touchdowns while at Louisville (2000-01). Total receptions rank sixth on the school's career-record list while 2,204 yards are topped only by Miguel Montano (2,305, 1994-97), Iln 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). 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.

PERSONAL: Born Anthony Branch. 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 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, 3 Times, Last at Arizona (12/28/08)

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)

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	662	13.5	65	4	0	0	0.0	0	
2008 Seattle	8/8	30	412	13.7	63	4	0	0	0.0	0	
NFL TOTALS	86/74	345	4,543	13.2	66t	26	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
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	

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
						01/18 Indianapolis	2	23	11.5	14	0
						02/01 Carolina	10	143	14.3	52	1
						PLAYOFFS (3/3)	15	176	11.7	52	1

BRANCH'S GAME-BY-GAME RECEIVING

2004	Opponent	No	Yds	Avg	LG	TD	2005	Opponent	No	Yds	Avg	LG	TD
09/09	Indianapolis	7	86	12.3	21	1	09/08	Oakland	7	99	14.1	29	1
09/19	at Arizona	1	7	7.0	7	0	09/18	at Carolina	8	60	7.5	17	0
09/26	Bye Week						09/25	at Pittsburgh	6	78	13.0	22	0
10/03	at Buffalo	Inactive					10/02	San Diego	1	6	6.0	6	0
10/10	Miami	Inactive					10/09	at Atlanta	8	107	13.4	51	0
10/17	Seattle	Inactive					10/16	at Denver	7	87	12.4	19	0
10/24	N.Y. Jets	Inactive					10/23	Bye Week					
10/31	at Pittsburgh	Inactive					10/30	Buffalo	3	92	30.7	37	1
11/07	at St. Louis	Inactive					11/07	Indianapolis	5	58	11.6	17	1
11/14	Buffalo	Inactive					11/13	at Miami	5	82	16.4	30	0
11/22	at Kansas City	6	105	17.5	26t	1	11/20	New Orleans	5	38	7.6	11	1
11/28	Baltimore	4	51	12.8	15	0	11/27	at Kansas City	5	49	9.8	20	0
12/05	at Cleveland	1	13	13.0	13	0	12/04	N.Y. Jets	5	44	8.8	13	0
12/12	Cincinnati	3	44	14.7	23	0	12/11	at Buffalo	5	83	16.6	28	0
12/20	at Miami	3	44	14.7	23	0	12/17	Tampa Bay	2	27	13.5	19	0
12/26	at N.Y. Jets	7	82	11.7	21	1	12/26	at N.Y. Jets	4	69	17.3	22	0
01/02	San Francisco	3	22	7.3	8t	1	01/01	Miami	2	19	9.5	11t	1
TOTALS (9/9)		35	454	13.0	26t	4	TOTALS (16/15)		78	998	12.8	51	5
01/16	Indianapolis	1	15	15.0	15	0	01/07	Jacksonville	2	36	18.0	20	0
01/23	at Pittsburgh	4	116	29.0	60	1	01/14	at Denver	8	153	19.1	73	0
02/06	Philadelphia	11	133	12.1	27	0	PLAYOFFS (2/2)		10	189	18.9	73	0
PLAYOFFS (3/3)		16	264	16.5	60	1							

2006	Opponent	No	Yds	Avg	LG	TD	2007	Opponent	No	Yds	Avg	LG	TD
09/10	at Detroit	Reserve					09/09	Tampa Bay	0	0	0.0	0	0
09/17	Arizona	Exempt					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	42t	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	19t	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	22t	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	38t	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	15t	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	38t	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

2008	Opponent	No	Yds	Avg	LG	TD
09/07	at Buffalo	Inactive				
09/14	San Francisco	Inactive				
09/21	St. Louis	Inactive				
09/28	Bye Week					
10/05	at N.Y. Giants	3	31	10.3	17	0
10/12	Green Bay	Inactive				
10/19	at Tampa Bay	Inactive				
10/26	at San Francisco	Inactive				
11/02	Philadelphia	Inactive				
11/09	at Miami	Inactive				
11/16	Arizona	4	54	13.5	33	0
11/23	Washington	1	11	11.0	11	0
11/27	at Dallas	5	56	11.2	17	0
12/7	New England	4	88	22.0	63	2
12/14	at St. Louis	5	76	15.2	45	0
12/21	N.Y. Jets	2	6	3.0	4	0
12/28	at Arizona	6	90	15.0	30t	2
TOTALS (8/8)		30	412	13.7	63	4





RED BRYANT

Position Defensive Tackle
 Height . . .6-4 Weight . . .318
 College Texas A&M
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born April 18, 1984
 Hometown Jasper, Texas

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

NFL CAREER HIGHLIGHTS:

* Saw action in four games during rookie season. Inactive the other 12.

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

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

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

BRYANT'S SINGLE-GAME HIGHS

Tackles: 4, at Buffalo (9/7/08)
 FF: None, Sacks: None, FR: None

BRYANT'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions										
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds		
2008 Seattle	4/4	8	6	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS	4/4	8	6	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0



MICHAEL BUMPUS

Position Wide Receiver
 Height . . .5-11 Weight . . .194
 College Washington State
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born December 13, 1985
 Hometown . Culver City, California

16

HOW ACQUIRED: Originally signed with Seattle as an undrafted free agent April 27, 2008. Added to Seattle's practice squad to begin the 2008 season before joining the active roster

September 13. Was waived and returned to the practice squad on October 15.

NFL CAREER HIGHLIGHTS:

* In four games, caught five passes for 48 yards

with one TD. Also returned punts in two games averaging 9.4 yards on seven returns.

COLLEGE: 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.

PERSONAL: Attended Culver City (Calif.) 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.

BUMPUS' NFL RECORD

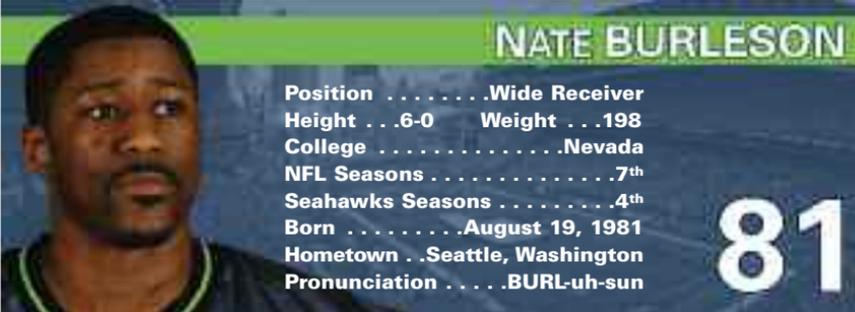
Club	G/S	Receiving						Rushing			
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2008 Seattle	4/1	5	48	9.6	19	1	0	0	0.0	0	
NFL TOTALS	4/1	5	48	9.6	19	1	0	0	0.0	0	

Club	No	Punt Returns				Kickoff Returns				
		Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2008 Seattle	7	66	9.4	30	0	0	0	0.0	0	0
NFL TOTALS	7	66	9.4	30	0	0	0	0.0	0	0

BUMPUS' SINGLE-GAME HIGHS

Most Receptions: 2, 2Times, Last vs. St. Louis (9/21/08)
Longest Reception: 19, vs. St. Louis (9/21/08)
Most Punt Returns: 4, vs. St. Louis (9/21/08)

Most Receiving Yards: 29, vs. St. Louis (9/21/08)
Most Touchdowns: 1, vs. St. Louis (9/21/08)
Longest Punt Return: 30, vs. St. Louis (9/21/08)



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NATE BURLESON

PositionWide Receiver
Height . . .6-0 **Weight** . . .198
CollegeNevada
NFL Seasons7th
Seahawks Seasons4th
BornAugust 19, 1981
Hometown . .Seattle, Washington
PronunciationBURL-uh-sun

HOW ACQUIRED: Acquired as a restricted free agent by the Seahawks from the Minnesota Vikings on March 31, 2006.

NFL CAREER HIGHLIGHTS:

- * Originally selected in the third round (71st overall) of the 2003 Draft by the Minnesota Vikings, the highest receiver drafted by the Vikings since Randy Moss in 1998.
- * Led Vikings in receiving yards (1,006) in 2004 and the Seahawks in total TDs (9 rec., 2 ret.) in 2007.
- * Took over Seahawks return duties in November 2006 and was the NFC's Pro Bowl alternate that season. In 2007, tied a Seahawks 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. Had a 90-yard TD return for the Seahawks vs. the Rams (11/12/06) and a 91-yard TD while with the Vikings vs. the Colts (11/8/04). Returned a kickoff 91 yards for a TD, first of career, versus St. Louis (10/21/07).

* Injured ACL in the first game of the 2008 season at Buffalo (9/7) and was placed on injured reserve.

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 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 two sons, Nathaniel II and Nehemiah.

BURLESON'S NFL RECORD

Club	G/S	Receiving						Rushing			
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2003 Minnesota	16/9	29	455	15.7	52	2	2	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	
2008 Seattle	1/1	5	60	12.0	20t	1	0	0	0.0	0	
NFL TOTALS	77/53	200	2,735	13.7	68t	24	10	47	4.7	0	

Club	No	Punt Returns					Kickoff Returns				
		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	
2008 Seattle	3	54	18.0	21	0	0	0	0.0	0	0	
NFL TOTALS	126	1,269	10.1	94t	3	55	1,284	23.3	91t	1	

POSTSEASON

Club	G/S	Receiving					Rushing				
		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	No	Punt Returns					Kickoff Returns				
		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	20	0	19	402	21.2	41	0	

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)

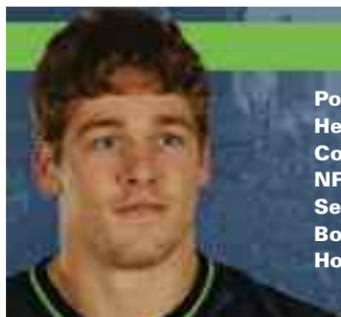
Longest Kickoff Return: 91t, vs. St. Louis (10/21/07)

BURLESON'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 Week					
10/05	at Atlanta	3	71	23.7	52	0	10/10	at Houston	3	16	5.3	7	1
10/12	Bye Week						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
							01/09	at Green Bay	4	60	15.0	29	1
							01/16	at Philadelphia	4	50	12.5	28	0
							PLAYOFFS (2/2)		8	110	13.8	29	1

2005	Opponent	No	Yds	Avg	LG	TD	2006	Opponent	No	Yds	Avg	LG	TD
09/11	Tampa Bay	3	45	15.0	20	0	09/10	at Detroit	1	36	36.0	36	0
09/18	at Cincinnati	3	48	16.0	19	0	09/17	Arizona	1	7	7.0	7	0
09/25	New Orleans	Inactive					09/24	N.Y. Giants	4	42	10.5	15	1
10/02	at Atlanta	Inactive					10/01	at Chicago	1	19	19.0	19	0
10/09	Bye Week						10/08	Bye Week					
10/16	at Chicago	Inactive					10/15	at St. Louis	0	0	0.0	0	0
10/23	Green Bay	3	37	12.3	16	0	10/22	Minnesota	0	0	0.0	0	0
10/30	at Carolina	1	6	6.0	6	0	10/29	at Kansas City	1	21	21.0	21	0
11/06	Detroit	2	16	8.0	15t	1	11/06	Oakland	0	0	0.0	0	0
11/13	at N.Y. Giants	2	14	7.0	12	0	11/12	St. Louis	0	0	0.0	0	0
11/21	at Green Bay	Inactive					11/19	at San Francisco	1	5	5.0	5	0
11/27	Cleveland	0	0	0.0	0	0	11/27	Green Bay	3	17	5.7	7	0
12/04	at Detroit	2	26	13.0	15	0	12/03	at Denver	2	23	11.5	16	0
12/11	St. Louis	2	20	10.0	12	0	12/10	at Arizona	1	5	5.0	5t	1
12/18	Pittsburgh	2	24	12.0	14	0	12/14	San Francisco	2	12	6.0	7	0
12/25	at Baltimore	4	26	6.5	11	0	12/24	San Diego	0	0	0.0	0	0
01/01	Chicago	6	66	11.0	15	0	12/31	at Tampa Bay	1	5	5.0	5	0
TOTALS (12/9)		30	328	10.9	20	1	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
							PLAYOFFS (2/0)		1	16	16.0	16t	1

2007	Opponent	No	Yds	Avg	LG	TD	2008	Opponent	No	Yds	Avg	LG	TD
09/09	Tampa Bay	2	41	20.5	21	0	09/07	at Buffalo	5	60	12.0	20t	1
09/16	at Arizona	2	39	19.5	24t	1	Games 2-16		Injured Reserve (knee)				
09/23	Cincinnati	6	76	12.7	22t	1	TOTALS (1/1)		5	60	12.0	20t	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							



JOHN CARLSON

Position Tight End
 Height . . . 6-5 Weight . . . 251
 College Notre Dame
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born May 12, 1984
 Hometown . Litchfield, Minnesota

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HOW ACQUIRED: Selected with the 7th pick in the second round (38th overall) of the 2008 NFL Draft.

NFL CAREER HIGHLIGHTS:

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

* Second highest drafted tight end in club history (Jerramy Stevens, 2002). First player drafted out of Notre Dame since Rick Mirer in 1993. Second tight end drafted by club in second round (Christian Fauria, 1995). First tight end drafted by the Seahawks since Tim Ruskell was hired.

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 kickoff for 14 yards.

PERSONAL: Attended Litchfield (Minn.) High School. The four-year starter at tight end was a two-time All-State and three-time All-Conference selection, playing in the U.S. Army All-American Bowl after his senior campaign. Recorded 95 career receptions for 1,331 yards and 23 touchdowns. Was coached in both basketball and tennis at Litchfield High by his father, John. In basketball, a McDonald's pre-

season All-American at center as a senior and earned All-Conference and All-Area honors four straight seasons. Conference MVP as a junior and senior and played in the Minnesota Basketball Coaches Association All-Star game. Helped the team compile a 114-8 record during his career while winning the Minnesota Class 2A state title three times. Finished prep career with 1,676 points, 974 rebounds and 412 assists. Helped the tennis team reach the state finals as a junior. He had a career record of 106-22 playing No. 1 doubles. Member of the National Honor Society. Married to Danielle.

2008 GAME-BY-GAME

2008	Opponent	No	Yds	Avg	LG	TD
09/07	at Buffalo	4	52	13.0	20	0
09/14	San Francisco	6	78	13.0	17	0
09/21	St. Louis	2	38	19.0	22	0
09/28	Bye Week					
10/05	at N.Y. Giants	0	0	0.0	0	0
10/12	Green Bay	4	22	5.5	8	1
10/19	at Tampa Bay	3	11	3.7	6	1
10/26	at San Francisco	1	13	13.0	13	0
11/02	Philadelphia	2	30	15.0	23	0
11/09	at Miami	5	54	10.8	20	0
11/16	Arizona	3	39	13.0	25	0
11/23	Washington	2	14	7.0	10t	1
11/27	at Dallas	6	105	17.5	33	0
12/7	New England	8	69	8.6	25	1
12/14	at St. Louis	5	76	15.2	28	0
12/21	N.Y. Jets	2	12	6.0	10	1
12/28	at Arizona	2	14	7.0	7	0
TOTALS (8/8)		55	627	11.4	33	5

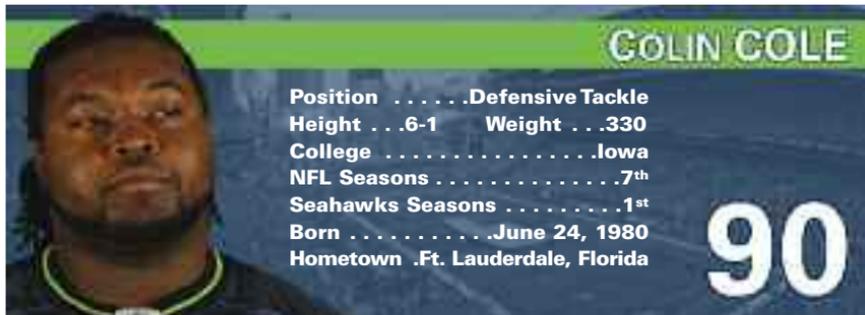
CARLSON'S NFL RECORD

Club	G/S	Receiving					Rushing			
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD
2008 Seattle	16/9	55	627	11.4	33	5	0	0	0.0	0
NFL TOTALS	16/9	55	627	11.4	33	5	0	0	0.0	0

CARLSON'S SINGLE-GAME HIGHS

Most Receptions: 8, vs. New England (12/7/08)
Longest Reception: 33, at Dallas (11/27/08)

Most Receiving Yards: 105, at Dallas (11/27/08)
Most Touchdowns: 1, 5 Times, Last vs. N.Y. Jets (12/21/08)



Position Defensive Tackle
 Height . . . 6-1 Weight . . . 330
 College Iowa
 NFL Seasons 7th
 Seahawks Seasons 1st
 Born June 24, 1980
 Hometown . Ft. Lauderdale, Florida

90

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

NFL CAREER HIGHLIGHTS:

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

* Has totaled 165 tackles with 3.5 sacks during five-year career.

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

COLLEGE: A four-year letterman (1999-2002) and two-year starter at Iowa. Played in 46

games (36 starts), with 213 tackles, 23 sacks, three forced fumbles and three recoveries. Shifted from defensive end to defensive tackle as a senior and was a first-team All-Big Ten Conference pick and defensive co-captain totaling 85 tackles and 9.0 sacks. Helped defense rank fifth nationally against the run. Graduated with a degree in African-American Studies.

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

COLE'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2003 Minnesota		Inactive														
Detroit		Inactive														
2004 Green Bay	3/1	7	6	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0
2005 Green Bay	16/4	62	34	28	2.0	8.0	0	0	0	0	0	2	0	0	0	0
2006 Green Bay	15/3	53	31	22	1.0	4.0	0	0	0	0	0	1	2	0	0	0
2007 Green Bay	7/0	13	7	6	0.0	0.0	0	0	0	0	0	1	0	0	0	0
2008 Green Bay	16/0	30	19	11	0.5	5.0	0	0	0	0	0	4	0	0	0	0
NFL TOTALS	57/8	165	97	68	3.5	17.0	0	0	0	0	0	8	2	0	0	0

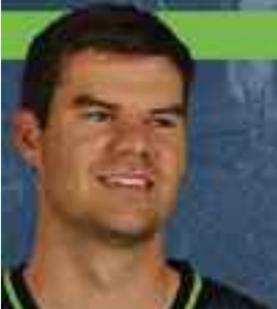
POSTSEASON

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

COLE'S SINGLE-GAME HIGHS

Tackles: 8, vs. New England (11/19/06)
Sacks: 1, 3 Times, Last vs. New England (11/19/06)

FF: 1, 2 Times, Last vs. New England (11/19/06)
FR: None



BRANDON COUTU

Position Kicker
 Height . . 5-11 Weight . . . 188
 College Georgia
 NFL Seasons 1st
 Seahawks Seasons 2nd
 Born September 29, 1984
 Hometown . . Lawrenceville, Georgia
 Pronunciation kuh-TOO

7

HOW ACQUIRED: Second of two seventh-round picks (235th Overall) for Seahawks in the 2008 NFL Draft.

NFL CAREER HIGHLIGHTS:

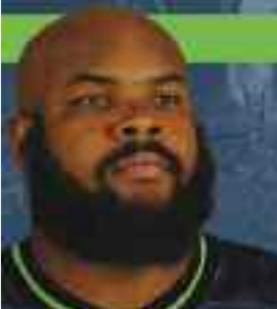
* Remained on Seattle's active roster all season, but was inactive all 16 games. Was a perfect 7-of-7 during the preseason, but could not win the job from Olindo Mare.

* 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 attempt. Was good on 5-of-11 field goal attempts from 50 yards or longer. Kicked off 221 times and 47 of those

kicks resulted in touchbacks and 167 others were returned for an 18.7-yard average.

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-of-9 field goals, including a 47-yarder that year. Four-year letterman on the soccer team as a forward. Named All-County in his junior and senior seasons, and holds the record for most goals scored (48) in school history.



T.J. DUCKETT

Position Running Back
 Height . . 6-0 Weight . . . 254
 College Michigan State
 NFL Seasons 8th
 Seahawks Seasons 2nd
 Born February 17, 1981
 Hometown . . Kalamazoo, Michigan

44

HOW ACQUIRED: Signed as a free agent with Seattle on March 5, 2008.

NFL CAREER HIGHLIGHTS:

* Originally drafted by the Atlanta Falcons in the first round (18th overall) of the 2002 NFL Draft. Traded to the Washington Redskins in 2006 before spending the 2007 season with the Detroit Lions.

* Part of the Falcons rushing attack that led the NFL in 2004 (167.0) and 2005 (159.1). Finished second in 2004 with eight rushing scores and led the team in 2005, also with eight.

* Out of 109 total carries in 2004, only one went for negative yardage and led the NFL in percentage of carries converted for first downs.

* Set Falcons record for most TDs in a game with four vs. Oakland (12/12/04).

* Set Falcons club record rushing with at least one rushing TD in seven consecutive games in 2003.

* Led Seattle in 2008 with eight scores.

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 ranked 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). Earned second-team All-Big Ten Conference honors as a junior.

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 line-backer 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. 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	Rushing					Receiving				
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2002	Atlanta	12/3	130	507	3.9	33	4	9	61	6.8	20	0
2003	Atlanta	16/10	197	779	4.0	55	11	11	94	8.5	21	0
2004	Atlanta	13/0	104	509	4.9	35	8	3	15	5.0	11	0
2005	Atlanta	14/0	121	380	3.1	25	8	6	63	10.5	19	0
2006	Washington	10/0	38	132	3.5	19	2	2	16	8.0	19	0
2007	Detroit	12/1	65	335	5.2	53	3	4	54	13.5	22	0
2008	Seattle	16/0	62	172	2.8	29	8	0	0	0.0	0	0
NFL TOTALS		93/14	717	2814	4.0	55	44	35	303	8.7	22	0

POSTSEASON

	Club	G/S	Rushing					Receiving				
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2002	Atlanta	2/0	19	50	2.6	15	1	1	18	18.0	18	0
2004	Atlanta	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	18	0

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	Inactive										
11/03	Baltimore	13	75	5.8	33	1	1	0	0.0	0	0	75
11/10	at Pittsburgh	Inactive										
11/17	New Orleans	Inactive										
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	Inactive										
12/29	at Cleveland	1	0	0.0	0	0	0	0	-	-	0	0
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
PLAYOFF TOTALS (2/0)		19	50	2.6	15	1	1	18	18.0	18	0	68

DUCKETT'S GAME-BY-GAME

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
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				Inactive							
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				Inactive							
12/26	at New Orleans				Inactive							
01/02/05	at Seattle	8	52	6.5	35	0	1	11	11.0	11	0	63
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
PLAYOFF TOTALS (2/0)		22	80	3.6	13	1	0	0	0.0	0	0	80

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
TOTALS (14/0)		121	380	3.1	25	8	6	63	10.5	19	0	443

ADDITIONAL STATS

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

DUCKETT'S GAME-BY-GAME

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
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
TOTALS (12/1)		65	335	5.2	53	3	4	54	13.5	22	0	389

2008	Opponent	-----Rushing-----					-----Receiving-----					Total
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	
09/07	at Buffalo	0	0	0.0	0	0	0	0	0.0	0	0	0
09/14	San Francisco	2	3	1.5	2	1	0	0	0.0	0	0	0
09/21	St. Louis	19	79	4.2	29	2	0	0	0.0	0	0	0
10/05	at N.Y. Giants	4	14	3.5	6	0	0	0	0.0	0	0	0
10/12	Green Bay	2	9	4.5	9	0	0	0	0.0	0	0	0
10/19	at Tampa Bay	1	-1	-1.0	-1	0	0	0	0.0	0	0	0
10/26	at San Francisco	8	1	0.1	2	1	0	0	0.0	0	0	0
11/02	Philadelphia	2	4	2.0	2	0	0	0	0.0	0	0	0
11/09	at Miami	1	-1	-1.0	-1	0	0	0	0.0	0	0	0
11/16	Arizona	5	5	1.0	2t	2	0	0	0.0	0	0	0
11/23	Washington	1	4	4.0	4	0	0	0	0.0	0	0	0
11/27	at Dallas	3	20	6.7	9	0	0	0	0.0	0	0	0
12/07	New England	4	16	4.0	5	0	0	0	0.0	0	0	0
12/14	at St. Louis	3	4	1.3	3	1	0	0	0.0	0	0	0
12/21	N.Y. Jets	1	2	2.0	2	0	0	0	0.0	0	0	0
12/28	at Arizona	6	13	2.2	4	1	0	0	0.0	0	0	0
TOTALS (16/0)		62	172	2.8	29	8	0	0	0.0	0	0	0
CAREER TOTALS (93/14)		717	2,814	4.0	55	44	35	303	8.7	22	0	2945
PLAYOFF TOTALS (4/0)		41	130	3.2	15	2	1	18	18.0	17	0	148

DUCKETT'S SINGLE-GAME HIGHS

Rushes: 27 at Tampa Bay (12/20/03)
Yards: 102 vs. Kansas City (12/23/07)
Longest: 55 vs. Minnesota (10/5/03)
TDs: 4 vs. Oakland (12/12/04)

Receptions: 3 vs. Tampa Bay (10/6/02)
Yards: 34 vs. Tampa Bay (10/6/02)
Longest: 22 at Green Bay (12/30/07)
TDs: None

JUSTIN FORSETT

Position Running Back
Height . . . 5-8 **Weight** . . . 194
College California
NFL Seasons 2nd
Seahawks Seasons 2nd
Born October 14, 1985
Hometown Arlington, Texas

20

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

NFL CAREER HIGHLIGHTS:

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

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

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

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 aver-

age). He caught 41 passes for 386 yards (9.4 avg) and a score, adding 162 yards on 10 kickoff returns (16.2 avg.) while recovering a blocked punt for a touchdown. He also recorded seven tackles (six solo) on special teams.

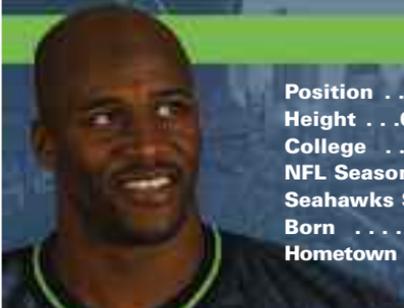
PERSONAL: Attended Grace Prep (Arlington, Tex.) Academy as a junior and senior. Spent freshman and sophomore years at Polk (Mulberry, Fla.) High before family moved to Texas. Led the Academy to back-to-back state championships in the Texas private school division, earning Class 4A first-team All-State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

FORSETT'S SINGLE-GAME HIGHS

Longest PR: 29 at Miami (11/9/08)
Longest KR: 32 at Miami (11/9/08)

FORSETT'S NFL RECORD

	Club	G/S	Rushing					Receiving				
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2008	Indianapolis	3/0	0	0	0.0	0	0	0	0	0	0	0
	Seattle	11/0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		14/0	0	0	0.0	0	0	0	0	0.0	0	0
	Club	No	Punt Returns					Kickoff Returns				
			Yds	Avg	LG	TD	No	Yds	Avg	LG	TD	
2008	Indianapolis	4	36	9.0	25	0	11	248	22.5	28	0	
	Seattle	23	227	9.9	29	0	7	174	24.9	32	0	
NFL TOTALS		27	263	9.7	29	0	18	422	23.4	32	0	



DEON GRANT

Position Safety
 Height . . . 6-2 Weight . . . 215
 College Tennessee
 NFL Seasons 10th
 Seahawks Seasons 3rd
 Born March 14, 1979
 Hometown Augusta, Georgia

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HOW ACQUIRED: Signed by the Seahawks as an unrestricted free agent on March 13, 2007, after spending the previous three seasons with the Jacksonville Jaguars.

NFL CAREER HIGHLIGHTS:

* Spent first four seasons with the Carolina Panthers where he was an original second-round draft choice (57th overall) in the 2000 NFL Draft. Signed 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.

* Has started all 128 games played after spending his entire rookie campaign on injured reserve after fracturing his left hip. Total is tops among safeties in the NFL and tied for eighth among all positions.

* In 2002, helped the Panther's 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.

* Earned first-career NFC Defensive Player of the Week recognition at Minnesota (9/22/02) after recording a team-record three interceptions.

* In 2003, started all four postseason contests including Super Bowl XXXVIII. Finished the postseason notching 31 tackles, one quarterback hurry, 3 passes defended and one interception.

* Leader of Seattle's 2007 defense that allowed 15 passing TDs, fewest in the NFL.

**CONSECUTIVE GAMES
STARTED AMONG
ACTIVE SAFETIES**

128	Deon Grant	Seattle
64	Kerry Rhodes	N.Y. Jets
60	Darren Sharper	Minnesota
53	Ed Reed	Baltimore
48	Ken Hamlin	Dallas
48	Oshiomogho Aotogwe	St. Louis

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. Majored in electrical engineering.

PERSONAL: Has a daughter, DeYon Imorie 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 SINGLE-GAME HIGHS

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

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

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

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

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

ADDITIONAL STATS

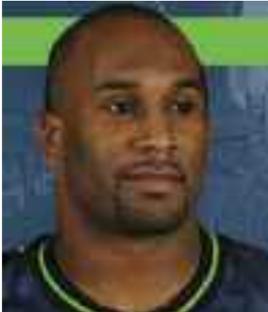
Special Team Tackles: 2001 (2), 2007 (5, FR), 2008 (2); **Career:** (9, FR)

GRANT'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions					FF	FR	Yds	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD				PD
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
2008 Seattle	16/16	77	64	13	0.0	0.0	2	31	15.5	31	0	8	0	0	0
NFL TOTALS	128/128	670	490	180	4.5	37.0	23	260	10.9	43	0	77	1	4	6

POSTSEASON

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



JUSTIN GRIFFITH

Position Fullback
 Height . . .6-2 Weight . . .230
 College Mississippi State
 NFL Seasons 7th
 Seahawks Seasons 1st
 Born July 21, 1980
 Hometown . . . Magee, Mississippi

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HOW ACQUIRED: Signed as a free agent with Seattle on March 5, 2008.

NFL CAREER HIGHLIGHTS:

* Originally drafted by the Atlanta Falcons in the fourth round of the 2003 NFL Draft and played there four seasons before signing with the Oakland Raiders in March, 2007.

* Was the lead blocker for an Atlanta Falcons rushing attack that led the NFL in 2004 (167.0) and 2005 (159.1).

* Was the lead blocker for current teammate T.J. Duckett when he set a Falcons club record rushing for at least one TD in seven consecutive games in 2003.

* Helped pave the way for Warrick Dunn's 178 yards rushing in 2003, a Falcon club record.

* Part of a Falcons rushing attack that amassed a club record 285 yards versus Minnesota on October 2, 2005.

* Suffered a season-ending knee injury in

Week 8 of the 2008 season missing the final nine games for the Raiders.

COLLEGE: Snagged 85 receptions for 937 yards (11.0 avg.) and four touchdowns in addition to 852 yards and 10 scores on 213 carries (4.0 avg.) in 39 games for Mississippi State. All-Southeastern Conference first-team selection as a senior, leading the team with a career-high 471 yards on 91 carries (5.2 avg.) with a pair of touchdowns and 19 receptions for 199 yards. Excelled in the classroom, earning South-eastern Conference Academic Honor Roll accolades.

PERSONAL: Rushed for more than 4,700 yards and 66 touchdowns in final two seasons at Magee (Sanatorium, Miss.) High School, gaining 2,533 yards on 323 carries (7.8 avg.) and 30 scores in senior season and 2,261 yards and 36 touchdowns as a junior. Fraternal twin Julius and cousin Slovakia also played at Mississippi State.

GRIFFITH'S NFL RECORD

	Club	G/S	Rushing					Receiving				
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2003	Atlanta	16/11	38	168	4.4	15	0	21	122	5.8	24	2
2004	Atlanta	12/11	9	39	4.3	10	0	22	220	10.0	62	1
2005	Atlanta	16/15	15	65	4.3	19	0	21	111	5.3	17	3
2006	Atlanta	16/11	19	106	5.6	21t	1	23	168	7.3	16	3
2007	Oakland	16/11	7	27	3.9	6	0	26	165	6.3	29	1
2008	Oakland	7/3	2	2	1.0	1	0	9	85	9.4	24	1
NFL TOTALS		83/62	90	407	4.5	21t	1	122	871	7.1	62	11

POSTSEASON

	Club	G/S	Rushing					Receiving					
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD	
2004	Atlanta		Injured Reserve (Ankle)										
NFL TOTALS		0/0	0	0	0.0	0	0	0	0	0.0	0	0	

GRIFFITH'S SINGLE-GAME HIGHS

Rushes: 12 vs. Tampa Bay (12/10/06)
Yards: 57 vs. Tampa Bay (12/10/06)
Longest: 21 vs. Tampa Bay (12/10/06)
TDs: 1 vs. Tampa Bay (12/10/06)

Receptions: 5 vs. Houston (11/30/03)
Yards: 78 vs. St. Louis (9/19/04)
Longest: 62 vs. St. Louis (9/19/04)
TDs: 2 vs. Dallas (12/16/06)

ADDITIONAL STATS

Kickoff Returns/Yards: 2004 (1/31), 2005 (8/149), 2007 (1/11), **Career:** 10/191



MATT HASSELBECK

Position Quarterback
Height . . . 6-4 **Weight** . . . 225
College Boston College
NFL Seasons 11th
Seahawks Seasons 9th
Born September 25, 1975
Hometown Westwood, Mass.

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HOW ACQUIRED: 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.

NFL CAREER HIGHLIGHTS:

* 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.

* Most action early in his career was as the holder for the extra point and field goal units during his first three seasons with the Packers.

* First NFL touchdown pass came on a fake field goal attempt at Minnesota (12/20/99) with a 9-yard toss.

* Pro Bowler following the 2003, 2005 and 2007 seasons.

* The Seahawks' all-time, highest-rated passer (86.2) ahead of Dave Krieg (82.3).

* 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.

* Passed Jim Zorn (20,122) for second on club's career list for most passing yards with his 14th career 300-yard game (318) at Cleveland (11/4/07). Completed 27 passes at Carolina

(12/16/07) on his way to setting the club's single-season record with 319. Set career high with 26th and 27th TD pass versus Baltimore (12/23/07).

* Entered 2002 as the team's second-string quarterback behind Trent 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). Has been the Seahawks starter since that game. Passed for more than 300 yards four times and surpassed 400 yards twice in 2002, both club records for a single season. Set team marks for completions (36) and yards (449) at San Diego (12/29/02) after attempting a franchise-record 55 passes at San Francisco (12/1/02). 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.

* In 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. Tied own record for most 300-yard games in a season (4), while becoming the first quarterback since Mirer in 1993 to start all 16 games.

* In 2004, 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. 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 Marc 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.

* In 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. 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

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

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. Set club record for consecutive passes without an interception streak at 159 (Zorn, 153).

* In 2007, set single season club records for attempts (562), completions (352) and passing yards (3,966).



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 touchdowns 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-

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
2008	Seattle	7/7	209	109	1,216	52.2	5	10	34	19/119	57.8
TOTALS		142/103	3,347	2,013	23,549	60.3	147	94	80t	248/1,512	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
2008	Seattle	7/7	11	69	6.3	15	0
TOTALS		142/103	257	960	3.7	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

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

behind victory over Hawaii in the season opener. Started the next 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 senior. 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 off-season 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 played for the N.Y. Giants and Arizona Cardinals. 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	11	319	188	2,392	58.9	16	10	66t	16/114	86.1
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	3	102	52	509	50.9	3	2	23	7/33	66.9
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	4	145	86	1,077	59.3	4	3	35	11/81	83.0
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	4	117	71	766	60.7	8	6	42	7/48	81.4
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	11	373	212	2,636	56.8	16	7	56t	24/170	85.4
San Diego	3	125	72	840	57.6	2	4	49	11/59	70.1
San Francisco	11	377	237	2,915	62.9	21	12	65	18/88	91.9
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	5	147	91	977	61.9	4	5	49	12/82	76.3
Totals	103	3,294	1,986	23,250	60.3	145	93	80t	245/1,494	84.6

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
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
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	
TOTALS		*(13/12)	321	176	2,023	54.8	7	8	64	38/251	#5-7	70.9

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				Special Teams Only						L	
09/22	at N.Y. Giants				Special Teams Only						L	
09/29	Minnesota				Special Teams Only						W	
10/06	Bye Week											
10/14	San Francisco				Special Teams Only						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
TOTALS		*(16/10)	419	267	3,075	63.7	15	10	49	26/143	#5-5	87.8

HASSELBECK'S GAME-BY-GAME PASSING

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	Lot	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
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	Lot	67.4
PLAYOFF TOTALS		(1/1)	45	25	305	55.6	0	1	34	2/14	0-1	67.4

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	Lot	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											
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											
01/02/05	Atlanta	(S)	27	21	191	77.8	2	1	23	4/21	W	105.4
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	Lot	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
TOTALS	(16/16)		449	294	3,459	65.5	24	9	5624/154	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
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
TOTALS	(16/16)		562	352	3,966	62.6	18	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

2008

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/07	at Buffalo	(S)	41	17	190	41.5	1	1	22	5/23	L	53.9
09/14	San Francisco	(S)	36	18	189	50.0	0	2	31	1/7	L	42.5
09/21	St. Louis	(S)	20	12	172	60.0	1	0	34	1/10	W	104.6
10/05	at N.Y. Giants	(S)	21	11	105	52.4	0	1	21	1/3	L	46.7
10/12	Green Bay				Inactive (Back)							
10/19	at Tampa Bay				Inactive (Back)							
10/26	at San Francisco				Inactive (Back)							
11/02	Philadelphia				Inactive (Back)							
11/09	at Miami				Inactive (Back)							
11/16	Arizona	(S)	29	17	170	58.6	1	3	33	2/17	L	47.3
11/23	Washington	(S)	24	12	103	50.0	2	2	21	2/14	L	54.7
11/27	at Dallas	(S)	38	22	287	57.9	0	1	33	7/45	L	70.8
12/07	New England				Inactive (Back)							
12/14	at St. Louis				Inactive (Back)							
12/21	N.Y. Jets				Inactive (Back)							
12/28	at Arizona				Inactive (Back)							
TOTALS	(7/7)		209	109	1,216	52.2	5	10	34	19/119	#1-6	57.8
CAREER TOTALS	(142/103)		3,347	2,013	23,549	60.3	147	94	80t	248/1,512	#58-45	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



DAVID HAWTHORNE

Position Linebacker
 Height . . 6-0 Weight . . 240
 College Texas Christian
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born May 14, 1985
 Hometown Corsicana, Texas

57

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

NFL CAREER HIGHLIGHTS:

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

COLLEGE: 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.

PERSONAL: 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.

HAWTHORNE'S SINGLE-GAME HIGHS

Tackles: None, **FF:** None, **Sacks:** None, **FR:** None, **Int.:** None

ADDITIONAL STATS

Special Teams Stats: 2008 (12); Career: (12)

HAWTHORNE'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2008 Seattle	14/0				Special teams only											
NFL TOTALS	14/0	0	0	0	0.0	0.0	0	0	0.0	0						



WILL HERRING

Position Linebacker
 Height . . 6-3 Weight . . 235
 College Auburn
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born August 28, 1983
 Hometown Opelika, Alabama

54

HOW ACQUIRED: Chosen with the 24th pick in the 5th round (161st overall) of the 2007 NFL Draft.

NFL CAREER HIGHLIGHTS:

* Has played in 23 career games with one start (vs. NYJ, 12/21/08).

* Consistent special teams performer with 15 special teams tackles over two years.

COLLEGE: Played in 52 career games. Recorded 237 tackles, seven interceptions, 2.0 sacks, four fumble recoveries and one forced fumble. Married to Ashley.

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. Also played baseball and was a two-time all-area selection. 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
2008 Seattle	11/1	11	8	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0	
NFL TOTALS	23/1	11	8	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0	

POSTSEASON

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

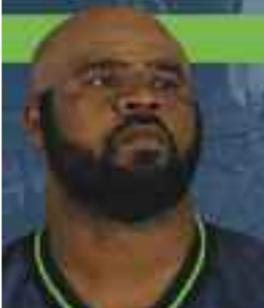
HERRING'S SINGLE-GAME HIGHS

Tackles: 6 at Arizona (12/28/09)
Sacks: None
Int.: None

FF: None
FR: None

ADDITIONAL STATS

Special Teams Stats: 2007 (13), 2008 (2); **Career:** (15)
Additional Postseason Stats: Special Teams Tackles 2007 (2); **Career:** (2)



LEROY HILL

Position	Linebacker
Height	Weight
College	Clemson
NFL Seasons5 th
Seahawks Seasons5 th
Born	September 14, 1982
Hometown	Haddock, Georgia

56

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

NFL CAREER HIGHLIGHTS:

- * Scored first-career touchdown on a 20-yard fumble return vs. Baltimore (12/23/07).
- * Set career-high with 12 tackles (nine solo) at San Francisco (10/26/08).
- * Finished third on the team with a career-high 92 tackles (70 solo) in 2006.
- * Played in 15 games, with nine starts as one-of-two starting rookie linebackers (Lofa Tatupu) in 2005.
- * Set a Seattle record with 75 sacks by a rookie

linebacker and third among all NFL rookies in that category (SD's Shawne Merriman 9.0 and Dallas' Demarcus Ware 8.0).

- * Moved in to the starting lineup vs. St. Louis (11/13/05) when Jamie Sharper went down for the season (knee).
- * Started all three games in the postseason in 2005. Had nine tackles (six solo) vs. Washington (1/14/06), six (four solo) vs. Carolina (1/22/06) and eight (seven solo) in Super Bowl XL vs. Pittsburgh (2/5/06).

COLLEGE: First player, regardless of position since 1999-00, to earn first-team All-ACC honors in consecutive years. Started 24 of 47 collegiate games. Finished with 311 tackles (219

solo), 16 sacks, 48 tackles for loss, three interceptions, two forced fumbles, a fumble recovery, and four passes defended. As a senior, named ACC Defensive Player of Year and All-ACC first-team while starting every game (11) at onsidelinebacker.

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
2008 Seattle	12/12	81	61	20	1.0	2.0	0	0	0.0	0	0	3	0	0	0
NFL TOTALS	56/50	321	237	84	13.5	90.5	0	0	0.0	0	0	11	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: 12 at San Francisco (10/26/08)

Sacks: 1.5 at Arizona (11/6/05) and at Phi (12/5/05)

Int.: None

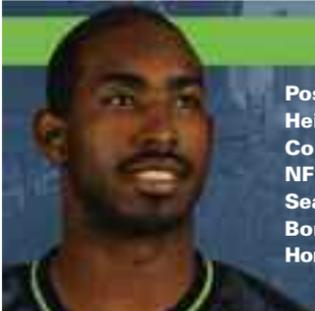
FF: 1 7 Times, Last at St. Louis (11/25/07)

FR: 1 vs. NYG (9/24/06) and vs. Balt. (12/23/07)

TDs: 1, 20-yard fumble return vs. Balt. (12/23/07)

ADDITIONAL STATS

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



KEVIN HOBBS

Position Cornerback
 Height . . . 6-0 Weight . . . 188
 College Auburn
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born April 30, 1983
 Hometown Tampa, Florida

32

HOW ACQUIRED: Originally signed by Seattle as an undrafted rookie free agent on May 1, 2006, but was released after camp. Re-signed by Seattle on May 5, 2007.

NFL CAREER HIGHLIGHTS:

- * Made NFL debut at Pittsburgh (10/7/07).
- * Played in 14 games in 2008.
- * Has 10 total special teams tackles in first two seasons.

COLLEGE: Moved from cornerback to safety before his junior season. Played in all 13 games in 2003, starting seven, and tied for the team-lead with three picks, including one returned for 20 yards for a score vs. Louisiana-Monroe. Was a walk-on at Auburn his sophomore year after transferring from Texas Southern (2001). Ran a 4.34 40-yard dash at Auburn's Pro Day.

PERSONAL: Majored in business accounting. Married to Shayla and has a daughter, Kadyan.

HOBBS' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2007 Seattle	6/0	2	2	0	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2008 Seattle	14/0	1	0	1	0.0	0.0	0	0	0.0	0	0	0	0	0	
NFL TOTALS	20/0	3	2	1	0.0	0.0	0	0	0.0	0	0	1	0	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2007 Seattle	1/0	Special Teams Only													
NFL TOTALS	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0



T.J. HOUSHMANDZADEH

PositionWide Receiver
 Height . . .6-2 Weight . . .203
 CollegeOregon State
 NFL Seasons9th
 Seahawks Seasons1st
 BornSeptember 26, 1977
 Hometown . . .Barstow, California
 Pronunciation .hoosh-mand-ZAH-duh

84

HOW ACQUIRED: Signed with Seattle on March 3, 2009, as an unrestricted free agent from Cincinnati. Originally drafted by Cincinnati in the seventh round (204th overall) of the 2001 NFL Draft.

NFL CAREER HIGHLIGHTS:

- * Over the past three seasons, numbers rank among the league's best. Ranks first in receptions (294), 11th in yards (3,128), tied for sixth in touchdowns (25) and fourth in first downs (179) since 2006.
- * Finished Bengals career in third place on the club's all-time receptions list (507), seventh place on the club's receiving yards list (5,782) and fifth place on the club's receiving touchdowns list (37).
- * En route to his first Pro Bowl, tied for the league-lead with a career-highs in receptions (112), yards (1,143) and touchdowns (12) in 2007.
- * Had a receiving score in the first eight games of 2007, tying the second-longest consecutive streak in NFL history.
- * Led Cincinnati for the third straight year in receptions with 92 (6th NFL) in 2008 and led the team with 904 yards and tied for the team-lead with four scores.
- * Tied his career-high with 12 receptions at the N.Y. Giants (9/21/08) along with 146 yards and also posted 12 vs. Philadelphia (11/16/08), gain-

ing a season-high 149 receiving yards.

- * Had first 1,000-yard season in 2006 with 1,081 yards on 90 catches with nine touchdowns.
- * Posted a career-high 171 yards at Baltimore (12/5/04).
- * Tied his career-high of two touchdowns in a game for the sixth time at Dallas (10/5/08).
- * Led the NFL with 31 catches on third down in 2008.
- * Missed 14 games in 2003 (hamstring).

COLLEGE: As an Oregon State senior in 2000, was the top-producing receiver in a passing game that helped spark Beavers to a No. 4 national ranking and a Fiesta Bowl victory over Notre Dame. Caught 48 passes for 730 yards with seven scores on the season. Played his freshman and sophomore seasons at Cerritos (Calif.) College. Had a 100-yard kickoff return for a touchdown in each of his Cerritos seasons.

PERSONAL: Born in Victor Valley, Calif. Hometown is Barstow, Calif. Played running back for Barstow High and led club to a 10-1-1 record as a senior. Offseason residence is Los Angeles. Married to wife, Kaci, and has two daughters, Karrington and Kennedy. Favorite hobbies are basketball, pool and PlayStation. Full name is Touraj Houshmandzadeh. First name is pronounced "TOO-raj." Majored in physical education.

HOUSHMANDZADEH'S NFL RECORD

Club	G/S	No	Receiving				Att	Rushing			
			Yds	Avg	LG	TD		Yds	Avg	LG	TD
2001 Cincinnati	12/1	21	228	10.9	23	0	0	0	0.0	0	0
2002 Cincinnati	16/5	41	492	12.0	31	1	0	0	0.0	0	0
2003 Cincinnati	2/0	0	0	0.0	0	0	0	0	0.0	0	0
2004 Cincinnati	16/13	73	978	13.4	62	4	6	51	8.5	16	0
2005 Cincinnati	14/12	78	956	12.3	43t	7	8	62	7.8	17	1
2006 Cincinnati	14/13	90	1,081	12.0	40t	9	3	6	2.0	13	0
2007 Cincinnati	16/15	112	1,143	10.2	42t	12	5	14	2.8	8	0
2008 Cincinnati	15/15	92	904	9.8	46	4	1	9	9.0	9	0
NFL TOTALS	105/74	507	5,782	11.4	62	37	23	142	6.2	17	1

POSTSEASON

Club	G/S	No	Receiving				Att	Rushing			
			Yds	Avg	LG	TD		Yds	Avg	LG	TD
2005 Cincinnati	1/1	4	25	6.3	8	1	0	0	0.0	0	0
NFL TOTALS	1/1	4	25	6.3	8	1	0	0	0.0	0	0

HOUSHMANDZADEH'S GAME-BY-GAME REC.

2001	Opponent	No	Yds	Avg	LG	TD	2002	Opponent	No	Yds	Avg	LG	TD
9/10	New England	Inactive					9/8	San Diego	2	27	13.5	16	0
9/23	Baltimore	Inactive					9/15	at Cleveland	5	58	11.6	16	0
9/30	at San Diego	0	0	0.0	0	0	9/22	at Atlanta	3	36	12.0	15	0
10/7	at Pittsburgh	Inactive					9/29	Tampa Bay	2	20	10.0	10	0
10/14	Cleveland	Inactive					10/6	at Indianapolis	1	16	16.0	16	0
10/21	Chicago	0	0	0.0	0	0	10/13	Pittsburgh	4	56	14.0	23	0
10/28	at Detroit	0	0	0.0	0	0	10/20	Bye Week					
11/4	Bye Week						10/27	Tennessee	0	0	—	—	0
11/11	at Jacksonville	6	62	10.3	23	0	11/3	at Houston	3	30	10.0	16	0
11/18	Tennessee	0	0	0.0	0	0	11/10	at Baltimore	2	19	9.5	14	0
11/25	at Cleveland	0	0	0.0	0	0	11/17	Cleveland	3	59	19.7	31	0
12/2	Tampa Bay	0	0	0.0	0	0	11/24	at Pittsburgh	1	6	6.0	6	0
12/9	Jacksonville	0	0	0.0	0	0	12/1	Baltimore	4	35	8.8	18	1
12/16	at New York Jets	1	5	5.0	5	0	12/8	at Carolina	3	43	14.3	18	0
12/23	at Baltimore	5	63	12.6	20	0	12/15	Jacksonville	3	41	13.7	21	0
12/30	Pittsburgh	9	98	10.9	20	0	12/22	New Orleans	2	20	10.0	11	0
1/6/02	at Tennessee	0	0	0.0	0	0	12/29	at Buffalo	3	26	8.7	11	0
TOTALS (12/1)		21	228	10.9	23	0	TOTALS (16/5)		41	492	12.0	31	1

2003	Opponent	No	Yds	Avg	LG	TD	2004	Opponent	No	Yds	Avg	LG	TD
9/7	Denver	Inactive					9/12	at N.Y. Jets	3	38	12.7	20	0
9/14	at Oakland	Inactive					9/19	Miami	1	13	13.0	13	0
9/21	Pittsburgh	Inactive					9/26	Baltimore	7	116	16.6	22	0
9/28	at Cleveland	Inactive					10/3	at Pittsburgh	6	53	8.8	13	0
10/5	at Buffalo	Inactive					10/10	Bye Week					
10/12	Bye Week						10/17	at Cleveland	0	0	0.0	0	0
10/19	Baltimore	Inactive					10/25	Denver	1	13	13.0	13	0
10/26	Seattle	Inactive					10/31	at Tennessee	4	81	20.3	62	0
11/2	at Arizona	Inactive					11/7	Dallas	1	8	8.0	8	0
11/9	Houston	Inactive					11/14	at Washington	7	59	8.4	13	0
11/16	Kansas City	Inactive					11/21	Pittsburgh	2	24	12.0	20	0
11/23	at San Diego	Did Not Play					11/28	Cleveland	4	79	19.8	53t	2
11/30	at Pittsburgh	Inactive					12/5	at Baltimore	10	171	17.1	34	1
12/7	at Baltimore	Inactive					12/12	at New England	12	145	12.1	33	0
12/14	San Francisco	Inactive					12/19	Buffalo	4	43	10.8	24	0
12/21	at St. Louis	0	0	0.0	0	0	12/26	N.Y. Giants	5	64	12.8	19	0
12/28	Cleveland	0	0	0.0	0	0	1/2/05	at Philadelphia	6	71	11.8	20t	1
TOTALS (2/0)		0	0	0.0	0	0	TOTALS (16/13)		73	978	13.4	62	4

HOUSHMANDZADEH'S GAME-BY-GAME REC.

2005	Opponent	No	Yds	Avg	LG	TD	2006	Opponent	No	Yds	Avg	LG	TD
9/11	at Cleveland	5	75	15.0	35	0	9/10	at Kansas City	Inactive				
9/18	Minnesota	5	55	11.0	19	1	9/17	Cleveland	Inactive				
9/25	at Chicago	2	13	6.5	12	0	9/24	at Pittsburgh	9	94	10.4	30t	2
10/2	Houston	8	105	13.1	22	0	10/1	New England	4	95	23.8	33	0
10/9	at Jacksonville	Inactive					10/8	Bye Week					
10/16	at Tennessee	Inactive					10/15	at Tampa Bay	10	102	10.2	33t	1
10/23	Pittsburgh	7	75	10.7	25	0	10/22	Carolina	7	61	8.7	20	1
10/30	Green Bay	5	77	15.4	21	1	10/29	Atlanta	6	70	11.7	19	0
11/6	at Baltimore	5	61	12.2	21	0	11/5	at Baltimore	3	66	22.0	26t	1
11/13	Bye Week						11/12	San Diego	7	88	12.6	22	0
11/20	Indianapolis	5	47	9.4	21	0	11/19	at New Orleans	2	15	7.5	8	0
11/27	Baltimore	9	147	16.3	30t	1	11/26	at Cleveland	7	79	11.3	22	1
12/4	at Pittsburgh	5	88	17.6	43t	2	11/30	Baltimore	10	106	10.6	40t	1
12/11	Cleveland	6	53	8.8	16	1	12/10	Oakland	8	118	14.8	36	1
12/18	at Detroit	6	61	10.2	16	1	12/18	at Indianapolis	4	49	12.3	24	0
12/24	Buffalo	7	70	10.0	14	0	12/24	at Denver	9	94	10.4	26	1
1/1/06	at Kansas City	3	29	9.7	16	0	12/31	Pittsburgh	4	44	11.0	23	0
TOTALS (14/12)		78	956	12.3	43t	7	TOTALS (14/13)		90	1,081	12.0	40t	9
1/8/06	Pittsburgh	4	25	6.3	8	1							
PLAYOFFS (1/1)		4	25	6.3	8	1							

2007	Opponent	No	Yds	Avg	LG	TD	2008	Opponent	No	Yds	Avg	LG	TD
9/10	Baltimore	9	50	5.6	12	1	9/7	at Baltimore	3	44	14.7	24	0
9/16	at Cleveland	8	69	8.6	23t	2	9/14	Tennessee	3	26	8.7	9	0
9/23	at Seattle	12	141	11.8	35t	1	9/21	at N.Y. Giants	12	146	12.2	26	1
10/1	New England	10	100	10.0	23	1	9/28	Cleveland	6	50	8.3	15	0
10/7	Bye Week						10/5	at Dallas	7	85	12.1	25	2
10/14	at Kansas City	8	145	18.1	42t	2	10/12	at N.Y. Jets	7	49	7.0	13	0
10/21	N.Y. Jets	4	43	10.8	19	1	10/19	Pittsburgh	8	58	7.3	19	0
10/28	Pittsburgh	7	81	11.6	28	1	10/26	at Houston	8	54	6.8	11	0
11/4	at Buffalo	4	45	11.3	17	1	11/2	Jacksonville	7	65	9.3	22	0
11/11	at Baltimore	6	45	7.5	14	0	11/9	Bye Week					
11/18	Arizona	8	87	10.9	19t	1	11/16	Philadelphia	12	149	12.4	26t	1
11/25	Tennessee	7	66	9.4	16	0	11/20	at Pittsburgh	4	20	5.0	11	0
12/2	at Pittsburgh	5	42	8.4	12	0	11/30	Baltimore	4	64	16.0	46	0
12/9	St. Louis	8	52	6.5	14	0	12/7	at Indianapolis	8	75	9.4	23	0
12/15	at San Francisco	5	62	12.4	18	0	12/14	Washington	3	19	6.3	9	0
12/23	Cleveland	2	25	12.5	20	1	12/21	at Cleveland	0	0	0.0	0	0
12/30	at Miami	9	90	10.0	23	0	12/28	Kansas City	Inactive				
TOTALS (16/15)		112	1,143	10.2	42t	12	TOTALS (15/15)		92	904	9.8	46	4

HOUSHMANDZADEH'S SINGLE-GAME HIGHS

Most Receptions: 12, 4 Times, Last vs. Phi (11/16/08) **Most Yards:** 171 at Baltimore (12/5/04)

Most TDs: 2, 6 Times, Last at Dallas (10/5/08)

Longest Reception: 62 at Tennessee (10/31/04)

ADDITIONAL STATS

Kickoff returns: 33 for 700 yards (21.2 avg.) with a long of 44. **Punt returns:** 55 for 447 yards (8.1 avg.) with a long of 86.



LAWRENCE JACKSON

Position Defensive End
 Height . . 6-4 Weight . . 271
 College Southern California
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born August 30, 1985
 Hometown Inglewood, Calif.

95

HOW ACQUIRED: Drafted with the 28th selection in the first round (28th overall) of the 2008 NFL Draft.

NFL CAREER HIGHLIGHTS:

* Set career-highs with five tackles (four solo) and 2.0 sacks vs. San Francisco (9/14/08)

* Tied career-high five tackles (three solo) at the N.Y. Giants (10/5/08).

COLLEGE: 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 loss totaling 247 yards. He recovered four fumbles and caused seven others while also blocking three kicks. As a senior, earned second-team All-American honors and picked up All-Pac 10 first-team accolades, in addition

to sharing the team's Defensive Player of the Year Award.

PERSONAL: Attended Inglewood High. Made 142 tackles, with 11 sacks, four fumble recoveries and two interceptions 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. 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.

JACKSON'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2008 Seattle	16/14	29	21	8	2.0	7.0	0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS	16/14	29	21	8	2.0	7.0	0	0	0.0	0						

JACKSON'S SINGLE-GAME HIGHS

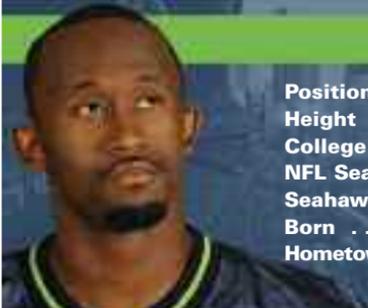
Tackles: 5, 2 Times, Last at N.Y. Giants (10/5/08)

Sacks: 2.0 vs. San Francisco (9/14/08)

Int.: None

FF: None

FR: None



KELLY JENNINGS

Position Cornerback
 Height . . 5-11 Weight . . . 180
 College Miami
 NFL Seasons 4th
 Seahawks Seasons 4th
 Born November 30, 1982
 Hometown Live Oak, Florida

21

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

NFL CAREER HIGHLIGHTS:

- * Posted career highs with 55 tackles (49 solo) and 12 passes defended in 2007.
- * Tied career high with 12 passes defended in 2008.
- * Had career-high eight stops (six solo) vs. Tampa Bay (9/9/07).
- * First career interception came vs. Green Bay (11/27/06).

COLLEGE: Played in 49 games, starting 41. Recorded 116 career tackles (82 solos) with 1.5 sacks and five stops for losses of 18 yards. Added four quarterback pressures, caused two

fumbles, deflected 34 passes, and intercepted six passes. All-American first-team choice by *Sports Illustrated* as a senior, adding second-team honors from *The NFL Draft Report* and the *Associated Press*.

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

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
2008 Seattle	16/6	42	36	6	0.0	0.0	0	0	0.0	0	0	12	0	0	0
NFL TOTALS	48/23	132	117	15	0.0	0.0	1	0	0.0	0	0	29	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	4/3	12	11	1	0.0	0.0	0	0	0.0	0	0	2	1	0	0

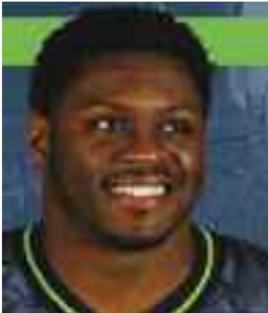
JENNINGS' SINGLE-GAME HIGHS

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

Position Running Back
Height . . 5-10 Weight . . .208
College Notre Dame
NFL Seasons 6th
Seahawks Seasons 2nd
Born August 14, 1981
Hometown . . Big Stone Gap, Virginia

22

HOW ACQUIRED: 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.

NFL CAREER HIGHLIGHTS:

* Rushed for back-to-back 100-yard games for the Seahawks vs. the 49ers (9/14/08) and Rams (9/21/08), posting 127 and 140 yards, respectively.

* At Seattle (12/6/04), had a career high 198 yards on 30 carries and a career high three touchdowns.

* Became the first player in Dallas history, and the second player in NFL history (Earl Campbell), to have at least 30 carries in three consecutive games.

* Topped 1,000 rushing yards for the first time in career in 2006, becoming the first Cowboy to do so since Emmitt Smith in 2001. Jones finished with 267 rushes for 1,084 yards.

* 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.

* In his postseason debut at Seattle (1/6/07), had 112 yards on 22 carries.

* Named the NFL's Offensive Rookie of the Month of November 2004 after rushing for 231 yards and two touchdowns on 63 carries.

* At the N.Y. Giants (12/4/05), recorded nine receptions and 88 receiving yards, both of which were career bests.

* In 2004, missed eight-of-the-first-nine games of the season (ribs, scapula). Started the final seven games of the season and finished with 819 rushing yards, and seven rushing touchdowns, leading all NFL rookies.

* Finished Dallas career in eighth place on team's rushing chart with 3,484 yards on 885 carries.

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 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. His final season, 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 Raghieb 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 AP and Virginia High School Coaches Association. 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. 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 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. His older brother, Thomas, was the sixth pick in the 2000 NFL Draft by the Arizona Cardinals, also played for Tampa Bay, Chicago and currently for the N.Y. Jets. Majored in sociology. Married to wife Kelly, and has a son Julius.

J. JONES' NFL RECORD

Club	G/S	Rushing					Receiving				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
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
2008 Seattle	15/10	158	698	4.4	33	2	14	66	4.7	17	0
NFL TOTALS	68/61	1,043	4,182	4.0	77t	20	98	738	7.8	39	0

POSTSEASON

Club	G/S	Rushing					Receiving				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
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
NFL TOTALS	2/1	25	120	4.8	35	0	2	0	0.0	2	0

J. 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

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

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						Inactive (Ankle)						W
10/23	at Seattle						Inactive (Ankle)						L
10/30	Arizona						Inactive (Ankle)						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	-11	-5.5	-5	0	24	L
TOTALS (13/12)		257	993	3.9	51	5	35	218	6.2	26	0	1,211	9-7

J. JONES' GAME-BY-GAME

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
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
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
TOTALS (16/16)		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
PLAYOFF TOTALS (1/0)		3	8	2.7	4	0	0	0	0.0	0	0	8	0-1

2008	Opponent	Rushing					Receiving					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/7	at Buffalo	13	45	3.5	24	0	2	17	8.5	9	0	62	L
9/14	San Francisco	26	127	4.9	27t	1	3	14	4.7	17	0	141	L
9/21	St. Louis	22	140	6.4	32	1	1	4	4.0	4	0	144	W
10/5	at N.Y. Giants	17	61	3.6	8	0	1	13	13.0	13	0	74	L
10/12	Green Bay	12	44	3.7	10	0	0	0	0.0	0	0	44	L
10/19	at Tampa Bay	7	42	6.0	21	0	1	-5	-5.0	-5	-	37	L
10/26	at San Francisco	6	9	1.5	9	0	2	22	11.0	11	0	31	W
11/2	Philadelphia	10	41	4.1	15	0	1	4	4.0	4	0	45	L
11/9	at Miami	16	88	5.5	33	0	2	2	1.0	3	0	90	L
11/16	Arizona	10	19	1.9	6	0	1	-5	-5.0	-5	0	14	L
11/23	Washington	2	21	10.5	19	0	0	0	0.0	0	0	21	L
11/27	at Dallas	11	37	3.4	16	0	0	0	0.0	0	0	37	L
12/7	New England												L
12/14	at St. Louis	4	18	4.5	8	0	0	0	0.0	0	0	18	W
12/21	N.Y. Jets	0	0	0.0	0	0	0	0	0.0	0	0	0	W
12/28	at Arizona	2	6	3.0	4	0	0	0	0.0	0	0	0	L
TOTALS (15/10)		158	698	4.4	33	2	14	66	4.7	17	0	758	4-12



WALTER JONES

Position Tackle
 Height . . . 6-5 Weight . . . 325
 College Florida State
 NFL Seasons 13th
 Seahawks Seasons 13th
 Born January 19, 1974
 Hometown . . . Aliceville, Alabama

71

HOW ACQUIRED: Signed a long-term deal February 16, 2005. Selected with the sixth overall pick in the first round of the 1997 NFL 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.

NFL CAREER HIGHLIGHTS:

- * Named to his eighth consecutive Pro Bowl, ninth career, following the 2008 season, passing Cortez Kennedy for most in team history.
- * A six-time AP All-Pro (first team in 2001, 2004, 2005, 2007 and second team in 2006 and 2008).
- * His 180 starts rank second in Seattle history (Steve Largent, 197) and 180 games played rank fourth in Seattle history.
- * Became the first Seahawks offensive lineman to play in the Pro Bowl, following the 1999 season.
- * Missed four games in 2008 (knee) due to injury for the first time since 1997.
- * Named NFL Offensive Rookie of the Month for October 1997. Earned consensus first-team All-Rookie honors from multiple publications.
- * Helped Shaun Alexander to the fourth-best rushing game in NFL history (266 yards) vs. Oakland (11/11/01).
- * Was part of the offensive line that blocked for Alexander's record-setting five-touchdown first half versus Minnesota (9/29/02).
- * Helped Alexander to become the NFL MVP in 2005 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 (10/16/05).
- * Part of the line that did not surrender a sack in back-to-back games at Atlanta (12/3/00) and at Denver, (12/10/00), for the first time in 324 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*). **2008** NFC Pro Bowl, Second-team All-Pro (*AP*).

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 sec-

ond 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 fraternal 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		2004	Seattle	16/16	1/1
1998	Seattle	16/16		2005	Seattle	15/15	3/3
1999	Seattle	16/16	1/1	2006	Seattle	16/16	2/2
2000	Seattle	16/16		2007	Seattle	15/15	2/2
2001	Seattle	16/16		2008	Seattle	12/12	
2002	Seattle	14/14		NFL TOTALS		180/180	10/10
2003	Seattle	16/16	1/1				

JORDAN KENT

PositionWide Receiver
 Height . . .6-4 Weight . . .219
 CollegeOregon
 NFL Seasons3rd
 Seahawks Seasons3rd
 BornJuly 24, 1984
 HometownEugene, Oregon

82

HOW ACQUIRED: Drafted by Seattle with the second of two sixth-round picks (210th overall) in the 2007 NFL Draft.

NFL CAREER HIGHLIGHTS:

* Made NFL debut at Buffalo (9/7/08) and first-career start at San Francisco (10/26/08). Did not record a catch in nine games played. Had three special teams tackles.

* Spent the entire 2007 season on the practice squad.

COLLEGE: First three-sport athlete in the collegiate ranks since 2001-02. 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 12 of 13 games at flanker, ranking second on the team with 44 receptions for 491 yards (11.2 avg.) and four touchdowns.

PERSONAL: Attended Winston Churchill (Eugene, Ore.) High, playing basketball and track, lettering four times in each sport. Led Churchill 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). Brother, Marcus, also played for the Oregon basketball team. Graduated from Oregon in May 2006 with a degree in Business Administration. Born in Dhaharan, Saudi Arabia.



PATRICK KERNEY

Position	Defensive End
Height	6-5 Weight
College	Virginia
NFL Seasons	11th
Seahawks Seasons	3rd
Born	December 30, 1976
Hometown	Newtown, Penn.

97

HOW ACQUIRED: 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.

NFL CAREER HIGHLIGHTS:

* Named to the Pro Bowl in 2004 and 2007. Also named AP All-Pro first-team for the first time in career in 2007.

* Started all 16 games for the seventh time in career in 2007, 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 the NFC Defensive Player of the Month for November 2007 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 in 2007. Became the first player since Indianapolis' Dwight Freeney (December 5-12, 2004) to record back-to-back 3+ sack games (11/18/07 vs. Chi.-11/25/07 at St. Louis). Also had 3.0 sacks vs. Arizona (12/9/07).

* Posted career-highs in tackles in 2002 with 104 (54 solo) and picked up a fumble recovery and scored the first touchdown of his career on a four-yard return vs. Baltimore (11/3/02).

* Named the NFC's Defensive Player of the Month for September 2004.

* Streak of seven games with at least a half-sack lasted almost two months as it began vs. San Francisco (10/14/01) and ended vs. New Orleans (12/9/01).

* Injured shoulder at San Francisco (10/26/08) and placed on injured reserve (11/19/08).

* Suffered a torn pectoral vs. Cleveland (11/12/06) and placed on injured reserve a week later.



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 totaled 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 MVP as a senior as he played linebacker and 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 heavy-weight 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

KERNEY'S SINGLE-GAME HIGHS

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

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

Sacks: 3, 4 Times, Last vs. Arizona (12/9/07)

FR: 1, 11 Times, Last at San Francisco (10/26/08)

Int.: 1, 3 Times, Last at St. Louis (11/25/07)

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

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. 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
2008 Seattle	7/7	21	15	6	5.0	19.0	0	0	0.0	0	0	3	1	1	50
NFL TOTALS	144/130	625	383	242	77.5	449.0	3	8	2.7	8	0	21	17	11	56

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



LANCE LAURY

Position Linebacker
 Height . . . 6-2 Weight . . . 237
 College South Carolina
 NFL Seasons 4th
 Seahawks Seasons 4th
 Born January 17, 1982
 Hometown Hopkins, S.C.
 Pronunciation LOR-ee

50

HOW ACQUIRED: Signed with Seattle on May 1, 2006, as an undrafted rookie free agent.

NFL CAREER HIGHLIGHTS:

* In three seasons, has 42 tackles and one forced fumble on special teams.

* Saw time at linebacker for first time in career at Atlanta (12/30/07) and had one solo stop.

HONORS:

2007 NFC Special Teams 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, and 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

Year	Club	G/S	Tackles			Sacks		Interceptions					FF	FR	Yds
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD			
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
2008	Seattle	16/0				Special Teams Only									
NFL TOTALS		40/0	1	1	0	0.0	0.0	0	0	0.0	0	0	0	0	0

POSTSEASON

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

LAURY'S SINGLE-GAME HIGHS

Tackles: 1 at Atlanta (12/30/07)

Sacks: None

Int.: None

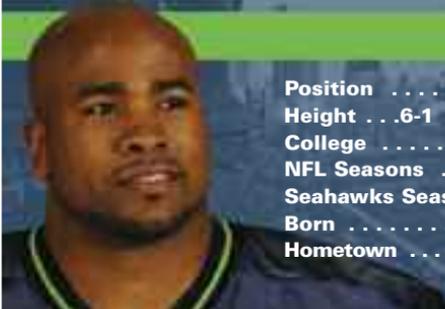
Forced Fumbles: None

Fumble Recoveries: None

ADDITIONAL STATS

Special Teams Stats: 2006 (11), 2007 (18, FF), 2008 (13); Career: (42, FF)

Additional Postseason Stats: Special Teams Tackles 2006 (2), 2007 (2); Career: (4).



D.D. LEWIS

Position Linebacker
 Height ... 6-1 Weight ... 241
 College Texas
 NFL Seasons 8th
 Seahawks Seasons 7th
 Born January 8, 1979
 Hometown Houston, Texas

52

HOW ACQUIRED: 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. Originally signed by the Seahawks as an undrafted free agent on April 30, 2002.

NFL CAREER HIGHLIGHTS:

* Tied career high with 11 tackles (eight solo) at Tampa Bay (10/19/08).

* Started all 12 games played in 2005, posting a career-high 64 tackles (46 solo).

* Blocked a punt vs. Pittsburgh (11/2/03) 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).

* Spent 2004 on injured reserve (shoulder).

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 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 Nicole and has two sons, Zion and Joshua, and one daughter Jada. Has a passion for the Kingdom of God. Born in Bermahaven, Germany.

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
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
2008 Seattle	14/2	38	30	8	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	67/20	179	133	46	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

LEWIS' SINGLE-GAME HIGHS

Tackles: 11, 3 Times, Last at TB (10/19/08)

Interceptions: None

Fumble Recoveries: None

Sacks: 1 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), 2008 (7);

Career: (33, blocked punt, FF). **Postseason Special Teams Tackles:** 2003 (1)



SEAN LOCKLEAR

Position Tackle
 Height . . . 6-4 Weight . . . 308
 College . . . North Carolina State
 NFL Seasons 6th
 Seahawks Seasons 6th
 Born May 29, 1981
 Hometown Lumberton, S.C.

75

HOW ACQUIRED: Chosen with the 21st selection of the third round (84th overall) in the 2004 NFL Draft.

NFL CAREER HIGHLIGHTS:

* Moved to starting lineup at right tackle in 2005 preseason. Started all 16 games in 2005 and 2007.

* In 2005, 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 (10/16/05).

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	2008	Seattle	12/11	
2006	Seattle	10/10	2/2	NFL TOTALS		70/53	8/7

Additional stats: One kickoff return for 12 yards.

KEN LUCAS

Position Cornerback
 Height . . 6-0 Weight . . 205
 College Mississippi
 NFL Seasons 9th
 Seahawks Seasons 5th
 Born January 23, 1979
 Hometown Cleveland, Miss.

31

HOW ACQUIRED: Re-signed with Seattle on April 27, 2009, as an unrestricted free agent from Carolina. Originally drafted 40th overall in the 2001 NFL Draft by Seattle. Signed with Carolina as an unrestricted free agent after the 2004 season.

NFL CAREER HIGHLIGHTS:

- * Tallied a career-high 82 tackles (71 solo) in 2002.
- * Posted a career-high six interceptions twice (2004 and 2005). Tied for the NFC lead in 2004.
- * Scored his first career touchdown on a 21-yard interception return at Arizona (10/24/04) and his second score came on a 27-yard fumble return vs. Atlanta (11/11/07).
- * Posted a career-high two interceptions in a single game three times in career, most recently vs. the N.Y. Jets (11/13/05).

* Had a career-high 21 passes defended with Seattle in 2004.

* Has started all 16 games four times in career (2002, 2004, 2007, 2008).

COLLEGE: Began career at Ole Miss as a receiver before switching to corner late in sophomore year. Played in 47 games with 19 starts, totaling 87 tackles, seven picks and 33 passes defended on defense and 23 catches for 292 yards and one score on offense. Earned All-America and All-SEC honors as a senior, leading the nation with a school-record 25 passes defended, with 45 tackles and five picks. Against Arkansas State in 1998, became the first Rebels player in school history to block two punts in one game.

PERSONAL: Attended East Side High. Majored in computer science.

LUCAS' SINGLE-GAME HIGHS

Tackles: 12 at Oakland (9/8/02)
Interceptions: 2, 3 Times, Last vs. NYJ (11/13/05)
Sacks: None

FF: 1, 3 Times, Last at St. Louis (11/14/04)
FR: 1, 6 Times, Last (11/11/07)

ADDITIONAL STATS

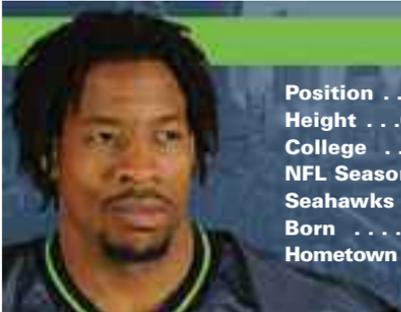
Special Teams Stats: 2001 (2), 2004 (4); **Career:** (6)

LUCAS' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2001 Seattle	16/8	47	42	5	0.0	0.0	1	0	0.0	0	0	15	0	1	1
2002 Seattle	16/16	82	71	11	0.0	0.0	3	67	22.3	40	0	12	1	0	0
2003 Seattle	14/7	62	52	10	0.0	0.0	1	27	27.0	27	0	12	1	1	24
2004 Seattle	16/16	67	60	7	0.0	0.0	6	46	7.7	25	1	21	1	1	3
2005 Carolina	15/15	72	59	13	0.0	0.0	6	70	11.7	32	0	12	0	1	24
2006 Carolina	13/12	47	38	9	0.0	0.0	3	13	4.3	13	0	7	0	0	0
2007 Carolina	16/16	69	62	7	0.0	0.0	2	1	0.5	1	0	11	0	2	27
2008 Carolina	16/16	70	59	11	0.0	0.0	2	74	37.0	43	0	14	0	0	0
NFL TOTALS	122/106	516	443	73	0.0	0.0	24	298	12.4	43	1	104	3	6	79

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2003 Seattle	1/0	7	4	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2004 Seattle	1/1	2	2	0	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2005 Carolina	3/3	14	10	4	0.0	0.0	2	15	7.5	14	0	3	0	0	0
2008 Carolina	1/1	7	5	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	6/5	30	21	9	0.0	0.0	2	15	7.5	14	0	4	0	0	0



BILLY McMULLEN

PositionWide Receiver
 Height . . .6-4 Weight . . .215
 CollegeVirginia
 NFL Seasons6th
 Seahawks Seasons2nd
 BornMarch 8, 1980
 HometownRichmond, Virginia

17

HOW ACQUIRED: Re-signed with Seattle via a future contract on January 8, 2009. Originally signed with Seattle as a free agent on September 10, 2008. Drafted by the Philadelphia Eagles in the third round (95th overall) of the 2003 NFL Draft.

NFL CAREER HIGHLIGHTS:

- * Posted seven catches for 124 yards in 2008 and tied career-high with four catches for a career-high 76 yards vs. St. Louis (9/21/08) before being waived-injured (finger) on October 18.
- * Acquired by the Vikings from the Eagles in exchange for receiver Hank Baskett on May 18, 2006.
- * Had a career-high 23 receptions for 307 yards and two touchdowns in 2006. Also recov-

ered a Chester Taylor fumble in the endzone for a touchdown.

* Went to camp with Minnesota in 2007 and Washington in 2008 but was cut after camp.

COLLEGE: Became the first player in Virginia history to lead the team in each of his four seasons. Named All-ACC as a senior after catching 69 passes for 894 yards and three touchdowns. Set school record with 83 receptions as a junior and finished ranked second in yards and scores.

PERSONAL: Attended Fork Union Military Academy and won a state championship in 1998. Also attended Henricho High in Richmond, Va. Competed in football, basketball and track. Born Wilbur Anthony McMullen, Jr.

MCMULLEN'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2003	Philadelphia	5/0	1	2	2.0	2	0
2004	Philadelphia	8/0	3	24	8.0	15	0
2005	Philadelphia	16/0	18	268	14.9	38	1
2006	Minnesota	16/0	23	307	13.3	40t	2
2007			Did Not Play in NFL				
2008	Seattle	4/2	7	124	17.7	34	0
NFL TOTALS		49/2	52	725	13.9	40t	3

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2003	Philadelphia		Inactive				
2004	Philadelphia	2/0	0	0	0.0	0	0
NFL TOTALS		2/0	0	0	0.0	0	0

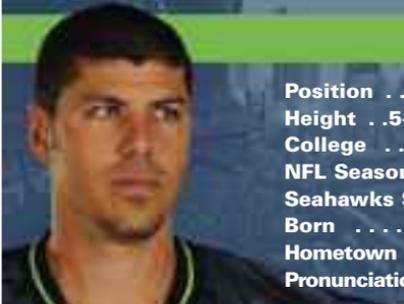
MCMULLEN'S SINGLE-GAME HIGHS

Most Receptions: 4, 2 Times, Last vs. StL (9/21/08)
Most TDs: 1, 3 Times, Last vs. Arizona (11/26/06)

Most Yards: 76 vs. St. Louis (9/21/08)
Longest Reception: 40t vs. Green Bay (11/12/06)

ADDITIONAL STATS

Recovered fumble in endzone for a touchdown vs. Green Bay (11/12/06).



OLINDO MARE

Position	Kicker
Height	5-11 Weight
College	Syracuse
NFL Seasons	14th
Seahawks Seasons	2nd
Born	June 6, 1973
Hometown	Cooper City, Florida
Pronunciationoh-LIN-doe MAR-ay

10

HOW ACQUIRED: 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. Traded to the New Orleans Saints on April 3, 2007, for a sixth-round draft choice.

NFL CAREER HIGHLIGHTS:

- * Departed Miami as the Dolphins' all-time leader in field goals (245), scoring (1,048) and field goal accuracy (.809, 245 of 303).
- * In 2000, connected on first 11 field goals, and following first misfire, made next 16, a career-long streak.
- * Had the top season for a kicker in Miami history in 1999. Converted a career-high 39 of 46 field goal attempts (.848), with a career-long of 54, and scored a career-high 144 points. His 39

field goals and .848 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.

- * Drilled 200th career field goal with a 53-yarder at Tampa Bay (10/16/05).
- * Of his 74 kickoffs in 2003, 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.
- * Played in 16 games in 2001 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.
- * At Denver (10/13/02) drilled a 53-yard field goal with :06 remaining for the win. The kick followed a 55-yard field goal by Denver's Jason Elam with :45 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.

* Sat out at New England (10/10/04) with a calf injury, snapping a string of 116 consecutive games played.

* Kicked a 22-yard field goal vs. Kansas City (11/12/06) to 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 of 39 PATs as a senior.

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. Majored in speech communications.

MARE'S NFL RECORD

Year	Club	G/S	PAT-Att	FG-Att	Kicking					FG%	LG	Pts
					1-19	20-29	30-39	40-49	50+			
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
2008	Seattle	16/0	30-30	24-27	0-0	7-7	9-10	5-6	3-4	88.9	51	102
NFL TOTALS		184/0	377-382	279-347	4-4	103-110	85-100	69-94	18-39	80.4	54	1,214

Year	Club	Miscellaneous							
		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
2008	Seattle	3-4	75.0	21-23	91.3	10-11	90.9	14-16	87.5
NFL TOTALS		35-44	79.5	244-303	80.5	146-179	81.6	133-168	79.2

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), 2008 (2); **Career:** 29, FR. Has punted 11 times for 413 yards (37.5 avg.) with a long of 53.

MARE'S POSTSEASON NFL RECORD

POSTSEASON

Kicking

Club	G/S	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+	FG%	LG	Pts
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

Position Defensive Tackle
 Height . . . 6-1 Weight . . . 314
 College California
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born January 15, 1985
 Hometown . . . Los Angeles, Calif.
 Pronunciation MEE-bane

92

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

NFL CAREER HIGHLIGHTS:

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

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

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

COLLEGE: Played in 41 games at California, starting 31. Collected 109 tackles (60 solos), 14.5 sacks for minus 87 yards and 16.5 stops for

losses totaling 116 yards. Caused and recovered a fumble, adding two pass deflections and a safety. Ranks tied for 14th on the school's career record list with 14.5 quarterback sacks. His seven quarterback sacks in 2005 tied for 15th on Cal's season-record list.

PERSONAL: Earned Super Prep and Prep Star All-American honors as a senior at Crenshaw High School. Was rated the No. 24 defensive tackle in the country by Rivals.com, which also ranked him No. 55 on its California Top 100 players list and No. 67 on its West Top 100 chart. First-team Best of the West pick by the *Long Beach Press-Telegram*, as well as All-West Region first-team by *Sports Illustrated*. Was

also an All-State choice in 2002. Was selected 2001 Los Angeles City Defensive Player of the Year and was a three-time All-City, All-Central City and All-League selection. Recorded 75 tackles, 13 sacks and two fumble recoveries on

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

MEBANE'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2007 Seattle	16/10	29	23	6	2.0	11.0	0	0	0.0	0	0	0	0	1	0
2008 Seattle	16/16	39	31	8	5.5	24.0	0	0	0.0	0	0	1	2	0	0
NFL TOTALS	32/26	68	54	14	7.5	35.0	0	0	0.0	0	0	1	2	1	0

MEBANE'S SINGLE-GAME HIGHS

Tackles: 5, 2 Times, Last vs. Green Bay (10/12/08)
Sacks: 1, 7 Times, Last vs. NE (12/7/08)
Int.: None

Forced Fumbles: 1, 2 Times Last vs. Arizona (11/16/08)
Fumble Recoveries: 1 vs. Baltimore (12/23/07)

BEN OBOMANU

Position Wide Receiver
 Height . . . 6-0 Weight . . . 206
 College Auburn
 NFL Seasons 4th
 Seahawks Seasons 4th
 Born October 30, 1983
 Hometown Selma, Alabama
 Pronunciation . . . oh-buh-MAHN-oo

87

HOW ACQUIRED: Drafted with the second of two seventh-round picks (249th overall) in the 2006 NFL Draft.

