

2006

PRESEASON

 Dallas Cowboys	Sat., Aug. 12	7pm	KING
 @ Indianapolis Colts	Sun., Aug. 20	5:15pm	NBC
 @ San Diego Chargers	Sat., Aug. 26	8pm	KING
 Oakland Raiders	Thurs. Aug. 31	7pm	KING

REGULAR SEASON

 @ Detroit Lions	Sun. Sept. 10	10am	FOX
 Arizona Cardinals	Sun. Sept. 17	1pm	FOX
 New York Giants	Sun. Sept. 24	1pm	FOX
 @ Chicago Bears	Sun. Oct. 1	5:15pm	NBC
Bye Week			
 @ St. Louis Rams	Sun. Oct. 15	10am	FOX
 Minnesota Vikings	Sun. Oct. 22	1pm	FOX
 @ Kansas City Chiefs	Sun. Oct. 29	10am	FOX
 Oakland Raiders	Mon. Nov. 6	5:30pm	ESPN
 St. Louis Rams	Sun. Nov. 12	1pm	FOX
 @San Francisco 49ers	Sun. Nov. 19	1:05pm	FOX
 Green Bay Packers	Mon. Nov. 27	5:30pm	ESPN
 @ Denver Broncos	Sun. Dec. 3	1:15pm	FOX
 @ Arizona Cardinals	Sun. Dec. 10	1:05pm	FOX
 San Francisco 49ers	Thurs. Dec. 14	5pm	NFL Network
 San Diego Chargers	Sun. Dec. 24	1:00pm	CBS
 @ Tampa Bay Buccaneers	Sun. Dec. 31	10am	FOX



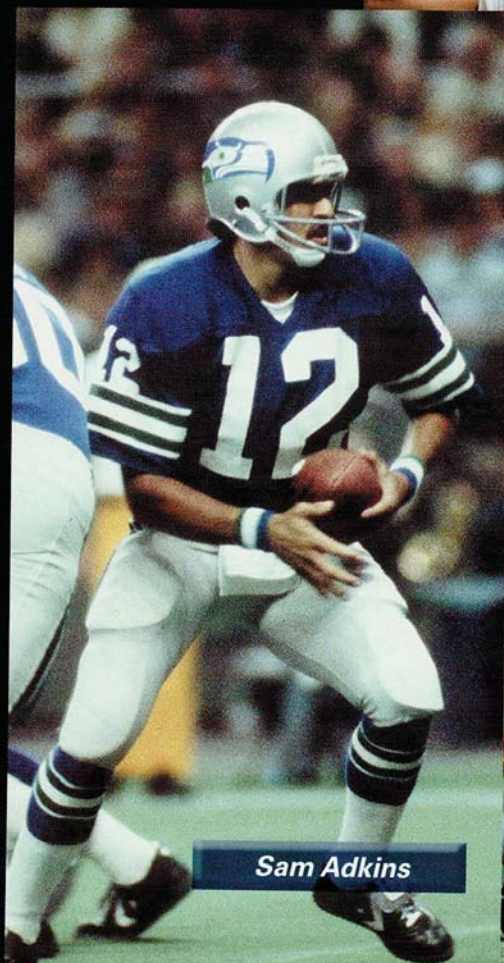
Each logo above represents one of the Seattle Seahawks Spirit of 12 Partnerships. One hundred percent of the sales from each program, matched by the Paul G. Allen Foundation supports the Spirit of 12 Partner selling the program during their assigned game.



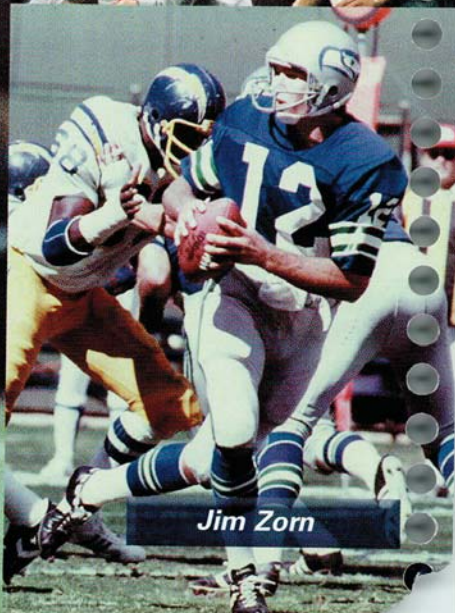
IN MEMORIAM
DAVE BROWN
(1953-2006)

A TRADITION BEGAN

With the birth of an NFL franchise in 1976, Seattle fans were no longer starved for their very own professional football team. As the Seahawks strengthened their young franchise, they were supported by their fans, soon to become known as the 12th Man. Over the years, in the Northwest, the number 12 became synonymous with Seahawks fans. From 1977-1982, backup quarterback Sam Adkins wore the number 12. Aside

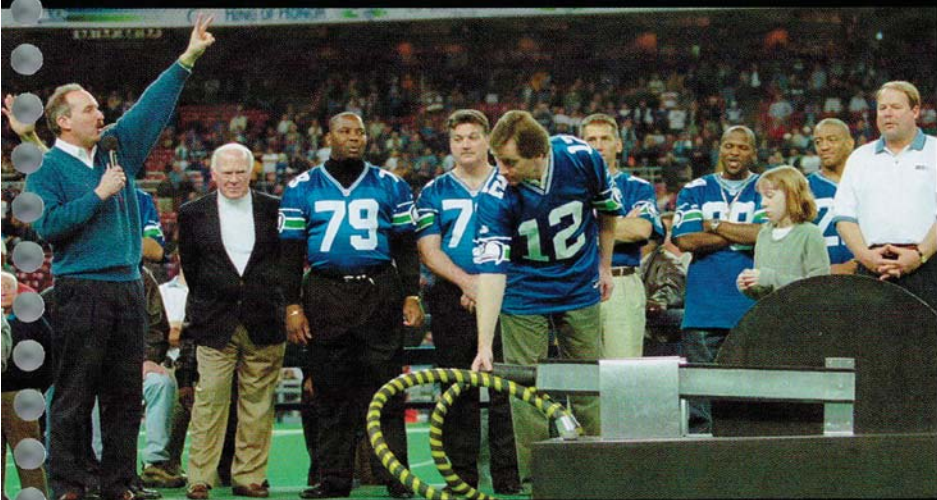


Sam Adkins



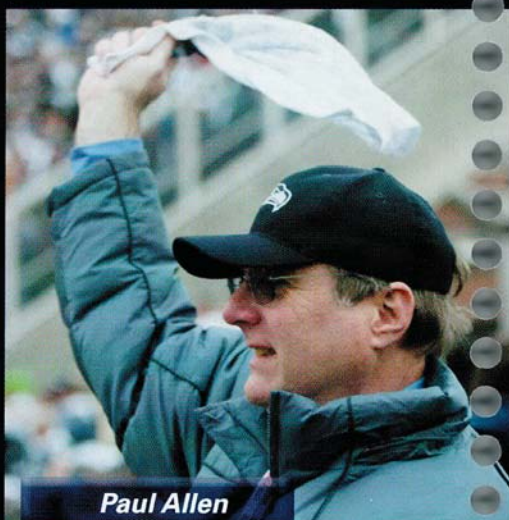
Jim Zorn

from Adkins, Jim Zorn is the only other Seahawks player to have ever worn the number. Zorn borrowed Adkins' jersey during a portion of a game versus San Diego in 1981, after his jersey was ripped. Seattle fans became so significant in the success of the team in the 1980's that former Seahawks President Mike McCormack decided to retire the number 12 on December 15, 1984, versus the Denver Broncos. Throughout the 1980's Seattle's fans became known as the loudest in the NFL, so much so that the league instituted a noise rule in 1985. On December 26, 1999, versus Kansas City, a fan donning number 12 ceremonially turned out the lights to the Kingdome after the last regular season game played in building. Earlier that season versus the Raiders, Seattle's 12th Man set an attendance record for the Kingdome with 66,400.

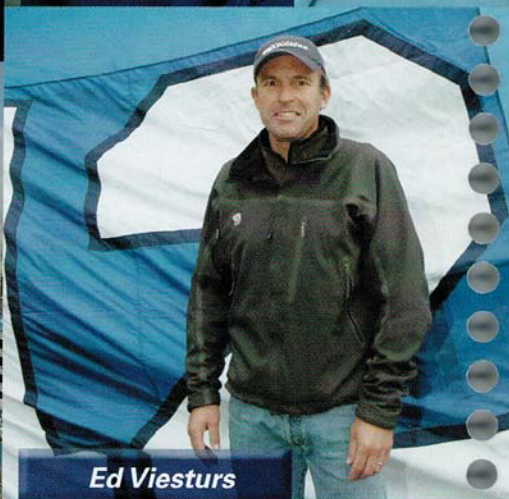


A TRADITION CONTINUES...

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.



Paul Allen



Ed Viesturs



Lorenzo Romar



Army Rangers from Ft. Lewis

ALL-TIME 12th MAN FLAG RAISERS

2003

Date	Opponent	Flag Raiser
10/12	San Francisco	12 Original Season Ticket Holders
10/19	Chicago	Cortez Kennedy (Former Seahawks DT)
11/02	Pittsburgh	Curt Warner (Former Seahawks RB)
11/16	Detroit	Steve Largent (Former Seahawks WR)
11/30	Cleveland	Mike McCormack (Former Seahawks GM)
12/21	Arizona	Frosty Westering (Former PLU Head Coach)

2004

08/21	Denver	Steve Raible & Warren Moon (Seahawks Broadcast Team)
09/02	Minnesota	Bret McClure, Tara & Dana Kirk (Local Olympians)
09/26	San Francisco	Dave Krieg (Former Seahawks QB)
10/10	St. Louis	Don James (Former UW Head Football Coach)
10/31	Carolina	Eugene Robinson (Former Seahawks S)
11/21	Miami	Chuck Nelson & Jack Thompson (Former UW Kicker, WSU QB Representing Apple Cup Week)
11/28	Buffalo	John Nordstrom (Representing Original Ownership)
12/06	Dallas	Edgar Martinez (Former Mariners Great)
12/24	Arizona	Rangers from Ft. Lewis (In Honor of Pat Tillman)
01/02/05	Atlanta	Mothers of Seahawks Players
01/08/05	St. Louis	Ring of Honor Members

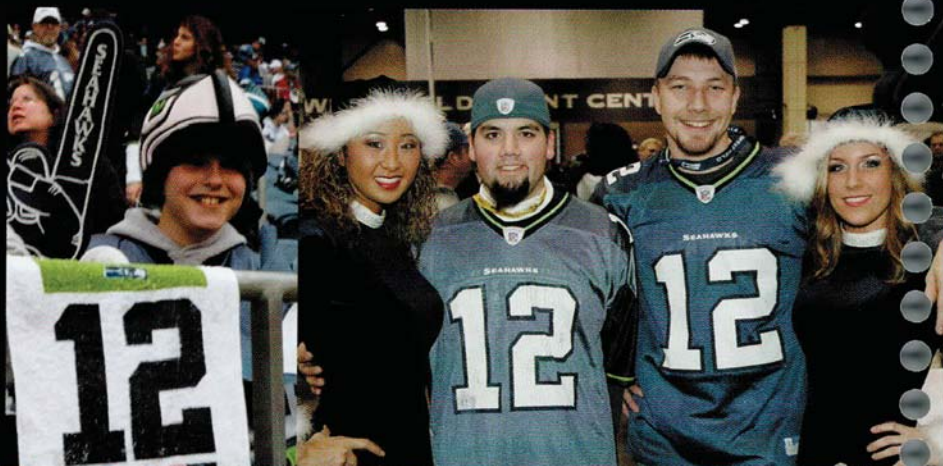
2005

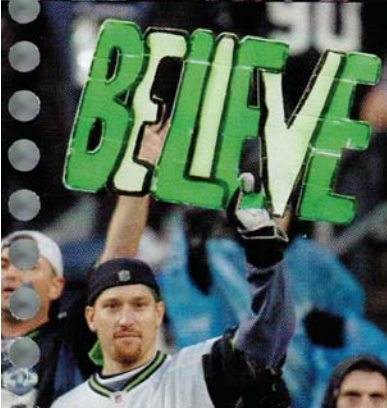
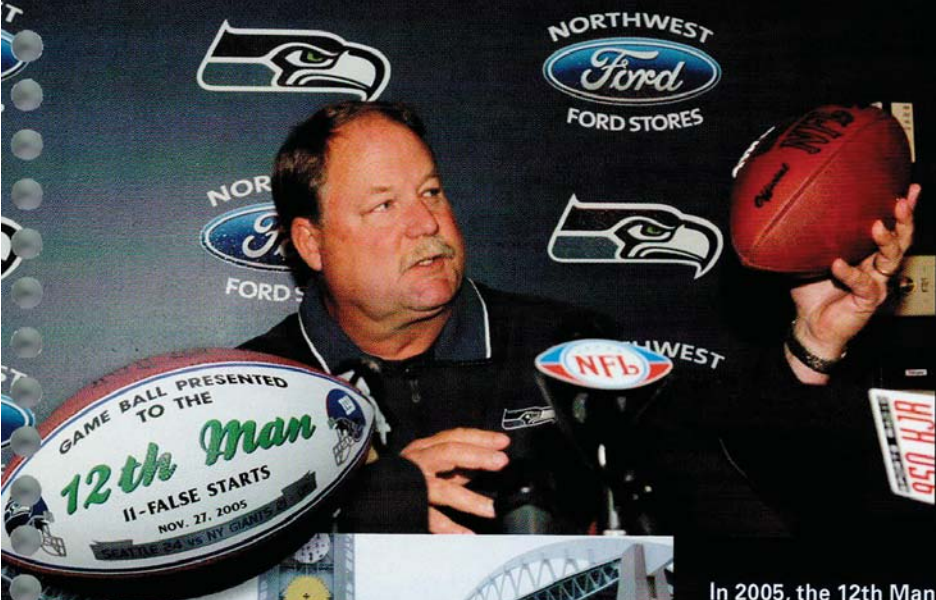
08/22	Dallas	David Eger (Inaugural BGSC Champion)
09/02	Minnesota	Sam McCullum (Former Seahawks WR)
09/18	Atlanta	Joe Nash (Former Seahawks NT)
09/25	Arizona	Chuck Knox (Former Seahawks Head Coach)
10/16	Houston	Ed Viesturs (World Renowned Mountain Climber)
10/23	Dallas	Efen Herrera (Former Seahawks K)
11/13	St. Louis	Manu Tuiasosopo (Former Seahawks DT)
11/27	N.Y. Giants	Lorenzo Romar (UW Men's Basketball Coach)
12/11	San Francisco	Kenny Easley (Former Seahawks S)
12/24	Indianapolis	Jack Patera (Original Seahawks Head Coach)
01/14/06	Washington	Ken Hamlin (Current Seahawks S)
01/22/06	Carolina	Paul Allen (Seahawks Chairman)



Seahawks Ring of Honor Members

12th MAN MAKES A DIFFERENCE





In 2005, the 12th Man played their part in helping the Seahawks climb to their first-ever conference title. On November 27 versus the N.Y. Giants, fans helped contribute to 11 false start penalties. That performance by the 12th Man prompted Mike Holmgren to give the game ball to the fans the following day. It was painted and now resides on the club level.

COMING IN 2008...

The Seahawks announced on May 9, 2006, plans for a state-of-the-art training facility to be located along Lake Washington. The 200,000 square foot waterfront facility, second-largest in the NFL, will be located within the northern city limits of Renton and scheduled to open in the Summer of 2008. The property is bounded by Interstate 405 to the east, Lake Washington to the west, residential property to the north and 44th Street to the south.

"Over the last ten years there has been a drastic shift in the importance of team practice facilities to the development and recruitment of players," said President of Football Operations Tim Ruskell. "This facility will help solidify a new era in Seahawks history and the location along the water is as beautiful as any in the league."

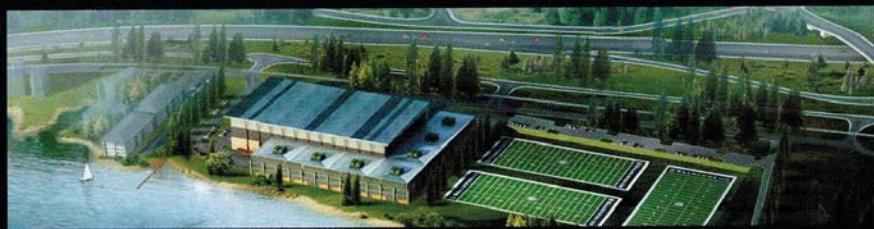
The privately funded practice facility will be situated on 19 acres of industrial property. It will house a permanent indoor practice facility, the team's current Kirkland front office departments and will also accommodate Corporate Sponsorships and Fan Development that are currently located at Qwest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

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

The facility will also include access for fans to attend training camp in 2008 for up to 3,000 spectators per day.

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 and will spend the next two years at its Kirkland Headquarters until moving in 2008.



SEATTLE SEAHAWKS HEADQUARTERS ON LAKE WASHINGTON

QUICK FACTS

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:	19.0-plus 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 One FieldTurf field (150 yards)
Indoor Practice Area:	One FieldTurf field (80 yards plus two endzones) A clear height of 110' allowing for game-situation 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 training camp beginning in 2008.
On Site Parking:	Approximately 300 cars
Construction Schedule:	20 months
Groundbreaking:	October 2006
Completion Date:	Approximately June 2008
Architects:	Crawford Architects
Funding:	Private
Property Owner:	Vulcan Real Estate

PASSION
FOOTBALL IS OUR PASSION
CHARACTER
CHARACTER IS OUR COMMITMENT
12TH MAN
THE 12TH MAN IS OUR FOCUS
EXCELLENCE
EXCELLENCE IS OUR GOAL

SPIRIT OF 12 PARTNERS™

The Blue Ribbon Partners, founded in 2004, will now be recognized as the Spirit of 12 Partners to embody 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 2005, over \$277,000 was raised in the Qwest Spirit of 12 Partner Program and more than \$500,000 in total funds since 2004.

The Paul G. Allen Family Foundation enriches lives and strengthens communities by providing \$30 million in annual grants to Pacific Northwest nonprofits in the areas of arts and culture, youth engagement, health and human services, and science and technology.



Big Brothers Big Sisters
serving King, Pierce &
Jefferson Counties

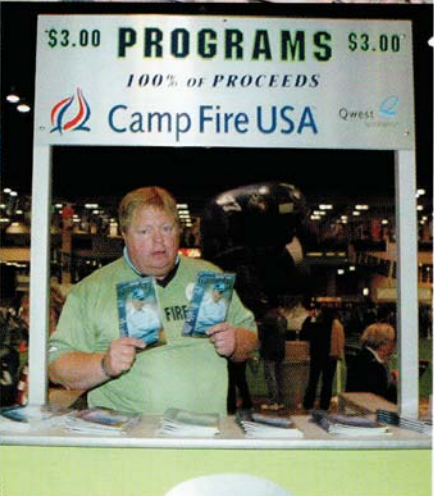


Treehouse



YMCA
OF GREATER SEATTLE





EVERY DOWN... EVERY DAY!

The Seattle Seahawks hard-driving dedication to succeed on the football field is indicative of the attitude taken towards work in the community.

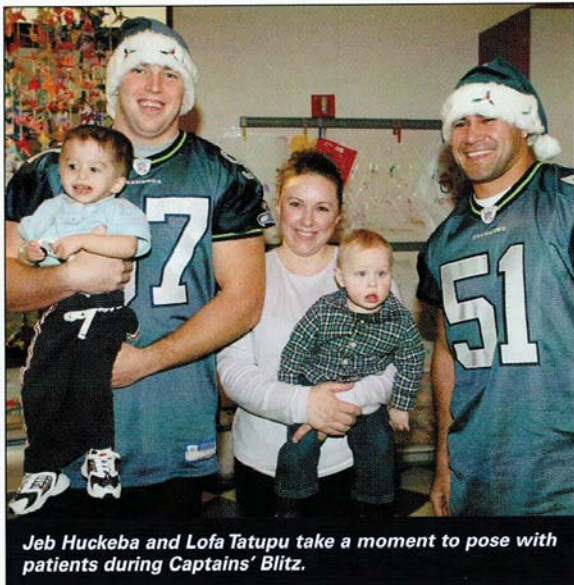
The goal of the organization is to have an impact on those who are less fortunate, focusing on developmental programs for youth, especially academic and athletic programs.

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 during the holiday season, the Captains' Blitz program has been encouraging to folks who are going through some tough times. Seahawks players, Sea Gals and Blitz help to put smiles on the faces of those who are hospitalized by visiting them and spreading holiday cheer. This past year, the Seahawks visited patients at Children's Hospital, the Fred Hutchinson Cancer Research Center patients at the University of Washington and Mary Bridge Children's Hospital in Tacoma.

Players participating in last year's events included Matt Hasselbeck, Josh Brown, Alain Kashama, Lofa Tatupu, Jeb Huceba, Seneca Wallace, Marcus Trufant and David Greene.



Jeb Huceba and Lofa Tatupu take a moment to pose with patients during Captains' Blitz.

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 800 school children 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.

Players in attendance at last year's event included Josh Brown, Joe Tafoya, Jordan Babineaux, Seneca Wallace, JP Darche, Tom Rouen and Jimmy Williams.





**BOEING
GREATER SEATTLE CLASSIC**

Working with the PGA and civic leaders, the Seahawks were instrumental in bringing the Boeing Greater Seattle Classic to the Pacific Northwest in 2005. This PGA Champions Tour event attracted over 50,000 spectators to TPC Snoqualmie Ridge and generated over \$700,000 to benefit The Heart Institute at Virginia Mason Medical Center. The Heart Institute, widely recognized for excellence in cardiac care, serves patients throughout the Northwest and Alaska. The inaugural Rumble at the



Ridge event featured NFL Hall of Famers Steve Largent, Lynn Swann, Mike Haynes and Gene Upshaw among others. Seahawks' Ring of Honor members were also present. Last year's winner was David Eger (below) who then raised the 12th Man Flag before the pre-season game against the Dallas Cowboys. This year's event takes place August 14-20. A full week of golf is scheduled leading up to the Champions Tour event which begins on August 18.

WELLS FARGO The Wells Fargo Pro-Am

WASHINGTON ATHLETIC CLUB



TEAM VIRGINIA MASON MEDICINE





Chris Spencer, Ray Willis, David Greene and Leonard Weaver participate in the United Way Hometown Huddle at Garfield Community Center.

HOMETOWN HUDDLE

In a league-wide day of community service called Hometown Huddle, all 32 NFL teams participate in a project that benefits a local United Way agency. Last year was the seventh year the Seahawks participated in the program. Players that helped out were Leonard Weaver, Marquis Weeks, David Greene, Ray Willis and Chris Spencer.

In 2005, the Seahawks and Qwest spearheaded a \$5,000 campus beautification and computer lab project at Garfield Community Center.

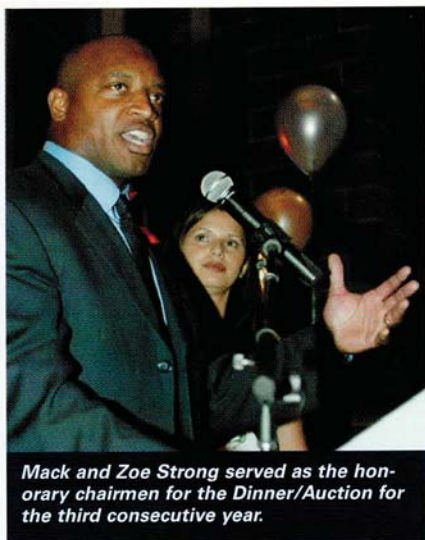
SEAHAWKS COURAGE HOUSE

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 fourth annual Seattle Seahawks Dinner/Auction to benefit Childhaven. The event raised approximately \$150,000 for Childhaven's Capital Campaign. Last year players in attendance included Josh Brown, Chris Spencer, Robbie Tobeck, Chris Gray, Ray Willis, J.P. Darche, Bobby Engram, Matt Hasselbeck, Isaiah Kacyvenski, Craig Terrill, Floyd Womack and Mack Strong.

PETE GROSS HOUSE

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

This housing project is named after Pete Gross, the Seahawks play-by-play announcer from 1976-92, who succumbed to cancer in 1992 just three days after being inducted into the Seahawks Ring of Honor. The Seahawks took a very active role in seeing this project through to completion and annually hold the "Pete Gross House Luncheon." In 2005, over \$230,000 was raised for the house.



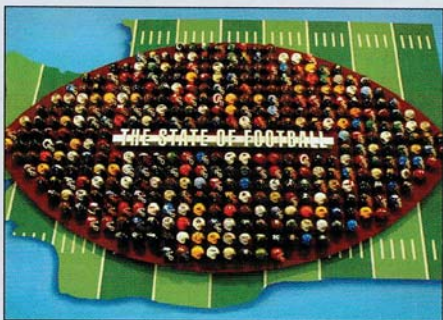
Mack and Zoe Strong served as the honorary chairmen for the Dinner/Auction for the third consecutive year.

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 all 331 Washington State high school football programs.

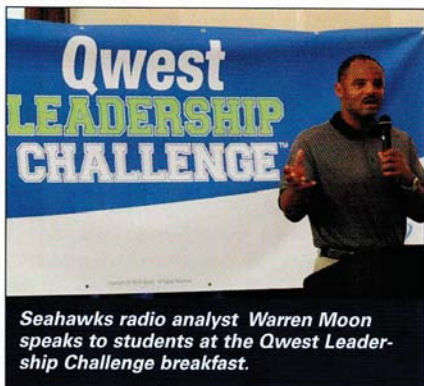
On hand to help with the official unveiling and to represent their state high schools were Marcus Trufant, Jack Thompson, Michael Jackson and Mike Alcantera, who all spoke to the significance of high school football and the tribute that is made by the Helmet Wall to the hard working high school student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



QWEST LEADERSHIP CHALLENGE

The Seattle Seahawks and Qwest offer the "Qwest Leadership Challenge" as 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, and this program could generate 13,000 hours of community service.

For further information contact the Seahawks at (425) 827-9777.



Seahawks radio analyst Warren Moon speaks to students at the Qwest Leadership Challenge breakfast.



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 four-hour camps, free to all boys and girls ages 8-15, feature numerous Seahawks players and area high school coaches who teach basic football skills to all participants.

Camps are scheduled during the summer months and are held in Seattle and various cities in Central and Eastern Washington.



Young participants listen to instructions at one of many Gatorade Jr. Training Camps.

GATORADE HIGH SCHOOL COACHES CLINIC AND GOLF TOURNAMENT

High School football coaches from around the state traveled from as far as Soap Lake and Willapa Valley to attend the Seahawks/Gatorade Coaching Clinic on June 10 held at the Seahawks Kirkland training facility. Seventy eight coaches from around the state representing 39 schools joined the Seahawks coaching staff for a day of instruction. Head Coach Mike Holmgren, running backs coach Stump Mitchell, strength and conditioning coach Mike Clark and quarterbacks coach Jim Zorn joined President Tim Ruskell to share their expertise. Ruskell shared his thoughts on why high school football programs are vital to our communities.



Jamie Plenkovich was presented with the High School Coach of the Year Award.

HIGH SCHOOL COACH OF THE WEEK AND COACH OF THE YEAR

In a program supported by the NFL, the Seahawks honor a local high school football coach each week during the football season. The coaches are selected by the Washington Interscholastic Athletic Association and winners are honored in a pregame ceremony at a home game at the end of the season. Each coach receives a \$100 savings bond from Sterling Savings Bank and a \$1,000 grant. The Coach of the Year also receives a \$2,000 grant, as well as the Jim Ennis Award.

This past season, Jamie Plenkovich of Ferndale High School in Ferndale, Wash. was named the Seahawks High School Coach of the Year after his team posted a perfect 14-0 record and won the school's first 3A State Championship.



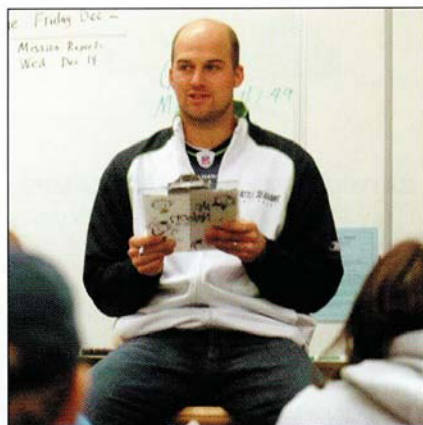
Mike Holmgren spoke to more than 70 state high school football coaches.

WELLS FARGO READY, SET, GOALS

Ready, Set, Goals is the Seahawks literacy program. Presented by Wells Fargo Bank, this program is designed to enhance reading comprehension, writing and goal-setting skills in third through sixth grade students. More than 240 classrooms throughout the state of Washington participate in the program.

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

Five classrooms are chosen each month to participate in a live videoconference with the Seahawks player of the month. Participating players included Jeb Huckeba, Wayne Hunter, Alain Kashama, Niko Koutouvides, Jerheme Urban and Floyd Womack.



Matt Hasselbeck talks to students on JC Penney Take a Player to School day.

SUSAN G. KOMEN, RACE FOR THE CURE

The Komen Seattle Race for the Cure is a benefit to raise funds for the Puget Sound Affiliate of the Susan G. Komen Breast Cancer Foundation. Every year 15,000 team members and individuals gather to walk, run, enjoy entertainment, and sample treats from race sponsors. Breast cancer survivors are celebrated, and the memory of those whose lives have been lost to the disease are honored. Funds raised support breast cancer screening programs, educational outreach, treatment projects and cutting edge research programs. On June 17, 2006, over \$1 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 new in 2006 - Sleep in for the Cure!

The Seahawks are proud to be associated with this great event.



Head Coach Mike Holmgren and his wife, Kathy, have served as starters for the Susan G. Komen Race for the Cure.

PLAYER CHARITY TICKET PROGRAM

The Player Charity Ticket Program is designed to allow groups of people the opportunity to attend a Seahawks game who typically would not be able to go. Seahawk players buy tickets and donate them to various charities around the Northwest. Last season eight players participated in the first-year program, each donating 20 tickets and 20 t-shirts per game. The players donated over 1,300 tickets and t-shirts for the season. Over 35 different charities benefited from the players donations.

Each player who donated tickets received a banner around the stadium with his program's name on it. Last year's participants included Bobby Engram, Walter Jones, Kelly Herndon, Marcus Tubbs, Ken Hamlin and Jerramy Stevens.



Bobby Engram provided tickets for every home game.

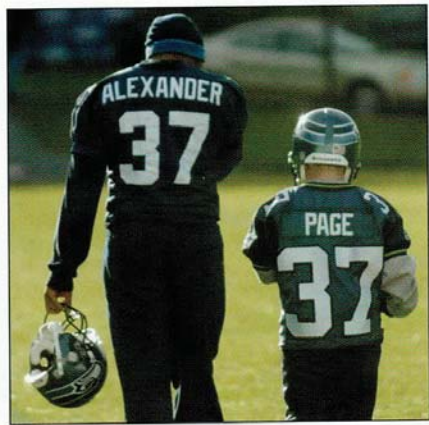
JR. COMMUNITY QUARTERBACK AWARD

To recognize the thousands of incredible volunteers throughout the country, the NFL developed the Jr. Community Quarterback Award that pays tribute to outstanding volunteers in each of the 32 NFL markets. The Seahawks had the difficult job of choosing four winners from nearly 100 applicants. Each winner received \$5,000 to complete their community-betterment project. The award recipients were chosen by a panel of judges.

The 2005 Seahawks Jr. Community Quarterback Award winner was awarded to Yolanda Eng, Emily Gibbs, Sarah Massengale and the South Bend High School Advanced Wood Class. The four winners raised over \$20,000 for various charities.



Jr. Community Quarterback Award winner Yolanda Eng with Key Club volunteers



MAKE-A-WISH

Working with the Make-A-Wish Foundation of Alaska, Montana, Northern Idaho, and Washington, the Seahawks fulfill wishes for children with life-threatening illnesses, enriching them with hope, strength, and joy. Over the years the Seahawks have made many wishes come true by hosting children at practices and games.



SEATTLE SEAHAWKS

QUICK FACTS

www.Seahawks.com

Kirkland Headquarters
 11220 NE 53rd Street
 Kirkland, WA 98033
 425/827-9777
 PR Fax 425/893-5108

Marketing & Sales
 Suite 100
 206/381-7800

Season Tickets
 Suite 200
 1-888-NFL-HAWK
 Fax 206/381-7857

Qwest Field
 800 Occidental Ave S
 Seattle, WA 98134
 206/381-7555

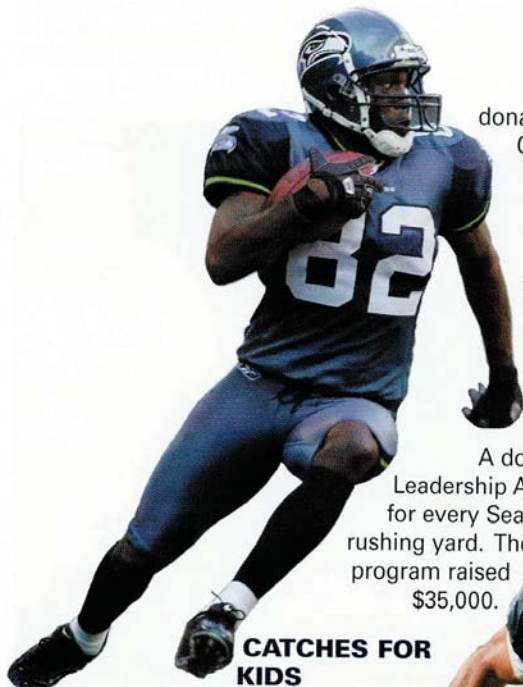
Pro Shop
 Suite 300
 206/682-2900
 Fax 206/808-8314

Box Office
 Suite 600
 206/682-2800
 Fax 206/381-7832

GAMEDAY INCENTIVE PROGRAMS

STATS FOR KIDS

Throughout the football season, there are a number of ways in which players can benefit local charities by raising their level of performance on the field. Programs have been developed that team charities with sponsors who donate money based on game day performances. The program earned a grand total of **\$312,928**. Listed below are the programs which were in place during the 2005 football season:



FIRST DOWNS FOR KIDS

For every Seahawks first down, a donation was made to Boyer Children's Clinic. The program raised \$18,500.

WINNING FOR YOUR COMMUNITY

Presented by your local Northwest Ford Stores. A donation was made for every Seahawks regular season win. The program raised \$28,600 for United Way.

RUN FOR THEIR FUTURE

A donation was made to the Seahawks Leadership Academy for every Seahawks rushing yard. The program raised \$35,000.

CATCHES FOR KIDS

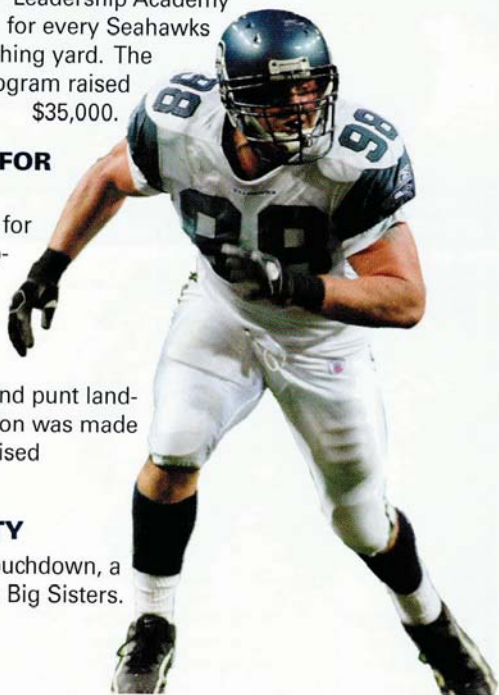
Childhaven received a donation for every Seahawks reception. The program raised \$5,000.

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 \$212,328.

TOUCHDOWNS FOR CHARITY

For every Seahawks offensive touchdown, a donation was made to Big Brothers Big Sisters. The program raised \$13,500.



H.A.W.K.S. PROGRAM

Home of Achievers Where Kids Succeed

Communities In Schools of Seattle and the Seattle Seahawks are partnering to bring a new pilot program to Asa Mercer Middle School to help struggling sixth grade students become successful. The HAWKS Program is designed to boost students and parents positive attachment to school by providing intensive academic support in a personalized learning environment. Students enrolled in the HAWKS Program remain at school until 4:15 p.m. each day to work on academic remediation in math, reading, and social and emotional areas of growth. The program also includes recreational and cultural arts activities, service learning, and a community classroom. Visits from Seahawks players and tickets to games help to motivate student success. Ultimately, the HAWKS Program builds an enduring culture of achievement among students who are in danger of becoming disconnected from school. It is the only program of its kind in the Seattle School District. The HAWKS Program is a transition from the Seahawks Leadership Academy.



Marquis Weeks and Leroy Hill join the Sea Gals to serve Thanksgiving dinner at the Seahawks Leadership Academy.



Joy Zorn, Sarah Hasselbeck, Tara Leiweke and April Hannam at the Seahawks Family Cookbook media lunch. Cookbook sales benefit the HAWKS Program.



SEAHAWKS PLAYER FOUNDATIONS



SHAUN ALEXANDER FOUNDATION

The Shaun Alexander Foundation's mission is to empower young men through education, athletics, character programs, and leadership training; inspiring them to reach their full potential as the mentors and role models for the next generation.

Website: www.shaunalexander.org



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.



THE MATTHEW HASSELBECK FOUNDATION

The Matthew Hasselbeck Foundation strives to assist the 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



DARRELL JACKSON FAMILY FOUNDATION

The Darrell Jackson Family Foundation is a non-profit organization dedicated to being an influential partner of the community. Our mission is to continue a family legacy that reinforces values and instills a deep-rooted self-awareness in our future leaders and delivering knowledge to the public that will advance the research in bringing an end to cancer.



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



JIMMY WILLIAMS INTERCEPTING OUR YOUTH FOUNDATION

The Jimmy Williams Intercepting Our Youth Foundation motivates the youth to "dream big" while helping to develop the skills needed to achieve those dreams.

Website: www.jimmywilliamsfoundation.org



GRANT WISTROM FOUNDATION

The Grant Wistrom Foundation works to positively affect the lives of children, especially those with cancer, through fun and recreational activities. With these efforts, the foundation provides the opportunity for friendships and personal growth. Founded in 2002.

Website: www.grantwistrom.net

SEAHAWKS ALUMNI FOUNDATIONS



THE AUGUST FOUNDATION

(Steve August)

BLADES FOUNDATION

(Brian & Bennie Blades)

CENTRAL AREA COMMUNITY FESTIVAL

(Vic Minor)

CRESCENT MOON FOUNDATION

(Warren Moon)

CURT WARNER AUTISM FOUNDATION

(Curt Warner)

DAMIEN ROBINSON 4TH AND 1 SCHOLARSHIP FUND

(Damien Robinson)

FAMILIES NORTHWEST

(Jeff Kemp)

GEORGE F. HOAGLIN CHARITABLE FOUNDATION

(Fred Hoaglin)

JACOB GREEN CHARITY GOLF CLASSIC

(Jacob Green)

JAYCEE'S CHILDREN TREATMENT CENTER

(Jacob Green)

L.E.A.P

(Mike Pritchard)

LIFE ATHLETES INC.

(Chris Godfrey)

MAC'S MIRACLE FUND

(Michael McCrary)

MARCUS ROBERTSON CHILDREN'S FOUNDATION

(Marcus Robertson)

MYLES FOR KIDS FOUNDATION

(DeShone Myles)

PRO ATHLETES OUTREACH

(Norm Evans)

REGGIE MCKENZIE FOUNDATION

(Reggie McKenzie)

RICK MIRER CHILDREN'S CHARITY FOUNDATION

(Rick Mirer)

RICKY WATTERS FOUNDATION

(Ricky Watters)

ROBERT PENCHION FOUNDATION

(Robert Penchion)

ROBINSON FAMILY FOUNDATION

(Eugene Robinson)

TD4HIM

(Trent Dilfer)

THE DEEMS MAY FOUNDATION

(Deems May)

THE GINO TORRETТА FOUNDATION

(Gino Torretta)

THE RUBY SHELMON FOUNDATION

(Clarence Shelmon)

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

(Doug Hollie)

TALON FOUNDATION

(Byron Franklin)

TIMOTHY HILL CHILDREN'S RANCH

(James Hill)

TOM FLORES YOUTH FOUNDATION

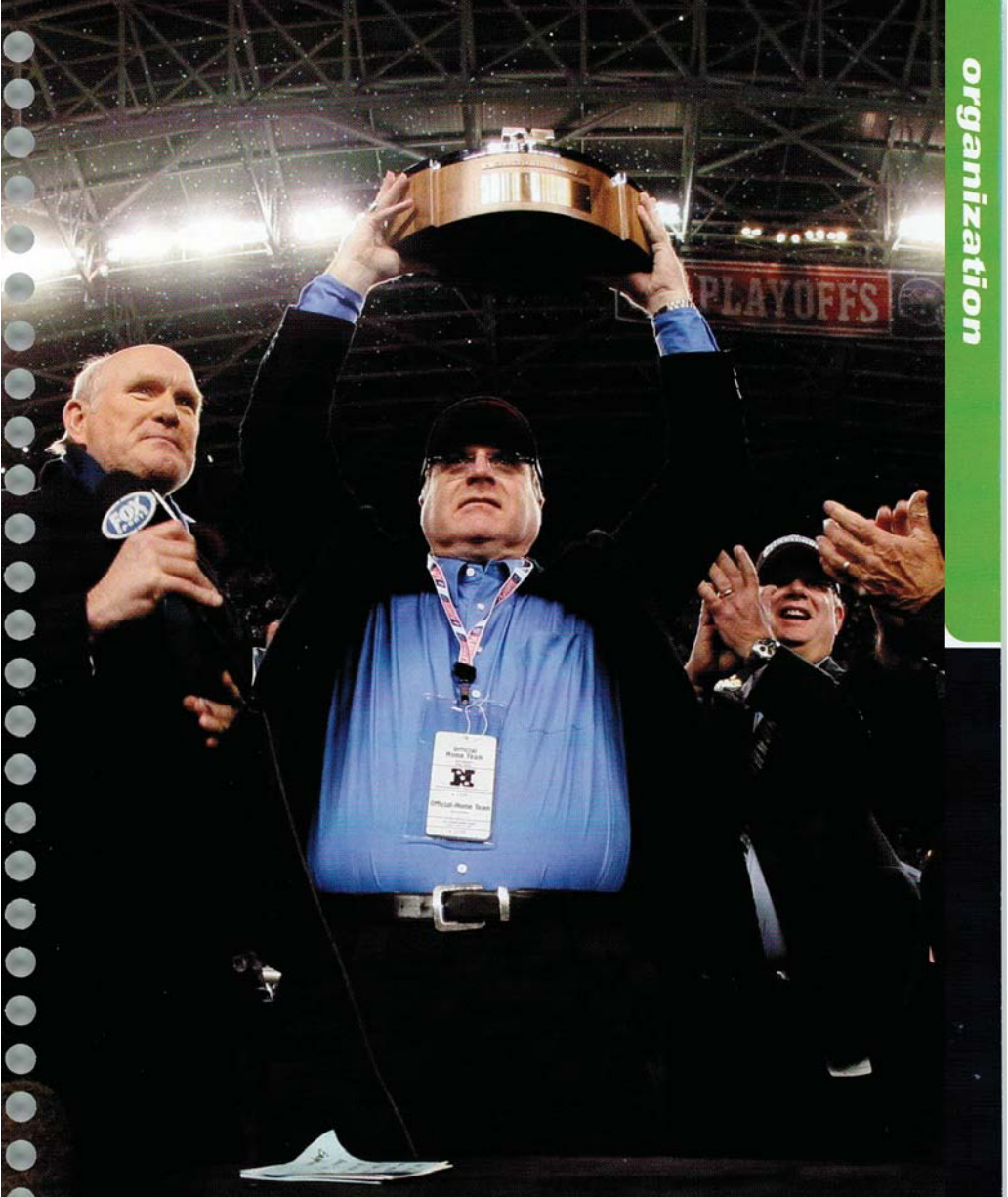
(Tom Flores)

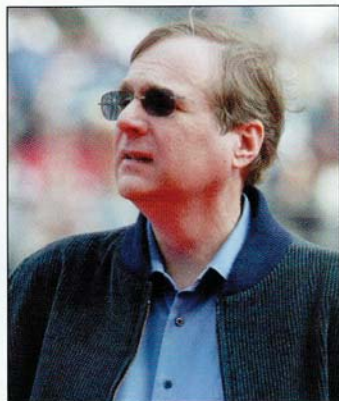
U.N.I SPORTS

(Alex Waits)

WUNSCH FAMILY FOUNDATION

(Jerry Wunsch)



PAUL G. ALLEN**CHAIRMAN, SEATTLE SEAHAWKS AND FIRST & GOAL INC.**

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

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

Both goals have been realized. In 2002, the vision of Seahawks Stadium and Exhibition Center, renamed Qwest Field & Qwest Field Event Center in 2004, became reality. An open air facility which many critics argue is the best venue in the National Football League, Qwest Field is home to over 300 events annually ranging from soccer, to Supercross, concerts, graduation ceremonies, and trade shows. The Seahawks have also reached the postseason the last three seasons, including their first ever Super Bowl trip last season after a franchise-best 13-3 record.

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

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

Raised in the Pacific Northwest, Paul Allen has been named one of the top philanthropists in America - with lifetime giving totaling more than \$800 million - and is committed to giving back to communities in the region he still calls home. Allen gives back to the community through the Paul G. Allen Family Foundation, which strengthens communities and supports vulnerable populations in the areas of arts and culture, health and human services, opportunities for youth, and scientific advancement.

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.

Allen is also founder of Experience Music Project, Seattle's critically acclaimed interactive music museum; the Science Fiction Museum and Hall of Fame; and, Vulcan Productions, the independent film production company behind *Hard Candy*, last year's acclaimed "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.



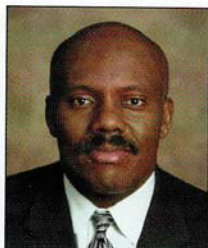
Since co-founding Paul G. Allen's management company with Allen in 1986, Patton has developed and led a wide variety of Allen's business, charitable and entertainment endeavors. In addition to serving as a senior advisor to Allen and directing the ongoing strategic and corporate development of the organization and its broad portfolio of projects and investments, Patton's responsibilities include serving as president of Vulcan Productions (the independent film production company of *Hard Candy*, *RX for Survival: A Global Health Challenge* and *Evolution* acclaim), vice-chair of First & Goal Inc. (the developer and manager of Qwest Field and Qwest Field Event Center), and 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. Prior to Vulcan, Patton served in various capacities in the business and nonprofit worlds, including doing development work for the Pacific Northwest Ballet. An active member of the arts and education communities, Patton serves on the board of directors of the University of Washington Foundation, the International Glass Museum, the Oregon Shakespeare Festival and the Theatre Communications Group, as well as the advisory board of Meany Hall and the Los Angeles Independent Film Festival.

SEATTLE SEAHAWKS BOARD OF DIRECTORS



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



BUSTER BROWN
Vice President, CFO
Vulcan Inc.



HOON CHO
Managing Director,
Private Equity, Vulcan
Capital



BERT KOLDE
COO, Digeo



STEVE PATTERSON
President, Portland
Trail Blazers



JODY PATTON
President & CEO,
Vulcan Inc.

TOD LEIWEKE

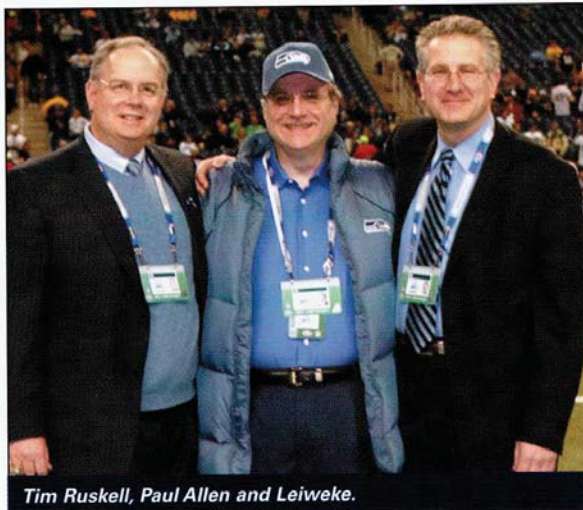
SEAHAWKS CHIEF EXECUTIVE OFFICER/PRESIDENT FIRST & GOAL INC.



Tod Leiweke enters his fourth season with the Seattle Seahawks after being named to the position in June 2003. The 2006 season is Leiweke's 24th season in professional sports. Leiweke serves as Chief Executive Officer for the Seattle Seahawks and assumes responsibility for all business and administration functions of the club. In addition, he is president of First and Goal Inc., the organization that manages Qwest Field and Event Center for the state of Washington. This past year, 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 raised their consecutive sellout streak to 26 and won the 2005 NFL Sports Fan's Quality Award as the league's "Fan Friendliest" team. During the annual NFL meetings, NFL Commissioner Paul Tagliabue commented on the extraordinary support and involvement of the Seahawks fans. Leiweke's vision is a Seahawks organization that is committed on behalf of its fans to winning in the stadium and in the community. Because of that vision and community involvement, the Seahawks were awarded the 2005 Living and Giving Award by the Junior Diabetes Research Foundation at an event that raised over three million dollars. Leiweke was instrumental in forming the "Spirit of 12" Partnerships. Teaming with Qwest Communications, the partnership benefits Big Brothers Big Sisters of King & Pierce Counties, Camp Fire USA, Treehouse, and YMCA of Greater Seattle. Leiweke serves as a board member on a number of Washington-based organizations including the Washington CEO Roundtable, YMCA of Greater Seattle, and The Space Needle. He was instrumental in launching the annual Boeing Greater Seattle Classic golf tournament in 2005 and serves as co-chair of the Executive Committee. The tournament raised over \$700,000 its first year with the primary beneficiary being the Virginia Mason Heart Institute. Before joining the Seahawks, Leiweke served as president of the Minnesota Wild and chief operating officer of Minnesota Sports & Entertainment (MSE). Under Leiweke's leadership the Sports Fans of America Association, Inc. awarded its 2003 NHL Sports Fan's Quality Award to the Wild as the league's "Fan Friendliest" team. In an ESPN survey conducted in 2003, the team was ranked number one for stadium experience and number two for fan relationships among 123 sports franchises. The Wild played to sellouts for every game in each of its first four seasons. Prior to joining

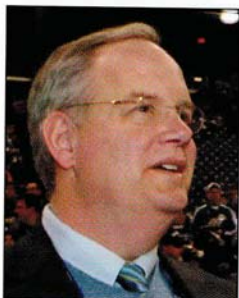
the Wild, he served as the inaugural executive director of The First Tee organization which welcomed underprivileged youth into the world of golf through the development of golf facilities throughout North America. Leiweke has also held executive positions with the PGA TOUR, the NHL's Vancouver Canucks and the NBA's Golden State Warriors. Leiweke, 46 (1/12/60), is a native of St. Louis, Mo. and is married, Tara, with two children, Tyler and Tori.



Tim Ruskell, Paul Allen and Leiweke.

TIM RUSKELL

PRESIDENT OF FOOTBALL OPERATIONS/GENERAL MANAGER



Tim Ruskell begins his second season as president and general manager of the Seattle Seahawks. Hired February 23, 2005, in his first season Ruskell helped construct a team that won a franchise-record 13 games and reach Super Bowl XL. Believing that character plays an integral role in building a winning attitude, Ruskell's personnel decisions reflect that belief. In his first draft with the club in 2005, Ruskell selected LBs Lofa Tatupu and Leroy Hill, both starters. Tatupu, who many analysts considered a reach in the second round, became the Seahawks' first rookie to make the Pro Bowl since Rufus Porter in 1988. After a year of evaluation, Ruskell signed RB Shaun Alexander and DT Rocky Bernard to long-term contracts and lured unrestricted free agents LB Julian Peterson

and DT Russell Davis into the defensive fold for 2006. He also swapped a third-round draft choice for restricted free agent WR Nate Burleson to add to a solid receiving corps. His first two selections in the 2006 draft also focused on defense, taking CB Kelly Jennings and DE Darryl Tapp. 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. "We had great success in the draft while we were in Tampa, due in large part to Tim and the players he would put up on the draft board and believe in," said McKay, who also worked with Ruskell in Tampa Bay. Ruskell helped build a team in Tampa Bay that earned postseason berths five of his final seven seasons, including two NFC Championship Game appearances and a Super Bowl XXXVII championship. As director of player personnel in Tampa Bay, Ruskell was instrumental in providing the Buccaneers with a roster that sent seven players to the Pro Bowl in 2002. During his tenure in Tampa Bay, the Buccaneers had at least one player named to the Pro Bowl in each of the last eight seasons from 1996 through 2003. In 2000, the Buccaneers sent a league-high nine players to the Pro Bowl, including a league-best six starters. Ruskell originally joined the Buccaneers as a regional scout in 1987, a job he performed for four years before being promoted to director of college scouting in 1992. Prior to joining the Buccaneers, Ruskell served as the director of scouting for the USFL's Tampa Bay Bandits from 1985-86. He also worked as a scout for the CFL's Saskatchewan Roughriders from 1983 through 1985. Ruskell is a University of South Florida alum with a communications degree that preceded a short career in radio. Ruskell and his wife, Linda, have a daughter, Samantha, and a son, Jack.



Ruskell and the Seahawks scouting department at Super Bowl XL in Detroit.

MARTHA FULLER**SENIOR VICE PRESIDENT/CHIEF FINANCIAL OFFICER**

Martha Fuller embarks upon her third year in the NFL as the Seahawks' Chief Financial Officer, adding the title of Senior Vice President in 2006. Her responsibilities are the financial oversight of First & Goal Inc. and the Seahawks, including budgeting, cash flow management, investments, facilities development, financial reporting and analysis, debt issuance and capital transactions, reporting to and transactions with the Washington State Public Stadium Authority, and risk management. Ms. Fuller also directs the organizations' political affairs and long-term strategic planning. Fuller, 43, came to Seattle in 2004, following two years as Director of Planning & Economic Development for the City of St. Paul,

overseeing the city's housing and economic development portfolio. In 1997, she was appointed the CFO of the NHL's Minnesota Wild, becoming the first female in the League's history to hold that position. At the Wild, she was responsible for negotiation of the Xcel Energy Center lease with the City of Saint Paul, related loan agreement with the State of Minnesota, various contracts relating to construction of the Xcel Energy Center, the purchase of the Minnesota Club building (home of the organization's offices), and the agreement under which an affiliate of the Wild manages the Xcel Energy Center and adjacent city convention facility. Fuller also developed and implemented the team's equity and debt financing arrangements, and oversaw the financial and legal transactions necessary for consummating the team's expansion agreement with the NHL. She began her career working for Arthur Andersen from 1984-95, before moving on to become the Director of Finance for the City of St. Paul from 1995-97. Fuller is a Board member of the Humane Society of Seattle/King County and President of the Washington State Sports and Entertainment Facilities Operator Association. She is a Certified Public Accountant and a summa cum laude graduate of Drake University. Fuller is married to Redmond, Washington Fire Chief Tim Fuller. They reside in downtown Seattle with their Springer Spaniel, Rustler.

SUSAN DARRINGTON**VICE PRESIDENT/FACILITY OPERATIONS & SERVICES**

Susan Darrington enters her third season as Vice President of Facility Operations and Services. In this role, she is responsible for all aspects relating to facility operations, events management and service at Qwest Field and Event Center home to over 1.5 million guests and 300 events annually. Darrington is a facility management executive with over 15 years of diverse experience in arenas, convention centers, ballparks and stadiums in North America. She began her career at Rexall Place in Edmonton, Alberta, Canada and joined First & Goal Inc. as Director of Event Operations in 2000, after working as an event coordinator at the

Washington State Trade and Convention Center. Under Darrington's leadership, Qwest Field was voted the Fan Friendliest stadium in professional sports in 2005. Darrington holds a Bachelor's degree in Human Services Management from Western Washington University.

MIKE FLOOD**VICE PRESIDENT/COMMUNITY RELATIONS**

Mike Flood enters his ninth season with the Seahawks after joining the staff on July 1, 1997. Flood served as Community Outreach Director for Football Northwest prior to joining the Seahawks. He helped spearhead the state-wide campaign that resulted in the passage of Referendum 48 to build the new 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.

LANCE LOPES

VICE PRESIDENT/GENERAL COUNSEL & BUSINESS DEVELOPMENT



Lance Lopes enters his sixth season with the Seahawks after being hired March 16, 2001. Lopes administers the legal affairs for both the Seahawks and First & Goal Inc. He also handles special projects for the organization, including the construction of the club's new headquarters and development of the theater in Qwest Field Event Center. From 2003-05 Lopes headed up the Corporate Partnerships Department for the Seahawks. Prior to joining the Seahawks, he served seven years as general counsel for the Green Bay Packers from 1993-2000, adding the title of Assistant Vice President from 1998-99 and Vice President from 1999-2000. In 2000,

he left the Packers to serve on the original management team of StubHub, an internet-based secondary ticketing marketplace. Prior to working for the Packers, he worked at the law firms Helsell, Fetterman, et. al in Seattle and Cades, Schutte, et. al. in Honolulu. A graduate from the University of Oregon School of Law in 1989, he obtained a bachelor's degree from Linfield College in 1985. He played tight end on the 1982 and 1984 NAIA national championship Linfield College football teams. Lance and his wife Mari have three children; Katie, Sydney and Peter.

SCOTT PATRICK

VICE PRESIDENT/PARTNERSHIP DEVELOPMENT



Scott Patrick enters his 10th season with the Seahawks and has made key contributions in growing revenues for an expanded corporate partnership department that is responsible for the sales and marketing of Qwest Field and Qwest Field Event Center signage, Seahawks radio network, preseason and other team television shows, print, Seahawks.com, cause marketing, and special events, such as training camp and Touchdown City. Patrick joined the Seahawks after 11 seasons with the Seattle Sonics, including the last five as the Sonics' VP of Corporate Sponsorship and Broadcasting. Prior to the Sonics, he served as the tournament coordinator for both the LPGA SAFECO Classic and the Senior PGA GTE

Northwest Classic, while working with Andersen Sports Marketing in Bellevue, Wash. While working for Don Andersen (the first PR director of the Seahawks), Patrick was responsible for regionalizing the University of Oregon's sports radio network, as well as developing syndicated coaches shows for the University of Washington (Don James), Washington State (Jim Walden), and the Seahawks (Chuck Knox). Patrick also served (1997-2001) as the Vice President of Corporate Sales for Action Sports Media, a Paul Allen affiliate company with marketing rights agreements for the University of Washington and Washington State University. A native of Ellensburg, Washington, Patrick has a B.S. degree in Communications from the University of Washington. He serves on the Board of Directors for the Seattle Aquarium Society and is an eight-year practicum sponsor of the University of Washington Business Schools' Sales Program. He and his wife Ronda, live in Bellevue, Wash., with their two kids, Brooks and Bailee.

MIKE REINFELDT**VICE PRESIDENT/FOOTBALL ADMINISTRATION**

Mike Reinfeldt, in his seventh season with the Seahawks, re-joined the Seahawks as a consultant on February 3, 2005. He was named to his current position as Vice President of Football Administration by President Tim Ruskell March 24, 2005. Shortly after re-joining the team in February, Reinfeldt was instrumental in re-signing unrestricted free agents Matt Hasselbeck and Walter Jones. Since, he has negotiated long-term contracts with 2005 NFL MVP Shaun Alexander and linebacker Julian Peterson. In his current role, Reinfeldt oversees player negotiations, the team's compliance with the NFL salary cap, and several aspects of the day-to-day football operation. Reinfeldt originally joined the Seahawks on

January 28, 1999, as Senior Vice President and worked in a similar role. He has played a lead role in coordinating the club's attempt to build the Seahawks a solid financial foundation within the NFL's salary cap. Reinfeldt joined the Seahawks after spending eight seasons with the Green Bay Packers (1991-98). In addition to playing an instrumental role in bringing general manager Ron Wolf to the Packers in 1991, Reinfeldt served as the Packers' Chief Financial Officer from 1991-93, adding the title of Vice President of Administration from 1994-98. Originally overseeing the team's player negotiations and financial operations, he added the responsibility of all non-football staff in 1994. Under his financial leadership, the club's cash reserves went from \$4.5 million in 1991 to more than \$50 million in 1998, setting record profits from 1996-98, while improving from 23rd in revenues in 1993 to ninth in 1997. From 1988-90, Reinfeldt served as the associate athletic director at the University of Southern California, after a three-year stint as the Los Angeles Raiders' chief financial officer (1985-87). Reinfeldt earned an MBA in management and finance from Houston Baptist University, after obtaining a Bachelor of Science degree from the University of Wisconsin-Milwaukee. A four-year starter at UWM, Reinfeldt recorded a school-record 24 career interceptions. Reinfeldt, a former all-pro defensive back, began a nine-year playing career as an undrafted free agent in 1975 with the Oakland Raiders. He spent the next eight years with the Houston Oilers (1976-83) starting 102 consecutive games while leading the team in interceptions three times (1977, '79, '81). His finest season came in 1979, when he led the NFL with 12 interceptions and earned All-Pro honors, started in the Pro Bowl and was named Defensive Player of the Year in the AFC. In 1997, Reinfeldt was honored by his alma mater when he was presented with the UWM Alumni Association's Distinguished Alumnus Award. Reinfeldt and his wife, Susan, have two children-Jared Michael (1/29/94) and Elise Marie (3/9/95).

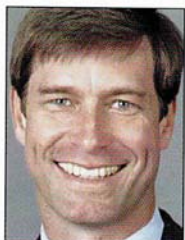
JOHN RIZZARDINI**SENIOR VICE PRESIDENT/CHIEF MARKETING OFFICER**

John Rizzardini, promoted to Senior Vice President/Chief Marketing Officer in 2006, oversees all ticket and suite sales, advertising and branding, retail operations, game presentation, website, and customer service for the Seahawks. He joined the club's front office in August of 2003, after serving three years as Senior Vice President of Sales & Marketing for the National Hockey League's Vancouver Canucks and Orca Bay Sports & Entertainment. Prior to joining the Canucks, Rizzardini was Executive Vice President of the Los Angeles Arena Corporation, parent company of the Staples Center, the Los Angeles Kings, and the Los Angeles Galaxy of Major League Soccer. His professional career began with the Golden

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

RUSTON WEBSTER

VICE PRESIDENT/PLAYER PERSONNEL



Ruston Webster embarks upon his first season with the Seahawks as vice president of player personnel. In this role, Webster will work directly with President of Football Operations Tim Ruskell and oversee the day-to-day management of the pro personnel and college scouting departments. "I'm excited for the opportunity to add Ruston to our scouting operation," said Ruskell. "I've known Ruston for close to 20 years and he is as hard-working and talented a personnel man as there is in the business. He will make our organization better." Webster joins the Seahawks after serving all 19 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 last season, he served the previous four seasons (2001-04) as the Buccaneers' director of college scouting where he proved to be instrumental in helping piece together a team that won the franchise's first Super Bowl title, a 48-21 victory over the Oakland Raiders in Super Bowl XXXVII. Webster joined the Buccaneers in 1988 as the team's scout for the northeastern United States. From 1989-91, he served as the clubs director of pro personnel. In 1992, he returned to the field as Tampa Bay's scout for the Southern states and shifted to the Midwest region in 1993 and the Southwest region from 1995-2000. Before joining the Buccaneers, Webster was the tight ends/safeties coach at Tulsa University 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.

BETH WOJICK

VICE PRESIDENT/CORPORATE PARTNERSHIPS



Beth Wojick embarks upon her first full season as the Seahawks' Vice President of Corporate Partnerships. In this role, she oversees the organization's business relationships with many key partners, including Qwest Communications, Anheuser-Busch, Virginia Mason Medical Center, and Wells Fargo Bank. Wojick also leads the events sales & marketing team promoting Qwest Field and Qwest Event Center. Joining the team on December 23, 2005, the Seahawks are only the third team in the NFL to name a female to this role. Wojick came to the club after serving as Executive VP of the Greater Seattle Chamber of Commerce. She began her career working for SEAFAIR from 1986-93, becoming Associate

Managing Director in 1991. In 1993, she joined the Seattle Mariners as Director of Corporate Marketing, becoming the first woman in Major League Baseball to hold that position. In 1995, she was promoted to Director of Sales and played a key role in the development of SAFECO Field. In 1997, she returned to SEAFAIR as President and CEO and was credited with negotiating to get the U.S. Navy Blue Angels back flying over Lake Washington after a three-year hiatus. In March of 2002, Wojick received a Lifetime Achievement Award at the King County Events Producer Awards and was named as a Newsmaker of the Year by the Puget Sound Business Journal. Wojick served as an officer on the Board of Seattle Rotary and she co-founded the Seattle Police Foundation and currently serves on its Executive Committee.

GARY WRIGHT

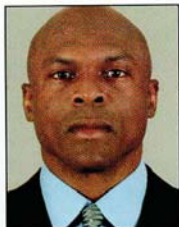
VICE PRESIDENT/ADMINISTRATION



Gary Wright enters his 31st season and his 19th as a vice president. Named to his current position in June 1995, after serving as Vice President/Administration and Public Relations since 1992. Wright, who originally joined the Seahawks in 1976, as director of publicity, was named public relations director in 1982 and added the title of vice president in 1987. Wright was chosen by Hall of Famer Steve Largent to be his presenter at Largent's July 1995 induction ceremonies. Wright has assisted the league's media relations staff at 19 Super Bowls. He spent two seasons prior to joining the Seahawks as the publicity director for the Southern California Sun of the World Football League and as league publicity director. Also served as vice president of operations for the Phoenix Racquets of World Team Tennis. Wright was the sports information director at Long Beach State University and coached football and basketball while teaching history and journalism in high school after graduating from Long Beach State. Recently, he has instructed at the University of Washington in the Sports Management program. Gary and his wife, Ann have two grown sons, Larry and Steve, one grandson, Owen, and two granddaughters Fiona and Audrey.

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 (4/15/94), and twins Drew & Troy (9/7/95) and a daughter Krysta.

JAY NIENKARK

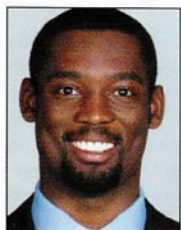
DIRECTOR OF PLAYER ADMINISTRATION



Jay Nienkark begins his third season with the Seahawks where he assists in overseeing the day-to-day management of the salary cap while assisting with player contract negotiations. Nienkark previously spent 12 seasons with Arizona, the last 10 as the Cardinals "capologist." He served as an assistant in the football personnel department from 1992-2001, and was Director of Player Administration from 2002-03. Nienkark worked closely with former Cardinals general manager and former Seahawks GM Bob Ferguson from 1997-2003. With the Cardinals, Nienkark also served as the Cards' training camp coordinator. He is a member of the NFL Management Council's Club Services Committee, which has helped develop new systems for player contract reporting salary cap management, and information. Born and raised in Lost Nation, Iowa, population 500, Nienkark served in the U.S. Air Force from 1986-90. Prior to joining the NFL, he held positions with Lamson (Ariz.) Junior College, Valley National Bank, and Circle K Corporation. Nienkark holds an associate's degree in applied science in microcomputer operations from Lamson. He and wife, Julie, have two daughters, Brooke and Lauren.

LAKE DAWSON

ASSISTANT DIRECTOR OF PRO PERSONNEL



Lake Dawson is entering his sixth season with the Seahawks and second season as assistant director of pro personnel. In his current position he assists with overseeing the pro personnel department, various day-to-day administrative football operations duties including the tracking of NFL player movement and assistance with managing the Seahawks' roster. He serves as one of the team's advance scouts for upcoming opponents, assists with matters pertaining to the league's salary cap and players' free agency period. He helps with the team's preparation for the annual NFL draft as well as provides crosscheck evaluations for selected college prospects. Dawson serves as a pro scout at all levels of professional football, including NFL Europe, CFL, and the Arena League. Prior to joining the Seahawks front office, he was a standout starting receiver in the NFL for five seasons after being drafted in the third round of the 1994 NFL Draft by Kansas City where he played from 1994-98. He played two seasons for the Indianapolis Colts (1999-2000). Received his B.A. from the University of Notre Dame and is currently working towards a graduate degree. Dawson is a local product of Federal Way, Wash., and a 1990 graduate of Federal Way High School. Resides with his wife, Lori, and three children Bella, Myles, and Leila.

CHRIS CULMER

PRO PERSONNEL ASSISTANT



Chris Culmer enters his second season as a pro scout for the Seahawks, his seventh season overall with the team. As a pro scout, Culmer is responsible for the advance scouting of Seahawks' opponents and evaluating players in all professional leagues including the NFL, NFL Europe, the CFL, and Arena Leagues. Throughout the season, he coordinates free-agent tryouts, monitors NFL transactions, and assists in the recruiting and signing of all NFL free agents. In addition to his pro scouting responsibilities, Culmer also evaluates draft eligible players and attends college workouts in preparation for the NFL Draft. Culmer is a Northwest native having grown up in the Tri-Cities area of eastern Washington. He received

his Bachelor's Degree in Business Administration from Washington State University in 1998 and went on to earn his master's degree in Sport Management from the University of Massachusetts in 2000. He and his wife, Kristina, reside in Issaquah, Wash.

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 second season as the club's western region director of college scouting. He will coordinate 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 on 11/4/73, he is a graduate of Kennedy High School in Seattle. Scott, his wife Cherish and daughter Ella, born 1/18/06, live in Sammamish, Wash.

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

Mike Yowarsky, in his second season with the Seahawks, is the eastern region director of college scouting. A 15-year member of the Tampa Bay Buccaneers' scouting staff, Yowarsky was most recently responsible for the southeastern portion of the United States. Yowarsky's contributions proved vital in 2002, as the Buccaneers captured their first Super Bowl title in team history with a 48-21 victory against Oakland in Super Bowl XXXVII. He joined Tampa Bay in 1991 after spending the 1990 campaign as a graduate assistant at the University of Florida under Head Coach Steve Spurrier. Prior to working at Florida, Yowarsky spent 1989 as a teacher in Cleveland, Tennessee. From 1984-85, he was a graduate assistant at Kansas and then served as a defensive assistant for the Jayhawks from 1986-88. Yowarsky taught in the Knoxville school system from 1983-84. Earned a Bachelor's Degree in secondary education from Tennessee, and his Master's in athletic administration and sports psychology from Kansas. Mike and his wife, Viva, have two daughters, Maclain and Bridger.

CHARLES FISHER**AREA SCOUT (NORTHEAST)**

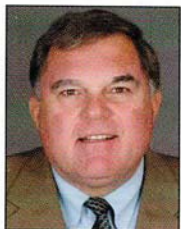
Charles Fisher enters his fourth season with the Seahawks after being hired June 16, 2003, as an area scout. Fisher joined Seattle after serving one season as an intern in the Green Bay Packers' player personnel department. Before joining the Packers, he spent two and a half seasons in the NFL with the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

DERRICK JENSEN**AREA SCOUT (SOUTHEAST)**

Derrick Jensen begins his 16th year with the Seahawks scouting staff having been hired in 1991 after a seven-year NFL playing career as a fullback. Jensen was a third-round draft choice of the Oakland Raiders in 1978 and played in 106 games, starting 21, in his career, including a streak of 105 straight. Served as the captain of the Raiders' special teams for five seasons and contributed a blocked punt, which he recovered for the first touchdown, in the Raiders' 38-9 win over the Washington Redskins in Super Bowl XVIII. Also part of the Raiders' Super Bowl XV championship team. Finished his Raiders career with 780 yards on 224 carries, with five touchdowns. Added 44 receptions and three scores and returned an onside kick 33 yards for a touchdown against the Giants in 1980. Two-time Southland Conference MVP while at Texas-Arlington. Finished his career with 3,346 rushing yards, the first player in conference history to top 3,000 yards. Attended Oswatomie High School in Oswatomie, Kansas. Derrick and his wife, Amanda, have a son, Davis.

JOHN PETERSON

AREA SCOUT (SOUTHWEST)



John Peterson begins his eighth season having joined the Seahawks' staff in July 1997. Brings 30 years of college and professional experience to the Seahawks. Has worked in both the Canadian Football League and World League with the Ottawa Rough Riders (1989-91) and Toronto Argonauts (1994-96) as Director of Player Personnel of the CFL and with the San Antonio Riders of the World League as Vice President/General Manager from 1991-92. Served as the head coach at Bemidji State from 1983-89, and was also athletic director from 1982-84. Head coach at Frostburg State from 1977-81 and served as an assistant coach at Northern Illinois, Westminster College, and Holy Cross College. Attended Pioneer High School in Ann Arbor, Michigan, and attended Northern Michigan and Eastern Michigan where he played defensive end and tackle. Earned his B.S. degree from Eastern Michigan, an M.A. from Michigan State, and a Ph.D. from the University of Utah. Taught at Northern Illinois, the University of Utah, Frostburg State, and Bemidji State. He and his wife, Wendy, have six children - four girls, Nissa-Lynn (7/24/77), Elyse (5/14/79), Hayley (10/31/89) and Brianne (6/22/93), and two boys, Preston (4/24/82) and Blair (11/8/86).

MIKE PHAIR

AREA SCOUT (WEST)

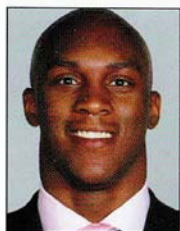


Mike Phair begins his fifth season in the NFL and second with the Seahawks as an area scout. Before coming to Seattle, he spent the previous three seasons in the Tampa Bay Buccaneers' college scouting department. In his first season with Tampa Bay, the club won their first Super Bowl title in team history. 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 University. A two-year starting linebacker at ASU, where he began his career as a walk-on in 1990,

Phair also played two seasons at Mesa Community College and garnered first-team all-conference in 1989. Phair graduated from ASU with a Bachelor's Degree in sociology in 1994 and his Master's Degree in education, curriculum, and instruction in 2000. Mike and his wife, Jennifer have three children, Parker, Coleman, and Maisy.

ERIC STOKES

AREA SCOUT (MIDWEST)



Eric Stokes begins his second season in the college scouting department having served three years (2002-04) as an assistant in the Seahawks' pro personnel department. College scouting is an area Stokes is familiar with having broke into the front office ranks as a midlands scout in 2000. As an assistant in the pro personnel department, Stokes was responsible for the weekly advance of upcoming opponents as well as assisting in writing player reports on potential talent in 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. From Nebraska, 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 (1/7/01), Payton (1/20/04), and Madison (1/15/06).

KIRK PARRISH

COLLEGE SCOUTING COORDINATOR



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

SAM RAMSDEN

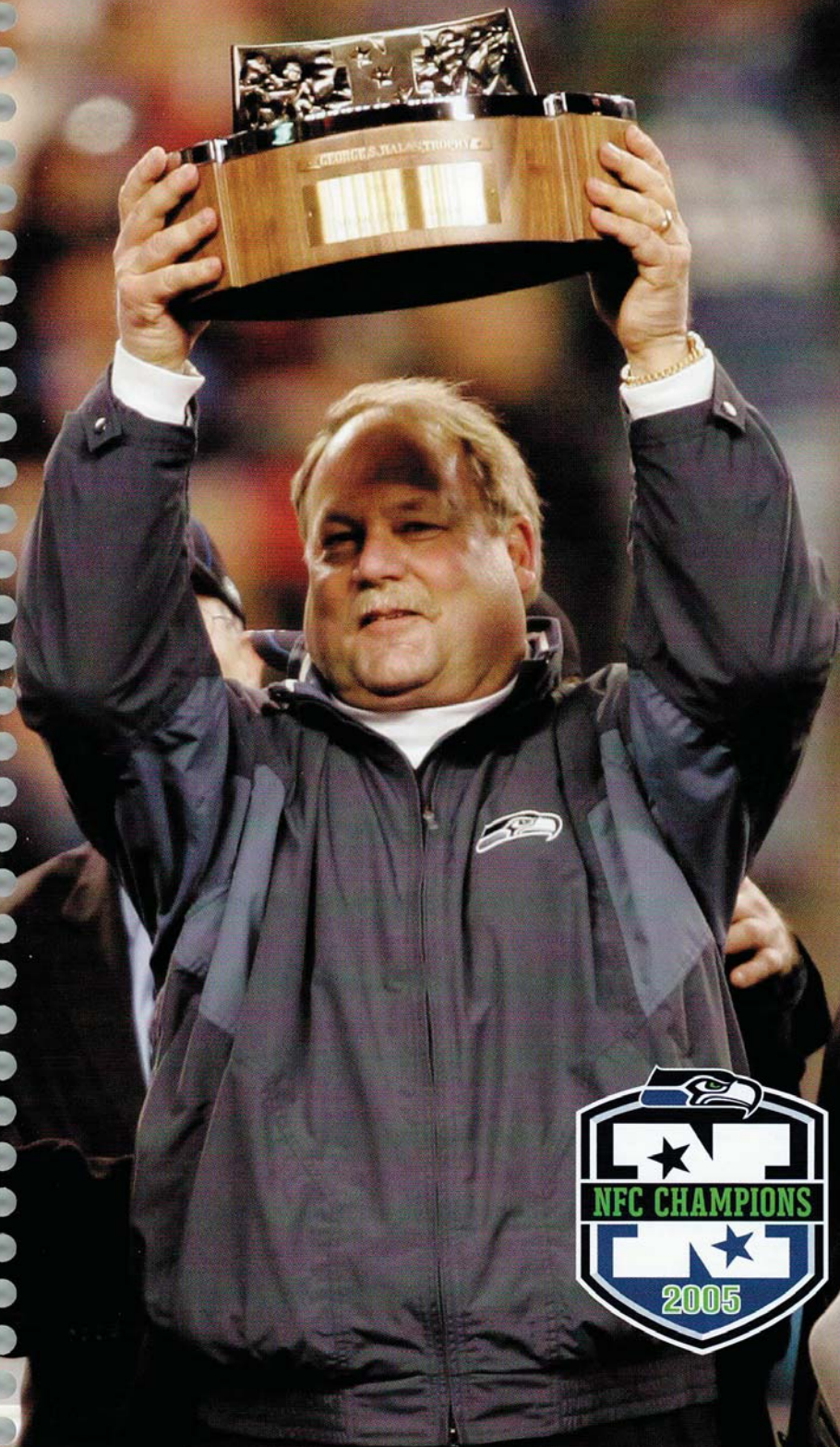
HEAD ATHLETIC TRAINER



Ramsden begins his third season as the franchise's fourth 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 14 seasons in the NFL has been centered on physical rehabilitation and conditioning of professional football players, Ramsden is now charged with coordinating the healthcare provided for Seahawks players and staff. Before Seattle, he served six seasons with the Green Bay Packers as an assistant athletic trainer and was a member of the Super Bowl XXXI championship team. Ramsden was recently elected to the Professional Football Athletic Trainers Society's executive board and is recognized for his contributions to the PFATS Sponsorship Committee. As a student athletic trainer at the University of Wisconsin at La Crosse, Ramsden worked with several intercollegiate sports teams before joining the Packers' staff. He received a Bachelor's Degree in physical education with an emphasis in athletic training from the La Crosse school in 1992. A La Crescent, Minnesota native, he and his wife, Lisa, an elementary school teacher, live near Snoqualmie, Washington, in the foothills of the Cascade Mountains.



Tim Ruskell's "blue" team defeated Mike Holmgren's "white" team 6-5 in the second-annual coaching staff versus personnel staff home run derby. The scouts used a last-inning homer to tie the series 1-1.





MIKE HOLMGREN

**Executive Vice President
& Head Coach**

**Seahawks Experience: 8th Year
Total NFL Experience: 21st Year
NFL Head Coaching: 15th Year**

Mike Holmgren enters his eighth season as head coach of the Seattle Seahawks after guiding the club to their second straight NFC West title in 2005 and the club's first ever Super Bowl appearance. His clubs have posted winning records five of his seven seasons, including three division titles after winning the AFC West in 1999, his first season with the team and a club-record 13 wins in 2005.

In 2005, he joined an elite group of coaches, becoming just the fifth coach in NFL history to take two different teams to the Super Bowl (1996 & 1997 Green Bay, 2005 Seattle). In that group are Bill Parcells, Dan Reeves, Don Shula and Dick Vermeil.

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

Since 2003, the Seahawks 32-16 record (.667) is the best in the NFC, fourth-best in the NFL, and Seattle has posted three consecutive winning seasons for the first time since 1986-88.

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

The Seahawks have made significant strides in becoming one of the elite teams in the NFL under Holmgren the last three seasons. The Seahawks reached 10 wins for just the fourth time in franchise history in 2005, marking the second time that had been accomplished in Seattle in 18 years (1986).

In 2004, the Seahawks opened 3-0, including back-to-back road wins at New Orleans

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

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

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

In 2001, Holmgren guided his young roster back to winning form and bounced back to post a 9-7 record. That was good for second place in the AFC West and equalled the team's best mark since 1999 and 1990. The team won three of its last four contests and just missed the playoffs, being eliminated in the final week of the regular season.

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

It is that financial foundation that allowed

the club to retain key unrestricted free agents Walter Jones and Matt Hasselbeck in 2005, and Darrell Jackson in 2004 while adding key free agents Nate Burleson, Julian Peterson and Grant Wistrom over the last couple of seasons. Those acquisitions have provided the club with a strong leadership base while complementing highly regarded drafts which include first-round choices Alexander and Jerramy Stevens during his four seasons as general manager. Alexander earned Pro Bowl recognition in 2003, 2004 and 2005.

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

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

Holmgren took control of the Seahawks following one of the most successful coaching stints in league history as head coach of the Green Bay Packers from 1992-98 that included a 75-37 (.670) regular-season record, a 9-5 (.643) postseason mark, and two Super Bowl appearances, including a 35-21 victory over the New England Patriots in Super Bowl XXXI played in New Orleans. By winning at least one game in five consecutive postseasons (1993-97) Holmgren joined John Madden (1973-77) as the only coaches in league history to accomplish the feat.

From 1995-98, Holmgren's Packers posted an NFL-best 48-16 (.762) record, finished first in the NFC Central Division three times,

second once and posted a 7-3 mark in the playoffs.

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

In 20 NFL seasons (1999-05 head coach Seattle, 1992-98 head coach Green Bay, 1986-91 assistant coach San Francisco) Holmgren's teams posted a 209-109-1 (.658) record, hit double digits in the win column 12 times, made the postseason 15 times, won three Super Bowls (XXIII, XXIV, XXXI), and reached two other Super Bowls (XXXII & XL).

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

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

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

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

ACTIVE COACHES WITH 100 CAREER WINS

	Regular Season				Postseason				Career			
	W	L	T	Pct.	W	L	T	Pct.	W	L	T	Pct.
1. Schottenheimer, Cle, KC, Wash, SD	186	124	1	.600	5	12	0	.294	191	136	1	.584
2. Bill Parcells, NYG, NE, NYJ, Dal	163	123	1	.570	11	7	0	.611	174	130	1	.572
3. Joe Gibbs, Wash	140	76	0	.648	17	6	0	.739	157	82	0	.657
4. Bill Cowher, Pit	141	82	1	.632	12	9	0	.571	153	91	1	.627
5. Mike Holmgren, GB, Sea	138	86	0	.616	11	9	0	.550	149	95	0	.611
6. Mike Shanahan, Raiders, Den	122	74	0	.622	8	5	0	.615	130	79	0	.622
7. Dennis Green, Min, Ariz	108	83	0	.565	4	8	0	.333	112	91	0	.552
8. Bill Belichick, Cle, NE	99	77	0	.563	11	2	0	.846	110	79	0	.582
9. Tony Dungy, TB, Ind	102	58	0	.638	5	8	0	.385	107	66	0	.618

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

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

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

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

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

HOLMGREN'S HEAD COACHING RECORD

Year	Team	W	L	T	Pct.	Finish
1992	Green Bay	9	7	0	.563	2nd, NFC Central
1993	Green Bay	9	7	0	.563	3rd, NFC Central <i>Wild Card victory over Detroit, 28-24</i> <i>Divisional Playoff loss to Dallas, 27-17</i>
1994	Green Bay	9	7	0	.563	2nd, NFC Central <i>Wild Card victory over Detroit, 16-12</i> <i>Divisional Playoff loss to Dallas, 35-9</i>
1995	Green Bay	11	5	0	.688	1st, NFC Central <i>Wild Card victory over Atlanta, 37-20</i> <i>Divisional Playoff victory over San Francisco, 27-17</i> <i>NFC Championship loss to Dallas, 38-27</i>
1996	Green Bay	13	3	0	.813	1st, NFC Central <i>Divisional Playoff victory over San Francisco, 35-14</i> <i>NFC Championship victory over Carolina, 30-13</i> <i>Super Bowl XXXI victory over New England, 35-21</i>
1997	Green Bay	13	3	0	.813	1st, NFC Central <i>Divisional Playoff victory over Tampa Bay, 21-7</i> <i>NFC Championship victory over San Francisco, 23-10</i> <i>Super Bowl XXXII loss to Denver, 31-24</i>
1998	Green Bay	11	5	0	.688	2nd, NFC Central <i>Wild Card loss to San Francisco, 30-27</i>
1999	Seattle	9	7	0	.564	1st, AFC West <i>Wild Card loss to Miami, 20-17</i>
2000	Seattle	6	10	0	.375	4th, AFC West
2001	Seattle	9	7	0	.564	2nd, AFC West
2002	Seattle	7	9	0	.438	3rd, NFC West
2003	Seattle	10	6	0	.625	2nd, NFC West <i>Wild Card OT loss to Green Bay, 33-27</i>
2004	Seattle	9	7	0	.564	1st, NFC West <i>Wild Card loss to St. Louis, 27-20</i>
2005	Seattle	13	3	0	.813	1st, NFC West <i>Divisional Playoff victory over Washington, 20-10</i> <i>NFC Championship victory over Carolina, 34-14</i> <i>Super Bowl XL loss to Pittsburgh, 21-10</i>
Reg. Season (14 Yrs.)		138	86	0	.616	
Postseason (10 Yrs.)		11	9	0	.550	
Combined Record		149	95	0	.611	

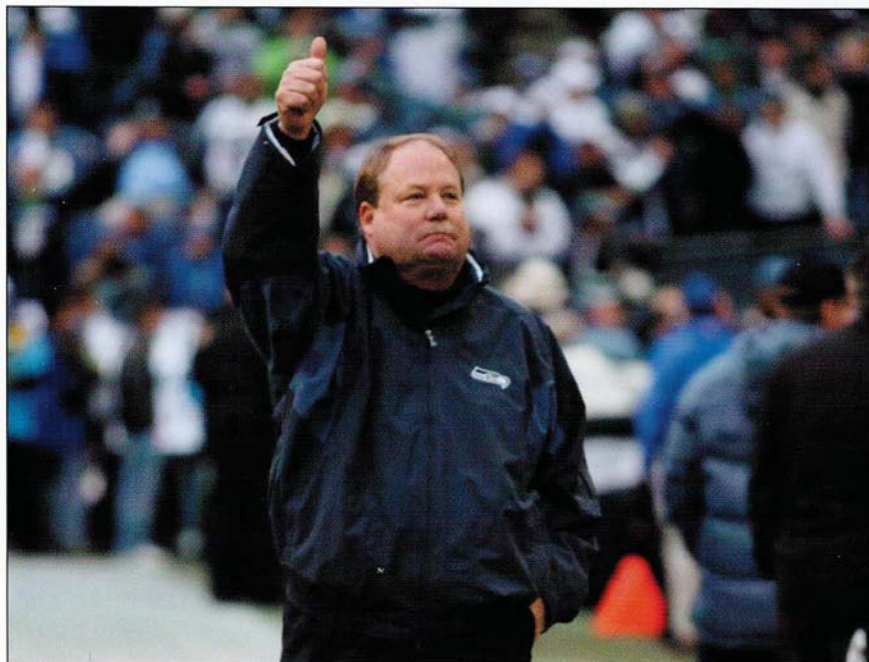
HOLMGREN'S COACHING CAREER

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

ALL-TIME SEAHAWKS COACHING RECORDS

		Regular Season				Postseason		
		W	L	T	Pct.	W	L	Pct.
1976-82*	Jack Patera	35	59	0	.372	---	---	---
1982	Mike McCormack	4	3	0	.571	---	---	---
1983-91	Chuck Knox	80	63	0	.559	3	4	.429
1992-94	Tom Flores	14	34	0	.291	---	---	---
1995-98	Dennis Erickson	31	33	0	.484	---	---	---
1999-	Mike Holmgren	63	49	0	.563	2	4	.333

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



HOLMGREN VS. NFL

	Team	Regular Season	Postseason	Total
AMERICAN FOOTBALL CONFERENCE	Baltimore Ravens	1-1	---	1-1
	Buffalo Bills	3-3	---	3-3
	Cincinnati Bengals	4-1	---	4-1
	Cleveland Browns	3-1	---	3-1
	Denver Broncos	4-5	0-1	4-6
	Houston Texans	---	---	---
	Indianapolis Colts	1-2	---	1-2
	Jacksonville Jaguars	3-1	---	3-1
	Kansas City Chiefs	4-5	---	4-5
	Miami Dolphins	2-3	0-1	2-4
	New England Patriots	1-2	1-0	2-2
	New York Jets	1-2	---	1-2
	Oakland/L.A. Raiders	4-4	---	4-4
	Pittsburgh Steelers	4-1	0-1	4-2
	San Diego Chargers	7-2	---	7-2
	Tennessee/Houston	4-0	---	4-0
	NATIONAL FOOTBALL CONFERENCE	Arizona Cardinals	6-2	---
Atlanta Falcons		5-1	1-0	6-1
Carolina Panthers		3-1	2-0	5-1
Chicago Bears		14-2	---	14-2
Dallas Cowboys		4-5	0-3	4-8
Detroit Lions		10-6	2-0	12-6
Green Bay Packers		2-1	0-1	2-2
Minnesota Vikings		7-10	---	7-10
New Orleans Saints		5-0	---	5-0
New York Giants		3-3	---	3-3
Philadelphia Eagles		4-5	---	4-5
St. Louis/L.A. Rams		9-6	0-1	9-7
San Francisco 49ers		8-2	3-1	11-3
Seattle Seahawks		1-0	---	1-0
Tampa Bay Buccaneers		12-4	1-0	13-4
Washington Redskins	0-4	1-0	1-4	
Career Totals		138-86	11-9	149-95

HOLMGREN IS IN RANGE OF CATCHING...

	Regular Season				Postseason				Career			
	W	L	T	Pct.	W	L	T	Pct.	W	L	T	Pct.
1 Don Shula	328	156	6	.677	19	17	0	.528	347	173	6	.667
11. Bud Grant	158	96	5	.621	10	12	0	.455	168	108	5	.608
12. Joe Gibbs	140	76	0	.648	17	6	0	.739	157	82	0	.657
13. Marv Levy	143	112	0	.561	11	8	0	.579	154	120	0	.562
14. Steve Owen	151	100	17	.602	2	8	0	.200	153	108	17	.586
Bill Cowher	141	82	1	.632	12	9	0	.571	153	91	1	.627
16. Mike Holmgren	138	86	0	.616	11	9	0	.550	149	95	0	.611
17. Hank Stram	131	97	10	.574	5	3	0	.625	136	100	10	.576
18. Weeb Ewbank	130	129	7	.502	4	1	0	.800	134	130	7	.507



GIL HASKELL

Offensive Coordinator

Seahawks Experience: 7th Year
NFL Experience: 24th Year

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

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

Haskell's 2001 offensive plan was tailored to the running style of second-year back Shaun Alexander. His schemes helped Alexander enjoy a breakout year and rush for the NFL's fourth-best performance in history (currently fifth) with 266 yards vs. Oakland. Add Ricky Watters in the mix and Seattle ranked fifth in the AFC (9th NFL) with 121.0 yards per game. Overall, Seattle's offense increased to 298.3 yards per game.

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

Haskell's 2003 offense was highlighted by sending four offensive players to the Pro Bowl (Alexander, Hasselbeck, Steve Hutchinson, and Walter Jones). Seattle's offense ranked 6th in the NFL (4th NFC) and

led the League in first downs/game (21.1) and third-down conversions (46.8%). He helped Hasselbeck set a franchise record for passing yards (3,841) and tie the record for most completions in a season (313). He's also helped Hasselbeck become the highest-rated passer in club history (86.7).

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

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

HASKELL'S COACHING CAREER

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

drives. His playbook allowed Shaun Alexander to lead the league in rushing with a club-record 1,880 yards and an NFL record 28 total touchdowns (NFL record 27 rush, 1 rec.). The offense also boasted six Pro Bowlers (Alexander, QB Matt Hasselbeck, LG Steve Hutchinson, LT Walter Jones, FB Mack Strong, C Robbie Tobeck).

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

The 24-year NFL coaching veteran rejoined Holmgren after serving six seasons (1992-97), three as wide receivers coach (1995-97) and three as running backs coach (1992-94), for the Green Bay Packers.

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

Before his tenure with the Packers, Haskell entered the NFL in 1983 and served nine seasons with the Los Angeles Rams (1983-91), the first four as special teams coach, four seasons as running backs coach, and one as tight ends/special teams coach. Haskell coached three 1,000-yard rushers (Eric Dickerson, Greg Bell and Charles White) and sent two to the Pro Bowl (Dickerson, White) during his four years coaching the position.

Directing special teams, Haskell's unit was ranked number one. Led by 1984 Pro Bowl punt returner Henry Ellard, Haskell's units ranked first in the NFL in 1984 and 1985. After the 1985 season, Ellard's 13.51 punt return

average was an NFL record for highest career average. Haskell also sent kick returner Ron Brown and punter Dale Hatcher to the 1985 Pro Bowl.

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

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

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





JOHN MARSHALL

Defensive Coordinator

Seahawks Experience: 4th Year
NFL Experience: 27th Year

John Marshall joined the Seahawks' defensive coaching staff on February 12, 2003, as linebackers coach. This season he takes over defensive coordinator duties for Ray Rhodes, who moves over to Special Projects/Defense.

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

The defense, which allowed only 16.9 points per game in 2005, was bolstered this offseason with the signing of LB Julian Peterson and first and second-round draft acquisitions CB Kelly Jennings and DE Darryl Tapp.

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

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

Before Detroit, Marshall spent three seasons (1999-01) as the assistant head coach/defensive coordinator of the Carolina Panthers. His defense ranked fourth in the NFL with 105 takeaways over his three-year tenure.

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

As defensive coordinator in 1997, he spearheaded the NFL's top-rated defense, second versus the rush and pass, while helping send five players to the Pro Bowl. Marshall coached nearly a decade in the NFL before

going to San Francisco, starting as Green Bay Packers' special teams coach in 1980 and taking over as linebackers coach in 1981. He

MARSHALL'S COACHING CAREER

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

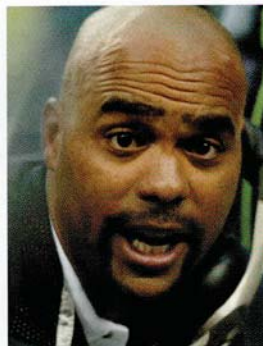
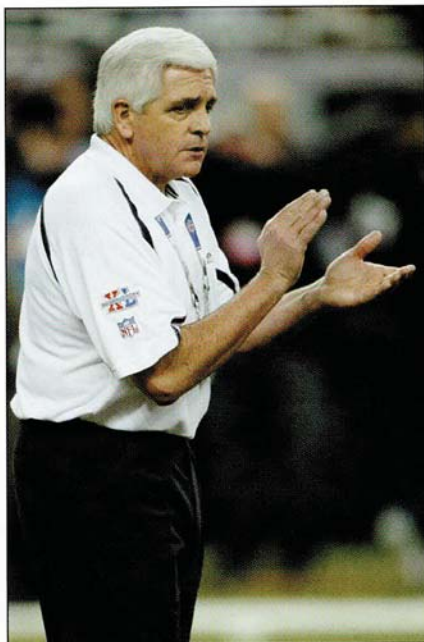
served as defensive coordinator for the Atlanta Falcons from 1983-85 and coached the defensive line of the Indianapolis Colts from 1986-88.

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

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

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

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



TERYL AUSTIN

Defensive Backs

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

Named to his current position on February 7, 2003, Teryl Austin enters his fourth NFL season as Seattle's defensive backs coach.

Austin has been instrumental in the development of Seattle's drafted secondary the previous three seasons. Joining Marcus Trufant, Ken Hamlin and Michael Boulware from the 2003 and 2004 NFL Drafts, will be this year's first-round draft pick Kelly Jennings from the University of Miami.

In 2004, Austin coached a group of Seahawks defensive backs that, for just the second time in Seahawks history (1984), had three different players intercept at least five passes and for the first time since 1984, all four starters intercepted at least four. All together, the Seahawks ranked 3rd in the NFL

with 23 interceptions and collected at least one pick in all but two games.

Before joining the Seahawks, Austin served 12 seasons at the collegiate level. Most recently, he enjoyed four seasons as defensive backs coach at the University of Michigan (1999-02).

Austin is no stranger to NFL-caliber talent. Before moving on to Michigan, while coaching at Syracuse from 1996-98, he mentored All-Americans Donovan Darius and Kevin Abrams. Darius was also named the 1997 Big East Conference Player of the Year, and went on to become a first-round NFL Draft pick with fellow defensive back Tebucky Jones – the first time in Syracuse history that two Orangemen were selected in the first round.

He also coached NFL-caliber talent in Will Allen (Dolphins) and Keith Bulluck (Titans) at Syracuse and Marlin Jackson (Colts) and Cato June (Colts) while at Michigan.

Austin helped lead teams to seven consecutive bowl berths from 1996-02—three consecutive with Syracuse and four with Michigan.

Before his three-year tenure at Syracuse, Austin spent three seasons as the secondary coach at Wake Forest from 1993-95.

Austin broke into the coaching ranks as a graduate assistant at Penn State in 1991.

A 1988 graduate of Pittsburgh with a bachelor's degree in communications, Austin was a three-year starter and four-year letterman (1984-87) for the Panthers' football team. He was a part of the 1984 Fiesta and the 1987

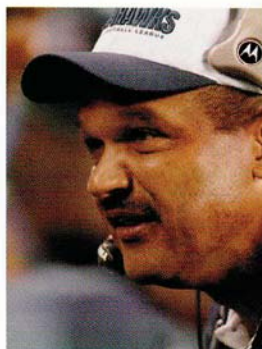
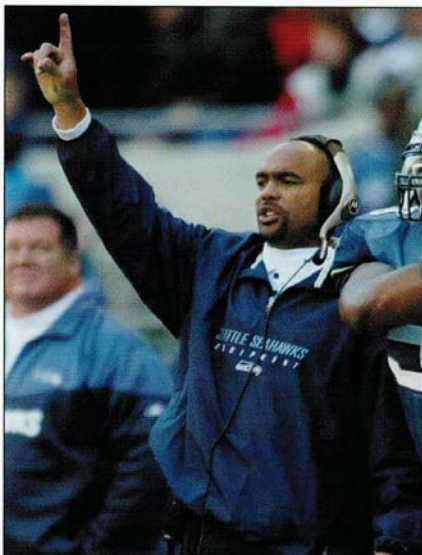
Bluebonnet Bowls.

After graduation, Austin competed in the training camps of the Washington Redskins and Hamilton Tiger-Cats before playing for the Montreal Machine of the World League of American Football in 1991.

Austin, born March 3, 1965, and his wife, April, are the parents of five children—three sons, Tyler, Trey and Torin, and two daughters, Alexa and Alivia.

AUSTIN'S COACHING CAREER

1991-92	Penn State <i>Graduate Assistant</i>
1993-95	Wake Forest University <i>Defensive Backs</i>
1996-98	Syracuse University <i>Defensive Backs</i>
1999-02	University of Michigan <i>Defensive Backs</i>
2003-	Seattle Seahawks <i>Defensive Backs</i>



DWAINE BOARD

Defensive Line

Seahawks Experience: 4th Year
NFL Experience: 17th Year

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

Board made an immediate impact with the defensive line helping improve Seattle's run defense from last in the NFL in 2002 to 19th in 2003, the second-greatest turnaround

in the NFL behind New England. He also helped the club rank fourth in the NFC (7th NFL) with 41 sacks.

Board's group generated 36 sacks in 2004, without the services of DE Grant Wistrom for seven games.

In 2005, his unit contributed 32.5 of Seattle's NFL-leading 50 sacks on the season. They also allowed only one 100-yard rusher, set the franchise mark allowing only 94.4

rushing yards per game (5th NFL) and was second in the NFL allowing only five rushing touchdowns. Board saw the development of 2004 first-round draft pick Marcus Tubbs have a career-year with 5.5 sacks, free agent pick-up Bryce Fisher have a career-high 9.0 sacks and Rocky Bernard finish with a career-high 8.5 sacks, good for second among NFL interior linemen.

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

Before joining Seattle, Board previously served 23 years in the 49ers' organization, 10 as a player (1979-88) and 13 as a coach. He began his coaching career in 1990 as a San Francisco defensive line assistant before being promoted to defensive line coach in 1994.

In 16 seasons as a coach, Board has sent players to 10 Pro Bowls, including Dana Stubblefield who was named 1997 NFL Defensive Player of the Year.

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

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

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

Young was the bright spot of Board's 1999 defensive line. Returning to the starting line-

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



A member of four world championship 49ers teams as a player and coach, Board recorded 61.0 career sacks and eight more in the postseason from 1979-88. His four tackles, two sacks and constant pressure in Super Bowl XIX, earned him Defensive Player of the Game honors in San Francisco's 38-16 win over Miami.

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

Following his release by Pittsburgh, Board signed with the 49ers and registered a team-leading seven sacks as a rookie in 1979. He retired following the 1988 campaign, after joining the Saints in

midseason.

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

BOARD'S COACHING CAREER

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



BOB CASULLO

Special Teams

Seahawks Experience: 2nd Year
NFL Experience: 7th Year

Bob Casullo was named Special Teams coach of the Seahawks February 19, 2005.

Casullo most recently coached tight ends for the New York Jets in 2004, after serving four seasons (2000-03) as special teams coach for the Oakland Raiders.

In his first season at the helm with the Seahawks, kicker Josh Brown attempted a career-high eight field goals of at least 50 yards, making five which tied Norm Johnson's 1986 club record and named a Pro Bowl alternate. The overall play of his group helped Seattle to the NFC Championship and Super Bowl XL.

In his only season with the Jets, Casullo's tight end corps helped sustain a balanced offense that allowed Curtis Martin win the NFL rushing title and the Jets' quarterbacks to post better than a 90 passer rating. With the Jets advancing to the postseason, it marked the fourth time in five seasons Casullo's teams have made the playoffs.

Casullo's special teams units helped earn Oakland three AFC West titles from 2000-02, including a Super Bowl XXXVII appearance following the 2002 season. In 2003, he field-

ed a team that ranked second in the AFC (3rd NFL) in punt return average. His unit was the NFL's best kickoff coverage team in 2001, stopping opponents 17 times inside the 20. He produced a Pro Bowl punter, Shane Lechler, who led the AFC in punting average with a 46.2 average in 2001. His 2000 squad led the NFL in net punting average.

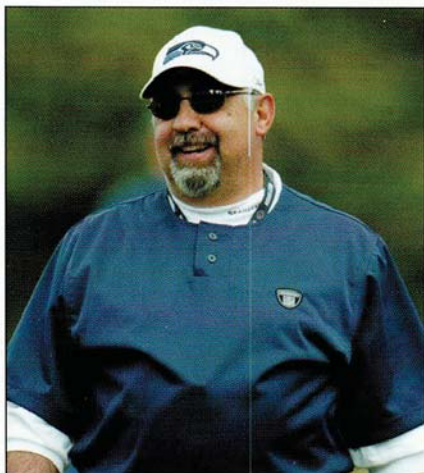
Before breaking into the National Football League, Casullo enjoyed 15 seasons in the college ranks. He coached special teams, tight ends and running backs at Syracuse (1985-94); special teams, defensive ends and running backs at Georgia Tech (1995-98); and special teams and tight ends at Michigan State (1999).

Prior to beginning his collegiate coaching career, Casullo spent two years as the head coach at Baldwinsville High School in Syracuse, New York, and 10 seasons as an assistant at Henninger High School, also in Syracuse.

Born March 21, 1951, Casullo and his wife, Pat, have two sons, Rocco and Jamie.

CASULLO'S COACHING CAREER

1973-82	Henninger High School (Syracuse) <i>Asst. Coach</i>
1983-84	Baldwinsville High School (Syracuse) <i>Head Coach</i>
1985-94	Syracuse University <i>Special Teams, TEs, RBs</i>
1995-98	Georgia Tech <i>Special Teams, DEs, RBs</i>
1999	Michigan State <i>Special Teams, TEs</i>
2000-03	Oakland Raiders <i>Special Teams</i>
2004	New York Jets <i>Tight Ends</i>
2005-	Seattle Seahawks <i>Special Teams</i>





MIKE CLARK

Head Strength & Conditioning

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

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

Clark came to Seattle from Texas A&M, where he spent 14 seasons as the head strength and conditioning coach, adding the title of assistant athletic director in 2000. During his tenure with the Aggies, Clark helped develop current Seahawks defensive lineman Rocky Bernard (1997-01) and Seahawks' linebackers coach Zerick Rollins.

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

During Seattle's Super Bowl XL run in 2005, his regimen earned the "Colonel" *American Football Monthly's* NFL Strength & Conditioning Coach of the Year award.



Clark runs players through conditioning drills.

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 (Kansas) High School (1979-80).

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

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

CLARK'S COACHING CAREER

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



NOLAN CROMWELL

Wide Receivers

**Seahawks Experience: 8th Year
NFL Experience: 16th Year**

Named to his current position on January 14, 1999, Nolan Cromwell enters his 27th NFL season; the first 11 as a Pro Bowl-caliber safety and the last 15 as an assistant coach.

Cromwell has been instrumental in the development Darrell Jackson, who had 29 catches for 376 yards and two scores before missing 10 games due to knee surgery last season. He set a franchise mark with 87 receptions in 2004. Jackson, who led all rookie receivers in catches, yards and touchdowns in 2000, followed with a 70-catch season in 2001 and became the first Seahawks receiver to eclipse the 1,000-yard mark since Joey Galloway (1998). Despite missing three games in 2002 (concussion), Jackson still finished second on the team with 62 catches for 877 yards.

In Jackson's absence in 2005, 10-year veteran Bobby Engram led the team in catches (67) and yards (778) for his best season since 1999.

Cromwell's 2002 receiving corps helped set franchise records for most 300-yard (5) and 400-yard (2) passing games and in 2003 helped QB Matt Hasselbeck set a franchise record with 3,841 passing yards.

In 1999, he helped Derrick Mayes have a career year, leading the team in receptions (62) and touchdowns (10).

In 1998, Cromwell coached the Green Bay Packers' wide receivers under Mike Holmgren, after serving as special teams coach from 1992-97.

Cromwell's receiving corps included Pro Bowl standout Antonio Freeman who established career-highs leading the NFL with 1,424 yards on 84 receptions. Overall, the Packers passing game accounted for 33 touchdowns that year, while helping guide the team to a sixth-consecutive postseason appearance.

Before taking over the wide receivers,

Cromwell coached Green Bay's aggressive special teams units. One of the league's most feared punt return teams, the Packers paced the NFL in 1996 with a 15.1-yard return average. That year, his group of field position warriors also led the league by scoring 24 points, and adding another two touchdowns in the postseason en route to a Super Bowl XXXI victory. On five different weekends during the 1996 season, one of Cromwell's players was honored as Special Teams Player of the Week.

Prior to taking on duties with the Packers, Cromwell coached on John Robinson's Los Angeles Rams staff as a defensive and special teams assistant in 1991.

A second-round draft choice by the Rams in 1977, Cromwell played his entire 11-year career for Los Angeles, earning four Pro Bowl berths, an NFC Defensive Player of the Year award (Kansas City Committee of 101) in 1980, and an NFL Defensive Back of the Year award (Football Digest) in 1984.

He ended his Rams career as the team's all-time leader in interception return yardage with 671 yards on 37 picks. He was also a member of the Rams' Super Bowl XIV team following the 1979 season.

An All-America wishbone quarterback at

CROMWELL'S COACHING CAREER

1991	Los Angeles Rams <i>Defense/Special Teams Assistant</i>
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1992-97	Green Bay Packers <i>Special Teams</i>
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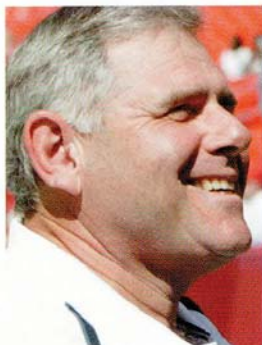
1998	Green Bay Packers <i>Wide Receivers</i>
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1999-	Seattle Seahawks <i>Wide Receivers</i>
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Kansas, Cromwell established an NCAA single-game rushing record for quarterbacks with 294 yards as a junior, after playing safety his first two collegiate seasons. He also

was an accomplished decathlete in track.

Born on January 30, 1955, in Kansas, Nolan and his wife, Mary, have two children, Lance (6/15/86) and Jennifer (4/13/88).



KEITH GILBERTSON

Assistant Offensive Line

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

Keith Gilbertson was named offensive consultant July 20, 2005, for his second stint with the club. He was an assistant coach from 1996-98 serving as a defensive assistant in 1996 followed by two years coaching tight ends under Dennis Erickson.

Gilbertson's main responsibilities will be to aide coach Bill Laveroni in the day-to-day preparation and practice regimen for the offensive line, led by Pro Bowlers Walter Jones, Robbie Tobeck and 2005 first-round draft choice Chris Spencer.

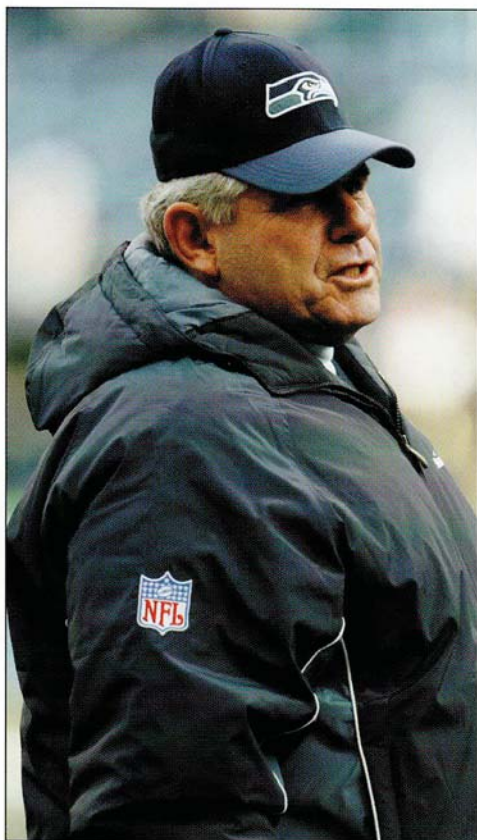
With over 30 years of coaching experience, Gilbertson spent 2003-04 as head coach of the University of Washington, after serving as its offensive coordinator from 2000-02.

He began his coaching career as a graduate assistant at Idaho State (1971-74) and earned a degree in education from Western Washington, where he was a grad assistant in 1975. After serving the 1976 season as a grad assistant at Washington for Don James, he was the offensive coordinator at Utah State from 1977-81. In 1982 he joined Dennis Erickson's staff at Idaho for one season as the offensive coordinator.

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

GILBERTSON'S COACHING CAREER

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



Gilbertson was instrumental in developing Washington's offense into one of the most explosive in the nation between 1989 and 1991. He was the Huskies' offensive line coach his first two seasons and took over as the offensive coordinator in 1991 when Washington won the national championship. The 1991 Washington team led the Pac-10 in total offense, rushing offense and scoring offense.

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

Born in Snohomish, Wash. May 15, 1948, he attended Snohomish High before going on to play football at Central Washington, Columbia Basin Junior College, and Hawaii.

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

Gilbertson and his wife, Barbara, have two children, Kristin and David. He also has an adult daughter, Ann, who resides in Los Angeles.



TOM HEADLEE

Quality Control/Defense

Seahawks Experience: 1st Year

NFL Experience: 1st Year

Named to his current position February 16, 2006, Tom Headlee moves in to the coaching ranks after spending the previous five years as a coaching assistant with the Seahawks.

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

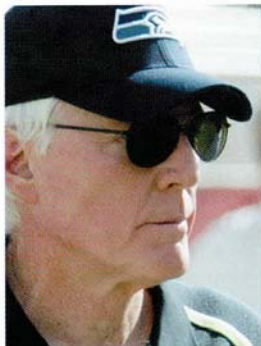
A graduate of Washington State Uni-

versity, he earned his degree in Education in 2000.

Born November 6, 1976, in Bothell, Wash., Tom and his wife, Deborah, have one daughter, Kiara.

HEADLEE'S COACHING CAREER

2006-	Seattle Seahawks Quality Control/Defense
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JOHN JAMISON

Special Teams Assistant

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

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

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

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

Jamison and Holmgren attended Lincoln

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

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

JAMISON'S COACHING CAREER

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

Assistant Strength & Conditioning

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

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

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

Krein plays an integral role in the players' rehabilitation process. He works with players that were previously injured and helps build

strength and flexibility to become game ready.

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

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, Colorado. He lives in Kirkland with wife, Jennifer, daughter Ella and son Aiden.

KREIN'S COACHING CAREER

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



BILL LAVERONI

Offensive Line

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

Bill Laveroni took control of the offensive line in 2004 with the retirement of longtime NFL offensive line coach Tom Lovat. Named assistant offensive line coach April 2, 2002, Laveroni was being groomed to create a smooth transition upon Lovat's retirement.

Laveroni has helped fashion one of the finest left sides of any offensive line in the NFL with a pair of Pro Bowlers in T Walter Jones and G Steve Hutchinson in 2004 and again in 2005 with the addition of C Robbie Tobeck.

In his first season in charge of the line in 2004, his blockers paved the way for Shaun Alexander to set a club record and lead the NFC with 1,696 rushing yards. Alexander then broke that record with 1,880 yards and set an NFL record with 28 touchdowns in 2005.

He helped coordinate Seattle's 2002 offensive line that helped lead a record-setting offensive performance despite a rash of injuries to the line.

The 35-year coaching veteran has coached offensive linemen for the past 21 years, most recently at Vanderbilt University (2001), before joining the Seahawks' staff.

Laveroni broke into coaching as offensive line coach for the freshman team at California before coaching offensive line at the Uni-

versity of San Francisco. After two collegiate seasons, he became an assistant coach at St. Ignatius High from 1972-76, where he and current offensive coordinator Gil Haskell coached together. He then became head coach at Piedmont High for one year before rejoining the college ranks.

He coached linebackers and tight ends at his alma mater, California (1978), before leaving for Utah State to coach the linebackers and offensive line from 1979-82.

His third tour of duty at California saw him lead the offensive line from 1983-89 followed by the same position coupled with special teams coordinator for San Jose State from 1990-92. From 1993-94 he coached only the offensive line for the Spartans.

Laveroni joined the Arena League's San Jose Sabercats in 1995 and coached for one year leading to a five-year career at Rutgers where he served as offensive line coach and run game coordinator (1996-00).

He was a three-year starter for California at center (1967-69) where he earned a degree in criminology. He also holds a teaching credential from the master's program of the University of San Francisco. He and his wife, Patty, have one son, Anthony. Born July 20, 1948.

LAVERONI'S COACHING CAREER

1970	University of California <i>Freshman Offensive Line</i>	1990	San Jose State <i>Linebackers/Special Teams Coord.</i>
1971	University of San Francisco <i>Offensive Line</i>	1991-94	San Jose State <i>Offensive Line</i>
1972-76	St. Ignatius High School <i>Assistant Coach</i>	1995	San Jose Sabercats <i>Offensive/Defensive Line</i>
1977	Piedmont High School <i>Head Coach</i>	1996-00	Rutgers University <i>Offensive Line/Run Game Coord.</i>
1978	University of California <i>Linebackers/Tight Ends</i>	2001	Vanderbilt University <i>Offensive Line</i>
1979-80	Utah State University <i>Offensive Line</i>	2002-03	Seattle Seahawks <i>Assistant Offensive Line</i>
1981	Utah State University <i>Linebackers</i>	2004-	Seattle Seahawks <i>Offensive Line</i>
1982	Utah State University <i>Offensive Line/Linebackers</i>		
1983-89	University of California <i>Offensive Line</i>		



JIM LIND

Tight Ends

Seahawks Experience: 8th Year
NFL Experience: 15th Year

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

One of three coaches still with Mike Holmgren since 1999, Lind works with a talented group that includes 2002 first-round pick Jerramy Stevens, who set career-highs in catches (45), yards (club-record 554), touchdowns (career-high and single-season club record 5) and long gain (35t) this season. Itula Mili, who set franchise records for most receptions (46 in 2003) and yards (508 in 2002) by a tight end returns this season after battling stomach problems last year.

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

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

Lind enters his 15th year as an NFL coach having spent four seasons as the Green Bay Packers linebackers coach under Holmgren.

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

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

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

versity while Lind was a graduate assistant in 1981-82.

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

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

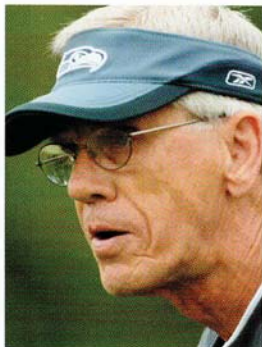
Lind entered coaching in 1974 as head football coach at Underwood (Minn.) High School holding that position until joining St. Cloud State.

Lind played three years of collegiate football as a linebacker his freshman year at Bethel College, before moving to Bemidji State, where he earned his undergraduate degree, playing two years at defensive back.

Later, he earned his master's degree at St. Cloud State and Doctorate in Professional Leadership in Physical Education and Athletics at BYU.

LIND'S COACHING CAREER

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



LARRY MARMIE

Defensive Assistant/Secondary

**Seahawks Experience: 1st Year
NFL Experience: 11th Year**

Larry Marmie enters his first season with Seattle after being hired to assist Teryl Austin in the secondary February 16, 2006.

He joins 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 (1996-2000) and as a defensive coordinator his last three-plus seasons

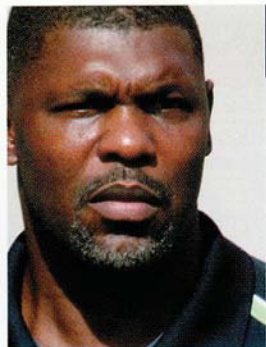
after Dave McGinnis was named head coach during the 2000 season (2000-03).

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 seven 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 Univ. <i>Secondary/Defensive Line</i>	1992-94	University of Tennessee <i>Defensive Coordinator</i>
1972-76	Eastern Kentucky Univ. <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	Univ. of North Carolina <i>Secondary</i>	2000-03	Arizona Cardinals <i>Defensive Coordinator</i>
1983-84	University of Tennessee <i>Defensive Coordinator</i>	2004-05	St. Louis Rams <i>Defensive Coordinator</i>
1985-87	Arizona State University <i>Defensive Coordinator</i>	2006-	Seattle Seahawks <i>Defensive Asst/Secondary</i>



STUMP MITCHELL

Running Backs

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

Named to his current position on January 28, 1999, Stump Mitchell enters his eighth NFL season, all with the Seahawks.

Mitchell has coached a 1,000-yard rusher each of his seven seasons with Seattle (Ricky Watters-2, Shaun Alexander-5), including Alexander and his franchise-record and NFL leading 1,880 last season. Mitchell also helped Alexander set the NFL record with 28 total touchdowns (NFL record 27 rush, 1 rec.) en route to Alexander's NFL MVP season and his third Pro Bowl berth.

The 2001 campaign saw Alexander rush for the third-most yards in the AFC (6th NFL) with 1,318 and his 14 rushing touchdowns led the NFL, while helping Seattle to place fifth in the AFC (9th NFL) in rushing offense.

In 2002, Mitchell directed a backfield that featured Alexander who recorded a franchise-record 16 rushing touchdowns at the time, most in the NFC.

In 2003, he helped Alexander reach his first Pro Bowl after rushing for a career-high 1,435 yards. Alexander also reached the Pro Bowl in 2004.

Alexander earned his second Pro Bowl trip in 2004, as he led the NFC with 1,696 yards and 20 total scores.

His running backs corps in 2000 saw Watters become the 13th player to eclipse the 10,000-yard rushing mark and the continued maturation of rookie Alexander. Alexander finished second on the team with 313 yards and a 4.9 yards per carry average—second among rookies listed as the league's top rushers.

Mitchell joined the Seahawks following three years as head coach at Morgan State University. He originally joined the MSU staff in 1995 as offensive coordinator, earning a promotion to head coach the following year. In Mitchell's first two seasons the team compiled a 7-14 record, which was the best two-year mark in 16 years. Under Mitchell's tutelage, the Bears boasted a strong rushing attack, that averaged 148.9 yards per game in 1997.

A ninth-round draft choice by the St. Louis Cardinals in 1981, Mitchell spent his entire nine-year career (1981-89) with the Cardinals,

ranking as one of the team's all-time great running backs and kick returners. With a 5.6-yard rushing average as a rookie, Mitchell earned All-Rookie honors from *Pro Football Weekly*.

Mitchell still ranks as the Cardinals' all-time leader in combined yardage with 11,988 yards and ranks second with 4,649 yards rushing on 986 attempts and 32 touchdowns.

Throughout his career, Mitchell posted 14 100-yard games and finished with a 4.7-yard average, which ranks second in the team record book, as does his 156 career punt returns. His 177 kickoff returns for 4,007 yards are both Cardinals records.

In 1984, Mitchell earned All-NFC honors as a kickoff returner, by *Pro Football Weekly*.

On November 17, 1985, Mitchell had a single-game high with 179 yards against the Philadelphia Eagles, which ranks as the team's fifth-highest single-game total.

Mitchell's coaching career began in the spring of 1991, when he served as an assistant coach on the NFL Europe League's San Antonio Rough Riders' staff. He then accept-

ed a position as the head coach at Casa Grande High (1991-94) in Phoenix, Ariz., where he led the team to a playoff berth in his second year.

For his community service, he was honored with the Chuck Drulis Award in 1982 and the Byron "Whizzer" White Humanitarian Award in 1984.

Mitchell was born on March 15, 1959, in Kingsland, Ga.

MITCHELL'S COACHING CAREER

1991	San Antonio Rough Riders (NFL), <i>Running Backs</i>
1991-94	Casa Grande High (Phoenix, Ariz.), <i>Head Coach</i>
1995	Morgan State <i>Offensive Coordinator</i>
1996-98	Morgan State <i>Head Coach</i>
1999-	Seattle Seahawks <i>Running Backs</i>



GARY REYNOLDS

**Offensive Assistant/
Quality Control**

**Seahawks Experience: 4th Year
NFL Experience: 7th Year**

Gary Reynolds joined the Seahawks on February 8, 1999, and has seen his role evolve over his seven seasons. Working closely with Mike Holmgren, Reynolds assisted in all aspects of football operations after serving as assistant to the general manager (1999-00) and director of football administration (2001-02) to his current position as offensive assistant/quality control.

Prior to joining Seattle, Reynolds spent six years with the Green Bay Packers, where he served as offensive assistant/quality control from 1996-98, and administrative assistant/football operations from 1993-95.

Before entering the NFL, he was assistant recruiting coordinator at the University of

Tennessee in 1992. He also was a graduate assistant/assistant recruiting coordinator at Texas A&M in 1991. Reynolds holds a B.S. degree in engineering and an M.S. degree in education from Texas A&M. He and wife Beth have two daughters, Hannah and Olivia.

REYNOLDS' COACHING CAREER

1996-98	Green Bay Packers <i>Offensive Asst./Quality Control</i>
2003-	Seattle Seahawks <i>Offensive Asst./Quality Control</i>



RAY RHODES

Special Projects/Defense

Seahawks Experience: 4th Year
NFL Experience: 26th Year

Ray Rhodes joined the Seahawks as defensive coordinator February 5, 2003. Rhodes had the task of building a youthful defensive unit into an aggressive cohesive group. This season he takes on the role of Special Projects/Defense, as former linebackers coach John Marshall becomes defensive coordinator.

In 2003, Rhodes took a defense that, before he arrived, ranked 28th and fashioned a squad that improved to 19th in his first season.

Looking to build on that improvement in 2004, Rhodes mix of veteran leadership and youth ranked in top five for the first quarter of the season before injuries began to set in. Of 109 total games that were missed by starters and key reserves, 74 of those were on the defensive side of the ball. Seattle's starting linebacker corps heading into training camp only saw 10 of a possible 48 games.

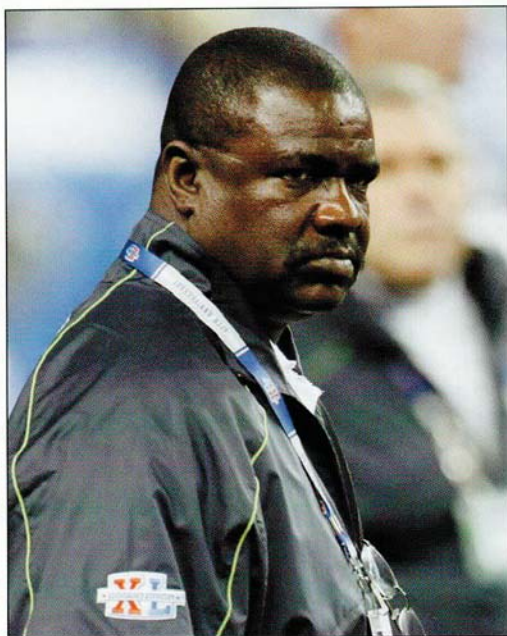
In 2005, Rhodes season as coordinator was cut short due to stroke-like symptoms suffered before the season opener at Jacksonville (9/11). Marshall assumed interim duties at the time but Rhodes was still involved in defensive meetings and saw his group lead the NFL with 50 sacks, allow only one 100-yard rusher, finish second in the NFL in red zone defense (40.4%), rushing touchdowns allowed (5) and saw rookie linebacker Lofa Tatupu earn a trip to the Pro Bowl.

Rhodes has 25 years of NFL experience as a coach, including 12 as either defensive coordinator or head coach. As a coordinator, only three of his defensive units has finished outside of the top 10.

Rhodes and Holmgren reunited

after Rhodes served in the same position for the Green Bay Packers from 1992-93. While in Green Bay, Rhodes improved the Packers defense to second in the NFL in his two seasons, and in 1993, helped the Holmgren-led Packers to their first playoff appearance since 1982. He produced a pair of Pro Bowlers his second season (S LeRoy Butler and DE Reggie White), the first time that had happened in 15 seasons. Safety Chuck Cecil earned a Pro Bowl nod under his tutelage in 1992.

Prior to joining the Seahawks, Rhodes spent two seasons in Denver as defensive coordinator where he took a 24th ranked defense in 2000 and improved it to eighth in 2001, and sixth in 2002. Three players received Pro Bowl invitations following his



first season (CB Deltha O'Neal, DT Trevor Pryce and LB Al Wilson) while Pryce and Wilson repeated in 2002.

In 2000 with Washington, Rhodes improved the Redskins' defensive ranking to fourth in the NFL after inheriting a unit that ranked 30th the previous year. His defense allowed the fewest first downs (254), total net yards (4,474), and points (269) by a Redskins team since 1992 and produced more sacks than any Washington club since 1991. In addition, two of his standouts—DE Marco Coleman and CB Champ Bailey—made the Pro Bowl.

Rhodes was head coach in Green Bay for the 1999 season when he led the Packers to an 8-8 record in his only season at the helm.

Before Green Bay, Rhodes spent four seasons as head coach of the Philadelphia Eagles earning NFL Coach of the Year honors in his initial season, 1995. He guided the Eagles to the playoffs with a 10-6 record that season and advanced to the NFC Divisional Playoff round. It was the first of two consecutive postseason trips for Rhodes' Philadelphia club, making him the only head coach in the Eagles' 67-year history to qualify for the playoffs in each of his first two seasons. His overall record as a head coach is 37-42-1 (.469).

Before joining Philadelphia in 1995 and his short tenure in Green Bay from 1992-93, Rhodes was defensive coordinator for San Francisco's 1994 World Championship team. His arrival saw a defensive improvement from ranking 15th in 1993 to eighth in 1994. He orchestrated a stellar defense filled with new faces. In fact, of that unit's 11 starters, six were new to the team in 1994. That reshaped unit went on to log 35 takeaways and five defensive touchdowns. His squad shut down the San Diego Chargers in Super Bowl XXIX. The unit was led by four Pro Bowlers: S Merton Hanks, S Tim McDonald, CB Deion Sanders, and DT Dana Stubblefield.

Rhodes began his coaching career in 1981 with the 49ers, spending two seasons as assistant secondary coach before being promoted to defensive backs coach for the 1983-91 seasons. He went on to become one of only four men to serve on the coaching staff of all five of the 49ers' Super Bowl winning teams (George Seifert, Bob McKittrick and Bill McPherson). In Rhodes 12 seasons as a 49ers assistant, the team earned postseason berths 10 times and advanced to the NFC Championship Game on seven occasions.

In 1981, his first season as an assistant, Rhodes helped the 49ers win Super Bowl XVI with three rookies starting in the defensive

backfield—CB Ronnie Lott, CB Eric Wright and S Carlton Williamson. As the 49ers' secondary coach through 1991, he also saw those same three players, plus S Dwight Hicks, reach the Pro Bowl, among the 16 total Pro Bowl invitations earned by his defensive backfield pupils.

Born October 20, 1950, in Mexia, Texas, Raymond Earl Rhodes graduated from Mexia High School where he earned all-state honors in football as a running back and defensive back. He also lettered in track and field and helped the school reach the state basketball finals.

As a collegian, Rhodes spent two years as a running back at Texas Christian University (1969-70) before transferring to the University of Tulsa (1972-73).

Selected by the New York Giants in the 10th round of the 1974 NFL Draft, he played wide receiver in his first three NFL seasons, including 1975 when he led all NFC receivers with a 20.7 yards-per-catch average. Two years later, however, Rhodes was switched to defensive back by the Giants and won a starting job at cornerback. In 1979, he was sent to San Francisco as part of a four-player trade that also saw Tony Dungy (presently the head coach of the Indianapolis Colts) sent from the 49ers to the Giants.

Rhodes and his wife, Carmen, have four daughters: Detra, Candra, Tynesha and Raven.

RHODES' COACHING CAREER

1981-82	San Francisco 49ers <i>Assistant Secondary</i>
1983-91	San Francisco 49ers <i>Defensive Backs</i>
1992-93	Green Bay Packers <i>Defensive Coordinator</i>
1994	San Francisco 49ers <i>Defensive Coordinator</i>
1995-98	Philadelphia Eagles <i>Head Coach</i>
1999	Green Bay Packers <i>Head Coach</i>
2000	Washington Redskins <i>Defensive Coordinator</i>
2001-02	Denver Broncos <i>Defensive Coordinator</i>
2003-05	Seattle Seahawks <i>Defensive Coordinator</i>
2006-	Seattle Seahawks <i>Special Projects/Defense</i>



ZERICK ROLLINS

Linebackers

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

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

He 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 Lofa Tatupu's development as he became the first rookie to lead the team in tackles (105, 86 solo) since 1977 and Tatupu was also named to the Pro Bowl. Rollins tutelage also developed Leroy Hill into another rookie stand out as Hill's 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, he attended the same high school (Kashmere High) as former Seahawks player, Jacob Green. Rollins and his wife, Chandra, have two daughters, Zeria and Zena, and reside in Lynnwood.

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>



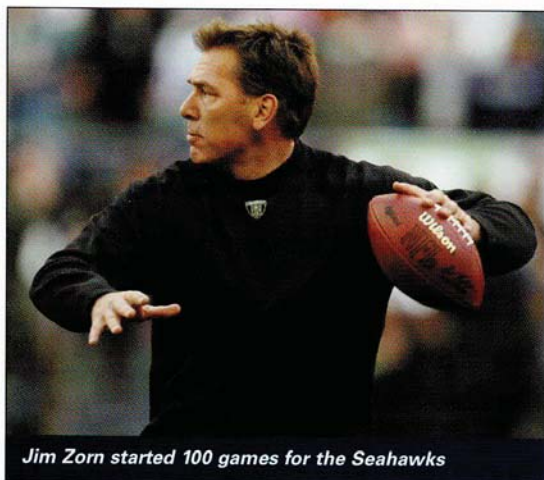
JIM ZORN

Quarterbacks

Seahawks Experience: 7th Year
NFL Experience: 10th Year

Named to his current position on February 16, 2001, Jim Zorn returned to where his playing career, and professional coaching career, started.

Zorn has proven his fundamental guidance with the development of Pro Bowler Matt Hasselbeck who set a franchise record with 3,841 passing yards in 2003. Hasselbeck



Jim Zorn started 100 games for the Seahawks

has become the franchise's most-efficient passer (86.7 rating) while joining Zorn as the only franchise quarterback to pass for 3000-plus yards in three consecutive seasons.

In 2005, Zorn aided Hasselbeck to his second Pro Bowl appearance and the NFC's top-rated passer (4th NFL) with a 98.2 rating en route to Super Bowl XL. Hasselbeck directed the NFL's second-ranked offense to a franchise-record 11 consecutive wins and in his four December games he posted the fourth-best passer rating in NFL history (135.5), including 10 touchdowns to one interception and completing 76% of his passes.

Zorn oversaw a 2002 campaign that saw Trent Dilfer open the season as the starter and finish with Hasselbeck under center. Seattle's passing attack ranked third in the NFL averaging 254.9-yards a game. Hasselbeck finished the season ranked first in the NFC with a 63.7 completion percentage and second in the NFC with a 87.8 passer rating. Hasselbeck passed for more than 300 yards four times, including a franchise-record 449 in the season finale at San Diego. Hasselbeck joined Zorn as the only Seahawks quarterback to pass for at least 300 yards in back to back games. Zorn accomplished that feat in 1979 and 1981.

Zorn's 2001 quarterback crop included head coach Mike Holmgren's hand-picked starter Hasselbeck, Super Bowl XXXV quarterback Dilfer and 2000 part-time starter Brock Huard. Zorn groomed Hasselbeck and helped the first-year starter to become the AFC's fifth-rated passer on third-down with a rating of 80.6.

Zorn joined the Seahawks as quarterbacks coach after serving in the same capacity with the Detroit Lions (1998-00) where he was instrumental in the development of rookie

quarterback Charlie Batch in 1998. Batch's 88.3 passer rating that season ranks as the fourth-highest rookie mark in NFL history.

Zorn broke into the league as an offensive assistant for the Seahawks in 1997.

Zorn spent eight seasons in the collegiate ranks before his pro debut. He spent two seasons (1995-96) as quarterbacks coach at the University of Minnesota after coordinating Utah State's offense from 1992-94. His first collegiate coaching job was as an offensive assistant/quarterbacks coach at Boise State from 1989-91.

His playing career began in Seattle's inaugural 1976 season, starting all 14 games at quarter-

back. He went on to play nine seasons for the Seahawks before finishing with the team in 1984. After departing Seattle, he finished his playing career with the Green Bay Packers (1985), the Canadian Football League's Winnipeg Blue Bombers (1986) and the Tampa Bay Buccaneers.

Zorn is one of only seven players inducted to the Seahawks' Ring of Honor. He was named NFC Offensive Rookie of the Year (1976) and ranks second in the Seahawks' record book behind Dave Krieg in yards (20,122), completions (1,593), attempts (2,992), and touchdowns (107). His three consecutive 3,000-yard seasons are tops in team history, since broken by Hasselbeck in 2005, and he was the first Seattle quarterback to record back-to-back 300-plus yard games—a feat he accomplished twice.

Zorn, and his wife, Joy, have four children, Rachael, Sarah, Danielle and Isaac.

ZORN'S COACHING CAREER

1998-91	Boise State <i>Offensive Assistant/ Quarterbacks</i>
1992-94	Utah State <i>Offensive Coordinator</i>
1995-96	University of Minnesota <i>Quarterbacks</i>
1997	Seattle Seahawks <i>Offensive Assistant</i>
1998-00	Detroit Lions <i>Quarterbacks</i>
2001-	Seattle Seahawks <i>Quarterbacks</i>

2006 ALPHA ROSTER

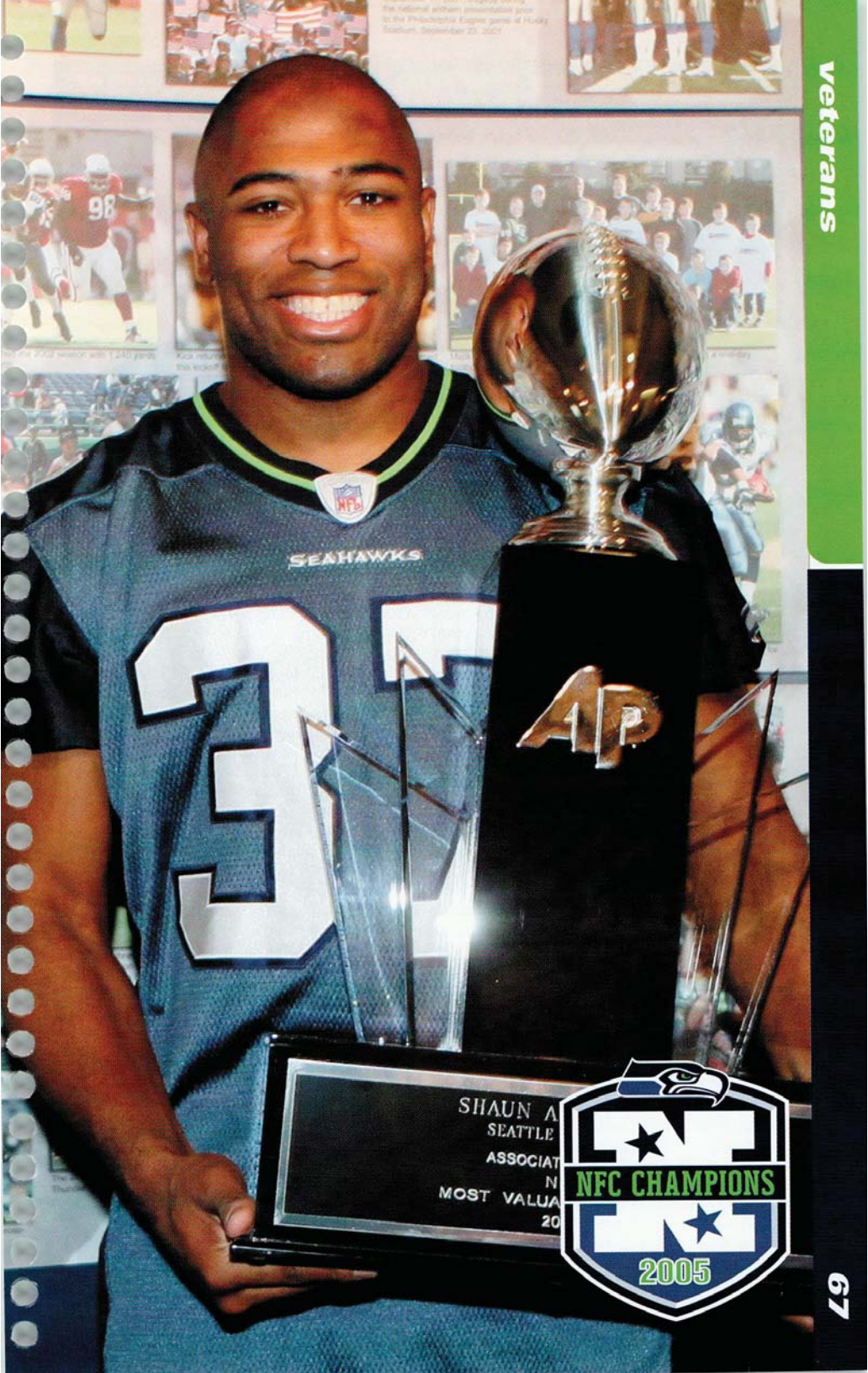
No.	Name	Pos.	Ht.	Wt.	Birthdate	Exp.	College	Hometown	How Acq.
37	Alexander, Shaun	RB	5-11	225	8/30/1977	7	Alabama	Florence, Ky.	D1(a)-'00
68	Ashworth, Tom	T/G	6-6	305	10/10/1977	4	Colorado	Centennial, Colo.	UFA(NE)-'06
24	Austin, Reggie	CB	5-9	185	1/21/1977	4	Wake Forest	Atlanta, Ga.	FA-'06
27	Babineaux, Jordan	CB	6-0	200	8/31/1982	3	Southern Arkansas	Port Arthur, Texas	FA-'04
59	Benjamin, Evan	LB	6-0	225	1/29/1983	R	Washington	Redmond, Wash.	FA-'06
57	Bentley, Kevin	LB	6-0	245	12/29/1979	5	Northwestern	Montclair, Calif.	UFA(Clev)-'05
99	Bernard, Rocky	DT	6-3	293	4/19/1979	5	Texas A&M	Baytown, Texas	D5(a)-'06
70	Bolton, Jeff	C	6-4	325	12/31/1983	R	Montana State	Hailey, Idaho	FA-'06
28	Boulware, Michael	SS	6-3	223	9/17/1981	3	Florida State	Columbia, S.C.	D2-'04
3	Brown, Josh	K	6-0	202	4/29/1979	4	Nebraska	Foyil, Okla.	D7(a)-'03
14	Brown, Tony	WR	6-2	199	5/29/1981	1	Tennessee	Lauderdale Lakes, Fla.	FA-'05
81	Burleson, Nate	WR	6-0	192	8/19/1981	4	Nevada	Seattle, Wash.	RFA(Min)-'06
36	Carthon, Ran	FB	6-0	218	2/10/1981	2	Florida	Miami, Fla.	FA-'06
40	Celestine, Oliver	FS	6-0	207	2/25/1981	3	Texas Southern	New Orleans, La.	FA-'06
92	Cooper, Chris	DE	6-5	285	12/27/1977	5	Nebraska-Omaha	Rochester, Minn.	FA-'06
91	Darby, Chuck	DT	6-0	270	10/22/1975	6	South Carolina St.	North, S.C.	UFA(TB)-'05
52	Deache, Jean-Philippe	LS	6-0	246	3/28/1975	7	McGill	Montreal, Quebec	FA-'00
95	Davis, Russell	RB	6-1	230	4/26/1982	1	North Carolina	Fayetteville, N.C.	UFA(Ari)-'06
41	Dixon, Jimmy	TE	6-4	255	11/13/1981	1	Texas	Arlington, Texas	FA-'06
47	Edwards, Brock	WR	5-10	188	1/7/1973	11	Penn State	Fort Worth, Texas	FA-'06
84	Engram, Bobby	WR	5-8	185	5/12/1977	6	Air Force Academy	Camden, S.C.	UFA(Chi)-'01
94	Fisher, Bryce	DE	6-3	268	5/12/1977	6	Arizona State	Renton, Wash.	UFA(SIL)-'05
25	Frazier, Lance	CB	5-10	183	5/23/1981	2	West Virginia	Boynton Beach, Fla.	FA-'06
9	Fulton, Skyler	WR	6-0	200	6/17/1982	1	Arizona State	Olympia, Wash.	FA-'06
49	Gomez, Mike	TE	6-6	240	4/23/1982	1	Illinois	Miami, Fla.	FA-'06
62	Gray, Chris	G	6-4	308	6/19/1970	14	Auburn	Birmingham, Ala.	UFA(Chi)-'98
32	Green, Mike	S	6-0	195	12/6/1976	7	Northwestern St. (La.)	Ruston, La.	T(Chi)-'06
11	Greene, David	QB	6-3	226	6/22/1982	1	Georgia	Snellville, Ga.	D3(a)-'05
18	Hackett, D.J.	WR	6-2	199	7/3/1981	2	Colorado	Ontario, Calif.	D5-'04
5	Hamdan, Gibran	QB	6-6	240	2/8/1981	2	Indiana	San Diego, Calif.	FA-'06
26	Hamlin, Ken	FS	6-2	209	1/20/1981	4	Arkansas	Memphis, Tenn.	D2-'03
42	Harts, Shaunard	S	6-0	210	8/4/1978	5	Boise State	Pittsburg, Calif.	FA-'06
8	Hasselbeck, Matt	QB	6-4	223	9/25/1975	8	Boston College	Westwood, Mass.	T(GB)-'01
29	Haw, Brandon	CB	6-0	195	9/24/1980	1	Rutgers	Cheverly, Md.	FA-'05
46	Heller, Will	TE	6-6	265	2/28/1981	4	Georgia Tech	Dunwoody, Ga.	UFA(TB)-'06
66	Henry, William	G	6-4	295	10/16/1981	1	Clemson	Greenville, S.C.	FA-'05
45	Henshaw, Matt	TE	6-4	248	3/17/1983	3	Florida State	Brentwood, Tenn.	FA-'06
31	Herdon, Kelly	CB	5-10	180	11/3/1976	5	Texas	Twinsburg, Ohio	RFA(Den)-'05
56	Hill, Leroy	CB	6-1	229	9/14/1982	2	Clemson	Haddock, Ga.	D3(b)-'05
39	Hobbs, Kevin	WR	6-0	195	4/30/1983	R	Auburn	Tampa, Fla.	FA-'06
19	Howry, Keenan	WR	6-10	178	6/17/1981	4	Oregon	Los Alamitos, Calif.	FA-'06
97	Huckeba, Jeb	DE	6-4	252	5/20/1982	1	Arkansas	Searcy, Ark.	D5-'05
82	Jackson, Darrell	WR	6-0	201	12/6/1978	7	Florida	Tampa, Fla.	D3-'00
21	Jennings, Kelly	CB	5-11	178	11/30/1982	R	Miami	Live Oak, Fla.	D1-'06
n/a	Jones, C.J.	WR	5-11	195	9/20/1980	1	Iowa	Boynton Beach, Fla.	FA-'06
71	Jones, Walter	T	6-5	315	1/19/1974	10	Florida State	Aliceville, Ala.	D1(b)-'97
58	Kacyvenski, Isaiah	LB	6-1	252	10/3/1977	7	Harvard	Endicott, N.Y.	D4(b)-'00
2	Killeen, Ryan	K	5-11	185	7/11/1983	1	USC	Norco, Calif.	FA-'06
34	Kirtman, David	FB	6-0	232	2/12/1983	R	USC	Mercer Island, Wash.	D5-'06
53	Koutouvides, Niko	LB	6-2	238	3/25/1981	3	Purdue	Plainville, Conn.	D4-'04
96	Laury, Lance	LB	6-2	233	1/17/1982	R	South Carolina	Hopkins, S.C.	FA-'06
54	Lewis, D.D.	LB	6-1	241	1/8/1979	4	Texas	Houston, Texas	FA-'02
4	Lindstrom, Gabe	P	6-4	220	5/25/1976	1	Toledo	Bisbee, Ari.	FA-'06
75	Locklear, Sean	T	6-4	301	5/29/1981	3	North Carolina State	Lumberton, N.C.	D3-'04
7	Lulay, Travis	QB	6-2	216	9/27/1983	R	Montana State	Aumsville, Ore.	FA-'06
17	Mann, Maurice	WR	6-1	190	9/14/1982	1	Nevada	Seaside, Calif.	FA-'05
88	Mili, Itula	TE	6-4	260	4/20/1973	8	Brigham Young	Laie, Hawaii	D6-'97
20	Morris, Maurice	RB	5-11	202	12/1/1979	5	Oregon	Chester, S.C.	D2(a)-'02
87	Mobran, Ben	WR	6-0	203	10/30/1983	7	Auburn	Selma, Ala.	D7(b)-'06
44	Peterson, Julian	LB	6-3	235	7/28/1978	R	Michigan State	Washington, D.C.	UFA(SF)-'06
1	Plackmeier, Ryan	P	6-3	248	3/5/1984	R	Wake Forest	Bonsall, Calif.	D7(a)-'06
78	Pollard, Robert	DE	6-2	278	6/28/1981	1	Texas Christian	Beaumont, Texas	FA-'05
35	Pruitt, Eric	FS	6-0	196	8/16/1981	3	Southern Mississippi	Theodore, Ala.	FA-'05
72	Rasmussen, Kemp	DE	6-3	265	5/25/1979	5	Indiana	Hadley, Mich.	UFA(Car)-'06
63	Reynolds, Lance	C	6-2	305	6/17/1980	R	Brigham Young	Provo, Utah	FA-'06
6	Ross, Gerard	CB	6-1	200	12/27/1982	R	Florida State	Jacksonville, Fla.	FA-'06
60	Ross, Pat	C	6-3	301	3/16/1983	R	Boston College	Reading, Ohio	FA-'06
33	Scobey, Josh	RB	6-0	220	12/11/1979	4	Kansas State	Oklahoma City, Okla.	W(Ari)-'05
67	Sims, Rob	G	6-3	307	12/6/1983	R	Ohio State	Macedonia, Ohio	D4-'06
65	Spencer, Chris	C	6-3	309	3/28/1982	2	Mississippi	Madison, Miss.	D1-'05
86	Stevens, Jerramy	TE	6-7	260	11/13/1979	5	Washington	Olympia, Wash.	D1-'02
38	Strong, Mack	FB	6-0	245	9/11/1971	13	Georgia	Columbus, Ga.	FA-'93
69	Syptak, John	DE	6-1	253	3/16/1984	R	Rice	Bellville, Texas	FA-'06
76	Tafoya, Joe	DE	6-4	265	9/6/1978	5	Arizona	Pittsburg, Calif.	W(TB)-'05
55	Tapp, Darryl	DE	6-1	265	9/13/1984	R	Virginia Tech	Chesapeake, Va.	D2-'06
51	Tatupu, Lofa	LB	6-0	238	11/15/1982	2	USC	Wrentham, Mass.	D2-'05
93	Terrill, Craig	DT	6-2	294	6/27/1980	3	Purdue	Lebanon, Ind.	D6-'04
61	Tobeck, Robbie	C	6-4	297	3/6/1970	13	Washington State	Tarpon Springs, Fla.	UFA(Ail)-'00
23	Trubant, Marcus	CB	5-11	199	12/25/1980	4	Washington State	Tacoma, Wash.	D1-'03
90	Tuffs, Marcus	DT	6-3	324	5/16/1981	3	Texas	DaSoto, Texas	D1-'04
15	Wallace, Seneca	QB	5-11	196	8/6/1980	2	Iowa State	Sacramento, Calif.	D4(a)-'03
10	Wallace, Taco	WR	6-1	190	4/14/1981	2	Kansas State	Los Angeles, Calif.	FA-'06
83	Warrick, Peter	WR	5-11	195	6/19/1977	7	Florida State	Bradenton, Fla.	UFA-'05
43	Weaver, Leonard	FB	6-0	251	9/23/1982	2	Carson-Newman	Melbourne, Fla.	FA-'05
30	Weeks, Marquis	RB	5-10	216	10/2/1980	1	Virginia	Norristown, Pa.	FA-'05
22	Williams, Jimmy	CB	5-11	190	3/10/1979	6	Vanderbilt	Baron Rouge, La.	FA-'05
48	Willis, Keith	TE	6-6	264	12/14/1980	1	Virginia Tech	Norfolk, Va.	FA-'06
74	Willis, Ray	T	6-6	327	8/13/1982	2	Florida State	Angleton, Texas	D4-'05
98	Wistrom, Grant	DE	6-4	272	7/3/1976	9	Nebraska	Webb City, Mo.	UFA(STL)-'04
77	Womack, Floyd	T/G	6-4	333	11/15/1978	6	Mississippi State	Cleveland, Miss.	D4(c)-'01
50	Wortham, Cornelius	LB	6-1	236	1/25/1982	2	Alabama	Calhoun City, Miss.	D7(b)-'05
73	Wright, Darrell	DE	6-4	255	12/30/1979	1	Oregon	Port St. Lucia, Fla.	FA-'06

2006 NUMERICAL ROSTER

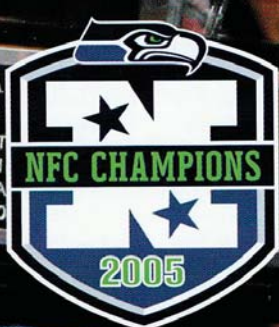
No.	Name	Pos.	Ht.	Wt.	Birthdate	Exp.	College	Hometown	How Acq.
1	Ryan Plackemeier	P	6-3	248	3/5/1984	R	Wake Forest	Bonsall, Calif.	D7(a)-'06
2	Ryan Killeen	K	5-11	185	7/11/1983	1	USC	Norco, Calif.	FA-'06
3	Josh Brown	K	6-0	202	4/29/1979	4	Nebraska	Foyil, Okla.	D7(a)-'03
4	Gabe Lindstrom	P	6-4	220	5/25/1976	1	Toledo	Bisbee, Ari.	FA-'06
5	Gibran Hamdan	QB	6-6	240	2/8/1981	2	Indiana	San Diego, Calif.	FA-'06
6	Gerard Ross	CB	6-1	200	12/27/1982	R	Florida State	Jacksonville, Fla.	FA-'06
7	Travis Lulay	QB	6-2	216	9/27/1983	R	Montana State	Aumsville, Ore.	FA-'06
8	Matt Hasselbeck	QB	6-4	223	9/25/1975	8	Boston College	Westwood, Mass.	TIG(B)-'01
9	Skyler Fulton	WR	6-0	200	6/17/1982	1	Arizona State	Olympia, Wash.	FA-'06
10	Taco Wallace	WR	6-1	190	4/14/1981	2	Kansas State	Los Angeles, Calif.	FA-'06
11	David Greene	QB	6-3	226	6/22/1982	1	Georgia	Snellville, Ga.	D3(a)-'05
14	Tony Brown	WR	6-2	199	5/29/1981	1	Tennessee	Lauderdale Lakes, Fla.	FA-'06
15	Seneca Wallace	QB	5-11	196	8/6/1980	2	Iowa State	Sacramento, Calif.	D4(a)-'03
17	Maurice Mann	WR	6-1	190	9/14/1982	1	Nevada	Seaside, Calif.	FA-'05
18	D.J. Hackett	WR	6-2	199	7/3/1981	2	Colorado	Ontario, Calif.	D5-'04
19	Keenan Howry	WR	5-10	178	6/17/1981	4	Oregon	Los Alamitos, Calif.	FA-'06
21	Maurice Morris	RB	5-11	202	12/1/1979	5	Oregon	Chester, S.C.	D2(a)-'02
22	Jimmy Williams	CB	5-11	178	11/30/1982	R	Miami	Live Oak, Fla.	D1-'06
23	Jimmy Williams	CB	5-11	189	3/10/1979	6	Vanderbilt	Baton Rouge, La.	FA-'05
24	Marcus Trufant	CB	5-11	189	12/25/1980	4	Washington State	Tacoma, Wash.	D1-'03
24	Reggie Austin	CB	5-9	185	1/21/1977	4	Wake Forest	Atlanta, Ga.	FA-'06
25	Lance Frazier	CB	5-10	183	5/23/1981	2	West Virginia	Boynton Beach, Fla.	FA-'06
26	Ken Hamlin	FS	6-2	209	1/20/1981	4	West Virginia	Memphis, Tenn.	D2-'03
27	Jordan Baineaux	CB	6-0	200	8/31/1982	3	Arkansas	Fort Arthur, Texas	FA-'04
28	Michael Boulware	SS	6-3	223	9/7/1981	3	Florida State	Columbia, S.C.	D2-'04
29	Brandon Haw	CB	6-0	195	9/24/1980	1	Rutgers	Cheverly, Md.	FA-'05
30	Marquis Weeks	RB	5-10	216	10/2/1980	1	Virginia	Norristown, Pa.	FA-'05
31	Kelly Herndon	CB	5-10	180	11/3/1976	5	Toledo	Twinsburg, Ohio	RFA(Den)-'05
32	Mike Green	S	6-0	195	12/6/1976	7	Northwestern St. (La.)	Ruston, La.	T(CHi)-'06
33	Josh Scobey	RB	6-0	220	12/11/1979	4	Kansas State	Oklahoma City, Okla.	W(Ari)-'05
34	David Kirtman	FB	6-0	232	2/12/1983	R	USC	Mercer Island, Wa.	D5-'06
35	Etric Pruitt	FS	6-0	196	8/16/1981	3	Southern Mississippi	Theodore, Ala.	FA-'05
36	Ran Carthon	FB	6-0	218	2/10/1981	2	Florida	Miami, Fla.	FA-'06
37	Shaun Alexander	RB	5-11	225	8/30/1977	7	Alabama	Florence, Ky.	D1(a)-'00
38	Mack Strong	FB	6-0	245	9/11/1971	13	Georgia	Columbus, Ga.	FA-'93
39	Kevin Hobbs	CB	6-0	195	4/30/1983	R	Auburn	Tampa, Fla.	FA-'06
40	Oliver Celestine	FS	6-0	207	2/25/1981	3	Texas Southern	New Orleans, La.	FA-'06
41	Jimmy Dixon	RB	6-1	230	4/26/1982	1	Georgia Tech	Arlington, Texas	FA-'06
42	Shaunard Harts	S	6-0	210	8/4/1978	5	Boise State	Pittsburg, Calif.	FA-'06
43	Leonard Weaver	FB	6-0	251	9/23/1982	2	Carson-Newman	Melbourne, Fla.	FA-'05
44	Julian Peterson	LB	6-3	235	7/28/1978	7	Michigan State	Washington, D.C.	UFA(SF)-'06
45	Matt Henshaw	TE	6-4	248	3/17/1983	R	Florida State	Brentwood, Tenn.	FA-'06
46	Will Heller	TE	6-6	265	2/28/1981	4	Georgia Tech	Dunwoody, Ga.	UFA(TB)-'06
47	Brook Edwards	TE	6-4	255	11/13/1981	1	Texas	Fort Worth, Texas	FA-'06
48	Keith Willis	TE	6-6	264	12/14/1980	1	Virginia Tech	Norfolk, Va.	FA-'06
49	Mike Gomez	TE	6-6	240	4/23/1982	1	Illinois	Miami, Fla.	FA-'06
50	Cornelius Wortham	LB	6-1	236	1/25/1982	2	Alabama	Calhoun City, Miss.	D7(b)-'05
51	Lofa Tatupu	LB	6-0	238	11/15/1982	2	USC	Wrentham, Mass.	D2-'05
52	Jean-Philippe Darche	LS	6-0	246	2/28/1975	7	McGill	Montreal, Quebec	FA-'00
53	Niko Koutouvides	LB	6-2	238	3/25/1981	3	Purdue	Plainville, Conn.	D4-'04
54	D.D. Lewis	LB	6-1	241	1/8/1979	4	Texas	Houston, Texas	FA-'02
55	Darryl Tapp	DE	6-1	265	9/13/1984	R	Virginia Tech	Chesapeake, Va.	D2-'06
56	Leroy Hill	LB	6-1	229	9/14/1982	2	Clemson	Haddock, Ga.	D3(b)-'05
57	Kevin Bentley	LB	6-0	245	12/29/1979	5	Northwestern	Montclair, Calif.	UFA(Clev)-'05
58	Isaiah Kacyvenski	LB	6-1	252	10/3/1977	7	Harvard	Endicott, N.Y.	D4(b)-'06
59	Evan Benjamin	LB	6-0	225	1/29/1983	R	Washington	Redmond, Wa.	FA-'06
60	Pat Ross	C	6-3	301	3/16/1983	R	Boston College	Reading, Ohio	FA-'06
61	Robbie Tobeck	C	6-4	297	3/6/1970	13	Washington State	Tarpon Springs, Fla.	UFA(ATI)-'00
62	Chris Gray	G	6-4	308	6/19/1970	14	Auburn	Birmingham, Ala.	UFA(CHi)-'98
63	Lance Reynolds	C	6-2	305	6/17/1980	R	Brigham Young	Provo, Utah	FA-'06
65	Chris Spencer	C	6-3	309	3/28/1982	2	Mississippi	Madison, Miss.	D1-'05
66	William Henry	G	6-4	295	10/16/1981	1	Clemson	Greenville, S.C.	FA-'05
67	Rob Sims	G	6-3	307	12/6/1983	R	Ohio State	Macedonia, Ohio	D4-'06
68	Tom Ashworth	T/G	6-6	305	10/10/1977	4	Colorado	Macedonia, Ohio	UFA(NE)-'06
69	Joe Tafaya	DE	6-4	265	9/6/1978	5	Arizona	Centennial, Colo.	W(TB)-'05
70	Bolton, Jeff	C	6-4	325	12/3/1983	R	Arizona	Pittsburg, Calif.	FA-'06
71	Walter Jones	T	6-5	311	1/19/1974	10	Montana State	Hailey, Idaho	FA-'06
72	Kemp Rasmussen	DE	6-3	265	5/25/1979	5	Florida State	Hailey, Idaho	D1(b)-'97
73	Wright, Darrell	DE	6-4	255	12/30/1979	1	Florida State	Aliceville, Ala.	UFA(Car)-'06
74	Ray Willis	T	6-6	327	8/13/1982	2	Oregon	Port St. Lucia, Fla.	FA-'06
75	Sean Locklear	T	6-4	301	5/29/1981	3	Florida State	Angleton, Texas	D4-'05
76	John Syptak	DE	6-1	253	3/16/1984	R	North Carolina State	Lumberton, N.C.	D3-'04
77	Floyd Womack	T/G	6-4	333	11/15/1978	6	Rice	Bellville, Texas	FA-'06
78	Robert Pollard	DE	6-2	278	6/28/1981	1	Mississippi State	Cleveland, Miss.	D4(c)-'01
81	Nate Burleson	WR	6-0	192	8/19/1981	4	Texas Christian	Beaumont, Texas	FA-'05
82	Darrell Jackson	WR	6-0	201	12/6/1978	7	Nevada	Seattle, Wash.	RFA(Min)-'06
83	Peter Warrick	WR	5-11	195	6/19/1977	7	Florida	Tampa, Fla.	D3-'00
84	Bobby Engram	WR	5-10	188	1/7/1973	11	Florida State	Bradenton, Fla.	UFA-'05
86	Jerramy Stevens	TE	6-7	260	11/13/1979	5	Penn State	Camden, S.C.	UFA(CHi)-'01
87	Ben Obomaru	WR	6-0	203	10/30/1983	R	Washington	Olympia, Wash.	D1-'02
88	Itula Mili	TE	6-4	260	4/20/1973	8	Auburn	Selma, Ala.	D7(b)-'06
90	Marcus Tubbs	DE	6-3	324	5/16/1981	3	Brigham Young	Laie, Hawaii	D6-'97
91	Chuck Darby	DT	6-0	270	10/22/1975	5	Texas	DeSoto, Texas	D1-'04
92	Chris Cooper	DE	6-5	285	12/27/1977	6	South Carolina State	North, S.C.	UFA(TB)-'05
93	Craig Trill	DT	6-2	294	6/27/1980	3	Nebraska-Omaha	Rochester, Minn.	FA-'06
94	Bryce Fisher	DE	6-3	268	5/12/1977	6	Purdue	Lebanon, Ind.	D6-'04
95	Russell Davis	DT	6-4	306	3/28/1975	8	Air Force Academy	Renton, Wash.	UFA(STL)-'05
96	Lance Laury	DE	6-2	239	1/17/1982	R	North Carolina	Fayetteville, N.C.	UFA(Ari)-'06
97	Job Huceba	DE	6-4	252	5/20/1982	1	South Carolina	Hopkins, S.C.	FA-'06
98	Grant Wistrom	DE	6-4	272	7/3/1976	9	Arkansas	Searcy, Ark.	D5-'05
99	Rocky Bernard	DT	6-3	293	4/19/1979	5	Nebraska	Webb City, Mo.	UFA(STL)-'04
n/a	C.J. Jones	WR	5-11	195	9/20/1980	1	Texas A&M	Baytown, Texas	D5(a)-'02
							Iowa	Boynton Beach, Fla.	FA-'06

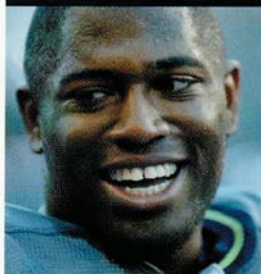
HOW BUILT

Year	By Draft	Trade/Waivers	Free Agents
2006	CB Kelly Jennings (1)	S Mike Green (T)	G Tom Ashworth
	DE Darryl Tapp (2)		CB Reggie Austin
	G Rob Sims (4)		LB Evan Benjamin
	FB David Kirtman (5)		C Jeff Bolton
	P Ryan Plackemeier (7a)		WR Nate Burleson
	WR Ben Obomanu (7b)		FB Ran Carthon
			S Oliver Celestine
			DE Chris Cooper
			DT Russell Davis
			RB Jimmy Dixon
			TE Brock Edwards
			CB Lance Frazier
			WR Skyler Fulton
			QB Gibran Hamdan
			S Shaunard Harts
			TE Will Heller
			G William Henry
		TE Matt Henshaw	
		CB Kevin Hobbs	
		WR Keenan Howry	
		WR C.J. Jones	
		K Ryan Killeen	
		LB Lance Laury	
		P Gabe Lindstrom	
		QB Travis Lulay	
		LB Julian Peterson	
		DE Kemp Rasmussen	
		C Lance Reynolds	
		CB Gerard Ross	
		C Pat Ross	
		DE John Syptak	
		WR Taco Wallace	
		TE Keith Willis	
		DE Darrell Wright	
2005	C Chris Spencer (1)	DE Joe Tafoya (W)	LB Kevin Bentley
	LB Lofa Tatupu (2)	RB Josh Scobey (W)	WR Tony Brown
	QB David Greene (3a)		DT Chuck Darby
	LB Leroy Hill (3b)		DE Bryce Fisher
	T Ray Willis (4)		TE Mike Gomez
	DE Jeb Huckeba (5)		S Brandon Haw
	LB Cornelius Wortham (7a)		CB Kelly Herndon
			WR Maurice Mann
			DE Robert Pollard
			S Etric Pruitt
		WR Peter Warrick	
		FB Leonard Weaver	
		RB Marquis Weeks	
		CB Jimmy Williams	
2004	DT Marcus Tubbs (1)		CB Jordan Babineaux
	S Michael Boulware (2)		DE Grant Wistrom
	T Sean Locklear (3)		
	LB Niko Koutouvides (4)		
	WR D.J. Hackett (5)		
	DT Craig Terrill (6)		
2003	CB Marcus Trufant (1)		
	S Ken Hamlin (2)		
	QB Seneca Wallace (4a)		
	K Josh Brown (7a)		
2002	TE Jerramy Stevens (1)		LB D.D. Lewis
	RB Maurice Morris (2a)		
	DE Rocky Bernard (5a)		
2001	T Floyd Womack (4c)	QB Matt Hasselbeck (T)	WR Bobby Engram
2000	RB Shaun Alexander (1a)		LS Jean-Philippe Darche
	WR Darrell Jackson (3)		C Robbie Tobeck
	LB Isaiah Kacyvenski (4b)		
1998			G Chris Gray
1997	T Walter Jones (1b)		
	TE Itula Mili (6)		
1993			FB Mack Strong



SHAUN A
SEATTLE
ASSOCIAT
N
MOST VALUA
20



SHAUN ALEXANDER**37**

Running Back 5-11 225
Alabama
7th NFL Season
7th Seahawks Season
1st Round (A) 2000
2005 Games/Starts: 16/16
Career Games/Starts: 96/76
August 30, 1977
Florence, Kentucky

2005: Turned in one of the finest seasons in NFL history earning NFL MVP honors, a third consecutive trip to the Pro Bowl and first selection as an All Pro. Started all 16 games and scored an NFL-record 28 touchdowns surpassing Priest Holmes' 2003 total of 27. Total of 168 points scored were the second-most in NFL history behind only Paul Hornung's 176 in 1960. Won the NFL's rushing title with a franchise record 1,880 yards which included club marks of 370 carries and a 5.1 yard per carry average. Yard total was the ninth-highest in NFL history. Had a club record 11 games with 100 or more yards rushing which propelled him to his franchise best fifth 1,000-yard season. Scored at least one touchdown in a club record nine consecutive games, and with four touchdowns versus Arizona (9/25) and Houston (10/16), joined Jim Taylor (1962) as the only players in NFL history to rush for four touchdowns twice in one season. During the season, became the Seahawks' career leader in rushing yards (7,817), attempts (1,717), and 100-yard games (33). Totaled 1,958 yards from scrimmage, second in the NFC (3rd NFL) and led the NFC (2nd NFL) with 110 total first downs. Converted all 16 third-and-1 rushing attempts. Named NFC Offensive Player of the Week 3 (vs. Arizona), Week 6 (vs. Houston), Week 9 (vs. Arizona), and NFC Offensive Player of the Month for November. Became the first player in NFL history to record 15 or more touchdowns five consecutive seasons, only the fourth player in NFL history to score 20 touchdowns in consecutive seasons, and fifth player to record 1,600 rushing yards in consecutive seasons. After gaining 73 yards on 14 carries in the opener at Jacksonville (9/11), turned in the first of six 140-plus yard performances in home opener versus Atlanta (9/18) with 144 yards and a touchdown. Rushed for 140 yards and four touchdowns versus Arizona (9/25). Totaled 119 yards and two touchdowns in win at St. Louis (10/9). Won NFC Offensive Player of the Week honors and helped team set club rushing record versus Houston (10/16) adding 141 yards and two touchdowns. Along with Maurice Morris' 104 yards, became only the third rushing tandem in

club history to top 100 yards in the same game. Became the franchise's all-time leading rusher versus Dallas (10/23) passing Chris Warren (6,706). Earned NFC Offensive Player of the Week for the third time with a season-high 173 yards at Arizona (11/6). Scored two touchdowns, including second career touchdown run of 88 yards versus the Cardinals. Carried the ball a season-high 33 times for 165 yards and three touchdowns versus St. Louis (11/13). Rushed for 115 yards and two touchdowns at San Francisco (11/20) and 110 yards and a touchdown on 31 carries versus the N.Y. Giants (11/27). Only played the first half in a 42-0 Monday Night Football win at snowy Philadelphia (12/5) toting the ball 19 times for 49 yards. Ran for 108 yards and a touchdown versus San Francisco (12/11) and 172 yards and a touchdown at Tennessee (12/18). Alexander tied the NFL record for most touchdowns in a season with three, including the only receiving touchdown of the season, versus Indianapolis (12/24) along with 139 yards. Broke the NFL's single-season touchdown record with his 28th on a 1-yard run at Green Bay (1/1/06) in just one half of action. In the postseason, started all three games totaling 236 yards and two touchdowns on 60 carries. Carried just six times in the Divisional Playoff game versus Washington (1/14/06) after suffering a concussion with 4:29 remaining in the first quarter. Returned to start the NFC Championship Game versus Carolina (1/22/06) and carried 34 times for 132 yards and two touchdowns. Carried 20 times for 95 yards in Super Bowl XL versus Pittsburgh (2/5/06) in Detroit.

**MOST TOTAL TDS
 THROUGH FIRST 96 GAMES**

Emmitt Smith	101
Shaun Alexander	100
Jim Brown	100
Jerry Rice	89

PRO: Only player in NFL history to record 15 or more touchdowns five consecutive seasons and is one of only two players (LaDainian Tomlinson) to record 10 or more rushing touchdowns in five consecutive seasons. Second to only Emmitt Smith (101) in NFL history with 100 total touchdowns through first 96 games played and ranks tied for 12th all time with 89 rushing touchdowns. Owns at least a share of 22 franchise career, season and single-game records. Owns club records for career rushing yards (7,817), attempts (1,717) and games with 100 or more yards rushing (33). The team is 28-5 when he rushes for 100 or more yards and is 23-1 when he rushed for two or more touchdowns in a game. Has nine consecutive games of 100 or more yards versus the NFC West. No player in NFL history has as many consecutive 100 yard games versus a division. Drafted with the 19th pick in the first round of the 2000 NFL draft, Alexander became the third running back to be taken in the first round by the Seahawks, following Curt Warner in 1983 and John L. Williams in 1986. He's also the 35th running back drafted by the Seahawks. **2000:** Saw action in all 16 games and started one in a reserve role during his rookie season. Served as Seattle's short-yardage back on third and fourth downs. Finished the season second on the team, behind Ricky Watters, rushing 64 times for 313 yards. His 4.9-yard average ranked second among rookie running backs. Average also ranks second among all-time Seahawks rookies (at least 50 attempts) behind Rick Mirer. Mirer had a 5.0 average on 68 carries for 343 yards in 1993. Alexander earned his first career start in a split backfield with Watters at Kansas City (10/2) and turned in his finest performance of the season. He rushed for season highs with 11 carries and 74 yards, which included 55 yards on six carries on a touchdown drive just before halftime to give Seattle

MOST TDS SINCE 2001

Alexander, S. (Sea)	98
Holmes, P. (KC)	83
Tomlinson, L. (SD)	80
Harrison, M. (Ind)	63
Owens, T. (Phi)	59

a 14-7 lead, a drive he capped with his first career touchdown run from 7 yards out. In the second meeting versus the Chiefs (10/29), he only carried the ball four times, but rolled off 53 yards, which included a career-long 50-yard burst on a fourth-and-1. Rushed for his second touchdown of the season on a 4-yard run versus Oakland (12/16). **2001:** Despite only starting 12 games, rushed for 1,318 yards on 309 attempts, the fifth-highest rushing total in team history while becoming just the fourth back to eclipse the 1000-yard mark joining Warner, Warren and Watters. Played in all 16 games, and earned the starting role after Watters injured his shoulder at Oakland (9/30), which snapped Watters' streak of 116 consecutive starts. Watters returned to the starting lineup versus Dallas (12/9), but suffered a broken ankle and was placed on injured reserve and Alexander started the three remaining games. Rushing total was the third-highest in the AFC (6th NFL), while his 4.3-yards per rush ranked third in the AFC (4th NFL) among backs with at least 300 carries. Led the NFL with 14 rushing touchdowns, just one shy of Warren's 1995 team record. Led the AFC and was tied for second in the NFL in non-kicker scoring with 96 points (Marshall Faulk 128/Terrell Owens 96) on 16 total touchdowns (14 rushing/2 receiving).

ALEXANDER'S NFL RECORD

Club	G/S	Att	Rushing				Receiving				
			Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2000 Seattle	16/1	64	313	4.9	50	2	5	41	8.2	18	0
2001 Seattle	16/12	309	1,318	4.3	88t	14	44	343	7.8	28t	2
2002 Seattle	16/16	295	1,175	4.0	58	16	59	460	7.8	80t	2
2003 Seattle	16/15	326	1,435	4.4	55	14	42	295	7.0	22	2
2004 Seattle	16/16	353	1,696	4.8	44	16	23	170	7.4	24	4
2005 Seattle	16/16	370	1,880	5.1	88t	27	15	78	5.2	9	1
NFL TOTALS	96/76	1,717	7,817	4.6	88t	89	188	1,387	7.4	80t	11

POSTSEASON

Club	G/S	Att	Rushing				Receiving				
			Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2003 Seattle	1/1	20	45	2.3	17	3	1	1	1.0	1	0
2004 Seattle	1/1	15	40	2.7	9	0	1	25	25.0	25	0
2005 Seattle	3/3	60	236	3.9	21	2	3	2	0.7	4	0
NFL TOTALS	5/5	95	321	3.4	21	5	5	28	5.6	25	0

ALL-TIME RUSHING TD LEADERS

Player	TDs	Yrs
1. Emmitt Smith	164	15
2. Marcus Allen	123	16
3. Walter Payton	110	13
4. Jim Brown	106	9
5. John Riggins	104	14
6. Marshall Faulk*	100	12
7. Barry Sanders	99	10
8. Franco Harris	91	13
Jerome Bettis	91	12
10. Eric Dickerson	90	11
Curtis Martin*	90	11
12. Shaun Alexander*	89	6
13. Priest Holmes	86	9
14. Jim Taylor	83	10
15. Ottis Anderson	81	14

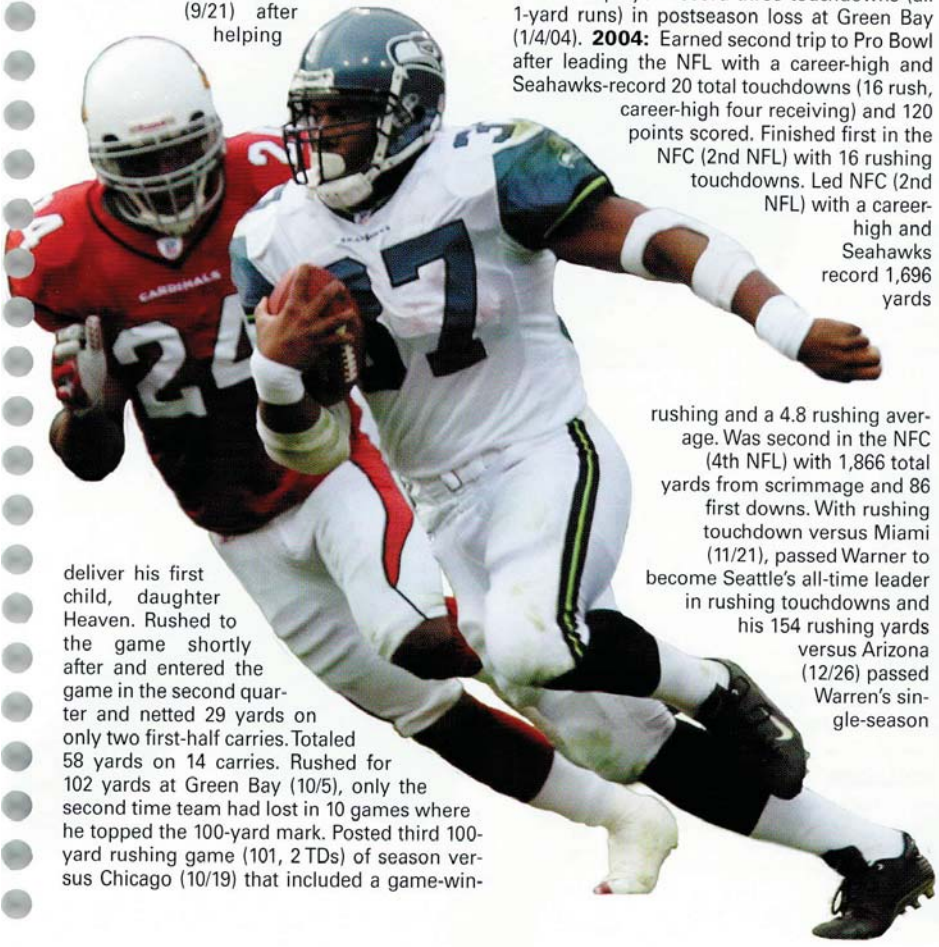
* Active

Marked the first time that a Seahawks player led the AFC in non-kicker scoring and rushing touchdowns since 1978, when David Sims led the entire league with 90 points and 14 touchdowns. Sixteen combined touchdowns tied a team record established by Warren in 1995, and became the first Seahawks player to lead the conference in total touchdowns since Derrick Fenner scored 15 in 1990. Ranked third in the AFC (6th NFL) with 1,661 total yards from scrimmage, and ranked sixth in the AFC with 76 first downs. Finished second on the team with 44 receptions for 343 yards and two touchdowns. Earned second AFC Offensive Player of the Week award after one of the best games in NFL history versus the Oakland Raiders (11/11), rushing for a franchise-record 266 yards on 35 carries, second-most in team history, with three touchdowns. Performance was the fourth-highest total in NFL history and best since Corey Dillon set the league rushing standard in 2000 with 278 yards which broke Walter Payton's 23-year record of 275. O.J. Simpson recorded 273 in 1976. Three touchdowns were the most in one game since Warren rushed for three versus Denver on October 1, 1995. Had an 88-yard touchdown run which ranks as the longest offensive touchdown from scrimmage in team annals. First start of the season came versus Jacksonville (10/7) and rushed 31 times for 176 yards and two touchdowns while earning his first AFC Offensive Player of the Week award. Total was the sixth-highest on the team's rushing charts. Rushed for 142 yards the following week versus Denver (10/14) on 33 carries and had two touchdowns, including a 60-yard scor-

ing run. Versus Miami (10/28), carried 23 times for 87 yards. Although he only totaled 60 yards on 13 carries at Washington (11/4), had a 41-yard touchdown run. Registered 93 yards and a touchdown on 25 carries at Buffalo (11/18). Had 87 yards on 29 carries in overtime victory versus San Diego (12/2), including six carries for 29 yards in overtime which led to the game-winning field goal. Split time with Watters at Denver (12/9) and replaced him after Watters (ankle) got the start versus Dallas (12/16). At New York versus the Giants (12/23), rushed for 96 yards and a touchdown (from 29 yards out) on 28 carries and had one receiving touchdown for his fourth multi-touchdown game of the season. Rushed for 127 yards, including a 44-yard touchdown, on 20 carries in the season finale versus Kansas City (1/6/02). **2002:** Started all 16 games at running back en route to rushing for an NFC leading (2nd NFL) and franchise-record 16 touchdowns, eclipsing his own mark of 15 he tied with Warren in 2001. Also led the NFC (2nd NFL) and set a team record with 18 combined touchdowns and in non-kicker scoring with 108 points. Rushed for 1,175 yards on 295 carries (4.0 avg.). Yard total ranked fifth in the NFC while he ranked fourth in total yards from scrimmage with 1,635. Had a career-high 59 receptions, which ranked third among NFC running backs, for 460 yards. Finished second in the NFC with 80 first downs. Combined for 110 yards on 44 carries in the first three games at Oakland (9/8), versus Arizona (9/15) and at the N.Y. Giants (9/22). Got on track versus Minnesota (9/29) rushing for 139 yards on 24 carries and scoring a career-high and franchise-record five touchdowns (career-high four rushing, one receiving). All scores were in the first half to set an NFL-record for most touchdowns in one half. Five touchdowns were also the second-most in NFL history to tie with nine others. Four rushing scores tied for the most in Seahawks history (Warner vs. Denver, 12/11/88). Also had three receptions for a career-high 92 yards, including an 80-yard touchdown. Became one of only two players (Joey Galloway) in team history to record at least one touchdown rushing and receiving of 80 yards or longer. Carried 25 times for 96 yards and a touchdown versus San Francisco (10/14). Rushed for two touchdowns at Dallas (10/27) and at Arizona (11/10). Totaled a season-high 145 yards versus Kansas City (11/24) with two touchdowns. Tied a career-high with eight receptions for 77 yards at San Francisco (12/1). Rushed for 123 yards in a 27-20 loss versus Philadelphia (12/8), the first game he'd lost when rushing for at least 100 yards. Had the game-winning touchdown in overtime at Atlanta (12/15) on a 27-yard scoot, one of two touchdowns on the day in a 127-yard performance. Also had two rushing scores the following week versus St. Louis (12/22). **2003:**

Earned first trip to Pro Bowl after rushing for career-high 1,435 yards and scoring 16 touchdowns. Yard total ranked fourth in the NFC and was the highest since Warren's 1994 team record (1,545). Sixteen touchdowns ranked second in club history, tying his own 2001 total and Warren (1995), and two shy of team-record (18) Alexander set in 2002. Fourteen rushing scores were second in the NFC. Moved into third place in club record book with 52 career touchdowns after beginning the season tied for sixth with Daryl Turner (36). Tied Warner and Warren for second-most 100-yard games in a season with seven, including 100-yard performances in four of final seven games. Warren rushed for at least 100 yards eight times in 1995. Finished third in the NFC with 1,730 total yards from scrimmage (1,435 rush/295 receiving), and ranked second in NFC to only Ahman Green (115) with 95 first downs. Opened the season with 124 total yards (108 rushing/16 receiving) and two touchdowns (1 rushing/1 receiving) versus the Saints (9/7) helping Seattle to their first home opening victory since 1998. Scored once at Arizona (9/14) on a 2-yard run. Snapped a string of 34 consecutive starts versus St. Louis

(9/21) after helping



deliver his first child, daughter Heaven. Rushed to the game shortly after and entered the game in the second quarter and netted 29 yards on only two first-half carries. Totaled 58 yards on 14 carries. Rushed for 102 yards at Green Bay (10/5), only the second time team had lost in 10 games where he topped the 100-yard mark. Posted third 100-yard rushing game (101, 2 TDs) of season versus Chicago (10/19) that included a game-win-

ning, 25-yard scamper with :58 remaining in the game. Led team with seven catches (52 yards), including a touchdown at Cincinnati (10/27). Rushed 22 times for 94 yards and a touchdown at Washington (11/9). Recorded fourth 100-yard game of season (110) versus Detroit (11/16) that included a touchdown and season-long 55-yard run. Carried season-high 27 times versus Cleveland (11/30) totaling 127 yards and a touchdown. Game marked first time in franchise history team had a 100-yard rusher, 300-yard passer (Hasselbeck-328), and two 100-yard receivers (Koren Robinson-122, Darrell Jackson-102). Carried 15 times for 56 yards and 10th touchdown of season at Minnesota (12/7). Rushed for 126 yards at St. Louis (12/14), including 49th career touchdown moving him into third place all-time ahead of Warren. Posted 13th career multi-touchdown game versus Arizona (12/21) on season-high 135 yards rushing. Helped Seattle seal playoff berth at San Francisco (12/27) with a touchdown and 133 yards from scrimmage. Rushed for 84 yards, including 75 in second half and 59 in final quarter. Rushed 20 times for 45 yards with club playoff-record three touchdowns (all 1-yard runs) in postseason loss at Green Bay (1/4/04). **2004:** Earned second trip to Pro Bowl after leading the NFL with a career-high and Seahawks-record 20 total touchdowns (16 rush, career-high four receiving) and 120 points scored. Finished first in the NFC (2nd NFL) with 16 rushing touchdowns. Led NFC (2nd NFL) with a career-high and Seahawks record 1,696 yards

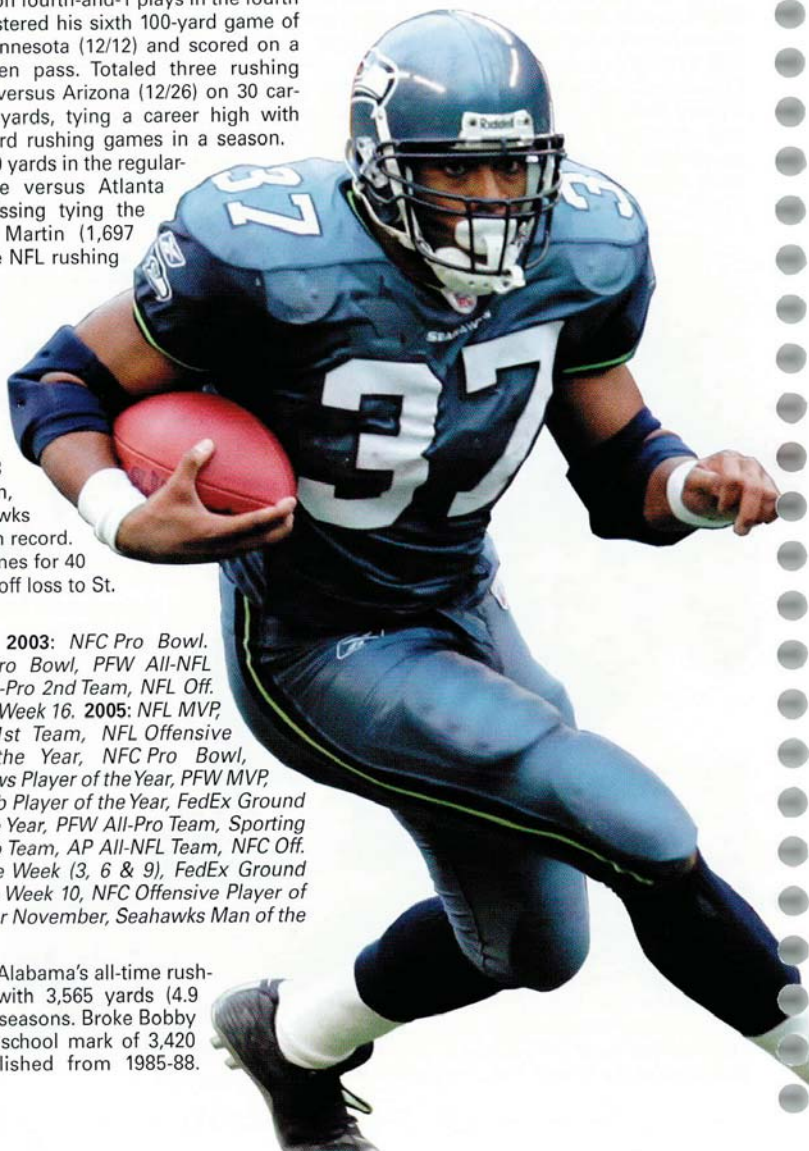
rushing and a 4.8 rushing average. Was second in the NFC (4th NFL) with 1,866 total yards from scrimmage and 86 first downs. With rushing touchdown versus Miami (11/21), passed Warner to become Seattle's all-time leader in rushing touchdowns and his 154 rushing yards versus Arizona (12/26) passed Warren's single-season

rushing record (1,545 yards). Rushed for 135 yards on 28 carries in season opener at New Orleans (9/12) and posted three touchdowns (two rush, one receiving). Totaled fifth-career, three-touchdown game (two rush, one receiving) versus San Francisco (9/26). Totaled 150 rushing yards and a touchdown versus St. Louis (10/10). Versus Carolina (10/31), carried the ball more than 30 times for the fourth time in career, totaling 32 carries for season-high 195 yards and a touchdown. Also added a receiving touchdown. Rushed for 160 yards and two touchdowns on 26 carries at San Francisco (11/7). Posted third-straight 100-yard game with 176 yards on 22 carries at St. Louis (11/14). Tacked on two more rushing touchdowns versus Dallas (12/6). Both scores (1 yard and 32 yards) came on fourth-and-1 plays in the fourth quarter. Registered his sixth 100-yard game of season at Minnesota (12/12) and scored on a 12-yard screen pass. Totaled three rushing touchdowns versus Arizona (12/26) on 30 carries for 154 yards, tying a career high with seven 100-yard rushing games in a season. Rushed for 80 yards in the regular-season finale versus Atlanta (1/2) just missing tying the Jets' Curtis Martin (1,697 yards) for the NFL rushing lead. Scored 16th rushing touchdown, tying his Seahawks record (2002), and 19 carries gave him 353 on the season, also a Seahawks single-season record. Carried 15 times for 40 yards in playoff loss to St. Louis (1/8).

HONORS: 2003: *NFC Pro Bowl*. 2004: *NFC Pro Bowl, PFW All-NFL Team, AP All-Pro 2nd Team, NFL Off. Player of the Week 16*. 2005: *NFL MVP, AP All-Pro 1st Team, NFL Offensive Player of the Year, NFC Pro Bowl, Sporting News Player of the Year, PFW MVP, Maxwell Club Player of the Year, FedEx Ground Player of the Year, PFW All-Pro Team, Sporting News All-Pro Team, AP All-NFL Team, NFC Off. Player of the Week (3, 6 & 9), FedEx Ground Player of the Week 10, NFC Offensive Player of the Month for November, Seahawks Man of the Year*.

COLLEGE: Alabama's all-time rushing leader, with 3,565 yards (4.9 avg.) in four seasons. Broke Bobby Humphrey's school mark of 3,420 yards established from 1985-88.

Also set school records with 727 rushing attempts, 15 100-yard games, 41 rushing touchdowns and 50 total touchdowns. Overall, he left the Crimson Tide holding 15 school records and three Southeastern Conference marks. Named first-team All-SEC after rushing for 1,383 yards on 302 attempts and 19 touchdowns as a senior. Averaged 125.73 yards per game. SEC Offensive Player of the Year as voted on by the coaches and was a finalist for the Doak Walker Award. Had two kickoff returns for 90 yards, including a touchdown. His 19 touchdowns established a conference record. Reached 1,000 yards on the ground in the seventh game, the fastest of any 'Bama player. Finished college career with 161 yards on 25 carries with three touchdowns versus Michigan in the Orange Bowl. As a junior, earned All-SEC selec-



tion after rushing for 1,178 yards on 258 carries with 13 touchdowns. Averaged 107.09 yards in 11 games. Picked up 206 yards on 20 rushing attempts and three scores versus Vanderbilt. Played in nine games as a reserve during sophomore season. Rushed for 415 yards on 90 carries (4.6 avg.) and three touchdowns. Played in 11 games and gained 589 yards on 77 carries (7.6) and six touchdowns as a freshman.

PERSONAL: Gatorade Circle of Champions Kentucky Player of the Year, *Parade* and *USA Today* All-American at Boone County (Ky.) High. Ranks fifth on the prep national career-record

list with 110 touchdowns and ninth with 6,657 yards. Rushed for 3,166 yards and 54 touchdowns as a prep senior. Earned a degree in Marketing in 1999 and is pursuing a second undergraduate degree in Advertising. Academic All-SEC as a senior. Brother, Durran, played drums in the University of Notre Dame Marching Band. Born August 30, 1977, in Florence, Kentucky. Married his wife, Valerie, on May 18, 2002, and saw birth of first child, daughter Heaven, on September 21, 2003. Daughter, Trinity, was born on July 28, 2005, one day before the opening of training camp.