NFL CAREER HIGHLIGHTS:

* Played in 12 games and made his NFL debut at San Francisco (9/30/07). Set career highs in catches (4) and yards (72) vs. New Orleans (10/14/07). Also had his first career score vs. the Saints.

* Spent 2008 season on injured reserve (clavicle).

* Spent 2006 season on practice squad. Signed to active roster on January 5, 2007, but was inactive for 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 SINGLE-GAME HIGHS

Most Receptions: 4 vs. New Orleans (10/14/07)

Most Yards: 72 vs. New Orleans (10/14/07)

Most TDs: 1 vs. New Orleans (10/14/07)

Longest Reception: 30 at Pittsburgh (10/7/07)

ADDITIONAL STATS

Special Teams Tackles: 2007 (2); **Career:** (2)

OBOMANU'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2006	Seattle	0/0	0	0	0.0	0	0
2007	Seattle	12/0	12	180	15.0	30	1
2008	Seattle		Injured Reserve (Clavicle)				
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



JOHN OWENS

Position Tight End
 Height . . . 6-3 Weight . . . 255
 College Notre Dame
 NFL Seasons 8th
 Seahawks Seasons 1st
 Born January 10, 1980
 Hometown . . Gulfport, Mississippi

47

HOW ACQUIRED: Signed by Seattle as an unrestricted free agent from Detroit on March 9, 2009. Originally a fifth-round draft pick (138th overall) by the Lions in the 2002 NFL Draft. He has also played for Chicago (2004), Cleveland (2005) and New Orleans (2006-07).

NFL CAREER HIGHLIGHTS:

- * Posted career-highs in catches (8) and yards (56) in 2008. Used primarily as a blocking tight end.
- * Scored first-career touchdown vs. Jacksonville (11/9/08).
- * Had career-highs in catches (3), yards (40)

and long gain (25) vs. Carolina (12/30/06).

COLLEGE: Began and ended his career at Notre Dame playing tight end, despite playing defensive end for much of his junior season. Had six catches for 89 yards and a touchdown as a senior. Registered nine tackles in 12 games as a defensive end as a junior. Appeared in nine games as a sophomore and 11 games as a freshman.

PERSONAL: Earned three letters at tight end and defensive end at DeMatha (Hyattsville, Md.) High School. Also played basketball. Majored in management information systems.

OWENS' NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2002	Detroit	15/8	5	49	9.8	13	0
2003	Detroit	7/1	0	0	0.0	0	0
2004	Det/Chi	2/0	0	0	0.0	0	0
2005	Mia/Cle	0/0	0	0	0.0	0	0
2006	New Orleans	5/0	4	44	11.0	25	0
2007	NO/Detroit	15/0	2	13	6.5	9	0
2008	Detroit	16/7	8	56	7.0	19	1
NFL TOTALS		60/16	19	162	8.5	25	1

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2006	New Orleans	2/0	1	21	21.0	21	0
NFL TOTALS		2/0	1	21	21.0	21	0

OWENS' SINGLE-GAME HIGHS

Most Receptions: 3 vs. Carolina (12/31/06)**Most Yards:** 40 vs. Carolina (12/31/06)**Most TDs:** 1 vs. Jacksonville (11/9/08)**Longest Reception:** 25 vs. Carolina (12/31/06)


LOGAN PAYNE

Position Wide Receiver
 Height . . . 6-2 Weight . . . 205
 College Minnesota
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born January 21, 1985
 Hometown Lutz, Florida

19

HOW ACQUIRED: Signed by Seattle as an undrafted rookie free agent on May 2, 2007.

NFL CAREER HIGHLIGHTS:

* Started first two games of 2008 and had three catches for 39 yards before injuring his knee vs. San Francisco (9/14). Placed on injured reserve (9/16).

* Spent 2007 season on the practice squad and signed to active roster on January 1, 2008, but was inactive for both playoff contests.

COLLEGE: 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.

PERSONAL: 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. Played defensive back and intercepted two passes his senior season 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.

PAYNE'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2007				Practice Squad			
2008	Seattle	2/2	3	39	13.0	22	0
NFL TOTALS		2/2	3	39	13.0	22	0

POSTSEASON

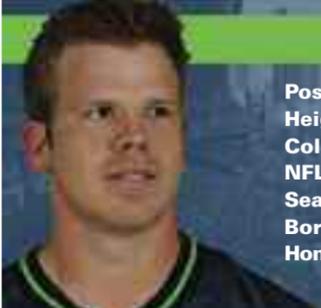
Year	Club	G/S	No	Yds	Avg	LG	TD
2007	Seattle			Inactive			
NFL TOTALS		0/0	0	0	0.0	0	0

PAYNE'S SINGLE-GAME HIGHS

Most Receptions: 2 at Buffalo (9/7/08)**Most Yards:** 25 at Buffalo (9/7/08)**Most TDs:** None**Longest Reception:** 22 at Buffalo (9/7/08)

ADDITIONAL STATS

Special Teams Tackles: 2008 (1); Career: (1)



BRYAN PITTMAN

Position Long Snapper
 Height . . . 6-3 Weight . . . 265
 College Washington
 NFL Seasons 7th
 Seahawks Seasons 1st
 Born January 20, 1977
 Hometown . . Auburn, Washington

48

HOW ACQUIRED: Signed as a free agent by Seattle on May 18, 2009. Began NFL career with the Cleveland Browns as a free agent but was released at the end of training camp in August 2003. Signed to the Houston Texans active roster on September 7, 2003. Played semi-pro ball with the Puget Sound Jets in the Northwest Football League for three seasons after graduating from Washington.

NFL CAREER HIGHLIGHTS:

- * Had a string of 598 consecutive successful snaps (2003-07).
- * Has snapped in 92 career games.

COLLEGE: Two-year starter at tight end for Walla Walla CC before walking-on as a snapper at Washington for the 1997-98 seasons.

PERSONAL: Attended Jefferson High in Federal Way, Wash. Married to wife, Suzanne.

PITTMAN'S NFL RECORD

Year	Team	—	GP/GS	Postseason	Year	Team	—	GP/GS	Postseason
2003	Houston	—	16/0		2007	Houston	—	16/0	
2004	Houston	—	16/0		2008	Houston	—	12/0	
2005	Houston	—	16/0		NFL TOTALS	—		92/0	
2006	Houston	—	16/0						

Additional stats: Special Teams Tackles: 2003 (3, FR), 2004 (2), 2005 (3), 2006 (2), 2007 (3), 2008 (1), **Total (14, FR).**



CORY REDDING

Position Defensive Tackle
 Height . . . 6-4 Weight . . . 292
 College Texas
 NFL Seasons 7th
 Seahawks Seasons 1st
 Born November 15, 1980
 Hometown Houston Texas

94

HOW ACQUIRED: Traded by Detroit in exchange for linebacker Julian Peterson on March 14, 2009. Originally drafted by the Lions in the third round (66th overall) of the 2003 NFL Draft.

NFL CAREER HIGHLIGHTS:

* Posted a career-high 78 tackles (47 solo) in 2007 and a career-high 8.0 sacks in 2006.

* Recorded a career-high 2.0 sacks vs. San Francisco (11/12/06).

* Posted at least 0.5 sacks in a career-long five-game streak from 11/12/06 to 12/10/06.

* Had two games with a career-high 10 tackles in 2007, most recently vs. the N.Y. Giants (11/18).

* Named a team captain in 2006 and 2007.

* Started a string of 66 consecutive games from 2004-08.

COLLEGE: Two-time first-team All-Big 12 Conference selection, playing in every game since arrival at Texas, including a string of 35 consecutive starts. Finished career with 201 tackles (123 solo), 21 sacks, 53 stops for losses of 249 yards, an interception, six pass deflections, six forced fumbles and three fumble recoveries. As a senior, was one of four finalists for the Lombardi Award and inaugural Hendricks Award and was on the Nagurski Award watch list.

PERSONAL: Named USA Today's National Defensive Player of the Year and a consensus All-American choice as a senior in 1998 at North Shore High after he recorded 215 tackles (103 solo), 15 sacks, 22 stops for losses, 25 pressures, six forced fumbles, five fumble recoveries and four interceptions. Also named the nation's top linebacker by Parade, Associated Press All-State first-team and Texas Sports Writers Association Texas Class 5A Defensive Player of the Year. Excelled in track, winning the state Class 5A title in the discus as a junior and senior (career-best toss of 193'9").

REDDING'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions										
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds		
2003 Detroit	9/0	9	8	1	0.0	0.0	0	0	0.0	0	0	0	0	1	0	0	0
2004 Detroit	16/16	41	37	4	3.0	20.0	0	0	0.0	0	0	0	0	0	0	2	0
2005 Detroit	16/16	42	29	13	1.0	4.0	0	0	0.0	0	0	0	0	1	1	1	0
2006 Detroit	16/16	70	40	30	8.0	49.0	0	0	0.0	0	0	0	0	1	2	1	2
2007 Detroit	16/16	78	47	31	1.0	5.0	0	0	0.0	0	0	1	0	2	2	27	
2008 Detroit	13/12	66	42	24	3.0	19.5	0	0	0.0	0	0	0	0	0	0	0	0
NFL TOTALS	86/76	306	203	103	16.0	97.5	0	0	0.0	0	0	3	3	6	6	29	

REDDING'S SINGLE-GAME HIGHS

Tackles: 10, 2 Times, Last vs. N.Y. Giants (11/18/07)

Sacks: 2 vs. San Francisco (11/12/06)

Interceptions: None

FF: 1, 3 Times, Last at Dallas (12/31/06)

FR: 1, 6 Times, Last at Green Bay (12/30/07)



BRIAN RUSSELL

Position Safety
 Height . . . 6-2 Weight . . . 210
 College San Diego State
 NFL Seasons 8th
 Seahawks Seasons 3rd
 Born February 5, 1978
 Hometown . . . West Covina, Calif.

25

HOW ACQUIRED: 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 practice squad two days later. Signed by Cleveland as a restricted free agent on April 8, 2005.

NFL CAREER HIGHLIGHTS:

* Started all 16 games five times in his career.

* In 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.

* Posted a career-high two interceptions vs. Kansas City (12/20/03) and tied a Vikings' record with three takeaways in one game by posting his first career fumble recovery.

* Tied career-high with two picks vs. Baltimore (1/1/06).

* Tallied a career-high 10 tackles four times, last coming against New Orleans (10/14/07).

* Started all 16 regular season games and two

postseason contests for the Vikings in 2004. Ranked third on the club with a career-high 111 tackles (74 solo).

* In 2005, started all 16 games for the fourth straight year and had 78 tackles (35 solo) and three interceptions.

* 2006 season was cut short (elbow) and placed on injured reserve (12/11) after starting all 12 games played.

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. Father, Paul, is a football coach at Mt. San Antonio Junior College. 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. Kinesiology major.

RUSSELL'S NFL RECORD

	Club	G/S	Tackles			Sacks		Interceptions								
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
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
2008	Seattle	16/16	69	53	16	1.0	7.0	0	0	0.0	0	0	3	1	0	0
NFL TOTALS		108/94	484	344	140	3.0	16.0	16	300	18.8	50	0	37	3	3	0

	Club	G/S	Tackles			Sacks		Interceptions								
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
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: 10, 4 Times, Last vs. N.O. (10/14/07)

FF: 1, 3 Times, Last vs. Washington (11/23/08)

Sacks: 1, 3 Times, Last vs. Green Bay (10/12/08)

FR: 1, 3 Times, Last at San Francisco (9/30/07)

Interceptions: 2, 2 Times, Last vs. Baltimore (1/1/06)

ADDITIONAL STATS

Special Teams Tackles: 2002 (15), 2003 (15), 2004 (5), 2005 (5), 2006 (2), 2007 (2), 2008 (2); **Career:** (46).

Offensive Statistics: Rushed once for 4 yards.

JON RYAN

PositionPunter
 Height . . .6-0 Weight . . .222
 CollegeRegina
 NFL Seasons4th
 Seahawks Seasons2nd
 BornNovember 26, 1981
 Hometown . .Regina, Saskatchewan

9

HOW ACQUIRED: Signed by Seattle as a free agent on September 9, 2008. Originally signed by Green Bay as a free agent on February 1, 2006. Spent two years in the CFL with the Winnipeg Blue Bombers from 2004-2005.

NFL CAREER HIGHLIGHTS:

- * Has recorded 222 career punts for 9,957 yards (44.9 average) with 57 punts inside the 20.
- * Set career highs in average (45.6) and net average (37.9) in 2008.
- * Tied a career high downing three of five punts inside the 20 against New England (12/14/08).

* Had a career-long 72-yard punt in 2007 vs. Detroit (12/30/07).

COLLEGE: In 2003, led Canadian college punters with a 45.9-yard average. Was named first-team All-Canadian and Canada West all-star. Also played flanker for the Regina Rams and caught a 109-yard touchdown pass as a sophomore.

PERSONAL: Played lacrosse, hockey, football, basketball and track at Sheldon-Williams High. Was a three-time all-star in lacrosse. Hosts football youth camps in hometown of Saskatchewan. Majored in psychology.

RYAN'S NFL RECORD

Club	G/S	No	Yds	Avg	Net Avg	LG	I20	TB	Blk
2006 Green Bay	16/0	84	3,739	44.5	35.7	66	17	12	0
2007 Green Bay	16/0	60	2,664	44.4	37.6	72	18	11	2
2008 Seattle	15/0	78	3,557	45.6	37.9	63	22	12	1
NFL TOTALS	47/0	222	9,960	44.9	37.0	72	57	35	3

POSTSEASON

Club	G/S	No	Yds	Avg	Net Avg	LG	I20	TB	Blk
2007 Green Bay	2/0	9	298	33.1	28.2	43	3	1	0
NFL TOTALS	2/0	9	298	33.1	28.2	43	3	1	0

RYAN'S SINGLE-GAME HIGHS

Punts: 11 vs. Philadelphia (11/2/08)
Avg. (3 min.): 53.5 vs. Arizona (10/29/06)
Net (3 min.): 49.0 vs. Detroit (12/30/07)

Longest: 72 vs. Detroit (12/30/07)
Inside 20: 3, 5 Times, Last vs. N.Y. Jets (12/21/08)



OWEN SCHMITT

Position Fullback
 Height . . . 6-2 Weight . . . 247
 College West Virginia
 NFL Seasons 2nd
 Seahawks Seasons 2nd
 Born February 13, 1985
 Hometown Fairfax, Virginia

35

HOW ACQUIRED: 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).

NFL CAREER HIGHLIGHTS:

* Established career highs in receptions (3) and receiving yards (10) vs. Philadelphia (11/2/08).

* Set a career high with 19 rushing yards on three carries at Miami (11/9/08).

* Saw first career action at fullback and on special teams vs. San Francisco (9/14/08).

COLLEGE: 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. As a 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.

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.

SCHMITT'S NFL RECORD

	Club	G/S	Att	Rushing			Receiving					
				Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2008	Seattle	15/1	5	21	4.2	14	0	6	29	4.8	7	0
NFL TOTALS		15/1	5	21	4.2	14	0	6	29	4.8	7	0

SCHMITT'S SINGLE-GAME HIGHS

Rush Attempts: 3 at Miami (11/9/08)

Rush Yards: 19 at Miami (11/9/08)

Longest Rush: 14 at Miami (11/9/08)

Most Receptions: 3 vs. Philadelphia (11/2/08)

Most Rec. Yards: 10 vs. Philadelphia (11/2/08)

Longest Reception: 7 at Arizona (11/16/08)

ADDITIONAL STATS

Special Teams Tackles: 2008 (3); Career (3).



ROB SIMS

PositionGuard
 Height ..6-3 Weight ..312
 CollegeOhio State
 NFL Seasons4th
 Seahawks Seasons4th
 BornDecember 6, 1983
 HometownMacedonia, Ohio

67

HOW ACQUIRED: 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.

NFL CAREER HIGHLIGHTS:

* Missed 15 games in 2008 after being placed on injured reserve (pectoral muscle) on September 10.

* Part of offensive line that helped team rush for 2007 season high 167 yards at Atlanta (12/30/07).

* Started all four playoff games during his first two seasons and helped Shaun Alexander rush for 108 yards and two touchdowns in the NFC Divisional Playoff his rookie year at Chicago (1/14/06)

* Made NFL debut replacing Chris Gray (knee) in the third game of the 2006 season vs. the New York Giants (9/24/06) as line did not allow a sack.

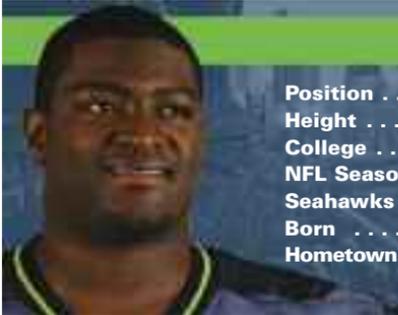
COLLEGE: Started 40 of 47 games for the Buckeyes, earning 12 of those starts at left guard. Shifted to position prior to senior season earning All-Big Ten Conference first-team honors. Made 28 starts at left tackle as an

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. Took over left tackle duties when incumbent Ivan Douglas was sidelined with health problems (blood clot) during sophomore season.

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 Nordonnia 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.

SIMS' NFL RECORD

Year	Team	GP/GS	Postseason
2006	Seattle	14/3	2/2
2007	Seattle	16/16	2/2
2008	Seattle	1/1	-
NFL TOTALS		31/20	4/4



CHRIS SPENCER

PositionCenter
 Height ..6-3 Weight ..312
 CollegeMississippi
 NFL Seasons5th
 Seahawks Seasons5th
 BornMarch 28, 1982
 Hometown ..Madison, Mississippi

65

HOW ACQUIRED: 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).

NFL CAREER HIGHLIGHTS:

- * Helped team rush for 245 yards against St. Louis (9/21/08), most since club record 320 vs. Houston (10/16/05).
- * Part of offensive line that helped team rush for 2007 season high 167 yards at Atlanta (12/30/07).
- * Helped Shaun Alexander to gain 201 yards on a franchise-record 40 carries vs. Green Bay (11/27/06) on Monday Night Football.
- * Made first career start at left guard vs. New York Giants (9/24/06).

HONORS: 2005, PWA/PFWA All-Rookie Team

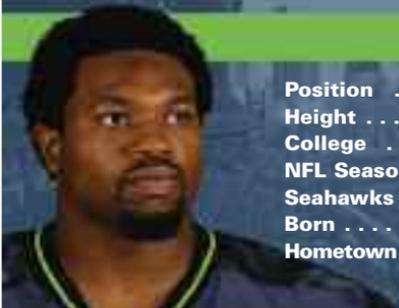
COLLEGE: Bypassed final year of eligibility to enter draft. Started only one year at Ole Miss but performance earned regard as one of the elite blockers in college football. Started at center all 11 games for Rebels as a junior. Named All-SEC by Southeastern Football Saturdays. Earned honorable mention 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
2008	Seattle	11/11	—
NFL TOTALS	—	52/40	4/4



DARRYL TAPP

Position Defensive End
 Height . . . 6-1 Weight . . . 270
 College Virginia Tech
 NFL Seasons 4th
 Seahawks Seasons 4th
 Born September 13, 1984
 Hometown . . Chesapeake, Virginia

55

HOW ACQUIRED: 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).

NFL CAREER HIGHLIGHTS:

- * Has played in 48 career games with 26 starts at defensive end.
- * Set a career high with 55 tackles (46 solo) in 2008 and has 128 career tackles (103 solo).
- * Recorded 15.5 career sacks, including a career high 7.0 in 2007.
- * Tied a club record with 4.0 sacks vs. St. Louis (10/21/07).
- * Recorded first career-interception and returned it 25 yards for a touchdown at Denver (12/3/06).

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.

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. 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	Tackles			Sacks		Interceptions				TD	PD	FF	FR	Yds
		Tkl	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
2008 Seattle	16/10	55	46	9	5.5	26.0	0	0	0.0	0	0	0	4	1	0
NFL TOTALS	48/26	128	103	25	15.5	89.5	2	21	10.5	25t	1	11	8	3	9

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions				TD	PD	FF	FR	Yds
		Tkl	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: 9 at Tampa Bay (10/19/08)

Interceptions: 1, 2 Times, Last at Cleveland (11/4/07)

Forced Fumbles: 1, 8 Times, Last at Arizona (12/28/08)

Fumble Recoveries: 1, 3 Times, Last vs. Arizona (11/16/08)

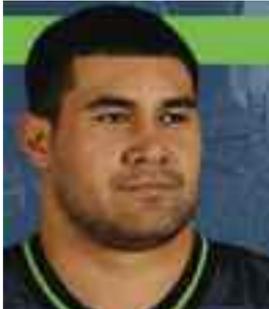
Sacks: 4 vs. St. Louis (10/21/07)

Touchdowns: 1, at Denver (12/3/06)

25-yard interception return

ADDITIONAL STATS

Special Teams Tackles: 2006 (9), 2007 (0), 2008 (0); **Career** (9).



51

LOFA TATUPU

Position Linebacker
Height 6-0 **Weight** 242
College Southern California
NFL Seasons 5th
Seahawks Seasons 5th
Born November 15, 1982
Hometown Wrentham, Mass.
Pronunciation tuh-TWO-poo

HOW ACQUIRED: Selected with the 13th pick in the second round (45th overall) of the 2005 NFL Draft. Highest choice used on a linebacker since Anthony Simmons was taken 15th overall in the 1998 draft.

NFL CAREER HIGHLIGHTS:

- * His 431 career tackles rank second in club history for most tackles in first four NFL seasons (Terry Beeson, 506).
- * First Seahawks player to lead team in tackles four consecutive seasons.
- * Has led team in tackles 22 times in 63 career

games. Has recorded 10 or more tackles in a game 11 times.

- * Named to the NFC Pro Bowl each of his first three seasons.
- * Named All Pro for the first time in his career in 2007.
- * Started 55 consecutive games before missing his first career game at Philadelphia on November 11, 2008 (groin).
- * Ranks second in team history with 54 career postseason tackles (Leroy Hill, 64), including 22 in the 2005 Super Bowl run.

- * Established a career high 123 tackles in 2006.
- * Set a career high with four interceptions, including three in one game (at Philadelphia, 12/2) in 2007.
- * In 2006, became the first Seahawks middle linebacker to start back-to-back seasons at the position in nearly a decade.
- * Became the first player to record back-to-back 100-tackle seasons since Anthony Simmons (2000-01).
- * In 2005, became the second rookie in club history to lead the team in tackles (105) and first since 1977 when Terry Beeson recorded 134.
- * Set a career high with 4.0 sacks in 2005.
- * Returned an interception 38 yards for a touchdown and registered nine tackles in a 42-0 shutout in Philadelphia (12/5/05) on Monday Night Football.



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 NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
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
2008 Seattle	15/15	94	71	23	0.0	0.0	1	16	16.0	16	0	4	0	0	0
NFL TOTALS	63/63	431	333	98	6.5	54.0	9	206	22.9	49	1	30	5	2	0

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	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

TATUPU'S SINGLE-GAME HIGHS

Tackles: 13 vs. N.Y. Giants (11/27/05)

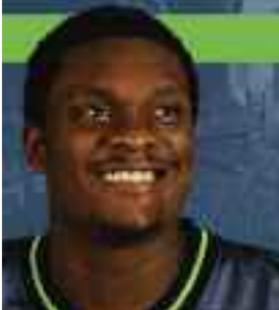
Interceptions: 3 at Philadelphia (12/2/07)

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)



COURTNEY TAYLOR

PositionWide Receiver
 Height . . .6-1 Weight . . .205
 CollegeAuburn
 NFL Seasons3rd
 Seahawks Seasons3rd
 BornApril 7, 1984
 Hometown . . .Carrollton, Alabama

86

HOW ACQUIRED: 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, and Craig Terrill, Purdue).

NFL CAREER HIGHLIGHTS:

* Recorded 14 receptions for 136 yards, 10 special teams tackles and one kickoff return for 27 yards in first two NFL seasons.

* Made NFL debut at Arizona (9/16/07), recording first-career reception for six yards.

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

Year	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
2008	Seattle	10/4	9	98	10.9	26	0	0	0	0.0	0
NFL TOTALS		18/4	14	136	9.7	26	0	0	0	0.0	0

POSTSEASON

Year	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

Position Defensive Tackle
Height . . . 6-2 **Weight** . . . 295
College Purdue
NFL Seasons 6th
Seahawks Seasons 6th
Born June 27, 1980
Hometown Lebanon, Indiana
Pronunciation TARE-ull

93

HOW ACQUIRED: 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.

NFL CAREER HIGHLIGHTS:

- * Registered 79 career tackles (58 solo), 70 sacks, four passes defended and four fumble recoveries.
- * Has played in all 16 games three times in career (2005, 2007, 2008).
- * Participated in 6 postseason games, recording 12 tackles (7 solo) and 1.5 sacks.
- * Four career blocked field goals ranks second in club history (Joe Nash, 8).
- * Scored first career touchdown on a 10-yard fumble return vs. San Francisco (9/14/06).
- * Set a career high with 3.0 sacks vs. Oakland

on Monday Night Football (11/6/06).

* Recovered a forced fumble in the NFC Championship game vs. Carolina (1/22/06).

* Made NFL debut at Minnesota playing defensive tackle (12/12/04).

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 and has a self-titled album. Married to Rachel and has a daughter, Journey.

TERRILL'S NFL RECORD

Club	G/S	Tkl	Tackles			Sacks		Interceptions				TD	PD	FF	FR	Yds
			So	Ast	QB	Yds	No	Yds	Avg	LG						
2004 Seattle	4/0	4	1	3	0.0	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	
2008 Seattle	16/1	21	19	2	2.0	13.0	0	0	0.0	0	1	1	0	1	10	
NFL TOTALS	63/3	79	58	21	7.0	39.5	0	0	0.0	0	0	4	0	4	33	

POSTSEASON

Club	G/S	Tkl	Tackles			Sacks		Interceptions				TD	PD	FF	FR	Yds
			So	Ast	QB	Yds	No	Yds	Avg	LG						
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, 2 Times, Last vs. Green Bay (10/12/08)

Sacks: 3.0 vs. Oakland (11/6/06)

Interceptions: None

Forced Fumbles: None

Fumble Recoveries: 1, 4 Times, Last vs. San Francisco (9/14/08)

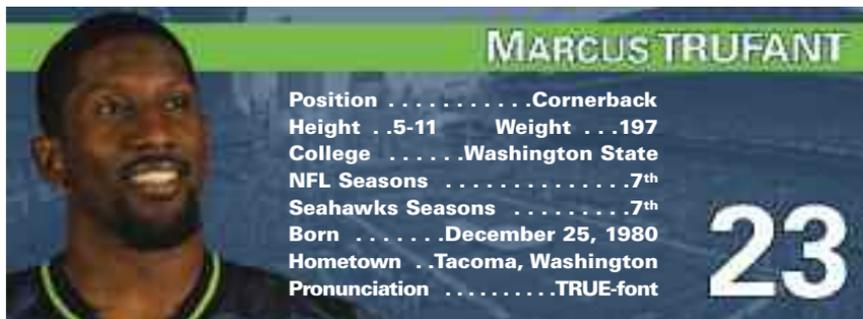
Touchdowns: 1 vs. San Francisco (9/14/08) - 10 yd. Fumble Return

ADDITIONAL STATS

Special Teams: 2005: Blocked field goal (1 at Washington, 10/2/05);

2006: Blocked field goal, 2 (1 at San Francisco, 11/19/06 and 1 vs. Green Bay, 11/27/06);

2008: Blocked field goal, 1 (at Buffalo, 9/7/08).



MARCUS TRUFANT

Position Cornerback
Height . . 5-11 **Weight** . . 197
College Washington State
NFL Seasons 7th
Seahawks Seasons 7th
Born December 25, 1980
Hometown . . Tacoma, Washington
Pronunciation TRUE-font

23

HOW ACQUIRED: Local product chosen with the 11th overall pick in the first round of the 2003 NFL Draft, becoming the first defensive player taken in the first round by the Seahawks since DE Lamar King (1999) and only the third cornerback drafted in the first round by the Seahawks in team history. The fifth-highest cornerback taken by Seattle and highest since Shawn Springs was chosen third in 1997.

NFL CAREER HIGHLIGHTS:

* 2009 marks his 7th season with the Seahawks, only Walter Jones and Matt Hasselbeck have longer tenures.

* Has missed only two games in 6 NFL seasons, missing his first career game in the 2005 season finale vs. Green Bay (1/1/06).

* Has recorded 452 career tackles, 2.0 sacks, three forced fumbles, three fumble recoveries and is tied for 8th in franchise history with 17-career interceptions.

* Earned first NFL Pro Bowl Honors in 2007 after starting all 16 games, registering 85 tackles (78 solo), career-high seven interceptions (2nd NFC, T3rd NFL), 16 passes defended and first-career touchdown.

* Had a career game vs. Arizona on 12/9/08. Tied a franchise record with career-high three interceptions, including one 84 yards for first career touchdown.

* In the 2007 NFC Wild Card Game vs. Washington (1/5/08) returned interception 78 yards for a score and set club playoff records

for: Most interception yards for a career (78) and game (78), longest interception return (78) and most interception touchdowns (1) for a career and game (Babineaux returned interception 57 yards for a touchdown later in the game). Also recorded six tackles (three solo), an interception and three passes defended.

* Set a career high with nine tackles three times in six-year career, including last season vs. Green Bay (10/12/08).

* In 2004 became only the fourth cornerback in NFL history to lead their team in total tackles with 93.

* One of two rookies (S Ken Hamlin) to start on defense in 2003 while recording 78 tackles (69 solo), two interceptions and a team-high 20 passes defended.



HONORS: 2003, *Pro Football Weekly All-Rookie Team*. 2007, *NFC Pro Bowl*.

COLLEGE: Started at Washington State since early in his freshman year. Did not allow a touchdown reception in his last two seasons. Finished college career with 201 tackles (153 solo), five tackles for loss, 11 interceptions, and 49 pass deflections in 42 games. As a senior, was selected an All-American second-team pick by the *Associated Press* and first-team All-Pac-10 Conference choice. Served as team captain

and started every game at left cornerback. Finished the season third on the team with 74 tackles (59 solo). Also had three interceptions, deflected 13 passes, and recovered a fumble. Returned 38 punts for 402 yards (10.6 avg.).

PERSONAL: Attended Wilson (Tacoma, Wash.) High School. Earned three varsity letters, two in basketball and track. Served as a team captain for three sports as a senior. As a junior, named the top offensive player on the team, while in basketball, he was chosen Mr. Defense. Triple jumped 47-6 to capture ninth place at the State track meet. As a senior, earned All-State first-

team honors by *Associated Press*, the *Seattle PI*, and *Washington Prep Report*. Was a *Seattle Times* Red Chip honoree and named to the Western 100 (number eight DB) by the *Tacoma News Tribune*. Named Washington AAAA Player of the Year by *TNT*, as well as to the paper's all-league, all-area, and all-state teams. Won the state 4-A title. Scored 30 touchdowns and rushed for more than 1,800 yards. On defense, recorded 48 tackles and eight interceptions. Majored in communications. Married to Jessica and has two daughters, Karmyn and Kimora.

TRUFANT'S NFL RECORD

Club	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
2008 Seattle	16/16	62	58	4	0.0	0.0	1	0	0.0	0	0	13	0	2	36
NFL TOTALS	94/94	452	405	47	2.0	13.0	17	319	19.9	58	0	94	3	3	67

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

TRUFANT'S SINGLE-GAME HIGHS

Tackles: 9, 4 Times, Last at Carolina (12/11/07)

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.



STEVE VALLOS

Position Guard/Center
 Height . . .6-3 Weight . . .312
 College Wake Forest
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born December 28, 1983
 Hometown Boardman, Ohio
 Pronunciation VAL-ose

69

HOW ACQUIRED: Drafted with the 22nd pick in the 7th round (232nd overall) of the 2007 NFL Draft.

CAREER HIGHLIGHTS:

- * Played in all 16 games on special teams or offensive line in 2008, starting five games at center in place of Chris Spencer (back).
- * Made first career start at center on Thanksgiving day at Dallas (11/27/08).
- * Spent the entire 2007 season on the team's practice squad.

COLLEGE: 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.

PERSONAL: Prepped at Boardman High where he earned letters in football, wrestling and track, and 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.



MIKE WAHLE

Position Guard
 Height . . .6-6 Weight . . .304
 College Navy
 NFL Seasons 12th
 Seahawks Seasons 2nd
 Born March 29, 1977
 Hometown . . Lake Arrowhead, Calif.
 Pronunciation WALL

68

HOW ACQUIRED: 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).

NFL CAREER HIGHLIGHTS:

- * Has played in 152 career games, third among active Seahawks players (Olindo Mare, 184; Walter Jones, 180).
- * Has appeared in two NFC Pro Bowls (2005, 2006).

* Played in all 16 games eight times in 11 NFL seasons.

* 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 in 2004.

* In 2003, helped establish a Packer single-season record for rushing yards with 2,558. Part of line that set Green Bay record with six contests without a sack allowed.

* In 2001, part of Packers line that allowed only 22 sacks, third fewest in the league, and fewest yielded by Green Bay since surrendering 17 in 1974.

* Made first NFL start vs. Oakland (9/12/99).

* In 1999, 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 Packers' team history.

* Made NFL Debut at Chicago (12/27/98).



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 lineman. In 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. In 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, and a son Maddox.

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	
2008	Seattle	10/10	
NFL TOTALS		152/138	9/9

C.J. WALLACE

Position Safety
 Height . . . 6-0 Weight . . . 218
 College Washington
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born April 17, 1985
 Hometown . . . Sacramento, Calif.

39

HOW ACQUIRED: Signed by Seattle as an undrafted rookie free agent on May 2, 2007.

NFL CAREER HIGHLIGHTS:

- * Has played in 21 career games, all on special teams.
- * Led the team with career-high four special teams tackles (all solo) vs. St. Louis (9/21/08).
- * Missed four games in 2008 due to hamstring injury.

* Made NFL debut in the 2007 season opener vs. Tampa Bay.

* Made the team as an undrafted free agent with impressive training camp in 2007.

COLLEGE: Started 29 of 45 career games for the Huskies. Finished career with 258 tackles (160 solo), five forced fumbles and one fumble recovery. Posted a career-high 105 tackles (62 solo) in 2006 and tied career high with 17 stops vs. Fresno State. Earned All-Pac 10 honorable

mention his junior season, finishing with 86 tackles (59 solo) and a 17-tackle performance vs. Notre Dame. Played in all 11 games and started the final nine contests of the year as a sophomore. Was fourth on the team with 66 tackles.

PERSONAL: At Grant Union High, had 1,600 rushing yards and 25 touchdowns on offense and made 73 tackles at free safety as a senior. Led Pacers to 9-2 record and a berth in the 2002 Division I playoffs. An All-Metropolitan League

honoree. Team was 9-2-1 in 2001 and won the Metro League Championship. Named to the Sacramento Bee's all-city team. Majored in American ethnic studies. Full name is Cecil James Wallace, Jr. Born April 17, 1985.

ADDITIONAL STATS

Special Teams Tackles: 2007 (2), 2008 (14);
Career (16).

Kickoff Return: 2007, One return for 0 yards.

Position	Quarterback
Height	5-11
Weight	205
College	Iowa State
NFL Seasons	7th
Seahawks Seasons	8th
Born	March 29, 1977
Hometown	Sacramento, Calif.
Pronunciation	SEN-eh-kuh

HOW ACQUIRED: Selected with the 13th pick in the fourth round (110th overall) for the Seahawks in the 2003 draft. His selection marked the third consecutive year the Seahawks had selected a quarterback in the draft, 14th in Seahawks history.

NFL CAREER HIGHLIGHTS:

* Set single season career highs in nearly every major passing category in 2008 including: attempts (242), completions (141), yards (1,532) and touchdowns (11).

* On Seahawks first play against Philadelphia (11/2/08), connected with Koren Robinson with a team-record 90-yard TD.

* Set another club record in 2008 for most consecutive passes without an interception with 184 (Matt Hasselbeck - 159 in 2005).

* Holds a career 5-7 record as a starter.

* Posted a career-high 128.9 passer rating vs. New England (12/7/08), completing 20 of 28 passes for 212 yards and tied a career high with three touchdown passes.

* Made NFL debut in fourth quarter vs. Arizona (9/25/05).

* Lined up at receiver in three 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). Started at receiver the following year in the NFC Wild Card Game vs. Dallas (1/6/07), hauling in one pass for six yards on the first play from scrimmage.

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.

WALLACE'S ADDITIONAL STATS

Regular Season: Receptions: 2007, 2 catches for 47 yards; **Career:** 2 receptions for 47 yards.

Special Teams: 2008, 1 punt return for 0 yards; **Career:** 1 punt return for 0 yards.

Postseason: 2005, 1 reception for 28 yards; 2006, 1 reception for 6 yards.

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
2008	Seattle	10/8	242	141	1,532	58.3	11	3	90t	14/76	87.0
NFL TOTALS		34/12	436	255	2,847	58.0	22	12	90t	34/192	80.4

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2003	Seattle	0/0	0	0	0.0	0	0
2004	Seattle	0/0	0	0	0.0	0	0
2005	Seattle	6/0	6	-5	-0.8	0	0
2006	Seattle	8/4	12	122	10.2	37	0
2007	Seattle	10/0	4	17	4.3	11	0
2008	Seattle	10/8	16	78	4.9	23	0
NFL TOTALS		34/12	38	212	5.7	37	0

SINGLE-GAME HIGHS

PASSING

Attempts:	43	at Arizona	(12/28/08)
Completions:	24	at Arizona	(12/28/08)
Completion %:	77.3	(17/22) at Atlanta	(12/30/07)
Yards:	252	at San Francisco	(11/19/06)
Longest, No TD:	63	vs. New England	(12/3/08) to Darrell Jackson
Longest TD:	90t	vs. Philadelphia	(11/2/08) to Koren Robinson
Most TDs:	3	2Times, Last vs. N.E.	(12/7/08)
Interceptions:	3	at San Francisco	(10/19/06)
Passer Rating:	128.9	vs. New England	(12/3/08)

RUSHING

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		



KYLE WILLIAMS

PositionTackle
 Height ..6-6 Weight ...295
 CollegeSouthern California
 NFL Seasons3rd
 Seahawks Seasons3rd
 BornMarch 19, 1984
 HometownDallas, Texas

78

HOW ACQUIRED: Signed by Seattle on June 1, 2007, as an undrafted rookie free agent.

NFL CAREER HIGHLIGHTS:

* Started first career game at left tackle in place of Walter Jones (IR with knee injury) vs. the New York Jets (12/21/08). Part of line that did not allow a sack.

* Signed to the active roster from the practice squad November 26, 2008, and saw action in first career game on special teams (12/7/08).

* Spent the entire 2007 on the practice squad.

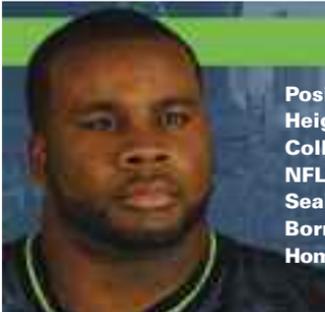
COLLEGE: Played four years at USC with 49 games played, with 13 starts at right tackle his redshirt senior year. Was primarily a backup and special teams performer his first three seasons.

PERSONAL: 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. Married to Jana and has two children, Kylie and Colton.

NFL RECORD

Year	Team	GP/GS	Postseason
2008	Seattle	4/2	-
NFL TOTALS		4/2	-



RAY WILLIS

PositionTackle
 Height ..6-6 Weight ...315
 CollegeFlorida State
 NFL Seasons5th
 Seahawks Seasons5th
 BornAugust 13, 1982
 HometownAngleton, Texas

74

HOW ACQUIRED: 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.

NFL CAREER HIGHLIGHTS:

* Showed versatility in 2008 starting seven games at right tackle and three at right guard in 2003.

* Started first-career game at Buffalo (9/7/08) in place of Sean Locklear (knee).

* Played in his first NFL game on the field goal unit against Jacksonville (9/11/05).

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 Angleton (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
2008	Seattle	16/10	-
NFL TOTALS		28/10	0/0



JOSH WILSON

Position Cornerback
 Height . . . 5-9 Weight . . . 192
 College Maryland
 NFL Seasons 3rd
 Seahawks Seasons 3rd
 Born March 11, 1985
 Hometown . . . Upper Marlboro, Md.

26

HOW ACQUIRED: 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.

NFL CAREER HIGHLIGHTS:

- * Set club single season records in 2008 for most kickoff returns with 69 (66 - Charlie Rogers in 2000) and yards with 1,753 (1,629 - Charlie Rogers in 2000).
- * Led the NFL with eight kickoff returns of 40-or-more yards in 2008.
- * 2008 - set career highs with 76 tackles (69 solo), 1.0 sacks, four interceptions, three forced fumbles and two recoveries.
- * Returned first career interception 75 yards for a touchdown at San Francisco (10/26/08). The interception thwarted a 49ers fourth-down attempt with :44 seconds remaining in the first half.
- * First career touchdown came at St. Louis (11/25/07), returning a kickoff 89 yards for a score.

COLLEGE: One of the fastest players to ever don a Terrapins' uniform, he was an avid "work-

out 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. 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.

WILSON'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			TD	PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2007 Seattle	12/0	4	2	2	0.0	0.0	0	0	0	0	0	0	0	0
2008 Seattle	16/12	76	69	7	1.0	13.0	4	135	33.8	75t	1	9	3	2
NFL TOTALS	28/12	80	71	9	1.0	13.0	4	135	33.8	75t	1	9	3	2

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			TD	PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2007 Seattle	2/0	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

Kickoff Returns

Club	G/S	No	Yds	Avg	LG	TD
2007 Seattle	12/0	15	385	27.5	89t	1
2008 Seattle	16/12	69	1,753	25.4	61	0
NFL TOTALS	28/12	843	2,138	25.7	89t	1

WILSON'S ADDITIONAL STATS

Special Teams Tackles: 2007 (5); Career: (5); Postseason: (3).

MANSFIELD WROTTTO

PositionGuard
 Height ..6-3 Weight ..320
 CollegeGeorgia Tech
 NFL Seasons3rd
 Seahawks Seasons3rd
 BornOctober 12, 1984
 Hometown ...Snellville, Georgia
 PronunciationROT-oh

66

HOW ACQUIRED: 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. College tackle made switch to guard.

NFL CAREER HIGHLIGHTS:

* Made first NFL start vs. New England (12/7/08).

* Inactive for 15 games during 2007 rookie season. Active but did not play vs. San Francisco (11/12/07).

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. Started all but five games over his four seasons. Selected to play in the Senior Bowl following his senior season.

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. Parents are Mansfield and Jemmie Wrotto. Majored in management.

WROTTTO'S NFL RECORD

Year	Team	GP/GS	Postseason
2007	Seattle	0/0	0/0
2008	Seattle	7/4	-
NFL TOTALS	-	7/4	0/0

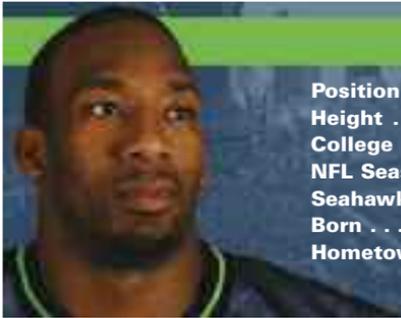
2009 DRAFT CHOICES

Rd	Pick	Overall	Pos	Player	College
1	4	4	LB	Aaron Curry	Wake Forest
2	17	49	C	Max Unger	Oregon
3	27	91	WR	Deon Butler	Penn State
6	5	178	QB	Mike Teel	Rutgers
7	36	245	S	Courtney Greene	Rutgers
7	38	247	DE	Nick Reed	Oregon
7	39	248	TE	Cameron Morrah	California



(L to R) Nick Reed, Mike Teel, Aaron Curry, Max Unger, Cameron Morrah, Courtney Greene, Deon Butler.





AARON CURRY

Position Linebacker
 Height . . .6-2 Weight . . .254
 College Wake Forest
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born April 6, 1986
 Hometown . . . Fayetteville, N.C.

59

HOW ACQUIRED: Selected with the fourth overall pick in the 2009 NFL Draft. Highest drafted Seahawks player since Shawn Springs was selected third overall in 1997. Highest drafted linebacker in club history. First linebacker chosen in first round since 1998 (Anthony Simmons). Seventh time in eight years club has selected a defensive player with their first pick. Third player chosen from Wake Forest since 2006 (Ryan Plackemeier, 2006; Steve Vallos, 2007).

COLLEGE: The 2008 Butkus Award winner, given to the nation's top linebacker. Butkus surprised him in early December when he arrived on campus to personally hand him the award. Started 49 of the 51 games he appeared in, going on to rank third in school annals with 45.5 tackles behind the line of scrimmage. Finished ninth on Wake Forest's all-time record list with 332 total tackles. **RS**

SENIOR: All-American and All-Atlantic Coast Conference first-team choice and led the team with a career-high 105 tackles (66 solos). The Butkus Award winner also paced the defense with 16 tackles behind the line of scrimmage, adding 2.5 sacks with an interception, as he also recovered three fumbles, caused another and broke up three passes.

RS JUNIOR: Was named second-team All-American in 2007, twice receiving ACC Player of the Week honors. The strong-side linebacker started 12 games, snapping a sting of 30 consecutive starts when he came off the bench vs. Navy. Delivered 99 tackles (61 solos) with three sacks and led the team with 13.5 stops for loss. Returned three of his four interceptions for touchdowns, tying the NCAA single-season record for linebackers (Malcolm Postell of Pittsburgh, 2004.) His 226 yards via four interception returns set the school single-season record, as his 84-yard run back vs. Army was the fifth-longest interception return in Demon Deacon history. **RS SOPHOMORE:** Started all 14 games at strong-side linebacker in 2006. Finished second on squad with 83 tackles (52

solos), including 8.5 stops behind the line of scrimmage and three sacks. First career interception came vs. Georgia Tech in the Atlantic Coast Conference title game, returning the ball 30 yards to set up a scoring drive. **RS FRESHMAN:** Entered 2005 fall camp behind Aaron Bracy and James Adams at strong-side outside linebacker, but emerged as the starter at that position for 10 games, earning Freshman All-American second-team honors. He collected 45 tackles (28 solos) with a 15-yard sack and 7.5 stops for losses. He also blocked a punt that he recovered for a 13-yard return. **TRUE FRESHMAN:** Was the prize recruit from Wake Forest's 2004 class, but spent the season performing on the scout team.

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



MAX UNGER

Position Guard/Center
 Height . . . 6-5 Weight . . . 309
 College Oregon
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born April 16, 1986
 Hometown . . . Kailua-Kona, Hawaii

60

HOW ACQUIRED: Drafted with the 17th selection in the second round (49th overall) of the 2009 NFL Draft. Third center drafted in the second round in club history. Fifth player selected from Oregon in school history (Nick Reed became the sixth).

COLLEGE: Started 51 consecutive games and earned all-conference honors in every season, including being named first-team All-Pac-10 the past two years. Even more impressive is that he earned those accolades at two positions: left tackle in 2005 and 2006 and center in 2007 and 2008. NFL scouts valued that durability and versatility, as well as Unger's combination of size, toughness, solid technique and short-area quickness. Had an arm span of 32 1/2 inches and a hand span of 9 1/4 inches at the combine. **RS SENIOR:** As a senior, started all 13 games,

including 11 at center. He also lined up at left tackle in the Washington and UCLA contests. Matched last year's total of 90

knockdowns and delivered 16 touchdown-resulting blocks for one of the nation's premier ground games. The Ducks led the Pac-10 and finished second in the nation with an average of 280.08 yards per game on the ground. They also led the league in scoring (41.92 ppg, seventh in the country) and total offense (484.85 ypg). For his efforts, the OU center was again named to several All-American teams, in addition to earning All-Pac-10 Conference recognition. **RS JUNIOR:** Shifted to center in 2007, earning All-American first-team honors in his first year at his new position. Was named the recipient of the *Ed Moshofsky Award* for the second consecutive year, an honor given to the team's outstanding offen-

sive lineman. Posted 90 knockdowns, including 12 touchdown-resulting blocks. Most of those blocks came for the rushing attack that ranked sixth in the nation with an average of 251.69 yards per game. **RS SOPHOMORE:** Remained at left tackle for the 2006 campaign. Produced 11 more touchdown-resulting blocks and delivered a team-high 94 knockdowns. **RS FRESHMAN:** Took over left tackle duties as a redshirt freshman, starting all 12 games. Paced the Ducks with 80 knockdowns and 10 touchdown-resulting blocks. His protection of the quarterback's blind side helped the team rank eighth in the nation in passing offense (304.5 ypg) and 12th in scoring offense (34.5 ppg). **TRUE FRESHMAN:** Enrolled at the University of Oregon, where he spent the 2004 season playing for the scout team.

PERSONAL: Attended Hawaii Preparatory (Honaunau, Hi.) Academy, playing football for head coach Tom Goodspeed. Ranked among nation's top 50 offensive guards by Rivals.com as a senior. Did not begin playing organized football until the ninth grade, but in only his second season, he was a member of the Honolulu Star-Bulletin's 2002 second-team All-State squad. Playing on both sides of the ball during his last two years, he received first-team All-Big Island Inter-scholastic Federation honors both times.





DEON BUTLER

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

11

HOW ACQUIRED: Selected with the 27th pick in the third round (91 overall) of the 2009 NFL Draft. Seventh player drafted out of Penn State, and second Nittany Lion receiver drafted in the third round (David Daniels, 1993). Highest drafted receiver since 2001 (Koren Robinson, ninth overall).

COLLEGE: Helped lead Penn State to the 2005 Big Ten Conference and Orange Bowl titles and a 40-11 record the past four seasons. Closed out career as the school's all-time leader with 179 receptions, finishing second with 2,771 yards receiving and third with 22 touchdown catches. His 48 grabs in 2006 tied the school season record for sophomores and ranks seventh on PSU's annual record chart. One of three players in Nittany Lions annals to gain over 200 yards receiving in a game, setting the record with 216 yards vs. Northwestern in 2006. **RS SENIOR:** Paced the Nittany Lions for the third time in four seasons with his 47 receptions, good for 810 yards (17.2 avg.) and seven touchdowns. He was again joined by Derrick Williams (44) and Jordan Norwood (41), as that trio each had 40 or more catches for the third consecutive season. He also ranked fourth in the Big Ten in receiving yards per game (62.31 ypg). **RS**

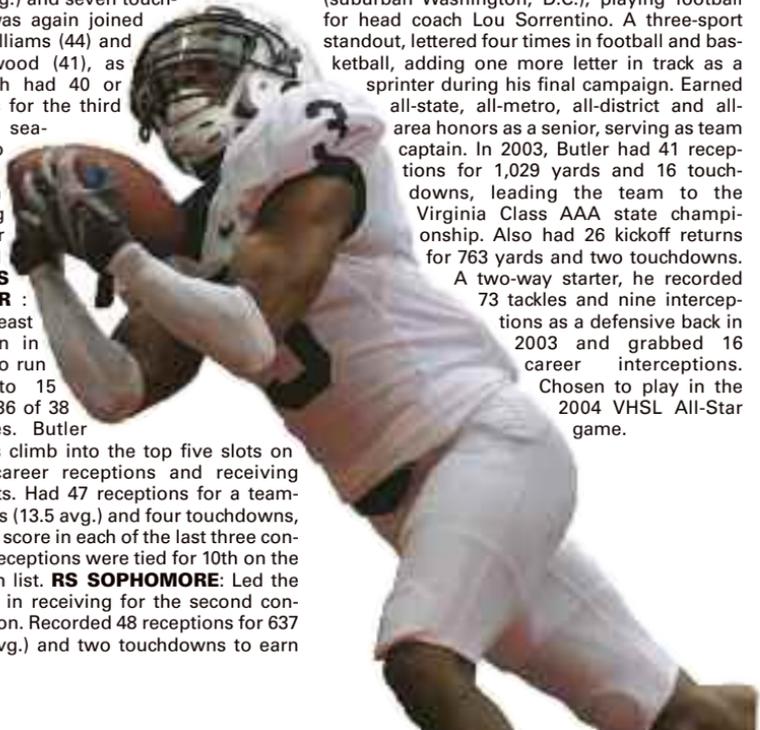
JUNIOR: Hauled in at least one reception in every game to run his streak to 15 straight and 36 of 38 career games. Butler continued his climb into the top five slots on the school career receptions and receiving yardage charts. Had 47 receptions for a team-high 633 yards (13.5 avg.) and four touchdowns, including one score in each of the last three contests. His 47 receptions were tied for 10th on the school season list. **RS SOPHOMORE:** Led the Nittany Lions in receiving for the second consecutive season. Recorded 48 receptions for 637 yards (13.3 avg.) and two touchdowns to earn

honorable mention All-Big Ten recognition. His 48 catches were tied for seventh all-time in a season at Penn State. He joined classmates Jordan Norwood (45) and Derrick Williams (40) in becoming the first triumvirate in school history to each make 40 receptions in a season. He was third on the squad with 634 all-purpose yards. **RS FRESHMAN:** Emerged as the team's starting flanker for the final eight games. Earned Freshman All-America third-team honors from *The Sporting News*, as he broke four school freshman records, including season receptions (37), receiving yards in a game (125 vs. Wisconsin) and season (691) and touchdown catches (nine). His 18.7 yards per catch average was tops among players with 10 or more catches and he posted 11 receptions of 20 yards or longer (seven for scores). **TRUE FRESHMAN:** Sat out 2004 season after joining Penn State as a defensive back walk-on.

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

A two-way starter, he recorded 73 tackles and nine interceptions as a defensive back in 2003 and grabbed 16 career interceptions.

Chosen to play in the 2004 VHSL All-Star game.



MIKE TEEL

Position Quarterback
 Height . . . 6-3 Weight . . . 225
 College Rutgers
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born January 6, 1986
 Hometown . . . Ramsey, New Jersey

14

HOW ACQUIRED: Drafted with the 5th selection in the 6th round (178th overall) of the 2009 NFL Draft.

COLLEGE: A durable three-plus-year starter with NFL size, started to turn heads during the team's seven-win run at the end of 2008.

Improved statistically each season, partially because his receivers began catching the ball consistently. **RS SENIOR:**

Started all 13 games as a senior, setting career highs with 3,418 passing yards, 25 touchdowns and a 96.5 quarterback rating. Threw over 300 yards four times.

Completed 14 of 21 passes for 361 yards and six touchdowns vs Pittsburgh (10/25). Had a career game vs. Louisville (12/4), setting career highs with 447 yards and seven touchdowns, helping the Scarlet Knights to a 63-14 victory.

RS JUNIOR: Started all 13 games played, completing 203 of 349 passes for 3,147 yards and 20 touchdowns. Threw for a season-high 343 yards while attempting a career high 52 passes at Connecticut (11/3).

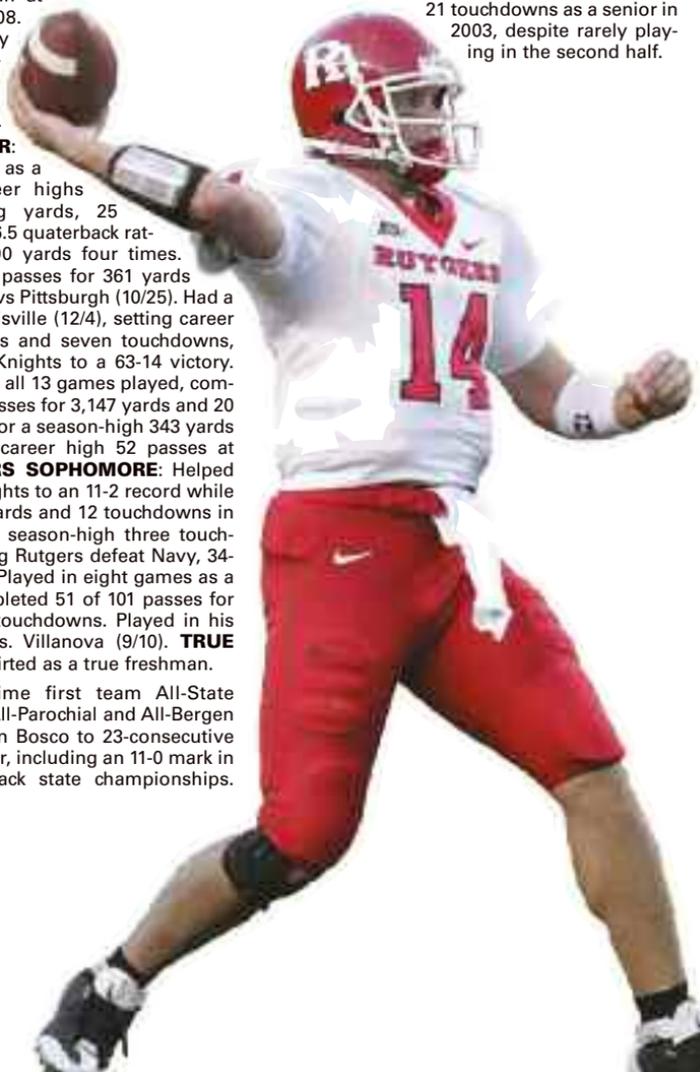
RS SOPHOMORE: Helped lead the Scarlet Knights to an 11-2 record while throwing for 2,135 yards and 12 touchdowns in 13 games. Threw a season-high three touchdown passes, helping Rutgers defeat Navy, 34-0.

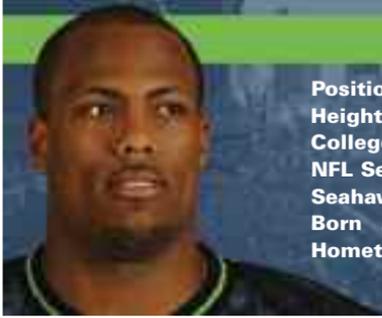
RS FRESHMAN: Played in eight games as a true freshman. Completed 51 of 101 passes for 683 yards and two touchdowns. Played in his first career game vs. Villanova (9/10).

TRUE FRESHMAN: Redshirted as a true freshman.

PERSONAL: Two-time first team All-State selection, two-time All-Parochial and All-Bergen County pick. Led Don Bosco to 23-consecutive wins to end his career, including an 11-0 mark in 2003 and back-to-back state championships.

Team was ranked No. 1 in the state in 2002 and 2003. Ranked the nation's 48th best quarterback by The Insiders.com and the 23rd best player in New Jersey by Rivals.com. Completed 117 of 179 passes (65 percent) for 2,159 yards and 28 touchdowns in 2002. Threw for 1,891 yards and 21 touchdowns as a senior in 2003, despite rarely playing in the second half.





COURTNEY GREENE

PositionSafety
 Height ...6-0 Weight ...212
 CollegeRutgers
 NFL SeasonsRookie
 Seahawks SeasonsRookie
 BornNovember 23, 1986
 Hometown ..New Rochelle, N.Y.

37

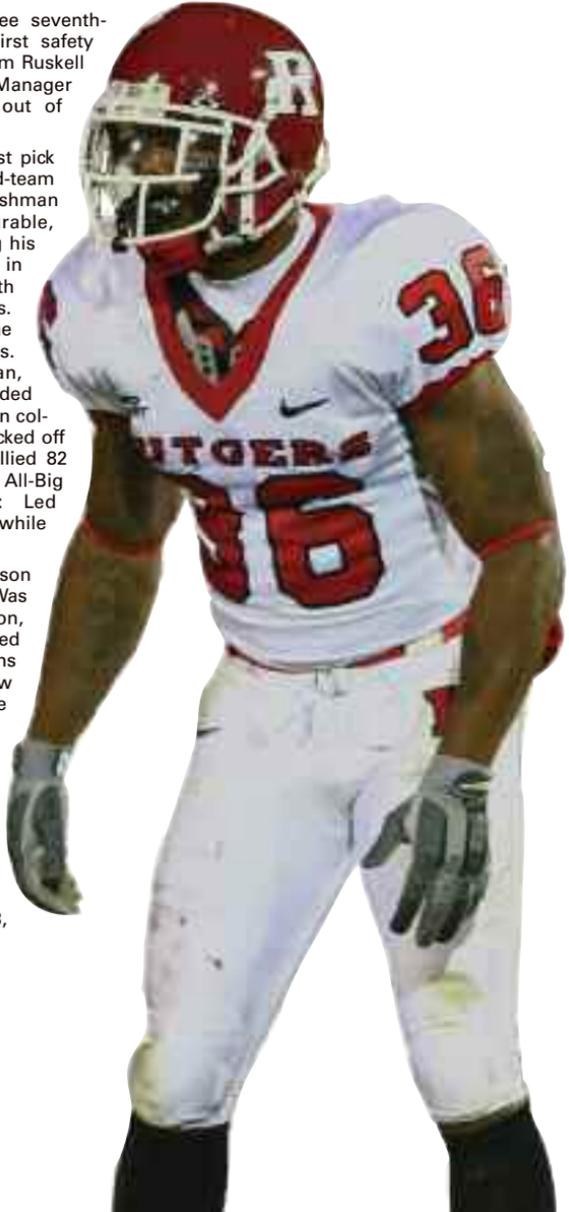
HOW ACQUIRED: First of three seventh-round picks (247th overall). First safety drafted by the Seahawks since Tim Ruskell was hired as President/General Manager (2005). Second player chosen out of Rutgers this draft (Mike Teel).

COLLEGE: First-team All-Big East pick in 2008 after twice earning second-team All-Big East notice and also Freshman All-American honors. Very durable, starting 51 straight games during his career. Eclipsed 100 stops twice in first three years as a starter at both the free and strong safety spots.

SENIOR: Recorded 87 tackles, one for loss, and two interceptions.

JUNIOR: As an upperclassman, turned into a leader and recorded over 100 tackles for second time in collegiate career. **SOPHOMORE:** Picked off a team-high four passes and tallied 82 tackles en route to second-team All-Big East accolades. **FRESHMAN:** Led Scarlet knights with 116 tackles while starting all 12 games.

PERSONAL: Spent the 2004 season at Bridgton Academy in Maine. Was a starter on defense at Bridgton, leading the team in tackles. Rushed for 1,114 yards and 19 touchdowns as a senior in 2003. Led New Rochelle to the Class AA state championship. Earned MVP honors in the title game. Represented NY in the 2004 NY/NJ Governor's Bowl. Earned first team All-Area honors in track and field (long jump) in the spring of 2004. Played scholastically with Glen Lee and Ray Rice at New Rochelle. Born November 23, 1986.



NICK REED

Position Defensive End
 Height . . . 6-2 Weight . . . 245
 College Oregon
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born September 1, 1987
 Hometown . . . Trabuco Canyon, Calif.

98

HOW ACQUIRED: Selected with the 36th pick in the seventh round (245th overall) of the 2009 NFL Draft. Fifth consecutive year club has selected a defensive end. Sixth player selected out of Oregon and second this year (Max Unger).

COLLEGE: Set the school career record with 29.5 sacks, a number that ranks fourth in Pac-10 Conference history and 10th in the NCAA major college ranks. His 51.5 tackles behind the line of scrimmage also set an Oregon all-time record and placed fourth in conference annals while ranking 14th in college football history. He registered at least one sack or tackle for loss 23 of his final 26 contests. **SENIOR:** Named All-American and Academic All-American and was a finalist for the Ted Hendricks Award (nation's top defensive end) for the second consecutive year. The All-Pac-10 Conference first-team pick. Led the league and ranked fourth nationally with 13 sacks. His 20.0 stops for loss placed him tied for eighth in the NCAA. Also led country with five fumble recoveries. He posted 53 tackles (35 solos) and caused two fumbles. **JUNIOR:** Helped Oregon lead the nation in tackles for loss in 2007. The All-American second-team and All-Pac 10 Conference first-team choice also added Academic All-American honors. Started all 13 games at left end, leading the conference in both sacks and tackles for loss. His 12 sacks ranked ninth nationally while his 22.5 stops behind the line of scrimmage ranked fifth in the NCAA. Recorded 60 tackles (30 solos) and recovered a fumble.

SOPHOMORE: In 2006, injuries on the defensive front wall thrust Reed into the starting lineup at right defensive end for the team's final 10 contests. Ranked fourth on the team with 30 tackles (15 solos), adding 3.5 sacks and six stops behind the line of scrimmage. Also blocked an extra point vs. Washington State. Named to the Academic All-Pac-10 Conference team. **FRESHMAN:** Appeared in 11 games as a reserve left defensive end as a true freshman. Collected five solo tackles with a sack and

three stops behind the line of scrimmage. Also excelled on special teams, blocking a punt vs. Arizona State that he advanced 27 yards to set up an Oregon scoring drive.

PERSONAL: Attended Trabuco Canyon (Mission Viejo, Cal.) High School. Earned All-Orange County Region honors from the Los Angeles Times and Defensive Player of the Year accolades by the Orange County Register. First-team All-CIF Southern Section, CIF Southern Section Division II Co-Defensive Player of the Year and South Coast League

Defensive MVP. Also received votes on the Long Beach Press-Telegram Best in the West balloting. Credited with 65 tackles, 10 sacks (third in the league) and two fumble recoveries as a senior.





CAMERON MORRAH

Position Tight End
 Height . . . 6-3 Weight . . . 244
 College California
 NFL Seasons Rookie
 Seahawks Seasons Rookie
 Born March 18, 1987
 Hometown Claremont, Calif.

43

HOW ACQUIRED: Drafted with the 39th selection in the 7th round (248th overall) of the 2009 NFL Draft. Second tight end selected in as many years (John Carlson). Third consecutive year team has selected a player from California (Brandon Mebane, 2007; Justin Forsett, 2008).

COLLEGE: Finished Golden Bear career making 19 starts in 33 games. Totaled 41 receptions for 484 yards and 10 scores. **RS JUNIOR:** Took over the role as featured pass catcher. Started all 13 games as a junior, finishing second on the team with 27 receptions for 326 yards (12.1 avg.). Eight of those grabs were good for touchdowns (29.63 percent of his catches). Only five players had more touchdown receptions in a season for the Bears. **RS SOPHOMORE:** Started four games as a sophomore, recording 13 catches for 155 yards, and scored his only TD of the year at Washington. **RS FRESHMAN:** Appeared in eight games on offense and 10 games overall (special teams) in 2006. Only reception was a 3-yard touchdown vs. Portland State. Was a back up in 12 games during the 2007 season, missing the Stanford contest with a knee sprain. Powered his way for 155 yards and a touchdown on 13 catches (11.9 avg.). Was joined by brother, Eric, who transferred to the program after spending two years as a linebacker at Kansas State. **TRUE FRESHMAN:** Spent season on the scout team.

PERSONAL: Attended Claremont (Calif.) High School, earning Prep Star All-American honors as a defensive end. Named to the 2004 All-San Gabriel Valley first-team by the Los Angeles Times after leading his team to the Baseline League championship. Rivals.com gave him a four-star rating and All-American honors, ranking him as the 13th-best strong-side defensive end in the nation and 28th-best overall player in the state of California.



ADDITIONAL FREE AGENTS



Jamar Adams, S, 6-2, 212, 2nd Year, Michigan (Charlotte, N.C.)

Signed by Seattle on April 27, 2008, as an undrafted rookie free agent. Spent the first nine weeks of 2008 on the practice squad before signing to the active roster and making his NFL debut vs. Arizona (11/16) on special teams. Returned to practice squad for four weeks and was brought up to active roster where he was inactive for weeks 16-17. 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.



Michael Bennett, DE, 6-3, 274, Rookie, Texas A&M (Alief, Texas)

Signed by Seattle as an undrafted rookie free agent on April 26, 2009. A solid performer at either defensive end spot, Bennett has a combination of power-rushing speed and run-stopping strength on the edge. Big 12 coaches recognized Bennett's talent in 2007, when he was named honorable mention All-Big 12 despite starting only one game. Was a full-time starter in 2008 and posted statistics worthy of postseason honors. He had 42 tackles, 12 tackles for loss, and two sacks. Older brother, Martellus, was drafted by the Dallas Cowboys and also attended Texas A&M. Earned first-team all-district honors as a defensive lineman as a senior at Alief Taylor High after compiling 110 tackles and four quarterback sacks. Earned honorable mention all-district honors as a junior. Majored in agricultural and life sciences. Born on November 13, 1985.



Kevin Brown, DT, 6-2, 303, 2nd Year, UCLA (Los Angeles, Calif.)

Signed by Seattle on May 5, 2008, as a rookie free agent. Started week 1 on the practice squad but was released and re-signed to practice squad on December 5, 2008. 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.



Dan Curran, FB, 6-0, 240, 1st Year, New Hampshire (Chelmsford, Mass.)

Re-signed by the Seahawks as a free agent on June 10, 2009. Originally signed by Seattle on January 7, 2008 as a free agent but was released after training camp. 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.


Marquis Floyd, CB, 6-0, 190, 2nd Year, West Georgia (Monroe, Ga.)

Signed by Seattle as a free agent on August 11, 2008, and signed to the practice squad at the end of training camp, where he spent the season. Prior to Seattle, spent the previous four years playing in the Arena Football League and the af2 League. Was one of the top cornerbacks in the AFL while playing with the San Jose SaberCats in 2006-07 totaling nine interceptions and 102.5 tackles. Played in five playoff contests including ArenaBowl XXI. Played for Rio Grande Valley in af2 in 2005 and for the Tennessee Valley Vipers in 2004. Played four seasons at the University of West Georgia (Carrollton, Ga.) and was a three-time American Football Coaches Association All-American. Set a school record with 19 interceptions and holds the record for punt return yards (982). A four-sport star at Monroe (Ga.) Area High School, was the MVP of the basketball team his final two seasons and won the 'Best Sprinter' award from his track team and 'Best Outfielder' honor for baseball. Born on March 17, 1980.


Na'Shan Goddard, T, 6-5, 315, 3rd Year, South Carolina (Dayton, Ohio)

Claimed off waivers (NYG) by Seattle on December 3, 2008, and made NFL debut on special teams vs. the N.Y. Jets (12/21) and saw time at tackle at Arizona (12/28). Originally signed by the Giants as a rookie free agent on May 2, 2006, but was waived by the Giants on October 31. Was claimed off waivers by the Jets on November 1 and then waived by the Jets on September 1, 2007. Was active for one game with the Jets (vs. Houston on 11/26/06), but did not play. Signed to the Giants practice squad on September 3, 2007, and re-signed on February 6, 2008. Played in 44 games with 37 starts at South Carolina where he played center, guard and tackle for the Gamecocks. Started all 12 games as a senior in 2005 - eight games at right tackle, one at left tackle and three at right guard. Started all 11 games at right tackle as a junior in 2004. Started 11 of the 12 games in which he played in 2003, splitting time between guard and center. Played in nine games with three starts at center as a freshman. Was named freshman All-America by *The Sporting News*. Redshirted in 2001. Played defensive line at Dunbar High School in Dayton, Ohio, where he was also an outstanding basketball player. Hotel, restaurant and tourism management major in college. Born on April 23, 1983.


Mike Hass, WR, 6-1, 206, 3rd Year, Oregon State (Portland, Ore.)

Signed by Seattle on January 8, 2009, as a free agent. Originally a sixth-round draft choice (171st overall) by the New Orleans Saints in the 2006 NFL Draft. Released by the Saints after camp and spent 2006 on the Chicago Bears practice squad. Signed to the Bears active roster in 2007 and made NFL debut at Philadelphia (10/21). Spent majority of 2008 on Chicago's practice squad. A walk-on at Oregon State, started 35 of 48 career games played and was named the Fred Biletnikoff Award winner, given to the nation's top receiver. Broke school records with 220 catches for 3,924 yards and tied the school's mark with 20 receiving touchdowns. Became the first Pac-10 receiver, and only 10th player in Division I history, to record three 1,000-yard seasons. As a senior, he was a first-team All-American and first-team All-Pac-10 pick with 90 catches for 1,532 yards and six scores. His yardage total led the nation. Awarded an athletic scholarship prior to the 2003 season. Attended Jesuit High, playing football and baseball. Recorded 79 catches for 1,739 yards and 21 touchdowns as a senior. Was The Oregonian's Player of the Year. Majored in civil engineering. Born on January 2, 1983.


David Kirtman, FB, 6-0, 238, 4th Year, USC (Mercer Island, Wash.)

Signed as a free agent by Seattle on May 4, 2009. Originally drafted by Seattle in the fifth round (163rd overall) of the 2006 NFL Draft. Played in six games for Seattle until being released after training camp in August of 2008. Signed to the Chargers practice squad, then to San Francisco's active roster, playing in one game with the 49ers in 2008. Was released and ended the season on the New Orleans Saints practice squad. Started 18 of 46 games for USC, helping with the 2004 National Championship. All-Pac-10 honorable mention after his senior season. Attended Mercer Island High, rushing for 1,380 yards and 18 scores his senior year, while establishing 11 school records during his career. Also participated in track (100m, 200m and shot put). Father, Louis, ran track at Cal. Brother, Michael, ran track and played football at Pomona-Pitzer. Uncle, Nate, played football at Stanford in 1967. Majored in business. Born February 12, 1983.



Brandon Miller, DE, 6-4, 259, 2nd Year, Georgia (Colquitt, Ga.)

Claimed off waivers (Atl.) by Seattle on November 19, 2008. Originally signed by Atlanta as an undrafted rookie free agent on April 28, 2008. Inactive with Seattle for weeks 12-15 & 17 and made NFL debut vs. the N.Y. Jets (12/21) and had one special teams tackle. Spent the first 10 weeks of the season on Atlanta's practice squad and signed to the active roster in Week 11. Released by the Falcons on November 18. Played in 37 career games with 15 starts at linebacker for Georgia, posting 73 tackles and 6.0 sacks. Attended Miller County

High and earned Atlanta Journal-Constitution Super 11, Super Southern 100 and Class A all-state honors. Had 106 tackles and 27 catches for more than 500 yards as a senior. Born on November 26, 1981.



Devin Moore, RB, 5-9, 191, Rookie, Wyoming (Indianapolis, Ind.)

Signed by Seattle as an undrafted rookie free agent on April 26, 2009. Moore ended his career as Wyoming's career rushing leader with 2,963 career yards. He ranked 19th in the nation in rushing as a senior (108.4 yards per game), and was also an outstanding kick returner and receiver out of the backfield. He ranked No. 7 in the NCAA in all-purpose yards in 2008, averaging 167.3 yards per game. He also earned first team All-Mountain West Conference honors as a senior. He was named by the Indianapolis Star as the top running back in the

state in its annual position-by-position and "Mr. Football" award selections at Cardinal Ritter High School. Moore was an Indianapolis Star 2003 Super Team All-State selection. Both his junior and senior seasons, he earned All-City and All-State honors. He rushed for 2,768 yards on 275 carries as a high school senior, scored 34 rushing touchdowns and ranked No. 2 in the state of Indiana in rushing. On defense, he ranked third on his team with 79 total tackles, including two tackles for losses, and he intercepted four passes. In the Indiana Class A Championship Game, Moore carried the ball 27 times for 210 yards, including a 65-yard TD run as Cardinal Ritter defeated Seeger High School 28-0. Qualified for the state track championships as a freshman, sophomore, junior and senior. He ran career bests of 10.6 seconds in the 100 meters, 21.6 in the 200 meters and 49.7 in the 400 meters. Majored in business administration. Born Nov. 6, 1985.



Joe Newton, TE, 6-7, 258, 3rd Year, Oregon State (Roseburg, Ore.)

Signed by the Seahawks as an undrafted rookie free agent on May 2, 2007, and spent the 2007 and 2008 seasons 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 semi-finalist 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 in receptions in five of the 11 games played. Second on the team in receptions, tops among Pac-10 tight ends, and 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.



Dave Philistin, LB, 6-1, 235, Rookie, Maryland (Manchester, N.H.)

Signed with Seattle on April 26, 2009, as an undrafted rookie free agent. Was a two-year starter at Maryland and played in 49 career games with 27 starts. Posted 251 tackles (115 solo) in his career with 218 of those in his final two seasons. Ranked second on the team in tackles in 2007 (career-high 124) and 2008 (94). A four-year letterwinner and three-year starter at Manchester Central High who played inside linebacker and tailback his last two years after starting at defensive end as a sophomore. Finished his senior season with 108 tackles, one interception (returned for a TD), 4.5 sacks, one blocked punt (that he recovered and returned for a TD) and one fumble recovery. Also rushed for 1,002 yards and 13 touchdowns. Had 27 career sacks. A three-time all-state selection who was New Hampshire State Player of the Year in 2004. Team won state championships all four years he played, including a 13-0 season in 2004. Also lettered two years in track (sprints and shot put). Brother, Jacques, was an All-America nose tackle at Norfolk State. Majored in American studies. Born September 24, 1986.



Andre Ramsey, T, 6-5, 322, Rookie, Ball State (Cordele, Ga.)

Signed with Seattle as an undrafted rookie free agent on April 26, 2009. Ramsey was a four-year starter at left tackle and earned all-conference honors as a senior. In his final year, helped MiQuale Lewis to rush for over 1,700 yards and helped the team set a school-record with 6,195 total yards of offense. As a junior, part of an offensive line that protected quarterback Nate Davis and allowed him to set a Ball State single-season record with 30 touchdown passes plus throw for a school record 3,667 yards. His unit also blocked for nearly 2,000 yards rushing and a then-school record 5,640 yards in total offense in 2007. Earned three letters at Crisp County High, helping team to an 8-3 mark as a senior and a second consecutive playoff appearance. Received honorable mention on the all-state team as a senior plus earned all-region and all-area honors. Named to the Super 11 as an offensive lineman as a senior. Born on July 24, 1987, in Portsmouth, N.H.



William Robinson, T, 6-5, 297, 2nd Year, San Diego State (Pomona, Calif.)

Signed with Seattle on April 27, 2008, as an undrafted rookie free agent. Injured (ankle) in preseason and placed on injured reserve for 2008 season. 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.



Jeff Rowe, QB, 6-5, 221, 3rd Year, Nevada (Reno, Nev.)

Signed to Seattle's active roster from Cincinnati's practice squad on December 15, 2008. Originally the Bengals fifth-round draft choice (151st overall) in the 2007 NFL Draft. Was inactive as the third quarterback in 2007. Played five seasons (2002-06) at Nevada, including an abbreviated 2003 campaign that was counted as a redshirt year. His 7,862 passing yards ranked fifth in school history, and 682 completions ranked second. Over final two seasons, completed 63.1% of his passes with 38 touchdowns and 18 interceptions. Scored 13 career rushing touchdowns in addition to his 55 passing scores. Led Wolf Pack to 8-5 record as a senior, including MPC Computers Bowl berth vs. Miami (Fla.). Named offensive MVP of East-West Shrine Game on January 20, 2007. Led McQueen High School to state football championship game in 2001, and was part of the 2000 state championship team. Graduated from Nevada with a degree in general studies, minoring in math and communications. Born on March 21, 1984.



Tony Taylor, LB, 6-0, 235, 2nd Year, Georgia (Watkinsville, Ga.)

Signed by Seattle as a free agent on May 21, 2009. Originally signed by the Atlanta Falcons as an undrafted rookie free agent on May 1, 2007 and played in 16 games that season, primarily on special teams. Posted four solo stops vs. Seattle (12/31/07) and eight special teams tackles in 2007. Released by Atlanta after training camp and did not play in 2008. Started 39 of 49 games played for the University of Georgia and finished career with 272 tackles. Named All-SEC second team his senior year as he tallied a career-high 96 tackles and set the school record with seven interceptions in a single-season. Played safety, linebacker, running

back and returner at Oconee County High. Posted 54 tackles, 4.0 sacks, four picks, 816 rushing yards and 16 scores as a senior. Member of the Atlanta Journal-Constitution Super Southern 100 and was AAAA first-team all-state as a defensive back his junior and senior seasons. Born on July 21, 1984.



John Tereshinski, TE, 6-3, 245, 1st Year, Wake Forest (Athens, Ga.)

Signed by Seattle on January 8, 2009, as a free agent. Originally signed with the San Diego Chargers as an undrafted rookie free agent on May 2, 2008. Finished career at Wake Forest with 60 catches for 702 yards and four touchdowns. Attended Athens Academy where he led them to quarterfinal round of state playoffs in back-to-back seasons for first time in school history. Was an all-state selection in football and an all-region basketball player. Grandfather, Joe, played football at Georgia and played and coached with the Washington Redskins. Father, Joe, Jr., also played for Georgia and was part of the 1976 SEC Championship team and brother, Joe III, played quarterback at Georgia (2003-06). Majored in communications. Born February 10, 1985.



David Washington, C, 6-3, 305, Rookie, Oklahoma State (Guthrie, Okla.)

Signed by Seattle as a free agent on May 18, 2009. Was a three-year starter at center for the Oklahoma State Cowboys. His 2007 season was cut short due to a broken leg suffered in the third game of the season, but bounced back in 2008. An integral part of a Guthrie High School team that rolled to the Class 5A state championship in 2002 and returned to the playoffs in 2003. All-state by The Oklahoman as well as the Oklahoma Coaches Association as a senior. Also listed as a first-team All-Big City selection after being honorable mention All-Big City as a junior. Majored in sociology. Born on November 5, 1985.

Big City as a junior. Majored in sociology. Born on November 5, 1985.

The Seahawks used one of their OTA days in June to visit Fort Lewis. The team first divided into groups, visiting different units housed on the base. Some saw medics, others visited the Stryker Brigade. It was all part of a team-building experience. After having lunch with the troops, the Seahawks went through the obstacle course, a timed event that requires navigation around a series of low-level obstacles. Following that, many took part in the confidence course, which had bigger and taller obstacles.



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GAME 1


Buffalo Bills 34, Seattle Seahawks 10
 Sunday, September 7, 2008 — Ralph Wilson Stadium

The Seahawks and Bills both struggled offensively from the outset with each team punting on their first four possessions. The Bills mustered a touchdown drive late in the first quarter to take a 7-0 lead when Marshawn Lynch ran it in from 21 yards. The Seahawks punted on their first seven possessions and on the seventh punt, Bills returner Rosco Parrish returned the boot 63 yards for a score and a Buffalo 14-0 lead. Following a Josh Wilson 39-yard return on the ensuing kickoff, the Seahawks retaliated with a 54-yard scoring drive capped by a Matt Hasselbeck-to-Nate Burleson 20-yard touchdown pass. The Bills bolstered their first-half lead with two Rian Lindell field goals in the final minute. Lindell connected on a 35-yard field goal with 1:00 to play and when Seattle was forced to go three-and-out, a 22-yard punt allowed the Bills to move in range for a Lindell 38-yarder as time expired for a 20-7 lead. The Seahawks tacked on a third quarter field goal, a 45-yarder by Olindo Mare, to pull within 20-10. However, Buffalo's special teams sealed the victory when punter Brian Moorman passed 19 yards to DE Ryan Denney on a fake field goal. The Bills forced a Seahawks fumble on the ensuing kickoff and Trent Edwards hooked up with Robert Royal on a 30-yard scoring pass on the first play from scrimmage for the 34-10 final. Nate Burleson (knee) and Maurice Morris (knee) both left the game in the third quarter with injuries and did not return.