ALEXANDER'S SINGLE-GAME HIGHS

Rushes: 35 vs. Oakland (11/11/01)
Yards: 266 vs. Oakland (11/11/01)
Longest, no TD: 58 vs. Philadelphia (12/8/02)
Longest, TD: 88 vs. Oakland (11/11/01)
 at Arizona (11/6/05)
TDs: 4 3Times, Last vs. Houston (10/16/05)

Receptions: 8 2Times, Last at SF (12/1/02)
Yards: 92 vs. Minnesota (9/29/02)
 at Oakland (9/30/01)
Longest, no TD: 25 vs. Minnesota (9/29/02)
Longest, TD: 80 vs. Minnesota (9/29/02)
TDs: 1 11Times, Last vs. Indianapolis (12/24/05)

ALEXANDER'S VS. THE NFL

	-----Rushing-----								-----Receiving-----					----Record----		
	G	Att	Yds	Avg	LG	TD	100	Rec	Yds	Avg	LG	TD	W	L	T	
Arizona	8	150	797	5.3	88t	14	4	10	66	6.6	11	0	6	2	0	
Atlanta	4	78	356	4.6	29	4	2	5	41	8.2	15	0	4	0	0	
Baltimore	1	22	72	3.3	12	0	0	1	0	0.0	0	0	0	1	0	
Buffalo	3	43	174	4.0	21	1	0	4	15	3.8	12	0	1	2	0	
Carolina	2	33	195	5.9	44	1	1	3	13	4.3	8	1	1	1	0	
Chicago	1	21	101	4.8	25t	2	1	4	21	5.3	7	0	1	0	0	
Cincinnati	1	20	86	4.3	23	0	0	7	52	7.4	16	1	0	1	0	
Cleveland	2	31	130	4.2	21	1	1	2	10	5.0	6	0	2	0	0	
Dallas	4	72	229	3.2	32t	5	0	10	59	5.9	15	0	3	1	0	
Denver	5	60	205	3.4	60t	2	1	10	51	5.1	19	0	1	4	0	
Detroit	1	20	110	5.5	55	1	1	5	27	5.4	11	0	1	0	0	
Green Bay	2	40	175	4.4	18	2	1	3	13	4.3	12	0	0	2	0	
Houston	1	22	141	6.4	23t	4	1	1	1	1.0	1	0	1	0	0	
Indianapolis	2	26	159	6.1	25	2	1	1	6	6.0	6	1	1	1	0	
Jacksonville	3	48	262	5.5	36	2	1	2	15	7.5	15	0	2	1	0	
Kansas City	5	71	442	6.2	50	4	2	16	119	7.4	28t	1	2	3	0	
Miami	3	54	188	3.5	16	1	0	1	9	9.0	9	0	1	2	0	
Minnesota	3	65	307	4.7	43	5	2	5	112	22.4	80t	2	2	1	0	
New England	1	16	77	4.8	13	1	0	2	30	15.0	24	0	0	1	0	
New Orleans	3	57	262	4.6	27	3	2	6	68	11.3	18	2	3	0	0	
N.Y. Giants	3	73	243	3.3	29t	2	1	6	48	8.0	16t	1	1	2	0	
N.Y. Jets	1	19	77	4.1	16	0	0	4	19	4.8	11	0	0	1	0	
Oakland	5	69	353	5.1	88t	5	1	14	109	7.8	25	1	2	3	0	
Philadelphia	3	39	178	4.6	58	2	1	3	8	2.7	9	0	1	2	0	
Pittsburgh	1	20	48	2.4	14	1	0	3	19	6.3	10	0	1	0	0	
St. Louis	9	183	921	5.0	41	9	5	13	70	5.4	16	0	4	5	0	
San Diego	5	74	227	3.1	14	2	0	7	46	6.6	17	0	5	0	0	
San Francisco	8	174	766	4.4	42	9	3	27	246	9.1	22	1	6	2	0	
Seattle	0	0	0	0.0	0	0	0	0	0	0.0	0	0	0	0	0	
Tampa Bay	1	17	45	2.6	12	0	0	0	0	0.0	0	0	1	0	0	
Tennessee	1	26	172	6.6	52	1	1	0	0	0.0	0	0	1	0	0	
Washington	4	74	319	4.3	41t	3	0	13	94	7.2	19	0	0	4	0	
TOTALS	96	1,717	7,817	4.6	88t	89	33	188	1,387	7.4	80t	11	54	42	0	

ALEXANDER'S GAME-BY-GAME

2000	Opponent	Rushing					Receiving					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
09/06	at Miami	2	5	2.5	5	0	0	0	0.0	0	0	5	L
09/10	St. Louis	3	18	6.0	10	0	0	0	0.0	0	0	18	L
09/17	New Orleans	5	19	3.8	9	0	2	21	10.5	18	0	40	W
09/24	at San Diego	3	19	6.3	9	0	0	0	0.0	0	0	19	W
10/02	at Kansas City	11	74	6.7	17	1	2	13	6.5	11	0	87	L
10/08	at Carolina	1	0	0.0	0	0	0	0	0.0	0	0	0	L
10/15	Indianapolis	5	20	4.0	7	0	0	0	0.0	0	0	20	L
10/22	at Oakland	9	29	3.2	12	0	0	0	0.0	0	0	29	L
10/29	Kansas City	4	53	13.3	50	0	1	7	7.0	7	0	60	L
11/05	San Diego	4	-5	-1.3	2	0	0	0	0.0	0	0	-5	W
11/12	at Jacksonville	3	13	4.3	6	0	0	0	0.0	0	0	13	W
11/19	Bye Week												
11/26	Denver	3	1	0.3	1	0	0	0	0.0	0	0	1	L
12/03	at Atlanta	3	5	1.7	2	0	0	0	0.0	0	0	5	W
12/10	at Denver	1	16	16.0	16	0	0	0	0.0	0	0	16	L
12/16	Oakland	2	4	2.0	4	1	0	0	0.0	0	0	4	W
12/23	Buffalo	5	42	8.4	17	0	0	0	0.0	0	0	42	L
2000 Season Totals (16/1)		64	313	4.9	50	2	5	41	8.2	18	0	354	6-10

2001	Opponent	Rushing					Receiving					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
09/09	at Cleveland	4	3	0.8	8	0	0	0	0.0	0	0	3	W
09/23	Philadelphia	3	6	2.0	4	0	0	0	0.0	0	0	6	L
09/30	at Oakland	10	18	1.8	5	1	7	66	9.4	25	0	84	L
10/07	Jacksonville	31	176	5.7	23	2	2	15	7.5	15	0	191	W
10/14	Denver	33	142	4.3	60t	2	2	24	12.0	19	0	166	W
10/21	Bye Week												
10/28	Miami	23	87	3.8	11	0	1	9	9.0	9	0	96	L
11/04	at Washington	13	60	4.6	41t	1	4	42	10.5	18	0	102	L
11/11	Oakland	35	266	7.6	88t	3	1	7	7.0	7	0	273	W
11/18	at Buffalo	25	93	3.7	21	1	4	15	3.8	12	0	108	W
11/25	at Kansas City	13	43	3.3	15	0	6	62	10.3	28t	1	105	L
12/02	San Diego	29	87	3.0	12	1	4	14	3.5	6	0	101	W
12/09	at Denver	12	28	2.3	10	0	2	4	2.0	3	0	32	L
12/16	Dallas	7	27	3.9	9	1	0	0	0.0	0	0	27	W
12/23	at N.Y. Giants	28	96	3.4	29t	1	3	36	12.0	16t	1	132	L
12/30	at San Diego	23	59	2.6	8	0	2	18	9.0	17	0	77	W
01/06/02	Kansas City	20	127	6.4	44t	1	6	31	5.2	17	0	158	W
2001 Season Totals (16/12)		309	1,318	4.3	88t	14	44	343	7.8	28t	2	1,661	9-7

2002	Opponent	Rushing					Receiving					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
09/08	at Oakland	13	36	2.8	9	0	6	36	6.0	11t	1	72	L
09/15	Arizona	17	37	2.2	13	0	6	46	7.7	11	0	83	L
09/22	at N.Y. Giants	14	37	2.6	9	0	2	8	4.0	8	0	45	L
09/29	Minnesota	24	139	5.8	43	4	3	92	30.7	80t	1	231	W
10/06	Bye Week												
10/14	San Francisco	25	96	3.8	42	1	4	25	6.3	9	0	121	L
10/21	at St. Louis	12	30	2.5	9	0	1	16	16.0	16	0	46	L
10/28	at Dallas	23	58	2.5	10	2	7	38	5.4	15	0	96	W
11/03	Washington	19	67	3.5	16	0	8	48	6.0	19	0	115	L
11/10	at Arizona	12	42	3.5	16	2	1	2	2.0	2	0	44	W
11/17	Denver	11	18	1.6	4	0	6	23	3.8	10	0	41	L
11/24	Kansas City	23	145	6.3	46t	2	1	6	6.0	6	0	151	W
12/01	at San Francisco	16	74	4.6	20	0	8	77	9.6	16	0	151	L
12/08	Philadelphia	17	123	7.2	58	0	3	8	2.7	9	0	131	L
12/15	at Atlanta	28	127	4.5	27t	2	1	15	15.0	15	0	142	W
12/22	St. Louis	26	79	3.0	25	2	1	6	6.0	6	0	85	W
12/29	at San Diego	15	67	4.5	14	1	1	14	14.0	14	0	81	W
2002 Season Totals (16/16)		295	1,175	4.0	58	16	59	460	7.8	80t	2	1,635	7-9

2003	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
09/07	New Orleans	24	108	4.5	15	1	2	16	8.0	10t	1	124	W
09/14	at Arizona	13	51	3.9	11	1	2	11	5.5	6	0	62	W
09/21	St. Louis	14	58	4.1	17	0	3	8	2.7	7	0	66	W
09/28	Bye Week												
10/05	at Green Bay	20	102	5.1	18	1	3	13	4.3	12	0	115	L
10/12	San Francisco	22	77	3.5	13	0	3	46	15.3	22	0	123	W
10/19	Chicago	21	101	4.8	25t	2	4	21	5.3	7	0	122	W
10/26	at Cincinnati	20	86	4.3	23	0	7	52	7.4	16	1	138	L
11/02	Pittsburgh	20	48	2.4	14	1	3	19	6.3	10	0	67	W
11/09	at Washington	22	94	4.3	17	1	0	0	0.0	0	0	94	L
11/16	Detroit	20	110	5.5	55	1	5	27	5.4	11	0	137	W
11/23	at Baltimore	22	72	3.3	12	0	1	0	0.0	0	0	72	L
11/30	Cleveland	27	127	4.7	21	1	2	10	5.0	6	0	137	W
12/07	at Minnesota	14	56	4.0	15	1	1	8	8.0	8	0	64	L
12/14	at St. Louis	25	126	5.0	35	1	2	8	4.0	5	0	134	L
12/21	Arizona	21	135	6.4	44t	2	1	7	7.0	7	0	142	W
12/27	at San Francisco	21	84	4.0	23	1	3	49	16.3	20	0	133	W
2003 Season Totals (16/15)		326	1,435	4.4	55	14	42	295	7.0	22	2	1,730	10-6
01/04/04	at Green Bay	20	45	2.3	17	3	1	1	1.0	1	0	46	L
2003 Playoff Totals (1/1)		20	45	2.3	17	3	1	1	1.0	1	0	46	0-1

2004	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
09/12	at New Orleans	28	135	4.8	27	2	2	31	15.5	17	1	166	W
09/19	at Tampa Bay	17	45	2.6	12	0	0	0	0.0	0	0	45	W
09/26	San Francisco	19	52	2.7	22	2	4	22	5.5	11	1	74	W
10/03	Bye Week												
10/10	St. Louis	23	150	6.5	41	1	1	4	4.0	4	0	154	L
10/17	at New England	16	77	4.8	13	1	2	30	15.0	24	0	107	L
10/24	at Arizona	12	65	5.4	34	0	0	0	0.0	0	0	65	L
10/31	Carolina	32	195	6.1	44	1	3	13	4.3	8	1	208	W
11/07	at San Francisco	26	160	6.2	22	2	0	0	0.0	0	0	160	W
11/14	at St. Louis	22	176	8.0	35	0	1	3	3.0	3	0	179	L
11/21	Miami	29	96	3.3	16	1	0	0	0.0	0	0	96	W
11/28	Buffalo	13	39	3.0	13	0	0	0	0.0	0	0	39	L
12/06	Dallas	21	83	4.0	32t	2	3	21	7.0	8	0	104	L
12/12	at Minnesota	27	112	4.1	22	0	1	12	12.0	12t	1	124	W
12/19	at N.Y. Jets	19	77	4.1	16	0	4	19	4.8	11	0	96	L
12/26	Arizona	30	154	5.1	23t	3	0	0	0.0	0	0	154	W
01/02/05	Atlanta	19	80	4.2	29	1	2	15	7.5	9	0	95	W
2004 Season Totals (16/16)		353	1,696	4.8	44	16	23	170	7.4	24	4	1,866	9-7
01/08/05	St. Louis	15	40	2.7	9	0	1	25	25.0	25	0	65	L
2004 Playoff Totals (1/1)		15	40	2.7	9	0	1	25	25.0	25	0	65	0-1

2005	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
09/11	at Jacksonville	14	73	5.2	36	0	0	0	0.0	0	0	73	L
09/18	Atlanta	28	144	5.0	17	1	2	11	5.5	7	0	155	W
09/25	Arizona	22	140	6.4	45	4	0	0	0.0	0	0	140	W
10/02	at Washington	20	98	4.9	34	1	1	4	4.0	4	0	102	L
10/09	at St. Louis	25	119	4.8	18t	2	3	16	5.3	6	0	135	W
10/16	Houston	22	141	6.4	23t	4	1	1	1.0	1	0	142	W
10/23	Dallas	21	61	2.9	11	0	0	0	0.0	0	0	61	W
10/30	Bye Week												
11/06	at Arizona	23	173	7.5	88t	2	0	0	0.0	0	0	173	W
11/13	St. Louis	33	165	5.0	37	3	1	9	9.0	9	0	174	W
11/20	at San Francisco	24	115	4.8	40	2	1	7	7.0	7	0	122	W
11/27	N.Y. Giants	31	110	3.5	20	1	1	4	4.0	4	0	114	W
12/05	at Philadelphia	19	49	2.6	18	2	0	0	0.0	0	0	49	W
12/11	San Francisco	21	108	5.1	16	1	4	20	5.0	8	0	128	W
12/18	at Tennessee	26	172	6.6	52	1	0	0	0.0	0	0	172	W
12/24	Indianapolis	21	139	6.6	25	2	1	6	6.0	6t	1	145	W
01/01/06	at Green Bay	20	73	3.7	12	1	0	0	0.0	0	0	73	L
2005 Season Totals (16/16)		370	1,880	5.1	88t	27	15	78	5.2	9	1	1,958	13-3
01/14/06	Washington	6	9	1.5	5	0	0	0	0.0	0	0	9	W
01/22/06	Carolina	34	132	3.9	18	2	1	0	0.0	0	0	132	W
02/05/06	Pittsburgh	20	95	4.9	21	0	2	2	1.0	4	0	97	L
2005 Playoff Totals (3/3)		60	236	3.9	21	2	3	2	0.7	4	0	238	2-1
Career Totals (80/60)		1,717	7,817	4.6	88t	89	188	1,387	7.4	80t	11	9,204	54-42
Playoff Totals (5/5)		95	321	3.4	21	5	5	28	5.6	25	0	349	2-3

TOM ASHWORTH

68



Guard/Tackle 6-6 305
 Colorado
 4th NFL Season
 1st Seahawks Season
 UFA 2006 (New England)
 2005 Games/Starts: 14/11
 Career Games/Starts: 37/30
 October 10, 1977
 Centennial, Colorado

2005: Started eight games at right tackle, two games at left tackle and one contest at tight end. Grabbed first career reception and first career touchdowns on a 1-yard toss from Tom Brady in the Patriots' 28-0 shutout victory over Tampa Bay (12/17). Saw action in a reserve role at tight end, tackle and fullback in the Patriots' 28-3 AFC Wild Card victory over the Jaguars (1/7/06) and started at left tackle the following week at Denver (1/14/06). Helped protect Tom Brady from being sacked and pass for 341 yards.

PRO: Signed as an unrestricted free agent by the Seahawks March 27, 2006. Originally signed as an undrafted free agent by the San Francisco 49ers (4/27/01) and was released following training camp. Then signed to the Patriots' practice squad on September 4, 2001.

2002: Participated in reserve action at tight end in his first NFL game at Miami (10/6). Was inactive other 15 games. **2003:** Played in all 16 games and started the final 13 contests at right tackle. Made first career start at right tackle against Washington (9/28). Started all three postseason games during the Patriots' run to a Super Bowl XXXVIII victory over the Carolina

Panthers. Part of an offensive line that did not allow a sack in the postseason. **2004:** Started the first six games at right tackle before being placed on injured reserve (11/6).

COLLEGE: Played in all 45 games during career at Colorado. Started all 11 games for the Buffaloes at tackle as a senior and saw action in 774 of 775 offensive plays. Began junior year as a tight end, then switched to tackle in the fifth game of the season. Started 12 games as a tight end as a sophomore and caught 10 passes for 135 yards and returned two kickoffs for 31 yards. Saw action at tight end and on special teams as a freshman.

PERSONAL: Born on October 10, 1977, in Denver. Played both football and baseball at Cherry Creek High in Englewood, Colorado. Earned Blue Chip All-America honors and was selected first-team all-state as a senior. Started two years at left tackle and won the 5-A state championship in junior and senior seasons. Tom and wife Julia have one child, Brody (1/12/04). Graduated from the University of Colorado with a business degree.

ASHWORTH'S NFL RECORD

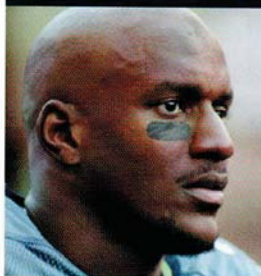
Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
2001	NE	—	Practice Squad	2004	NE	6/6	0/0
2002	NE	—	1/0	2005	NE	14/11	2/1
2003	NE	—	16/13	3/3	NFL TOTALS	37/30	
				POSTSEASON			5/4

SUPER SEASON

En route to Super Bowl XL, Seattle set a club record for most victories in a season (13), consecutive victories (11), and finished undefeated at Qwest Field for the second time in three seasons.

JORDAN BABINEAUX

27



Cornerback 6-0 200
Southern Arkansas
3rd NFL Season
3rd Seahawks Season
FA 2004
2005 Games/Starts: 16/4
Career Games/Starts: 22/4
August 31, 1982
Port Arthur, Texas

2005: Started four of 16 games and finished third on the team with 17 special teams tackles. Served primarily as the team's cornerback in nickel and dime situations and totaled 58 tackles and three interceptions. Had a hand in two game-saving and game-winning plays during the regular season. First came at St. Louis (10/9) when he forced Shaun McDonald to fumble late in the fourth quarter on a punt return that allowed Seattle to run out the clock. Saved another game when he intercepted Drew Bledsoe versus Dallas (10/23) and returned it 25 yards to the Cowboys' 32-yard line with :05 remaining in the game. Josh Brown then kicked the game-winning field goal as time ran out. Started the final four games of the season with injuries to Andre Dyson (ankle) and Kelly Herndon (knee). Posted a career high 12 tackles versus Indianapolis (12/24). Saw action in all three postseason games, starting in the Divisional matchup versus Washington (1/14/06).

PRO: Originally signed with the Seahawks as an undrafted free agent April 29 following the 2004 NFL Draft. Signed to the Seahawks' practice squad following training camp before signing to the active roster November 26. **2004:** Saw action in the final six games and the playoff game versus St. Louis (1/8) after spending the first 11 weeks on the Seahawks' practice squad. Totaled three defensive tackles and five special teams

stops. Had one defensive and one special teams tackle in the playoff game.

COLLEGE: The Mulieriders cornerback played in 39 games in his career at SAU, made 213 tackles (127 solo), three sacks, 10 interceptions returned for 124 yards, 20 passes defended, recovered six fumbles, forced two fumbles and also returned 17 kickoffs for 487 yards and two touchdowns, including a 100-yard return. Had a standout senior year, earning Dopke.com first-team All-America kick returner, Dopke.com Division II National Special Teams Performer of the Year, D2Football.com second-team All-America defensive back, Daktronics second-team All-America cornerback, *Football Gazette* second-team All-America cornerback, Daktronics first-team All-South Region cornerback, *Football Gazette* first-team All-South Region defensive back, first-team All-Gulf South Conference defensive back, and was selected to play in the Division II Whataburger Cactus Bowl All-Star game. Set SAU and GSC records for kickoff return yards in a game with 208 yards, set GSC and tied NCAA Division II records for kickoff return touchdowns in a game with two for 196 yards, and set an SAU record and tied GSC and NCAA Division II records for longest kickoff return for a touchdown with 100 yards, all in SAU's game against Delta State in 2003.

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

BABINEAUX'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2004 Seattle	6/0	3	2	1	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
NFL TOTALS	22/4	61	49	12	0.0	0.0	3	57	19.0	25	0	8	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2004 Seattle	1/0	1	0	1	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
NFL TOTALS	4/1	8	5	3	0.0	0.0	0	0	0.0	0	0	1	0	0

BABINEAUX'S SINGLE-GAME HIGHS

Tackles: 12, vs. Indianapolis (12/24/05)
 Forced Fumbles: None

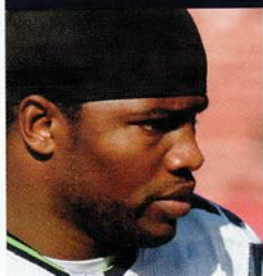
Interceptions: 1, 3 Times, Last vs. Arizona (11/6/05)
 Fumble Recoveries: None

ADDITIONAL STATS

Special Team Tackles: 2004 - 5, 2005 - 17 (FF, FR); Career: 22
 Postseason: 2004 - 1, 2005 - 2; Career: 3

KEVIN BENTLEY

57



Linebacker 6-0 245
 Northwestern
 5th NFL Season
 2nd Seahawks Season
 UFA (Cleveland) 2005
 2005 Games/Starts: 15/3
 Career Games/Starts: 59/20
 December 29, 1979
 Montclair, California

2005: Played in 15 games, starting three, totaling 22 tackles. Saw most action throughout the season as a linebacker in the nickel package. Started games versus San Francisco (12/11) and at Tennessee (12/18) due to an injury to starter D.D. Lewis (knee). Also started finale at Green Bay (1/1/06). Played in all three post-season games. Used in defensive scheme that helped limit Carolina Panthers receiver Steve Smith to five catches for 33 yards.

PRO: Able to play inside or outside linebacker. Signed as a free agent with the Seahawks March 17. Originally selected by the Cleveland Browns in the fourth round (101st overall) in the 2002 NFL Draft. Started 17 times in 44 career games with the Browns totaling 205 tackles and 26 special teams tackles. Was the Browns' primary starter at outside linebacker in 2003.

2002: Appeared in 12 games at outside linebacker during rookie season and recorded 28 tackles, with nine tackles and a blocked punt on special teams despite missing four games with a broken hand. Made NFL debut versus Kansas City (9/8). Established a season-high six tackles at Pittsburgh (9/29) and blocked a punt on special teams. Added three tackles versus Pittsburgh (11/3) and suffered a broken hand in the second quarter and returned to action. Was listed as inactive with the hand injury the next four games: at Cincinnati (11/17), at New Orleans (11/24), versus Carolina (12/1), and at Jacksonville (12/8). Returned to action on special teams versus Indianapolis (12/15). Recorded four tackles at linebacker in AFC Wild Card Game at Pittsburgh (1/5/03). **2003:** Earned the starting strongside linebacker position in training camp and played in 16 games with 14 starts, ranking third on the team with

113 tackles (62 solo). Added one interception and one pass defended. Recorded 10 or more tackles on four occasions and established a career-high 16 tackles at New England (10/26). Recorded first career interception versus Indianapolis (9/7), also his first-career start. Was part of a defensive effort that limited the Colts to 271 yards of total offense, including only 67 net yards rushing. Ranked third on the club with 12 tackles at Seattle (11/30). **2004:** Saw action in all 16 games while playing for the Cleveland Browns. Finished the season with 64 tackles (39 solo) despite starting just three games. Also notched one pass defended and one forced fumble. Was a member of the special teams units and finished tied for fifth on the team with 12 stops. Started the season opener versus Baltimore (9/12) at outside linebacker and registered a season-high seven tackles. Started games versus Philadelphia (10/24) and Pittsburgh (11/14) when the club opened in the nickel package.

COLLEGE: Three-year starter who recorded 390 tackles with six sacks at Northwestern. Started 33 of 45 career games. Named All-Big Ten Conference second team as a senior after leading the team with 147 tackles. Was an All-Big Ten Conference honorable mention following junior season. Started every game except one versus Illinois and totaled 83 tackles. Also was second-team All-Big Ten Conference after sophomore campaign starting every game and recording a career-high 148 tackles.

PERSONAL: Named SuperPrep Top 100 in the Far West region at Montclair (Calif.) High School. *Los Angeles Times* All-Valley selection and team captain last two seasons. Recorded 220 tackles junior and senior seasons as a line-

backer and rushed for 1,000 yards, scored 22 touchdowns, and caught 40 passes for 600 yards and 10 scores. Was a two-sport letter winner in football and basketball. Was a member of

the 10th and 11th grade honor society and Scholar-Athlete of the year. A communication studies major. Son of Sylvia Bentley. Born Kevin Kinte Bentley.

BENTLEY'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2002 Cleveland	12/0	28	21	7	0.0	0.0	0	0	0.0	0	0	1	1	1
2003 Cleveland	16/14	113	62	48	0.0	0.0	1	25	25.0	25	0	1	0	0
2004 Cleveland	16/3	64	39	24	0.0	0.0	0	0	0.0	0	0	1	1	0
2005 Seattle	15/3	22	18	4	0.0	0.0	0	0	0.0	0	0	1	0	0
NFL TOTALS	59/20	227	144	83	0.0	0.0	1	25	25.0	25	0	4	2	1

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2005 Seattle	3/0	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	3/0	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0	0

BENTLEY'S SINGLE-GAME HIGHS

Tackles: 16, at New England (10/26/03)

Interceptions: 1, vs. Indianapolis (9/7/03)

ADDITIONAL STATS

Special Team Tackles: 2002 (9), 2003 (5), 2004 (12), 2005 (8); Career: 34

ROCKY BERNARD

99



Defensive Tackle 6-3 293
 Texas A&M
 5th NFL Season
 5th Seahawks Season
 5th Round (A) 2002
 2005 Games/Starts: 16/7
 Career Games/Starts: 58/10
 April 19, 1979
 Baytown, Texas

2005: Enjoyed one of the finest seasons by a Seahawks defensive tackle collecting a career-high 8.5 sacks. Started seven of 16 games and totaled 52 combined tackles. Posted multi-sack games at St. Louis (10/9) with 1.5 and at San Francisco (11/20) with 2.0. Also totaled 2.0 sacks in NFC Championship Game versus Carolina (1/22/06).

PRO: Selected with the 11th pick of the fifth round (146th overall) by the Seahawks in the 2002 draft. Was the second defensive player chosen by Seattle in that draft (Anton Palepoi, 56th overall). Re-signed a multi-year contract with Seattle on March 16, 2006.

2002: Played in 16 games as a rookie with two starts at New York versus the Giants (9/22) and versus Minnesota (9/29). Became

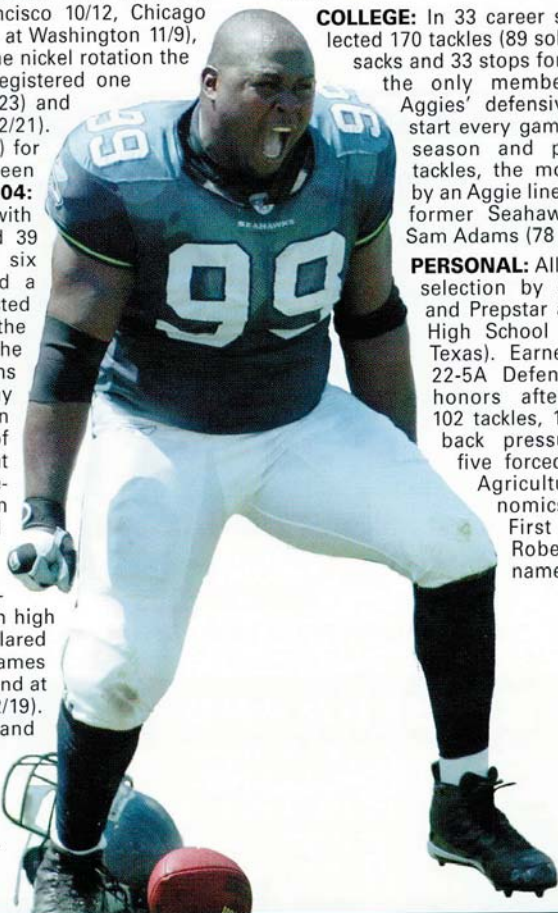
the first rookie defensive lineman to start a game for the Seahawks since Sam Adams in 1994. Totaled 49 tackles (34 solo) with four sacks. Named the NFL's Defensive Rookie of the Month for September after leading the club with four sacks, while adding 18 tackles. Despite starting just two games, season tackle total was third among defensive linemen. Had first-career sack versus Arizona (9/15) and started the following week against New York Giants for John Randle (knee) and Brandon Mitchell (calf) and posted another sack to go along with five solo tackles. Also started the next week versus Minnesota and collected two sacks and season-high nine tackles. Forced first-career fumble at Arizona (11/10) to stifle a scoring threat on the Seahawks' 1-yard line. **2003:** Played in 12

games totaling 16 tackles and two sacks. Was inactive four of five games in the middle of the season (San Francisco 10/12, Chicago 10/19, Pittsburgh 11/2, at Washington 11/9), but was a regular in the nickel rotation the final seven games. Registered one sack at Baltimore (11/23) and versus Arizona (12/21). Declared inactive (toe) for playoff game at Green Bay (1/4/04). **2004:** Played in 14 games with one start and totaled 39 tackles, 3.5 sacks, six passes defended and a fumble recovery. Posted one sack in each of the first three games of the season at New Orleans (9/12), at Tampa Bay (9/19) and versus San Francisco (9/26). Part of a defensive unit that held the 49ers scoreless for the first time in 420 games. Started only regular-season game at Arizona for Rashad Moore (shoulder) and tied a season high with six tackles. Declared inactive (knee) two games at Minnesota (12/12) and at New York Jets (12/19). Posted six tackles and half a sack versus Atlanta (1/2/05). Started at defensive tackle in playoff game versus St.

Louis (1/8) and registered four tackles and a sack.

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

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



BERNARD'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2002 Seattle	16/2	49	34	15	4.0	26.0	0	0	0	0	0	1	1	0
2003 Seattle	12/0	16	11	5	2.0	9.0	0	0	0	0	0	1	1	0
2004 Seattle	14/1	39	26	13	3.5	23.0	0	0	0	0	0	6	0	1
2005 Seattle	16/7	52	43	9	8.5	58.5	0	0	0	0	0	3	0	2
NFL TOTALS	58/10	156	114	42	18.0	116.5	0	0	0	0	0	11	2	3

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2004 Seattle	1/1	4	3	1	1.0	2.0	0	0	0.0	0	0	0	0	0
2005 Seattle	3/3	7	6	1	2.0	20.0	0	0	0.0	0	0	1	0	0
NFL TOTALS	4/4	11	9	2	3.0	22.0	0	0	0.0	0	0	1	0	0

BERNARD'S SINGLE-GAME HIGHS

Tackles: 9, vs. Minnesota (9/29/02)
Sacks: 2, 2 Times, Last at San Francisco (11/20/05)
Fumble Recoveries: 1, 3 Times, Last at Arizona (11/6/05)

Interceptions: None
Forced Fumbles: 1, 2 Times, Last at San Francisco (12/27/03)



Safety 6-3 223
 Florida State
 3rd NFL Season
 3rd Seahawks Season
 2nd Round 2004
 2005 Games/Starts: 16/16
 Career Games/Starts: 32/20
 September 17, 1981
 Columbia, South Carolina

2005: Started all 16 games at strong safety and led the team with four interceptions. Finished second on the team with 73 tackles and also recorded 2.0 sacks. Recorded first sack of the season versus Arizona (9/25) that forced a fumble which was recovered by the Seahawks and led to a touchdown. Recorded second sack of season the very next week at Washington (10/2). Recorded interceptions versus Dallas (10/23), St. Louis (10/9), N.Y. Giants (11/27) and at Philadelphia (12/5). Led team with career-high 10 tackles at Tennessee (12/18). Also teamed with Grant Wistrom to stop Chris Brown on fourth-and-1 in the fourth quarter. Blocked first career field goal versus Indianapolis (12/24). Started all three postseason games and collected 13 tackles and led the team with two interceptions. Recorded interceptions versus Carolina (1/22) in the NFC Championship and versus Pittsburgh (2/5) in Super Bowl XL.

PRO: Taken with the 22nd selection in the second round (53rd overall). Second consecutive year Seahawks had drafted a safety in the second round (Ken Hamlin in 2003). Switched from outside linebacker in college to strong safety in the NFL. Set the Seahawks' rookie record for most interceptions with five, including three that saved or won ballgames. **2004:** Had one of the finest rookie seasons ever by a Seahawks player. Totaled 53 tackles, five interceptions, one sack, and a forced fumble. Five interceptions were the most by a rookie in club history and finished tied for second on the team with Marcus Trufant. Saw action in all 16 games, primarily on special teams and as a linebacker in nickel packages before taking over the starting strong safety job at Minnesota (12/12) for the final four games. Totaled 29 tackles during four starts which over an entire season would have amounted to 116, good enough to have led the team. Finished tied for second with 12 special teams tackles. Three of five interceptions were game-saving or game-winning picks. Started the season with back-to-back interceptions at New Orleans (9/12) and at Tampa Bay (9/19). Interception at Tampa Bay thwarted a drive at the Seattle 15-yard line with 1:11 to go and preserved a 10-6

win. Also corralled an interception at New England (10/17). Posted three tackles versus Miami (11/21) and picked off an A.J. Feeley pass and returned it 63 yards for first-career touchdown and the game-winning score with 0:56 left to play, earning NFC Defensive Player of the Week honors. In first-career start versus the Vikings, led the team with seven tackles, notched first-career sack, and intercepted a Randy Moss end-around pass in the end zone with 2:09 remaining in the game that preserved a 27-23 lead. One week later at New York Jets (12/19), led the team with career-high 10 tackles. Finished second on the team with nine tackles and led team with three special teams stops in playoff loss versus St. Louis (1/8/05).

HONORS: 2004, *NFC Defensive Player of the Week 11*, *PFW All-Rookie Team*, *ESPN.com All-Rookie Report Team*.

COLLEGE: Three-year starter at outside linebacker. Started 37 of 46 career games, recording 340 tackles (197 solo) to rank 11th in Florida State history. Collected 3.5 sacks, 14 tackles for loss, three fumble recoveries, and forced seven fumbles. Picked off five passes for 53 yards in returns and knocked down 15 passes. Three career touchdowns. As a senior, an *Associated Press* All-American third-team choice and All-Atlantic Coast Conference first-team selection. Finalist for the Bednarik Award and semi-finalist for the Butkus Award.

PERSONAL: South Carolina's Gatorade Player of the Year as a senior at Spring Valley (Columbia, S.C.) High. Played both offense and defense, catching 56 passes for 1,028 yards while recording 91 tackles, 17 for loss, and six sacks. Added one interception, forced three fumbles, and returned a fumble for a touchdown. *USA Today* All-USA honorable mention and member of the *Orlando Sentinel's* All-South team. All-State selection and named *High School Sporting Report's* South Carolina Player of the Year. Member of the South Carolina all-decade team. Brother of the Baltimore Ravens' Peter Boulware. Majored in Sports Management. Married to wife Jessica.

BOULWARE'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2004 Seattle	16/4	53	40	13	1.0	9.0	5	69	13.8	63t	1	6	1	0
2005 Seattle	16/16	73	58	15	2.0	24.0	4	107	26.8	40	0	9	1	0
NFL TOTALS	32/20	126	98	28	3.0	33.0	9	176	19.6	63t	1	15	2	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2004 Seattle	1/1	9	8	1	0.0	0.0	0	0	0.0	0	0	1	0	0
2005 Seattle	3/3	13	8	5	0.0	0.0	2	14	7.0	14	0	3	0	0
NFL TOTALS	4/4	22	16	6	0.0	0.0	2	14	7.0	14	0	4	0	0

BOULWARE'S SINGLE-GAME HIGHS

Tackles: 10, 2 Times, Last at Tennessee (12/18/05)

Interceptions: 1, 9 Times, Last at Philadelphia

Sacks: 1.0, 3 Times, Last at Washington (10/2/05)

(12/5/05)

Forced Fumbles: 1, 2 Times, Last vs. Arizona (9/25/05)

ADDITIONAL STATS

Special Team Tackles: 2004 (12), 2005 (Block FG)

Postseason Special Teams Tackles: 2004 (3)

JOSH BROWN

3



Kicker 6-0 202
Nebraska
4th NFL Season
4th Seahawks Season
7th Round (A) 2003
2005 Games/Starts: 16/0
Career Games/Starts: 48/0
April 29, 1979
Foyil, Oklahoma

2005: Connected on 18 of 25 field-goal attempts and finished fifth in the NFC in kicker scoring with 110 points. Attempted a club record eight field goals of 50 or more yards and tied Norm Johnson's 1986 club record connecting on five. Became the only kicker in club history to make two field goals of 50 or more yards in the same game twice in a season. Also had first two game-winning kicks of career. Did not have a field goal attempt until week three versus Arizona (9/25) making all three attempts. Made a 53-yarder at Washington (10/2) before missing two others, including a 47 yarder that hit the left upright as time expired. Earned NFC Special Teams Player of the Week versus Dallas (10/23) after kicking a 55 yarder, second-longest of his career, and the game-winning 50-yarder as time expired. Had PAT blocked at Arizona (11/6) for first miss of

career. Hit second game-winning kick of season versus the N.Y. Giants (11/27) from 36 yards with 2:45 remaining in overtime. Versus San Francisco (12/11), attempted three 50-plus yard field goals connecting on two (52, 50). Voted as a Pro Bowl alternate. Made five of eight field goals in the postseason and all seven PATs.

PRO: Selected with the eighth pick in the seventh round (222nd overall) by the Seahawks in the 2003 draft. The selection marked only the third time the Seahawks have chosen a kicker in the draft. **2003:** Set Seahawks rookie scoring record with 114 points (John Kasay, 102 in 1991) and totaled second-highest total in club history (Todd Peterson, 134 in 1999). Led all NFL rookie kickers in scoring and finished fourth in NFC (8th NFL) overall. Connected on

22 of 30 field-goal attempts (.733) and was perfect on all 48 extra point tries. Set franchise record with 58-yard field goal at Green Bay (10/5). Was ninth-longest in NFL history and second longest by a rookie behind 59 yarders by Tony Franklin (11/12/79 vs. Dallas) and Pete Stoyanovich (11/12/89 vs. N.Y. Jets). Previous Seahawks record was a 55-yard kick by Kasay (1/2/94 at Kansas City). Opened season and career with at least one field goal in nine consecutive games that included a season and career-high three field goals versus Pittsburgh (11/2). **2004:** Connected on a career-high 23 field goals in 25 attempts, and set club record for highest field goal percentage in a season (.920). Field goal percentage led the NFC (2nd NFL) among kickers with at least five attempts and finished third in the NFC with 109 points. Tied Peterson's club record with 16 consecutive field goals made. Was pressed into punting duty late versus St. Louis (10/10) when Tom Rouen (hamstring) was forced to leave. Booted a 35-yarder on first-career punt. Converted a career-high four field goals on career-high four attempts at New England (10/17). Converted a season-long 54-yard field goal at Arizona (10/24). Tied career high with four field goals at

St. Louis (11/14). Made 16th consecutive field goal (21 yards) versus Dallas (12/6), tying Peterson's record. Record-tying streak ended with first attempt at Minnesota (12/12). Connected on both field-goal attempts (47, 30) in playoff game versus St. Louis (1/8/05).

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

COLLEGE: Finished third on Nebraska's all-time scoring list with 315 points, topped only by Kris Brown (388, 1995-98) and Eric Crouch (368 points, 1998-01). As a senior, All-Big 12 Conference first-team selection by the league's coaches and the *Kansas City Star*, adding second-team honors from the *Associated Press* after leading the team in scoring with 88 points, connecting on 14 of 18 field goals (77.8%) and all 46 extra-point attempts. Named Big 12 Special Teams Player of the Week versus Arizona State. Appeared in 10 games as a junior scoring 64 points (third on the team), making 10 of 14 field goals and 34 of 37 extra-point attempts. Had a pair of conversions versus Miami in the Rose Bowl. Scored 75 points during sophomore season and was successful on five of 10 field goals and set a school record

BROWN'S NFL RECORD

Kicking

Club	G/S	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+	FG%	LG	Pts
2003 Seattle	16/0	48-48	22-30	0-0	5-5	10-11	6-11	1-3	73.3	58	114
2004 Seattle	16/0	36-36	23-25	1-1	7-7	8-9	6-7	1-1	92.0	54	109
2005 Seattle	16/0	56-57	18-25	0-0	5-5	4-5	4-7	5-8	72.0	55	110
NFL TOTALS	48/0	144-145	63-80	1-1	17-17	22-25	16-25	7-12	78.8	58	333

Miscellaneous

Club	Indoors	In %	Outdoors	Out %	Home	Home %	Road	Road %
2003 Seattle	2-4	50.0	20-26	76.9	11-14	78.6	11-16	68.8
2004 Seattle	6-7	85.7	17-18	94.4	11-12	91.7	12-13	92.3
2005 Seattle	3-3	100.0	15-22	68.2	9-11	81.8	9-14	64.3
NFL TOTALS	11-14	78.6	52-66	78.8	31-37	83.8	32-43	74.4

POSTSEASON

Kicking

Club	G/S	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+	FG%	LG	Pts
2003 Seattle	1/0	3-3	2-2	0-0	0-0	2-2	0-0	0-0	100.0	35	9
2004 Seattle	1/0	2-2	2-2	0-0	0-0	1-1	1-1	0-0	100.0	47	8
2005 Seattle	3/0	7-7	5-8	0-0	1-1	3-3	1-2	0-2	62.5	47	22
NFL TOTALS	5/0	12-12	9-12	0-0	1-1	6-6	2-3	0-2	75.0	47	39

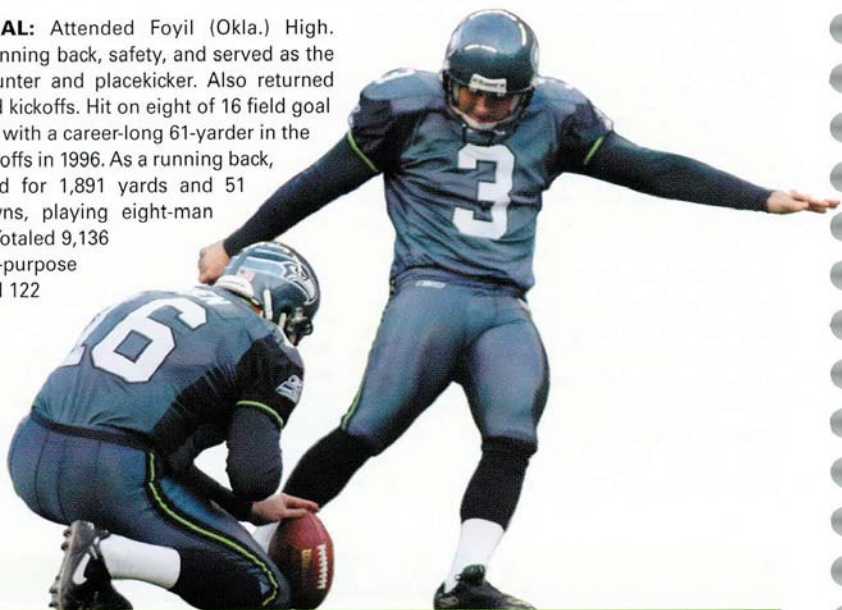
Miscellaneous

Club	Indoors	In %	Outdoors	Out %	Home	Home %	Road	Road %
2003 Seattle	0-0	0.0	2-2	100.0	0-0	0.0	2-2	100.0
2004 Seattle	0-0	0.0	2-2	100.0	2-2	100.0	0-0	0.0
2005 Seattle	1-3	33.3	4-5	80.0	4-5	80.0	1-3	33.3
NFL TOTALS	1-3	33.3	8-9	88.9	6-7	85.7	3-5	60.0

with 60 consecutive extra points. Booted a 51-yarder and set an NCAA bowl record as he connected on all nine extra-point attempts versus Northwestern in the Alamo Bowl. Took over placekicking chores freshman year, connecting on 14 of 20 field goals and 46 of 47 extra points as he scored 88 points. Redshirted as a freshman.

PERSONAL: Attended Foyil (Okla.) High. Played running back, safety, and served as the team's punter and placekicker. Also returned punts and kickoffs. Hit on eight of 16 field goal attempts, with a career-long 61-yarder in the state playoffs in 1996. As a running back, he rushed for 1,891 yards and 51 touchdowns, playing eight-man football. Totaled 9,136 career all-purpose yards and 122

career touchdowns. As a senior, he earned first-team All-State honors. Four-year letterman in both football and track and earned three basketball letters. Two-time Class A state champion in the high jump, clearing a career-best of 6-8 at the state meet in both 1997 and 1998. Majored in communications.



BROWN'S SINGLE-GAME HIGHS

Most FGs Att.: 4, 2 Times, Last at St. Louis (11/14/04)

Longest FG Att.: 58, at Green Bay (10/5/03)

Longest FG Made: 58, at Green Bay (10/5/03)

Most PATs Made: 6, 3 Times, Last at Philadelphia (12/5/05)

Most FGs Made: 4, 2 Times, Last at St. Louis (11/14/04)

Most PATs Att.: 6, 3 Times, Last at Philadelphia (12/5/05)

Game Winners: 50 vs. Dallas (10/23/05), 36 vs. N.Y. Giants (11/27/05)

ADDITIONAL STATS

Special Team Tackles: 2003 (4), 2004 (2), 2005 (3); **Career:** 9. Has punted twice for 55 yards (35 long).

TRAINING CAMP

The Seattle Seahawks returned to the site of their first 10 training camps in 1997, when the team opened camp at Eastern Washington University in Cheney.

From the team's inception in 1976 through 1985, the Seahawks traveled across the Cascade Mountain Range to hold their summer training camp at EWU.

Training camp moved to the current site of the team's headquarters in Kirkland, when the facility opened in 1986 through 1996. While training at the Kirkland complex, the team occupied the dorms and eating hall at Northwest College, adjacent to the team's complex.

The remote campus in Cheney, again hosts the Seahawks in 2006 with the team's first practice scheduled for July 29.



Wide Receiver 6-0 192
 Nevada
 4th NFL Season
 1st Seahawks Season
 RFA 2006 (Minnesota)
 2005 Games/Starts: 12/9
 Career Games/Starts: 44/33
 August 19, 1981
 Seattle, Washington

2005: Bounced back from injuries to contribute in the final five games of the season. Lone TD of the season came on a juggling 15-yard catch from Brad Johnson versus Detroit (11/6). Missed four games with injuries, inactive for games versus New Orleans (9/25), at Atlanta (10/2), at Chicago (10/16), and at Green Bay (11/21). Ended season on high note with season-best six catches for 66 yards versus Chicago (1/1/06). Season-long catch was 20-yarder versus Tampa Bay (9/11).

PRO: Acquired as a restricted free agent by the Seahawks March 31, 2006. Explosive wide receiver who enjoyed a breakout season in his second year in the NFL in 2004, becoming only the ninth player in Vikings history to post a 1,000-yard season. Joined Randy Moss as the only players in team history to catch a touchdown pass and return a punt for a touchdown in the same game when he accomplished the feat at Indianapolis (11/8/04). Originally selected in the third round (71st overall) of the 2003 Draft by the Vikings, the highest receiver drafted by the Vikings since Moss in 1998. **2003:** Started first career game and scored first career touchdown on a 22-yard pass from Gus Frerotte versus San Francisco (9/28). Caught first career pass on a 6-yarder from Daunte Culpepper versus Chicago (9/14) on ESPN Sunday Night game. **2004:** Played in all 16 games with 15 starts and led the team with 1,006 yards receiving to give the Vikings a 1,000-yard receiver for the 12th straight season. Broke the 100-yard mark in four games and nine receiving touchdowns were the most by a Vikings wide receiver other than Moss since Cris Carter's nine in 2000. Posted the Vikings' first punt return for a touchdown since 1999 and the second-longest punt return in team history with a 91-yarder at Indianapolis (11/8) on Monday Night Football. Also had a touchdown catch in the game. Recorded career highs in receptions (11) and receiving yards

(141) the following week at Green Bay (11/14). Notched first-career back-to-back 100-yard games with 134 yards at Detroit (12/19) and 110 yards versus Green Bay (12/24). Posted first-career multi-touchdown receiving game with two at Detroit (12/19). Recorded career-long touchdown reception with a 68-yarder versus Green Bay (12/24). Registered first career 100-yard game at New Orleans (10/17) with 134 yards on six catches on Sunday Night Football. Caught first touchdown pass of the season at Houston (10/10). Caught four passes in each of the Vikings' playoff games, with four for 60 yards and a 19-yard touchdown at Green Bay (1/9/05) in the Wild Card Game and four catches for 50 yards at Philadelphia (1/16/05) in Divisional Playoff Game.

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, plays for the NBA's Charlotte Bobcats, the only brothers currently playing in the NFL and NBA. Born in Calgary during his father's playing days. Human development and family studies major. Married to wife Atoya. Couple has a son, Nathaniel II.

BURLESON'S SINGLE-GAME HIGHS

Most Receptions: 11, at Green Bay (11/14/04)
Longest Reception: 68t, vs. Green Bay (12/24/04)
Most Punt Returns: 4, 2Times, Last at Detroit (12/4/05)

Most Yards: 141, at Green Bay (11/14/04)
Most Touchdowns: 2, at Detroit (12/19/04)
Longest Punt Return: 91t, at Indianapolis (11/8/04)

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	0	0	0.0	0	
2004 Minnesota	16/15	68	1,006	14.8	68t	9	6	49	8.2	0	
2005 Minnesota	12/9	30	328	10.9	20	1	2	-6	-3.0	0	
NFL TOTALS	44/33	127	1,789	14.1	68t	12	8	43	5.4	0	

Club	Punt Returns					Kickoff Returns				
	No	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2003 Minnesota	1	0	0.0	0	0	0	0	0.0	0	0
2004 Minnesota	25	214	8.6	91t	1	2	51	25.5	29	0
2005 Minnesota	5	21	4.2	10	0	0	0	0.0	0	0
NFL TOTALS	31	235	7.6	91t	1	2	51	25.5	29	0

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	
NFL TOTALS	2/2	8	110	13.8	29	1	0	0	0.0	0	

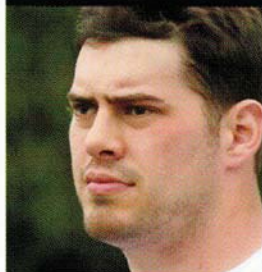
BURLESON'S GAME BY GAME RECEIVING

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					
10/05	at Atlanta	3	71	23.7	52	0	10/10	at Houston	3	16	5.3	7	1
10/12	Bye						10/17	at New Orleans	6	134	22.3	36	0
10/19	Denver	0	0	0.0	0	0	10/24	Tennessee	6	53	8.8	17	0
10/26	N.Y. Giants	3	52	17.3	32	0	10/31	N.Y. Giants	6	43	7.2	15	1
11/02	Green Bay	3	51	17.0	24	0	11/08	at Indianapolis	1	8	8.0	8t	1
11/09	at San Diego	1	19	19.0	19t	1	11/14	at Green Bay	11	141	12.8	40	1
11/16	at Oakland	3	32	10.7	18	0	11/21	Detroit	5	52	10.4	16	1
11/23	Detroit	3	32	10.7	15	0	11/28	Jacksonville	2	21	10.5	15	0
11/30	at St. Louis	2	28	14.0	17	0	12/05	at Chicago	3	31	10.3	23	1
12/07	Seattle	0	0	0.0	0	0	12/12	Seattle	4	42	10.5	16	0
12/14	at Chicago	2	16	8.0	9	0	12/19	at Detroit	5	134	26.8	37t	2
12/20	Kansas City	3	57	19.0	28	0	12/24	Green Bay	2	110	55.0	68t	1
12/28	at Arizona	1	8	8.0	8	0	01/02	at Washington	4	49	12.3	17	0
TOTALS (16/9)		29	455	15.7	52	2	TOTALS (16/15)		68	1,006	14.8	68t	9
2005	Opponent	No	Yds	Avg	LG	TD	01/09	at Green Bay	4	60	15.0	29	1
09/11	Tampa Bay	3	45	15.0	20	0	01/16	at Philadelphia	4	50	12.5	28	0
09/18	at Cincinnati	3	48	16.0	19	0	PLAYOFFS (2/2)		8	110	13.8	29	1
09/25	New Orleans	Inactive											
10/02	at Atlanta	Inactive											
10/09	Bye												
10/16	at Chicago	Inactive											
10/23	Green Bay	3	37	12.3	16	0							
10/30	at Carolina	1	6	6.0	6	0							
11/06	Detroit	2	16	8.0	15t	1							
11/13	at N.Y. Giants	2	14	7.0	12	0							
11/21	at Green Bay	Inactive											
11/27	Cleveland	0	0	0.0	0	0							
12/04	at Detroit	2	26	13.0	15	0							
12/11	St. Louis	2	20	10.0	12	0							
12/18	Pittsburgh	2	24	12.0	14	0							
12/25	at Baltimore	4	26	6.5	11	0							
01/01	Chicago	6	66	11.0	15	0							
TOTALS (12/9)		30	328	10.9	20	1							



CHRIS COOPER

92



Defensive End 6-5 285
 Nebraska-Omaha
 5th NFL Season
 1st Seahawks Season
 FA 2006 (San Francisco)
 2005 Games/Starts: 0/0
 Career Games/Starts: 53/13
 December 27, 1977
 Rochester, Minnesota

2005: Spent the 2005 season on injured reserve (shoulder) while with the San Francisco 49ers.

PRO: Signed with Seattle May 8, 2006, as a free agent. Originally drafted by the Oakland Raiders in the sixth-round (184th overall) of the 2001 NFL Draft. Traded to Dallas September 11, 2004 but released November 2. Picked up by San Francisco November 9. **2001:** Saw action in 11 games with one start. Ended season with 22 tackles, two sacks and one interception. Had one tackle and one interception vs. Seattle (9/30). Made first career start vs. San Diego (11/18). Registered six tackles and first career sack vs. Kansas City (12/9). Tallied five tackles and one sack vs. Tennessee (12/22). **2002:** Played in all 16 games with one start. Saw action in all three postseason games. Finished season with 19 tackles, one sack, one pass defended and one forced fumble. Started and had one tackle at St. Louis (10/13). Had three tackles and one sack vs. New England (11/17). Also forced fumble vs. Patriots. Had three tackles and played on special teams in AFC Divisional Game vs. New York Jets (1/12/03). Tallied three tackles in AFC Championship Game vs. Tennessee (1/19). Registered three tackles vs. Tampa Bay in Super Bowl XXXVII (1/26/03). **2003:** Saw action in all 16 games with nine starts. Finished season with career-

high 49 tackles and career-high 2.5 sacks. Also posted three fumble recoveries, one forced fumble. Had three tackles and one fumble recovery at Denver (9/22). Made first start of season and tallied four tackles at Detroit (11/2). Started and had four tackles for second straight week vs. New York Jets (11/9). Started vs. Minnesota (11/16) and registered five tackles, one sack, one forced fumble and fumble recovery. Started and had three tackles and one sack (two yards) and one pass defended at Kansas City (11/23). Recorded career-high seven tackles vs. Denver (11/30). Started and totaled three tackles and fumble recovery at Pittsburgh (12/7). Finished season with six tackles and half-sack at San Diego (12/28). **2004:** Finished season with 17 tackles and saw action in 10 games with Dallas and San Francisco. Saw action in two games and inactive for five others with the Cowboys. With San Francisco, played in eight games with two starts. Registered three tackles (two solo) and one sack at Tampa Bay (11/21). Started at left defensive tackle and tied career-high with seven stops (five solo) vs. Buffalo (12/26).

COLLEGE: Four-year starter at Nebraska-Omaha. Division II All-America selection as senior. First on team with 11 sacks. Ranked fourth on team with 44 tackles and also had 20 tackles for loss. Added five passes defended,

COOPER'S NFL RECORD

Club	G/S	Tackles				Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
2001 Oakland	11/1	22	14	8	2.0	9.0	1	0	0.0	0	0	1	0	0	
2002 Oakland	16/1	19	14	5	1.0	4.0	0	0	0.0	0	0	1	1	0	
2003 Oakland	16/9	49	40	9	2.5	18.0	0	0	0.0	0	0	3	1	3	
2004 Dal/SF	10/2	17	13	4	1.0	7.0	0	0	0.0	0	0	1	0	0	
2005 San Francisco	Injured Reserve														
NFL TOTALS	53/13	107	81	26	6.5	38.0	1	0	0.0	0	0	6	2	3	

POSTSEASON

Club	G/S	Tackles				Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
2002 Oakland	3/0	9	9	0	0.0	0.0	0	0	0.0	0	0	0	0	0	
NFL TOTALS	3/0	9	9	0	0.0	0.0	0	0	0.0	0	0	0	0	0	

four fumble recoveries and two forced fumbles. Earned second-team all-conference honors as junior. Tallied 45 tackles (26 solo) and led team with nine sacks. Played in all 12 games and tallied 29 tackles as sophomore. Ranked second on team with 10 tackles for loss and led team with seven sacks. Played in every game

as redshirt freshman. Had 21 tackles, including six tackles for loss, and four sacks.

PERSONAL: Born in Rochester, Minn. Prepped at Southeast (Lincoln, Neb.) High School. Earned all-state honors as two-way lineman. Also lettered two years in basketball at forward and center.

COOPER'S SINGLE-GAME HIGHS

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

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

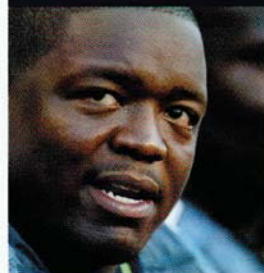
FR: 1, 3 Times, Last at Pittsburgh (12/7/03)

Sacks: 1, 6 Times, Last Time vs. Buffalo (12/28/04)

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

CHARTRIC DARBY

91



Defensive Tackle 6-0 270
South Carolina State
6th NFL Season
2nd Seahawks Season
UFA 2005 (Tampa Bay)
2005 Games/Starts: 14/14
Career Games/Starts: 75/36
October 22, 1975
North, South Carolina

2005: A key cog in a Seattle defense that finished fifth against the run and allowed just five rushing touchdowns all season. Started all 14 games played and collected 30 total tackles and 2.5 sacks. Recorded sacks at St. Louis (10/9), versus Dallas (10/23), and a half sack at Arizona (11/6). Tied career high with six tackles versus Dallas. Missed final two games of the season (knee) versus Indianapolis (12/24) and at Green Bay (1/2/06), but returned to start all three post-season games totaling eight tackles and a sack.

PRO: Joined the Seahawks as an unrestricted free agent March 21, 2005, after spending first four NFL seasons with the Tampa Bay Buccaneers. Has played in 75 career games with 37 starts and has logged 139 career tackles and 8.0 sacks. Was originally an undrafted free agent in 2000 by the Buccaneers and earned a spot on the practice squad. Played in NFL Europe for the Barcelona Dragons during the 2000 offseason before earning a place on the Buccaneers' roster in 2001. **2000:** Spent the season on the Buccaneers' practice squad after signing as an undrafted free agent. **2001:** Played in 13 games (all but at Cincinnati, vs. New Orleans, and vs. Baltimore). Totaled eight tackles, two sacks, and one fumble recovery. Backed up on the defensive line and contributed the first two tackles of his career at Tennessee (10/14). Posted two tackles and first-career sack against Minnesota (10/28). Notched two tackles, a sack, and one fumble recovery at Detroit (11/11). Was declared inactive against New Orleans (12/23)

and Baltimore (12/29). Did not play in playoff game at Philadelphia (1/12/02). **2002:** Played in all 16 games with six starts at NT. Started all three playoff games. Part of a defense that ranked first in the NFL in total defense and pass defense. Totaled 32 tackles, one forced fumble, one pass defended, and 1.5 sacks. Blocked a 55-yard field-goal attempt to help preserve shutout at Baltimore (9/15). Started first-career NFL game versus Minnesota (11/3) and recorded two tackles. Made first-career postseason start in the NFC Divisional Playoff Game versus San Francisco (1/12/03) and recorded three tackles. Notched two tackles in the NFC Championship Game at Philadelphia (1/19/03). Started at NT against Oakland (1/26/03) in Super Bowl XXXVII. **2003:** Played in all 16 games with one start (vs. Houston). Part of a defense that ranked fifth in the NFL, marking the seventh straight year the defense finished among the NFL's top 10. Finished season with 13 tackles, two sacks, two forced fumbles, and one fumble recovery. **2004:** Started all 16 games for first time in career and totaled a career-high 56 tackles. Totaled four tackles versus Seattle (9/19), while helping limit the Seahawks to 56 rushing yards. Part of a defensive effort that limited the 49ers' (11/21) offense to 26 total yards and two first downs in the first half. Had four tackles against Atlanta (12/5) helping the defense post its ninth shutout in franchise history and first of the season. Tied career high with six tackles at San Diego (12/12) and against New Orleans (12/19).

COLLEGE: Four-year letterman at South Carolina State, where he holds the school record with 45.5 career sacks. Also finished with 258 career tackles, 55 tackles for losses, and seven fumble recoveries. Was named the Bulldogs' outstanding defensive lineman for three consecutive seasons (1995-97). Earned first-team All-MEAC honors junior and senior seasons. Played in all 12 games as a senior. Named the team's Co-Most Valuable Player after posting career-highs in tackles (103), sacks (22), tackles for losses (26), and fumble recoveries (four). Finished as the runner-up for the

MEAC Defensive Player of the Year. Played in 10 games as a junior and posted 64 tackles, nine sacks, and 13 tackles for losses. Earned All-MEAC honorable mention as a sophomore after racking up 80 tackles, 12 sacks, and three fumble recoveries. Had 11 tackles and 2.5 sacks as a freshman. Majored in business.

PERSONAL: Married to Charlette, with two children, Charquise and Charniya. Is host of the Chartric Darby Football Camp in hometown of North, South Carolina. Earned all-state honors at North (SC) High School. Lettered in football all four seasons.

DARBY'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2001 Tampa Bay	13/0	8	5	3	2.0	11.0	0	0	0.0	0	0	0	0	1
2002 Tampa Bay	16/6	32	20	12	1.5	10.0	0	0	0.0	0	0	1	1	0
2003 Tampa Bay	16/1	13	5	8	2.0	10.0	0	0	0.0	0	0	0	1	2
2004 Tampa Bay	16/16	56	30	26	0.0	0.0	0	0	0.0	0	0	0	0	1
2005 Seattle	14/14	30	19	11	2.5	17.5	0	0	0.0	0	0	0	0	0
NFL TOTALS	75/37	139	79	60	8.0	48.5	0	0	0.0	0	0	1	2	4

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2001 Tampa Bay	0/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0
2002 Tampa Bay	3/3	5	5	0	0.0	0.0	0	0	0.0	0	0	0	0	0
2005 Seattle	3/3	8	6	2	1.0	8.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	6/6	13	11	2	1.0	8.0	0	0	0.0	0	0	0	0	0

DARBY'S SINGLE-GAME HIGHS

Tackles: 6, 4 Times, Last vs. Dallas (10/23/05)

Sacks: 1, 7 Times, Last vs. Dallas (10/23/05)

Interceptions: None

Forced Fumbles: 1, 2 Times, Last at Phil. (9/8/03)

Fumble Recoveries: 1, 4 Times, Last at San Francisco (11/21/04)

JEAN-PHILIPPE DARCHÉ 52



Long Snapper 6-0 246
 McGill College
 7th NFL Season
 7th Seahawks Season
 FA 2000
 2005 Games/Starts: 16/0
 Career Games/Starts: 96/0
 February 28, 1975
 Montreal, Quebec

2005: Handled all of Seattle's snapping duties for sixth consecutive season. Had two tackles on special teams and a fumble recovery at St. Louis (10/9). Recovery came after Jordan Babineaux stripped Rams' returner Shaun McDonald late in the game that allowed Seattle to run out the clock and preserve the victory.

PRO: Signed with the Seahawks as a free

agent May 11, 2000. Selected in the third round of the Canadian Football League College Draft by the Toronto Argonauts (21st overall) in June 1998. Led the Argonauts special teams unit with 17 tackles. **2000:** Handled all of Seattle's snapping duties in all 16 games. Recorded four tackles on special teams. **2001:** Handled all of Seattle's snapping duties for second consecu-

tive season. Had a pair of special teams tackles. **2002:** Handled all of Seattle's snapping duties for third consecutive season. Had one tackle on special teams. **2003:** Handled all of Seattle's snapping duties for fourth consecutive season. Had five tackles on special teams and forced one fumble. **2004:** Handled all of Seattle's snapping duties for fifth consecutive season. Had four tackles on special teams.

COLLEGE: Named McGill University's co-captain three consecutive years, and voted team's MVP his final two seasons. Finished his career as the school's all-time leading tackler. As a fifth-year senior, he was named Defensive Player of the Game three times and Special Teams Player of the Game once. Led team in tackles with 62 as a senior, including a team-record 17 in one game. Three fumble recoveries led the team and three interceptions were tied for a team high. Despite knee injuries dur-

ing his junior season, he was third on the team in tackles with 34. Awarded Defensive Player of the Game in an 18-0 victory over Concordia. Sophomore season saw him lead the team in tackles and was second in interceptions on his way to being voted Most Improved Player. Tallied six tackles and was one of only three McGill rookies to play on defense in his freshman year.

PERSONAL: Was named Athlete of the Year at Andre Grasset Junior College in 1993-94. Voted to the Montreal High School All-Star football game as a senior. The "Father of Basketball," James Naismith attended McGill College. His brother played for the NHL's Columbus Blue Jackets. Graduated with "great distinction" in three years before entering medical school in 1997. Has a wife Joanne (7/31/99), and three children Justin (2/4/02), Catherine (5/24/03), and Zachary (2/18/05).

DARCHE'S ADDITIONAL STATS

Special Team Tackles: 2000 (4), 2001 (2), 2002 (1), 2003 (5, FF), 2004 (4), 2005 (2, FR);
Career: 18, (1 FF, 1 FR)

RUSSELL DAVIS

95



Defensive Tackle 6-4 306
North Carolina
8th NFL Season
1st Seahawks Season
UFA 2006 (Arizona)
2005 Games/Starts: 3/3
Career Games/Starts: 91/83
March 28, 1975
Fayetteville, North Carolina

2005: Started the first three games of the season before landing on injured reserve following a left biceps injury at Seattle (9/25). Placed on injured reserve September 28. Totaled eight tackles before suffering the injury.

PRO: Signed with the Seahawks March 24, 2006, as an unrestricted free agent. Spent the last six seasons with the Arizona Cardinals where he started 75 of 80 games totaling 300 tackles and 6.5 sacks. Davis started the first three games of 2005, before being placed on injured reserve after suffering a biceps injury versus the Seahawks September 25. Davis was originally a second-round draft choice in the 1999 NFL Draft by the Chicago Bears where he played one season. **1999:** Earned all-rookie honors from *Pro Football Weekly*, *Football News*, and *Football Digest* with 21 tackles and 2.0 sacks while with the Bears. Was the only rookie to start for the Bears in the season opener. Opened at defensive end for the first eight games and played in 11 games overall. First career sack came on Elvis Grbac versus Kansas

City (9/12). **2000:** Acquired via waivers from Chicago on final roster cutdown. Inactive for the season opener, but started nine of final 10 games at defensive tackle, registering 50 tackles and a forced fumble. First start for Cardinals came at Dallas (10/22). **2001:** Started all 16 games for first time of career and registered career-best 72 tackles. Also notched 2.0 sacks. Led all defensive linemen in the opener versus Denver (9/23) with nine tackles. **2002:** Started all 16 games at left defensive tackle for second consecutive season. Totaled 58 tackles and 2.0 sacks with two passes defended. Shared team lead with a career high 11 tackles and helped limit Lamar Smith, the NFC's leading rusher, to 49 yards on 18 carries in 16-13 victory at Carolina (10/6). Recorded sacks versus Dallas (10/20) and versus Seattle (11/10). **2003:** Started the first nine and final six games of the season at defensive tackle. Was inactive at Cleveland (11/16) while recuperating from flu virus. Returned from illness the following week and recorded three tackles and a sack versus

St. Louis (11/23). **2004:** Started every game at nose tackle and recorded a career high 73 total tackles. Recorded 300th career tackle versus St. Louis (12/19) finishing the game with two stops. Finished the season solid versus Tampa Bay (1/2) recording four tackles, one sack, and a forced fumble in the Cardinals win.

COLLEGE: Started 22 games at North Carolina and finished Tar Heel career with 10.5 sacks. Part of a defensive line that included 1998 first-round draft choices Greg Ellis (Dallas) and Vonnie Holliday (Green Bay). Was limited to two starts as a senior due to an ankle sprain,

but finished the season with 36 tackles and two sacks. Started nine of 10 games as a junior collecting 60 tackles and three sacks after totaling 27 tackles and 2.5 sacks as a sophomore. Named squad's most outstanding freshman with 46 tackles and three sacks in eight starts.

PERSONAL: Full name is Russell Morgan Davis. Two-way all-North Carolina lineman at E.E. Smith High School in Fayetteville. He and wife, Ivana, have daughter Morgan Ivana (4/1/02) and son Russell Morgan II (12/30/03). Son shares same birthday as father's mother.

DAVIS' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
1999 Chicago	11/8	21	8	13	2.0	11.0	0	0	0.0	0	0	0	0	0
2000 Arizona	14/9	50	26	24	0.5	2.5	0	0	0.0	0	0	0	0	1
2001 Arizona	16/16	72	45	27	2.0	17.0	0	0	0.0	0	0	0	0	0
2002 Arizona	16/16	58	36	22	2.0	7.0	0	0	0.0	0	2	0	0	0
2003 Arizona	15/15	36	23	13	1.0	9.0	0	0	0.0	0	2	1	0	0
2004 Arizona	16/16	73	45	28	1.0	8.0	0	0	0.0	0	5	0	0	0
2005 Arizona	3/3	8	5	3	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	91/83	318	188	130	8.5	54.5	0	0	0.0	0	0	9	1	1

DAVIS' SINGLE-GAME HIGHS

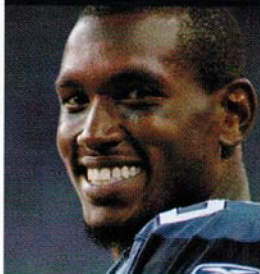
Tackles: 11, at Carolina (10/6/02)

Interceptions: None

Sacks: 1, 8 Times, Last vs. Tampa Bay (1/2/05)

BOBBY ENGRAM

84

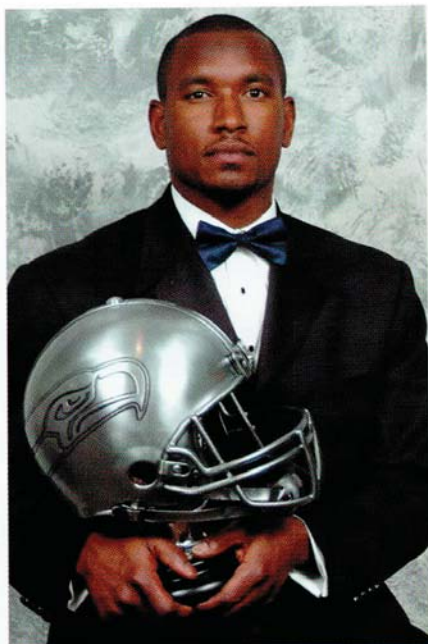


Wide Receiver 5-10 188
Penn State
11th NFL Season
6th Seahawks Season
UFA 2001 (Chicago)
2005 Games/Starts: 13/13
Career Games/Starts: 135/83
January 7, 1973
Camden, South Carolina

2005: Moved into the starting role at wide receiver and enjoyed finest season since joining the Seahawks. Despite missing three games (ribs), led the team with 67 receptions and 778 yards. Receptions total was best since career-high 88 in 1999. Totaled 27 receptions for 316 yards through first four games of season. Led team with season-high nine receptions for 106 yards at Washington (10/2) despite injuring ribs on first reception of the game. Game marked first 100-yard performance since 1999 (67 games). Missed the next three weeks (5-7) and returned to action following the bye (week 9) at Arizona (11/6). Scored first touch-

down of the season in a snowy Monday night contest at Philadelphia (12/5). Following week versus San Francisco (12/11), caught two touchdown passes for fifth time of career. Had one punt return for nine yards on the season. Started all three postseason games totaling 11 receptions for 115 yards, including six for 70 yards in Super Bowl XL (2/5/06). Was the Seahawks' Ed Block Courage Award winner.

PRO: Signed a one-year contract with Seahawks August 30, 2001, following five seasons with the Chicago Bears. Re-signed a one-year contract with Seattle February 28, 2002, before re-signing a multi-year contract March 7,



Engram was the Seahawks 2005 Ed Block Courage Award winner.

2003. Climbed into seventh on Chicago's all-time receptions list with 246 catches. Shattered career-high with team-leading 88 receptions in 1999, the second-highest single-season total in Bears history. Led Bears with 64 receptions in 1998. Moved into starting role in second year with Chicago. Best rookie season for a Bears' wide receiver in catches, yards, and touchdowns since Willie Gault (1983). **1996:** Finished second on Bears in touchdowns with six behind Curtis Conway (seven). Caught 33 passes (fourth best on Bears) for 389 yards (third) as Bears third wide receiver. Returned 31 punts averaging 9.1 yards per attempt. His 19 fair catches were third-most in team history for a season. Led team with 23.2-yard average on 25 kickoff returns (580 yards). Started two games (at Detroit 9/22; at Tampa 12/22). Caught first NFL pass for 7 yards versus Dallas (9/2) in season opener. Had two catches for 11 yards and first NFL touchdown versus Minnesota (9/15) and fair caught six punts for a Bears single-game record. Had three catches for 39 yards in first career start at Detroit (9/22) while recording season highs with five punt returns for 52 yards. **1997:** Bears' leading receiver for first 10 weeks of season before suffering ankle injury, costing him five weeks. Finished fourth in receptions with 45 for 399 yards. Led team in catches in five of first seven games. Caught six passes for 63 yards and a touchdown versus Minnesota (9/7). Caught eight passes for 63 yards and a touchdown in overtime win at

Miami (10/27). Injured right ankle in second quarter at Minnesota (11/9). Missed weeks 11-15 and returned to starting lineup at Tampa Bay (12/21) and caught two passes for 12 yards. **1998:** Led Bears' player with 64 catches and 987 yards. Also led team with five touchdowns. Only Bear to catch a pass in every game. Eclipsed 100 yards receiving in three games. Topped Bears with 74 yards receiving, including 54-yard touchdown catch, on four receptions at Pittsburgh (9/13). Led Chicago with 123 yards receiving and two touchdowns versus Minnesota (9/27). Totaled 142 yards, including career-long 79-yard touchdown catch at Arizona (10/11). Hauled in nine passes for 140 yards and a touchdown at Minnesota (12/6). **1999:** Played in all 16 games for the third time in his career, starting 14. Increased total receptions for fourth straight season, compiling career-best and team-leading 88 catches for 947 yards and four touchdowns. Total receptions ranked third in NFC (7th NFL). Recorded two 100-yard receiving games. Opened season by catching six passes for 53 yards versus Kansas City (9/12). Led team with six catches for 48 yards at Green Bay (11/7), including game-winning touchdown reception. Collected team-best eight receptions for 121 yards at San Diego (11/21). Posted 10 catches for 94 yards and a touchdown versus Detroit (12/19). Exploded for career-high 13 receptions and 143 yards at St. Louis (12/26), including two touchdowns. **2000:** Moved into seventh on all-time Chicago receiving chart, but had season ended prematurely by knee injury in the third game of the season. Was on pace to approach career-best numbers from the previous season with 16 catches for 109 yards through two and a half games. Led team in season-opener at Minnesota (9/3) with eight catches for 61 yards and a long of 25. Caught four passes for 38 yards in the first half versus New York Giants (9/17), before suffering a torn anterior cruciate ligament in his right knee. Injury ended personal streak of 36 consecutive games with at least one pass reception, the third-longest streak in Bears history. Placed on injured reserve (9/19) and had successful reconstructive knee surgery (10/12). **2001:** Served as third receiver in first season with Seattle playing in all 16 games, starting four. Finished the season with 29 receptions and 400 yards. Twenty receptions came on third down yielding 17 first downs. Returned six punts for 96 yards (16.0 avg.) when Charlie Rogers was injured (toe). Started games when team opened in three wide receiver set versus Jacksonville (10/7), San Diego (12/2), at New York Giants (12/23), and at San Diego (12/30). Had season-highs with five receptions for 71 yards versus Jacksonville. Ended a streak of 69 consecutive games with at least one reception versus Dallas (12/16), a streak that dated back to 1996, six games into his rookie season.

2002: Saw action in 15 games missing one (toe) at Atlanta (12/15). Started six total games, five in a three-receiver set and one replacing Darrell Jackson (concussion) versus Washington (11/3). Finished fourth on the team with 50 receptions and third with 619 yards. A staple as the Seahawks' third wide receiver, led the team with 25 receptions on third down while only five other NFL receivers had more. Of 50 total receptions, led the NFL converting first downs on 43 of those receptions (86.0%). Also served as the team's punt returner, finishing fifth in the NFC with a 10.7-yard return average on 21 returns for 224 yards with one touchdown. First-career touchdown return (61 yards) came versus San Francisco (10/14) on ABC's Monday Night Football, where he also collected six receptions for a season-high 85 yards en route to earning MNF's popular Horse Trailer

Award (with 49ers' Terrell Owens, Jeff Garcia, and Chike Okeafor) given to the game's most valuable player. Punt return touchdown marked the first for the Seahawks since Charlie Rogers at Pittsburgh (9/26/99, 49 games). **2003:** Enjoyed finest season since 1999, with 52 receptions for 637 yards while matching a career high with six touchdown receptions (1996). Played in all 16 games, starting seven. Also started in playoff game at Green Bay (1/4/04) and corralled four passes for 83 yards. An acrobatic 34-yard reception at the Packers' 8-yard line inside of two minutes helped set up the Seahawks' tying touchdown to send the game into overtime. Caught at least one pass in every game except at St. Louis (12/14). Served as the team's primary punt returner and ranked fifth in the NFC averaging 10.3 yards per return on 31 returns for 320 yards,

ENGRAM'S NFL RECORD

Club	G/S	Receiving					Rushing				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
1996 Chicago	16/2	33	389	11.8	24	6	0	0	0.0	0	
1997 Chicago	11/11	45	399	8.9	23	2	0	0	0.0	0	
1998 Chicago	16/16	64	987	15.4	79t	5	1	3	3.0	0	
1999 Chicago	16/14	88	947	10.8	56	4	2	11	5.5	0	
2000 Chicago	3/3	16	109	6.8	25	0	0	0	0.0	0	
2001 Seattle	16/4	29	400	13.8	31	0	0	0	0.0	0	
2002 Seattle	15/6	50	619	12.4	38	0	0	0	0.0	0	
2003 Seattle	16/7	52	637	12.3	34t	6	0	0	0.0	0	
2004 Seattle	13/7	36	499	13.9	60	2	0	0	0.0	0	
2005 Seattle	13/13	67	778	11.6	56	3	0	0	0	0	
NFL TOTALS	135/83	477	5,814	12.2	79t	28	3	14	4.7	0	

Club	No	Punt Returns				Kickoff Returns				
		Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
1996 Chicago	31	282	9.1	34	0	25	580	23.2	45	0
1997 Chicago	1	4	4.0	4	0	2	27	13.5	20	0
2001 Seattle	6	96	16.0	27	0	1	6	6.0	6	0
2002 Seattle	21	224	10.7	61t	1	0	0	0.0	0	0
2003 Seattle	31	320	10.3	83t	1	1	18	18.0	18	0
2004 Seattle	10	118	11.8	48	0	0	0	0.0	0	0
2005 Seattle	1	9	9.0	9	0	0	0	0.0	0	0
NFL TOTALS	101	1,053	10.4	83t	2	29	631	21.8	45	0

POSTSEASON

Club	G/S	Receiving					Rushing				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2003 Seattle	1/1	4	83	20.8	34	0	0	0	0.0	0	
2004 Seattle	1/1	3	34	11.3	19t	1	0	0	0.0	0	
2005 Seattle	3/3	11	115	10.5	21	0	0	0	0.0	0	
NFL TOTALS	5/5	18	232	12.9	34	1	0	0	0.0	0	

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

including one touchdown. Led Seahawks in receiving versus his former team Chicago (10/19), catching six passes for 73 yards, including a 25-yard touchdown. Had touchdowns in three consecutive games at Washington (11/9), versus Detroit (11/16), and at Baltimore (11/23). Earned NFC Special Teams Player of the Week honors versus the Lions after returning a punt 83 yards for a touchdown. Became only the second player in club history (Joey Galloway at San Diego 10/25/98) to score a receiving touchdown and return a punt for a touchdown in the same game. Return was a career high and fourth-longest in team history. Tied a career high with two touchdown receptions at Baltimore. Caught four passes for season-high 93 yards at Minnesota (12/7). Caught five passes for 55 yards and sixth touchdown of the season versus Arizona (12/21). **2004:** Started seven times when team opened in three wide receiver sets. Played in 13 total games and was inactive three (ankle). Totaled 36 catches for 499 yards and two touchdowns. Average of 13.9 yards per reception was best as a member of the Seahawks and second-highest of career (15.4 in 1998). Returned 10 punts for 118 yards (11.8 avg.), fourth consecutive season averaging more than 10 yards per return. Totaled a season-high 95 receiving yards on four receptions versus San Francisco (9/26). Was inactive (ankle) for three games at Arizona (10/24), versus Carolina (10/31), and at San Francisco (11/7). Two touchdowns on the season came versus Buffalo (11/28) and at Minnesota (12/12) where he totaled 79 yards on four catches. Hauled in a season-high six receptions for 79 yards in the season finale versus Atlanta (1/2).

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

COLLEGE: Set school records with 167 career receptions for 3,026 yards and 31 touchdowns,

topping marks of O.J. McDuffie (125 catches) and Kenny Jackson (2,006 and 25 TDs). His 786 career punt-return yards ranked second in school annals to McDuffie's 1,059. Gained 4,043 all-purpose yards, joining Blair Thomas (4,512) and Curt Warner (4,982) as only Nittany Lions to gain more than 4,000 yards. Second-team All-America by *UPI* and *Football News*; third team by *AP* senior season. All-Big Ten first-team selection. Finalist for Fred Biletnikoff Award, given to top receiver in nation. Ranked 10th in country, averaging 98.5 yards per game. Gained 1,084 yards, breaking own single-season yardage record. His 63 receptions tied McDuffie's record set in 1992. Averaged 9.8 yards on 19 punt returns and 18.8 yards on five carries from scrimmage. *Football News* second-team All-American after junior year. First-team All-Big Ten choice. Led team with 52 receptions for 1,029 yards and seven touchdowns. *AP* third-team All America as a sophomore. Consensus All-Big Ten first team. Led team in receiving, punt returns, and all-purpose yards. Third in Big Ten with 79.4-yard average. Second in conference and ninth in nation with 12.2 average on 33 punt returns. Caught 48 passes for 18.2 average and 13 touchdowns (school single-season record). Set school mark with five 100-yard receiving games. Big Ten Offensive Player of the Week versus Minnesota in season opener with eight catches for 165 yards and four touchdowns. Four touchdown catches in one game was PSU single-game record. Did not play in 1992, sat out school in fall semester. One of two true freshmen to earn letter while playing in every game.

PERSONAL: Three-time all-state selection at Camden (S.C.) High School. Exercise and sport science major. Married, Deanna, with daughter Bobbi (6/1/98) and son Dean (2/5/00).

ENGRAM'S GAME BY GAME RECEIVING

1996	Opponent	No	Yds	Avg	LG	TD	1997	Opponent	No	Yds	Avg	LG	TD	
09/02	Dallas	1	7	7.0	7	0	09/01	at Green Bay	3	24	8.0	12	0	
09/08	at Washington	2	28	14.0	19	0	09/07	Minnesota	6	63	10.5	15	1	
09/15	Minnesota	2	11	5.5	6	1	09/14	Detroit	5	60	12.0	18	0	
09/22	at Detroit	3	39	13.0	24	0	09/21	at New England	5	47	9.4	11	0	
09/29	Oakland	0	0	0.0	0	0	09/28	at Dallas	3	15	5.0	10	0	
10/06	Green Bay	2	30	15.0	16	0	10/05	New Orleans	6	59	9.8	16	0	
10/13	at New Orleans	1	22	22.0	22	0	10/12	Green Bay	3	17	5.7	8	0	
10/28	at Minnesota	1	2	2.0	2	0	10/27	at Miami	8	63	7.9	23	1	
11/03	Tampa Bay	2	28	14.0	15	0	11/02	Washington	2	16	8.0	12	0	
11/10	at Denver	1	21	21.0	21	0	11/09	at Minnesota	2	23	11.5	15	0	
11/17	at Kansas City	5	57	11.4	17	0	11/16	N.Y. Jets	Inactive (Ankle)					
11/24	Detroit	1	5	5.0	5t	1	11/23	Tampa Bay	Inactive (Ankle)					
12/01	at Green Bay	4	46	11.5	15t	2	11/27	at Detroit	Inactive (Ankle)					
12/08	St. Louis	1	9	9.0	9	0	12/07	Buffalo	Inactive (Ankle)					
12/14	San Diego	5	61	12.2	18	1	12/14	at St. Louis	Inactive (Ankle)					
12/22	at Tampa Bay	2	23	11.5	17	1	12/21	at Tampa Bay	2	12	6.0	8	0	
TOTALS (16/2)		33	389	11.8	24	6	TOTALS (11/11)		45	399	8.9	23	2	

ENGRAM'S GAME BY GAME RECEIVING

1998	Opponent	No	Yds	Avg	LG	TD
09/06	Jacksonville	2	35	17.5	21	0
09/13	at Pittsburgh	4	76	19.0	54t	1
09/20	at Tampa Bay	3	29	9.7	14	0
09/27	Minnesota	6	123	20.5	33t	2
10/04	Detroit	4	44	11.0	14	0
10/11	at Arizona	5	142	28.4	79t	1
10/18	Dallas	3	49	16.3	31	0
10/25	at Tennessee	4	27	6.8	14	0
11/08	St. Louis	2	54	27.0	48	0
11/15	at Detroit	4	74	18.5	22	0
11/22	at Atlanta	3	42	14.0	22	0
11/29	Tampa Bay	4	33	8.3	13	0
12/06	at Minnesota	9	140	15.6	47t	1
12/13	at Green Bay	3	17	5.7	9	0
12/20	Baltimore	3	34	11.3	18	0
12/27	Green Bay	5	68	13.6	26	0
TOTALS (16/16)		64	987	15.4	79t	5

1999	Opponent	No	Yds	Avg	LG	TD
09/12	Kansas City	6	53	8.8	16	0
09/19	Seattle	3	33	11.0	21	0
09/26	at Oakland	3	42	14.0	30	0
10/03	New Orleans	4	33	8.3	12	0
10/10	at Minnesota	3	17	5.7	7	0
10/17	Philadelphia	6	59	9.8	18	0
10/21	Bye Week					
10/24	at Tampa Bay	4	64	16.0	50	0
10/31	at Washington	7	65	9.3	21	0
11/07	at Green Bay	6	48	8.0	15	1
11/14	Minnesota	6	42	7.0	15	0
11/21	at San Diego	8	121	15.1	52	0
11/25	at Detroit	4	41	10.3	15	0
12/05	Green Bay	2	60	30.0	56	0
12/19	Detroit	10	94	9.4	30	1
12/26	at St. Louis	13	143	11.0	27	2
1/02/00	Tampa Bay	3	32	10.7	15	0
TOTALS (16/14)		88	947	10.8	56	4

2000	Opponent	No	Yds	Avg	LG	TD
09/03	at Minnesota	8	61	7.6	25	0
09/10	at Tampa Bay	4	10	2.6	6	0
09/17	N.Y. Giants	4	38	9.5	12	0
09/24	Detroit	Injured Reserve (Knee)				
10/01	at Green Bay	Injured Reserve (Knee)				
10/08	New Orleans	Injured Reserve (Knee)				
10/15	Minnesota	Injured Reserve (Knee)				
10/22	at Philadelphia	Injured Reserve (Knee)				
11/05	Indianapolis	Injured Reserve (Knee)				
11/12	at Buffalo	Injured Reserve (Knee)				
11/19	Tampa Bay	Injured Reserve (Knee)				
11/26	at N.Y. Jets	Injured Reserve (Knee)				
12/03	Green Bay	Injured Reserve (Knee)				
12/10	New England	Injured Reserve (Knee)				
12/17	at San Francisco	Injured Reserve (Knee)				
12/24	Detroit	Injured Reserve (Knee)				
TOTALS (3/3)		16	109	6.8	25	0

2001	Opponent	No	Yds	Avg	LG	TD
09/09	at Cleveland	2	18	9.0	11	0
09/23	Philadelphia	2	28	14.0	19	0
09/30	at Oakland	2	26	13.0	16	0
10/07	Jacksonville	5	71	14.2	31	0
10/14	Denver	1	6	6.0	6	0
10/28	Miami	3	28	9.3	12	0
11/04	at Washington	2	53	26.5	27	0
11/11	Oakland	1	28	28.0	28	0
11/18	at Buffalo	1	21	21.0	21	0
11/25	at Kansas City	1	1	1.0	1	0
12/02	San Diego	3	44	14.7	26	0
12/09	at Denver	2	26	13.0	14	0
12/16	Dallas	0	0	0.0	0	0
12/23	at N.Y. Giants	0	0	0.0	0	0
12/30	at San Diego	2	30	15.0	16	0
1/06/02	Kansas City	2	20	10.0	12	0
TOTALS (16/4)		29	400	13.8	31	0

2002	Opponent	No	Yds	Avg	LG	TD
09/08	at Oakland	2	25	12.5	16	0
09/15	Arizona	0	0	0.0	0	0
09/22	at N.Y. Giants	3	39	13.0	17	0
09/29	Minnesota	1	38	38.0	38	0
10/06	Bye Week					
10/14	San Francisco	6	85	14.2	19	0
10/20	at St. Louis	1	13	13.0	13	0
10/27	at Dallas	6	69	11.5	21	0
11/03	Washington	1	11	11.0	11	0
11/10	at Arizona	5	52	10.4	13	0
11/17	Denver	3	40	13.3	22	0
11/24	Kansas City	3	28	9.3	11	0
12/01	at San Francisco	6	72	12.0	15	0
12/08	Philadelphia	5	48	9.6	13	0
12/15	at Atlanta	Inactive (Toe)				
12/22	St. Louis	2	15	7.5	8	0
12/29	at San Diego	6	84	14.0	29	0
TOTALS (15/6)		50	619	12.4	38	0

2003	Opponent	No	Yds	Avg	LG	TD
09/07	New Orleans	1	1	1.0	1	0
09/14	at Arizona	2	28	14.0	14	0
09/21	St. Louis	3	35	11.7	13	0
09/28	Bye Week					
10/05	at Green Bay	3	45	15.0	24	0
10/12	San Francisco	3	23	7.7	9	0
10/19	Chicago	6	73	12.2	25t	1
10/26	at Cincinnati	4	70	17.5	19	0
11/02	Pittsburgh	2	9	4.5	10	0
11/09	at Washington	6	65	10.8	24	1
11/16	Detroit	3	59	19.7	34t	1
11/23	at Baltimore	4	46	11.5	16	2
11/30	Cleveland	2	8	4.0	6	0
12/07	at Minnesota	4	93	23.3	29	0
12/14	at St. Louis	0	0	0.0	0	0
12/21	Arizona	5	55	11.0	25	1
12/28	at San Francisco	4	27	6.8	10	0
TOTALS (16/7)		52	637	12.3	34t	6
1/04/04	at Green Bay	4	83	20.8	34	0
PLAYOFFS (1/1)		4	83	20.8	34	0

2004	Opponent	No	Yds	Avg	LG	TD	2005	Opponent	No	Yds	Avg	LG	TD	
09/12	at New Orleans	3	55	18.3	38	0	09/11	at Jacksonville	8	79	9.9	17	0	
09/19	at Tampa Bay	1	13	13.0	13	0	09/18	Atlanta	5	77	15.4	25	0	
09/26	San Francisco	4	95	23.8	60	0	09/25	Arizona	5	54	10.8	16	0	
10/03	Bye Week						10/02	at Washington	9	106	11.8	26	0	
10/10	St. Louis	1	2	2.0	2	0	10/09	at St. Louis	Inactive (Ribs)					
10/17	at New England	3	35	11.7	13	0	10/16	Houston	Inactive (Ribs)					
10/24	at Arizona	Inactive (Ankle)						10/23	Dallas	Inactive (Ribs)				
10/31	Carolina	Inactive (Ankle)						10/30	Bye Week					
11/07	at San Francisco	Inactive (Ankle)						11/06	at Arizona	3	28	9.3	15	0
11/14	at St. Louis	3	28	9.3	22	0	11/13	St. Louis	6	70	11.7	27	0	
11/21	Miami	2	41	20.5	29	0	11/20	at San Francisco	6	93	15.5	28	0	
11/28	Buffalo	2	19	9.5	11	1	11/27	N.Y. Giants	6	34	5.7	10	0	
12/06	Dallas	2	11	5.5	8	0	12/05	at Philadelphia	3	34	11.3	13	1	
12/12	at Minnesota	4	79	19.8	35t	1	12/11	San Francisco	6	65	10.8	28t	2	
12/19	at N.Y. Jets	4	39	9.8	14	0	12/18	at Tennessee	6	95	15.8	56	0	
12/26	Arizona	1	3	3.0	3	0	12/24	Indianapolis	1	13	13.0	13	0	
1/02/05	Atlanta	6	79	13.2	23	0	1/01/06	at Green Bay	3	30	10.0	16	0	
TOTALS (13/7)		36	499	13.9	60	2	TOTALS (13/13)		67	778	11.6	56	3	
1/08/05	St. Louis	3	34	11.3	19	1	1/14/06	Washington	2	11	5.5	9	0	
PLAYOFFS (1/1)		3	34	11.3	19	1	1/22/06	Carolina	3	34	11.3	13	0	
							2/05/06	Pittsburgh	6	70	11.7	21	0	
							PLAYOFFS (3/3)		11	115	10.5	21	0	

ENGRAM'S SINGLE-GAME HIGHS

Most Receptions: 13, at St. Louis (12/26/99)

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

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

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

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

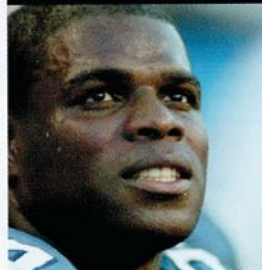
Most Touchdowns: 2, 5 Times, Last vs. San Francisco (12/11/05)

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

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

BRYCE FISHER

94



Defensive End 6-3 268
Air Force Academy
6th NFL Season
2nd Seahawks Season
UFA 2005 (St. Louis)
2005 Games/Starts: 16/15
Career Games/Starts: 65/32
May 12, 1977
Renton, Washington

2005: Started all but one game in first season with the Seahawks and led the club with career-high 9.0 sacks. Total helped Seattle rank first in total sacks in the NFL. Finished the season with 47 tackles, eight passes defended, and a forced fumble. Opened the season with one sack in each of first three games at Jacksonville (9/11), versus Atlanta (9/18), and versus Arizona (9/25). Collected a season-high nine tackles and tied a career high with 2.0 sacks versus Dallas (10/23). Picked up 1.5 sacks the following game at Arizona (11/6). Did not start (foot) at Philadelphia (12/5) but saw time in pass rush situations and shared a sack with Leroy Hill. Started all three postseason games and totaled nine tackles, a sack and forced fumble. Collected a postseason career high with eight tackles, including a sack, in Divisional Playoff

win versus Washington (1/14/06).

PRO: Joined the Seahawks as an unrestricted free agent March 21, 2005, after spending the previous three seasons with the St. Louis Rams. Was an original 1999 seventh-round (240th overall) draft choice by the Buffalo Bills and joined the Bills after fulfilling two-year commitment to the Air Force. Claimed off of waivers by the Rams September 2, 2002, after playing the 2001 season with Buffalo and going to training camp with the Bills in 2002. A high-effort player who has started 32 of 65 career games totaling 215 tackles and 22.5 sacks. **2001:** Played in 13 games with two starts for the Bills, inactive for three others. Finished the season with 33 tackles and three sacks. Recorded two tackles and one sack in NFL debut versus New Orleans (9/9). Made

first NFL start versus the New York Jets (10/7) and notched three tackles and one quarterback pressure. Collected third sack of the season versus Indianapolis (11/4). **2002:** Saw action in four games on defense and special teams. Completed season with 11 tackles and three quarterback pressures on defense and one special teams tackle. Inactive for 12 contests. Racked up career-high six tackles in Rams' Monday night victory over San Francisco (12/30). **2003:** Played in all 16 games, starting one at left defensive end. Made career-high 47 tackles with two tackles for loss, two sacks, one pass defended, two forced fumbles, and a team and career-high 27 special teams tackles. Collected three solo tackles and first sack for Rams versus Atlanta (10/13). Racked up career-high eight tackles with a sack against Baltimore (11/9). Tallied team-high seven tackles in first start as a Ram in place of injured DE Leonard Little at Arizona (11/23). Led team with career-high five special teams tackles versus Minnesota (11/23). **2004:** Started 14 of 16 games for the Rams totaling career highs with 77 tackles and 8.5 sacks. Posted two forced fumbles, three passes defended, and three multi-sack games. Had career-high 10 tackles and a sack versus Arizona (9/12). Tallied seven tackles, a pass defended, and a half sack at San Francisco (10/3). First two-sack game of season came at Miami (10/24) before posting nine tackles, two sacks, and a forced fumble at Carolina (12/12). Led team with seven stops, a sack, and

forced fumble versus Philadelphia (12/27). Tied career high with 10 tackles versus the New York Jets (1/2/05) and notched third two-sack game of season. Had four special teams tackles. Started both playoff games totaling 10 tackles, including a half sack in playoff win at Seattle (1/8/05).

COLLEGE: Two-year starter on defensive line at the Air Force Academy. Selected as WAC Defensive Player of the Year in Mountain Division as senior. Started 12 games and recorded career-high 70 tackles, six sacks, and one fumble recovery. Started 12 games as junior and totaled 63 tackles, 1.5 sacks, one forced fumble, and one fumble recovery. Played in seven games as backup defensive lineman in sophomore season. Graduated with degree in business management.

PERSONAL: Born Bryce Alexander Fisher in Renton, Washington. Lettered three years in football and was all-league offensive and defensive lineman at Seattle Prep. Team captain as senior and selected as league's lineman of the year that season. Completed combat survival training in summer of 1996 and spent two years (1999-00) on active duty with the Air Force. Was at Air Force Academy in Colorado Springs, CO, in 1999 where he worked as recruiter and coached defensive line for JV football team. Worked in 2000 as Vehicle Operations Officer at Pope Air Force Base in Fayetteville, N.C. He and wife Bobbi have two daughters, Jasmine and Morgan.

FISHER'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2001 Buffalo	13/2	33	25	8	3.0	18.0	0	0	0.0	0	0	1	0	0
2002 St. Louis	4/0	11	3	8	0.0	0.0	0	0	0.0	0	0	0	0	0
2003 St. Louis	16/1	47	21	26	2.0	9.0	0	0	0.0	0	0	1	2	0
2004 St. Louis	16/14	77	38	39	8.5	73.0	0	0	0.0	0	0	3	2	0
2005 Seattle	16/15	47	35	12	9.0	56.5	0	0	0.0	0	0	8	1	0
NFL TOTALS	65/32	215	122	93	22.5	156.5	0	0	0.0	0	0	13	5	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2003 St. Louis	1/0	0	0	0	0.0	0	0	0	0.0	0	0	0	0	0
2004 St. Louis	2/2	10	5	5	0.5	1.0	0	0	0.0	0	0	0	0	0
2005 Seattle	3/3	9	5	4	1.0	4.0	0	0	0.0	0	0	0	1	0
NFL TOTALS	6/5	19	10	9	1.5	5.0	0	0	0.0	0	0	0	1	0

FISHER'S SINGLE-GAME HIGHS

Tackles: 10, 2 Times, Last at N.Y. Jets (1/2/04)

Sacks: 2, 3 Times, Last vs. Dallas (10/23/05)

Fumble Recoveries: None

Interceptions: None

Forced Fumbles: 1, 5 Times, Last at SF (11/20/05)

Touchdowns: None

ADDITIONAL STATS

Special Team Tackles: 2001 (1), 2003 (27), 2004 (4); **Career:** 32



Guard 6-4 308
 Auburn
 14th NFL Season
 9th Seahawks Season
 UFA (Chicago) 1998
 2005 Games/Starts: 16/16
 Career Games/Starts: 177/139
 June 19, 1970
 Birmingham, Alabama

2005: Started all 16 games. Has started 106 consecutive games for the Seahawks eclipsing Cortez Kennedy's (100) club record. Part of an offensive line that allowed just 27 sacks, tied for fifth fewest in the NFL. Part of a line that helped set a franchise record with 320 yards rushing versus Houston (10/16) and two 100-yard rushers in the same game for just the third time in team history. Helped pave the way for Shaun Alexander to gain club-record 1,880 yards rushing and set NFL record with 28 total touchdowns. Started all three postseason games.

PRO: Entered the NFL as a fifth-round draft choice (132nd overall) of the Miami Dolphins in 1993. Played in 42 games with 23 starts for Miami from 1993-96. Spent one season with the Chicago Bears (1997), before joining the Seahawks in 1998. Moved to right guard in 2001 from center where he had started 34 games from 1998-00. Has started 106 consecutive regular-season games at either guard or center for the Seahawks dating back to 1999.
1993: Saw action in five games as a rookie. Was inactive for 10 games and did not play in another.
1994: Played in all 16 games and both playoff contests. Started two games. Made first NFL start versus L.A. Raiders (10/16).
1995: Started the first 10 games before suffering a season-ending left ankle injury versus New England (11/12). Placed on injured reserve (11/15). Underwent surgery to repair ligament damage (11/17).
1996: Returned from ankle injury and started the first 11 games. Suffered a broken ankle at Houston (11/17) and missed the remainder of the season.
1997: Played in eight games with two starts for the Chicago Bears after signing as a free agent (9/10). Signed as a free agent with the Seahawks April 15, 1998.
1998: Started the final eight games of the season replacing an injured Kevin Glover (back) at center. Inactive versus Oakland (11/1) with a concussion. Helped pave the way for a 105-yard rushing day for Ricky Watters in his first start versus Kansas City (11/8). Part of an offensive line that was instrumental in Watters setting a career-high with 178 yards versus Indianapolis (12/20). Served as the deep snapper for field goals and extra points all season.

Jason Kyle served as the deep snapper versus Oakland (11/1), when Gray was inactive. **1999:** Started 10 games at center and played in all 16. Handled snapping duties for field goals and PATs. Took over starting job at center for the remainder of the season for an injured Kevin Glover (blood clot) at Green Bay (11/1). Part of an offensive line that helped Watters rush for a 125 yards at Green Bay on Monday night football (11/1). Helped Watters rush for a season-high 133 yards versus Cincinnati (11/7). **2000:** Started 16 games for the first time in his career. Entered the season as the starting center for the first time with the Seahawks. Helped Watters average 4.5 yards per carry and Alexander average 4.9 (second among rookies in 2000). Part of an offensive line that did not allow a sack in back-to-back games at Atlanta (12/3) and at Denver (12/10)-the first time that has been accomplished for the Seahawks in 324 games. **2001:** Started all 16 games for the second consecutive season. Started every game at right guard and became part of a solid front line that helped Alexander rush for 1,318 yards and a league-leading 14 touchdowns. Part of starting unit versus Oakland (11/11) that helped Alexander to the fourth-best rushing game in NFL history (266 yards) and helped set a franchise record with 319 rushing yards as a team. **2002:** Only one of two Seattle offensive linemen to start all 16 games (Robbie Tobeck). Started first four games at right guard before starting the final 12 games at left guard for injured Steve Hutchinson (leg). Helped solidify an offensive line that helped Alexander set a franchise record with 18 total touchdowns and 16 rushing scores. Provided solid protection for quarterback Matt Hasselbeck's four 300-yard plus passing games over the final six games of the season. Made the switch to left guard in the third quarter versus Minnesota (9/29), a game in which the line didn't allow a sack, the first game since 11/18/01 at Buffalo. **2003:** Started all 16 games at right guard assisting Alexander in establishing a career high with 1,435 rushing yards. Seattle's 125.6 rushing average per game was the most since 1995 (136.1). Offense ranked sixth in the NFL (10th rushing, 7th passing). Helped Hasselbeck

set franchise record and rank fourth in the NFL in passing yards (3,841). Part of an offensive line that did not allow a sack versus Detroit (11/16), just the second time since 11/18/01 at Buffalo. **2004:** Started all 16 games at right guard and helped Alexander to the Seahawks' single-season rushing record with 1,696 yards. Part of an offensive line that allowed just 34 sacks, tied for the second-lowest total since 1988. Helped Alexander rank first in the NFC in yards, yards per carry (4.8), non-kicker scoring (120), rushing touchdowns (16), and total touchdowns (20).

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

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

GRAY'S NFL RECORD

Year	Team	—	GP/GS	Postseason	Year	Team	—	GP/GS	Postseason
1993	Miami	—	5/0		2000	Seattle	—	16/16	
1994	Miami	—	16/2	2/0	2001	Seattle	—	16/16	
1995	Miami	—	10/10		2002	Seattle	—	16/16	
1996	Miami	—	11/11		2003	Seattle	—	16/16	
1997	Chicago	—	8/2		2004	Seattle	—	16/16	1/1
1998	Seattle	—	15/8		2005	Seattle	—	16/16	3/3
1999	Seattle	—	16/10	1/1	NFL TOTALS			177/139	
					POSTSEASON				7/5

MIKE GREEN

32



Safety 6-0 195
 Northwestern State
 7th NFL Season
 1st Seahawks Season
 Trade (Chicago)
 2005 Games/Starts: 16/3
 Career Games/Starts: 81/45
 December 6, 1976
 Ruston, Louisiana

2005: Started the season-opener for the fourth straight season and played in every contest for second consecutive campaign. Ranked fifth in the secondary with 51 tackles adding one interception, five passes defended and forced two fumbles. Registered 11 special teams tackles which ranked fifth on the team. Participated in games 1-16, starting games 1 and 13-14 at free safety. Started at free safety at Washington (9/11) and recorded three tackles. Notched season-best seven tackles at Tampa Bay (11/27) and added two special teams tackles. Filled in for injured Chris Harris and made six tackles versus Green Bay (12/4). Started at Pittsburgh (12/11) and made five tackles and forced a fumble. In best performance of season, tallied one interception, forced another interception with a crushing tackle, totaled seven tackles and two passes defended versus Atlanta (12/18). Notched two tackles in Divisional Playoff versus Carolina (1/18) and added two special teams tackles.

PRO: Joined the Seahawks April 25 via trade with the Chicago Bears for Seattle's sixth-round draft choice (200th overall) in the 2006 NFL Draft. Veteran defensive back has been used primarily at safety—moving from strong safety to free safety in 2005—but has also seen time as an extra cornerback during career. Played in every game since 2004 and has started 45 of 81 career games played. Before joining the Seahawks, career tackle total (437) was third-most on the Bears roster since 2001 and only Brian Urlacher (790) had more. Started every game at strong safety in 2002 and 2004 and tied for the Bears lead in takeaways in 2004 with 6 (2 INT, 4 fumble recoveries) while forcing two fumbles. According to press box statistics, recorded the third-most tackles in the NFL by a defensive back in 2004 and led all defensive backs in tackles in 2002. Was tied for second on Bears in tackles in 2003 when he sustained an injury that allowed him to play only four more

games that season. Solid special teams player throughout career, 57 all-time special teams tackles ranked fourth for the Bears. Earned 'Mr. Irrelevant' honors as the final player selected in the 2000 NFL Draft by the Bears. **2000:** Saw action in seven games on special teams, contributing three tackles. Was inactive first two games before NFL debut at Soldier Field versus the N.Y. Giants (9/17). **2001:** Bears leading tackler among non-starters recording 68 tackles as the team's dime-back in 16 regular season games played, starting twice when the team opened the game with their dime package. Special teams stalwart ranked second for Bears with career-high 25 special teams tackles. Totaled three tackles, including first career sack, and a forced fumble versus San Francisco (10/28) in first career start in dime package. Notched 11 tackles at Minnesota (11/25), including a forced fumble. Posted seven tackles, including a sack, at Washington (12/23). Wrapped up eight tackles versus Jacksonville (1/6/02), including one sack. Had three tackles in Divisional Playoff versus Philadelphia (1/19/02). **2002:** In first season as Bears starting strong safety, ranked second on team with career-high 138 tackles while ranking third with 15 special teams tackles. Twice led Chicago defenders in tackles and only player besides Brian Urlacher to do so in 2002. Reached double-digits in seven games. Recovered first career fumble at Minnesota (10/27) while leading secondary with 10 tackles. Led Bears with career-high 14 tackles versus N.Y. Jets (12/15). **2003:** Started the first six games at strong safety, but a groin injury kept him out of six of the last 10 games while making just two more starts. Still ranked 10th on the team in tackles and recorded first-career interception while starting 8-of-10 games played. Inactive for games eight, 11-12, and 15 before going on injured reserve due to injury. Set up Bears field goal with interception and 3-yard return in second quarter versus Green Bay (9/29) while tying for team-high with nine tackles. Recorded two tackles, with a half sack, at Seattle (10/19) in his 22nd straight start, but left

game in fourth quarter with groin injury. **2004:** Started all 16 games at strong safety for the second time in career, led the secondary and ranked second on the team with 132 tackles, the second-highest total of career. Tied Nathan Vasher for team-lead in takeaways with six after tying for the NFL lead with four fumble recoveries and a career-high two interceptions. Paced Bears with 11 passes defended, adding 1.5 sacks, and one forced fumble. Recorded second career interception, adding four tackles versus Detroit (9/12) in third consecutive season-opening start. Registered 10 tackles and dove for interception on Chicago's 6-yard line at Green Bay (9/19). Led secondary with 11 tackles versus Washington (10/17) to rank second on team. Tied for the team lead with 12 tackles versus Indianapolis (11/21). Led secondary with 11 tackles at Detroit (12/26) and combined with Lance Briggs on a sack; forced interception returned for touchdown by Briggs by pressuring Joey Harrington.

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

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

GREEN'S NFL RECORD

	Club	G/S	Tackles			Sacks		Interceptions								
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
2000	Chicago	7/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2001	Chicago	16/2	68	46	22	3.0	17.0	0	0	0.0	0	0	4	2	0	
2002	Chicago	16/16	138	89	49	1.0	10.0	0	0	0.0	0	0	5	0	2	
2003	Chicago	10/8	48	31	17	0.5	1.5	1	3	3.0	3	0	2	0	0	
2004	Chicago	16/16	132	84	48	1.5	5.5	2	0	0.0	0	0	11	1	4	
2005	Chicago	16/3	51	32	19	0.0	0.0	1	14	14.0	14	0	5	2	1	
NFL TOTALS		81/45	437	282	155	6.0	34.0	4	17	4.3	14	0	27	5	7	

POSTSEASON

	Club	G/S	Tackles			Sacks		Interceptions							
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2001	Chicago	1/0	3	2	1	0.0	0.0	0	0	0.0	0	0	0	0	0
2005	Chicago	1/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS		2/0	5	4	1	0.0	0.0	0	0	0.0	0	0	0	0	0

GREEN'S SINGLE-GAME HIGHS

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

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

ADDITIONAL STATS

Special Teams Tackles: 2000 (3), 2001 (25), 2002 (15), 2003 (2), 2004 (1), 2005 (10); **Career:** 56.

DAVID GREENE

11



Quarterback 6-3 226
 Georgia
 1st NFL Season
 2nd Seahawks Season
 3rd Round 2005
 2005 Games/Starts: 0/0
 Career Games/Starts: 0/0
 June 22, 1982
 Snellville, Georgia

2005: Inactive all 16 games as the third quarterback.

PRO: Drafted with first of two third-round selections (85th overall) in the 2005 NFL Draft. Highest pick used on quarterback since Seahawks chose Brock Huard with 77th overall pick in 1999. Fifth quarterback selected since Mike Holmgren took over team. Left-handed.

COLLEGE: Started an NCAA-record 52 consecutive games at University of Georgia. Became winningest quarterback in NCAA Division 1-A history with 42 career victories, eclipsing Peyton Manning's record of 39. Holds rare distinction of being only passer in Georgia history to start every game during four-year career. Led Bulldogs to 42-10 record, three straight seasons of 10-or-more wins, four straight bowl games, three-straight national top six finishes, two SEC Eastern Division titles (2002 and 2003) and 2002 SEC Championship. Finished collegiate career with SEC-record 11,270 yards of total offense, surpassing

Manning once again. Attempted second-most passes (1,440) in SEC history and 849 completions rank third. Both marks are school career records. Also set school records with 11,528 passing yards and 72 passing touchdowns. Owns school and conference career record for most consecutive passes without interception (214). Broke own previous mark of 176.

PERSONAL: Attended South Gwinnett (Snellville, GA) High. Earned *USA Today* All-USA honorable mention, *Atlanta Journal Constitution* Super Eleven, Super Southern 100, Top 75 in Georgia, Class AAAAA All-State and Georgia Sports Writers Association Class AAAAA All-State team. Named Gwinnett County co-Offensive Player of the Year. Completed 134 passes on 227 attempts for 2,102 yards and 10 touchdowns during senior year. Led team to back-to-back playoff appearances for first time in school history. Majored in Business. Married to Veronica.

12TH MAN ADVANTAGE

Since week 16 of the 2002 season, the Seahawks have used the 12th Man to their advantage. Seattle is 22-3 at Qwest Field, best regular season home record during that span.

Team	Record	Home Winning Percentage
Seattle	22-3	.880
New England	22-4	.846
Denver	21-4	.840
Kansas City	20-5	.800
Indianapolis	20-6	.769

D.J. HACKETT**18**

Wide Receiver 6-2 199
 Colorado
 2nd NFL Season
 3rd Seahawks Season
 5th Round 2004
 2005 Games/Starts: 13/3
 Career Games/Starts: 13/3
 July 3, 1981
 Ontario, California

2005: Saw action in 13 games, starting three, and catching 28 passes for 400 yards and two touchdowns. Inactive first three games of the season before making NFL debut in four-wide receiver sets at Washington (10/2). Started first career game the next week at St. Louis (10/9) with injuries to Darrell Jackson (knee) and Bobby Engram (ribs). Caught five passes for 43 yards versus at St. Louis. Posted season-high 78 yards and first-career touchdown on two receptions, including a season-long 47-yard reception in second game versus Rams (11/13). Hauled in career-high six passes for 67 yards and touchdown at San Francisco (11/20). Had key 38-yard reception in overtime versus N.Y. Giants (11/27) that led to a Josh Brown game-winning field goal. Saw action in all three post-season games but did not have a reception.

PRO: Chosen with the 25th selection of the fifth round (157th overall) of the 2004 NFL Draft. Seventh receiver taken by team since 1999, Coach Holmgren's first season in Seattle.

2004: Declared inactive the first seven games of the season before being placed on injured reserve (hip) November 5. **COLLEGE:** Played

two seasons at California State University-Northridge until the football program was discontinued in 2001. Transferred to Colorado and played a big part in the revival of the Buffalos' passing attack. In two seasons with the Buffs, hauled in 86 passes for 1,224 yards (14.2 avg.) and 11 touchdowns. Was an All-Big 12 Conference first-team selection as a senior by *The NFL Report* and selected by his teammates as Colorado's 2003 Most Valuable Player after setting a school single-season record with 78 receptions for 1,013 yards and seven touchdowns. Hauled in 100 passes for 1,507 yards and 17 touchdowns in two seasons with CSU-Northridge.

PERSONAL: Attended San Dimas (Calif.) High where he was a three-year letter winner in football, basketball, and track. Earned All-Valley Vista League, All-CIF, All-Inland Valley, and was a *Los Angeles Times* All-Star as a senior. Father, Eddie, played briefly with the Minnesota Vikings. Born DeAndre James Hackett but has gone by D.J. for as long as he can remember. Majored in Kinesiology. Married to Alexandra.

HACKETT'S NFL RECORD

Club	G/S	Receiving						Rushing			
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2004 Seattle	0/0	0	0	0.0	0	0	0	0	0.0	0	
2005 Seattle	13/3	28	400	14.3	47	2	0	0	0.0	0	
NFL TOTALS	13/3	28	400	14.3	47	2	0	0	0.0	0	

POSTSEASON

Club	G/S	Receiving					Rushing			
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD
2005 Seattle	3/0	0	0	0.0	0	0	0	0	0.0	0
NFL TOTALS	3/0	0	0	0.0	0	0	0	0	0.0	0

HACKETT'S SINGLE-GAME HIGHS

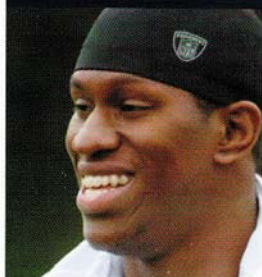
Most Receptions: 6, at San Francisco (11/20/05)
Longest Reception: 47, St. Louis (11/13/05)

Most Yards: 78, St. Louis (11/13/05)
Most Touchdowns: 1, 2 Times, Last at San Francisco (11/20/05)

KEN HAMLIN

26

hamlin



Safety 6-2 209
Arkansas
4th NFL Season
4th Seahawks Season
2nd Round 2003
2005 Games/Starts: 6/6
Career Games/Starts: 38/36
January 20, 1981
Memphis, Tennessee

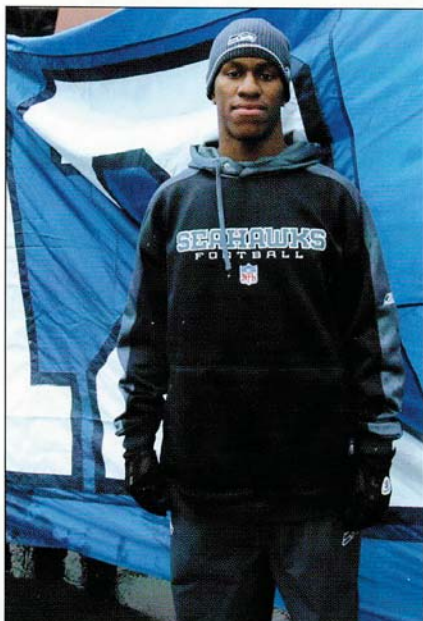
2005: Started first six games of the season before being placed on reserve/non-football injury list on November 1 because of head injuries suffered away from the field. Totaled 26 tackles for the season. Was declared inactive (head) versus Dallas (10/23).

PRO: Selected with the 10th pick in the second round (42nd overall) and only one of three players drafted by the Seahawks from the University of Arkansas (Bobby Joe Edmonds-1986, Jeb Huckeba-2005). **2003:** Started 14 of 16 games played as a rookie earning a place on *Pro Football Weekly's* All-Rookie team. Finished second on team with 96 tackles (Anthony Simmons 100) and totaled 10 passes defended. Started all regular-season games except Pittsburgh (11/2) and at Baltimore (11/23). Did not start playoff game at Green Bay (1/4/04), but

saw time at safety and on special teams. Made first career start versus New Orleans (9/7) and totaled five tackles while garnering national attention after knocking off Donte' Stallworth's helmet on a hit over the middle. Followed debut with a performance that earned NFC Defensive Player of the Week at Arizona (9/14). Finished second on team with eight tackles and had a hand in four of club's six takeaways. On the first play of the game, forced a fumble that was recovered setting up Seattle's first score. The next series, he batted a ball in the air that was intercepted by Reggie Tongue. Again in the very next series, he dcleated Anquan Boldin forcing the ball into the air only to be picked off by Chad Brown. Late in the fourth quarter, he intercepted a pass deep in Seahawks territory to preserve a 38-0 shutout. Finished second with seven tackles the following week versus St. Louis (9/21). Helped Seattle to victory by sandwiching Rams' Dane Looker and forcing the ball in the air for an interception late in the fourth quarter. Had a pass defensed later to keep St. Louis out of field-goal range. Led team with career-high 11 tackles at Green Bay (10/5). Totaled two special teams tackles on the season. **2004:** Started all 16 games in second season and finished third on team with 79 tackles. Finished fourth on team with four interceptions (10th NFC). Helped preserve shutout and end San Francisco's (9/26) NFL-record 420-game scoring streak after intercepting a fourth-quarter pass in the end zone. Posted five tackles and a career-high two interceptions versus Buffalo (11/28). Turned in a career-high 10 tackles, including first sack of career to go along with three passes defensed and a forced fumble, versus Arizona (12/26). Recorded second sack in as many weeks in season finale versus Atlanta (1/2/05). Posted two tackles and an interception in playoff loss to St. Louis (1/8/05).

HONORS: **2003:** *Pro Football Weekly All-Rookie Team; NFC Defensive Player of the Week 2.*

COLLEGE: Left college following his junior season after being touted as the best defensive player in school history since Steve Atwater (1985-88). A Bronko Nagurski National Defensive Player of the Year nominee, became the first player in school history to record more



Hamlin raised the 12th Man Flag prior to the Seahawks Divisional Playoff Game versus the Redskins.

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than 100 tackles in a season three times. Recorded 381 tackles (221 solo), breaking the school career-record of 367 tackles by Cliff Powell (1967-69). Caused eight fumbles and recovered five, deflected 28 passes, and intercepted nine while playing in 36 games. As a redshirt junior, an All-American first-team selection by *The NFL Draft Report* and *The Sporting News*. Nominated for the Jim Thorpe Award, given annually to the nation's premier defensive back. Collected a career-high 22 tackles (nine solo) versus Troy State. Only Powell (24) and Ronnie Caveness (23) had more tackles in a game for the Razorbacks. All-American second-team choice by *The NFL Draft Report* and All-Southeastern Conference first-team pick as a sophomore. Was a Freshman All-American

choice by *The Sporting News* and *Football News*. Named to the SEC Coaches' Freshman All-SEC team. Became the first freshman and only the second defensive back in school history to lead Arkansas in tackles, posting 104 tackles (57 solo).

PERSONAL: Attended Fraysay (Memphis, Tenn.) High, Accounted for 2,327 all-purpose yards during his senior season, including 1,276 rushing and 380 receiving as he ran for 16 touchdowns and made 136 tackles (96 solo) and eight interceptions as a safety. Class 3A Player of the Year. Also lettered in track and baseball. Member of the National Honor Society and was the senior class vice president. Majored in business education.

HAMLIN'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2003 Seattle	16/14	96	76	20	0.0	0.0	1	2	2.0	2	0	10	2	1
2004 Seattle	16/16	79	63	16	2.0	6.0	4	48	12.0	36	0	9	1	1
2005 Seattle	6/6	26	22	4	0.0	0.0	0	0	0.0	0	0	2	0	0
NFL TOTALS	38/36	201	161	40	2.0	6.0	5	50	10.0	36	0	21	3	2

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2003 Seattle	1/0	0	0	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	1	0	0.0	0	0	1	0	0
NFL TOTALS	2/1	2	2	0	0.0	0.0	1	0	0.0	0	0	1	0	0

HAMLIN'S SINGLE-GAME HIGHS

Tackles: 11, at Green Bay 10/5/03

Interceptions: 2, vs Buffalo (11/28/04)

Sacks: 1, 2 Times, Last vs. Atlanta (1/2/05)

Forced Fumbles: 1, 3 Times, Last vs. Arizona (11/28/04)

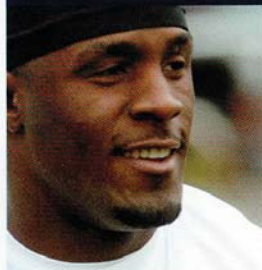
Fumble Recoveries: 1, 2 Times, Last at St. Louis (11/14/04)

ADDITIONAL STATS

Special Teams Tackles: 2003 (2), 2004 (1). Career: 3.

SHAUNARD HARTS

42



Safety 6-0 210
 Boise State
 5th NFL Season
 1st Seahawks Season
 Free Agent 2006
 2005 Games/Starts: 0/0
 Career Games/Starts: 51/17
 August 4, 1978
 Pittsburg, California

2005: Did not play football in 2005 after being released following training camp by the Kansas City Chiefs.

PRO: Signed with the Seahawks as a free

agent March 7, 2006. Originally the first of two seventh-round (212th overall) draft choices by the Kansas City Chiefs' in the 2001 NFL Draft. Served on the Chiefs practice squad most of

2001 before being signing to the active roster and playing in the final three games. In 51 career games, including 17 starts, has played both safety positions. **2001:** Played in three games on special teams, recording two tackles. Was added to the 53-man roster on December 23 after spending the first 14 weeks of the season on the practice squad. Saw first NFL action versus San Diego (12/23), making one tackle on special teams. **2002:** Played in 16 games on special teams and saw duty in 12 games on defense with 11 starts (two at strong safety and nine at free safety). Ranked fourth on the team with 86 tackles and led the team with four forced fumbles. Also registered 2.0 sacks, a fumble recovery, two passes defended, and six special teams tackles. Saw first-career action on defense at safety replacing an injured Greg Wesley at the N.Y. Jets (10/6), recording nine tackles, a pass defended and two special teams stops. Started first career NFL game at strong safety in place of an injured Wesley at San Diego (10/13), producing a career-high 12 tackles. Opened the season's final nine games at free safety. Collected his first NFL sack of Matt Hasselbeck at Seattle (11/24). **2003:** Played in 16 games on special teams and 10 games as a reserve on defense. Had 19 tackles, three passes defended, one fumble recovery and 16 special teams tackles. Had two interceptions with a 39-yard touchdown return. First career NFL interception came off of Drew Brees vs. San Diego (9/7). Returned an interception for a 39-yard touchdown at Houston (9/21), marking his first-career NFL score. Produced a career-high four special teams tackles versus Denver (10/5). Played on special teams in the club's AFC Divisional Playoff Game versus Indianapolis (1/11/04). **2004:** Played in 16 games on special teams and nine contests on defense, starting

the season's final six contests at free safety. Had 58 tackles, three passes defended, a forced fumble, and nine special teams tackles. Recorded nine tackles and one pass defended in first start of the season at free safety versus San Diego (11/28). Amassed 12 tackles, a pass defended, and a forced fumble at Tennessee (12/13).

College: Saw duty in 43 games (22 starts) at Boise State. Started career as a split end before moving to tailback as a sophomore and switching to safety before junior season. Recorded 145 tackles, 12.0 sacks, seven passes defended, and four forced fumbles. Started all 11 games as a senior, registering 81 tackles, 7.0 sacks, two interceptions with one touchdown and six passes defended to earn first-team All-Big West honors. Switched to defense in 1999 and started 10 games at safety recording 64 tackles and 5.0 sacks. Rushed 90 times for 406 yards with three touchdowns as a sophomore in 1998. Caught 31 passes for 449 yards and three touchdowns from 1997-98. Also returned 21 kickoffs for 361 yards (17.2 avg.) in 1998. Appeared in 11 games (one start) as a reserve wide receiver during his freshman campaign in 1997 and caught 12 passes for 246 yards (20.5 avg.) and a touchdown. Was redshirted in 1996 and served on the scout team as a receiver. Majored in Social Science at Boise State.

Personal: An All-Bay Valley Area League selection as a senior at Pittsburg High School in Pittsburg, California. Lettered three times as a receiver and caught 36 passes for 686 yards with seven touchdowns as a senior. Also lettered three times in track and basketball. Has seven brothers and five sisters. Full name is Shaunard Trudell Harts (pronounced sha-NARD). Married to Jessica and has a son Shaunard, Jr. and a daughter Siany.

HARTS' NFL RECORD

Club	G/S	Tackles				Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
2001 Kansas City	3/0	0	0	0	0.0	0	0	0	0	0	0	0	0	0	0
2002 Kansas City	16/11	86	60	26	2.0	13.0	0	0	0	0	0	2	1	4	
2003 Kansas City	16/0	19	10	9	0.0	0	2	39	19.5	39t	1	3	1	0	
2004 Kansas City	16/6	58	34	24	0.0	0	0	0	0	0	0	3	0	1	
2005 Did Not Play															
NFL TOTALS	51/17	163	104	59	2.0	13.0	2	39	19.5	39t	1	8	2	5	

HARTS' SINGLE-GAME HIGHS

Tackles: 12, at San Diego (10/13/02)

Sacks: 1, 2 Times, Last at Oakland (12/28/02)

Fumble Recoveries: 1, 2 Times, Last at Houston (9/21/03)

Interceptions: 1, 2 Times, Last at Houston (9/21/03)

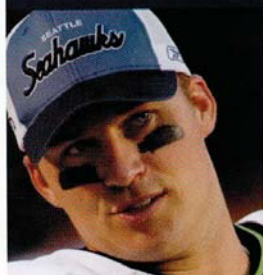
Forced Fumbles: 2, at San Diego (10/13/02)

ADDITIONAL STATS

Special Teams Tackles: 2001 (2); 2002 (6); 2003 (16); 2004 (9); **Career:** 33.

MATT HASSELBECK

8



Quarterback 6-4 223
 Boston College
 8th NFL Season
 6th Seahawks Season
 Trade (Green Bay) 2001
 2005 Games/Starts: 16/16
 Career Games/Starts: 107/68
 September 25, 1975
 Westwood, Massachusetts

2005: Highlighted one of the best performances by a quarterback by leading the team to the franchise's first Super Bowl. Started all 16 games for second time of career while leading the NFC and setting a club record for highest single-season passer rating (98.2). Named as the starter for the NFC Pro Bowl squad after completing 294 of 449 passes for 3,459 yards, 24 touchdowns and nine interceptions. Touchdown total led the NFC while completion percentage (65.5) was second. Eclipsed the 3,000-yard mark for the fourth straight year, breaking Jim 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 interceptions with a completion percentage of 76. Totaled a 103.0 passer rating in eight road games and did not throw an interception on the road in final seven games (185 attempts) of the season. At St. Louis (10/9), earned NFC Offensive Player of the Week after passing for club-record 12th-career 300-yard game. Completed 27 of 38 passes for 316 yards and two touchdowns all without top two receivers Darrell Jackson (knee) and Bobby Engram (ribs). Rushed for season-high 40 yards and career-long 23 yarder versus Houston (10/16). Also had club-record consecutive passes without an interception streak ended at 159 (Jim Zorn, 153). Tied game 10-10 with :40 to play versus Dallas (10/23) with a 1-yard touchdown toss which Seahawks eventually won on a field goal at the end of regulation. Played in 100th career game versus St. Louis (11/13). Completed 21 of 25 passes (career high and second in club history 84.0%) for 226 yards and season-high four touchdown passes versus San Francisco (12/11). Led team from a 10-point second-half deficit and compiled a season-high 147.7 passer rating at Tennessee (12/18). Started all three postseason games completing 62 of 103 attempts for 707 yards, four touchdowns

and one interception.

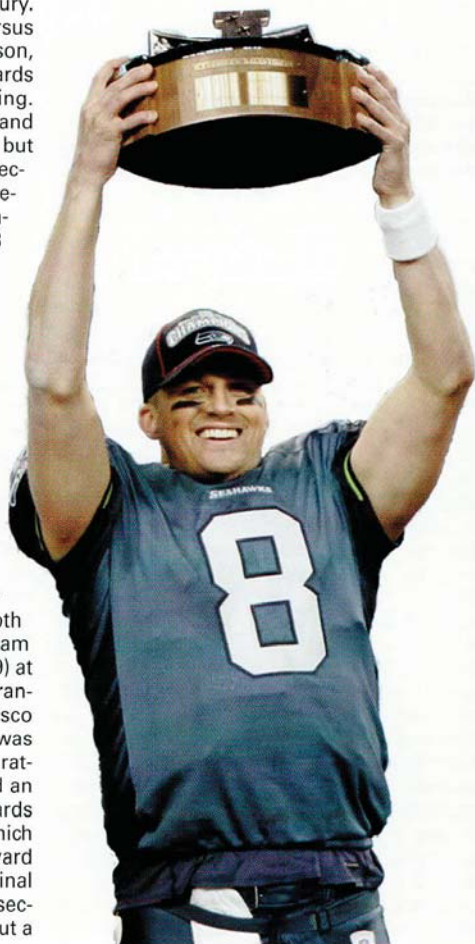
PRO: The Seahawks' all-time, highest-rated passer (86.6) ahead of Dave Krieg (82.3). Has 2,205 career attempts and 1,342 completions for 15,925 yards, 96 touchdowns, and 57 interceptions. Has totaled 12-career 300-yard games in just 68 starts, a plateau it took Krieg, Seattle's former leader in that category (11), 114 starts to reach. Joined the Seahawks March 2, 2001, via a trade with Green Bay. Seattle received Hasselbeck and the Packers' 2001 first-round draft choice (17th overall-Steve Hutchinson) in exchange for Seattle's 10th selection in the first round and a third-round choice. An original 1998 sixth-round draft choice of the Packers during Mike Holmgren's reign in Green Bay. Spent the 1998 season on the practice squad before resigning with the Packers as a free agent in February of 1999. Has played in 107 career games, 74 at quarterback. Most action early in his career was as the holder for the extra point and field goal units during his first three seasons. **1998:** Spent the entire season on the Packers' practice squad. **1999:** Won the role of backup with an impressive preseason performance. Played in all 16 games as the holder for extra point and field goal teams and saw action in four games at quarterback. Attempted 10 passes, completing three for 41 yards and a touchdown, without an interception. First NFL touchdown pass came on a fake field-goal attempt at Minnesota (12/20) with a 9-yard toss. First NFL action came in the fourth quarter in a 31-3 victory at San Diego (10/24). **2000:** Played in all 16 games serving primarily as the holder on the extra point and field goal units for the Packers. Saw action under center in four games backing up Brett Favre for a second straight year. Completed 10 of 19 passes for 104 yards and one touchdown without an interception for a 86.3 passer rating. Replaced an injured Favre (foot) in the third quarter versus Tampa Bay (11/12) and posted career highs with nine completions on 18

attempts for 93 yards. Threw a 27-yard touchdown pass off a fake field goal attempt in that game. Played the final two series at Arizona (9/24) in his initial action of the season and completed his only attempt for 11 yards. Subbed for Favre late in the game at Chicago (12/3), but did not throw a pass and was sacked once. Saw action late in the game versus Detroit (12/10) but did not attempt a pass.

2001: Opened season as starter for Seahawks and finished starting 12 of 13 games played. Attempted 321 passes completing 176 (54.8%) for 2,023 yards, seven touchdowns, and eight interceptions for a 70.9 rating. Rushed 40 times for 141 yards, most rushing yards by a quarterback since Rick Mirer's 191 in 1996. Had a string of 123 pass attempts without an interception, tied for the seventh-longest streak in team history. Did not start versus Jacksonville (10/7) or Denver (10/14) because of a groin injury suffered at Oakland (9/30). Did not start final two games of the season at San Diego (12/30) or versus Kansas City (1/6/02) due to a shoulder injury. Returned from groin injury to start versus Miami and had finest game of the season, completing 16 of 28 attempts for 230 yards and two touchdowns for a 107.7 rating. Completed six of 12 passes for 127 yards and two interceptions at Washington (11/4), but was relieved by Trent Dilfer to open the second half. Versus Oakland (11/11), complemented Shaun Alexander's 266-yard rushing performance by completing 15 of 23 passes for 181 yards and a touchdown. Attempted a career-high 37 passes at Denver for a career-high 243 yards with one touchdown and two interceptions.

2002: Started 10 games after entering camp as the team's second quarterback behind Dilfer. Started the season opener at Oakland (9/8) for Dilfer (knee) before taking over the remainder of the season after Dilfer suffered a season-ending Achilles injury at Dallas (10/27). Completed 267 of 419 passes for 3,075 yards, 15 touchdowns, and 10 interceptions for an 87.8 passer rating. Passed for more than 300 yards four times and surpassed 400 yards twice, both club records for a single season. Set team marks for completions (36) and yards (449) at San Diego (12/29) after attempting a franchise-record 55 passes at San Francisco (12/1). Completion percentage (63.7) was tops in the NFC (5th NFL) and 87.8 passer rating was second in the NFC (6th NFL). Led an offense that averaged an NFL-high 476 yards per game over the final six games, which included a franchise-record three 500-yard games. Guided club to victory in four of final six contests, including final three, the second-most consecutive victories to close out a

season and most since five in 1986. Versus Kansas City (11/24), completed 25 of 36 passes for a then career-high and NFL week 12 best 362 yards with a career-best three touchdowns for a 129.6 rating. The career performance only lasted one week after passing for a franchise-record 427 yards on a club-high 55 attempts at San Francisco (12/1). Set a personal high with 30 completions, third-most in team annals, while tying a personal mark with three touchdown passes. Became just the second quarterback in team history to throw for 300 yards in back-to-back games, joining Zorn who did it twice (1979 & 1981), and the first Seahawks quarterback to throw for multiple 300-yard games in the same season since Krieg in 1985. Led team to 32 first downs versus Kansas City, and combined with the Chiefs' 32 set an NFL record for most in one game (64). Also led Seattle to 534 total yards in that game, first time eclipsing 500 team yards since October 26, 1997, ver-



sus Oakland. Led team to 507 yards versus San Francisco, the first time Seattle has ever posted back-to-back 500-yard games. Passed for 303 yards and a touchdown versus St. Louis (12/22) and 298 yards with a touchdown at Atlanta (12/15). In record-breaking season finale at San Diego, scored first-career rushing touchdown on a 1-yarder with one second remaining in regulation to send the game into overtime. **2003:** Validated one of the finest seasons by a quarterback in club history with a trip to the Pro Bowl after leading club to first-ever undefeated home record. Finished the season second in the NFC with a franchise-record 3,841 passing yards (behind Marc Bulger's 3,845) and tied Brad Johnson for second with 26 touchdown passes behind Favre (32). Passer rating of 88.8 tied Aaron Brooks for third in the conference behind Daunte Culpepper (96.4) and Favre (90.4), while his rating on third down (107.3) was second in the NFC (3rd NFL). In addition to setting the club record for most passing yards in a single season (surpassing Warren Moon's 1997 total—3,678), he tied Moon's single-season club record for most completions (313). Tied own record for most 300-yard games in a season (4). Total of 26 touchdown passes ranked third on the club's all-time single-season list, while becoming the first quarterback since Mirer in 1993 to start all 16 games. Posted at least an 85.0 passer rating 10 times, including the opener versus New Orleans (9/7) where a 99.4 rating was the result of two touchdowns and no interceptions. Had another two-touchdown performance (110.6 rating) the following week at Arizona (9/14) that included touchdown passes of 55 and 66 yards to Darrell Jackson. Led Seattle back from a 23-10 fourth-quarter deficit to defeat St. Louis (9/21) 24-23. Completed a 3-yard touchdown pass to Koren Robinson with one minute to play for the go-ahead score. Also rushed for season-high 28 yards in that game. Led team to a Sunday night football victory over San Francisco (10/12). Led team on another game-winning drive versus Chicago (10/19) after directing a seven-play, 72-yard drive that resulted in the go-ahead touchdown with :58 to go. Completed 19 of 27 passes for 215 yards, a touchdown, and interception in that game. Passed for season-high 347 yards and tied season high with 26 completions at Cincinnati (10/26), but also threw a season-high three interceptions after attempting a season-high 43 passes. Enjoyed a sweet November compiling a 107.4 passer rating during the month after tossing 11 touchdowns to just two interceptions. Led Seattle to a 3-0 home record during the month, passed for at least 300 yards three times, and took Seattle's offense from 11th to fourth

overall. Against Pittsburgh (11/2), posted a 152.1 rating in the second half completing 10 of 15 passes for 139 yards and a touchdown. Posted career-best completion percentage (75.0, 21 of 28) versus Detroit (11/16). Earned NFL/FedEx Air Player of the Week in one of the guttiest performances of career at Baltimore (11/23) against the NFL's third-rated pass defense. Tied Moon's and Krieg's team record with five touchdown passes. Completed 23 of 41 passes for 333 yards and a 122.3 passer rating. Connected with Jackson for a career-long 80-yard touchdown. Repeated as NFL/FedEx Air Player of the Week after completing 26 of 35 attempts (74.3%) for 328 yards, three touchdowns, and an interception the following week versus Cleveland's (11/30) second-rated pass defense. The game marked the first time in Seattle history with a 300-yard passer, 100-yard rusher (Alexander-127), and two 100-yard receivers (Robinson-122, Jackson-102). Ended regular season with a 315-yard performance in victory over the 49ers (12/27). Set club postseason record with 305-yard game at Green Bay (1/4/04). Also set club postseason records with 25 completions and 45 attempts. **2004:** Started 14 games completing 279 of 474 attempts for 3,382 yards, 22 touchdowns, and 15 interceptions. Touchdown total was good for fifth in the NFC (10th NFL). Totaled three, 300-yard games, tying Dave Krieg for the most career games with 300-or-more yards passing (11). Also joined Krieg as only quarterbacks in club history to pass for 20-or-more touchdowns in consecutive seasons, while joining Zorn as the franchise's only quarterbacks to eclipse 3,000 yards three consecutive seasons. Named NFC Offensive Player of the Month for December after passing for 1,140 yards, completing 94 of 131 attempts (71.6%), 10 touchdowns, and four interceptions. Posted a 90 percent or better passer rating seven times and completed 70 percent or better five times. Opened the season with a 246-yard performance at New Orleans (9/12) along with a touchdown and interception. Only completed 12 passes at Tampa Bay (9/19), but one was a 27-yard touchdown pass to Robinson, the only touchdown of the game. Passed for 254 yards and two touchdowns versus the 49ers (9/26) and also tossed two touchdowns at St. Louis (10/10). Attempted a season-high 50 passes at New England (10/17) for 349 yards. Had a career-high four interceptions at Arizona (10/24). Posted a season-high 130.8 rating at San Francisco (11/7) passing for 285 yards and three touchdowns. Declared inactive (thigh) versus Miami (11/21). Best individual performance came in losing effort on Monday Night Football versus Dallas (12/6). Completed 28 of 40

attempts for season-high 414 yards with three touchdowns and no interceptions. Followed that with a 334-yard game with three touchdowns and two interceptions at Minnesota (12/12). Was named inactive (elbow) versus Arizona (12/26). Returned to action in the season finale versus Atlanta (1/2/05) and his two touchdown passes helped Seattle earn their first NFC West title. In playoff game versus St. Louis (1/8/05), passed for 341 yards completing 27 of 43 attempts, two touchdowns, and an interception. Joined Dan Fouts and 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.

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.*

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-behind victory over Hawaii in the season opener. Started the next 10 games before separating his right shoulder, causing him to

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
TOTALS		107/68	2,205	1,342	15,925	61.0	96	57	80t	162/960	86.6

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
TOTALS		107/68	189	692	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
TOTALS		5/5	191	114	1,353	60.0	6	3	37t	10/53	85.3

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 red-shirt 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 touch-

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

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

Team	Games	Att	Comp	Yds	Pct	TD	Int	LG	Sack	Rate
Arizona	6	166	95	1,205	57.2	6	5	66t	6/24	79.5
Atlanta	3	89	63	770	70.8	5	1	41	8/37	111.2
Baltimore	1	41	23	333	56.1	5	0	80t	6/40	122.3
Buffalo	2	61	35	319	57.4	2	1	23	2/10	75.8
Carolina	1	30	21	201	70.0	1	1	22	1/5	85.6
Chicago	1	27	19	215	70.4	1	1	32	2/4	90.8
Cincinnati	1	43	26	344	60.5	3	3	46t	2/6	80.0
Cleveland	2	69	46	506	66.7	3	3	34	6/42	84.6
Dallas	3	107	64	790	59.8	4	2	35	4/36	87.4
Denver	2	73	39	423	53.4	1	4	39	10/63	52.5
Detroit	1	28	21	207	75.0	1	0	34t	0/0	107.3
Green Bay	2	47	29	301	61.7	0	1	27	3/17	71.3
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	2	68	40	552	58.8	3	4	37	6/33	75.1
New England	1	50	27	349	54.0	0	2	37	3/8	59.5
New Orleans	2	52	31	383	59.6	3	1	38	3/18	93.7
N.Y. Giants	2	63	36	434	57.1	3	2	42	6/45	81.1
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	3	84	41	383	48.8	3	3	42	11/69	58.8
Pittsburgh	1	31	18	215	58.1	1	0	43	5/24	90.1
St. Louis	7	246	142	1,752	57.7	9	5	56t	13/91	83.6
San Diego	2	88	55	651	62.5	2	2	49	5/31	83.1
San Francisco	7	233	149	1,947	63.9	16	6	60	11/64	102.4
Seattle	-	-	-	-	-	-	-	-	-	-
Tampa Bay	1	26	12	147	46.2	1	1	27t	5/23	60.9
Tennessee	1	27	21	285	77.8	3	0	56	1/9	147.7
Washington	4	123	79	874	64.2	2	3	49	10/68	80.5
Totals	68	2,152	1,315	15,626	61.1	94	56	80t	159/942	87.0

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**	at	Baltimore	(11/23/03)
Interceptions:	4	at	Arizona	(10/24/04)
Rushes:	7, 2 Times	Last vs.	Carolina	(10/31/04)
Rushing Yds.:	62	vs.	Philadelphia	(12/8/02)
Longest Rush:	23	vs.	Houston	(10/16/05)
Rushing TD:	1, 5 Times	Last at	Arizona	(11/6/05)

*Club Record, **Ties Club Record

HASSELBECK'S GAME-BY-GAME PASSING

1998

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

1999

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
10/24	at San Diego	(P)	3	0	0	0.0	0	0	0	0	W	31-3
11/01	Seattle	(P)	6	2	32	33.3	0	0	19	1/9	L	27-7
12/20	Minnesota	(P)	1	1	9	100.0	1	0	9	0	L	24-20

1999 TOTALS	*(16/0)	10	3	41	30.0	1	0	19	1/9			
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2000

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
09/24	at Arizona	(P)	1	1	11	100.0	0	0	0	0/0	W	29-3
11/12	at Tampa Bay	(P)	18	9	93	50.0	1	0	27t	1/2	L	20-15

2000 TOTALS	*(16/0)	19	10	104	52.6	1	0	27t	1/2			
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2001

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
09/09	at Cleveland	(S)	34	20	178	58.8	0	2	34	4/28	W	9-6
09/23	Philadelphia	(S)	24	9	62	37.5	0	0	19	7/41	L	3-27
09/30	at Oakland	(S)	28	14	167	50.0	0	1	21	6/32	L	14-38
10/07	Jacksonville		Inactive									
10/14	Denver	(P)	0	0	0	0.0	0	0	0	0/0	W	34-21
10/21	Bye Week											
10/28	Miami	(S)	28	16	230	57.1	2	0	64	4/24	L	20-24
11/04	at Washington	(S)	12	6	127	50.0	0	2	49	2/17	L	14-27
11/11	Oakland	(S)	23	15	181	65.2	1	0	31	1/3	W	34-27
11/18	at Buffalo	(S)	23	16	134	70.0	1	0	21	0/0	W	23-20
11/25	at Kansas City	(S)	26	16	162	61.5	1	0	28t	3/23	L	7-19
12/02	San Diego	(S)	35	19	202	54.3	0	0	45	2/10	W-ot	13-10
12/09	at Denver	(S)	37	17	243	45.9	1	2	39	5/36	L	7-20
12/16	Dallas	(S)	25	13	152	52.0	0	0	27	1/13	W	29-3
12/23	at N.Y. Giants	(S)	26	15	185	57.7	1	1	42	3/24	L	24-27
12/30	at San Diego		Inactive									
01/06	Kansas City		Did Not Play									

2001 TOTALS	*(13/12)	321	176	2,023	54.8	7	8	64	38/251	#5-7		
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HASSELBECK'S GAME-BY-GAME PASSING

2002

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
09/08	at Oakland	(S)	32	23	155	71.9	2	0	16	3/12	L	17-31
09/15	Arizona						Special Teams Only					
09/22	at N.Y. Giants						Special Teams Only					
09/29	Minnesota						Special Teams Only					
10/06	Bye Week											
10/14	San Francisco						Special Teams Only					
10/20	at St. Louis	(P)	5	2	23	40.0	0	0	12	0/0	L	20-37
10/27	at Dallas	(P)	19	12	131	63.2	0	1	34	1/7	W	17-14
11/03	Washington	(S)	44	28	264	63.6	0	0	31	4/24	L	3-14
11/10	at Arizona	(S)	31	23	260	74.2	1	0	27	1/5	W	27-6
11/17	Denver	(S)	36	22	180	61.1	0	2	22	5/27	L	9-31
11/24	Kansas City	(S)	36	25	362	69.4	3	0	44	1/8	W	39-32
12/01	at San Francisco	(S)	55	30	427	54.5	3	2	39	0/0	L	24-31
12/08	Philadelphia	(S)	45	24	223	53.3	2	3	20	4/28	L	20-27
12/15	at Atlanta	(S)	31	22	298	71.0	1	0	35	2/0	W-ot	30-24
12/22	St. Louis	(S)	32	20	303	62.5	1	0	44	2/11	W	30-10
12/29	at San Diego	(S)	53	36	449	68.0	2	2	49	3/21	W-ot	31-28
2002	TOTALS	*(16/10)	419	267	3,075	63.7	15	10	49	26/143		#5-5

2003

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
09/07	New Orleans	(S)	23	12	137	52.2	2	0	35t	3/18	W	27-10
09/14	at Arizona	(S)	19	8	175	42.1	2	0	66t	1/2	W	38-0
09/21	St. Louis	(S)	39	22	256	56.4	2	1	35	4/36	W	24-23
09/28	Bye Week											
10/05	at Green Bay	(S)	39	23	225	58.9	0	1	24	2/10	L	13-35
10/12	San Francisco	(S)	27	17	207	63.0	1	1	27	4/21	W	20-19
10/19	Chicago	(S)	27	19	215	70.1	1	1	32	2/4	W	24-17
10/26	at Cincinnati	(S)	43	26	344	60.5	3	3	46t	2/6	L	24-27
11/02	Pittsburgh	(S)	31	18	215	58.1	1	0	43	5/24	W	23-16
11/09	at Washington	(S)	29	19	241	65.5	1	1	37	3/20	L	20-27
11/16	Detroit	(S)	28	21	207	75.0	1	0	34t	0/0	W	35-14
11/23	at Baltimore	(S)	41	23	333	56.1	5	0	80t	6/40	L-ot	41-44
11/30	Cleveland	(S)	35	26	328	74.3	3	1	32	2/14	W	34-7
12/07	at Minnesota	(S)	34	17	218	50.0	0	2	29	3/16	L	7-34
12/14	at St. Louis	(S)	37	21	246	56.8	1	1	27	2/15	L	22-27
12/21	Arizona	(S)	24	17	179	70.8	1	1	28	2/10	W	28-10
12/27	at San Francisco	(S)	37	24	315	64.9	2	2	31t	1/10	W	24-17
2003	TOTALS	(16/16)	513	313	3,841	61.0	26	15	80t	42/246		10-6
01/04	at Green Bay	(S)	45	25	305	55.6	0	1	34	2/14	L-ot	27-33
Playoff Totals		(1/1)	45	25	305	55.6	0	1	34	2/14		0-1

HASSELBECK'S GAME-BY-GAME PASSING

2004

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
09/12	at New Orleans	(S)	29	19	246	65.5	1	1	38	0/0	W	21-7
09/19	at Tampa Bay	(S)	26	12	147	46.2	1	1	27t	5/23	W	10-6
09/26	San Francisco	(S)	30	21	254	70.0	2	0	60	1/6	W	34-0
10/03	Bye Week											
10/10	St. Louis	(S)	35	20	216	57.1	2	0	56t	1/12	Lot	27-33
10/17	at New England	(S)	50	27	349	54.0	0	2	37	3/8	L	20-30
10/24	at Arizona	(S)	41	14	187	34.1	1	4	30	1/7	L	17-25
10/31	Carolina	(S)	30	21	201	70.0	1	1	22	1/5	W	23-17
11/07	at San Francisco	(S)	28	17	285	60.7	3	0	39t	3/16	W	42-27
11/14	at St. Louis	(S)	36	15	172	41.7	0	1	33	0/0	L	12-23
11/21	Miami Inacticve											
11/28	Buffalo	(S)	38	19	185	50.0	1	1	23	2/10	L	9-38
12/06	Dallas	(S)	40	28	414	70.0	3	0	35	2/16	L	39-43
12/12	at Minnesota	(S)	34	23	334	67.6	3	2	37	3/17	W	27-23
12/19	at N.Y. Jets	(S)	30	22	201	73.3	2	1	20	4/14	L	14-37
12/26	Arizona Did Not Play											
01/02/05	Atlanta	(S)	27	21	191	77.8	2	1	23	4/21	W	28-26
2004 TOTALS	(14/14)		474	279	3,382	58.9	22	15	60	30/155		7-7
01/08	St. Louis	(S)	43	27	341	62.3	2	1	25	3/9	L	20-27
Playoff Totals	(1/1)		43	27	341	62.3	2	1	25	3/9		0-1

2005

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
09/11	at Jacksonville	(S)	36	21	246	58.3	2	2	33t	3/21	L	14-26
09/18	Atlanta	(S)	31	20	281	64.5	2	0	41	2/16	W	21-18
09/25	Arizona	(S)	31	20	242	64.5	0	0	48	0/0	W	37-12
10/02	at Washington	(S)	38	26	242	68.4	1	0	26	1/7	Lot	17-20
10/09	at St. Louis	(S)	38	27	316	71.1	2	0	52	4/17	W	37-31
10/16	Houston	(S)	20	14	168	70.0	1	1	27	3/29	W	42-10
10/23	Dallas	(S)	42	23	224	54.8	1	2	22	1/7	W	13-10
10/30	Bye Week											
11/06	at Arizona	(S)	20	13	162	65.0	1	0	46	1/0	W	33-19
11/13	St. Louis	(S)	29	17	243	58.6	1	2	47	0/0	W	31-16
11/20	at San Francisco	(S)	31	19	233	61.3	1	0	28	1/5	W	27-25
11/27	N.Y. Giants	(S)	37	21	249	56.8	2	1	38	3/21	W-ot	24-21
12/05	at Philadelphia	(S)	15	8	98	53.3	1	0	42	0/0	W	42-0
12/11	San Francisco	(S)	25	21	226	84.0	4	1	28t	1/6	W	41-3
12/18	at Tennessee	(S)	27	21	285	77.8	3	0	56	1/9	W	28-24
12/24	Indianapolis	(S)	21	17	168	81.0	2	0	17	2/9	W	28-13
01/01/06	at Green Bay	(S)	8	6	76	75.0	0	0	27	1/7	L	17-23
2005 TOTALS	(16/16)		449	294	3,459	65.5	24	9	56	24/154		13-3
01/14	Washington	(S)	26	16	215	61.5	1	0	37	0/0	W	20-10
01/22	Carolina	(S)	28	20	219	71.4	2	0	28	2/16	W	34-14
02/05	Pittsburgh	(S)	49	26	273	53.0	1	1	35	3/14	L	10-21
Playoff Totals	(3/3)		103	62	707	60.2	4	1	37	5/30		2-1
Career Totals	(107/68)		2,205	1,342	15,925	61.0	96	57	80t	162/960		#40-28
Career Playoff Totals	(5/5)		191	114	1,353	60.0	6	3	37	10/53		2-3

Games with pass attempt listed
#Reflects games started only



Tight End 6-6 265
 Georgia Tech
 4th NFL Season
 1st Seahawks Season
 Unrestricted Free Agent (TB) 2006
 2005 Games/Starts: 7/0
 Career Games/Starts: 26/3
 February 28, 1981
 Dunwoody, Georgia

2005: Went to training camp with Tampa Bay but was released and signed with Miami. Spent the first seven games of the season with the Dolphins, recording one catch for the Dolphins, a 1-yard score at Buffalo (10/9). Returned to Tampa Bay November 5 but was declared inactive the rest of the season.

PRO: Signed with Seattle March 24, 2006. Originally signed as an undrafted rookie free agent with Tampa Bay April 28, 2003. Went to training camp with the Buccaneers before being released and signing with the Miami Dolphins. Played seven games for the Dolphins in 2005, before being released and re-signing with Tampa Bay. **2003:** Played in nine games with one start. Tallied two catches for 15 yards and a score. First career start came at Washington (10/12) and also caught his first-

career touchdown. Other reception was an 11-yarder at San Francisco (10/19). **2004:** Saw action in 10 games with two starts before being placed on injured reserve December 15. Caught 12 passes for 98 yards and one score on the season. Caught career-high three passes at St. Louis (10/18) for 21 yards including his second-career score.

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

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

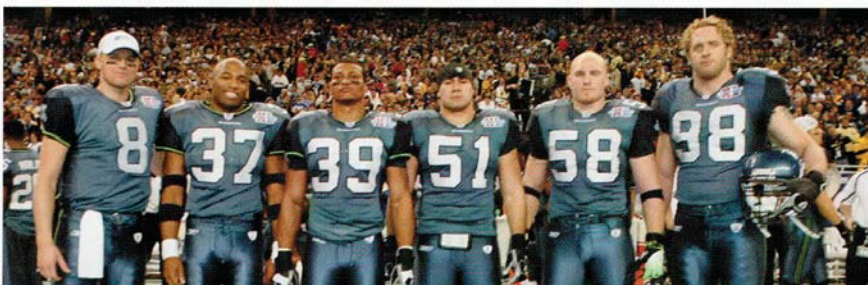
HELLER'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2003	Tampa Bay	9/1	2	15	7.5	11	1
2004	Tampa Bay	10/2	12	98	8.2	22	1
2005	Mia/TB	7/0	1	1	1.0	1	1
NFL TOTALS		26/3	15	114	7.6	22	3

HELLER'S SINGLE-GAME HIGHS

Most Receptions: 3 at St. Louis (10/18/04)
Most TDs: 1, 3 Times, Last Time at Buf (10/9/05)

Most Yards: 22 vs. Kansas City (11/7/04)
Longest Reception: 22 vs. Kansas City (11/7/04)



Super Bowl XL Captains: Matt Hasselbeck, Shaun Alexander, Josh Scobey, Lofa Tatupu, Isaiah Kacyvenski, Grant Wistrom



Cornerback 5-10 180
Toledo
5th NFL Season
2nd Seahawks Season
Restricted Free Agent (Den) 2005
2005 Games/Starts: 12/6
Career Games/Starts: 57/33
November 3, 1976
Twinsburg, Ohio

2005: Started 12 games, starting six at left corner, collecting 55 tackles (51 solo) and two interceptions. Started Games 6-11 in place of Andre Dyson (injured) and missed Games 12-15 (knee) but returned at Green Bay (1/1/06). Made Seahawks debut at Jacksonville (9/11) with six solo stops. Intercepted first pass of season at Washington (10/2) and second came at Arizona (11/6). Tied (Lofa Tatupu) for the team-lead in tackles with a season-high nine solo at St. Louis (10/9). His lone forced fumble of the season, sixth career, occurred vs. Dallas (10/23) and the following game at Arizona (11/6) led the team with three passes defended. Left the Giants (11/27) game at halftime (knee) and returned Week 17. Played all three games in the postseason. Had one solo tackle vs. Carolina (1/22/06) and one assisted tackle and 76-yard interception return in Super Bowl XL vs. Pittsburgh (2/5/06) was a Super Bowl record.

PRO: Signed with Seattle as a restricted free agent from Denver, March 25, 2005. Originally entered the league as an undrafted free agent with San Francisco April 23, 1999. Waived by the 49ers September 5, 1999. Re-signed by San Francisco July 7, 2000, but waived August 27. Signed with the New York Giants May 15, 2001, and waived September 2, 2001. Signed to the Giants' practice squad September 4, 2001, and released September 18. Signed to Denver's practice squad October 24, 2001. **1999:** Entered the NFL with San Francisco as an undrafted free agent but was released during training camp. He spent the rest of the season out of football. He played for NFL Europe's Barcelona Dragons in the spring 2000. **2000:** Was out of football after being released by San Francisco in training camp. **2001:** Spent a good portion of the year on the Broncos' practice squad, signing with the club October 24. Went through training camp with the Giants and was waived September 2. He signed to New York's practice squad September 4 but was released again on the 18th. **2002:** Played 14 games, mostly on special teams, and had eight special teams tackles. He also saw action

on defense in four games (vs. Buffalo, 9/22; at Seattle, 11/17; vs. Kansas City, 12/15, and vs. Arizona, 12/29) and posted one interception and one pass defended. First career interception came in the season finale vs. Arizona (12/29) when he picked off Cardinals quarterback Josh McCown. He was declared inactive at Baltimore (9/30) and at Oakland (12/22) with the latter due to a hamstring strain. Posted a season-high two special teams tackles at New England (10/27) and recovered a fumble by teammate Scottie Montgomery to maintain possession on a kickoff return. **2003:** Saw action in 15 regular-season games (11 starts) and ranked second on the team with 78 tackles (65 solo). Led the Broncos with three interceptions, ranked second on the team with 14 passes defended, forced two fumbles, and added five special teams tackles. Moved into the starting lineup at right cornerback vs. Pittsburgh (10/12) after serving as the nickel back for the first part of the season. In the season opener at Cincinnati (9/7), he posted three solo tackles and an interception. Made his first NFL start vs. Oakland (9/22) when the Broncos opened the game in a nickel formation and registered four solo tackles and his second interception of the season. He recorded five tackles (four solo) and one pass defended vs. Detroit (9/28). He made his second start of the season vs. Pittsburgh (10/12), recording seven solo tackles with one pass defended. The next week at Minnesota (10/19), recorded six tackles (five solo), a pass deflection and a forced fumble. Recorded a career-high 10 tackles (eight solo) and two passes defended versus New England (11/3). Recorded six tackles (five solo) vs. Chicago (11/23) and added seven more (six solo) at Oakland (11/30). Versus Kansas City (12/7), tallied nine tackles (seven solo), the second-best total of his career and two passes defended. Posted three tackles (two solo) at Indianapolis (12/21) despite fracturing two metacarpals in his left hand in the third quarter, forcing him to miss the regular-season finale at Green Bay (12/28). Started at right corner in the AFC Wild

Card Game at Indianapolis (1/4/04) and registered two solo tackles. **2004:** Started opposite Champ Bailey in all 16 regular-season games and recorded 77 tackles (64 solo), two interceptions, one sack, three forced fumbles (tied for team lead), and one fumble recovery. He also had 20 passes defended to lead Denver while contributing one tackle on special teams. Started the season opener vs. Kansas City (9/12) and made five stops while breaking up a team-high four passes. Tied for second on the team with five tackles at Jacksonville (9/19). After recording a team-high three passes defended along with six tackles (five solo) vs. San Diego (9/26), he turned in a team-high three passes defended to go along with six tackles (four solo) two weeks later vs. Carolina (10/10). He intercepted a Kerry Collins pass at Oakland (10/17) and made four tackles (three solo). In Denver's game vs. Houston (11/7), he tied for team-high with nine tackles (all solo) and recorded the first sack of his career. Had eight stops (six solo) vs. Oakland (11/28) and forced a fumble in the third quarter. He forced a fumble for the second consecutive game at San Diego (12/5) when he stripped the ball from Chargers wide receiver Eric Parker. After

safety John Lynch tipped a fourth-quarter Billy Volek pass at Tennessee (12/25), Herndon intercepted the ball and returned it 15 yards to the Titans' 19-yard line to set up a Broncos touchdown. In season finale vs. Indianapolis (1/2/05), he stripped Dominic Rhodes deep in Colts territory and recovered the fumble to set up a Broncos field goal while totaling two tackles (both solo) and two passes defended. In the AFC Wild Card Game at Indianapolis (1/9/05), came up with an interception, a team-high eight tackles (all solo), and two passes defended.

COLLEGE: Saw action in 44 games at the University of Toledo, including 12 during his senior year. Posted 154 career tackles and made a personal-best 72 stops as a senior. As a sophomore, he played in 11 games as a reserve defensive back and a member of the special teams unit to total 27 tackles. Recorded six tackles and played in 10 games as a freshman.

PERSONAL: Born in Bedford, Ohio, and attended Twinsburg High in Twinsburg, Ohio. In Twinsburg, there is a sign that reads, "Home of NFL Player Kelly Herndon."

HERNDON'S NFL RECORD

Club	Tackles				Sacks		Interceptions							
	G/S	Tkl.	So.	Ast.	QB	Yds.	No.	Yds.	Avg.	LG	TD	PD	FF	FR
1999														
2000														
2001	Denver													
2002	Denver	14/0	0	0	0	0.0	0.0	1	0	0.0	0	0	1	0
2003	Denver	15/11	78	65	13	0.0	0.0	3	19	6.3	16	0	14	2
2004	Denver	16/16	77	64	13	1.0	5.0	2	17	8.5	15	0	20	3
2005	Seattle	12/6	55	51	4	0.0	0.0	2	12	6.0	10	0	9	1
NFL TOTALS		57/33	210	180	30	1.0	5.0	8	48	6.0	16	0	44	6

POSTSEASON

Club	Tackles				Sacks		Interceptions							
	G/S	Tkl.	So.	Ast.	QB	Yds.	No.	Yds.	Avg.	LG	TD	PD	FF	FR
2003	Denver	1/1	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0
2004	Denver	1/1	8	8	0	0.0	0.0	1	0	0.0	0	0	2	0
2005	Seattle	3/0	2	1	1	0.0	0.0	1	76	76.0	76	0	1	0
NFL TOTALS		5/2	12	11	1	0.0	0.0	2	76	38.0	76	0	3	0

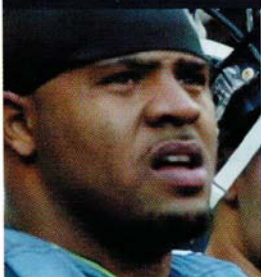
HERNDON'S SINGLE-GAME HIGHS

Tackles: 10 vs. New England (11/3/03)
Int.: 1, 8 Times, Last at Arizona (11/6/05)
FR: 1 vs. Indianapolis (1/2/05)

Sacks: 1.0 vs. Houston (11/7/04)
FF: 1, 6 Times, Last vs Dallas (10/23/05)

ADDITIONAL STATS

Special Teams Stats: 2002 (8), 2003 (5, FF), 2004 (1); **Career:** (14, FF)



Linebacker 6-1 229
 Clemson
 2nd NFL Season
 2nd Seahawks Season
 3rd Round (b) 2005
 2005 Games/Starts: 15/9
 Career Games/Starts: 15/9
 September 14, 1982
 Haddock, Georgia

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

PRO: Selected with the 35th choice (98th overall) in the third round of the 2005 NFL Draft. Second linebacker chosen from Clemson University since 1998 (Anthony Simmons).

COLLEGE: Joined deep linebacker tradition at Clemson by receiving conference postseason honors more than once in career. First player, regardless of position since 1999-00, to earn first-team All-ACC honors in consecutive years. Was thrust right into action as true freshman and became one of the most productive line-

backers in country by senior year. 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. Only four players in Clemson history recorded more tackles for loss. As a senior, named ACC Defensive Player of Year and All-ACC first-team while starting every game (11) at strongside linebacker. Second-team All-America choice by *College Football News* and third-team selection by AP. Led team in tackles for second-straight year with 106. Recorded eight sacks for second consecutive season. Tied school record with at least one sack in five consecutive games. Nominated for Butkus, Lombardi, and Nagurski Awards. Posted at least 10 tackles in seven of 11 games. Clemson's only first-team All-ACC selection his junior season. Finished third in voting for ACC Defensive Player of Year honors and named team's Defensive MVP. Led team with career-high 145 tackles (110 solo) and led team in tackles seven of 13 games including 10 double-digit tackle efforts. Had 27 tackles for loss which tied for second-best single-season mark in Clemson history. Added eight sacks and three interceptions. Played in every game as a sophomore and led the team in special teams tackles (21). Finished season with 29 total tackles and recovered a fumble. His first season, played in 10 of 11 games mostly on special teams. Logged limited action on defense but recorded 31 tackles (19 solo) and deflected a pass.

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

HILL'S SINGLE-GAME HIGHS

Tackles: 9 at Tennessee (12/18/05) and vs. Washington (postseason, 1/14/06)
FF: 1 at Arizona (11/6/05) and at Phi (12/5/05)

Sacks: 1.5 at Arizona (11/6/05) and at Phi (12/5/05)
Int.: None
FR: None

ADDITIONAL STATS

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

HILL'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2005 Seattle	15/9	67	48	19	7.5	36.5	0	0	0.0	0	0	2	2	0
NFL TOTALS	15/9	67	48	19	7.5	36.5	0	0	0.0	0	0	2	2	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2005 Seattle	3/3	23	17	6	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	3/3	23	17	6	0.0	0.0	0	0	0.0	0	0	0	0	0

JEB HUCKEBA

97



Defensive End 6-4 252
Arkansas
1st NFL Season
2nd Seahawks Season
5th Round 2005
2005 Games/Starts: 0/0
Career Games/Starts: 0/0
May 20, 1982
Searcy, Arkansas

2005: Placed on injured reserve (feet) September 1.

PRO: Drafted with the 23rd selection of the fifth round (159th overall) of the 2005 NFL Draft. First defensive end selected by Seahawks since 2002.

COLLEGE: Played defensive end, inside linebacker, and outside linebacker for Hogs. In 48 collegiate games, recorded 210 tackles, including 32 tackles for loss. Added 6.5 sacks, three fumble recoveries, four forced fumbles, and four passes defended. Twice earned Academic Honor Roll recognition from SEC. Named All-SEC first-team as a senior defensive end. Finished third in SEC among defensive linemen with 56 tackles (31 solo). Added 6.5 sacks and team-high 13 tackles for loss. Started all 13 games at defensive end as a junior after making switch from inside linebacker. Registered 70 tackles with 14 tackles for loss. As a sophomore, played in 13 of 14 games at middle linebacker and on special teams. Started first eight games of season at middle linebacker position. Finished sixth on team with 60 tackles includ-

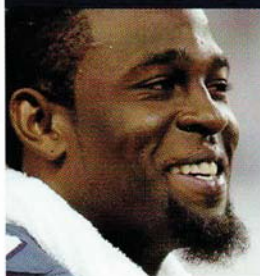
ing five tackles for loss. Played in all 11 games as reserve outside linebacker as a freshman. Named first-team All-SEC freshman by league coaches.

PERSONAL: Raised in football-oriented family, father is assistant coach at Harding University. Attended Harding Academy earning numerous honors. *Parade* All-American. Named to *Associated Press* Super Team and earned *SuperPrep* and *USA Today* All-America honors. Was rated number 10 linebacker on *Prepstar* Dream Team and number 7 linebacker in nation by Max Emfinger. Two-time all district selection. As a senior, recorded 163 tackles (108 solo), three sacks, two fumble recoveries, and one blocked field goal. On offense, recorded 979 receiving yards and eight touchdowns on 60 catches. As a junior, caught 44 passes for 850 yards and 17 touchdowns. Added five interceptions (three returned for touchdowns) on defense. Majored in personal financial management. Last name pronounced "HUCK-a-BEE." Married to wife Jami.

DARRELL JACKSON

82

Jackson



Wide Receiver 6-0 201
 Florida
 7th NFL Season
 7th Seahawks Season
 3rd Round (a) 2000
 2005 Games/Starts: 6/6
 Career Games/Starts: 83/77
 December 6, 1978
 Tampa, Florida

2005: Started all six games played and missed 10 due to knee surgery. Began season with 29 catches for 376 and two touchdowns through his first four games, including two 100-yard games, before being sidelined. Opened the season with six catches for 65 yards and one score at Jacksonville (9/11). Posted his 16th career 100-yard game vs. Atlanta (9/18) with a season-high 131 yards on eight catches and followed that up with another season-high tying eight grabs for 125 yards vs. Arizona (9/25), for his 17th career 100-yard game. Also had a season-high 48-yarder vs. the Cardinals. Recorded his second score of the year at Washington (10/2) along with seven catches for 55 yards. Inactive the following nine games and returned at Tennessee (12/18). Led the team in catches for the third time this season with six for 72 yards and a score. Caught the game-winner with 8:59 left to play on a 2-yarder from Matt Hasselbeck, giving him 37 receiving career scores, tying Joey Galloway for second-place all-time and seventh all-time in total touchdowns. Had three catches for 34 yards in one half of play vs. Indianapolis (12/24). Started all three postseason games. Led the team with nine catches vs. Washington (1/14/06) for a club postseason record 143 yards and one touchdown. It was his second straight 100-yard postseason game. Tied (Jerramy Stevens) for the team-lead in catches with six for 75 yards and another score vs. Carolina (1/22/06). Caught a Super Bowl record five passes for 50 yards in the first quarter of Super Bowl XL vs. Pittsburgh (2/5/06).

PRO: Re-signed (3/9/04) with the club after becoming a free agent when initial four-year contract expired. Ranks fourth in Seattle history in catches (378), third in yards (5,489) and tied for second in receiving touchdowns (37). Seventh in Seattle history with those 37 total

touchdowns. Selected by the Seahawks in the third round (80th overall) of the 2000 NFL Draft, the 15th receiver chosen. The eighth player taken by the Seahawks from the University of Florida and the highest selection from that school since the team selected FB John L. Williams in the first-round of the 1986 draft. Entered the draft after junior season. **2000:** Started 10 games and played in all 16 while becoming the first rookie to start at wide receiver for the Seahawks since Galloway in 1995. The 15th wide receiver selected in the 2000 draft, led all rookies with 53 receptions, 713 yards, and six touchdowns. Six scores led the Seahawks and he was the only receiver to catch at least one pass in all 16 games. Led the team in catches five times. Yards were second on the team behind Sean Dawkins' 731 and finished third in receptions behind Dawkins and Ricky Watters' 63. He and fellow rookie receiver James Williams were the first rookie tandem to play in the same game together for the Seahawks since David Daniels and Doug Thomas in 1991. His six touchdown receptions rank fourth all-time among Seahawks rookies behind Daryl Turner's 10 in 1984, Brian Blades' eight in 1988, and Galloway's seven in 1995. Versus St. Louis (9/10), earned a starting role in just his second career game and caught two passes for 42 yards, which included his first-career touchdown from 34 yards-a score which tied the game 34-34 with 2:05 remaining in the game. Led the team with five catches for 59

THROUGH 83 GAMES

	Jackson	Largent	Galloway*	Blades
Receptions	378	339	283	324
Yards	5,489	5,550	4,457	4,314
Yards/Catch	14.5	16.4	15.7	13.3
Yards/Game	66.1	66.9	62.8	51.9
TDs	37	41	37	22
100-Yard Games	17	20	12	13

* Galloway played in 71 Seahawks games.

yards versus the Saints (9/17). Had a career-long, 68-yard touchdown reception at San Diego (9/24). Bested all Seahawks receivers with five catches at Carolina (10/8) and totaled 45 yards. Finished tied with Dawkins for the team lead with six receptions versus Indianapolis (10/15) and totaled 66 yards and an 8-yard touchdown reception. Kept a game-winning drive alive on a third-and-16, with an 18-yard reception versus San Diego (11/5) with under two minutes remaining in the game. Recorded a career-high 98 yards on five receptions plus a 6-yard touchdown at Atlanta (12/3). His 98 yards included a career-long 71-yard reception. Finished second on the team with five receptions for 76 yards and a 9-yard touchdown at Denver (12/10). Hauled in a game-winning 9-yard touchdown pass versus Oakland (12/16) with 28 seconds to play for a 27-24 lead. He tied for the team lead with four receptions and led with 52 yards. **2001:** Started all 16 games and led the team with 70 receptions for 1,081 yards (seventh-most in club history and most since Brian Blades had 1,086 in 1994). Ranked third in the AFC (5th NFL) with a 15.4 reception average and was seventh in the AFC (10th NFL) with 24 catches in third-down situations. Tallied five 100-yard games, giving him the most 100-yard games in a season since Blades had five in 1989. Had his first career 100-yard game at Oakland (9/30), with five receptions for 125 yards. His second came versus Miami (10/28) with four catches for 121 yards, a season-long 64 yarder and one touchdown. Tallied one catch at Washington (11/4) but it went for a 46-yard score thrown by Trent Dilfer. Scored for the third consecutive week, and set a career-high with seven catches for 102 yards, versus Oakland (11/11). Posted his final 100-yard game at San Diego (12/30) with 114 yards on five catches, with two long touchdowns from Dilfer of 43 and 48 yards. Teamed with James Williams (4-101) to become the first duo to record 100-yard games since James McKnight (4-100) and Galloway (7-117) versus Oakland (10/26/97). Tacked on two more scores versus San Diego (1/6/02) to give him a career-high eight for the season. His back-to-back games with two scores were the first time since Steve Largent accomplished that feat (9/18/83 versus San Diego and 9/25/83 versus Washington). **2002:** Started all 13 games played in, missing games vs. Washington (11/3), at Arizona (11/10) and vs. Denver (11/17) after suffering a concussion at Dallas (10/27). Set career highs vs. Arizona (9/15) with 10 catches and 174 yards with a season-long 48-yarder. It was fourth-most receiving yards in a single game in club history and his sixth-career 100-yard game. Led the team in receiving for the second straight week at the New York Giants (9/22) with seven catches for 54 yards. Had 37-game catch streak ended at St. Louis (10/20).

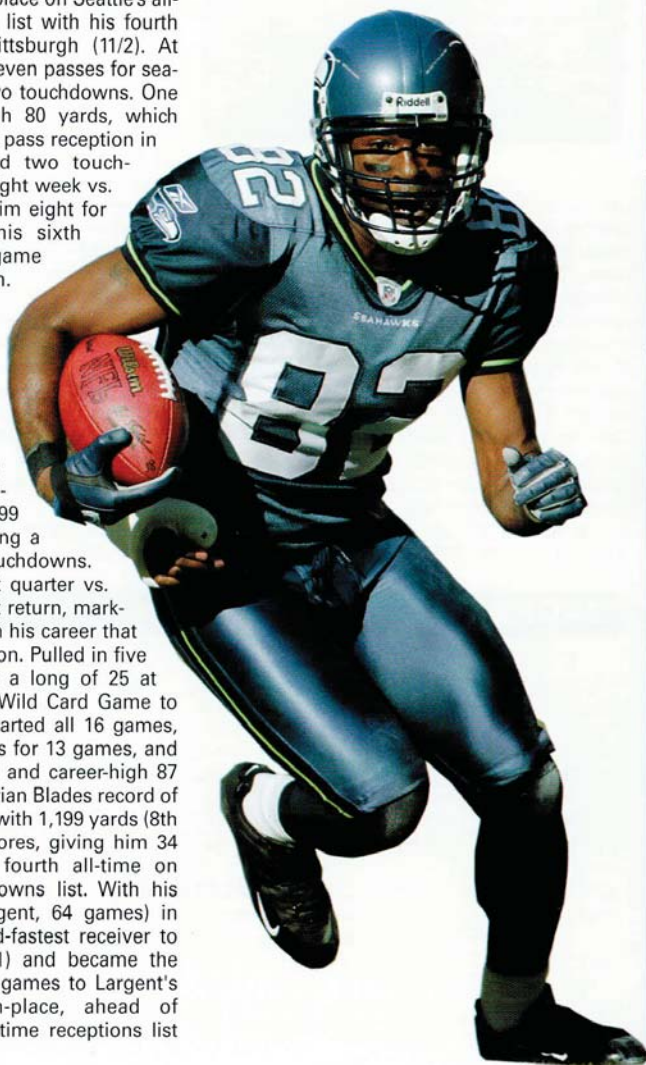
Totaled two catches for 42 yards at Dallas (10/27) with a long of 34, but suffered a concussion in the fourth quarter and did not return. After a three-week layoff, returned vs. Kansas City (11/24) and had six catches for 92 yards, followed by his second 100-yard game of the season, seventh career, at San Francisco (12/1). Posted seven catches for 114 yards with a long of 37 and his first two scores of the season, tying a career-high versus the 49ers. Posted seven catches at Atlanta (12/15) for 99 yards and handled punt return duties for the first time in his career, in place of Bobby Engram (toe), returning four for 32 yards with a long of 14. Led the team in receiving for the third time and

JACKSON VS. THE NFL

Team	Games	Rec	Yds	Avg	LG	TD
Arizona	6	35	642	18.3	66t	3
Atlanta	4	23	346	15.0	71	2
Baltimore	1	7	146	20.9	80t	2
Buffalo	3	11	124	11.3	16	0
Carolina	2	12	116	9.7	22	0
Chicago	1	2	31	15.5	21	0
Cincinnati	1	6	98	16.3	29	0
Cleveland	2	13	119	9.2	26t	2
Dallas	3	15	240	16.0	35	1
Denver	4	14	237	17.0	39	2
Detroit	1	4	56	14.0	26	0
Green Bay	1	4	58	14.5	20	0
Houston	0	0	0	0	0	0
Indianapolis	2	9	100	11.1	23	1
Jacksonville	3	10	125	12.5	24	1
Kansas City	5	23	292	12.7	29	2
Miami	3	10	175	17.5	64	1
Minnesota	3	18	258	14.3	37	1
New Orleans	3	15	210	14.0	37	0
New England	1	2	40	20.0	37	0
N.Y. Giants	2	11	79	7.2	14	0
N.Y. Jets	1	4	45	11.3	18	0
Oakland	5	23	312	13.6	54	2
Philadelphia	2	5	43	8.6	19	0
Pittsburgh	1	5	85	17.0	43	1
San Diego	5	19	375	19.8	68t	4
St. Louis	7	22	386	17.5	56t	5
San Francisco	6	33	487	14.8	39t	4
Tampa Bay	1	5	50	10.0	16	0
Tennessee	1	6	72	12.0	23	1
Washington	3	12	142	11.8	46t	2
Totals	83	378	5,489	14.5	80t	37

scored his third touchdown vs. St. Louis (12/22), posting four catches for 71 yards. Scored another touchdown, his 18th career, at San Diego and had five catches for 90 yards to end the season. Also rushed three times for 3 yards during the year. **2003:** Started all 16 games for the second time in career and caught 68 balls, setting career-highs in yards (1,137), touchdowns (9) and receiving average (16.7) that ranked second in the NFL (min. 50 catches). His receiving yards ranked sixth in the NFC (10th NFL) and his nine receiving touchdowns ranked fourth in the NFC (10th NFL). With Koren Robinson out (coach's decision), responded with three catches for 133 yards (44.3 avg.) and two scores at Arizona (9/14), one of which was a 66 yarder. Had another touchdown the following week vs. St. Louis (9/21) on two catches for 50 yards. Moved into fifth-place on Seattle's all-time receiving touchdown list with his fourth score of the year vs. Pittsburgh (11/2). At Baltimore (11/23), caught seven passes for season-high 146 yards and two touchdowns. One score went for career-high 80 yards, which ranks as the fourth-longest pass reception in Seahawks history. Scored two touchdowns for the second straight week vs. Cleveland (11/30), giving him eight for the season. It marked his sixth career two touchdown game and third of season. Finished that day with a season-high eight catches for 102 yards. It was his second straight 100-yard game, third of season and 10th career. At St. Louis (12/14), led the team in receiving for the fourth straight week, eighth of season, with six catches for 99 yards and one score, setting a career-high with nine touchdowns. Sprained ankle in the first quarter vs. Arizona (12/21) and did not return, marking only the second time in his career that he did not record a reception. Pulled in five catches for 58 yards with a long of 25 at Green Bay (1/4/04) in the Wild Card Game to end the season. **2004:** Started all 16 games, leading the team in catches for 13 games, and caught a Seahawks-record and career-high 87 balls (7th NFC), breaking Brian Blades record of 81 in 1994. Set career-high with 1,199 yards (8th NFC) and added seven scores, giving him 34 career, tying Blades for fourth all-time on Seattle's receiving touchdowns list. With his numbers, tied (Steve Largent, 64 games) in becoming Seattle's second-fastest receiver to 4,000 yards (Galloway, 61) and became the fastest to 5,000 yards (77 games to Largent's 78). Moved into fourth-place, ahead of Galloway, on Seattle's all-time receptions list

with his eight catches at Arizona (10/24) and into third place, ahead of Galloway, on Seattle's all-time receiving yards list with 114 yards at San Francisco (11/7). Named NFC Offensive Player of the Week 14 at Minnesota (12/12) and Chris Berman's ESPN's Prime Time Performer for his career-high 10-catch, 135-yard and one touchdown performance after learning of his father's (Joe) passing earlier that morning (cancer). Opened the season with seven catches for 98 yards at New Orleans (9/12) and had another seven-catch performance two weeks later versus San Francisco (9/26) for 97 yards. Scored his first touchdown of the year versus St. Louis (10/10) on a season-long 56 yarder, ending the game with 91 yards on five catches. It was his seventh career game between 90-99



100-YARD GAMES (17)

Date	Opponent	Rec	Yds	Avg	LG	TD
09/30/01	at Oakland	5	125	25.0	54	0
10/28/01	Miami	5	121	24.2	64	1
11/11/01	Oakland	7	102	14.6	31	1
12/09/01	at Denver	4	104	26.0	39	1
12/30/01	at San Diego	5	114	22.8	48t	2
09/15/02	Arizona	10	174	17.4	48	0
12/01/02	at San Francisco	7	114	16.3	37	2
09/14/03	at Arizona	3	133	44.3	66t	2
11/23/03	at Baltimore	7	146	20.9	80t	2
11/30/03	Cleveland	8	102	12.8	26t	2
10/24/04	at Arizona	8	109	13.6	30	1
11/07/04	at San Francisco	5	114	22.8	39t	2
12/06/04	Dallas	9	113	12.6	35	1
12/12/04	at Minnesota	10	135	13.5	37	1
12/26/04	Arizona	6	101	16.8	53	0
09/18/05	Atlanta	8	131	16.4	41	0
09/25/05	Arizona	8	125	15.6	48	0

yards receiving. Posted his first of five 100-yard games at Arizona (10/24) with 109 yards on eight catches with one touchdown. Had his second 100-yard game two weeks later at San Francisco (11/7). Tallied five catches for 114 yards with a season-high two touchdowns for the seventh time in career. Shined on Monday Night Football versus Dallas (12/6) with nine catches for 113 yards with one score and followed that up with another 100-yard game at Minnesota (12/12). His final 100-yard performance, 15th career, came versus Arizona (12/26) with six catches for 101 yards. Set a Seahawks postseason record with 12 catches for 128 yards with a 23-yard touchdown versus St. Louis (1/8/05) the NFC Wild Card Game.

HONORS: 2000 All-Rookie Team (Pro Football Weekly, Football News); Seattle *PI Sports Star* of the Year Nominee. 2004 NFC Offensive Player of the Week 14 at Minnesota.

COLLEGE: A three-year letterman and one-year starter for the Gators. Started 11 games as a junior and led the team with 69 receptions for 1,156 yards. Tied a school record with six consecutive 100-yard games, equaling the mark by Carlos Alvarez in 1969. String included games against Tennessee, Kentucky, Alabama, LSU, Auburn, and Georgia. Had nine touchdown receptions. Saw action in the Orange Bowl versus Syracuse but did not catch a pass. Played in every game with one start as a sophomore and finished with 26 catches for 292 yards and four scores. Saw limited action in nine games as a freshman recording four receptions for 53 yards and one touchdown. First collegiate touchdown was on a 16-yard reception versus Arkansas. Played in the Citrus Bowl versus Penn State, but did not have a reception.

PERSONAL: Two-time all-state as a receiver at Tampa Catholic High in Florida. Earned various All-American mentions. Set a national prep record by averaging 24.05 yards per catch on 191 career receptions for 4,594 yards and 50 touchdowns. Also set a national record by averaging 160.5 yards per game as a prep junior. In his final two seasons, he caught 156 passes for 3,913 yards and 46 touchdowns. As a senior, caught 89 passes for 2,087 yards (23.4 avg.) and 28 touchdowns. As a junior, he caught 67 passes for 1,826 yards (27.3 avg.) and 18 touchdowns. His 27.3-yard average is a national record. Named McDonald's All-American honorable mention as a basketball player. Finished high school with a 3.64 grade point average and earned SEC Academic honor roll as a junior at Florida. One of eight children. Born on December 6, 1978, in Dayton, Ohio, and lives in Tampa during the offseason.

JACKSON'S NFL RECORD

	Club	G/S	No	Receiving			LG	TD	Rushing		
				Yds	Avg	TD			Att	Yds	Avg.
2000	Seattle	16/10	53	713	13.5	71	6	1	-1	-1.0	0
2001	Seattle	16/16	70	1,081	15.4	64	8	1	9	9.0	0
2002	Seattle	13/13	62	877	14.1	48	4	3	3	1.0	0
2003	Seattle	16/16	68	1,137	16.7	80t	9	0	0	0.0	0
2004	Seattle	16/16	87	1,199	13.8	56t	7	0	0	0.0	0
2005	Seattle	6/6	38	482	12.7	48	3	1	7	7.0	0
TOTALS		83/77	378	5,489	14.5	80t	37	6	18	3.0	0

POSTSEASON

	Club	G/S	No	Receiving			LG	TD	Rushing		
				Yds	Avg	TD			Att	Yds	Avg.
2003	Seattle	1/1	5	58	11.6	25	0	0	0	0.0	0
2004	Seattle	1/1	12	128	10.7	23t	1	0	0	0.0	0
2005	Seattle	3/3	20	268	13.4	37	2	0	0	0.0	0
TOTALS		5/5	37	454	12.3	37	3	0	0	0.0	0

JACKSON'S NFL RECORD

2000	Opponent	No	Yds	Avg	LG	TD	2001	Opponent	No	Yds	Avg	LG	TD			
09/03	at Miami	2	15	7.5	9	0	09/09	at Cleveland	5	17	3.4	7	0			
09/10	St. Louis	2	42	21.0	34t	1	09/23	Philadelphia	2	9	4.5	8	0			
09/17	New Orleans	5	59	11.8	25	0	09/30	at Oakland	5	125	25.0	54	0			
09/24	at San Diego	1	68	68.0	68t	1	10/07	Jacksonville	3	48	16.0	24	0			
10/02	at Kansas City	4	51	12.8	23	0	10/14	Denver	4	38	9.5	20	0			
10/08	at Carolina	6	45	7.5	13	0	10/28	Miami	5	121	24.2	64	1			
10/15	Indianapolis	6	66	11.0	23	1	11/04	at Washington	1	46	46.0	46t	1			
10/22	at Oakland	4	26	6.5	9	0	11/11	Oakland	7	102	14.6	31	1			
10/29	Kansas City	2	17	8.5	10	0	11/18	at Buffalo	4	39	9.8	13	0			
11/05	San Diego	2	27	13.5	18	0	11/25	at Kansas City	5	61	12.2	22	0			
11/12	at Jacksonville	1	12	12.0	12	0	12/02	San Diego	6	76	12.7	45	0			
11/26	Denver	1	19	19.0	19	0	12/09	at Denver	4	104	26.0	39	1			
12/03	at Atlanta	5	98	19.6	71	1	12/16	Dallas	4	85	21.3	27	0			
12/10	at Denver	5	76	15.2	37	1	12/23	at N.Y. Giants	4	25	6.2	10	0			
12/16	Oakland	4	52	13.0	20	1	12/30	at San Diego	5	114	22.8	48t	2			
12/23	Buffalo	3	40	13.3	16	0	1/6/02	Kansas City	6	71	11.8	21	2			
TOTALS (16/10)						53	713	13.5	71	6	TOTALS (16/16)					
											70	1,081	15.4	64	8	

2002	Opponent	No	Yds	Avg	LG	TD	2003	Opponent	No	Yds	Avg	LG	TD				
09/08	at Oakland	3	7	2.3	7	0	09/07	New Orleans	3	53	17.7	29	0				
09/15	Arizona	10	174	17.4	48	0	09/14	at Arizona	3	133	44.3	66t	2				
09/22	at N.Y. Giants	7	54	7.7	14	0	09/21	St. Louis	2	50	25.0	35	1				
09/29	Minnesota	3	47	15.7	26	0	10/05	at Green Bay	4	58	14.5	20	0				
10/14	San Francisco	5	53	10.6	19	0	10/12	San Francisco	5	55	11.0	23	0				
10/20	at St. Louis	0	0	0.0	0	0	10/19	Chicago	2	31	15.5	21	0				
10/27	at Dallas	2	42	21.0	34	0	10/26	at Cincinnati	6	98	16.3	29	0				
11/03	Washington	Inactive (concussion)					11/02	Pittsburgh	5	85	17.0	43	1				
11/10	at Arizona	Inactive (concussion)					11/09	at Washington	4	41	10.3	14	0				
11/17	Denver	Inactive (concussion)					11/16	Detroit	4	56	14.0	26	0				
11/24	Kansas City	6	92	15.3	29	0	11/23	at Baltimore	7	146	20.9	80t	2				
12/01	at San Francisco	7	114	16.3	37	2	11/30	Cleveland	8	102	12.8	26t	2				
12/08	Philadelphia	3	34	11.3	19	0	12/07	Minnesota	5	76	15.2	22	0				
12/15	at Atlanta	7	99	14.1	30	0	12/14	at St. Louis	6	99	16.5	27	1				
12/22	St. Louis	4	71	17.8	38t	1	12/21	Arizona	0	0	0.0	0	0				
12/29	at San Diego	5	90	18.0	41	1	12/27	at San Francisco	4	54	13.5	19	0				
TOTALS (16/13)						62	877	14.1	48	4	TOTALS (16/16)						
											68	1,137	16.7	80t	9		
											01/04	at Green Bay	5	58	11.6	25	0
											PLAYOFFS (1/1)						
											5	58	11.6	25	0		

2004	Opponent	No	Yds	Avg	LG	TD	2005	Opponent	No	Yds	Avg	LG	TD				
09/12	at New Orleans	7	98	14.0	37	0	09/11	at Jacksonville	6	65	10.8	18	1				
09/19	at Tampa Bay	5	50	10.0	16	0	09/18	Atlanta	8	131	16.4	41	0				
09/26	San Francisco	7	97	13.9	25	0	09/25	Arizona	8	125	15.6	48	0				
10/10	St. Louis	5	91	18.2	56t	1	10/02	at Washington	7	55	7.9	16	1				
10/17	at New England	2	40	20.0	37	0	10/09	at St. Louis	Inactive (knee)								
10/24	at Arizona	8	109	13.6	30	1	10/16	Houston	Inactive (knee)								
10/31	Carolina	6	71	11.8	22	0	10/23	Dallas	Inactive (knee)								
11/07	at San Francisco	5	114	22.8	39t	2	11/06	at Arizona	Inactive (knee)								
11/14	at St. Louis	3	33	11.0	13	0	11/13	St. Louis	Inactive (knee)								
11/21	Miami	3	39	13.0	17	0	11/20	at San Francisco	Inactive (knee)								
11/28	Buffalo	4	45	11.3	16	0	11/27	N.Y. Giants	Inactive (knee)								
12/06	Dallas	9	113	12.6	35	1	12/05	at Philadelphia	Inactive (knee)								
12/12	at Minnesota	10	135	13.5	37	1	12/11	San Francisco	Inactive (knee)								
12/19	at N.Y. Jets	4	45	11.3	18	0	12/18	at Tennessee	6	72	12.0	23	1				
12/26	Arizona	6	101	16.8	53	0	12/24	Indianapolis	3	34	11.3	17	0				
01/02	Atlanta	3	18	6.0	8	1	01/01	at Green Bay	Inactive (knee)								
TOTALS (16/16)						871,199	13.8	56t	7	TOTALS (6/6)							
										38	482	12.7	48	3			
01/08	St. Louis	12	128	10.7	23t	1	01/14	Washington	9	143	15.9	37	1				
PLAYOFFS (1/1)						12	128	10.7	23t	1	01/22	Carolina	6	75	12.5	20t	1
											02/05	Pittsburgh (SB XL)	5	50	10.0	20	0
											PLAYOFFS (3/3)						
											20	268	13.4	37	2		

JACKSON'S SINGLE-GAME HIGHS

Most Receptions: 10 vs. Arizona (9/15/02) and at Minnesota (12/12/04); Seahawks postseason record 12 vs. St. Louis (1/8/05)

Most Yards: 174 vs. Arizona (9/15/02)

Longest: 80t at Baltimore (11/23/03)

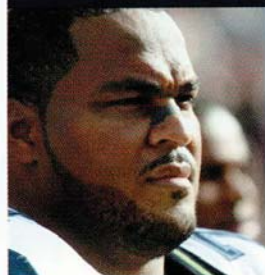
Most Touchdowns: 2, 7 Times, Last at San Francisco (11/7/04)

100-Yard Games: 17, Last vs. Arizona (9/25/05)

Additional Career Stats: Returned four punts for 32 yards with a long of 14 (all in 2002).