Seattle	0	7	3	0	—	10
Buffalo	7	13	14	0	—	34

					Sea	Buf
BUF 1	2:44	Lynch 21 run (Lindell kick) (4-52, 1:20)			0	7
BUF 2	6:20	Parrish 63 punt return (Lindell kick)			0	14
SEA 2	4:45	Burleson 20 pass Hasselbeck (Mare kick) (4-54, 1:35)			7	14
BUF 2	1:00	Lindell 35 FG (9-63, 3:45)			7	17
BUF 2	0:00	Lindell 38 FG (4-27, 0:34)			7	20
SEA 3	6:42	Mare 45 FG (5-25, 0:56)			7	20
BUF 3	2:21	Denney 19 pass Moorman (Lindell kick) (8-80, 4:21)			10	27
BUF 3	2:01	Royal 30 pass Edwards (Lindell kick) (1-30, 0:08)			10	34

Att. 71,194

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Buffalo	Att	Yds	LG	TD
Jones	13	45	24	0	Lynch	18	76	21t	1
Morris	6	31	17	0	Jackson	10	31	6	0
Weaver	2	9	5	0	Edwards	1	-1	-1	0
TOTAL	21	85	24	0	TOTAL	29	106	21t	1

PASSING

Seattle	A	C	Yds	TD	INT	RT	Buffalo	A	C	Yds	TD	INT	RT
Hasselbeck	41	17	190	1	1	53.9	Edwards	30	19	215	1	0	95.8
							Moorman	1	1	19	1	0	158.3
TOTAL	41	17	190	1	1	53.9	TOTAL	31	20	234	2	0	108.8

RECEIVING

Seattle	No	Yds	LG	TD	Buffalo	No	Yds	LG	TD
Burleson	5	60	20t	1	Royal	6	52	30t	1
Carlson	4	52	20	0	Evans	4	102	41	0
Payne	2	25	22	0	Reed	3	37	24	0
Taylor	2	19	17	0	Lynch	3	18	11	0
Weaver	2	17	16	0	Parrish	3	6	3	0
Jones	2	17	9	0	Denney	1	19	19t	1
TOTAL	17	190	22	1	TOTAL	20	234	41	2

TEAM STATISTICS

	Seattle	Buffalo
Total First Downs	16	13
Third Down Eff.	3-16-19%	4-16-25%
Total Net Yards	252	338
Total Off. Plays	67	61
Avg. per Play	3.8	5.5
Net Yards Rushing	85	106
Total Rushing Plays	21	29
Net Yards Passing	167	232
Times Sacked/Yards Lost	5/23	1/2
Pass Atts-Comps-Ints	41-17-1	31-20-0
Punts-No. and Avg.	11-40.9	9-46.6
Penalties-No. and Yards	5-30	1-14
Fumbles-No. and Lost	2-1	0-0
Touchdowns	1	4
Field Goals Made-Att	1-1	2-3
Time of Possession	28:41	31:19

DEFENSE

Seattle	T	S	A	QB	Yds.	Int. Yds.	PD	FF	FR
Peterson	8	5	3	0.0	0.0	0	0	1	0
Tatupu	8	5	3	0.0	0.0	0	0	1	0
Hill	8	4	4	0.0	0.0	0	0	1	0
Grant	7	3	4	0.0	0.0	0	0	0	0

Additional Stats: Sacks: Kerney 1.0.

Buffalo	T	S	A	QB	Yds.	Int. Yds.	PD	FF	FR
Youboty	8	7	1	0.0	0.0	0	0	0	0
Whitner	6	5	1	0.0	0.0	0	0	1	0
McGee	6	4	2	0.0	0.0	1	0	3	0
Stroud	6	3	3	0.5	3.5	0	0	1	0
Posluszny	6	3	3	0.0	0.0	0	0	2	0

Additional Stats: Sacks: Williams 1.5, Schobel, Mitchell, Denney 1.0. **FF:** Scott, Corto 1. **FR:** Lindell.



The Seahawks dropped their first home opener since 2002 in an overtime loss to the San Francisco 49ers. After 49ers kicker Joe Nedney tied the game 30-30 on a 28-yard field goal with 2:42 remaining, he then missed a 41-yarder as time expired in regulation for the win. However, the 49ers won the overtime coin toss and drove the ball 57 yards setting up Nedney's game-winning kick from 40 yards away. Seattle jumped on top 14-0 following a Julius Jones' 27-yard TD run and a Craig Terrill fumble recovery. Nedney tacked on two of his five field goals to pull the Niners within 14-6. Following an Olindo Mare 51-yard field goal for the Seahawks, 49ers QB J.T. O'Sullivan connected with Bryant Johnson on a 3-yard TD pass to pull within 17-13. As time expired in the first half, Mare tacked on a 38-yard field goal to give Seattle a 20-13 lead. The Niners turned the tide in the third quarter taking a 27-20 lead. Patrick Willis returned a deflected Matt Hasselbeck pass 86 yards for a touchdown. After another Hasselbeck interception off of a deflection, Frank Gore capped a San Francisco TD drive with a 2-yard run. Seattle pieced together a TD drive that ended with a 1-yard T.J. Duckett run that tied the game 27-27 with 14:20 remaining in the 4th quarter. Mare put the Seahawks up 30-27 with his third field goal of the day, only to have Nedney tie and eventually win the game in overtime. Seattle's defense registered eight sacks and limited Frank Gore to 61 yards on 19 carries (3.2 avg.).

San Francisco	3	10	14	3	3	—	33
Seattle	14	6	0	10	0	—	30

		San Francisco		Seattle	
SEA	1 9:12	Jones 27 run (Mare kick) (9-80, 2:41)	0	7	
SEA	1 7:47	Terrill 10 fumble recovery (Mare kick)	0	14	
SF	1 2:36	Nedney 26 FG (9-41, 5:11)	3	14	
SF	2 7:22	Nedney 28 FG (10-70, 5:53)	6	14	
SEA	2 2:49	Mare 51 FG (6-18, 2:03)	6	17	
SF	2 1:42	Johnson 3 pass O'Sullivan (Nedney kick) (4-80, 1:07)	13	17	
SEA	2 0:00	Mare 38 FG (7-41, 1:42)	13	20	
SF	3 8:46	Willis 86 interception return (Nedney kick)	20	20	
SF	3 6:41	Gore 2 run (Nedney kick) (4-41, 1:46)	27	20	
SEA	4 14:20	Duckett 1 run (Mare kick) (15-74, 7:21)	27	27	
SEA	4 7:41	Mare 32 FG (9-41, 4:12)	27	30	
SEA	4 2:42	Nedney 28 FG (12-58, 4:59)	30	30	
SF	5 10:20	Nedney 40 FG (10-57, 4:40)	33	30	

Att. 67,951

INDIVIDUAL STATISTICS

RUSHING

San Francisco	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Gore	19	61	23	1	Jones	26	127	27t	1
O'Sullivan	4	32	16	0	Weaver	5	27	12	0
					Hasselbeck	1	12	12	0
					Duckett	2	3	2	1
TOTAL	23	93	23	1	TOTAL	34	169	27t	2

PASSING

San Francisco	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
O'Sullivan	32	20	321	1	0	106.4	Hasselbeck	36	18	189	0	2	42.5
TOTAL	32	20	321	1	0	106.4	TOTAL	36	18	189	0	2	42.5

RECEIVING

San Francisco	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Johnson	6	78	25	1	Carlson	6	78	17	0
Gore	5	38	17	0	McMullen	3	48	31	0
Bruce	4	153	63	0	Jones	3	14	17	0
Battle	4	44	14	0	Taylor	2	20	11	0
Morgan	1	8	8	0	Bumpus	2	9	5	0
					Payne	1	14	14	0
					Schmitt	1	6	6	0
TOTAL	20	321	63	1	TOTAL	18	189	31	0

TEAM STATISTICS

DEFENSE

	SF	Seattle	SF	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Total First Downs	20	22	Willis	8	8	0	0.0	0	1	86	1	0	0
Third Down Eff.	5-14-36%	5-13-38%	Clements	7	7	0	0.0	0	0	0	1	1	0
Total Net Yards	365	351	Spikes	5	4	1	0.0	0	0	0	0	0	0
Total Off. Plays	63	71	McDonald	5	4	1	0.0	0	0	0	1	0	0
Avg. per Play	5.8	4.9	Lewis	5	3	2	1.0	7.0	0	0	0	0	1
Net Yards Rushing	93	169	Roman	5	3	2	0.0	0.0	0	0	1	0	0
Total Rushing Plays	23	34	Additional Stats: INT: Harris 1.										
Net Yards Passing	272	182	Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Times Sacked/Yards Lost	8/49	1/7	Kerney	6	5	1	2.0	9.0	0	0	0	0	0
Pass Atts-Comps-Ints	32-20-0	36-18-2	Peterson	5	5	0	1.0	13.0	0	0	0	0	0
Punts-No. and Avg.	4-46.3	4-29.3	Hill	5	5	0	0.0	0	0	0	0	0	0
Penalties-No. and Yards	9-60	10-75	Jackson	5	4	1	2.0	7.0	0	0	0	0	0
Fumbles-No. and Lost	2-1	2-1	Tatupu	5	4	1	0.0	0.0	0	0	0	0	0
Touchdowns	3	3	Additional Stats: Sacks: Bernard, Mebane, Green 1.0. FF: Green 1. FR: Trufant 1, Terrill 1.										
Field Goals Made-Att	4-5	3-3											
Time of Possession	34:28	30:12											

GAME 3


 Seattle Seahawks 37, St. Louis Rams 13
 Sunday, September 21, 2008 — Qwest Field

The Seahawks jumped ahead early and didn't look back en route to a 37-13 win. The Seahawks used ball control to build a 17-0 first-quarter lead. An Olindo Mare 28-yard field goal started things off followed by rookie Michael Bumpus' first-career TD reception. Julius Jones score for the second consecutive week on a 29-yard scamper late in the first period. Former Seahawks kicker Josh Brown made his debut for the Rams at Qwest Field and put St. Louis on the board with a 43-yard field goal, only to see T.J. Duckett score the first of two TDs midway through the second quarter to give Seattle a 24-3 lead. The teams traded field goals to end the half with Seattle leading 27-6. The Rams scored on their opening possession of the second half to pull within 27-13 after Marc Bulger connected with former University of Washington receiver Dane Looker from 21 yards out. Seattle's ground game took over the rest of the half. T.J. Duckett punched in from 1 yard out midway through the final quarter and Mare tacked on a 38-yarder late for a 37-13 final. Seattle's 245 rushing yards were the most since setting a club record with 320 versus Houston on 10/16/05. Seattle's 46 rushing attempts tied for 11th most in club history and most since rushing 48 times versus Green Bay on 11/27/06.

St. Louis	0	6	7	0	—	13
Seattle	17	10	0	10	—	37

						St. Louis	Seattle	
SEA	1	11:19	Mare 28 FG (9-57, 3:41)			0	3	
SEA	1	6:44	Bumpus 10 pass Hasselbeck (Mare kick) (6-24, 3:11)			0	10	
SEA	1	1:16	Jones 29 run (Mare kick) (7-65, 4:19)			0	17	
STL	2	13:26	Brown 43 FG (4--2, 1:18)			3	17	
SEA	2	8:39	Duckett 4 run (Mare kick) (11-83, 4:47)			3	24	
STL	2	2:52	Brown 29 FG (12-60, 5:47)			6	24	
SEA	2	0:03	Mare 38 FG (4-54, 1:01)			6	27	
STL	3	9:07	Looker 21 pass Bulger (Brown kick) (10-80, 5:53)			13	27	
SEA	4	8:39	Duckett 1 run (Mare kick) (15-86, 8:59)			13	34	
SEA	4	4:46	Mare 38 FG (5-14, 2:25)			13	37	
Att. 68,012								

INDIVIDUAL STATISTICS

RUSHING

St. Louis	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Jackson	23	66	8	0	Jones	22	140	32	1
Minor	1	-1	-1	0	Duckett	19	79	29	2
					Hasselbeck	2	19	15	0
					Weaver	2	5	4	0
					Schmitt	1	2	2	0
TOTAL	24	65	8	0	TOTAL	46	245	32	3

PASSING

St. Louis	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Bulger	31	18	184	1	1	72.5	Hasselbeck	20	12	172	1	0	104.6
TOTAL	31	18	184	1	1	72.5	TOTAL	20	12	172	1	0	104.6

RECEIVING

St. Louis	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Jackson	5	62	50	0	McMullen	4	76	34	0
Holt	4	37	22	0	Carlson	2	38	22	0
Avery	3	24	10	0	Bumpus	2	29	19	1
Minor	2	20	12	0	Taylor	1	11	11	0
McMichael	2	12	8	0	Colbert	1	8	8	0
Looker	1	21	21t	1	Heller	1	6	6	0
Hall	1	8	8	0	Jones	1	4	4	0
TOTAL	18	184	50	1	TOTAL	12	172	34	1

TEAM STATISTICS

	St. Louis	Seattle
Total First Downs	14	24
Third Down Eff.	5-12-42%	6-12-50%
Total Net Yards	240	407
Total Off. Plays	56	67
Avg. per Play	4.3	6.1
Net Yards Rushing	65	245
Total Rushing Plays	24	46
Net Yards Passing	175	162
Times Sacked/Yards Lost	1/9	1/10
Pass Atts-Comps-Ints	31-18-1	20-12-0
Punts-No. and Avg.	4-54.5	3-42.0
Penalties-No. and Yards	7-51	5-55
Fumbles-No. and Loss	2-1	1-1
Touchdowns	1	4
Field Goals Made-Att	2-2	3-3
Time of Possession	25:02	34:58

DEFENSE

St. Louis	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Witherspoon	7	7	0	1.0	10.0	0	0	0	0	0
Long	7	6	1	0.0	0.0	0	0	0	0	0
Carriker	6	6	0	0.0	0.0	0	0	0	0	0
Hill	6	6	0	0.0	0.0	0	0	1	0	0
Chavous	6	5	1	0.0	0.0	0	0	0	0	0
Atogwe	6	5	1	0.0	0.0	0	0	0	0	0
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Hill	11	10	1	0.0	0.0	0	0	0	0	0
Wilson	7	7	0	0.0	0.0	0	0	0	0	0
Tatupu	6	4	2	0.0	0.0	0	0	0	0	0
Grant	4	4	0	0.0	0.0	1	31	3	0	0
Peterson	4	3	1	1.0	9.0	0	0	0	1	1



The New York Giants scored on their first six drives, including all five in the first half, and put the game out of reach for the Seahawks. On their first series, Matt Hasselbeck injured his knee on a third-down play, but returned to the game the following series. Playing without suspended wide receiver Plaxico Burress, the Giants turned to Domenick Hixon who put the Giants up 7-0 with a 32-yard TD reception. Seattle drove for a field goal, but the Giants answered with a Brandon Jacobs' 3-yard TD run who totaled 136 yards and two scores on the day. Jacobs added a 1-yard score along with two John Carney field goals to give New York a 27-3 lead late in the first half. Olindo Mare connected on his second field goal with :03 remaining in the first half to make the score 27-6. The Giants drove 80 yards to open the second half capped by a Sinorice Moss 23-yard TD catch. Carney added another field goal to put the Giants up 37-6 at the end of the third quarter. Seneca Wallace finished the third quarter and fourth quarter for Hasselbeck. For the Seahawks, the game marked the return of both Deion Branch and Bobby Engram, who were both out with injuries for the first three games. Branch only played the first half after bruising his heel. Engram led the team with eight receptions for 61 yards.

Seattle	3	3	0	0	—	6
New York	14	13	10	7	—	44

						Seattle	NYG
NYG 1	11:21	Hixon 32 pass Manning (Carney kick) (4-91, 2:14)				0	7
SEA 1	7:09	Mare 30 FG (10-56, 4:12)				3	7
NYG 1	3:39	Jacobs 3 run (Carney kick) (6-75, 3:30)				3	14
NYG 2	14:50	Carney 29 FG (5-48, 2:14)				3	17
NYG 2	7:23	Jacobs 1 run (Carney kick) (11-73, 6:24)				3	24
NYG 2	0:47	Carney 33 FG (10-60, 4:11)				3	27
SEA 2	0:03	Mare 29 FG (6-49, 0:44)				6	27
NYG 3	11:58	Moss 23 pass Manning (Carney kick) (6-80, 3:02)				6	34
NYG 3	1:38	Carney 35 FG (7-14, 4:16)				6	37
NYG 4	9:25	Moss 5 pass Carr (Carney kick) (7-77, 4:16)				6	44
Att. 79,529							

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	NY Giants	Att	Yds	LG	TD
Jones	17	61	8	0	Jacobs	15	136	44	2
Duckett	4	14	6	0	Bradshaw	11	65	32	0
Weaver	1	-1	-1	0	Ward	7	40	21	0
					Hixon	1	15	15	0
					Carr	2	-2	-1	0
TOTAL	22	74	8	0	TOTAL	36	254	44	2

PASSING

Seattle	A	C	Yds	TD	INT	RT	NY Giants	A	C	Yds	TD	INT	RT
Hasselbeck	21	11	105	0	1	46.7	Manning	25	19	267	2	0	136.6
Wallace	6	3	20	0	0	57.6	Carr	1	1	5	1	0	127.1
TOTAL	27	14	125	0	1	49.2	TOTAL	26	20	272	3	0	148.2

RECEIVING

Seattle	No	Yds	LG	TD	NY Giants	No	Yds	LG	TD
Engram	8	61	21	0	Hixon	4	102	41	1
Branch	3	31	17	0	Toomer	4	64	29	0
Jones	1	13	13	0	Moss	4	45	23t	2
Colbert	1	10	10	0	Smith	2	27	19	0
Bumpus	1	10	10	0	Ward	2	10	7	0
					Boss	2	9	6	0
					Jacobs	1	9	9	0
					Manningham	1	6	6	0
TOTAL	14	125	21	0	TOTAL	20	272	41	3

TEAM STATISTICS

	Seattle	NYG
Total First Downs	13	27
Third Down Eff.	1-11-9%	3-8-38%
Total Net Yards	187	523
Total Off. Plays	51	63
Avg. per Play	3.4	7.1
Net Yards Rushing	74	254
Total Rushing Plays	22	36
Net Yards Passing	113	269
Times Sacked/Yards Lost	2/12	1/3
Pass Atts-Comps-Ints	27-14-1	26-20-0
Punts-No. and Avg.	8-46.1	2-48.0
Penalties-No. and Yards	2-29	5-56
Fumbles-No. and Lost	0-0	1-0
Touchdowns	1	4
Field Goals Made-Att	2-2	3-3
Time of Possession	23:32	36:28

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Wilson	11	8	3	0.0	0.0	0	0	1	0	0
Hill	9	5	4	0.0	0.0	0	0	0	0	0
Russell	8	5	3	0.0	0.0	0	0	0	0	0
Grant	6	5	1	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Kerney 1.0. FF: Kerney 1.										
NYG	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Cofield	7	5	2	0.0	0.0	0	0	0	0	0
Ross	6	6	0	0.0	0.0	0	0	2	0	0
Phillips	5	3	2	0.0	0.0	0	0	0	0	0
Pierce	4	4	0	0.0	0.0	0	0	0	0	0
Butler	4	4	0	0.0	0.0	0	0	0	0	0
Tuck	4	2	2	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Kiwanuka, Tollerfson 1.0, INT: Dockery 1.										

GAME 5



Green Bay Packers 27, Seattle Seahawks 17
Sunday, October 12, 2008 — Qwest Field

The Seahawks kept the game close for most of three quarters, but eventually fell to the Packers 27-17. After the Packers took a 3-0 lead near the end of the first quarter, the Seahawks evened the score after Olindo Mare connected from 50 yards. Charlie Frye, who was starting in place of an injured Matt Hasselbeck and Seneca Wallace, gave the Seahawks a 10-3 lead when he connected with John Carlson on a 6-yard scoring toss. It was Carlson's first-career TD. The Packers tied the game just before half when replay overturned an on-field call and awarded Packers QB Aaron Rodgers with a 1-yard touchdown run. The Packers took control in the second half scoring 17 straight points on two Rodgers' TD passes and a Mason Crosby 51-yard field goal. The Seahawks tacked on a late touchdown to pull within 27-17 but the onsidies kick failed and the Packers ran out the clock.

Green Bay	3	7	7	10	—	27
Seattle	0	10	0	7	—	17

						Green Bay	Seattle
GB	1	2:25	Crosby 29 FG (11-43, 5:50)			3	0
SEA	2	13:05	Mare 50 FG (10-35, 4:20)			3	3
SEA	2	8:17	Carlson 6 pass Frye (Mare kick) (7-32, 3:25)			3	10
GB	2	1:08	Rodgers 1 run (Crosby kick) (13-66, 7:09)			10	10
GB	3	5:56	Jennings 45 pass Rodgers (Crosby kick) (3-49, 1:28)			17	10
GB	4	11:23	Kuhn 1 pass Rodgers (Crosby kick) (15-84, 7:52)			24	10
GB	4	8:41	Crosby 51 FG (4-0, 1:45)			27	10
SEA	4	3:14	Colbert 5 pass Frye (Mare kick) (9-72, 2:01)			27	17
Att. 68,302							

INDIVIDUAL STATISTICS

RUSHING

Green Bay	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Grant	33	90	17	0	Jones	12	44	10	0
Rodgers	6	23	16	1	Frye	2	30	27	0
					Morris	4	16	9	0
					Weaver	3	14	13	0
					Duckett	2	9	9	0
TOTAL	39	113	17	1	TOTAL	23	113	27	0

PASSING

Green Bay	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Rodgers	30	21	208	2	0	111.5	Frye	23	12	83	2	2	53.4
TOTAL	30	21	208	2	0	111.5	TOTAL	23	12	83	2	2	53.4

RECEIVING

Green Bay	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Driver	6	53	19	0	Carlson	4	22	8	1
Jennings	5	84	45t	1	Weaver	3	20	13	0
Nelson	4	42	14	0	Robinson	2	23	19	0
Hall	2	12	8	0	Morris	2	13	7	0
Lee	2	9	5	0	Colbert	1	5	5t	1
Wynn	1	7	7	0					
Kuhn	1	1	1t	1					
TOTAL	21	208	45t	2	TOTAL	12	83	19	2

TEAM STATISTICS

	Green Bay	Seattle
Total First Downs	20	13
Third Down Eff.	10-18-56%	4-11-36%
Total Net Yards	313	177
Total Off. Plays	71	49
Avg. per Play	2.9	4.9
Net Yards Rushing	113	113
Total Rushing Plays	39	23
Net Yards Passing	200	64
Times Sacked/Yards Lost	2/8	3/19
Pass Atts-Comps-Ints	30-21-0	23-12-2
Punts-No. and Avg.	4-35.3	5-48.8
Penalties-No. and Yards	5-45	6-50
Fumbles-No. and Lost	1-1	0-0
Touchdowns	3	2
Field Goals Made-Att	2-2	1-1
Time of Possession	37:26	22:34

DEFENSE

Green Bay	T	S	A	QB Yds.	Int. Yds.	PD	FF	FR
Collins	6	6	0	0.0	0.0	0	0	0
Barnett	5	5	0	0.0	0.0	0	0	0
Kampman	4	4	0	2.0	14.0	0	0	0
Additional Stats: Sacks: Woodson 1.0. INT: Williams, Woodson 1.								
Seattle	T	S	A	QB Yds.	Int. Yds.	PD	FF	FR
Tatupu	11	10	1	0.0	0.0	0	0	0
Trufant	9	8	1	0.0	0.0	0	0	0
Peterson	7	7	0	1.0	1.0	0	0	1
Terrill	5	5	0	0.0	0.0	0	0	0
Hill	5	4	1	0.0	0.0	0	0	0
Mebane	5	3	2	0.0	0.0	0	0	0
Additional Stats: Sacks: Russell 1.0. FR: Bernard 1.								



In their first prime time game of the season, the Seahawks fell to the Tampa Bay Buccaneers 20-10 on Sunday Night Football. The game marked Seattle's first Sunday Night game on the road since 2006. Seattle struggled to convert third downs while Tampa Bay made a living on it. Seattle fell behind early when on Tampa Bay's first drive facing third-and-7 Jeff Garcia connected with Antonio Bryant for a 47-yard touchdown pass to take a 7-0 lead. The Bucs added 10 second-quarter points after Earnest Graham ran in a 1-yard touchdown and Matt Bryant connected on a 27-yard field goal. Tampa Bay led 17-0 at the half after Seattle mustered just 44 total yards of offense, second-lowest total ever in the first half for the Seahawks. Seattle fought hard in the second half to keep the game close shutting down Tampa Bay allowing just three points, another Bryant field goal. Seattle got on the board early in the third quarter on an Olindo Mare 26-yard field goal. Following a Bryant field goal to make the score 20-3, Josh Wilson's kickoff return put the Seahawks in good field position to drive in for a touchdown. Seneca Wallace, starting for an injured Matt Hasselbeck, connected with John Carlson for his second TD in as many weeks. Wilson averaged 36.5 yards on four kickoff returns with longs of 61 and 46 yards. Seattle's defense, while allowing 310 yards passing, limited Tampa Bay's sixth-ranked rushing attack to 2.6 yards per carry on 38 attempts.

Seattle	0	0	3	7	—	10
Tampa Bay	7	10	0	3	—	20

			Seattle	Tampa Bay
TB 1	9:13	A. Bryant 47 pass Garcia (M. Bryant kick) (6-63, 2:44)	0	7
TB 2	6:32	Graham 1 run (M. Bryant kick) (6-59, 3:36)	0	14
TB 2	3:12	M. Bryant 27 FG (5-25, 2:54)	0	17
SEA 3	10:21	Mare 26 FG (6-17, 2:11)	3	17
TB 4	4:34	M. Bryant 27 FG (16-67, 9:34)	3	20
SEA 4	1:55	Carlson 2 pass Wallace (Mare kick) (8-50, 2:39)	10	20

Att. 64,811

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Tampa Bay	Att	Yds	LG	TD
Morris	6	56	45	0	Graham	23	52	12	1
Jones	7	42	21	0	Dunn	13	37	9	0
Wallace	2	6	6	0	Garcia	2	8	8	0
Duckett	1	-1	-1	0					
TAL	16	103	45	0	TOTAL	38	97	12	1

PASSING

Seattle	A	C	Yds	TD	INT	RT	Tampa Bay	A	C	Yds	TD	INT	RT
Wallace	23	12	73	1	1	55.2	Garcia	36	27	310	1	0	109.7
TOTAL	23	12	73	1	1	55.2	TOTAL	36	27	310	1	0	109.7

RECEIVING

Seattle	No	Yds	LG	TD	Tampa Bay	No	Yds	LG	TD
Carlson	3	11	6	1	A. Bryant	6	115	47t	1
Robinson	2	23	17	0	Stevens	4	55	31	0
Colbert	2	18	10	0	Dunn	4	21	6	0
Morris	2	12	8	0	Clayton	3	30	13	0
Engram	1	8	8	0	Smith	2	25	16	0
Weaver	1	6	6	0	Gilmore	2	20	13	0
Jones	1	-5	-5	0	4 others	6	44	12	0
TOTAL	12	73	17	1	TOTAL	27	310	47t	1

TEAM STATISTICS

	Seattle	TB
Total First Downs	7	22
Third Down Eff.	2-10-20%	10-18-56%
Total Net Yards	176	402
Total Off. Plays	39	75
Avg. per Play	4.5	5.4
Net Yards Rushing	103	97
Total Rushing Plays	16	38
Net Yards Passing	73	305
Times Sacked/Yards Lost	0/0	1/5
Pass Atts-Comps-Ints	23-12-1	36-27-0
Punts-No. and Avg.	5-47.4	4-38.5
Penalties-No. and Yards	1-6	4-26
Fumbles-No. and Lost	1-1	4-1
Touchdowns	1	2
Field Goals Made-Att	1-2	2-3
Time of Possession	18:19	41:41

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Lewis	11	8	3	0.0	0.0	0	0	0	0	0
Tapp	9	5	4	0.0	0.0	0	0	0	0	0
Hill	8	4	4	0.0	0.0	0	0	1	0	0
Babineaux	7	7	0	0.0	0.0	0	0	0	0	0
Trufant	7	7	0	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Mebane 1.0. FF: Mebane, Tatupu 1. FR: Wilson 1.

Tampa Bay	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Ruud	6	6	0	0.0	0.0	0	0	1	0	1
Buchanon	6	5	1	0.0	0.0	0	0	0	0	0
Phillips	3	3	0	0.0	0.0	0	0	1	0	0
Barber	3	3	0	0.0	0.0	0	0	0	0	0
Adams	3	2	1	0.0	0.0	0	0	1	0	0

Additional Stats: INT: Talib 1.

GAME 7



Seattle Seahawks 34, San Francisco 49ers 13
Sunday, October 26, 2008 — Candlestick Park

The Seahawks notched another win when they defeated the San Francisco 49ers 34-13 at Candlestick Park. Avenging an overtime defeat earlier in the season, the Seahawks scored on both turnovers they forced and made big plays to seal the game on offense. Olindo Mare connected on two first-quarter field goals for a 6-0 lead before a T.J. Duckett 1-yard run early in the second quarter put the Seahawks on top 13-0. Joe Nedney got the Niners on the board with a 42-yard field goal midway through the second quarter. Facing a fourth-and-4 at the Seahawks 29-yard line, the 49ers went for it, but Josh Wilson stepped in front of J.T. O'Sullivan's attempt and returned the interception 75 yards for the score with 31 seconds remaining in the first half giving Seattle a 20-3 lead. After a San Francisco QB change, Shaun Hill came in to replace O'Sullivan for the second half and led the Niners to another Nedney field goal. Leonard Weaver countered by scoring the first of his two touchdown receptions. With Seattle leading 27-6 Shaun Hill connected with Jason Hill on a 2-yard TD with 9:57 to go in the third quarter. To follow up his earlier 43-yard TD, Weaver put the game away with a 62-yard TD reception from Seneca Wallace. Weaver totaled 116 yards and two TDs on four catches.

Seattle	6	14	7	7	—	34
San Francisco	0	3	3	7	—	13

						Seattle	San Francisco
SEA 1	9:58	Mare 43 FG (9-41, 2:59)				3	0
SEA 1	6:10	Mare 42 FG (4-3, 0:56)				6	0
SEA 2	12:01	Duckett 1 run (Mare kick) (14-63, 7:32)				13	0
SF	2:05	Nedney 42 FG (10-41, 4:56)				13	3
SEA 2	0:31	Wilson 74 INT return (Mare kick)				20	3
SF	3:42	Nedney 40 FG (14-56, 7:22)				20	6
SEA 3	1:50	Weaver 43 pass Wallace (Mare kick) (5-60, 2:22)				27	6
SF	4:9:57	J. Hill 2 pass S. Hill (Nedney kick) (15-62, 6:53)				27	13
SEA 4	6:10	Weaver 62 pass Wallace (Mare kick) (6-80, 3:47)				34	13
Att. 67,504							

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	SF	Att	Yds	LG	TD
Morris	11	16	9	0	Gore	18	94	29	0
Weaver	2	13	10	0	S. Hill	2	20	13	0
Jones	6	9	14	0	Robinson	3	9	4	0
Duckett	8	1	2	1	Foster	1	1	1	0
Schmitt	1	0	0	0					
TOTAL	28	39	14	1	TOTAL	24	124	29	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	SF	A	C	Yds	TD	INT	RT
Wallace	25	15	222	2	0	115.8	S. Hill	23	15	173	1	0	102.3
							O'Sullivan	21	13	131	0	1	59.8
TOTAL	23	15	222	2	0	115.8	TOTAL	44	28	304	1	1	82.0

RECEIVING

Seattle	No	Yds	LG	TD	SF	No	Yds	LG	TD
Weaver	4	116	62t	2	Gore	7	65	24	0
Robinson	4	31	16	0	Bruce	4	49	20	0
Engram	3	40	21	0	Davis	4	29	14	0
Jones	2	22	11	0	Hill	3	38	33	1
Carlson	1	13	13	0	Johnson	3	30	19	0
Colbert	1	0	0	0	Battle	3	26	12	0
					Walker	2	53	53	0
					Robinson	2	14	10	0
TOTAL	15	222	62t	2	TOTAL	28	304	53	1

TEAM STATISTICS

	Seattle	SF
Total First Downs	14	21
Third Down Eff.	6-14-43%	7-15-47%
Total Net Yards	261	388
Total Off. Plays	54	73
Avg. per Play	4.8	5.3
Net Yards Rushing	39	124
Total Rushing Plays	28	24
Net Yards Passing	222	264
Times Sacked/Yards Lost	1/0	5/40
Pass Atts-Comps-Ints	25-15-0	44-28-1
Punts-No. and Avg.	5-53.4	4-49.0
Penalties-No. and Yards	3-15	7-65
Fumbles-No. and Lost	0-0	4-1
Touchdowns	4	1
Field Goals Made-Att	2-2	2-2
Time of Possession	25:58	34:02

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Hill	12	9	3	0.0	0.0	0	0	0	0	0
Lewis	9	5	4	0.0	0.0	0	0	0	0	0
Peterson	8	4	4	1.0	17.0	0	0	0	1	0
Wilson	6	3	3	0.0	0.0	1	75t	1	1	0
Additional Stats: Sacks: Bernard 2.0, Kerney, Terrill 1.0.										
FF: Bernard, Kerney 1. FR: Kerney 1.										
San Fran	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Lawson	9	7	2	1.0	0.0	0	0	0	0	0
Willis	8	5	3	0.0	0.0	0	0	0	0	0
Harris	6	4	2	0.0	0.0	0	0	0	0	0



The Seahawks struck first, but could not manage another score and fell to the Philadelphia Eagles 26-7. After forcing an Eagles three-and-out to start the game, Seneca Wallace connected with Koren Robinson for a club-record 90-yard touchdown on Seattle's first play from scrimmage. Seattle's defense held the Eagles to just 81 total yards in the first quarter and Donovan McNabb to 3-of-13 passing. McNabb proceeded to connect on 25 of his next 30 attempts in the game including two touchdown passes in the final 6:33 of the first half. First, McNabb hooked up with Reggie Brown on a 22-yard pass-and-catch to tie the game 7-7. With 1:26, McNabb found reserve offensive lineman Todd Herremans on a 1-yard touchdown for a 14-7 halftime lead. Unable to sustain an offensive drive in the second half, Seattle surrendered four David Akers field goals - two each in the third and fourth quarters. Following Seattle's opening touchdown, the Seahawks punted on their next 11 drives.

Philadelphia	0	14	6	6	—	26
Seattle	7	0	0	0	—	7

						Philadelphia	Seattle
SEA	1	13:11	Robinson 90 pass Wallace (Mare kick) (1-90, 0:15)			0	7
PHI	2	6:33	Brown 22 pass McNabb (Akers kick) (6-80, 4:18)			7	7
PHI	2	0:40	Herremans 1 pass McNabb (Akers kick) (11-55, 4:42)			14	7
PHI	3	11:25	Akers 39 FG (6-37, 2:15)			17	7
PHI	3	1:26	Akers 24 FG (10-69, 6:23)			20	7
PHI	4	9:27	Akers 42 FG (11-55, 5:19)			23	7
PHI	4	4:35	Akers 39 FG (8-46, 3:49)			26	7

Att. 68,055

INDIVIDUAL STATISTICS

RUSHING

Philadelphia	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Westbrook	20	61	8	0	Morris	8	43	28	0
McNabb	2	6	5	0	Jones	10	41	15	0
Jackson	1	3	3	0	Duckett	2	4	2	0
Buckhalter	2	2	2	0	Wallace	1	2	2	0
Booker	3	0	1	0	Robinson	1	-4	-4	0
TOTAL	28	72	8	0	TOTAL	22	86	28	0

PASSING

Philadelphia	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
McNabb	43	28	349	2	1	96.0	Wallace	29	13	169	1	0	75.2
TOTAL	43	28	349	2	1	96.0	TOTAL	29	13	169	1	0	75.2

RECEIVING

Philadelphia	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Celek	6	131	44	0	Robinson	4	105	90t	1
Curtis	6	83	26	0	Engram	3	20	8	0
Westbrook	6	35	16	0	Schmitt	3	10	6	0
Jackson	2	20	14	0	Carlson	2	30	23	0
Lewis	2	16	9	0	Jones	1	4	4	0
Brown	1	22	22t	1					
Herremans	1	1	1t	1					
3 others totaling	4	41	25	0					
TOTAL	28	349	44	2	TOTAL	13	169	90t	1

TEAM STATISTICS

	Philadelphia	Seattle
Total First Downs	20	10
Third Down Eff.	6-16-38%	4-15-27%
Total Net Yards	419	233
Total Off. Plays	72	55
Avg. per Play	5.8	4.2
Net Yards Rushing	72	86
Total Rushing Plays	28	22
Net Yards Passing	347	147
Times Sacked/Yards Lost	1/2	4/22
Pass Atts-Comps-Ints	43-28-1	29-13-0
Punts-No. and Avg.	5-47.0	11-46.2
Penalties-No. and Yards	1-15	4-20
Fumbles-No. and Lost	2-0	0-0
Touchdowns	2	1
Field Goals Made-Att	4-4	0-0
Time of Possession	37:15	22:45

DEFENSE

Philadelphia	T	S	A	QB Yds.	Int. Yds.	PD	FF	FR
Gaither	6	6	0	1.0	7.0	0	0	0
Gocong	6	5	1	0.0	0.0	0	0	0
Mikell	4	4	0	0.0	0.0	0	1	0
Bradley	4	4	0	0.0	0.0	0	0	0
Additional Stats: Sacks: Howard 2.0, Clemons 1.0.								
Seattle	T	S	A	QB Yds.	Int. Yds.	PD	FF	FR
Hill	10	8	2	0.0	0.0	0	0	0
Babineaux	7	7	0	0.0	0.0	0	0	0
Lewis	7	7	0	0.0	0.0	0	0	0
Tapp	6	6	0	1.0	2.0	0	0	1
Russell	6	6	0	0.0	0.0	0	0	0
Additional Stats: Interceptions: Grant 1.								

GAME 9



Miami Dolphins 21, Seattle Seahawks 19
Sunday, November 9, 2008 — Dolphin Stadium

Seattle failed on a two-point conversion late in the game and later turned the ball over on downs in the final minute to fall short of the Miami Dolphins, 21-19, at Dolphin Stadium in Miami. Visiting the Dolphins for the first time since 2000, Seattle fell behind early 14-0. Miami scored on their first two possessions of the game behind an 11-play, 90-yard opening drive that resulted in a 39-yard touchdown pass from Chad Pennington to Ted Ginn. On the first play of the second quarter, Ricky Williams took a handoff from Ronnie Brown in the Wildcat formation and ran untouched up the middle 51 yards for a touchdown. On Miami's next drive however, Seattle's defense began to take shape. Jordan Babineaux intercepted Pennington and returned it 35 yards for a score to pull the Seahawks to 14-7. Seattle's defense would then stop the Dolphins on their next five possessions, including four punts. Seattle climbed to within 14-13 in the third quarter on two Olindo Mare field goals of 37 and 27 yards. Seattle was poised to take a 17-14 lead, but a dropped pass in the end zone resulted in Mare's second field goal. Following a Seattle punt to begin the fourth quarter, Miami used 16 plays to drive 79 yards for a Ronnie Brown 16-yard touchdown run. Seattle used good field position following the kickoff to drive 55 yards, including a Julius Jones 33-yard run to the Miami 5-yard line, to set up a Seneca Wallace to Koren Robinson 3-yard touchdown pass. Wallace's pass attempt on the two-point conversion was tipped away. Seattle kicked off and forced a Dolphins punt, but the Seahawks turned the ball over on downs in the waning seconds of the game.

Seattle	0	7	6	6	—	19
Miami	7	7	0	7	—	21

				Seattle	Miami
MIA 1	8:50	Ginn 39 pass Pennington (Carpenter kick) (11-90, 6:10)		0	7
MIA 2	14:52	Williams 51 run (Carpenter kick) (6-76, 2:59)		0	14
SEA 2	8:21	Babineaux 35 interception return (Mare kick)		7	14
SEA 3	11:06	Mare 37 FG (9-31, 3:54)		10	14
SEA 3	3:31	Mare 27 FG (9-48, 4:14)		13	14
MIA 4	5:38	Brown 16 run (Carpenter kick) (16-79, 9:06)		13	21
SEA 4	2:57	Robinson 3 pass Wallace (pass failed) (6-55, 2:41)		19	21
Att. 64,862					

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Miami	Att	Yds	LG	TD
Jones	16	88	33	0	Williams	12	105	51t	1
Schmitt	3	19	14	0	Brown	10	39	16t	1
Morris	1	11	11	0	Camarillo	1	6	6	0
Wallace	2	9	7	0	Polite	2	4	3	0
Duckett	1	-1	-1	0	Pennington	2	1	2	0
TOTAL	23	126	33	0	TOTAL	27	155	51t	2

PASSING

Seattle	A	C	Yds	TD	INT	RT	Miami	A	C	Yds	TD	INT	RT
Wallace	38	21	185	1	0	77.2	Pennington	36	22	209	1	1	74.9
TOTAL	38	21	185	1	0	77.2	TOTAL	36	22	209	1	1	74.9

RECEIVING

Seattle	No	Yds	LG	TD	Miami	No	Yds	LG	TD
Engram	5	63	15	0	Ginn	4	67	39t	1
Carlson	5	54	20	0	Brown	4	27	10	0
Robinson	5	38	13	1	Camarillo	4	21	8	0
Jones	2	2	3	0	Bess	2	25	13	0
Colbert	1	11	11	0	Williams	2	21	12	0
Schmitt	1	6	6	0	Polite	2	17	9	0
Morris	1	6	6	0	Cobbs	2	10	5	0
Weaver	1	5	5	0	2 players total	2	21	17	0
TOTAL	21	185	20	1	TOTAL	22	209	39t	1

TEAM STATISTICS

	Seattle	Miami
Total First Downs	21	20
Third Down Eff.	7-15-47%	7-15-47%
Total Net Yards	298	361
Total Off. Plays	64	65
Avg. per Play	4.7	5.6
Net Yards Rushing	126	155
Total Rushing Plays	23	27
Net Yards Passing	172	206
Times Sacked/Yards Lost	3/13	2/3
Pass Atts-Comps-Ints	38-21-0	36-22-1
Punts-No. and Avg.	5-39.6	5-46.0
Penalties-No. and Yards	5-25	4-29
Fumbles-No. and Lost	0-0	0-0
Touchdowns	2	3
Field Goals Made-Att	2-2	0-0
Time of Possession	28:07	31:53

DEFENSE

Seattle	T	S	A	QB Yds.	Int.	Yds.	PD	FF	FR
Tatupu	9	9	0	0.0	0	0	0	0	0
Peterson	8	7	1	0.0	0	0	0	0	0
Hill	6	6	0	1.0	2.0	0	0	0	0
Trufant	5	5	0	0.0	0.0	0	1	0	0
Babineaux	3	3	0	0.0	0.0	1	35t	1	0
Additional Stats: Sacks: Mebane 1.0.									
Miami	T	S	A	QB Yds.	Int.	Yds.	PD	FF	FR
Bell	9	8	1	0.0	0.0	0	0	1	0
Crowder	9	7	2	0.0	0.0	0	0	0	0
Roth	6	5	1	0.5	1.0	0	0	1	0
Hill	5	5	0	0.0	0.0	0	0	0	0
Allen	4	3	1	0.0	0.0	0	0	0	0
Holliday	3	3	0	1.0	3.0	0	0	0	0
Additional Stats: Sacks: Porter, Anderson, Starks 0.5.									



The Seahawks made it interesting down the stretch but were unable to overcome a 19-point fourth-quarter deficit and fell to the division leading Arizona Cardinals 26-20. After forcing Arizona's first punt of the day with 5:50 remaining in the game, Seattle couldn't convert a first down and punted back to the Cardinals. Seattle again held the Cardinals and forced another punt with 2:12 to play down 26-20; however, on the first play a pass intended for Deion Branch was intercepted by Dominique Rodgers-Cromartie and ended Seattle's chance for the upset. The Seahawks uphill battle began early after Kurt Warner led the Cardinals to a 13-0 lead - a J.J. Arrington 4-yard TD run sandwiched by two Neil Rackers' field goals. Seattle got on the board just before half when Josh Wilson picked off Warner and returned it 58 yards to the Cardinals' 19-yard line. Maurice Morris then scored on a 13-yard Matt Hasselbeck screen pass to pull within 13-7. Rackers connected on a 54-yard field goal for a Cardinals' 16-7 halftime lead. Arizona tacked on another Rackers field goal and a Warner-to-Arrington scoring pass to extend the lead to 26-7. T.J. Duckett added a pair of short fourth-quarter TD runs to get the Seahawks to within 26-20 after one failed two-point conversion. But the Seahawks could not sustain two late drives.

Arizona	10	6	10	0	—	26
Seattle	0	7	0	13	—	20

				Arizona	Seattle
AZ 1	7:47	Rackers 38 FG (13-60, 7:13)		3	0
AZ 1	0:04	Arrington 4 run (Rackers kick) (7-89, 3:36)		10	0
AZ 2	4:34	Rackers 48 FG (10-65, 4:56)		13	0
SEA 2	0:57	Morris 13 pass Hasselbeck (Mare kick) (3-19, 0:47)		13	7
AZ 2	0:00	Rackers 54 FG (6-27, 0:57)		16	7
AZ 3	9:36	Rackers 26 FG (7-59, 3:14)		19	7
AZ 3	1:55	Arrington 6 pass Warner (Rackers kick) (10-82, 4:50)		26	7
SEA 4	12:46	Duckett 1 run (pass failed) (5-11, 2:01)		26	13
SEA 4	9:41	Duckett 2 run (Mare kick) (5-14, 2:51)		26	20
Att. 67,616					

INDIVIDUAL STATISTICS

RUSHING

Arizona	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Arrington	8	40	13	1	Jones	10	19	6	0
Hightower	11	35	14	0	Hasselbeck	4	17	7	0
Boldin	1	3	3	0	Duckett	5	5	2t	2
James	1	1	1	0	Morris	3	2	1	0
Warner	3	-3	-1	0					
TOTAL	24	76	14	1	TOTAL	22	43	7	2

PASSING

Arizona	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Warner	44	32	395	1	1	98.2	Hasselbeck	29	17	170	1	3	47.3
TOTAL	44	32	395	1	1	98.2	TOTAL	29	17	170	1	3	47.3

RECEIVING

Arizona	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Boldin	13	186	45	0	Branch	4	54	33	0
Fitzgerald	10	151	33	0	Carlson	3	39	25	0
Arrington	3	21	8	1	Morris	3	27	13t	1
Breaston	2	15	9	0	Engram	2	30	18	0
Pope	2	9	8	0	Robinson	2	11	12	0
Urban	1	9	9	0	Taylor	1	7	7	0
Brown	1	4	4	0	Schmitt	1	7	7	0
TOTAL	32	395	45	1	TOTAL	17	170	33	1

TEAM STATISTICS

	Arizona	Seattle
Total First Downs	24	18
Third Down Eff.	6-12-50%	1-9-11%
Total Net Yards	458	196
Total Off. Plays	70	53
Avg. per Play	6.5	3.7
Net Yards Rushing	76	43
Total Rushing Plays	24	22
Net Yards Passing	382	153
Times Sacked/Yards Lost	2/13	2/17
Pass Atts-Comps-Ints	44-32-1	29-17-1
Punts-No. and Avg.	2-38.5	4-44.5
Penalties-No. and Yards	8-52	1-15
Fumbles-No. and Lost	3-2	2-1
Touchdowns	2	3
Field Goals Made-Att	4-4	0-0
Time of Possession	34:05	25:55

DEFENSE

Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Wilson	6	5	1	1.0	9.0	0	0	0	1	0
Dansby	5	5	0	0.0	0.0	1	13	1	0	0
Hayes	5	4	1	0.0	0.0	0	0	0	0	0
Rodgers-Cromartie	4	4	0	0.0	0.0	2	6	2	0	0
Rolle	4	4	0	0.0	0.0	0	0	1	0	0
Okeafor	4	3	1	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Smith 1.0. FR: Dockett 1.										
Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Wilson	10	10	0	0.0	0.0	1	58	1	1	0
Tatupu	9	8	1	0.0	0.0	0	0	0	0	0
Babineaux	7	7	0	0.0	0.0	0	0	0	0	0
Russell	7	6	1	0.0	0.0	0	0	0	0	0
Tapp	5	5	0	1.0	7.0	0	0	0	0	1
Russell	6	6	0	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Mebane 1.0. FF: Mebane 1.										

GAME 11



Washington Redskins 20, Seattle Seahawks 17
Sunday, November 23, 2008 — Qwest Field

The Seahawks could not muster a field goal in the final nine minutes to tie the game and fell to the Redskins. Facing former Seahawks player and coach Jim Zorn, Seattle held a 10-7 halftime lead but was unable to hang on. Seattle got on the board first with a 45-yard Olindo Mare field goal and a 3-0 lead. Redskins Ladell Betts punched in a 1-yard TD for a 7-3 lead late in the second quarter. Seattle's Maurice Morris, who started for the first time since the season opener, scored on a 4-yard pass from Matt Hasselbeck with 29 seconds remaining in the first half to give the Seahawks a 10-7 lead. Seahawks kick returner Josh Wilson opened up the second half with a 55-yard return, but resulted in a missed field goal from 53 yards. The Redskins turned the missed opportunity into a field goal of their own when Shaun Suisham connected from 26 yards to tie the game. Later in the quarter, Jason Campbell and Antwaan Randle El connected on an 8-yard scoring pass to take a 17-3 lead. Seattle tied the game 17-17 early in the fourth quarter when Hasselbeck found John Carlson in the corner of the end zone from 10 yards out. With 9:19 remaining, Suisham's 22-yard field goal proved to be the game winner.

Washington	0	7	10	3	—	20
Seattle	3	7	0	7	—	17

						Washington	Seattle
SEA	1	7:19	Mare 45 FG (5-34, 1:20)			0	3
WASH	2	4:32	Betts 1 run (Suisham kick) (11-62, 5:42)			7	3
SEA	2	0:29	Morris 4 pass Hasselbeck (Mare kick) (9-72, 4:03)			7	10
WASH	3	7:21	Suisham 26 FG (11-49, 5:36)			10	10
WASH	3	3:25	Randle El 8 pass Campbell (Suisham kick) (3-35, 1:47)			17	10
SEA	4	13:24	Carlson 10 pass Hasselbeck (Mare kick) (10-62, 5:01)			17	17
WASH	4	9:19	Suisham 22 FG (10-64, 4:05)			20	17

Att. 67,771

INDIVIDUAL STATISTICS

RUSHING

Washington	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Portis	29	143	20	0	Morris	14	103	44	0
Campbell	6	32	17	0	Jones	2	21	19	0
Betts	5	7	3	1	Hasselbeck	2	11	6	0
Sellers	1	5	5	0	Duckett	1	4	4	0
					Weaver	1	0	0	0
TOTAL	41	187	20	1	TOTAL	20	139	44	0

PASSING

Washington	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Campbell	33	20	206	1	0	88.7	Hasselbeck	24	12	103	2	2	54.7
TOTAL	33	29	206	1	0	88.7	TOTAL	24	12	103	2	2	54.7

RECEIVING

Washington	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Cooley	5	54	21	0	Morris	3	10	4t	1
Moss	4	72	24	0	Engram	2	34	21	0
Sellers	4	30	12	0	Weaver	2	14	8	0
Randle El	2	18	10	1	Carlson	2	14	10t	1
Portis	2	16	16	0	Robinson	1	14	14	0
Kelly	2	12	7	0	Branch	1	11	11	0
Yoder	1	4	4	0	Taylor	1	6	6	0
TOTAL	20	206	24	1	TOTAL	12	103	21	2

TEAM STATISTICS

	Washington	Seattle
Total First Downs	24	13
Third Down Eff.	7-15-47%	3-10-30%
Total Net Yards	386	228
Total Off. Plays	76	46
Avg. per Play	5.1	5.0
Net Yards Rushing	187	139
Total Rushing Plays	41	20
Net Yards Passing	199	89
Times Sacked/Yards Lost	2/7	2/14
Pass Atts-Comps-Ints	33-20-1	24-12-2
Punts-No. and Avg.	3-31.7	4-47.8
Penalties-No. and Yards	2-20	6-51
Fumbles-No. and Lost	2-1	0-0
Touchdowns	2	2
Field Goals Made-Att	2-3	1-2
Time of Possession	38:27	21:33

DEFENSE

	Washington	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
McIntosh	7	7	0	1.0	7.0	0	0	0	0	0	0
Landry	4	4	0	0.0	0.0	1	13	1	0	0	0
L. Alexander	3	3	0	1.0	7.0	0	0	0	0	0	0
Springs	3	3	3	0.0	0.0	1	0	2	0	0	0
Taylor	3	3	0	0.0	0.0	0	0	0	0	0	0
Blades	3	2	1	0.0	0.0	0	0	0	0	0	0
	Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Peterson	10	8	2	1.0	2.0	0	0	1	0	0	0
Bernard	9	9	0	0.0	0.0	0	0	0	0	0	0
Grant	9	8	1	0.0	0.0	0	0	0	0	0	0
Tatupu	9	6	3	0.0	0.0	0	0	0	0	0	0

Additional Stats: Sacks: Tapp 1.0. FF: Russell, Tapp 1. FR: Atkins 1.



The Seahawks fell behind the Dallas Cowboys early on Thanksgiving Day and couldn't make up the difference falling 34-9. Seattle's Matt Hasselbeck was sacked seven times and could not find the endzone while Dallas limited the Seahawks to three field goals. Dallas scored on the opening drive with the first of three Tony Romo touchdown passes - this one a 16-yard completion to tight end Martellus Bennett. Seattle marched the ball right back down the field; however, a Julius Jones fumble at the Cowboys' 28-yard line thwarted the drive. Dallas converted the turnover into another touchdown with a Marion Barber 2-yard scoring run. The Seahawks moved into scoring position for the first of Olindo Mare's three field goals. After Mare's 44-yard field goal made the score 14-3, Dallas added another 10 points with a Romo-to-Jason Witten touchdown pass and a Nick Folk 41-yard field goal. Another Mare field goal just before half made the score 24-6 at the break. Mare added a third-quarter field goal, but Dallas again found the end zone when Romo connected with Terrell Owens on a 19-yard touchdown pass. Folk added a fourth-quarter field goal for a 34-9 final.

Seattle	3	3	3	0	—	9
Dallas	14	10	7	3	—	34

						Seattle	Dallas
DAL	11:26	Bennett 16 pass Romo (Folk kick) (5-71, 2:24)				0	7
DAL	1 4:50	Barber 2 run (Folk kick) (9-72, 4:59)				0	14
SEA	1 0:57	Mare 44 FG (8-43, 3:58)				3	14
DAL	2 11:57	Witten 7 pass Romo (Folk kick) (8-80, 3:55)				3	21
DAL	2 7:34	Folk 41 FG (5-57, 1:56)				3	24
SEA	2 1:31	Mare 38 FG (7-39, 1:30)				6	24
SEA	3 9:37	Mare 25 FG (13-69, 5:23)				9	24
DAL	3 2:19	Owens 19 pass Romo (Folk kick) (4-56, 1:10)				9	31
DAL	4 8:54	Folk 42 FG (10-71, 6:14)				9	34

Att. 63, 253

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Dallas	Att	Yds	LG	TD
Jones	11	37	16	0	Choice	11	57	27	0
Duckett	3	20	9	0	Barber	10	32	17	1
Morris	6	10	7	0	Romo	2	14	15	0
Hasselbeck	2	10	5	0	Roy E. Williams	1	13	13	0
Weaver	1	3	3	0					
TOTAL	23	80	16	0	TOTAL	24	116	27	1

PASSING

Seattle	A	C	Yds	TD	INT	RT	Dallas	A	C	Yds	TD	INT	RT
Hasselbeck	38	22	287	0	1	70.8	Romo	34	22	331	3	1	113.7
TOTAL	38	22	287	0	1	70.8	TOTAL	34	22	331	3	1	113.7

RECEIVING

Seattle	No	Yds	LG	TD	Dallas	No	Yds	LG	TD
Carlson	6	105	33	0	Witten	9	115	36	1
Branch	5	56	17	0	Owens	5	98	33	1
Ingram	4	45	22	0	Roy E. Williams	2	51	38	0
Robinson	3	49	22	0	Bennett	2	35	19	1
Morris	3	23	11	0	Crayton	2	13	9	0
Weaver	1	9	9	0	Barber	1	13	13	0
					Choice	1	6	6	0
TOTAL	22	287	33	0	TOTAL	22	331	38	3

TEAM STATISTICS

	Seattle	Dallas
Total First Downs	19	24
Third Down Eff.	3-14-21%	2-9-22%
Total Net Yards	322	447
Total Off. Plays	68	58
Avg. per Play	3.5	4.8
Net Yards Rushing	80	116
Total Rushing Plays	23	24
Net Yards Passing	242	331
Times Sacked/Yards Lost	7/45	0/0
Pass Atts-Comps-Ints	38-22-1	34-32-1
Punts-No. and Avg.	7-50.1	5-42.6
Penalties-No. and Yards	5-46	5-38
Fumbles-No. and Lost	2-1	0-0
Touchdowns	0	4
Field Goals Made-Att	3-3	2-2
Time of Possession	29:30	30:30

DEFENSE

	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Grant	6	5	1	0.0	0.0	0	0	2	0	0
Lewis	6	5	1	0.0	0.0	0	0	0	0	0
Tatupu	6	2	4	0.0	0.0	0	0	0	0	0
Trufant	5	4	1	0.0	0.0	1	0	1	0	0
Peterson	5	3	2	0.0	0.0	0	0	0	0	0
Dallas	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
James	13	12	1	2.0	13.0	0	0	1	1	0
Scandrick	6	6	0	0.0	0.0	0	0	1	0	0
Thomas	6	4	3	0.0	0.0	0	0	2	0	0
Ware	4	4	0	3.0	21.0	0	0	0	0	0

Additional Stats: Sacks: Johnson, Ellis 1.0. FF: Spears 1. FR: Henry 1.

GAME 13



New England Patriots 24, Seattle Seahawks 21
Sunday, December 7, 2008 — Qwest Field

The Seahawks could not hold on to a 21-13 lead and slipped to the New England Patriots 24-21. Seattle jumped to a 7-0 lead after former Patriot wide receiver Deion Branch hauled in a 14-yard pass from Seneca Wallace for the game's first score. The Patriots tacked on a late first-quarter field goal, a 50-yarder by Steven Gostkowski. Seattle marched right back down the field and scored when Wallace connected with tight end John Carlson on a 10-yard scoring pass. The Patriots returned the favor when their tight end Ben Watson pulled in a Matt Cassel 2-yard TD pass to pull within 14-10 at the half. In the third quarter, another Gostkowski field goal brought the Patriots to within 14-13, but Seattle came back with another Wallace-to-Branch TD pass and catch, this a 14-yarder set up by an earlier 63-yard Wallace-to-Branch pitch and catch. With the Seahawks leading 21-13 early in the fourth quarter, a third Gostkowski field goal brought the Patriots to within 21-16. The Patriots, facing a fourth-and-goal from the 1-yard line, handed the ball to Sammy Morris who dove over the top for a touchdown. Following a successful 2-point conversion, the Patriots had the lead 24-21 with 2:44 to play. Following the kickoff, a Seneca Wallace 23-yard scramble gave the Seahawks a first down at the New England 43 followed by a running play that lost 1 yard taking the clock to the two-minute warning. On second down, an all-out blitz by the Patriots forced the first sack allowed by the Seahawks all day causing a fumble which was recovered by New England. Wallace tied a career high with three TD passes and posting a 128.9 rating. With his eight catches on the day, Carlson tied a club record for most receptions in a season with 46. The Seahawks' offensive line was without starters Walter Jones, Mike Wahle and Chris Spencer.

New England	3	7	3	11	—	24
Seattle	7	7	7	0	—	21

					New England	Seattle
SEA	1	5:25	Branch 14 pass Wallace (Mare kick) (13-87, 5:35)		0	7
NE	1	0:48	Gostkowski 50 FG (9-48, 4:37)		3	7
SEA	2	12:30	Carlson 10 pass Wallace (Mare kick) (9-74, 3:18)		3	14
NE	2	9:09	Watson 2 pass Cassel (Gostkowski kick) (6-43, 3:21)		10	14
NE	3	2:40	Gostkowski 42 FG (12-56, 4:43)		13	14
SEA	3	0:41	Branch 4 pass Wallace (Mare kick) (3-62, 1:59)		13	21
NE	4	12:19	Gostkowski 27 FG (10-68, 3:22)		16	21
NE	4	2:44	Morris 1 run (Cassel to Welker pass) (14-71, 6:03)		24	21
Att. 68,077						

INDIVIDUAL STATISTICS

RUSHING

New England	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Morris	11	36	9	1	Wallace	3	47	23	0
Jordan	4	18	8	0	Morris	14	39	14	0
Faulk	3	16	7	0	Weaver	5	32	15	0
Cassel	7	14	9	0	Duckett	4	16	5	0
TOTAL	25	84	9	1	TOTAL	26	134	23	0

PASSING

New England	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Cassel	44	26	268	1	0	84.3	Wallace	28	20	212	3	0	128.9
TOTAL	44	26	268	1	0	84.3	TOTAL	28	20	212	3	0	128.9

RECEIVING

New England	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Welker	12	134	25	0	Carlson	8	69	25	1
Faulk	5	22	11	0	Branch	4	88	63	2
Gaffney	4	48	28	0	Ingram	4	27	8	0
Moss	3	56	33	0	Morris	2	19	10	0
Aiken	1	6	6	0	Heller	1	5	5	0
Watson	1	2	2t	1	Weaver	1	4	4	0
TOTAL	26	268	33	1	TOTAL	20	212	63	3

TEAM STATISTICS

	New England	Seattle
Total First Downs	22	18
Third Down Eff.	10-18-56%	7-12-58%
Total Net Yards	344	339
Total Off. Plays	72	55
Avg. per Play	4.8	6.2
Net Yards Rushing	84	134
Total Rushing Plays	25	26
Net Yards Passing	260	205
Times Sacked/Yards Lost	3/8	1/7
Pass Atts-Comps-Ints	44-26-0	28-20-0
Punts-No. and Avg.	3-40.3	5-39.4
Penalties-No. and Yards	1-15	5-39
Fumbles-No. and Lost	1-0	2-1
Touchdowns	2	3
Field Goals Made-Att	3-3	0-0
Time of Possession	33:55	26:05

DEFENSE

New England	T	S	A	QB Yds.	Int.	Yds.	PD	FF	FR
Mayo	7	6	1	0.0	0.0	0	0	0	0
Vrabel	7	6	1	0.0	0.0	0	0	0	0
Meriweather	6	6	0	1.0	7.0	0	0	2	1
Sanders	4	3	1	0.0	0.0	0	0	0	0
Wright	4	3	1	0.0	0.0	0	0	0	0
Additional Stats: FR: Seymour 1.									
Seattle	T	S	A	QB Yds.	Int.	Yds.	PD	FF	FR
Tatupu	8	7	1	0.0	0.0	0	0	0	0
Jennings	7	5	2	0.0	0.0	0	0	0	0
Wilson	6	6	0	0.0	0.0	0	0	1	1
Russell	6	3	3	0.0	0.0	0	0	0	0
Atkins	5	5	0	2.0	7.0	0	0	0	0
Additional Stats: Sacks: Mebane 1.0.									



The Seahawks ended their longest losing streak in 14 years as Olindo Mare's 27-yard field goal split the uprights as time expired for a 23-20 win at the Edward Jones Dome. Seattle struggled in the first half falling behind 17-7 at intermission. Rams WR Torry Holt and QB Marc Bulger connected for a 31-yard touchdown on the opening drive. Seattle's defense tied the game when Darryl Tapp forced a fumble which Jordan Babineaux returned 24 yards for a score. The Rams controlled the rest of the half tacking on 10 more points behind a Steven Jackson 6-yard TD run and Josh Brown 36-yard field goal. In that half, Seattle was outgained 243 total yards to 76; 14 first downs to 3; and outrushed 117 to 31. Seneca Wallace, starting again for an injured Matt Hasselbeck, completed three of eight passes and was sacked three times. Wallace would spark the team in the second half leading the team to two third-quarter Mare field goals to pull within 17-13. Brown added another field goal for the Rams to pull ahead 20-13. In the final minutes of the game, Wallace connected with Bobby Engram for a 37-yard completion that set up a 1-yard touchdown run by T.J. Duckett tying the game 20-20. On the ensuing drive, Seattle's defense forced the Rams to a three-and-out. Taking over with 2:10 remaining, Wallace directed the six-play, 60-yard game-winning drive. On the drive, Wallace and Deion Branch hooked up on a 45-yard completion to the Rams' 9-yard line setting up the game winner. Seattle's defense limited the Rams to just four first downs in the second half, 101 total yards. Jackson, who rushed for 81 yards on 17 carries in the first half for the Rams, was limited to 10 yards on seven carries in the second half.

Seattle	7	0	6	10	—	23
St. Louis	7	10	0	3	—	20

						Seattle	St. Louis
STL	1	10:11	Holt 31 pass Bulger (Brown kick) (9-77, 4:49)			0	7
SEA	1	6:39	Babineaux 23 fumble return (Mare kick)			7	7
STL	2	6:41	Jackson 6 run (Brown kick) (18-97, 8:33)			7	14
STL	2	3:47	Brown 36 FG (4-4, :55)			7	17
SEA	3	9:53	Mare 28 FG (11-56, 5:07)			10	17
SEA	3	4:35	Mare 50 FG (8-45, 2:46)			13	17
STL	4	11:04	Brown 48 FG (13-51, 8:31)			13	20
SEA	4	2:47	Duckett 1 run (Mare kick) (10-80, 5:09)			20	20
SEA	4	0:00	Mare 27 FG (6-60, 2:10)			23	20
Att.		56,123					

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	St. Louis	Att	Yds	LG	TD
Morris	15	86	21	0	Jackson	24	91	15	1
Jones	4	18	8	0	Darby	4	29	12	0
Weaver	3	14	8	0	Avery	2	11	7	0
Duckett	3	4	3	1	Stanley	1	0	0	0
Wallace	2	3	2	0					
TOTAL	27	125	21	1	TOTAL	31	131	15	1

PASSING

Seattle	A	C	Yds	TD	INT	RT	St. Louis	A	C	Yds	TD	INT	RT
Wallace	25	15	226	0	0	89.8	Bulger	32	19	207	1	0	88.9
							Looker	1	1	11	0	0	112.5
TOTAL	25	15	226	0	0	89.8	TOTAL	33	20	218	1	0	90.2

RECEIVING

Seattle	No	Yds	LG	TD	St. Louis	No	Yds	LG	TD
Carlson	5	76	28	0	Avery	6	61	24	0
Branch	5	76	45	0	Holt	4	64	31t	1
Engram	3	46	37	0	Jackson	4	36	11	0
Robinson	2	28	21	0	Klopfenstein	2	25	14	0
					4 Others	4	32	11	0
TOTAL	15	226	45	0	TOTAL	20	218	31t	1

TEAM STATISTICS

	Seattle	StL
Total First Downs	16	18
Third Down Eff.	5-11-45%	3-12-25%
Total Net Yards	333	342
Total Off. Plays	55	65
Avg. per Play	4.6	4.2
Net Yards Rushing	125	131
Total Rushing Plays	27	31
Net Yards Passing	208	211
Times Sacked/Yards Lost	3/18	1/7
Pass Atts-Comps-Ints	25-15-0	33-20-0
Punts-No. and Avg.	4-52.3	5-54.6
Penalties-No. and Yards	5-35	6-40
Fumbles-No. and Lost	2-2	2-2
Touchdowns	2	2
Field Goals Made-Att	3-3	2-2
Time of Possession	26:02	33:58

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Wilson	7	7	0	0.0	0.0	0	0	0	0	0
Bernard	6	6	0	1.0	7.0	0	0	0	0	0
Jennings	6	6	0	0.0	0.0	0	0	0	0	0
Peterson	6	5	1	0.0	0.0	0	0	0	1	0
Grant	4	3	1	0.0	0.0	0	0	0	0	0

Additional Stats: FF: Tapp 1. FR: Babineaux, Trufant 1.

St. Louis	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Tinoisamoa	8	6	2	0.0	0.0	0	0	0	0	0
Atogwe	7	7	0	0.0	0.0	0	0	0	0	0
Craft	5	5	0	1.0	8.0	0	0	0	2	0
Bartell	4	4	0	1.0	4.0	0	0	2	0	0
Carrier	4	4	0	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Hall 1.0. FR: Witherspoon 1.

GAME 15


 Seattle Seahawks 13, New York Jets 3
 Sunday, December 21, 2008 — Qwest Field

In Mike Holmgren's final home game as head coach of the Seahawks, snow and Brett Favre provided the setting for a perfect send off. In the coldest home game since the Seahawks moved outdoors in 2000 and the second snow game, the Seahawks outplayed the New York Jets to a 13-3 victory. With temperatures at 31 degrees at kickoff, the Jets scored on their opening drive behind a Jay Feeley 20-yard field goal. Behind Josh Wilson's two interceptions and sack, that would be the only points of the day for the Jets. Seattle got on the board with 31 seconds remaining in the half when Seneca Wallace connected on a 2-yard TD with John Carlson for a 7-3 lead. Orlando Mare put Seattle up 10-3 with a 31-yard field goal in the third quarter. Feeley split the uprights on a 45-yard field goal attempt early in the fourth quarter; however, a delay of game penalty negated the three-point effort and the Jets decided to punt after the 5-yard penalty. Later, facing a fourth-and-2 on their own 20-yard line with 2:21 to play, the Jets decided to go for it. A deep pass was broken up by Kelly Jennings giving Seattle possession leading to another Mare field goal for a 13-3 lead. On the Jets' ensuing drive, Wilson's second interception capped the game for Seattle. In the game, Seneca Wallace completed 18 of 25 attempts for 175 yards and a TD. With his second attempt, he surpassed Matt Hasselbeck's club record (158 in 2005) for most consecutive passes without an interception. Following the game, the crowd remained in their seats as Holmgren made a lap around the perimeter of the field waving and thanking the fans in his last home game at Qwest Field.

N.Y. Jets	3	0	0	0	—	3
Seattle	0	7	3	3	—	13

						NYJ	Seattle
NYJ	1	8:07	Feeley 20 FG (13-78, 6:53)			3	0
SEA	2	0:31	Carlson 2 pass Wallace (Mare kick) (7-40, 2:49)			3	7
SEA	3	2:42	Mare 31 FG (13-74, 6:58)			3	10
SEA	4	1:47	Mare 38 FG (4-0, 0:25)			3	13
Att. 68,181							

INDIVIDUAL STATISTICS

RUSHING

NY Jets	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Jones	17	67	7	0	Morris	29	116	13	0
Richardson	5	34	16	0	Weaver	3	5	5	0
Washington	3	14	6	0	Duckett	1	2	2	0
					Wallace	3	-3	-1	0
TOTAL	25	115	16	0	TOTAL	36	120	13	0

PASSING

NY Jets	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Favre	31	18	187	0	2	48.7	Wallace	25	18	175	1	0	104.6
TOTAL	31	18	187	0	2	48.7	TOTAL	25	18	175	1	0	104.6

RECEIVING

NY Jets	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Cotchery	6	81	30	0	Ingram	6	65	15	0
Coles	5	60	23	0	Robinson	3	38	16	0
Jones	3	29	14	0	Taylor	2	35	26	0
Smith	2	3	5	0	Heller	2	18	14	0
Baker	1	12	12	0	Carlson	2	12	10	1
Keller	1	2	2	0	Branch	2	6	4	0
					Weaver	1	1	1	0
TOTAL	18	187	30	0	TOTAL	18	175	26	1

TEAM STATISTICS

	NY Jets	Seattle	NY Jets	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Total First Downs	16	17	Coleman	7	7	0	0.0	0.0	0	0	0	0	0
Third Down Eff.	3-12-25%	2-12-17%	Rhodes	6	5	1	0.0	0.0	0	0	0	0	0
Total Net Yards	265	295	Jenkins	5	5	0	0.0	0.0	0	0	1	0	0
Total Off. Plays	60	61	Revis	4	4	0	0.0	0.0	0	0	0	0	1
Avg. per Play	4.4	4.8	Harris	4	4	0	0.0	0.0	0	0	0	0	0
Net Yards Rushing	115	120	Thomas	4	4	0	0.0	0.0	0	0	0	0	0
Total Rushing Plays	25	36	Additional Stats: FF: Favre 2, Law 1. FR: Smith 1.										
Net Yards Passing	150	175	Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Times Sacked/Yards Lost	4/37	0/0	Tatupu	8	5	3	0.0	0.0	0	0	2	0	0
Pass Atts-Comps-Ints	31-18-2	25-18-0	Grant	7	7	0	0.0	0.0	0	0	0	0	0
Punts-No. and Avg.	6-38.0	5-36.8	Russell	6	6	0	0.0	0.0	0	0	0	0	0
Penalties-No. and Yards	6-45	5-28	Wilson	5	5	0	1.0	13.0	2	2	3	0	0
Fumbles-No. and Lost	0-0	3-2	Herring	5	4	1	0.0	0.0	0	0	0	0	0
Touchdowns	0	1	Bernard	5	3	2	0.0	0.0	0	0	0	0	0
Field Goals Made-Att	1-1	2-2	Tapp	4	3	1	1.5	12.0	0	0	0	0	0
Time of Possession	30:24	29:36											

DEFENSE



The Seahawks closed out their injury-plagued 2008 season losing to the eventual Super Bowl XLIII runner-up Arizona Cardinals. The Seahawks got on the board first when T.J. Duckett plunged in from 1-yard out in the first quarter for a 7-0 lead. Arizona answered with two Kurt Warner touchdown passes in the second quarter to former Seahawk Jerheme Urban (16 yards) and Larry Fitzgerald (5 yards), respectively. Seattle persevered and tied the score with 1:17 left to go before half when Seneca Wallace connected with Deion Branch on a 30-yard pass play. Tied at 14, Arizona's defense buckled down to shut out Seattle in the third quarter, while scoring twice more thanks to two more touchdown passes from Warner. The Seahawks pulled within seven points thanks to a 13-play, 80-yard drive to open the fourth quarter to cut the score to 28-21 with 12:04 remaining. Seattle's defense held Arizona to two Neil Rackers field goals the rest of the way, but could not sustain any offensive drives and lost, 34-21. Branch set season highs in catches (6) and yards (90) and tied his career-high with two touchdowns on the day.

Seattle	7	7	0	7	—	21
Arizona	0	14	14	6	—	34

						Seattle	Arizona
SEA	1	7:32	Duckett 1 run (Mare kick) (12-64, 6:15)			7	0
ARI	2	5:45	Urban 16 pass from Warner (Rackers kick) (4-68, 1:25)			7	7
ARI	2	4:23	Fitzgerald 5 pass from Warner (Rackers kick) (2-12, 0:53)			7	14
SEA	2	1:17	Branch 30 pass from Wallace (Mare kick) (7-74, 3:06)			14	14
ARI	3	8:43	Fitzgerald 38 pass from Warner (Rackers kick) (7-68, 3:58)			14	21
ARI	3	1:16	Breaston 14 pass from Warner (Rackers kick) (9-68, 4:48)			14	28
SEA	4	12:04	Branch 2 pass from Wallace (Mare kick) (13-80, 4:12)			21	28
ARI	4	8:26	Rackers 23 field goal (8-75, 3:38)			21	31
ARI	4	3:28	Rackers 32 field goal (7-57, 3:59)			21	34
Att. - 63,874							

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Arizona	Att	Yds	LG	TD
Morris	15	45	16	0	James	14	100	35	0
Wallace	3	14	12	0	Arrington	1	9	9	0
Duckett	6	13	4	1	Hightower	3	3	2	0
Weaver	2	9	7	0	Leinart	1	-1	-1	0
Jones	2	6	4	0					
TOTAL	28	87	16	1	TOTAL	19	111	35	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Arizona	A	C	Yds	TD	INT	RT
Wallace	43	24	250	2	2	68.9	Warner	30	19	263	4	1	117.1
							Leinart	8	5	83	0	0	97.4
TOTAL	443	24	250	2	2	68.9	TOTAL	38	24	346	4	1	116.8

RECEIVING

Seattle	No	Yds	LG	TD	Arizona	No	Yds	LG	TD
Branch	6	90	30t	2	Fitzgerald	5	130	50	2
Engram	6	50	12	0	Breaston	5	91	35	1
Weaver	4	30	11	0	Urban	4	43	16t	1
Robinson	3	40	16	0	Doucet	4	29	12	0
Morris	3	26	11	0	Arrington	2	18	12	0
Carlson	2	14	7	0	Patrick	1	17	17	0
					Pope	1	7	7	0
					James	1	6	6	0
					Castille	1	5	5	0
TOTAL	24	250	30t	2	TOTAL	24	346	50	4

TEAM STATISTICS

	Seattle	Arizona
Total First Downs	24	19
Third Down Eff.	3-13-23%	6-12-50%
Total Net Yards	330	457
Total Off. Plays	72	58
Avg. per Play	4.6	7.9
Net Yards Rushing	87	111
Total Rushing Plays	28	19
Net Yards Passing	243	346
Times Sacked/Yards Lost	1/7	1/0
Pass Atts-Comps-Ints	43-24-2	38-24-1
Punts-No. and Avg.	4-45.3	3-42.7
Penalties-No. and Yards	11-82	10-100
Fumbles-No. and Lost	2-1	2-1
Touchdowns	3	4
Field Goals Made-Att	0-1	2-2
Time of Possession	32:16	27:44

DEFENSE

	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Trufant	7	7	0	0.0	0.0	0	0	0	0	0
Grant	7	5	2	0.0	0.0	0	0	1	0	0
Russell	6	4	2	0.0	0.0	0	0	0	0	0
Herring	6	4	2	0.0	0.0	0	0	0	0	0
Jennings	5	5	0	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Tapp 1.0. Interceptions: Tatupu 1.										
Forced Fumbles: Tapp 1. Fumble Recoveries: Wilson 1.										
Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Okeafor	6	5	1	0.0	0.0	0	0	0	0	0
Rolle	6	4	2	0.0	0.0	0	0	0	0	0
four tied with 5 tackles each										
Additional Stats: Sacks: Smith 1.0. Interceptions: Brown 1, Rodgers-Cromartie 1. Forced Fumbles: Dansby 1, Smith 1. Fumble Recoveries: Brown 1, Rodgers-Cromartie 1.										

2008 STATISTICS

Day	Date	W/L	Score		Opponents	Attendance
Sun.	Sept. 7	L	34-10		at Buffalo	71,194
Sun.	Sept. 14	L	33-30	OT	San Francisco	67,951
Sun.	Sept. 21	W	37-13		St. Louis	68,012
Sun.	Oct. 5	L	44-6		at N.Y. Giants	79,529
Sun.	Oct. 12	L	27-17		Green Bay	68,302
Sun.	Oct. 19	L	20-10		at Tampa Bay	64,811
Sun.	Oct. 26	W	34-13		at San Francisco	67,604
Sun.	Nov. 2	L	26-7		Philadelphia	68,055
Sun.	Nov. 9	L	21-19		at Miami	64,862
Sun.	Nov. 16	L	26-20		Arizona	67,616
Sun.	Nov. 23	L	20-17		Washington	67,771
Thur.	Nov. 27	L	34-9		at Dallas	63,253
Sun.	Dec. 7	L	24-21		New England	68,077
Sun.	Dec. 14	W	23-20		at St. Louis	56,123
Sun.	Dec. 21	W	13-3		N.Y. Jets	68,181
Sun.	Dec. 28	L	34-21		at Arizona	63,874

TEAM STATS

	Seahawks	Opponents
Total First Downs	265	324
Rushing	104	98
Passing	142	207
Penalty	19	19
3rd Down: Made/Att.	62/198	94/222
3rd Down Pct.	31.3	42.3
4th Down: Made/Att.	10/12	8/13
4th Down Pct.	83.3	61.5
Possession Avg.	26:30	33:30
Total NetYards	4385	6048
Avg. Per Game	274.1	378.0
Total Plays	927	1058
Avg. Per Play	4.7	5.7
NetYards Rushing	1768	1899
Avg. Per Game	110.5	118.7
Total Rushes	417	457
NetYards Passing	2617	4149
Avg. Per Game	163.6	259.3
Sacked/Yards Lost	36/214	35/193
Gross Yards	2831	4342
Att./Completions	474/262	566/366
Completion Pct.	55.3	64.7
Had Intercepted	15	9
Punts/Average	90/44.5	68/44.3
Net Punting Avg.	90/36.9	68/38.2
Penalties/Yards	79/601	81/671
Fumbles/Ball Lost	20/12	26/11
Touchdowns	32	40
Rushing	10	13
Passing	18	25
Returns	4	2

SCORE BY PERIODS

	Q1	Q2	Q3	Q4	OT	PTS
Seahawks	74	95	38	87	0	294
Opponents	78	137	105	69	3	392

2008 STATISTICS

SCORING

	TD	Rush	Pass	Return	K-PAT	FG	S	Pts.
Mare	0	0	0	0	30/30	24/27	0	102
Duckett	8	8	0	0			0	48
Carlson	5	0	5	0			0	30
Branch	4	0	4	0			0	24
Babineaux	2	0	0	2			0	12
Jones, J.	2	2	0	0			0	12
Morris	2	0	2	0			0	12
Robinson	2	0	2	0			0	12
Weaver	2	0	2	0			0	12
Bumpus	1	0	1	0			0	6
Colbert TM	1	0	1	0			0	6
Terrill	1	0	0	1			0	6
Wilson	1	0	0	1			0	6
TEAM	32	10	18	4	30/30	24/27	0	294
OPPONENTS	40	13	25	2	39/39	37/41	0	392

2-Pt. Conversions: TEAM 0-2; OPPONENTS 0-1.