WALTER JONES

71



Tackle 6-5 315
 Florida State
 10th NFL Season
 10th Seahawks Season
 1st Round (b) 1997
 2005 Games/Starts: 15/15
 Career Games/Starts: 137/137
 January 19, 1974
 Aliceville, Alabama

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

PRO: Signed a long-term deal February 16, 2005. Selected with the sixth overall pick in the first round of the 1997 draft. Choice was acquired from the Tampa Bay Buccaneers on draft day for the Seahawks' 12th overall choice in the first round and a third-round choice obtained from the Atlanta Falcons on March 28. Became the first Seahawks' offensive lineman to play in the Pro Bowl, following the 1999 season. Named to his fifth consecutive Pro

Bowl, sixth career, following the 2005 season. Has started all 137 career games played. **1997:** Earned the starting job at left tackle in training camp and started 12 games, earning consensus first-team All-Rookie honors. Inactive for four games (San Diego, 9/21, at Kansas City, 9/28, at Denver, 11/2, at San Diego, 11/9) with a sprained ankle. Only the second rookie to start at left tackle in team history, joining Ray Roberts (1992). Part of a line that paved the way for team records for total yards (5,759) and passing yards (4,187). Seahawks ranked fifth in the league, allowing one sack every 17.9 pass attempts. Named NFL Offensive Rookie of the Month for October. No other offensive lineman has earned the honor. Named the AFC Western Division's Outstanding Rookie by *The Sporting News*. **1998:** Started all 16 games at left tackle protecting the vulnerable blindside of the Seahawks' quarterbacks. Contributed to an offensive line that gave up only 34 sacks on the season, the ninth-lowest total in the NFL. Helped guide the offense to 408 total yards in an opening-day 38-0 victory at Philadelphia (9/6), including 188 on the ground. Helped contribute to five 100-yard rushing performances, including a 178-yard career-high game for Ricky Watters versus Indianapolis (12/20). Team totaled 226 rushing yards in that game, the first time the Seahawks rushed over the 200-yard mark since 1996. Held Derrick Thomas without a sack at Kansas City (10/4) and the San Diego Chargers (10/25) top-ranked defense sackless. Protected Jon Kitna on his 298-yard passing

game versus Tennessee (11/29). **1999:** Started all 16 games at left tackle en route to his first Pro Bowl selection. Part of an offensive line that paved the way for 350 second-half yards at Chicago (9/19) in a come-from-behind victory. Helped lead the way for 132 rushing yards at Green Bay (11/1) and a season-high 173 yards on the ground, including a season-high 37 points, the following week versus Cincinnati (11/8). **2000:** Started all 16 games at left tackle. Part of an offensive line that did not surrender a sack in back-to-back games at Atlanta (12/3) and at Denver, (12/10), for the first time in 324 games. Paved the way for season-high 189 yards rushing at Kansas City (10/2) and helped Watters gain 168 yards in a victory versus Oakland (12/16). Ground game averaged 4.3 yards per carry (the club's highest total since 1997). **2001:** Started all 16 games at left tackle and the last 69 consecutive regular-season games. Named to his second Pro Bowl in the last three seasons while helping Alexander to

the fourth-best rushing game in NFL history (266 yards) that helped set a franchise record with 319 rushing yards versus Oakland (11/11). **2002:** Re-signed (9/16) with the club and started all 14 games he played in at left tackle, missing the first two (contract) at Oakland (9/8) and versus Arizona (9/15). Was part of the offensive line that blocked for Alexander's record-setting five-touchdown first half versus Minnesota (9/29). Also part of the line that did not allow a sack for the first time since November 18, 2001, at Buffalo. Helped block for Hasselbeck, as he passed for four 300-yard games, including two 400-yard games. Seattle's passing game ranked third in the NFL while the team set records for most yards in one season (5,818) and most 500-yard games in one season (3). Also paved the way for Alexander to set club record with 18 total touchdowns, including a club-record 16 rushing touchdowns. Named to his third career Pro Bowl after the season (1999, 2001, 2002). **2003:** Re-signed (9/2) with the

club and started all 16 games, joining Hutchinson to form one of the best left sides in football. Named to fourth career Pro Bowl after the season (1999, 2001-03) and was one of five Seattle representatives, the most since 1987. Helped Alexander to his best year with a career-high 1,435 yards and 14 touchdowns, the third-most rush scores in club history, while protecting Hasselbeck en route to his franchise-high 3,841 yards passing, career-high 26 touchdowns passes, and another four, 300-yard games for the second straight year. **2004:** Started all 16 games, joining fellow Pro Bowler Hutchinson to form one of the best left sides in football. Named to fifth career Pro Bowl after the season (1999, 2001-04) and was one of three Seattle representatives (Shaun Alexander, Hutchinson). Also earned first-team All-Pro status for second time in career (2001) by the *Associated Press*, joining nine other players in franchise history to earn All-Pro first-



team honors (Kenny Easley and Cortez Kennedy, three times each; Bobby Joe Edmonds; Hutchinson; Norm Johnson; Steve Largent; Joe Nash; Fredd Young, one each). Helped Alexander to a career year with a career-high 1,696 yards and 20 total touchdowns (16 rush, 4 rec.), the most total scores in club history. His 16 rushing touchdowns tied his own 2002 mark for most in team history.

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.

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

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

JONES' NFL RECORD

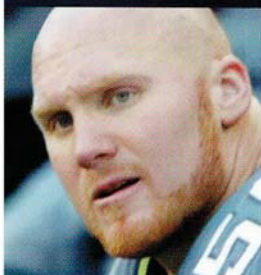
Year	Team	—	GP/GS	Postseason	Year	Team	—	GP/GS	Postseason
1997	Seattle	—	12/12		2002	Seattle	—	14/14	
1998	Seattle	—	16/16		2003	Seattle	—	16/16	1/1
1999	Seattle	—	16/16	1/1	2004	Seattle	—	16/16	1/1
2000	Seattle	—	16/16		2005	Seattle	—	15/15	3/3
2001	Seattle	—	16/16		NFL TOTALS		—	137/137	6/6

PRONUNCIATION GUIDE

Jean-Philippe Darche	zhon phil-EEP	darsh
Gibran Hamden	Ja-BRON	HAM-dun
Shaunard Harts	Shuh-NARD	
Keenan Howry	KEE-nun	HOW-ree
Jeb Huckeba		HUCK-a-bee
Isaiah Kacyvenski		kaz-uh-VIN-ski
Ryan Killeen		Kill-EEN
Niko Koutouvides	NEE-ko	koot-uh-VEE-dees
Itula Mili	ee-TOO-la	MEE-lee
Ben Obomanu		O-buh-mah-new
Ryan Plackemeier		PLACK-a-myer
Etric Pruitt	ETCH-rick	
Lofa Tatupu	LOW-fuh	Tuh-TOO-poo
Craig Terrill		teryl
Robbie Tobeck		TOE-beck
Marcus Trufant		TRUE-font
Seneca Wallace	SEN-a-ca	
Marquis Weeks	MAR-cus	

ISAIAH KACYVENSKI

58



Linebacker 6-1 252
Harvard
7th NFL Season
7th Seahawks Season
4th Round (b) 2000
2005 Games/Starts: 16/0
Career Games/Starts: 87/22
October 3, 1977
Endicott, New York

2005: Played in all 16 games, primarily on special teams and saw action at linebacker in three (at Washington, 10/2; at Philadelphia, 12/5; vs. San Francisco, 12/11). Finished second on the team with 21 special teams tackles and had a forced fumble. Saw time in all three postseason games on special teams, collecting five special teams tackles.

PRO: Selected by the Seahawks in the fourth round (119th overall) of the 2000 NFL Draft. The choice came from San Francisco with the 154th choice for the Seahawks' 86th pick. **2000:** Played in all 16 games and totaled 13 tackles (10 solo) and one interception in limited action on defense. Led the team with 15 special teams tackles becoming the eighth rookie to do so (first since David Daniels in 1991). Had a season-high three tackles at Atlanta (12/3) and Buffalo (12/23). Recorded first-career interception versus Oakland (12/16) off of a tipped pass by Michael Sinclair. **2001:** Saw action in all 16 games on special teams and played in goal-line situations. Led the team with 21 special teams tackles (most since Tim Hauck's 22 in 1997). Replaced Anthony Simmons (hip) briefly at San Diego (12/30) and recorded two solo stops. Replaced Simmons (thigh) versus Kansas City (1/6/02) in the second quarter and tallied a career-high eight tackles (seven solo) and his second-career interception, returning it 22 yards to help set up a Seattle scoring drive.

2002: Started the first nine games before being sidelined with an ankle injury. Made first-career start at Oakland (9/8) and tallied the third-most tackles in team history with a career-high 16 (11 solo). Later posted seven tackles, including his third-career interception, returning it 27 yards vs. Arizona (9/15). Posted two more double-digit tackle games during the season, tallying 10 at the New York Giants (9/22) and 13 vs. San Francisco (10/14). Injured his ankle at Arizona (11/10), where he collected five tackles, but finished the game. Declared inactive (ankle) vs. Denver (11/17), vs. Kansas City (11/24), and at San Francisco (12/1). Placed on injured reserve (12/4) after undergoing should-

er surgery. Collected a career-high 71 tackles (51 solo). **2003:** Played in 14 games mostly on special teams and as a reserve middle linebacker, posting six tackles (two solo). Second on the team with 16 special teams tackles in the regular season and had two special teams tackles in the postseason. **2004:** Played in all 16 games, starting 13 games at various times for Chad Brown (leg, knee) and Simmons (wrist) throughout the season. Totaled a career-high 81 stops (62 solo) and collected his first sack and forced fumble of career. Sack and forced fumble came versus Miami (11/21) where he also tallied eight tackles (six solo). Tied Simmons for the team-lead in tackles versus San Francisco (9/26) with six (five solo) and led the team in tackles with a season-high 10 (eight solo) versus Buffalo (11/28). Started versus the Rams in the Wild Card Game (1/8) in Seattle.

COLLEGE: Four-year starter, becoming the first player in Harvard history to start every game of his career. Earned All-Ivy League first-team honors three times, and finished his Crimson career with a school-record 395 tackles, adding 11 interceptions, eight fumble recoveries, and 4.5 sacks. Established a school mark with 135 tackles as a senior, topping his own mark of 108 set the previous season. Added two sacks and five interceptions as a senior. Finished sophomore season with 80 tackles and his freshman season with 72 while earning Ivy League Rookie of the Year.

PERSONAL: Earned nine letters in three different sports at Union Endicott High in New York. Three-time all-conference and all-state selection as a prep senior. Saw action at running back, safety, punter, punt returner, and kick returner. *USA Today* honorable mention in his final prep season. Captain of the wrestling team his last three years, and a state finalist in 1996. Finished fifth in the state pentathlon. National Honor Society member and a Scholar All-American. Graduated with a degree in Pre-Med. Married to Lauren, and they have son, Isaiah Jr. and daughter Lilliana.

KACYVENSKI'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2000 Seattle	16/0	13	10	3	0.0	0.0	1	0	0.0	0	0	2	0	0
2001 Seattle	16/0	11	9	2	0.0	0.0	1	22	22.0	22	0	1	0	0
2002 Seattle	9/9	71	51	20	0.0	0.0	1	27	27.0	27	0	1	0	0
2003 Seattle	14/0	6	2	4	0.0	0.0	0	0	0.0	0	0	0	0	0
2004 Seattle	16/13	81	62	19	1.0	1.0	0	0	0.0	0	0	0	1	0
2005 Seattle	16/0	2	2	0	0.0	0.0	0	0	0.0	0	0	1	0	0
NFL TOTALS	87/22	184	136	48	1.0	1.0	3	49	16.3	27	0	5	1	0

KACYVENSKI'S SINGLE-GAME HIGHS

Tackles: 16 at Oakland (9/8/02)

Int.: 1, 3 Times, Last vs. Arizona (9/15/02)

Fumble Recoveries: None

Sacks: 1.0 vs. Miami (11/21/04)

Forced Fumbles: 1 vs. Miami (11/21/04)

ADDITIONAL STATS

Special Teams Stats: 2000 (15, FR), 2001 (21), 2002 (0), 2003 (16), 2004 (8), 2005 (21, FF);

Career: (81, FF, FR)

Postseason GP/GS: 5/1; Postseason Statistics: 7 Special Teams Tackles

NIKO KOUTOUVIDES

53



Linebacker 6-2 238
 Purdue
 3rd NFL Season
 3rd Seahawks Season
 4th Round 2004
 2005 Games/Starts: 12/0
 Career Games/Starts: 28/2
 March 25, 1981
 Plainville, Connecticut

2005: Played in 12 games, mostly on special teams where he collected 10 stops. Saw time at linebacker at Philadelphia (12/5) and vs. San Francisco (12/11) with a tackle in each game. Played all three postseason games with seven special teams tackles.

PRO: Taken with the 20th pick in the fourth round (118th overall) of the 2004 NFL Draft. Only the third player in Seahawks history to be drafted from Purdue University and first since 1990 (T Bill Hitchcock). **2004:** Played in every game, mostly on special teams, but started the last two games of the season vs. Arizona (12/26) and vs. Atlanta (1/2/05). Led the team with 16 special teams tackles and totaled 46 stops (38 solo) with one sack at linebacker. Posted a career-high nine tackles (eight solo) at the New York Jets (12/19) and first-career sack came vs. Miami (11/21). Started the Wild Card Game vs. St. Louis (1/8/05) and posted five tackles (three solo).

COLLEGE: Started 32 of 50 games, finishing career with 296 tackles (180 solo) along with 23 stops for losses and 17 passes defended. All-

Big Ten Conference first-team selection after starting every game at middle linebacker his senior year. Finished second on the team with 101 tackles (57 solo), including 5.5 stops for losses. Intercepted two passes and knocked down four. Caused and recovered a fumble. As a junior, started all 13 games and notched career-high 121 tackles (80 solo) to lead the team. Had team-high 11.5 tackles for loss, including four sacks. Knocked down three passes and intercepted three. Posted at least 11 tackles in six games. Saw action in every game his first two seasons in a reserve role with 74 tackles, four fumble recoveries, and three forced fumbles.

PERSONAL: Attended Milford Academy (Conn.), a postgraduate school in 1999. Led team in sacks and finished second on team in tackles. Earned honorable mention all-state and all-conference honors at Plainville (Conn.) High. Was team captain and selected team's most valuable player. Majored in Organizational Leadership and Supervision.

KOUTOUVIDES' SINGLE-GAME HIGHS

Tackles: 9 at New York Jets (12/19/04)
Int.: None

Sacks: 1.0 vs. Miami (11/21/04)
Forced Fumbles: None **Fumble Recoveries:** None

ADDITIONAL STATS

Special Teams Stats: 2004 (16), 2005 (10); **Career:** (26)
Additional Postseason Stats: Special Teams Tackles 2004 (0), 2005 (7); **Career:** (7).

KOUTOUVIDES' NFL RECORD

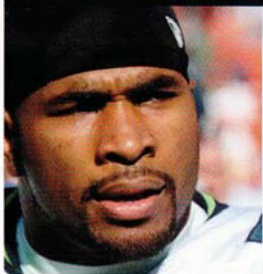
Club	G/S	Tackles			Sacks			Interceptions						
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2004 Seattle	16/2	46	38	8	1.0	1.0	0	0	0.0	0	0	0	0	0
2005 Seattle	12/0	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	28/2	48	39	9	1.0	1.0	0	0	0.0	0	0	0	0	0

POSTSEASON

Club	G/S	Tackles			Sacks			Interceptions						
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2004 Seattle	1/1	5	3	2	0.0	0.0	0	0	0.0	0	0	0	0	0
2005 Seattle	3/0	Special teams only												
NFL TOTALS	4/1	5	3	2	0.0	0.0	0	0	0.0	0	0	0	0	0

D.D. LEWIS

54



Linebacker 6-1 241
Texas
4th NFL Season
5th Seahawks Season
Free Agent 2002
2005 Games/Starts: 12/12
Career Games/Starts: 43/17
January 8, 1979
Houston, Texas

2005: Took over starting linebacking duties this season and started all 12 games played, missing four (three knee, one foot). Collected 22 tackles (17 solo) through his first four games of the season. Tied career-high with 11 tackles (six solo) vs. Dallas (10/23) where he also forced his only fumble of the season, second career. Started all three postseason games. Had an assisted tackle vs. Washington (1/14/06) and four tackles each vs. Carolina (1/22/06) and vs. Pittsburgh (2/5/06) in Super Bowl XL.

PRO: Signed by the Seahawks as an undrafted free agent April 30, 2002. The lone Seattle 2002 free agent to make the opening weekend active roster. **2002:** Played in all 16 games, beginning the season on special teams, ranking fourth with 11 special teams tackles. Moved into the linebacker rotation after injuries to Anthony Simmons (ankle) and Chad Brown (foot). Saw his first action at St. Louis (10/20) where he had three solo tackles and one forced

fumble (by Lamar Gordon) that led to a Seahawks score in the fourth quarter. Collected a career-high four tackles twice in back-to-back weeks, at Arizona (11/10) and vs. Denver (11/17). **2003:** Played an important role in the Seahawks' linebacking corps, filling in for Brown (foot, flu) and Simmons (neck) while seeing extensive time in the nickel package. Played in 15 games, starting five and leading the team in tackles four of those games. Opened the season with a then career-high eight stops (seven solo) vs. New Orleans (9/7). Saved the day, along with Ken Hamlin, on their hit on Rams WR Dane Looker that popped the ball into the air and intercepted by Simmons that led to Seattle's comeback win over St. Louis (9/21). Made first career start at Cincinnati (10/26) in place of Brown (foot) and posted seven tackles (four solo). The following week he blocked a punt that Seattle converted into a field goal. It was the Seahawks' first punt block since Alex Bannister blocked a Denver

punt 10/14/01 (34 games). Made second start vs. Detroit (11/16) in place of Simmons (coach's decision) and posted a career-high 11 tackles (eight solo), but was declared inactive the following week with a back injury. Made third and fourth starts at Minnesota (12/7) and at St. Louis (12/14) in place of Simmons (neck). Posted 18 tackles (11 solo) in those two games, including second double-digit tackle game of the season with 10 at the Rams. Started for the third straight week vs. Arizona (12/21) but this was in place of Brown (flu). Replaced Brown (ankle) in the Wild Card Game at Green Bay (1/4/04) early in the second quarter and led the team with 10 tackles (eight solo). Finished the regular season with a career-high 56 tackles (38 solo) and third on the team with 10 special teams tackles. **2004:** Underwent offseason shoulder surgery that did not heal in time for training camp. Placed on injured reserve August 31, 2004.

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. Tied for team lead with 78 tackles (45 solo) and led the squad with a school-record-tying five fumble recoveries. Had 4.5 sacks for minus 43 yards and 15 stops for minus 60 yards. Recorded 78 tackles (44 solo) as a sophomore with five sacks for minus 44 yards and 13 stops for minus 55 yards. Third on team with 77 tackles (44 solo) as a redshirt freshman and three sacks.

PERSONAL: Married to the former Nicole Resse and has a son, Zion Joshua and daughter Jada. Has a passion for the Kingdom of God. Was a college teammate of defensive tackle Marcus Tubbs. Born January 8, 1979, in 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	
NFL TOTALS	43/17	137	99	38	0.0	0.0	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 vs. Det (11/16/03) and vs. Dal (10/23/05)

Interceptions: None

Fumble Recoveries: None

Sacks: None

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

SPECIAL AGENTS

The Seahawks had five undrafted free agents on the roster during their Super Bowl run in 2005.



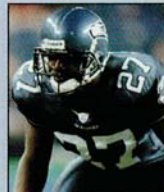
FB Mack Strong '93



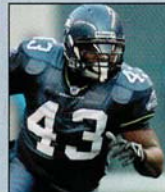
LS J.P. Darche '00



LB D.D. Lewis '02



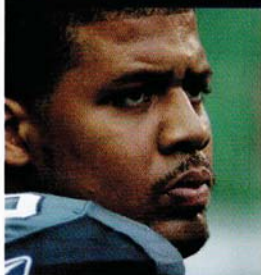
CB Jordan Babineaux '04



FB Leonard Weaver '05

SEAN LOCKLEAR

75



Tackle 6-4 301
North Carolina State
3rd NFL Season
3rd Seahawks Season
3rd Round 2004
2005 Games/Starts: 16/16
Career Games/Starts: 32/16
May 29, 1981
Lumberton, South Carolina

2005: Moved into the starting lineup at right tackle during the preseason after Floyd Womack (triceps) went down at Kansas City (8/27). Named to ESPN.com's The Unheralded Team and *USA Today's* All-Joe Team. Started all 16 games and helped Shaun Alexander become the NFL MVP with a career year on the ground with a career-high and Seattle-record 1,880 yards and an NFL-record 28 total touchdowns (27 rush, 1 rec.). Helped Seattle to a club-record 320 rush yards and two 100-yard rushers for only the third time in club history vs. Houston (10/16). Started all three postseason games.

PRO: Chosen with the 21st selection of the third round (84th overall) in the 2004 NFL Draft. Second consecutive year the Seahawks took an offensive lineman in the third round (Wayne Hunter in 2003). **2004:** Played in all 16 games, mostly on special teams, and saw time at left tackle twice in place of Walter Jones (rest vs. San Francisco, 9/26 and ankle vs. Arizona, 12/26). Returned one kickoff for 12 yards vs. Miami (11/21).

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 on December 17, 2003, with a degree in Sports Management.

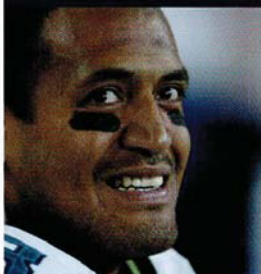
LOCKLEAR'S NFL RECORD

Games Played/Games Started: 2004 (16/0), 2005 (16/16); Career: 32/16

Postseason GP/GS: 4/3; Additional Statistics: One kickoff return for 12 yards.

ITULA MILI

88



Tight End 6-4 260
Brigham Young
9th NFL Season
10th Seahawks Season
6th Round 1997
2005 Games/Starts: 2/0
Career Games/Starts: 104/41
April 20, 1973
Laie, Hawaii

2005: Suffered through stomach problems in training camp and played in only two games in a reserve role. Made season debut vs. Houston

(10/16) and was inactive until the final game at Green Bay (1/1/06). Inactive for the team's three postseason games.

PRO: Chosen with the 11th pick in the sixth round, the 174th overall choice, in the 1997 NFL Draft. Re-signed a multi-year deal March 14, 2002, and then again March 11, 2005, to stay with the club. **1997:** Missed the entire season on injured reserve with a knee injury suffered late in his final collegiate season. **1998:** Saw limited action in seven games and was inactive for eight games. Missed the season finale when he was placed on injured reserve (12/25) with a knee injury. Played in multi-tight end sets at Oakland (11/15) and at Dallas (11/22). Made first-career reception at Dallas, for a 20-yard pickup. **1999:** Saw action in all 16 games with two starts. Made first-career start in the season opener versus Detroit. Also started at Chicago (9/19). For the season, caught four passes for 24 yards with one touchdown. The first score of his career came on a 1-yard pass from Jon Kitna at San Diego (10/17). **2000:** Had a career season surpassing his career numbers through the first four games. Started the first four games in place of injured Christian Fauria (hamstring) and posted 11 receptions for 129 yards (11.7 avg.) with one touchdown. Had a career-high five receptions in his fifth start of the year at Oakland (10/22) and a career-high 52 yards vs. St. Louis (9/10). Started for the sixth time at Denver (12/10) and caught a career-long 34 yarder. His three touchdowns and Fauria's two touchdowns tied a team record with five touchdowns by tight ends for a single season (Mike Tice and Travis McNeal combined for five scores in 1991). **2001:** Played in all 16 games, starting five. Started season with two catches at Cleveland (9/9) for 21 yards. Had his best game vs. Jacksonville (10/7) with two catches for 42 yards, including a career-long 41-yarder and one touchdown. His second score of the season came vs. Miami (10/28) on a 15-yard catch in the second quarter to put Seattle on the

board first. In all, caught eight passes for 98 yards (12.3 avg.). **2002:** Played in all 16 games, starting 12. Established career-highs in receptions and yards through 11 games, surpassing his 2000 season totals. Set the club mark for tight ends with 43 catches for 508 yards. Scored on 1-yard tosses in the first two games of the season (at Oakland, 9/8 and vs. Arizona, 9/15). Of eight career scores, six were from 1-yard out. Had 11 receptions for 79 yards his first seven games before catching 18 passes for 220 yards in his next four games. Finished the season by recording career highs with seven catches for 119 yards, his first career 100-yard game, and a long of 49. **2003:** Played in all 16 games, starting 12. Broke own franchise mark for receptions by a tight end with 46 for 492 yards. Also set the career touchdown mark by a tight end with career-high four, giving him 12 for his career, surpassing former Seahawks tight end Mike Tice. Had a career game at Cincinnati (10/26) with five catches for a season-high 80 yards and a career-high two touchdowns, one coming on a 46-yard bomb in the first quarter. Closed the season as Matt Hasselbeck's go-to guy as he caught 16 passes for 186 yards (11.6 avg.) through the final three games of the regular season. Caught six balls for 62 yards in the Wild Card Game at Green Bay (1/4/04). **2004:** Played in 15 games, missing (groin) at St. Louis (11/14) and started four contests (vs. Buffalo, 11/28; at Minnesota, 12/12; vs. Arizona, 12/26, and vs. Atlanta, 1/2/05). Lost starting job to former first-rounder Jerramy Stevens but regained starting duties by the Buffalo game (11/28). Recorded his 13th career touchdown, and only one of the season, on a 1-yard toss from Matt Hasselbeck versus San Francisco (9/26). Tallied a season-high four catches twice, with the first coming versus Miami (11/21) for 24 yards and the second coming at the New

MILI'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
1997	Seattle		Injured Reserve				
1998	Seattle	7/0	1	20	20.0	20	0
1999	Seattle	16/2	4	24	6.0	9	1
2000	Seattle	16/6	28	288	10.3	34	3
2001	Seattle	16/5	8	98	12.3	41	2
2002	Seattle	16/12	43	508	11.8	49	2
2003	Seattle	16/12	46	492	10.7	46t	4
2004	Seattle	15/4	23	240	10.4	20	1
2005	Seattle	2/0	0	0	0.0	0	0
NFL TOTALS		104/41	153	1,670	10.9	49	13

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
1999	Seattle	1/0	0	0	0.0	0	0
2003	Seattle	1/0	6	62	10.3	15	0
2004	Seattle	1/1	6	98	16.3	22	0
2005	Seattle	0/0	0	0	0.0	0	0
NFL TOTALS		3/1	12	160	13.3	22	0

York Jets (12/19). Also had a season-high 43 yards receiving and a long of 20 at the Jets. Caught six passes for 98 yards with a career-postseason long of 22 in the NFC Wild Card Game versus St. Louis (1/8/05).

COLLEGE: Four-year letterman who played tight end, fullback, and H-back. Finished his career with 126 receptions for 1,777 yards and 11 touchdowns in 40 games, with 22 starts. First-team All-Western Athletic Conference as a senior after catching a single-season best 46 passes for 692 yards and three scores in 14 games. Had 108 yards on nine receptions versus Washington. Injured his knee in the Western Athletic Conference title game and missed the Cougars' bowl game. Started at fullback and H-back as a junior and caught 36

passes for 440 yards and three scores. Had two 100-yard games, 101 yards on four receptions versus Utah State and 108 yards on five catches against Fresno State. Played six games, with three starts, as a freshman. Served on an LDS mission to New Zealand in 1992 and 1993. Majored in Geography.

PERSONAL: Lettered in football, basketball, and track at Kahuku High School in Laie, Hawaii. Football team won the state championship as a junior and senior. All-state choice as a wide receiver. State high jump champion as a junior despite school not having a pit for him to practice. Plays the guitar. Born in Kahuku, Hawaii. Lives in Orem, Utah with wife Pauline. Mili has a son, Tiki (1/25/02).

MILI'S SINGLE-GAME HIGHS

Most Receptions: 7 at San Diego (12/29/02)

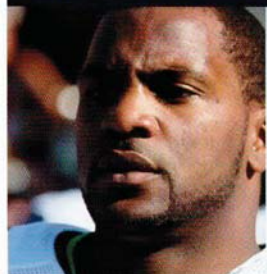
Most Touchdowns: 2 at Cincinnati (10/26/03)

Most Yards: 119 at San Diego (12/29/02)

Longest Reception: 49 at San Diego (12/29/02)

MAURICE MORRIS

20



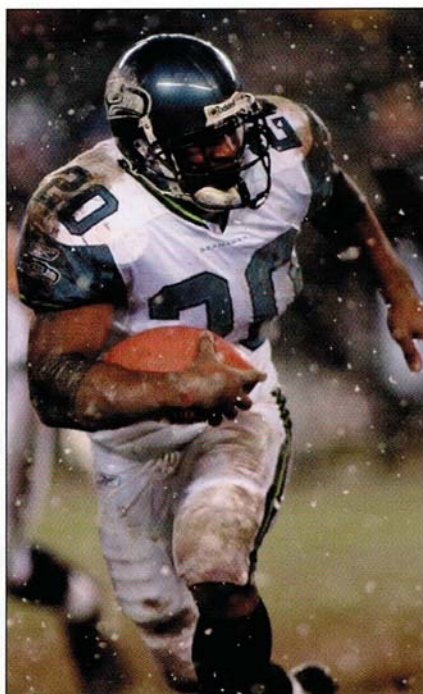
Running Back 5-11 202
 Oregon
 5th NFL Season
 5th Seahawks Season
 2nd Round (a) 2002
 2005 Games/Starts: 16/2
 Career Games/Starts: 58/3
 December 1, 1979
 Chester, South Carolina

2005: Played in all 16 games with two starts alongside Shaun Alexander (at Tennessee, 12/18 and vs. Indianapolis, 12/24). Carried a career-high 71 times for a career-high 288 yards on the season with his first career rush score (vs. Houston, 10/16). Also had five receptions for 48 yards, one kickoff return for 21 yards and eight special teams tackles. Rushed for a career-high 104 yards on eight carries (13.0 avg.) with a career-long 49-yard gain vs. Houston (10/16). Along with Alexander's 141 yards, was just the third time in franchise history with two 100-yard rushers in a single game, and in all, the team set a franchise-record with 320 rush yards on the night. Tied career-high with 15 carries on Monday Night Football at Philadelphia (12/5). Replaced Alexander (concussion) with 4:29 to go in the first quarter vs. Washington (1/14/06) in the Divisional Playoff Game. Carried a career-high 18 times for 49 yds. (2.7 avg.) and caught one pass for 16 yards. Carried seven times for 24 yards vs. Carolina (1/22/06) and had one catch for 6 yards in Super Bowl XL vs. Pittsburgh (2/5/06).

PRO: Selected with the first of two second-

round picks (54th overall), becoming the 36th running back selected in Seattle history. **2002:** Saw action in 11 games and totaled 153 yards on 32 carries. Won kickoff return duties in training camp and ranked eighth in the NFC with a 24.1 kickoff return average. Returned his first kickoff 66 yards at Oakland (9/8). The Raiders did not kick off to him thereafter. Came in for Alexander (eye) during the second quarter versus Arizona (9/15) and carried seven times for 35 yards, while adding five kickoffs for 102 yards. Established a club record with 231 kickoff return yards on the second-most returns (7) while taking one a club-record tying 97 yards for the score (James Jefferson versus Kansas City, 10/8/89). It was the first time a Seattle player had taken one the distance since Charlie Rogers versus Buffalo (12/23/00, 21 games). Also tied Seahawks records for kickoff return touchdowns (1) in a career, season, game, and as a rookie. The 231 kickoff return yards were the most in the NFC in 2002. Saw extended time at running back the next week at Dallas (10/27), carrying six times for 24 yards, with four of those carries for 20 yards coming on a

scoring drive in the second quarter. Led the team in rushing for the first time at Arizona (11/10) with career highs in carries (15) and yards (72) for a 4.8 average and a career-long of 24. Tweaked hamstring in that game and saw limited action the rest of the season. **2003:** Seeing his role expand, played in all 16 games with first-career start coming versus St. Louis (9/21) in place of Alexander (birth of child) and caught a career-high three passes for 28 yards. Set career-highs with 38 total carries and 239 yards (6.3 avg.) and four receptions for 32 yards and his first-career receiving touchdown versus Arizona (12/21). Had a career-long 43-yard run versus Pittsburgh (11/2). Served as the team's primary kickoff returner, totaling 47 for 1,007 yards (21.4 avg.) and a long of 56 coming at Minnesota (12/7) where he returned five kickoffs for a season-high 153 yards (30.6 avg.). Also had three special teams tackles in the regular season. In the Wild Card Game at Green Bay (1/4/04), returned four kickoffs for 70 yards and rushed once for 4 yards. **2004:** Played in 15 games and was inactive (concussion) at San Francisco (11/7). Posted season-highs versus San Francisco (9/26) in carries (8), yards (42), and long gain (12). Saw time at running back in 14 games. Sustained a concussion on the opening kickoff versus Carolina (10/31) and did not return. Tied his career-high with seven kickoff



MORRIS' NFL RECORD

Club	G/S	Kickoff Returns					Punt Returns				
		No	Yds	Avg	LG	TD	Att	Yds	Avg.	LG	TD
2002 Seattle	11/0	34	821	24.1	97t	1	0	0	0.0	0	0
2003 Seattle	16/1	47	1,007	21.4	56	0	0	0	0.0	0	0
2004 Seattle	15/0	47	994	21.1	34	0	15	75	5.0	22	0
2005 Seattle	16/2	1	21	21.0	21	0	0	0	0.0	0	0
TOTALS	58/3	129	2,843	22.0	97t	1	15	75	5.0	22	0

Club	G/S	Rushing					Receiving				
		No	Yds	Avg	LG	TD	Att	Yds	Avg.	LG	TD
2002 Seattle	11/0	32	153	4.8	24	0	3	25	8.3	12	0
2003 Seattle	16/1	38	239	6.3	43	0	4	32	8.0	13	1
2004 Seattle	15/0	30	126	4.2	12	0	9	53	5.9	12	0
2005 Seattle	16/2	71	288	4.1	49	1	5	48	9.6	20	0
TOTALS	58/3	171	806	4.7	49	1	21	158	7.5	20	1

POSTSEASON

Club	G/S	Kickoff Returns				
		No	Yds	Avg	LG	TD
2003 Seattle	1/0	4	70	17.5	19	0
2004 Seattle	1/0	6	109	18.2	21	0
2005 Seattle	3/0	1	16	16.0	16	0
TOTALS	5/0	11	195	17.7	21	0

Club	G/S	Rushing					Receiving				
		No	Yds	Avg	LG	TD	Att	Yds	Avg.	LG	TD
2003 Seattle	1/0	1	4	4.0	4	0	0	0	0.0	0	0
2004 Seattle	1/0	2	9	4.5	5	0	0	0	0.0	0	0
2005 Seattle	3/0	25	73	2.9	10	0	2	22	11.0	16	0
TOTALS	5/0	28	86	3.1	10	0	2	22	11.0	16	0

returns on three occasions (at New England, 10/17, vs. Dallas, 12/6, and at the New York Jets, 12/19). Had a season-high 171 kickoff return yards at the Patriots and a season-long 34-yard return at Minnesota (12/12). Took over punt return duties for Bobby Engram (ankle) at mid-season and returned a career-high four for 21 yards versus Miami (11/21). Also added five special teams tackles. Rushed twice for 4 yards and returned six kickoffs for 109 yards versus St. Louis in the NFC Wild Card Game (1/8/05).

COLLEGE: Spent two years at Oregon after transferring from Fresno City College where he was a two-time JC Grid-Wire All-American. Set national JC records of 4,487 all-purpose yards and 3,708 yards rushing on 593 carries. Set

Fresno City records with 26 scores in 1998, career rushing touchdowns (45), and total (49). Held below 100 yards only once in his JC career (92 vs. Siskiyou). Holds Oregon's school record for most carries in one season (286 in 2000) and became the school's first two-time 1,000-yard rusher. Finished his Ducks career with 2,237 yards on 466 carries with 17 touchdowns and 307 yards and three scores on 35 receptions. His 2,237 rushing yards were fifth in school history.

PERSONAL: Rushed for over 1,600 yards and 25 touchdowns as a senior at Chester (S.C.) High. Has six brothers and eight sisters of Diane and Bernard Morris. Born in Chester, S.C.

MORRIS' SINGLE-GAME HIGHS

Rush Attempts: 15 at Ari (11/10/02) and at Phi (12/5/05)
Longest Rush: 49 vs. Houston (10/16/05)

Most Receptions: 3 vs. St. Louis (9/21/03)
Longest Reception: 20 at Green Bay (1/1/06)

Rush Yards: 104 vs. Houston (10/16/05)
Most Rush Touchdowns: 1 vs. Houston (10/16/05)

Most Rec. Yards: 28 vs. St. Louis (9/21/03)
Most Rec. Touchdowns: 1 vs. Arizona (12/21/03)

ADDITIONAL STATS

Most KO Ret: 7, 4 Times, Last at NYJ (12/19/04)

Longest KO Return: *97t at St. Louis (10/20/02)

Most KO Return Yards: *231 at St. Louis (10/20/02)

Special Teams Tackles: 2002 (2), 2003 (3), 2004 (5), 2005 (8); **Total:** (18).

* Club Record

JULIAN PETERSON

44



Linebacker 6-3 235
 Michigan State
 7th NFL Season
 1st Seahawks Season
 UFA 2006 (San Francisco)
 2005 Games/Starts: 15/14
 Career Games/Starts: 79/72
 July 28, 1978
 Washington, D.C.

2005: Returned from Achilles tendon injury in 2004 to play in 15 games, starting 14. Finished season with 87 tackles (60 solo), 3.0 sacks, one forced fumble and one fumble recovery. Opened the season with a career-high 2.5 sacks along with seven tackles (five solo) vs. St. Louis (9/11). Posted eight tackles (five solo) the following week at Philadelphia (9/18). Strained hamstring vs. Dallas (9/25) and was inactive vs. Arizona in Mexico City (10/2). Saw time at linebacker vs. Indianapolis (10/9) and returned to starting lineup at Washington (10/23) where he had three solo stops. Recovered his first fumble of the season, fifth career, vs. Tampa Bay (10/30). Posted a season-high nine tackles (six

solo) vs. the N.Y. Giants (11/6) and forced his lone fumble of the year, seventh career. Tied season-high with nine stops (six solo) at Seattle (12/11) and also had 0.5 sacks and put up nine more tackles (six solo) the following week at Jacksonville (12/18).

PRO: Signed with Seattle as an unrestricted free agent March 27, 2006, after six seasons with the San Francisco 49ers. Originally drafted as the 16th overall pick in the first round of the 2000 NFL Draft. **2000:** Saw action in 13 games, starting seven as rookie. Posted 47 tackles, four sacks, two interceptions (33 yards) and four passes defensed. Had four tackles and one special teams tackles at Atlanta (9/3).

Recorded three tackles and first-career sack at Carolina (9/10). Also had first-career interception (31 yards) vs. Panthers. Had interception (two yards) and became first 49ers linebacker since 1995 to record multiple interceptions in season at Dallas (9/24). Registered seven tackles (four solo) vs. Arizona (10/1). Made first-career start and posted one tackle before leaving game with left knee sprain vs. Oakland (10/8). Inactive (knee) at Green Bay (10/15), at Carolina (10/22) and vs. St. Louis (10/29). Had five tackles, including three for loss, career-high two sacks and one pass defended at New Orleans (11/5). Returned to starting lineup and recorded two tackles vs. Kansas City (11/12). Tallied four tackles, one quarterback pressure and one pass defended vs. Atlanta (11/19). Registered four solo tackles, including one for loss, and one pass defended at San Diego (12/3). Had five tackles vs. New Orleans (12/10). Credited with five solo tackles, one sack and two quarterback pressures vs. Chicago (12/17). Registered seven tackles (four solo) and had one pass defended at Denver (12/23). **2001:** Started and played in 14 regular season games. Finished season with 49 tackles (32 solo). Also added three sacks, two passes defended and one fumble recovery, which he returned for 26-yard touchdown. Tied for fifth on squad with three sacks. Was inactive vs. Atlanta (9/9) and vs. St. Louis (9/23) due to high ankle sprain suffered during preseason. Started first game of season at linebacker at New York Jets (10/1). Recorded one solo tackle at Jets. Started at outside linebacker and tallied four tackles (three solo) vs. Carolina (10/7). Registered six tackles (four solo) at Atlanta (10/14). Recorded three tackles at Chicago (10/28). Also recovered fumble and returned it 26 yards for first-career touchdown at Bears. Had four tackles (two solo) and one sack for four yards vs. Detroit (11/4). Collected nine tackles (seven solo) vs. New Orleans (11/11). Credited with one solo tackle, one pass defended and one sack (six yards) vs. Buffalo. Recorded one sack (nine yards) at St. Louis (12/9). Also recorded three tackles (one solo) at Rams. Registered six tackles (two solo) and one sack (eight yards) vs. Philadelphia (12/22). Made first-career postseason start at linebacker and recorded eight tackles (seven solo) in NFC Wild Card Game at Green Bay (1/13/02).

Also sacked Brett Favre (seven yards) in fourth quarter at Packers. **2002:** Played and started in every game, including postseason, for first time in career. Finished season with 104 tackles (71 solo), two sacks, six tackles for loss, one interception and two forced fumbles. Ranked second on team with 104 tackles. Intercepted one pass for two yards and recorded four tackles (two solo) at New York Giants (9/5). Credited with eight tackles (six solo) and matched career-high with two sacks (6.0 yards) vs. Denver (9/15). Recorded six tackles, including one tackle for loss, vs. Washington (9/22). Also credited with one quarterback pressure vs. Redskins. Left game with knee and hip injuries and did not return. Tallied seven tackles (three solo), one forced fumble, two quarterback pressures and one pass defended at New Orleans (10/20). Recorded seven tackles (six solo) and one pass defended vs. Arizona (10/27). Had seven tackles (six solo) at Oakland (11/3). Posted four tackles and one pass defended on 4th-and-11 to clinch victory vs. Kansas City (11/10). Limited All-Pro Tony Gonzalez to one catch for six yards vs. Chiefs. Named NFC Defensive Player of the Week (11/12) for performance against Chiefs. Had nine tackles (five solo) at San Diego (11/17). Also credited with one quarterback pressure at Chargers. Credited with seven tackles (five solo), including one tackle for loss and one pass defended vs. Philadelphia (11/25). Led team with 11 tackles (seven solo), including one tackle for loss, vs. Seattle (12/1). Also recorded one forced fumble and two quarterback pressures vs. Seahawks. Made first-career start at safety and recorded six tackles (one solo) and one quarterback pressure at Dallas (12/8). Also saw action at linebacker, defensive end and cornerback vs. Cowboys. Recorded eight tackles (six solo) vs. Green Bay (12/15). Named to first Pro Bowl. Had eight tackles (seven solo), one pass defended and recovered one fumble at Arizona (12/21). Recorded five tackles (four solo), including one sack (9.0 yards) vs. New York Giants (1/5/03) in NFC Wild Card Game. Also credited with one interception vs. Giants. Posted nine tackles (seven solo), one sack (9.0 yards), forced one fumble and had two passes defended at Tampa Bay (1/12/03) in NFC Divisional Playoff Game. **2003:** Started all 16 regular season games.

PETERSON'S SINGLE-GAME HIGHS

Tackles: 15 vs. Arizona (12/7/03)

Interceptions: 1, 5 Times, Last vs. TB (10/19/03)

Fumble Recoveries: 1, 5 Times, Last vs. TB (10/30/05)

Sacks: 2.5 vs. St. Louis (9/11/05)

Forced Fumbles: 1, 7 Times, Last vs. NYG (11/6/05)

ADDITIONAL STATS

Special Teams Tackles: 2000 (1); **Total:** (1).

Finished with career-high 144 (86 solo) tackles, career-high three forced fumbles, career-high seven sacks and two interceptions. Registered 12 tackles (six solo) and three quarterback pressures vs. Chicago (9/7). Tallied eight tackles (seven solo), three quarterback pressures, two forced fumbles and tied career-high with two sacks (21.0 yards) at St. Louis (9/14). Recorded eight tackles (seven solo), two passes defended and one interception for no return vs. Cleveland (9/21). Had 10 tackles (three solo) at Minnesota (9/28). Registered seven tackles (four solo) and one pass defended vs. Detroit (10/5). Recorded one interception (31 yards), one pass defended and led team with 12 tackles (seven solo) vs. Tampa Bay (10/19). Had nine tackles (five solo) at Arizona (10/26). Registered four tackles (one solo), one sack (nine yards) and two passes defended vs. St. Louis (11/2). Recorded eight tackles (four solo) and half sack vs. Pittsburgh (11/17). Tallied 14 tackles (nine solo) at Green Bay (11/23). Led team with career-high 15 tackles (nine solo) vs. Arizona (12/7). Also recorded 1.5 sacks (14.0 yards) and four passes defended vs. Cardinals. Registered 10 tackles (six solo) and one pass defended at Cincinnati (12/14). Named to second consecutive Pro Bowl (12/18). Had seven tackles (four solo), one sack (eight yards) and one pass defended at Philadelphia (12/21). Recorded four solo tackles and one pass defended vs. Seattle (12/27). **2004:** Season cut short due to Achilles injury suffered vs. Arizona (10/10). Finished the season with 34 tackles (19 solo), 2.5 sacks, two passes defended and one forced fumble through five games as a starter. Started at linebacker and recorded four tackles (three solo), one forced fumble, one pass defended and one sack for 12 yards vs. Atlanta (9/12). Started at linebacker and tallied nine tackles (seven solo) and a 7-yard sack at New Orleans (9/19). Started at linebacker and registered

seven tackles (five solo) and half sack (three yards) at Seattle (9/26). Started at linebacker and recorded 10 tackles (two solo) vs. St. Louis (10/3). Started at linebacker and tallied four tackles (two solo) and one pass defended before leaving game with torn Achilles tendon vs. Arizona (10/10). Placed on injured reserve October 11.

HONORS: **2002** *First-team All-Pro (College & Pro Football News Weekly), Second-team All-Pro (AP Football Digest), NFC Pro Bowl. 2003* *First-team All-Pro (AP, Sports Illustrated, Football Digest, The Sporting News), All-NFL (Pro Football Weekly), All-NFC (Pro Football Weekly), NFC Pro Bowl.*

COLLEGE: Registered 140 tackles, including 25 sacks, in only 23 games at Michigan State. Started all 12 games at outside linebacker as senior. All-America selection by *Football News* and *The Sporting News*. Finished with 82 tackles (55 solo). Led team with career-high 15 sacks for 104 yards as senior. Posted eight tackles, including three sacks for 30 yards, and five tackles for loss (32 yards) against Florida in Citrus Bowl. Honorable mention All-Conference. Posted season-high 11 tackles, including seven for loss, career-high four sacks (30 yards) and forced three fumbles vs. Ohio State as junior. First-team NJCAA All-America and Seaboard Conference Defensive Player of the Year at Valley Forge (Wayne, Pa.) Junior College as sophomore. Amassed 20.5 sacks as sophomore (1997) and 19.5 sacks as freshman (1996). Majored in park, recreation and tourism resources.

PERSONAL: Prepped at Crossland (Temple Hills, Md.) High School. Ranked among nation's top defensive linemen in 1995. Named Chesapeake Classic MVP in 1996.

PETERSON'S NFL RECORD

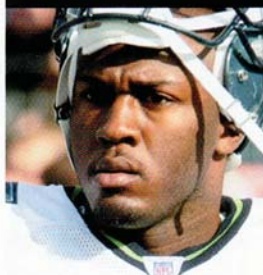
Club	Tackles					Sacks		Interceptions						
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2000 San Francisco	13/7	47	32	15	4.0	33.0	2	33	16.5	31	0	4	0	0
2001 San Francisco	14/14	49	32	17	3.0	23.0	0	0	0.0	0	0	2	0	2
2002 San Francisco	16/16	104	71	33	2.0	6.0	1	2	2.0	2	0	6	2	1
2003 San Francisco	16/16	144	86	58	7.0	64.0	2	31	15.5	31	0	14	3	1
2004 San Francisco	5/5	34	19	15	2.5	22.0	0	0	0.0	0	0	2	1	0
2005 San Francisco	15/14	87	60	27	3.0	22.5	0	0	0.0	0	0	6	1	1
NFL TOTALS	79/72	465	300	165	21.5	170.5	5	66	13.2	31	0	34	7	5

POSTSEASON

Club	Tackles				Sacks		Interceptions							
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2001 San Francisco	1/1	8	7	1	1.0	7.0	0	0	0.0	0	0	0	0	0
2002 San Francisco	2/2	14	11	3	2.0	18.0	1	0	0.0	0	0	2	1	0
NFL TOTALS	3/3	22	18	4	3.0	25.0	1	0	0.0	0	0	2	1	0

ETRIC PRUITT

35



Safety 6-0 196
 Southern Mississippi
 3rd NFL Season
 2nd Seahawks Season
 FA 2005
 2005 Games/Starts: 6/0
 Career Games/Starts: 9/0
 August 16, 1981
 Theodore, Alabama

2005: Played in six games, mostly on special teams where he made six tackles. Signed to the active roster November 4 and was inactive games 8-10. Made Seattle debut on special teams vs. N.Y. Giants (11/27). Saw time at safety in the fourth quarter on Monday Night Football at Philadelphia (12/5) and had one solo stop. Also played safety in the fourth quarter vs. San Francisco (12/11). Played all three games in the postseason. Had one special teams tackle each vs. Washington (1/14/06) and vs. Carolina (1/22/06). Thrust into action in place of Marquand Manuel (hip) at safety early in the second quarter vs. Pittsburgh in Super Bowl XL (2/5/06). Had a career-high four solo tackles.

PRO: Signed to the Seahawks practice squad September 14, 2005, and to the active roster November 4. Originally selected as a sixth round (186th overall) draft choice by Atlanta in the 2004 NFL Draft. Released by the Falcons on September 11 and signed on September 13. Waived by Atlanta on October 6 and placed on the practice squad October 7. Signed to the Falcons' active roster October 25. **2004:** Saw action in three games and was inactive for nine contests. Tallied one tackle at safety in addition to two special teams tackles at Carolina (10/3). Posted one special teams tackle vs. Tampa Bay (11/14).

COLLEGE: Three-year starter at safety who started 37 of 47 games for Southern Mississippi. Holds school career record for defensive backs with 362 tackles. Also added two sacks, five forced fumbles, five fumble recoveries, 29 passes defended, six blocked kicks and 11 interceptions and a touchdown. Started all 12 games and finished third on the team in tackles with 122 tackles as a senior. Ranked third on the team in tackles with 139 while adding six interceptions, 13 passes defended, 1.5 sacks, three forced fumbles, three fumble recoveries and three blocked punts in 13 starts as a junior. Voted as a Jim Thorpe semi-finalist and first-team All-Conference USA selection for his efforts. Saw action in all 11 games and ranked second on the team in tackles (82) while adding two interceptions, six pass deflections, three blocked kicks and a half-sack in 2001. Played in 10 games as a redshirt freshman and finished the season with seven tackles.

PERSONAL: First-team all-state selection at Theodore High. Registered 138 tackles and seven interceptions as a senior, following up on a nine interception season as a junior. Returned two interceptions for touchdowns and recorded three touchdown receptions in his career. Earned a degree in sports administration at Southern Mississippi.

PRUITT'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
2004 Atlanta	3/0	1	1	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2005 Seattle	6/0	1	1	0	0.0	0.0	0	0	0.0	0	0	1	0	0	
NFL TOTALS	9/0	2	2	0	0.0	0.0	0	0	0.0	0	0	1	0	0	

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2005 Seattle	3/0	4	4	0	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	3/0	4	4	0	0.0	0.0	0	0	0.0	0	0	0	0	0

PRUITT'S ADDITIONAL STATS

Special Teams Tackles: 2004 (3); 2005 (6); Career: (9)

KEMP RASMUSSEN

72



Defensive End 6-3 265
Indiana
5th NFL Season
1st Seahawks Season
UFA 2006 (Carolina)
2005 Games/Starts: 15/0
Career Games/Starts: 50/0
May 25, 1979
Hadley, Michigan

rasmussen

2005: Played in 15 games for the Carolina Panthers primarily on special teams where he had 12 special teams tackles. As a reserve he had three tackles (two solo), one pass defended and one fumble recovery.

PRO: Signed with Seattle as a free agent April 13, 2006. Originally signed as an undrafted rookie free agent by Carolina April 29, 2002.

2002: Played in 10 games, inactive for six, collecting nine special teams tackles and three tackles (two solo) on defense. Made NFL debut at Dallas (10/13). **2003:** Played in 13 games and led the team with 15 special teams tackles. On defense, had five tackles (four solo), one sack and one forced fumble. Sack and forced fumble came at Arizona (12/14) on the same play. Played in all four postseason games, collecting six special teams tackles. **2004:** Saw

time in 12 games with nine special teams tackles and one solo stop on defense.

COLLEGE: Three-time Academic All-Big Ten selection. Moved to defensive tackle prior to his senior year and notched team-highs with 6.5 sacks and five forced fumbles in addition to his 50 tackles, three passes defended and one blocked kick. Began his career as a defensive end where he totaled 84 tackles, 9.5 sacks, two forced fumbles, ten passes defended and one blocked kick in his first three years.

PERSONAL: Honorable mention All-America and all-state selection at Lapeer West High. Helped lead team to undefeated season and state championship as a senior. Lettered three times in basketball. Majored in kinesiology/teaching prep.

RASMUSSEN'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2002 Carolina	10/0	3	2	1	0.0	0.0	0	0	0.0	0	0	0	0	0
2003 Carolina	13/0	5	4	1	1.0	8.0	0	0	0.0	0	0	0	1	0
2004 Carolina	12/0	1	1	0	0.0	0.0	0	0	0.0	0	0	0	0	0
2005 Carolina	15/0	3	2	1	0.0	0.0	0	0	0.0	0	0	1	0	1
NFL TOTALS	50/0	12	9	3	1.0	8.0	0	0	0.0	0	0	1	1	1

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2003 Carolina	4/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0
2005 Carolina	3/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	7/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0

RASMUSSEN'S ADDITIONAL STATS

Special Teams Stats: 2002 (9), 2003 (15), 2004 (9), 2005 (12); **Career:** (45)
Postseason Statistics: 2003 (6), 2005 (0); **Career:** (6)

JOSH SCOBEY

33



Running Back 6-0 220
Kansas State
4th NFL Season
2nd Seahawks Season
W (Ariz) 2005
2005 Games/Starts: 16/0
Career Games/Starts: 44/0
December 11, 1979
Oklahoma City, Oklahoma

2005: Played all 16 games as key special teams player on both sides of the ball. Scobey led team in kickoff returns (59), yards (1,326), and average (22.5). Also led team in special teams tackles (23). Posted at least 100 return yards in six games, including season-high 165 against his former team at Arizona (11/6). Recovered a fumbled kickoff at San Francisco that led to a Seattle score (11/20). Returned eight kickoffs for 155 yards in the postseason.

PRO: Claimed off waivers by Seattle August 23, 2005. Selected by the Cardinals in the sixth-round (185th overall) of the 2002 NFL Draft. **2002:** Suffered broken thumb during preseason, spent entire campaign on injured reserve list. **2003:** Took advantage of unexpected opportunity with record-setting kickoff return season. Set franchise single-game kickoff return yardage mark with 252 yards (seven returns) at St. Louis (9/28), including a 100-yard return for touchdown—the club's longest since 1979. Overall averaged 23.1 yards on 73 returns for 1,684 yards. Both the returns and yardage total were NFL highs. Also saw limited action from scrimmage with one pass reception for nine yards. Inactive for season-opener at Detroit (9/7). Saw first NFL action the following week vs. Seattle in place of injured Kevin Kasper (back) and returned five kickoffs for impressive 30.4-yard average, including 52-yarder in third quarter. Authored Cards' longest kickoff return since 1979 with 100-yarder for a touchdown midway through third quarter at St. Louis (9/28) to cut Rams' lead to 23–13 as he sped down the right sideline. Equaled Carolina's Rod Smart for the NFL's longest kickoff return of the season, and became the ninth Cardinal to post a kickoff return of 100 yards or more, but the first in 24 years. His 252 yards on seven returns bettered the prior team mark of 207 yards by Kevin Williams in 1997. Second consecutive impressive effort with 30.5-yard average on four returns at Dallas (10/5), including a 63-yarder to the Dallas 31-yard line to set up Cards' only touchdown three plays later. Three kickoff returns for 24.7-yard average in 16–13 overtime win vs. San Francisco (10/26). Added one solo

tackle on kick coverage. Cardinals' single-game record with nine kickoff returns at Cleveland (11/16), the NFL high for 2003. Posted 27-yard average on four returns vs. St. Louis (11/23). Managed four kickoff returns for 21.5-yard average in 18–17 season finale win vs. Minnesota (12/28). Only stat from scrimmage was nine-yard pass reception at Chicago (11/30). **2004:** The main Cardinals' kickoff returner in 2004. Missed games 5–8 with a knee injury. Finished the season with 723 kickoff return yards on 32 returns. Recorded two rushes for nine yards out of the backfield at St. Louis (9/12) while returning five kickoffs for 138 yards, including a 71-yard return which set up a Neil Rackers field goal in the second quarter. Hauled in a 42-yard pass from Josh McCown on third-and-16 in the third quarter which led to a one-yard touchdown run by Emmitt Smith; returned five kickoffs for 108 yards vs. New England (9/19). Returned two kickoffs for 52 yards before leaving the game with a right knee injury vs. New Orleans (10/3). Deactivated for four games (10/10–11/7) with a knee injury. Returned to action vs. the New York Giants (11/14) and returned three kickoffs for 62 yards. Rushed nine times for 23 yards and added three receptions for 52 yards including a 36-yard reception on third-and-10 which set up a 4-yard touchdown pass to Larry Fitzgerald vs. St. Louis (12/19). Returned four kickoffs for 106 yards at Seattle (12/26); only reception of the afternoon went for a nine-yard loss.

COLLEGE: Called Kansas State's finest recruit in the last decade and the hardest worker in the program by the coaching staff. Former junior college standout (Northeastern Oklahoma A&M) quickly established himself as one of the country's top running backs. Despite playing only two seasons for the Wildcats, ranked prominently in career statistics—seventh in scoring (186 points), fifth in rushing (1,981 yards), and third in 100-yard performances (9). His 31 rushing touchdowns set a K-State career record. Established school record as a senior with 1,263 rushing yards on 240 carries (5.3-yard average). Scored 90 points and averaged 124.5 all-purpose yards per game.

PERSONAL: Full name Joshua Payne Scobey. All-America honorable mention by *USA Today* at Del City (Oklahoma City, Okla.) High School. Set single-season rushing record with 1,819

yards and 21 touchdowns in 1997. Also led the squad with 103 tackles as a sophomore. Lettered four times in football and twice in track. Business marketing major.

SCOBEY'S NFL RECORD

Club	G/S	Kickoff Returns				
		No	Yds	Avg	LG	TD
2002 Arizona		Injured Reserve (thumb)				
2003 Arizona	16/0	73	1,684	23.1	100t	1
2004 Arizona	12/0	32	723	22.5	71	0
2005 Seattle	16/0	59	1,326	22.5	53	0
TOTALS	44/0	164	3,733	22.8	100t	1

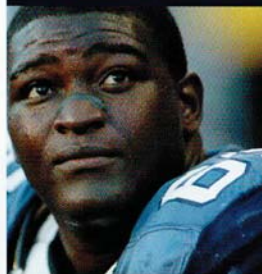
Club	G/S	Rushing					Receiving				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2002 Arizona		Injured Reserve (thumb)									
2003 Arizona	16/0	0	0	0	0	0	1	9	9.0	9	0
2004 Arizona	12/0	27	89	3.3	10	0	18	191	10.6	42	0
2005 Seattle	16/0	0	0	0.0	0	0	0	0	0.0	0	0
TOTALS	44/0	27	89	3.3	10	0	19	200	10.5	42	0

POSTSEASON

Club	G/S	Kickoff Returns				
		No	Yds	Avg	LG	TD
2005 Seattle	3/0	8	155	19.4	32	0
TOTALS	3/0	8	155	19.4	32	0

CHRIS SPENCER

65



Center 6-3 309
 Mississippi
 2nd NFL Season
 2nd Seahawks Season
 2005 Games/Starts: 9/0
 Career Games/Starts: 9/0
 1st Round 2005
 March 28, 1982
 Madison, Mississippi

2005: Saw action in 9 games during rookie season at center or field goal unit. Played first NFL game against Jacksonville (9/11) for two plays in the third quarter replacing Chris Gray (helmet). Played center for part of the second half in Philadelphia (12/5) and was part of the line that did not allow a sack for third time all season. Played the entire second-half against Green Bay (1/1/06) in place of Robbie Tobeck (rest).

PRO: Drafted with the 26th overall selection in the first round of the 2005 NFL Draft. Only third center taken in first round since 1993. First center drafted by Seahawks since 1997. Highest center drafted in franchise history. Only second player drafted out of Mississippi in club history (Ken Lucas, 2001).

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.

JERRAMY STEVENS

86



Tight End 6-7 260
Washington
5th NFL Season
5th Seahawks Season
1st Round (A) 2002
2005 Games/Starts: 16/11
Career Games/Starts: 60/20
November 13, 1979
Olympia, Washington

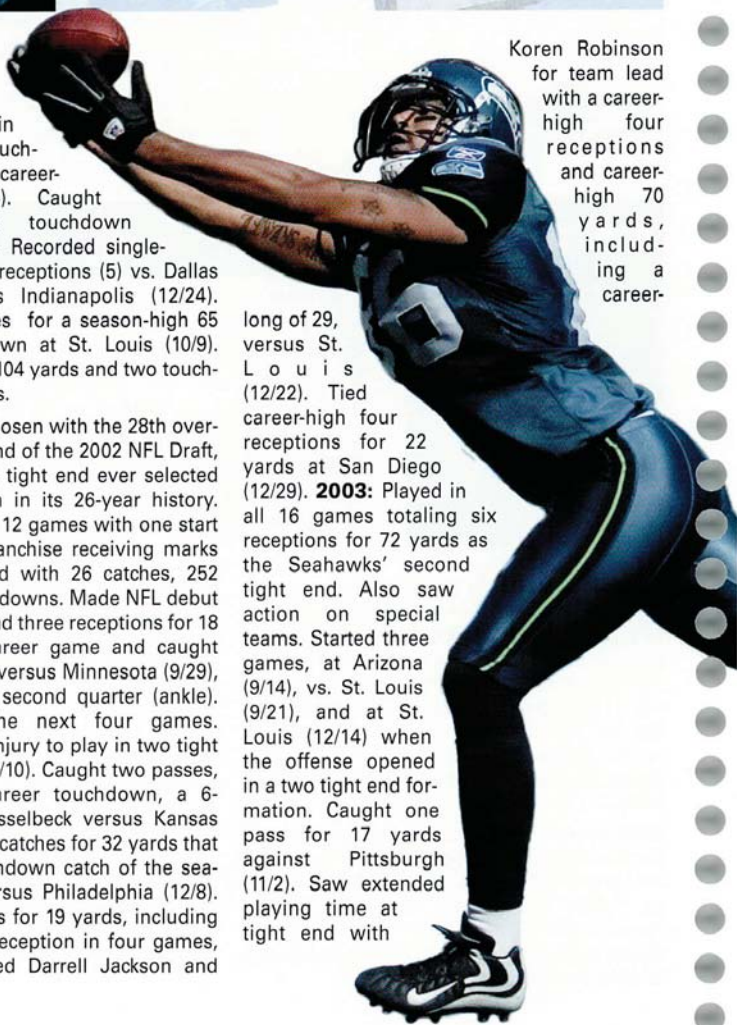
2005: Played in all 16 games, starting eleven. Set club records for tight ends in yards (554) and touchdowns (5). Also set career-high in receptions (45). Caught career-long 35-yard touchdown against Atlanta (9/18). Recorded single-game career-highs in receptions (5) vs. Dallas (10/23) and versus Indianapolis (12/24). Recorded three catches for a season-high 65 yards and a touchdown at St. Louis (10/9). Totaled 11 catches for 104 yards and two touchdowns in 2006 playoffs.

PRO: Local product chosen with the 28th overall pick in the first round of the 2002 NFL Draft, becoming the highest tight end ever selected by the club and 13th in its 26-year history.

2002: Saw action in 12 games with one start en route to setting franchise receiving marks for a rookie tight end with 26 catches, 252 yards, and three touchdowns. Made NFL debut at Oakland (9/8) and had three receptions for 18 yards. Started first-career game and caught one pass for 10 yards versus Minnesota (9/29), but left game in the second quarter (ankle). Declared inactive the next four games. Returned from ankle injury to play in two tight end sets at Arizona (11/10). Caught two passes, including his first-career touchdown, a 6-yarder from Matt Hasselbeck versus Kansas City (11/24). Had three catches for 32 yards that included second touchdown catch of the season, an 11-yarder, versus Philadelphia (12/8). Also had three catches for 19 yards, including his third touchdown reception in four games, at Atlanta (12/15). Tied Darrell Jackson and

Koren Robinson for team lead with a career-high four receptions and career-high 70 yards, including a career-

long of 29, versus St. Louis (12/22). Tied career-high four receptions for 22 yards at San Diego (12/29). **2003:** Played in all 16 games totaling six receptions for 72 yards as the Seahawks' second tight end. Also saw action on special teams. Started three games, at Arizona (9/14), vs. St. Louis (9/21), and at St. Louis (12/14) when the offense opened in a two tight end formation. Caught one pass for 17 yards against Pittsburgh (11/2). Saw extended playing time at tight end with



Itula Mili out (concussion) versus Cleveland (11/30) and hauled in two passes for 20 yards. Against Arizona (12/21), caught a season-long 26 yard pass. Saw time at tight end and on special teams in the Wild Card Game at Green Bay (1/4/04). **2004:** After a strong offseason and training camp, began season as starting tight end. Responded by setting career highs in receptions (31) and yards (349). Against St. Louis (10/10), hauled in first touchdown of season (4th career). Caught season-high four passes for 50 yards at New England (10/17). Added four receptions at San Francisco (11/7). Had two catches for season-high 58 yards on Monday night football against Dallas (12/6). Caught touchdowns in two of the last three games, at New York Jets (12/19) and against Atlanta (1/2/05). Made one catch for 16 yards in the playoff game against St. Louis (1/8/05).

COLLEGE: Entered the draft as a redshirt junior and left the University of Washington ranking third in catches among tight ends (74) and fourth among tight ends in receiving yards (953). Only Rod Jones and Mark Bruener had more career receptions for tight ends. Started 22 of the 27 games he appeared in and was a semifinalist for the 2000 John Mackey Award, given to the nation's top tight end. Followed in the footsteps of former Husky tight ends into the NFL; Aaron Pierce, Eric Bjornson, Bruener, Ernie Conwell, Cam Cleeland, and Jeremy Brigham. Junior season cut short due to a broken left foot suffered vs. Idaho. Played in five games, starting vs. Idaho and in the season finale at Miami, and recorded 10 receptions for

88 yards. Tallied a career-high, and set a school bowl-game record, with nine receptions for 109 yards and a score versus Texas in the 2001 Holiday Bowl. As a sophomore, recorded the best tight end output in Husky history setting a school record with 43 catches for 600 yards and three touchdowns while starting all 11 games. Named All-American second-team by Gannett News Service, *College Football News*, and *Football News*. All-Pac-10 Conference second-team selection by coaches and media, while *Football News* named him first-team All-Pac-10. Co-winner of KOMO 1000's Most Outstanding Offensive Player award. Caught five passes for 51 yards in the team's 2001 Rose Bowl win over Purdue. Played in all 11 games as a redshirt freshman, starting nine, while hauling in 21 passes for 265 yards and four scores. His 21 receptions were the most ever by a freshman tight end. Earned Freshman All-American second-team honors by *The Sporting News* and an All-Pac-10 Freshman team choice by the *Seattle P-I*. Redshirted the year before and spent the first part of the season as scout squad quarterback before converting to tight end.

PERSONAL: Top quarterback prospect out of Olympia's River Ridge High where he passed for 1,497 yards and 15 touchdowns as a senior, and also had 17 catches for 242 yards and three scores. Also played basketball and ran track. Parents are Fran and Bob. Has one brother and two sisters. Sister, Jameka, played volleyball at the University of Hawaii. Earned a degree in American Ethnic Studies.

STEVENS' NFL RECORD

		Receiving					
	Club	G/S	No	Yds	Avg	LG	TD
2002	Seattle	12/1	26	252	9.7	29	3
2003	Seattle	16/3	6	72	12.0	26	0
2004	Seattle	16/5	31	349	11.3	32	3
2005	Seattle	16/11	45	554	12.3	35t	5
NFL TOTALS		60/20	108	1227	11.4	35t	11

		POSTSEASON Receiving					
	Club	G/S	No	Yds	Avg	LG	TD
2003	Seattle	1/0	0	0	0.0	0	0
2004	Seattle	1/0	1	16	16.0	16	0
2005	Seattle	3/1	11	104	9.5	17t	2
NFL TOTALS		5/1	12	120	10.0	17t	2

STEVENS' SINGLE-GAME HIGHS

Most Receptions: 5, 2 Times, Last vs. Indianapolis (12/24/05)

Most Touchdowns: 1, 11 Times, Last vs. Indianapolis (12/24/05)

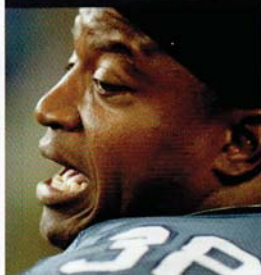
Most Yards: 70 vs. St. Louis (12/22/02)

Longest Reception: 35t vs. Atlanta (9/18/05)

Longest Touchdown: 35 yards vs. Atlanta (9/18/05)

MACK STRONG

38



Fullback 6-0 245
 Georgia
 13th NFL Season
 14th Seahawks Season
 FA 1993
 2005 Games/Starts: 16/6
 Career Games/Starts: 180/96
 September 11, 1971
 Columbus, Georgia

2005: Earned first trip to the Pro Bowl in 13 NFL seasons. Helped Shaun Alexander set an NFL record with 27 rushing touchdowns and a club record 1,880 yards. Sixth consecutive season blocking for a 1,000-yard back. Carried the ball 17 times for 78 yards and had 22 catches for 166 yards. Rushed one time for 16 yards and tied a season-high 3 receptions versus Houston (10/16). Had nine rushing attempts for 54 yards in 2006 playoffs. Set a postseason career-high with 40 yards rushing, including career-long and club postseason record 32-yarder versus Washington (1/14/06).

PRO: Signed with the Seahawks as a free agent in 1993 and has worked into the starting job at fullback, until 1999 when he was used primarily on special teams and as a reserve in the offensive backfield. Scored the game-winning touchdown against Tampa Bay with 42 seconds left and tied a team record for a running back with two touchdown receptions at Arizona in 1995. Has 82 career special teams tackles, including a team-leading 19 in 1995. **1993:** Spent the entire season on the practice squad after signing as a free agent on 4/29. **1994:** Played the last eight games as a reserve fullback and running back. Inactive the first eight games. Made his first appearance on offense against Tampa Bay and scored the game-winning touchdown with 42 seconds remaining in a 22-21 win. Started at running back against the Colts. Scored the eventual game-winning touchdown on a 13-yard run in a 16-14 win at Houston. Finished the season with 114 yards on 27 carries and three receptions. Added 11 special teams tackles. **1995:** Played 16 games, starting two. Scored four touchdowns, three receiving and one rushing. Two of his touchdown receptions came at Arizona, equaling the franchise record for a running back. Started at fullback at Jacksonville and rushed for a score. Led the team with 19 special teams tackles. **1996:** Played 14 games, starting eight. Missed two games with a knee injury. Caught nine passes for 78 yards and rushed five times for 8 yards. Added nine tackles on special teams.

1997: Played in all 16 games with 11 starts. Did not start five games when the team opened in multiple wide receiver sets. Primarily used as the lead blocker, but did pick up three first downs on only four carries. Scored on a 5-yard touchdown pass versus the San Diego Chargers (9/21). Caught a 4-yard touchdown pass at Denver (11/2). **1998:** Starting fullback. Caught two passes for 13 yards, including an 11-yard TD at Philadelphia (9/6). Led the team with two special teams tackles and added 14 yards on three carries. Scored in his second consecutive game on a 4-yard pass in a victory over Arizona (9/13). Led the team with two special teams tackles. Guided the way for Ricky Watters' 136 yards rushing. Caught two passes for 11 yards and carried the ball twice for 2 yards versus Denver (10/11). Did not start at San Diego (10/25), when he was dinged on the opening kickoff but returned to play. Did not start versus Oakland (11/1), when the team opened with three wide receiver set. Started versus Indianapolis (12/20), and helped block for Watters' career-high 178-yard rushing effort. Rushed once for 6 yards and caught one pass for 9 yards at Denver (12/27). **1999:** Saw action in 14 games starting one. Used primarily on special teams and as a reserve blocking back on offense. Posted second-highest career special teams tackle total with 12. Only rushing attempt came at San Diego (10/17) for no yards and only pass reception was versus San Diego (12/12) for 5 yards. Start came versus Denver (11/14). **2000:** Assumed starting fullback duties Week 2 versus St. Louis (9/10), and recorded two receptions for 17 yards and one rush for 1 yard. Returned one kickoff for 26 yards versus Indianapolis. His return yards, added to Charlie Rogers' 198 and Fabien Bowles' 44 yards, set a single-game record with 268 for most kickoff return yards, breaking a 24-year old mark of 251 set versus New Orleans (11/21/76). Helped Watters gain 1,242 yards during the season as his lead blocker. Recorded a season-high three catches three times, versus New Orleans (9/17), at Atlanta (12/3), and versus Oakland (12/16). In

that Raiders game, he caught his first touchdown pass, a 13-yarder from Jon Kitna, since 9/13/98 vs. Arizona (44 games), to put the Seahawks on the board first. Set a career-high with 23 receptions for 141 yards and recorded one special teams tackle. **2001:** Appeared in 16 games with 13 starts. Started at fullback and tied a career-high with four receptions for 20 yards versus Cleveland (9/9). Started and helped block for Alexander's 266-yard rushing performance (fourth-best in NFL history) as well as Seattle's team-record 319-yard rushing night versus Oakland (11/11). Started and rushed twice for 6 yards and caught two passes for 21 yards, including a 20-yarder versus San Diego (12/2). Also had one special teams tackle. Rushed a season-high four times with a long of 6 versus Dallas (12/16). Caught a career-best 35 yarder in the fourth quarter at New York (12/23) versus the Giants. **2002:** Played in all 16 games with 12 starts at fullback. Had 23 rushing attempts, second most of career, for 94 yards with 22 receptions for 120 yards and two touchdowns. Started and had two receptions for 9 yards, including first touchdown of the season, ninth of career and first since 12/16/00 (21 games) versus San Francisco (10/14). Rushed twice for 5 yards and caught one touchdown pass for 2 yards versus Kansas City (11/24). The reception was the 10th touchdown catch of career, and the most since he had two in 1998. Carried the ball five consecutive times in overtime to set up Rian Lindell's game-winning field goal at San Diego (12/29). **2003:** Paved the way for a 1,000-yard rusher for the fourth straight season and set career-highs in both rushing (174) and receiving (216) yardage. Also set career highs in rushing attempts (37), rushing average (4.7), and receptions (29). Played in all 16 games and started nine at fullback. Rushed five times for 32 yards (6.4 avg.) against New Orleans (9/7), including a career-long 20 yarder, his longest run since 12/4/94 vs. Indianapolis. Against San Francisco (10/12), opened the game with a 27-yard catch, his longest since a 35-yarder at the New York Giants (12/23/01). Also set career-high with a 21-yard jaunt for fourth-career rushing touchdown and first since 11/12/95 at Jacksonville (122 games). Rushed three times for 11 yards and caught three passes for 18 yards versus

Chicago (10/19). Caught two passes for 28 yards with a long of 15 at Washington (11/9). Against Detroit (11/16), rushed three times for 17 yards (5.7 avg.). Set season highs in both carries (6) and rushing yards (33) at Baltimore (11/23). Tied a career-high with four catches leading to a career-high 56 receiving yards versus Cleveland (11/30), also rushing four times for 22 yards. Saw time at fullback and on special teams in the Wild Card Game at Green Bay (1/4/04). **2004:** Started 13 of 16 games in 12th season with club. Led the way as Alexander rolled up a team-record 1,696 rushing yards (2nd NFL, 1st NFC) and an NFL-high 20 total touchdowns. Fifth consecutive season blocking for a 1,000-yard rusher. Rushed 31 times for 131 yards and had 21 receptions for 99 yards. Carried the ball season-high seven times for season-high 25 yards in opener at New Orleans (9/12). Against St. Louis (10/10), rumbled for 19 yards on just three carries (6.3 avg.). Caught three passes for 21 yards vs. Carolina (10/31). Helped Alexander accumulate 160-or-more rushing yards in three consecutive games against Carolina (10/31), at San Francisco (11/7), and at St. Louis (11/14).

HONORS: **2003,** *Sports Illustrated Dr. Z All-Pro Team*. **2005,** *NFC Pro Bowl, 1st Team All-Pro, All-NFL Team (AP & PFW), NFL.com All-Interview Team, Steve Largent Award.*

COLLEGE: Four-year letterman and two-year starter at Georgia. Offensive team captain as a senior. Rushed for a single-season high 358 yards on 63 carries, a 5.7-yard average, and three scores in 1992. Finished his career with 812 yards on 195 carries, a 4.2 average, and nine scores. Had six touchdowns on 67 carries in 1991. Added 35 career receptions for 400 yards, an 11.4 average, and one score. Sociology major.

PERSONAL: Football, basketball, and track letterman at Brookstone High School in Columbus, Ga. Rushed for 4,414 yards and 83 touchdowns. Won the Steve Largent Award four times (2001-02, 2004-05), first Seahawks player to win the award more than once. Lives in Newcastle, Wash., with his wife Zoe, and sons Isaiah and Evan. Mack and Zoe Strong have served as honorary chairmen for the Pete Gross House dinner/auction the last three years.

STRONG'S SINGLE-GAME HIGHS

Rushes: 10, at Houston (12/11/94)
Longest: 21t, vs. San Francisco (10/12/03)
Receptions: 4, 3 Times, Last vs. Cleveland (11/30/03)
Longest: 35, vs. New York Giants (12/23/01)

Yards: 44, at Houston (12/11/94)
TD: 1, 4 Times, Last vs. San Francisco (10/12/03)
Yards: 56, vs. Cleveland (11/30/03)
TD: 2, at Arizona (10/29/95)

ADDITIONAL STATS

Special Teams Tackles: 1994 (11); 1995 (19); 1996 (9); 1997 (10); 1998 (10); 1999 (12); 2000 (1); 2001 (3); 2002 (1); 2003 (3); 2004 (1); **Career:** (82). Returned 13 kickoffs for 237 yds. (18.2 avg.) with a long of 30.

STRONG'S NFL RECORD

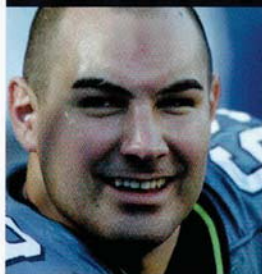
	Club	G/S	Rushing				Receiving					
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
1993	Seattle					Practice	Squad					
1994	Seattle	8/1	27	114	4.2	14	2	3	3	1.0	5	0
1995	Seattle	16/2	8	23	2.9	9	1	12	117	9.8	25	3
1996	Seattle	14/8	5	8	1.6	4	0	9	78	8.7	20	0
1997	Seattle	16/11	4	8	2.0	6	0	13	91	7.0	20	2
1998	Seattle	16/7	15	47	3.1	9	0	8	48	6.0	11t	2
1999	Seattle	14/1	1	0	0.0	0	0	1	5	5.0	5	0
2000	Seattle	16/13	3	9	3.0	4	0	23	141	6.1	24	1
2001	Seattle	16/13	17	55	3.2	12	0	17	141	8.3	35	0
2002	Seattle	16/12	23	94	4.1	9	0	22	120	5.5	12	2
2003	Seattle	16/9	37	174	4.7	21t	1	29	216	7.4	32	0
2004	Seattle	16/13	36	131	3.6	11	0	21	99	4.7	13	0
2005	Seattle	16/6	17	78	4.6	16	0	22	166	7.5	27	0
NFL TOTALS		180/96	193	741	3.8	21t	4	180	1,225	6.8	35	10

POSTSEASON

	Club	G/S	Rushing				Receiving					
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
1999	Seattle	1/0	0	0	0.0	0	0	0	0	0.0	0	0
2003	Seattle	1/0	0	0	0.0	0	0	0	0	0.0	0	0
2004	Seattle	1/0	1	6	6.0	6	0	0	0	0.0	0	0
2005	Seattle	3/3	9	54	6.0	32	0	3	18	6.0	13	0
NFL TOTALS		6/3	10	60	6.0	32	0	3	18	6.0	13	0

JOE TAFOYA

69



Defensive End 6-4 265
Arizona
5th NFL Season
2nd Seahawks Season
Waivers (Tampa Bay) 2005
2005 Games/Starts: 15/1
Career Games/Starts: 50/2
September 6, 1978
Pittsburg, California

2005: Played 15 games and started one. Saw time at defensive end and special teams. Declared inactive at Green Bay (1/1/06). Finished season with 14 tackles, one sack and one forced fumble. Started in place of Bryce Fisher and recorded first and only sack of the season and forced first career fumble against Philadelphia (12/5). Saw action in all three postseason games recording one tackle against Washington (1/14/06).

PRO: Claimed off waivers by Seahawks on March 24, 2005, after being released by Atlanta on March 21, 2005. Originally a 2001 seventh-round draft choice (234th overall) by the Tampa Bay Buccaneers. Signed with Chicago's practice squad after being waived by Tampa Bay on September 2, 2001. Played three seasons in Chicago. **2001:** Inactive games 7-11 but played

in final five regular-season games as rookie for Bears. Had one tackle and three special teams tackles. Collected three tackles as reserve in divisional playoff against Philadelphia (1/19/02).

2002: Played in 14 games with one start. Recorded eight total tackles and tied for sixth on Bears with 11 special teams tackles. Made first NFL start at defensive end against Tampa Bay (12/29). Notched a career-high four tackles.

2003: Played in all 16 games. Finished second on team with career-high 14 special teams tackles. Had 10 total tackles on defense. Made three solo tackles, including one for loss at Denver (11/23). **2004:** Went to training camp with Chicago Bears but was cut on August 24. Claimed by Arizona Cardinals on August 25. Cut by Arizona on August 31. Signed by Atlanta Falcons on September 2. Cut by Atlanta on

September 7. Did not play rest of season. Re-signed with Atlanta on January 18, 2005.

COLLEGE: Started 38 games over four-year career at Arizona. Finished collegiate career with 165 tackles and 24.5 sacks. Earned All-Pac-10 Conference honors as junior and senior. Recorded 54 tackles and six sacks as senior. Posted 10 sacks as junior to go along with 51 tackles.

PERSONAL: Earned *Blue Chip Illustrated* All-America honors as senior at Pittsburg (Calif.) High School. Garnered all-BVAL and *Super Prep* all-Far West honors. Registered 105 tackles during prep career. Also lettered in baseball and track. Organized first-annual Joe Tafoya Football Camp for kids in grades 5-12 in his hometown during 2004 offseason. Majored in Communications.

TAFUYA'S NFL RECORD

Club	G/S	Tackles			Sacks			Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
2001 Chicago	5/0	1	0	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2002 Chicago	14/1	8	5	3	0.5	2.5	0	0	0.0	0	0	0	0	0	0
2003 Chicago	16/0	10	6	4	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2004 Chi-Ari-Atl	0/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2005 Seattle	15/1	14	7	7	1.0	7.0	0	0	0.0	0	0	1	1	0	0
NFL TOTALS	50/2	33	18	15	1.5	9.5	0	0	0.0	0	0	1	1	0	0

POSTSEASON

Club	G/S	Tackles			Sacks			Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
2001 Chicago	1/0	3	2	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2005 Seattle	3/0	1	1	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	4/0	4	3	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0

TAFUYA'S SINGLE-GAME HIGHS

Tackles: 4 vs. Tampa Bay (12/29/02)

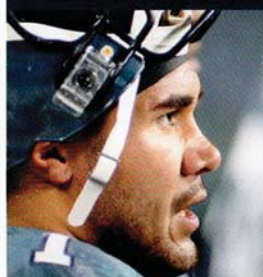
Sacks: 1.0 at Philadelphia (12/5/05)

ADDITIONAL STATS

Special Teams Tackles: 2001 (3); 2002 (11); 2003 (14); 2005 (15, FR); **Career** (43, FR).

Postseason Statistics: 2005 Special Teams Tackles (2); **Career** (2).





Linebacker 6-0 238
 USC
 2nd NFL Season
 2nd Seahawks Season
 2nd Round 2005
 2005 Games/Starts: 16/16
 Career Games/Starts: 16/16
 November 15, 1982
 Wrentham, Massachusetts

2005: Was selected to the Pro Bowl after stellar rookie campaign. Led the team in total tackles (105) becoming second rookie in club history to lead team in tackles and first since 1977 when Terry Beeson recorded 134. Registered 4.0 sacks, one fumble recovery, and three interceptions, including one for a touchdown. The 38-yard interception returned for a touchdown and nine tackles contributed to a 42-0 shutout in Philadelphia (12/5) and a share of Monday Night Football Horse Trailer Award. Registered first-career sack and had six tackles in first home game versus Atlanta (9/18). Racked up nine tackles and first-career interception at St. Louis (10/9). Set a career-high 13 tackles versus New York Giants (11/27). Recovered first career fumble versus San Francisco (12/11). Returned first-career postseason interception 21 yards in NFC Championship against Carolina (1/22/06). Racked up 22 postseason tackles, including nine in Super Bowl XL (2/5/06).

PRO: 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. Third consecutive year club has drafted a linebacker. Only second player cho-

sen from USC in club history (Kris Richard 2002).

HONORS: 2005, *NFC Pro Bowl, NFWA/NFWA All-Rookie Team, NFL Defensive Rookie of the Month for December/January, USA Today's All-Joe Team.*

COLLEGE: Transferred to Southern California 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.

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
2005 Seattle	16/16	105	86	19	4.0	32.0	3	55	18.3	38t	1	10	0	1
NFL TOTALS	16/16	105	86	19	4.0	32.0	3	55	18.3	38t	1	10	0	1

POSTSEASON

Club	G/S	Tackles			Sacks			Interceptions						
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2005 Seattle	3/3	22	17	5	0.0	0.0	1	21	21.0	21	0	2	0	0
NFL TOTALS	3/3	22	17	5	0.0	0.0	1	21	21.0	21	0	2	0	0

TATUPU'S SINGLE-GAME HIGHS

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

Interceptions: 1, 3 Times, Last vs. San Francisco (12/11/05)

Fumble Recoveries: 1 vs. San Francisco (12/11/05)

Sacks: 1, 4 Times, Last vs. San Francisco (12/11/05)

Forced Fumbles: None

Touchdowns: 1 at Philadelphia (12/5/05) 38-yard interception return

CRAIG TERRILL

93



Defensive Tackle 6-2 294
Purdue
3rd NFL Season
3rd Seahawks Season
6th Round 2004
2005 Games/Starts: 16/0
Career Games/Starts: 20/0
June 27, 1980
Lebanon, Indiana

2005: Played in all 16 games recording 18 tackles and 2.0 sacks. Recorded first sack of career at St. Louis (10/9). Had a career-high three tackles at Tennessee (12/18). Blocked a field goal attempt at Washington (10/2), first blocked field goal since Lamar King's blocked kick at Green Bay (11/1/99, 92 games). Played in all three postseason games and posted six tackles, including a forced fumble in the NFC Championship against Carolina (1/22/06).

PRO: 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 has drafted a defensive lineman in the sixth round. Only fourth player chosen from Purdue University in club history. With fourth-round selection Niko Koutouvides, became first teammates to be drafted by Seahawks since 1998. **2004:** Played in four games. Made roster during training camp but was inactive to start the season (Weeks 1-6). Dressed for first time at Arizona (10/24) but did not play.

Inactive for weeks 8-13. Made NFL debut at Minnesota (12/12) playing defensive tackle. Registered one assisted tackle. Posted career-high two tackles against Atlanta (1/2/05) in season finale. Played in Wild Card Game vs. St. Louis (1/8/05) and split a sack with defensive linemate Cedric Woodard.

COLLEGE: Three-year starter on the defensive line. Amassed 131 tackles (89 solo) and 35.5 tackles for losses of 165 yards. Ranks fifth on school's career sack list with 20.5. All-Big Ten selection by coaches and honorable mention by media as a fifth-year senior. As junior was honorable mention All-Big Ten by coaches and media. Started every game as sophomore. Appeared in all 12 games and started eight freshman year.

PERSONAL: First-team All-State as a senior defensive lineman at Lebanon (Ind.) High. Holds school records for sacks in a season (27) and career (36). Enjoys playing the guitar. Majored in Journalism. Married to wife Rachel.

TERRILL'S NFL RECORD

Club	G/S	Tackles			Sacks			Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
2004 Seattle	4/0	4	1	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2005 Seattle	16/0	18	12	6	2.0	13.5	0	0	0.0	0	0	2	0	2	
NFL TOTALS	20/0	22	13	9	2.0	13.5	0	0	0.0	0	0	2	0	2	

POSTSEASON

Club	G/S	Tackles			Sacks			Interceptions						
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2004 Seattle	1/0	1	0	1	0.5	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
NFL TOTALS	4/0	7	3	4	0.5	0.0	0	0	0.0	0	0	0	1	0

TERRILL'S SINGLE-GAME HIGHS

Tackles: 3 at Tennessee (12/18/05)

Interceptions: None

Fumble Recoveries: 1 vs. Indianapolis (12/24/05) and at Green Bay (1/1/06)

Sacks: 1.0 vs. Houston (10/16/05)

Forced Fumbles: None

Touchdowns: None

ADDITIONAL STATS

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

ROBBIE TOBECK

61



Center 6-4 297
 Washington State
 13th NFL Season
 7th Seahawks Season
 UFA 2000 (Atlanta)
 2005 Games/Starts: 16/16
 Career Games/Starts: 168/158
 March 6, 1970
 Tarpon Springs, Florida

2005: Started all 16 games at center for the 5th consecutive season (80 games). Named to the Pro Bowl for the first time. Joined Walter Jones and Steve Hutchinson to give the Seahawks three Pro Bowlers on the offensive line. Helped offense lead the NFL and set a club-record with 57 touchdowns. Part of offensive line that did not allow a sack in three games. Helped Shaun Alexander set a single-season NFL record 27 rushing touchdowns and franchise-high 1,880 rushing yards.

PRO: Signed with the Seahawks March 20, 2000. Had surgery in 2000 offseason to repair a torn tendon in his left knee he suffered in an offseason workout. Originally signed by Atlanta as a free agent on May 7, 1993. Was waived by Atlanta following training camp on August 30, 1993, and signed to the practice squad a day later. Signed to the Atlanta active roster from the practice squad on January 1, 1994. Started five seasons for Atlanta making the switch from guard to center in 1998. Blocked for four 1,000-yard rushers in Atlanta.

1993: Spent the first 15 weeks on Falcons' practice squad and signed to active roster prior to the season finale versus Phoenix (1/2/94), but was inactive. **1994:** Played in five games in first season on the active roster seeing action at guard, center, and tight end in short-yardage situations. **1995:** Took over as starting left guard in training camp. Made mark as a first-year starter by occupying left guard position for every snap of all 16 games. Only Falcons lineman to play every offensive snap. Helped Craig Heyward gain a personal-best 1,083 rushing yards and Jeff George set career-highs for passing yards and completions. **1996:** Started all 16 games for second-straight season at left guard. Helped the Falcons total over 300 yards in offense in 11 games, including 100 yards rushing in eight games. Pass blocking helped the Falcons collect 250-or-more passing yards in seven contests. Was key blocker in Jamal Anderson's 1,055-yard rushing season. Had a 1-yard touchdown reception versus Pittsburgh (10 /27) after lining up as a



2005 Pro Bowl (L to R): Lofa Tātupu (1), Mack Strong (1), Shaun Alexander (3), Matt Hasselbeck (2), Robbie Tobeck (1), Steve Hutchinson (3), Walter Jones (6)

tight end. Also caught a 14-yard pass versus New Orleans (11/17). **1997:** Played in all 16 games starting 15. Did not start season opener at Detroit due to a fractured left thumb in team's first preseason game. Helped Falcons place sixth in average time of possession. Blocked for Chris Chandler who compiled the NFL's second-best quarterback rating while completing 59.1 percent of his passes. Paved the way for Jamal Anderson's 1,052 yards, including two 150-yard plus games. **1998:** Switched to center during training camp and started 16 games there, including three post-season games. Helped lead team to Super Bowl XXXIII versus Denver (1/31/99). Played instrumental role in Anderson's NFL-leading 1,846 yards rushing. **1999:** Started 15 games at center for the Falcons. Inactive vs. Arizona (12/26) with an injured quadricep muscle. **2000:** Recovered from offseason knee surgery soon enough to see action in the Seahawks last four games, spending the first 12 on the physically unable to perform list. Split time at center with Chris Gray and was part of an offensive line that did not surrender a sack in back-to-back games at Atlanta (12/3) and at Denver (12/10) for the first time in 324 games. Helped block for Ricky Watters when he eclipsed the 10,000-yard career rushing mark at Atlanta (12/3). **2001:** Started all 16 games at center. Part of an offensive line that helped Alexander to the fourth-best rushing game in NFL history (266 yards), and helped set a franchise record with 319 rushing yards versus Oakland (11/11). **2002:** One of only two offensive linemen to start all 16 games and the only lineman to start all 16 at the same position. Part of an offensive line that allowed just 33 total sacks on the season, lowest total since allowing 29 in 1988. Helped offense rank seventh in the NFL averaging 363.6 yards per game and third in passing offense averaging 254.9 yards per game. Helped team set franchise record with 5,818 total yards and three games with 500 total yards. **2003:** One of four Seahawks offensive linemen to start all 16 games. Since returning from knee surgery in 2000, has started 48 consecutive games. Part

of a line that allowed Matt Hasselbeck to set a Seahawks record with 3,841 passing yards. Also helped pave way for Alexander to eclipse the 1,000-yard mark for the third consecutive season. Started at Cincinnati (10/26) as the offense posted first 400-yard game of season, including 347 passing yards from Hasselbeck. Against Detroit (11/16), started and contributed as the line did not allow a sack, just the second time the Seahawks had not allowed a sack since 11/18/01 at Buffalo. Started at Baltimore (11/23) as the offense posted second 400-yard game of the season. Started against Cleveland (11/30) and helped offense produce a 300-yard passer, 100-yard rusher, and two 100-yard receivers for the first time in franchise history, also posting a season-high 463 offensive yards. Started at center in the Wild Card Game at Green Bay (1/4/04). **2004:** Started all 16 games played for the fourth consecutive season (64 consecutive games). Leader of offensive line that allowed Alexander to rush for franchise-record 1,696 yards. Helped offense register four 400-yard outputs and one 500-yard performance. Started sixth career playoff game against St. Louis (1/8/05).

HONORS: 2005, *NFC Pro Bowl*.

COLLEGE: Started all 12 games at center for the 9-3 Cougar football team as a senior. Moved to center from guard prior to final season and earned second-team All-Pac-10 honors. Recipient of the Frank Butler Award by his teammates. Also earned first-team All-Academic Pac-10 honors. Played two seasons at Kilgore Junior College in Texas where he played defensive end.

PERSONAL: Lettered in both football and basketball at New Port Richie High School in Tarpon Springs, Fla. Played running back and was the leading tackler from his linebacker position. A versatile athlete, he was a presence in the middle for the basketball team averaging an eye-catching 21 rebounds and 21 points a game for an undefeated 20-0 team which was ranked second in the state of Florida. Married to wife Sonja. Tobeck has four children, McKenzie, Mason, Mia, and Madden.

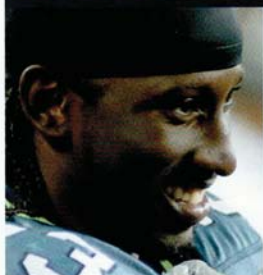
TOBECK'S NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
1994	Atlanta	5/0		2001	Seattle	16/16	
1995	Atlanta	16/16	1/1	2002	Seattle	16/16	
1996	Atlanta	16/16		2003	Seattle	16/16	1/1
1997	Atlanta	16/15		2004	Seattle	16/16	1/1
1998	Atlanta	16/16	3/3	2005	Seattle	16/16	3/3
1999	Atlanta	15/15		NFL TOTALS	—	168/158	
2000	Seattle	4/0		POSTSEASON	—	9/9	

Has two career receptions including 1 TD.

MARCUS TRUFANT

23



Cornerback 5-11 199
 Washington St.
 4th NFL Season
 4th Seahawks Season
 1st Round 2003
 2005 Games/Starts: 15/15
 Career Games/Starts: 47/47
 December 25, 1980
 Tacoma, Washington

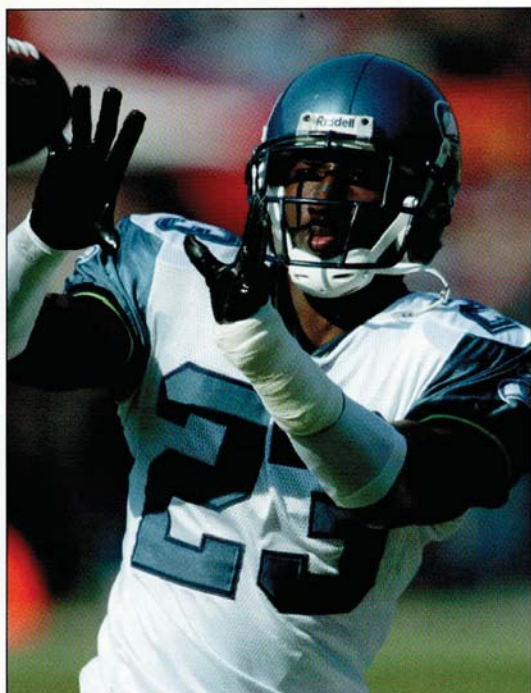
2005: Played major role in the defensive success starting the first 15 games of the season. Declared inactive (back) versus Green Bay (1/1/06), missing the first game of his NFL career. Led team with seven tackles (all solo), posted second career sack, forced first career fumble, and had one pass defended against Jacksonville (9/11). Recorded a season-high eight tackles against the New York Giants (11/27). Had his only interception of the season and seven tackles (all solo) at Arizona (11/6). Led the team with three passes defended, recorded three tackles and picked up a Steve Smith fumble late in the fourth quarter to help seal the win in the NFC Championship against Carolina (1/22/06).

PRO: Local product chosen with the 11th overall pick in the first-round of the 2003 NFL Draft,

becoming the first defensive player taken in the first round by the Seahawks since DE Lamar King (1999) and only the third cornerback drafted in the first round by the Seahawks in team history. The fifth-highest cornerback taken by Seattle and highest since Shawn Springs was chosen third in 1997. **2003:** One of two rookies (S Ken Hamlin) to start on defense and make an immediate impact. Started all 16 games, the first five games at left corner with Springs out (shoulder), and the last 11 at right corner. Led the team with 20 passes defended which tied for second in the NFC (T-5th NFL). Also collected 78 tackles (69 solo) with two interceptions and one fumble recovery. Started in place of Springs against New Orleans (9/7) and did not waste any time making his presence felt with five tackles and two passes

defended, one of which was batted in the air and intercepted by DE Chike Okeafor. At Arizona (9/14), recovered first career fumble and returned it 31 yards to set up the Seahawks' first score. Against St. Louis the next week (9/21), recorded a career-high eight solo tackles. In first game at right cornerback versus Chicago (10/19), tied career-high of eight tackles and picked off first-career pass while posting team-high three passes defended. Again tied career-high with eight solo tackles in win against Pittsburgh (11/9). At Baltimore (11/23), posted career and team-high five passes defended. In season finale at San Francisco (12/27), snagged second-career interception, posted three solo stops and two passes defended. Started the Wild Card Game at Green Bay (1/4/04) and recorded five solo stops and one special teams tackle.

2004: Followed up excellent rookie season by becoming only fourth cornerback in NFL history to lead their team in total tackles (93). Tied SS Michael Boulware for second



on team with five interceptions (3rd NFC, 8th NFL). Posted 20 passes defended for the second consecutive season. At Tampa Bay (9/19) registered eight tackles and returned an interception 41 yards, leading to Seahawks touchdown. Recorded eight solo stops, an interception, and three passes defended against St. Louis (10/10). Intercepted fourth-quarter pass and returned it 58 yards to seal win against Carolina (10/31). Notched career-high nine tackles vs. Miami (11/21). Knocked down three passes at Minnesota (12/12). Against Arizona (12/26), intercepted a pass and batted down two others. Capped off regular season with 31-yard interception return and two passes defended vs. Atlanta (1/2/05). Started playoff game against St. Louis (1/8/05) and recorded five tackles and one pass defended.

HONORS: 2003, Pro Football Weekly All-Rookie Team.

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.). Was selected All-Pac-10 Conference honorable

mention as a junior. Started seven games, missing four with a broken thumb. Recorded 37 tackles (31 solo) with three stops for loss, forced and recovered a fumble, had three interceptions, and seven passes defended. Started every game at left cornerback as a sophomore, earning Player of the Game honors versus Stanford. Recorded 53 tackles (43 solo) with three interceptions, 16 passes defended, and a fumble recovery. Freshman All-Pac-10 Conference selection. Played in 11 games, starting seven of the final eight contests. Recorded 37 tackles (27 solo) with two interceptions and 13 passes defended.

PERSONAL: Attended Wilson (Tacoma, Wash.) High School. Earned three varsity letters, two in basketball and track. Served as a team captain for three sports as a senior. As a junior, named the top offensive player on the team, while in basketball, he was chosen Mr. Defense. Triple jumped 47-6 to capture ninth place at the State track meet. As a senior, earned All-State first-team honors by Associated Press, the Seattle PI, and Washington Prep Report. Was a Seattle Times Red Chip honoree and named to the Western 100 (number eight DB) by the Tacoma News Tribune. Named Washington AAAA player of the Year by TNT, as well as to the paper's all-league, all-area, and all-state teams. Won the state 4-A title. Scored 30 touchdowns and rushed for more than 1,800 yards. On defense, recorded 48 tackles and eight interceptions. Majored in communications.

TRUFANT'S NFL RECORD

Club	G/S	Tkl	Tackles			QB	Sacks		Interceptions						
			So	Ast	QB		Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2003 Seattle	16/16	78	69	9	0.0	0	2	21	10.5	15	0	20	0	0	1
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	
NFL TOTALS	47/47	235	207	28	2.0	13.0	8	169	21.1	58	0	54	1	1	

POSTSEASON

Club	G/S	Tkl	Tackles			QB	Sacks		Interceptions						
			So	Ast	QB		Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2003 Seattle	1/1	5	5	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	1	0	0	
2005 Seattle	3/3	9	9	0	0.0	0	0	0	0.0	0	0	4	0	1	
NFL TOTALS	5/5	19	18	1	0.0	0	0	0	0.0	0	0	5	0	1	

TRUFANT'S SINGLE-GAME HIGHS

Tackles: 9 vs. Miami (11/21/04)

Interceptions: 1, 8 Times, Last at Arizona (11/6/05)

Fumble Recoveries: 1 at Arizona (9/14/03)

Sacks: 1.0, 2 Times (last at Jacksonville (9/11/05))

Forced Fumbles: 1 at Jacksonville (9/11/05)

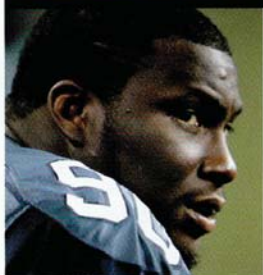
Touchdowns: None

ADDITIONAL STATS

Special Teams Tackles: 2003 (5); 2004 (2); 2005 (7); **Career:** (14). **Postseason:** 2003 (1)

MARCUS TUBBS

90



Defensive Tackle 6-3 324
 Texas
 3rd NFL Season
 3rd Seahawks Season
 1st Round 2004
 2005 Games/Starts: 13/11
 Career Games/Starts: 24/14
 May 16, 1981
 DeSoto, Texas

2005: Followed up rookie campaign with strong second season. Played in 13 games, starting eleven. Was inactive (calf) for three straight games against St. Louis (11/13), at San Francisco (11/20), and versus New York Giants (11/27). Set career-highs in every major category including tackles (40), sacks (5.5) forced fumbles (2), and first-career fumble recovery. Set single-game career-highs in tackles (6) versus Indianapolis (12/24) and sacks (2.0) versus San Francisco (12/11). Recorded six postseason tackles (all solo) including two in Super Bowl XL against Pittsburgh (2/5/06).

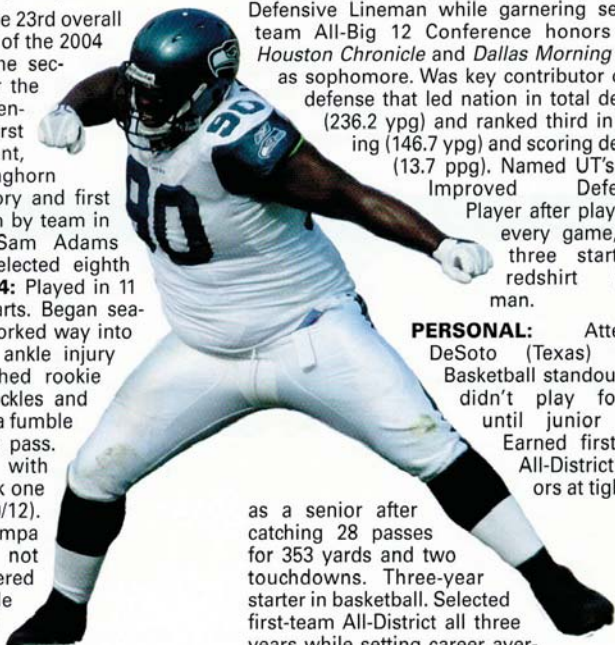
PRO: Selected with the 23rd overall pick in the first round of the 2004 NFL Draft, marking the second consecutive year the team had taken a defensive player in the first round (Marcus Trufant, 2003). Only third Longhorn selected in club history and first defensive tackle taken by team in first round since Sam Adams (Texas A&M) was selected eighth overall in 1994. **2004:** Played in 11 games with three starts. Began season as reserve but worked way into starting lineup until ankle injury ended season. Finished rookie year with 13 total tackles and one sack. Also forced a fumble and knocked down a pass. Declared inactive with hamstring injury week one at New Orleans (9/12). Made NFL debut at Tampa Bay (9/19) but did not record tackle. Registered first-career tackle against San Francisco (9/26). Against Carolina (10/31), posted career-high three tackles. Collected first-career sack and first-career forced fumble on same play against Miami (11/21) halting a drive before halftime. Declared inactive (ankle) weeks 14-17. Also inactive for Wild Card Game against St. Louis (1/8/05).

COLLEGE: Started 37 of 48 games. Finished

career with 205 tackles (95 solo) and 15.5 sacks. Forced five fumbles and recovered another. Blocked four kicks. All-American third-team selection by *NFL Report* and first-team All-Big 12 Conference as senior. Recorded career-high 77 tackles (38 solo) with 5.5 sacks and 12 tackles for loss. Forced two fumbles, two passes defended, and blocked two kicks. As junior, started nine of 12 games. Recorded 43 tackles (19 solo) with 2.5 sacks. Selected second-team All-Big 12 Conference by *Houston Chronicle* and *Dallas Morning News* for second consecutive year. Named team's Most Outstanding Defensive Lineman while garnering second-team All-Big 12 Conference honors from *Houston Chronicle* and *Dallas Morning News* as sophomore. Was key contributor on UT defense that led nation in total defense (236.2 ypg) and ranked third in passing (146.7 ypg) and scoring defense (13.7 ppg). Named UT's Most Improved Defensive Player after playing in every game, with three starts as redshirt freshman.

PERSONAL: Attended DeSoto (Texas) High. Basketball standout who didn't play football until junior year. Earned first-team All-District honors at tight end

as a senior after catching 28 passes for 353 yards and two touchdowns. Three-year starter in basketball. Selected first-team All-District all three years while setting career averages of 15 points and 10 rebounds per game. Two-time Athletics Director's Honor Roll member and named to Fall 2000 and 2001 Big-12 Conference Commissioner's Honor Roll while majoring in Youth and Community Studies. Cousin of former NFL Pro Bowl linebacker Winfred Tubbs (San Francisco).



TUBB'S SINGLE-GAME HIGHS

Tackles: 6, vs. Indianapolis (12/24/05)

Interceptions: none

Sacks: 2.0, vs. San Francisco (12/11/05)

Forced Fumbles: 1, 3 Times, Last time vs. Indianapolis (12/24/05)

Fumble Recoveries: 1 at Philadelphia (12/5/05)

Touchdowns: none

TUBB'S NFL RECORD

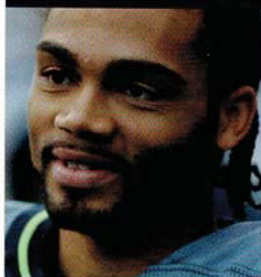
Club	Tackles				Sacks			Interceptions						
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2004 Seattle	11/3	13	6	7	1.0	10.0	0	0	0.0	0	0	1	1	0
2005 Seattle	13/11	40	28	12	5.5	25.5	0	0	0.0	0	0	2	2	1
NFL TOTALS	24/14	53	34	19	6.5	35.5	0	0	0.0	0	0	3	3	1

POSTSEASON

Club	Tackles				Sacks			Interceptions						
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2004 Seattle	INACTIVE													
2005 Seattle	3/0	6	6	0	0	0	0	0	0.0	0	0	0	0	0
NFL TOTALS	3/0	6	6	0	0.0	0	0	0	0.0	0	0	0	0	0

SENEGA WALLACE

15



Quarterback 5-11 196
 Iowa State
 2nd NFL Season
 4th Seahawks Season
 4th Round (A) 2003
 2005 Games/Starts: 6/0
 Career Games/Starts: 6/0
 August 6, 1980
 Sacramento, California

2005: Saw action in six games, including entire second half at Green Bay (1/1/06) where he threw his first-career touchdown pass. Made his NFL debut in the fourth quarter versus Arizona (9/25). Lined up at receiver in two post-season 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).

PRO: 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. **2003:** Won the third quarterback spot in training camp and served as the emergency quarterback all 16 games. Played in all four pre-season games, completing 24 of 43 passes (55.8%) for 228 yards and three interceptions. **2004:** Remained in Seattle throughout off-season working with quarterbacks coach Jim Zorn. Hard work paid off after winning third quarter-

back spot for second consecutive season. Served as emergency quarterback all 16 games. Played in all four pre-season games, completing 41 of 77 passes (53.2%) for 439 yards with one touchdown and just one interception. Displayed athletic ability during practice rotating in at wide receiver and defensive back.

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 consen-

sus All-Big 12 Conference second-team choice as senior. Started every game, setting school season records as he completed 244 of 443 passes (55.1%) for 3,245 yards, 15 touchdowns, and 18 interceptions. Gained 437 yards with eight touchdowns on 123 carries (3.6 avg.). All-Big 12 honorable mention as a junior after completing 167 of 269 passes (62.1%) for 2,944 yards, 11 touchdowns and nine interceptions. Gained 475 yards with seven scores on 114 carries (4.2 avg.) in 11 regular season games. **JUNIOR COLLEGE:** JUCO All-American and All-Conference selection as a sophomore at Sacramento City (Calif.) Junior College, pass-

ing 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.

S. 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
TOTALS		6/0	25	13	173	52.0	1	1	42	3/20	70.9

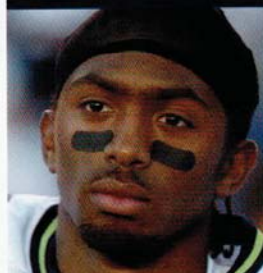
WALLACE'S ADDITIONAL STATS

Regular Season: 2005, Rushed once for no gain.

Postseason: 2005, One reception for 28 yards.

TACO WALLACE

10



Wide Receiver 6-1 190
 Kansas State
 2nd NFL Season
 3rd Seahawks Season
 Free Agent 2006
 2004 Games/Starts: 3/0
 Career Games/Starts: 3/0
 April 14, 1981
 Los Angeles, California

2005: Went to training camp with the club before being released on 9/3/05.

PRO: Selected as the final pick of the Seahawks in the seventh round (224th overall). His selection marked the fourth time in five years that the Seahawks had selected a wide receiver in the draft. **2003:** Opened the season on practice squad but was signed to the active roster December 4. Declared inactive against Minnesota (12/7), at St. Louis (12/14), and versus Arizona (12/21). Made NFL debut as gunner on special teams at San Francisco in the season finale (12/27). Saw time late in the game at wide receiver and on special teams at Green Bay in the Wild Card Game (1/4/04).

2004: Part of a fierce battle for the final wide receiver spot in training camp. Began season

on the practice squad but was signed to the active roster on November 5. Played in three games. Saw first action of the season at receiver at Minnesota (12/12). Dressed but did not play at New York Jets (12/19). Saw time at wide receiver against Atlanta (1/2/05).

COLLEGE: As a senior, played in 13 games and had 39 catches for 704 yards (18.1 avg.). Had five touchdown grabs with a long of 58 yards. Played in only one game as a junior, seeing action as a reserve wide receiver versus Texas A&M (10/20) and caught two passes for 17 yards. **JUNIOR COLLEGE:** Ranked among the top 50 junior college prospects in nation by *SuperPrep* magazine at Mt. San Antonio (Calif.) College. Honorable mention All-American and first-team All-Mission Conference. Had 49

catches for 1,072 yards and nine touchdowns, averaging 21.9 yards per catch. Had seven catches for 238 yards in Southwestern Bowl. Member of All-American 4x100 relay team that won California State JC title.

PERSONAL: First-team all-league player at Taft (Canoga Park, Calif.) High. Team MVP in

1998 and earned All-San Fernando Valley honors. Finished with 80 receptions in 10 games his senior year. Earned two letters in track and field and was a member of a 4x400 relay team that earned All-American status. Full name is Lawrence Wallace.

T. WALLACE'S NFL RECORD

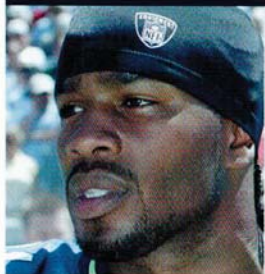
Club	G/S	No	Receiving				LG	TD	Rushing			
			Yds	Avg	Yds	Avg			Yds	Avg	TD	
2003 Seattle	1/0	0	0	0.0	0	0	0	0	0	0.0	0	
2004 Seattle	3/0	0	0	0.0	0	0	0	0	0	0.0	0	
NFL TOTALS	4/0	0	0	0.0	0	0	0	0	0	0.0	0	

POSTSEASON

Club	G/S	No	Receiving				LG	TD	Rushing			
			Yds	Avg	Yds	Avg			Yds	Avg	TD	
2003 Seattle	1/0	0	0	0.0	0	0	0	0	0	0.0	0	
2004 Seattle	INACTIVE											
NFL TOTALS	1/0	0	0	0.0	0	0	0	0	0	0.0	0	

PETER WARRICK

83



Wide Receiver 5-11 195
 Florida State
 7th NFL Season
 2nd Seahawks Season
 Free Agent, 2005
 2005 Games/Starts: 13/5
 Career Games/Starts: 79/60
 June 19, 1977
 Bradenton, Florida

2005: Played in 13 games including five starts in first season with Seattle. Was inactive (groin) at Washington (10/2). Did not play at Arizona (11/6) and at Tennessee (12/18). Caught season-high three balls for 53 yards against Houston (10/16). Recorded 11 receptions for 180 yards and returned six punts for 29 yards. Returned four punts for 27 yards in the Super Bowl against Pittsburgh (2/5/06).

PRO: Signed with Seattle as a free agent September 1, 2005, after being released by Cincinnati August 30. Originally the fourth overall pick of the 2000 NFL Draft by the Bengals out of Florida State. His 355 career rushing yards are the most ever by a Bengals receiver. Had his streak of 64 games snapped with at least one reception in 2004 vs. Baltimore (9/26) when he left the game early (shin). **2000:** Became first player in club history to score touchdowns receiving, rushing, and on a return in the same season. Moved into Bengals' number one

receiver role when veteran Darnay Scott suffered broken leg in training camp, and he responded by leading team in receptions (51) and receiving yards (592). First rookie to lead team in catches since 1973 (Isaac Curtis & Boobie Clark 45 each), and first to lead in receiving yards since 1981 (Cris Collinsworth, 1,009). Tied Corey Dillon for team lead with seven touchdowns (four receiving, two rushing, one punt return). Averaged 17.6 yards on seven punt returns, including an 82-yarder for a touchdown in victory vs. Jacksonville. Had a 77-yard rushing touchdown in win vs. Denver (10/22). Scored first NFL touchdown on 9-yard pass from Akili Smith vs. Miami (10/1). **2001:** Played every game, with 14 starts, and his 70 receptions pushed his two-season total to 121, most ever by a Bengal in his first two seasons (topping 116 by Collinsworth in 1981-82). Joined Eddie Brown (58 and 53) as the only Bengals with 50-or-more catches in each of their first two seasons. Shared punt return

duties with T.J. Houshmandzadeh, returning 18 for 6.4-yard average. Caught his only touchdown pass of the season at San Diego (9/30), on a 7-yard connection from Jon Kitna late in the fourth quarter. Had career highs of 10 catches and 109 yards (both figures since surpassed) vs. Pittsburgh (12/30), including two catches for 18 yards on the game-winning drive in overtime. **2002:** Led Bengals in touchdown catches (6), and ranked second behind Chad Johnson in receptions (53) and receiving yards (606). Played in 15 games, missing action for the first time in his career when a bruised lung and chest contusion sidelined him vs. Jacksonville (12/15). Led the team in catches and receiving yards in Bengals wins at Houston (11/3) and vs. New Orleans (12/22). Had seven catches for 86 yards at Houston, with a 33-yard touchdown reception that gave Bengals a 24-3 lead in the second quarter. Against New Orleans, led the team with seven catches and 71 yards, with a 30-yard touchdown reception. At Carolina (12/8), despite suffering second-quarter chest injury, had his first two-touchdown game as a pro, taking Kitna passes of 37 and 3 yards in the first half. **2003:** Played in 15 games, with 14 starts. Posted career highs in receptions (79), receiving yards (819), yards from scrimmage (976), and rushing yards (157). Also had career highs for total touchdowns (eight, including one on a punt return) and receiving touchdowns (seven). Helped spark victory vs. Kansas City (11/16) with six receptions for a career-high 114 yards, including a career-long 77-yard touchdown, plus 87 punt return yards, including 68-yarder for a touchdown. Posted a career-high for receptions in a game when he caught 11 (Bengals' season high) at Baltimore (12/7). Was team's primary punt returner, averaging 10.9 yards on 25 returns. Suffered torn right knee cartilage in Game 14 vs. San Francisco (12/14). Underwent arthroscopic surgery, missing Game 15, but returned for season finale vs. Cleveland. **2004:** Played in Games 1-3 of regular season, but in Game 3 at Baltimore (9/26), he was sidelined early after aggravating a small

shin fracture originally suffered at N.Y. Jets (9/12), where he tied for the team lead with five catches for 76 yards. Led team in catches (6) and yards (51) vs. Miami (9/19). Inactive due to shin injury at Pittsburgh (10/3), at Cleveland (10/17), and at Tennessee (10/31). Saw limited action vs. Denver (10/25), his last playing appearance of the season. Placed on injured reserve November 5 (shin).

COLLEGE: Set an Atlantic Coast Conference record for receiving yards (3,517) during his Florida State career, and posted Seminoles record for touchdown catches (32). Amassed 937 career punt return yards, averaging 13.0 on 72 returns. Named MVP of the 2000 Sugar Bowl as FSU defeated Virginia Tech 46-29 for the national championship. Caught six passes for 163 yards in Sugar Bowl, including touchdown catches of 43 and 64 yards, and also scored on a 59-yard punt return and a two-point conversion. Earned consensus All-America honors as a junior and a senior, catching 61 passes for 1,232 yards (20.2 average) and 12 touchdowns as a junior, and 71 passes for 934 yards (13.2 average) with eight touchdowns in nine games as a senior. Averaged 139.7 all-purpose yards per game as a senior, with a 12.6 average on 18 punt returns, including a 75-yard touchdown. Played in 43 games from 1996-99. Redshirted as true freshman in 1995.

PERSONAL: Hometown is Bradenton, Fla. Helped lead Bradenton Southeast High School to back-to-back Class 5A state titles, including his senior season as team's starting quarterback. Earned *Parade* All-America honors and was a member of *Blue Chip Illustrated's* "Dream Team." As senior quarterback, passed for 13 touchdowns and also scored 13 times as a rusher. State runner-up in the long jump as a junior (23'4"). Earned B.S. degree in political science from Florida State. Has two children, Alyric (born 10/4/97) and Peter Jr. (6/14/01). Active in community service through the Peter Warrick Foundation. Offseason residence is Ellenton, Fla.

WARRICK'S NFL RECORD

Club	G/S	No	Receiving				LG	TD	No	Punt Returns			
			Yds	Avg	LG	TD				Yds	Avg	LG	TD
2000 Cincinnati	16/16	51	592	11.6	46	4	7	123	17.6	82t	1		
2001 Cincinnati	16/14	70	667	9.5	33	1	18	116	6.4	31	0		
2002 Cincinnati	15/10	53	606	11.4	37t	6	4	14	3.5	10	0		
2003 Cincinnati	15/14	79	819	10.4	77t	7	25	273	10.9	68t	1		
2004 Cincinnati	4/1	11	127	11.5	30	0	0	0	0.0	0	0		
2005 Seattle	13/5	11	180	16.4	42	0	6	29	4.8	10	0		
TOTALS	79/60	275	2,991	10.9	77t	18	60	555	9.3	82t	2		

POSTSEASON

Club	G/S	No	Receiving				Att	Punt Returns			
			Yds	Avg	LG	TD		Yds	Avg	LG	TD
2005 Seattle	2/0	0	0	0	0	0	6	34	5.7	15	0
TOTALS	2/0	0	0	0	0	0	6	34	5.7	15	0

WARRICK'S SINGLE-GAME HIGHS

Receptions: 11 at Baltimore (12/7/03)

Longest: 77t vs. Kansas City (11/16/03)

Yards: 114 vs. Kansas City (11/16/03)

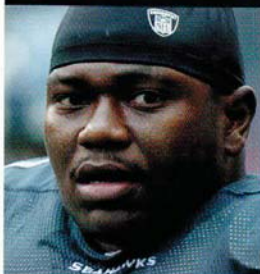
Most TD: 2 at Carolina (12/8/02)

ADDITIONAL STATS

Additional statistics: 2005, Rushed once for five yards. **Career:** Rushed 53 times for 360 yds. (6.8 avg.) with a long of 77t and two touchdowns.

LEONARD WEAVER

43



Fullback 6-0 251
Carson-Newman
2nd NFL Season
2nd Seahawks Season
FA 2005
2005 Games/Starts: 16/0
Career Games/Starts: 16/0
September 23, 1982
Melbourne, Florida

2005: Made the club after signing as an undrafted free agent. Played in all 16 games, mostly on special teams. Carried the ball 12 times for 80 yards and caught one pass for 17 yards. Tied career-high with five rushes and set highs for yards (41) and long gain (24) versus San Francisco (12/11). Replaced Mack Strong (stinger, chest) in the second quarter versus Houston (10/16), finished with five carries for 21 yards. Declared inactive for the NFC Championship against Carolina (1/22/06) and the Super Bowl versus Pittsburgh (2/5/06).

PRO: Signed with Seattle as an undrafted free agent April 24, 2005.

COLLEGE: Led Carson-Newman in receiving as a tight end with 27 catches for 571 yards and

a team-high eight touchdowns. He was named a Division II All-American by the AP, the American Football Coaches Association, d2football.com, dopke.com and *Football Gazette*. Helped lead the Eagles to a 9-3 record his final year, a South Atlantic conference championship and into the second-round of the NCAA Division II playoffs. In 2003, had 16 receptions for 410 yards and six scores, including a 67-yarder in the Division II Playoffs at Valdosta State. Entered Carson-Newman as a linebacker and had nine tackles in two games as a redshirt freshman in 2001 and moved to tight end before the 2002 season.

PERSONAL: Prepped at Satellite High. Born September 23, 1982. Married to wife, Senetra and has a son, Leonard IV.

WEAVER'S NFL RECORD

Club	G/S	Att	Rushing				No	Receiving			
			Yds	Avg	LG	TD		Yds	Avg	LG	TD
2005 Seattle	16/0	12	80	4.7	24	0	1	17	12.0	12	0
TOTALS	16/0	12	80	4.7	24	0	1	17	12.0	12	0

POSTSEASON

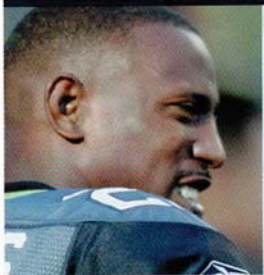
Club	G/S	Att	Rushing				No	Receiving			
			Yds	Avg	LG	TD		Yds	Avg	LG	TD
2005 Seattle	1/0	0	0	0	0	0	0	0	0.0	0	0
TOTALS	1/0	0	0	0	0	0	0	0	0.0	0	0

WEAVER'S ADDITIONAL STATS

Special Teams Tackles: 2005 (2, FF).

JIMMY WILLIAMS

22



Cornerback 5-11 190
 Vanderbilt
 6th NFL Season
 2nd Seahawks Season
 Free Agent 2005
 2005 Games/Starts: 14/1
 Career Games/Starts: 64/7
 March 10, 1979
 Baton Rouge, Louisiana

2005: Played 14 games, starting one after signing with the Seahawks before week three (9/20). Compiled 23 tackles, two interceptions, and 11 special teams stops. Returned 24 punts for 139 yards (5.8 avg.). Posted three stops and two special teams tackles in first game with Seattle versus Arizona (9/25). Registered first interception as a Seahawk at Philadelphia (12/5) on Monday Night Football. Recorded season-high 9 tackles (8 solo) and second interception of season at Green Bay (1/1/06).

PRO: Signed with Seattle September 20, 2005, as a free agent. Originally a sixth-round pick (196th overall) of the Buffalo Bills in the 2001 NFL Draft. Released by Buffalo after 2001 training camp and signed with San Francisco, playing with the 49ers for four seasons. Signed with New Orleans as an unrestricted free agent April 19, 2005, but released September 3.

2001: Signed to 49ers' practice squad, September 5 after being released by Buffalo. Promoted to active roster October 16. Played in 10 games, primarily on special teams.

2002: Played in 13 games, missing final three contests and two playoff games with knee injury. Led NFL in punt return average at 16.8, bringing back 20 for 336 yards. Also posted 12 special teams tackles. Returned four punts for 45 yards and notched four special teams tackles and a fumble recovery vs. Washington (9/22). Returned three kickoffs for 104 yards, including a 50-yard burst, vs. Arizona (10/27). Also had a 40-yard punt return versus the Cardinals. Returned two punts for 92 yards, including a career-long 89-yard touchdown vs. Seattle (12/1). Also returned three kickoffs for 65 yards, including long of 23 and was named NFC Special Teams Player of the Week.

2003: Played in 15 games for 49ers and had eight tackles (seven solo), an interception, and a pair of passes defended. Also had 35 punt returns for 240 yards, with a long of 20. Had 11 kickoff returns for 207 yards, with a long of 41. Finished second on team with career-best 16 special teams stops. Had two tackles, a pair of passes defended and first-career interception vs. Chicago (9/7). Also had three special teams

stops, a forced fumble, and a fumble recovery. Returned two punts for 25 yards vs. Cleveland (9/21). Returned two punts for 32 yards, with long of 20, and a kickoff return for 41 yards vs. St. Louis (11/2).

2004: Played in 12 games, with six starts, for San Francisco. Recorded 42 tackles (32 solo), a sack, and five passes defended. Inactive with toe injury in Weeks 10-13. Also returned three kickoffs for 58 yards (19.3 avg.) and had six special teams stops (four solo). Had three tackles, his first career sack and a pass defended vs. Atlanta (9/12). First career start came at New Orleans (9/19) and posted eight tackles (seven solo). Had four stops and a pass defended at New York Jets (10/17). Started at Chicago (10/31) and recorded four solo tackles. Started and tallied six stops (four solo) vs. Seattle (11/7). Returned a pair of kickoffs 43 yards at Arizona (12/12). Started and had career-high 13 tackles (10 solo), a fumble recovery and two pass defenses vs. Buffalo (12/26).

COLLEGE: Three-year starter at Vanderbilt who finished career with 29 passes defended, 10 interceptions and 187 tackles. Ranks third in school history with 1,677 kickoff return yards. Only third player in Vanderbilt history to return a punt and kickoff for a touchdown in career. Ranks seventh in school history with 10 interceptions. As a senior, had 48 tackles, 11 pass defenses and four interceptions. Had a career-high 79 stops and four interceptions as a sophomore. As a freshman, played running back and had 527 yards rushing and a pair of touchdowns on 98 carries. Also led the squad with 23 catches for 189 yards and two touchdowns.

PERSONAL: All-American selection as running back at Episcopal (Baton Rouge, La.) High. Rushed for 5,397 yards and 85 touchdowns during prep career, including 2,467 yards and 31 touchdowns as a senior. Earned degree at Vanderbilt in human and organizational studies. Speaks three languages - English, French and Japanese. Spent six weeks as exchange student living in Japan during high school. He and his wife, Chandra, reside in Baton Rouge.

WILLIAMS' NFL RECORD

Club	G/S	Tackles			Sacks			Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
2001 San Francisco	10/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2002 San Francisco	13/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2003 San Francisco	15/0	8	7	1	0.0	0.0	1	6	6.0	6	0	2	0	0	0
2004 San Francisco	12/6	42	32	10	1.0	6.0	0	0	0	0	0	5	0	0	0
2005 Seattle	14/1	23	18	5	0.0	0.0	2	6	3.0	6	0	5	0	0	0
NFL TOTALS	64/7	73	57	16	1.0	6.0	3	12	4.0	6	0	12	0	0	0

Club	G/S	Kickoff Returns					Punt Returns							
		No	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD			
2001 San Francisco	10/0	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0
2002 San Francisco	13/0	35	765	21.9	50	0	20	336	16.8	89t	1			
2003 San Francisco	15/0	11	207	18.8	41	0	35	240	6.9	20	0			
2004 San Francisco	12/6	3	58	19.3	23	0	0	0	0.0	0	0			
2005 Seattle	14/1	0	0	0.0	0	0	24	139	5.8	24	0			
TOTALS	64/7	49	1,030	21.0	50	0	79	715	9.1	89t	1			

POSTSEASON

Club	G/S	Punt Returns				
		No	Yds	Avg	LG	TD
2005 Seattle	3/0	4	-1	-0.3	1	0
TOTALS	3/0	4	-1	-0.3	1	0

WILLIAMS' ADDITIONAL STATS

Special Teams Tackles: 2001 (6); 2002 (12); 2003 (16); 2004 (6); 2005 (11); **Career** (51)
Postseason Special Teams Tackles: 2005 (2); **Career** (2)

RAY WILLIS

74



Tackle 6-6 327
Florida State
2nd NFL Season
2nd Seahawks Season
4th Round 2005
2005 Games/Starts: 6/0
Career Games/Starts: 6/0
August 13, 1982
Angeleton, Texas

2005: Played in 6 games, five on special teams and saw time at right tackle in the second half at Green Bay (1/1/06). Played in his first NFL game on the field goal unit against Jacksonville (9/11).

PRO: Taken with fourth selection of fourth round (105th overall) of the 2005 NFL Draft. Second player chosen out of Florida State in as many years (Michael Boulware, 2004). Fifth Seminole drafted by Seahawks. Last tackle chosen by Seahawks from Florida State was Walter Jones in 1997.

COLLEGE: Formed one of best tackle tandems in country with Alex Barron (first-round selection, 19th overall by St. Louis). Well-respected

team leader who takes great pride in play. Started 35 career games for Seminoles. Earned honorable-mention All-ACC honors as a senior while leading the way for FSU offense to average 372.5 yards per game (third ACC). Named ACC offensive lineman of the week twice as a junior.

PERSONAL: Highly recruited out of Angeleton (Texas) High School. All-district selection as senior. Honorable mention Class 5A all-state choice. *SuperPrep's* number 28 offensive lineman and number 36 prospect in Texas. All-Midlands Region honorable mention selection by *PrepStar*. Social Science major. Married to Kimberly.

GRANT WISTROM

98



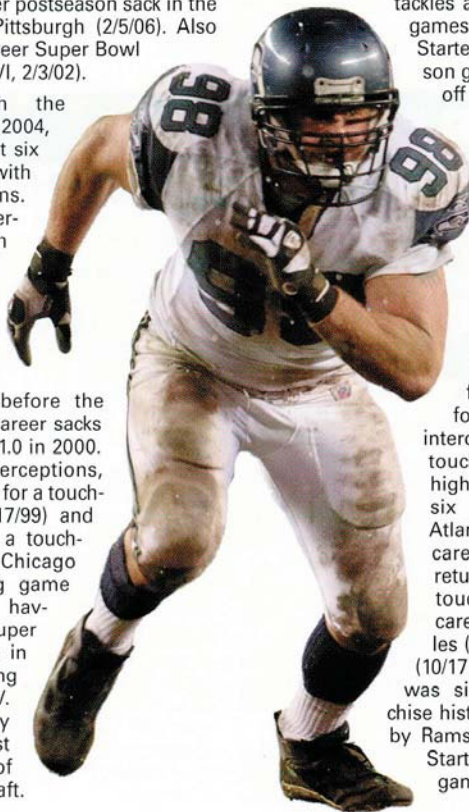
Defensive End 6-4 272
 Nebraska
 9th NFL Season
 3rd Seahawks Season
 UFA (St. Louis) 2004
 2005 Games/Starts: 16/16
 Career Games/Starts: 116/102
 July 3, 1976
 Webb City, Missouri

2005: Started all 16 games at defensive end for the fourth time in his nine-year career. Finished season with 52 stops (41 solo), 4.0 sacks and a career-high six passes defended. Recorded first sack of the season on Sunday Night Football versus Houston (10/16.) Posted a season-high nine stops (seven solo) and his second sack of the year against Dallas (10/23). Notched seven tackles (five solo), one sack, and two passes defended versus New York Giants (11/27). Made four tackles and recovered his first postseason fumble on fourth down in the third quarter against Washington (1/14/06) in the NFC Divisional Game. Had two tackles and recorded his fifth career postseason sack in the Super Bowl against Pittsburgh (2/5/06). Also marked his second career Super Bowl sack (Tennessee; XXXVI, 2/3/02).

PRO: Signed with the Seahawks on March 4, 2004, after spending the first six years of his career with the St. Louis Rams. Considered a high-energy player who is both durable and versatile, good against the run and the pass. Registered at least 90-plus tackles in 2001-03. Had only missed two games before the 2004 season. Has 49 career sacks with a career-high of 11.0 in 2000. Has five career interceptions, returning one 91 yards for a touchdown at Atlanta (10/17/99) and another 40 yards for a touchdown versus Chicago (12/26/99). Brings big game experience to Seattle having played in two Super Bowls with the Rams in 1999 and 2001, winning Super Bowl XXXIV. Originally selected by the Rams in the first round (6th overall) of the 1998 NFL Draft.

1998: Played in 13 games on defense and on special teams. Finished season with 30 tackles, three sacks, one fumble recovery, and five special teams tackles. Named Rams' Defensive Rookie of the Year by coaches. Made first-career sack in first quarter versus San Francisco (10/25). Registered one sack for five yards and added four tackles versus New England (12/13). Made three tackles and had one sack at Carolina (12/20). Inactive for three games (at Chicago 11/8, at New Orleans 11/15, and vs. Carolina 11/22) with hamstring injury. Returned from inactive list and made 18 tackles and two sacks in final five games. Recorded 12 tackles and one sack in eight games prior to injury.

1999: Started all 16 regular-season games and three playoff games at right defensive end. Selected to 1999 All-Madden team while setting career highs in tackles (60), sacks (6.5), interceptions (two), interception returns for touchdown (two), passes defended (two), and tied career high with one fumble recovery. Tied for team lead with two interceptions returned for touchdowns. Set career high in total tackles with six (three solo) versus Atlanta (9/26). Made first-career interception and returned it 91 yards for a touchdown and tied career high with six tackles (three solo) at Atlanta (10/17). Interception return was sixth-longest in franchise history and longest ever by Rams' defensive lineman. Started first-career playoff game and collected five



tackles (four solo) in NFC Divisional Playoff Game against Minnesota (1/16/00). Registered four solo tackles and one quarterback sack in NFC Championship Game against Tampa Bay (1/23/00). Made four solo tackles in Super Bowl XXXIV versus Tennessee (1/30/00). **2000:** Started all 16 games at right defensive end. Made 71 tackles and career-high 11.0 sacks. Also had four passes defended and one forced fumble. Tied for seventh in NFC in sacks. Had at least 0.5 sack in six of seven contests (Games 7-14). Registered career-high 2.5 sacks and had three tackles at Atlanta (9/24). Tied season high with five tackles (four solo) with 1.5 sacks at San Francisco (10/29). Following week, had career-high eight solo tackles, one sack, and one pass defended against Carolina (11/5). Led defensive line with four tackles and had one sack at New York Giants (11/12). Tied season and career highs with eight tackles (six solo) and had one sack and one pass defended at Carolina (12/3). Collected four tackles, one sack, and one forced fumble versus Minnesota (12/10). Tied for team lead with five tackles, including one sack, in NFC Wild Card Game at New Orleans (12/30). **2001:** Registered 15 starts at right defensive end. Recorded career highs with 96 tackles (47 solo) and two forced fumbles, and tied career bests with two interceptions and one fumble recovery. Also finished second on team with nine sacks and had three passes defended. Finished 10th in NFC in sacks. Started three postseason contests. Finished fifth on team with career-high 19 post-season tackles (11 solo) and second on club with two sacks. Tied career high with nine tackles and picked off the game-winning pass after a jarring hit by S Adam Archuleta to seal victory with 1:03 left against the New York Giants

(10/14). Tied career-high with nine tackles, led team with two sacks, and forced one fumble versus New Orleans (10/28). Earned NFC Defensive Player of the Week honors after tying career highs with 2.5 sacks and nine tackles at New Orleans (12/17). Led defensive line with eight tackles and had one pass defended at Carolina (12/23). Recorded two sacks and four tackles in season finale against Atlanta (1/6/02). Recorded four solo tackles and one pass defended in NFC Divisional Playoff Game against Green Bay (1/20/02). Tallied postseason career-high eight tackles and one sack in NFC Championship Game against Philadelphia (1/27/02). Registered seven tackles (postseason career-high five solo) and one sack in Super Bowl XXXVI against New England (2/3/02). **2002:** Played in 15 games with 14 starts. Finished season with career-high 97 tackles (43 solo), including four for loss. Also tallied 4.5 sacks, one interception, three passes defended, one forced fumble, and career-high two fumble recoveries. Notched eight tackles with one sack versus New York Giants (9/15). Following week at Tampa Bay (9/23) recorded six tackles. Led defensive line with eight tackles and added one sack versus Dallas (9/29). Racked up four tackles with one interception and one fumble recovery in win against Oakland Raiders (10/13). Collected eight tackles with one for loss and 1.5 sacks in Monday night football victory against Chicago (11/18). Led defensive line with 11 tackles with one for loss at Washington (11/24). Established career-high with 12 tackles following week at Philadelphia (12/1). Also added one sack, one interception, and one fumble recovery. Led defensive line with seven tackles (one solo) at Kansas City (12/8). Inactive for season finale against San Francisco (12/30)

WISTROM'S NFL RECORD

Club	G/S	Tackles				Sacks			Interceptions						
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
1998 St. Louis	13/0	30	23	7	3.0	11.0	0	0	0.0	0	0	0	0	0	0
1999 St. Louis	16/16	60	37	23	6.5	58.0	2	131	65.5	91t	2	2	0	1	
2000 St. Louis	16/16	71	54	17	11.0	67.0	0	0	0.0	0	0	4	1	0	
2001 St. Louis	15/15	96	47	49	9.0	35.5	2	-4	-2.0	0	0	3	2	1	
2002 St. Louis	15/14	97	43	54	4.5	30.0	1	2	2.0	2	0	3	1	2	
2003 St. Louis	16/16	108	57	51	7.5	38.0	0	0	0.0	0	0	4	1	1	
2004 Seattle	9/9	38	27	11	3.5	25.5	0	0	0.0	0	0	4	1	1	
2005 Seattle	16/16	52	41	11	4.0	12.0	0	0	0.0	0	0	6	0	0	
NFL TOTALS	116/102	552	329	223	49.0	277.0	5	129	25.8	91t	2	26	6	6	

POSTSEASON

Club	G/S	Tackles				Sacks			Interceptions						
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
1999 St. Louis	3/3	13	12	1	1.0	13.0	0	0	0.0	0	0	0	0	0	
2000 St. Louis	1/1	5	4	1	1.0	6.0	0	0	0.0	0	0	0	0	0	
2001 St. Louis	3/3	19	11	8	2.0	14.0	0	0	0.0	0	0	2	0	0	
2003 St. Louis	1/1	7	3	4	0.0	0.0	0	0	0.0	0	0	0	0	0	
2004 Seattle	INACTIVE														
2005 Seattle	3/3	8	8	0	1.0	8.0	0	0	0	0	0	0	0	1	
NFL TOTALS	11/11	52	38	14	5.0	41.0	0	0	0.0	0	0	2	0	1	

with knee injury. **2003:** Started all 16 regular-season games and one postseason game for the Rams. Recorded career-high 108 tackles (57 solo) with 7.5 sacks, a forced fumble, and a fumble recovery. Also tied career-high with four passes defended. Recovered fumble in week one at New York Giants (9/7). Tackled Falcons running back T.J. Duckett for the Rams' first safety since November 9, 1999, against Atlanta (10/13). Collected first sack of the season at Pittsburgh (10/26) to go along with four solo tackles and a forced fumble. Registered career-high 17 tackles, including career-high 10 solo, against Baltimore (11/9). Also collected a sack and career-high four passes defended. Made seven tackles at Chicago (11/16). Led team with 12 tackles at Arizona (11/23). Versus Seattle (12/14), recorded nine tackles and a sack. Picked up 12 tackles versus Cincinnati (12/21) and notched season-high 2.5 sacks. At Detroit (12/28), collected 10 tackles and a sack. Was named NFC Defensive Player of the Month for December after registering 36 tackles and 4.5 sacks. Had seven tackles versus Carolina (1/10/04) in the NFC Divisional Playoff Game. **2004:** Started all nine games played. Suffered knee injury at New England (10/17) and was forced to miss weeks 7-10. Returned to play four games before reinjuring knee and missed final three games and Wild Card Playoff Game. Finished season with 38 total tackles (27 solo), 3.5 sacks, four passes defended, a forced fumble, and a fumble recovery. Knocked down two passes and picked up half a sack in Seahawks debut at New Orleans (9/12). Recorded seven tackles, two sacks, and forced a fumble at Tampa Bay (9/19). Collected four solo tackles against San Francisco (9/26). Registered six tackles at New England (10/17) before leaving with injury. Returned against Miami (11/21) and recovered a fumble to go along with six tackles. On Monday night football against Dallas (12/6), tied season-high with seven tackles. Also recorded sack and a pass defended. Declared inactive (knee) against St. Louis (1/8/05) in playoffs.

COLLEGE: Started final three seasons at University of Nebraska. Career totals include 206 total tackles, 26.5 sacks for 178 yards, one interception, three passes defended, four forced fumbles, and one fumble recovery. Unanimous All-American and All-Big 12 Conference first-team selection senior season. Recipient of the Lombardi Award, given to nation's top colle-

giate lineman. Also earned Academic All-Big 12 honors. Started 12 games, recording 51 tackles, 8.5 sacks, and 17 stops for losses. Started 12 games at defensive end junior season. Consensus Academic and Athletic first-team All-American. All-Big 12 first-team selection and conference Defensive Player of the Year. Had career highs in tackles (75), sacks (9.5), and tackles for losses (20). Earned third-team All-America honors by *Associated Press* and first-team All-Big Eight Conference honors sophomore season. Started 11 games at right outside linebacker and made 44 tackles and four sacks. Had five tackles and one sack in national championship game against Florida. Selected as Newcomer of the Year by Big Eight Conference freshman season. One of only two true freshman to letter. Played in every game as reserve outside linebacker. Made 36 tackles and 4.5 sacks. Made three tackles and a tackle for a loss late in fourth quarter in Orange Bowl against Miami helping Cornhuskers' win first national championship. Graduated with degree in pre-pharmacy with emphasis in biological sciences.

PERSONAL: Born Grant Alden Wistrom in Webb City, Mo. First-team All-American selection by *Super Prep*, *Blue Chip*, and *USA Today*. Earned Top 100 honors from *Scholastic Coach Magazine* as senior at Webb City High. Had 122 tackles, eight sacks, six fumble recoveries, nine forced fumbles, and a blocked punt as linebacker. Also played tight end and caught 30 passes for 527 yards and five touchdowns and rushed 11 times for 115 yards and three touchdowns. Led team to two class 4A championships. Also played basketball and competed in track. Academic All-State choice, graduating with 3.95 grade-point average. Makes frequent visits to Bob Costas Cancer Center at Cardinal Glennon Hospital. Supporter of Rainbows for Kids program which provides fun, recreational opportunities for children battling cancer. Also teamed with former teammate Jerry Wunsch to bring St. Louis children with cancer on a trip to Wisconsin for winter fun to form a Circle of Friends. Created the Grant Wistrom Foundation to focus his efforts on providing opportunities for children with cancer. Has website, www.grantwistrom.net which is devoted to his foundation. Foundation raised more than \$200,000 in 2005 for St. Patrick Center through Sack Homelessness. Plans to be pharmacist or high school football coach after career. Married to Melissa and they have a son, Wyatt.

WISTROM'S SINGLE-GAME HIGHS

Tackles: 17, vs. Baltimore (11/9/03)

Interceptions: 1, 5 Times, Last vs. Oakland (10/13/02)

Fumble Recoveries: 1, 6 Times, Last vs. Miami (11/21/04)

Sacks: 2.5, 3 Times, Last vs. Cincinnati (12/21/03)

Forced Fumbles: 1, 6 Times, Last at Tampa Bay (9/19/04)

Touchdowns: 1, 2 Times, Last vs. Chicago (12/26/99)

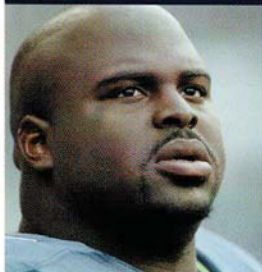
ADDITIONAL STATS

Special Teams Tackles: 1998 (5).

FLOYD WOMACK

77

womack



Tackle 6-4 333
Mississippi St.
6th NFL Season
6th Seahawks Season
4th Round (C) 2001
2005 Games/Starts: 11/0
Career Games/Starts: 53/22
November 15, 1978
Cleveland, Mississippi

2005: Played in 11 games. Extremely valuable to the offense playing every position on offensive line except center. Also saw time on the field goal unit. Declared inactive (triceps) for the first four games. Made season debut at St. Louis and played one snap for Chris Gray (shoe). Was injured in the second quarter (quad) and did not return. Was inactive (quad) the following week versus Houston (10/16). Was part of the jumbo package when Shaun Alexander tied the NFL record with his 27th total score this season at Green Bay (1/1/06). Substituted for Walter Jones (ribs) for two plays in playoff game against Washington (1/14/06). Served as extra tackle in the goal line package in the NFC Championship Game against Carolina (1/22/06). Played on field goal unit for all three postseason contests.

PRO: Selected as the third of three fourth-round picks (128th overall) for the Seahawks in the 2001 draft. His selection marked the sixth consecutive draft that Seattle had selected at least one tackle, and marked the 25th tackle that the Seahawks have drafted in 26 seasons.

2001: Declared inactive for 10 games during season. Made his NFL debut at tackle on the field-goal unit versus Jacksonville (10/7). Played on field-goal unit versus Dallas (12/9), at New York Giants (12/23), at San Diego (12/30), and versus Kansas City (1/6/02). **2002:** Started 10 of 11 games. Started first-career game at left tackle in place of Walter Jones (contract) at Oakland (9/8). Started at left tackle versus Arizona (9/15), and left briefly (hand) in the second quarter, but later returned. Started at right tackle the following week versus Minnesota (9/29) after Jones' return. Did not start versus Washington after missing practice (family) during the week, but returned to start the next three weeks at Arizona (11/10), versus Denver (11/17), and versus Kansas City (11/24). Left with injured ankle versus Kansas City and was inactive the final five games. Part of offensive unit that allowed just 33 total sacks, fewest since allowing 29 in 1988. **2003:** Played in 10 games with four starts. Started the first two games of the season at right tackle before a toe injury sidelined him from weeks three to eight.

Returned at Washington (11/9) and played on special teams. Against Detroit (11/16), saw time at right tackle. Saw time at tight end in the jumbo package and on special teams at Baltimore (11/23). Played tight end in the jumbo package at Minnesota (12/7). Started at right tackle in place of Chris Terry (excused absence) at St. Louis (12/14) and the following week against Arizona (12/21). Replaced Gray (knee) at right guard late in the game at San Francisco (12/27). Started at right guard in place of Gray in the Wild Card Game at Green Bay (1/4/04). **2004:** Began season as reserve but assumed starting right tackle duties midway through season when Terry was placed on injured reserve (shoulder). Played in all 16 games and started eight. Played on line that allowed Alexander to rush for franchise-record 1,696 yards. Played in team's jumbo package against St. Louis (10/10). Started at right tackle in place of Terry (shoulder) at Arizona (10/24). Started second consecutive week at right tackle vs. Carolina (10/31). Replaced Terry against Miami (11/21) and vs. Buffalo (11/28). Played in jumbo package against Dallas (12/6). Took over starting right tackle duties at Minnesota (12/12) for remainder of regular season and playoff game vs. St. Louis (1/8/05).

COLLEGE: Anchored tackle position for the Bulldogs since his sophomore year, starting 29 consecutive games. His emergence as a pass protector saw the MSU aerial game generate 6,358 yards during his tenure as a starter. As a senior, Walter Camp Foundation and *Associated Press* All-American second-team selection, despite missing the team's final five games. A consensus All-Southeastern Conference first-team choice, he started the first six games at left tackle, helping the offense amass 4,250 yards, collecting an impressive 63 knockdowns in that span. Graded at least 90 percent for blocking consistency in every game he played in. Junior season started every game at left tackle as the offense totaled 3,562 yards en route to a 9-2 record. Helped offense gain a season-high 454 yards versus Vanderbilt. Moved into the starting lineup at left tackle as a sophomore, helping the offense average 322.5 yards per game. Was

originally scheduled to redshirt freshman season, but was forced into action by the season's fourth game when injuries depleted the offensive line. Saw action in the South Carolina, Mississippi, and Auburn contests.

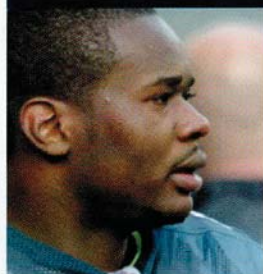
PERSONAL: A first-team, All-District 3-4A selection following his standout senior season at East Side (Cleveland, Miss.) High and was named Co-Most Valuable Player in Bolivar County. Considered one of the top players in

Mississippi by several publications. Helped lead East Side to a two-year 19-3 record. Started at offensive guard during his junior season when East Side posted an 8-2 record. Moved to tackle as a senior, and helped his school to its best-ever record, 11-1, and a berth in the postseason playoffs. Nicknamed "Pork Chop" by his mother who thought Floyd resembled Pork Chop Cash, a local pro wrestler, when Floyd was a baby. Married to Kimberly.

WOMACK'S NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
2001	Seattle	5/0		2004	Seattle	16/8	1/1
2002	Seattle	11/10		2005	Seattle	11/0	3/0
2003	Seattle	10/4	1/1	NFL TOTALS		53/22	5/2

CORNELIUS WORTHAM 50



Linebacker 6-1 236
Alabama
2nd NFL Season
2nd Seahawks Season
7th Round 2005
2005 Games/Starts: 8/0
Career Games/Starts: 8/0
January 25, 1982
Calhoun City, Mississippi

2005: Signed from the practice squad to active roster November 11. Played in eight games, all on special teams during rookie campaign. Made NFL debut and recorded one assisted special teams tackle versus St. Louis (11/13). Declared inactive in playoff game against Washington (1/14/06), but saw time on special teams in remaining two postseason games.

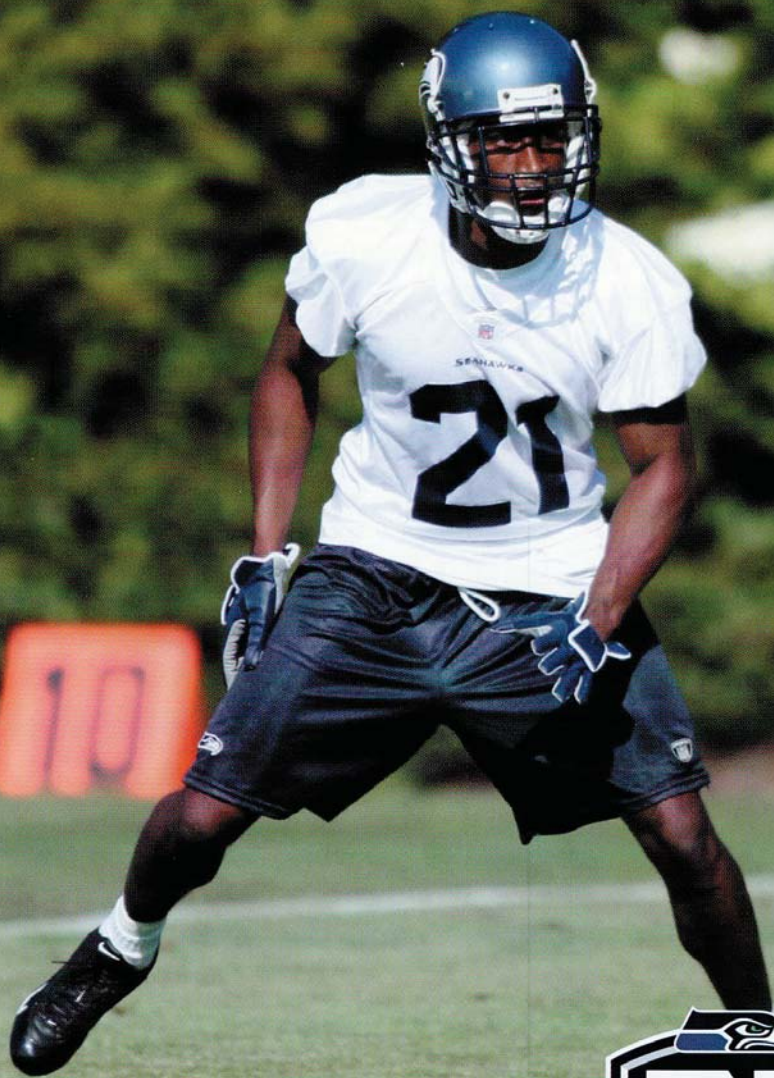
PRO: First of two seventh-round picks for Seahawks (235th overall). Third linebacker drafted by club in 2005. Only second member (Shaun Alexander, 2000) of Crimson Tide selected in Seahawks history. Fourth time in club history that three linebackers have been chosen in the same draft, first time since 1987.

COLLEGE: Played in 47 career games for the Tide. Registered 264 tackles (130 solo) with three sacks, a fumble recovery, an interception, and six pass deflections. Added 12.5 stops for losses and 12 quarterback pressures.

PERSONAL: Attended Calhoun City (Miss.) High School. As a senior, played both offense and defense earning first-team all-state recognition. Recorded 115 tackles, six sacks, 24 stops behind line of scrimmage, and two interceptions, returning one for a score as linebacker on defense. On offense, gained 525 yards and eight touchdowns as fullback/tailback. As a junior, had more than 100 tackles, 20 stops for loss, three interceptions, three sacks, and three forced fumbles. Dandy Dozen by *Jackson Clarion Ledger* and *Atlanta Journal Constitution* Southern 100. In high school, active in Beta Club, FCA, Junior Peace Corps, and FFA. Graduated in May 2004 with degree in Human Performance. Active member of Fellowship of Christian Athletes. Heavily involved in community projects, including Junior Peace Corps. Plays steel guitar at church. Full name is James "Cornelius" Wortham.

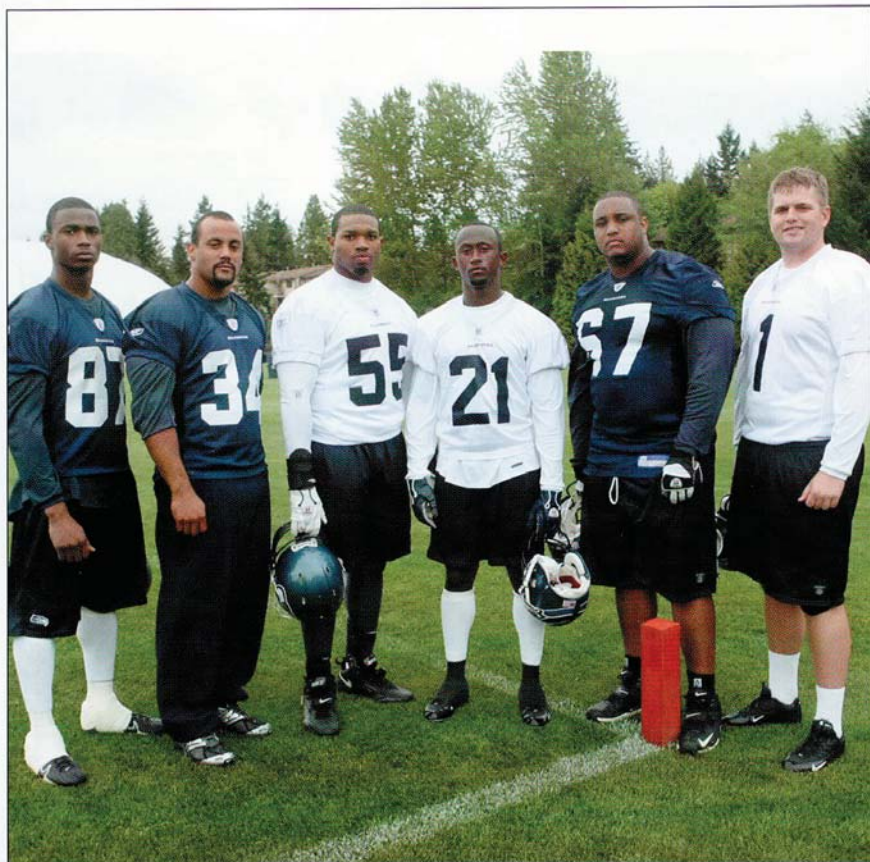
WORTHAM'S ADDITIONAL STATS

Special Teams Tackles: 2005 (4).



2006 DRAFT CHOICES

Rd	Pick	Overall	Pos	Player	College
1	31	31	CB	Kelly Jennings	Miami
2	31	63	DE	Darryl Tapp	Virginia Tech
4	31	128	G	Robert Sims	Ohio State
5	31	163	FB	David Kirtman	USC
7	31	239	P	Ryan Plackemeier	Wake Forest
7	41	249	WR	Ben Obomanu	Auburn



(L to R) Ben Obomanu, David Kirkman, Darryl Tapp, Kelly Jennings, Rob Sims, Ryan Plackemeier.

KELLY JENNINGS

21

rookies



Cornerback
Miami

5-10 178

Rookie NFL Season
Rookie Seahawks Season
1st Round 2006
November 30, 1982
Live Oak, Florida

PRO: Drafted with the 31st selection in the first round of the 2006 NFL Draft. First cornerback drafted by Seahawks since 2003 (Marcus Trufant) and fifth time cornerback was taken in first round. Seventh player chosen from Miami in club history.

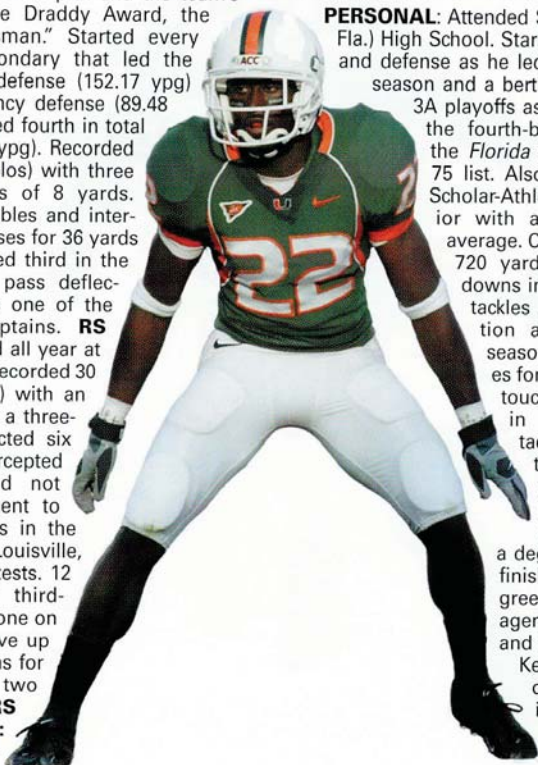
COLLEGE: Played in 49 games, starting 41. Recorded 116 career tackles (82 solos) with 1.5 sacks and five stops for losses of 18 yards. Added four quarterback pressures, caused two fumbles, deflected 34 passes, and intercepted six passes. **SENIOR:** All-American first-team choice by *Sports Illustrated*, adding second-team honors from *The NFL Draft Report* and the *Associated Press*. All-Atlantic Coast Conference first-team pick and the team's nominee for the Draddy Award, the "Academic Heisman." Started every game in a secondary that led the nation in pass defense (152.17 ypg) and pass efficiency defense (89.48 rating) and ranked fourth in total defense (270.08 ypg). Recorded 43 tackles (30 solos) with three stops for losses of 8 yards. Caused two fumbles and intercepted three passes for 36 yards in returns. Ranked third in the nation with 16 pass deflections. Served as one of the team's four captains. **RS**

JUNIOR: Started all year at left cornerback. Recorded 30 tackles (19 solos) with an assisted sack for a three-yard loss. Deflected six passes and intercepted two others. Did not allow an opponent to catch any passes in the Louisiana Tech, Louisville, and Virginia contests. 12 stops came on third-down plays and one on fourth down. Gave up only 12 receptions for 264 yards and two touchdowns. **RS**

SOPHOMORE:
Started four

games at nickel back and the Tennessee game at left cornerback. Made 18 tackles (12 solos) with six pass deflections and one quarterback pressure. Added a five-yard sack and 1.5 stops for losses of six yards. **RS FRESHMAN:** Was a key member of a Miami secondary that had to replace five key players from 2001, yet led the nation in pass defense. Played much of the season with a cast on left hand following surgery to repair a torn thumb ligament in August. Played only one game (vs. Virginia Tech) without a full cast. Recorded 25 tackles (21 solos), three quarterback pressures, six pass deflections, and had one interception while starting 12 games at right cornerback. **TRUE FRESHMAN:** Redshirted as a freshman.

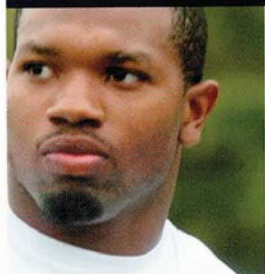
PERSONAL: Attended Suwanee (Live Oak, Fla.) High School. Starred on both offense and defense as he led the team to a 9-4 season and a berth in the state Class 3A playoffs as a senior. Listed as the fourth-best cornerback on the *Florida Times-Union* Super 75 list. Also won his school's Scholar-Athlete Award as a junior with a 3.42 grade-point average. Caught 43 passes for 720 yards and five touchdowns in 2000. Also had 41 tackles and one interception at cornerback that season. Snared 26 passes for 386 yards and four touchdowns as a junior in 1999, adding 35 tackles, two interceptions and seven pass deflections. Graduated in December 2004 with a degree in finance and finished a second degree in business management. Son of Ruby and Roy Jennings. Born Kelly Jarrod Jennings on 11/30/82. Resides in Live Oak, Florida.



169

DARRYL TAPP

55



Defensive End 6-1 265
Virginia Tech

Rookie NFL Season
Rookie Seahawks Season
2nd Round 2006
September 13, 1984
Chesapeake, Virginia

PRO: Selected with the 31st pick in the second round (63rd overall) of the 2006 NFL draft. Only second player chosen from Virginia Tech in club history (Ike Charlton, 2000). Fourth defensive end team selected since 2002.

COLLEGE: Played in 53 games, recording 187 tackles, 23.5 sacks and 38 tackles for loss.

SENIOR: Named first-team All-America by the American Football Coaches Association. Won Dudley Award as the top Division I player in the Commonwealth of Virginia. Played in all 13 games, posted 48 tackles, 12 sacks and three forced fumbles.

JUNIOR: Started all 13 games, registering 60 tackles, 8.5 sacks and 16.5 tackles for loss. Also had 23 quarterback hurries, two fumble recoveries, a forced fumble, a pass break up, an interception and a blocked kick. Given the Presidents' Award, given for outstanding leadership, following spring practice.

SOPHOMORE: Played in every game, starting four at defensive end and saw time on special teams. Compiled 58 total tackles (32 solo), nine tackles for loss, including three sacks. Also had 17 quarterback hurries and a forced

fumble. **FRESHMAN:** True freshman who saw playing time on both defense and special teams. Saw action in all 14 games. Recorded 19 tackles, three quarterback hurries and a pass broken up. Scored the game's first touchdown against Virginia, scooping up a blocked punt and returning it 11 yards for the score.

PERSONAL: Recorded 22 career sacks helping Deep Creek High School (Chesapeake, VA) to a 34-4 record during his three varsity seasons. Earned first-team All-Group AAA honors from the state coaches following the 2001 season.

Was a second-team pick by the *Associated Press*.

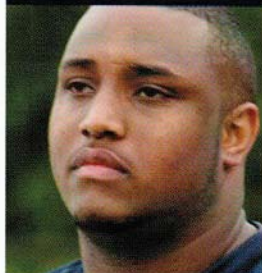
Named first-team All-Southeastern District, All-Tidewater and All-Eastern Region. Posted 89 stops during senior season, including a school-record 15 sacks.

Selected an All-American and rated the number two defensive lineman in the Atlantic Region by *PrepStar* following his senior season and posted eight quarterback sacks. Earned first-team all-district honors helping team to the state championship game as a junior and to a regional championship in 2001. Lettered three seasons in basketball. Also lettered as a weight man in track. Born Darryl Anthony Tapp on 9/13/84 in Portsmouth, Vir. Son of Charles, Sr., and Ruth Tapp. Majored in marketing.



ROB SIMS

67



Guard 6-2 307
Ohio State

Rookie NFL Season
Rookie Seahawks Season
4th Round 2006
December 6, 1983
Macedonia, Ohio

PRO: Drafted with the 31st pick in the fourth round (128) of the 2006 NFL Draft. First player chosen from Ohio State since 1997 (Shawn Springs). Fourth Buckeye drafted by Seahawks. Third consecutive year club has selected a guard.

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.

SENIOR: 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 ability to shut down the blitz and stunts saw the offensive line allow only 18 quarterback sacks for the season.

JUNIOR: Started eleven games at left tackle and 20 consecutive starts. Finished season with 40 knockdowns.

SOPHOMORE: Took over left tackle duties when incumbent Ivan Douglas was sidelined with health problems (blood clot). Started the team's first 12 games.

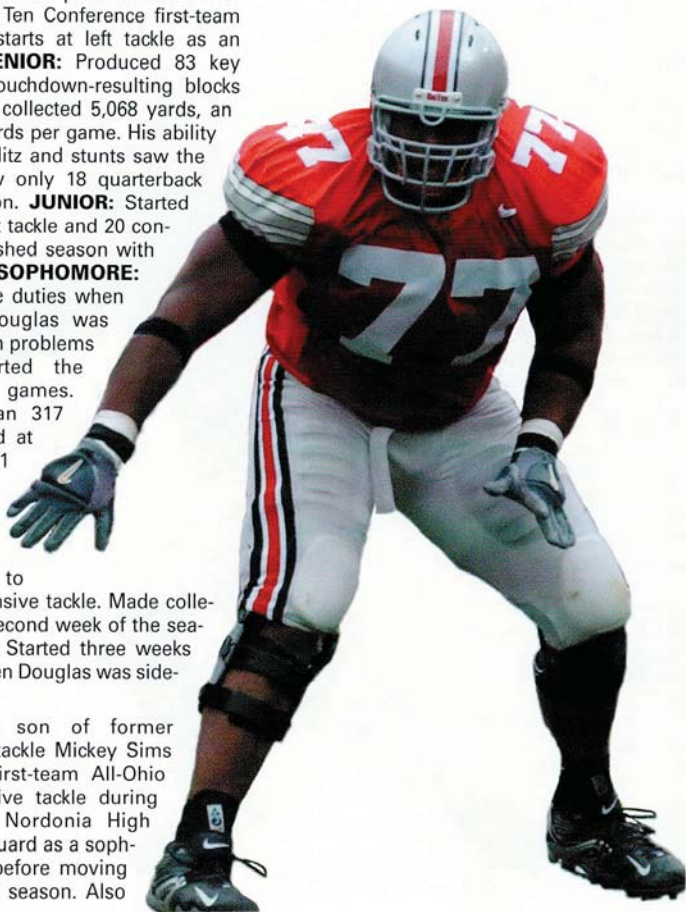
Logged an ironman 317 minutes and played at least 23 minutes in 11 of 13 games.

FRESHMAN: Worked his way into the two-deep as the backup to

Douglas at left offensive tackle. Made collegiate debut in the second week of the season vs. Kent State. Started three weeks later vs. Indiana when Douglas was sidelined (ankle).

PERSONAL: The son of former Cleveland Browns tackle Mickey Sims (1977-79). Was a first-team All-Ohio selection at offensive tackle during senior season at Nordonia High School. Started at guard as a sophomore and junior before moving to tackle his senior season. Also

earned letters in basketball and two in track, finishing fourth in state in the shot put as a senior. Communications major. Son of Brenda and the late Mickey Sims. Born 12/6/83. Resides in Macedonia, Ohio.



DAVID KIRTMAN

34



Fullback 5-11 232
 USC

Rookie NFL Season
 Rookie Seahawks Season
 5th Round 2006
 February 12, 1983
 Mercer Island, Washington

PRO: Selected with the 31st choice in the fifth round (163rd overall) of the 2006 draft. Second consecutive year club has drafted player from USC and third Trojan drafted in team history (Kris Richard, 2002; Lofa Tatupu, 2005). Second straight year club has drafted a fullback.

COLLEGE: Started 18 of 46 games for the Trojans. Finished with 94 yards and a touchdown on 21 carries (4.5 avg.) and had 46 receptions for 470 yards (10.2 avg.) and a pair of scores. On special teams, he registered five tackles (four solo). Helped Trojans average 260.0 yards per game rushing in only year as team's leading blocker, while delivering 76 knockdown blocks. Averaged 8.42 yards every time he touched the ball. **RS**

SENIOR: All-Pac-10 Conference honorable mention. Started every game at fullback, gaining 26 yards with a touchdown on eight carries (3.2 avg.). Caught a career-high 22 passes for 281 yards (12.8 avg.) and one score. Added one solo tackle on special teams. Averaged 23.62 all-purpose yards per game. **RS**

JUNIOR: Played behind Lee Webb at fullback most of the season, earning starting assignments vs. Colorado State, Arizona State, Washington, and UCLA. Carried eight times for a career-high 45 yards (5.6 avg.) and grabbed 19 passes for 161 yards (8.5 avg.) and a touchdown. Also recorded an assisted tackle.

RS SOPHOMORE: Played in 12 games (sat out the California contest), starting at fullback vs. UCLA. Ran five times

for 23 yards and caught five passes for 28 yards (5.6 avg.). Also recorded a solo tackle. **RS**

FRESHMAN: Appeared in eight games, seeing action mostly on special teams. Did not catch any passes or carry the ball. Finished with two solo tackles. **TRUE FRESHMAN:** Redshirted as a freshman, performing on the scout team as a fullback and tailback.

PERSONAL: Attended Mercer Island (Wash.) High School. 2000 *Super Prep* All-Farwest and *Prep Star* All-Western Region pick as a senior.

Ran for 1,380 yards and 18 touchdowns, adding 480 receiving yards as a senior, establishing eleven school records during his career.

Earned All-Kingco Class 3-A first-team honors while rushing for 1,311 yards (7.9 avg.) and 18 touchdowns, along with 16 receptions for 228 yards (14.3 avg.) and two scores as a junior.

Also was on the track team (100 and 200 meters and shot put). Business major. Father, Louis, ran track at California. Brother, Michael, was on Pomona-Pitzer's football and track teams.

Uncle, Nate, played football at Stanford in 1967. Born 2/12/83. Resides in Mercer Island, Wash.



RYAN PLACKEMEIER

1



Punter 6-3 235
Wake Forest University

Rookie NFL Season
Rookie Seahawks Season
7th Round (a) 2006
March 5, 1984
Bonsall, California

PRO: First of two seventh-round picks for Seahawks (239th overall). Only second player chosen from Wake Forest (Michael McCrary 1993) in team history. Second punter selected by club in three seasons (Donnie Jones, 2004) and sixth in team history.

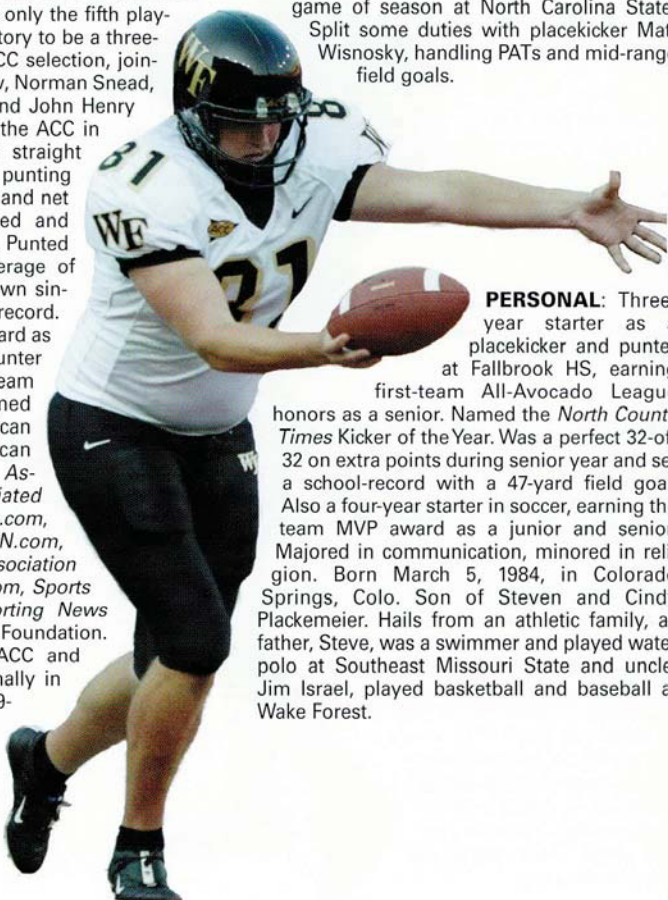
COLLEGE: Left school as the top punter in Wake Forest and ACC history with career average of 45.26, as well as the NCAA all-time leading punter among those with at least 200 career kicks. Became only the fifth player in Wake Forest history to be a three-time first-team All-ACC selection, joining Bob Bartholomew, Norman Snead, James McDougald and John Henry Mills.

SENIOR: Led the ACC in punting for a third straight year. Led nation in punting (47.2 yards per punt) and net punting (41.4). Played and started all 11 games. Punted 67 times for an average of 47.2, shattering his own single-season punting record. Won the Ray Guy Award as the nation's best punter and consensus first-team All-American. Named first team All-American by the American Football Coaches Association, Associated Press, CBSSportsline.com, Draft Insiders, ESPN.com, Football Writers Association of America, Rivals.com, Sports Illustrated, The Sporting News and the Walter Camp Foundation.

JUNIOR: Led the ACC and ranked eighth nationally in punting with a 43.9-yard average on 64 punts, dropping 17 inside the 20. Posted the fourth-best single season punting average in school history.

SOPHOMORE: Played every game in addition to handling placekicking duties early in the season. Led ACC and ranked sixth nationally in punting with a school season-record 45.6 average. Also tied for first in the ACC with a perfect PAT percentage. Earned first-team All-ACC honors. and first-team sophomore All-America by CollegeSportsReport.com. **FRESHMAN:** One of three true freshman to see action for the Demon Decans. Made collegiate debut in third game of season at North Carolina State.

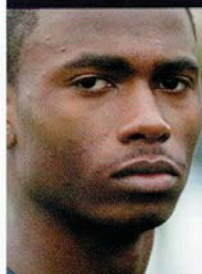
Split some duties with placekicker Matt Wisnosky, handling PATs and mid-range field goals.



PERSONAL: Three-year starter as a placekicker and punter at Fallbrook HS, earning first-team All-Avocado League honors as a senior. Named the *North County Times* Kicker of the Year. Was a perfect 32-of-32 on extra points during senior year and set a school-record with a 47-yard field goal. Also a four-year starter in soccer, earning the team MVP award as a junior and senior. Majored in communication, minored in religion. Born March 5, 1984, in Colorado Springs, Colo. Son of Steven and Cindy Plackemeier. Hails from an athletic family, as father, Steve, was a swimmer and played water polo at Southeast Missouri State and uncle, Jim Israel, played basketball and baseball at Wake Forest.

BEN OBOMANU

87



Wide Receiver 6-0 203
Auburn

Rookie NFL Season
Rookie Seahawks Season
7th Round (b) 2006
October 30, 1983
Selma, Alabama

PRO: Selected with the 41st pick in the seventh round (249th overall) of the 2006 NFL Draft. Fourth time club has selected a player from Auburn, first since 2001 (Heath Evans). Third wide receiver team has drafted in last four years (D.J. Hackett, 2004; Taco Wallace, 2003).

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.

SENIOR: Saw action in every game, starting 11 times. Led team with career-high 33 receptions for 357 yards (10.8 avg.) and five touchdowns. Also recorded a solo tackle and scored 42 points. Earned All-Southeastern Conference third-team honors from the league's coaches.

JUNIOR: Shared split end duties and finished third on the team with 25 receptions for 359 yards (14.4 avg.). Led club with seven touchdowns ranking fifth on school's list. **SOPHOMORE:** Named the team's Most Improved Offensive Skill Player by coaching staff. Started 11 games while appearing in 13 at split end. Ranked fourth on the squad with 22 receptions for 373 yards (17.0 avg.) and three touchdowns. Gained over 100 yards receiving for the only time in his career vs. Mississippi.

FRESHMAN: Played in 13 games as true freshman, earning his first career start in the season opener vs. Southern California. Finished fourth on the team with 17 catches for 224 yards (13.2 avg.) and three touchdowns.

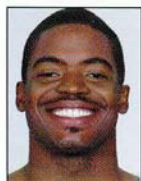
PERSONAL: Attended Selma (Ala.) High School. Four-year starter who earned *Parade* All-American, *Prep Star/CBS Sportsline* Dream Team, *Super Prep* Elite 50 (ranked as the top player in Alabama by that service), *Huntsville Times* Elite 11, *Birmingham News* Class 6A All-State honors, *Constitution* 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.

Had six touchdown catches as a junior and scored 30 career touchdowns. Also started for the basketball team. Graduated in May, 2005, with a degree in finance. Active in the Fellowship of Christian Athletes. Son of Brenda Obomanu. Born Benjamin Ebenezer Obomanu on 10/30/83. Resides in Selma, Alabama.



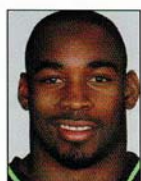
ADDITIONAL FREE AGENTS

Reggie Austin, CB, 5-9, 185, 4th Year, Wake Forest (Atlanta, Ga.)



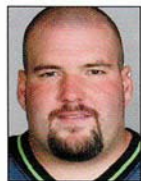
Signed with Seattle as a free agent on January 15, 2006. Assigned to NFL Europe by Seahawks in 2006 and played for the Rhein Fire. Signed two-year contract with Arena Football League's Chicago Rush. Currently on Rush's exempt list after signing with Seattle. Signed with Minnesota Vikings on August 6, 2004, but was released prior to start of season. In 18 career games from 2000 to 2002 with the Chicago Bears, recorded 32 tackles, six passes broken up, two interceptions, and one forced fumble. Suffered a torn ACL in his right knee on November 10 against the New England Patriots. Spent the entire 2000 season on the NFL's injured reserve list with a left heel injury. Selected by the Bears in the fourth round with 125th overall pick of 2000 draft. Lettered all four years at Wake Forest recording 116 tackles, nine interceptions, and 15 passes broken up in 42 games. Also a member of the track team, earning All-ACC honors as a senior, and the 1999 ACC title as part of 4x100 meter relay team. Played on the Deacons' baseball team as a sophomore. Majored in communications and earned degree in 2000. Born January 21, 1977, in Atlanta, Georgia.

Evan Benjamin, LB, 6-0, 225, Rookie, Washington (Redmond, Wash.)



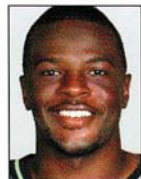
Signed with Seattle as an undrafted free agent on May 1, 2006. In his career at Washington, registered 231 tackles, 6.5 sacks, and eight interceptions. Moved from safety to outside linebacker for 2004 season, and led the Huskies' defense with 105 tackles and three interceptions as a junior. His senior year again led team in tackles and sacks with 109 and 4.0, respectively. At Redmond High School played both running back and safety. Led King County 4A Conference with 1,286 rushing yards and 13 touchdowns as a senior. Ranked by PrepStar as the 10th best defensive back in the West Region. Father, Anthony, played running back for the Seahawks. Born January 29, 1983.

Jeff Bolton, C, 6-4, 325, Rookie, Montana State (Hailey, Idaho)



Signed May 18, 2006, as an undrafted rookie free agent after being released by the Tampa Bay Buccaneers, whom he signed with after the draft. Played in 37 career games at Montana State, starting 29. He logged starts at every position along the offensive line during his Bobcat career. Named the 2005 Rimington Award winner as the Division I-AA's top center and also earned All-Big Sky and consensus Division I-AA All-America honors. Started all 11 games as a junior, helping the team to a share of the Big Sky Conference title and was named Division I-AA second-team All-America and All-Big Sky. Started last 11 games as a sophomore earning All-Big Sky honorable mention and played in eight games as a freshman. Attended Wood River High and named the team's MVP and Most Inspirational as a senior, as well as a two-time all-state and all-conference selection. Also competed in wrestling, baseball and basketball. Born December 31, 1983, in Tampa, Fla.

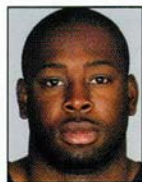
Tony Brown, WR, 6-2, 199, 1st Year, Tennessee (Lauderdale Lakes, Fla.)



Signed to Seattle's practice squad September 27, 2005. Went to camp with the Buffalo Bills and signed with the Bills as an undrafted rookie free agent in April, 2005. Hauled in 31 passes for 388 yards during his senior campaign. Caught a pass in every game of his final season. His junior year, ranked third on team in receiving yards (376) and fourth in receptions (24). Caught at least one pass in nine games. Scored touchdowns in Vols' first two games against Fresno State and Marshall. Totaled career-best 78 yards on five catches at Auburn. Tied for team lead with 39 catches as a sophomore. Ranked second on 2003 team with 477 yards receiving. Lone touchdown reception was crucial in Vols' six-over-time victory against Arkansas. Started season with 15 catches for 152 yards in Vols' first two games. Those games against Wyoming and Middle Tennessee were first-career starts. Earned Harvey Robinson Award as most improved offensive player during spring drills. Named to PrepStar All-America squad. All-state, all-region and all-county performer in 1998 and 1999.

Broke two school records held by former Dallas Cowboys receiver Michael Irvin. Set records for most catches in season with 57 and 12 touchdowns (Irvin had 55 catches and 11 TDs). Four-year starter at wide receiver. Helped guide team to Class 4A state championship with seven catches for 120 yards and one touchdown in title game. Also helped team to 1997 state crown. During four years, team's overall record was 52-6. Selected to play in Florida-Georgia All-Star Game. One of three children, brother Shamus and sister, Tonya. Born May 29, 1981.

Ran Carthon, FB, 6-0, 218, 2nd Year, Florida (Miami, Fla.)



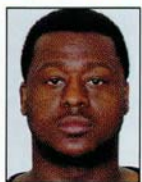
Signed by Seattle as a free agent February 21, 2006. Originally signed as a free agent by Colts on April 30, 2004, and waived September 5, 2004. Signed to Dallas Cowboys' practice squad on September 7, 2004. Signed as free agent by Colts on September 21, 2004, and waived on November 19, 2004. Signed to Colts' practice squad on November 23, 2004. Signed as free agent with Colts on January 17, 2005, and waived November 30, 2005. Signed onto Green Bay Packers' practice squad on December 22, 2005. Had 1,353 career yards rushing, and 11 touchdowns at Florida. As a senior, rushed for 595 yards and six touchdowns, and had 21 receptions for 185 yards and one touchdown. Junior year compiled 563 yards rushing and six touchdowns. Majored in sociology. Attended Key West High School and named to PrepStar's all-region team. His father, Maurice, was FB with the New York Giants and is now offensive coordinator with the Cleveland Browns. Arandric Carthon was born on February 10, 1981.

Oliver Celestin, FS, 6-0, 207, 3rd Year, Texas Southern (New Orleans, La.)



Signed with Seattle as free agent in 2006. Initially signed by Cleveland Browns as an undrafted free agent on May 23, 2003, and released on August 26, 2003. Signed by Minnesota on June 17, 2004, and released on September 14, 2004. Signed by the Jets off of Minnesota's practice squad on November 9, 2004. Played in eight NFL games and has recorded five tackles on defense and nine on special teams, along with forcing and recovering a fumble. Allocated to the Berlin Thunder for the 2004 NFL Europe season, where he ranked fifth on the 2004 World Bowl champion Berlin squad with 35 tackles. Played in 40 career games for Texas Southern, and finished with 229 career tackles and 11 interceptions. Played in 10 games as a senior and had 82 total tackles and six interceptions. Set a school record with a 100-yard interception return against Grambling. Graduated with a degree in administration of justice. Born February 25, 1981.

Jimmy Dixon, RB, 6-1, 230, 1st Year, Georgia Tech (Arlington, Texas)

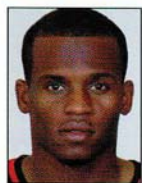


Signed with Seattle as a free agent on January 12, 2006, after ending the 2005 NFL season on the Green Bay Packers' practice squad. Assigned to NFL Europe by Seattle for 2006 season and played with the Hamburg Sea Devils. Spent the 2005 NFL preseason with the Tennessee Titans after signing as an undrafted free agent. Started two years at fullback for Georgia Tech, primarily used as a blocker. Graduated with a degree in business management. Engaged to Aniska Douglas and has a daughter, Jada, and son, Jimmy. Born April 26, 1982.

Brock Edwards, TE, 6-4, 255, 1st Year, Texas (Fort Worth, Texas)



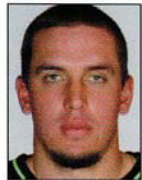
Signed by Seattle as a free agent January 16, 2006. Originally signed with the San Diego Chargers as an undrafted free agent April 26, 2004. Cut but signed to San Diego's practice squad September 6. Placed on injured reserve (hamstring) September 20, ending his season. Played for the Frankfurt Galaxy in Spring 2005 and signed by Seattle following that season. Released September 3, 2005, after training camp. Played in 48 career games, starting 16, for the University of Texas. Named Outstanding Tight End his junior and senior seasons. Finished career with 32 catches for 422 yards and four scores. Earned three-time all-state honors at Christian High in North Richland Hills, Texas. Also lettered in baseball, basketball and track. Majored in liberal arts. Born November 13, 1981.

Lance Frazier, CB, 5-10, 183, 2nd Year, West Virginia (Boynton Beach, Fla.)

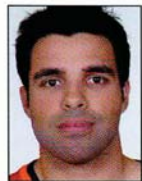
Signed with Seattle on January 16, 2006. Assigned to NFL Europe 2006 and played with the Cologne Centurions. Signed as a rookie free agent by the Baltimore Ravens 2004, but released at final preseason cut. Signed by the Dallas Cowboys on October 12, 2004. Played in 12 games for the Cowboys recording 40 tackles, two interceptions, one fumble recovery, and six passes broken up. Also averaged 9.5 yards on 24 punt returns ranking fifth in the NFC and tops among all NFL rookies. Released on August 26, 2005, by the Cowboys. Broke West Virginia University's record for punt return yard average with 23.5 yards per return. Recorded 12 career interceptions, two of which were returned for touchdowns. Majored in athletic coaching and education. Attended Spanish River High in Boca Raton, Florida. Born May 23, 1981, in Delray Beach, Florida.

Skyler Fulton, WR, 6-0, 200, 1st Year, Arizona State (Olympia, Wash.)

Signed by Seattle on January 5, 2006. Allocated to NFL Europe in 2006 and played for the Amsterdam Admirals where he led the league in catches (53), yards (992) and average (18.7). Also had an NFL Europe-record six 100-yard games. Originally signed as an undrafted rookie free agent with the Indianapolis Colts on May 3, 2004, but was released on September 6. In the final week of the 2004 regular season, signed to the Minnesota Vikings practice squad. Went to training camp with Minnesota in 2005 but on August 8 he was released after an injury settlement. In 46 career games, had 99 career receptions for 1,324 yards and 14 touchdowns for Arizona State. Played baseball for one semester at Skagit Valley Junior College in Mt. Vernon, Washington, and was drafted by the New York Yankees in the 22nd round of the 2002 MLB Draft. In the fall of 2002, returned to Arizona State and was converted from tailback to wide receiver. In 2003, as a senior, recorded 62 receptions for 901 yards and 10 touchdowns. Was named the school's Offensive Player of the Year along with honorable mention All-Pac-10 and first-team Academic All-Pac-10 as a senior. Graduated with a degree in elementary education. Born June 17, 1982.

Mike Gomez, TE, 6-6, 240, 1st Year, Illinois (Miami, Fla.)

Signed to Seattle's practice squad on January 18, 2006, during the postseason. Originally signed with the Jacksonville Jaguars as an undrafted rookie free agent on April 26, 2004. Released after training camp and picked up by the Buffalo Bills who allocated him to the Amsterdam Admirals of NFL Europe in Spring of 2005. Played two seasons at the University of Illinois after transferring from the College of the Canyons (Santa Clarita, Calif.). Served as long snapper for the Fighting Illini and had seven special teams tackles in two years. In junior college, named all-conference in 2000 with 38 receptions for 738 yards and nine touchdowns. Earned all-city honors at Killian High. Uncle, Steve Alvers, played tight end for the Buffalo Bills (1981) and N.Y. Jets (1982). Born April 23, 1982.

Gibran Hamdan, QB, 6-6, 240, 2nd Year, Indiana (San Diego, Calif.)

Signed with Seattle on January 6, 2006, and allocated to NFL Europe for the third consecutive season. Was the league's leading passer in 2006 when his season was cut short due to an ankle injury; however, still earned league MVP honors. Originally was a seventh-round pick (232nd overall) in the 2003 NFL Draft by the Washington Redskins. Spent the first 10 weeks on the practice squad before being signed to the active roster. Made his NFL debut vs. Philadelphia (12/27) and was one of two for 7 yards. Completed senior season with 2,115 yards and nine touchdowns. Yardage was seventh-best in Indiana history. Named Big Ten Co-Player of the Week for his 24-of-36, 310-yard and career-high four touchdown performance in 32-29 win over Wisconsin. Also played baseball at Indiana. Attended Bishop O'Connell High in Arlington, Va. Completed 157 of 298 passes for 2,149 yards and 12 touchdowns as a senior. He led the Northern Virginia area in passing yards and finished second in the D.C. metro area, while being named the Virginia Independent Schools Player of the Year and earned first-team all-league and district honors. Starting center for the school's basketball team and also played baseball for the 15-and-under U.S. National Baseball team. Born in San

Diego, Calif. and moved to Kuwait when he was three years old. Went on a family vacation to San Diego in 1991, and during that time Iraq invaded Kuwait. The Hamdams decided to remain in the States and moved to Potomac, Md. a few years later. Born February 8, 1981.

Brandon Haw, FS, 6-0, 195, 1st Year, Rutgers (Cheverly, Md.)



Signed to Seattle's practice squad November 29, 2005. Signed with the Dolphins as a free agent on January 19, 2005. Went to camp with Philadelphia in 2004 as an undrafted college free agent before being waived on September 5, 2004. Was signed to San Diego's practice squad on September 7 and was released by the Chargers on November 11. Was signed to Cleveland's practice squad on November 16 where he spent the remainder of the 2004 season. Was a four-year starter at Rutgers (2000-03) and finished his career with 137 tackles. 8.5 sacks, six interceptions and 29 pass breakups. Tied for second in the

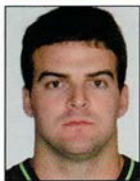
Big East as a junior in 2002 with four interceptions. Also competed on the Scarlet Knights' indoor track team where he competed in the 55-meter dash. Was an all-state selection at Fairmont Heights High School in Cheverly, Md., where he also lettered in basketball and track. Full name is Brandon Kue Haw.

William Henry, G/C, 6-4, 295, 1st Year, Clemson (Greenville, S.C.)



Signed to Seattle's practice squad December 14, 2005. Originally signed by the Atlanta Falcons as an undrafted rookie free agent in April 2004 but was released after training camp. Allocated by Atlanta to the Frankfurt Galaxy of NFL Europe in Spring of 2005. Spent the 2005 preseason with Seattle before being cut September 3. Played four years at Clemson, starting at left tackle his junior and senior seasons. Attended Greenville High School. Born October 16, 1981.

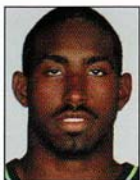
Matt Henshaw, TE, 6-4, 248, Rookie, Florida State (Brentwood, Tenn.)