PASSING

	Att.	Comp.	Yds.	Comp. %	TD	Int.	Lg	Sck/Lst	Rating
Wallace	242	141	1532	58.3	11	3	90t	14/76	87.0
Hasselbeck	209	109	1216	52.2	5	10	34	19/119	57.8
Frye	23	12	83	52.2	2	2	19	3/19	53.4
TEAM	474	262	2831	55.3	18	15	90t	36/214	72.5
OPPONENTS	56	366	4342	64.7	25	9	63	35/193	96.0

RUSHING

	No.	Yds.	Avg.	Long	TD
Jones, J.	158	698	4.4	33	2
Morris	132	574	4.3	45	0
Duckett	62	172	2.8	29	8
Weaver	30	130	4.3	15	0
Wallace	16	78	4.9	23	0
Hasselbeck	11	69	6.3	15	0
Frye	2	30	15.0	27	0
Schmitt	5	21	4.2	14	0
Robinson	1	-4	-4.0	-4	0
TEAM	417	1768	4.2	45	10
OPPONENTS	457	1899	4.2	51t	13

RECEIVING

	No.	Yds.	Avg.	Long	TD
Carlson	55	627	11.4	33	5
Engram	47	489	10.4	37	0
Robinson	31	400	12.9	90t	2
Branch	30	412	13.7	63	4
Weaver	20	222	11.1	62t	2
Morris	19	136	7.2	13t	2
Jones, J.	14	66	4.7	17	0
Taylor	9	98	10.9	26	0
McMullen	7	124	17.7	34	0
Colbert TM	7	52	7.4	11	1
Schmitt	6	29	4.8	7	0
Burleson	5	60	12.0	20t	1
Bumpus	5	48	9.6	19	1
Heller	4	29	7.3	14	0
Payne	3	39	13.0	22	0
TEAM	262	2831	10.8	90t	18

2008 STATISTICS

INTERCEPTIONS

	No.	Yds.	Avg.	Long	TD
Wilson	4	135	33.8	75t	1
Grant	2	31	15.5	31	0
Babineaux	1	35	35.0	35	1
Tatupu	1	16	16.0	16	0
Trufant	1	0	0.0	0	0
TEAM	9	217	24.1	75t	2
OPPONENTS	15	233	15.5	86t	1

PUNTING

	No.	Yds.	Avg.	Net	TB	In	Lg	B
Ryan	78	3557	45.6	37.9	12	22	63	1
Plackemeier TM	11	450	40.9	30.0	0	2	56	0
TEAM	90	4007	44.5	36.9	12	24	63	1
OPPONENTS	68	3009	44.3	38.2	3	20	68	0

PUNT RETURNS

	Ret.	FC	Yds.	Avg.	Long	TD
Forsett LG	27	10	263	9.7	29	0
Forsett TM	23	9	227	9.9	29	0
Bumpus	7	2	66	9.4	30	0
Burleson	3	3	54	18.0	21	0
Engram	1	2	6	6.0	6	0
Wallace	1	1	0	0.0	0	0
TEAM	35	17	353	10.1	30	0
OPPONENTS	44	8	444	10.1	63t	1

KICKOFF RETURNS

	No.	Yds.	Avg.	Long	TD
Wilson	69	1753	25.4	61	0
Forsett LG	18	422	23.4	32	0
Forsett TM	7	174	24.9	32	0
Duckett	1	21	21.0	21	0
TEAM	77	1948	25.3	61	0
OPPONENTS	47	1205	25.6	58	0

FIELD GOALS

	1-19	20-29	30-39	40-49	50+
Mare	0/0	7/7	9/10	5/6	3/4
TEAM	0/0	7/7	9/10	5/6	3/4
OPPONENTS	0/0	15/15	8/8	11/14	3/4

Mare: (45G) (51G, 38G, 32G) (28G, 38G, 38G) (30G, 29G) (50G) (26G, 38N) (43G, 42G) () (37G, 27G) () (45G, 53N) (44G, 38G, 25G) () (28G, 50G, 27G) (31G, 38G) (42N)

Opponents: (35G, 38G, 52B) (26G, 28G, 28G, 41N, 40G) (43G, 29G) (29G, 33G, 35G) (29G, 51G) (27G, 47N, 27G) (42G, 40G) (40G, 24G, 42G, 39G) () (38G, 48G, 54G, 26G) (43B, 26G, 22G) (41G, 42G) (50G, 42G, 27G) (36G, 48G) (20G) (23G, 32G)

Sacks: Mebane, Tapp 5.5, Kerney, Peterson 5.0, Bernard 4.0, Atkins, Jackson, Terrill 2.0, Green, Hill, Russell, Wilson 1.0. **TEAM** 35.0, **OPPONENTS** 36.0

DEFENSE STATISTICS

Name	Tkl.	Solo	Ast.	QB	Yds.	QH	Int	PD	FF	FR
Tatupu	94	69	25	0	0	4	1	4	1	0
Peterson	86	65	21	5.0	42.0	9	0	5	4	1
Hill	81	61	20	1.0	2.0	2	0	3	0	0
Grant	77	60	17	0	0	1	2	8	0	0
Wilson	76	69	7	1.0	13.0	1	4	9	3	2
Russell	69	53	16	1.0	7.0	1	0	3	1	0
Trufant	64	60	4	0	0	0	1	13	0	2
Bernard	55	43	12	4.0	26.0	11	0	1	1	1
Tapp	55	46	9	5.5	26.0	13	0	0	4	1
Babineaux	46	45	1	0	0	2	1	3	0	1
Jennings	42	36	6	0	0	0	0	12	0	0
Mebane	39	29	10	5.5	25.0	18	0	1	2	0
Lewis	38	30	8	0	0	0	0	0	0	0
Jackson	29	21	8	2.0	7.0	4	0	0	0	0
Green	21	17	4	1.0	7.0	1	0	0	1	0
Kerney	21	15	6	5.0	19.0	8	0	3	2	1
Terrill	21	19	2	2.0	13.0	6	0	1	0	1
Atkins	18	15	3	2.0	7.0	5	0	0	0	1
Herring	11	8	3	0	0	0	0	0	0	0
Bryant	8	6	2	0	0	0	0	0	0	0
Babin	1	1	0	0	0	0	0	0	0	0
Miller	1	1	0	0	0	0	0	0	0	0
Hobbs	1	0	1	0	0	0	0	0	0	0

SPECIAL TEAMS STATISTICS

Name	Tkl.	Solo	Ast.	FF	FR	BL
Babineaux	14	12	2	1	0	0
Wallace, C.	14	14	0	0	0	0
Laury	13	11	2	0	0	0
Hawthorne	12	11	1	0	0	0
Lewis	7	6	1	0	0	0
Robinson	6	6	0	0	0	0
Hobbs	5	5	0	0	0	0
Schmitt, O.	4	4	0	0	0	0
Hill	3	2	1	0	0	0
Kent	3	1	2	0	0	0
Russell	3	2	1	0	0	0
Taylor	3	2	1	0	0	0
Grant	2	2	0	0	0	0
Heller	2	2	0	0	0	0
Herring	2	2	0	0	0	0
Mare	2	2	0	0	0	0
Carlson	1	1	0	0	0	0
Engram	1	1	0	0	0	0
Miller	1	1	0	0	0	0
Morris	1	1	0	0	0	0
Payne	1	1	0	0	0	0
Williams, K.	1	1	0	0	0	0
Terrill	0	0	0	0	0	1
Green	0	0	0	0	0	1

2008 PARTICIPATION

Date	9/7	9/14	9/21	10/5	10/12	10/19	10/26	11/2	11/9
Game	@Buf	SF	StL	@NYG	GB	@TB	@SF	Phi	@Mia
Adams	ps	ps	ps	ps	ps	ps	ps	ps	ps
Atkins	in	in	dnp	in	in	in	in	de	de
Babin	de	de							
Babineaux	sus	s	s	s	s	RCB	s	s	s
Bernard	sus	RDT	RDT	RDT	RDT	RDT	RDT	RDT	RDT
Branch	in	in	in	WR	in	in	in	in	in
Bryant	dt	in	in	in	in	dt	dt	dt	in
Bumpus		WR	wr	wr	wr	ps	ps	ps	ps
Burleson	WR	ir	ir	ir	ir	ir	ir	ir	ir
Carlson	te	TE	TE	TE	TE	TE	te	te	TE
Colbert			WR	wr	wr	wr	WR	WR	WR
Coutu	in	in	in	in	in	in	in	in	in
Duckett	rb	rb	rb	rb	rb	rb	rb	rb	rb
Engram	in	in	in	wr	WR	WR	WR	WR	WR
Forsett	in				ps	sub	sub	sub	sub
Frye	*in	*in	dnp	*in	QB	dnp	dnp	dnp	dnp
Goddard									
Grant	SS	SS	SS	SS	SS	SS	SS	SS	SS
Green	dt	dt	dt	dt	dt	in	in	in	dt
Hasselbeck	QB	QB	QB	QB	in	in	in	in	in
Hawthorne	sub	sub	sub	sub	sub	sub	sub	sub	in
Heller	te	te	te	te	te	in	in	in	in
Herring	pup	pup	pup	pup	pup	sub	sub	sub	sub
Hill	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB
Hobbs	sub	sub	sub	cb	sub	in	in	sub	sub
Jackson	RDE	RDE	RDE	RDE	RDE	de	de	RDE	RDE
Jennings	RCB	RCB	cb	RCB	cb	cb	cb	cb	cb
Jones, J.	rb	RB	RB	RB	RB	RB	RB	RB	RB
Jones, W.	LT	LT	LT	LT	LT	LT	LT	LT	LT
Kent	wr	ps	ps	ps	in	wr	WR	wr	wr
Kerney	LDE	LDE	LDE	LDE	LDE	LDE	LDE	in	in
Laury	sub	sub	sub	sub	sub	sub	sub	sub	sub
Lewis	lb	sub	sub	sub	sub	lb	lb	MLB	sub
Locklear	in	in	t	RT	RT	RT	RT	RT	RT
McKinney									
McMullen		wr	WR	WR	wr				
Mare	k	k	k	k	k	k	k	k	k
Mebane	LDT	LDT	LDT	LDT	LDT	LDT	LDT	LDT	LDT
Miller									
Morris	RB	in	in	in	rb	rb	rb	rb	rb
Payne	WR	WR	ir	ir	ir	ir	ir	ir	ir
Peterson	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB
Plackemeier	p								
Putzier	TE	dnp	te	dnp	in	sub	te	sub	te
Robinson, J.	sub	sub	sub	sub	sub	sub	sub	sub	sub
Robinson, K.			in	in	WR	WR	WR	WR	WR
Russell	FS	FS	FS	FS	FS	FS	FS	FS	FS
Ryan		p	p	p	p	p	p	p	p
Schmitt	dnp	fb	fb	fb	sub	sub	fb	FB	fb
Sims	RG	ir	ir	ir	ir	ir	ir	ir	ir
Spencer	C	C	C	C	C	C	C	C	C
Tapp	de	de	de	de	de	RDE	RDE	LDE	LDE
Tatupu	MLB	MLB	MLB	MLB	MLB	MLB	MLB	in	MLB
Taylor	WR	WR	wr	in	ps	ps	ps	ps	ps
Terrill	RDT	dt	dt	dt	dt	dt	dt	dt	dt
Trufant	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB
Vallos	sub	sub	g	sub	sub	sub	sub	sub	t
Wahle	LG	LG	LG	LG	LG	LG	LG	LG	LG
Wallace, C.J.	sub	sub	sub	sub	sub	sub	sub	sub	sub
Wallace, S.	wr	dnp	*in	QB	dnp	QB	QB	QB	QB
Weaver	fb	fb	fb	FB	FB	FB	fb	dnp	fb
Williams	ps	ps	ps	ps	ps	ps	ps	ps	ps
Willis	RT	RT	RT	g	sub	t	t	t	RG
Wilson	cb	cb	RCB	cb	RCB	cb	RCB	RCB	RCB
Womack	dnp	RG	RG	RG	RG	RG	RG	RG	sub
Wrotto	in	sub	sub	sub	in	in	in	in	in

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

2008 PARTICIPATION

11/16	11/23	11/27	12/7	12/14	12/21	12/28	G	S	IN	DNP
Ariz	Wash	@Dal	NE	@StL	NYJ	@Ariz	1	0	2	0
sub	ps	ps	ps	ps	in	in	9	0	6	1
de	de	de	de	de	de	de	2	0	0	0
s	s	s	s	s	in	s	14	1	1	0
RDT	RDT	RDT	RDT	RDT	RDT	RDT	15	15	0	0
WR	WR	WR	WR	WR	WR	WR	8	8	8	0
in	in	in	in	in	in	in	4	0	12	0
ps	ps	ps	ps	ps	ps	ps	4	1	0	0
ir	ir	ir	ir	ir	ir	ir	1	1	0	0
TE	te	te	TE	te	TE	te	16	9	0	0
							7	4	0	0
in	in	in	in	in	in	in	0	0	16	0
rb	rb	rb	rb	rb	rb	rb	16	0	0	0
WR	WR	WR	wr	WR	WR	WR	13	11	3	0
sub	sub	sub	sub	sub	sub	sub	11	0	1	0
*in	*in	*in	dnp	QB	dnp	dnp	2	1	6	8
			in	in	sub	t	2	0	2	0
SS	SS	SS	SS	SS	SS	SS	16	16	0	0
dt	dt	dt	dt	dt	dt	dt	13	0	3	0
QB	QB	QB	in	*in	*in	*in	7	7	9	0
in	sub	sub	sub	sub	sub	sub	14	0	2	0
te	te	te	te	te	te	te	12	0	4	0
sub	sub	sub	sub	sub	OLB	lb	11	1	0	0
OLB	OLB	OLB	in	in	in	in	12	12	4	0
cb	sub	sub	sub	sub	cb	sub	14	0	2	0
RDE	RDE	RDE	RDE	RDE	RDE	RDE	16	14	0	0
cb	CB	cb	cb	CB	cb	CB	16	6	0	0
RB	rb	RB	dnp	rb	rb	rb	15	10	0	1
LT	LT	LT	in	in	ir	ir	12	12	2	0
sub	in	in	sub	in	sub	sub	9	1	4	0
in	ir	ir	ir	ir	ir	ir	7	7	3	0
sub	sub	sub	sub	sub	sub	sub	16	0	0	0
sub	sub	lb	OLB	lb	in	in	14	2	2	0
RT	RT	RT	LT	LT	ir	ir	12	11	2	0
			dnp	dnp	dnp	dnp	0	0	0	4
							4	2	0	0
k	k	k	k	k	k	k	16	0	0	0
LDT	LDT	LDT	LDT	LDT	LDT	LDT	16	16	0	0
	in	in	in	in	in	de	1	0	5	0
rb	RB	rb	RB	RB	RB	RB	13	6	3	0
ir	ir	ir	ir	ir	ir	ir	2	2	0	0
OLB	lb	OLB	OLB	OLB	OLB	OLB	16	15	0	0
							1	0	0	0
	in						6	1	2	2
sub	sub	sub	sub	sub	sub	sub	16	0	0	0
WR	WR	WR	WR	WR	WR	WR	12	12	2	0
FS	FS	FS	FS	FS	FS	FS	16	16	0	0
p	p	p	p	p	p	p	15	0	0	0
fb	fb	fb	sub	fb	fb	fb	15	1	0	1
ir	ir	ir	ir	ir	ir	ir	1	1	0	0
C	C	in	ir	ir	ir	ir	11	11	1	0
LDE	LDE	LDE	LDE	LDE	LDE	LDE	16	11	0	0
MLB	MLB	MLB	MLB	MLB	MLB	MLB	15	15	1	0
wr	wr	WR	wr	wr	wr	WR	10	4	1	0
dt	dt	dt	dt	dt	dt	dt	16	1	0	0
LCB	LCB	LCB	LCB	LCB	LCB	LCB	16	16	0	0
t	sub	C	C	C	C	C	16	5	0	0
LG	in	in	ir	ir	ir	ir	10	10	2	0
in	in	in	in	in	sub	sub	12	0	4	0
dnp	dnp	dnp	QB	QB	QB	QB	10	8	1	5
in	FB	fb	FB	FB	fb	fb	14	6	1	1
ps	ps	dnp	sub	sub	LT	LT	4	2	0	1
g	RG	RG	RT	RT	RT	RT	16	10	0	0
RCB	RCB	RCB	RCB	RCB	RCB	RCB	16	12	0	0
RG	LG	LG	LG	LG	LG	LG	15	14	0	1
in	sub	sub	RG	RG	RG	RG	9	4	7	0

2008 OFFENSE

	9/7 @Buf	9/14 SF	9/21 StL	10/5 @NYG	10/12 GB	10/19 @TB	10/26 @SF
Points	10	30	37	6	17	10	34
1 Quarter	0	14	17	3	0	0	6
2 Quarter	7	6	10	3	10	0	14
3 Quarter	3	0	0	0	0	3	7
4 Quarter	0	10	10	0	7	7	7
Overtime	-	0	-	-	-	-	-
First Downs	16	22	24	13	13	7	14
Rushing	4	11	13	2	6	3	4
Passing	11	11	9	7	5	4	10
Penalty	1	0	2	4	2	0	0
3rd Down Efficiency	3/16	5/13	6/12	1/11	4/11	2/10	6/14
Percentage	19%	38%	50%	9%	36%	20%	43%
4th Down Efficiency	0/1	0/0	1/1	0/0	1/1	1/1	1/1
Percentage	0%	0%	100%	0%	100%	100%	100%
Total Net Yards	252	351	407	187	177	176	261
Plays	67	71	67	51	49	39	54
Avg./Play	3.8	4.9	6.1	3.7	3.6	4.5	4.8
Net Yds. Rushing	85	169	245	74	113	103	39
Plays	21	34	46	22	23	16	28
Avg./Play	4.0	5.0	5.3	3.4	4.9	6.4	1.4
Net Yds. Passing	167	182	162	113	64	73	222
Sack/Loss	5/23	1/7	1/10	2/12	3/19	0/0	1/0
Gross Yds.	190	189	172	125	83	73	222
Att./Comp.	41/17	36/18	20/12	27/14	23/12	23/12	25/15
Interceptions	1	2	0	1	2	1	0
Avg./Play	3.6	4.9	7.7	3.9	2.5	3.2	8.5
Punts/Avg.	11/40.9	4/29.3	3/42.0	8/46.1	5/48.8	5/47.4	5/53.4
Blocked	0	1	0	0	0	0	0
Punt Ret./Yds.	4/54	3/46	4/20	0/0	0/0	3/42	4/26
Kickoff Ret./Yds.	4/106	5/120	4/93	8/163	5/106	5/170	1/40
Interceptions/Ret. Yds.	0/0	0/0	1/31	0/0	0/0	0/0	1/75
Penalties/Yds.	5/30	10/75	5/55	2/29	6/50	1/6	3/15
Fumbles/Lost	2/1	2/1	1/1	0/0	0/0	1/1	0/0
Touchdowns	1	3	4	0	2	1	4
Rushing	0	2	3	0	0	0	1
Passing	1	0	1	0	2	1	2
Returns	0	0	0	0	0	0	0
Defense	0	1	0	0	0	0	1
Safeties	0	0	0	0	0	0	0
1 Pt. PAT/Att.	1/1	3/3	4/4	0/0	2/2	1/1	4/4
2 Pt. PAT/Att.	0/0	0/0	0/0	0/0	0/0	0/0	0/0
FG/Att.	1/1	3/3	3/3	/2/2	1/1	1/2	2/2
Time of Possession	28:41	30:12	34:58	23:32	22:34	18:19	25:58
Take/Give Ratio	0/2	1/3	3/1	0/1	1/2	1/2	2/0
Avg. Drive Start	SEA29	SEA34	SEA35	SEA29	SEA27	SEA34	SEA34

2008 OFFENSE

11/2 Phi	11/9 @Mia	11/16 Ariz	11/23 Wash	11/27 @Dal	12/7 NE	12/14 @StL	12/21 NYJ	12/28 @Ariz
7	19	20	17	9	21	23	13	21
7	0	0	3	3	7	7	0	7
0	7	7	7	3	7	0	7	7
0	6	0	0	3	7	6	3	0
0	0	13	7	0	0	10	3	7
-	-	-	-	-	-	-	-	-
10	21	18	13	19	18	16	17	24
7	8	6	7	5	7	7	7	7
2	12	9	6	14	11	9	9	13
1	1	3	0	0	0	0	1	4
4/15	7/15	1/9	3/10	3/14	7/12	5/11	2/12	3/13
27%	47%	11%	30%	21%	58%	45%	17%	23%
0/0	0/1	2/2	0/0	1/1	0/0	0/0	0/0	3/3
0%	0%	100%	0%	100%	0%	0%	0%	100%
233	298	196	228	322	339	333	295	330
55	64	53	46	68	55	55	61	72
4.2	4.7	3.7	5.0	4.7	6.2	6.1	4.8	4.6
86	126	43	139	80	134	125	120	87
22	23	22	20	23	26	27	36	28
3.9	5.5	2.0	7.0	3.5	5.2	4.6	3.3	3.1
147	172	153	89	242	2.05	208	175	250
4/22	3/13	2/17	2/14	7/45	1/7	3/18	0/0	1/7
169	185	170	103	287	212	226	175	250
29/13	38/21	29/17	24/12	38/22	28/20	25/15	25/18	43/24
0	0	3	2	1	0	0	0	2
4.5	5.2	4.9	3.4	5.4	7.1	7.4	7.0	5.5
11/46.2	5/39.6	4/44.5	4/47.8	7/50.1	5/39.4	4/52.3	5/36.8	4/45.3
0	0	0	0	0	0	0	0	0
4/28	3/49	1/20	1/10	2/12	0/0	3/25	2/21	1/0
5/123	3/98	6/164	5/124	7/150	6/122	5/157	2/36	6/176
1/0	1/35	1/58	0/0	1/0	0/0	0/0	2/2	1/16
4/20	5/25	1/15	6/51	5/46	5/39	5/35	5/28	11/82
0/0	0/0	2/1	0/0	0/0	2/1	2/2	3/2	2/1
1	2	3	2	0	3	2	1	3
0	0	2	0	0	0	1	0	1
1	1	1	2	0	3	0	1	2
0	0	0	0	0	0	0	0	0
0	1	0	0	0	0	1	0	0
0	0	0	0	0	0	0	0	0
1/1	1/1	3/3	2/2	0/0	3/3	2/2	1/1	3/3
0/0	0/1	0/1	0/0	0/0	0/0-	0/0	0/0	0/0
0/0	2/2	0/0	1/2	3/3	0/0	3/3	2/2	0/1
22:45	28:07	25:55	21:33	29:30	26:05	26:02	29:36	32:16
1/0	1/0	3/4	1/2	1/2	0/1	2/2	2/2	2/3
SEA28	SEA31	SEA44	SEA33	SEA27	SEA28	SEA25	SEA32	SEA25

2008 DEFENSE

	9/7 @Buf	9/14 SF	9/21 StL	10/5 @NYG	10/12 GB	10/19 @TB	10/26 @SF
Points	34	33	13	44	27	20	13
1 Quarter	7	3	0	14	3	7	0
2 Quarter	13	10	6	13	7	10	3
3 Quarter	14	14	7	10	7	6	7
4 Quarter	0	3	0	7	10	3	7
Overtime	-	3	-	-	-	-	-
First Downs	13	20	14	27	20	22	21
Rushing	3	3	4	14	7	6	7
Passing	9	13	9	11	11	16	14
Penalty	1	4	1	2	2	0	0
3rd Down Efficiency	4/16	5/14	5/12	3/8	10/18	10/18	7/15
Percentage	25%	36%	42%	38%	56%	56%	47%
4th Down Efficiency	1/1	0/0	0/1	0/0	0/0	0/1	0/2
Percentage	100%	0%	0%	0%	0%	0%	0%
Total Net Yards	338	365	240	523	313	402	388
Plays	61	63	56	63	71	75	73
Avg./Play	5.5	5.8	4.3	8.3	4.4	5.4	5.3
Net Yds. Rushing	106	93	65	254	113	97	124
Plays	29	23	24	36	39	38	24
Avg./Play	3.7	4.0	2.7	7.1	2.9	2.6	5.2
Net Yds. Passing	232	272	174	269	200	305	264
Sack/Loss	1/2	8/49	1/9	1/3	2/8	1/5	5/40
Gross Yds.	234	321	184	272	208	310	304
Att./Comp.	31/20	32/20	31/18	26/20	30/21	36/27	44/28
Interceptions	0	0	1	0	0	0	1
Avg./Play	7.3	6.8	5.5	10.0	6.3	8.2	5.4
Punts/Avg.	9/46.6	4/46.3	4/54.5	2/48.0	4/35.3	4/38.5	4/49.0
Blocked	0	0	0	0	0	0	0
Punt Ret./Yds.	6/120	0/0	2/28	4/41	4/39	4/26	3/26
Kickoff Ret./Yds.	1/27	5/136	6/135	2/24	3/75	1/4	6/157
Interceptions/Ret. Yds.	1/0	2/87	0/0	1/44	2/27	0/0	0/0
Penalties/Yds.	1/14	9/60	7/51	5/56	5/45	4/26	7/65
Fumbles/Lost	0/0	2/1	2/1	1/0	1/1	4/1	4/1
Touchdowns	4	3	1	5	3	2	1
Rushing	1	1	0	2	1	1	0
Passing	2	1	1	3	2	1	1
Returns	1	1	0	0	0	0	0
Defense	0	0	0	0	0	0	0
Safeties	0	0	0	0	0	0	0
1 Pt. PAT/Att.	4/4	3/3	1/1	5/5	3/3	2/2	1/1
2 Pt. PAT/Att.	0/0	0/0	0/0	0/0	0/0	0/0	0/0
FG/Att.	1/2	4/5	2/2	2/2	2/2	2/3	2/2
Time of Poss.	31:19	34:28	25:02	36:28	37:26	41:41	34:02
Take/Give Ratio	2/0	3/1	1/3	1/0	2/1	2/1	0/2
Avg. Drive Start	Buf31	SF32	StL28	NYG28	GB38	TB34	SF27

2008 DEFENSE

11/2 Phi	11/9 @Mia	11/16 Ariz	11/23 Wash	11/27 @Dal	12/7 NE	12/14 @StL	12/21 NYJ	12/28 @Ariz
26	21	26	20	34	24	20	3	34
0	7	10	0	14	3	7	3	0
14	7	6	7	10	7	10	0	14
6	0	10	10	7	3	0	0	14
6	7	0	3	3	11	3	0	6
-	-	-	-	-	-	-	-	-
20	20	24	24	24	22	18	16	19
3	8	6	10	5	4	9	5	4
16	12	18	12	17	16	9	10	14
1	0	0	2	2	2	0	1	1
6/16	7/15	6/12	7/15	2/9	10/18	3/12	3/12	6/12
38%	47%	50%	47%	22%	56%	25%	25%	50%
1/1	2/2	0/0	1/1	0/0	1/1	2/2	0/1	0/0
100%	100%	0%	100%	0%	100%	100%	0%	0%
419	361	458	386	447	344	342	265	457
72	65	70	76	58	72	65	60	58
5.8	5.6	6.5	5.1	7.7	4.8	5.3	4.4	7.9
72	155	76	187	116	84	131	115	111
28	27	24	41	24	25	31	25	19
2.6	5.7	3.2	4.6	4.8	3.4	4.2	4.6	5.8
347	206	382	199	331	268	218	187	346
1/2	2/3	2/13	2/7	0/0	3/8	1/7	4/37	1/0
349	209	395	206	331	268	218	187	346
43/28	36/22	44/32	33/20	34/22	44/26	33/20	31/18	38/24
1	1	1	0	1	0	0	2	1
7.9	5.4	8.3	5.7	9.7	5.5	6.2	4.3	8.9
5/47.0	5/46.0	2/38.5	3/31.7	5/42.6	3/40.3	5/54.6	6/38.0	3/42.7
0	0	0	0	0	0	0	0	0
5/50	3/18	2/19	2/18	2/15	3/20	2/22	1/4	2/21
2/63	3/88	1/25	3/84	2/83	3/97	3/86	4/71	2/50
0/0	0/0	3/19	2/13	1/0	0/0	0/0	0/0	2/24
1/15	4/29	8/52	2/20	5/38	1/15	6/40	6/45	10/100
2/0	0/0	3/2	2/1	0/0	1/0	2/2	0/0	2/1
2	3	2	2	4	2	2	0	4
0	2	1	1	1	1	1	0	0
2	1	1	1	3	1	1	0	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
2/2	3/3	2/2	2/2	4/4	1/1	2/2	0/0	4/4
0/0	0/0	0/0	0/0	0/0	1/1	0/0	0/0	0/0
4/4	0/0	4/4	2/3	0/0	3/3	2/2	1/1	2/2
37:15	31:53	34:05	38:37	30:30	33:55	33:58	30:24	27:44
0/1	0/1	4/3	2/1	2/1	1/0	2/2	2/2	3/2
Phi26	Mia24	Ariz27	Wash32	Dal27	NE27	StL29	NYJ21	Ariz38

OFFENSE

DATE	GAME	WR	LT	LG	C	RG	RT	TE	WR	QB	RB	FB	K
9/7	at Buffalo	Burleson	Jones	Wahle	Spencer	Sims	Willis	Putzier	Taylor	Hasselbeck	Morris	Payne (WR)	Mare
9/14	San Francisco	Payne	Jones	Wahle	Spencer	Willis	Womack	Carlson	Taylor	Hasselbeck	Jones	Bumpus (WR)	Mare
9/21	St. Louis	McMullen	Jones	Wahle	Spencer	Womack	Willis	Carlson	Colbert	Hasselbeck	Jones	Weaver	Mare
10/5	at N.Y. Giants	McMullen	Jones	Wahle	Spencer	Womack	Locklear	Carlson	Branch	Hasselbeck	Jones	Weaver	Mare
10/12	Green Bay	Robinson	Jones	Wahle	Spencer	Womack	Locklear	Carlson	Engram	Frye	Jones	Weaver	Mare
10/19	at Tampa Bay	Robinson	Jones	Wahle	Spencer	Womack	Locklear	Carlson	Engram	Wallace	Jones	Weaver	Mare
10/26	at San Francisco	Robinson	Jones	Wahle	Spencer	Womack	Locklear	Colbert (WR)	Engram	Wallace	Jones	Kent (WR)	Mare
11/2	Philadelphia	Robinson	Jones	Wahle	Spencer	Womack	Locklear	Colbert (WR)	Engram	Wallace	Jones	Schmitt	Mare
11/9	at Miami	Robinson	Jones	Wahle	Spencer	Willis	Locklear	Carlson	Engram	Wallace	Jones	Colbert (WR)	Mare
11/16	Arizona	Robinson	Jones	Wahle	Spencer	Womack	Locklear	Carlson	Branch	Hasselbeck	Jones	Engram (WR)	Mare
11/23	Washington	Robinson	Jones	Womack	Spencer	Willis	Locklear	Engram (WR)	Branch	Hasselbeck	Morris	Weaver	Mare
11/27	at Dallas	Robinson	Jones	Womack	Vallos	Willis	Locklear	Engram (WR)	Branch	Hasselbeck	Jones	Weaver	Mare
12/7	New England	Robinson	Locklear	Womack	Vallos	Wrotto	Willis	Carlson	Branch	Wallace	Morris	Weaver	Mare
12/14	at St. Louis	Robinson	Locklear	Womack	Vallos	Wrotto	Willis	Engram (WR)	Branch	Wallace	Morris	Weaver	Mare
12/21	N.Y. Jets	Robinson	Williams	Womack	Vallos	Wrotto	Willis	Carlson	Branch	Wallace	Morris	Engram (WR)	Mare
12/28	at Arizona	Robinson	Williams	Womack	Vallos	Wrotto	Willis	Engram (WR)	Branch	Wallace	Morris	Taylor (WR)	Mare

2008 STARTERS

DEFENSE

DATE	GAME	LDE	LDT	RDE	OLB	MLB	OLB	LCB	RCB	SS	FS	P
9/7	at Buffalo	Kerney	Mebane	Bernard	Hill	Tatupu	Hill	Trufant	Jennings	Grant	Russell	Plackemeier
9/14	San Francisco	Kerney	Mebane	Bernard	Hill	Tatupu	Hill	Trufant	Jennings	Grant	Russell	Ryan
9/21	St. Louis	Kerney	Mebane	Bernard	Hill	Tatupu	Hill	Trufant	Wilson	Grant	Russell	Ryan
10/5	at N.Y. Giants	Kerney	Mebane	Bernard	Hill	Tatupu	Hill	Trufant	Jennings	Grant	Russell	Ryan
10/12	Green Bay	Kerney	Mebane	Bernard	Hill	Tatupu	Hill	Trufant	Wilson	Grant	Russell	Ryan
10/19	at Tampa Bay	Kerney	Mebane	Bernard	Hill	Tatupu	Hill	Trufant	Babineaux	Grant	Russell	Ryan
10/26	at San Francisco	Kerney	Mebane	Bernard	Hill	Tatupu	Hill	Trufant	Wilson	Grant	Russell	Ryan
11/2	Philadelphia	Tapp	Mebane	Bernard	Hill	Lewis	Hill	Trufant	Wilson	Grant	Russell	Ryan
11/9	at Miami	Tapp	Mebane	Bernard	Hill	Tatupu	Hill	Trufant	Wilson	Grant	Russell	Ryan
11/16	Arizona	Tapp	Mebane	Bernard	Hill	Tatupu	Hill	Trufant	Wilson	Grant	Russell	Ryan
11/23	Washington	Tapp	Mebane	Bernard	Hill	Tatupu	Hill	Trufant	Wilson	Grant	Russell	Ryan
11/27	at Dallas	Tapp	Mebane	Bernard	Hill	Tatupu	Hill	Trufant	Wilson	Grant	Russell	Ryan
12/7	New England	Tapp	Mebane	Bernard	Hill	Tatupu	Lewis	Trufant	Wilson	Grant	Russell	Ryan
12/14	at St. Louis	Tapp	Mebane	Bernard	Jennings (CB)	Tatupu	Jennings (CB)	Trufant	Wilson	Grant	Russell	Ryan
12/21	N.Y. Jets	Tapp	Mebane	Bernard	Herring	Tatupu	Herring	Trufant	Wilson	Grant	Russell	Ryan
12/28	at Arizona	Tapp	Mebane	Bernard	Jennings (CB)	Tatupu	Jennings (CB)	Trufant	Wilson	Grant	Russell	Ryan

2008 3RD DOWN EFFICIENCY

Date	Team	Yards to Go										Total	Pct.
		1	2	3	4	5	6	7	8	9	10+		
9/7	Seahawks	0-0	0-0	0-0	0-0	0-0	0-1	0-2	1-4	0-0	2-9	3-16	19%
	at Buffalo	0-2	1-1	0-1	0-2	1-3	1-1	0-0	0-0	0-2	1-4	4-16	25%
9/14	Seahawks	1-1	1-1	1-1	1-1	0-1	0-2	0-0	1-1	0-0	0-5	5-13	38%
	San Francisco	0-1	0-0	1-2	0-0	0-0	0-0	1-2	1-2	0-0	2-7	5-14	36%
9/21	Seahawks	3-3	0-0	1-1	1-2	0-1	0-2	0-0	0-0	0-1	1-2	6-12	50%
	St. Louis	0-1	0-0	2-2	0-0	2-2	0-3	0-1	0-0	0-0	1-3	5-12	42%
10/5	Seahawks	0-0	1-2	0-0	0-1	0-3	0-3	0-0	0-0	0-0	0-2	1-11	9%
	at N.Y. Giants	2-2	0-0	0-1	0-1	0-0	0-0	0-3	0-0	1-1	0-0	3-8	38%
10/12	Seahawks	1-2	1-1	0-0	0-0	1-3	0-0	0-0	0-0	0-1	1-4	4-11	36%
	Green Bay	1-1	2-2	0-1	1-2	1-2	3-3	1-1	0-1	1-2	0-3	10-18	56%
10/19	Seahawks	0-1	1-2	0-0	0-0	0-0	0-1	0-1	1-3	0-1	0-1	2-10	20%
	at Tampa Bay	0-0	2-4	1-1	0-0	2-4	2-2	2-4	1-1	0-1	0-1	10-18	56%
10/26	Seahawks	1-1	1-1	1-1	0-0	0-0	1-2	1-2	1-2	0-0	0-5	6-14	43%
	at San Francisco	0-0	2-3	0-0	1-3	2-2	0-0	1-2	0-0	0-0	1-5	7-15	47%
11/2	Seahawks	2-2	0-0	0-2	0-0	1-2	0-1	1-1	0-3	0-0	0-4	4-15	27%
	Philadelphia	1-2	1-2	1-2	1-2	0-1	1-1	0-1	0-0	1-2	0-3	6-16	38%
11/9	Seahawks	0-0	0-0	2-2	1-1	1-1	0-0	1-2	1-1	1-2	0-6	7-15	47%
	at Miami	2-3	0-1	1-1	2-2	0-0	1-1	0-1	1-3	0-0	0-3	7-15	47%
11/16	Seahawks	1-1	0-1	0-1	0-0	0-0	0-0	0-1	0-1	0-2	0-2	1-9	11%
	Arizona	1-1	0-0	1-1	1-1	0-1	1-1	1-3	0-0	0-0	1-4	6-12	50%
11/23	Seahawks	1-1	0-0	0-0	0-1	1-1	0-1	0-0	1-1	0-0	0-5	3-10	30%
	Washington	2-3	0-0	1-4	0-0	1-1	1-1	0-0	0-1	0-1	2-4	7-15	47%
11/27	Seahawks	0-1	0-0	0-0	0-1	0-2	2-3	0-2	0-0	0-0	0-5	2-14	21%
	at Dallas	0-0	0-0	0-1	0-1	0-0	1-2	0-0	1-2	0-0	0-3	2-9	22%
12/7	Seahawks	3-3	2-2	1-2	0-1	0-0	1-1	0-1	0-1	0-0	0-1	7-12	58%
	New England	1-2	1-1	2-3	1-2	1-1	0-2	1-1	0-0	0-1	3-5	10-18	56%
12/14	Seahawks	1-1	0-0	2-3	1-2	0-0	0-0	0-1	0-3	0-0	1-1	5-11	45%
	at St. Louis	0-2	0-0	0-0	1-1	0-0	1-3	0-1	0-0	0-1	1-4	3-12	25%
12/21	Seahawks	1-1	0-0	0-1	0-1	1-1	0-0	0-2	0-0	0-2	0-4	2-12	17%
	N.Y. Jets	1-1	0-1	0-1	1-1	0-0	0-2	0-4	1-1	0-0	0-1	3-12	25%
12/28	Seahawks	1-2	0-0	1-3	0-0	0-0	1-1	0-0	0-0	0-1	0-6	3-13	23%
	at Arizona	1-1	1-1	1-2	0-1	0-1	0-0	0-1	0-1	0-0	2-4	5-12	50%
Totals	Seahawks	16-20	7-10	9-17	4-11	5-15	5-18	3-15	6-20	1-10	5-62	62-198	31%
	Opponents	12-22	10-16	11-23	9-19	10-18	12-22	7-25	5-12	3-11	14-54	94-222	42%

2008 DRIVE CHART

Date	Team	Drive Ended By											Pts	Pts/Drv	Eff
		Drives	3/Out	TD	FG	FGA	Pnt	Dwn	TO	Saf	Clk				
9/7	Seattle	15	7	1	1	1	11	1	1	0	0	10	0.7	0.133	
	at Buffalo	16	7	3	2	3	9	0	0	0	1	27	1.7	0.313	
9/14	Seattle	11	2	2	3	3	3	0	3	0	0	23	2.1	0.455	
	San Francisco	12	4	2	4	5	4	0	1	0	0	26	2.2	0.500	
9/21	Seattle	10	2	4	3	3	3	0	0	0	0	37	3.7	0.700	
	St. Louis	11	3	1	2	2	4	1	2	0	1	13	1.2	0.273	
10/5	Seattle	11	4	0	2	2	8	0	1	0	0	6	0.5	0.182	
	at N.Y. Giants	11	1	5	3	3	2	0	0	0	1	44	4.0	0.727	
10/12	Seattle	11	5	2	1	1	5	0	2	0	1	17	1.5	0.273	
	Green Bay	11	3	3	2	2	4	0	1	0	1	27	2.5	0.455	
10/19	Seattle	11	4	1	1	2	5	0	2	0	1	10	0.9	0.182	
	at Tampa Bay	11	1	2	2	3	4	1	1	0	0	20	1.8	0.364	
10/26	Seattle	10	4	3	2	2	5	0	0	0	0	27	2.7	0.500	
	at San Francisco	12	4	1	2	2	4	1	2	0	2	13	1.1	0.250	
11/2	Seattle	13	7	1	0	0	11	0	0	0	1	7	0.5	0.077	
	Philadelphia	13	5	2	4	4	5	0	1	0	1	26	2.0	0.462	
11/9	Seattle	9	0	1	2	2	5	1	0	0	0	12	1.3	0.333	
	at Miami	11	3	3	0	0	5	0	1	0	2	21	1.9	0.273	
11/16	Seattle	11	3	3	0	0	4	0	4	0	0	20	1.8	0.273	
	Arizona	11	2	2	4	4	2	0	2	0	1	26	2.4	0.545	
11/23	Seattle	10	4	2	1	2	4	0	2	0	0	17	1.7	0.300	
	Washington	11	1	2	2	3	3	0	1	0	2	20	1.8	0.364	
11/27	Seattle	13	4	0	3	3	7	0	2	0	1	9	0.7	0.231	
	at Dallas	16	5	3	1	2	5	2	4	0	0	24	1.5	0.250	
12/7	Seattle	9	2	3	0	0	5	0	1	0	0	21	2.3	0.333	
	New England	10	1	2	3	3	3	0	0	0	2	24	2.4	0.500	
12/14	Seattle	10	2	2	3	3	4	0	1	0	1	23	2.3	0.500	
	at St. Louis	11	5	2	2	2	5	0	2	0	0	20	1.8	0.364	
12/21	Seattle	11	1	1	2	2	5	0	2	0	1	13	1.2	0.273	
	N.Y. Jets	11	2	0	1	1	6	1	2	0	1	3	0.3	0.091	
12/28	Seattle	11	3	3	0	1	4	0	3	0	0	21	1.9	0.273	
	at Arizona	12	1	4	2	2	3	0	2	0	1	34	2.8	0.500	
Totals Seahawks		176	54	28	24	27	89	2	24	0	6	266	1.5	0.295	
Opponents		187	48	38	37	41	68	4	19	0	17	378	2.0	0.401	

INSIDE THE 20

Date	Team	Trips/Scores	TD	FG/Att	Points	Int	Fum	Downs	Clock
9/7	Seattle	0/1	0	0/0	0	0	0	1	0
	at Buffalo	2/2	1	1/1	10	0	0	0	0
9/14	Seattle	3/4	1	2/2	13	1	0	0	0
	San Francisco	5/5	2	3/3	23	0	0	0	0
9/21	Seattle	5/5	3	2/2	27	0	0	0	0
	St. Louis	2/2	1	1/1	10	0	0	0	0
10/5	Seattle	2/2	0	2/2	6	0	0	0	0
	at N.Y. Giants	6/6	3	3/3	30	0	0	0	0
10/12	Seattle	2/2	2	0/0	14	0	0	0	0
	Green Bay	3/3	2	1/1	17	0	0	0	0
10/19	Seattle	2/2	1	1/1	10	0	0	0	0
	at Tampa Bay	3/4	1	2/2	13	0	1	0	0
10/26	Seattle	1/1	1	0/0	7	0	0	0	0
	at San Francisco	2/3	1	1/1	10	0	1	0	0
11/2	Seattle	0/0	0	0/0	0	0	0	0	0
	Philadelphia	2/3	1	1/1	10	1	0	0	0
11/9	Seattle	3/3	1	2/2	12	0	0	0	0
	at Miami	1/1	1	0/0	7	0	0	0	0
11/16	Seattle	3/4	3	0/0	20	1	0	0	0
	Arizona	3/3	2	1/1	17	0	0	0	0
11/23	Seattle	3/3	2	1/1	17	0	0	0	0
	Washington	4/4	2	2/2	20	0	0	0	0
11/27	Seattle	3/3	0	3/3	9	0	0	0	0
	at Dallas	4/4	4	0/0	28	0	0	0	0
12/7	Seattle	3/3	3	0/0	21	0	0	0	0
	New England	3/3	2	1/1	18	0	0	0	0
12/14	Seattle	3/3	1	2/2	13	0	0	0	0
	at St. Louis	2/2	1	1/1	10	0	0	0	0
12/21	Seattle	3/4	1	2/2	13	0	1	0	0
	N.Y. Jets	1/1	0	1/1	3	0	0	0	0
12/28	Seattle	2/2	2	0/0	14	0	0	0	0
	at Arizona	5/5	3	2/2	27	0	0	0	0
Totals	Seahawks	38/42	21	17/17	196	2	1	1	0
	Opponents	48/51	27	21/21	253	1	2	0	0

2008 SUPERLATIVES

OVERALL	4-12	WHEN SCORING...	
Home	2-6	First	2-3
Road	2-6	Less than 20 points	1-8
		20 or more points	3-4
BY MONTH			
September	1-2	When leading at halftime	3-3
October	1-3	When trailing at halftime	1-7
November	0-5	When leading after three quarters	3-1
December	2-2	When trailing after three quarters	1-11
		When tied after three quarters	0-0
TURF			
Artificial	3-9	When outrushing opponents	2-4
Natural Grass	1-3	When plus in time of possession	1-1
		When minus in time of possession	3-11
INDOORS	0-0	When equal in time of possession	0-0
VS. CONFERENCE			
vs. AFC	1-3	When plus in takeaway/giveaway	2-2
North	0-0	When minus in takeaway/giveaway	0-10
West	0-0	When equal in takeaway/giveaway	2-0
East	1-3		
South	0-0	With a 100-yard rusher	2-2
		With a 100-yard receiver	1-2
vs. NFC	3-9	With a 300-yard passer	0-0
North	0-1		
West	3-3	Versus an opponent 100-yard rusher	0-4
East	0-4	Versus an opponent 100-yard receiver	0-9
South	0-1	Versus an opponent 300-yard passer	0-5

2008 WEEKLY RANKINGS

NFL

NFC

Week	Offense			Defense			Week	Offense			Defense		
	Total	Rush	Pass	Total	Rush	Pass		Total	Rush	Pass	Total	Rush	Pass
1	26	24	21t	21t	14	25	1	14	13	12	10	8	12
2	21	13	17	25	14	27	2	14	8	11	13	7	14
3	12	4	18	16	9	24	3	10	2	12	10	6	12
4	11	2	22	12	9	25	4	9	2	14	7	5	13
5	22	6	28	27	24	25	5	14	4	16	14	13	13
6	27	5	31	27	23	22	6	14	4	16	14	13	12
7	28	8	32	27	21	29	7	15	4	16	14	12	14
8	31	12t	32	27	22	30	8	16	7	16	14	12	15
9	31	12	32	27	21	31	9	16	8	16	14	12	16
10	30	13	31	27t	22	31	10	15	8	16	14	13	16
11	31	19t	31	30	22	32	11	16	9t	16	14	12	16
12	31	17	31	29	22	31	12	16	9	16	14	13	16
13	31	21	31	30	22	32	13	16	10	16	15	13	16
14	29	20	31	30	21	32	14	15	10	16	15	12	16
15	28	17	31	30	21	32	15	15	7	16	15	12	16
16	28	16t	29	30	20	32	16	15	7	16	15	11	16
17	28	19	29	30	18	32	17	15	8	16	15	10	16

2008 STANDINGS

NFC

	W	L	T	Pct.	Pts.	Opp.
NORTH DIVISION						
Minnesota*	10	6	0	.625	379	333
Chicago	9	7	0	.563	375	350
Green Bay	6	10	0	.375	419	380
Detroit	0	16	0	.000	268	517
SOUTH DIVISION						
Carolina*	12	4	0	.750	414	329
Atlanta*	11	5	0	.688	391	325
Tampa Bay	9	7	0	.563	361	323
New Orleans	8	8	0	.500	463	393
EAST DIVISION						
N.Y. Giants*	12	4	0	.750	427	294
Philadelphia*	9	6	1	.594	416	289
Dallas	9	7	0	.563	362	365
Washington	8	8	0	.500	265	296
WEST DIVISION						
Arizona*	9	7	0	.563	427	426
San Francisco	7	9	0	.438	339	381
Seattle	4	12	0	.250	294	392
St. Louis	2	14	0	.125	232	465

AFC

	W	L	T	Pct.	Pts.	Opp.
NORTH DIVISION						
Pittsburgh*	12	4	0	.750	347	223
Baltimore*	11	5	0	.688	385	244
Cincinnati	4	11	1	.281	204	364
Cleveland	4	12	0	.250	232	350
SOUTH DIVISION						
Tennessee*	13	3	0	.813	375	234
Indianapolis*	12	4	0	.750	377	298
Houston	8	8	0	.500	366	394
Jacksonville	5	11	0	.313	302	367
EAST DIVISION						
Miami*	11	5	0	.688	345	317
New England	11	5	0	.688	410	309
N.Y. Jets	9	7	0	.563	405	356
Buffalo	7	9	0	.438	336	342
WEST DIVISION						
San Diego*	8	8	0	.500	439	347
Denver	8	8	0	.500	370	448
Oakland	5	11	0	.313	263	388
Kansas City	2	14	0	.125	291	440

* Playoff teams

AFC Wild Card

- Baltimore 27, Miami 9
- Indianapolis 17, San Diego 23

AFC Divisional

- San Diego 24, Pittsburgh 35
- Baltimore 13, Tennessee 10

AFC Championship

- Baltimore 14, Pittsburgh 23

NFC Wild Card

- Philadelphia 26, Minnesota 14
- Atlanta 24, Arizona 30

NFC Divisional

- Arizona 33, Carolina 13
- Philadelphia 23, N.Y. Giants 11

NFC Championship

- Philadelphia 25, Arizona 32

Super Bowl XLIII
Pittsburgh 27, Arizona 23

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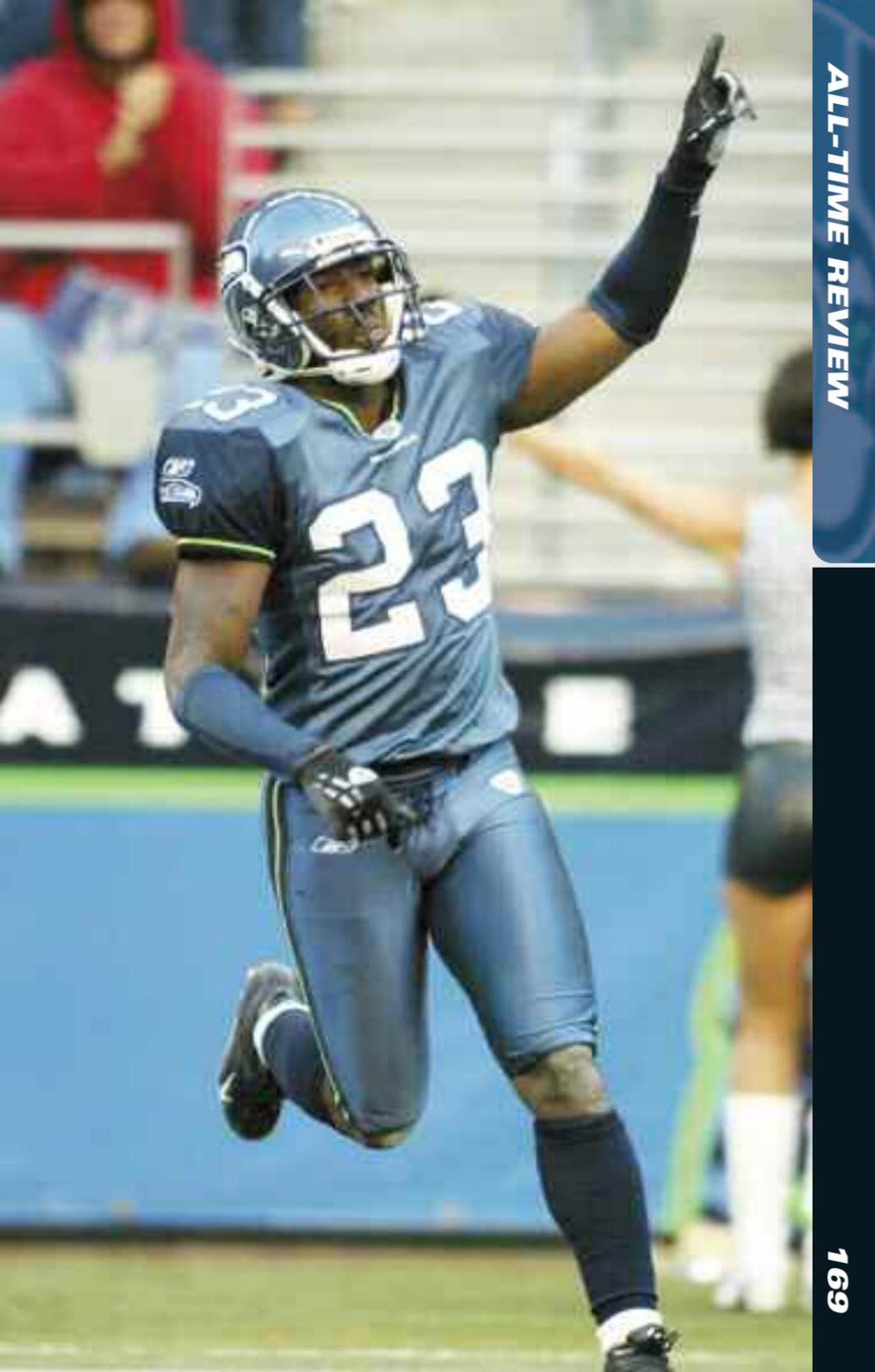
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1976 REVIEW (2-12)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts	
09/12	L	30-24	St. Louis	58,441	Leypoldt	0	0	0	0	19-22	8-12	0	43	
09/19	L	31-7	at Washington	53,174	Smith	5	4	1	0	0	0	0	30	
09/26	L	37-21	San Francisco	59,108	Largent	4	0	4	0	0	0	0	24	
10/03	L	28-13	Dallas	62,027	McCullum	4	0	4	0	0	0	0	24	
10/10	L	28-20	at Green Bay (Mil)	54,983	McKinnis	4	4	0	0	0	0	0	24	
10/17	W	13-10	at Tampa Bay	43,812	Zorn	4	4	0	0	0	0	0	24	
10/24	L	41-14	Detroit	61,280	SEA	29	14	13	2	26-29	9-16	1	229	
10/31	L	41-6	at L.A. Rams	52,035	OPP	53	20	27	6	51-53	20-30	0	429	
11/07	W	31-13	Atlanta	57,985										
11/14	L	27-21	at Minnesota	45,087	Rushing					Att	Yds	Avg	LG	TD
11/21	L	51-27	New Orleans	61,865	Smith	119	537	4.5	53	4				
11/28	L	28-16	at N.Y. Giants	65,111	Zorn	52	246	4.7	19	4				
12/05	L	34-7	Chicago	60,510	Testerman	67	246	3.8	16	1				
12/12	L	27-10	at Philadelphia	37,949	Nelson	52	173	3.3	25	1				

Team Statistics

	Sea	Opp											
TOTAL FIRST DOWNS	237	323											
Rushing	75	166											
Passing	140	136											
Penalty	22	21											
3rd Down: Made/Att.	59/221	96/219											
3rd Down Pct.	26.7	43.8											
4th Down: Made/Att.	15/20	6/16											
4th Down Pct.	75.0	37.6											
TOTAL NET YARDS	4062	5405											
Avg. Per Game	290.1	386.0											
Total Plays	882	1008											
Avg. Per Play	4.6	5.4											
NET YARDS RUSHING	1413	2881											
Avg. Per Game	100.9	205.8											
Total Rushes	374	614											
NET YARDS PASSING	2649	2524											
Avg. Per Game	189.2	180.3											
Sacked/Yards Lost	28/225	27/246											
Gross Yards	2874	2770											
Att./Completions	480/229	367/223											
Completion Pct.	47.7	60.7											
Had Intercepted	30	15											
PUNTS/AVERAGE	82/37.4	65/35.0											
NET PUNTING AVG.	30.1	29.6											
PENALTIES/YARDS	80/684	106/926											
FUMBLES/LOST	30/18	23/13											
TOUCHDOWNS	29	53											
Rushing	14	20											
Passing	13	27											
Returns	2	6											
TOTAL POINTS	229	429											

By Quarters

	1	2	3	4	OT	Tot							
SEA	39	73	61	56	0	229							
OPP	91	116	127	95	0	429							

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	439	208	2571	47.3	5.85	12	2.7	27	6.1	80	25/196	49.4
Munson	37	20	295	54.0	7.97	1	2.7	3	8.1	44	3/29	----
SEA	480	229	2874	47.7	5.98	13	3.7	30	6.2	80	26/225	49.9
OPP	367	223	2770	60.8	7.54	27	7.3	15	4.0	66	27/246	91.7

Field Goals	1-19	20-29	30-39	40-49	50+
Bitterlich	0-0	1-1	0-2	0-1	0-0
Leyboldt	0-0	2-2	1-2	5-7	0-1
SEA	0-0	3-3	1-4	5-8	0-1
OPP	1-1	7-7	7-11	5-9	0-2

Bitterlich: (27) (—) (36W,40W,33W)

Leyboldt: () () (—) (48,44,45B) (25,39,51S) (—) (43,41) (—) (36W) (—) (45,46R) (—) (24)

OPP: (28,46W,22,26) (37) (45,45,31) (50B,39W)

(—) (38,36W,35B) (25,44) (20) (44W,18,40B,21) (32W,43,39) (46,36,21)(—) (45S,51S) (33,37)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Brown	111	85	26	0.0	17	2	0
Curtis	107	66	41	1.0	1	0	1
Bradley	101	75	26	0.0	4	1	1
Matthews	92	75	17	0.0	13	0	0
Niehaus	90	58	32	8.5	0	0	1

Record (Finish): 2-12 (5th, NFC West)

Head Coach: Jack Patera (2-12, .143)

Assistants: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QB/WRs/TEs)

Captains: T Norm Evans (Off.), LB Mike Curtis (Def.), LB Ed Bradley (Sp. Teams)

MVP: QB Jim Zorn

Pro Bowl: None

National Honors: QB Jim Zorn, NFC Offensive

Rookie of the Year: DT Steve Niehaus, NFC Defensive Rookie of the Year

All-NFL: None

OFFENSE

Pos.		Starts
WR	Sam McCullum	13
LT	Nick Bebout	13
LG	Bob Penchion	13
C	Fred Hoaglin	7
	*Art Kuehn	7
RG	John Demarie	7
	Bob Newton	7
RT	Norm Evans	10
TE	Ron Howard	13
WR	*Steve Largent	13
QB	*Jim Zorn	14
RB	*Sherman Smith	9
FB	*Don Testerman	8

DEFENSE

LE	Dave Tipton	12
LT	*Steve Niehaus	14
RT	Richard Harris	8
RE	Bob Lurtsema	13
LLB	Ken Geddes	9
	*Sammy Green	5
MLB	Ed Bradley	14
RLB	Mike Curtis	14
LCB	Eddie McMillan	14
RCB	Rolly Woolsey	11
FS	Dave Brown	14
SS	Al Matthews	14

SPECIAL TEAMS

K	Don Bitterlich	3
	John Leyboldt	11
P	Rick Engles	14

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Baltimore	11	3	0	.786	417	246
New England*	11	3	0	.786	376	236
Miami	6	8	0	.429	263	264
N.Y. Jets	3	11	0	.214	169	383
Buffalo	2	12	0	.143	245	363

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	10	4	0	.714	342	138
Cincinnati	10	4	0	.714	335	210
Cleveland	9	5	0	.643	267	287
Houston	5	9	0	.357	222	273

WESTERN	W	L	T	Pct.	Pts.	Opp.
Oakland	13	1	0	.929	350	237
Denver	9	5	0	.643	315	206
San Diego	6	8	0	.429	248	285
Kansas City	5	9	0	.357	290	376
Tampa Bay	0	14	0	.000	125	412

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	11	3	0	.786	296	194
Washington*	10	4	0	.714	291	217
St. Louis	10	4	0	.714	309	267
Philadelphia	4	10	0	.286	165	286
N.Y. Giants	3	11	0	.214	170	250

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	11	2	1	.821	305	176
Chicago	7	7	0	.500	253	216
Detroit	6	8	0	.429	262	220
Green Bay	5	9	0	.357	218	299

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	3	1	.750	351	190
San Francisco	8	6	0	.571	270	190
Atlanta	4	10	0	.286	172	312
New Orleans	4	10	0	.286	253	346
Seattle	2	12	0	.143	229	429

1977 REVIEW (5-9)

Date	W/L	Score	Opponents	Att.	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts	
09/18	L	29-14	Baltimore	58,991	Largent	10	0	10	0	0	0	0	60	
09/25	L	42-20	at Cincinnati	45,579	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					Att	Yds	Avg	LG	TD
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 NETYARDS	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							
NETYARDS 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	
NETYARDS 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.), CB Eddie McMillan (Def.), FS Steve Preece (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: None

National Honors: None

All-NFL: None

EASTERN	AFC					
	W	L	T	Pct.	Pts.	Opp.
Baltimore	10	4	0	.714	295	221
Miami	10	4	0	.714	313	197
New England	9	5	0	.643	278	217
N.Y. Jets	3	11	0	.214	191	300
Buffalo	3	11	0	.214	160	313

CENTRAL	AFC					
	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	9	5	0	.643	283	243
Houston	8	6	0	.571	299	230
Cincinnati	8	6	0	.571	238	235
Cleveland	6	8	0	.429	269	267

WESTERN	AFC					
	W	L	T	Pct.	Pts.	Opp.
Denver	12	2	0	.857	274	148
Oakland*	11	3	0	.786	351	230
San Diego	7	7	0	.500	222	205
Seattle	5	9	0	.357	282	373
Kansas City	2	12	0	.143	225	349

* Wild Card team

OFFENSE

Pos.		Starts
WR	Duke Ferguson	8
	Sam McCullum	3
	Steve Raible	3
LT	Nick Bebout	12
LG	Gordon Jolley	11
C	Art Kuehn	14
RG	Ron Coder	14
RT	Norm Evans	13
TE	Ron Howard	12
WR	Steve Largent	14
QB	Jim Zorn	10
	Steve Myer	4
RB	Sherman Smith	13
FB	Don Testerman	13

DEFENSE

LE	Richard Harris	14
LT	Ron East	14
RT	Bob Lurtsema	9
	*Dennis Boyd	5
RE	Alden Roche	9
LLB	Sammy Green	14
MLB	*Terry Beeson	13
RLB	Ken Geddes	14
LCB	Eddie McMillan	4
RCB	Dave Brown	14
SS	Autry Beamon	9
	Don Dufek	5
FS	Steve Preece	14

SPECIAL TEAMS

K	John Leyboldt	14
P	Herman Weaver	13
	Rick Engles	1

*Rookie or first-year player

NFC

EASTERN	NFC					
	W	L	T	Pct.	Pts.	Opp.
Dallas	12	2	0	.857	345	212
Washington	9	5	0	.643	196	189
St. Louis	7	7	0	.500	272	287
Philadelphia	5	9	0	.357	220	207
N.Y. Giants	5	9	0	.357	181	265

CENTRAL	NFC					
	W	L	T	Pct.	Pts.	Opp.
Minnesota	9	5	0	.643	231	227
Chicago*	9	5	0	.643	255	253
Detroit	6	8	0	.429	183	252
Green Bay	4	10	0	.286	134	219
Tampa Bay	2	12	0	.143	103	223

WESTERN	NFC					
	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	4	0	.714	302	146
Atlanta	7	7	0	.500	179	129
San Francisco	5	9	0	.357	220	260
New Orleans	3	11	0	.214	232	336

1978 REVIEW (9-7)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
09/03	L	24-20	San Diego	55,778	SEA	85	115	50	95	0	345		
09/10	L	21-10	at Pittsburgh	48,277	OPP	68	114	79	94	3	358		
09/17	W	24-17	at N.Y. Jets	46,911									
09/24	W	28-16	Detroit	56,781	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.), SS Autry Beamon (Sp. Teams)

MVP: QB Jim Zorn

Pro Bowl: WR Steve Largent (1)

National Honors: Jack Patera (Coach of the Year), GM John Thompson (Exec. of the Year)

First-Team All-NFL: QB Jim Zorn (NEA)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	16
LG	Tom Lynch	16
C	John Yarno	13
RG	Bob Newton	16
RT	Steve August	14
TE	Ron Howard	11
	John Sawyer	5
WR	Steve Largent	16
QB	Jim Zorn	16
RB	+Sherman Smith	11
	Al Hunter	6
FB	David Sims	9
	Don Testerman	5

DEFENSE

LE	Ernie Price	11
	Bill Sandifer	5
LT	Dennis Boyd	16
RT	Bill Sandifer	8
	Steve Niehaus	6
RE	Bill Gregory	14
LLB	Sammy Green	16
MLB	Terry Beeson	16
RLB	*Keith Butler	14
LCB	Cornell Webster	14
	*Keith Simpson	2
RCB	Dave Brown	16
SS	Autry Beamon	16
FS	*John Harris	16

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

+Started 1 game at fullback

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	11	5	0	.688	358	286
Miami*	11	5	0	.688	372	254
N.Y. Jets	8	8	0	.500	359	364
Buffalo	5	11	0	.313	302	354
Baltimore	5	11	0	.313	249	425

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	14	2	0	.875	356	195
Houston*	10	6	0	.625	283	298
Cleveland	8	8	0	.500	334	356
Cincinnati	4	12	0	.250	252	284

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	10	6	0	.625	282	198
Seattle	9	7	0	.563	345	358
Oakland	9	7	0	.563	311	283
San Diego	9	7	0	.563	355	309
Kansas City	4	12	0	.250	243	327

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	384	208
Philadelphia*	9	7	0	.563	270	250
Washington	8	8	0	.500	273	283
St. Louis	6	10	0	.375	248	296
N.Y. Giants	6	10	0	.375	264	298

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	8	7	1	.531	294	306
Green Bay	8	7	1	.531	249	269
Detroit	7	9	0	.438	290	300
Chicago	7	9	0	.438	253	274
Tampa Bay	5	11	0	.313	241	259

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	12	4	0	.750	316	245
Atlanta*	9	7	0	.563	240	290
New Orleans	7	9	0	.438	281	198
San Francisco	2	14	0	.125	219	350

1979 REVIEW (9-7)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/02	L	33-16	San Diego	62,287	Herrera	0	0	0	0	43-46	19-23	0	100
09/09	L	19-10	at Miami	56,233	Smith	15	11	4	0	0	0	0	90
09/16	W	27-10	Oakland	61,602	Doornink	9	8	1	0	0	0	0	54
09/23	L	37-34	at Denver	74,879	Largent	9	0	9	0	0	0	0	54
09/30	L	24-6	Kansas City	61,169	McCullum	4	0	4	0	0	0	0	24
10/07	W	35-24	at San Francisco	44,592	SEA	46	24	20	2	43-46	19-23	1	378
10/14	L	20-10	at San Diego	50,077	OPP	46	23	21	2	42-46	18-29	0	372
10/21	W	34-14	Houston	60,705									
10/29	W	31-28	at Atlanta	52,566	Rushing								
11/04	L	24-0	L.A. Rams	62,048	Smith	194	775	4.0	31	11			
11/11	W	29-24	at Cleveland	72,440	Doornink	152	500	3.3	26	8			
11/18	W	38-24	New Orleans	60,055	Zorn	46	279	6.1	41	2			
11/26	W	30-7	N.Y. Jets	59,977	Hunter	34	174	5.1	67	1			
12/02	L	37-21	at Kansas City	42,160	Moore	44	168	3.8	18	2			
12/08	W	28-23	Denver	60,038	SEA	500	1967	3.9	67	24			
12/16	W	29-24	at Oakland	53,177	OPP	533	2375	4.5	84	23			

Team Statistics		Sea	Opp	Receiving		No	Yds	Avg	LG	TD		
TOTAL FIRST DOWNS		315	350	Largent	66	1237	18.7	55	9			
Rushing		121	146	Doornink	54	432	8.0	41	1			
Passing		171	171	Smith	48	499	10.4	35	4			
Penalty		23	33	McCullum	46	739	16.1	65	4			
3rd Down: Made/Att.	104/243		88/224	Peets	25	293	11.7	28	1			
3rd Down Pct.	42.8		39.3	Raible	20	252	12.6	41	1			
4th Down: Made/Att.	14/23		13/21	Moore	14	128	9.1	24	0			
4th Down Pct.	60.9		61.9	SEA	292	3791	13.0	65	20			
TOTAL NETYARDS	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			
NETYARDS 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			
NETYARDS 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	Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
OPP	63	116	84	109	--	372	Zorn	505	285	3661	56.4	7.25	20	4.0	18	3.6	65	23/201	77.6
							SEA	523	292	3791	55.8	7.25	20	3.8	18	3.4	65	23/201	76.2
							OPP	508	317	3739	62.4	7.36	21	4.1	17	3.3	51	37/280	84.6

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	1-1	7-8	5-6	6-7	0-1
SEA	1-1	7-8	5-6	6-7	0-1
OPP	0-0	10-11	6-9	2-8	0-1

Herrera: (34) (32,49R) (23B,46,20) (28,22,39B)
 (38,53S,20) (—) (19) (48,30) (24) (—) (34) (27)
 (49,42,45) (—) (—) (24,42)
 OPP: (31,42,22,23) (36,31) (34L,50S,37) (27) (36)
 (25) (40R,38L) (—) (25R) (40B,23) (28,44L)
 (37S,40) (42L) (27,31,22) (41R,29) (20,43S)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	116	89	27	2.0	4	0	1
Beamon	112	75	37	0.0	14	1	2
Jackson	95	53	42	0.0	8	0	1
Hardy	87	67	20	3.5	1	1	0
Butler	88	56	32	2.0	9	0	2
Simpson	88	73	15	2.0	12	4	0

Record (Finish): 9-7 (T3rd, AFC West)

Head Coach: Jack Patera (25-35, .417)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), DE Dennis Boyd (Def.), FS Autry Beamon (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: WR Steve Largent (2)

National Honors: None

All-NFL: WR Steve Largent (*SI*, *N.Y. Daily News*)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	13
LG	Tom Lynch	16
C	John Yarno	16
RG	Bob Newton	11
	Ron Coder	5
RT	Steve August	16
TE	Brian Peets	14
WR	Steve Largent	15
QB	Jim Zorn	16
RB	Sherman Smith	15
FB	Dan Doornink	12
	David Sims	4

DEFENSE

LE	Carl Eller	8
	Dennis Boyd	4
	Ernie Price	4
LT	*Robert Hardy	16
RT	*Manu Tuiaosopo	16
RE	Bill Gregory	16
LLB	Sammy Green	9
	Michael Jackson	7
MLB	Terry Beeson	16
RLB	Keith Butler	14
LCB	Cornell Webster	14
RCB	Dave Brown	16
SS	Keith Simpson	11
	Autry Beamon	4
FS	Autry Beamon	9
	John Harris	6

SPECIAL TEAMS

K	Efen Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	10	6	0	.625	341	257
New England	9	7	0	.563	411	326
N.Y. Jets	8	8	0	.500	337	383
Buffalo	7	9	0	.438	268	279
Baltimore	5	11	0	.313	271	351

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	12	4	0	.750	416	262
Houston*	11	5	0	.688	362	331
Cleveland	9	7	0	.563	359	352
Cincinnati	4	12	0	.250	337	421

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	12	4	0	.750	411	246
Denver*	10	6	0	.625	289	262
Seattle	9	7	0	.563	378	372
Oakland	9	7	0	.563	365	337
Kansas City	7	9	0	.438	238	262

*= Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	11	5	0	.688	371	313
Philadelphia*	11	5	0	.688	339	282
Washington	10	6	0	.625	348	295
N.Y. Giants	6	10	0	.375	237	323
St. Louis	5	11	0	.313	307	358

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	10	6	0	.625	273	237
Chicago*	10	6	0	.625	306	249
Minnesota	7	9	0	.438	259	337
Green Bay	5	11	0	.313	246	316
Detroit	2	14	0	.125	219	365

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	9	7	0	.563	323	309
New Orleans	8	8	0	.500	370	360
Atlanta	6	10	0	.375	300	388
San Francisco	2	14	0	.125	308	416

1980 REVIEW (4-12)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
09/07	L	34-13	San Diego	62,042	SEA	25	95	50	121	0	291		
09/14	W	17-16	at Kansas City	42,403	OPP	48	139	77	144	0	408		
09/21	L	37-31	New England	61,035									
09/28	W	14-0	at Washington	53,263	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/05	W	26-7	at Houston	46,860	Herrera	0	0	0	33-33	20-31	0	0	93
10/12	L	27-3	Cleveland	61,366	Jodat	6	5	1	0	0	0	0	36
10/19	W	27-17	at N.Y. Jets	52,496	Largent	6	0	6	0	0	0	0	36
10/26	L	33-14	at Oakland	50,185	McCullum	6	0	6	0	0	0	0	36
11/02	L	27-20	Philadelphia	61,047	Doornink	5	3	2	0	0	0	0	30
11/09	L	31-30	Kansas City	58,976	McCutcheon	4	3	1	0	0	0	0	24
11/17	L	19-17	Oakland	60,480	SEA	33	13	18	2	33-33	20-31	0	291
11/23	L	36-20	at Denver	73,274	OPP	47	17	28	2	45-47	25-33	3	408
11/27	L	51-7	at Dallas	57,540									
12/07	L	27-21	N.Y. Giants	51,617	Rushing	Att	Yds	Avg	LG	TD			
12/13	L	21-14	at San Diego	49,980	Jodat	155	632	4.1	26	5			
12/21	L	25-17	Denver	51,853	Doornink	100	344	3.4	22	3			
					Zorn	44	214	4.9	25	1			
					McCutcheon	40	202	5.1	32	3			
					Moore	60	202	3.4	20	0			
					SEA	456	1783	3.9	32	13			
					OPP	550	2067	3.8	46	17			

Team Statistics		Sea	Opp		
TOTAL FIRST DOWNS		302	301		
Rushing		114	129		
Passing		166	147		
Penalty		22	25		
3rd Down: Made/Att.	85/230		110/235	Interceptions	No
3rd Down Pct.	37.0		46.8	Brown	6
4th Down: Made/Att.	10/15		13/14	Harris	6
4th Down Pct.	66.7		92.9	Simpson	3
TOTAL NETYARDS	4879		5177	SEA	23
Avg. Per Game	304.9		323.6	OPP	23
Total Plays	1024		1038		170
Avg. Per Play	4.8		5.0	Receiving	No
NETYARDS RUSHING	1783		2067	Largent	66
Avg. Per Game	111.4		129.2	McCullum	62
Total Rushes	456		550	Sawyer	36
NETYARDS PASSING	3096		3110	Doornink	31
Avg. Per Game	193.5		194.4	Jodat	26
Sacked/Yards Lost	51/398		26/170	Moore	25
Gross Yards	3494		3280	SEA	287
Att./Completions	517/287		462/267	OPP	267
Completion Pct.	55.5		57.8	Punting	No
Had Intercepted	23		23	Weaver	67
PUNTS/AVERAGE	70/40.4		66/40.2	SEA	70
NET PUNTING AVG.	31.6		34.6	OPP	66
PENALTIES/YARDS	109/901		103/876		2652
FUMBLES/BALL LOST	38/15		33/11		40.2
TOUCHDOWNS	33		47		34.6
Rushing	13		17	Punt Returns	No
Passing	18		28	Lewis	41
Returns	2		2	SEA	41
TOTAL POINTS	291		408	OPP	42
					9
					349
					8.5
					75
					1
					1
					11.3
					36
					0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	488	276	3346	53.3	6.86	17	3.5	20	4.1	67	44/341	72.4
Adkins	23	10	136	43.5	5.91	1	4.3	3	13.0	22	5/51	----
Krieg	2	0	0	0.0	0.00	0	0.0	0	0.0	0	1/6	----
SEA	517	287	3494	55.5	6.76	18	3.5	23	4.4	67	51/398	71.3
OPP	462	267	3280	57.8	7.10	28	6.1	23	5.0	68	26/170	79.3

Kickoff Returns	No	Yds	Avg	LG	TD
Lewis	25	585	23.4	54	0
Webster	21	406	19.3	34	0
SEA	73	1489	20.4	54	0
OPP	64	1223	19.1	46	0

Field Goals	1-19	20-29	30-30	40-49	50+
Herrera	1-1	6-6	8-9	4-10	1-5
SEA	1-1	6-6	8-9	4-10	1-5
OPP	1-1	8-9	9-11	3-5	4-7

Herrera:(46,54S,28)(19)(33)(-)(32,33,50,44,40R)
 (51S,29)(48,23) (48S) (21,31,41L) (39,31,33,60S)
 (46S,37) (21,20) (-) (52R,48R) (47L) (31R,47)
 OPP: (41,29) (50,23,57) (19,30,44R,29)
 (33R,50S,52R) (-) (-) (37L, 22) (34,38,43S,
 30,25) (39,25) (42) (28) (24,33) (-) (43,32) (23L)
 (53,55,34,38,52S)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	136	105	31	0.0	5	1	2
Harris	119	80	39	0.0	9	0	1
Simpson	110	82	28	1.0	17	0	1
Hardy	103	72	31	3.0	2	1	1
Beeson	101	65	36	1.0	1	2	1
Tuiasosopo	94	63	31	3.5	4	0	1

Record (Finish): 4-12 (5th, AFC West)

Head Coach: Jack Patera (29-47, .382)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/ LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), SS Keith Simpson (Def.)

MVP: WR Sam McCullum

Pro Bowl: None

National Honors: None

All-NFL: None

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

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	3-4	5-6	2-3	0-1
SEA	0-0	3-4	5-6	2-3	0-1
OPP	0-0	4-5	2-3	0-6	0-1

N. Johnson: () () (37R,41R,23R,25) (35,48,29)
 (30) (30,34) (52B) (43) (22,34)
 OPPONENTS: (45B,26B,42L) (24) (21) () (42L)
 (50R) (21,41B,37,48L,23) (34) (39L,44B)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	64	40	24	0.0	5	0	1
Easley	56	49	7	1.0	3	1	1
D. Brown	51	40	11	1.0	2	0	2
Scholtz	48	36	12	1.0	3	1	1
Simpson	46	42	4	0.0	3	0	0
Butler	45	36	9	2.0	1	0	0

Record (Finish): 4-5 (T8th, AFC). Season shortened to 9 games because of players' strike. Top 8 in AFC & NFC made playoffs.

Head Coach: Jack Patera (35-59, .372) fired on October 13 after 2 games. Mike McCormack (4-3, .571)

Assistants: Jack Christensen (DBs), Frank Lauterbur (DL), Andy MacDonald (RBs), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Jackie Simpson (Def. Coach/LBs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)

MVP: S Kenny Easley

Pro Bowl: S Kenny Easley (1)

National Honors: None

First-Team All-NFL: S Kenny Easley (*PFW, NEA, Football Digest*)

OFFENSE

Pos.		Starts
WR	Paul Johns	7
	Roger Carr	2
LT	Ron Essink	7
	Dennis Boyd	2
LG	Edwin Bailey	7
C	John Yarno	9
RG	Robert Pratt	9
RT	Steve August	7
TE	Mike Tice	9
WR	Steve Largent	8
QB	Jim Zorn	7
	Dave Krieg	2
RB	Sherman Smith	8
FB	Dan Doornink	5
	David Hughes	3

DEFENSE

LE	Jacob Green	9
LT	Robert Hardy	9
RT	Manu Tuiaososo	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	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/09	L	28-21	at San Diego	49,132	N. Johnson	0	0	0	49-50	18-25	0	0	103
10/16	W	38-36	L.A. Raiders	60,697	Warner	14	13	1	0	0	0	0	84
10/23	L	27-21	Pittsburgh	61,615	Largent	11	0	11	0	0	0	0	66
10/30	W	34-21	at L.A. Raiders	49,708	Johns	5	0	4	1	0	0	0	30
11/06	W	27-19	Denver	61,189	SEA	50	19	25	6	49-50	18-25	0	403
11/13	L	33-28	at St. Louis	33,280	OPP	48	14	33	1	43-48	20-26	3	397
11/20	L	38-27	at Denver	74,710	Rushing		Att	Yds	Avg	LG	TD		
11/27	W	51-48	Kansas City (OT)	56,795	Warner	335	1449	4.3	60	13			
12/04	L	35-10	Dallas	63,352	Hughes	83	313	3.8	26	1			
12/11	W	17-12	at N.Y. Giants	48,942	Doornink	40	99	2.5	9	2			
12/18	W	24-6	New England	59,688	SEA	546	2119	3.9	60	19			
					OPP	511	2198	4.3	37	14			

POSTSEASON

12/24	W	31-7	Denver (AFC Wild Card Game)	60,753	Receiving	No	Yds	Avg	LG	TD			
12/31	W	27-20	at Miami (AFC Divisional Playoff)	71,032	Largent	72	1074	14.9	46	11			
01/08	L	30-14	at L.A. Raiders (AFC Championship)	88,734	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			

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

Interceptions	No	Yds	Avg	LG	TD
Easley	7	96	13.2	38	0
D. Brown	6	83	13.8	37	0
Simpson	4	39	9.7	14	0
SEA	26	353	13.6	73	2
OPP	18	279	15.5	40	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	79	3115	39.4	34.6	10	25	56	0
SEA	79	3115	39.4	34.6	10	25	56	0
OPP	68	2754	40.5	34.2	3	14	58	0

Punt Returns	No	FC	Yds	Avg	LG
TD					
Johns	28	5	316	11.3	75t
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

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		

Team Statistics	Sea	Opp	SEA	OPP	Interceptions	No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	287	288	283	265	SEA	283	3751	13.3	80	32			
Rushing	94	99	OPP	265	OPP	265	3572	13.5	92	18			
Passing	171	160			Interceptions	No	Yds	Avg	LG	TD			
Penalty	22	29			Easley	10	126	12.6	58	2			
3rd Down: Made/Att.	84/222	73/214			Brown	8	179	22.4	90	2			
3rd Down Pct.	37.8	34.1			SEA	38	697	18.3	90	7			
4th Down: Made/Att.	4/9	9/20			OPP	26	333	12.8	42	3			
4th Down Pct.	44.4	45.0			Punting	No	Yds	Avg	Net	TB	I20	LG	B
POSSESSION AVG.	30:46	29:14			West	95	3567	37.5	33.3	10	24	60	0
TOTAL NET YARDS	5068	4963			SEA	95	3567	37.5	33.3	10	24	60	0
Avg. Per Game	316.8	310.2			OPP	83	3345	40.3	33.0	6	14	63	4
Total Plays	1034	1051			Punt Returns	No	FC	Yds	Avg	LG	TD		
Avg. Per Play	4.9	4.7			Easley	16	5	194	12.1	42	0		
NET YARDS RUSHING	1645	1789			Skansi	16	2	145	9.1	16	0		
Avg. Per Game	102.8	111.8			SEA	44	11	484	11.0	47	1		
Total Rushes	495	475			OPP	32	39	205	6.4	65	1		
NET YARDS PASSING	3423	3174			Kickoff Returns	No	Yds	Avg	LG	TD			
Avg. Per Game	213.9	198.4			Dixon	25	446	17.8	36	0			
Sacked/Yards Lost	42/328	55/398			Hughes	17	348	20.5	38	0			
Gross Yards	3751	3572			SEA	54	1007	18.6	38	0			
Att./Completions	497/283	521/265			OPP	67	1116	16.7	46	0			
Completion Pct.	56.9	50.9			Field Goals	1-19	20-29	30-39	40-49	50+			
Had Intercepted	26	38			Johnson	0-0	9-10	4-4	6-7	1-3			
PUNTS/AVERAGE	95/37.5	83/40.3			SEA	0-0	9-10	4-4	6-7	1-3			
NET PUNTING AVG.	33.3	33.0			OPP	0-0	4-5	5-8	5-9	0-0			
PENALTIES/YARDS	128/1179	114/883											
FUMBLES/BALL LOST	24/13	47/25											
TOUCHDOWNS	51	34											
Rushing	10	11											
Passing	32	18											
Returns	9	5											
TOTAL POINTS	418	282											

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	480	276	3671	57.5	7.65	32	6.7	24	5.0	80	40/314	83.3
SEA	497	283	3751	56.9	7.55	32	6.4	26	5.2	80	42/328	80.6
OPP	521	265	3572	50.9	6.86	18	3.5	38	7.3	92	55/398	54.2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	93	65	28	0.5	4	0	4
K. Butler	89	68	21	1.0	4	0	2
Gaines	88	61	27	3.5	3	0	2
Nash	82	58	24	7.0	1	1	3

Record (Finish): 12-4 (2nd, AFC West). Lost divisional playoff at Miami 31-10.