Signed with Seattle as an undrafted free agent on May 1, 2006. As a fifth-year senior played in all 13 games. Recorded career highs in receptions with 21 and receiving yards with 177 leading Florida State tight ends in both categories. Junior year played in 11 games at the tight end position including the Gator Bowl against West Virginia. As a sophomore, had longest career catch of 46 yards from Chris Rix against Wake Forest. Played in 10 games as a freshman including the Seminoles' Sugar Bowl appearance. Graduated from Brentwood High School in 2001 and earned All-State second-team honors as

a quarterback. Senior season completed 169 of 269 passes for 2,173 yards and 15 touchdowns. As a junior, passed for over 2,300 yards and 19 touchdowns. Majored in social science. Father is George Henshaw, a former Florida State assistant coach and currently a member of the Tennessee Titans' coaching staff. Born March 17, 1988.

Kevin Hobbs, CB, 6-0, 195, Rookie, Auburn (Tampa, Fla.)



Signed by Seattle as an undrafted free agent on May 1, 2006. Senior year had 11 tackles, including one in the Sugar Bowl against Virginia Tech. Impressed scouts at Auburn's annual Pro Day with a 4.34 40-yard dash. Moved from cornerback to safety junior year and started one game. In 2003, played in all 13 games, starting seven and tied for the team lead with three interceptions, including one returned 20 yards for a touchdown against Louisiana-Monroe. Was a walk on at Auburn his sophomore year and sat out season after transferring from Texas Southern. Began college career in 2001 at Texas Southern

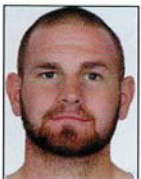
and transferred to Auburn following his freshman year. Majored in business accounting. Born April 30, 1983.

Keenan Howry, WR, 5-10, 178, 4th Year, Oregon (Los Alamitos, Calif.)

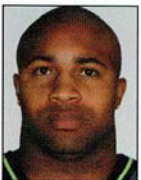
Signed with Seattle as a free agent on January 8, 2006. Had 2004 season with the Minnesota Vikings was cut short by shoulder injury. Saw limited action in four games after returning from shoulder surgery. Released by the Vikings on October 22, 2005. Was the lowest drafted player to start a game as a rookie for the Vikings since DT Brad Culpepper, a 10th rounder in 1992. Played in all 16 games as a rookie, and set Vikings rookie record with 247 punt return yards in 2003. Drafted by the Vikings in the 7th round, 221st overall. Was a four-year starter at Oregon. Named All-Pac-10 three times, and Associated Press All-America as a junior. The two-time Belitnikoff nominee had 24 touchdowns as a receiver, four as a kick returner, one as a rusher, and one as a passer. Played in four bowl games, and was MVP of the Seattle Bowl as a senior. Majored in psychology, and aspires to a career in teaching and coaching after football. Attended Los Alamitos High and was two-time All-State. Born June 17, 1981.

C.J. Jones, WR, 5-11, 195, 1st Year, Iowa (Boynton Beach, Fla.)

Signed by Seattle on January 5, 2006. Assigned to NFL Europe and played for the Berlin Thunder. Originally allocated to NFL Europe by the Cleveland Browns and played for the Cologne Centurions in 2005. Grabbed 10 passes for 118 yards and one touchdown. Signed as an undrafted free agent by Cleveland on May 2, 2003. Waived on October 16, 2003, and signed to the Browns' practice squad. Signed by Cleveland to the active roster on November 26, 2003. Waived on September 5, 2004, and re-signed to practice squad. As a two-year starter at Iowa, caught 72 passes for 902 yards and 10 touchdowns in 24 games. Returned 19 kickoffs for 506 yards as a senior. Track team MVP all four years at Boynton High School in Florida, and holds high school record in the 400 meters. Majored in sports studies. Cousins with Anquan Bolding of the Arizona Cardinals and Corey Banks of the Washington Redskins. Born September 20, 1980.

Ryan Killeen, K, 5-11, 185, 1st Year, USC (Norco, Calif.)

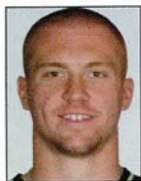
Signed by Seattle on January 6, 2006, and assigned to the Amsterdam Admirals of the NFL Europe League. Signed as an undrafted free agent by the Detroit Lions in May, 2005, and released on August 31, 2005. All-time leader with 329 career points at USC. Made 16 of 25 field goals and registered 48 touchbacks from 92 kickoffs as a senior in 2004. As a junior, made 19 of 24 field goals and 65 of 67 extra-point conversions. Led USC in scoring in 2002 with 95 points, making 16 of 23 field goals and 47 of 49 extra-point conversions. He graduated with a degree in social science/history. Born July 11, 1983.

Lance Laury, LB, 6-2, 233, Rookie, South Carolina (Hopkins, S.C.)

Signed with Seattle on May 1, 2006, as an undrafted free agent. As a senior in 2005, played in 11 games and was second on team with 69 tackles. As a junior in 2004, served as a backup and registered 12 tackles. In 2003 was hobbled by a sore knee following knee surgery was fourth on team with 59 tackles. Selected Freshman All-America by *The Sporting News* following a season with 90 tackles despite missing two games. In season opener, had a team-high 14 tackles. Majored in hotel, restaurant, and tourism management. Prepped at Lower Richland High School and named all-conference in 1999 and 2000. Born January 17, 1982.

Gabe Lindstrom, P, 6-4, 220, 1st Year, Toledo (Bisbee, Ari.)

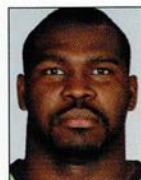
Signed by Seattle on January 9, 2006, and allocated to the Cologne Centurions of the NFL Europe League. Has spent time with the Dallas Cowboys, Chicago Bears, Cleveland Browns, New York Giants, and Seahawks. Played in preseason with each team. In 2002 he played with the Frankfurt Galaxy, averaging 42.7 yards per punt on 47 kicks with a long of 66. Averaged 41 yards per kick in career at Toledo. Majored in psychology and education. In the off-season teaches at a juvenile detention center. Born May 26, 1976.

Travis Lulay, QB, 6-2, 216, Rookie, Montana State (Aumsville, Ore.)

Signed by Seattle as an undrafted free agent on May 1, 2006. Passed for 10,746 yards and 58 touchdowns in four years at Division 1-AA MSU, and engineered numerous late-game comebacks. Owns MSU's record for career passing yards and for career, and single-season total offense. As a junior, his 516 passing yards at Sac State was MSU's most ever in a game. Attended Regis High School where he was named Oregon Offensive Player of the Year as a senior, and was the state's co-Player of the Year as a junior. Threw for 2,582 yards as a senior and amassed 7,344 yards with 80 touchdowns and only 28 interceptions during his career. He was a three-time All-Conference baseball player and a two-time All-League choice in basketball. Graduated with a 3.91 grade-point average. Born September 27, 1983.

Maurice Mann, WR, 6-1, 190, 1st Year, Nevada (Seaside, Calif.)

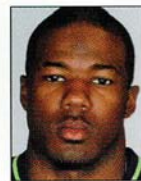
Signed to Seattle's practice squad November 9, 2005. Originally a fifth-round pick (149th overall) by the Cincinnati Bengals in the 2004 NFL Draft. Released after camp but signed to the Bengals practice squad September 7. Signed to Miami's active roster from Cincinnati's practice squad November 19, 2004. Declared inactive for seven games. Played two seasons at Nevada and had 53 catches for 827 yards and five touchdowns. As a senior, caught 35 balls for 594 yards with two scores and played in the Hula Bowl after the season. Spent his first two years at Monterey Peninsula Junior College and was a JC All-America in 2001 after recording 71 receptions for 960 yards and eight touchdowns. Attended Monterey High where he played football, basketball and track, and won the conference high hurdles championship. Majored in business marketing. Born September 14, 1982.

Robert Pollard, DE, 6-2, 278, 1st Year, Texas Christian (Beaumont, Texas)

Signed to the Seahawks practice squad November 15, 2005, and to their active roster January 17, 2006, during the postseason. Declared inactive for the NFC Championship Game (1/22/06) and Super Bowl XL (2/5/06). Originally signed with San Diego as an undrafted free agent April 30, 2004, but was cut after camp August 31. Signed to the Chargers practice squad one week later until signing to the team's active roster January 1, 2005. Made NFL debut vs. Kansas City (1/2/05). Declared inactive for the team's Wild Card Game vs. the Jets. Third-team Conference USA as a senior. Finished Horned Frogs career with 180 tackles and 12.5 sacks. All-District at Westbrook High, earning Super Gold Team Defensive Player of the Year and PrepStar All-America Honors. Married to Janell. Born in Metairie, La. and majored in psychology.

Lance Reynolds, C, 6-2, 305, Rookie, Brigham Young (Provo, Utah)

Signed by Seattle as an undrafted free agent on May 1, 2006. As a senior at BYU, helped anchor an offensive line that provided pass protection for the nation's seventh-ranked offense, averaging 306.3 yards per game. Named second-team All-Mountain West. Started at the center position his junior and senior year. Originally started his career at BYU as a linebacker, a position he played at Timpview High School, but then moved to center in 2003 during his sophomore season. Helped lead his team to the state title as a junior. His father, Lance, is the assistant head coach and running backs coach for the Cougars. Married Becky Snell in May, 2002. Born June 17, 1980.

Gerard Ross, CB, 6-1, 200, Rookie, Florida State (Jacksonville, Fla.)

Signed by Seattle as an undrafted free agent on May 1, 2006. Played in a total of 43 games at Florida State. As a senior, started the first four games of the season at cornerback before being slowed by a knee injury, and missed the final five games. Junior year played in 11 games backing up All-ACC second-team selection Bryant McFadden at the left cornerback spot. Saw a great deal of playing time on special teams. Sophomore year played in all 13 games, including the Orange Bowl game against Miami. Most of his playing time freshman year came on special teams. Had his first-career tackle in a victory

against Georgia Tech. Majored in sports management. Attended Trinity Christian High School. Named to the PrepStar All-America team in 2000. Played both safety and quarterback. Born December 27, 1982.

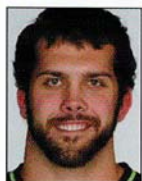
Pat Ross, C, 6-3, 301, Rookie, Boston College (Reading, Ohio)



Signed with Seattle as an undrafted free agent on May 1, 2006. Winner of the 2005 Scanlan Award, the highest honor bestowed upon a Boston College football player; the award is given to a senior who excels on the field, in the classroom, and in the community. As one of two team captains his senior year, started all 12 games, finishing his career with 37 straight starts. Anchored an offensive line that was the ACC's biggest, weighing a collective 1,586 pounds. Helped pave the way his junior year for 100-yard rushing performances by three different running backs. Sophomore year started all 13 games replacing

Dan Koppen at center. As a redshirt freshman, saw significant playing time, and helped pave the way for another 1,000-yard rusher. Enrolled in the Carroll School of Management. Born March 16, 1983.

John Syptak, DE, 6-1, 253, Rookie, Rice (Bellville, Texas)



Signed by Seattle as an undrafted free agent on May 1, 2006. Totaled 241 tackles and 16 sacks in his career at Rice. As a senior, had a team-leading 72 tackles and four sacks. In 2004, following his junior year, named to the All-WAC team, and the All-Academic-WAC team. His eight sacks equaled the second best tally in Rice history. As a sophomore, recorded a team-leading four sacks and four fumble recoveries. Played as a true freshman and recorded 19 tackles in nine games and recovered one fumble. Bellville High School graduate where he was named county and district defensive MVP. Born March 16, 1984.

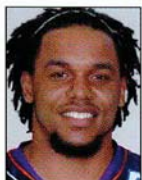
Marquis Weeks, RB, 5-10, 216, Rookie, Virginia (Norristown, Pa.)



Signed with the Seahawks as an undrafted rookie free agent April 24, 2005, and spent the season on the team's practice squad. Played as a graduate student in 2004 after receiving his degree in sociology in May 2004. Played four seasons with the Cavaliers, playing in 49 games with 17 starts. Played his first three seasons at tailback with five starts. Started all 12 games at safety his senior year and was also an explosive kick returner, averaging 30.1 yards per kick return in career. One of only three players in Virginia history to have two kick-offs returns for touchdowns and his 1,025 career kick return yards rank sixth in

school history. Made 60 tackles (35 solo), 2.0 sacks and returned 11 kickoffs for 354 yards (career-high 32.2 average) with a 100-yard return for touchdown his senior year. Returned 10 kicks for 275 yards in 2003 and 13 kicks for 396 yards in 2002 with another 100-yard return for touchdown. In his three years as reserve tailback, carried 63 times for 305 yards (4.8 average) with a long of 32. Had a career-high 41 carries for career-high 210 yards in 2002. Attended Conestoga High where he played corner and running back. Was a 1999 *SuperPrep* All-American and three-time All-American by *PrepStar* and *National Recruiting Advisor*. Second-team all-state by *Pennsylvania Football News* and three-time All-Central League first team. For his career, rushed 808 times for 6,193 yards and 71 touchdowns. As a senior, set school records in carries (293), yards (2,305) and touchdowns (24). Also participated in track and wrestling. Born October 2, 1980, in Fort Ord, Calif. First name pronounced MAR-cus.

Keith Willis, TE, 6-6, 264, 1st Year, Virginia Tech (Norfolk, Va.)



Signed by Seattle on January 5, 2006, and assigned to the Frankfurt Galaxy of the NFL Europe League. Originally signed by the Green Bay Packers on April 30, 2004, as an undrafted free agent. Released prior to start of regular season. On June 13, 2005, signed as free agent with the Cleveland Browns and released prior to the start of the 2005 regular season. Grabbed 14 passes for 290 yards and two touchdowns at Virginia Tech. Majored in science of food, nutrition, and exercise. Attended Norview High School in Norfolk, Virginia. Named the leading tight end in the ACC Region by *PrepStar*, and listed as the number seven tight end in the nation by *SuperPrep*. Born December 14, 1980.

DRAFT SUMMARIES

1976 VETERAN ALLOCATION

Player,	Pos.	Former Team	Player,	Pos.	Former Team
Wayne Baker	DT	San Francisco	Gordon Jolley	T	Detroit
Carl Barisich	DT	Cleveland	Gary Keithley	QB	St. Louis
Nick Bebout	T	Atlanta	Art Kuehn	C	Washington
Lyle Blackwood	DB	Cincinnati	Kerry Marbury	RB	New England
Ed Bradley	LB	Pittsburgh	Al Matthews	DB	Green Bay
Dave Brown	DB	Pittsburgh	Sam McCullum	WR	Minnesota
Don Clune	WR	N.Y. Giants	John McMakin	TE	Detroit
Rondy Colbert	DB	N.Y. Giants	Eddie McMillan	DB	L.A. Rams
Dwayne Crump	DB	St. Louis	Bill Olds	RB	Baltimore
Mike Curtis	LB	Baltimore	Jesse O'Neal	DE	Houston
Jerry Davis	DB	N.Y. Jets	Joe Owens	DE	New Orleans
John Demarie	G	Cleveland	Bob Penchion	G	San Francisco
Norm Evans	T	Miami	Bob Picard	WR	Philadelphia
Ken Geddes	LB	L.A. Rams	Rocky Rasley	G	Kansas City
Gary Hayman	RB	Buffalo	Steve Taylor	DB	Denver
Fred Hoaglin	C	Houston	Dave Tipton	DE	San Diego
Neil Graff	QB	New England	Charles Waddell	TE	San Diego
Don Hansen	LB	Atlanta	Larry Woods	DT	N.Y. Jets
Ron Howard	TE	Dallas	Rolly Woolsey	DB	Dallas
Ken Hutcherson	LB	Green Bay			

1976 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Steve Niehaus (2, 2)	DT	Notre Dame	6.	Alvis Darby (1, 157)	TE	Florida
2a.	Sammy Green (1, 29)	LB	Florida	7.	Dick Dixon (2, 184)	DT	Arkansas St.
2b.	Sherman Smith (30, 58)	RB	Miami, OH	8.	Larry Shipp (1, 210)	WR	LSU
2c.	Steve Raible (31, 59)	WR	Georgia Tech	9.	Bob Bos (2, 239)	T	Iowa St.
3a.	Jeff Lloyd (2, 62)	DE	West Texas St.	10.	Randy Coffield (1, 266)	LB	Florida St.
3b.	Rick Engles (29, 89)	P	Tulsa	11.	Keith Muehr (2, 293)	P	SW Louisiana
3c.	Don Bitterlich (32, 92)	K	Temple	12.	Ron Barnett (1, 320)	WR	Texas-Arlington
4a.	Steve Myer (1, 93)	QB	New Mexico	13.	Andy Reid (2, 349)	RB	Georgia
4b.	Randy Johnson (30, 122)	G	Georgia	14.	Jarvis Blinks (1, 376)	DB	Northwestern St.
4c.	Andrew Bolton (31, 123)	RB	Fisk	15.	Dan Smith (2, 405)	T	Washington St.
5a.	Don Dufek (2, 126)	DB	Michigan	16.	Jeff Urczyk (1, 432)	G	Georgia Tech
5b.	Ernie Jones (29, 153)	DB	Miami	17.	Chris Rowland (2, 461)	QB	Washington
5c.	Larry Bates (32, 156)	FB	Miami				

1977 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	(choice traded to Dallas)			3.	Dennis Boyd (2, 58)	DE	Oregon St.
1b.	Steve August (14, 14) (choice from Dallas)	G	Tulsa	4a.	John Yarno (3, 87)	C	Idaho
2a.	Tom Lynch (2, 30) (choice from Dallas)	T	Boston Coll.	4b.	Larry Seivers, (27, 111) (choice from Minnesota for Ahmad Rashad, WR)	WR	Tennessee
2b.	(choice traded to L.A. Rams for draft choice and Geoff Reece, C)			5.	(choice traded to Detroit for Bill Munson, QB)		
2c.	Terry Beeson (23, 41) (choice from Dallas)	LB	Kansas	6	Tony Benjamin (3, 142)	FB	Duke
2d.	Peter Cronan (2, 51) (choice from L.A. Rams)	LB	Boston Coll.	7.	David Sims (2, 169)	RB-FB	Georgia Tech
2e.	(choice traded to Dallas for Duke Fergerson, WR) (choice from Dallas)			8.	(choice traded to Houston for Steve Largent, WR)		
				9.	George Adzick (2, 225)	S	Minnesota
				10.	Sam Adkins (3, 254)	QB	Wichita St.
				11.	Bill Westbeld (2, 281)	T	Dayton
				12.	I.V. Wilson (22, 329)	DT	Tulsa

1978 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Keith Simpson (9, 9)	DB	Memphis St.	9.	Rich Grimmett (9, 231)	T	Illinois
2.	Keith Butler (8, 36)	LB	Memphis St.	10.	Rob Stewart (8, 258)	WR	Lafayette
3.	Bob Jury (7, 63)	DB	Pittsburgh	11a.	(choice traded to New Orleans for Andy Dorris, DE)		
4.	Al Hunter	RB	Notre Dame	11b.	George Halas (23, 301)	LB	Miami
	(choice exercised in 1977 supplemental draft)						
5.	Louis Bullard (9, 119)	T	Jackson St.		(choice from Miami for Carl Barisich, DE)		
6.	Glenn Starks (8, 146)	WR	Texas A&I	12.	Jeff Bergeron (10, 316)	RB	Lamar
7.	John Harris (7, 173)	DB	Arizona St.				
8.	(choice traded to Minnesota for Austry Beamon, S and Amos Martin, LB)						

1979 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Manu Tuiaosopo (18, 18)	DT	UCLA	6.	(choice traded to Dallas for Bill Gregory, DE)		
2.	Joe Norman (17, 45)	LB	Indiana	7a.	Larry Polowski (4, 169)	LB	Boise St.
3a.	Michael Jackson (1, 57)	LB	Washington		(choice from Washington for Don Testerman, FB)		
	(choice from San Francisco for Bob Jury, S)						
3b.	(choice traded to Dallas for Bill Gregory, DE)						
3c.	(choice traded to San Francisco in Bob Jury trade)						
4a.	(choice voluntarily given to Buffalo for Ahmad Rashad signing)						
	(choice acquired from Tampa Bay for Larry Seivers, WR)						
4b.	Mark Bell (20, 102)	TE	Colorado St.	8.	(choice traded to Detroit for Ernie Price, DE)		
5.	(choice traded to Dallas for Efren Herrera, K)						
				9.	Ezra Tate (20, 240)	RB	Miss. St.
				10.	Robert Hardy (19, 267)	DT	Jackson St.
				11.	Jim Hinesly (18, 293)	G	Michigan St.
				12.	Jeff Moore (16, 319)	RB	Jackson St.

1980 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Jacob Green (10, 10)	DE	Texas A&M	7.	(choice traded to N.Y. Giants for Dan Doornink, FB)		
	(choice from Buffalo)						
1b.	(choice traded to Buffalo)						
2.	Andre Hines (16, 44)	T	Stanford	8a.	Vic Minor (11, 204)	S	Northeast LA
3.	(choice traded to Buffalo)						
4.	Terry Dion (14, 97)	DE	Oregon		(choice from Minnesota for Steve Niehaus, DT)		
5a.	Joe Steele (17, 127)	RB	Washington	8b.	Jack Cosgrove (14, 207)	C	Pacific
5b.	Daniel Jacobs (22, 132)	DE	Winston-Salem St.	9.	Jim Swift (17, 238)	T	Iowa
	(choice from Washington for Don Testerman, FB)						
6.	Mark McNeal (15, 153)	DE	Idaho	10a.	Ron Essink (16, 265)	T	Grand Val. St.
				10b.	Billy Reaves (25, 274)	WR	Morris Brown
					(choice from Houston for Sammy Green, LB)		
				11.	Tali Ena (15, 292)	RB	Washington St.
				12.	Presnell Gilbert (14, 319)	CB	U.S. Int'l.

1981 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Kenny Easley (1, 4)	S	UCLA	8.	Eric Lane (3, 196)	RB	BYU
2.	David Hughes (3, 31)	FB	Boise St.	9a.	Jim Stone (2, 223)	RB	Notre Dame
3.	Bill Dugan (2, 58)	G	Penn St.	9b.	Jim Whately (15, 236)	WR	Washington St.
4.	Scott Phillips (4, 87)	WR	BYU		(choice from Minnesota for Nick Bebout, T)		
5.	Edwin Bailey (3, 114)	G	S. Carolina St.	10.	Ken Dawson (4, 252)	RB	Savannah St.
6.	Steve Durham (2, 140)	DE	Clemson	11.	Lance Olander (3, 279)	RB	Colorado
7a.	Ron Johnson (4, 170)	WR	Long Beach	12.	Jeff Bednarek (2, 306)	DT	Pacific
7b.	Brad Scovill (20, 186)	TE	Penn St.				
	(choice from Houston for Sammy Green, LB)						

1982 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Jeff Bryant (6, 6)	DE	Clemson	6.	Jack Campbell (5, 144)	T	Utah
2.	Bruce Scholtz (6, 33)	LB	Texas	7.	Eugene Williams (7, 174)	LB	Tulsa
3a.	(choice traded to New England for Horace Ivory, RB)			8.	Chester Cooper (6, 201)	WR	Minnesota
3b.	Pete Metzelaars (20, 75)	TE	Wabash	9.	David Jefferson (5, 228)	LB	Miami
	(choice from Buffalo for Tom Lynch, G)			10.	Craig Austin (7, 258)	LB	So. Dakota
4.	(choice traded to St. Louis for Theotis Brown, RB)			11.	Sam Clancy (5, 284)	TE	Pittsburgh
5.	(choice traded to L.A. Rams for Jim Jodat, FB)			12.	Frank Naylor (5, 311)	C	Rutgers

1983 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Curt Warner (3, 3)	RB	Penn St.	6.	Reginald Gipson (10, 150)	FB	Alabama A&M
	(choice from Houston)			7.	Sam Merriman (9, 177)	LB	Idaho
1b.	(choice traded to Houston)			8.	Matt Hernandez (14, 210)	T	Purdue
2.	(choice traded to Houston)			9.	Bob Clasby (12, 236)	T	Notre Dame
3.	(choice traded to Houston)			10.	Pete Speros (12, 263)	G	Penn St.
4.	(choice traded to St. Louis for Theotis Brown, RB)			11.	Bob Mayberry (11, 290)	G	Clemson
5.	Chris Castor (11, 123)	WR	Duke	12.	Don Dow (10, 317)	T	Washington

1984 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Terry Taylor (22, 22)	CB	So. Illinois	5b.	(choice traded to Baltimore for Robert Pratt, G)		
2.	Daryl Turner (21, 49)	WR	Michigan St.	6.	John Kaiser (22, 162)	LB	Arizona
3.	Fredd Young (20, 76)	LB	New Mexico St.	7.	Sam Slater (21, 189)	T	Weber St.
4a.	Rickey Hagood (2, 86)	NT	S. Carolina	8.	John Puzar (20, 216)	C	Long Beach
	(choice from San Francisco for Manu Tuiasosopo, NT)			9.	Adam Schreiber (19, 243)	G	Texas
4b.	(choice traded to Baltimore for Roger Carr, WR)			10.	Randall Morris (18, 270)	RB	Tennessee
5a.	(choice traded to N.Y. Giants for Terry Jackson, CB)			11.	Steve Gemza (22, 302)	T	UCLA
	(choice acquired from San Diego for Roger Carr, WR)			12.	Theo Windham (21, 329)	S	Utah St.

1984 SUPPLEMENTAL DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Gordon Hudson	TE	BYU	3.	Frank Seurer	QB	Kansas
2.	Alvin Powell	G	Winston Salem				

1985 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(choice traded to Cincinnati for Blair Bush, C)			6.	(choice traded to N.Y. Giants for Terry Jackson, CB)		
2.	Owen Gill (25, 53)	FB	Iowa	7.	Ron Mattes (25, 193)	T	Virginia
3.	Danny Greene (25, 81)	WR	Washington	8.	Judious Lewis (25, 221)	WR	Arkansas St.
4.	Tony Davis (25, 109)	TE	Missouri	9.	Bob Otto (24, 248)	DE	Idaho St.
5a.	Mark Napolitan (11, 123)	C	Michigan St.	10a.	John Conner (25, 227)	QB	Arizona
	(choice from San Diego for Roger Carr, WR)			10b.	James Bowers (28, 280)	S	Memphis St.
5b.	Arnold Brown (16, 128)	CB	N. Carolina Central		(choice from San Francisco for Manu Tuiasosopo, NT)		
	(choice from Pittsburgh for Steve August, T)			11.	Louis Cooper (25, 305)	LB	W. Carolina
5c.	Johnnie Jones (25, 137)	RB	Tennessee	12.	(choice traded to Buffalo for Reggie McKenzie, G)		

1986 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	John L. Williams (1, 15)	FB	Florida	7b.	Paul Miles (15, 181)	RB	Nebraska
2.	(choice traded to New England for Bob Cryder, T)				(choice from Cleveland for the rights to Sam Clancy, DE)		
3.	Patrick Hunter (13, 68)	CB	Nevada-Reno	8.	Alonzo Mitz (17, 211)	DE	Florida
4.	(choice traded to Cincinnati for Dan Ross, TE)			9.	Michael Black (16, 237)	T	Sacram. St.
5.	Bobby Joe Edmonds (16, 126)	WR	Arkansas	10.	Don Fairbanks (15, 264)	DE	Colorado
6.	Eddie Anderson (15, 153)	S	Fort Valley St.	11.	David Norrie (14, 291)	QB	UCLA
7a.	(choice traded to Buffalo for Jon Borchardt, G)			12.	John McVeigh (16, 321)	LB	Miami

1987 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Tony Woods (18, 18)	LB	Pittsburgh	7b.	Derek Tennell (17, 185)	TE	UCLA
2.	David Wyman (17, 45)	LB	Stanford	8.	Sammy Garza (21, 216)	QB	Texas-El Paso
3.	(choice traded to Cincinnati for Mike Wilson, T)			9.	M.L. Johnson (20, 243)	LB	Hawaii
4.	Mark Moore (20, 104)	S	Oklahoma St.	10.	Louis Clark (19, 270)	WR	Miss. St.
5a.	Tommie Agee (7, 119)	FB	Auburn	11.	Daryl Oliver (18, 297)	RB	Miami
	(choice from Detroit for Shelton Robinson, LB)			12a.	Wes Dove (5, 312)	DE	Syracuse
5b.	Ruben Rodriguez (19, 131)	P	Arizona		(choice from Green Bay for Dan Ross, TE)		
6.	(choice traded to Philadelphia for Greg Naron, G)			12b.	Tony Burse (17, 324)	FB	Mid. Tenn. St.
7a.	Roland Barbay (16, 184)	NT	LSU				
	(choice from Minnesota for John Harris, S)						

1988 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Brian Bosworth (choice exercised in 1987 supplemental draft)	LB	Oklahoma	6.	Roy Hart (21, 158)	NT	South Carolina
2.	Brian Blades (2, 22)	WR	Miami	7.	Ray Jackson (20, 185)	CB	Ohio St.
3.	Tommy Kane (3, 20)	WR	Syracuse	8.	Robert Tyler (22, 215)	TE	S. Carolina St.
4.	Kevin Harmon (19, 101)	RB	Iowa	9.	Deatrich Wise (21, 242)	NT	Jackson St.
5a.	(choice traded to Phoenix for Kelly Stouffer, QB). (choice from Dallas for Ron Essink, T)			10.	Derwin Jones (20, 269)	DE	Miami
5b.	(choice traded to San Francisco for Jeff Kemp, QB)			11a.	Rick McLeod (choice from Green Bay for Dave Brown, CB)	T	Washington
				11b.	Dwayne Harper (22, 299)	CB	S. Carolina St.
				12.	Dave DesRochers (21, 326)	T	San Diego St.

1989 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Andy Heck (15, 15)	T	Notre Dame	5.	(choice traded to Phoenix for Kelly Stouffer, QB)		
1b.	(choice traded to Phoenix for Kelly Stouffer, QB)			6.	(choice traded to Tampa Bay with Randy Edwards, NT for Ron Heller, T)		
2.	Joe Tofflemire (16, 44)	C	Arizona	7.	Mike Nettles (17, 184)	CB	Memphis St.
3.	Elroy Harris (15, 71)	RB	E. Kentucky	8.	Marlin Williams (16, 211)	DE	W. Illinois
4a.	Travis McNeal (17, 101)	TE	Tenn.-Chat.	9.	David Franks (15, 238)	G	Connecticut
4b.	James Henry (19, 103)	RS/CB	So. Mississippi	10.	Derrick Fenner (17, 268)	RB	North Carolina
	(choice from Philadelphia for Ron Heller, T)			11.	Mike Baum (16, 295)	DE	Northwestern
				12.	R.J. Kors (15, 322)	S	Long Beach

1990 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Cortez Kennedy (3, 3) (choice from New England)	DT	Miami	4.	Chris Warren (8, 89)	RB	Ferrum
1b.	(choice traded to New England)			5.	Eric Hayes (10, 119)	DT	Florida St.
1c.	(choice traded to New England) (choice from Indianapolis for Fredd Young, LB)			6.	Ned Bolcar (9, 146)	LB	Notre Dame
2a.	Terry Wooden (4, 29) (choice acquired from New England)	LB	Syracuse	7.	Bob Kula (10, 175)	T	Michigan St.
2b.	Robert Blackmon (9, 34)	S	Baylor	8.	Bill Hitchcock (9, 202)	T	Purdue
3.	(choice traded to New England)			9.	(choice traded to Dallas for Daryl Smith, T)		
				10.	Robert Morris (9, 257)	DE	Valdosta St.
				11.	Daryl Reed (10, 286)	CB	Oregon
				12.	John Gromos (8, 312)	QB	Vanderbilt

1991 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Dan McGwire (16, 16)	QB	San Diego St.	6.	Michael Sinclair (16, 155)	DE	E. New Mexico
2a.	(choice traded to L.A. Raiders)			7.	(choice traded to Atlanta for Ronnie Lee, T)		
2b.	Doug Thomas (24, 51) (choice from L.A. Raiders)	WR	Clemson	8.	(choice traded to L.A. Raiders for Vann McElroy, S)		
3.	David Daniels (19, 74)	WR	Penn St.	9.	(choice traded to Cleveland for Bob Buczkowski, DE)		
4a.	(choice traded to New England in 1990)			10.	Erik Ringoos (16, 266)	LB	Hofstra
4b.	John Kasay (17, 128) (choice from L.A. Raiders)	K	Georgia	11.	Tony Stewart (19, 297)	RB	Iowa
5.	Harlan Davis (16, 155)	CB	Tennessee	12.	Ike Harris (18, 324)	T	S. Carolina

1992 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Ray Roberts (10, 10)	T	Virginia	8.	Muhammad Shamsid-Deen, (11, 207)	RB	Tenn.-Chat.
2.	(choice traded to Minnesota for Keith Millard, DT)			9.	Larry Stayner (10, 234)	TE	Boise St.
3.	Bob Spitulski (10, 66) Florida	LB	Cent.	10.	Anthony Hamlet (11, 263)	DE	Miami
4.	(choice traded to New Orleans for Rueben Mayes, RB)			11.	Kris Rongen (10, 290)	G	Washington
5.	Gary Dandridge (10, 122)	S	Appala. St.	12a.	Chico Fraley (11, 319)	LB	Washington
6.	Michael Bates (10, 150)	WR	Arizona	12b.	John MacNeill (12, 320) (choice from N.Y. Jets in compensation for Ron Mattes, T)	DE	Michigan St.
7.	Mike Frier (10, 178)	DE	Appala. St.				

1993 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Rick Mirer (2, 2)	QB	Notre Dame	7.	Michael McCrary (2, 170)	DE	Wake Forest
2.	Carlton Gray (1, 30)	CB	UCLA	8a.	Jeff Blackshear (1, 197) Louisiana	G	NE
3.	(choice traded to the Minnesota for Keith Millard, DT)			8b.	Antonio Edwards (8, 204) (choice from Chicago in compensation for signing restricted free agent Joe Cain, LB)	DE	Valdosta St.
4.	Dean Wells (1, 85)	LB	Tennessee				
5.	Terrence Warren (2, 114)	WR	Hampton				
6.	(choice traded to Green Bay for Dave McCloughan, S)						

1994 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Sam Adams (8, 8)	DT	Texas A&M	6.	(choice traded to New England for Jon Vaughn, RB)		
2.	Kevin Mawae (7, 36)	C	LSU	7.	Carlester Crumpler (8, 202)	TE	East Carolina
3.	Lamar Smith (8, 73)	RB	Houston				
4.	Larry Whigham (7, 110)	S	NE Louisiana				
5.	(choice traded to San Diego for 4th round 1995 draft choice)						

1995 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Joey Galloway (8, 8)	WR	Ohio St.	5.	(choice traded to Detroit for Reggie Barrett, WR)		
2.	Christian Fauria (7, 39)	TE	Colorado	6a.	Henry McMillan (9, 180)	DT	Florida
3.	(choice to Green Bay for signing of restricted free agent Corey Harris, CB)			6b.	Eddie Goines (32, 203)	WR	N. Carolina St.
4a.	(choice traded to Arizona for Ricky Proehl, WR)				(compensatory choice for a net loss of free agents in 1994)		
4b.	Jason Kyle (28, 126)	LB	Arizona St.	7.	Keif Bryant (8, 216)	DE	Rutgers
	(choice from San Diego for 5th round 1994 choice)						

1996 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	(choice traded to Houston for 1st round 1996 draft choice and Glenn Montgomery, DT)			4b.	(choice traded to Jacksonville for 4th round 1996 draft choice)		
1b.	(choice traded to Detroit for 1st round and 3rd round 1996 draft choices) (choice from Houston)			4c.	Eric Unverzagt (36, 131)	LB	Wisconsin
1c.	Pete Kendall (21, 21)	T	Boston Coll.	5.	(choice traded to Jacksonville for 4th round 1996 draft choice)		
2.	Fred Thomas (17, 47)	CB	Tenn.-Martin	6a.	Reggie Green (17, 184)	G	Florida
3a.	Robert Barr (16, 77)	T	Rutgers	6b.	T.J. Cunningham (42, 209)	CB	Colorado
3b.	Reggie Brown (30, 91)	FB	Fresno St.		(compensatory choice for a net loss of free agents in 1995)		
4a.	Phillip Daniels (4, 99)	DE	Georgia	7.	Johnie Church (16, 225)	DE	Florida
	(choice from N.Y. Giants through Dallas, Miami and Jacksonville)						

1997 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Shawn Springs (3, 3)	CB	Ohio St.	3a.	(choice to Tampa Bay on 4/19/97) (choice from Atlanta on 3/28/97)		
1b.	Walter Jones (6, 6)	T	Florida St.	3b.	(choice to Atlanta on 3/28/97)		
	(choice from St. Louis through N.Y. Jets and Tampa Bay on 4/19/97)			4a.	(choice to Atlanta on 3/28/97) (choice from Baltimore for G Jeff Blackshear on 3/12/96)		
1c.	(choice to Atlanta on 3/28/97) (choice from Chicago on 2/18/97)			4b.	(choice to Chicago on 2/18/97)		
1d.	(choice to Tampa Bay on 4/19/97)			5.	Eric Stokes (12, 142)	S	Nebraska
2.	(choice to Atlanta on 3/28/97)			6.	Itula Mili (11, 174)	TE	BYU
				7.	Carlos Jones (10, 211)	CB	Miami



DE Rocky Bernard, 2002 fifth-round draft choice

1998 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Anthony Simmons (15, 15)	LB	Cemson	6a.	Carl Hansen (9, 162)	DT	Stanford
2.	Todd Weiner (17, 47)	T	Kansas St.	6b.	Bobby Shaw (16, 169)	WR	California
3.	Ahman Green (15, 76)	RB	Nebraska	7.	Jason McEndoo	C	Washington
4.	DeShone Myles (16, 108)	LB	Nevada				
5.	(choice to Dallas for Cowboys' 6th and 7th round choices)			St.			

1999 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	(choice traded to New England for 1st, 3rd and 6th round choices)			4.	Antonio Cochran (20, 115)	DE	Georgia
1b.	(choice traded to Dallas for 1st and 5th round picks)			5a.	Floyd Wedderburn (7, 140)	T	Penn St.
1c.	Lamar King (22, 22)	DE	Saginaw	(choice from Carolina through Dallas)			
2.	to Green Bay as compensation for Mike Holmgren			5b.	Charlie Rogers (19, 152)	KR	Georgia Tech
3a.	Brock Huard (16, 77)	QB	Washington	6a.	Steve Johnson (1, 170)	CB	Tennessee
3b.	Karsten Bailey (21, 82)	WR	Auburn	6b.	(choice traded to Cleveland for 6th round pick)		
	(choice from New England)			6c.	(choice traded to Cleveland for 6th round pick)		
				7.	(choice traded to N.Y. Jets for QB Glenn Foley on 3/19/99)		

2000 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Shaun Alexander (19, 19)	RB	Alabama	5b.	(choice traded to Denver for 6th and 7th round pick; from San Francisco with 3rd and 4th round picks)		
1b.	Chris McIntosh (22,22)	T	Wisconsin	6a.	James Williams (9, 175)	WR	Marshall
2.	Ike Charlton (21, 52)	CB	Virginia Tech	(from Denver with 7th round pick for 5th round picks)			
3.	Darrell Jackson (18, 80)	WR	Florida	6b.	Tim Watson (19, 185)	DT	Rowan
	(from Dallas for WR James McKnight 6/24/99)			(from Green Bay with Fred Vinson for Ahman Green & 5th round pick)			
3.	(choice traded to San Francisco for 4th and 5th round pick)			6c.	John Hilliard (24, 190)	DT	Mississippi St.
4a.	Marcus Bell (22, 116)	LB	Arizona	7a.	(choice traded to Oakland for 2001 6th round pick; from Denver with 6th round pick for 5th round pick)		
4b.	Isaiah Kacyvenski (25, 119)	LB	Harvard				
	(from San Francisco with 5th round pick for 3rd round pick)						
5a.	(choice traded to Green Bay with Ahman Green for Fred Vinson and 6th round pick)						

2001 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(#7 choice traded to San Francisco for #9, 3rd, 7th round pick; from Dallas for WR Joey Galloway [2/12/00])			4a.	Orlando Huff (9, 104)	LB	Fresno St.
1a.	Koren Robinson (9,9)	WR	N.Carolina St.	4b.	Curtis Fuller (32, 127)	S	TCU
	(from San Francisco)			4c.	Floyd Womack (33, 128)	T	Mississippi St.
1.	(#10 and 3rd round traded to Green Bay for QB Matt Hasselbeck and #17 [3/2/01])			5.	Alex Bannister (9, 140)	WR	E. Kentucky
1b.	Steve Hutchinson (17, 17)	G	Michigan	6.	Josh Booty (9, 172)	QB	LSU
	(from Green Bay)			6.	(choice traded to San Francisco with #7 for #9, 3rd & 7th round picks)		
2.	Ken Lucas (9, 40)	CB	Mississippi	7a.	Harold Blackmon (10, 210)	S	Northwestern
3.	Heath Evans (20, 82)	FB	Auburn	7b.	Dennis Norman (22, 222)	T	Princeton
	(from New Orleans through Green Bay and San Francisco)			(from St. Louis through Green Bay and San Francisco)			
				7c.	Kris Kocurek (37, 237)	DT	Texas Tech

2002 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(#20 traded to Green Bay with 5th round pick for #28 and 2nd round pick)			5a.	Rocky Bernard (11, 146)	DE	Texas A&M
1.	Jerramy Stevens (28, 28)	TE	Washington		(from Indianapolis for QB Brock Huard 4/19/02)		
2a.	Maurice Morris (22, 54)	RB	Oregon	5.	(choice traded to Green Bay)		
2b.	Anton Palepoi (28, 60)	DE	UNLV	5b.	Ryan Hannam (34, 169)	TE	No. Iowa
3.	Kris Richard (20, 85)	CB	USC	5c.	Matt Hill (36, 171)	T	Boise St.
4.	Terreal Bierria (22, 120)	S	Georgia	6.	Craig Jarrett (22, 194)	P	Michigan St.
				7.	Jeff Kelly (21, 232)	QB	So. Miss.

2003 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Marcus Trufant (11, 11)	CB	WA St.	6a.	Rashad Moore (10, 183)	DT	Tennessee
2.	Ken Hamlin (10, 42)	S	Arkansas	6b.	(from Green Bay, choice traded to New Orleans for DT Norman Hand)		
3.	Wayne Hunter (9, 73)	T	Hawaii	7a.	Josh Brown (8, 222)	K	Nebraska
4a.	Seneca Wallace (13, 110)	QB	Iowa St.	7b.	Taco Wallace (10, 224)	WR	Kansas St.
4b.	Solomon Bates (38, 135)	LB	Arizona St.				
5a.	(choice traded to Green Bay for # 165 & #203)						
5b.	Chris Davis (30, 165)	FB	Syracuse				
	(from Green Bay)						

2004 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Marcus Tubbs (23, 23)	DT	Texas	5.	D.J. Hackett (25, 157)	WR	Colorado
2.	Michael Boulware (21, 53)	S	Florida St.	6.	Craig Terrill (24, 189)	DT	Purdue
3.	Sean Locklear (21, 84)	G	N. Carolina St.	7.	Donnie Jones (23, 224)	P	LSU
4.	Niko Koutouvides (20, 116)	LB	Purdue				

2005 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(#23 traded to Oakland for #26 and #105)			4a.	Ray Willis (4, 105)	T	Florida St.
1.	Chris Spencer (26, 26)	C	Mississippi		(from Oakland)		
2.	Lofa Tatupu (13, 45)	LB	USC	4	(#121 traded to Carolina for #45)		
	(from Carolina)			4	(#126 traded to Carolina for #45)		
2.	(#54 traded to Carolina for #45)				(from Denver thru Cleveland)		
3a.	David Greene (21, 85)	QB	Georgia	5.	Jeb Huceba (23, 159)	DE	Arkansas
3b.	LeRoy Hill (35, 98)	LB	Clemson	6.	Tony Jackson (22, 196)	FB	Iowa
				7a.	Cornelius Wortham (21, 235)	LB	Alabama
				7b.	Doug Nienhuis (40, 254)	G	Oregon St.

2006 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Kelly Jennings (31, 31)	CB	Miami	6.	(#200 traded to Chicago for S Mike Green 4/25/06)		
2.	Darryl Tapp (31, 63)	DE	Virginia Tech	7a.	Ryan Plackemeier (31, 239)	P	Wake Forest
3.	(Sent to Minn. for RFA WR Nate Burleson)			7b.	Ben Obomanu (41, 249)	WR	Auburn
4.	Rob Sims (31, 128)	G	Ohio State				
5.	David Kirtman (31, 163)	FB	USC				


ALL-TIME DRAFTS BY COLLEGE

				Rd.	Overall	Year					Rd.	Overall	Year		
Alabama A&M							California								
FB	Reginald Gipson	6	177	1983	WR	Bobby Shaw	6	169	1998						
Alabama							Central Florida								
RB	Shaun Alexander	1	19	2000	LB	Barry Spitulski	3	66	1992						
LB	Cornelius Wortham	7	235	2005											
Appalachian State							Clemson								
DB	Gary Dandridge	5	122	1992	DE	Steve Durham	6	140	1981						
DE	Mike Frier	7	178	1992	DE	Jeff Bryant	1	6	1982						
							G	Bob Mayberry	11	290	1983				
							WR	Doug Thomas	2	51	1991				
							LB	Anthony Simmons	1	15	1998				
							LB	LeRoy Hill	3	98	2005				
Arkansas							Colorado								
WR	Bobby Joe Edmonds	5	126	1986	RB	Lance Olander	11	279	1981						
S	Ken Hamlin	2	42	2003	DE	Don Fairbanks	10	264	1986						
DE	Jeb Huceba	5	159	2005	TE	Christian Fauria	2	39	1995						
							DB	T.J. Cunningham	6	209	1996				
							WR	D.J. Hackett	5	157	2004				
Arkansas State							Colorado State								
DT	Dick Dixon	7	184	1976	TE	Mark Bell	4	102	1979						
WR	Judious Lewis	8	221	1985											
Arizona							Connecticut								
LB	John Kaiser	6	162	1984	G	David Franks	9	238	1989						
QB	John Conner	10	277	1985											
P	Ruben Rodriguez	5	131	1987											
C	Joe Tofflemire	2	44	1989											
RB	Michael Bates	6	150	1992											
LB	Marcus Bell	4	116	2000											
Arizona State							Dayton								
DB	John Harris	7	173	1978	T	Bill Westbeld	11	281	1977						
LB	Jason Kyle	4	126	1995											
LB	Solomon Bates	4	135	2003											
Auburn							Duke								
FB	Tommie Agee	5	119	1987	FB	Tony Benjamin	6	142	1977						
FB	Heath Evans	3	82	2001	WR	Chris Castor	5	123	1983						
WR	Ben Obomanu	7	249	2006											
Baylor							Eastern Carolina								
DB	Robert Blackmon	2	34	1990	TE	Carlester Crumpler	7	202	1994						
Boise State							Eastern Kentucky								
LB	Larry Polowski	7	169	1979	RB	Elroy Harris	3	71	1989						
FB	David Hughes	2	31	1981	WR	Alex Banister	5	140	2001						
TE	Larry Stayner	9	234	1992											
T	Matt Hill	5	171	2002											
Boston College							Eastern New Mexico								
T	Tom Lynch	2	30	1977	DE	Michael Sinclair	6	155	1991						
LB	Peter Cronan	2	51	1977											
G	Pete Kendall	1	21	1996											
Brigham Young							Ferrum								
WR	Scott Phillips	4	87	1981	RB	Chris Warren	4	89	1990						
RB	Eric Lane	8	196	1981											
TE	Itula Mili	6	174	1997											
							Fisk								
							RB	Andrew Bolton	4	123	1976				

		Rd.	Overall	Year			Rd.	Overall	Year
Florida									
LB	Sammy Green	2	29	1976					
TE	Alvis Darby	6	157	1976					
FB	John L. Williams	1	15	1986					
DE	Alonzo Mitz	8	211	1986					
DT	Henry McMillian	6	180	1995					
G	Reggie Green	6	184	1996					
DE	Johnie Church	7	225	1996					
WR	Darrell Jackson	3	80	2000					
Florida State									
LB	Randy Coffield	10	266	1976					
DT	Eric Hayes	5	119	1990					
T	Walter Jones	1	6	1997					
S	Michael Boulware	2	53	2004					
T	Ray Willis	4	105	2005					
Fort Valley State									
S	Eddie Anderson	6	153	1986					
Fresno St.									
RB	Reggie Brown	3	91	1996					
LB	Orlando Huff	4	104	2001					
Georgia									
G	Randy Johnson	4	122	1976					
RB	Andy Reid	13	349	1976					
K	John Kasay	4	98	1991					
DE	Phillip Daniels	4	99	1996					
DE	Antonio Cochran	4	115	1999					
DB	Terreal Bierria	4	120	2002					
QB	David Greene	3	85	2005					
Georgia Tech									
WR	Steve Raible	2	59	1976					
G	Jeff Urczyk	16	432	1976					
RB	David Sims	7	169	1977					
WR	Charlie Rogers	5	152	1999					
Grand Valley State									
T	Ron Essink	10	265	1980					
Hampton									
WR	Terrence Warren	5	114	1993					
Harvard									
LB	Isaiah Kacyvenski	4	119	2000					
Hawaii									
LB	M.L. Johnson	9	243	1987					
T	Wayne Hunter	3	73	2003					
Hofstra									
LB	Erik Ringoen	10	266	1991					
Houston									
RB	Lamar Smith	3	73	1994					
Idaho									
C	John Yarno	4	87	1977					
DE	Mark McNeal	6	153	1980					
LB	Sam Merriman	7	177	1983					
Idaho State									
DE	Bob Otto	9	248	1985					
Illinois									
T	Rich Grimmett	9	231	1978					
Indiana									
LB	Joe Norman	2	45	1979					
Iowa									
T	Jim Swift	9	238	1980					
FB	Owen Gill	2	53	1985					
RB	Kevin Harmon	4	101	1988					
G	Ike Harris	12	324	1991					
FB	Tony Jackson	6	196	2005					
Iowa State									
T	Bob Bos	9	239	1976					
QB	Seneca Wallace	4	110	2003					
Jackson State									
T	Louis Bullard	5	119	1978					
DT	Robert Hardy	10	267	1979					
RB	Jeff Moore	12	319	1979					
NT	Deatrich Wise	9	242	1988					
Kansas									
LB	Terry Beason	2	41	1977					
Kansas St.									
T	Todd Weiner	2	47	1998					
WR	Taco Wallace	7	224	2003					
Kentucky									
LB	Dean Wells	4	85	1993					
Lafayette									
WR	Rob Stewart	9	258	1978					
Lamar									
RB	Jeff Bergeron	12	316	1978					
Long Beach State									
WR	Ron Johnson	7	170	1981					
C	John Puzar	8	216	1984					
DT	R.J. Kors	12	322	1999					
Louisiana-Monroe									
S	Vic Minor	8	204	1980					
G	Jeff Blackshear	8	197	1993					
DB	Larry Whigham	4	110	1994					

		Rd.	Overall	Year			Rd.	Overall	Year
Louisiana State					Missouri				
WR	Larry Shipp	8	210	1976	TE	Tony Davis	4	109	1985
NT	Roland Barbay	7	184	1987	Morris Brown				
C	Kevin Mawae	2	36	1994	WR	Billy Reaves	10	274	1980
QB	Josh Booty	6	172	2001	Nebraska				
P	Donnie Jones	7	224	2004	RB	Paul Miles	7	181	1986
Marshall					DB	Eric Stokes	5	142	1997
WR	James Williams	6	175	2000	RB	Ahman Green	3	76	1998
Memphis					K	Josh Brown	7	222	2003
DB	Keith Simpson	1	9	1978	Nevada				
LB	Keith Butler	2	36	1978	CB	Patrick Hunter	3	68	1986
S	James Bowers	10	280	1985	LB	DeShone Myles	4	108	1998
DB	Michael Nettles	7	184	1989	New Mexico				
Miami					QB	Steve Myer	4	93	1976
DB	Ernie Jones	5	153	1976	New Mexico State				
FB	Larry Bates	5	156	1976	LB	Fredd Young	3	76	1984
LB	George Halas	11	301	1978	North Carolina				
LB	David Jefferson	9	228	1982	RB	Derrick Fenner	10	268	1989
LB	John McVeigh	12	321	1986	North Carolina Central				
RB	Daryl Oliver	11	297	1987	CB	Arnold Brown	5	128	1985
WR	Brian Blades	2	49	1988	North Carolina State				
DE	Derwin Jones	10	269	1988	WR	Eddie Goines	6	203	1995
DT	Cortez Kennedy	1	3	1990	WR	Koren Robinson	1	9	2001
DE	Anthony Hamlet	10	263	1992	G	Sean Locklear	3	84	2004
DB	Carlos Jones	7	211	1997	Northern Iowa				
CB	Kelly Jennings	1	31	2006	TE	Ryan Hannam	5	169	2002
Miami, OH					Northwestern				
RB	Sherman Smith	2	58	1976	DE	Mike Baum	11	295	1989
Michigan					DB	Harold Blackmon	7	210	2001
DB	Don Dufek	5	126	1976	Northwestern State				
G	Steve Hutchinson	1	17	2001	DB	Jarvis Blinks	14	376	1976
Michigan State					Notre Dame				
G	Jim Hinesly	11	293	1979	DT	Steve Niehaus	1	2	1976
WR	Daryl Turner	2	49	1984	RB	Al Hunter	4	Sup.	1978
C	Mark Napolitan	5	123	1985	RB	Jim Stone	9	223	1981
DE	John MacNeill	12	320	1992	T	Bob Clasby	9	236	1983
P	Craig Jarrett	6	194	2002	G	Andy Heck	1	15	1989
Middle Tennessee State					LB	Ned Bolcar	6	146	1990
FB	Tony Burse	12	324	1987	QB	Rick Mirer	1	2	1993
Minnesota					Ohio State				
S	George Adzick	9	225	1976	DB	Ray Jackson	7	185	1988
WR	Chester Cooper	8	201	1982	WR	Joey Galloway	1	8	1995
Mississippi					DB	Shawn Springs	1	3	1997
CB	Ken Lucas	2	40	2001	G	Rob Sims	4	128	2006
C	Chris Spencer	1	16	2005	Oklahoma				
Mississippi State					LB	Brian Bosworth	1	SUP.	1988
RB	Ezra Tate	9	240	1979					
WR	Louis Clark	10	270	1987					
DT	John Hilliard	6	190	2000					
T	Floyd Womack	4	128	2001					

		Rd.	Overall	Year		Rd.	Overall	Year
Oklahoma State					South Carolina State			
S	Mark Moore	4	104	1987	G	Edwin Bailey	5	114 1981
					TE	Robert Tyler	8	215 1988
Oregon					South Dakota			
DE	Terry Dion	4	97	1980	LB	Craig Austin	10	258 1982
DB	Daryl Reed	11	286	1990				
RB	Maurice Morris	2	54	2002				
Oregon State					Southern California			
DE	Dennis Boyd	3	58	1977	CB	Kris Richard	3	85 2002
G	Doug Nienhuis	7	254	2005	LB	Lofa Tatupu	2	45 2005
					FB	David Kirtman	5	163 2006
Pacific					Southern Illinois			
C	Jack Cosgrove	8	207	1980	CB	Terry Taylor	1	22 1984
DT	Jeff Bednarek	12	306	1981				
Penn State					Southern Mississippi			
G	Bill Dugan	3	58	1981	DB	Henry James	4	103 1989
TE	Brad Scovill	7	186	1981	QB	Jeff Kelly	7	232 2002
RB	Curt Warner	1	3	1983				
G	Peter Speros	10	263	1983				
WR	David Daniels	3	74	1991				
Pittsburgh					Stanford			
DB	Bob Jury	3	63	1978	T	Andre Hines	2	44 1980
TE	Sam Clancy	11	284	1982	LB	David Wyman	2	45 1987
LB	Tony Woods	1	18	1987	DE	Carl Hansen	6	162 1998
Princeton					Syracuse			
T	Dennis Norman	7	222	2001	DE	Wes Dove	12	312 1987
Purdue								
T	Matt Hernandez	8	210	1983	WR	Tommy Kane	3	75 1988
G	Bill Hitchcock	8	202	1990	LB	Terry Wooden	2	29 1990
LB	Niko Koutouvides	4	116	2004	FB	Chris Davis	5	165 2003
DT	Craig Terrill	6	189	2004				
Rowan					Tennessee			
DT	Tim Watson	6	185	200	WR	Larry Seivers	4	111 1977
Rutgers								
C	Frank Naylor	12	311	1982	RB	Randall Morris	10	270 1984
DE	Keif Bryant	7	216	1995	RB	Johnnie Jones	5	137 1985
T	Robert Barr	3	77	1996	DB	Harlan Davis	5	128 1991
					DB	Charlie Davis	6	170 1999
					DT	Rashad Moore	6	183 2003
Sacramento State					Tennessee-Chattanooga			
T	Michael Black	9	237	1986	TE	Travis McNeal	4	101 1989
Saginaw Valley State								
DE	Lamar King	1	22	1999	RB	Muhammad Shamsid-Deen	8	207 1992
San Diego State					Tennessee-Martin			
T	Dave DesRochers	12	326	1988	CB	Fred Thomas	2	47 1996
QB	Dan McGwire	1	16	1991				
Savannah State					Texas			
RB	Ken Dawson	10	252	1981	LB	Bruce Scholtz	2	31 1981
					G	Adam Schreiber	9	243 1984
					DT	Marcus Tubbs	1	23 2004
South Carolina					Texas A&I			
NT	Ricky Hagood	4	86	1984	WR	Glenn Starks	6	146 1978
NT	Roy Hart	6	158	1988				

		Rd.	Overall	Year			Rd.	Overall	Year
Texas A&M					Wake Forest				
DE	Jacob Green	1	10	1980	DE	Michael McCrary	7	170	1993
DT	Sam Adams	1	8	1994	P	Ryan Plackemeier	7	239	2006
DT	Rocky Bernard	5	146	2002	Washington				
Texas-Arlington					QB	Chris Rowland	17	461	1976
WR	Ron Barnett	12	320	1976	LB	Michael Jackson	3	57	1979
Texas Christian					RB	Joe Steele	5	127	1980
DB	Curtis Fuller	4	127	2001	T	Don Dow	12	317	1983
Texas-El Paso					WR	Danny Green	3	81	1985
QB	Sammy Garza	8	216	1987	T	Rick McLeod	11	284	1988
Texas Tech					G	Kris Rongen	11	290	1992
DT	Kris Kocurek	7	237	2001	LB	Chico Fraley	12	319	1992
Tulsa					QB	Brock Huard	3	77	1999
P	Rick Engles	3	89	1976	TE	Jerramy Stevens	1	28	2002
G	Steve August	1	14	1977	Washington State				
DT	I.V. Wilson	12	329	1977	T	Dan Smith	15	405	1976
LB	Eugene Williams	7	174	1982	RB	Tali Ena	11	292	1980
UCLA					WR	Jim Whatley	9	236	1981
DT	Manu Tuiasosopo	1	18	1979	C	Jason McEndoo	7	197	1998
S	Kenny Easley	1	4	1981	CB	Marcus Trufant	1	11	2003
T	Steve Gemza	11	302	1984	Weber State				
QB	David Norrie	11	291	1986	T	Sam Slater	7	189	1984
TE	Derek Tennell	7	185	1987	Western Carolina				
DB	Carlton Gray	2	30	1993	LB	Louis Cooper	11	305	1985
UNLV					Western Illinois				
DE	Anton Palepoi	2	60	2002	DE	Marlin Williams	8	211	1989
U.S. International					West Texas State				
CB	Presnell Gilbert	12	319	1980	DE	Jeff Lloyd	3	62	1976
Utah					Winston-Salem State				
T	Jack Campbell	6	144	1982	DE	Daniel Jacobs	5	132	1980
Utah State					Wisconsin				
S	Theo Windham	12	329	1984	LB	Eric Unverzagt	4	131	1996
Valdosta State									
DE	Robert Morris	10	257	1990	CB Marcus Trufant, 2003 first-round draft choice from Washington State				
DE	Antonio Edwards	8	204	1993					
Vanderbilt									
QB	John Gromos	12	312	1990					
Virginia									
T	Ron Mattes	7	193	1985					
T	Ray Roberts	1	10	1992					
Virginia Tech									
DB	Ike Charlton	2	52	2000					
DE	Darryl Tapp	2	63	2006					
Wabash									
TE	Pete Metzelaars	3	75	1982					

1976

- 8/5 DT Wayne Baker to Oakland for conditional draft choice.
- 8/26 Eighth-round 1977 draft choice to Houston for WR Steve Largent.
- 9/6 Fifth-round 1977 draft choice to Detroit for QB Bill Munson.
- 9/6 Exchange of twelfth-round 1977 draft choices with Pittsburgh for G Ron Coder.
- 9/7 WR Ahmad Rashad to Minnesota for fourth-round 1977 draft choice (WR Larry Seivers).
- 9/7 S Terry Brown to Cleveland for CB Ted Bachman. Brown had been claimed on waivers from St. Louis.

1977

- 5/3 First-round 1977 draft choice (#2) to Dallas for first-round (#14) and three second-round 1977 draft choices (G Steve August, T Tom Lynch, LB Terry Beeson).
- 5/3 Second-round 1977 draft choice to Los Angeles Rams for C Geoff Reece and Rams' second-round 1977 draft choice (LB Peter Cronan).
- 5/3 Second-round 1977 draft choice to Dallas for WR Duke Ferguson.
- 5/3 LB Ed Bradley to San Francisco for DT Bill Sandifer.
- 7/20 DT Carl Barisich to Miami Dolphins for eleventh-round 1978 draft choice (LB George Halas).
- 8/30 WR Larry Seivers to Tampa Bay for fourth-round 1979 draft choice. Seattle gave draft choice to Buffalo as voluntary compensation for Ahmad Rashad signing in 1976.
- 9/5 Eighth-round 1978 draft choice to Minnesota for S Autry Beamon and LB Amos Martin.
- 9/6 Eleventh-round 1978 draft choice to New Orleans for DE Andy Dorris.

1978

- 8/15 Fifth-round 1979 draft choice to Dallas for K Efen Herrera.
- 8/28 S Bob Jury and third-round 1979 draft choice to San Francisco 49ers for third-round 1979 draft choice (LB Michael Jackson).
- 8/28 Third-round and sixth-round 1979 draft choices to Dallas for DE Bill Gregory and third-round 1979 draft choice (choice traded).
- 9/27 DT Bill Cooke and eighth-round 1979 draft choice to Detroit for DE Ernie Price.

1979

- 3/30 FB Don Testerman and seventh-round 1979 draft choice to Washington for seventh-round 1979 (LB Larry Polowski) and fifth-round 1980 draft choices (DE Daniel Jacobs). G Gordon Jolley to Detroit for past considerations.
- 8/1 DT Steve Niehaus to Minnesota for DE Carl Eller and eighth-round 1980 draft choice (S Vic Minor).
- 8/21 Seventh-round 1980 draft choice to New York Giants for FB Dan Doornink.

1980

- 4/29 First-round (#16) and third-round 1980 draft choices to Buffalo for first-round (#10) 1980 draft choice (DE Jacob Green).
- 4/30 LB Sammy Green to Houston for tenth-round 1980 (WR Billy Reaves) and seventh-round 1981 (TE Brad Scoville) draft choices.
- 8/26 Fifth-round 1982 draft choice to Los Angeles Rams for FB Jim Jodat.
- 9/1 T Nick Bebout to Minnesota for ninth-round 1981 draft choice (WR Jim Whatley).

1981

- 9/25 Third-round 1982 draft choice to New England for RB Horace Ivory.
- 10/13 Fourth-round 1982 and fourth-round 1983 draft choices to St. Louis for RB Theotis Brown.
- 10/13 G Tom Lynch to Buffalo for third-round 1982 draft choice (TE Pete Metzelaars).

1982

- 4/30 LB Terry Beeson to Atlanta for conditional 1983 draft choice.
- 7/12 Fifth-round 1984 draft choice to Baltimore for G Robert Pratt.
- 9/3 Fourth-round 1984 draft choice to Baltimore for WR Roger Carr.

1983

- 4/24 First-round (#9), second-round, and third-round 1983 draft choices to Houston for first-round (#3) 1983 draft choice (RB Curt Warner).
- 6/28 Twelfth-round 1985 draft choice to Buffalo for G Reggie McKenzie.
- 6/29 First-round 1985 draft choice to Cincinnati for C Blair Bush.
- 8/24 RB Sherman Smith and WR Roger Carr to San Diego for fifth-round 1984 draft choice (choice traded) and fifth-round 1985 draft choice (C Mark Napolitan).

1984

- 3/12 Fifth-round 1984 and sixth-round 1985 draft choices to New York Giants for CB Terry Jackson.
- 4/4 NT Manu Tuiaosopo to San Francisco for fourth-round 1984 and tenth-round 1985 draft choices.
- 7/31 Second-round 1986 draft choice to New England for T Bob Cryder.
- 10/9 T Steve August to Pittsburgh for fifth-round 1985 draft choice.

1985

- 4/26 Seventh-round 1986 draft choice to Buffalo for G Jon Borchardt.
- 8/20 TE Pete Metzelaars to Buffalo for WR Byron Franklin.
- 8/27 The rights to DE Sam Clancy to Cleveland for seventh-round 1986 draft choice (RB Paul Miles).
- 10/15 Fourth-round 1986 draft choice to Cincinnati for TE Dan Ross.

1986

- 8/9 Sixth-round 1987 draft choice to Philadelphia for G Greg Naron.
- 8/19 TE Dan Ross to Green Bay for twelfth-round 1987 draft choice (DE Wes Dove).
- 8/27 Third-round 1987 draft choice to Cincinnati for T Mike Wilson.
- 9/1 LB Shelton Robinson to Detroit for fifth-round 1987 draft choice (FB Tommie Agee).
- 9/2 S John Harris to Minnesota for seventh-round 1987 draft choice (NT Roland Barbay).

1987

- 5/19 Fifth-round 1988 draft choice to San Francisco for QB Jeff Kemp.
- 8/25 T Ron Essink to Dallas for fifth-round 1988 draft choice (choice traded).
- 8/26 CB Dave Brown to Green Bay for eleventh-round 1988 draft choice (T Rick McLeod).

1988

- 4/22 Fifth-round 1988, first-round 1989, and fifth-round 1989 draft choices to Phoenix for QB Kelly Stouffer.
- 5/4 NT Randy Edwards and sixth-round 1989 draft choice to Tampa Bay for T Ron Heller.
- 5/23 Conditional draft choice to Washington for CB Tim Morrison.
- 8/1 WR Daryl Turner to Cleveland for an undisclosed draft choice. Turner failed his physical, is returned to Seahawks, and waived.
- 8/22 T Ron Heller to Philadelphia for fourth-round 1989 draft choice (RS James Henry).
- 9/8 LB Fredd Young to Indianapolis for first-round 1989 (T Andy Heck) and first-round 1990 (choice traded) draft choices.

1989

- 7/25 Ninth-round 1990 draft choice to Dallas for T Daryle Smith.
- 7/28 Conditional draft choice to Detroit for T Curt Singer.
- 8/7 C Kevin Thomas to Phoenix for conditional draft choice.
- 8/31 CB Terry Taylor to Detroit for FB James Jones.

1990

- 4/22 Two first-round (#8 and #10) and third-round 1990 draft choices and fourth-round 1991 draft choice to New England for first-round (#3) (DT Cortez Kennedy) and second-round (#29) (LB Terry Wooden) 1990 draft choices.
- 7/27 LB Willie Walker to New York Jets for conditional draft choice.
- 8/26 Conditional draft choice to Detroit for WR John Ford.
- 8/28 Seventh-round 1991 draft choice to Atlanta for T Ronnie Lee.
- 10/16 Eighth-round 1991 draft choice to Los Angeles Raiders for S Vann McElroy.

1991

- 1/31 T Ron Mattes to New York Jets for twelfth-round 1992 draft choice (DE John MacNeill).
- 4/22 Ninth-round 1991 draft choice to Cleveland for DE Bob Buczkowski.

1992

- 4/25 Second-round 1992 and third-round 1993 draft choices to Minnesota for DT Keith Millard.
- 4/26 Fourth-round 1992 draft choice to New Orleans for RB Rueben Mayes.

1993

- 4/26 Sixth-round 1993 draft choice to Green Bay for S Dave McCloughan.
- 8/25 Sixth-round 1994 draft choice to New England for RB Jon Vaughn.

1994

- 4/25 Fifth-round 1994 draft choice to San Diego for fourth-round 1995 draft choice (LB Jason Kyle).
- 4/28 Fifth-round 1995 draft choice to Detroit for WR Reggie Barrett.

1995

- 3/10 Third-round 1995 draft choice to Green Bay for signing restricted free agent CB Corey Harris.
- 4/3 Fourth-round 1995 draft choice to Arizona for WR Ricky Proehl.

1996

- 3/12 G Jeff Blakeshear to Baltimore for fourth-round 1997 draft choice (choice traded).
- 4/20 First-round 1996 draft choice (#14) to Houston for first-round 1996 draft choice (#17) and DT Glenn Montgomery.
- 4/20 First-round 1996 draft choice (#17) to Detroit for first-round draft choice (#21) (G Pete Kendall) and third-round 1996 draft choice (FB Reggie Brown).
- 4/20 Fourth and fifth-round 1996 draft choices to Jacksonville for fourth-round 1996 draft choice (DE Phillip Daniels).
- 6/27 S Eugene Robinson to Green Bay for DE Matt LaBounty

1997

- 2/18 QB Rick Mirer and fourth-round 1997 draft choice (b) to Chicago for first-round (#11) 1997 draft choice (choice traded).
- 3/28 First-round (#11), second-round, third-round, and fourth-round 1997 draft choices to Atlanta for first-round (#3) (CB Shawn Springs) and third-round 1997 draft choices.
- 4/19 First-round (#12) and third-round 1997 draft choices to Tampa Bay Buccaneers for first-round (#6) 1997 draft choice (T Walter Jones).
- 9/30 Conditional draft choice to New Orleans Saints for WR Daryl Hobbs.

1998

- 4/19 Fifth-round choice (#138) to Dallas in exchange for sixth-round (#162, DT Carl Hansen) and seventh-round (#197, C Jason McEndoo) selections.

1999

- 3/19 Seventh-round choice (#223) to NY Jets for QB Glenn Foley.
 4/17 First-round choice (#17) to New England for first-round (#20), third-round (#82) and sixth round (#191).
 4/17 First-round choice (#20) to Dallas for first-round (#22) and fifth-round (#140).
 4/17 Second-round choice (#47) awarded to Green Bay as compensation for Mike Holmgren.
 4/18 Sixth-round choices (#187 & #191) to Cleveland for sixth-round (#170, CB Steve Johnson).
 6/24 WR James McKnight to Dallas Cowboys for third-round 2000 draft choice.
 8/30 Seventh-round 2000 pick to Green Bay for WR Derrick Mayes.
 9/5 Conditional draft choice to Jacksonville for CB Cordell Taylor.

2000

- 2/12 WR Joey Galloway to Dallas Cowboys for first-round choices in 2000 & 2001.
 4/14 RB Ahman Green and fifth-round choice to Green Bay for CB Fred Vinson and sixth-round pick.
 4/15 Third-round choice (#86) to San Francisco for fourth (#119) and fifth-round (#154) picks.
 4/16 Fifth-round pick (#154) to Denver for sixth-round (#175) and seventh-round (#231) picks.
 4/16 Seventh-round pick (#231) to Oakland for a sixth-round 2001 choice.
 8/27 Undisclosed 2001 draft choice to Chicago for G Chad Overhauser.

2001

- 3/2 First-round pick (#10) and third-round choice (#72) to Green Bay for QB Matt Hasselbeck and first-round choice (#17).
 4/21 First-round (#7) and sixth-round pick (#191) to San Francisco for first-round (#9), third-round (82) and seventh-round (#222) picks.

2002

- 4/19 Brock Huard to Indianapolis for fifth-round choice (#146).
 4/20 First-round (#20) and fifth-round pick (#156) to Green Bay for first-round (#28) and second-round (#60) picks.
 6/21 Ike Charlton to Jacksonville for seventh-round choice (#222) in 2003.

2003

- 4/10 Undisclosed 2004 draft choice to Atlanta for T Michael Thompson.
 4/27 Fifth-round pick (#147) to Green Bay for fifth-round (#165) and sixth-round picks (#203).
 4/27 Sixth-round pick (#203) to New Orleans for DT Norman Hand.

2004

- 10/10 Conditional 2005 draft choice to Oakland for WR Jerry Rice.

2005

- 3/8 QB Trent Dilfer to Cleveland for 2005 fourth-round pick (#120).
 4/23 First-round pick (#23) to Oakland for first-round (#26) and fourth-round (#105) picks.
 4/23 Second-round (#54) and two fourth-round (#121, #126) picks to Carolina for second-round (#45) pick.

2006

- 4/25 Sixth-round pick (#200) to Chicago for S Mike Green.





Opening on the road for the fifth time in the last six years, Seattle faced Jacksonville in hot and humid Florida, losing 26-14. The first half looked to be a draw, with Seattle holding a 14-13 lead. However, Matt Hasselbeck's touchdown passes of 33 yards to Joe Jurevicius and 9 yards to Darrell Jackson in the second quarter would be the only scoring of the day for the Seahawks. Jacksonville, playing with a short field most of the day, wore down Seattle's defense in the second half, taking its opening drive 78 yards in 12 plays covering the first 6:21 of the third quarter, culminating in a Byron Leftwich to Jimmy Smith 7-yard score. Josh Scobee tacked on two field goals in the fourth quarter for the final margin. The Jacksonville defense disrupted Hasselbeck and the offense into four turnovers (two interceptions and two fumbles). Bobby Engram led Seattle with eight catches and 79 yards and Marcus Trufant led the defense with seven solo stops, his second-career sack, and first-career forced fumble.

Seattle	0	14	0	0	—	14
Jacksonville	6	7	7	6	—	26

				Seattle	Jacksonville
JAX	1	11:03	Scobee 23 FG (7-36, 3:49)	0	3
JAX	1	3:49	Scobee 41 FG (11-57, 5:05)	0	6
SEA	2	14:52	Jurevicius 33 pass Hasselbeck (Brown kick) (8-80, 3:30)	7	6
JAX	2	4:17	Smith 30 pass Leftwich (Scobee kick) (5-74, 2:02)	7	13
SEA	2	0:47	Jackson 9 pass Hasselbeck (Brown kick) (7-80, 3:30)	14	13
JAX	3	8:39	Smith 7 pass Leftwich (Scobee kick) (12-78, 6:21)	14	20
JAX	4	4:32	Scobee 29 FG (4-4, 1:48)	14	23
JAX	4	1:55	Scobee 41 FG (4-8, 1:43)	14	26
Att.	—		65,204		

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Jacksonville	Att	Yds	LG	TD
Alexander	14	73	36	0	Taylor	20	76	9	0
Hasselbeck	2	16	8	0	M. Jones	2	28	25	0
Morris	2	6	8	0	Leftwich	4	9	4	0
Strong	1	2	2	0	2 others	5	6	3	0
TOTAL	19	97	36	0	TOTAL	31	119	25	0

PASSING

Seattle	A	C	Yds	TD	Int	RT	Jacksonville	A	C	Yds	TD	Int	RT
Hasselbeck	36	21	246	2	2	74.5	Leftwich	31	17	252	2	0	103.2
							M. Jones	1	1	6	0	0	91.7
TOTAL	36	21	246	2	2	74.5	TOTAL	32	18	258	2	0	103.4

RECEIVING

Seattle	No	Yds	LG	TD	Jacksonville	No	Yds	LG	TD
Engram	8	79	17	0	Smith	7	130	45	2
Jackson	6	65	18	1	Williams	4	41	20	0
Jurevicius	3	64	33t	1	M. Jones	2	22	12	0
Stevens	3	41	17	0	Taylor	2	14	9	0
Strong	1	-3	-3	0	3 others	3	51	27	0
TOTAL	21	246	33t	2	TOTAL	18	258	45	2

TEAM STATISTICS

	Seattle	Jacksonville
Total First Downs	20	18
Third Down Eff.	3-9-33%	4-13-31%
Total Net Yards	322	362
Total Off. Plays	58	66
Avg. per Play	5.6	5.5
Net Yards Rushing	97	119
Total Rushing Plays	19	31
Net Yards Passing	225	243
Times Sacked/Yards Lost	3/21	3/15
Pass Att.-Comp.-Int.	36-21-2	32-18-0
Punts-No. and Avg.	5-46.0	4-44.0
Penalties-No. and Yards	5-29	6-31
Fumbles-No. and Lost	3-3	1-0
Touchdowns	2	2
Field Goals Made-Att.	0-0	4-5
Time of Possession	25:49	34:11

DEFENSE

	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Trufant	7	7	0	1.0	5.0	0	0	1	1	0
Herndon	6	6	0	0.0	0.0	0	0	0	0	0
Boulware	6	6	0	0.0	0.0	0	0	0	0	0
Sharper	6	5	1	0.0	0.0	0	0	0	0	0
Tatupu	5	4	1	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Bernard 1.0, Fisher 1.0.										
Jack.	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Wright	6	6	0	0.0	0.0	0	0	0	0	0
Mathis	5	4	1	0.0	0.0	0	0	1	0	1
Smith	5	4	1	0.0	0.0	1	0	1	0	0
Grant	4	4	0	0.0	0.0	1	29	1	0	0
Peterson	4	4	0	0.0	0.0	0	0	0	0	1
Additional Stats: Sacks: Ayodele, Hayward, McCray 1.0. Forced Fumbles: Ayodele, Hayward 1. Fumble Recoveries: Spicer 1.										



In its home opener, Seattle defeated Atlanta 21-18 in front of 66,030 fans. The first half belonged to Seattle on both sides of the ball. Seattle's defense forced the Falcons' high-powered offense led by Michael Vick into five punts in the first half and the Falcons sixth possession was ended when halftime rolled around. Seattle, led by hard hits from Ken Hamlin to set the tone early, allowed only three first downs and 78 total yards in the first half while Seattle's offense racked up 17 first downs and 288 total yards with all 21 points coming in the second quarter. Matt Hasselbeck found Joe Jurevicius from 6 yards out to begin the scoring, followed by a 14-yard touchdown run by Shaun Alexander, who carried 15 times for 90 yards in the first half. The Seahawks utilized its two-minute offense to end the half as Hasselbeck found Jerramy Stevens from 35 yards out with 0:28 left on the clock and took its 21-point lead into the locker room. Atlanta battled back and held the Seahawks' offense in check in the second half. The Falcons tacked on 10 points in the third quarter via a Vick to Brian Finneran 5-yard score and a Todd Peterson 30-yard field goal. In the fourth, Seattle drove to Atlanta's 18 but penalties and an ensuing fumble gave the ball back to Atlanta. Six plays and 55 yards later, T.J. Duckett found the end zone from 1-yard out and Matt Schaub, subbing for an injured Vick (hamstring), connected with Alge Crumpler for the two-point conversion to bring the score to 21-18. Atlanta forced a Seattle punt and took over with 2:39 left in the game. Seattle's defense stepped up and on fourth-and-14 forced an incomplete pass to seal the game.

Atlanta	0	0	10	8	—	18
Seattle	0	21	0	0	—	21

				Atlanta	Seattle
SEA	2	8:24	Jurevicius 6 pass from Hasselbeck (Brown kick) (12-75, 6:18)	0	7
SEA	2	3:56	Alexander 14 run (Brown kick) (6-68, 2:59)	0	14
SEA	2	0:28	Stevens 35 pass from Hasselbeck (Brown kick) (5-80, 2:05)	0	21
ATL	3	10:14	Finneran 5 pass from Vick (Peterson kick) (7-46, 2:52)	7	21
ATL	3	7:00	Peterson 30 FG (5-50, 1:44)	10	21
ATL	4	3:58	Duckett 1 run (Schaub to Crumpler pass) (6-55, 2:28)	18	21
Att.	— 66,030				

INDIVIDUAL STATISTICS

RUSHING

Atlanta	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Dunn	16	54	12	0	Alexander	28	144	17	1
Vick	8	43	32	0	Morris	2	10	12	0
Duckett	4	18	9	1	Hasselbeck	4	9	8	0
TOTAL	28	115	32	1	TOTAL	34	163	17	1

PASSING

Atlanta	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
Vick	19	11	123	1	0	94.8	Hasselbeck	31	20	281	2	0	115.1
Schaub	1	0	0	0	0	39.6							
TOTAL	20	11	123	1	0	90.2	TOTAL	31	20	281	2	0	115.1

RECEIVING

Atlanta	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Finneran	5	35	13	1	Jackson	8	131	41	0
Crumpler	3	53	30	0	Engram	5	77	25	0
Jenkins	1	22	22	0	Stevens	3	49	35t	1
White	1	11	11	0	Alexander	2	11	7	0
Griffith	1	2	2	0	2 others	2	13	7	1
TOTAL	11	123	30	1	TOTAL	20	281	41	2

TEAM STATISTICS

	Atlanta	Seattle
Total First Downs	14	24
Third Down Eff.	2-11-18%	4-12-33%
Total Net Yards	223	428
Total Off. Plays	51	67
Avg. per Play	4.4	6.4
Net Yards Rushing	115	163
Total Rushing Plays	28	34
Net Yards Passing	108	265
Times Sacked/Yards Lost	3/15	2/16
Pass Att.-Comp.-Int.	20-11-0	31-20-0
Punts-No. and Avg.	7-49.6	7-38.4
Penalties-No. and Yards	3-24	10-79
Fumbles-No. and Lost	1-0	1-1
Touchdowns	2	3
Field Goals Made-Att.	1-1	0-0
Time of Possession	23:25	36:35

DEFENSE

	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Williams	12	10	2	0.0	0.0	0	0	0	0	0
Webster	9	7	2	0.0	0.0	0	0	1	1	0
Carpenter	8	8	0	0.0	0.0	0	0	0	0	0
Hartwell	8	5	3	0.0	0.0	0	0	1	0	0
Brooking	8	5	3	1.0	9.0	0	0	0	0	0
Additional Stats: Sacks: Lavalais 1.0, Fumble Recoveries: Morton 1.										
	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Sharper	7	5	2	0.0	0.0	0	0	0	0	0
Hamlin	6	5	1	0.0	0.0	0	0	0	0	0
Lewis	6	5	1	0.0	0.0	0	0	0	0	0
Tatupu	6	4	2	1.0	7.0	0	0	0	0	0
Boulware	4	4	0	0.0	0.0	0	0	1	0	0
Tubbs	4	2	2	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Bernard, Fisher 1.0.										



Seattle improved its home record to 2-0 on the season with a 37-12 win over division opponent Arizona. Led by Shaun Alexander's four rushing scores, Seattle's defense once again stymied the opponent's offense, holding the Cardinals to only 91 second-half yards. Arizona could only muster three Neil Rackers field goals in the first half while Seattle's offense tried to find its rhythm. Leading only 10-9 at the half, Seattle took the second half kickoff 80 yards on seven plays capped by Alexander's second score of the day. Michael Boulware forced Seattle's first turnover of the season as he blitzed Josh McCown on Arizona's next possession, sacking him and forcing a fumble that Rocky Bernard recovered and rolled to the Arizona 1 before being tackled. Alexander scored his third touchdown on the day and upped Seattle's lead to 24-9 scoring 14 points in a 30-second span. Rackers kicked another field goal to end the third quarter, while Alexander tied his own franchise record, along with Curt Warner, with his fourth rushing score, another 1-yarder in the fourth quarter. Josh Brown attempted his first field goals of the season, converting all three (33, 23, 47). With his four rushing touchdowns, Alexander moved into 25th place all-time in the NFL record books passing Larry Csonka and Thurman Thomas.

Arizona	3	6	3	0	—	12		
Seattle	7	3	14	13	—	37		
							Arizona	
							Seattle	
ARI	1	9:46	Rackers 54 FG (9-27, 5:14)				3	0
SEA	1	4:20	Alexander 25 run (Brown kick) (10-80, 5:26)				3	7
ARI	2	14:07	Rackers 39 FG (10-57, 5:13)				6	7
SEA	2	6:43	Brown 33 FG (6-35, 2:05)				6	10
ARI	2	3:41	Rackers 50 FG (8-56, 3:02)				9	10
SEA	3	11:51	Alexander 1 run (Brown kick) (7-80, 3:09)				9	17
SEA	3	11:21	Alexander 1 run (Brown kick) (1-1, 0:04)				9	24
ARI	3	5:06	Rackers 39 FG (7-36, 3:13)				12	24
SEA	4	14:56	Alexander 1 run (Brown kick) (9-80, 5:10)				12	31
SEA	4	8:50	Brown 23 FG (10-75, 4:14)				12	34
SEA	4	1:28	Brown 47 FG (12-53, 6:20)				12	37
Att.	—	64,843						

INDIVIDUAL STATISTICS

RUSHING

Arizona	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Shipp	10	41	15	0	Alexander	22	140	45	4
Boldin	2	18	11	0	Strong	2	11	11	0
Warner	1	13	13	0	Weaver	2	8	7	0
3 others	8	18	10	0	Morris	11	4	6	0
TOTAL	21	90	15	0	TOTAL	37	163	45	4

PASSING

Arizona	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
McCown	23	10	97	0	1	37.8	Hasselbeck	31	20	242	0	0	88.4
Warner	13	8	105	0	0	87.0	Wallace	1	1	42	0	0	118.8
TOTAL	36	18	202	0	1	55.6	TOTAL	32	21	284	0	0	93.8

RECEIVING

Arizona	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Boldin	6	88	45	0	Jackson	8	125	48	0
Fitzgerald	3	41	24	0	Engram	5	54	16	0
Lee	3	29	13	0	Stevens	3	34	12	0
Shipp	2	16	9	0	Jurevicius	2	16	9	0
Johnson	1	10	10	0	Warrick	1	42	42	0
Bergen	1	9	9	0	Strong	1	8	8	0
Ayanbadejo	1	5	5	0	Hannam	1	5	5	0
Arrington	1	4	4	0					
TOTAL	18	202	45	0	TOTAL	21	284	48	0

TEAM STATISTICS

	Arizona	Seattle
Total First Downs	15	29
Third Down Eff.	3-13-23%	6-13-46%
Total Net Yards	266	447
Total Off. Plays	60	69
Avg. per Play	4.4	6.5
Net Yards Rushing	90	163
Total Rushing Plays	21	37
Net Yards Passing	176	284
Times Sacked/Yards Lost	3/26	0/0
Pass Att.-Comp.-Int.	36-18-1	32-21-0
Punts-No. and Avg.	5-48.6	4-36.3
Penalties-No. and Yards	12-71	3-25
Fumbles-No. and Lost	2-1	0-0
Touchdowns	0	4
Field Goals Made-Att.	4-4	3-3
Time of Possession	26:31	33:29

DEFENSE

Arizona	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Rolle	11	10	1	0.0	0.0	0	0	0	0	0
Huff	11	8	3	0.0	0.0	0	0	0	0	0
Wilson	11	6	5	0.0	0.0	0	0	1	0	0
Dansby	9	5	4	0.0	0.0	0	0	0	0	0
Griffith	8	8	0	0.0	0.0	0	0	1	0	0
Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Sharper	6	4	2	0.0	0.0	0	0	0	1	0
Babineaux	6	3	3	0.0	0.0	1	17	1	0	0
Tubbs	5	4	1	0.0	5.0	0	0	1	0	0
Hill	5	4	1	1.0	1.0	0	0	0	0	0

3 others with 5 tackles each
Additional Stats: Sacks: Boulware, Fisher 1.0; Forced Fumbles: Boulware 1; Fumble Recoveries: Bernard 1.



Seattle traveled across the country to meet the Washington Redskins, only to fall 20-17 in its first overtime game this season. Seattle got on the board first as Josh Brown connected on his third-longest career field goal, a 53-yarder in the first quarter. The Redskins answered back with a touchdown in the second quarter taking 8:07 off the clock with a 16-play, 85-yard drive and taking a 7-3 lead in to the half. In all, Seattle only ran 21 plays in the first half and held the ball for a measly 8:03 compared to Washington doubling the plays and holding the ball for 21:57. Washington opened the second-half scoring with Mark Brunell finding Mike Sellers from 4 yards out to increase its lead to 14-3. The score was prefaced with a questionable 29-yard pass interference call on Michael Boulware the play before, spotting the ball on the Seattle 4-yard line. Needing to stay in the game, Seattle took the next possession and drove 85 yards in eight plays ending with Shaun Alexander finding the end zone from 3 yards out. The Redskins tacked on a Nick Novak 40-yard field goal just before the end of the quarter for a 17-10 lead heading into the final period. With each team forcing a punt, the Seahawks received the ball at their own 9-yard line with 7:42 left in the game. Facing a third-and-16, Matt Hasselbeck found Darrell Jackson for a 15-yard gain, and on fourth-and-1, Hasselbeck scrambled 10 yards to keep the drive alive. Nine plays later in the 14-play drive, Hasselbeck connected with Jackson from 6 yards out for the tying score with 1:27 on the clock. Knotted at 17, Kelly Herndon intercepted Brunell at the Washington 33 and gave Seattle a chance to win the game. However, Brown's 47-yard field-goal attempt hit the left upright as time expired and the game headed into overtime. Washington won the toss and took the opening drive 55 yards in 11 plays, with Novak connecting on a game-winning 39-yard field goal.

Seattle	3	0	7	7	0	17
Washington	0	7	10	0	3	20

	SEA	WAS	SEA	WAS	SEA	WAS	SEA	WAS	SEA	WAS	SEA	WAS
SEA	1	5:58	Brown 53 FG (6-15, 1:46)	3	0							
WAS	2	2:39	Royal 1 pass from Brunell (Novak kick) (16-85, 8:07)	3	7							
WAS	3	7:19	Sellers 4 pass from Brunell (Novak kick) (6-62, 2:17)	3	14							
SEA	3	4:10	Alexander 3 run (Brown kick) (8-85, 3:09)	10	14							
WAS	3	0:03	Novak 40 FG (10-49, 4:07)	10	17							
SEA	4	1:23	Jackson 6 pass from Hasselbeck (Brown kick) (14-91, 6:19)	17	17							
WAS	OT	9:29	Novak 39 FG (11-55, 5:31)	17	20							
Att.	-		90,215									

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Washington	Att	Yds	LG	TD
Alexander	20	98	34	1	Portis	25	90	13	0
Hasselbeck	2	16	10	0	Betts	12	35	9	0
Strong	1	5	5	0	Brunell	2	16	18	0
TOTAL	23	119	34	1	TOTAL	31	141	18	0

PASSING

Seattle	A	C	Yds	TD	Int	RT	Washington	A	C	Yds	TD	Int	RT
Hasselbeck	38	26	242	1	0	94.4	Brunell	36	20	226	2	1	81.5
TOTAL	38	26	242	1	0	94.4	TOTAL	36	20	226	2	1	81.5

RECEIVING

Seattle	Att	Yds	LG	TD	Washington	Att	Yds	LG	TD
Engram	9	106	26	0	Moss	6	87	30	0
Jackson	7	55	16	1	Cooley	4	61	19	0
Stevens	3	31	13	0	Patten	3	15	11	0
Hannam	3	23	20	0	Thrash	2	30	16	0
Strong	2	6	6	0	Portis	2	18	12	0
Jurevicius	1	17	17	0	Royal	2	11	10	1
Alexander	1	4	4	0	Sellers	1	4	4t	1
TOTAL	26	242	26	1	TOTAL	20	226	40	2

TEAM STATISTICS

	Seattle	Washington
Total First Downs	21	26
Third Down Eff.	6-12-50%	13-18-72%
Total Net Yards	354	352
Total Off. Plays	62	77
Avg. per Play	5.7	4.6
Net Yards Rushing	119	141
Total Rushing Plays	23	39
Net Yards Passing	235	211
Times Sacked/Yards Lost	1/7	2/15
Pass Att.-Comp.-Int.	38-26-0	36-20-1
Punts-No. and Avg.	3-33.0	2-41.0
Penalties-No. and Yards	8-84	2-10
Fumbles-No. and Lost	1-0	0-0
Touchdowns	2	2
Field Goals Made-Att.	1-3	2-3
Time of Possession	26:09	39:22

DEFENSE

Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Tatupu	10	9	1	1.0	7.0	0	0	0	0	0
Lewis	7	5	2	0.0	0.0	0	0	0	0	0
Dyson	6	6	0	0.0	0.0	0	0	1	0	0
Fisher	6	4	2	0.0	0.0	0	0	1	0	0
Trufant	5	5	0	0.0	0.0	0	0	1	0	0
Bernard	5	5	0	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Boulware 1.0; Interceptions: Herndon 1.										
Wash.	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Marshall	7	7	0	1.0	7.0	0	0	0	0	0
Rogers	7	6	1	0.0	0.0	0	0	0	1	0
Griffin	6	6	0	0.0	0.0	0	0	0	0	0
Taylor	5	5	0	0.0	0.0	0	0	0	0	0
Three players with 4 tackles										



In an early season battle for first place in the NFC West, the Seahawks went into the Edward Jones Dome and pulled out a 37-31 victory, their first win in St. Louis since the 1997 season. The Rams took the opening kickoff 99 yards but Seattle showed poise in taking a 14-7 lead at the end of the first quarter thanks to a Shaun Alexander 1-yard touchdown and a Jerramy Stevens 29-yard strike from Matt Hasselbeck. Seattle's defense held the Rams' offense in check until the second quarter when Marc Bulger found Kevin Curtis from 25 yards out to tie the score. It was a back-and-forth affair in the second quarter with the Rams answering a Joe Jurevicius 24-yard score with a Torry Holt 26-yard score with 2:02 left in the half. Tied at 21, Seattle used an efficient passing attack to go 60 yards in eight plays with Josh Brown hitting a 34-yard field goal as time expired in the first half. Exchanging punts to open the third quarter, Seattle scored 10 points to increase its lead to 34-21 via another Brown field goal and Shaun Alexander's 18-yard touchdown run. Needing to keep the game close, St. Louis drove 80 yards in 12 plays in its next drive culminating with Steven Jackson plunging in from 4 yards out to cut the lead to 34-28. Brown hit his third field goal of the day and Jeff Wilkins also chipped one in from 40 yards to make the score 37-31 in the fourth, when the Rams forced three incomplete passes, Seattle punted the ball with 3:54 to go. Shaun McDonald fielded it cleanly but Jordan Babineaux poked it out and J.P. Darche recovered the ball, allowing Seattle to run out the clock and win the game.

Seattle	14	10	10	3	—	37
St. Louis	7	14	7	3	—	31

					Seattle	St. Louis
STL	1	14:46	Johnson 99 kickoff return (Wilkins kick) (0-0, 0:14)		0	7
SEA	1	9:34	Alexander 1 run (Brown kick) (3-47, 1:14)		7	7
SEA	1	1:37	Stevens 29 pass from Hasselbeck (Brown kick) (3-44, 1:06)		14	7
STL	2	13:49	Curtis 25 pass from Bulger (Wilkins kick) (7-82, 2:48)		14	14
SEA	2	9:05	Jurevicius 24 pass from Hasselbeck (Brown kick) (12-91, 4:44)		21	14
STL	2	2:02	Holt 26 pass from Bulger (Wilkins kick) (3-52, 1:04)		21	21
SEA	2	0:00	Brown 34 FG (8-60, 2:02)		24	21
SEA	3	9:23	Brown 44 FG (4-8, 1:34)		27	21
SEA	3	6:15	Alexander 18 run (Brown kick) (4-44, 1:40)		34	21
STL	3	0:26	Jackson 4 run (Wilkins kick) (12-80, 5:49)		34	28
SEA	4	7:32	Brown 28 FG (9-40, 3:41)		37	28
STL	4	3:54	Wilkins 40 FG (10-56, 3:58)		37	31
Att.	—		65,707			

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	St. Louis	Att	Yds	LG	TD
Alexander	25	119	18t	2	Jackson	17	77	16	1
Strong	1	11	11	0					
Hasselbeck	4	4	7	0					
TOTAL	30	134	16t	2	TOTAL	17	77	16	1

PASSING

Seattle	A	C	Yds	TD	Int	RT	St. Louis	A	C	Yds	TD	Int	RT
Hasselbeck	38	27	316	2	0	113.5	Bulger	40	26	336	2	1	97.5
TOTAL	38	27	316	2	0	113.5	TOTAL	40	26	336	2	1	97.5

RECEIVING

Seattle	No	Yds	LG	TD	St. Louis	No	Yds	LG	TD
Jurevicius	9	137	52	1	Holt	8	126	26t	1
Hackett	5	43	14	0	Jackson	6	62	27	0
Stevens	3	65	29t	1	Curtis	5	63	25t	1
Strong	3	25	10	0	McDonald	5	55	19	0
Alexander	3	16	6	0	Robinson	1	28	28	0
Hannam	2	12	6	0	Cleeland	1	2	2	0
Urban	1	11	11	0					
Warrick	1	7	7	0					
TOTAL	27	316	52	2	TOTAL	26	336	28	2

TEAM STATISTICS

	Seattle	St. Louis
Total First Downs	26	20
Third Down Eff.	2-11-18%	3-12-25%
Total Net Yards	433	386
Total Off. Plays	72	61
Avg. per Play	6.0	6.3
Net Yards Rushing	134	77
Total Rushing Plays	30	17
Net Yards Passing	299	309
Times Sacked/Yards Lost	4/17	4/27
Pass Att.-Comp.-Int.	38-27-0	40-26-1
Punts-No. and Avg.	6-40.3	6-33.5
Penalties-No. and Yards	7-50	7-74
Fumbles-No. and Lost	0-0	2-1
Touchdowns	4	4
Field Goals Made-Att.	3-3	1-1
Time of Possession	30:54	29:06

DEFENSE

Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Tatupu	9	9	0	0.0	0.0	1	3	1	0	0
Herndon	9	9	0	0.0	0.0	0	0	1	0	0
Hill	5	5	0	1.0	5.0	0	0	0	0	0
Hamlin	4	4	0	0.0	0.0	0	0	0	0	0
Manuel	4	4	0	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Bernard 1.5, Darby 1.0, Terrill 0.5.										
St. Louis	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Furrey	8	7	1	0.0	0.0	0	0	0	0	0
Tinoisamoa	7	7	0	0.0	0.0	0	0	0	0	0
Fisher	6	6	0	0.0	0.0	0	0	0	0	0
Hargrove	5	5	0	0.0	0.0	0	0	0	0	0
Ivy	5	5	0	1.0	3.0	0	0	0	0	0
Additional Stats: Sacks: Jackson 2.0, Archuleta, Little 0.5.										