Head Coach: Chuck Knox (21-11, .656)

Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: TE Charle Young (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: SS Kenny Easley

Pro Bowl: CB Dave Brown (1), SS Kenny Easley (3), K Norm Johnson (1), QB Dave Krieg (1), WR Steve Largent (4), NT Joe Nash (1), ST Fredd Young (1)

National Honors: Chuck Knox, NFL Coach of the Year (AP, SN, SGH), SS Kenny Easley, NFL Def. Player of the Year (AP, PFWA)

First-Team All-NFL: CB Dave Brown (Films), SS Kenny Easley (AP, SI, PFW, PFWA, SN, NEA, Films), DE Jacob Green (SM), K Norm Johnson (AP, PFWA, SN, PFW), WR Steve Largent (Films), NT Joe Nash (AP, Films, PFW), ST Fredd Young (Films, PFW)

OFFENSE

Pos.	Starts
WR	*Daryl Turner 8
LT	Ron Essink 16
LG	Reggie McKenzie 8
	Edwin Bailey 8
C	Blair Bush 16
RG	Robert Pratt 16
RT	Bob Cryder 10
TE	Charle Young 13
	Mike Tice 8
WR	Steve Largent 16
QB	Dave Krieg 16
RB	Eric Lane 7
	Curt Warner 1
FB	Franco Harris 6
	David Hughes 6

DEFENSE

LE	Jacob Green 16
NT	Joe Nash 16
RE	Jeff Bryant 16
LOLB	Bruce Scholtz 16
LILB	Shelton Robinson 16
RILB	Keith Butler 16
ROLB	Greg Gaines 11
LCB	Keith Simpson 15
RCB	Dave Brown 16
SS	Kenny Easley 16
FS	John Harris 16

SPECIAL TEAMS

K	Norm Johnson 16
P	Jeff West 16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	14	2	0	.875	513	298
New England	9	7	0	.563	362	352
N.Y. Jets	7	9	0	.438	332	364
Indianapolis	4	12	0	.250	239	414
Buffalo	2	14	0	.125	250	454

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	9	7	0	.563	387	310
Cincinnati	8	8	0	.500	339	339
Cleveland	5	11	0	.313	250	297
Houston	3	13	0	.188	240	437

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	353	241
Seattle*	12	4	0	.750	418	282
L.A. Raiders*	11	5	0	.688	368	278
Kansas City	8	8	0	.500	314	324
San Diego	7	9	0	.438	394	413

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	11	5	0	.688	426	310
N.Y. Giants*	9	7	0	.563	299	301
St. Louis	9	7	0	.563	423	345
Dallas	9	7	0	.563	308	308
Philadelphia	6	9	1	.406	278	320

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	10	6	0	.625	325	248
Green Bay	8	8	0	.500	390	309
Tampa Bay	6	10	0	.375	335	380
Detroit	4	11	1	.281	283	408
Minnesota	3	13	0	.188	276	484

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	15	1	0	.938	475	227
L.A. Rams*	10	6	0	.625	346	316
New Orleans	7	9	0	.438	298	361
Atlanta	4	12	0	.250	281	382

1985 REVIEW (8-8)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
09/08	W	28-24	at Cincinnati	51,625	SEA	43	116	90	100	0	349		
09/15	W	49-35	at San Diego	54,420	OPP	47	78	63	112	3	303		
09/23	L	35-24	L.A. Rams	63,292									
09/29	L	28-7	at Kansas City	50,485	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/06	W	26-21	San Diego	61,300	Johnson	0	0	0	40-41	14-25	0	82	
10/13	W	30-26	Atlanta	60,430	Turner	13	0	13	0	0	0	78	
10/20	L	13-10	at Denver (OT)	74,899	Warner	9	8	1	0	0	0	54	
10/27	L	17-14	at N.Y. Jets	69,320	Largent	6	0	6	0	1-1	0	37	
11/03	W	33-3	L.A. Raiders	64,060	SEA	44	9	28	7	41-44	14-25	1	349
11/10	W	27-3	at New Orleans	47,365	OPP	35	12	22	1	31-35	20-28	1	303
11/17	L	20-13	New England	60,345									
11/25	L	19-6	at San Francisco	57,482	Rushing		Att	Yds	Avg	LG	TD		
12/01	W	24-6	Kansas City	52,655	Warner	291	1094	3.8	38	8			
12/08	W	31-13	Cleveland	58,477	Morris	55	236	4.3	21	0			
12/15	L	13-3	at L.A. Raiders	77,425	Hughes	40	128	3.2	9	0			
12/20	L	27-24	Denver	56,283	Krieg	35	121	3.5	17	1			
					SEA	462	1644	3.6	38	9			
					OPP	473	1837	3.9	43	12			

Team Statistics	Sea	Opp									
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			
NET YARDS 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 (QB), 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		Att	Yds	Avg	LG	TD		
11/27	W	31-14	at Dallas	58,020	Warner		319	1481	4.6	60	13		
12/08	W	37-0	L.A. Raiders	62,923	Williams		129	538	4.2	36	0		
12/14	W	34-24	at San Diego	47,096	Morris		19	149	7.8	49	1		
12/20	W	41-16	Denver	63,697	Krieg		35	122	3.5	19	1		
					SEA		513	2300	4.5	60	15		
					OPP		471	1759	3.7	25	12		

Team Statistics	Sea	Opp	Receiving	No	Yds	Avg	LG	TD				
TOTAL FIRST DOWNS	291	310	Largent	70	1070	15.3	38	9				
Rushing	123	93	Warner	41	342	8.3	26	0				
Passing	158	192	Franklin	33	547	16.6	49	2				
Penalty	10	25	Williams	33	219	6.6	23	0				
3rd Down: Made/Att.	96/221	84/225	Skansi	22	271	12.3	39	0				
3rd Down Pct.	43.4	37.3	R. Butler	19	351	18.5	67	4				
4th Down: Made/Att.	0/6	6/18	Turner	18	334	18.6	72	7				
4th Down Pct.	0.0	33.3	SEA	268	3424	12.8	72	24				
POSSESSION AVG.	29:46	30:14	OPP	301	3888	12.9	83	20				
TOTAL NET YARDS	5409	5341	Interceptions		No	Yds	Avg	LG	TD			
Avg. Per Game	338.1	333.8	Brown	5	58	11.6	24	1				
Total Plays	1005	1053	Justin	4	29	7.3	18	0				
Avg. Per Play	5.4	5.1	Robinson	3	39	13.0	25	0				
NET YARDS RUSHING	2300	1759	Moyer	3	38	12.7	20	0				
Avg. Per Game	143.8	109.9	SEA	22	216	9.8	25	1				
Total Rushes	513	471	OPP	14	216	15.4	36	1				
NET YARDS PASSING	3109	3582	Kickoff Returns		No	Yds	Avg	LG	TD			
Avg. Per Game	194.3	223.9	Edmonds	34	764	22.5	46	0				
Sacked/Yards Lost	39/315	47/306	Morris	23	465	20.2	38	0				
Gross Yards	3424	3888	SEA	64	1322	20.7	46	0				
Att./Completions	453/268	535/301	OPP	59	1002	17.0	42	0				
Completion Pct.	59.2	56.3	Punting		No	Yds	Avg	Net	TB	I20	LG	B
Had Intercepted	14	22	Gamache	79	3048	38.6	33.0	7	10	55	0	
PUNTS/AVERAGE	79/38.6	81/40.4	SEA	79	3048	38.6	33.0	7	10	55	0	
NET PUNTING AVG.	33.0	33.7	OPP	81	3270	40.4	33.7	4	20	60	4	
PENALTIES/YARDS	98/813	81/652										
FUMBLES/BALL LOST	29/13	26/14										
TOUCHDOWNS	43	34										
Rushing	15	12										
Passing	24	20										
Returns	4	2										
TOTAL POINTS	366	293										

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	375	225	2921	60.0	7.79	21	5.6	11	2.9	72	35/281	91.0
Gilbert	76	42	485	55.3	6.38	3	3.9	3	3.9	38	4/34	71.4
SEA	453	268	3424	59.2	7.56	24	5.3	14	3.1	72	39/315	87.7
OPP	535	301	3888	56.3	7.27	20	3.7	22	4.1	83	47/306	74.6

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	34	14	419	12.3	75	1
SEA	39	14	457	11.7	75	1
OPP	38	21	298	7.8	28	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	6-8	8-9	3-11	5-7
SEA	0-0	6-8	8-9	3-11	5-7
OPP	0-0	4-4	10-13	3-8	2-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Young	121	93	28	6.0	0	0	0
Robinson	99	81	18	0.0	10	0	3
K. Butler	96	66	30	1.0	5	1	0
Gaines	94	71	23	5.0	1	0	1
Scholtz	79	59	20	3.0	1	4	0

Record (Finish): 10-6 (3rd, AFC West)

Head Coach: Chuck Knox (39-25, .609)

Assistants: Tom Catlin (Asst. Head Coach/Def.

Coord./LBs), Steve Moore (Off. Coord./WRs),

George Dyer (DL), Chick Harris (RBs), Ralph

Hawkins (DBs), Ken Meyer (QBs), Russ Purnell

(Sp. Assign.), Kent Stephenson (OL), Rusty

Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave

Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: RB Curt Warner

Pro Bowl: KR Bobby Joe Edmonds (1), DE

Jacob Green (1), WR Steve Largent (6), RB Curt

Warner (2), LB Fred Young (3)

National Honors: RB Curt Warner, AFC Player of the Year (UPI)

First-Team All-NFL: KR Bobby Joe Edmonds (AP, PFWA, SN, PFW, FD)

	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

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

NFC

	W	L	T	Pct.	Pts.	Opp.
EASTERN						
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

	W	L	T	Pct.	Pts.	Opp.
CENTRAL						
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

	W	L	T	Pct.	Pts.	Opp.
WESTERN						
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	39-39	22-28	0	105	
10/09	W	16-10	at Cleveland	78,605	Warner	12	10	2	0	0	0	72	
10/16	L	20-19	New Orleans	63,569	Blades	8	0	8	0	0	0	48	
10/23	L	31-10	at L.A. Rams	57,033	Williams	7	4	3	0	0	0	42	
10/30	W	17-14	San Diego	59,641	Butler	4	0	4	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	Morris	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	OPP	0-0	10-11	6-10	4-6	1-5			
FUMBLES/BALL LOST	29/14	31/18									
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 (PFW, 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
RB	Curt Warner	16
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	15
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	15
LILB	Brian Bosworth	10
	Darren Comeaux	6
RILB	Dave Wyman	16
ROLB	Tony Woods	16
LCB	Terry Taylor	8
	Melvin Jenkins	8
RCB	*Patrick Hunter	8
	Melvin Jenkins	8
SS	Paul Moyer	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Ruben Rodriguez	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	12	4	0	.750	329	237
Indianapolis	9	7	0	.563	354	315
New England	9	7	0	.563	250	284
N.Y. Jets	8	7	1	.531	372	354
Miami	6	10	0	.375	319	380

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cincinnati	12	4	0	.750	448	329
Cleveland*	10	6	0	.625	304	288
Houston*	10	6	0	.625	424	365
Pittsburgh	5	11	0	.313	336	421

WESTERN	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	339	329
Denver	8	8	0	.500	327	352
L.A. Raiders	7	9	0	.438	325	369
San Diego	6	10	0	.375	231	332
Kansas City	4	11	1	.281	254	320

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Philadelphia	10	6	0	.625	379	319
N.Y. Giants	10	6	0	.625	359	304
Washington	7	9	0	.438	345	387
Phoenix	7	9	0	.438	344	398
Dallas	3	13	0	.188	265	381

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	12	4	0	.750	312	215
Minnesota*	11	5	0	.688	406	233
Tampa Bay	5	11	0	.313	261	350
Detroit	4	12	0	.250	220	313
Green Bay	4	12	0	.250	240	315

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	369	294
L.A. Rams*	10	6	0	.625	407	293
New Orleans	10	6	0	.625	312	283
Atlanta	5	11	0	.313	244	315

1989 REVIEW (7-9)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
09/10	L	31-7	at Philadelphia	64,287	SEA	72	60	41	68	0	241		
09/17	L	34-24	Phoenix	60,444	OPP	81	80	86	77	3	327		
09/24	W	24-3	at New England	48,025									
10/01	W	24-20	at L.A. Raiders	44,319	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/08	L	20-16	Kansas City	60,715	N. Johnson	0	0	0	27-27	15-25	0	72	
10/15	W	17-16	at San Diego	50,079	Williams	7	1	6	0	0	0	42	
10/22	L	24-21	Denver (OT)	62,353	Blades	5	0	5	0	0	0	30	
10/29	W	10-7	San Diego	59,691	Skansi	5	0	5	0	0	0	30	
11/05	L	20-10	at Kansas City	54,489	Warner	4	3	1	0	0	0	24	
11/12	L	17-7	Cleveland	58,978	SEA	28	5	21	2	28-28	15-25	0	241
11/19	L	15-3	at N.Y. Giants	75,014	OPP	37	11	23	3	35-37	22-32	2	327
11/26	L	41-14	at Denver	75,117									
12/04	W	17-16	Buffalo	57,682	Rushing	Att	Yds	Avg	LG	TD			
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									
TOTAL FIRST DOWNS	290	293									
Rushing	86	119	Receiving	No	Yds	Avg	LG	TD			
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	No	Yds	Avg	LG	TD			
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	No	Yds	Avg	Net	TB	I20	LG	B
NET YARDS PASSING	3204	3097	Rodriguez	75	2995	39.9	32.9	8	17	59	1
Avg. Per Game	200.3	193.6	SEA	75	2995	39.9	32.9	8	17	59	1
Sacked/Yards Lost	46/379	32/235	OPP	74	2902	39.2	33.9	7	21	60	0
Gross Yards	3583	3332	Punt Returns	No	FC	Yds	Avg	LG	TD		
Att./Completions	559/316	445/252	Hollis	18	7	164	9.1	21	0		
Completion Pct.	56.5	56.6	Jefferson	12	10	87	7.3	19	0		
Had Intercepted	23	9	SEA	30	17	251	8.4	21	0		
PUNTS/AVERAGE	76/39.4	74/39.2	OPP	41	12	334	8.1	49	0		
NET PUNTING AVG.	32.9	33.9									
PENALTIES/YARDS	79/738	118/809									
FUMBLES/BALL LOST	43/14	26/13									
TOUCHDOWNS	28	37									
Rushing	5	11									
Passing	21	23									
Returns	2	3									
TOTAL POINTS	241	327									

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	Receiving													
Rushing		111	86	Williams		73	699	9.6	60	0							
Passing		155	171	Kane		52	776	14.9	63	4							
Penalty		18	23	Blades		49	525	10.7	24	3							
3rd Down: Made/Att.	87/200	83/207		Chadwick		27	478	17.7	54	4							
3rd Down Pct.	43.5	40.1		Skansi		22	257	11.7	25	2							
4th Down: Made/Att.	6/7	7/11		Fenner		17	143	8.4	50	1							
4th Down Pct.	85.7	63.6		SEA		265	3194	12.1	63	15							
POSSESSION AVG.	30:47	29:13		OPP		300	3256	10.9	46	19							
TOTAL NET YARDS	4583	4609		Interceptions													
Avg. Per Game	286.4	288.1		Robinson		3	89	29.7	39	0							
Total Plays	945	950		Harper		3	69	23.0	47	0							
Avg. Per Play	4.8	4.9		SEA		12	182	15.2	47	0							
NET YARDS RUSHING	1749	1605		OPP		20	252	12.6	42	0							
Avg. Per Game	109.3	100.3		Punting		No	Yds	Avg	Net	TB	I20	LG	B				
Total Rushes	457	413		Donnelly		67	2722	40.6	34.4	8	18	54	0				
NET YARDS PASSING	2834	3004		SEA		67	2722	40.6	34.4	8	18	54	0				
Avg. Per Game	177.1	187.8		OPP		77	3225	41.9	36.2	5	22	67	0				
Sacked/Yards Lost	40/360	33/252		Punt Returns		No	FC	Yds	Avg	LG	TD						
Gross Yards	3194	3256		Warren		28	16	269	9.6	39	0						
Att./Completions	448/265	504/300		Jefferson		8	0	68	8.5	14	0						
Completion Pct.	59.2	59.5		SEA		36	16	337	9.4	39	0						
Had Intercepted	20	12		OPP		29	21	254	8.8	66	2						
PUNTS/AVERAGE	67/40.6	77/41.9		Passing		Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
NET PUNTING AVG.	34.4	36.2		Krieg		448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
PENALTIES/YARDS	89/746	108/766		SEA		448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
FUMBLES/BALL LOST	32/16	32/18		OPP		504	300	3256	59.5	6.46	19	3.8	12	2.4	46	33/252	81.3
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															
11/17	L	31-7	at L.A. Raiders	49,317	Williams															
11/24	W	13-10	Denver	60,430	Fenner															
12/01	L	19-6	Kansas City	57,248	Jones															
12/08	L	24-22	San Francisco	56,711	SEA															
12/15	L	26-13	at Atlanta	53,834	OPP															
12/22	W	23-9	L.A. Rams	51,100																
Team Statistics			Sea	Opp																
TOTAL FIRST DOWNS			253	263	Receiving															
Rushing			80	92	Blades															
Passing			159	159	Williams															
Penalty			14	12	Kane															
3rd Down: Made/Att.			67/193	78/220	Chadwick															
3rd Down Pct.			34.7	35.5	SEA															
4th Down: Made/Att.			2/9	9/20	OPP															
4th Down Pct.			22.2	45.0																
POSSESSION AVG.			29:27	30:33	Interceptions															
TOTAL NET YARDS			4534	4703	Robinson															
Avg. Per Game			283.4	293.9	Harper															
Total Plays			924	988	SEA															
Avg. Per Play			4.9	4.8	OPP															
NET YARDS RUSHING			1426	1684	Punting															
Avg. Per Game			89.1	105.3	Tuten															
Total Rushes			394	435	Donnelly															
NET YARDS PASSING			3108	3019	Waits															
Avg. Per Game			194.3	188.7	SEA															
Sacked/Yards Lost			42/263	36/269	OPP															
Gross Yards			3371	3288																
Att./Completions			488/290	517/296	Punt Returns															
Completion Pct.			59.4	57.3	Warren															
Had Intercepted			26	18	SEA															
PUNTS/AVERAGE			76/40.6	79/39.1	OPP															
NET PUNTING AVG.			35.7	33.0																
PENALTIES/YARDS			85/682	108/845	Kickoff Returns															
FUMBLES/BALL LOST			26/17	34/21	Warren															
TOUCHDOWNS			29	25	Loville															
Rushing			11	4	SEA															
Passing			15	18	OPP															
Returns			3	3																
TOTAL POINTS			276	261																

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	285	187	2080	65.6	7.30	11	3.9	12	4.2	60	32/216	82.5
Kemp	181	94	1207	51.9	6.67	4	2.2	12	6.6	52	8/38	52.9
Stouffer	15	6	57	40.0	3.80	0	0.0	1	6.7	19	2/9	23.5
McGwire	7	3	27	42.9	3.86	0	0.0	1	14.3	13	0/0	14.3
SEA	488	290	3371	59.4	6.91	15	3.1	26	5.3	60	42/263	68.4
OPP	517	296	3288	57.3	6.36	18	3.5	18	3.5	61t	36/269	73.4

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/6	11/14	6/7	2/3
SEA	1/1	5/6	11/14	6/7	2/3
OPP	1/1	7/7	9/9	6/7	5/8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	105	80	25	2.0	9	1	4
Robinson	91	67	24	1.0	3	1	1
Porter	71	51	20	10.0	15	4	0
Comeaux	69	51	18	0.5	5	4	0
Harper	69	58	11	0.0	1	1	0
Kennedy	67	59	8	6.5	12	1	1

Record (Finish): 7-9 (4th, AFC West)

Head Coach: Chuck Knox (80-63, .559)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Paul Moyer (Staff Asst.), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: QB Dave Krieg (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

MVP: FS Eugene Robinson

Pro Bowl: DT Cortez Kennedy (1), FB John L. Williams (2)

National Honors: None

First-Team All-NFL: CB Dwayne Harper (S), FS Eugene Robinson (S)

OFFENSE

Pos.		Starts
WR	Tommy Kane	15
LT	Andy Heck	16
LG	Warren Wheat	7
	Darrick Brilz	6
C	Grant Feasel	15
RG	Bryan Millard	16
RT	Bill Hitchcock	9
	Ronnie Lee	7
TE	Mike Tice	15
WR	Brian Blades	16
QB	Dave Krieg	9
	Jeff Kemp	5
	*Dan McGwire	1
	Kelly Stouffer	1
RB	Derrick Fenner	8
	James Jones	6
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
LT	Jeff Bryant	14
RT	Cortez Kennedy	16
RE	Tony Woods	14
LLB	Terry Wooden	15
MLB	Darren Comeaux	11
RLB	Rufus Porter	15
LCB	Dwayne Harper	16
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	*John Kasay	16
P	Rick Tuten	10

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	13	3	0	.813	458	318
N.Y. Jets*	8	8	0	.500	314	293
Miami	8	8	0	.500	343	349
New England	6	10	0	.375	211	305
Indianapolis	1	15	0	.063	143	381

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Houston	11	5	0	.688	386	251
Pittsburgh	7	9	0	.438	292	344
Cleveland	6	10	0	.375	293	298
Cincinnati	3	13	0	.188	263	435

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	12	4	0	.750	304	235
Kansas City*	10	6	0	.625	322	252
L.A. Raiders*	9	7	0	.563	298	297
Seattle	7	9	0	.438	276	261
San Diego	4	12	0	.250	274	342

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	14	2	0	.875	485	224
Dallas*	11	5	0	.688	342	310
Philadelphia	10	6	0	.625	285	244
N.Y. Giants	8	8	0	.500	281	297
Phoenix	4	12	0	.250	196	344

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Detroit	12	4	0	.750	339	295
Chicago*	11	5	0	.688	299	269
Minnesota	8	8	0	.500	301	306
Green Bay	4	12	0	.250	273	313
Tampa Bay	3	13	0	.188	199	365

WESTERN	W	L	T	Pct.	Pts.	Opp.
New Orleans	11	5	0	.688	341	211
Atlanta*	10	6	0	.625	361	338
San Francisco	10	6	0	.625	393	239
L.A. Rams	3	13	0	.188	234	390

1992 REVIEW (2-14)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
09/06	L	21-3	Cincinnati	57,350	SEA	20	53	34	30	3	140		
09/13	L	26-7	at Kansas City	75,125	OPP	63	87	74	85	3	312		
09/20	W	10-6	at New England	42,327									
09/27	L	19-17	Miami	59,374	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/04	L	17-6	at San Diego	36,783	Kasay	0	0	0	0	14/14	14/22	0	56
10/11	L	27-0	at Dallas	62,311	Kane	3	0	3	0	0/0	0/0	0	18
10/18	L	19-0	L.A. Raiders	56,904	Warren	3	3	0	0	0/0	0/0	0	18
10/25	L	23-10	at N.Y. Giants	67,399	Williams	3	1	2	0	0/0	0/0	0	18
11/01			BYE		SEA	14	4	9	1	14/14	14/22	0	140
11/08	L	16-3	Washington	53,616	OPP	32	14	11	7	29/32	29/36	2	312
11/15	L	20-3	at L.A. Raiders	46,862									
11/22	L	24-14	Kansas City	49,867	Rushing		Att	Yds	Avg	LG	TD		
11/30	W	16-13	Denver (OT)	51,612	Warren		223	1017	4.6	52	3		
12/06	L	20-14	at Pittsburgh	47,015	Williams		114	339	3.0	14	1		
12/13	L	20-17	Philadelphia (OT)	47,492	Gelbaugh		16	79	4.9	22	0		
12/20	L	10-6	at Denver	72,570	SEA		402	1596	4.0	52	4		
12/27	L	31-14	San Diego	49,324	OPP		513	1922	3.7	66t	14		

Team Statistics		Seattle	Opp	Receiving		No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS		208	247	Williams		74	556	7.5	27	2			
Rushing		77	96	Kane		27	369	13.7	31	3			
Passing		114	129	J. Jones		21	190	9.0	30	0			
Penalty		17	22	L. Clark		20	290	14.5	33	1			
3rd Down: Made/Att.		59/222	75/230	Blades		19	256	13.5	37	1			
3rd Down Pct.		26.6	32.6	SEA		230	2323	10.1	57	9			
4th Down: Made/Att.		5/17	6/9	OPP		251	2978	11.9	72t	11			
4th Down Pct.		29.4	66.7										
POSSESSION AVG.		29:01	30:59	Interceptions		No	Yds	Avg	LG	TD			
TOTAL NET YARDS		3374	4583	E. Robinson		7	126	18.0	49	0			
Avg. Per Game		210.9	286.4	Harper		3	74	24.7	41	0			
Total Plays		945	987	SEA		20	324	16.2	69	0			
Avg. Per Play		3.6	4.6	OPP		23	231	10.0	40	4			
NET YARDS RUSHING		1596	1922	Punting		No	Yds	Avg	Net	TB	I20	LG	B
Avg. Per Game		99.8	120.1	Tuten		108	4760	44.1	38.7	8	29	65	0
Total Rushes		402	513	SEA		108	4760	44.1	38.7	8	29	65	0
NET YARDS PASSING		1778	2661	OPP		96	4015	41.8	36.8	10	23	65	0
Avg. Per Game		111.1	166.3	Punt Returns		No	FC	Yds	Avg	LG	TD		
Sacked/Yards Lost		67/545	46/317	Warren		34	25	252	7.4	16	0		
Gross Yards		2323	2978	SEA		38	27	283	7.4	16	0		
Att./Completions		476/230	428/251	OPP		56	26	416	7.4	86t	1		
Completion Pct.		48.3	58.6	Kickoff Returns		No	Yds	Avg	LG	TD			
Had Intercepted		23	20	Warren		28	524	18.7	34	0			
PUNTS/AVERAGE		108/44.1	96/41.8	Mayes		19	311	16.4	29	0			
NET PUNTING AVG.		38.7	36.8	SEA		50	885	17.7	34	0			
PENALTIES/YARDS		111/918	100/776	OPP		36	685	19.0	64	0			
FUMBLES/BALL LOST		37/18	25/11										
TOUCHDOWNS		14	32										
Rushing		4	14										
Passing		9	11										
Returns		1	7										
TOTAL POINTS		140	312										

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Gelbaugh	255	121	1307	47.5	5.13	6	2.4	11	4.3	57	34/265	52.9
Stouffer	190	92	900	48.4	4.74	3	1.6	9	4.7	33	26/222	47.7
McGwire	30	17	116	56.7	3.87	0	0.0	3	10.0	20	7/58	25.8
SEA	476	230	2323	48.3	4.88	9	1.9	23	4.8	57	67/545	48.9
OPP	428	251	2978	58.6	6.96	11	2.6	20	4.7	72t	46/317	69.0

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	0-0	4-5	8-11	2-6	0-0
SEA	0-0	4-5	8-11	2-6	0-0
OPP	0-0	5-5	14-16	7-11	3-4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	94	64	30	0.0	10	2	1
Kennedy	92	76	16	14.0	5	4	1
Porter	90	68	22	9.5	2	2	0
Wyman	83	54	29	0.0	1	2	1
P. Hunter	67	55	12	0.0	13	1	1
Nash	67	46	21	4.5	0	0	0

Record (Finish): 2-14 (5th, AFC West)

Head Coach: Tom Flores (2-14, .125)

Assistants: Tom Catlin (Asst. HC/Def.), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Hudson Houck (OL), Paul Moyer (DBs), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond), Clarence Shelmon (RBs)

Captains: FB John L. Williams (Off.),

FS Eugene Robinson (Def.), 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

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	279	322
Rushing	114	106
Passing	144	193
Penalty	21	23
3rd Down: Made/Att.	80/224	91/229
3rd Down Pct.	35.7	39.7
4th Down: Made/Att.	6/14	6/13
4th Down Pct.	42.9	46.2
POSSESSION AVG.	29:02	30:58
TOTAL NET YARDS	4669	5313
Avg. Per Game	291.8	332.1
Total Plays	1019	1085
Avg. Per Play	4.6	4.9
NET YARDS RUSHING	2015	1660
Avg. Per Game	125.9	103.8
Total Rushes	473	452
NET YARDS PASSING	2654	3653
Avg. Per Game	165.9	228.3
Sacked/Yards Lost	48/242	38/244
Gross Yards	2896	3897
Att./Completions	498/280	595/333
Completion Pct.	56.2	56.0
Had Intercepted	18	22
PUNTS/AVERAGE	91/44.0	73/42.4
NET PUNTING AVG.	37.3	35.6
PENALTIES/YARDS	99/745	110/818
FUMBLES/BALL LOST	25/13	23/15
TOUCHDOWNS	29	32
Rushing	13	12
Passing	13	16
Returns	0	3
Defensive	3	1
SAFETIES	4	2
TOTAL POINTS	280	314

Receiving	No	Yds	Avg	LG	TD
Blades	80	945	11.8	41	3
Williams	58	450	7.8	25	1
Martin	57	798	14.0	53t	5
Edmunds	24	239	10.0	32	2
Green	23	178	7.7	20	1
SEA	280	2896	10.3	53t	13
OPP	333	3897	11.7	58t	16

Interceptions	No	Yds	Avg	LG	TD
E. Robinson	9	80	8.9	28	0
Hunter	4	54	13.5	34	0
Gray	3	33	11.0	16	0
SEA	22	196	8.9	34	1
OPP	18	159	8.8	40	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	90	4007	44.5	37.3	7	21	64	1
SEA	91	4007	44.0	37.3	7	21	64	1
OPP	73	3097	42.4	35.6	11	19	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	32	15	270	8.4	33	0
SEA	33	15	280	8.5	33	0
OPP	47	21	475	10.1	74t	1

Kickoff Returns	No	FC	Yds	Avg	LG	TD
Bates	30	0	603	20.1	46	0
Vaughn	16	0	280	17.5	31	0
SEA	50	0	931	18.6	46	0
OPP	52	1	967	18.6	95t	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	486	274	2833	56.4	5.83	12	2.5	17	3.5	53t	47/235	67.0
SEA	498	280	2896	56.2	5.82	13	2.6	18	3.6	53t	48/242	66.8
OPP	595	333	3897	56.0	6.55	16	2.7	22	3.7	58t	38/244	69.6

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/5	10/11	4/6	3/5
SEA	1/1	5/5	10/11	4/6	3/5
OPP	2/2	7/7	8/10	7/13	5/7

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	111	84	27	2.0	15	3	2
Wooden	106	73	33	2.5	9	3	1
Stephens	105	75	30	2.5	1	2	1
Kennedy	77	60	17	6.5	3	1	1
Blackmon	74	55	19	0.0	11	0	1

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Tom Flores (8-24, .250)

Assistants: Tom Catlin (Asst. Head Coach), Larry Kennan (Off. Coord./QB's), Rusty Tillman (Def. Coord./LB's), Tommy Brasher (DL), Bob Bratkowski (WR's), Dave Brown (Def.), Arnie Matsumoto (Staff Asst.), Paul Moyer (DB's), Howard Mudd (OL), Russ Purnell (TE's/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelmon (RB's)

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	N.Y. Giants	42,100							
11/12	W	47-30	at Jacksonville	71,290							
11/19	W	27-20	at Washington	51,298							
11/26	L	16-10	N.Y. Jets	41,160							
12/03	W	26-14	Philadelphia	39,893							
12/10	W	31-27	at Denver	71,488							
12/17	W	44-10	Oakland	58,428							
12/24	L	26-3	at Kansas City	75,784							

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	40/40	23/28	0	109
Warren	16	15	1	0	0	0	0	96
Galloway	9	1	7	1	0	0	0	54
SEA	42	20	19	3	40/40	23/28	1	363
OPP	43	11	26	6	36/37	24/35	0	366

2-Point PATs: Mirer 0-1, Warren 0-1
SEA 0-2, Opp 0-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	310	1346	4.3	52	15
Broussard	46	222	4.8	21t	1
L. Smith	36	215	6.0	68	0
SEA	477	2178	4.6	86t	20
OPP	496	2130	4.3	46	11

Receiving	No	Yds	Avg	LG	TD
Blades	77	1001	13.0	49	4
Galloway	67	1039	15.5	59t	7
Warren	35	247	7.1	20t	1
Crumpler	23	254	11.0	24	1
SEA	273	3359	12.3	59t	19
OPP	310	3706	12.0	88t	26

Interceptions	No	Yds	Avg	LG	TD
Blackmon	5	46	9.2	21	0
Gray	4	45	11.3	26	0
SEA	16	127	7.9	32	0
OPP	24	384	16.0	72t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	83	3735	45.0	36.5	8	21	73	0
SEA	83	3735	45.0	36.5	8	21	73	0
OPP	81	3449	42.6	36.4	6	24	62	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	36	12	360	10.0	89t	1
SEA	40	13	384	9.6	89t	1
OPP	48	7	549	11.4	44	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	1064	24.7	70	0
SEA	72	1620	22.5	70	0
OPP	70	1669	23.8	99t	2

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	311	321
Rushing	121	116
Passing	171	181
Penalty	19	24
3rd Down: Made/Att.	82/217	81/218
3rd Down Pct.	37.8	37.2
4th Down: Made/Att.	9/13	10/18
4th Down Pct.	69.2	55.6
POSSESSION AVG.	28:30	31:30
TOTAL NET YARDS	5270	5669
Avg. Per Game	329.4	354.3
Total Plays	1033	1078
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2178	2130
Avg. Per Game	136.1	133.1
Total Rushes	477	496
NET YARDS PASSING	3092	3539
Avg. Per Game	193.3	221.2
Sacked/Yards Lost	45/267	28/167
Gross Yards	3359	3706
Att./Completions	511/273	554/310
Completion Pct.	53.4	56.0
Had Intercepted	23	16
PUNTS/AVERAGE	83/45.0	81/42.6
NET PUNTING AVG.	36.5	36.4
PENALTIES/YARDS	100/852	114/901
FUMBLES/BALL LOST	24/9	17/9
TOUCHDOWNS	42	43
Rushing	20	11
Passing	19	26
Returns	1	2
Defensive	2	4
TOTAL POINTS	363	366

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	391	209	2564	53.5	6.56	13	3.3	20	5.1	59t	42/255	63.7
Friesz	120	64	795	53.3	6.63	6	5.0	3	2.5	43t	3/12	80.4
SEA	511	273	3359	53.4	6.57	19	3.7	23	4.5	59t	45/267	67.6
OPP	554	310	3706	56.0	6.69	26	4.7	16	2.9	88t	28/167	80.2

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	5/5	9/10	8/10	0/2
SEA	1/1	5/5	9/10	8/10	0/2
OPP	1/1	10/13	5/7	7/9	1/5

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	135	114	21	0.0	8	1	0
E. Robinson	105	79	26	0.0	4	0	1
Moss	88	65	23	2.0	5	1	2
C. Harris	85	77	8	0.0	12	1	1
Gray	73	68	5	0.0	19	0	0

Record (Finish): 8-8, (3rd, AFC West)

Head Coach: Dennis Erickson (8-8, .500)

Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def.), Tom Catlin (Quality Control), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Arnie Matsumoto (Def. Asst.), Howard Mudd (OL), Rich Olson (QB), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelton (RBs)

Captains: QB Rick Mirer (Off.), S Eugene Robinson (Def.), TE 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							

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

Scoring	TD	R	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	27/27	28/34	0	111
Smith	8	8	0	0	0	0	0	54
Galloway	8	0	7	1	0	0	0	48
Warren	5	5	0	0	0	0	0	32
SEA	33	16	14	3	27/27	28/34	0	317
OPP	40	15	25	0	35/35	31/34	1	376

2-Point PATs: Smith 3-3, Warren 1-3
SEA 4-6, Opp 3-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	203	855	4.2	51	5
Smith	153	680	4.4	29	8
Mirer	33	191	5.8	33	2
SEA	442	1997	4.5	51	16
OPP	506	2098	4.1	40	15

Receiving	No	Yds	Avg	LG	TD
Galloway	57	987	17.3	65t	7
Blades	43	556	12.9	80t	2
Warren	40	273	6.8	33	0
Crumpler	26	258	9.9	26	0
Proehl	23	309	13.4	56	2
SEA	261	3216	12.3	80t	14
OPP	303	3624	12.0	65t	25

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	15	5	158	10.5	88t	1
R. Harris	19	10	194	10.2	35	0
SEA	34	15	352	10.4	88t	1
OPP	52	17	640	12.3	50	0

Interceptions	No	Yds	Avg	LG	TD
D. Williams	5	148	29.6	79t	1
2 players with	3				
SEA	14	256	18.3	79t	1
OPP	17	305	17.9	63	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	85	3746	44.1	34.5	7	21	66	1
SEA	86	3746	43.6	34.5	7	21	66	1
OPP	76	3214	42.3	34.0	14	23	57	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	979	22.8	86	0
SEA	71	1542	21.7	86	0
OPP	72	1642	22.8	60	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Friesz	211	120	1629	56.9	7.72	8	3.8	4	1.9	80t	12/77	86.4
Mirer	265	136	1546	51.3	5.83	5	1.9	12	4.5	60	22/84	56.6
SEA	494	261	3216	52.8	6.51	14	2.8	17	3.4	80t	38/189	68.3
OPP	512	303	3624	59.2	7.08	25	4.9	14	2.7	65t	48/285	85.8

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	11/13	7/7	8/11	2/3
SEA	0/0	11/13	7/7	8/11	2/3
OPP	3/3	9/9	8/11	9/9	2/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wells	107	82	25	1.0	4	0	2
Moss	106	77	29	1.0	4	0	0
Blackmon	102	80	22	1.0	7	3	0
D. Williams	80	67	13	0.0	11	0	1
McCrary	76	57	19	13.5	3	1	1

Record (finish): 7-9 (T4th, AFC West)

Head Coach: Dennis Erickson (15-17, .469)

Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (Def. Asst.), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (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	N.Y. Jets	53,893	SEA	44	126	92	103	0	365			
09/07	L	35-14	Denver	55,859	OPP	101	111	93	51	6	362			
09/14	W	31-3	at Indianapolis	49,194										
09/21	W	26-22	San Diego	51,110										
09/28	L	20-17	at Kansas City (OT)	77,877	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts	
10/05	W	16-13	Tennessee	49,897	Peterson	0	0	0	0	37/37	22/28	0	103	
10/12			BYE		Galloway	12	0	12	0	0	0	0	72	
10/19	W	17-9	at St. Louis	64,819	Broussard	6	5	1	0	0	0	0	36	
10/26	W	45-34	Oakland	66,264	McKnight	6	0	6	0	0	0	0	36	
11/02	L	30-27	at Denver	74,212	Warren	4	4	0	0	0	0	0	24	
11/09	W	37-31	at San Diego	64,616	SEA	43	13	26	4	37/37	22/28	1	365	
11/16	L	20-17	at New Orleans (OT)	50,493	OPP	38	10	19	9	35/35	31/34	1	358	
11/23	L	19-14	Kansas City	66,264	2-Point PATs: Smith 1-1, Kitna 0-1, Moon 0-3, Tuten 0-1. SEA 1-6. OPP 2-3.									
11/30	L	24-17	Atlanta	52,584										
12/07	L	31-24	at Baltimore	54,395	Rushing		Att	Yds	Avg	LG	TD			
12/14	W	22-21	at Oakland	40,124	Warren		200	847	4.2	36t	4			
12/21	W	38-9	San Francisco	66,253	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			
Team Statistics			Sea	Opp										
TOTAL FIRST DOWNS			331	286	Receiving		No	Yds	Avg	LG	TD			
Rushing			98	96	Galloway		72	1049	14.6	53t	12			
Passing			207	166	Pritchard		64	843	13.2	61	2			
Penalty			26	24	Warren		45	257	5.7	20	0			
3rd Down: Made/Att.			91/224	66/198	McKnight		34	637	18.7	60t	6			
3rd Down Pct.			40.6	33.3	Crumpler		31	361	11.6	30	1			
4th Down: Made/Att.			8/16	8/16	Br. Blades		30	319	10.6	27	2			
4th Down Pct.			50.0	50.0	Broussard		24	143	6.0	20t	1			
POSSESSION AVG.			30:47	29:13	Smith		23	183	8.0	22	0			
TOTAL NET YARDS			5759	4849	SEA		359	4187	11.7	61	26			
Avg. Per Game			359.9	303.1	OPP		276	3356	12.2	92	19			
Total Plays			1049	959	Punting		No	Yds	Avg	Net	TB	I20	LG	B
Avg. Per Play			5.5	5.1	Tuten		48	2007	41.8	36.4	5	15	65	0
NET YARDS RUSHING			1800	1731	SEA		78	3144	40.3	32.3	8	24	65	2
Avg. Per Game			112.5	108.2	OPP		74	3111	42.0	36.8	7	21	66	0
Total Rushes			404	455	Punt Returns		No	FC	Yds	Avg	LG	TD		
NET YARDS PASSING			3959	3118	Harris		21	12	144	6.9	19	0		
Avg. Per Game			247.4	194.9	Davis		16	6	104	6.5	28	0		
Sacked/Yards Lost			36/228	42/238	SEA		37	18	248	6.7	28	0		
Gross Yards			4187	3356	OPP		38	14	463	12.2	89t	2		
Att./Completions			609/359	462/276	Interceptions		No	Yds	Avg	LG	TD			
Completion Pct.			58.9	59.7	D. Williams		8	172	21.5	44t	1			
Had Intercepted			21	13	Be. Blades		2	11	5.5	11	0			
PUNTS/AVERAGE			78/40.3	74/42.0	SEA		13	196	15.1	44t	1			
Net Punting Avg.			32.3	36.8	OPP		21	372	17.7	75t	4			
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										

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 N.Y. 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	Heppler,TM	0	0	0	0	8/8	6/9	0	26
10/08	L	26-3	at Carolina	72,192	SEA	37	10	21	6	33/33	21/26	1	320
10/15	L	37-24	Indianapolis	63,593	OPP	46	20	23	3	45/45	28/33	0	405
10/22	L	31-3	at Oakland	57,490	2-Point PATs: SEA 0-4. OPP 0-1.								
10/29	L	24-19	Kansas City	62,141									
11/05	W	17-15	San Diego	59,884	Rushing	Att	Yds	Avg	LG	TD			
11/12	W	28-21	at Jacksonville	68,063	Watters	278	1242	4.5	55	7			
11/19			BYE		Alexander	64	313	4.9	50	2			
11/26	L	38-31	Denver	68,661	Kitna	48	127	2.6	13	1			
12/03	W	30-10	at Atlanta	44,680	Huard	5	29	5.8	10	0			
12/10	L	31-24	at Denver	75,218	SEA	403	1720	4.3	55	10			
12/16	W	27-24	Oakland	68,681	OPP	503	2454	4.9	80t	20			
12/23	L	42-23	Buffalo	61,025									

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	281	331
Rushing	98	126
Passing	168	185
Penalty	15	20
3rd Down: Made/Att.	83/205	89/201
3rd Down Pct.	40.5	44.3
4th Down: Made/Att.	7/14	1/7
4th Down Pct.	50.0	14.3
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	4680	6391
Avg. Per Game	292.5	399.4
Total Plays	956	1019
Avg. Per Play	4.9	6.3
NET YARDS RUSHING	1720	2454
Avg. Per Game	107.5	153.4
Total Rushes	403	503
NET YARDS PASSING	2960	3937
Avg. Per Game	185.0	246.1
Sacked/Yards Lost	46/238	27/152
Gross Yards	3198	4089
Att./Completions	507/308	489/309
Completion Pct.	60.7	63.2
Had Intercepted	21	17
PUNTS/AVERAGE	75/39.5	62/41.5
Net Punting Avg.	36.9	33.3
PENALTIES/YARDS	89/728	96/694
FUMBLES/LOST	35/17	28/12
TOUCHDOWNS	37	46
Rushing	10	20
Passing	21	23
Defensive	5	3
Returns	1	0
FIELD GOALS	21/26	28/33
TOTAL POINTS	320	405

Receiving	No	Yds	Avg	LG	TD
Dawkins	63	731	11.6	40	5
Watters	63	613	9.7	59	2
Jackson	53	713	13.5	71	6
Mayes	29	264	9.1	40	1
Mili	28	288	10.3	34	3
Fauria	28	237	8.5	16	2
Strong	23	141	6.1	24	1
J. Williams	8	99	12.4	18	0
Bailey	6	62	10.3	22	1
Alexander	5	41	8.2	18	0
SEA	308	3198	10.4	71	21
OPP	309	4089	13.2	73	23

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	74	2960	40.0	36.9	2	24	57	1
SEA	75	2960	39.5	36.9	2	24	57	1
OPP	62	2571	41.5	33.3	6	21	69	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	26	12	363	14.0	43	0
SEA	30	14	384	12.8	43	0
OPP	32	18	151	4.7	22	0

Interceptions	No	Yds	Avg	LG	TD
Bellamy	4	132	33.0	84t	1
W. Williams	4	74	18.5	69t	1
Simmons	2	15	7.5	8	0
Springs	2	8	4.0	8	0
Koonce	1	27	27.0	27t	1
SEA	17	300	17.6	84t	3
OPP	21	191	9.1	79t	2

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	66	1629	24.7	81t	1
SEA	80	1932	24.2	81t	1
OPP	64	1236	19.3	39	0

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	Heppler,TM	1/1	2/2	1/3	2/2	0/1
							SEA	1/1	6/7	2/4	9/10	3/4
							OPP	1/1	11/12	7/9	9/9	0/2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	418	259	2658	62.0	6.36	18	4.3	19	4.5	71	33/168	75.6
Huard	87	49	540	56.3	6.21	3	3.4	2	2.3	45	13/72	76.8
SEA	507	308	3198	60.7	6.31	21	4.1	21	4.1	71	46/238	75.5
OPP	489	309	4089	63.2	8.36	23	4.7	17	3.5	73	27/152	90.8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Simmons	147	119	28	4.0	2	2	0
Koonce	97	73	24	1.5	5	0	1
C. Brown	94	71	23	6.0	3	2	3
Bellamy	87	69	18	2.0	8	2	0
Springs	85	72	13	0.0	14	1	0
W. Williams	60	51	9	1.0	11	1	1
Joseph	58	45	13	0.0	4	0	0
Kennedy	50	32	18	1.0	9	0	0
King	48	42	6	6.0	3	0	0

Record (finish): 6-10 (4th, AFC West)

Head Coach: Mike Holmgren (15-17, .469)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/OL), Stump Mitchell (RBs), Dick Roach (DBs), Pete Rodriguez (Special Teams), Mike Sheppard (QBs), Rod Springer (Asst. Strength & Cond.)

Captains: Game-to-Game

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	188	9.0	30	1
Strong	17	141	8.3	35	0
J. Williams	12	212	17.7	49	1
SEA	258	3164	12.3	64	15
OPP	339	3733	11.0	65	20

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	85	3730	43.9	36.4	7	26	68	1
SEA	86	3730	43.4	36.4	7	26	68	1
OPP	76	3212	42.3	36.1	6	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	25	10	244	9.8	34	0
SEA	33	14	352	10.7	34	0
OPP	43	11	462	10.7	86t	1

Interceptions	No	Yds	Avg	LG	TD
W. Williams	4	24	6.0	24	0
Tongue	3	67	22.3	55t	1
Charlton	2	43	21.5	38t	1
Robertson	2	30	15.0	25	0
Kacyvenski	1	22	22.0	22	0
Lucas	1	0	0.0	0	0
Springs	1	0	0.0	0	0
SEA	14	186	13.3	55t	2
OPP	12	36	3.0	10	0

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	50	1120	22.4	64	0
SEA	72	1496	20.8	64	0
OPP	64	1273	19.9	90t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	7/8	4/5	6/14	3/5
SEA	0/0	7/8	4/5	6/14	3/5
OPP	0/0	12/12	7/8	9/12	1/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	321	176	2023	54.8	6.30	7	2.2	8	2.5	64	38/251	70.9
Dilfer	122	73	1014	59.8	8.31	7	5.7	4	3.3	54	10/72	92.0
Huard	17	9	127	52.9	7.47	1	5.9	0	0.0	44	1/5	96.9
Feagles	2	0	0	0.0	0.00	0	0.0	0	0.0	0	0/0	39.6
SEA	462	258	3164	55.8	6.85	15	3.2	12	2.6	64	49/328	77.2
OPP	563	339	3733	60.2	6.63	20	3.6	14	2.5	65	38/248	81.4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Simmons	123	103	20	2.0	0	7	1	0
C. Brown	106	80	26	8.5	0	7	2	1
Kirkland	101	80	21	1.0	0	4	1	0
Tongue	72	53	19	1.0	3	7	1	1
W. Williams	68	57	11	0.0	4	16	1	1
Robertson	63	48	15	0.0	2	3	0	0
Eaton	55	42	13	1.0	0	2	1	0

Record (finish): 9-7 (2nd, AFC West)

Head Coach: Mike Holmgren (24-24, .500)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)

Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, FS Marcus Robertson, C Robbie Tobeck, RB Ricky Watters

Largest Award: FB Mack Strong

Pro Bowl: T Walter Jones (2), DT John Randle

OFFENSE

Pos.	Starts
WR	*Koren Robinson 13
LT	Walter Jones 16
LG	Steve Hutchinson 16
C	Robbie Tobeck 16
RG	Chris Gray 16
RT	Todd Weiner 13
TE	Christian Fauria 11
	Itula Mili 5
WR	Darrell Jackson 16
	Bobby Engram 4
QB	Matt Hasselbeck 12
	Trent Dilfer 4
RB	Shaun Alexander 12
	Ricky Watters 4
FB	Mack Strong 13

DEFENSE

LE	Michael Sinclair	16
LT	Chad Eaton	16
RT	John Randle	14
RE	Lamar King	8
	John Hilliard	8
OLB	Chad Brown	16
MLB	Levon Kirkland	16
OLB	Anthony Simmons	16
LCB	Ken Lucas	8
	Shawn Springs	7
RCB	Willie Williams	14
SS	Reggie Tongue	16
FS	Marcus Robertson	12

SPECIAL TEAMS

K	Rian Lindell	16
P	Jeff Feagles	16

* Rookie or first-year player

AFC

	W	L	T	Pct.	Pts.	Opp.
Eastern						
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

	W	L	T	Pct.	Pts.	Opp.
Central						
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

	W	L	T	Pct.	Pts.	Opp.
Western						
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

	W	L	T	Pct.	Pts.	Opp.
Eastern						
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

	W	L	T	Pct.	Pts.	Opp.
Central						
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

	W	L	T	Pct.	Pts.	Opp.
Western						
St. Louis	14	2	0	.875	503	273
San Francisco*	12	4	0	.750	409	282
New Orleans	7	9	0	.438	333	409
Atlanta	7	9	0	.438	291	377
Carolina	1	15	0	.062	253	410

2002 REVIEW (7-9)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/08	L	31-17	at Oakland	53,260	Alexander	18	16	2	0	0	0	0	108
09/15	L	24-13	Arizona	63,104	Lindell	0	0	0	0	38/38	23/29	0	107
09/22	L	9-6	at N.Y. Giants	78,551	Robinson	5	0	5	0	0	0	0	30
09/29	W	48-23	Minnesota	65,212	Jackson	4	0	4	0	0	0	0	24
10/6			BYE		Stevens	3	0	3	0	0	0	0	18
10/14	L	28-21	San Francisco	66,420	SEA	41	17	19	5	38/38	23/29	0	355
10/20	L	37-20	at St. Louis	65,931	OPP	43	18	21	4	39/39	22/26	0	369
10/27	W	17-14	at Dallas	63,854	2-Point PATs: SEA 1-2, OPP 3-4.								
11/03	L	14-3	Washington	64,325	Rushing								
11/10	W	27-6	at Arizona	29,252	Alexander	295	1175	4.0	58t	16			
11/17	L	31-9	Denver	65,495	Hasselbeck	40	202	5.1	21	1			
11/24	W	39-32	Kansas City	56,250	Morris	32	153	4.8	24	0			
12/01	L	31-24	at San Francisco	67,594	Strong	23	94	4.1	9	0			
12/08	L	27-20	Philadelphia	59,862	Evans	17	53	3.1	8	0			
12/15	W	30-24	at Atlanta (OT)	69,551	Robinson	8	56	7.0	20	0			
12/22	W	30-10	St. Louis	63,953	SEA	430	1740	4.0	58t	17			
12/29	W	31-28	at San Diego (OT)	52,159	OPP	500	2441	4.9	58t	18			

Team Statistics	Sea	Opp	Receiving	No	Yds	Avg	LG	TD				
TOTAL FIRST DOWNS	347	356	Robinson	78	1240	15.9	83	5				
Rushing	104	140	Jackson	62	877	14.1	48	4				
Passing	208	191	Alexander	59	460	7.8	80t	2				
Penalty	35	25	Engram	50	619	12.4	38	0				
3rd Down: Made/Att.	93/216	100/215	Mili	43	508	11.8	49	2				
3rd Down Pct.	43.1	46.5	Stevens	26	252	9.7	29	3				
4th Down: Made/Att.	6/21	6/13	Strong	22	120	5.5	12	2				
4th Down Pct.	28.6	46.2	SEA	361	4257	11.8	83	19				
POSSESSION AVG.	28:55	31:05	OPP	321	3596	11.2	64t	21				
TOTAL NET YARDS	5818	5852	Punting									
Avg. Per Game	363.6	365.8	Feagles	61	2542	41.7	37.0	4	22	58	0	
Total Plays	1050	1083	SEA	61	2542	41.7	37.0	4	22	58	0	
Avg. Per Play	5.5	5.4	OPP	65	2538	39.0	33.0	7	20	59	0	
NET YARDS RUSHING	1740	2441	Punt Returns									
Avg. Per Game	108.8	152.6	Engram	21	23	224	10.7	61t	1			
Total Rushes	430	500	SEA	25	23	256	10.2	61t	1			
NET YARDS PASSING	4078	3411	OPP	17	19	202	11.9	89t	1			
Avg. Per Game	254.9	213.2	Interceptions									
Sacked/Yards Lost	33/179	28/185	Tongue	5	118	23.6	46t	1				
Gross Yards	4257	3596	Lucas	3	67	22.3	40	0				
Att./Completions	587/361	555/321	Springs	3	0	0.0	0	0				
Completion Pct.	61.5	57.8	Simmons	2	19	9.5	15	0				
Had Intercepted	16	19	Six with 1									
PUNTS/AVERAGE	61/41.7	65/39.0	SEA	19	245	12.9	46t	1				
Net Punting Avg.	37.0	33.0	OPP	16	119	7.4	22t	1				
PENALTIES/YARDS	100/792	99/816	Kickoff Returns									
FUMBLES/LOST	23/12	22/11	Morris	34	821	24.1	97t	1				
TOUCHDOWNS	41	43	J. Williams	21	354	16.9	46	0				
Rushing	17	18	SEA	74	1533	20.7	97t	1				
Passing	19	21	OPP	73	1591	21.8	95t	2				
Defensive	3	1	Field Goals									
Returns	2	3	1-19									
FIELD GOALS	23/29	22/26	20-29									
TOTAL POINTS	355	369	30-39									
			40-49									
			50+									
By Quarters	1	2	3	4	OT	Tot						
SEA	67	123	58	98	9	355	Lindell	1/1	9/9	8/10	4/5	1/4
OPP	75	99	82	113	0	369	SEA	1/1	9/9	8/10	4/5	1/4
							OPP	0/0	9/9	6/8	7/9	0/0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	419	267	3075	63.7	7.34	15	3.6	10	2.4	49	26/143	87.8
Dilfer	168	94	1182	56.0	7.04	4	2.4	6	3.6	83	7/36	71.1
SEA	587	361	4257	61.5	7.25	19	3.2	16	2.7	83	33/179	83.0
OPP	555	321	3596	57.8	6.48	21	3.8	19	3.4	64t	28/185	75.6

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Tongue	93	68	25	0	5	10	0	1
Robertson	89	67	22	0	0	4	0	2
Lucas	82	71	11	0	3	12	1	0
Bell	74	63	11	1.0	0	5	2	2
Eaton	73	48	25	1.0	0	3	0	2
Kacyvenski	71	51	20	0	1	1	0	0
Springs	59	54	5	0	3	11	0	1

Record (finish): 7-9 (3rd, NFC West)

Head Coach: Mike Holmgren (31-33, .484)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (LBs), Kent Johnston (Strength & Cond.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)

Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, S Marcus Robertson, C Robbie Tobeck, RB Ricky Watters

Largest Award: FB Mack Strong

Pro Bowl: T Walter Jones (3)

OFFENSE

Pos.	Starts
WR	Koren Robinson 16
LT	Walter Jones 14
LG	Chris Gray (4 @ RG) 12
	Steve Hutchinson 4
C	Robbie Tobeck 16
RG	Floyd Wedderburn 10
RT	Floyd Womack (2 @ LT) 8
	Chris Terry 5
TE	Itula Mili 12
WR	Darrell Jackson 13
QB	Matt Hasselbeck 10
	Trent Dilfer 6
RB	Shaun Alexander 16
FB	Mack Strong 12

DEFENSE

LE	Lamar King 12
LT	Chad Eaton 16
RT	John Randle 12
RE	Antonio Cochran 16
OLB	Chad Brown 8
	Tim Terry 8
MLB	Isaiah Kacyvenski 9
	Orlando Huff 7
OLB	Marcus Bell 9
	Anthony Simmons 7
LCB	Shawn Springs 15
RCB	Ken Lucas 16
SS	Reggie Tongue 16
FS	Marcus Robertson 15

SPECIAL TEAMS

K	Rian Lindell 16
P	Jeff Feagles 16

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
N.Y. Jets	9	7	0	.563	359	336
New England	9	7	0	.563	381	346
Miami	9	7	0	.563	378	301
Buffalo	8	8	0	.500	379	397

NORTH	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	10	5	1	.656	390	345
Cleveland*	9	7	0	.563	344	320
Baltimore	7	9	0	.438	316	354
Cincinnati	2	14	0	.125	279	456

SOUTH	W	L	T	Pct.	Pts.	Opp.
Tennessee	11	5	0	.688	367	324
Indianapolis*	10	6	0	.625	349	313
Jacksonville	6	10	0	.375	328	315
Houston	4	12	0	.250	213	356

WEST	W	L	T	Pct.	Pts.	Opp.
Oakland	11	5	0	.688	450	304
Denver	9	7	0	.563	392	344
San Diego	8	8	0	.500	333	367
Kansas City	8	8	0	.500	467	399

* Wild Card team

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	12	4	0	.750	415	241
N.Y. Giants*	10	6	0	.625	320	279
Washington	7	9	0	.438	307	365
Dallas	5	11	0	.313	217	329

NORTH	W	L	T	Pct.	Pts.	Opp.
Green Bay	12	4	0	.750	398	328
Minnesota	6	10	0	.375	390	442
Chicago	4	12	0	.250	281	379
Detroit	3	13	0	.188	306	451

SOUTH	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	12	4	0	.750	346	196
Atlanta*	9	6	1	.594	402	314
New Orleans	9	7	0	.563	432	388
Carolina	7	9	0	.438	258	302

WEST	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	367	351
St. Louis	7	9	0	.438	316	369
Seattle	7	9	0	.438	355	369
Arizona	5	11	0	.313	262	417

2003 REVIEW (10-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/07	W	27-10	New Orleans	52,250	J. Brown	0	0	0	0	48/48	22/30	0	114
09/14	W	38-0	at Arizona	23,127	Alexander	16	14	2	0	0	0	0	96
09/21	W	24-23	St. Louis	65,841	Jackson	9	0	9	0	0	0	0	54
10/05	L	35-13	at Green Bay	70,365	Engram	7	0	6	1	0	0	0	42
10/12	W	20-19	San Francisco	66,437	K. Robinson	5	0	4	1	0	0	0	30
10/19	W	24-17	Chicago	65,671	Mili	4	0	4	0	0	0	0	24
10/26	L	27-24	at Cincinnati	52,131	SEA	48	17	27	4	48/48	22/30	1	404
11/02	W	23-16	Pittsburgh	66,507	OPP	36	9	24	3	34/35	25/31	0	327
11/09	L	27-20	at Washington	80,728	2-Point PATs: SEA 0-0. OPP 1-1.								
11/16	W	35-14	Detroit	65,865									
11/23	L	44-41	at Baltimore (OT)	69,477	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			

POSTSEASON

01/04	L	33-27	at Green Bay (OT)	71,457	SEA	453	2009	4.4	55	17		
			(NFC Wild Card Game)		OPP	456	1759	3.9	50	9		

Team Statistics	Sea	Opp	Receiving	No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	338	304	Jackson	68	1137	16.7	80t	9			
Rushing	121	93	K. Robinson	65	896	13.8	38t	4			
Passing	190	183	Engram	52	637	12.3	34t	6			
Penalty	27	28	Mili	46	492	10.7	46t	4			
3rd Down: Made/Att.	96/205	99/235	Alexander	42	295	7.0	22	2			
3rd Down Pct.	46.8	42.1	Strong	29	216	7.4	32	0			
4th Down: Made/Att.	2/7	7/18	Stevens	6	72	12.0	26	0			
4th Down Pct.	28.6	38.9	SEA	317	3872	12.2	80t	27			
POSSESSION AVG.	28:33	31:27	OPP	343	3728	10.9	72t	24			
TOTAL NET YARDS	5627	5239	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Avg. Per Game	351.7	327.4	Rouen	67	2762	41.2	37.1	3	29	61	2
Total Plays	1017	1069	SEA	69	2762	40.0	37.1	3	29	61	2
Avg. Per Play	5.5	4.9	OPP	76	3028	39.8	34.1	6	19	64	1
NET YARDS RUSHING	2009	1759	Punt Returns	No	FC	Yds	Avg	LG	TD		
Avg. Per Game	125.6	109.9	Engram	31	22	320	10.3	83t	1		
Total Rushes	453	456	SEA	34	22	320	9.4	83t	1		
NET YARDS PASSING	3618	3480	OPP	29	22	140	4.8	19	0		
Avg. Per Game	226.1	217.5	Interceptions	No	Yds	Avg	LG	TD			
Sacked/Yards Lost	43/254	40/248	Tongue	4	11	2.8	10	0			
Gross Yards	3872	3728	Simmons	3	38	12.7	33	0			
Att./Completions	521/317	573/343	Trufant	2	21	10.5	15	0			
Completion Pct.	60.8	59.9	Seven with 1								
Had Intercepted	16	16	SEA	16	157	9.8	33	0			
PUNTS/AVERAGE	69/40.0	76/39.8	OPP	16	164	10.3	80t	1			
NET PUNTING AVG.	37.1	34.1	Kickoff Returns	No	Yds	Avg	LG	TD			
PENALTIES/YARDS	91/777	105/825	Morris	47	1007	21.4	56	0			
FUMBLES/BALL LOST	23/13	25/12	Carter	8	185	23.1	33	0			
TOUCHDOWNS	48	36	Strong	3	60	20.0	27	0			
Rushing	17	9	SEA	64	1336	20.9	56	0			
Passing	27	24	OPP	79	1626	20.6	52	0			
Defensive	0	0	Field Goals	1-19	20-29	30-39	40-49	50+			
Returns	4	3	J. Brown	0/0	5/5	10/11	6/11	1/3			
FIELD GOALS	22/30	25/31	SEA	0/0	5/5	10/11	6/11	1/3			
TOTAL POINTS	404	327	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

Largest Award: QB Trent Dilfer

Pro Bowl: RB Shaun Alexander (1), ST Alex Bannister (1), QB Matt Hasselbeck (1), G Steve Hutchinson (1), T Walter Jones (4)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	16
	Koren Robinson	15
	Bobby Engram	7
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	10
	Floyd Womack	4
TE	Itula Mili	12
QB	Matt Hasselbeck	16
RB	Shaun Alexander	15
FB	Mack Strong	9

DEFENSE

LE	Antonio Cochran	7
	Brandon Mitchell	6
LT	Cedric Woodard	12
RT	John Randle	9
	Rashad Moore	6
RE	Chike Okeafor	16
OLB	Anthony Simmons	13
MLB	Randall Godfrey	14
OLB	Chad Brown	14
LCB	Shawn Springs	8
RCB	Marcus Trufant (5@ LCB)	16
SS	Reggie Tongue	14
FS	Ken Hamlin	14

SPECIAL TEAMS

K	*Josh Brown	16
P	Tom Rouen	16

* Rookie or first-year player

AFC

	W	L	T	Pct.	Pts.	Opp.
EAST						
New England	14	2	0	.875	348	238
Miami	10	6	0	.625	311	261
Buffalo	6	10	0	.375	243	279
N.Y. Jets	6	10	0	.375	283	299
NORTH						
Baltimore	10	6	0	.625	391	281
Cincinnati	8	8	0	.500	346	384
Pittsburgh	6	10	0	.375	300	327
Cleveland	5	11	0	.313	254	322
SOUTH						
Indianapolis	12	4	0	.750	447	336
Tennessee*	12	4	0	.750	435	324
Jacksonville	5	11	0	.313	276	331
Houston	5	11	0	.313	255	380
WEST						
Kansas City	13	3	0	.812	484	332
Denver*	10	6	0	.625	381	301
Oakland	4	12	0	.250	270	379
San Diego	4	12	0	.250	313	441

* Wild Card team

NFC

	W	L	T	Pct.	Pts.	Opp.
EAST						
Philadelphia	12	4	0	.750	374	287
Dallas*	10	6	0	.625	289	260
Washington	5	11	0	.312	287	372
N.Y. Giants	4	12	0	.250	243	387
NORTH						
Green Bay	10	6	0	.625	442	307
Minnesota	9	7	0	.563	416	353
Chicago	7	9	0	.438	283	346
Detroit	5	11	0	.313	270	379
SOUTH						
Carolina	11	5	0	.688	325	304
New Orleans	8	8	0	.500	340	326
Tampa Bay	7	9	0	.438	301	264
Atlanta	5	11	0	.313	299	422
WEST						
St. Louis	12	4	0	.750	447	328
Seattle*	10	6	0	.625	404	327
San Francisco	7	9	0	.438	384	337
Arizona	4	12	0	.250	225	452

2004 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/12	W	21-7	at New Orleans	64,900	Alexander	20	16	4	0	0	0	0	120
09/19	W	10-6	at Tampa Bay	65,089	J. Brown	0	0	0	0	40/40	23/25	0	109
09/26	W	34-0	San Francisco	66,709	Jackson	7	0	7	0	0	0	0	44
10/03			BYE		Stevens	3	0	3	0	0	0	0	20
10/10	L	33-27	St. Louis (OT)	66,940	Rice	3	0	3	0	0	0	0	18
10/17	L	30-20	at New England	68,756	Engram	2	0	2	0	0	0	0	12
10/24	L	25-17	at Arizona	35,695	SEA	43	17	23	3	40/40	23/25	0	371
10/31	W	23-17	Carolina	66,214	OPP	42	17	24	1	38/39	27/32	1	373
11/07	W	42-27	at San Francisco	64,423	2-Point Conversions: SEA 2-3, OPP 0-2.								
11/14	L	23-12	at St. Louis	66,044									
11/21	W	24-17	Miami	66,644									
11/28	L	38-9	Buffalo	66,271									
12/06	L	43-39	Dallas	68,093									
12/12	W	27-23	at Minnesota	64,110									
12/19	L	37-14	at New York Jets	77,894									
12/26	W	24-21	Arizona	65,825									
01/02	W	28-26	Atlanta	66,740									

POSTSEASON

01/08	L	27-20	St. Louis (NFC Wild Card Game)	65,397									
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Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	320	311
Rushing	110	102
Passing	189	191
Penalty	21	18
3rd Down: Made/Att.	76/210	97/229
3rd Down Pct.	36.2	42.4
4th Down: Made/Att.	6/11	6/9
4th Down Pct.	54.5	66.7
POSSESSION AVG.	29:00	31:00
TOTAL NET YARDS	5634	5620
Avg. Per Game	352.1	351.3
Total Plays	1034	1047
Avg. Per Play	5.4	5.4
NET YARDS RUSHING	2095	2031
Avg. Per Game	130.9	126.9
Total Rushes	468	452
NET YARDS PASSING	3539	3589
Avg. Per Game	221.2	224.3
Sacked/Yards Lost	34/176	36/218
Gross Yards	3715	3807
Att./Completions	532/304	559/340
Completion Pct.	57.1	60.8
Had Intercepted	18	23
PUNTS/AVERAGE	79/38.4	74/41.8
NET PUNTING AVG.	34.3	37.3
PENALTIES/YARDS	79/669	91/747
FUMBLES/BALL LOST	19/9	25/12
TOUCHDOWNS	43	42
Rushing	17	17
Passing	23	24
Defensive	3	1
Returns	0	0
FIELD GOALS	23/25	27/32
TOTAL POINTS	371	373

By Quarters	1	2	3	4	OT	Tot
SEA	86	129	70	86	0	371
OPP	89	113	52	113	6	373

Rushing	Att	Yds	Avg	LG	TD
Alexander	353	1696	4.8	44	16
Strong	36	131	3.6	11	0
Morris	30	126	4.2	12	0
Hasselbeck	27	90	3.3	19	1
SEA	468	2095	4.5	44	17
OPP	452	2031	4.5	53	17

Receiving

	No	Yds	Avg	LG	TD
Jackson	87	1199	13.8	56t	7
Engram	36	499	13.9	60	2
Robinson	31	495	16.0	33	2
Stevens	31	349	11.3	32	3
Rice TM	25	362	14.5	56	3
Mili	23	240	10.4	20	1
Alexander	23	170	7.4	24	4
SEA	304	3715	12.2	60	23
OPP	340	3807	11.2	63	24

Punting

	No	Yds	Avg	Net	TB	I20	LG	B
Jones	26	988	38.0	32.2	2	6	51	1
SEA	79	3036	38.4	34.3	4	20	60	2
OPP	74	3091	41.8	37.3	5	31	60	0

Punt Returns

	No	FC	Yds	Avg	LG	TD
Morris	15	4	75	5.0	22	0
Engram	10	19	118	11.8	48	0
SEA	30	26	230	7.7	48	0
OPP	33	21	244	7.4	39	0

Interceptions

	No	Yds	Avg	LG	TD
Lucas	6	46	7.7	25	1
Trufant	5	141	28.2	58	0
Boulware	5	69	13.8	63t	1
Hamlin	4	48	12.0	24	0
SEA	23	337	14.7	63t	3
OPP	18	158	8.8	48t	1

Kickoff Returns

	No	Yds	Avg	LG	TD
Morris	47	994	21.1	34	0
Carter	21	448	21.3	36	0
SEA	74	1529	20.7	36	0
OPP	77	1677	21.8	51	0

Field Goals

	1-19	20-29	30-39	40-49	50+
J. Brown	1/1	7/7	8/9	6/7	1/1
SEA	1/1	7/7	8/9	6/7	1/1
OPP	0/0	6/6	12/15	6/7	3/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	474	279	3382	58.9	7.14	22	4.6	15	3.2	60	30/155	83.1
Dilfer	58	25	333	43.1	5.74	1	1.7	3	5.2	56	4/21	46.1
TEAM	532	304	3715	57.1	6.98	23	4.3	18	3.4	60	34/176	79.1
OPP	559	340	3807	60.8	6.81	24	4.3	23	4.1	63	36/218	78.3

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Trufant	93	83	10	1.0	5	20	0	0
Kacyvenski	81	62	19	1.0	0	0	1	0
Hamlin	79	63	16	2.0	4	9	1	1
Bierria	69	47	22	0.0	1	5	1	0
Lucas	67	60	7	0.0	6	21	0	1
Okeafor	53	41	12	8.5	0	0	5	0
Boulware	53	40	13	1.0	5	6	1	0

Record (finish): 9-7 (1st, NFC West)

Head Coach: Mike Holmgren (50-46, .521)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Mike Clark (Strength & 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

Pos.	Player	Starts
LE	Chike Okeafor	16
LT	Cedric Woodard	16
RT	Rashad Moore	12
RE	Grant Wistrom	9
	Antonio Cochran	7
OLB	Isaiah Kacyvenski	7
	Anthony Simmons	7
MLB	Orlando Huff	14
OLB	Chad Brown	7
	Isaiah Kacyvenski	6
LCB	Marcus Trufant	16
RCB	Ken Lucas	16
SS	Terreal Bierria	12
	Michael Boulware	4
FS	Ken Hamlin	16

SPECIAL TEAMS

Pos.	Player	Starts
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	370	1880	5.1	88t	27			
Passing	192	194	Morris	71	288	4.1	49	1			
Penalty	27	23	Hasselbeck	36	124	3.4	23	1			
3rd Down: Made/Att.	76/192	89/234	Weaver	17	80	4.7	24	0			
3rd Down Pct.	39.6	38.0	Strong	17	78	4.6	16	0			
4th Down: Made/Att.	7/8	12/19	SEA	519	2457	4.7	88t	29			
4th Down Pct.	87.5	63.2	OPP	420	1510	3.6	50	5			
POSSESSION AVG.	29:17	30:43	Receiving	No	Yds	Avg	LG	TD			
TOTAL NET YARDS	5915	5069	Engram	67	778	11.6	56	3			
Avg. Per Game	369.7	316.8	Jurevicius	55	694	12.6	52	10			
Total Plays	1020	1041	Stevens	45	554	12.3	35t	5			
Avg. Per Play	5.8	4.9	Jackson	38	482	12.7	48	3			
NET YARDS RUSHING	2457	1510	Hackett	28	400	14.3	47	2			
Avg. Per Game	153.6	94.4	Strong	22	166	7.5	27	0			
Total Rushes	519	420	Alexander	15	78	5.2	9	1			
NET YARDS PASSING	3458	3559	SEA	307	3632	11.8	56	25			
Avg. Per Game	216.1	222.4	OPP	331	3861	11.7	63	18			
Sacked/Yards Lost	27/174	50/302	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Gross Yards	3632	3861	Rouen	61	2539	41.6	35.0	20	7	62	0
Att./Completions	474/307	571/331	SEA	80	3282	41.0	34.7	25	8	62	0
Completion Pct.	64.8	58.0	OPP	77	3091	40.1	36.0	23	7	67	0
Had Intercepted	10	16	Punt Returns	No	FC	Yds	Avg	LG	TD		
PUNTS/AVERAGE	80/41.0	77/40.1	Williams	24	22	139	5.8	24	0		
NET PUNTING AVG.	80/34.7	77/36.0	SEA	31	23	177	5.7	24	0		
PENALTIES/YARDS	94/846	123/909	OPP	41	16	343	8.4	44	0		
FUMBLES/BALL LOST	18/7	25/11	Interceptions	No	Yds	Avg	LG	TD			
TOUCHDOWNS	57	24	Boulware	4	107	26.8	40	0			
Rushing	29	5	Babineaux	3	56	18.7	25	0			
Passing	25	18	Tatupu	3	55	18.3	38t	1			
Defensive	3	0	Herndon	2	12	6.0	6	0			
Returns	0	1	SEA	16	315	19.7	72t	2			
FIELD GOALS	18/25	34/42	OPP	10	93	9.3	33	0			
TOTAL POINTS	452	271	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
LG	Robbie Tobeck	16
C	Chris Gray	16
RG	Sean Locklear	15
RT	Jerramy Stevens	12
TE	Ryan Hannam	5
QB	Matt Hasselbeck	16
	Shaun Alexander	16
	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	345
Green Bay	4	12	0	.250	298	344
SOUTH	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	11	5	0	.688	300	274
Carolina*	11	5	0	.688	391	259
Atlanta	8	8	0	.500	351	341
New Orleans	3	13	0	.188	235	398
WEST	W	L	T	Pct.	Pts.	Opp.
Seattle	13	3	0	.812	452	271
St. Louis	6	10	0	.375	363	429
Arizona	5	11	0	.312	311	387
San Francisco	4	12	0	.250	239	428

* Wild Card teams

2006 REVIEW (9-7; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	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									
01/14	L	27-24	at Chicago (OT) (NFC Divisional Playoff)	62,184	OPP	441	2029	4.6	95t	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	0	0			0	24
Hackett	4	0	4	0			0	24
SEA	37	8	26	3	36/36	25/31	0	335
OPP	39	12	23	4	36/36	23/33	0	341

2-Pt. Conversions: SEA 1-1 (Stevens), OPP 1-3.

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
	Robbie Tobeck	8
C	Chris Spencer	8
	Chris Gray	15
RG	Floyd Womack	1
	Sean Locklear	10
RT	Tom Ashworth	6
	Jerramy Stevens	6
TE	Itala Mili	2
	Matt Hasselbeck	12
QB	Seneca Wallace	10
	Shaun Alexander	8
RB	Maurice Morris	8
	Mack Strong	10

DEFENSE

LE	Bryce Fisher	16
	Chuck Darby	14
LT	Marcus Tubbs	2
	Rocky Bernard	16
RE	Grant Wistrom	16
	Leroy Hill	15
OLB	D.D. Lewis	1
	Lofa Tatupu	16
MLB	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.), 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), Jim Mora (DBs), 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: DE Kerney (1), LB Tatupu (1), T Jones (5).

OFFENSE

Pos.	Starts
WR	Bobby Engram 13
	Nate Burleson 12
	Deion Branch 11
	D.J. Hackett 6
LT	Walter Jones 15
	Floyd Womack 1
LG	Rob Sims 16
C	Chris Spencer 16
RG	Chris Gray 16
RT	Sean Locklear 16
TE	Marcus Pollard 10
	Will Heller 6
QB	Matt Hasselbeck 16
RB	Shaun Alexander 11
	Maurice Morris 5
FB	Leonard Weaver 4
	Mack Strong 2

DEFENSE

LE	Patrick Kerney 16
LT	*Brandon Mebane 10
	Chuck Darby 6
RT	Rocky Bernard 14
	Craig Terrill 2
RE	Darryl Tapp 16
OLB	Leroy Hill 14
	Kevin Bentley 2
MLB	Lofa Tatupu 16
OLB	Julian Peterson 16
LCB	Marcus Trufant 16
RCB	Kelly Jennings 15
SS	Deon Grant 16
	Mike Green 1
FS	Brian Russell 16

SPECIAL TEAMS

K	Josh Brown 16
P	Ryan Plackemeier 16
* Rookie or first-year player	

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	16	0	0	1.000	589	274
Buffalo	7	9	0	.438	252	354
N.Y. Jets	4	12	0	.250	268	355
Miami	1	15	0	.063	267	437
NORTH	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	10	6	0	.625	393	269
Cleveland	10	6	0	.625	402	382
Cincinnati	7	9	0	.438	380	385
Baltimore	5	11	0	.313	275	384
SOUTH	W	L	T	Pct.	Pts.	Opp.
Indianapolis	13	3	0	.813	450	262
Jacksonville*	11	5	0	.688	411	304
Tennessee*	10	6	0	.625	301	297
Houston	8	8	0	.500	379	384
WEST	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	412	284
Denver	7	9	0	.438	320	409
Oakland	4	12	0	.250	283	398
Kansas City	4	12	0	.250	226	335

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Dallas	13	3	0	.813	455	325
N.Y. Giants*	10	6	0	.625	373	351
Washington*	9	7	0	.563	334	310
Philadelphia	8	8	0	.500	336	300
NORTH	W	L	T	Pct.	Pts.	Opp.
Green Bay	13	3	0	.813	435	291
Minnesota	8	8	0	.500	365	311
Detroit	7	9	0	.438	346	444
Chicago	7	9	0	.438	334	348
SOUTH	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	9	7	0	.563	334	270
Carolina	7	9	0	.438	267	347
New Orleans	7	9	0	.438	379	388
Atlanta	4	12	0	.250	259	414
WEST	W	L	T	Pct.	Pts.	Opp.
Seattle	10	6	0	.625	393	291
Arizona	8	8	0	.500	404	399
San Francisco	5	11	0	.313	219	364
St. Louis	3	13	0	.188	263	438

2008 REVIEW (4-12)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts	
09/07	L	34-10	at Buffalo	71,194	Mare	0	0	0	0	30/30	24/27	0	102	
09/14	L	33-30	San Francisco (OT)	67,951	Duckett	8	8	0	0			0	48	
09/21	W	37-13	St. Louis	68,012	Carlson	5	0	5	0			0	30	
9/28			BYE		Branch	4	0	4	0			0	24	
10/05	L	44-6	at N.Y. Giants	79,529	five tied with 12									
10/12	L	27-17	Green Bay	68,302	SEA	32	10	18	4	30/30	24/27	0	294	
10/19	L	20-10	at Tampa Bay	64,811	OPP	40	13	25	2	39/39	37/41	0	392	
10/26	W	34-13	at San Francisco	67,504	2-Pt. Conversions: SEA 0-2, OPP 1-1.									
11/02	L	26-7	Philadelphia	68,055										
11/09	L	21-19	at Miami	64,862	Rushing					Att	Yds	Avg	LG	TD
11/16	L	26-20	Arizona	67,616	J. Jones	158	698	4.4	33	2				
11/23	L	20-17	Washington	67,771	Morris	132	574	4.3	45	0				
11/27	L	34-9	at Dallas	63,253	Duckett	62	172	2.8	29	8				
12/07	L	24-21	New England	68,077	Weaver	30	130	4.3	15	0				
12/14	W	23-20	at St. Louis	56,123	Wallace	16	78	4.9	23	0				
12/21	W	13-3	N.Y. Jets	68,181	SEA	417	1768	4.2	45	10				
12/28	L	34-21	at Arizona	63,874	OPP	457	1899	4.2	51t	13				

Team Statistics	Sea	Opp	Receiving	No	Yds	Avg	LG	TD				
TOTAL FIRST DOWNS	265	324	Carlson	55	627	11.4	33	5				
Rushing	104	98	Ingram	47	489	10.4	37	0				
Passing	142	207	Robinson	31	400	12.9	90t	2				
Penalty	19	19	Branch	30	412	13.7	63	4				
3rd Down: Made/Att.	62/198	94/222	Weaver	20	222	11.1	62t	2				
3rd Down Pct.	31.3	42.3	Morris	19	136	7.2	13t	2				
4th Down: Made/Att.	10/12	8/13	J. Jones	14	66	4.7	17	0				
4th Down Pct.	83.3	61.5	SEA	262	2831	10.8	90t	18				
POSSESSION AVG.	26:30	33:30	OPP	366	4342	11.9	63	25				
TOTAL NET YARDS	4385	6048										
Avg. Per Game	274.1	378.0	Punting	No	Yds	Avg	Net	TB	I20	LG	B	
Total Plays	927	1058	Ryan	78	3557	45.6	37.9	12	22	63	1	
Avg. Per Play	4.7	5.7	SEA	90	4007	44.5	36.9	12	24	63	1	
NET YARDS RUSHING	1768	1899	OPP	68	3009	44.3	38.2	3	20	68	0	
Avg. Per Game	110.5	118.7										
Total Rushes	417	457	Punt Returns	No	FC	Yds	Avg	LG	TD			
NET YARDS PASSING	2617	4149	Forsett	23	9	227	9.9	29	0			
Avg. Per Game	163.6	259.3	SEA	35	17	353	10.1	30	0			
Sacked/Yards Lost	36/214	35/193	OPP	44	8	444	10.1	63t	1			
Gross Yards	2831	4342										
Att./Completions	474/262	566/366	Interceptions	No	Yds	Avg	LG	TD				
Completion Pct.	55.3	64.7	Wilson	4	135	33.8	75t	1				
Had Intercepted	15	9	Grant	2	31	15.5	31	0				
PUNTS/AVERAGE	90/44.5	68/44.3	Babineaux	1	35	35.0	35t	1				
NET PUNTING AVG.	90/36.9	68/38.2	Tatupu	1	16	16.0	16	0				
PENALTIES/YARDS	79/601	81/671	Trufant	1	0	0.0	0	0				
FUMBLES/BALL LOST	20/12	26/11	SEA	9	217	24.1	75t	2				
TOUCHDOWNS	32	40	OPP	15	233	15.5	86t	1				
Rushing	10	13										
Passing	18	25	Kickoff Returns	No	Yds	Avg	LG	TD				
Defensive	4	1	Wilson	69	1753	25.4	61	0				
Returns	0	1	SEA	77	1948	25.3	61	0				
FIELD GOALS	24/27	37/41	OPP	47	1205	25.6	58	0				
TOTAL POINTS	294	392										
			Field Goals	1-19	20-29	30-39	40-49	50+				
By Quarters	1	2	3	4	OT	Tot	Mare	0/0	7/7	9/10	5/6	3/4
SEA	74	95	38	87	0	294	TEAM	0/0	7/7	9/10	5/6	3/4
OPP	78	137	105	69	3	392	OPP	0/0	15/15	8/8	11/14	3/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wallace	242	141	1532	58.3	6.33	11	4.5	3	1.2	90t	14/76	87.0
Hasselbeck	209	109	1216	52.2	5.82	5	2.4	10	4.8	34	19/119	57.8
TEAM	474	262	2831	55.3	5.97	18	3.8	15	3.2	90t	36/214	72.5
OPP	566	366	4342	64.7	7.67	25	4.4	9	1.6	63	35/193	96.0

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	94	69	25	0.0	1	4	1	0
Peterson	86	65	21	5.0	0	5	4	1
Hill	81	61	20	1.0	0	3	0	0
Grant	77	60	17	0.0	2	8	0	0
Wilson	76	69	7	1.0	4	9	3	2
Russell	69	53	6	1.0	0	3	1	0

Record (finish): 4-12 (3rd, NFC West)

Head Coach: Mike Holmgren (86-74, .538)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Chris Beake (Offensive Asst./Quality Control), Jim Mora (DBs), Dwaine Board (DL), Mike Clark (Strength & Conditioning), Mike DeBord (Asst. OL), Bruce DeHaven (Special Teams), Kasey Dunn (RBs), Keith Gilbertson (WRs), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Conditioning Asst.), Bill Lazor (QB), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Zerick Rollins (LBs), Mike Solari (OL).

Captains: QB Matt Hasselbeck, T Walter Jones, LB Lofa Tatupu, S Deon Grant, LB Lance Laury, LB D.D. Lewis

Largest Award: Mike Holmgren

Pro Bowl: T Walter Jones (9), LB Julian Peterson (3, 5 overall).

All-Pro: Jones (6).

OFFENSE

Pos.		Starts
WR	Koren Robinson	12
	Bobby Engram	11
	Deion Branch	8
LT	Walter Jones	12
	Mike Wahle	10
LG	Floyd Womack	6
	Chris Spencer	11
	Steve Vallos	5
RG	Floyd Womack	8
	Mansfield Wrotto	4
RT	Sean Locklear	9
	Ray Willis	7
TE	*John Carlson	9
QB	Seneca Wallace	8
	Matt Hasselbeck	7
RB	Julius Jones	10
	Maurice Morris	6
FB	Leonard Weaver	6

DEFENSE

LE	Darryl Tapp	9
	Patrick Kerney	7
LT	Brandon Mebane	16
	Rocky Bernard	15
RE	*Lawrence Jackson	14
OLB	Leroy Hill	12
	Lofa Tatupu	15
OLB	Julian Peterson	15
	Marcus Trufant	16
RCB	Josh Wilson	12
	Kelly Jennings	4
SS	Deon Grant	16
FS	Brian Russell	16

SPECIAL TEAMS

K	Olindo Mare	16
P	Jon Ryan	15

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
Miami	11	5	0	.688	345	317
New England	11	5	0	.688	410	309
N.Y. Jets	9	7	0	.563	405	356
Buffalo	7	9	0	.438	336	342
NORTH	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	12	4	0	.750	347	223
Baltimore*	11	5	0	.688	385	244
Cincinnati	4	11	1	.281	204	364
Cleveland	4	12	0	.250	232	350
SOUTH	W	L	T	Pct.	Pts.	Opp.
Tennessee	13	3	0	.813	375	234
Indianapolis*	12	4	0	.750	377	298
Houston	8	8	0	.500	366	394
Jacksonville	5	11	0	.313	302	367
WEST	W	L	T	Pct.	Pts.	Opp.
San Diego	8	8	0	.500	439	347
Denver	8	8	0	.500	370	448
Oakland	5	11	0	.313	263	388
Kansas City	2	14	0	.125	291	440

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	12	4	0	.750	427	294
Philadelphia*	9	6	1	.594	416	289
Dallas	9	7	0	.563	362	365
Washington	8	8	0	.500	265	296
NORTH	W	L	T	Pct.	Pts.	Opp.
Minnesota	10	6	0	.625	379	333
Chicago	9	7	0	.563	375	350
Green Bay	6	10	0	.375	419	380
Detroit	0	16	0	.000	268	517
SOUTH	W	L	T	Pct.	Pts.	Opp.
Carolina	12	4	0	.750	414	329
Atlanta*	11	5	0	.688	391	325
Tampa Bay	9	7	0	.563	361	323
New Orleans	8	8	0	.500	463	393
WEST	W	L	T	Pct.	Pts.	Opp.
Arizona	9	7	0	.563	427	426
San Francisco	7	9	0	.438	339	381
Seattle	4	12	0	.250	294	392
St. Louis	2	14	0	.125	232	465

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
	Offensive Assistant	2009-	
Becker, John	Offensive Coord./WRs	1989-91	Cal State-Northridge
Board, Dwaine	Defensive Line	2003-08	North Carolina A&T
Boghosian, Sam	Offensive Coord./Off. Line	1976-77	UCLA
Bradley, Gus	Defensive Coordinator	2009-	North Dakota State
Brasher, Tommy	Defensive Line	1992-98	Arkansas
Bratkowski, Bob	Wide Receivers	1992-94	Washington State
	Offensive Coord./WRs	1995-97	
	Offensive Coordinator	1998	
Brooks, Larry	Defensive Line	1999-2002	Virginia State
Brown, Dave	Defensive Coach	1992-98	Michigan
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
	Tight Ends	2009-	
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.	2007-08	
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	1999-08	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	2005-08	California
Johnson, Jim	Linebackers	1998	Missouri
Johnston, Kent	Strength & Conditioning	1999-2003	Stephen F. Austin
Kennan, Larry	Offensive Coordinator/QBs	1992-94	LaVerne
Knapp, Greg	Offensive Coordinator	2009-	Sacramento State
Knox, Chuck	Head Coach	1983-91	Juniata
Krein, Daren	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

Name	Responsibility	Years	College
LeDuc, Dana	Strength & Conditioning	1995-98	Texas
Leggett, Earl	Defensive Line	1976-77	Louisiana State
Lewis, Tim	Defensive Backs	2009-	Pittsburgh
Lind, Jim	Linebackers	1999	Bemidji (Minn.) State
	Tight Ends	2000-08	
Lopez, Clayton	Defensive Quality Control	1999-2001	Nevada
	Defensive Asst./Secondary	2002-2003	
Lovat, Tom	Offensive Line	1999-2003	Utah
MacDonald, Andy	Running Backs	1976-82	Central Michigan
Marmie, Larry	Defensive Assistant/Secondary	2006-	Eastern Kentucky
Marshall, John	Linebackers	2003-05	Oregon
	Defensive Coordinator	2006-08	
Matsumoto, Arnie	Staff Assistant	1989-95	Lewis and Clark
McCormack, Mike	Head Coach	1982	Kansas
McMackin, Greg	Defensive Coordinator	1995-98	So. Oregon State
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	2007-08	Washington
	Head Coach	2009-	
Moyer, Paul	Special Assignments	1990-91	Arizona State
	DBs/Asst. Special Teams	1992-94	
Mudd, Howard	Offensive Line	1978-82	Hillsdale
		1993-97	
Murphy, Mike	Linebackers	1995-97	Huron
Olson, Rich	Quarterbacks	1995-98	Washington State
Patera, Jack	Head Coach	1976-82	Oregon
Peccatiello, Larry	Linebackers	1976-77	William and Mary
	Defensive Coordinator/LBs	1978-80	
Perry, Rod	Defensive Backs	1989-91	Colorado
Phair, Mike	Asst. Linebackers	2008	Arizona State
	Asst. Defensive Line	2009-	
Prince, Robert	Wide Receivers	2009-	Humboldt State
Prochaska, Ray	Offensive Coordinator/OL	1983-85	Nebraska
Purnell, Russ	Special Assignments	1986	Whittier
	TEs/Asst. Special Teams	1987-91	
	TEs/Special Teams	1992-94	
Quinn, Dan	Asst. Head Coach/Def. Line	2009-	Salisbury State
Raines, Frank	Strength & Conditioning	1990-94	George Mason
Reynolds, Gary	Off. Asst./Quality Control	2003-07	Texas A&M
Rhodes, Ray	Defensive Coordinator	2003-05	Tulsa
	Special Projects/Defense	2006-07	
Rhyme, Jerry	QBs/WRs/TEs	1976-77	Tulsa
	Offensive Coord./QBs/WRs/TEs	1978-79	
	Offensive Coord./QBs/WRs	1980-82	
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
Shurmur, 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	

Name	Responsibility	Years	College
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, Jamar	S	2008-	1	0	Michigan
Adams, Sam	DT/DE	1994-99	89	66	Texas A&M
Adams, Theo	T	1992	10	0	Hawaii
Adkins, Sam	QB	1977-82	10	0	Wichita State
Agee, Tommie	FB	1988	16	0	Auburn
Ahrens, Dave	LB	1990	10	3	Wisconsin
Aiu, Charlie	G	1978	1	0	Hawaii
Alexander, Shaun	RB	2000-07	119	97	Alabama
Allen, Harvey	S	1987	2	2	Nevada-Las Vegas
Allert, Ty	LB	1990	1	0	Texas
Allred, Brian	CB	1993-94	4	0	Sacramento State
Alvarez, Wilson	K	1981	4	0	S.E. Louisiana
Anderson, Eddie	S	1986	5	0	Fort Valley State
Anderson, Fredell	DE	1980-82	22	6	Prairie View A&M
Andrews, Ricky	LB	1990	15	0	Washington
Andrews, Tom	C/G	1987	2	2	Louisville
Araguz, Leo	P	2005	4	0	Stephen F. Austin
Ashworth, Tom	T	2006-07	29	6	Colorado
Atkins, Baraka	DE	2007-	21	0	Miami
Atkins, James	T/G	1994-97	49	37	S.W. Louisiana
August, Steve	T	1977-84	97	90	Tulsa

B

Babin, Jason	DE	2007-08	4	0	Western Michigan
Babineaux, Jordan	CB	2004-	67	13	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

Player	Position	Years	GP	GS	College
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	2002-08	103	55	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-	33	32	Louisville
Brandon, David	LB	1993-94	20	0	Memphis State
Brilz, Darrick	G/C	1989-93	78	44	Oregon State
Brinson, Larry	RB	1980	8	0	Florida
Brock, Lou	CB	1988	1	0	Southern California
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
Bryant, Red	DT	2008-	4	0	Texas A&M
Bullard, Louis	T	1978-80	36	15	Jackson State
Bumpus, Michael	WR	2008-	4	1	Washington State
Burleson, Nate	WR	2006-	33	20	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

Player	Position	Years	GP	GS	College
Cain, Joe	LB	1989-92, 97	68	13	Oregon Tech
Caldwell, Tony	LB	1987	1	1	Washington
Campbell, Jack	T	1982	1	0	Utah
Canty, Chris	CB	1999-2000	26	2	Kansas State
Carlson, John	TE	2008-	16	9	Notre Dame

C

Player	Position	Years	GP	GS	College
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
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
Colbert, Keary	WR	2008	7	4	USC
Coleman, Andre	WR	1997	2	0	Kansas State
Collins, Greg	LB	1976	13	0	Notre Dame
Collins, Mark	S	1998	9	0	Cal State-Fullerton
Colquitt, Jimmy	P	1985	2	0	Tennessee
Comeaux, Darren	LB	1988-91	50	39	Arizona State
Cook, Kerwin	WR	2001	*0	0	Tulane
Cooke, Bill	DE/DT	1978-80	34	3	Massachusetts
Cooper, Chris	DT	2006	*0	0	Nebraska-Omaha
Cooper, Marquis	LB	2006	1	0	Washington
Corley, Chris	TE	1987	1	0	South Carolina
Cortes, Julio	LB	1987	3	3	Miami
Cotton, Marcus	LB	1991	3	0	Southern California
Coutu, Brandon	K	2008-	*0	0	Georgia
Covington, Tony	S	1995	11	0	Virginia
Cowlings, Al	DE	1976	1	0	Southern California
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

Player	Position	Years	GP	GS	College
Dodge, Dedrick	S	1991-92	25	0	Florida State
Donaldson, Ray	C	1993-94	32	32	Georgia
Donnelly, Rick	P	1990-91	19	0	Wyoming
Doornink, Dan	FB/RB	1979-85	92	44	Washington State
Dorning, Dale	DE	1987	3	3	Oregon
Dorris, Andy	DE	1977	4	1	New Mexico State
Dove, Wes	DE	1987	2	0	Syracuse
Duckett, Forey	S	1994	2	0	Nevada
Duckett, T.J.	RB	2008-	16	0	Michigan State
Dufek, Don	S	1976-77, 79-84	95	6	Michigan
Dugan, Bill	G	1981-83	40	5	Penn State
Dyson, Andre	CB	2005	10	5	Utah

E

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	2001-08	109	67	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
Engram, Bobby	WR	2002-08	109	67	Penn State
Essink, Ron	T	1980-85	83	70	Grand Valley State
Evans, Doug	CB	2002-03	18	0	Louisiana Tech
Evans, Heath	FB	2001-04	61	1	Auburn
Evans, Norm	T	1976-78	38	25	Texas Christian
Evans, Russell	WR	1987	1	0	N.E. Missouri State

F

Fairbanks, Don	DE	1987	3	3	Colorado
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
Flones, Brian	LB	1981-82	13	0	Washington State
Foley, Glenn	QB	1999	2	1	Boston College
Forsett, Justin	RB	2008-	11	0	California
Frank, Malcolm	CB	1992	15	0	Baylor
Franklin, Byron	WR	1985-87	33	1	Auburn
Franklin, Jethro	DE	1989	7	1	Fresno State
French, Rufus	TE	1999-2000	*0	0	Mississippi
Frier, Mike	DT	1994	2	0	Appalachian State
Friesz, John	QB	1995-98	21	11	Idaho
Frye, Charlie	QB	2007-08	2	1	Akron
Fuller, Curtis	S	2001-02	26	2	Texas Christian
Fuller, Randy	CB	1999	2	0	Tennessee State

G

Player	Position	Years	GP	GS	College
Gaines, Greg	LB	1981, 83-88	88	43	Tennessee
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
Goddard, Na'Shan	T	2008-	2	0	South Carolina
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
Graham, Jay	RB	2001	11	0	Tennessee
Graham, Jeff	QB	1993-94	*0	0	Long Beach State
Grant, Deon	S	2007-	32	32	Tennessee
Grant, Will	C	1986	7	6	Kentucky
Gray, Carlton	CB	1993-96	53	45	UCLA
Gray, Chris	G/C	1998-08	158	145	Auburn
Gray, Oscar	FB	1996-97	9	0	Arkansas
Green, Ahman	RB	1998-99	30	0	Nebraska
Green, Boyce	RB	1987	2	2	Carson-Newman
Green, Howard	DT	2007-08	18	0	Louisiana State
Green, Jacob	DE	1980-91	178	176	Texas A&M
Green, Jessie	WR	1979-80	23	0	Tulsa
Green, Marcus	DT	2006	2	0	Ohio State
Green, Mike	S	2006	15	1	Northwestern State
Green, Paul	TE	1992-94	35	23	Southern California
Green, Sammy	LB	1976-79	60	44	Florida
Green, Tony	KR	1979	11	0	Florida
Greene, Andrew	G	1998	4	0	Indiana
Greene, Danny	WR	1985	4	0	Washington
Greene, David	QB	2005-06	*0	0	Georgia
Gregory, Bill	DE/DT	1978-80	47	43	Wisconsin
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	985	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

Player	Position	Years	GP	GS	College
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-	110	103	Boston College
Hauck, Tim	S	1997	16	0	Montana
Hawthorne, David	LB	2008-	14	0	Texas Christian
Hayes, Eric	DT	1990-91	21	3	Florida State
Heck, Andy	T/G	1989-93	77	70	Notre Dame
Heller, Ron	TE	1990, 92	32	16	Oregon State
Heller, Will	TE	2006-08	44	6	Georgia Tech
Heppner, Kris	K	2000	4	0	Montana
Hernandez, Matt	T	1983	8	1	Purdue
Herndon, Kelly	CB	2005-06	28	22	Toledo
Herrera, Efren	K	1978-81	60	0	UCLA
Herring, Will	LB	2007-	23	1	Auburn
Hicks, Mark	LB	1983	10	1	Arizona State
Hill, James	TE	2000	10	0	Abilene Christian
Hill, Leroy	LB	2005-	56	50	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-	20	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

Innocent, Dou	WR	1996	4	0	Mississippi
Irvin, Darrell	DE	1983	16	0	Oklahoma
Ivory, Horace	RB	1981-82	12	0	Oklahoma

Jackson, Darrell	WR	2000-06	96	90	Florida
Jackson, Harold	WR	1983	15	6	Jackson State
Jackson, Joe	LB	1987	3	0	San Francisco State
Jackson, Lawrence	DE	2008-	16	14	USC
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-	48	23	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

J

Player	Position	Years	GP	GS	College
Johnson, Johnnie	S	1989	3	1	Texas
Johnson, M.L.	LB	1987-89	37	9	Hawaii
Johnson, Norm	K	1982-90	134	0	UCLA
Johnson, Tracy	FB	1992-95	63	15	Clemson
Jolley, Gordon	G/T	1976-77	26	15	Utah
Jones, Donnie	P	2004	6	0	Louisiana State
Jones, Ernie	CB	1976	9	3	Miami
Jones, Horace	DE	1977	1	0	Louisville
Jones, James	FB	1989-92	50	7	Florida
Jones, Julius	RB	2008-	15	10	Notre Dame
Jones, Mike	LB	1977	12	0	Jackson State
Jones, Mike	TE	1992	4	1	Texas A&M
Jones, Rod	TE	1989	4	0	Washington
Jones, Selwyn	CB	1995-96	31	1	Colorado State
Jones, Walter	T	1997-	180	180	Florida State
Joppru, Ben	TE	2006-07	18	0	Michigan
Jordan, Charles	WR	1999	4	1	Long Beach City College
Joseph, Kerry	S	1998-2001	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
Kent, Jordan	WR	2008-	9	1	Oregon
Kerney, Patrick	DE	2007-	23	23	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

Player	Position	Years	GP	GS	College
Laury, Lance	LB	2006-	40	0	South Carolina
Lavine, Paul	LB	1987	3	1	Utah State
Le Bel, Harper	TE	1989	16	0	Colorado State
Lee, Ronnie	T	1990-92	34	21	Baylor
Lewis, D.D.	LB	2002-06, 08-	62	20	Texas
Lewis, Will	CB	1980-81	26	0	Millersville State
Leyboldt, 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-	70	53	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, 09-	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

Mack, Kim	S	1987	1	0	Florida State
Mangiero, Dino	NT	1984	15	0	Rutgers
Manuel, Marquand	S	2004-05	31	11	Florida
Mare, Olindo	K	2008-	16	0	Syracuse
Marinano, 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
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
McKinney, Steve	C	2008	*0	0	Texas A&M
McKinnis, Hugh	FB	1976	11	5	Arizona State
McKnight, James	WR	1994-98	60	7	Liberty
McMakin, John	TE	1976	12	1	Clemson
McMillan, Eddie	CB	1976-77	28	28	Florida State
McMillian, Henry	DE	1995-96	4	0	Florida
McMullen, Billy	WR	2008-	4	2	Virginia
McNeal, Travis	TE	1989-91	48	24	Tennessee-Chattanooga
McShane, Charles	LB	1977-79	29	0	California Lutheran
McVeigh, John	LB	1987	3	3	Miami
Mebane, Brandon	DT	2007-	32	26	Califormia
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

M

Player	Position	Years	GP	GS	College
Miller, Brandon	DE	2008-	1	0	Georgia
Miller, Darrin	LB	1988-89	32	0	Tennessee
Miller, Donald	LB	1990	7	0	Idaho State
Miller, Keith	LB	2002	7	0	California
Miller, Terry	RB	1981	1	0	Oklahoma State
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	2002-08	101	22	Oregon
Morris, Michael	LS	1990	4	0	N.E. Missouri State
Morris, Randall	RB	1984-88	61	2	Tennessee
Morton, Michael	RB	1987	2	0	Nevada-Las Vegas
Moss, Winston	LB	1995-97	46	46	Miami
Moyer, Paul	S	1983-89	98	30	Arizona State
Munson, Bill	QB	1976	6	0	Utah State
Murphy, Kevin	LB	1993	14	10	Oklahoma
Myer, Steve	QB	1976-80	13	4	New Mexico
Myles, DeShone	LB	1998-2000	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
Obomanu, Ben	WR	2006-	13	0	Auburn
O'Callaghan, John	TE	1987	1	0	San Diego State
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
Payne, Logan	WR	2008-	2	2	Minnesota
Pearman, Alvin	RB	2007-	3	0	Virginia
Peets, Brian	TE	1978-79	25	14	Pacific
Penchion, Bob	G	1976	13	13	Alcorn A&M
Perryman, Dean	C	1987	1	0	Washington

Player	Position	Years	GP	GS	College
Peterson, Julian	LB	2006-08	48	47	Michigan State
Peterson, Todd	K	1995-99	80	0	Georgia
Plackemeier, Ryan	P	2006-08	33	0	Wake Forest
Pollard, Marcus	TE	2007	14	10	Bradley
Pollard, Robert	DE	2005-06	1	0	Texas Christian
Polowski, Larry	LB	1979	14	0	Boise State
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, Ricky	WR	1996-99	62	41	Colorado
Proehl, Ricky	WR	1995-96	24	7	Wake Forest
Pruitt, Etric	S	2005	6	0	Southern Mississippi
Putzier, Jeb	TE	2008	6	1	Boise State

R

Rackley, Derek	LS	2006-07	20	0	Minnesota
Raible, Steve	WR	1976-81	83	8	Georgia Tech
Ramsey, Greg	DE	1987	2	0	Fresno State
Randall, Curtis	LB	2004	4	0	Louisiana Tech
Randle, John	DT	2001-03	43	35	Texas A&I
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	2007-08	19	0	Idaho
Robinson, Koren	WR	2001-04, 08	69	64	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-	32	32	San Diego State
Ryan, Jon	P	2008-	15	0	Regina

S

Sager, Ken	TE	1987	3	1	Western Washington
Saleaumua, Dan	DT	1997-98	27	15	Arizona State
Salisbury, Sean	QB	1986	*0	0	Southern California
Sandifer, Bill	DT	1977-78	16	15	UCLA
Sanford, Rick	S	1985	5	0	South Carolina
Sawyer, John	TE	1977-78, 80-82	65	39	Southern Mississippi
Scales, Dwight	WR	1984	4	0	Grambling
Schmitt, Owen	FB	2008-	15	1	West Virginia
Schmitt, Tyler	LS	2008-	*0	0	San Diego State

S

Player	Position	Years	GP	GS	College
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 Tech
Sims, David	FB/RB	1977-79	29	12	Georgia Tech
Sims, Jack	G	1987	3	2	Hawaii
Sims, Rob	G	2006-	31	20	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
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-	52	40	Mississippi
Spitulski, Bob	LB	1992-94	26	1	Central Florida
Springs, Shawn	CB	1997-2003	93	88	Ohio State
Stark, Chad	FB	1987	2	0	North Dakota State
Stark, Rohn	P	1997	4	0	Florida State
Stephens, Rod	LB	1989-94	75	34	Georgia Tech
Stevens, Jerramy	TE	2002-06	71	26	Washington
Stewart, Russell	TE	2001	*0	0	Stanford
Stokes, Eric	S	1997-98	11	0	Nebraska
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-	48	26	Virginia Tech
Tatupu, Lofa	LB	2005-	63	63	Southern California
Taylor, Bobby	CB	2004	9	0	Notre Dame
Taylor, Cordell	CB	1999	2	0	Hampton
Taylor, Courtney	WR	2007-	18	4	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-	63	3	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

Player	Position	Years	GP	GS	College
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-	94	94	Washington State
Tuatagaloa, Natu	DE	1992-93	30	15	California
Tubbs, Marcus	DT	2004-07	29	16	Texas
Tuiasosopo, Manu	DT/DE/NT	1979-83	73	64	UCLA
Turner, Daryl	WR	1984-87	59	40	Michigan State
Turner, Kevin	LB	1981	8	0	Pacific
Tuten, Rick	P	1991-97	101	0	Florida State
Tyler, Robert	TE	1989	9	9	South Carolina State

U

Unverzagt, Eric	LB	1996-97	9	0	Wisconsin
Urban, Jerheme	WR	2003-05	10	2	Trinity

V

Vallos, Steve	C	2008-	16	5	Wake Forest
Vaughn, Jon	RB	1993-94	26	2	Michigan

W

Wagner, Vince	K	1981	*0	0	Northwestern (Minn.)
Wahle, Mike	G	2008-	10	10	Navy
Waits, Alex	P	1991	3	0	Texas
Walker, Brian	S	1999	5	0	Washington State
Walker, Byron	WR	1982-86	58	3	Citadel
Walker, Tim	LB	1980	16	0	Savannah State
Wallace, C.J.	S	2007-	21	0	Washington
Wallace, Seneca	QB	2003-	34	12	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	2005-08	46	11	Carson-Newman
Weber, Roger	G	1987	*0	0	Kent State
Webster, Cornell	CB	1977-80	52	33	Tulsa
Wedderburn, Floyd	T/G	1999-2002	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

W

Player	Position	Years	GP	GS	College
Williams, Grant	T	1996-99	56	23	Louisiana Tech
Williams, James	FB	1987	1	0	Fresno State
Williams, James	WR	2000-02	29	4	Marshall
Williams, Jimmy	CB	2005-06	30	1	Vanderbilt
Williams, John	FB	1985	2	0	Wisconsin
Williams, John L.	FB	1986-93	123	115	Florida
Williams, Kyle	T	2008-	4	2	Southern California
Williams, Lester	NT	1987	2	0	Miami
Williams, Robert	CB	1999	1	0	North Carolina
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-	28	10	Florida State
Wilmer, Ray	S	1984	3	0	Louisiana Tech
Wilson, Josh	CB	2007-	28	12	Maryland
Wilson, Mike	T	1986-89	60	60	Georgia
Wilson, Robert	WR	1997-99	18	0	Florida A&M
Wimmer, Gary	LB	1983	3	0	Stanford
Wistrom, Grant	DE	2004-06	41	41	Nebraska
Womack, Floyd	T	2001-08	90	46	Mississippi State
Woodard, Cedric	DT	2000-04	61	28	Texas
Wooden, Terry	LB	1990-96	89	87	Syracuse
Woods, Larry	DT	1976	6	0	Tennessee State
Woods, Tony	LB/DE	1987-92	89	79	Pittsburgh
Woolsey, Rolly	CB	1976	14	11	Boise State
Wortham, Cornelius	LB	2005	8	0	Alabama
Wrotto, Mansfield	G	2007-	7	4	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



FB John L. Williams (1986-93)

SERIES BREAKDOWN

Due to the 2002 new alignment plan, division records were reset.
Division records from 1976-2001 may be found on page 256.

NFC WEST (27-15)

ARIZONA CARDINALS (9-11)

9/12/76	—	L	24-30	58,441
11/13/83	—	L	@ 28-33	33,280
9/17/89	—	L	24-34	60,444
12/19/93	—	*L	27-30	45,737
10/29/95	—	*L	@ 14-20	39,600
9/13/98	—	W	33-14	57,678
9/15/02	—	L	13-24	63,104
11/10/02	—	W	@ 27-6	29,252
9/14/03	—	W	@ 38-0	23,127
12/21/03	—	W	28-10	64,899
10/24/04	—	L	@ 17-25	35,695
12/26/04	—	W	24-21	65,825
9/25/05	—	W	37-12	64,843
11/6/05	—	W	@ 33-19	43,542
9/17/06	—	W	21-10	67,470
12/10/06	—	L	@ 21-27	63,603
9/16/07	—	L	@ 20-23	64,542
12/9/07	—	W	42-21	68,193
11/16/08	—	L	20-26	67,616
12/28/08	—	L	@ 21-34	63,874

Franchise moved from St. Louis in 1988.

Points: Arizona 419 (20.1)
Seattle 512 (25.6)

ST. LOUIS RAMS (12-9)

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
9/21/08	—	W	37-13	68,012
12/14/08	—	W	@ 23-20	56,123

Moved from L.A. Coliseum to Anaheim Stadium in 1980. Moved from Anaheim to St. Louis in 1995.

Points: St. Louis 498 (23.7)
Seattle 428 (23.2)

SAN FRANCISCO 49ERS (11-9)

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

* Overtime + at Husky Stadium

10/14/02	—	L	21-28	66,420
12/01/02	—	L	@ 24-31	67,594
10/12/03	—	W	20-19	66,437
12/27/03	—	W	@ 24-17	67,840
9/26/04	—	W	34-0	66,709
11/7/04	—	W	@ 42-27	64,423
11/20/05	—	W	@ 27-25	63,590
12/11/05	—	W	41-3	66,690
11/19/06	—	L	@ 14-20	68,367
12/14/06	—	L	14-24	67,650
9/30/07	—	W	@ 23-3	67,651
11/12/07	—	W	24-0	68,331
9/14/08	—	*L	30-33	67,951
10/26/08	—	W	@ 34-13	67,504

Points: San Francisco 394 (19.7)
Seattle 501 (25.1)

NFC EAST (6-10)

DALLAS COWBOYS (4-7)

10/3/76	—	L	13-28	62,027
11/27/80	—	L	@ 7-51	57,540
12/4/83	—	L	10-35	63,352
11/27/86	—	W	@ 31-14	58,020
10/11/92	—	L	@ 0-27	62,311
11/22/98	—	L	@ 22-30	64,142
12/16/01	—	W	+ 29-3	63,366
10/27/02	—	W	@ 17-14	63,854
12/6/04	—	L	39-43	68,093
10/23/05	—	W	13-10	67,046
11/27/08	—	L	@ 9-34	63,253

Points: Dallas 289 (26.3)
Seattle 190 (17.3)

NEW YORK GIANTS (5-8)

11/28/76	—	L	@ 16-28	65,111
12/7/80	—	L	21-27	51,617
10/18/81	—	L	0-32	56,134
12/11/83	—	W	@ 17-12	48,942
10/19/86	—	W	17-12	62,282
11/19/89	—	L	@ 3-15	75,014
10/25/92	—	L	@ 10-23	67,399
11/5/95	—	W	30-28	42,100
12/23/01	—	L	@ 24-27	78,119
9/22/02	—	L	@ 6-9	78,551
11/27/05	—	*W	24-21	67,102
9/24/06	—	W	42-30	68,161
10/5/08	—	L	@ 6-44	79,529

Points: N.Y. Giants 308 (23.7)
Seattle 216 (16.6)

PHILADELPHIA EAGLES (5-7)

12/12/76	—	L	@ 10-27	37,949
11/2/80	—	L	20-27	61,047
11/23/86	—	W	24-20	55,786
9/10/89	—	L	@ 7-31	64,287
12/13/92	—	*L	17-20	47,492
12/3/95	—	W	26-14	39,893
9/6/98	—	W	@ 38-0	66,418
9/23/01	—	L	+ 3-27	62,826

PHILADELPHIA EAGLES, CON'T

12/8/02	—	L	20-27	59,862
12/5/05	—	W	@ 42-0	67,637
12/2/07	—	W	@ 28-24	68,445
11/2/08	—	L	7-26	68,055

Points: Philadelphia 243 (20.3)
Seattle 142 (20.2)

WASHINGTON REDSKINS (4-10)

9/19/76	—	L	@ 7-31	53,174
9/28/80	—	W	@ 14-0	53,263
9/25/83	—	L	@ 17-27	60,718
9/28/86	—	L	@ 14-19	54,157
12/23/89	—	L	0-29	60,294
11/8/92	—	L	3-16	53,616
9/4/94	—	W	@ 28-7	52,930
11/19/95	—	W	@ 27-20	51,298
9/20/98	—	W	24-14	63,336
11/04/01	—	L	@ 14-27	82,352
11/3/02	—	L	3-14	64,325
11/9/03	—	L	@ 20-27	80,728
10/2/05	—	*L	@ 17-20	90,215
11/23/08	—	L	17-20	67,771

Points: Washington 271 (19.4)
Seattle 205 (14.6)

NFC NORTH (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 (5-7)

10/10/76	—	L	@ 20-27	54,983
10/15/78	—	L	@ 28-45	52,712
11/1/81	—	L	@ 24-34	49,467
10/21/84	—	W	@ 30-24	52,286
11/15/87	—	W	24-13	60,963
12/9/90	—	W	@ 20-14	52,015
9/29/96	—	L	10-31	59,973
11/1/99	—	W	@ 27-7	59,869
10/5/03	—	L	@ 13-35	70,365

1/1/06	—	L	@ 17-23	69,928
11/27/06	—	W	34-24	68,256
10/12/08	—	L	17-27	68,302

1981 & 1999 games played at Green Bay.
1976, 1978 & 1990 played in Milwaukee.

Points: Green Bay 304 (25.3)
Seattle 264 (22.0)

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 (8-4)

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)

* Overtime + at Husky Stadium

TAMPA BAY BUCCANEERS (7-2)

10/17/76	-	W	@	13-10	43,812
10/16/77	-	W		30-23	54,783
11/20/94	-	W		22-21	37,466
9/22/96	-	W	@	17-13	30,212
11/28/99	-	L		3-16	66,314

9/19/04	-	W	@	10-6	65,089
12/31/06	-	W	@	23-7	65,660
9/9/07	-	W		20-6	68,044
10/19/08	-	L	@	10-20	64,811

Points: Seattle 148 (16.4)
Tampa Bay 122 (13.6)

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

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)

Franchise moved from Oakland to Los Angeles in 1982. Moved back to Oakland in 1995.
Points: Oakland 1117 (22.3)
Seattle 1075 (21.5)

AFC EAST (2-6)

BUFFALO BILLS (6-5)

10/30/77	—	W	56-17	61,180
10/14/84	—	W	31-28	59,034
11/6/88	—	L	3-13	61,074
12/4/89	—	W	17-16	57,682
10/15/95	—	L @	21-27	74,362
12/1/96	—	W	26-18	41,373
10/24/99	—	W	26-16	66,301
12/23/00	—	L +	23-42	61,025
11/18/01	—	W @	23-20	60,836
11/28/04	—	L	9-38	66,271
9/7/08	—	L @	10-34	71,194

Points: Seattle 245 (22.3)
Buffalo 269 (24.5)

MIAMI DOLPHINS (3-7)

10/23/77	—	L @	13-31	29,855
9/9/79	—	L @	10-19	56,233
10/4/87	—	W	24-20	19,448
12/16/90	—	L @	17-24	57,851
9/27/92	—	L	17-19	59,374
10/6/96	—	W @	22-15	59,539
9/3/00	—	L @	0-23	72,949
10/28/01	—	L +	20-24	59,108
11/21/04	—	W	24-17	66,644
11/9/08	—	L @	19-21	64,862

Moved from the Orange Bowl into Joe Robbie Stadium in 1987.
Points: Miami 213 (21.3)
Seattle 166 (16.6)

NEW ENGLAND PATRIOTS (7-8)

10/9/77	—	L @	0-31	45,929
9/21/80	—	L	31-37	61,035
12/19/82	—	L	0-16	53,457
12/18/83	—	W	24-6	59,688
9/16/84	—	L @	23-38	43,140
11/17/85	—	L	13-20	60,345
9/21/86	—	W @	38-31	58,977
12/4/88	—	L @	7-13	59,068
9/24/89	—	W @	24-3	48,025
10/7/90	—	W @	33-20	39,735
9/20/92	—	W @	10-6	42,327
9/19/93	—	W @	17-14	50,392
10/24/93	—	W	10-9	56,526
10/17/04	—	L @	20-30	68,756
12/7/08	—	L	21-24	68,077

Points: New England 298 (19.9)
Seattle 271 (18.1)

NEW YORK JETS (9-8)

11/13/77	—	W @	17-0	43,973
9/17/78	—	W @	24-17	46,911
11/26/79	—	W	30-7	59,977
10/19/80	—	W @	27-17	52,496
10/25/81	—	W @	19-3	49,678
12/6/81	—	W	27-23	53,105
9/11/83	—	W @	17-10	50,066
10/27/85	—	L @	14-17	69,320
11/28/86	—	L	7-38	62,497
11/9/87	—	L @	14-30	60,452
9/8/91	—	W	20-13	56,770
11/26/95	—	L	10-16	41,160
8/31/97	—	L	3-41	53,893
12/6/98	—	L @	31-32	72,200
1/2/00	—	L @	9-19	78,154
12/19/04	—	L @	14-37	77,894
12/21/08	—	W	13-3	68,181

Moved from Shea Stadium into Giants Stadium in 1984.

Points: N.Y. Jets 323 (19.0)
Seattle 296 (17.4)

AFC NORTH (4-4)

BALTIMORE RAVENS (1-2)

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
11/14/07	—	*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
2008	4	12	0	.250	294	392	3rd	2-6-0	2-6-0	3-3-0	1-3-0	3-9-0	---
250	266	0	.484	10,730	11,021			149-110-0	101-156-0	108-128-0	156-175-0	94-91-0	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.

VERSUS THE NFL

	-- Regular Season --			OT	Post-season	Pre-season
	Total	Home	Road			
* Arizona	9-11	6-5	3-6	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	6-5	5-3	1-2	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	2-1
Cincinnati	9-8	4-3	5-5	0-1	0-1	1-0
Cleveland	11-5	7-3	4-2	0-1	0-0	0-0
Dallas	4-7	2-3	2-4	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	5-7	2-2	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	3-7	2-2	1-5	0-0	1-2	0-1
Minnesota	6-4	4-2	2-2	0-0	0-0	7-5
New England	7-8	2-4	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	5-8	4-2	1-6	1-0	0-0	0-0
N.Y. Jets	9-8	4-3	5-5	0-0	0-0	0-0
@Oakland	23-27	14-10	9-17	0-1	1-1	6-2
Oakland	12-14	8-4	4-10	0-0	0-0	6-2
Los Angeles	11-13	6-6	5-7	0-1	1-1	0-0
Philadelphia	5-7	2-5	3-2	0-1	0-0	0-0
Pittsburgh	8-7	6-1	2-6	0-0	0-1	0-0
%St. Louis	12-9	7-4	5-5	0-1	0-1	2-6
St. Louis	11-5	6-2	5-3	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	5-4
San Francisco	11-9	5-6	6-3	0-1	0-0	13-15
Tampa Bay	7-2	3-1	4-1	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	4-10	1-5	3-5	0-1	1-0	0-0
TOTALS	250-266	149-110	101-156	9-20	7-13	84-63

* Includes 2 games while franchise was located in St. Louis (0-2)

^ Relocated from Cleveland in 1996. All records remain in Cleveland.

+ Includes 5 games at Milwaukee's County Stadium (3-2)

Includes 2 games while franchise was located in Baltimore (0-2)

@ Includes 25 games (11-14) while franchise was located in Los Angeles

% Includes 5 games while franchise was located in Los Angeles (1-4)

= Includes 10 games while franchise was located in Houston (6-4)

PRESEASON RESULTS

1976

Preseason (1-5)

Sun.	8/1	L	27-20	San Francisco 49ers	60,825
Sat.	8/7	L	27-16	Chicago Bears (Spokane, Washington)	14,484
Sat.	8/14	L	16-13	Los Angeles Rams	62,532
Sat.	8/21	L	52-7	at Denver Broncos	22,887
Sun.	8/29	W	17-16	San Diego Chargers	59,092
Sat.	9/4	L	45-28	at Oakland Raiders	51,487

1977

Preseason (3-3)

Sun.	8/7	W	34-24	at San Francisco 49ers	38,024
Sat.	8/13	W	23-17 (OT)	Dallas Cowboys	58,789
Thurs.	8/18	W	12-10	Oakland Raiders	62,187
Sat.	8/27	L	16-14	Detroit Lions	56,345
Fri.	9/2	L	27-10	Denver Broncos	54,916
Sun.	9/11	L	38-20	at San Diego Chargers	27,505

1978

Preseason (3-1)

Fri.	8/4	W	17-9	San Diego Chargers	58,853
Sat.	8/12	W	20-6	at San Francisco 49ers	36,069
Thurs.	8/17	L	26-7	Los Angeles Rams	63,235
Thurs.	8/24	W	16-7	Chicago Bears	54,844

1979

Preseason (3-1)

Thurs.	8/2	W	12-9 (OT)	Minnesota Vikings	60,881
Sun.	8/12	W	27-17	Dallas Cowboys	59,960
Sat.	8/18	L	21-17	at Los Angeles Rams	46,083
Fri.	8/24	W	55-20	San Francisco 49ers	59,941

1980

Preseason (3-1)

Thurs.	8/7	W	14-10	Atlanta Falcons	59,555
Mon.	8/18	L	24-7	Miami Dolphins	59,550
Sat.	8/23	W	10-7	at Los Angeles 49ers	41,841
Fri.	8/29	W	30-23	New England Patriots	56,947

1981

Preseason (1-3)

Wed.	8/5	L	27-24 (OT)	San Francisco 49ers	56,958
Fri.	8/14	L	30-21	St. Louis Cardinals	55,520
Sat.	8/22	L	24-17	at San Francisco 49ers	37,563
Fri.	8/28	W	31-17	Baltimore Colts	55,794

1982

Preseason (1-3)

Fri.	8/13	W	14-0	St. Louis Cardinals	55,575
Sat.	8/21	L	7-3	at Minnesota Vikings	57,880
Sat.	8/28	L	23-13	at Los Angeles Rams	54,537
Fri.	9/3	L	17-13	San Francisco 49ers	57,839

1983

Preseason (2-2)

Fri.	8/5	L	10-7	at Denver Broncos	53,887
Fri.	8/12	W	38-21	Green Bay Packers	54,443
Fri.	8/19	L	19-17	Minnesota Vikings	54,402
Sat.	8/27	W	20-6	at San Francisco 49ers	47,074

1984

Preseason (4-1)

Sat.	7/28	W	38-0	Tampa Bay Buccaneers (Hall of Fame Game, Canton, Ohio)	22,250
Sat.	8/4	W	7-3	Buffalo Bills	53,360
Sat.	8/11	W	28-24	at Detroit Lions	41,414
Fri.	8/17	W	17-7	St. Louis Cardinals	53,772
Fri.	8/24	L	17-7	at San Francisco 49ers	49,219

1985

Preseason (2-2)

Sat.	8/10	L	19-7	at Indianapolis Colts	60,014
Fri.	8/16	W	28-3	Detroit Lions	57,751
Sat.	8/24	W	27-10	at Minnesota Vikings	56,562
Fri.	8/30	L	23-21	San Francisco 49ers	60,403

1986

Preseason (2-2)

Fri.	8/8	W	21-14	Indianapolis Colts	55,443
Fri.	8/15	L	30-27 (OT)	at Detroit Lions	37,875
Fri.	8/22	W	27-17	Minnesota Vikings	57,730
Fri.	8/29	L	21-10	at San Francisco 49ers	52,419

1987

Preseason (2-2)

Thurs.	8/13	L	23-14	at Los Angeles Rams	57,772
Sat.	8/22	L	28-21	at St. Louis Cardinals	25,309
Fri.	8/28	W	38-10	Detroit Lions	59,695
Fri.	9/4	W	34-10	San Francisco 49ers	59,653

1988

Preseason (3-1)

Thurs.	8/4	W	21-14	Phoenix Cardinals	54,778
Thurs.	8/11	W	16-13 (OT)	at Detroit Lions	37,993
Fri.	8/19	W	30-13	Buffalo Bills	57,000
Fri.	8/26	L	27-21	at San Francisco 49ers	53,357

1989

Preseason (3-1)

Fri.	8/11	W	16-10 (OT)	at Phoenix Cardinals	37,158
Sat.	8/19	L	17-12	New England Patriots (at St. Louis, Missouri)	48,746
Fri.	8/25	W	13-7	Detroit Lions	55,829
Fri.	9/1	W	28-17	San Francisco 49ers	58,641

1990

Preseason (4-1)

Sat.	8/4	L	10-7	Denver Broncos (American Bowl, Tokyo, Japan)	48,827
Sat.	8/11	W	34-9	at Phoenix Cardinals	31,316
Fri.	8/17	W	13-10	Indianapolis Colts	52,475
Fri.	8/24	W	10-3	Tampa Bay Buccaneers	52,301
Fri.	8/31	W	30-10	at San Francisco 49ers	55,269

1991

Preseason (2-2)

Sat.	8/3	L	31-13	Phoenix Cardinals	49,448
Sat.	8/10	W	17-7	at Indianapolis Colts	47,943
Sat.	8/17	W	23-7	at Los Angeles Rams	47,834
Fri.	8/23	L	28-16	San Francisco 49ers	54,111

1992

Preseason (2-2)

Thurs.	8/6	L	21-7	Los Angeles Rams	52,360
Sat.	8/15	W	27-10	at Indianapolis Colts	43,272
Sat.	8/22	W	17-10	Phoenix Cardinals	51,007
Fri.	8/29	L	24-17	at San Francisco 49ers	52,822

1993

Preseason (2-2)

Sat.	8/7	L	16-13 (OT)	Indianapolis Colts	45,055
Sat.	8/14	L	23-10	at Minnesota Vikings	42,240
Sat.	8/21	W	30-0	San Francisco 49ers	51,086
Sat.	8/28	W	20-10	at Houston Oilers	43,678

1994

Preseason (2-2)

Fri.	8/5	L	13-9	at Indianapolis Colts	40,469
Sat.	8/13	W	29-6	*Tampa Bay Buccaneers	43,633
Sat.	8/20	W	30-19	*Minnesota Vikings	45,497
Fri.	8/26	L	13-9	at San Francisco 49ers	54,004

1995

Preseason (2-2)

Sat.	8/5	W	34-20	St. Louis Rams	35,607
Sat.	8/12	L	20-17	Indianapolis Colts	38,006
Sun.	8/20	W	24-19	at New Orleans Saints	38,228
Fri.	8/26	L	17-7	at San Francisco 49ers	53,280

1996

Preseason (3-1)

Sat.	8/3	W	19-17	Atlanta Falcons	30,284
Thurs.	8/8	W	24-19	at Oakland Raiders	38,219
Sat.	8/17	L	15-13	at Indianapolis Colts	38,930
Fri.	8/23	W	20-3	San Francisco 49ers	38,144

1997

Preseason (3-2)

Sat.	7/26	L	28-26	Minnesota Vikings (Hall of Fame Game, Canton, Ohio)	23,846
Sat.	8/2	W	34-6	Arizona Cardinals	49,445
Sat.	8/9	L	21-17	at San Francisco	50,153
Sat.	8/16	W	45-3	Indianapolis Colts	52,844
Fri.	8/22	W	31-28	at Cincinnati Bengals	43,637

1998

Preseason (4-1)

Sat.	7/31	W	20-19	at Dallas Cowboys	59,357
Sat.	8/8	W	24-21	Indianapolis Colts	52,645
Sat.	8/15	L	24-21	San Francisco 49ers (American Bowl, Vancouver, B.C.)	45,202
Sat.	8/22	W	31-24	at Arizona Cardinals	32,683
Fri.	8/28	W	21-20	San Francisco 49ers	57,014

1999

Preseason (1-3)

Sat.	8/14	L	24-10	Buffalo Bills	66,285
Thurs.	8/19	L	24-23	at San Francisco 49ers	66,193
Sat.	8/28	W	41-7	Arizona Cardinals	66,277
Thurs.	9/2	L	31-28	at Indianapolis Colts	41,074

*Played at Husky Stadium

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 Saints	38,529
Mon.	8/22	L	18-10	Dallas Cowboys	47,641
Fri.	8/26	W	23-17	at Kansas City Chiefs	74,158
Fri.	9/2	L	23-21	Minnesota Vikings	63,746

2006

Preseason (2-2)

Fri.	8/12	L	13-3	Dallas Cowboys	66,304
Sun.	8/20	W	30-17	at Indianapolis Colts	56,596
Sat.	8/26	L	31-20	at San Diego Chargers	51,878
Thurs.	8/31	W	30-7	Oakland Raiders	67,158

2007

Preseason (3-1)

Sun.	8/12	W	24-16	at San Diego Chargers	57,500
Sat.	8/18	L	48-13	at Green Bay Packers	69,761
Sat.	8/25	W	30-13	Minnesota Vikings	66,723
Thurs.	8/30	W	19-14	Oakland Raiders	66,700

2008

Preseason (3-1)

Fri.	8/8	W	34-17	at Minnesota Vikings	62,545
Sat.	8/18	W	29-26	Chicago Bears	67,360
Mon.	8/25	L	18-17	at San Diego Chargers	52,763
Fri.	8/29	W	23-16	Oakland Raiders	67,163

* 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 — 6/4 The National Football League announces that Seattle will have a franchise for the 1976 season. 12/5 The National Football League announces that it has voted membership to Seattle Professional Football, Inc., headed by Lloyd W. Nordstrom with partners Herman Sarkowsky, D.E. "Ned" Skinner, Howard S. Wright, M. Lamont Bean, and Lynn P. Himmelman.



1975 — 3/6 John Thompson, Executive Director of the NFL Management Council, named General Manager. 6/17 Nickname "Seahawks" selected from 20,365 entries and 1,741 different names. One hundred fifty-one suggest "Seahawks" 7/25 Season ticket applications mailed. 7/28 Season ticket applications accepted — 24,168 received the first day. 8/23 Season ticket sales closed after target of 59,000 reached. 12/18 Seahawks agree to a 20-year lease agreement to play all games in the Kingdome.

1976 — 1/3 Jack Patera, defensive line coach of the Minnesota Vikings, named head coach. 1/20 Lloyd W. Nordstrom, spokesman for the Nordstrom family, the Seahawks' majority owner, dies of a heart attack while vacationing in Mexico. 3/30 Veteran Allocation held in New York City. Seahawks select 39 NFL veterans. 4/8-9 Seahawks select 25 collegians in their first college draft. Notre Dame's Steve Niehaus is the first choice and he flies to Seattle for evening news conference on April 8. 7/9 Seahawks open training camp at Eastern Washington University in Cheney. 8/1 Seahawks play first game before 60,825 fans in the Kingdome. San Francisco holds on to defeat Seattle, 27-20, as Jim Zorn is tackled on the 49ers' two-yard line when the gun sounds. 8/29 Seahawks capture first victory, a 17-16 preseason win over San Diego, as Ron Howard catches a three-yard Jim Zorn pass for the winning touchdown with only 13 seconds remaining in the contest. 9/12 Seattle opens regular season play with a near miss against St. Louis, 30-24. The game ends with the Cardinals intercepting a pass in the end zone. 10/17 Seahawks win Expansion Bowl with 13-10 victory over host Tampa Bay. Linebacker Mike Curtis blocks a Tampa Bay field goal attempt with 42 seconds remaining to preserve the victory. 11/7 Seahawks capture their first regular season victory at home with a 30-13 win over Atlanta. Sherman Smith becomes the first Seattle back to rush for over 100 yards with 124 yards on 14 carries.

1977 — 1/17 Seahawks host the Pro Bowl and it is the first sellout in the 27-year history of the game and is the largest crowd under the AFC vs. NFC format. AFC scores a 24-14 win before 63,214 fans. 5/3 Seattle trades its first-round draft choice, the second player in the draft, to Dallas for the Cowboys' first-round selection and three second-round picks. The Seahawks select Steve August, offensive guard from Tulsa, on the first round. 10/30 After missing four games with an injury, Jim Zorn returns to lead Seattle to a 56-17 triumph over Buffalo. The Seahawks set 15 club records and equal six, including Zorn's four TD passes. 11/13 Seattle defense blanks the New York Jets, 17-0, in Shea Stadium, the first time an established team is shutout by a second-year team. 12/18 Seahawks win their fifth game of the year, a 20-19 decision over Cleveland before 61,583 fans in the Kingdome, to establish a record for most wins ever by a second-year expansion team.

- 1978** — 5/3 Keith Simpson, cornerback from Memphis State, is selected as Seattle's first-round draft choice followed by his college teammate Keith Butler, a linebacker, on the second round. 10/8 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 Tuiaosopo, defensive tackle from UCLA, becomes Seattle's first-round draft choice. 10/29 After trailing 14-0, the Seahawks rebound for a 31-28 win over Atlanta in Seattle's first appearance on ABC's Monday Night Football. Dan Doornink rushes for 122 yards on 21 carries and scores twice. 12/16 The Seahawks close out their second straight 9-7 season with a 29-24 win over Oakland. Sam McCullum sets a club record with 173 yards receiving on eight catches.
- 1980** — 4/29 Seattle trades its first-round draft choice (#16) and a third-round pick to Buffalo for the Bills' first-round choice, the tenth player in the draft. The Seahawks then select defensive end Jacob Green of Texas A&M 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 season schedule with a 30-0 victory over the Pittsburgh Steelers at the Kingdome. **10/6** Seahawks defeat San Diego Chargers, 33-7, on Monday Night Football as Steve Largent breaks NFL record for most consecutive games with a pass reception. Largent catches a pass in the 128th straight game in which he participated. **10/19** Jacob Green registers four sacks and Dave Brown intercepts two passes in leading Seattle to a 17-12 win over the eventual Super Bowl champion New York Giants. **11/27** Seahawks defeat the Dallas Cowboys, 31-14, on Thanksgiving Day as Curt Warner runs for 122 yards and Dave Krieg completes 16-of-24 passes for 214 yards and two touchdowns. **12/8** Seattle hands the Los Angeles Raiders their biggest defeat since 1962, 37-0, as Curt Warner gains 116 yards and Dave Krieg passes for 243 yards and two touchdowns. Seattle gains 407 yards in total offense, while the defense holds the Raiders to 138 yards. **12/20** Seahawks close out five-game winning streak and a 10-6 season by defeating eventual AFC Champion Denver, 41-16. The Seahawks gain a season high 536 yards, including a club record 298 yards rushing, led by Curt Warner's 192 yards and three touchdowns on 24 carries.

1987 — **4/28** Seahawks select University of Pittsburgh linebacker Tony Woods in the first round of the NFL Draft. Woods is the 18th player picked. **6/12** Seahawks win lottery for first choice in supplemental draft and select University of Oklahoma linebacker Brian Bosworth. **9/13** After first two regular season games, NFL Players Association calls a strike that will last four weeks. Games for Sunday, September 18, are cancelled. **10/25** Seahawks defeat the Los Angeles Raiders, 35-13, in first game with regulars following the strike. Seattle builds up a 28-0 halftime lead and wins in Los Angeles for the first time since 1983. **12/13** Dave Krieg completes 23-of-33 passes for 238 yards and Ray Butler catches six passes for 107 yards and two touchdowns in leading Seattle past Denver, 28-21, at the Kingdome. **12/20** Seahawks clinch playoff berth with a 34-21 win over the Chicago Bears at Soldier Field. John L. Williams sparks the offense with a 75-yard touchdown on a screen pass from Dave Krieg and the defense contributes five takeaways. **12/27** Steve Largent catches six passes in a 41-20 loss at Kansas City and becomes the NFL's all-time leading receiver with 751. Largent breaks the previous record of 750 by Charlie Joiner.

1988 — **1/3** Seahawks close out the 1987 season with a 23-20 overtime loss to the Houston Oilers at the Astrodome in the AFC First-Round Playoff Game. **4/24** Seahawks use their second-round choice in the draft to select University of Miami wide receiver Brian Blades. The Seahawks first-round pick had been exercised in the June 1987 supplemental draft. **8/30** Ken Behring and Ken Hofmann complete their purchase of the Seahawks from the Nordstrom family. **9/4** Seahawks open 13th season with a 21-14 win at Denver over the two-time defending AFC Champion Broncos. Curt Warner scores twice and John L. Williams accounts for 161 yards from scrimmage. It is Seattle's first win in Denver since 1984. **9/18** Steve Largent becomes the NFL's all-time leader in pass receiving yards with 12,167 at San Diego, but the Seahawks lose to the Chargers, 17-6. Largent breaks Charlie Joiner's record of 12,146 yards. **10/2** Rookie quarterback Kelly Stouffer makes his first NFL start for an injured Dave Krieg and leads the Seahawks to a 31-20 win over the Atlanta Falcons in Atlanta. John L. Williams ties a team record with three rushing touchdowns. **11/13** Seahawks defeat the Houston Oilers, 27-24, as Dave Krieg returns after missing seven games with a shoulder separation. Krieg engineers a 10-play drive to set up Norm Johnson's game-winning field goal with less than one second left. **11/28** Dave Krieg equals his own team record

with five touchdown passes as Seahawks defeat the Los Angeles Raiders, 35-27, on Monday night in the Kingdome. Curt Warner (130) and John L. Williams (105) become the first pair of Seahawks to each gain over 100 yards rushing in the same game. **12/11** Seahawks score touchdowns on their first six possessions in a 42-17 win over Denver. Curt Warner establishes a team record with four rushing touchdowns. Warner (126) and John L. Williams (109) each top 100 yards rushing. **12/18** John L. Williams accounts for 239 yards of offense, including 180 receiving, and Dave Krieg throws for 410 yards and four scores, as the Seahawks defeat the Los Angeles Raiders, 43-37, in Los Angeles to clinch the first AFC Western Division title in franchise history. **12/31** Seahawks are eliminated from the playoffs by the eventual AFC Champion Cincinnati Bengals, 21-13, in Riverfront Stadium.

1989 — 2/22 Tom Flores named President/General Manager, replacing Mike McCormack. Flores guided the Los Angeles Raiders to an 83-53 regular season record and two Super Bowl titles in nine seasons, 1979-87, as their head coach. **4/23** Seahawks select Notre Dame tackle Andy Heck with the fifteenth pick of the first round of the draft. **9/10** Seahawks lose regular season opener in Philadelphia, 31-7, and also lose wide receiver Steve Largent for six weeks with a broken elbow. Largent, however, scores Seattle's only touchdown. **10/29** Dave Krieg and Brian Blades combine on a 21-yard touchdown pass with 40 seconds left in a 10-7 win over the San Diego Chargers. The win is the 100th in regular season play for the Seahawks. Blades catches a career high 10 passes for 117 yards. **11/26** Steve Largent ties Don Hutson's NFL record of 99 career receiving touchdowns in the Seahawks 41-14 loss at Denver. **12/4** Dave Krieg ignites a three-game winning streak with 298 yards passing and the game-winning touchdown pass in a 17-16 Monday night win over Buffalo. **12/10** Seahawks win 24-17 at Cincinnati as Dave Krieg throws three touchdown passes. One goes to Steve Largent, the NFL record 100th of his career. **12/17** John L. Williams catches a career high 12 passes for 129 yards as the Seahawks defeat the Los Angeles Raiders, 23-17. **12/23** Seahawks close out the season with a 29-0 loss to the Washington Redskins. In pregame ceremonies, retiring wide receiver Steve Largent is honored and his is the first name inducted in the Seahawks Ring of Honor.

1990 — 4/22 Seahawks trade four draft choices to the New England Patriots, including two first-round choices, to move up and select University of Miami defensive tackle Cortez Kennedy with the third overall choice. Seahawks also receive a second-round choice from the Patriots which they use to select Syracuse University linebacker Terry Wooden. **8/4** Seahawks play their first-ever international game as they drop a 10-7 preseason decision to the Denver Broncos in Tokyo, Japan. **10/1** Seahawks defeat the Cincinnati Bengals, 31-16, for their first win after opening the season with three consecutive losses. Derrick Fenner scores three touchdowns for the second straight week. **11/11** Seahawks score their first win in Kansas City's Arrowhead Stadium since 1980 as Dave Krieg throws a 25-yard touchdown pass to Paul Skansi as time expires. The PAT gives Seattle a 17-16 win and starts a four-game streak of games decided on the last play. The win is the 159th of Chuck Knox's career, moving him into seventh place all-time. **11/25** Norm Johnson's 40-yard field goal 3:01 into overtime gives the Seahawks a 13-10 win at San Diego. Seattle forces and recovers a pair of fumbles, the first with 48 seconds left in regulation and the second with 1:34 gone in overtime. **12/2** In almost a replay from the week before, Seattle defeats the Houston Oilers 13-10 in overtime after recovering a fumble. Norm Johnson connects from 42 yards out after David Wyman recovers a Tony Woods-forced fumble. Seahawks become only the third team in NFL history to win back-to-back overtime games. **12/9** The Seahawks defense sets single-game records for fewest rushing first downs (0) and rushing yards allowed (13) in a game in a 20-14 win over the Green Bay Packers in Milwaukee. **12/23** Seattle moves over the .500 mark with a 17-12 win over the Denver Broncos. The Broncos are penalized on the game's last play, negating what would have been a game-winning touchdown pass. **12/30** Derrick Fenner scores two touchdowns for the fourth time as Seattle defeats the Detroit Lions, 30-10, in the Kingdome, to finish at 9-7 after an 0-3 start. Fenner ends the season equalling team records for total touchdowns (15) and rushing touchdowns (14), totals that lead the AFC.

1991 — 4/21 Seahawks select San Diego State quarterback Dan McGwire with the 16th pick on the first round of the 1991 NFL Draft. The 6-8, 243-pound McGwire is the first quarterback ever selected in the first round by Seattle. **4/25** Head Coach Chuck Knox agrees to a two-year contract extension. **8/3** Quarterback Jim Zorn (1976-84) becomes the second person inducted into the Seahawks Ring of Honor. **9/1** Seahawks drop season opener, 27-24, at New Orleans and lose starting quarterback Dave Krieg for six weeks with a broken thumb in the process. Wide receiver Brian Blades sets career highs with 12 receptions, 160 yards, and two touchdowns. **9/8** Jeff Kemp makes his first start since September 25, 1988, and throws two touchdown passes in a 20-13 win over the New York Jets. One goes to Travis McNeal, the first of his career. **9/29** Chris Warren's 59-yard punt return touchdown, the first by a Seahawks player since 1986, sparks a 31-3 win over the visiting Indianapolis Colts. The defense limits the Colts to 137 yards and records five sacks. Rookie first-round draft choice Dan McGwire starts and plays the first half, engineering a 50-yard touchdown drive on his first possession. **10/6** The Seahawks defense stops the Cincinnati Bengals on a 4th-and-four inches short with 29 seconds left to preserve a 13-7 win at Riverfront Stadium. Dwayne Harper and Nesby Glasgow combine for the tackle, which comes at the Seattle 22. **10/20** Dave Krieg returns from missing six games on injured reserve to lead Seattle to a 27-7 win at Pittsburgh. Krieg throws for 266 yards, completing 25-of-31 passes, and two scores. **10/27** John Kasay equals an NFL record with two field goals of 50-or-more yards in a 20-9 win over the San Diego Chargers. Kasay connects from 54 and 51 yards. The 54-yarder equals the team

record. **11/24** The defense forces four turnovers and has five sacks, three by Rufus Porter, in a 13-10 win over the eventual AFC West Champion Denver Broncos in the Kingdome. Additionally, the defense twice holds on downs inside Seahawks territory in the game's last 4:49. **12/22** Seattle finishes their 16th season with a 7-9 record after defeating the Los Angeles Rams, 23-9, in the Kingdome. It was the first win by the Seahawks over the Rams in five regular season games. James Jones rushes for a pair of scores, while the defense keeps their third 1991 opponent out of the end zone. **12/27** The Seahawks and Head Coach Chuck Knox agree to mutually end Knox's nine-year tenure as head coach. Knox leaves having compiled an 80-63-0 (55.9%) regular season record. He guided the Seahawks to four playoff appearances, including an AFC West title in 1988 and a berth in the AFC Championship Game in 1983.

1992 — **1/6** Seahawks President/General Manager Tom Flores is named President/Head Coach. Flores coached nine seasons, 1979-87, with the Oakland/Los Angeles Raiders and compiled an 83-53-0 (61.0%) regular season record. He led the Raiders to two Super Bowl Championships, XV and XVIII, the only Super Bowls won by the AFC in the decade of the 1980's. **1/8** Larry Kennan, Coach of the Year in the World League of American Football in 1991, is named Offensive Coordinator/ Quarterbacks Coach. Kennan guided the London Monarchs to an 11-1 record and WLAF Championship in the league's first season. Kennan served as an NFL assistant with the Los Angeles Raiders (1982-87), Denver Broncos (1988) and Indianapolis Colts (1989-90). **1/9** Seahawks defensive assistants George Dyer (line), Rod Perry (secondary), and Joe Vitt (special assignments), along with John Becker (offensive coordinator/wide receivers) and Chick Harris (running backs) leave the Seahawks to join Chuck Knox with the Los Angeles Rams. **1/11** Seahawks Assistant Head Coach Tom Catlin announces he will stay with the Seahawks as assistant head coach/defense. In addition, Rusty Tillman is promoted from special teams coach to defensive coordinator, Russ Purnell from tight ends and assistant special teams to special teams and tight ends coach, and Paul Moyer from staff assistant to defensive backfield coach. **1/21** Offensive Line Coach Hudson Houck and Running Backs Coach Clarence Shelton 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 Ferrotte 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 Bratowski (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 Shelton (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 in the first round with the 21st overall pick. Seattle had traded down twice in the first round, acquiring defensive tackle Glenn Montgomery from the Houston Oilers in the first deal and adding an extra third-round pick from the Detroit Lions in the second. 9/1 Seahawks start 21st season with 29-7 loss at San Diego. 9/22 Lamar Smith's 14-yard run with 31 seconds left gives Seahawks a 17-13 win at Tampa Bay, their first win after three losses. 10/6 John Friesz throws touchdown passes of 51, 65 and 80 yards, the latter with 2:03 left to Brian Blades, for a 22-15 win at Miami. 11/3 Michael McCrary blocks Houston's game-winning field goal with 16 seconds left, recovers it, and laterals to Robert Blackmon to complete a 68-yard touchdown return to give Seattle a 23-16 win. John Friesz throws for 323 yards, Seattle's first 300-yard passing game since 1990. 11/10 Seattle completes three wins in three home games by defeating the Minnesota Vikings, 42-23. 11/17 Seattle misses a last play field goal in 17-16 loss at the Detroit Lions. Lamar Smith rushes for a career high 148 yards in his first career start. Seahawks also lose quarterback John Friesz for remainder of the season with a broken leg. 12/8 Seahawks snap three-game losing streak with 26-18 win over visiting Buffalo Bills. Chris Warren rushes for 116 yards, his franchise record 24th career 100-yard game. 12/22 Seahawks close season with 28-21 win at Oakland. Seattle forces seven turnovers and wins with backup quarterbacks Stan Gelbaugh and Gino Torretta playing for John Friesz (broken leg) and Rick Mirer (quadriceps). Torretta passes 32 yards to Joey Galloway for his first career touchdown. Lamar Smith rushes for two touchdowns.

1997 — 2/14 Seahawks make first strike in free agency signing Steelers Pro Bowl linebacker Chad Brown. Brown's signing is followed two days later with that of Pittsburgh teammate cornerback Willie Williams. 2/18 Quarterback Rick Mirer is traded to the Chicago Bears for a first-round draft choice. Seattle now has the 11th and 12th picks overall in the April 19-20 NFL Draft. 3/5 Seahawks announce a return of their training camp to Eastern Washington University in Cheney, Washington. Seattle trained at Eastern from 1976-85, before training year-around at their Kirkland Headquarters. 3/6 Detroit Lions safety Bennie Blades is signed as a free agent reuniting him with his brother, Brian. 3/7 Former University of Washington quarterback Warren Moon signs as a free agent after 13 seasons with the Houston Oilers (1984-93) and Minnesota Vikings (1994-96). Moon ranks fourth in league history in attempts (6,000), completions (3,514), and yards (43,787), and is tied for seventh in touchdowns (254). 3/28 Seattle trades their first-round pick obtained from the Bears, to Atlanta for the Falcons first-round pick, the third overall. Seattle also sends second and fourth rounders to Atlanta and the Falcons flip-flop their third round choices. 4/19 After selecting Ohio State cornerback Shawn Springs with the third overall choice, Seattle sends the 12th overall choice and a third-round pick to the Tampa Bay Buccaneers for the sixth overall choice. That pick is used on Florida State University tackle Walter Jones. It is the first time in his history that the Seahawks have utilized two first-round draft choices. 4/25 Washington State Legislature passes Seahawks Stadium Funding Plan, Referendum 48. The bill sets a statewide vote for June 17. 6/17 Washington state voters approve Referendum 48 by a 51.1 percent to 48.9 percent margin (820,354 yes, 783,584 no), including a 56.4 percent margin (275,358 yes, 213,092 no) in King County. 6/23 Metropolitan King County Council votes 9-3 to approve a new football stadium for the Seahawks. 6/30 Bob Whitsitt, President of Football Northwest, signs paperwork to purchase Seahawks from Ken Behring. 7/15 Seahawks open training camp at Eastern Washington University in Cheney, returning after an 11-year absence. 8/19 Football Northwest is approved as the Seahawks owners by the member clubs of the NFL. 8/31 Seattle loses season opener to New York Jets, 41-3, in the Kingdome and quarterback John Friesz for nine weeks with a broken right thumb. 9/14 Seahawks hold Indianapolis Colts to a franchise

low 118 yards for their first win, 31-3, in Indianapolis. The 28-point margin of victory is the largest for Seattle on the road. **10/5** Seattle embarks on three-game winning streak by beating the Tennessee Oilers, 16-13, in Kingdome. Steve Broussard scores on 77 and 43 yard runs within three second half carries overcoming a 10-0 deficit. Broussard rushes for 138 yards on just 6 carries. **10/26** Warren Moon throws a team record-equalling five touchdown passes, including three to Joey Galloway, in a 45-34 win over the Oakland Raiders. His 409 yards is third in team history for a single game and is an NFL high for 1997. **11/9** Moon connects with Galloway on a game-winning 40-yard touchdown pass at San Diego with 2:20 left. The 37-31 win is marred by a season-ending broken ankle suffered by six-time Pro Bowl defensive tackle Cortez Kennedy. **11/28** Seahawks open their first retail store, the Seahawks EndZone Store, in Seattle's Pioneer Square area, two blocks from the Kingdome. **12/14** Quarterback Jon Kitna makes his first career start and guides Seattle to a 22-21 win at Oakland, overcoming a 21-3 halftime deficit. Kitna throws for 283 yards and one score in becoming the sixth first-time quarterback starter in team history to win his debut. Todd Peterson's 49-yard field goal with 2:20 left is the winner. Seattle's win was their fifth of the season after overcoming a 10-point deficit, equalling the most in the NFL since 1970. **12/21** Seattle closes out season with a 38-9 win over the San Francisco 49ers. Warren Moon throws four touchdown passes and sets single season records for completions (313) and yards (3,378). Pro Bowl free safety Darryl Williams co-leads the AFC in interceptions with 8, while Pro Bowl defensive end Michael Sinclair has 12 sacks.

1998 — **1/16** Seahawks announce ticket restructure, increasing the number of \$10 tickets, the lowest ticket price in the NFL, to slightly more than 10,000. **2/1** Warren Moon named MVP of Pro Bowl while leading AFC to 29-24 win. **1/16** Offensive Line Coach Howard Mudd leaves the Seahawks for Indianapolis Colts. **1/17** Linebackers Coach Mike Murphy also joins the Colts staff. **1/30** Coaches Clarence Shelmon (running backs) joins Dallas and Ned James (defensive assistant) joins the New Orleans Saints. **2/2** Offensive assistant Jim Zorn leaves for the Detroit Lions. **2/4** Seattle names Jim Johnson linebackers coach. **2/6** Hired Bill Meyers as assistant offensive line coach and announced the club had agreed to terms with Washington Redskins' special teams coach Pete Rodriguez. **2/10** Named Milt Jackson receivers coach. **2/24** Seattle signs three-time Pro Bowl center, Kevin Glover. **2/26** Seahawks name Tim Lappano running backs coach and Eric Yarber to the position of offensive quality control. **3/4** Seahawks make one of the biggest off-season splashes in free agency when the club signs Philadelphia Eagles running back Ricky Waters to a contract. **3/6** The club agrees to terms with unrestricted free agent guard Brian Habib of the Super Bowl Champion Denver Broncos. **4/18** Linebacker Anthony Simmons from Clemson is the team's first-round pick, 15th overall, in the draft. **9/6** The Seahawks open the 1998 season with a 36-0 shutout over the Philadelphia Eagles at Veterans Stadium. The Seahawks would go on to one of the team's best starts ever, with three straight victories to open the year. **12/28** A day after completing its second consecutive 8-8 season, the club relieves Dennis Erickson of his coaching duties.

1999 — **1/8** Team President Bob Whitsitt appoints Mike Holmgren to the position of Executive Vice President of Football Operations/General Manager & Head Coach. The Seahawks surrender a second-round choice in the 1999 draft to the Green Bay Packers as compensation. **1/14** Holmgren hires Mike Sherman (Offensive Coordinator/Tight Ends), Fritz Shurmur (Defensive Coordinator), Tom Lovat (Offensive Line), Larry Brooks (Defensive Line), Nolan Cromwell (Wide Receivers), Jim Lind (Linebackers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Conditioning), and the retention of Pete Rodriguez (Special Teams). **1/19** Mike Sheppard named Quarterbacks coach. **1/26** Mike Reinfeldt named Senior Vice President. **1/28** Stump Mitchell named Running Backs coach. **1/29** Rod Springer named Assistant Strength & Conditioning coach. **2/5** Jerry Colquitt (Offensive Quality Control) and Clayton Lopez (Defensive Quality Control) named to coaching staff. **2/14** Sign unrestricted free agent WR Sean Dawkins. **4/17** Select DE Lamar King (Saginaw Valley State) with the 22nd pick in the first round of the 1999 NFL Draft. **5/26** Defensive Coordinator Fritz Shurmur takes a leave of absence for health reasons. **6/7** Holmgren hires former Buffalo Bills' Assistant Coach Dick Roach to the position of defensive assistant. Linebackers coach Jim Lind is given the added responsibility of coordinating the defense. **8/30** Seahawks defensive coordinator Fritz Shurmur succumbs to liver cancer. **11/28** The Seahawks defeat the Kansas City Chiefs in Arrowhead Stadium to cap a five-game winning streak and take the season record to 8-2.

2000 — **1/2** The Seahawks finish the 1999 season with a 19-9 loss at the New York Jets, but reach the playoffs for the first time since 1988 with the team's second AFC West Championship. The team's 9-7 record is the best mark since 1990. DT Cortez Kennedy is voted to a team-record eighth Pro Bowl along with teammates LB Chad Brown and T Walter Jones. **1/9** Seahawks lose their first playoff game in 11 years when they fall to the Miami Dolphins, 20-17, in the final game played at Seattle's Kingdome. **1/12** Mike Holmgren names Steve Sidwell defensive coordinator. Defensive Assistant Bob Zeman announces his retirement from coaching. **1/20** Holmgren names Gil Haskell offensive coordinator. **1/21** Holmgren names Johnny Holland assistant special teams/assistant strength and conditioning coach. **1/28** Holmgren names Ted Thompson vice president/football operations. **2/12** WR Joey Galloway is traded to the Dallas Cowboys for first-round draft choices in 2000 and 2001. **3/26** Seattle's Kingdome is imploded, to make space for the new football/soccer stadium and exhibition hall, which will be located on the same site. **4/15** Seahawks select Alabama running back Shaun Alexander and Wisconsin tackle Chris McIntosh in the first round of the NFL Draft. **4/28** Seattle names John Schneider director of player per-

sonnel. **5/10** Scot McCloughan appointed as director of college scouting. **5/15** Bucky Brooks and Mike Murphy named area scouts. **6/1** Former Seahawks safety Eric Stokes and Matt Malaspina named area scouts. **7/5** Seahawks hire Brian Davis for radio play-by-play. **9/3** Seattle loses to Miami in season opener, 23-0, marking the first time the Seahawks were shut out in seven years. **9/10** Seattle opens a two-year stint at Husky Stadium with a loss to the defending Super Bowl Champion St. Louis Rams in a 37-34 shootout. **10/15** Seahawks return man Charlie Rogers sets team single-game record with 198 kickoff return yards and 215 combined return yards versus Indianapolis. **11/12** QB Jon Kitna earns AFC Offensive Player of the Week for 22 of 33, 231-yard, three-touchdown performance at Jacksonville. **12/23** Charlie Rogers returns four kickoffs for 171 yards, which includes an 81-yard touchdown, versus Buffalo to establish an AFC single-season record with 2,094 combined return yards (punt and kickoff).

2001 — **1/2** Mike Holmgren names Mark Michaels assistant special teams coach. **2/16** Former Seahawks QB Jim Zorn is named quarterbacks coach. **2/28** A 6.8 magnitude earthquake hit the Seattle area damaging the Seahawks marketing headquarters at Palmer Court, forcing them to move out of the building. The new stadium was not damaged and workers resumed construction less than one week later. **3/2** Seattle trades a third-round draft choice and switches first-round picks with Green Bay for QB Matt Hasselbeck. **3/3** Seattle signs free agent DT John Randle. **3/8** DT Cortez Kennedy is released. **3/9** Seattle signs free agent DT Chad Eaton. **3/16** Seattle names Lance Lopes to serve as General Counsel. **4/9** Seattle signs free agent LB Levon Kirkland. **4/12** Seahawks sign a three-year extension with Eastern Washington University to continue its training camp in Cheney. **4/21** Seattle takes North Carolina State wide receiver Koren Robinson with its first overall selection (No. 9) and Steve Hutchinson (No. 17). Selects 12 college players, the most since drafting 11 in 1992, during the two-day draft. **5/22** Seahawks switch conferences from the AFC West to the NFC West, joining the Arizona Cardinals, San Francisco 49ers and the St. Louis Rams following realignment. The Seahawks were a member of the NFC West in their inaugural season in 1976 before moving to the AFC West in 1977. **6/28** Named Scott Fitterer area scout and named former Kansas City wide receiver Lake Dawson and former Seahawks safety Eric Stokes pro personnel assistants. **8/3** Signed Trent Dilfer to one-year contract to back up Matt Hasselbeck. **9/16** Home game versus Kansas City is postponed due to the terrorist attacks on Tuesday, September 11. **11/11** Shaun Alexander rushed for 266 yards and three touchdowns versus Oakland, including a team-record 88-yard touchdown.

2002 — **1/2** Seahawks DT John Randle and T Walter Jones selected to represent Seahawks in the Pro Bowl. **1/6** The Seahawks played their final game at Husky Stadium before moving into their new downtown stadium. Trent Dilfer finished the season 4-0, extending his consecutive unbeaten record as a starter to 15-0. **2/22** Released defensive end Michael Sinclair following 11 years of service. **3/1** The Seahawks announced a new logo and colors; Seahawks blue, Seahawks navy and Seahawks bright green. **3/5** Re-signed Trent Dilfer to be the starting quarterback for the 2002 season. **3/27** The Seahawks unveiled new uniforms at the team's new stadium, the first significant uniform change in the team's 26-year history. In a weeklong contest, a total of 64,513 fans voted with an overwhelming 49,447 (76.6%)



voting for the new Seahawks blue helmet. The traditional silver helmet received 15,066 (23.4%) votes. (Marked the first time in NFL history that a team allowed fans to choose any part of the teams' uniform ensemble.) **4/2** Bill Laveroni named assistant offensive line coach. **4/19** Traded quarterback Brock Huard to Indianapolis for the Colts fifth-round draft choice in the 2002 draft. **4/20** Seahawks selected Washington Husky tight end Jerramy Stevens in the first round of the NFL Draft, the first tight end

selected by the team in the opening round. **5/4** Fieldturf installation completed in Seahawks Stadium. **5/15** Seahawks Stadium and Exhibition Center announced as interim name until a permanent naming rights sponsor is found; FGI announces the project will come in on budget, a month earlier than anticipated. **6/21** Traded CB Ike Charlton to Jacksonville Jaguars for an undisclosed draft choice. **7/20** Seahawks Stadium Grand Opening begins with Public Fanfare Days, followed by three weeks of public open houses. **8/3** Seahawks take the field in Seahawks Stadium for the first time in a preseason scrimmage. **8/10** Seahawks play their first game in Seahawks Stadium, a preseason loss to the Indianapolis Colts, 28-10. **9/15** Seahawks play their Inaugural Game in Seahawks Stadium versus the Arizona Cardinals, a 24-13 loss. **9/29** Shaun Alexander scores an NFL-record five first-half touchdowns versus the Minnesota Vikings on ESPN Sunday Night Football. **10/29** Place QB Trent Dilfer on injured reserve and signed veteran QB Jeff George for remainder of season. **11/24** Seattle and Kansas City combine for 64 first downs, an NFL record. **12/29** Matt Hasselbeck set a franchise record passing for 449 yards in a 31-28 overtime win at San Diego. Seattle also established 20 club records during the season, including most first downs in a season (347), most yards gained in a game (591 at San Diego), most net yards gained in a season (5,818) and most passing yards in a season (4,257). Seattle finished the season 7-9, third place in the NFC West. **12/31** Mike Holmgren relinquishes his role as general manager, but remains executive vice president of football operations and head coach. Seattle fires defensive coordinator Steve Sidwell, defensive line coach Larry Brooks, defensive backs coach Ken Flajole, linebackers coach Johnny Holland and offensive quality control coach Jerry Colquitt.

2003 — **1/29** Seahawks hire Dwaine Board as defensive line coach. **2/5** Seattle names Ray Rhodes defensive coordinator. **2/7** Seattle names Teryl Austin defensive backs coach. **2/10** Seattle hires Bob Ferguson as general manager. **2/12** Seattle hires John Marshall as linebackers coach. **3/4** Seattle re-signed unrestricted free agents LB Anthony Simmons and DE Antonio Cochran. **4/26** Seattle selected CB Marcus Trufant from Washington State with the 11th overall pick in the NFL Draft. **4/27** Seattle traded a sixth-round selection to the New Orleans Saints for DT Norman Hand. **6/16** Hired Charles Fisher as an area scout. **6/25** Paul G. Allen names Tod Leiweke chief executive officer in charge of all Seahawks business and administration operations. Bob Whitsitt focuses on football operations. **9/7** Seattle opened the season with a compelling 27-10 victory over the Saints, their first season-opening win at home since 1986. **9/14** Seattle recorded first shutout since 1998, and 10th shutout in club history at Arizona. Safety Ken Hamlin earned NFC Defensive Player of the Week honors for his performance. In just his second NFL game, Hamlin had a hand in four of Seattle's six takeaways including the Cardinals first three drives. **10/5** Josh Brown set club record with 58-yard field goal at Green Bay. **10/12** The Seahawks unveiled a flag in the south end zone honoring the Seahawks 12th man. Each game, the Seahawks will have an honorary presenter raise the flag embroidered with the number 12. Twelve fans were selected to raise the inaugural flag. Steve Largent and Mike McCormack were among others to raise the flag during the season. The Seahawks held off San Francisco 20-19 on ESPN Sunday Night Football. **10/19** Defeated Chicago 24-17 and secured the best start (5-1) in franchise history. Seattle opened two seasons (1984, 1986) with a 4-1 mark. **11/23** Put up 41 points on one of the best defenses in the NFL, the Baltimore Ravens, but lost in overtime 44-41 after relinquishing a 17-point, fourth-quarter lead. Hasselbeck passed for 333 yards and club-record tying five touchdowns 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 fell incomplete. Matt Hasselbeck joined Dan Fouts and Marc Bulger as the only quarterbacks in NFL history to throw for 300-plus yards in his first two career postseason starts. **1/10** Relieved Mark Michaels from duties as special teams coach. **1/14** Bob Whitsitt was relieved of his duties as president of football operations. **2/3** Mike Reinfeldt is named consultant. **2/10** Bob Casullo is named special teams coach. **2/16** T Walter Jones signed a multi-year contract. **2/22** Matt Hasselbeck signed a multi-year contract. Bob Ferguson was relieved of his duties as general manager. Shaun Alexander was named franchise player. **2/23** Tim Ruskell was introduced as the Seahawks' president of football operations and became the primary decision maker regarding all player and personnel decisions, including oversight of the club's pro and college scouting departments. **3/24** Mike Reinfeldt named Vice President of Football Administration. **4/21** Signed LB Jamie Sharper and former University of Washington WR Jerome Pathon. Released veteran LB Chad Brown. **4/23** Drafted Mississippi center Chris Spencer in the first round (26th overall) of the NFL Draft. **6/8** Mike Phair and Mike Yowarsky hired to the college scouting department. **7/27** Shaun Alexander signed one-year contract. **8/12** In a preseason matchup, the Seahawks defeated the Saints 34-15 in New Orleans just two weeks before Hurricane Katrina devastated the area. **10/2** The Seahawks lost an overtime game at Washington to fall to 2-2 on the season. It was the last game the team would lose before winning a club-record 11 consecutive games. **10/16** Seattle set a club record with 320 yards rushing versus the Houston Texans on ESPN Sunday Night Football. Alexander rushed for four scores for the second time of the season. **10/17** Seahawks S Ken Hamlin was victimized outside of a Seattle club following the game sustaining head injuries that ended his season. **10/23** The Seahawks defeated the Dallas Cowboys 13-10 on a 50-yard Josh Brown field goal as time expired. The winning kick was set up when Jordan Babineaux intercepted Drew Bledsoe and returned it to the Cowboys' 32-yard line with :05 remaining. **11/6** Shaun Alexander rushed for 173 yards and two touchdowns, which included an 88-yard touchdown run tying his own franchise record. **11/27** The Seahawks defeated the N.Y. Giants 24-21 in overtime after Giants' kicker Jay Feely missed three game-winning field goal attempts. The Giants committed 16 penalties, including 11 false start penalties. **11/28** Mike Holmgren presented the Seahawks 12th Man with the game ball following the win over the Giants. **12/5** Seattle trounced Philadelphia 42-0 on a snowy Monday Night Football game. **12/11** The Seahawks outscored the 49ers 41-3 marking a perfect 6-0 division record, first in team history. **12/17** Seattle secured a first-round bye in the playoffs with a 28-24 come-from-behind win at Tennessee. **12/24** Seattle clinched home field advantage throughout the playoffs with a 28-13 win over the 13-1 Indianapolis Colts.

2006 — **1/14** The Seahawks ended their 21-year streak without a playoff win by defeating the Washington Redskins 20-10 in a Divisional Playoff Game at Qwest Field. **1/22** Hosting their first-ever Championship Game, Seattle routed the Carolina Panthers 34-14 earning their first trip to the Super Bowl in the club's 30-year history. **2/5** The Seahawks lost to the Pittsburgh Steelers 21-10 in Super Bowl XL. **2/16** The Seahawks named John Marshall defensive coordinator and Ray Rhodes took on the title of special projects/defense. The Seahawks also named Zerick Rollins linebackers coach and promoted Tom Headlee to quality control/defense. Larry Marmie was also hired as a defensive assistant/secondary. **2/23** Placed transition tag on G Steve Hutchinson. **3/6** Re-signed RB Shaun Alexander to a multi-year contract. **3/27** Signed LB Julian Peterson. **3/31** Seahawks acquired restricted free agent WR Nate Burleson from the Vikings in exchange for a third-round draft choice. **4/30** Drafted Miami cornerback Kelly Jennings with the 31st pick in the NFL Draft. **5/9** Seahawks announce plans to move practice facility to Renton waterfront. **9/10** Opened the season at Detroit's Ford Field, site of Super Bowl XL, and won 9-6 on Josh Brown's 42-yard game-winning field goal as time expired. **9/11** Seattle acquired WR Deion Branch from the New England Patriots in exchange for the Seahawks first-round selection in the 2007 NFL Draft. **9/17** Former Seahawks DT Cortez Kennedy was inducted into the Seahawks Ring of Honor. **9/24** Seattle led the New York Giants 35-3 at halftime and won the game 42-30 behind Matt Hasselbeck's club-record tying five touchdown passes. **10/1** Seahawks Shaun Alexander missed the first of six games (at Chicago) with a broken foot he suffered in the season opener. **10/15** Josh Brown connected on his second game-winner of the season, a 54-yard field goal at St. Louis as time expired. **10/22** Seattle's Matt Hasselbeck injured his right knee on the first series of the second half versus the Vikings. He would miss the next four ballgames. Seneca Wallace went 2-2 in Hasselbeck's absence. **11/6** Seattle recorded nine sacks at Qwest Field versus Oakland on Monday Night Football on the way to a 16-0 shutout of the Raiders. **11/12** Josh Brown connected on a 38-yard field goal with :09 remaining versus the Rams for his third game-winner of the season. **11/27** Snow covered Qwest Field as Seattle defeated Green Bay 34-24 on Monday Night Football. Shaun Alexander rushed for 201 yards on a franchise-record 40 carries. **12/3** Josh Brown tied an NFL record with his fourth game-winning field goal (inside the final

minute 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 Pittsburgh. **11/4** With a 94-yard punt return at Cleveland, Nate Burleson became the first player in NFL history with three punt returns of 90 or more yards in a career. **12/2** Lofa Tatupu tied a franchise record with three interceptions at Philadelphia, including one in the final minutes that preserved a Seahawks 28-24 victory. **12/9** Seattle sewed up their fourth-consecutive NFC West title with a 42-21 victory over the Arizona Cardinals. Mike Holmgren became the winningest coach in franchise history passing Chuck Knox (83-67). Marcus Trufant also recorded three interceptions in the game to tie a club record.

2008 — **1/5** Seattle hosted a playoff game for the fourth straight season and one in three consecutive years after putting away Washington 35-14 in the Wild Card round of the playoffs. **1/12** Seattle's season ended with a 42-20 Divisional Playoff loss at Green Bay in blizzard-like conditions. The game would be Brett Favre's final victory with the Packers. **1/25** The Seahawks announced the hiring of new offensive line coach Mike Solari. Coach Keith Gilbertson leaves post as assistant offensive line coach to coach wide receivers. **2/1** Hired Chris Beake to serve as Quality Control/Offense. **2/6** Seattle announces Jim Mora will take over as head coach following the 2008 season. **2/14** Bill Lazor named Seattle's QB coach. **2/21** Franchise tag is placed on CB Marcus Trufant. **3/4** Former University of Michigan offensive coordinator Mike DeBord is hired as assistant offensive line coach. **3/10** Signed free agent RB Julius Jones. **3/11** Kasey Dunn named Seattle's RB coach. **3/21** Signed LB Lofa Tatupu to a multi-year extension. **3/26** Signed CB Marcus Trufant to a multi-year extension. **4/22** Seahawks release RB Shaun Alexander. **4/25** Mike Holmgren is announced as the Horrygan Award Winner for the NFL executive who best helped the media do its job. Seahawks communications staff was named the Rozell Award winner for being the top PR staff in the NFL. **4/26** Selected Southern California DE Lawrence Jackson in the first round of the NFL Draft. **4/28** Former regional scout Mike Phair hired to assist in coaching linebackers. **5/1** Dave Pearson promoted from director to vice president of communications/broadcasting. **6/8** Original Seahawks employee Gary Wright/VP Administration retires after 32 years with the club. **8/4** The first wave of employees staffed the Virginia Mason Athletic Center. **8/18** Seahawks Football Operations and team practices began at VMAC. **10/26** With a victory over San Francisco, Mike Holmgren took sole possession of 10th place on the NFL's career wins list with 172. **11/22** WR Koren Robinson and QB Seneca Wallace connected for the longest play from scrimmage in team history, a 90-yard pass play versus the Philadelphia Eagles. **12/21** Mike Holmgren earned his final victory as head coach of the Seattle Seahawks, a 13-3 win over Brett Favre and the N.Y. Jets on a snow-covered Qwest Field.

2009 — **1/8** Greg Knapp was hired as Seattle's offensive coordinator. **1/12** Casey 'Gus' Bradley was hired as Seattle's defensive coordinator. Dan Quinn was hired to coach the defensive line. **1/13** Jim Mora formally announced as head coach of the Seahawks. Robert Prince hired to coach wide receivers. **1/22** Tim Lewis, brother of Seahawks Director of Pro Personnel Will Lewis, was hired as defensive backs coach. **3/3** Signed free agent WR T.J. Houshmandzadeh. On his visit, flew into VMAC on owner Paul Allen's seaplane. **3/14** Julian Peterson was traded to the Detroit Lions for Cory Redding and a fifth-round draft choice. **4/25** Selected LB Aaron Curry with the fourth overall choice in the NFL Draft. Also traded second-round pick to Denver for the Broncos 2010 first-round selection. **5/1** Karen Harrison promoted from director of finance to vice president of finance & chief financial officer.





CAREER TOP 10

GAMES PLAYED

Player, Seasons	No.
1 Joe Nash, 1982-96	218
2 Mack Strong, 1994-07	201
3 Steve Largent, 1976-89	200
4 Walter Jones, 1997-	180
5 Jacob Green, 1980-91	178
6 Jeff Bryant, 1982-93	175
7 Eugene Robinson, 1985-95	170
8 Cortez Kennedy, 1990-00	167
9 Dave Brown, 1976-86	159
10 Chris Gray, 1998-08	158

GAMES STARTED

Player, Seasons	No.
1 Steve Largent, 1976-89	197
2 Walter Jones, 1997-	180
3 Jacob Green, 1980-91	176
4 Joe Nash, 1982-96	169
5 Jeff Bryant, 1982-93	167
6 Dave Brown, 1976-86	159
7 Cortez Kennedy, 1990-00	153
8 Eugene Robinson, 1985-95	152
9 Chris Gray, 1998-08	145
10 Keith Butler, 1978-87	132

POINTS SCORED

Player, Seasons	No.
1 Norm Johnson, 1982-90	810
2 Shaun Alexander, 2000-07	672
3 Steve Largent, 1976-89	608
4 Josh Brown, 2003-07	571
5 Todd Peterson, 1995-99	555
6 Curt Warner, 1983-89	372
7 John Kasay, 1991-94	341
8 Efren Herrera, 1978-81	331
9 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 Olindo Mare, 2008-	24
8 John Leypoldt, 1976-77	17
9 Kris Heppner, 2000	6
10 Wilson Alvarez, 1981	3

FIELD GOAL ATTEMPTS

Player, Seasons	No.
1 Norm Johnson, 1982-90	228
2 Todd Peterson, 1995-99	154
3 Josh Brown, 2003-07	145
4 John Kasay, 1991-94	105
5 Efren Herrera, 1978-81	92
6 Rian Lindell, 2000-02	78
7 John Leypoldt, 1976-77	30
8 Olindo Mare, 2008-	27
9 Kris Heppner, 2000	9
10 Wilson Alvarez, 1981	7

POINT AFTER TOUCHDOWNS

Player, Seasons	No.
1 Norm Johnson, 1982-90	333
2 Josh Brown, 2003-07	223
3 Todd Peterson, 1995-99	177
4 Efren Herrera, 1978-81	139
5 Rian Lindell, 2000-02	96
6 John Kasay, 1991-94	95
7 John Leypoldt, 1976-78	59
8 Olindo Mare, 2008-	30
9 Wilson Alvarez, 1981	14
10 Kris Heppner, 2000	8

PAT ATTEMPTS

Player, Seasons	No.
1 Norm Johnson, 1982-90	338
2 Josh Brown, 2003-07	224
3 Todd Peterson, 1995-99	177
4 Efren Herrera, 1978-81	148
5 John Kasay, 1991-94	97
6 Rian Lindell, 2000-02	96
7 John Leypoldt, 1976-78	59
8 Olindo Mare, 2008-	30
9 Wilson Alvarez, 1981	15
10 Kris Heppner, 2000	8

RUSHING ATTEMPTS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	2,176
2 Curt Warner, 1983-89	1,649
3 Chris Warren, 1990-97	1,559
4 John L. Williams, 1986-93	1,148
5 Ricky Watters, 1998-01	994
6 Sherman Smith, 1976-82	810
7 Maurice Morris, 2002-08	604
8 Dan Doornink, 1979-85	463
9 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, 2002-08	2,612
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-	3,318
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 Seneca Wallace, 2003-	436
9 John Friesz, 1995-98	416
10 Trent Dilfer, 2001-04	356

PASSING COMPLETIONS

Player, Seasons	No.
1 Dave Krieg, 1980-91	2,096
2 Matt Hasselbeck, 2001-	2,000
3 Jim Zorn, 1976-84	1,593
4 Rick Mirer, 1993-96	814
5 Jon Kitna, 1997-00	658
6 Warren Moon, 1997-98	458
7 Seneca Wallace, 2003-	255
8 John Friesz, 1995-98	228
9 Kelly Stouffer, 1988-92	225
10 Trent Dilfer, 2001-04	196

PASSING YARDS

Player, Seasons	No.
1 Dave Krieg, 1980-91	26,132
2 Matt Hasselbeck, 2001-	23,404
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 Seneca Wallace, 2003-	2,847
9 Trent Dilfer, 2001-04	2,560
10 Kelly Stouffer, 1988-92	2,333

TOUCHDOWN PASSES

Player, Seasons	No.
1 Dave Krieg, 1980-91	195
2 Matt Hasselbeck, 2001-	145
3 Jim Zorn, 1976-84	107
4 Jon Kitna, 1997-00	49
5 Rick Mirer, 1993-96	41
6 Warren Moon, 1997-98	36
7 Seneca Wallace, 2003-	22
8 John Friesz, 1995-98	16
9 Trent Dilfer, 2001-04	13
10 Jeff Kemp, 1987-91	9

PASSES HAD INTERCEPTED

Player, Seasons	No.
1 Dave Krieg, 1980-91	148
2 Jim Zorn, 1976-84	133
3 Matt Hasselbeck, 2001-	94
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-	246
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 Seneca Wallace, 2003-	34
10 Trent Dilfer, 2001-04	22

**QUARTERBACK RATING
(MINIMUM 100 ATTEMPTS)**

Player, Seasons	No.
1 Matt Hasselbeck, 2001-	84.5
2 Seneca Wallace, 2003-	83.4
3 Dave Krieg, 1980-91	82.3
4 Warren Moon, 1997-98	81.3
5 Brock Huard, 1999-01	80.1
6 John Friesz, 1995-98	78.3
7 Jon Kitna, 1997-00	76.3
8 Trent Dilfer, 2001-04	72.5
9 Jim Zorn, 1976-84	67.8
10 Rick Mirer, 1993-96	65.2

PASS RECEPTIONS

Player, Seasons	No.
1 Steve Largent, 1976-89	819
2 Brian Blades, 1988-98	581
3 John L. Williams, 1986-93	471
4 Darrell Jackson, 2000-06	441
5 Bobby Engram, 2001-08	399
6 Joey Galloway, 1995-99	283
7 Koren Robinson, 2001-04, 08	244
8 Sam McCullum, 1976-81	232
9 Mack Strong, 1994-07	218
10 Sherman Smith, 1976-82	211

RECEIVING YARDS

Player, Seasons	No.
1 Steve Largent, 1976-89	13,089
2 Brian Blades, 1988-98	7,620
3 Darrell Jackson, 2000-06	6,445
4 Bobby Engram, 2001-08	4,859
5 Joey Galloway, 1995-99	4,457
6 John L. Williams, 1986-93	4,151
7 Koren Robinson, 2001-04, 08	3,567
8 Sam McCullum, 1976-81	3,409
9 Sherman Smith, 1976-82	2,342
10 Mike Pritchard, 1996-99	2,288

RECEIVING TOUCHDOWNS

Player, Seasons	No.
1 Steve Largent, 1976-89	100
2 Darrell Jackson, 2000-06	47
3 Joey Galloway, 1995-99	37
4 Daryl Turner, 1984-87	36
5 Brian Blades, 1988-98	34
6 Sam McCullum, 1976-81	21
7 Bobby Engram, 2001-08	18
8 John L. Williams, 1986-93	16
9 Jerramy Stevens, 2002-06	15
10 Koren Robinson, 2001-04, 08	14

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
Marcus Trufant, 2003-	17
10 Terry Taylor, 1984-88, 94	16

INTERCEPTION RETURN YARDS

Player, Seasons	No.
1 Dave Brown, 1976-86	643
2 Eugene Robinson, 1985-95	586
3 Kenny Easley, 1981-87	528
4 John Harris, 1978-85	425
5 Darryl Williams, 1996-99	402
6 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 FORT

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, 2006-08	181
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, 2006-08	7,664
7 Tom Rouen, 2003-05	6,394
8 Jon Ryan, 2008-	3,557
9 Rick Donnelly, 1990-91	3,227
10 Rick Engles, 1976-77	3,204

INSIDE THE 20

Player, Seasons	No.
1 Rick Tuten, 1991-97	147
2 Jeff Feagles, 1998-02	133
3 Jeff West, 1981-85	73
4 Tom Rouen, 2003-05	59
5 Ryan Plackemeier, 2006-08	57
6 Herman Weaver, 1977-80	49
7 Ruben Rodriguez, 1987-89	48
8 Jon Ryan, 2008-	22
9 Rick Donnelly, 1990-91	19
10 Rick Engles, 1976-77	13

TOUCHBACKS

Player, Seasons	No.
1 Rick Tuten, 1991-97	45
2 Jeff Feagles, 1998-02	30
3 Jeff West, 1981-85	28
4 Ryan Plackemeier, 2006-08	21
5 Herman Weaver, 1977-80	19
6 Ruben Rodriguez, 1987-89	17
7 Jon Ryan, 2008-	12
8 Tom Rouen, 2003-05	11
9 Rick Donnelly, 1990-91	9
10 Vince Gamache, 1986	7

HAD BLOCKED

Player, Seasons	No.
1 Herman Weaver, 1977-80	5
2 Rick Engles, 1976-77	3
3 Kyle Richardson, 1997	2
Rick Tuten, 1991-97	2
Jeff Feagles, 1998-02	2
Tom Rouen, 2003-05	2
7 Ruben Rodriguez, 1987-89	1
Donnie Jones, 2004	1
Ken Walter, 2004	1
Jon Ryan, 2008-	1

PUNT RETURNS

Player, Seasons	No.
1 Nate Burleson, 2006-	95
2 Chris Warren, 1990-97	94
3 Bobby Joe Edmonds, 1986-88	89
4 Joey Galloway, 1995-99	79
5 Paul Johns, 1981-84	74
6 Charlie Rogers, 1999-01	73
7 Bobby Engram, 2001-08	70
8 Kelvin Martin, 1993-94	65
9 Will Lewis, 1980-81	57
10 Paul Skansi, 1984-91	53

FAIR CATCHES

Player, Seasons	No.
1 Bobby Engram, 2001-08	67
2 Chris Warren, 1990-97	60
3 Charlie Rogers, 1999-01	40
4 Kelvin Martin, 1993-94	35
5 Jimmy Williams, 2005-06	31
6 Bobby Joe Edmonds, 1986-88	26
7 Paul Johns, 1981-84	23
Joey Galloway, 1995-99	23
9 Ronnie Harris, 1994-98	22
10 Nate Burleson, 2006-	18

PUNT RETURN YARDS

Player, Seasons	No.
1 Nate Burleson, 2006-	1,034
2 Bobby Joe Edmonds, 1986-88	1,010
3 Charlie Rogers, 1999-01	925
4 Paul Johns, 1981-84	843
5 Joey Galloway, 1995-99	823
6 Chris Warren, 1990-97	819
7 Bobby Engram, 2001-08	773
8 Kelvin Martin, 1993	550
9 Paul Skansi, 1984-91	500
10 Will Lewis, 1980-81	449

PUNT RETURN TD'S**Player, Seasons**

	No.
1 Joey Galloway, 1995-99	4
2 Paul Johns, 1981-84	2
Bobby Ingram, 2001-08	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, 2002-08	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 Josh Wilson, 2007-	69

KICKOFF RETURN YARDS**Player, Seasons**

	No.
1 Steve Broussard, 1995-98	3,900
2 Charlie Rogers, 1999-01	3,214
3 Maurice Morris, 2002-08	2,843
4 Bobby Joe Edmonds, 1986-88	2,228
5 Chris Warren, 1990-97	1,794
6 Josh Wilson, 2007-	1,753
7 Al Hunter, 1977-80	1,717
8 Josh Scobey, 2005-07	1,641
9 Randall Morris, 1984-88	1,621
10 Zachary Dixon, 1983-84	1,594

KICKOFF RETURN TD'S**Player, Seasons**

	No.
1 Zachary Dixon, 1983-84	1
James Jefferson, 1989-93	1
Jon Vaughn, 1993-94	1
Steve Broussard, 1995-98	1
Charlie Rogers, 1999-01	1
Maurice Morris, 2002-08	1
Nate Burleson, 2006-	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-	27
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 21 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, 2002-08	29.0
9 Julian Peterson, 2006-08	24.5
10 Sam Adams, 1994-99	22.0

YARDS LOST ON SACKS

Player, Seasons	No.
1 Jacob Green, 1980-91	753.0
2 Jeff Bryant, 1982-93	469.0
3 Michael Sinclair, 1991-01	418.5
4 Cortez Kennedy, 1990-00	390.5
5 Joe Nash, 1982-96	312.0
Rufus Porter, 1988-94	312.0
7 Chad Brown, 1997-04	284.5
8 Rocky Bernard, 2002-08	182.0
9 Julian Peterson, 2006-08	178.0
10 Bill Gregory, 1978-80	177.0

**BLOCKED PUNTS
RETURNED FOR TOUCHDOWNS**

Player, Seasons	No.
1 Steve Raible, 1976-81	1
Autry Beamon, 1977-79	1
Jessie Green, 1979-80	1
Eric Lane, 1981-87	1
Sam Merriman, 1983-87	1
Paul Moyer, 1983-89	1
Terry Taylor, 1984-88, 1994	1
Eugene Robinson, 1985-95	1
Alex Bannister, 2001-05	1

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 11 tied with	1

BLOCKED PAT'S

Player, Seasons	No.
1 Mike White, 1981-82	3
2 Jeff Bryant, 1982-93	2
Jacob Green, 1980-91	2
Joe Nash, 1982-96	2
5 Dennis Boyd, 1977-79, 1981-82	1
Brian Flores, 1981-82	1
Terry Wooden, 1990-96	1

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 17 players tied with	1

**BLOCKED FIELD GOALS
RETURNED FOR TOUCHDOWN**

Player, Seasons	No.
1 Byron Walker, 1982-86	1
Vernon Dean, 1988	1
Robert Blackmon, 1990-96	1
Shawn Springs, 1997-03	1

RETURN TOUCHDOWNS

(TDs scored via Interception, Punt, Kickoff, Fumble, Blocked Punt, or Blocked FG)

Player, Seasons	No.
1 Dave Brown, 1976-86	5
2 Jacob Green, 1980-91	4
Joey Galloway, 1995-99	4
Shawn Springs, 1997-03	4
Willie Williams, 1997-03	4
6 Kenny Easley, 1981-87	3
Keith Simpson, 1978-86	3
Terry Taylor, 1984-88, 1994	3
Chad Brown, 1997-04	3
Nate Burleson, 2006-	3

YEARLY LEADERS

TOUCHDOWNS

		G	Tot.	Rush	Rec.	Ret.	PAT	Pts.
1976	Sherman Smith	12	5	4	1	0	0/0	30
1977	Steve Largent	14	10	0	10	0	0/0	60
1978	David Sims	12	15*	14*	1	0	0/0	90*
1979	Sherman Smith	16	15	11	4	0	0/0	90
1980	Jim Jodet	16	6	5	1	0	0/0	36
1981	Steve Largent	16	10	1	9	0	0/0	60
1982	Steve Largent	8	3	0	3	0	0/0	18
1983	Curt Warner	16	14+	13	1	0	0/0	84
1984	Steve Largent	16	12	0	12	0	0/0	72
1985	Daryl Turner	16	13	0	13*	0	0/0	78
1986	Curt Warner	16	13	13+	0	0	0/0	78
1987	Curt Warner	12	10	8	2	0	0/0	60
1988	Curt Warner	16	12	10	2	0	0/0	72
1989	John L. Williams	15	7	1	6	0	0/0	42
1990	Derrick Fenner	16	15+	14+	1	0	0/0	90
1991	John L. Williams	16	5	4	1	0	0/0	30
1992	Tommy Kane	11	3	0	3	0	0/0	18
	Chris Warren	16	3	3	0	0	0/0	18
	John L. Williams	16	3	1	2	0	0/0	18
1993	Chris Warren	14	7	7	0	0	0/0	42
1994	Chris Warren	16	11	9	2	0	1/1	68
1995	Chris Warren	16	16	15+	1	0	0/1	96
1996	Lamar Smith	16	8	8	0	0	3/3	54
	Joey Galloway	16	8	0	7	1	0/0	48
1997	Joey Galloway	15	12	0	12+	0	0/0	72
1998	Joey Galloway	16	12	0	10#	2	0/0	72
1999	Derrick Mayes	16	10	0	10	0	0/0	60
2000	Ricky Watters	16	9	7	2	0	0/0	54
2001	Shaun Alexander	16	16	14+	2	0	0/0	96+
2002	Shaun Alexander	16	18^	16^	2	0	0/0	108^
2003	Shaun Alexander	16	16	14	2	0	0/0	96
2004	Shaun Alexander	16	20*	16^	4	0	0/0	120*
2005	Shaun Alexander	16	28*	27*	1	0	0/0	168*
2006	Darrell Jackson	13	10	0	10	0	0/0	60
2007	Nate Burleson	16	11	0	9	2	0/0	66
2008	T.J. Duckett	16	8	8	0	0	0/0	48

*Led NFL; + Led AFC; #Tied AFC; ^ Led NFC

KICK SCORING

		G	PATs	FGs	Pts.
1976	John Leyboldt	11	19-22	8-12	43
1977	John Leyboldt	14	33-37	9-18	60
1978	Efren Herrera	16	40-44	13-21	79
1979	Efren Herrera	16	43-46	19-23	100
1980	Efren Herrera	16	33-33	20-31	93
1981	Efren Herrera	12	23-25	12-17	59
1982	Norm Johnson	9	13-14	10-14	43
1983	Norm Johnson	16	49-50	18-25	103
1984	Norm Johnson	16	50-51	20-24	110
1985	Norm Johnson	16	40-41	14-25	82
1986	Norm Johnson	16	42-42	22-35*	108
1987	Norm Johnson	13	40-40	15-20	85
1988	Norm Johnson	16	39-39	22-28	105
1989	Norm Johnson	16	27-27	15-25	72
1990	Norm Johnson	16	33-34	23-32	102
1991	John Kasay	16	27-28	25-31	102
1992	John Kasay	16	14-14	14-22	56
1993	John Kasay	16	29-29	23-28	98
1994	John Kasay	16	25-26	20-24	85
1995	Todd Peterson	16	40-40	23-28	109
1996	Todd Peterson	16	27-27	28-34	111
1997	Todd Peterson	16	37-37	22-28	103

1998	Todd Peterson	16	41-41	19-24	98
1999	Todd Peterson	16	32-32	34-40	134
2000	Rian Lindell	12	25-25	15-17	70
2001	Rian Lindell	16	33-33	20-32	93
2002	Rian Lindell	16	38-38	23-29	107
2003	Josh Brown	16	48-48	22-30	114
2004	Josh Brown	16	40-40	23-25	109
2005	Josh Brown	16	56-57	18-25	110
2006	Josh Brown	16	36-36	25-31	111
2007	Josh Brown	16	43-43	28-34	127
2008	Olindo Mare	16	30-30	24-27	102

RUSHING

		G	Att.	Yds.	Avg.	LG	TD
1976	Sherman Smith	12	119	537	4.5	53t	4
1977	Sherman Smith	14	163	763	4.7	39	4
1978	Sherman Smith	12	165	805	4.9	67t	6
1979	Sherman Smith	16	194	775	4.0	41t	11
1980	Jim Jodat	16	155	632	4.1	26	5
1981	Theotis Brown	10	141	531	3.8	43t	6
1982	Sherman Smith	9	63	202	3.2	19	0
1983	Curt Warner	16	335+	1449+	4.3	60	13
1984	David Hughes	16	94	327	3.3	15	1
1985	Curt Warner	16	291	1094	3.8	38t	8
1986	Curt Warner	16	319+	1481+	4.6	60t	13+
1987	Curt Warner	12	234	985	4.2	57t	8
1988	Curt Warner	16	266	1025	3.9	29t	10
1989	Curt Warner	16	194	631	3.3	34	3
1990	Derrick Fenner	16	215	859	4.0	36t	14*
1991	John L. Williams	16	188	741	3.9	42	4
1992	Chris Warren	16	223	1017	4.6	52	3
1993	Chris Warren	14	273	1072	3.9	45t	7
1994	Chris Warren	16	333	1545+	4.6+	41	9
1995	Chris Warren	16	310	1346	4.3	52	15+
1996	Chris Warren	14	203	885	4.2	51	5
1997	Chris Warren	15	200	847	4.2	36t	4
1998	Ricky Watters	16	319	1239	3.9	39t	9
1999	Ricky Watters	16	325	1210	3.7	45	5
2000	Ricky Watters	16	278	1242	4.5	55t	7
2001	Shaun Alexander	16	309	1318	4.3	88t	14+
2002	Shaun Alexander	16	295	1175	4.0	58	16^
2003	Shaun Alexander	16	326	1435	4.4	55	14
2004	Shaun Alexander	16	353	1696^	4.8^	44	16^
2005	Shaun Alexander	16	370	1880*	5.1	88t	27!*
2006	Shaun Alexander	10	252	896	3.6	33t	7
2007	Shaun Alexander	13	207	716	3.5	25	4
2008	Julius Jones	15	158	698	4.4	33	2

! 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

PASSING (CONTINUED)

1993	Rick Mirer	16/16	486	274	2833	56.4	12	17	67.0
1994	Rick Mirer	13/13	381	195	2151	51.2	11	7*	70.2
1995	Rick Mirer	15/13	391	209	2564	53.5	13	20+	63.7
1996	John Friesz	8/6	211	120	1629	56.9	8	4	86.4
1997	Warren Moon	15/14	528	313	3678	59.3	25	16	83.7
1998	Warren Moon	10/10	258	145	1632	56.2	11	8	76.6
1999	Jon Kitna	15/15	495	270	3346	54.5	23	16	77.7
2000	Jon Kitna	15/12	418	259	2658	62.0	18	19	75.6
2001	Matt Hasselbeck	13/12	321	176	2023	54.8	7	8	70.9
2002	Matt Hasselbeck	16/10	419	267	3075	63.7^A	15	10	87.8
2003	Matt Hasselbeck	16/16	513	313	3841	61.0	26	15	88.8
2004	Matt Hasselbeck	14/14	474	279	3382	58.9	22	15	83.1
2005	Matt Hasselbeck	16/16	449	294	3459	65.5	24^A	9	98.2^A
2006	Matt Hasselbeck	12/12	371	210	2442	56.6	18	15	76.0
2007	Matt Hasselbeck	16/16	562	352	3966	62.6	28	12	91.4
2008	Seneca Wallace	10/8	242	141	1532	58.3	11	3	87.0

RECEIVING

		G	No.	Yds.	Avg.	LG	TD
1976	Steve Largent	14	54	705	13.0	45	4
1977	Steve Largent	14	33	643	19.4	74t	10
1978	Steve Largent	16	71+	1168	16.5	57	18
1979	Steve Largent	15	66	1237+	18.7	55t	9
1980	Steve Largent	16	66	1064	16.1	67t	6
1981	Steve Largent	16	75	1224	16.3	57t	9
1982	Steve Largent	8	34	493	14.5	45	3
1983	Steve Largent	15	72	1074	14.9	46t	11
1984	Steve Largent	16	74	1164	15.7	65t	12
1985	Steve Largent	16	79	1287+	16.3	43	6
1986	Steve Largent	16	70	1070	15.3	38t	9
1987	Steve Largent	13	58	912	15.7	55t	8
1988	John L. Williams	16	58	651	11.2	75t	3
1989	Brian Blades	16	77	1063	13.8	60t	5
1990	John L. Williams	16	73	699	9.6	60	0
1991	Brian Blades	16	70	1003	14.3	52	2
1992	John L. Williams	16	74	556	7.5	27t	2
1993	Brian Blades	16	80	945	11.8	41	3
1994	Brian Blades	16	81	1086	13.4	41	4
1995	Brian Blades	16	77	1001	13.0	49	4
1996	Joey Galloway	16	57	987	17.3	65t	7
1997	Joey Galloway	15	72	1049	14.6	53t	12+
1998	Joey Galloway	16	65	1047	16.1	81t	10#
1999	Derrick Mayes	16	62	829	13.4	43t	10
2000	Sean Dawkins	16	63	731	11.6	40	5
	Ricky Watters	16	63	613	9.7	59	2
2001	Darrell Jackson	16	70	1081	15.4	64	8
2002	Koren Robinson	16	78	1240	15.9	83	5
2003	Darrell Jackson	16	68	1137	16.7	80t	9
2004	Darrell Jackson	16	87	1199	13.8	56t	7
2005	Bobby Engram	13	67	778	11.6	56	3
2006	Darrell Jackson	13	63	956	15.2	72t	10
2007	Bobby Engram	16	94	1147	12.2	49	6
2008	John Carlson	16	55	627	11.4	33	5

* 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
2008	John Carlson	16	627	55	11.4	33	5

* Led NFL; + Led AFC; #Tied AFC

INTERCEPTIONS

	G	No.	Yds.	Avg.	LG	TD	
1976	Dave Brown	14	4	70	17.5	34	0
	Rolly Woolsey	14	4	19	4.7	13	0
1977	Autry Beamon	14	6	36	6.0	16	0
1978	Cornell Webster	15	5	9	1.8	14	0
1979	Dave Brown	16	5	46	9.2	32t	1
1980	Dave Brown	16	6	32	5.3	24	0
	John Harris	16	6	28	4.7	15	0
1981	John Harris	16	10+	155	15.5	42t	2+
1982	Kenny Easley	8	4	48	12.0	44	0
	John Harris	9	4	33	8.3	18	0
1983	Kenny Easley	16	7	96	13.2	38	0
1984	Kenny Easley	16	10+	126	12.6	58t	2*
1985	John Harris	16	7	20	2.9	17	0
1986	Dave Brown	16	5	58	11.6	24	1
1987	Kenny Easley	12	4	47	11.8	22	0
1988	Paul Moyer	16	6	79	13.2	34	0
1989	Eugene Robinson	16	5	24	4.8	20	0
1990	Eugene Robinson	16	3	89	29.7	39	0
	Dwayne Harper	16	3	69	23.0	47	0
1991	Eugene Robinson	16	5	56	11.2	27	0
1992	Eugene Robinson	16	7	126	18.0	49	0
1993	Eugene Robinson	16	9*	80	8.9	28	0
1994	Patrick Hunter	5	3	85	28.3	51	0
	Terry Wooden	16	3	78	26.0	69t	1
	Orlando Waters	16	3	39	13.0	18	1
	Eugene Robinson	13	3	18	6.0	18	0
1995	Robert Blackmon	13	5	46	9.2	21	0
1996	Darryl Williams	16	5	148	29.6	79	1
1997	Darryl Williams	16	8+	172	21.5	44	1
1998	Shawn Springs	16	7	142	20.3	56t	2#
1999	Shawn Springs	16	5	77	15.4	42	0
	Willie Williams	16	5	43	8.6	40t	1
2000	Jay Bellamy	16	4	132	33.0	84t	1
	Willie Williams	16	4	74	18.5	69t	1
2001	Willie Williams	16	4	24	6.0	24	0
2002	Reggie Tongue	16	5	118	23.6	46t	1
2003	Reggie Tongue	14	4	11	2.8	10	0
2004	Ken Lucas	16	6!	46	7.7	25	1
2005	Michael Boulware	16	4	107	26.8	40	0
2006	Ken Hamlin	16	3	63	21.0	37	0
2007	Marcus Trufant	16	7	150	21.4	84t	1
2008	Josh Wilson	16	4	135	33.8	75t	1

* Led NFL; + Led AFC; #Tied AFC; !Tied NFC

PUNTING

		G	No.	Yds.	Avg.	Net	LG	TB	I20	Blk.
1976	Rick Engles	14	80	3067	38.3	29.9	55	3	13	2
1977	Herman Weaver	13	58	2293	39.5	31.8	59	4	10	1
1978	Herman Weaver	16	66	2440	37.0	29.5	59	6	13	0
1979	Herman Weaver	16	66	2651	40.2	33.4	60	3	11	3
1980	Herman Weaver	16	67	2798	41.8	31.6	62	7	14	2
1981	Jeff West	15	66	2578	39.1	36.1+	56	2	16	0
1982	Jeff West	9	48	1835	38.2	36.7	52	3	8	0
1983	Jeff West	16	79	3115	39.5	34.6	56	10	25	0
1984	Jeff West	16	95	3567	37.5	33.3	60	10	24	0
1985	Dave Finzer	12	68	2766	40.7	34.6	61	6	12	0
1986	Vince Gamache	16	79	3048	38.6	33.0	55	7	10	0
1987	Ruben Rodriguez	12	47	1880	40.0	34.0	63	5	17	0
1988	Ruben Rodriguez	16	70	2858	40.8	36.8	68	4	14	0
1989	Ruben Rodriguez	16	75	2995	39.9	32.9	59	8	17	1
1990	Rick Donnelly	16	67	2722	40.6	34.4	54	8	18	0
1991	Rick Tuten	10	49	2106	43.0	36.9	60	3	8	0
1992	Rick Tuten	16	108*	4760*	44.1	38.7	65	8	29*	0
1993	Rick Tuten	16	90	4007	44.5	37.3	64	7	21	1
1994	Rick Tuten	16	91	3905	42.9	36.7	64	7	33	0
1995	Rick Tuten	16	83	3735	45.0*	36.5	73*	8	21	0
1996	Rick Tuten	16	85	3746	44.1	34.5	66	7	21	1
1997	Rick Tuten	11	48	2007	41.8	36.4	65	5	15	0
1998	Jeff Feagles	16	81	3570	44.1	36.5	59	12	27	0
1999	Jeff Feagles	16	84	3425	40.8	35.2	59	5	34	0
2000	Jeff Feagles	16	74	2960	40.0	36.9	57	2	24	1
2001	Jeff Feagles	16	85	3730	43.9	36.4	68	7	26	1
2002	Jeff Feagles	16	61	2542	41.7	37.0	58	4	22	0
2003	Tom Rouen	16	67	2762	41.2	37.1	61	3	29	2
2004	Tom Rouen	4	26	1093	42.0	37.8	60	1	10	0
	Donnie Jones	6	26	988	38.0	32.2	51	2	6	1
2005	Tom Rouen	12	61	2539	41.6	35.0	62	7	20	0
2006	Ryan Plackemeier	16	84	3778	45.0	37.3	72	15	25	0
2007	Ryan Plackemeier	16	86	3436	40.0	34.3	62	6	30	0
2008	Jon Ryan	15	78	3557	45.6	37.9	63	12	22	1

* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC

PUNT RETURNS

		G	No.	FC	Yds.	Avg.	LG	TD
1976	Lyle Blackwood	11	19	2	132	6.9	26	0
1977	Walter Packer	10	20	0	131	6.5	31	0
1978	Rufus Crawford	16	34	4	284	8.4	22	0
1979	Tony Green	11	16	3	121	7.6	30	0
1980	Will Lewis	16	41	9	349	8.5	75t	1
1981	Paul Johns	16	16	4	177	11.1	34	0
1982	Paul Johns	9	19	10	210	11.1	37	0
1983	Paul Johns	11	28	5	316	11.3	75t	1*
1984	Kenny Easley	16	16	5	194	12.1	42	0
1985	Paul Skansi	12	31	7	312	10.1	32	0
1986	Bobby Joe Edmonds	15	34	14	419	12.3*	75t	1+
1987	Bobby Joe Edmonds	11	20	4	251	12.6+	40	0
1988	Bobby Joe Edmonds	16	35	8	340	9.7	41	0
1989	David Hollis	10	18	7	164	9.1	21	0
1990	Chris Warren	16	28	16	269	9.6	39	0
1991	Chris Warren	16	32	19	298	9.3	59t	1*
1992	Chris Warren	16	34	25	252	7.4	16	0
1993	Kelvin Martin	16	32	15	270	8.4	33	0
1994	Kelvin Martin	16	33	20	280	8.5	23	0
1995	Joey Galloway	16	36	12	360	10.0	89t*	1
1996	Joey Galloway	16	15	5	158	10.5	88t+	1+
1997	Ronnie Harris	13	21	12	144	6.9	19	0
1998	Joey Galloway	16	25	5	251	10.0	74t	2@
1999	Charlie Rogers	12	22	18	318	14.5*	94t*	1
2000	Charlie Rogers	15	26	12	363	14.0	43	0
2001	Charlie Rogers	13	25	10	244	9.8	34	0
2002	Bobby Engram	15	21	23	224	10.7	61t	1
2003	Bobby Engram	16	31	22	320	10.3	83t	1

2004	Maurice Morris	15	15	4	75	5.0	22	0
2005	Jimmy Williams	14	24	22	139	5.8	24	0
2006	Nate Burleson	16	34	7	322	9.5	90t	1
2007	Nate Burleson	16	58	8	658	11.3	94t	1
2008	Justin Forsett	11	23	9	227	9.9	29	0

* Led NFL; @ Tied NFL; + Led AFC; # Tied AFC

KICKOFF RETURNS

		G	No.	Yds.	Avg.	LG	TD
1976	Oliver Ross	10	30	655	21.8	45	0
1977	Al Hunter	12	36	820	22.7	41	0
1978	Al Hunter	16	16	385	24.1	38	0
1979	Tony Green	11	20	437	21.9	31	0
1980	Will Lewis	16	25	585	23.4	54	0
1981	Will Lewis	10	20	378	18.9	36	0
1982	Horace Ivory	6	10	224	22.4	30	0
1983	Zachary Dixon	13	49*	1448*	23.4	94t	1*
1984	David Hughes	16	17	348	20.5	38	0
1985	Randall Morris	16	31	636	20.5	58	0
1986	Bobby Joe Edmonds	15	34	764	22.5	46	0
1987	Bobby Joe Edmonds	11	27	564	20.9	43	0
1988	Bobby Joe Edmonds	16	40	900	22.5	65	0
1989	James Jefferson	16	22	511	23.2	97t+	1*
1990	Chris Warren	16	23	478	20.8	71	0
1991	Chris Warren	16	35	792	22.6	55	0
1992	Chris Warren	16	28	524	18.7	34	0
1993	Michael Bates	16	30	602	20.1	46	0
1994	Michael Bates	15	26	508	19.5	38	0
1995	Steve Broussard	15	43	1062	24.7	70	0
1996	Steve Broussard	12	43	979	22.8	86	0
1997	Steve Broussard	16	50	1076	21.5	43	0
1998	Steve Broussard	15	29	781	26.9	90t	1
1999	Ahman Green	14	36	818	22.7	54	0
2000	Charlie Rogers	15	66	1629	24.7	81t	1
2001	Charlie Rogers	13	50	1120	22.4	64	0
2002	Maurice Morris	11	34	821	24.1	97t	1
2003	Maurice Morris	16	47	1007	21.4	56	0
2004	Maurice Morris	15	47	994	21.1	34	0
2005	Josh Scobey	16	59	1326	22.5	53	0
2006	Nate Burleson	16	26	643	24.7	50	0
2007	Nate Burleson	16	27	590	21.9	91t	1
2008	Josh Wilson	16	69	1753	25.4	61	0

* Led NFL; + Led AFC

SACKS

	G	No.		G	No.		
1976	Steve Niehaus	14	9.5	1995	Antonio Edwards	13	6.5
1977	Alden Roche	12	3.5		Cortez Kennedy	16	6.5
1978	Bill Gregory	16	9.0	1996	Michael McCrary	16	13.5+
1979	Manu Tuiaosopo	16	8.0	1997	Michael Sinclair	16	12.0
1980	Jacob Green	14	6.5	1998	Michael Sinclair	16	16.5*
1981	Jacob Green	16	12.0	1999	Phillip Daniels	16	9.0
1982	Jeff Bryant	9	3.0	2000	Chad Brown	16	6.0
	Jacob Green	9	3.0		Lamar King	14	6.0
1983	Jacob Green	16	16.0	2001	John Randle	15	11.0
1984	Jeff Bryant	16	14.5	2002	John Randle	12	7.0
1985	Jacob Green	16	13.5	2003	Chike Okeafor	16	8.0
1986	Jacob Green	16	12.0	2004	Chike Okeafor	16	8.5
1987	Jacob Green	12	9.5	2005	Bryce Fisher	16	9.0
1988	Jacob Green	16	9.0	2006	Julian Peterson	16	10.0
1989	Rufus Porter	16	10.5	2007	Patrick Kerney	16	14.5^
1990	Jacob Green	16	12.5	2008	Brandon Mebane	16	5.5
1991	Rufus Porter	15	10.0		Darryl Tapp	16	5.5
1992	Cortez Kennedy	16	14.0				
1993	Michael Sinclair	9	8.0				
1994	Michael Sinclair	12	4.5				

* Led NFL; + Led AFC; ^ Led NFC

DEFENSIVE STATISTICS

TACKLES

Includes solo and assists

		G	No.			G	No.
1976	Dave Brown	14	111	1993	Eugene Robinson	16	111
1977	Terry Beeson	14	134	1994	Rod Stephens	16	128
1978	Terry Beeson	16	153	1995	Terry Wooden	16	135
1979	Terry Beeson	16	114	1996	Dean Wells	16	107
1980	Michael Jackson	15	136	1997	Chad Brown	15	104
1981	Michael Jackson	16	140	1998	Chad Brown	16	150
1982	Michael Jackson	8	64	1999	Chad Brown	15	117
1983	Bruce Scholtz	16	104	2000	Anthony Simmons	16	147
1984	Shelton Robinson	16	93	2001	Anthony Simmons	16	123
1985	Fredd Young	16	118	2002	Reggie Tongue	16	93
1986	Fredd Young	15	121	2003	Anthony Simmons	13	100
1987	Fredd Young	13	101	2004	Marcus Trufant	16	93
1988	Eugene Robinson	16	114	2005	Lofa Tatupu	16	105
1989	Eugene Robinson	16	102	2006	Lofa Tatupu	16	123
1990	Nesby Glasgow	16	83	2007	Lofa Tatupu	16	109
1991	Terry Wooden	16	100	2008	Lofa Tatupu	15	94
1992	Eugene Robinson	16	94				

SPECIAL TEAMS TACKLES

		G	No.			G	No.
1976	Don Dufek	14	15	2006	Kevin Bentley	14	14
1977	Peter Cronan	14	11		Niko Koutouvides	16	14
	Charles McShane	14	11	2007	Niko Koutouvides	15	20
1978	Cornell Webster	15	12	2008	Jordan Babineaux	14	14
1979	Don Dufek	13	18		C.J. Wallace	12	14
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				



CB Jordan Babineaux

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	68,302	Green Bay	Qwest Field	October 12, 2008	L	27-17
5	68,297*	Washington	Qwest Field	January 5, 2008	W	35-14
6	68,296	New Orleans	Qwest Field	October 14, 2007	L	28-17
7	68,256	Green Bay	Qwest Field	November 27, 2006	W	34-24
8	68,249	Chicago	Qwest Field	November 18, 2007	W	30-23
9	68,193	Arizona	Qwest Field	December 9, 2007	W	42-21
10	68,181	N.Y. Jets	Qwest Field	December 21, 2008	W	13-3

ROAD ATTENDANCE

Att.	Opponent	Stadium	Date	W/L	Score	
1	90,215	Washington	FedEx Field	October 2, 2005	L	20-17(OT)
2	88,734*	L.A. Raiders	Los Angeles Coliseum	January 8, 1983	L	30-14
3	82,893	Kansas City	Arrowhead Stadium	October 2, 2000	L	24-17
4	82,352	Washington	FedEx Field	November 4, 2001	L	27-14
5	80,728	Washington	FedEx Field	November 9, 2003	L	27-20
6	79,529	N.Y. Giants	Giants Stadium	October 5, 2008	L	44-6
7	78,847	Kansas City	Arrowhead Stadium	October 23, 1994	L	38-23
8	78,605	Cleveland	Municipal Stadium	October 9, 1988	W	16-10
9	78,551	N.Y. Giants	Giants Stadium	September 22, 2002	L	9-6
10	78,119	N.Y. Giants	Giants Stadium	December 23, 2001	L	27-24

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
	31	vs. N.Y. Jets	December 21, 2008	W	13-3

WARMEST GAMES

	Temp.	Opponent	Date	W/L	Score
1	98	at Arizona	September 14, 2003	W	38-0
2	95	at N.Y. Jets	September 11, 1983	W	17-10
3	94	at Kansas City	September 4, 1987	L	17-13
4	93	at Philadelphia	September 10, 1989	L	31-7
5	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

REGULAR SEASON

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Record
1976		0-3	1-4	1-3	0-2		2-12
1977		0-2	2-3	1-3	2-1		5-9
1978		2-2	2-3	3-1	2-1		9-7
1979		1-4	3-1	3-1	2-1		9-7
1980		2-2	2-2	0-5	0-3		4-12
1981		1-3	1-3	2-3	2-1		6-10
1982		0-2		2-0	1-3	1-0	4-5
1983		2-2	3-2	2-2	2-1		9-7
1984		4-1	3-1	4-0	1-2		12-4
1985		2-2	2-2	2-2	2-2		8-8
1986		3-1	2-2	2-3	3-0		10-6
1987		1-1	3-1	3-2	2-2		9-6
1988		2-2	3-2	2-2	2-1		9-7
1989		1-2	3-2	0-4	3-1		7-9
1990		0-3	3-1	2-2	4-1		9-7
1991		2-3	3-1	1-2	1-3		7-9
1992		1-3	0-4	1-3	0-4		2-14
1993		2-2	2-2	1-2	1-3	0-1	6-10
1994		3-1	0-4	2-2	1-3		6-10
1995		1-2	1-4	3-1	3-1		8-8
1996		1-4	2-1	2-2	2-2		7-9
1997	0-1	2-2	3-0	1-4	2-1		8-8
1998		3-1	1-2	2-3	2-2		8-8
1999		2-1	2-1	4-1	1-3	0-1	9-7
2000		2-2	0-5	2-1	2-2		6-10
2001		1-2	2-1	2-2	3-2	1-0	9-7
2002		1-3	1-2	2-2	3-2		7-9
2003		3-0	2-2	3-2	2-2		10-6
2004		3-0	1-3	2-2	2-2	1-0	9-7
2005		2-1	3-1	4-0	4-0	0-1	13-3
2006		3-0	1-3	3-1	2-3		9-7
2007		3-1	1-2	3-1	3-2		10-6
2008		1-2	1-3	0-5	2-2		4-12
Total	0-1	57-62	59-70	67-69	64-61	3-3	250-266 (.484)

INCLUDING PLAYOFFS

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Record	Playoffs
1976		0-3	1-4	1-3	0-2		2-12	
1977		0-2	2-3	1-3	2-1		5-9	
1978		2-2	2-3	3-1	2-1		9-7	
1979		1-4	3-1	3-1	2-1		9-7	
1980		2-2	2-2	0-5	0-3		4-12	
1981		1-3	1-3	2-3	2-1		6-10	
1982		0-2		2-0	1-3	1-0	4-5	
1983		2-2	3-2	2-2	4-1*	0-1*	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
2008		1-2	1-3	0-5	2-2		4-12	
Total	0-1	57-62	59-70	67-69	67-63*	7-11*	257-276*	7-10

* includes playoffs

PRIME TIME RECORD

(32-25)

MONDAY NIGHT FOOTBALL (16-8)

Date	W/L	Score	Opponent
October 29, 1979	W	31-28	at Atlanta
November 26, 1979	W	30-7	vs. N.Y. Jets
November 17, 1980	L	19-17	vs. Oakland
November 16, 1981	W	44-23	vs. San Diego
October 29, 1984	W	24-0	at San Diego
November 12, 1984	W	17-14	at L.A. Raiders
September 23, 1985	L	35-24	vs. L.A. Rams
November 25, 1985	L	19-6	at San Francisco
October 6, 1986	W	33-7	vs. San Diego
December 8, 1986	W	37-0	vs. L.A. Raiders
November 9, 1987	L	30-14	at N.Y. Jets
November 30, 1987	L	37-14	vs. L.A. Raiders
November 28, 1988	W	35-27	vs. L.A. Raiders
December 4, 1989	W	17-16	vs. Buffalo
October 1, 1990	W	31-16	vs. Cincinnati
November 30, 1992	W	16-13 (OT)	vs. Denver
November 1, 1999	W	27-7	at Green Bay
October 2, 2000	L	24-17	at Kansas City
October 14, 2002	L	28-21	vs. San Francisco
December 6, 2004	L	43-39	vs. Dallas
December 5, 2005	W	42-0	at Philadelphia
November 6, 2006	W	16-0	vs. Oakland
November 27, 2006	W	34-24	vs. Green Bay
November 12, 2007	W	24-0	vs. San Francisco

THURSDAY-SUNDAY NIGHT (16-17)

Date	Network	W/L	Score	Opponent
Thursday, November 27, 1980*	NBC	L	51-7	at Dallas
Friday, December 20, 1985	ABC	L	27-24	vs. Denver
Thursday, November 27, 1986*	NBC	W	31-14	at Dallas
Sunday, December 13, 1987	ESPN	W	28-21	vs. Denver
Sunday, December 11, 1988	ESPN	W	42-14	vs. Denver
Sunday, December 17, 1989	ESPN	W	23-17	vs. L.A. Raiders
Sunday, November 25, 1990	ESPN	W	13-10	at San Diego
Sunday, December 23, 1990	ESPN	W	17-12	vs. Denver
Sunday, October 13, 1991	ESPN	L	23-20	vs. L.A. Raiders
Sunday, December 22, 1991	ESPN	W	23-9	vs. L.A. Rams
Sunday, November 22, 1992	ESPN	L	24-14	vs. Kansas City
Sunday, September 12, 1993	TNT	L	17-13	vs. L.A. Raiders
Sunday, December 18, 1994	ESPN	L	17-16	vs. L.A. Raiders
Sunday, December 17, 1995	ESPN	W	44-10	vs. L.A. Raiders
Thursday, October 17, 1996	TNT	L	34-16	at Kansas City
Sunday, December 15, 1996	ESPN	L	20-13	at Jacksonville
Sunday, December 21, 1997	ESPN	W	38-9	vs. San Francisco
Sunday, October 4, 1998	ESPN	L	17-6	at Kansas City
Sunday, November 1, 1998	ESPN	L	31-18	vs. Oakland
Sunday, October 2, 1999	ESPN	W	22-21	vs. Oakland
Sunday, November 14, 1999	ESPN	W	20-17	vs. Denver
Saturday, December 23, 2000	ESPN	L	42-23	vs. Buffalo
Sunday, November 11, 2001	ESPN	W	34-27	vs. Oakland
Sunday, December 9, 2001	ESPN	L	20-7	at Denver
Sunday, September 29, 2002	ESPN	W	48-23	vs. Minnesota
Sunday, October 12, 2003	ESPN	W	20-19	vs. San Francisco
Sunday, October 16, 2005	ESPN	W	42-10	vs. Houston
Sunday, October 1, 2006	NBC	L	37-6	at Chicago
Sunday, December 3, 2006	NBC	W	23-20	at Denver
Thursday, December 14, 2006	NFL Net.	L	24-14	vs. San Francisco
Sunday, October 14, 2007	NBC	L	28-17	vs. New Orleans
Sunday, October 19, 2008	NBC	L	20-10	at Tampa Bay
Thursday, November 27, 2008*	FOX	L	34-9	at Dallas

*Thanksgiving Day Game

RECORDS BY TELEVISION NETWORK

NFL Network (0-1) ESPN (17-8) NBC (2-4) 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
2008	Seneca Wallace	3-5
	Matt Hasselbeck	1-6
	Charlie Frye	0-1

BY WINNING %

Quarterback	Record	Win %
Glenn Foley	1-0	1.000
Trent Dilfer	8-4	.667
Dave Krieg	70-49	.588
Matt Hasselbeck	58-45	.563
John Friesz	6-5	.545
Jon Kitna	18-15	.545
Bruce Mathison	1-1	.500
Warren Moon	11-13	.458
Jeff Kemp	3-4	.429
Seneca Wallace	5-7	.417
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
Charlie Frye	0-1	.000



QB Matt Hasselbeck

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
2008	Matt Hasselbeck, QB Walter Jones, T	Lofa Tatupu, LB Deon Grant, SS	Lance Laury, LB D.D. Lewis, 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 (or coach) who best exemplifies the spirit, dedication,

1989	Steve Largent	WR	1999	Chad Brown	LB
1990	Jacob Green	DE	2000	Ricky Watters	RB
1991	Rufus Porter	LB	2001	Mack Strong	FB
1992	Jeff Bryant	DE	2002	Mack Strong	FB
	Joe Nash	DT	2003	Trent Dilfer	QB
1993	Eugene Robinson	S	2004	Mack Strong	FB
1994	Brian Blades	WR	2005	Mack Strong	FB
1995	Terry Wooden	LB	2006	Mack Strong	FB
1996	Cortez Kennedy	DT	2007	Bobby Engram	WR
1997	Winston Moss	LB	2008	Mike Holmgren	Coach
1998	Michael Sinclair	DE			

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	2008	Patrick Kerney	DE

MARCUS NALLEY TROPHY

1976	Jim Zorn	QB	1988	John L. Williams	FB
1977	Steve Largent	WR	1989	Brian Blades	WR
1978	Jim Zorn	QB	1990	John L. Williams	FB
1979	Steve Largent	WR	1991	Eugene Robinson	S
1980	Sam McCullum	WR	1992	Cortez Kennedy	DT
1981	Steve Largent	WR	1993	Eugene Robinson	S
1982	Kenny Easley	S	1994	Chris Warren	RB
1983	Curt Warner	RB	1995	Chris Warren	RB
1984	Kenny Easley	S	1996	Cortez Kennedy	DT
1985	Steve Largent	WR	1997	Darryl Williams	S
1986	Curt Warner	RB	1998	Chad Brown	LB
1987	Steve Largent	WR			

Discontinued in 1999

PRO BOWL

Year	Player	Nominations	Year	Player	Nominations
1978	Steve Largent, WR	1		Walter Jones, T	4
1979	Steve Largent, WR	2	2004	Shaun Alexander, RB	2
1981	Steve Largent, WR	3		Steve Hutchinson, G	2
1982	Kenny Easley, S	1		Walter Jones, T	5
1983	Kenny Easley, S, starter	2	2005	Shaun Alexander, RB, starter	3
	Curt Warner, RB, starter	1		Matt Hasselbeck, QB, starter	2
1984	Dave Brown, CB	1		Steve Hutchinson, G, starter	3
	Kenny Easley, S, unanimous	3		Walter Jones, T, starter	6
	Norm Johnson, K	1		Mack Strong, FB, starter	1
	Dave Krieg, QB	1		Lofa Tatupu, LB	1
	Steve Largent, WR	4		Robbie Tobeck, C	1
	Joe Nash, DT, starter	1	2006	Walter Jones, T	7
	Fredd Young, special teams	1		Julian Peterson, LB	1, 3 total
1985	Kenny Easley, S, starter	4		Mack Strong, FB	2
	Steve Largent, WR, starter	5		Lofa Tatupu, LB	2
	Fredd Young, special teams	2	2007	Matt Hasselbeck, QB	3
1986	Bobby Joe Edmonds, KR	1		Walter Jones, T	8
	Jacob Green, DE	1		Patrick Kerney, DE	1, 2 total
	Steve Largent, WR, starter	6		Julian Peterson, LB	2, 4 total
	Curt Warner, RB, starter	2		Lofa Tatupu, LB	3
	Fredd Young, LB, starter	3		Marcus Trufant, CB	1
1987	Kenny Easley, S, starter	5	2008	Walter Jones, T	9
	Jacob Green, DE	2		Julian Peterson, LB	3, 5 total
	Steve Largent, WR, starter	7			
	Curt Warner, RB, starter	3			
	Fredd Young, LB, starter	4			
1988	Dave Krieg, QB	2			
	Rufus Porter, special teams	1			
1989	Brian Blades, WR	1			
	Dave Krieg, QB	3			
	Rufus Porter, special teams	2			
1990	John L. Williams, FB	1			
1991	Cortez Kennedy, DT	1			
	John L. Williams, FB	2			
1992	Cortez Kennedy, DT, starter	2			
	Eugene Robinson, S	1			
1993	Cortez Kennedy, DT, starter	3			
	Eugene Robinson, S	2			
	Chris Warren, RB	1			
1994	Cortez Kennedy, DT, starter	4			
	Rick Tuten, P	1			
	Chris Warren, RB	2			
1995	Cortez Kennedy, DT	5			
	Chris Warren, RB, starter	3			
1996	Cortez Kennedy, DT, starter	6			
	Michael Sinclair, DE	1			
1997	Warren Moon, QB	1, 9 total			
	Michael Sinclair, DE	2			
	Darryl Williams, S, starter	1			
1998	Chad Brown, LB, starter	1, 2 total			
	Cortez Kennedy, DT	7			
	Michael Sinclair, DE	3			
	Shawn Springs, CB	1			
1999	Chad Brown, LB	2, 3 total			
	Walter Jones, T	1			
	Cortez Kennedy, DT	8			
2001	Walter Jones, T	2			
	John Randle, DT, starter	1, 7 total			
2002	Walter Jones, T, starter	3			
2003	Shaun Alexander, RB	1			
	Alex Bannister, ST	1			
	Matt Hasselbeck, QB	1			
	Steve Hutchinson, G	1			

AP ALL-PRO

1st Team	2nd Team
1978	Steve Largent Jim Zorn
1979	Steve Largent
1983	Curt Warner
1984	Steve Largent Dave Brown
1985	Steve Largent Kenny Easley
1986	Bobby Joe Edmonds Curt Warner
1987	Fredd Young Steve Largent Curt Warner
1992	Cortez Kennedy
1993	Cortez Kennedy Eugene Robinson
1994	Cortez Kennedy Chris Warren Rick Tuten
1995	Chris Warren
1996	Cortez Kennedy
1998	Chad Brown
2001	Walter Jones
2003	Steve Hutchinson
2004	Walter Jones Shaun Alexander
2005	Shaun Alexander Steve Hutchinson Walter Jones Mack Strong
2006	Walter Jones
2007	Patrick Kerney Lofa Tatupu
2008	Walter Jones

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 Freddie Young, LB (Week 2), Steve Largent, WR (Week 6), Brian Bosworth, LB (Week 15)
- 1988 Jacob Green, DE (Week 2), Dave Krieg, QB (Week 16)
- 1989 Steve Largent, WR (Week 14)
- 1990 Dave Krieg, QB (Week 10), Nesby Glasgow, S (Week 12), DE Jacob Green (Week 17)
- 1991 Rufus Porter, LB (Week 13)
- 1992 Cortez Kennedy, DT (Week 3)
- 1993 Chris Warren, RB (Week 3), *Rick Mirer, QB and P Rick Tuten (Week 5), Eugene Robinson (Week 11)
- 1994 Chris Warren, RB (Week 5), Robert Blackmon, S (Week 13)
- 1995 *Joey Galloway, WR (Week 11), Robert Blackmon, S (Week 12), Todd Peterson, K (Week 14), Robert Blackmon, S (Week 15), Rick Tuten, P (Week 16)
- 1996 Cortez Kennedy, DT (Week 6), Darryl Williams, S (Week 9), Michael McCrary, Special Teams (Week 10), Rick Tuten, P (Week 15), Michael McCrary, DE (Week 17)
- 1997 Chad Brown, LB (Week 3), Darryl Williams, S (Week 4), Warren Moon, QB (Weeks 9 and 11)
- 1998 Jon Kitna, QB (Week 13)
- 1999 *Charlie Rogers, PR, Special Teams (Week 3), Shawn Springs, CB (Week 8)
- 2000 Jon Kitna, QB (Week 11)
- 2001 Shaun Alexander, RB (Weeks 4 and 9), Charlie Rogers, KR, Special Teams (Week 16)
- 2002 Shaun Alexander, RB (Week 4), Matt Hasselbeck QB (Week 12), Ken Lucas CB (Week 15)
- 2003 *Ken Hamlin, S (Week 2), Bobby Engram, WR, Special Teams (Week 11), Chad Brown, LB (Week 17)
- 2004 Tom Rouen, P (Week 2), Ken Lucas, CB (Week 3), *Michael Boulware, S (Week 11), Darrell Jackson, WR (Week 14), Shaun Alexander, RB (Week 16)
- 2005 Shaun Alexander, RB (Weeks 3, 6, 9), Josh Brown, K (Week 7), Andre Dyson, CB (Week 13), Matt Hasselbeck, QB (Week 5)
- 2006 Josh Brown, K (Weeks 6, 12)
- 2007 Lance Laury, LB/ST (Week 3), Nate Burleson, WR/ST (Week 7), Lofa Tatupu, LB (Week 13), Marcus Trufant, CB (Week 14)
- 2008 Josh Wilson; CB (Week 16)
- * 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;

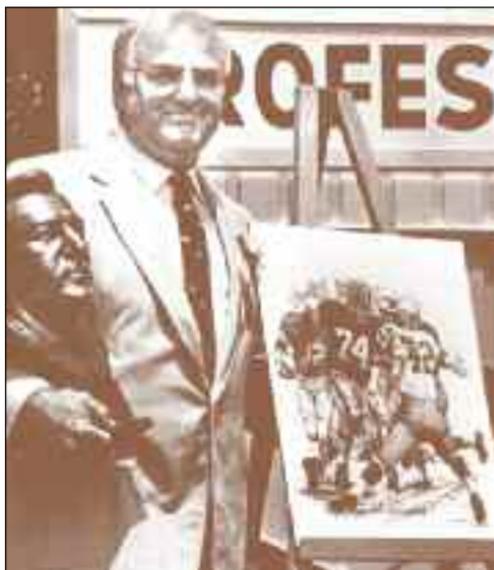
touchdowns, 100; consecutive games with a reception, 177; 50-catch seasons, 10; and 1,000-yard seasons, 8. Became only the second player in NFL history to be the career leader in receptions, yards and touchdowns at the same time joining Green Bay's Don Hutson (1945). Ranked third all-time at the time 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				
		No.	Yds.	Avg.	LG	TD	Att.	Yds.	Avg.	TD
1976 Seattle	14/13	54	705	13.0	45	4	4	-14	-3.5	0
1977 Seattle	14/14	33	643	19.4	74	10	0	0	0.0	0
1978 Seattle	16/16	71	1,168	16.5	57	8	0	0	0.0	0
1979 Seattle	15/15	66	1,237	*18.7	55	9	0	0	0.0	0
1980 Seattle	16/16	66	1,064	16.1	67	6	1	2	2.0	0
1981 Seattle	16/16	75	1,224	16.3	57	9	6	47	7.8	1
1982 Seattle	8/8	34	493	14.5	45	3	1	8	8.0	0
1983 Seattle	15/14	72	1,074	14.9	46	11	0	0	0.0	0
1984 Seattle	16/16	74	1,164	15.7	65	12	2	10	5.0	0
1985 Seattle	16/16	79	*1,287	16.3	43	6	0	0	0.0	0
1986 Seattle	16/16	70	1,070	15.3	38	9	0	0	0.0	0
1987 Seattle	13/13	58	912	15.7	58	8	2	33	16.5	0
1988 Seattle	15/15	39	645	16.5	46	2	1	-3	-3.0	0
1989 Seattle	10/9	28	403	14.4	33	3	0	0	0.0	0
Career Totals	200/197	*819	*13,089	16.0	74	*100	17	83	4.9	1
Seahawks Totals	200/197	819	13,089	16.0	74	100	17	83	4.9	1

LARGENT'S SINGLE-GAME HIGHS

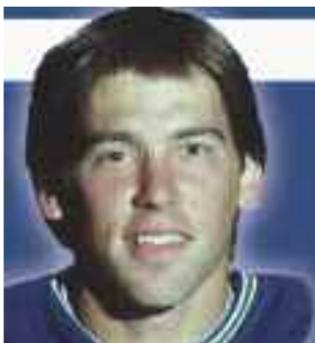
Receptions: *15 vs. Detroit (10/18/87)
Longest: 74 vs. San Diego (11/27/77)

Yards: *261 vs. Detroit (10/18/87)
Most TDs: 3, 3 times, last vs. Detroit (10/18/87)

ADDITIONAL STATS

Passing: 7 attempts, 2 complete for 29 yards **Punt Returns:** 8 for 68 yards, 8.5 average, 12 long, 1 fair catch. **Kickoff Returns:** 8 for 156 yards, 19.5 average, 30 long. **Scoring:** 1 TD rushing (1981), 1 PAT (1985)

*Team Record



JIM ZORN

Quarterback 6-2 200
 Cal Poly-Pomona
 9 Seahawks Seasons
 Free Agent 1976
 Seattle Games/Starts: 126/100
 Career Games/Starts: 140/(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



ZORN'S SINGLE GAME HIGHS

Attempts: 49 vs. Philadelphia (12/12/76)

Yards: 384 vs. New Orleans (11/18/79)

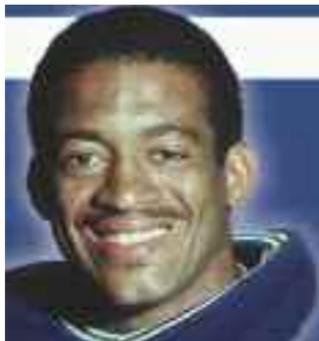
Most TDs: 4, 4 times, last vs. New England (9/21/80)

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,



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 "touchdown 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			LG	TD	Receiving			LG	TD
				Yds.	Avg.				No.	Yds.	Avg.		
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	

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,



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

17

Dave Krieg became the eighth member of the Seahawks' Ring of Honor on September 26, 2004. Krieg spent the first 12 years (1980-1991) of his 19-year NFL playing career with the Seahawks while becoming the club's all-time leader in 31 career, season and single-game passing categories at the time of his departure. He is still at the top of 20 of those categories, including career passing yards (26,132), completions (2,096), attempts (3,576), and touchdowns (195). Krieg originally joined the Seahawks as an undrafted

free agent from Milton College in 1980, and became the regular starter nine games into the 1983 season. The three-time Pro Bowler (1984, 1988 and 1989) 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

KRIEG'S SINGLE-GAME HIGHS

Attempts: 51 vs. Atlanta (10/13/85)

Yards: 418 vs. Denver (11/20/83)

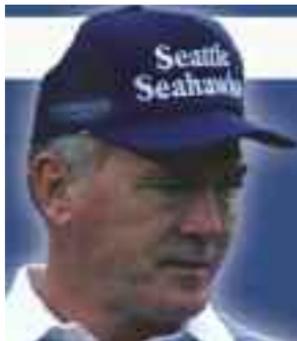
Most TDs: 5, 3 times, last vs. L.A. Raiders (11/28/88)

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



CORTEZ KENNEDY

Defensive Tackle 6-3 306
 Miami
 11 Seahawks Seasons
 1st Round 1990
 Seattle Games/Starts: 167/153
 Career Games/Starts: 167/153
 Birthdate: August 23, 1968
 Wilson, Arkansas
 Ring of Honor: September 17, 2006

96

Cortez Kennedy became the 10th member inducted into the Seahawks Ring of Honor on September 17, 2006. Kennedy established himself as one of the premier interior defensive linemen in the game while playing 11 NFL seasons (1990-2000), all with the

Seahawks. He appeared in 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



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, 1994-2007
- 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
- 180 Walter Jones, 1997-2008
- 176 Jacob Green, 1980-91

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)

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 15Times (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.)**

- 88.89 Olindo Mare, 2008 (24-27)
 81.81 Todd Peterson, 1995-99 (126-154)
 80.00 Josh Brown, 2003-07 (116-145)

Highest FG %, Season (Minimum 1 att. per game)

- 92.00 Josh Brown, 2004 (23-25)
 88.89 Olindo Mare, 2008 (24-27)
 88.24 Rian Lindell, 2000 (17-15)

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
 Olindo Mare, 2008

Most Field Goals, 50 or More Yards, Game

- 2 Norm Johnson, vs. L.A. Raiders 12/8/86
 John Kasay, vs. San Diego 10/27/91
 Josh Brown, vs. Dallas 10/23/05
 Josh Brown, vs. San Francisco 12/11/05
 Josh Brown, at Atlanta 12/30/07

SAFETIES**Most Safeties, Career**

- 2 Rod Stephens, 1989-94
 1 By 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 Players

Most Games, 2 or More Players with 100 or More Yards Rushing

- vs. L.A. Raiders 11/28/88 (Curt Warner 130 and John L. Williams 105)
- vs. Denver 12/11/88 (Curt Warner 126 and John L. Williams 109)
- vs. Houston 10/16/05 (Shaun Alexander 141 and Maurice Morris 104)

Longest Run From Scrimmage

- 88 Shaun Alexander, vs. Oakland 11/11/01 (TD)
- Shaun Alexander, at Arizona 11/6/05 (TD)
- 86 Joey Galloway, at Jacksonville 11/12/95 (TD)

AVERAGE GAIN**Highest Average Gain, Career (100 or More Attempts)**

- 5.51 Steve Broussard, 1995-98 (136-750)
- 4.94 Rick Mirer, 1993-96 (178-880)
- 4.84 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)

- 84.5 Matt Hasselbeck, 2001-08
- 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)
- 58.48 Seneca Wallace, 2003-08 (436-255)

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, 1984-85, 1989-90
- 3 Jim Zorn, 1978-80

Most Consecutive Seasons, 3,000 or More Yards Passing

- 4 Matt Hasselbeck, 2002-05
- 3 Jim Zorn, 1978-80
- 2 Dave Krieg, 1984-85 & 1989-90

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

- 90 Seneca Wallace (to Koren Robinson), vs. Philadelphia 11/2/08
- 83 Trent Dilfer (to Koren Robinson), at St. Louis 10/20/02
- 82 Jim Zorn (to David Sims), vs. Cincinnati 9/25/77 (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 John Friesz, 1995-98 (416-2,971)

Highest Average Gain, Season (Qualifiers)

- 8.80 Dave Krieg, 1983 (243-2,139)
- 8.31 Trent Dilfer, 2001 (122-1,014)
- 7.79 Dave Krieg, 1986 (375-2,921)

Highest Avg. Gain, Rookie, Season (Qualifiers)

- 5.85 Jim Zorn, 1976 (439-2,571)
- 5.83 Rick Mirer, 1993 (486-2,833)

Highest Average Gain, Game (20 Attempts)

- 14.52 Dave Krieg, vs. San Diego 12/14/86 (21-305)
- 13.30 Dave Krieg, vs. Kansas City 11/11/90 (23-306)
- 12.87 Jim Zorn, vs. Buffalo 10/30/77 (23-296)

TOUCHDOWNS**Most Touchdown Passes, Career**

- 195 Dave Krieg, 1980-91
- 145 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)
- 4.37 Matt Hasselbeck, 2001-08 (3,318-145)

Highest %, TD Passes Season (Qualifiers)

- 7.89 Dave Krieg, 1988 (228-18)
- 7.82 Dave Krieg, 1987 (294-23)
- 7.41 Dave Krieg, 1983 (243-18)

Highest %, TD Passes, Rookie, Season (Qualifiers)

- 2.73 Jim Zorn, 1976 (439-12)
- 2.47 Rick Mirer, 1993 (486-12)

HAD INTERCEPTED**Most Consecutive Passes Attempted, None Intercepted**

- 184 Seneca Wallace, 2008
- 159 Matt Hasselbeck, 2005
- 153 Jim Zorn, 1979

Most Passes Had Intercepted, Career

- 148 Dave Krieg, 1980-91
- 133 Jim Zorn, 1976-84
- 94 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)
- 2.75 Seneca Wallace, 2003-08 (436-12)
- 2.83 Matt Hasselbeck, 2001-08 (3,318-94)

Lowest %, Passes Had Intercepted, Season (Qualifiers)

- 1.24 Seneca Wallace, 2008 (242-3)
- 1.84 Rick Mirer, 1994 (381-7)
- 2.00 Matt Hasselbeck, 2005 (449-9)

Lowest %, Passes Had Intercepted, Rookie Season

- 3.50 Rick Mirer, 1993 (486-17)
- 6.15 Jim Zorn, 1976 (439-27)

RECEIVING**Most Pass Receptions, Career**

- 819 Steve Largent, 1976-89 (9th in NFL history)
- 581 Brian Blades, 1988-98
- 471 John L. Williams, 1986-93

Most Seasons, 80 or More Pass Receptions

- 2 Brian Blades, 1993-94
- 1 Darrell Jackson, 2004
- Bobby Engram, 2007

Most Seasons, 70 or More Pass Receptions

- 6 Steve Largent, 1978, 1981, 1983-86
- 5 Brian Blades, 1989, 1991, 1993-95
- 3 John L. Williams, 1989-90, 1992

Most Seasons, 50 or More Pass Receptions

- 10 Steve Largent, 1976, 1978-81, 1983-87
- 6 John L. Williams, 1988-93
- Darrell Jackson, 2000-06
- 5 Brian Blades, 1989, 1991, 1993-95

Most Pass Receptions, Season

- 94 Bobby Engram, 2007
- 87 Darrell Jackson, 2004
- 81 Brian Blades, 1994

Most Pass Receptions, Rookie, Season

- 67 Joey Galloway, 1995
- 54 Steve Largent, 1976
- 53 Darrell Jackson, 2000

Most Pass Receptions, Game

- 15 Steve Largent, vs. Detroit 10/18/87
- 14 Bobby Engram, at Cleveland 11/4/07
- 12 By 4 Players (Last: Brian Blades, vs. New Orleans 9/1/91)

Most Consecutive Games, Pass Receptions

- 177 Steve Largent, 1977-89
- 71 Joey Galloway, 1995-99
- 52 Brian Blades, 1992-95

YARDS GAINED**Most Yards Gained, Career**

- 13,089 Steve Largent, 1976-89 (7th in NFL history)
- 7,620 Brian Blades, 1988-98
- 6,445 Darrell Jackson, 2000-06

Most Yards Gained, Season

- 1,287 Steve Largent, 1985
- 1,240 Koren Robinson, 2002
- 1,237 Steve Largent, 1979

Most Yards, Rookie, Season

- 1,039 Joey Galloway, 1995
- 715 Daryl Turner, 1984
- 713 Darrell Jackson, 2000

Most Yards Gained, Game

- 261 Steve Largent, vs. Detroit 10/18/87
- 191 Steve Largent, vs. Denver 11/25/84
- 180 John L. Williams, at L.A. Raiders 12/18/88

Most Games, 100+ Yards, Receiving, Career

- 40 Steve Largent, 1976-89
- 19 Darrell Jackson, 2000-06
- 17 Brian Blades, 1988-98

Most Games, 100+ Yards, Receiving, Season

- 6 Steve Largent, 1979
- 5 Steve Largent, 1984
- Brian Blades, 1989
- Darrell Jackson, 2001, 2004
- Koren Robinson, 2002

Most Consecutive Games, 100+ Yards Receiving

- 2 By 13 Players (Last: D.J. Hackett 2007)

Longest Pass Reception

- 90 Koren Robinson (from Seneca Wallace) vs. Philadelphia 11/2/08
- 83 Koren Robinson (from Trent Dilfer), at St. Louis 10/20/02
- 82 David Sims (from Jim Zorn), vs. Cincinnati 9/25/77 (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 Webber, 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 52Times (Last: Jordan Babineaux at Miami 11/9/09)

PUNTING**Most Punts, Career**

- 554 Rick Tuten, 1991-97
- 385 Jeff Feagles, 1998-02
- 299 Jeff West, 1981-85

Most Punts, Season

- 108 Rick Tuten, 1992
- 95 Jeff West, 1984
- 91 Rick Tuten, 1994

Most Punts, Rookie, Season

- 84 Ryan Plackemeier, 2006
- 80 Rick Engles, 1976
- 47 Ruben Rodriguez, 1987

Most Punts, Game

- 12 Rick Tuten, vs. Denver 11/28/93
- 11 By 5 Players (Last: Jon Ryan, vs. Philadelphia 11/2/08)

Longest Punt

- 73 Rick Tuten, at Buffalo 10/15/95
- 72 Ryan Plackemeier, vs. San Diego 12/24/06
- 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

- 45.60 Jon Ryan, 2008 (78-3,557)
- 45.00 Rick Tuten, 1995 (83-3,735)
- 44.97 Ryan Plackemeier, 2006 (84-3,778)

Highest Avg., Punting, Rookie, Season

- 44.97 Ryan Plackemeier, 2006 (84-3,778)
- 40.00 Ruben Rodriguez, 1987 (47-1,880)
- 38.34 Rick Engles, 1976 (80-3,067)

Highest Avg. Punting, Game (Minimum 4 Punts)

- 55.20 Rick Tuten, vs. Denver 12/1/96 (5-276)
- 53.40 Jon Ryan, at San Francisco 10/26/08 (5-267)
- 52.83 Rick Tuten, at Buffalo 10/15/95 (6-317)

Highest Net Punting Avg., Season

- 38.7 Rick Tuten, 1992
- 37.9 Jon Ryan, 2008
- 37.8 Tom Rouen, 2004

INSIDE THE 20**Most Punts Inside the 20, Career**

- 147 Rick Tuten, 1991-97
- 133 Jeff Feagles, 1998-02
- 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
- Jon Ryan, 2008
- 10 Jeff West, 1983
- Jeff West, 1984

Most Touchbacks, Game

- 3 By 6 Players (Last: Jon Ryan, vs. Philadelphia 12/14/06)

HAD BLOCKED**Most Punts Had Blocked, Career**

- 6 Herman Weaver, 1977-80
- 3 Rick Engles, 1976-77
- 2 By 4 Players

Most Punts Had Blocked, Season

- 3 Herman Weaver, 1979
- 2 By 4 Players (Last: Tom Rouen, 2003)

Most Punts Had Blocked, Game

- 2 Herman Weaver, vs. Kansas City 9/30/79
- 1 By 18 Players (Last: Ken Walter, vs. Atlanta 1/2/05)

PUNT RETURNS**Most Punt Returns, Career**

- 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 Engram, 2001-07
- 60 Chris Warren, 1990-97
- 40 Charlie Rogers, 1999-2001

Most Fair Catches, Season

- 25 Chris Warren, 1992
- 23 Bobby Engram, 2002
- 22 Bobby Engram, 2003
- Jimmy Williams, 2005

Most Fair Catches, Game

- 5 James Jefferson, vs. Denver 10/22/89
- Chris Warren, vs. Pittsburgh 10/20/91
- Chris Warren, vs. Denver 11/30/92 (OT)
- Charlie Rogers, vs. Buffalo 10/24/99
- Jimmy Williams, vs. Dallas 10/23/05

YARDS GAINED**Most Yards Gained, Career**

- 1,010 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

- 69 Josh Wilson, 2008
- 66 Charlie Rogers, 2000
- 59 Josh Scobey, 2005

Most Kickoff Returns, Game

- 8 Bobby Joe Edmonds, vs. L.A. Raiders 11/30/87
- Josh Wilson, at N.Y. Giants 10/5/08
- 7 By 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

- 1,753 Josh Wilson, 2008
- 1,629 Charlie Rogers, 2000
- 1,326 Josh Scobey, 2005

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)**

- 25.76 Josh Wilson, 2007-08 (83-2,138)
- 23.99 Charlie Rogers, 1999-2001 (134-3,214)
- 23.64 Steve Broussard, 1995-98 (165-3,900)

Highest Avg., Season (1 per game)

- 26.93 Steve Broussard, 1998 (29-781)
- 25.83 Charlie Rogers, 1999 (18-465)
- 25.41 Josh Wilson, 2008 (69-1,753)

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)
- 36.50 Josh Wilson, at Tampa Bay 10/19/08 (4-146)

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 Edmunds, 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 Edmunds, 1986-88 (1,010-P, 2,228-K)

Most Yards Gained, Season

- 1,992 Charlie Rogers, 2000 (363-P, 1,629-K)
- 1,753 Josh Wilson, 2008 (0-P, 1,753-K)
- 1,364 Charlie Rogers, 2001 (244-P, 1,120-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 Many Times

Most Touchdowns, Game (Total)

- 1 Many Times (Last: Jordan Babineaux, at St. Louis 12/14/08)

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)

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
- 4 Craig Terrill, 2004-08
- 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 Many Times (Last: Craig Terrill, vs. Buffalo 9/7/08)

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 ManyTimes (Last: Craig Terrill, vs. Buffalo 9/7/08 [FG])

Longest Return of Blocked Punt

- 32 Jessie Green, vs. N.Y. Jets 10/19/80
- 26 Steve Raible, vs. Green Bay 10/10/76
- 17 Autry Beamon, vs. Baltimore 9/18/77

Longest Return of Blocked Field Goal

- 62 Paul Moyer, vs. Cleveland 10/9/88
- Vernon Dean, vs. L.A. Rams 10/23/88 (TD)
- 61 Robert Blackmon, vs. Houston 11/3/96 (TD)
- Shawn Springs, at Green Bay 11/1/99 (TD)

TEAM RECORDS**ATTENDANCE****Largest Single-Season Regular-Season Home Attendance**

- 545,551 2007 (68,194)
543,965 2008 (67,996)
543,820 2006 (67,978)

Largest Single-Game Regular-Season Home Attendance**- Qwest Field**

- 68,331 vs. San Francisco 11/12/07
68,302 vs. Green Bay 10/5/08
68,296 vs. New Orleans 10/14/07

- Kingdome (1976-1999)

- 66,400 vs. Oakland 10/3/99
66,332 vs. Kansas City 12/26/99
66,318 vs. San Diego 12/12/99

- Husky Stadium (2000-01)

- 68,681 vs. Oakland 12/16/00
68,661 vs. Denver 11/26/00
67,231 vs. Oakland 11/11/01

Largest Single-Game Regular-Season Road Attendance

- 90,215 at Washington 10/2/05
*82,893 at Kansas City 10/2/00
82,352 at Washington 11/4/01

* Combined attendance from Arrowhead (79,451) and Kaufmann Stadium adjacent to Arrowhead (3,442).

GAMES WON**REGULAR SEASON****Most Consecutive Games Won**

- 11 2005
- 8 1984
- 6 2002-03

Most Consecutive Games Without Defeat

- 11 2005
- 8 1984
- 6 2002-03

Most Games Won, Season

- 13 2005
- 12 1984
- 10 1986, 2003, 2007

Most Consecutive Games Won, One Season

- 11 2005
- 8 1984
- 5 1986, 1999, 2007

Most Consecutive Games Won, Start of Season

- 3 1986, 1998, 2003, 2004, 2006
- 2 1984, 1985, 1988, 1994

Most Consecutive Games Won, End of Season

- 5 1986
- 3 2002

Most Consecutive Home Games Won

- 12 2004-06
- 10 2002-04
- 8 1983-84

Most Consecutive Road Games Won

- 5 1979-80, 2005
- 4 1984

Most Shutout Games Won or Tied, Season

- 3 1984
- 2 1986
- 1 9 Times (Last: 2007)

Most Consecutive Shutout Games Won or Tied, Season

- 2 1984
- 1 12 Times (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, 2008
- 10 1981, 1993, 1994, 2000

Most Consecutive Games Lost, One Season

- 9 1980
- 8 1992
- 6 1994, 2008

Most Consecutive Games Lost, Start of Season

- 5 1976
- 4 1977
- 3 1990, 1996, 2002

Most Consecutive Games Lost, End of Season

- 9 1980
- 5 1976
- 4 1992

Most Consecutive Home Games Lost

- 8 1980
- 5 1992, 2008
- 4 1976, 1976-77

Most Consecutive Road Games Lost

- 8 1976-77, 1980-81
- 7 1992-93
- 6 2003

Most Shutout Games Lost or Tied, Season

- 2 1992
- 1 8 Times (Last: 2007)

Most Consecutive Shutout Games, Lost or Tied, Season

- 2 1992
- 1 8 Times (Last: 2007)

Most Consecutive Overtime Games Lost, Season

- 1 17 Times (Last: 2008)

SCORING**POINTS****Most Points, Season**

- 452 2005
- 418 1984
- 404 2003

Fewest Points, Season

- 127 1982 (9 games)
- 140 1992 (NFL record for 16-game season)
- 229 1976 (14 games)

Most Points, Game

- 56 vs. Buffalo 10/30/77
- 51 vs. Kansas City 11/27/83 (OT)
- 49 vs. San Diego 9/15/85

Fewest Points, Game

- 0 10 Times (Last: at Pittsburgh 10/7/07)

Most Points, Both Teams, Game

- 99 Seattle (51) vs. Kansas City (48) 11/27/83 (OT)
- 85 Seattle (41) at Baltimore (44) 11/23/03 (OT)
- Seattle (41) at Atlanta (44) 12/30/07
- 84 Seattle (49) vs. San Diego (35) 9/15/85

Fewest Points, Both Teams, Game

- 14 Seattle (14) vs. Washington (0) 9/28/80
- 15 Seattle (9) at Cleveland (6) 9/9/01
- Seattle (6) at N.Y. Giants (9) 9/22/02
- Seattle (9) at Detroit (6) 9/10/06

Most Points, Shutout Victory, Game

- 45 vs. Kansas City 11/4/84
- 42 at Philadelphia 12/5/05
- 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 Many Times (Last: vs. Arizona 11/16/08)

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 3Times (Last: at Dallas 10/11/92)

Most First Downs, Rushing, Season

- 150 1978
- 142 2005
- 131 1983

Fewest First Downs, Rushing, Season

- 51 1982 (9 games)
- 65 1999
- 75 1976

Most First Downs, Rushing, Game

- 19 vs. San Diego 11/22/87
- vs. Houston 10/16/05
- 18 vs. Kansas City 11/27/83 (OT)

Fewest First Downs, Rushing, Game

- 0 vs. L.A. Rams 11/4/79
- vs. New England 12/4/88
- vs. L.A. Raiders 10/18/92

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



QB Sam Adkins (1977-82)
Seahawks Broadcasting Analyst

Fewest First Downs, Passing, Game

- 1 vs. L.A. Rams 11/4/79
- vs. Oakland 12/22/96
- 2 6Times (Last: vs. Philadelphia 11/2/08)

Most First Downs, Penalty, Season

- 39 1978
- 35 2002
- 33 2006

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
- 39 at Tampa Bay 10/19/08
- 41 vs. New England 12/4/88

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 13 Times (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 9 Times (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 3 Times (Last: vs. Cincinnati 11/18/84)

Most Passes Attempted, Both Teams, Game

- 103 Seattle (53) at San Diego (50) 12/29/02 (OT)
- 95 Seattle (47) at Cleveland (48) 11/4/07
- 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 3 Times (Last: vs. Tampa Bay 11/28/99)

PUNTING**Most Punts, Season**

108 1992
 95 1984
 91 1985, 1993, 1994

Fewest Punts, Season

49 1982 (9 games)
 61 1987, 2002
 64 1977

Most Punts, Game

12 vs. Denver 11/28/93
 11 5 Times (Last: vs. Philadelphia 11/2/08)

Fewest Punts, Game

1 12 Times (Last: vs. Houston 10/16/05)

AVERAGE YARDAGE

Highest Average Distance, Punting, Season
 45.00 1995 (83-3,735)
 44.52 2008 (90-4,007)
 44.50 2006 (86-3,827)

Lowest Average Distance, Punting, Season

36.42 1978 (69-2,513)
 37.40 1976 (82-3,067)
 37.55 1984 (95-3,567)

HAD BLOCKED**Most Punts Had Blocked, Season**

3 1979
 2 1976, 1977, 1980, 1997, 2003, 2004

Most Punts Had Blocked, Game

2 vs. Kansas City 9/30/79
 1 Many Times (Last: vs. San Francisco
 9/14/08)

Most Consecutive Punts Without A Block

612 1980-88
 521 1989-93
 254 1993-96, 1997-00

INSIDE THE 20**Most Punts Inside Opponents' 20-Yard Line, Season**

34 1999
 33 1994
 30 2007

Fewest Punts Inside Opponents' 20-Yard Line, Season

9 1982 (9 games)
 10 1977, 1986
 11 1979, 1991

Most Punts Inside Opponents' 20-Yard Line, Game

6 vs. Minnesota 11/10/96
 vs. Kansas City 12/26/99
 at N.Y. Giants 12/23/01
 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 Many Times (Last: vs. New England
 12/7/08)

FAIR CATCHES**Most Fair Catches, Season**

27 1992
 26 2004
 24 1999

Fewest Fair Catches, Season

4 1977
 5 1978
 6 3Times (Last: 1983)

Most Fair Catches, Game

5 6Times (Last: vs. Dallas 10/23/05)

YARDS GAINED**Most Yards, Punt Returns, Season**

658 2007
 484 1984
 483 1985

Fewest Yards, Punt Returns, Season

177 2005
 217 1977
 228 1982 (9 games)

Most Yards, Punt Returns, Game

106 at Pittsburgh 9/26/99
 105 vs. N.Y. Giants 11/5/95
 103 vs. Philadelphia 11/23/86

Fewest Yards, Punt Returns, Game

-3 at Washington 10/2/05 (OT)
 vs. San Diego 9/21/97
 -2 vs. Washington 9/19/76
 at N.Y. Giants 10/25/92
 at Kansas City 9/15/96

AVERAGE YARDS RETURNING PUNTS**Highest Average, Punt Returns, Season**

13.97 1999 (30-419)
 12.80 2000 (30-384)
 11.72 1986 (39-457)

Lowest Average, Punt Returns, Season

5.71 2005 (31-177)
 6.65 1976 (37-246)
 6.70 1997 (37-248)

TOUCHDOWNS RETURNING PUNTS**Most Touchdowns, Punt Returns, Season**

2 1998
 1 12Times (Last: 2007)

Most Touchdowns, Punt Returns, Game

1 14Times (Last: at Cleveland 11/4/07)

KICKOFF RETURNS**Most Kickoff Returns, Season**

80 2000
 79 1976
 77 2008

Fewest Kickoff Returns, Season

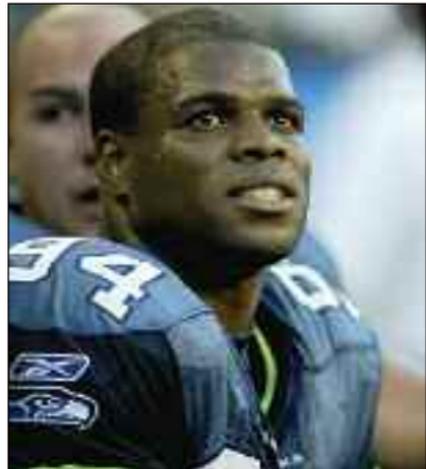
29 1982 (9 games)
 50 1990, 1992, 1993

Most Kickoff Returns, Game

9 vs. New Orleans 11/21/76
 vs. Kansas City 11/27/83 (OT)
 8 Many Times (Last: at N.Y. Giants
 10/5/08)

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**25.29 2008 (77-1,948)
24.15 2000 (80-1,932)
23.59 1998 (64-1,510)**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
20 2008**Most Fumbles, Game**8 vs. Kansas City 11/5/89
at Arizona 10/29/95 (OT)
7 vs. Denver 11/20/83**FUMBLES LOST****Most Fumbles Lost, Season**23 1981
20 1983
19 1978, 1994**Fewest Fumbles Lost, Season**7 2005
9 1995, 2001, 2004
11 1982 (9 games), 1997, 2007**Most Fumbles Lost, Game**5 vs. Green Bay 10/15/78
vs. Denver 12/13/81
4 6 Times (Last: vs. Oakland 11/1/98)**FUMBLES RECOVERED****Most Fumbles Recovered, Season, Own and Opponents**44 1983 (16 own, 28 opp)
41 1981 (14 own, 27 opp)
37 1987, 1989**Fewest Fumbles Recovered, Season, Own & Opponents**17 1999
18 1982 (9 games)
19 1995, 2008**Most Fumbles Recovered, Game, Own & Opponents**8 vs. Cleveland 12/20/81 (1 own, 7 opp)
7 vs. Chicago 12/20/87 (4 own, 3 opp)
vs. San Diego 11/25/90 (4 own, 3 opp)**Most Own Fumbles Recovered, Season**24 1989
22 1980
17 1992**Fewest Own Fumbles Recovered, Season**8 1984, 2003, 2004, 2008
9 1976, 1979, 1991, 2005, 2006**Most Opponents Fumbles Recovered, Season**28 1983
27 1981
25 1984**Fewest Opponents Fumbles Recovered, Season**6 1989
8 1982
9 1995**DE Bryce Fisher (2005-07)**

Most Opponents Fumbles Recovered, Game

- 7 vs. Cleveland 12/20/81
- 6 at Oakland 12/22/96
- 5 vs. L.A. Raiders 10/16/83
vs. Cleveland 11/14/93
vs. Kansas City 10/4/98

TOUCHDOWNS**Most TDs, Opponent Fumbles Recovered, Season**

- 3 1997
- 2 8Times (Last: 2008)

Most TDs, Fumbles Recovered, Game, Own and Opponents

- 2 4Times (Last: at New York Giants
12/23/01 [Seattle-1, NY-1])
- 1 ManyTimes

TURNOVERS

(Number of times losing the ball on interceptions and fumbles)

Most Turnovers, Season

- 48 1976 (30 ints, 18 fums)
- 46 1977 (32 ints, 14 fums)
- 43 1991 (26 ints, 17 fums)

Fewest Turnovers, Season

- 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

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 9Times (Last: vs. Arizona 11/16/08)

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 6Times, (Last: Seattle (1) at Tampa Bay
(4) 10/19/08)

Most Penalties, Both Teams, Game

- 35 Seattle (15) vs. Tampa Bay (20) 10/17/76
- 30 Seattle (13) vs. Kansas City (17) 11/8/98
- 28 Seattle (17) vs. Green Bay (11) 10/21/84

YARDS PENALIZED**Fewest Yards Penalized, Season**

- 428 2007
- 523 1982 (9 games)
- 579 2001

Most Yards Penalized, Season

- 1,179 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

- 26:30 2008
- 26:59 1981
- 27:05 1998

Highest Time of Possession, Game

- 41:35 vs. San Diego 11/22/87
- 40:21 vs. Denver 10/22/89 (OT)
- 39:55 vs. Pittsburgh 10/20/91

Lowest Time of Possession, Game

- 14:28 vs. L.A. Rams 11/4/79
- 17:10 vs. San Francisco 9/25/88
- 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 Many Times (Last: vs. N.J. Jets
12/21/08)

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

207 2008
197 1998
195 1983

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 2Times (Last: vs. Pittsburgh 10/23/83)

Fewest Opponents Plays Allowed, Passing, Season

263 1982 (9 games)
367 1977
394 1976

Most Opponents Plays Allowed, Passing, Season

650 1998
633 1993
621 2005

Fewest Opponents Attempts Allowed, Passing, Game

9 at N.Y. Giants 10/25/92
10 vs. New England 12/4/88
11 vs. Cincinnati 10/11/87

Most Opponents Attempts Allowed, Passing, Game

63 at N.Y. Jets 12/6/98
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 5Times (Last: at Cleveland 11/4/07)

PASSING**Fewest Net Yards Allowed, Passing, Season**

1,333 1982 (9 games)
2,333 1977
2,524 1976

Most Net Yards Allowed, Passing, Season

4,149 2008
3,937 2000
3,831 1983

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 Many Times (Last: at Arizona 12/28/08)

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 4Times (Last: vs. Oakland 11/6/06)

Most Opponent's Yards Lost Attempting to Pass, Season

464 1985
398 1984
351 1983

Fewest Opponent's Yards Lost Attempting to Pass, Season

131 1977
135 1982 (9 games)
152 2000

Most Opponent's Yards Lost Attempting to Pass, Game

89 vs. Philadelphia 12/13/92 (OT)
68 vs. L.A. Raiders 12/8/86
65 vs. L.A. Raiders 10/16/83

INTERCEPTIONS**Most Seasons Leading League**

1 1984, 1999

Most Passes Intercepted By, Season

38 1984
30 1999
26 1983

Fewest Passes Intercepted By, Season

9 1989, 2008
12 1990, 2006
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 8Times (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 21Times (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 3Times (Last: at San Francisco 9/30/07)

AVERAGE YARDAGE**Highest Opponent Average, Punting, Season**

46.47 2007 (93-4,322)
44.25 2008 (68-3,009)
43.55 1998 (78-3,397)

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 19Times (Last: vs. Pittsburgh 11/2/03)

Most Consecutive Opponent Punts Without A Block

- 512 1994-2000
- 381 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 14Times (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 1/1/06
- 4 vs. Denver 11/30/92 (OT)

Most Yards Allowed, Punt Returns, Game

- 184 at Baltimore 12/7/97
- 120 at Buffalo 9/7/08
- 133 vs. Oakland 11/15/98

Seasons Leading League, Lowest Average Allowed, Punt Returns

- 1 1981, 1983, 1988, 2003

Lowest Average Allowed, Punt Returns, Season

- 3.63 1982 (19-69) (9 games)
- 4.64 1981 (33-153) (Led NFL)
- 4.72 2000 (32-151) (Led AFC)

Highest Average Allowed, Punt Returns, Season

- 12.31 1996 (52-640)
- 12.18 1997 (38-463)
- 11.88 2002 (17-202)

Longest Return Allowed, Game

- 91 vs. N.Y. Jets 11/9/87 (TD)
- 89 at Baltimore 12/7/97 (TD)
- at San Francisco 12/1/02 (TD)
- 86 vs. Kansas City 11/22/92 (TD)
- vs. Denver 10/14/01 (TD)

Most Touchdowns Allowed, Punt Returns, Season

- 2 1990, 1997
- 1 11 Times (Last: 2008)

Most Touchdowns Allowed, Punt Returns, Game

- 2 at Baltimore 12/7/97
- 1 13Times (Last: at Buffalo 9/7/08)

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 8Times (Last: at Pittsburgh 10/7/07)

Most Opponent Kickoff Returns, Game

- 10 vs. Kansas City 9/20/87
- vs. Oakland 10/26/97
- 9 4Times (Last: vs. Minnesota 9/29/02)

Fewest Yards Allowed, Kickoff Returns, Season

- 361 1982 (9 games)
- 685 1992
- 814 1989

Most Yards Allowed, Kickoff Returns, Season

- 1,802 2005
- 1,790 2007
- 1,779 1997

Fewest Yards Allowed, Kickoff Returns, Game

- 0 8Times (Last: vs. N.Y. Jets 8/31/97)

Most Yards Allowed, Kickoff Returns, Game

- 237 at Atlanta 12/30/07
- 230 vs. Kansas City 9/20/87
- 223 vs. Oakland 10/26/97

Most Seasons Leading League, Lowest Average Allowed, Kickoff Returns

- 1 1982, 1983

Lowest Average Allowed, Kickoff Returns, Season

- 15.04 1982 (24-361) (Led NFL) (9 games)
- 16.14 1983 (59-952) (Led NFL)
- 16.66 1984 (67-1,116)

Highest Average Allowed, Kickoff Returns, Season

- 25.64 2008 (47-1,205)
- 24.80 1977 (50-1,240)
- 24.57 2006 (61-1,499)

Longest Return Allowed, Game

- 99 vs. Kansas City 9/3/95 (TD)
- 99 at St. Louis 10/9/05 (TD)
- 95 vs. Green Bay 11/15/78 (TD)
vs. L.A. Raiders 11/28/88
at Detroit 10/17/93 (TD)
vs. Arizona 9/15/02 (TD)

Most TDs Allowed, Kickoff Returns, Season

- 2 1995, 2002
- 1 1978, 1987, 1993, 1997, 2001, 2005

Most TDs Allowed, Kickoff Returns, Game

- 1 10 Times (Last: at St. Louis 10/9/05)

FUMBLES**Fewest Opponent Fumbles, Season**

- 17 1995, 1999
- 18 1982 (9 games)
- 20 1977

Most Opponent Fumbles, Season

- 47 1984
- 44 1983
- 43 1981

Most Opponent Fumbles, Game

- 9 vs. Cleveland 12/20/81
at Oakland 12/22/96
- 7 4 Times (Last: vs. Miami 10/6/96)

TAKEAWAYS

(Number of times taking ball from opponent on interceptions and fumbles)

Most Seasons Leading League in Most Takeaways

- 1 1984

Fewest Opponent Turnovers, Season

- 20 2008 (9 ints, 11 fums)
- 21 1982 (13 ints, 8 fums) (9 games)
- 22 1989 (9 ints, 13 fums)

Most Opponent Turnovers, Season

- 63 1984 (38 ints, 25 fums) (2nd in NFL history)
- 54 1983 (26 ints, 28 fums)
- 48 1981 (21 ints, 27 fums)

Most Opponent Turnovers, Game

- 10 vs. Cleveland 12/20/81 (3 ints, 7 fums)
- 8 3 Times (Last: vs. San Diego 12/13/98 [7 int, 2 fums])

TIME OF POSSESSION**Lowest Average Time of Possession Allowed, Season**

- 29:13 1990, 1997
- 29:14 1984

Highest Average Time of Possession Allowed, Season

- 33:30 2008
- 33:01 1981
- 32:55 1998

Least Time of Possession Allowed, Game

- 18:25 vs. San Diego 11/22/87
- 20:05 vs. Pittsburgh 10/20/91
- 20:06 vs. San Francisco 11/12/07

Most Time of Possession Allowed, Game

- 46:47 vs. Philadelphia 12/13/92 (OT)
- 45:32 vs. L.A. Rams 11/4/79
- 43:29 vs. Denver 10/29/78 (OT)

OPPONENT RECORDS**SCORING****POINTS****Most Points, Game**

- 24 Terrell Middleton, at Green Bay (Milwaukee), 10/15/78 (4 TDs)
- Roy Green, at St. Louis 11/13/83 (4 TDs)
- Marshall Faulk, at St. Louis 10/20/02 (4 TDs)
- Marcus Robinson, at Baltimore 11/23/03 (4 TDs)
- Willis McGahee, vs. Buffalo 11/28/04 (4 TDs)
- Jamal Lewis, at Cleveland 11/4/07 (4 TDs)
- 20 Joe Danelo, vs. N.Y. Giants 10/18/81 (6 FGs, 2 PATs)

TOUCHDOWNS**Most Touchdowns, Game**

- 4 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 16 Times (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 6 Times (Last: Steve Christie, vs. Buffalo 12/23/00)

Most Points After Touchdown, Game

- 7 Rafael Septien, at Dallas 11/27/80 (7 attempts)
- 6 6 Times (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 5 Times (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 5 Times (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 Terdell Middleton, at Green Bay (Milwaukee), 10/15/78
- Willis McGahee, vs. Buffalo 11/28/04
- Jamal Lewis, at Cleveland 11/4/07
- 3 8 Times (Last: Larry Johnson, at Kansas City 10/29/06)

PASSING**ATTEMPTS****Most Passes Attempted, Game**

- 63 Vinny Testaverde, at N.Y. Jets 12/6/98
- 55 Warren Moon, at Houston 11/7/93
- 54 Trent Green, vs. Washington 9/20/98

COMPLETIONS**Most Passes Completed, Game**

- 42 Vinny Testaverde, at N.Y. Jets 12/6/98
- 36 Warren Moon, at Houston 11/7/93
- 35 Kurt Warner, vs. St. Louis 9/10/00

COMPLETION PERCENTAGE**Highest Completion %, Game (Min. 20 Attempts)**

- 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)



S Paul Moyer (1983-89)
Seahawks Broadcasting Analyst

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 ManyTimes (Last: Kurt Warner at Arizona 12/28/08)

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
Anquan Boldin, vs. Arizona 11/16/08
- 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
- 186 Anquan Boldin, vs. Arizona 11/16/08

Longest Pass Reception

- 99 Tony Martin, from Stan Humphries, vs. San Diego 9/18/94 (TD) (ties NFL record)
- 92 Marcus Allen, from Marc Wilson, at L.A. Raiders 10/7/84
Derrick Alexander, from Eric Zeier, at Baltimore 12/7/97

Games, 2 or More Players with 100 or More Yards Receiving

- 14 Times (Last: Anquan Boldin (186) and Larry Fitzgerald (151), vs. Arizona 11/16/08)

AVERAGE PER RECEPTION**Highest Average Per Reception, Game (5 Receptions)**

- 32.40 James Lofton, at Green Bay (Milwaukee), 10/21/84 (5-162)
- 30.60 Derrick Alexander, vs. Kansas City 10/2/00 (5-153)
- 28.60 Tim Brown, vs. Oakland 10/8/95 (5-143)

TOUCHDOWNS**Most Touchdowns, Game**

- 4 Roy Green, at St. Louis 11/13/83
Marcus Robinson, at Baltimore 11/23/03
- 3 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)
- 86 Patrick Willis, vs. San Francisco 9/14/08 (TD)
- 83 Fred Marion, vs. New England 11/17/85

TOUCHDOWNS**Most Touchdowns, Game**

- 1 ManyTimes (Last: Patrick Willis vs. San Francisco 9/14/08)

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)
 54.60 Donnie Jones, at St. Louis 12/14/08

INSIDE THE 20**Most Punts Inside the 20, Game**

- 5 Mat McBriar, vs. Dallas 10/23/05
 4 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 Sikahema, vs. Philadelphia 12/13/92
 7 Rolland Lawrence, vs. Atlanta 11/7/76
 Pete Shaw, at N.Y. Giants 12/11/83
 Brian Mitchell, vs. Philadelphia 9/23/01
 Reno Mahe, at Philadelphia 12/5/05

FAIR CATCHES**Most Fair Catches, Game**

- 6 Greg Pruitt, at L.A. Raiders 10/7/84
 5 Greg Pruitt, vs. L.A. Raiders 11/12/84
 Emile Harry, at Kansas City 11/9/86

YARDS GAINED**Most Yards Gained, Game**

- 184 Jermaine Lewis, at Baltimore 12/7/97
 133 Desmond Howard, at Oakland 11/15/98
 120 Roscoe Parrish, at Buffalo 9/7/08

Longest Punt Return

- 91 JoJo Townsell, vs. N.Y. Jets 11/9/87 (TD)
 89 Jermaine Lewis, at Baltimore 12/7/97 (TD)
 Jimmy Williams, at San Francisco 12/1/02 (TD)
 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 13Times (Last: Roscoe Parrish, at Buffalo 9/7/08)

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 23Times (Last: Roscoe Parrish, at Buffalo 9/7/08)

COMBINED NET YARDS GAINED

*Yards Gained Via Rushing, Receiving,
Interception Returns, Punt Returns, Kickoff
Returns, and Fumble Returns*

ATTEMPTS

Most Attempts, Game

- 42 Earl Campbell, at Houston 10/11/81
- 41 Larry Johnson, at Kansas City 10/29/06
- 39 Barry Foster, at Pittsburgh 12/6/92
- Marshall Faulk, at St. Louis 10/20/02

YARDS GAINED

Most Yards Gained, Game

- 404 Glyn Milburn, at Denver 12/10/95 (NFL record)
- 308 Jermaine Lewis, vs. Baltimore 12/7/97
- 307 Priest Holmes, vs. Kansas City 11/24/02

TACKLES

Most Tackles, Game

- 19 Randy Gradishar, vs. Denver 10/29/78
- 16 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 Many Times (Last: Dwight Lowery vs. N.Y. Jets 12/21/08)

FUMBLES

Most Fumbles, Game

- 5 Dave Walter, vs. Cincinnati 10/11/87
- 4 3 Times (Last: Craig Erickson, vs. Miami 10/6/96)

Most Own Fumbles Recovered, Game

- 3 Craig Erickson, at Miami 10/6/96
- 2 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)



LB Dave Wyman (1987-92)
Seahawks Broadcasting Analyst

INDIVIDUAL POSTSEASON RECORDS

SERVICE

Most Games, Career

- 10 Walter Jones, 99, 2003-07
- 9 Chris Gray, 99, 2004-07
- Shaun Alexander, 2003-07
- Josh Brown, 2003-07
- Bobby Engram, 2003-07
- Matt Hasselbeck, 2003-07
- Maurice Morris, 2003-07
- 8 Mack Strong, 99, 2003-06
- Jordan Babineaux, 2004-07
- Rocky Bernard, 2004-07
- Niko Koutouvides, 2004-2007
- Sean Locklear, 2004-07

Most Starts, Career

- 10 Walter Jones, 99, 2003-07
- 9 Shaun Alexander, 2003-07
- Chris Gray, 99, 2003-07
- Matt Hasselbeck, 2003-07
- 8 Rocky Bernard, 2004-07
- 7 Edwin Bailey, 1983-84, 1987-88
- Jeff Bryant, 1983-84, 1987-88
- Jacob Green, 1983-84, 1987-88
- Dave Krieg, 1983-84, 1987-88
- Steve Largent, 1983-84, 1987-88
- Joe Nash, 1983-84, 1987-88
- Bruce Scholtz, 1983-84, 1987-88
- Bobby Engram 2003-07
- Sean Locklear, 2004-07

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)
- 2 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**ATTEMPTS****Most Attempts, Career**

- 169 Shaun Alexander, 2003-07 (9 games)
- 71 Curt Warner, 1983, 1988 (4 games)
- 42 Maurice Morris, 2003-07 (9 games)

Most Attempts, Game

- 34 Shaun Alexander, vs. Carolina 1/22/06
- 29 Curt Warner, at Miami 12/31/83
- Dan Doornink, vs. L.A. Raiders 12/22/84
- 26 Shaun Alexander, at Chicago 1/14/07 (OT)

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, 2003-07 (8 games)
- 75.9 Dave Krieg, 1983-84, 1987-88 (7 games)

ATTEMPTS**Most Passes Attempted, Career**

- 325 Matt Hasselbeck, 2003-07 (9 games)
- 183 Dave Krieg, 1983-84, 1987-88 (7 games)
- 30 Jon Kitna, 1999 (1 game)

Most Passes Attempted, Game

- 50 Dave Krieg, at Cincinnati 12/31/88
- 49 Matt Hasselbeck, vs. Pittsburgh 2/5/06
- 45 Matt Hasselbeck, at Green Bay 1/4/04 (OT)

COMPLETIONS**Most Passes Completed, Career**

- 189 Matt Hasselbeck, 2003-07 (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, 2003-07, 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, 2003-07, (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, 2003-07, 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, 2003-07 (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, 2003-07, 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, 2003-07, 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, 2003-07 (9 games)
 26 Darrell Jackson, 2003-06 (7 games)
 23 Steve Largent, 1983-84, 1987-88 (7 games)

Most Receptions, Game

- 12 Darrell Jackson, vs. St. Louis 1/8/05
 11 John L. Williams, at Cincinnati 12/31/88
 7 Steve Largent, at Houston 1/3/88 (OT)

Most Consecutive Games, Pass Reception

- 9 Bobby Engram, 2003-07
 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, 2005-07 (5 games)

Most Consecutive Games, 100 or More Yards Receiving, Career

- 2 Steve Largent, 1984, 1987
- 2 Darrell Jackson, 2004-05
- 1 John L. Williams, 1988
- 1 D.J. Hackett, 2007

Longest Reception

- 56 Steve Largent, (from Dave Krieg) at Miami 12/29/84 (TD)
- 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 Gregory 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 2006-07 (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, 2006-07, 4 games (21-845)
- 36.96 Jeff West, 1983-84, 5 games (27-998)

Highest Average, Game (4 Punts)

- 47.86 Jeff Feagles, vs. Miami 1/9/00 (7-335)
- 44.25 Ruben Rodriguez, at Houston 1/3/88 (7-310) (OT)
- 44.17 Ruben Rodriguez, at Cincinnati 12/31/88 (6-265)

PUNT RETURNS**Most Punt Returns, Career**

- 12 Nate Burleson, 2006- (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, 2006-07 (4 games)
- 11 Maurice Morris, 2003-07 (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, 2003-07 (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 Burleson, 2006, 3 games (19-402)

Highest Average, Game (Minimum 3 Returns)

- 39.75 Charlie Rogers, vs. Miami 1/9/00
- 27.67 Nate Burleson, at Chicago 1/14/07 (6-166)
- 22.20 Nate Burleson, 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)

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, 2003-07 (7 games)
- 3.5 Jacob Green, 1983-84, 1987-88 (7 games)
- 3.0 Bryce Fisher, 2005-06 (5 games)

Most Sacks, Game

- 2.5 Jacob Green, vs. L.A. Raiders 12/22/84
- 2.0 Chike Okeafor, vs. St. Louis 1/8/05
- Rocky Bernard, vs. Carolina 1/22/06
- Bryce Fisher, vs. Dallas 1/6/07

FUMBLES**Most Forced Fumbles, Career**

- 2 Jacob Green, 1983-84, 1987-88 (7 games)
- Bruce Scholtz, 1983-84, 1987-88 (7 games)
- Bryce Fisher, 2005-06 (5 games)
- 1 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 4 Times (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 Many Times
- 3rd: 14 at Green Bay 1/4/04
 10 at Chicago 1/14/07 (OT)
 7 8 Times (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 7 Times (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)



QB Brock Huard (1999-01)
Seahawks Broadcasting Analyst

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 8Times (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 6Times (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



C Robbie Tobeck (2000-06)

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 4 Times (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 6 Times (Last: vs. Washington 1/5/08)
- 1 5 Times (Last: vs. St. Louis 1/8/05)

PASSING**Fewest Net Yards Allowed, Passing, Game**

- 91 at Cincinnati 12/31/88
- 135 vs. L.A. Raiders 12/22/84
- 158 vs. Pittsburgh 2/5/06

Most Yards Allowed, Passing, Game

- 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 10 Times (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 3 Times (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.



ALL-TIME 12TH MAN FLAG RAISERS

Date	Opponent	Flag Raiser
2003		
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 (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)
2008		
8/16	Chicago	Dave Wyman (Former Seahawks LB)
8/29	Oakland	J.P. Patches (Children's TV Personality)
9/14	San Francisco	Chris Gray (Seahawks G)
9/21	St. Louis	Kenny Mayne (ESPN Reporter)
10/12	Green Bay	Gary Payton (Former NBA and Sonic All-Star)
11/2	Philadelphia	John L. Williams (Former Seahawks FB)
11/16	Arizona	Ricky Watters (Former Seahawks RB)
11/23	Washington	Hope Solo (Olympian Goalkeeper)
12/7	New England	Sam Adkins (Former Seahawks QB)
12/21	N.Y. Jets	Kathy Holmgren (Coach Holmgren's wife)

SEA GALS



Twenty eight 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 23rd 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) 203-8000.



The 2009 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.



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.



AMERICAN FAMILY INSURANCE 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. 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 Touch-

down 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 ChalkTalk 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 ESPN'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 2009

Just as the Seattle Seahawks are entering 2009 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 2009, 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 barbecue, the annual Sea Hawks Spring Banquet, and much more. However, this year that list includes a Sea Hawks-only tailgate area at the Qwest Field 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 2009. 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.

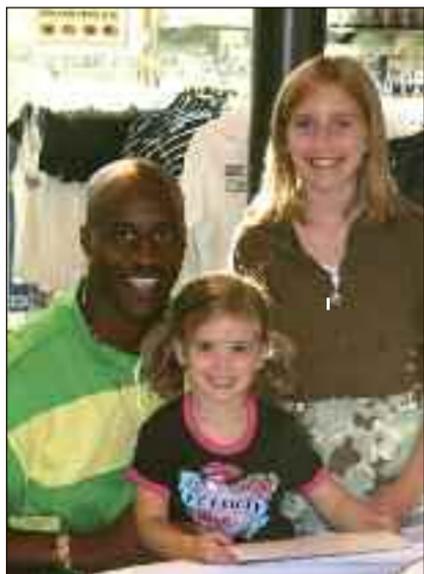


SEAHAWKS PRO SHOP

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.

Fans can also visit the Pro Shop's new location at Pacific Place in downtown Seattle.



Deon Grant takes photos during an autograph session 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.

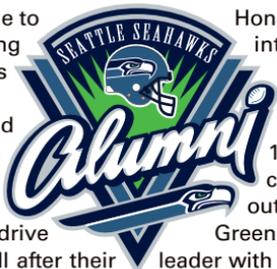
Seahawks alumni in the state of Washington made over 150 appearances in 2008. Those visits ranged from community celebrations to check presentations and everything in between.

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 Tuiaosopo (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 prestigious honor in his first year of eligibility. He is in the Seahawks Ring of



Honor (1989) and was inducted into the Washington Sports Hall of Fame.

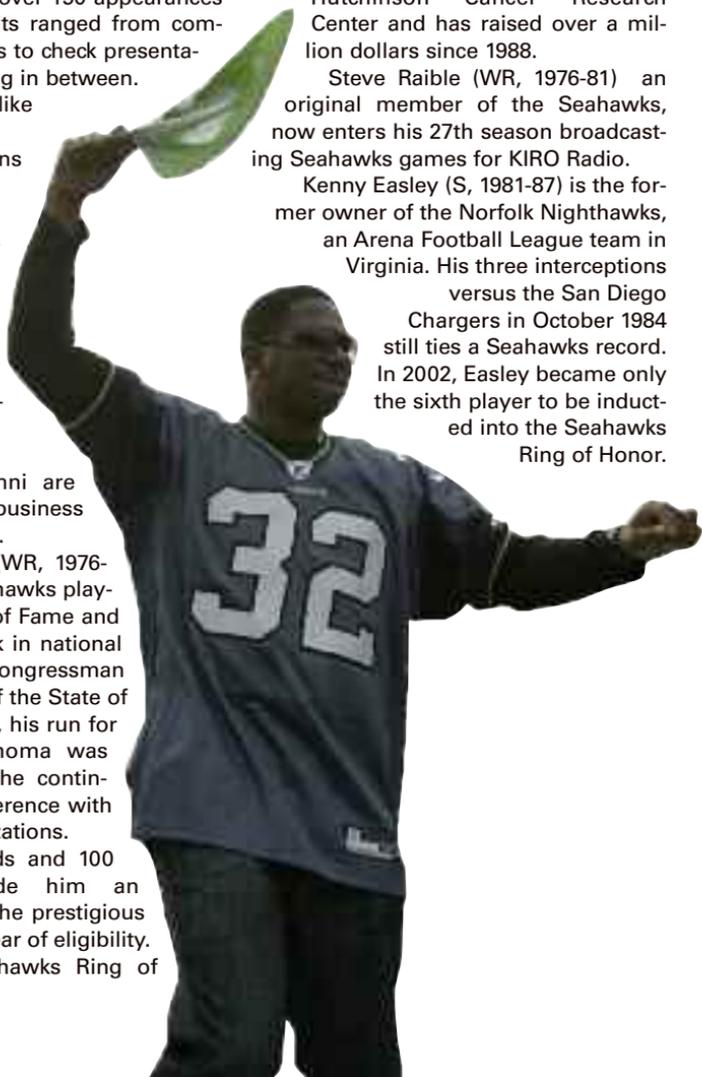
Seahawks Ring of Honor inductee Jacob Green, (DE, 1980-91), gives back to the community year in and year out.

Green, the Seahawks' all-time sack leader with 116.0, is the celebrity host of a golf outing each year. The Jacob Green Charity Golf Classic benefits the Fred Hutchinson Cancer Research Center and has raised over a million dollars since 1988.

Steve Raible (WR, 1976-81) an original member of the Seahawks, now enters his 27th season broadcasting Seahawks games for KIRO Radio.

Kenny Easley (S, 1981-87) is the former owner of the Norfolk Nighthawks, an Arena Football League team in Virginia. His three interceptions

versus the San Diego Chargers in October 1984 still ties a Seahawks record. In 2002, Easley became only the sixth player to be inducted into the Seahawks Ring of Honor.



2009 BROADCASTING

TELEVISION

Seahawks Broadcasting is the Emmy® Award winning in-house production and syndication unit of the Seattle Seahawks. Now in its 12th 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 2009 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

Saturday, August 15	@ San Diego Chargers	7:00 p.m. PDT	KING
Saturday, August 22	Denver Broncos	7:30 p.m. PDT	KING
Saturday, August 29	at Kansas City Chiefs	5:00 p.m. PDT	KING
Thursday, September 3	Oakland Raiders	7:00 p.m. PDT	KING

CURT MENEFFEE - PLAY-BY-PLAY

Curt Menefee begins his first season with the Seahawks broadcasting team as the play-by-play announcer for preseason telecasts. Menefee currently hosts FOX's award-winning NFL pre-game show, *FOX NFL Sunday*. Prior to taking over as full-time host in 2007, he worked as a sideline reporter for FOX before moving to the booth to call play-by-play for NFL and NFL Europe League games on FOX Sports and FSN. Menefee has also been a staple in the New York sports world since 1995 at WNYW FOX5 and MSG, where he continued to work until 2004.

Before coming to New York, Menefee worked at KTVT-TV in Dallas where he also hosted a daily two-hour show on The Ticket sports radio. He also anchored sports for WTLV-TV (NBC) in Jacksonville, and served as a sports anchor and reporter at WISCTV (CBS) in Madison, WI and WOI-TV (ABC) in Des Moines, IA.

Menefee has received several awards for his sports anchoring and reporting, including the Associated Press Award for Best Sports Reporter in New York and four Katie Awards (the Texas equivalent of an Emmy) for Best Sportscast and Best Sports Special.

WARREN MOON - ANALYST

Hall of Fame quarterback, Warren Moon, returns to the Seahawks broadcast team for his seventh 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.

"SEAHAWKS PRESS PASS"

Join Coach Mora and Seahawks players each week for the Seahawks Press Pass. Be there for an uncensored look as Coach Mora 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 Seahawks Press Pass exclusively on Comcast. Check Seahawks.com for dates, times and stations.

2009 BROADCASTING**SEAHAWKS RADIO NETWORK**

Seahawks Radio can be found on News Talk 97.3 KIRO FM and 710 ESPN Seattle, the flagship station for the 2009 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 ESPN Seattle. Beginning during training camp, the "Huddle" offers an inside look at the Seahawks and the NFL and features Seahawks players, coaches and guests from around the League.

STEVE RAIBLE - PLAY-BY-PLAY

Steve Raible returns for his 28th season in the radio booth, his fifth 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 NewsTribune 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.

WARREN MOON - ANALYST

Hall of Fame quarterback, Warren Moon, returns to the Seahawks radio team for his sixth 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. Warren has worked as an ambassador for the NFL promoting the game of football both nationally and internationally to young people.

2009 BROADCASTING

TELEVISION NETWORK

PRESEASON TELECASTS

WASHINGTON

	Station	Network
Seattle	KING - 5	NBC
Spokane	KAYU - 28	FOX
Tri-Cities	KFFX - 66	FOX
Yakima	KCYU - 68	FOX

IDAHO

	Station	Network
Boise	KNIN TV - 9	UPN
Twin Falls	KSAW - 52	ABC
Sun Valley	KSAW - 52	ABC

OREGON

	Station	Network
Bend	KFXO - 39	FOX
Eugene	TBD	
Portland	KPTV - 12	FOX

ALASKA

	Station	Network
Anchorage	KIMO - 13	ABC
Fairbanks	KATN - 2	ABC
Juneau	KJUD - 8	ABC

MONTANA

	Station	Network
Missoula	KECI - 13	NBC
Kalispell	KCFW - 9	NBC
Bozeman	KTVM - 6	NBC

SEAHAWKS ALL-ACCESS

	Station	Network
Northwest Region	FSN NW	FSN

SEAHAWKS PRESS PASS

	Station	Network
Seattle	Comcast	Cable

JIM MORA SHOW

	Station	Network
Seattle	King-5	NBC

RADIO NETWORK

WASHINGTON

	Station	Frequency
Aberdeen	KWOK	1490 AM
Bellingham	KPUG	1170 AM
Centralia	KMNT	104.3 FM
Colfax	KMAX	840 AM
Colville	KCVL	1240 AM
Ellensburg	KXLE	1240 AM
Forks	KBIS	1490 AM
Grand Coulee	KEYG	98.5 FM
Longview	KEDO	1400 AM
Moses Lake	KBSN	1470 AM
Mt. Vernon	KBRC	1430 AM
Oak Harbor	KBRC	102.1 FM
Olympia	KGY	1240 AM
Omak	KNCW	92.7 FM
Port Angeles	KONP	1450 AM
Prosser	KZXR	1310 AM
Seattle	KIRO	710 AM
Seattle	KIRO	97.3 FM
Shelton	KMAS	1030 AM
Spokane	KXLY	920 AM
Tri-Cities	KONA	610 AM
Walla Walla	KUJ	1420 AM
Wenatchee	KPQ	560 AM
Yakima	KIT	1280 AM

MONTANA

	Station	Frequency
Kalispell	KJJR	880 AM
Missoula	KGRZ	1450 AM

ALASKA

	Station	Frequency
Anchorage	KBFX	100.5 FM
Cordova	KLAM	1450 AM
Haines	KRSA	94.9 FM
Juneau	KINY	800 AM
Ketchikan	KTKN	930 AM
Petersburg	KRSA	580 AM
Sitka	KRSA	94.9 FM
Wrangell	KRSA	94.9 FM

BRITISH COLUMBIA

	Station	Frequency
Vancouver	THE TEAM	1040 AM

IDAHO

	Station	Frequency
Coeur d'Alene	KVNI	1080 AM
Lewiston	KCLK	1430 AM
Pocatello	KSEI	930 AM
Rexburg	KRXK	1230 AM
St. Maries	KOFE	1240 AM

OREGON

	Station	Frequency
Astoria	KJOX	99.7 FM
Bend	KWLZ	96.5 FM
Lebanon	KGAL	1580 AM
Newport	KCUP	1230 AM
Pendleton	KTIX	1240 AM
Portland	THE GAME	95.5 FM
The Dalles	KODL	1440 AM



In 1996, Paul G. Allen obtained an option to purchase the Seattle Seahawks and launched a campaign to win public support for a new world-class football/soccer stadium and exhibition center. Six years later, the dream became reality as the Seahawks opened the 2002 preseason against the Indianapolis Colts in new Seahawks Stadium, renamed Qwest Field on June 2, 2004. 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/event center
- \$56 million from facility admission and parking taxes
- \$15 million from extending King County's share of the existing hotel-motel tax
- \$1 million per year of in-kind advertising for the new lottery games will be provided by Paul Allen
- All excess stadium revenues will fund youth athletic facilities throughout Washington State in addition to a \$10 million contribution from Paul Allen
- \$14 million of the public contribution will come from interest earned on the \$50 million private contribution from Paul Allen
- Paul Allen agreed to pay for any construction cost overruns
- As an added measure, the debt on the Kingdome was retired, freeing property taxes for other purposes

FIRST & GOAL INC.

In June of 1997, Washington State voters approved a funding package to build a new football/soccer stadium and exhibition center. With that, Paul G. Allen and Football Northwest created First & Goal Inc., an entity that represented the interests of Qwest Field in the construction of the new stadium and now manage the stadium and event center on a daily basis.

VIRGINIA MASON ATHLETIC CENTER

The Seahawks moved into the 200,000 square foot waterfront facility in August 2008. Virginia Mason Athletic Center (VMAC) is the second-largest facility in the NFL.

The property is bounded by Interstate 405 to the east, Lake Washington to the west, residential property to the north and 44th Street to the south.

The privately funded practice facility is situated on 19 acres of industrial property. It houses a permanent indoor practice facility, and the team's entire front office. In addition, there are three outdoor practice fields, 50,000 square feet of training facility space, 15,000 square feet of

player meeting space and 48,000 square feet of administrative office space. VMAC allows fans to watch practice during training camp.

Purchased by Vulcan Real Estate in 2000, the land was formerly home to a coal tar refinery & creosote plant, since remediated by Vulcan in concert with the City of Renton and the Washington State Department of Ecology. The project will improve the environmental climate of Renton and its wetlands by improving and redeveloping the site. Since the team's inaugural season in 1976, the Seahawks were housed at Carillon Point for 10.5 years from 1976-1986.





VIRGINIA MASON ATHLETIC CENTER

Official Name	Virginia Mason Athletic Center The facility name is part of a broad Seattle Seahawks and Virginia Mason partnership to support the health and well-being of our 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



- **PLAYER BLOGS**
- **KIDS CLUB**
- **PODCASTS**

- **SEA GALS**
- **TRAINING CAMP
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. Fans are encouraged to send questions and comments to the mail bag which is answered weekly. The site also includes exclusive game day coverage with in-depth analysis, inside photos and scoring updates. Tony Ventrella provides web cam coverage at practice and on game day.

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 Mora's weekly Monday and Wednesday news conferences.



The Kingdome was originally located on **35.9 acres**. Due to construction of the new parking garage and event center the acreage is now **23.9 acres**.

The Kingdome had the **largest concrete roof in the world** - 7.85 acres. A new roof and ceiling was completed in 1994. The new ceiling had improved acoustics through the use of a spray on cellulose material.

The building itself, contained **52,800** cubic yards of concrete and **443 tons** of structural steel.

It was **250 feet high** and **660 feet across** to the inside walls making it wider than the Space Needle is tall.

The Kingdome hosted **football, soccer, baseball, basketball, tennis, volleyball, rodeos, motor sports, concerts, meetings** and **trade & consumer** shows of all types.

The Kingdome boasted the 43rd largest facility exhibition space in North America.

More than **72 million people** entered the Kingdome through a variety of entertainment over 23 years.

Over **3,250** major events were held and many hundreds of smaller special events.

The largest event attendance at the Kingdome was 74,000, set on May 14, 1976 during a **Billy Graham Crusade**.

Original cost, including property, was \$67 million; another \$47 million in capital improvements was added over the years. The remaining debt on both the original cost and capital improvements is \$57 million.

TOP 10 MOMENTS*

November 7, 1976

First home win versus the Atlanta Falcons

November 16, 1981

First regular season victory over San Diego on Monday Night Football after eight straight previous defeats

December 24, 1983

First home playoff win versus the Denver Broncos

November 4, 1984

NFL record four interceptions returned for touchdowns against the Kansas City Chiefs

December 2, 1984

Clinched a playoff berth with a 38-17 win over Detroit

December 22, 1984

Eliminated defending Super Bowl Champion Los Angeles Raiders in the AFC Wild Card Game at the Kingdome

October 6, 1986

Steve Largent breaks the NFL record for consecutive games with a pass reception against San Diego on Monday Night Football

December 11, 1988

Seahawks score on their first six possessions in a 42-17 victory over the Denver Broncos/Largent hit on Mike Harden.

November 30, 1992

Play-by-play announcer Pete Gross is inducted into the Seahawks Ring of Honor

November 3, 1996

John Friesz threw for 323 yards, the first 300-yard passing game since 1990 in a 23-16 win over the Houston Oilers

**Top 10 Moments as voted on by Seahawks fans via the team's official web site, www.seahawks.com, prior to the final regular season game played on December 26, 1999.*

The roof and ceiling renovation was **\$70 million**.

The total debt on the Kingdome is \$127 million with the majority of it due to be retired in the year 2016.

Annual payments of \$6.3 million are received from a 2% hotel/motel room tax and a 1% rental car tax. This pays for the original construction, the roof and ceiling repair and millions of dollars in improvements.

The stadium employed 70 full-time staff and up to 1,200 part-time event personnel.

At one point, the Kingdome was home to four professional sports- **baseball, football, basketball** and **soccer** (*Seattle Souders*).

The Kingdome was imploded on March 26, 2000.

HUSKY STADIUM



The **Seattle Seahawks** played their entire 2000 and 2001 home schedule at **Husky Stadium**. With the demolition of the Kingdome and creation of the new football stadium, the Seahawks looked to the home of the Washington Huskies for the 2000 and 2001 NFL seasons.

Seating capacity at Husky Stadium for Seahawks games was 68,589, with nearly 70 percent of those seats between the endzones.

The Seahawks played three regular season and two preseason games at the stadium in 1994, when ceiling tiles fell

from the Kingdome's roof.

Built in 1902 at a cost of \$600,000, the stadium's initial capacity was 30,000. The stadium officially opened on November 27, 1920, when Dartmouth defeated the University of Washington, 28-7.

Capacity was increased to 40,000 in 1936 and again to 55,000 in 1950. The second of these upgrades included roof-covered seats

in the south stands and cost \$1.7 million.

The current press box was originally constructed as part of the 1950 expansion.

An additional 4,000 seats were added in 1968, to take capacity to 59,000.

Husky Stadium became just the second stadium to don AstroTurf, when it replaced the original natural grass in 1968. The University of Washington supplied more than 200 pairs of shoes for opponents, due to the rarity of the surface. The turf was replaced in 1972, 1977, 1987, 1995, and new FieldTurf was laid down in 2000.

FORMER KIRKLAND HEADQUARTERS



From June 18, 1986, through training camp of 2008, the Seattle Seahawks office and training headquarters was located adjacent to Northwest College in Kirkland, Washington.

The two-story building went through major renovation that was completed in 1999, to create a first-class facility. The lower-level housed meeting rooms, locker rooms for the players and coaches, training and equipment rooms as well as an

expanded strength and conditioning area.

Upstairs houses the administrative offices, coaches offices, and conference rooms.

The Seahawks were able to practice on three regulation fields, two natural grass and one artificial turf. The original turf field was replaced by a new one in 1997. That field was then covered by an inflatable bubble as the weather worsened.

2009-2010 KEY DATES

July 22	Signing period ends at 1:00 PM PT for unrestricted free agents who received June 1 tender
Late July	Training camps open
August 9	Pro Football Hall of Fame Game, Canton, Ohio (Buffalo vs. Tennessee)
August 13-17	First full preseason weekend
September 1	Roster cutdown to maximum of 75 players
September 5	Roster cutdown to maximum of 53 players

September 6	Clubs may establish practice squad of eight players
Sept. 10-14	2009 Kickoff Weekend
January 3	Regular season ends

2010

January 9-10	Wild Card Playoffs
January 16-17	Divisional Playoffs
January 24	Conference Championships
January 31	AFC-NFC Pro Bowl, South Florida
February 7	Super Bowl XLIV, South Florida

2009 PRESEASON SCHEDULE

HALL OF FAME WEEKEND - AUGUST 8-9

SUNDAY, AUGUST 9 (Hall of Fame Game)

Buffalo vs. Tennessee
(Canton, OH) NBC 8:00p (ET)

WEEK 1 - AUGUST 13 - 17

THURSDAY, AUGUST 13

Arizona at Pittsburgh ESPN8:00p (ET)
New England at Philadelphia 7:30p (ET)
Washington at Baltimore 7:30p (ET)
Dallas at Oakland 7:00p (PT)

FRIDAY, AUGUST 14

St. Louis at NY Jets 7:00p (ET)
Minnesota at Indianapolis 7:30p (ET)
Cincinnati at New Orleans 7:00p (CT)
Denver at San Francisco 7:00p (PT)

SATURDAY, AUGUST 15

Atlanta at Detroit 4:00p (ET)
Chicago at Buffalo 7:00p (ET)
Cleveland at Green Bay 7:00p (CT)
Houston at Kansas City 7:00p (CT)
Tampa Bay at Tennessee 7:00p (CT)
Seattle at San Diego 7:00p (PT)

MONDAY, AUGUST 17

Carolina at NY Giants ESPN8:00p (ET)
Jacksonville at Miami 7:30p (ET)

WEEK 2 - AUGUST 20-24

THURSDAY, AUGUST 20

Philadelphia at Indianapolis FOX 8:00p (ET)
Cincinnati at New England 7:30p (ET)

FRIDAY, AUGUST 21

Tennessee at Dallas FOX 7:00p (CT)
Atlanta at St. Louis 7:00p (CT)
Kansas City at Minnesota 7:00p (CT)

SATURDAY, AUGUST 22

Carolina at Miami 7:30p (ET)
Detroit at Cleveland 7:30p (ET)
Pittsburgh at Washington 7:30p (ET)
Tampa Bay at Jacksonville 7:30p (ET)
Buffalo at Green Bay 7:00p (CT)
New Orleans at Houston 7:00p (CT)
NY Giants at Chicago 7:00p (CT)
Oakland at San Francisco 5:15p (PT)
San Diego at Arizona 7:00p (MST)
Denver at Seattle 7:30p (PT)

MONDAY, AUGUST 24

NY Jets at Baltimore ESPN8:00p (ET)

WEEK 3 - AUGUST 27-31

THURSDAY, AUGUST 27

Miami at Tampa Bay FOX 8:00p (ET)
Jacksonville at Philadelphia 7:30p (ET)
St. Louis at Cincinnati 7:30p (ET)

FRIDAY, AUGUST 28

New England at Washington CBS 8:00p (ET)
Green Bay at Arizona 7:00p (MST)

SATURDAY, AUGUST 29

San Diego at Atlanta CBS 8:00p (ET)
Indianapolis at Detroit 1:00p (ET)
New Orleans at Oakland 1:00p (PT)
Buffalo at Pittsburgh 7:30p (ET)
Tennessee at Cleveland 7:30p (ET)
Baltimore at Carolina 8:00p (ET)
NY Jets at NY Giants 8:00p (ET)
San Francisco at Dallas 7:00p (CT)
Seattle at Kansas City 7:00p (CT)

SUNDAY, AUGUST 30

Chicago at Denver NBC 6:00p (MT)

MONDAY, AUGUST 31

Minnesota at Houston ESPN7:00p (CT)

WEEK 4 - SEPTEMBER 3-4

THURSDAY, SEPTEMBER 3

Detroit at Buffalo	6:30p (ET)
Philadelphia at NY Jets	7:00p (ET)
Baltimore at Atlanta	7:30p (ET)
Indianapolis at Cincinnati	7:30p (ET)
NY Giants at New England	7:30p (ET)
Washington at Jacksonville	7:30p (ET)
Cleveland at Chicago	7:00p (CT)
Green Bay at Tennessee	7:00p (CT)

Kansas City at St. Louis	7:00p (CT)
Miami at New Orleans	7:00p (CT)
Pittsburgh at Carolina	8:00p (ET)
Arizona at Denver	7:00p (MT)
Oakland at Seattle	7:00p (PT)

FRIDAY, SEPTEMBER 4

Houston at Tampa Bay	7:00p (ET)
Dallas at Minnesota	7:00p (CT)
San Francisco at San Diego	7:00p (PT)

2009 NFL SCHEDULE

GAMES GROUPED BY START TIMES AND LISTED ALPHABETICALLY BY HOME TEAM.
ALL TIMES TEAM LOCAL TIMES.

THURSDAY, SEPTEMBER 10
(FIRST WEEKEND)

1. Tennessee At Pittsburgh 8:30p (ET)

SUNDAY, SEPTEMBER 13

2. Miami At Atlanta 1:00p (ET)
3. Kansas City At Baltimore 1:00p (ET)
4. Philadelphia At Carolina 1:00p (ET)
5. Denver At Cincinnati 1:00p (ET)
6. Minnesota At Cleveland 1:00p (ET)
7. N.Y. Jets At Houston 12:00p (CT)
8. Jacksonville At Indianapolis 1:00p (ET)
9. Detroit At New Orleans 12:00p (CT)
10. Dallas At Tampa Bay 1:00p (ET)
11. San Francisco At Arizona 1:15p (MT)
12. Washington At N.Y. Giants 4:15p (ET)
13. St. Louis At Seattle 1:15p (PT)
14. Chicago At Green Bay 7:20p (CT)

MONDAY, SEPTEMBER 14

15. Buffalo At New England 7:00p (ET)
16. San Diego At Oakland 7:15p (PT)

SUNDAY, SEPTEMBER 20
(SECOND WEEKEND)

17. Carolina At Atlanta 1:00p (ET)
18. Minnesota At Detroit 1:00p (ET)
19. Cincinnati At Green Bay 12:00p (CT)
20. Arizona At Jacksonville 1:00p (ET)
21. Oakland At Kansas City 12:00p (CT)
22. New England At N.Y. Jets 1:00p (ET)
23. New Orleans At Philadelphia 1:00p (ET)
24. Houston At Tennessee 12:00p (CT)
25. St. Louis At Washington 1:00p (ET)
26. Tampa Bay At Buffalo 4:05p (ET)
27. Seattle At San Francisco 1:05p (PT)
28. Pittsburgh At Chicago 3:15p (CT)
29. Cleveland At Denver 2:15p (MT)
30. Baltimore At San Diego 1:15p (PT)
31. N.Y. Giants At Dallas 7:20p (CT)

MONDAY, SEPTEMBER 21

32. Indianapolis At Miami 8:30p (ET)

SUNDAY, SEPTEMBER 27
(THIRD WEEKEND)

33. Cleveland At Baltimore 1:00p (ET)
34. Pittsburgh At Cincinnati 1:00p (ET)
35. Washington At Detroit 1:00p (ET)
36. Jacksonville At Houston 12:00p (CT)
37. San Francisco At Minnesota 12:00p (CT)
38. Atlanta At New England 1:00p (ET)
39. Kansas City At Philadelphia 1:00p (ET)

40. Green Bay At St. Louis 12:00p (CT)
41. N.Y. Giants At Tampa Bay 1:00p (ET)
42. New Orleans At Buffalo 4:05p (ET)
43. Chicago At Seattle 1:05p (PT)
44. Tennessee At N.Y. Jets 4:15p (ET)
45. Denver At Oakland 1:15p (PT)
46. Miami At San Diego 1:15p (PT)
47. Indianapolis At Arizona 5:20p (MT)

MONDAY, SEPTEMBER 28

48. Carolina At Dallas 7:30p (CT)

SUNDAY, OCTOBER 4
(FOURTH WEEKEND)

(Byes: Arizona, Atlanta, Carolina, Philadelphia)

49. Detroit At Chicago 12:00p (CT)
50. Cincinnati At Cleveland 1:00p (ET)
51. Oakland At Houston 12:00p (CT)
52. Seattle At Indianapolis 1:00p (ET)
53. Tennessee At Jacksonville 1:00p (ET)
54. N.Y. Giants At Kansas City 12:00p (CT)
55. Baltimore At New England 1:00p (ET)
56. Tampa Bay At Washington 1:00p (ET)
57. Buffalo At Miami 4:05p (ET)
58. N.Y. Jets At New Orleans 3:05p (CT)
59. Dallas At Denver 2:15p (MT)
60. St. Louis At San Francisco 1:15p (PT)
61. San Diego At Pittsburgh (8:20p (ET)

MONDAY, OCTOBER 5

62. Green Bay At Minnesota 7:30p (CT)

SUNDAY, OCTOBER 11
(FIFTH WEEKEND)

(Byes: Chicago, Green Bay, New Orleans, San Diego)

63. Cincinnati At Baltimore 1:00p (ET)
64. Cleveland At Buffalo 1:00p (ET)
65. Washington At Carolina 1:00p (ET)
66. Pittsburgh At Detroit 1:00p (ET)
67. Dallas At Kansas City 12:00p (CT)
68. Oakland At N.Y. Giants 1:00p (ET)
69. Tampa Bay At Philadelphia 1:00p (ET)
70. Minnesota At St. Louis 12:00p (CT)
71. Atlanta At San Francisco 1:05p (PT)
72. Houston At Arizona 1:15p (MT)
73. New England At Denver 2:15p (MT)
74. Jacksonville At Seattle 1:15p (PT)
75. Indianapolis At Tennessee 7:20p (CT)

MONDAY, OCTOBER 12

76. N.Y. Jets At Miami 8:30p (ET)

**SUNDAY, OCTOBER 18
(SIXTH WEEKEND)***(Byes: Dallas, Indianapolis, Miami,
San Francisco)*

77. Houston At Cincinnati	1:00p (ET)
78. Detroit At Green Bay	12:00p (CT)
79. St. Louis At Jacksonville	1:00p (ET)
80. Baltimore At Minnesota	12:00p (CT)
81. N.Y. Giants At New Orleans	12:00p (CT)
82. Cleveland At Pittsburgh	1:00p (ET)
83. Carolina At Tampa Bay	1:00p (ET)
84. Kansas City At Washington	1:00p (ET)
85. Philadelphia At Oakland	1:05p (PT)
86. Arizona At Seattle	1:05p (PT)
87. Tennessees At New England	4:15p (ET)
88. Buffalo At N.Y. Jets	4:15p (ET)
89. Chicago At Atlanta	8:20p (ET)

MONDAY, OCTOBER 19

90. Denver At San Diego	5:30p (PT)
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**SUNDAY, OCTOBER 25
(SEVENTH WEEKEND)***(Byes: Baltimore, Denver, Detroit, Jacksonville,
Seattle, Tennessee)*

91. Chicago At Cincinnati	1:00p (ET)
92. Green Bay At Cleveland	1:00p (ET)
93. San Francisco At Houston	12:00p (CT)
94. San Diego At Kansas City	12:00p (CT)
95. Minnesota At Pittsburgh	1:00p (ET)
96. Indianapolis At St. Louis	12:00p (CT)
97. New England At Tampa Bay (London)	5:00p (Gmt)
98. Buffalo At Carolina	4:05p (ET)
99. N.Y. Jets At Oakland	1:05p (PT)
100. Atlanta At Dallas	3:15p (CT)
101. New Orleans At Miami	4:15p (ET)
102. Arizona At N.Y. Giants	8:20p (ET)

MONDAY, OCTOBER 26

103. Philadelphia At Washington	8:30p (ET)
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**SUNDAY, NOVEMBER 1
(EIGHTH WEEKEND)***(Byes: Cincinnati, Kansas City, New England,
Pittsburgh, Tampa Bay, Washington)*

104. Denver At Baltimore	1:00p (ET)
105. Houston At Buffalo	1:00p (ET)
106. Cleveland At Chicago	12:00p (CT)
107. Seattle At Dallas	12:00p (CT)
108. St. Louis At Detroit	1:00p (ET)
109. Minnesota At Green Bay	12:00p (CT)
110. San Francisco At Indianapolis	1:00p (ET)
111. Miami At N.Y. Jets	1:00p (ET)
112. Oakland At San Diego	1:05p (PT)
113. Jacksonville At Tennessees	3:05p (CT)
114. Carolina At Arizona	2:15p (MT)
115. N.Y. Giants At Philadelphia	4:15p (ET)

MONDAY, NOVEMBER 2

116. Atlanta At New Orleans	7:30p (CT)
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**SUNDAY, NOVEMBER 8
(NINTH WEEKEND)***(Byes: Buffalo, Cleveland, Minnesota, Ny Jets,
Oakland, St. Louis)*

117. Washington At Atlanta	1:00p (ET)
118. Arizona At Chicago	12:00p (CT)
119. Baltimore At Cincinnati	1:00p (ET)
120. Houston At Indianapolis	1:00p (ET)
121. Kansas City At Jacksonville	1:00p (ET)
122. Miami At New England	1:00p (ET)
123. Green Bay At Tampa Bay	1:00p (ET)
124. Carolina At New Orleans	3:05p (CT)
125. Detroit At Seattle	1:05p (PT)
126. San Diego At N.Y. Giants	4:15p (ET)
127. Tennessees At San Francisco	1:15p (PT)
128. Dallas At Philadelphia	8:20p (ET)

MONDAY, NOVEMBER 9

129. Pittsburgh At Denver	6:30p (Mt)
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**THURSDAY, NOVEMBER 12
(TENTH WEEKEND)***(Byes: Houston, Ny Giants)*

130. Chicago At San Francisco	5:20p (PT)
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SUNDAY, NOVEMBER 15

131. Atlanta At Carolina	1:00p (ET)
132. Tampa Bay At Miami	1:00p (ET)
133. Detroit At Minnesota	12:00p (CT)
134. Jacksonville At N.Y. Jets	1:00p (ET)
135. Cincinnati At Pittsburgh	1:00p (ET)
136. New Orleans At St. Louis	12:00p (CT)
137. Buffalo At Tennessees	12:00p (CT)
138. Denver At Washington	1:00p (ET)
139. Kansas City At Oakland	1:05p (PT)
140. Seattle At Arizona	2:15p (MT)
141. Dallas At Green Bay	3:15p (CT)
142. Philadelphia At San Diego	1:15p (PT)
143. New England At Indianapolis	8:20p (ET)

MONDAY, NOVEMBER 16

144. Baltimore At Cleveland	8:30p (ET)
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**THURSDAY, NOVEMBER 19
(ELEVENTH WEEKEND)**

145. Miami At Carolina	8:20p (ET)
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SUNDAY, NOVEMBER 22

146. Indianapolis At Baltimore	1:00p (ET)
147. Washington At Dallas	12:00p (CT)
148. Cleveland At Detroit	1:00p (ET)
149. San Francisco At Green Bay	12:00p (CT)
150. Buffalo At Jacksonville	1:00p (ET)
151. Pittsburgh At Kansas City	12:00p (CT)
152. Seattle At Minnesota	12:00p (CT)
153. Atlanta At N.Y. Giants	1:00p (ET)
154. New Orleans At Tampa Bay	1:00p (ET)
155. Arizona At St. Louis	3:05p (CT)
156. San Diego At Denver	2:15p (MT)
157. N.Y. Jets At New England	4:15p (ET)
158. Cincinnati At Oakland	1:15p (PT)
159. Philadelphia At Chicago *	7:20p (CT)

MONDAY, NOVEMBER 23

160. Tennessees At Houston	7:30p (CT)
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**THURSDAY, NOVEMBER 26
(TWELFTH WEEKEND)**

161. Green Bay At Detroit	12:30p (ET)
162. Oakland At Dallas	3:15p (CT)
163. N.Y. Giants At Denver	6:20p (Mt)

SUNDAY, NOVEMBER 29

164. Tampa Bay At Atlanta	1:00p (ET)
165. Miami At Buffalo	1:00p (ET)
166. Cleveland At Cincinnati	1:00p (ET)
167. Indianapolis At Houston	12:00p (CT)
168. Chicago At Minnesota	12:00p (CT)
169. Carolina At N.Y. Jets	1:00p (ET)
170. Washington At Philadelphia	1:00p (ET)
171. Seattle At St. Louis	12:00p (CT)
172. Arizona At Tennessee	12:00p (CT)
173. Kansas City At San Diego	1:05p (PT)
174. Jacksonville At San Francisco	1:05p (PT)
175. Pittsburgh At Baltimore*	8:20p (ET)

MONDAY, NOVEMBER 30

176. New England At New Orleans	7:30p (CT)
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**THURSDAY, DECEMBER 3
(THIRTEENTH WEEKEND)**

177. N.Y. Jets At Buffalo (Toronto)	8:20p (ET)
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SUNDAY, DECEMBER 6

178. Philadelphia At Atlanta	1:00p (ET)
179. Tampa Bay At Carolina	1:00p (ET)
180. St. Louis At Chicago	12:00p (CT)
181. Detroit At Cincinnati	1:00p (ET)
182. Tennessee At Indianapolis	1:00p (ET)
183. Houston At Jacksonville	1:00p (ET)
184. Denver At Kansas City	12:00p (CT)
185. Oakland At Pittsburgh	1:00p (ET)
186. New Orleans At Washington	1:00p (ET)
187. San Diego At Cleveland	4:05p (ET)
188. Minnesota At Arizona	2:15p (MT)
189. Dallas At N.Y. Giants	4:15p (ET)
190. San Francisco At Seattle	1:15p (PT)
191. New England At Miami*	8:20p (ET)

MONDAY, DECEMBER 7

192. Baltimore At Green Bay	7:30p (CT)
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**THURSDAY, DECEMBER 10
(FOURTEENTH WEEKEND)**

193. Pittsburgh At Cleveland	8:20p (ET)
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SUNDAY, DECEMBER 13

194. New Orleans At Atlanta	1:00p (ET)
195. Detroit At Baltimore	1:00p (ET)
196. Green Bay At Chicago	12:00p (CT)
197. Seattle At Houston	12:00p (CT)
198. Denver At Indianapolis	1:00p (ET)
199. Miami At Jacksonville	1:00p (ET)
200. Buffalo At Kansas City	12:00p (CT)
201. Cincinnati At Minnesota	12:00p (CT)
202. Carolina At New England	1:00p (ET)
203. N.Y. Jets At Tampa Bay	1:00p (ET)
204. St. Louis At Tennessee	12:00p (CT)
205. Washington At Oakland	1:05p (PT)
206. San Diego At Dallas	3:15p (CT)
207. Philadelphia At N.Y. Giants*	8:20p (ET)

MONDAY, DECEMBER 14

208. Arizona At San Francisco	5:30p (PT)
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**THURSDAY, DECEMBER 17
(FIFTEENTH WEEKEND)**

209. Indianapolis At Jacksonville	8:20p (ET)
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SATURDAY, DECEMBER 19

210. Dallas At New Orleans	7:20p (CT)
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SUNDAY, DECEMBER 20

211. Chicago At Baltimore	1:00p (ET)
212. New England At Buffalo	1:00p (ET)
213. Arizona At Detroit	1:00p (ET)
214. Cleveland At Kansas City	12:00p (CT)
215. Atlanta At N.Y. Jets	1:00p (ET)
216. San Francisco At Philadelphia	1:00p (ET)
217. Green Bay At Pittsburgh	1:00p (ET)
218. Houston At St. Louis	12:00p (CT)
219. Miami At Tennessee	12:00p (CT)
220. Oakland At Denver	2:05p (PT)
221. Cincinnati At San Diego	1:05p (MT)
222. Tampa Bay At Seattle	1:15p (PT)
223. Minnesota At Carolina *	8:20p (ET)

MONDAY, DECEMBER 21

224. N.Y. Giants At Washington	8:30p (ET)
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**FRIDAY, DECEMBER 25
(SIXTEENTH WEEKEND)**

225. San Diego At Tennessee	6:30p (CT)
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SUNDAY, DECEMBER 27

226. Buffalo At Atlanta	1:00p (ET)
227. Kansas City At Cincinnati	1:00p (ET)
228. Oakland At Cleveland	1:00p (ET)
229. Seattle At Green Bay	12:00p (CT)
230. Houston At Miami	1:00p (ET)
231. Carolina At N.Y. Giants	1:00p (ET)
232. Jacksonville At New England	1:00p (ET)
233. Tampa Bay At New Orleans	12:00p (CT)
234. Denver At Philadelphia	1:00p (ET)
235. Baltimore At Pittsburgh	1:00p (ET)
236. St. Louis At Arizona	2:05p (MT)
237. Detroit At San Francisco	1:05p (PT)
238. N.Y. Jets At Indianapolis	4:15p (ET)
239. Dallas At Washington*	8:20p (ET)

MONDAY, DECEMBER 28

240. Minnesota At Chicago	7:30p (CT)
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**SUNDAY, JANUARY 3
(SEVENTEENTH WEEKEND)**

241. Indianapolis At Buffalo	1:00p (ET)
242. New Orleans At Carolina	1:00p (ET)
243. Jacksonville At Cleveland	1:00p (ET)
244. Philadelphia At Dallas	12:00p (CT)
245. Chicago At Detroit	1:00p (ET)
246. New England At Houston	12:00p (CT)
247. Pittsburgh At Miami	1:00p (ET)
248. N.Y. Giants At Minnesota	12:00p (CT)
249. Cincinnati At N.Y. Jets	1:00p (ET)
250. San Francisco At St. Louis	12:00p (CT)
251. Atlanta At Tampa Bay	1:00p (ET)
252. Green Bay At Arizona	2:15p (MT)
253. Kansas City At Denver	2:15p (MT)
254. Baltimore At Oakland	1:15p (PT)
255. Washington At San Diego	1:15p (PT)
256. Tennessee At Seattle	1:15p (PT)

* - Sunday Night Games In Weeks 11-16 Subject To Change. Sunday Night Game In Week 17 Tbd.

ADMINISTRATION

Chairman.....	Paul G. Allen
Chief Executive Officer.....	Tod Leiweke
President of Football Operations/GM.....	Tim Ruskell
Chief Operating Officer.....	John Rizzardini
Vice President/Facility Operations & Services.....	Susan Darrington
Vice President/Community Relations.....	Mike Flood
Vice President/Finance & Chief Financial Officer.....	Karen Harrison
Vice President/Football Administration.....	John Idzik
Vice President/Corporate Partnerships.....	Ron Jenkins
Vice President/General Counsel.....	Lance Lopes
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
Human Resources Manager.....	Eric Heuston
Executive Assistant/CEO.....	Anne Mitsakos
Executive Assistant.....	Kim Lindbeck
Executive Assistant.....	Charlotte Kores
Executive Assistant.....	Jeanne Denkmann
Director of Security.....	Rick Ninomiya
Security Assistant.....	Al Lima
Security Assistant.....	Randy Jackson
Facilities Manager.....	Dale Cramer
Fields & Grounds Manager.....	Sean Vanos
Fields/Maintainance Coordinator.....	Duc Dinh
Fields Assistant.....	Sergio Pedroza
Travel Coordinator.....	Janice Schweitzer
Receptionist.....	Netha White
Office Assistant.....	Robin Houlbjerg



H.R. & Administration: (standing l-r) Tod Leiweke, Cindy Kelley, Kim Lindbeck, Anne Mitsakos, Sarita Carter, Eric Heuston. (seated l-r) Robin Houlbjerg, Jeanne Denkmann, Netha White



Finance: (l-r) Kyle DeBord, Quinn Finnigan, Philip Burt, Michelle Kerley, Tina Godfrey, Heather Stamp, Orustus Petty, Bethany Hensley, Heather Palmer, Dave Auckland, Ping Chen, Deepthi Krishnan, Kim Lindbeck, Sayreen Kara, Karen Harrison

FINANCE

Director of Finance	Dave Auckland
Senior Accounting Manager.....	Ping Chen
Accounting Manager	William Saguilla
Senior Accountant.....	Quinn Finnigan, Sayreen Kara
Business Analyst	Philip Burt
Staff Accountant	Deepthi Krishnan
Box Office Accountant	Michelle Kerley
A/P Supervisor	Tina Godfrey
A/P Accounting	Heather Palmer
Payroll Supervisor	Bethany Hensley
FGI Bookkeeper/Payroll	Orustus Petty
Accounting Administrator	Heather Stamp
Intern	Kyle DeBord



I.T.: (l-r) Steve Steensma, Allen Olson, Rob Ullman, Joseph Nicoletti

INFORMATION TECHNOLOGY

Applications Developer/DBA	Joseph Nicoletti
Senior Systems Administrator	Allen Olson, Steve Steensma
DBA/Systems Administrator	Robert Ullman



Communications & Broadcasting: (l-r) Jeff Garza, Suzanne Lavender, Lane Gammel, Rich Gonzales, Brian O'Connell, Julie Barber, Dave Pearson, Matt Johnson

COMMUNICATIONS & BROADCASTING

Director of Communications	Lane Gammel
Director of Corporate Communications	Suzanne Lavender
Assistant Director of Broadcasting	Brian O'Connell
Communications Manager	Rich Gonzales
Communications Assistant	Jeff Garza
Media Services Coordinator	Julie Barber
Executive Producer	Matt Johnson
Digital Media Reporter	Clare Farnsworth



Community Outreach & Fan Development: (standing l-r) Cris Bacharach, Kevin Griffin, Carlos Oseguera, Mike Flood, Paul Johns, Ryan Madayag, J.P. Shin. (seated l-r) Sandy Gregory, Sherri Thompson, Connie Cate

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

FAN DEVELOPMENT

Director of Community Relations	Kevin Griffin
Fan Development Manager	Ryan Madayag
Fan Development Coordinator	Carlos Oseguera
Fan Development Assistant	Cris Bacharach



Corporate Partnerships: (1st row) Kristy Springer, Gina Martinez Todd, Teresa Santoy, Brandon Nelson. (2nd row) Ashley Thorvilson, Peter Bach, Glen Iwasaki, Bill Chapin. (3rd row) Mike Hettick, Luke Grothkopp. (4th row) Brian Jones, Christy Grady, Lisa Gregory. (5th row) John Pleas, Ron Jenkins

CORPORATE PARTNERSHIPS

Director Partnership Development	Bill Chapin, Brian Jones, Gina Martinez Todd
.....	John Pleas
Corporate Partnership Business Manager	Kristina Howell
Partnership Development Manager	Christy Grady
Senior Account Executive	Lisa Gregory
Account Executives	Brandon Nelson, Ashley Thorvilson, Teresa Santoy
.....	Kristy Springer
Corporate Partnership Service Coord.....	Peter Bach, Luke Grothkopp, Mike Hettick
Graphic Designer.....	Glen Iwasaki



Suite Sales & Service and Corporate Hospitality: (l-r) Melanie Kermin, Eric Engberg, Sarah Tompkins, Amy Sprangers

SUITE SALES & SERVICE AND CORP. HOSPITALITY

Director of Suite Sales & Service and Corporate Hospitality	Amy Sprangers
Corporate Hospitality Manager	Sarah Tompkins
Suite Sales Manager	Eric Engberg
Suite Services Coordinator.....	Melanie Kermin



Marketing, Digital Media & Gameday Production: (l-r) Rick Crawford, Kurt Shaffer, Kenton Olson, Huy Nguyen, Jon Roy, Tony Ventrella, Eric Miller, Stephanie Gray, Mike Spring, Megan West, Stacey Terry, John Weaver, John Rizzardini, David Glass

MARKETING, DIGITAL MEDIA & GAMEDAY PROD.

Marketing Manager	Stephanie Gray
Graphic Design Manager	John Weaver
Database Marketing Manager	Stacey Terry
Database Marketing and Research Coordinator	Mike Spring
Administrative Assistant	Megan West
Digital Media Manager	Kenton Olson
Marketing Web Producer	Huy Nguyen
Digital Media Host	Tony Ventrella
Director of Stadium Technical Operations	Kurt Shaffer
Technical Services Manager	Jon Roy
Director of Production Services & Gameday Presentation	Rick Crawford
Production Services Manager	David Glass
Production Services Editor	Eric Miller



Food Services: (l-r) Ernesto De La Torre, Doug Periman, Mac McNabb, Pedro Flores

FOOD SERVICES

Executive Chef	Mac McNabb
Cook	Ernesto De La Torre, Pedro Flores, Doug Periman



Box Office, Ticket Sales & Service: (standing l-r) Chris Lawrence, Christine Hengtgen, Casey Shaw, Will Brantley, Chris Baretta, Chuck Arnold, Steve Lund, Mike Naehr, Ryan Gustafson, Kevin Tiemann. (seated l-r) Maryann Boddy, Natalie Heckman, Erin Johnson, Gary Boyle, Janice Presting

BOX OFFICE, TICKETS SALES & SERVICE

Director of Ticket Sales & Service	Chuck Arnold
Customer Relationship & Ticket Services Manager	Chris Lawrence
Ticket Sales Manager	Casey Shaw
Box Office Manager	Erin Johnson
Box Office Manager - FGI	Don Repp
Assistant Box Office Manager	Christina Hengtgen
Box Office Coordinator	Natalie Heckman, Janice Presting
Customer Sales Representatives	Chris Baretta, Maryann Boddy, Gary Boyle, Will Brantley, Ryan Gustafson, Steve Lund, Mike Naehr, Kevin Tiemann



Retail Operations: (l-r) Nick Haswell, Sue Harris, Brian Poole, Erin Reith, Nate Oziel, Melanie Pulley, Nick Johnson

RETAIL OPERATIONS

Director of Retail Operations	Sue Harris
Retail Operations Manager	Vikki Knopf
Pro Shop Manager	Melanie Pulley
Retail Sales & Systems Coordinator	Nick Johnson
Warehouse Coordinator	Nate Oziel
Warehouse Associate	Nick Haswell
Retail Sales & Service Coordinator	Bryan Poole
Brand Manager	Erin Reith



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Regional Marketing Office - Canada: (standing l-r) Ric Thomsen, Dave Cannon. (seated l-r) Kevin Murray, Omar Mawjee

FOOTBALL SUPPORT STAFF

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
Team Travel/Training Camp Coordinator	Jeremy Young
Football Administration Coordinator	A.J. Durso
Executive Assistant/Head Coach	Dawn Beres
Team Physician/Family Practice	Dr. Jonathan Drezner
Head Team Orthopedist	Dr. Ed Khalfayan
Team Orthopedist.....	Dr. Mike McAdam
Team Physiatrist.....	Dr. Stan Herring

Practices: Drezner, Dept. of Family Medicine at Hall Health Sports Medicine Clinic (Seattle); Khalfayan & McAdam, Orthopedic Physicians Assoc. (Seattle); Herring, Puget Sound Sports & Spine Physicians at Harborview Spine Center (Seattle)



Football Video: (l-r) John Mallory, Thom Fermstad, Brad Campbell



Athletic Trainers: (l-r) Jon MacGregor, Donald Rich, Sam Ramsden, Reggie Barnes, David Anderson



Physicians: (l-r) Ed Khalfayan, Mike McAdam, Stan Herring, Jonathan Drezner



Football Administration: (l-r) Jeremy Young, Mo Kelly, Char Kores, Janice Schweitzer, Teresa Widner, Dawn Beres, A.J. Durso



Fields & Facilities: (l-r) Duc Dinh, Sean Vanos, Sam Clake, Dale Cramer, Sergio Pedroza



Equipment: (l-r) Adam "Hoss" Whitworth, Derin Lazuta, Erik Kennedy, Jeff Inderhees, Chad Sensibaugh

FIRST & GOAL, INC.

EVENT SERVICES/ADMINISTRATION

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 Sales & Marketing Manager Sarah Elswick
 Event Services Manager Don Meucci
 Guest Services Manager Annie Castle
 Administrative Assistants . . . Ronson Bailey, Jennifer DeArment, Ashleigh Fetterhoff



Event Services & Facility Operations: (l-r) Jim Cloninger, David Young, Sarah Elswick, Natascha Robinson, Ashleigh Fetterhoff, Susan Darrington, Jennifer DeArment, Ronson Bailey, Annie Castle, Tom Emanuel, Don Meucci



Conversion: (l-r) Joe Aquilla, Kevin Jude, Tami Grimm, Issac Lima, J. Lee Cook, Kimball Weber, Mike Knuth, Frank Wilkerson, Adrian Allen, Jeremy Vannoy



Security: (l-r) James McDevitt, Ron Pawliuk, Michael Turner, Daryl Niles, Jamie Reed, Chuck Cusick, Lisa Salinas, Dan Stone

SECURITY

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Director of Facility Operations Mike McFaul
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BOEs ... Cliff Barnes, Jacob Davis, Dan Rynne, Steve Scheeler, Rein Van Spanckeren
Painters Lance Juett, Ron Lewis
Maintenance Lead Dennis Holmstrom
Utility Workers Karleen Brigham, Robert Chambers, Fred Mori
Mechanic Bill McNabb
Senior Maintenance Administrator Roberta Kranz
Fields Director John Wright
Fields Supervisor Jamie Patch
Fields Crew Devon Moore, Raul Rios, Sam Town

EVENT OPERATIONS

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..... Natasha Robinson
Conversion Supervisor Kimball Weber
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..... Kevin Jude, Mike Knuth, Isaac Lima, Jamie Patch
..... Jeremy Vannoy, Kimball Weber, Frank Wilkerson



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Fields: (l-r) Devon Moore, Jamie Patch, John Wright, Raul Rios, Sam Town

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CREDITS

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to thank their Founding
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