On ESPN's Sunday Night Football, Shaun Alexander and the Seahawks' offense put on a show with a club-record 320 rushing yards en route to a 42-10 win over the Texans. Alexander alone rushed for 141 yards on only 22 carries with a club and career-high tying four rushing scores. He became only the third player in NFL history to have two four-touchdown games in one season. Maurice Morris was right behind him with 104 yards on eight carries, with a career-long 49-yard rush and his first-career rush score from 11 yards out in the fourth quarter. Combined, it was only the third time in team history that Seattle had two 100-yard rushers in a single game. Matt Hasselbeck, who was 14 of 20 for 168 yards with one touchdown and one interception, broke Jim Zorn's streak of consecutive passes without an interception (153) but saw his streak snapped at 159 just before halftime. Hasselbeck rushed for a season-high 40 yards and also had a career-long 23-yard gain on a fourth-and-2 play to set up a Seattle score. Seattle scored early and often, with two Alexander first-quarter touchdowns and Hasselbeck finding Joe Jurevicius from 3 yards out in the second quarter for a 21-3 halftime lead. With the ground game working, Hasselbeck attempted only six passes in the second half, completing four. Alexander picked up a touchdown in the third and fourth quarters and Morris capped the scoring with 5:14 to go in the game. Alexander's 74 career rush scores tied him for 18th place all-time in NFL history.

Houston	0	3	7	0	—	10
Seattle	14	7	7	14	—	42

				Houston	Seattle
SEA	1	8:12	Alexander 4 run (J. Brown kick) (8-69, 3:01)	0	7
SEA	1	1:08	Alexander 5 run (J. Brown kick) (9-96, 3:54)	0	14
HOU	2	7:50	K. Brown 39 FG (16-54, 8:18)	3	14
SEA	2	1:45	Jurevicius 3 pass from Hasselbeck (J. Brown kick) (6-46, 2:08)	3	21
SEA	3	8:23	Alexander 1 run (J. Brown kick) (12-70, 6:37)	3	28
HOU	3	3:35	Davis 27 pass from Carr (K. Brown kick) (9-65, 4:48)	10	28
SEA	4	13:17	Alexander 23 run (J. Brown kick) (10-76, 5:18)	10	35
SEA	4	5:14	Morris 11 run (J. Brown kick) (7-88, 3:59)	10	42
Att.	—	66,196			

INDIVIDUAL STATISTICS

RUSHING

Houston	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Davis	18	40	6	0	Alexander	22	141	23t	4
Moreney	2	15	12	0	Morris	8	104	49	1
Carr	2	12	12	0	Hasselbeck	4	40	23	0
					Weaver	5	21	14	0
					Strong	1	16	16	0
					Wallace	2	-2	-1	0
TOTAL	22	67	12	0	TOTAL	42	320	49	5

PASSING

Houston	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Carr	33	19	179	1	0	82.8	Hasselbeck	20	14	168	1	1	91.2
TOTAL	33	19	179	1	0	82.8	TOTAL	20	14	168	1	1	91.2

RECEIVING

Houston	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Gaffney	10	87	26	0	Warrick	3	53	27	0
Bradford	4	38	15	0	Jurevicius	3	29	20	1
Davis	2	28	27t	1	Strong	3	20	9	0
Wells	1	16	16	0	Urban	2	37	24	0
Rivers	1	6	6	0	Stevens	2	28	22	0
Armstrong	1	4	4	0	Alexander	1	1	1	0
TOTAL	19	179	27	1	TOTAL	14	168	27	1

TEAM STATISTICS

	Houston	Seattle
Total First Downs	14	31
Third Down Eff.	6-16-38%	7-11-64%
Total Net Yards	227	459
Total Off. Plays	58	65
Avg. per Play	3.9	7.1
Net Yards Rushing	67	320
Total Rushing Plays	22	42
Net Yards Passing	160	139
Times Sacked/Yards Lost	3/19	3/29
Pass Att.-Comp.-Int.	33-19-0	20-14-1
Punts-No. and Avg.	6-37.5	1-41.0
Penalties-No. and Yards	13-95	6-45
Fumbles-No. and Lost	1-0	2-0
Touchdowns	1	6
Field Goals Made-Att.	1-2	0-0
Time of Possession	28:27	31:33

DEFENSE

Houston	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Greenwood	12	9	3	0.0	0.0	0	0	0	0	0
Brown	8	7	1	0.0	0.0	0	0	0	0	0
Polk	6	5	1	0.0	0.0	0	0	0	0	0
Coleman	6	5	1	0.0	0.0	0	0	0	0	0
Ioane	5	3	2	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Anderson, Payne, Peek 1.0; Interceptions: Evans 1; Forced Fumbles: Peek 1.

Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Sharper	7	5	2	0.0	0.0	0	0	0	0	0
Herndon	6	6	0	0.0	0.0	0	0	1	0	0
Babineaux	5	5	0	0.0	0.0	0	0	0	0	0
Tatupu	5	4	1	0.0	0.0	0	0	0	0	0
Boulware	5	3	2	0.0	0.0	0	0	0	0	0
Hamlin	5	3	2	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Bernard, Terrill, Wistrom 1.0.



In a rematch of last year's Monday Night Football shoot out, this year's Dallas game was a defensive battle until the very end. Seattle took the opening kickoff and marched down the field efficiently, but Matt Hasselbeck's intended pass to Peter Warrick was batted in the air and picked off by Terence Newman to end the drive at the Dallas 7. The two teams forced each other to punt and then Dallas drove 74 yards in 10 plays with Drew Bledsoe finding Keyshawn Johnson from 5 yards out to make the score 7-0 after the first quarter. In the second quarter, the teams combined for seven punts before Michael Boulware picked off Bledsoe and returned it to the Seattle 40. Seattle's offense could only muster 23 yards before Josh Brown connected on a Qwest Field record 55-yard field goal to cut the score to 7-3 at halftime. The teams continued solid defensive play throughout the third quarter and most of the fourth quarter. Hasselbeck threw an interception deep inside his own territory at the Seattle 24 and Dallas was poised to put the game away. Seattle allowed only seven rushing yards forcing a third-and-three and D.D. Lewis forced Bledsoe to fumble out of bounds and the Cowboys settled for a field goal and a 10-3 lead. After the ensuing kickoff, Seattle needed to go 81 yards for the tying score with only 2:01 left. Two consecutive 22-yard gains to Jerheme Urban and Jerramy Stevens and another 22-yard pass interference penalty allowed Seattle to move the ball to the Dallas 25. Shaun Alexander's longest run of the day of 11 yards followed, breaking Chris Warren's club record for rushing yards, and Hasselbeck then found D.J. Hackett at the Dallas 1. The Seahawks tied it up when Hasselbeck found Ryan Hannam from a yard away, evening the score at 10. With 0:40 remaining and a good kickoff return to the Dallas 41, the Cowboys looked to move in to field-goal range. However, on third-and-7 Jordan Babineaux picked off Bledsoe and ran it back to the Dallas 32 to allow Brown to kick a 50-yard game-winner as time expired.

Dallas	7	0	0	3	—	10
Seattle	0	3	0	10	—	13

						Dallas	Seattle
DAL	1	1:03	Johnson 5 pass from Bledsoe (Cortez kick) (10-74, 4:29)			7	0
SEA	2	0:33	Brown 55 FG (8-23, 1:10)			7	3
DAL	4	2:06	Cortez 21 FG (4-9, 0:58)			10	3
SEA	4	0:40	Hannam 1 pass from Hasselbeck (Brown kick) (6-81, 1:26)			10	10
SEA	4	0:00	Brown 50 FG (1-0, 0:05)			10	13
Att.	—	67,046					

INDIVIDUAL STATISTICS

RUSHING

Dallas	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Barber	22	95	14	0	Alexander	21	61	11	0
Thompson	6	34	14	0	Hasselbeck	1	11	11	0
Thomas	6	19	5	0					
3 with	5	16	9	0					
TOTAL	39	164	14	0	TOTAL	22	72	11	0

PASSING

Dallas	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
Bledsoe	24	13	136	1	2	50.0	Hasselbeck	42	23	224	1	2	58.0
TOTAL	24	13	136	1	2	50.0	TOTAL	42	23	224	1	2	58.0

RECEIVING

Dallas	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Glenn	4	35	16	0	Jurevicius	6	54	16	0
Johnson	4	28	11	1	Stevens	5	60	22	0
Witten	2	47	34	0	Hackett	4	36	17	0
Price	1	19	19	0	Urban	3	57	22	0
Thompson	1	6	6	0	Strong	2	8	5	0
Barber	1	1	1	0	2 with	3	9	5	1
TOTAL	13	136	34	1	TOTAL	23	224	22	1

TEAM STATISTICS

	Dallas	Seattle
Total First Downs	16	20
Third Down Eff.	3-15-20%	3-13-23%
Total Net Yards	275	289
Total Off. Plays	68	65
Avg. per Play	4.0	4.4
Net Yards Rushing	164	72
Total Rushing Plays	39	22
Net Yards Passing	111	217
Times Sacked/Yards Lost	5/25	1/7
Pass Att.-Comp.-Int.	24-13-2	42-23-2
Punts-No. and Avg.	9-40.3	9-37.2
Penalties-No. and Yards	9-81	9-83
Fumbles-No. and Lost	4-0	2-1
Touchdowns	1	1
Field Goals Made-Att.	1-2	2-2
Time of Possession	34:08	25:52

DEFENSE

Dallas	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Fujita	6	5	1	0.0	0.0	0	0	0	0	0
Newman	5	5	0	0.0	0.0	1	0	2	1	0
James	5	5	0	1.0	7.0	0	0	0	0	0
Ellis	5	4	1	0.0	0.0	0	0	1	0	0
Ware	5	3	2	0.0	0.0	0	0	0	0	0
Additional Stats: Interceptions: Williams 1.										
Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Lewis	11	6	5	0.0	0.0	0	0	1	1	0
Wistrom	9	7	2	1.0	4.0	0	0	0	0	0
Fisher	9	7	2	2.0	11.0	0	0	0	0	0
Manuel	8	4	4	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Darby, Tubbs 1.0; Interceptions: Babineaux 1; Forced Fumbles: Herndon 1.										



The Seahawks returned from the bye week refreshed and focused in their 33-19 win over the Cardinals in Arizona. Arizona scored first as it opened the game with a 7:04 drive that was stalled by the Seahawks' defense and settled for a 23-yard Neil Rackers field goal. Seattle answered back with 10 points on a Josh Brown field goal and a Joe Jurevicius 4-yard touchdown catch from Matt Hasselbeck to open the second quarter. Seattle's defense again stopped a would-be touchdown drive and forced Arizona to settle for another Rackers field goal to make the score 10-6. After an exchange of punts, Seattle found itself at the Arizona 40 with 1:21 to go in the half. Hasselbeck then found Jerheme Urban from 46 yards out to the Arizona 13 and two plays later Hasselbeck rushed in from 1-yard for a 17-6 half-time lead. On the first play from scrimmage in the second half, Shaun Alexander took off from 88 yards out for the score, tying his career-long and club-record. The teams then traded field goals and Kurt Warner then found Bryant Johnson on a 6-yard scoring toss and Rackers connected on his fourth field goal of the day to cut the lead to 27-16 at the start of the fourth quarter. Pinned at their own 7-yard line after a penalty on a kickoff return, the Seahawks drove 93 yards culminating with Alexander's second score of the day, this from 14 yards. Arizona looked to come back with 5:08 left in the game, but Jordan Babineaux intercepted Warner allowing Seattle to wind down the clock and secure the win.

		Seattle	Arizona			Seattle	Arizona
		3	14	10	6	—	33
		3	3	10	3	—	19
						Seattle	Arizona
ARI	1	7:56	Rackers 23 FG (13-67, 7:04)			0	3
SEA	1	1:00	Brown 26 FG (12-63, 6:56)			3	3
SEA	2	13:00	Jurevicius 4 pass Hasselbeck (Brown kick) (6-41, 2:43)			10	3
ARI	2	6:16	Rackers 31 FG (12-61, 6:44)			10	6
SEA	2	0:39	Hasselbeck 1 run (Brown kick) (4-60, 0:42)			17	6
SEA	3	14:40	Alexander 88 run (Brown kick) (1-88, 0:20)			24	6
ARI	3	10:29	Rackers 50 FG (7-39, 4:11)			24	9
SEA	3	6:48	Brown 28 FG (4-7, 1:13)			27	9
ARI	3	0:35	Johnson 6 pass Warner (Rackers kick) (14-80, 6:13)			27	16
ARI	4	12:09	Rackers 44 FG (5-53, 1:20)			27	19
SEA	4	5:19	Alexander 14 run (kick blocked) (12-93, 6:50)			33	19
Att.	— 43,542						

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Arizona	Att	Yds	LG	TD
Alexander	23	173	88t	2	Arrington	5	40	15	0
Morris	5	30	12	0	Shipp	13	20	4	0
Strong	1	3	3	0	Fitzgerald	1	9	9	0
Hasselbeck	4	2	3	0	Ayanbadejo	1	2	2	0
TOTAL	33	208	88t	2	TOTAL	20	71	15	0

PASSING

Seattle	A	C	Yds	TD	Int	RT	Arizona	A	C	Yds	TD	Int	RT
Hasselbeck	20	13	158	1	0	105.8	Warner	48	29	334	1	3	62.3
TOTAL	20	13	158	1	0	105.8	TOTAL	48	29	334	1	3	62.3

RECEIVING

Seattle	No	Yds	LG	TD	Arizona	No	Yds	LG	TD
Jurevicius	4	31	19	1	Fitzgerald	8	102	23	0
Engram	3	24	15	0	Johnson	6	66	21	1
Stevens	2	28	18	0	Arrington	4	22	9	0
Urban	1	46	46	0	McCoy	3	25	11	0
Morris	1	12	12	0	Ayanbadejo	2	25	18	0
Strong	1	9	9	0	Newhouse	2	22	14	0
Hannam	1	8	8	0	Bergen	2	5	5	0
					Edwards	1	63	63	0
					Shipp	1	4	4	0
TOTAL	13	158	46	1	TOTAL	29	334	63	1

TEAM STATISTICS

	Seattle	Arizona
Total First Downs	22	23
Third Down Eff.	3-9-33%	8-16-50%
Total Net Yards	370	378
Total Off. Plays	54	72
Avg. per Play	6.8	5.3
Net Yards Rushing	208	71
Total Rushing Plays	33	20
Net Yards Passing	158	307
Times Sacked/Yards Lost	1/0	4/27
Pass Att.-Comp.-Int.	20-13-0	48-29-3
Punts-No. and Avg.	4-46.5	1-36.0
Penalties-No. and Yards	6-52	9-78
Fumbles-No. and Lost	1-0	1-1
Touchdowns	4	1
Field Goals Made-Att.	3-3	2-2
Time of Possession	28:03	31:57

DEFENSE

	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Manuel	12	9	3	0.0	0.0	0	0	1	0	0
Tatupu	8	5	3	0.0	0.0	0	0	0	0	0
Trufant	7	7	0	0.0	0.0	1	7	1	0	0
Hill	5	5	0	1.0	5.0	0	0	0	1	0
Four players with 4 tackles.										
Additional Stats: Sacks: Fisher 2.0, Darby, Tubbs 0.5;										
Interceptions: Babineaux, Herndon 1; Fumble Recoveries: Bernard 1.										
Arizona	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Griffith	9	7	2	0.0	0.0	0	0	0	0	0
Dansby	6	6	0	0.0	0.0	0	0	0	0	0
Okeafor	5	5	0	1.0	0.0	0	0	0	1	0
Wilson	5	4	1	0.0	0.0	0	0	1	0	0
Dockett	5	4	1	0.0	0.0	0	0	0	0	0



In front of the second-largest crowd of 67,192 in Qwest Field history, Seattle defeated St. Louis 31-16 to improve to 4-0 in the NFC West. In a matchup of the top two offenses in the NFL, it was defense that ruled the first half, with Seattle holding a 10-3 lead at halftime. After surrendering an opening field goal to the Rams, Seattle had a 14-play drive snuffed out when Mike Furrey intercepted Matt Hasselbeck at the St. Louis 1 to hold Seattle scoreless in the first quarter. Looking for a spark on offense, the Rams lined up for a 25-yard field goal and attempted a fake, only to have Rams' kicker Jeff Wilkins tackled by Marcus Trufant for a 4-yard loss. Seattle took the next possession, highlighted by a 47-yard gain from Hasselbeck to D.J. Hackett, and scored on a Shaun Alexander 6-yard touchdown run. Josh Brown tacked on a 31-yard field goal just before the half. Seattle distanced themselves in the third quarter, sacking Marc Bulger three times and scoring 14 points. After a Wilkins field goal cut the lead to 10-6, the Seahawks scored on a 4-yard run by Alexander and a 31-yard pass from Hasselbeck to Hackett for a 24-6 lead. The Rams attempted a comeback but Rodney Bailey forced Brandon Manumaleuna to fumble at the Seattle 13 and was recovered by Marquand Manuel early in the fourth quarter. The Rams still managed to score 10 unanswered points to pull within 24-16. Ahead by one score with 6:53 to go, Seattle drove 69 yards on 12 plays, chewing up 5:48 when Alexander scored his third touchdown of the day, this from 17 yards out for the final margin.

St. Louis	3	0	6	7	—	16
Seattle	0	10	14	7	—	31

			St. Louis	Seattle
STL	1	9:50	Wilkins 31 FG (10-61, 5:10)	3 0
SEA	2	8:45	Alexander 6 run (Brown kick) (5-88, 2:24)	3 7
SEA	2	0:15	Brown 31 FG (14-78, 4:07)	3 10
STL	3	12:22	Wilkins 36 FG (5-9, 2:23)	6 10
SEA	3	9:20	Alexander 4 run (Brown kick) (6-69, 3:02)	6 17
SEA	3	4:59	Hackett 31 pass Hasselbeck (Brown kick) (5-47, 2:42)	6 24
STL	3	0:40	Wilkins 39 FG (8-48, 4:19)	9 24
STL	4	7:00	Holt 14 pass Bulger (Wilkins kick) (4-46, 1:35)	16 24
SEA	4	1:12	Alexander 17 run (Brown kick) (12-69, 5:48)	16 31
Att.	— 67,192			

INDIVIDUAL STATISTICS

RUSHING

St. Louis	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Jackson	17	70	18	0	Alexander	33	165	37	3
Bulger	2	9	5	0	Strong	2	7	4	0
Faulk	1	0	0	0	Hasselbeck	1	2	2	0
Wilkins	1	-4	-4	0					
TOTAL	21	75	18	0	TOTAL	36	174	37	3

PASSING

St. Louis	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
Bulger	40	28	304	1	1	90.0	Hasselbeck	29	17	243	1	2	68.6
TOTAL	40	28	304	1	1	90.0	TOTAL	29	17	243	1	2	68.6

RECEIVING

St. Louis	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Curtis	6	51	16	0	Engram	6	70	27	0
Faulk	5	54	15	0	Stevens	4	49	18	0
Jackson	5	45	18	0	Jurevicius	3	27	11	0
Holt	4	45	17	1	Hackett	2	78	47	1
Manumaleuna	3	51	33	0	Hannam	1	10	10	0
McDonald	2	26	14	0	Alexander	1	9	9	0
3 with	3	32	16	0					
TOTAL	28	304	33	1	TOTAL	17	243	47	1

TEAM STATISTICS

	St. Louis	Seattle
Total First Downs	22	21
Third Down Eff.	7-15-47%	10-15-67%
Total Net Yards	353	417
Total Off. Plays	64	65
Avg. per Play	5.5	6.4
Net Yards Rushing	75	174
Total Rushing Plays	21	36
Net Yards Passing	278	243
Times Sacked/Yards Lost	3/26	0/0
Pass Att.-Comp.-Int.	40-28-1	29-17-2
Punts-No. and Avg.	2-41.5	3-39.7
Penalties-No. and Yards	8-49	3-69
Fumbles-No. and Lost	2-1	0-0
Touchdowns	1	4
Field Goals Made-Att.	3-3	1-1
Time of Possession	30:47	29:13

DEFENSE

St. Louis	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Tinoisamoa	10	8	2	0.0	0.0	0	0	0	0	0
Archuleta	7	4	3	0.0	0.0	0	0	0	0	0
Fisher	6	6	0	0.0	0.0	0	0	0	0	0
Groce	6	4	2	0.0	0.0	0	0	0	0	0
Furrey	5	2	3	0.0	0.0	1	33	2	0	0
Additional Stats: Interceptions: Coakley 1.										
Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Tatupu	10	9	1	1.0	11.0	0	0	0	0	0
Manuel	8	8	0	0.0	0.0	0	0	1	0	1
Herndon	8	6	2	0.0	0.0	0	0	0	0	0
Boulware	6	4	2	0.0	0.0	1	4	1	0	0
Bernard	5	4	1	1.0	6.0	0	0	0	0	0
Additional Stats: Sacks: Hill 1.0; Forced Fumbles: Bailey, Dyson 1.										



Seattle improved its NFC West record to an unblemished 5-0 with a 27-25 escape at San Francisco that wasn't decided until the final minute. The teams exchanged field goals in the first quarter, with Seattle holding the 49ers to two more field goals in the second quarter while the Seahawks scored their touchdowns via an 8-yard run by Shaun Alexander and a Matt Hasselbeck-to-D.J. Hackett 12-yard touchdown pass for a 17-6 halftime lead. Seattle's defense began the second half forcing San Francisco to a three-and-out, but after Seattle missed a field goal, the 49ers answered with another Joe Nedney field goal to cut the score to 17-12. Seattle's offense answered driving 73 yards in six plays culminating with Alexander's second score of the game from 1-yard out. In the fourth quarter, San Francisco's defense stepped up and held Seattle's offense to just 16 yards and forced three three-and-outs allowing them to score a touchdown to cut the lead to 27-19. With 6:07 left, San Francisco chewed up 5:39 and 76 yards with Maurice Hicks finding the end zone from 1-yard out with 0:28 to go. Needing the two-point conversion to send the game to overtime, Rocky Bernard pressured 49ers' quarterback Ken Dorsey out of the pocket and into an incomplete pass. Marquand Manuel then fielded an onside kick attempt cleanly to allow Seattle to kneel out the clock.

Seattle	3	14	10	0	—	27
San Francisco	3	3	10	9	—	25

						Seattle	San Francisco	
SEA	1	10:03	Brown 21 FG (12-77, 4:57)			3	0	
SF	1	4:03	Nedney 33 FG (11-55, 6:00)			3	3	
SEA	2	13:09	Alexander 8 run (Brown kick) (6-50, 2:07)			10	3	
SF	2	10:07	Nedney 31 FG (6-50, 3:02)			10	6	
SEA	2	6:28	Hackett 12 pass Hasselbeck (Brown kick) (9-78, 3:39)			17	6	
SF	2	2:00	Nedney 40 FG (7-40, 4:28)			17	9	
SF	3	6:24	Nedney 22 FG (5-54, 2:27)			17	12	
SEA	3	3:51	Alexander 1 run (Brown kick) (6-73, 2:33)			24	12	
SEA	3	2:23	Brown 47 FG (4-2, 1:18)			27	12	
SF	4	14:18	Lloyd 22 pass Dorsey (Nedney kick) (6-71, 3:05)			27	19	
SF	4	0:28	Hicks 1 run (pass failed) (13-76, 5:39)			27	25	
Att.	— 63,590							

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD		San Francisco	Att	Yds	LG	TD
Alexander	24	115	40	2		Hicks	11	83	50	1
Morris	2	17	12	0		Barlow	12	21	7	0
Hasselbeck	6	7	8	0		Dorsey	3	6	6	0
2 with	2	6	5	0						
TOTAL	34	145	40	2		TOTAL	26	110	50	1

PASSING

Seattle	A	C	Yds	TD	Int	RT		San Francisco	A	C	Yds	TD	Int	RT
Hasselbeck	31	19	233	1	0	95.2		Dorsey	29	18	249	1	0	101.1
TOTAL	31	19	233	1	0	95.2		TOTAL	29	18	249	1	0	101.1

RECEIVING

Seattle	No	Yds	LG	TD		San Francisco	No	Yds	LG	TD
Engram	6	93	28	0		Lloyd	7	119	44	1
Hackett	6	67	16	1		Jackson	2	23	12	0
Jurevicius	4	40	12	0		Morton	2	22	11	0
3 with	3	33	27	0		6 with	7	85	29	0
TOTAL	19	233	28	1		TOTAL	18	249	44	1

TEAM STATISTICS

	Seattle	San Fran.
Total First Downs	21	17
Third Down Eff.	5-15-33%	5-13-38%
Total Net Yards	373	336
Total Off. Plays	66	59
Avg. per Play	5.7	5.7
Net Yards Rushing	145	110
Total Rushing Plays	34	26
Net Yards Passing	228	226
Times Sacked/Yards Lost	1/5	4/23
Pass Att.-Comp.-Int.	31-19-0	29-18-0
Punts-No. and Avg.	5-43.0	4-43.8
Penalties-No. and Yards	5-75	6-34
Fumbles-No. and Lost	0-0	2-1
Touchdowns	3	2
Field Goals Made-Att.	2-3	4-4
Time of Possession	28:20	31:40

DEFENSE

Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Lewis	8	5	3	0.0	0.0	0	0	0	0	0
Boulware	7	5	2	0.0	0.0	0	0	0	0	0
Hill	7	5	2	0.5	2.0	0	0	0	0	0
Tatupu	6	5	1	0.5	2.0	0	0	0	0	0
Three players with 5 tackles.										
Additional Stats: Sacks: Bernard 2.0, Fisher 1.0; Forced Fumbles: Fisher 1.										
San Fran.	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
D. Smith	8	6	2	0.0	0.0	0	0	0	0	0
Adams	7	6	1	0.0	0.0	0	0	0	0	0
Thornton	5	5	0	0.0	0.0	0	0	1	0	0
Johnson	5	5	0	0.0	0.0	0	0	0	0	0
Spencer	5	5	0	0.0	0.0	0	0	0	0	0
Carter	5	4	1	1.0	5.0	0	0	0	0	0



In the second overtime game of the season, the outcome was in favor of the Seahawks, 24-21, as Giants' kicker Jay Feely missed three attempts that would have given New York the win. Seattle got on the board first when Joe Jurevicius out-jumped a Giants defender to grab a 35-yard pass from Matt Hasselbeck near the end of the first quarter. The crowd at Qwest Field, who the next day received the game ball from Seahawks head coach Mike Holmgren, made its presence known all game long. The crowd was never more apparent than in the second quarter when crowd noise forced the Giants into five false-start penalties in one drive. Altogether, New York had 16 penalties, 11 for motion, the most since 1949. After a Seattle fumble, Feely converted a 39-yard field goal that just cleared the crossbar before Jeremy Shockey scored from 7 yards out, which was reviewed and upheld by replay, for a 10-7 halftime lead. Feely made another close-call field goal from 43 yards out to go up 13-7. Two possessions later, Jurevicius scored again for a 14-13 lead. Seattle chewed up 6:41 of the clock in the fourth on a 13-play, 80-yard drive with Shaun Alexander finding the end zone from 4 yards out for a 21-13 lead. However, New York drove right down the field in 2:34 with Eli Manning finding Amani Toomer from 18 yards out on another play that was reviewed and upheld. The Giants converted a two-point conversion and the game was tied at 21 with 1:59 to go. New York forced a Seattle punt and five plays and 28 yards later, Feely's game-winning attempt went wide left and overtime awaited. Seattle won the toss but was forced to punt. Manning found Shockey at the Seattle 26-yard line but he fumbled to the Seattle 20, but in yet another review, the play was overturned as Shockey never had control of the ball, bringing it back to the Seattle 36. Feely's 54-yard attempt was short. Seattle was stopped again and was forced to punt, giving New York a third chance to win the game. Feely came up short from 45 yards away. The Seahawks finally took advantage and on a second-and-21 Hasselbeck hooked up with D.J. Hackett for 38 yards, then rushed for 20 more yards to set up Josh Brown's game-winning field goal from 36 yards out.

N.Y. Giants	0	10	3	8	0	21
Seattle	7	0	7	7	3	24

					N.Y. Giants	Seattle
SEA	1	0:43	Jurevicius 35 pass Hasselbeck (Brown kick) (3-76, 1:14)		0	7
NYG	2	4:23	Feely 39 FG (7-36, 4:03)		3	7
NYG	2	1:07	Shockey 7 pass Manning (Feely kick) (10-79, 2:09)		10	7
NYG	3	10:20	Feely 43 FG (4-1, 0:48)		13	7
SEA	3	4:36	Jurevicius 16 pass Hasselbeck (Brown kick) (6-56, 2:05)		13	14
SEA	4	4:33	Alexander 4 run (Brown kick) (13-80, 6:41)		13	21
NYG	4	1:59	Toomer 18 pass Manning (Manning to Shockey) (8-61, 2:34)		21	21
SEA	5	2:45	Brown 36 FG (8-47, 3:20)		21	24
Att.	— 67,102					

INDIVIDUAL STATISTICS

RUSHING

N.Y. Giants	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Barber	26	151	49	0	Alexander	31	110	20	1
Manning	3	15	9	0	Strong	1	10	10	0
					Hasselbeck	2	7	6	0
TOTAL	29	166	49	0	TOTAL	34	127	20	1

PASSING

N.Y. Giants	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Manning	53	29	344	2	1	79.4	Hasselbeck	37	21	249	2	1	84.2
TOTAL	53	29	344	2	1	79.4	TOTAL	37	21	249	2	1	84.2

RECEIVING

N.Y. Giants	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Shockey	10	127	24	1	Jurevicius	8	137	35t	2
Burress	6	109	24	0	Engram	6	34	10	0
Toomer	6	62	20	1	Strong	3	18	11	0
2 with	7	46	13	0	3 with	4	60	38	0
TOTAL	29	344	24	2	TOTAL	21	249	38	2

TEAM STATISTICS

	N.Y. Giants	Seattle
Total First Downs	25	17
Third Down Eff.	8-19-42%	6-19-32%
Total Net Yards	490	355
Total Off. Plays	84	74
Avg. per Play	5.8	4.8
Net Yards Rushing	166	127
Total Rushing Plays	29	34
Net Yards Passing	324	228
Times Sacked/Yards Lost	2/20	3/21
Pass Att.-Comp.-Int.	53-29-1	37-21-1
Punts-No. and Avg.	7-37.3	9-45.6
Penalties-No. and Yards	16-114	8-65
Fumbles-No. and Lost	1-0	4-1
Touchdowns	2	3
Field Goals Made-Att.	2-5	1-1
Time of Possession	39:21	32:54

DEFENSE

N.Y. Giants	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Webster	10	10	0	0.0	0.0	0	0	1	0	0
Allen	9	9	0	0.0	0.0	0	0	1	1	1
Umenyiora	8	7	1	2.0	12.0	0	0	0	1	0
Wilson	7	7	0	0.0	0.0	0	0	0	0	0
Clancy	7	6	1	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: Pierce 1.0; Interceptions: Alexander 1; Forced Fumbles: Pierce 1.										
Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Tatupu	13	11	2	0.0	0.0	0	0	1	0	0
Trufant	8	6	2	0.0	0.0	0	0	2	0	0
Lewis	8	5	3	0.0	0.0	0	0	0	0	0
Manuel	7	6	1	0.0	0.0	0	0	0	0	0
Wistrom	7	5	2	0.0	0.0	0	0	2	0	0
Additional Stats: Sacks: Bernard 1.0; Interceptions: Boulware 1.										



In its only Monday Night Football appearance this season, Seattle put on a defensive clinic shutting out Philadelphia, 42-0, in the sixth-coldest game in club history. The Seahawks won the coin toss and took the opening drive 65 yards in 8:10 ending with Matt Hasselbeck finding Bobby Engram for an 11-yard touchdown. From there on, Seattle's defense took the game over. The first to strike was Andre Dyson who intercepted Mike McMahon and took it 72 yards for a touchdown and a 14-0 lead. Each team then punted on their next two possessions. Then it was Lofa Tatupu's turn, as he intercepted McMahon and raced 38 yards for another score. Philadelphia's defense held the Seattle offense in check, but after a quarterback switch from McMahon to Koy Detmer, Tatupu batted a pass into the air and into the arms of Michael Boulware who took returned it 32 yards to the Eagles' 2-yard line. Shaun Alexander scored on the next play and upped the score to 28-0. Forcing a punt, Seattle ran its two-minute offense with a key 42-yard gain from Hasselbeck to D.J. Hackett to the Philadelphia 3-yard line and two plays later, Alexander struck again. On the first play of the second half, Dyson found himself in the right place at the right time after Leroy Hill forced a fumble. Dyson scooped up the ball and ran 25 yards for his second score of the day, giving the Seahawks a 42-0 lead. The rest of the game featured 11 combined punts, two Eagles turnovers (fumble, interception), and only three pass attempts by Seattle.

Seattle	14	21	7	0	—	42
Philadelphia	0	0	0	0	—	0

	SEA	SEA	SEA	SEA	SEA	SEA	SEA	Att.	Phil.
SEA 1	6:50	Engram 11 pass Hasselbeck (Brown kick) (16-65, 8:10)							7
SEA 1	3:24	Dyson 72 interception return (Brown kick)							14
SEA 2	11:31	Tatupu 38 interception return (Brown kick)							21
SEA 2	4:34	Alexander 2 run (Brown kick) (1-2, 0:05)							28
SEA 2	0:29	Alexander 1 run (Brown kick) (4-53, 1:20)							35
SEA 3	14:45	Dyson 25 fumble recovery return (Brown kick)							42
Att.	—	67,637							0

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Philadelphia	Att	Yds	LG	TD
Alexander	19	49	18	2	Moats	10	26	14	0
Morris	15	33	8	0	Westbrook	9	17	6	0
Weaver	5	10	6	0	McMahon	3	14	7	0
Strong	2	4	4	0	Mahe	2	3	2	0
Wallace	1	0	0	0	Detmer	1	1	1	0
TOTAL	42	96	18	2	TOTAL	25	61	14	0

PASSING

Seattle	A	C	Yds	TD	Int	RT	Philadelphia	A	C	Yds	TD	Int	RT
Hasselbeck	15	8	98	1	0	96.0	Detmer	29	13	84	0	2	23.2
Wallace	2	0	0	0	0	39.6	McMahon	10	4	61	0	2	21.2
TOTAL	17	8	98	1	0	84.9	TOTAL	39	17	145	0	4	14.3

RECEIVING

Seattle	No	Yds	LG	TD	Philadelphia	No	Yds	LG	TD
Stevens	4	22	14	0	Westbrook	5	38	10	0
Engram	3	34	13	1	Mahe	4	16	6	0
Hackett	1	42	42	0	Brown	3	27	14	0
					4 with	5	64	27	0
TOTAL	8	98	42	1	TOTAL	17	145	27	0

TEAM STATISTICS

	Seattle	Philadelphia
Total First Downs	14	11
Third Down Eff.	4-14-29%	4-15-27%
Total Net Yards	194	190
Total Off. Plays	59	68
Avg. per Play	3.3	2.8
Net Yards Rushing	96	61
Total Rushing Plays	42	25
Net Yards Passing	98	129
Times Sacked/Yards Lost	0/0	4/16
Pass Att.-Comp.-Int.	17-8-0	39-17-4
Punts-No. and Avg.	9-40.8	8-37.1
Penalties-No. and Yards	2-10	10-56
Fumbles-No. and Lost	1-0	2-2
Touchdowns	6	0
Field Goals Made-Att.	0-1	0-0
Time of Possession	30:40	29:20

DEFENSE

Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Tatupu	9	8	1	0.0	0.0	1	38t	4	0	0
Hill	6	4	2	1.5	8.5	0	0	0	1	0
Babineaux	5	5	0	0.0	0.0	0	0	1	0	0
Manuel	5	5	0	0.0	0.0	0	0	0	0	0
Darby	5	4	1	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Tafoya 1.0, Fisher, Terrill, Tubbs 0.5; **Interceptions:** Boulware, Dyson, Williams 1; **Forced Fumbles:** Hill, Tafoya 1; **Fumble Recoveries:** Dyson, Tubbs 1.

Phil.	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Adams	7	5	2	0.0	0.0	0	0	0	0	0
Lewis	7	5	2	0.0	0.0	0	0	0	0	0
Dawkins	6	6	0	0.0	0.0	0	0	1	0	0
Cole	5	3	2	0.0	0.0	0	0	0	0	0
Trotter	5	3	2	0.0	0.0	0	0	0	0	0



Seattle won its franchise-record ninth straight game, with a 41-3 win over San Francisco, improving its record to 11-2. Seattle also finished the 2005 season undefeated in division play, also marking the first time that has occurred in team history. Along with their 42-0 shutout of the Eagles six days earlier, the Seahawks outscored their opponents 83-3, and the 80-point margin is the largest in team history in back-to-back games. Seattle allowed a club-record low 113 total yards of offense on the day, with the 49ers mustering only 41 yards in the second half. The Seahawks began the game with an efficient eight-play 65-yard drive that ended when Matt Hasselbeck found Bobby Engram from 28 yards out for a 7-0 lead. San Francisco then answered with a Joe Nedney field goal from 39 yards away. The 49ers only crossed midfield once more, in the second quarter that ended with a punt. Seattle went on to score 17 points in the second quarter with two more touchdown passes from Hasselbeck, an 8-yarder to Jeramy Stevens and 21-yarder to Joe Jurevicius. Josh Brown added his first 52-yard field goal of the day midway through the quarter. Lofa Tatupu had a hand in the previous two scores, as he recorded an interception and picked up a fumble. He also had one sack on the day. Seattle's defensive intensity continued in the second half, forcing six punts. Hasselbeck threw for his season-high fourth touchdown on the day, and second to Bobby Engram, while Shaun Alexander scored his 23rd touchdown on the season from 3 yards out in the third quarter to increase the lead to 38-3. Brown hit his second 52-yard field goal with 5:15 left for the final tally.

San Francisco	3	0	0	0	—	3
Seattle	7	17	14	3	—	41

						San Francisco	Seattle
SEA	1	10:40	Engram 28 pass Hasselbeck (Brown kick) (8-65, 4:20)			0	7
SF	1	4:35	Nedney 39 FG (11-43, 6:05)			3	7
SEA	2	14:56	Stevens 8 pass Hasselbeck (Brown kick) (10-85, 4:39)			3	14
SEA	2	14:38	Jurevicius 21 pass Hasselbeck (Brown kick) (1-21, 0:07)			3	21
SEA	2	7:28	Brown 52 FG (9-12, 4:58)			3	24
SEA	3	7:13	Engram 7 pass Hasselbeck (Brown kick) (11-79, 6:07)			3	31
SEA	3	1:29	Alexander 3 run (Brown kick) (4-69, 1:27)			3	38
SEA	4	5:15	Brown 52 FG (7-17, 2:29)			3	41
Att.	—	66,690					

INDIVIDUAL STATISTICS

RUSHING

San Francisco	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Barlow	11	33	11	0	Alexander	21	108	16	1
Smith	6	20	6	0	Weaver	5	41	24	0
Gore	2	5	4	0	Morris	7	22	7	0
Hicks	2	4	2	0	3 with	7	14	9	0
TOTAL	21	62	11	0	TOTAL	40	185	24	1

PASSING

San Francisco	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
Smith	22	9	77	0	1	31.8	Hasselbeck	25	21	226	4	1	127.2
TOTAL	22	9	77	0	1	31.8	TOTAL	30	24	259	4	1	128.3

RECEIVING

San Francisco	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Lloyd	3	37	14	0	Engram	6	65	28	2
Barlow	2	30	24	0	Jurevicius	4	63	25	1
Gore	1	6	6	0	Alexander	4	20	8	0
McAddley	1	4	4	0	Hackett	3	43	26	0
Hetherington	1	2	2	0	Stevens	3	28	11	1
Hicks	1	-2	-2	0	Warrick	2	22	14	0
TOTAL	9	77	24	0	TOTAL	24	259	28	4

TEAM STATISTICS

	San Francisco	Seattle
Total First Downs	8	31
Third Down Eff.	2-12-17%	6-10-60%
Total Net Yards	113	438
Total Off. Plays	47	71
Avg. per Play	2.4	6.2
Net Yards Rushing	62	185
Total Rushing Plays	21	40
Net Yards Passing	51	253
Times Sacked/Yards Lost	4/26	1/6
Pass Att.-Comp.-Int.	22-9-1	30-24-1
Punts-No. and Avg.	8-37.4	2-39.0
Penalties-No. and Yards	7-82	8-54
Fumbles-No. and Lost	3-1	1-0
Touchdowns	0	5
Field Goals Made-Att.	1-1	2-3
Time of Possession	23:47	36:13

DEFENSE

	San Fran.	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Peterson	12	4	8	0.5	3.0	0	0	0	0	0	0
Spencer	8	8	0	0.0	0.0	0	0	2	0	0	0
D. Smith	8	8	0	0.0	0.0	0	0	0	0	0	0
Moore	8	7	1	0.0	0.0	0	0	0	0	0	0
Thornton	7	7	0	0.0	0.0	1	0	2	0	0	0
Additional Stats: Sacks: Hall 0.5; Forced Fumbles: Hall 1.											
	Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Hill	6	5	1	0.0	0.0	0	0	0	0	0	0
Bernard	5	3	2	0.0	0.0	0	0	0	0	0	0
Babineaux	4	4	0	0.0	0.0	0	0	2	0	0	0
Tubbs	4	3	1	2.0	15.0	0	0	1	1	1	0
Tatupu	4	3	1	1.0	7.0	1	14	1	0	1	0
Additional Stats: Sacks: Team 1.0.											



Seattle won its club-record 10th straight game and secured a first-round bye in the playoffs with a 28-24 come-from-behind win in Nashville. The Seahawks jumped out to a quick 14-0 lead in the first quarter with a 22-yard strike from Matt Hasselbeck to Jerramy Stevens and a Shaun Alexander 1-yard touchdown run. Seattle looked to go up 17-0 to begin the second quarter, but Josh Brown's 36-yard field-goal attempt was blocked and the Titans marched down the field and answered with a 3-yard scoring run by Jarrett Payton to cut the score to 14-7. After forcing a Seattle punt on the next drive, the Titans put together an 11-play, 84-yard drive ending with Drew Bennett's first of two scores on the day to tie the game 14-14 entering halftime. Tennessee opened the third quarter with another scoring drive, this time with Bennett scoring from 14 yards. Tennessee continued to stifle Seattle's offense forcing a punt, then capping 24 unanswered points with a Rob Bironas 38-yard field goal for a 10-point lead. Seattle answered with Hasselbeck finding Bobby Engram for a 56-yard gain, then hooking up with Darrell Jackson for 23 yards and finally finding Joe Jurevicius from 4 yards out for the score. On Tennessee's next drive, the Titans converted a fake punt to keep their drive alive and then faced another fourth down to begin the fourth quarter. On fourth-and-1 at the Seattle 6, Chris Brown was hit behind the line of scrimmage by Leroy Hill and Michael Boulware, and Grant Wistrom came to finish off the tackle for a 1-yard loss at the Seattle 7. The Seahawks then took advantage of the momentum and drove 93 yards in 13 plays with Hasselbeck finding Darrell Jackson from 2 yards out on third-and-goal for the go-ahead touchdown with 8:59 left in the game. Seattle's defense proved to be the difference maker again in this game, forcing Steve McNair into an incomplete pass on fourth-and-2 on Tennessee's next possession. Seattle then ran out the remaining 5:03 of the game to secure its 12th win of the season, tying the franchise mark set in 1984.

Seattle	14	0	7	7	—	28
Tennessee	0	14	10	0	—	24

						Seattle	Tennessee
SEA 1	11:35	Stevens 22 pass Hasselbeck (Brown kick) (8-70, 3:25)				7	0
SEA 1	5:54	Alexander 1 run (Brown kick) (6-79, 3:00)				14	0
TEN 2	6:05	Payton 3 run (Bironas kick) (12-84, 7:43)				14	7
TEN 2	0:04	Bennett 4 pass McNair (Bironas kick) (11-84, 2:14)				14	14
TEN 3	10:55	Bennett 14 pass McNair (Bironas kick) (9-78, 4:05)				14	21
TEN 3	6:14	Bironas 38 FG (7-60, 2:20)				14	24
SEA 3	4:51	Jurevicius 4 pass Hasselbeck (Brown kick) (3-83, 1:23)				21	24
SEA 4	8:59	Jackson 2 pass Hasselbeck (Brown kick) (13-93, 5:54)				28	24

Att. — 69,149

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Tennessee	Att	Yds	LG	TD
Alexander	26	172	52	1	Brown	20	56	9	0
Jackson	1	7	7	0	McNair	2	13	11	0
Morris	1	3	3	0	Payton	3	9	4	1
Hasselbeck	5	1	5	0	Bennett	1	3	3	0
TOTAL	33	183	52	1	TOTAL	26	81	11	1

PASSING

Seattle	A	C	Yds	TD	Int	RT	Tennessee	A	C	Yds	TD	Int	RT
Hasselbeck	27	21	285	3	0	147.7	McNair	38	23	310	2	0	104.1
TOTAL	27	21	285	3	0	147.7	TOTAL	39	24	336	2	0	106.4

RECEIVING

Seattle	No	Yds	LG	TD	Tennessee	No	Yds	LG	TD
Engram	6	95	56	0	Bennett	8	93	21	2
Jackson	6	72	23	1	Troupe	6	116	35	0
Stevens	4	53	22t	1	Roby	3	54	32	0
Jurevicius	3	31	15	1	Calico	3	25	11	0
Strong	1	20	20	0	Scaife	2	13	7	0
Morris	1	14	14	0	2 with	2	35	26	0
TOTAL	21	285	56	3	TOTAL	24	336	35	2

TEAM STATISTICS

DEFENSE

	Seattle	Tennessee	Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Total First Downs	26	25	Boulware	10	8	2	0.0	0.0	0	0	1	0	0
Third Down Eff.	5-9-56%	4-11-36%	Hill	9	3	6	0.0	0.0	0	0	0	0	0
Total Net Yards	459	417	Bentley	6	6	0	0.0	0.0	0	0	0	0	0
Total Off. Plays	61	65	Tatupu	5	5	0	0.0	0.0	0	0	0	0	0
Avg. per Play	7.5	6.4	Wistrom	5	4	1	0.0	0.0	0	0	0	0	0
Net Yards Rushing	183	81	Babineaux	5	3	2	0.0	0.0	0	0	0	0	0
Total Rushing Plays	33	26	Tennessee	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Net Yards Passing	276	336	Thompson	8	7	1	0.0	0.0	0	0	0	0	0
Times Sacked/Yards Lost	1/9	0/0	Bulluck	8	6	2	0.0	0.0	0	0	1	0	0
Pass Att.-Comp.-Int.	27-21-0	39-24-0	LaBoy	7	6	1	1.0	9.0	0	0	0	0	0
Punts-No. and Avg.	2-38.5	2-45.0	Kassell	7	3	4	0.0	0.0	0	0	0	0	0
Penalties-No. and Yards	4-38	4-30	Sirmon	6	4	2	0.0	0.0	0	0	0	0	0
Fumbles-No. and Lost	0-0	0-0											
Touchdowns	4	3											
Field Goals Made-Att.	0-1	1-1											
Time of Possession	30:24	29:36											



The Seattle Seahawks clinched home-field throughout the playoffs with a 28-13 win over the Indianapolis Colts in front of the second-largest crowd ever at Qwest Field, 67,855. Seattle also won its franchise-record 13th game and improved its winning streak to 11 in a row. The Colts, led by Peyton Manning the first two drives, took the opening kickoff and ran the first 7:09 off the clock, ending with a 24-yard field goal by Mike Vanderjagt. The Seahawks needed only five plays to go on top 7-3 after Shaun Alexander scored his first of three touchdowns on the day, this from 2 yards out. Manning then drove the Colts' offense downfield again, but Vanderjagt's 31-yard field-goal attempt was blocked by Michael Boulware. With that momentum, Matt Hasselbeck connected Jerramy Stevens for a 15-yard touchdown. Jim Sorgi replaced Manning in the second quarter and led the Colts to a field goal for a 14-6 half-time margin. Seattle took the second-half kickoff and it was Alexander scoring his first and only receiving touchdown of the season from 6 yards out from Hasselbeck. Seattle's defense forced two Colts' punts and took a 21-6 lead into the final quarter. With that lead late in the fourth, Seattle planned to rest its starters at the 5:00 mark. Marcus Tubbs sacked Sorgi and forced a fumble that was picked out of the air by Craig Terrill who returned it 18 yards to the Colts' 17. Maurice Morris then carried twice to the 1-yard line with 4:02 left in the game. Coach Mike Holmgren then put Alexander back into the game for one play and he scored from 1-yard out, tying the NFL single-season record of 27 total touchdowns (Priest Holmes). Indianapolis added a late touchdown from Sorgi to Troy Walters for the Colts only touchdown of the game.

Indianapolis	3	3	0	7	—	13
Seattle	7	7	7	7	—	28

	IND	SEA	IND	SEA	IND	SEA	IND	SEA
1	7:51	Vanderjagt 24 FG (13-72, 7:09)	3	0				
1	5:42	Alexander 2 run (Brown kick) (5-46, 2:09)	3	7				
2	11:46	Stevens 15 pass Hasselbeck (Brown kick) (11-83, 4:50)	3	14				
2	0:37	Vanderjagt 32 FG (9-45, 3:07)	6	14				
3	10:57	Alexander 6 pass Hasselbeck (Brown kick) (8-67, 4:03)	6	21				
4	3:58	Alexander 1 run (Brown kick) (3-17, 1:29)	6	28				
4	1:59	Walters 6 pass Sorgi (Vanderjagt kick) (7-76, 1:59)	13	28				
Att. — 67,855								

INDIVIDUAL STATISTICS

RUSHING

Indianapolis	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
James	13	41	11	0	Alexander	21	139	25	2
Sorgi	3	7	6	0	Morris	9	34	13	0
Mungro	2	-1	0	0					
Rhodes	5	-4	1	0					
TOTAL	23	43	11	0	TOTAL	30	173	25	2

PASSING

Indianapolis	A	C	Yds	TD	Int	RT	Seattle	A	C	Yds	TD	Int	RT
Sorgi	31	22	237	1	0	103.8	Hasselbeck	21	17	168	2	0	131.7
Manning	12	9	116	0	0	104.9							
TOTAL	43	31	353	1	0	104.1	TOTAL	21	17	168	2	0	131.7

RECEIVING

Indianapolis	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Walters	8	91	39	1	Stevens	5	39	15t	1
Rhodes	6	27	9	0	Jackson	3	34	17	0
Stokely	5	122	45	0	Jurevicius	2	31	17	0
Clark	3	43	26	0	Strong	1	16	16	0
James	3	14	6	0	Engram	1	13	13	0
3 with	6	56	15	0	5 with	5	35	12	1
TOTAL	31	353	45	1	TOTAL	17	168	17	2

TEAM STATISTICS

	Indianapolis	Seattle
Total First Downs	20	21
Third Down Eff.	6-15-40%	1-7-14%
Total Net Yards	387	332
Total Off. Plays	68	53
Avg. per Play	5.7	6.3
Net Yards Rushing	43	173
Total Rushing Plays	23	30
Net Yards Passing	344	159
Times Sacked/Yards Lost	2/9	2/9
Pass Att.-Comp.-Int.	43-31-0	21-17-0
Punts-No. and Avg.	3-38.3	5-50.2
Penalties-No. and Yards	4-30	5-30
Fumbles-No. and Lost	1-1	0-0
Touchdowns	1	4
Field Goals Made-Att.	2-3	0-1
Time of Possession	33:37	26:23

DEFENSE

	Indy	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Gardner	7	3	4	1.0	5.0	0	0	0	0	0	0
Morris	6	6	0	0.0	0.0	0	0	0	1	0	0
Hayden	6	4	2	0.0	0.0	0	0	0	0	0	0
Additional Stats: Sacks: Labinjo 1.0.											
	Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Babineaux	12	10	2	0.0	0.0	0	0	0	0	0	0
Tubbs	6	6	0	1.0	5.0	0	0	0	0	1	0
Lewis	6	6	0	0.0	0.0	0	0	0	0	0	0
Boulware	5	4	1	0.0	0.0	0	0	0	1	0	0
Harden	5	4	1	0.0	0.0	0	0	0	0	0	0
Hill	5	3	2	0.0	0.0	0	0	0	1	0	0
Additional Stats: Sacks: Wistrom 1.0; Fumbles Recoveries: Terrill 1.											



With home-field advantage wrapped up, the Seahawks entered their final game of the regular season looking to give some backups valuable playing time in Seattle's 23-17 loss at Lambeau Field. The offensive starters, minus Walter Jones (back) and Darrell Jackson (knee), played the first-half only but accomplished an NFL record and the league's rushing title for Shaun Alexander. First came Alexander's 28th touchdown of the year, from 1-yard out in the second quarter, breaking a tie with Priest Holmes (2003 season). Later in the quarter with 1:22 left in the half, Alexander's 3-yard gain moved him ahead of Tiki Barber, who took a slight lead with 203 yards the day before, for the NFL rushing title lead. Green Bay took a 13-7 lead in to the half. Seneca Wallace took over for Matt Hasselbeck and led the offense on an eight-play 71-yard drive to open the third quarter. In all, Wallace was nine of 17 for 98 yards, one touchdown and one interception in his most extensive game time of the season. Hasselbeck finished the day six of eight for 76 yards and Alexander rushed 20 times for 73 yards with one score.

Seattle	0	7	7	3	—	17
Green Bay	6	7	7	3	—	23

			Seattle	Green Bay	
GB	1	8:44	Longwell 26 FG (14-62, 6:16)	0	3
GB	1	3:05	Longwell 32 FG (8-54, 4:02)	0	6
SEA	2	13:00	Alexander 1 run (Brown kick) (10-69, 5:05)	7	6
GB	2	8:22	Herron 11 run (Longwell kick) (7-58, 2:50)	7	13
SEA	3	10:32	Jurevicius 5 pass Wallace (Brown kick) (8-71, 4:28)	14	13
GB	3	3:41	Chatman 9 pass Favre (Longwell kick) (9-19, 3:19)	14	20
GB	4	10:56	Longwell 28 FG (9-24, 3:55)	14	23
SEA	4	1:38	Brown 44 FG (6-22, 1:11)	17	23
Att.	— 69,928				

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Green Bay	Att	Yds	LG	TD
Alexander	20	73	12	1	Herron	23	61	11t	1
Morris	9	25	16	0	Fisher	7	16	7	0
Wallace	1	0	0	0	Favre	1	-1	-1	0
					Rodgers	1	-1	-1	0
					Chatman	1	-7	-7	0
TOTAL	30	98	16	1	TOTAL	33	68	11	1

PASSING

Seattle	A	C	Yds	TD	Int	RT	Green Bay	A	C	Yds	TD	Int	RT
Wallace	17	9	98	1	1	65.3	Favre	37	21	259	1	1	76.3
Hasselbeck	8	6	76	0	0	104.2							
TOTAL	25	15	174	1	1	77.8	TOTAL	37	21	259	1	1	76.3

RECEIVING

Seattle	No	Yds	LG	TD	Green Bay	No	Yds	LG	TD
Hackett	4	39	13	0	Driver	6	118	59	0
Ingram	3	30	16	0	Fisher	6	44	10	0
Warrick	2	44	33	0	Chatman	4	33	14	1
Morris	2	19	20	0	Gardner	2	44	33	0
Jurevicius	2	11	6	1	Lee	2	10	10	0
Strong	1	27	27	0	Henderson	1	10	10	0
Hannam	1	4	4	0					
TOTAL	15	174	33	1	TOTAL	21	259	59	1

TEAM STATISTICS

	Seattle	Green Bay
Total First Downs	17	21
Third Down Eff.	5-13-38%	11-20-55%
Total Net Yards	245	314
Total Off. Plays	59	73
Avg. per Play	4.2	4.3
Net Yards Rushing	98	68
Total Rushing Plays	30	33
Net Yards Passing	147	246
Times Sacked/Yards Lost	4/27	3/13
Pass Att.-Comp.-Int.	25-15-1	37-21-1
Punts-No. and Avg.	6-37.0	3-32.7
Penalties-No. and Yards	5-58	7-50
Fumbles-No. and Lost	2-1	2-2
Touchdowns	2	2
Field Goals Made-Att.	1-1	3-3
Time of Possession	24:47	35:13

DEFENSE

Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Babineaux	11	9	2	0.0	0.0	0	0	1	0	0
Williams	9	8	1	0.0	0.0	1	0	1	0	0
Hill	7	5	2	0.5	0.0	0	0	1	0	0
Manuel	7	5	2	0.0	0.0	0	0	0	0	0
Bentley	6	4	2	0.0	0.0	0	0	0	0	0
Green Bay	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Barnett	9	6	3	0.0	0.0	0	0	0	0	0
Lenon	7	7	0	0.0	0.0	0	0	0	0	0
Jackson	7	6	1	0.0	0.0	0	0	0	0	0
Roman	4	4	0	0.0	0.0	0	0	1	0	1
Gbaja-Biamila	4	4	0	2.0	13.0	0	0	0	0	0
Williams	4	2	2	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Fisher, Team 1.0, Tubbs 0.5; Forced Fumbles: Bailey 1; Fumble Recoveries: Terrill 1.

Additional Stats: Sacks: Jenkins, Peterson 1.0; Interceptions: Harris 1; Forced Fumbles: Underwood.

2005 STATISTICS

Day	Date	W/L	Score	Opponents	Attendance
Sun.	Sept. 11	L	26-14	at Jacksonville	65,204
Sun.	Sept. 18	W	21-18	Atlanta	66,030
Sun.	Sept. 25	W	37-12	Arizona	64,843
Sun.	Oct. 2	L	20-17	OT at Washington	90,215
Sun.	Oct. 9	W	37-31	at St. Louis	65,707
Sun.	Oct. 16	W	42-10	Houston	66,196
Sun.	Oct. 23	W	13-10	Dallas	67,046
Sun.	Oct. 30			BYE	
Sun.	Nov. 6	W	33-19	at Arizona	43,542
Sun.	Nov. 13	W	31-16	St. Louis	67,192
Sun.	Nov. 20	W	27-25	at San Francisco	63,590
Sun.	Nov. 27	W	24-21	OT N.Y. Giants	67,102
Mon.	Dec. 5	W	42-0	at Philadelphia	67,637
Sun.	Dec. 11	W	41-3	San Francisco	66,690
Sun.	Dec. 18	W	28-24	at Tennessee	69,149
Sat.	Dec. 24	W	28-13	Indianapolis	67,855
Sun.	Jan. 1	L	23-17	at Green Bay	69,928
POSTSEASON					
Sat.	Jan. 14	W	20-10	Washington	67,551
Sun.	Jan. 22	W	34-14	Carolina	67,837
Sun.	Feb. 5	L	21-10	Pittsburgh	68,206

TEAM STATS

	Seahawks	Opponents
Total First Downs	361	295
Rushing	142	78
Passing	192	194
Penalty	27	23
3rd Down: Made/Att.	76/192	89/234
3rd Down Pct.	39.6	38.0
4th Down: Made/Att.	7/8	12/19
4th Down Pct.	87.5	63.2
Possession Avg.	29:17	30:43
Total Net Yards	5915	5069
Avg. Per Game	369.7	316.8
Total Plays	1020	1041
Avg. Per Play	5.8	4.9
Net Yards Rushing	2457	1510
Avg. Per Game	153.6	94.4
Total Rushes	519	420
Net Yards Passing	3458	3559
Avg. Per Game	216.1	222.4
Sacked/Yards Lost	27/174	50/302
Gross Yards	3632	3861
Att./Completions	474/307	571/331
Completion Pct.	64.8	58.0
Had Intercepted	10	16
Punts/Average	80/41.0	77/40.1
Net Punting Avg.	80/34.7	77/36.0
Penalties/Yards	94/846	123/909
Fumbles/Ball Lost	18/7	25/11
Touchdowns	57	24
Rushing	29	5
Passing	25	18
Returns	3	1

2005 STATISTICS

SCORE BY PERIODS

	Q1	Q2	Q3	Q4	OT	PTS
Seahawks	93	148	121	87	3	452
Opponents	44	80	83	61	3	271

SCORING

	TD	Rush	Pass	Return	K-PAT	FG	S	Pts.
Alexander	28	27	1	0			0	168
J. Brown	0	0	0	0	56/57	18/25	0	110
Jurevicius	10	0	10	0			0	60
Stevens	5	0	5	0			0	30
Engram	3	0	3	0			0	18
Jackson	3	0	3	0			0	18
Dyson	2	0	0	2			0	12
Hackett	2	0	2	0			0	12
Hannam	1	0	1	0			0	6
Hasselbeck	1	1	0	0			0	6
Morris	1	1	0	0			0	6
Tatupu	1	0	0	1			0	6
TEAM	57	29	25	3	56/57	18/25	0	452
OPPONENTS	24	5	18	1	21/21	34/42	0	271

2-Pt. Conversions: TEAM 0-0; OPPONENTS 2-3.

PASSING

	Att.	Comp.	Yds.	Comp.%	TD	Int.	Lg	S/L	Rating
Hasselbeck	449	294	3459	65.5	24	9	56	24/154	98.2
Wallace	25	13	173	52.0	1	1	42	3/20	70.9
TEAM	474	307	3632	64.8	25	10	56	27/174	96.8
OPPONENTS	571	331	3861	58.0	18	16	63	50/302	77.4

RUSHING

	No.	Yds.	Avg.	Long	TD
Alexander	370	1880	5.1	88t	27
Morris	71	288	4.1	49	1
Hasselbeck	36	124	3.4	23	1
Weaver	17	80	4.7	24	0
Strong	17	78	4.6	16	0
Jackson	1	7	7.0	7	0
Warrick	1	5	5.0	5	0
Wallace	6	-5	-0.8	0	0
TEAM	519	2457	4.7	88t	29
OPPONENTS	420	1510	3.6	50	5

RECEIVING

	No.	Yds.	Avg.	Long	TD
Engram	67	778	11.6	56	3
Jurevicius	55	694	12.6	52	10
Stevens	45	554	12.3	35t	5
Jackson	38	482	12.7	48	3
Hackett	28	400	14.3	47	2
Strong	22	166	7.5	27	0
Alexander	15	78	5.2	9	1
Hannam	13	89	6.8	20	1
Warrick	11	180	16.4	42	0
Urban	7	151	21.6	46	0
Morris	5	48	9.6	20	0
Weaver	1	12	12.0	12	0
TEAM	307	3632	11.8	56	25
OPPONENTS	331	3861	11.7	63	18

2005 STATISTICS

INTERCEPTIONS

	No.	Yds.	Avg.	Long	TD
Boulware	4	107	26.8	40	0
Babineaux	3	56	18.7	25	0
Tatupu	3	55	18.3	38t	1
Herndon	2	12	6.0	10	0
Williams	2	6	3.0	6	0
Dyson	1	72	72.0	72t	1
Trufant	1	7	7.0	7	0
TEAM	16	315	19.7	72t	2
OPPONENTS	10	93	9.3	33	0

PUNTING

	No.	Yds.	Avg.	Net	TB	In	Lg	B
Rouen	61	2539	41.6	35.0	7	20	62	0
Araguz	18	723	40.2	34.7	1	4	53	0
J. Brown	1	20	20.0	20.0	0	1	20	0
TEAM	80	3282	41.0	35.0	8	25	62	0
OPPONENTS	77	3091	40.1	36.0	7	23	67	0

PUNT RETURNS

	Ret.	FC	Yds.	Avg.	Long	TD
Williams	24	22	139	5.8	24	0
Warrick	6	0	29	4.8	10	0
Engram	1	1	9	9.0	9	0
TEAM	31	23	177	5.7	24	0
OPPONENTS	41	16	343	8.4	44	0

KICKOFF RETURNS

	No.	Yds.	Avg.	Long	TD
Scobey	59	1326	22.5	53	0
Morris	1	21	21.0	21	0
Tafoya	1	0	0.0	0	0
TEAM	61	1347	22.1	53	0
OPPONENTS	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
TEAM	0/0	5/5	4/5	4/7	5/8
OPPONENTS	0/0	8/9	16/18	7/10	3/5

J. Brown: () () (33G, 23G, 47G) (53G, 47N, 47N) (34G, 44G, 28G) () (55G, 50G) (26G, 28G) (31G) (21G, 51N, 47G) (36G) (40N) (52G, 50N, 52G) (36B) (57N) (44G).

Opponents: (23G, 41G, 43N, 29G, 41G) (30G) (54G, 39G, 50G, 39G) (39B, 40G, 39G) (40G) (39G, 56N) (29N, 21G) (23G, 31G, 50G, 44G) (31G, 36G, 39G) (33G, 31G, 40G, 22G) (39G, 43G, 40N, 54N, 45N) () (39G) (38G) (24G, 31B, 32G) (26G, 32G, 28G).

Sacks: Fisher 9.0, Bernard 8.5, Hill 7.5, Tubbs 5.5, Tatupu 4.0, Wistrom 4.0, (TEAM) 3.0, Darby 2.5, Boulware 2.0, Terrill 2.0, Tafoya 1.0, Trufant 1.0.

TEAM 50.0, OPPONENTS 27.0

DEFENSE STATISTICS

Name	Tkl.	Solo	Ast.	QB	Yds.	Int.	TD	PD	FF	FR
Tatupu, L.	105	86	19	4.0	32.0	3	1	10	0	1
Boulware, M.	73	58	15	2.0	24.0	4	0	9	1	0
Manuel, M.	67	54	13	0.0	0.0	0	0	2	0	1
Hill, L.	67	48	19	7.5	36.5	0	0	2	2	0
Trufant, M.	64	55	9	1.0	5.0	1	0	14	1	0
Lewis, D.	64	46	18	0.0	0.0	0	0	1	1	0
Babineaux, J.	58	47	11	0.0	0.0	3	0	8	0	0
Herndon, K.	55	51	4	0.0	0.0	2	0	9	1	0
Wistrom, G.	52	41	11	4.0	12.0	0	0	6	0	0
Bernard, R.	52	43	9	8.5	58.5	0	0	3	0	2
Fisher, B.	47	35	12	9.0	56.5	0	0	8	1	0
Tubbs, M.	40	28	12	5.5	25.5	0	0	2	2	1
Sharper, J.	37	29	8	0.0	0.0	0	0	0	1	0
Darby, C.	30	19	11	2.5	17.5	0	0	0	0	0
Hamlin, K.	26	22	4	0.0	0.0	0	0	2	0	0
Williams, J.	23	18	5	0.0	0.0	2	0	5	0	0
Bentley, K.	22	18	4	0.0	0.0	0	0	1	0	0
Dyson, A.	21	20	1	0.0	0.0	1	1	10	1	1
Terrill, C.	18	12	6	2.0	13.5	0	0	2	0	2
Tafoya, J.	14	7	7	1.0	7.0	0	0	1	1	0
Bailey, R.	13	8	5	0.0	0.0	0	0	0	2	0
Harden, M.	5	4	1	0.0	0.0	0	0	0	0	0
Kashama, A.	3	2	1	0.0	0.0	0	0	0	0	0
Kacyvenski, I.	2	2	0	0.0	0.0	0	0	1	0	0
Koutouvides, N.	2	1	1	0.0	0.0	0	0	0	0	0
Pruitt, E.	1	1	0	0.0	0.0	0	0	1	0	0
Team	0	0	0	3.0	18.0	0	0	1	0	0

SPECIAL TEAMS STATISTICS

Name	Tkl.	Solo	Ast.	FF	FR	BL
Scobey, J.	23	17	6	0	1	0
Kacyvenski, I.	21	18	3	1	0	0
Babineaux, J.	17	15	2	1	1	0
Tafoya, J.	15	14	1	0	1	0
Howell, J.	11	8	3	0	0	0
Williams, J.	11	8	3	0	0	0
Koutouvides, N.	10	9	1	0	0	0
Bentley, K.	8	7	1	0	0	0
Morris, M.	8	6	2	0	0	0
Pruitt, E.	6	6	0	0	0	0
Hill, L.	5	3	2	0	0	0
Manuel, M.	4	4	0	0	0	0
Wortham, C.	4	2	2	0	0	0
Brown, J.	3	2	1	0	0	0
Harden, M.	3	3	0	1	0	0
Weaver, L.	2	0	2	1	0	0
Darce, J.P.	2	2	0	0	1	0
Hannam, R.	1	1	0	0	0	0
Womack, F.	1	1	0	0	0	0
Boulware, M.	0	0	0	0	0	1
Terrill, C.	0	0	0	0	0	1

2005 PARTICIPATION

Date	9/11	9/18	9/25	10/2	10/9	10/16	10/23	11/6	11/13
Game	@Jax	Atl	AZ	@Wash	@StL	Hou	Dal	@AZ	StL
Alexander, S.	RB	RB	RB	RB	RB	RB	RB	RB	RB
Araguz, L.	p	p	p	p					
Babineaux, J.	cb	sub	cb	cb	cb	cb	cb	cb	cb
Bailey, R.		in	in	in	in	in	in	in	dt
Bannister, A.	wr	sub	ir	ir	ir	ir	ir	ir	ir
Bentley, K.	lb	lb	lb	lb	in	lb	sub	sub	lb
Bernard, R.	dt	dt	dt	dt	dt	dt	dt	dt	DT
Boulware, M.	SS	SS	SS	SS	SS	SS	SS	SS	SS
Brown, J.	k	k	k	k	k	k	k	k	k
Darby, C.	DT	DT	DT	DT	DT	DT	DT	DT	DT
Darche, J.P.	sub	sub	sub	sub	sub	sub	sub	sub	sub
Dyson, A.	LCB	LCB	LCB	cb	LCB	in	dnp	cb	cb
Engram, B.	WR	WR	WR	WR	in	in	in	WR	WR
Fisher, B.	LDE	LDE	LDE	LDE	LDE	LDE	LDE	LDE	LDE
Gray, C.	RG	RG	RG	RG	RG	RG	RG	RG	RG
Greene, D.	in*	in*	in*	in*	in*	in*	in*	in*	in*
Hackett, D.J.	in	in	in	wr	WR	wr	wr	wr	wr
Hamlin, K.	FS	FS	FS	FS	FS	FS	in	nfi	nfi
Hannam, R.	te	te	TE	TE	te	TE	TE	te	te
Harden, M.									
Hasselbeck, M.	QB	QB	QB	QB	QB	QB	QB	QB	QB
Herndon, K.	cb	cb	cb	cb	cb	LCB	LCB	LCB	LCB
Hill, L.	in	lb	lb	lb	lb	lb	lb	OLB	OLB
Howell, J.	sub	sub	sub	sub	sub	sub	sub	s	sub
Hunter, W.	in	in	in	in	in	in	in	in	in
Hutchinson, S.	LG	LG	LG	LG	LG	LG	LG	LG	LG
Jackson, D.	WR	WR	WR	WR	in	in	in	in	in
Jones, W.	LT	LT	LT	LT	LT	LT	LT	LT	LT
Jurevicius, J.	wr	WR	wr	wr	WR	WR	WR	WR	WR
Kacyvenski, I.	sub	sub	sub	lb	sub	lb	sub	sub	sub
Kashama, A.	in	in	in	in					
Koutouvides, N.	sub	in	in	in	sub	in	sub	sub	sub
Lewis, D.	OLB	OLB	OLB	OLB	OLB	OLB	OLB	in	OLB
Locklear, S.	RT	RT	RT	RT	RT	RT	RT	RT	RT
Manuel, M.	s	sub	sub	SS	s	s	FS	FS	FS
Mili, I.	in	in	in	in	in	te	in	in	in
Morris, M.	rb	rb	rb	rb	rb	rb	rb	rb	rb
Pruitt, E.								in	in
Rouen, T.					p	p	p	p	p
Scobey, J.	sub	sub	sub	sub	sub	rb	sub	sub	sub
Sharper, J.	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	in
Spencer, C.	c	dnp	dnp	sub	sub	c	sub	dnp	dnp
Stevens, J.	TE	te	TE	TE	TE	TE	TE	te	TE
Strong, M.	FB	FB	fb	fb	fb	fb	fb	FB	FB
Tafoya, J.	de	de	de	de	de	de	de	de	de
Tatupu, L.	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB
Terrill, C.	dt	dt	dt	dt	dt	dt	dt	dt	dt
Tobeck, R.	C	C	C	C	C	C	C	C	C
Trufant, M.	RCB	RCB	RCB	RCB	RCB	RCB	RCB	RCB	RCB
Tubbs, M.	DT	DT	DT	DT	DT	DT	DT	DT	in
Urban, J.	in				wr	wr	wr	WR	ir
Wallace, S.	dnp	dnp	qb	dnp	dnp	qb	dnp	dnp	dnp
Warrick, P.	sub	wr	wr	in	WR	WR	WR	dnp	wr
Weaver, L.	sub	fb	fb	sub	fb	fb	sub	sub	sub
Williams, J.			cb	sub	cb	sub	sub	sub	sub
Willis, R.	sub	sub	sub	sub	in	sub	in	in	in
Wistrom, G.	RDE	RDE	RDE	RDE	RDE	RDE	RDE	RDE	RDE
Womack, F.	in	in	in	in	t	in	t	sub	sub
Wortham, C.									sub

CAPS - starter; lower case - substitute at that position; sub - special teams only; dnp - did not play; in - inactive; ir - injured reserve; nfi - non-football injury; *in - third quarterback, res - reserve, pup - physically unable to perform; sus - suspended

2005 PARTICIPATION

11/20 @SF	11/27 NYG	12/5 @PHI	12/11 SF	12/18 @TN	12/24 IND	1/1 @GB	G	S	IN	DNP
RB	RB	RB	RB	RB	RB	RB	16	16	0	0
cb	cb	cb	LCB	LCB	LCB	LCB	16	4	0	0
dt	dt	de	dt	de	de	de	8	0	7	0
ir	ir	ir	ir	ir	ir	ir	2	0	0	0
lb	lb	lb	OLB	OLB	lb	OLB	15	3	1	0
DT	DT	dt	DT	DT	DT	DT	16	7	0	0
SS	SS	SS	SS	SS	SS	SS	16	16	0	0
k	k	k	k	k	k	k	16	0	0	0
DT	DT	DT	DT	DT	in	in	14	14	2	0
sub	sub	sub	sub	sub	sub	sub	16	0	0	0
cb	cb	LCB	in	in	in	in	10	5	5	1
WR	WR	WR	WR	WR	WR	WR	13	13	3	0
LDE	LDE	de	LDE	LDE	LDE	LDE	16	15	0	0
RG	RG	RG	RG	RG	RG	RG	16	16	0	0
in*	in*	in*	in*	in*	in*	in*	0	0	16	0
WR	WR	wr	wr	wr	wr	wr	13	3	3	0
nfi	nfi	nfi	nfi	nfi	nfi	nfi	6	6	1	0
te	te	TE	te	te	te	te	16	5	0	0
QB	QB	QB	cb	cb	cb	cb	4	0	0	0
LCB	LCB	in	QB	QB	QB	QB	16	16	0	0
OLB	OLB	in	in	in	in	cb	12	6	4	0
sub	in	OLB	OLB	OLB	OLB	OLB	15	9	1	0
in	in	in	in	in	in	ir	10	0	5	0
in	in	in	in	sus	in	g	1	0	14	0
LG	LG	LG	LG	LG	LG	LG	16	16	0	0
in	in	in	in	WR	WR	in	6	6	10	0
LT	LT	LT	LT	LT	LT	LT	15	15	1	0
WR	WR	WR	WR	WR	wr	WR	16	12	0	0
sub	sub	lb	lb	sub	sub	sub	16	0	0	0
sub	sub	lb	lb	sub	sub	de	1	0	4	0
sub	sub	lb	lb	sub	sub	sub	12	0	4	0
OLB	OLB	OLB	dnp	in	OLB	in	12	12	3	1
RT	RT	RT	RT	RT	RT	RT	16	16	0	0
FS	FS	FS	FS	FS	FS	FS	16	11	0	0
in	in	in	in	in	in	te	2	0	14	0
rb	rb	rb	rb	RB	RB	rb	16	2	0	0
in	sub	s	s	sub	sub	sub	6	0	3	0
p	p	p	p	p	p	p	12	0	0	0
sub	sub	sub	sub	sub	sub	sub	16	0	0	0
in	in	in	ir	ir	ir	ir	8	8	4	0
dnp	dnp	c	c	dnp	c	c	9	0	0	7
te	te	TE	TE	te	TE	TE	16	11	0	0
fb	fb	fb	FB	fb	fb	FB	16	6	0	0
de	de	LDE	de	de	de	in	15	1	1	0
MLB	MLB	MLB	MLB	MLB	MLB	MLB	16	16	0	0
dt	dt	dt	dt	dt	dt	dt	16	0	0	0
C	C	C	C	C	C	C	16	16	0	0
RCB	RCB	RCB	RCB	RCB	RCB	in	15	15	1	0
in	in	DT	dt	dt	DT	DT	13	11	3	0
ir	ir	ir	ir	ir	ir	ir	4	1	1	0
dnp	dnp	qb	qb	dnp	qb	qb	6	0	0	10
WR	WR	wr	wr	dnp	wr	wr	13	5	1	2
sub	sub	fb	fb	fb	fb	fb	16	0	0	0
sub	sub	cb	cb	cb	cb	RCB	14	1	0	0
in	in	in	in	in	in	t	6	0	10	0
RDE	RDE	RDE	RDE	RDE	RDE	RDE	16	16	0	0
t	sub	t	t	sub	t	t	11	0	5	0
sub	sub	sub	sub	sub	sub	sub	8	0	0	0

2005 OFFENSE

	9/11 @JAX	9/18 ATL	9/25 AZ	10/2 @WAS	10/9 @StL	10/16 HOU	10/23 DAL
Points	14	21	37	17	37	42	13
1 Quarter	0	0	7	3	14	14	0
2 Quarter	14	21	3	0	10	7	3
3 Quarter	0	0	14	7	10	7	0
4 Quarter	0	0	13	7	3	14	10
Overtime	-	-	-	0	-	-	-
First Downs	20	24	29	21	26	31	20
Rushing	5	10	11	7	9	19	3
Passing	13	13	15	14	15	8	14
Penalty	2	1	3	0	2	4	3
3rd Down Eff.	3/9	4/12	6/13	6/12	2/11	7/11	3/13
Percentage	33%	33%	46%	50%	18%	64%	23%
4th Down Eff.	0/0	0/0	0/0	1/1	0/0	3/3	0/0
Percentage	0%	0%	0%	100%	0%	100%	0%
Total Net Yards	322	428	447	354	433	459	289
Plays	58	67	69	62	72	65	65
Avg./Play	5.6	6.4	6.5	5.7	6.0	7.1	4.4
Net Yds. Rushing	97	163	163	119	134	320	72
Plays	19	34	37	23	30	42	22
Avg./Play	5.1	4.8	4.4	5.2	4.5	7.6	3.3
Net Yds. Passing	225	265	284	235	299	139	217
Sack/Loss	3/21	2/16	0/0	1/7	4/17	3/29	1/7
Gross Yds.	246	281	284	242	316	168	224
Att./Comp.	36/21	31/20	32/21	38/26	38/27	20/14	42/23
Interceptions	2	0	0	0	0	1	2
Avg./Play	5.8	8.0	8.9	6.0	7.1	6.0	5.0
Punts/Play	5/46.0	7/38.4	4/36.3	3/33.0	6/40.3	1/41.0	9/37.2
Blocked	0	0	0	0	0	0	0
Punt Ret./Yds.	1/5	3/19	4/14	1/-3	2/28	4/18	2/7
Kickoff Ret./Yds.	3/81	3/58	2/57	3/44	5/117	3/81	2/36
Int./Ret. Yds.	0/0	0/0	1/17	1/2	1/3	0/0	2/56
Penalties/Yds.	5/29	10/79	3/25	8/84	7/50	6/45	9/83
Fumbles/Lost	3/3	1/1	0/0	1/0	0/0	2/0	2/1
Touchdowns	2	3	4	2	4	6	1
Rushing	0	1	4	1	2	5	0
Passing	2	2	0	1	2	1	1
Returns	0	0	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.	2/2	3/3	4/4	2/2	4/4	6/6	1/1
2 Pt. PAT/Att.	0/0	0/0	0/0	0/0	0/0	0/0	0/0
FG/Att.	0/0	0/0	3/3	1/3	3/3	0/0	2/2
Time of Poss	25:49	36:35	33:29	26:09	30:54	31:33	25:52
Take/Give Ratio	0/5	0/1	2/0	1/0	2/0	0/1	2/3
Avg. Drive Start	SEA22	SEA24	SEA33	SEA29	SEA36	SEA33	SEA27

2005 OFFENSE

11/6 @Az	11/13 StL	11/20 @SF	11/27 NYG	12/5 @PHI	12/11 SF	12/18 @TEN	12/24 IND	1/1 @GB
33	31	27	24	42	41	28	28	17
3	0	3	7	14	7	14	7	0
14	10	14	0	21	17	0	7	7
10	14	10	7	7	14	7	7	7
6	7	0	7	0	3	7	7	3
-	-	-	3	-	-	-	-	-
22	21	21	17	14	31	26	21	17
11	10	10	5	8	11	8	10	5
8	11	10	11	5	17	18	10	10
3	0	1	1	1	3	0	1	2
3/9	10/15	5/15	6/19	4/14	6/10	5/9	1/7	5/13
33%	67%	33%	32%	29%	60%	56%	14%	38%
0/0	0/0	1/1	1/1	0/0	0/0	0/0	1/1	0/1
0%	0%	100%	100%	0%	0%	0%	100%	0%
370	417	373	355	194	438	459	332	245
54	65	66	74	59	71	61	53	59
6.8	6.4	5.7	4.8	3.3	6.2	7.5	6.3	4.2
208	174	145	127	96	185	183	173	98
33	36	34	34	42	40	33	30	30
6.3	4.8	4.3	3.7	2.3	4.6	5.5	5.8	3.3
162	243	228	228	98	253	276	159	147
1/0	0/0	1/5	3/21	0/0	1/6	1/9	2/9	4/27
162	243	233	249	98	259	285	168	174
20/13	29/17	31/19	37/21	17/8	30/24	27/21	21/17	25/15
0	2	0	1	0	1	0	0	1
7.5	8.4	7.1	5.7	5.8	8.2	9.9	6.9	5.1
4/45.5	3/39.7	5/43.0	9/45.6	9/40.8	2/39.0	2/38.5	5/50.2	6/37.0
0	0	0	0	0	0	0	0	0
0/0	1/19	2/15	1/0	5/29	3/9	1/5	0/0	1/12
6/165	5/114	5/116	6/118	1/22	2/48	5/94	4/114	6/82
3/31	1/4	0/0	1/40	4/148	1/14	0/0	0/0	1/0
6/52	3/69	5/75	8/65	2/10	8/54	4/38	5/30	5/58
1/0	0/0	0/0	4/1	1/0	1/0	0/0	0/0	2/1
4	4	3	3	6	5	4	4	2
3	3	2	1	2	1	1	2	1
1	1	1	2	1	4	3	2	1
0	0	0	0	0	0	0	0	0
0	0	0	0	2	0	0	0	0
0	0	0	0	0	0	0	0	0
3/4	4/4	3/3	3/3	6/6	5/5	4/4	4/4	2/2
0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0
2/2	1/1	2/3	1/1	0/1	2/3	0/1	0/1	1/1
28:03	29:13	28:20	32:54	30:40	36:13	30:24	26:23	24:47
4/0	2/2	1/0	1/2	6/0	2/1	0/0	1/0	3/2
SEA41	SEA25	SEA36	SEA29	SEA42	SEA37	SEA28	SEA33	SEA32

2005 DEFENSE

	9/11 @JAX	9/18 ATL	9/25 AZ	10/2 @WAS	10/9 @StL	10/16 HOU	10/23 DAL
Points	26	18	12	20	31	10	7
1 Quarter	6	0	3	0	7	0	0
2 Quarter	7	0	6	7	14	3	0
3 Quarter	7	10	3	10	7	7	3
4 Quarter	6	8	0	0	3	0	0
Overtime	-	-	-	3	-	-	-
First Downs	18	14	15	26	20	14	16
Rushing	4	4	5	7	5	3	7
Passing	13	7	10	17	14	10	8
Penalty	1	3	0	2	1	1	1
3rd Down Eff.	4/13	2/11	3/13	13/18	3/12	6/16	3/15
Percentage	31%	18%	23%	72%	25%	38%	20%
4th Down Eff.	0/0	0/1	0/0	1/1	1/1	2/2	0/0
Percentage	0%	0%	0%	100%	100%	100%	0%
Total Net Yards	362	223	266	352	386	227	275
Plays	66	51	60	77	61	58	68
Avg./Play	5.5	4.4	4.4	4.6	6.3	3.9	4.0
Net Yds. Rushing	119	115	90	141	77	67	164
Plays	31	28	21	39	17	22	39
Avg./Play	3.8	4.1	4.3	3.6	4.5	3.0	4.2
Net Yds. Passing	243	108	176	211	309	160	111
Sack/Loss	3/15	3/15	3/26	2/15	4/27	3/19	5/25
Gross Yds.	258	123	202	226	336	179	136
Att./Comp.	32/18	20/11	36/18	36/20	40/26	33/19	24/13
Interceptions	0	0	1	1	1	0	2
Avg./Play	6.9	4.7	4.5	5.6	7.0	4.4	3.8
Punts/Avg.	4/44.0	7/49.6	5/48.6	2/41.0	6/33.5	6/37.5	9/40.3
Blocked	0	0	0	0	0	0	0
Punt Ret./Yds.	3/24	2/29	2/16	1/9	4/6	0/0	5/17
Kickoff Ret./Yds.	3/63	4/81	8/142	4/95	6/202	4/90	3/94
Int./Ret. Yds.	3/29	0/0	0/0	0/0	0/0	1/3	2/0
Penalties/Yds.	6/31	3/24	12/71	2/10	7/74	13/95	9/81
Fumbles/Lost	1/0	1/0	2/1	0/0	2/1	1/0	4/0
Touchdowns	2	2	0	2	4	1	1
Rushing	0	1	0	0	1	0	0
Passing	2	1	0	2	2	1	1
Returns	0	0	0	0	1	0	0
Defense	0	0	0	0	0	0	0
Safeties	0	0	0	0	0	0	0
1 Pt. PAT/Att.	2/2	1/1	0/0	2/2	4/4	1/1	1/1
2 Pt. PAT/Att.	0/0	1/1	0/0	0/0	0/0	0/0	0/0
FG/Att.	4/5	1/1	4/4	2/3	1/1	1/2	1/2
Time of Poss.	34:11	23:25	26:31	39:22	29:06	28:27	34:08
Take/Give Ratio	5/0	1/0	0/2	0/1	0/2	1/0	3/2
Avg. Drive Start	JAX25	ATL30	AZZ3	WAS24	StL19	HOU29	DAL37

2005 DEFENSE

11/6 @AZ	11/13 StL	11/20 @SF	11/27 NYG	12/5 @PHI	12/11 SF	12/18 @TEN	12/24 IND	1/1 @GB
19	16	25	21	0	3	24	13	23
3	3	3	0	0	3	0	3	6
3	0	6	10	0	0	14	3	7
10	6	3	3	0	0	10	0	7
3	7	13	8	0	0	0	7	3
-	-	-	0	-	-	-	-	-
23	22	17	25	11	8	25	20	21
5	4	3	7	6	2	6	5	5
17	16	13	16	5	4	17	15	12
1	2	1	2	0	2	2	0	4
8/16	7/15	5/13	8/19	4/15	2/12	4/11	6/15	11/20
50%	47%	38%	42%	27%	17%	36%	40%	55%
2/3	1/2	0/0	0/0	1/2	0/0	2/4	2/3	0/0
67%	50%	0%	0%	50%	0%	50%	67%	0%
378	353	336	490	190	113	417	387	314
72	64	59	84	68	47	65	68	73
5.3	5.5	5.7	5.8	2.8	2.4	6.4	5.7	4.3
71	75	110	166	61	62	81	43	68
20	21	26	29	25	21	26	23	33
3.6	3.6	4.2	5.7	2.4	3.0	3.1	1.9	2.1
307	278	226	324	129	51	336	344	246
4/27	3/26	4/23	2/20	4/16	4/26	0/0	2/9	3/13
334	304	249	344	145	77	336	353	259
48/29	40/28	29/18	53/29	39/17	22/9	39/24	43/31	37/21
3	1	0	1	4	1	0	0	1
5.9	6.5	6.8	5.9	3.0	2.0	8.6	7.6	6.2
1/36.0	2/41.5	4/43.8	7/37.3	8/37.1	8/37.4	2/45.0	3/38.3	3/32.7
0	0	0	0	0	0	0	0	0
2/11	2/16	2/12	6/50	7/108	0/0	0/0	2/50	3/5
7/177	6/112	6/125	4/101	7/117	7/134	5/101	5/105	3/63
0/0	2/49	0/0	1/4	0/0	1/0	0/0	0/0	1/8
9/78	8/49	6/34	16/114	10/56	7/82	4/30	4/30	7/50
1/1	2/1	2/1	1/0	2/2	3/1	0/0	1/1	2/2
1	1	2	2	0	0	3	1	2
0	0	1	0	0	0	1	0	1
1	1	1	2	0	0	2	1	1
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
1/1	1/1	1/1	2/2	0/0	0/0	3/3	1/1	2/2
0/0	0/0	0/1	0/0	0/0	0/0	0/0	0/0	0/0
4/4	3/3	4/4	2/5	0/0	1/1	1/1	2/3	3/3
31:57	30:47	31:40	39:21	29:20	23:47	29:36	33:37	35:13
0/4	2/2	0/1	2/1	0/6	1/2	0/0	0/1	2/3
AZ26	STL34	SF27	NYG32	PHI30	SF24	TEN24	IND26	GB33

2005 STARTERS

OFFENSE

DATE	GAME	WR	LT	LG	C	RG	RT	TE	WR	QB	RB	FB	K
9/11	at Jacksonville	Engram	Jones	Hutchinson	Tobeck	Gray	Locklear	Stevens	Jackson	Hasselbeck	Alexander	Strong	J. Brown
9/18	Atlanta	Engram	Jones	Hutchinson	Tobeck	Gray	Locklear	Jurevicius (WR)	Jackson	Hasselbeck	Alexander	Strong	J. Brown
9/25	Arizona	Engram	Jones	Hutchinson	Tobeck	Gray	Locklear	Stevens	Jackson	Hasselbeck	Alexander	Hannam (TE)	J. Brown
10/2	at Washington	Engram	Jones	Hutchinson	Tobeck	Gray	Locklear	Stevens	Jackson	Hasselbeck	Alexander	Hannam (TE)	J. Brown
10/9	at St. Louis	Jurevicius	Jones	Hutchinson	Tobeck	Gray	Locklear	Stevens	Hackett	Hasselbeck	Alexander	Hannam (WR)	J. Brown
10/16	Houston	Jurevicius	Jones	Hutchinson	Tobeck	Gray	Locklear	Stevens	Warrick	Hasselbeck	Alexander	Hannam (TE)	J. Brown
10/23	Dallas	Jurevicius	Jones	Hutchinson	Tobeck	Gray	Locklear	Stevens	Warrick	Hasselbeck	Alexander	Hannam (TE)	J. Brown
11/6	at Arizona	Engram	Jones	Hutchinson	Tobeck	Gray	Locklear	Jurevicius (WR)	Urban	Hasselbeck	Alexander	Strong	J. Brown
11/13	St. Louis	Engram	Jones	Hutchinson	Tobeck	Gray	Locklear	Stevens	Jurevicius	Hasselbeck	Alexander	Strong	J. Brown
11/20	at San Francisco	Engram	Jones	Hutchinson	Tobeck	Gray	Locklear	Hackett (WR)	Jurevicius	Hasselbeck	Alexander	Warrick (WR)	J. Brown
11/27	N.Y. Giants	Engram	Jones	Hutchinson	Tobeck	Gray	Locklear	Warrick (WR)	Jurevicius	Hasselbeck	Alexander	Hackett (WR)	J. Brown
12/5	at Philadelphia	Engram	Jones	Hutchinson	Tobeck	Gray	Locklear	Stevens	Jurevicius	Hasselbeck	Alexander	Hannam (TE)	J. Brown
12/11	San Francisco	Engram	Jones	Hutchinson	Tobeck	Gray	Locklear	Stevens	Jurevicius	Hasselbeck	Alexander	Strong	J. Brown
12/18	at Tennessee	Engram	Jones	Hutchinson	Tobeck	Gray	Locklear	Stevens	Jackson	Hasselbeck	Alexander	Strong	J. Brown
12/24	Indianapolis	Engram	Jones	Hutchinson	Tobeck	Gray	Locklear	Stevens	Jackson	Hasselbeck	Alexander	Morris (RB)	J. Brown
1/1/06	at Green Bay	Engram	Locklear	Hutchinson	Tobeck	Gray	Wormack	Stevens	Jurevicius	Hasselbeck	Alexander	Strong	J. Brown

DEFENSE

DATE	GAME	LDE	LDT	RDT	RDE	OLB	MLB	OLB	LCB	RCB	SS	FS	P
9/11	at Jacksonville	Fisher	Darby	Tubbs	Wistrom	Sharper	Tatupu	Lewis	Dyson	Trufant	Boulware	Hamlin	Araguz
9/18	Atlanta	Fisher	Darby	Tubbs	Wistrom	Sharper	Tatupu	Lewis	Dyson	Trufant	Boulware	Hamlin	Araguz
9/25	Arizona	Fisher	Darby	Tubbs	Wistrom	Sharper	Tatupu	Lewis	Dyson	Trufant	Boulware	Hamlin	Araguz
10/2	at Washington	Fisher	Darby	Tubbs	Wistrom	Sharper	Tatupu	Lewis	Manuel (S)	Trufant	Boulware	Hamlin	Araguz
10/9	at St. Louis	Fisher	Darby	Tubbs	Wistrom	Sharper	Tatupu	Lewis	Dyson	Trufant	Boulware	Hamlin	Rouen
10/16	Houston	Fisher	Darby	Tubbs	Wistrom	Sharper	Tatupu	Lewis	Herdon	Trufant	Boulware	Hamlin	Rouen
10/23	Dallas	Fisher	Darby	Tubbs	Wistrom	Sharper	Tatupu	Lewis	Herdon	Trufant	Boulware	Manuel	Rouen
11/6	at Arizona	Fisher	Darby	Tubbs	Wistrom	Sharper	Tatupu	Hill	Herdon	Trufant	Boulware	Manuel	Rouen
11/13	St. Louis	Fisher	Darby	Bernard	Wistrom	Hill	Tatupu	Lewis	Herdon	Trufant	Boulware	Manuel	Rouen
11/20	at San Francisco	Fisher	Darby	Bernard	Wistrom	Hill	Tatupu	Lewis	Herdon	Trufant	Boulware	Manuel	Rouen
11/27	N.Y. Giants	Fisher	Darby	Bernard	Wistrom	Hill	Tatupu	Lewis	Herdon	Trufant	Boulware	Manuel	Rouen
12/5	at Philadelphia	Tatoya	Darby	Tubbs	Wistrom	Hill	Tatupu	Lewis	Dyson	Trufant	Boulware	Manuel	Rouen
12/11	San Francisco	Fisher	Darby	Bernard	Wistrom	Hill	Tatupu	Bentley	Babineaux	Trufant	Boulware	Manuel	Rouen
12/18	at Tennessee	Fisher	Darby	Tubbs	Wistrom	Hill	Tatupu	Bentley	Babineaux	Trufant	Boulware	Manuel	Rouen
12/24	Indianapolis	Fisher	Bernard	Tubbs	Wistrom	Hill	Tatupu	Lewis	Babineaux	Trufant	Boulware	Manuel	Rouen
1/1/06	at Green Bay	Fisher	Bernard	Tubbs	Wistrom	Hill	Tatupu	Bentley	Babineaux	Williams	Boulware	Manuel	Rouen

2005 GAME-BY-GAME INDIVIDUAL RUSHING

SHAUN ALEXANDER				MAURICE MORRIS				MATT HASSELBECK				LEONARD WEAVER				MACK STRONG						
No.	Yds.	Avg.	LG TD	No.	Yds.	Avg.	LG TD	No.	Yds.	Avg.	LG TD	No.	Yds.	Avg.	LG TD	No.	Yds.	Avg.	LG TD			
9/11	at Jacksonville	14	73	5.2	36	0	2	6	3.0	8	0	2	16	8.0	8	0	1	2	2.0	2	0	
9/18	Atlanta	28	144	5.0	17	1	2	10	5.0	12	0	4	9	2.3	8	0	0	0	0.0	0	0	
9/25	Arizona	22	140	6.4	45	4	11	4	0.4	6	0	0	0	0.0	0	0	2	8	4.0	7	0	
10/2	at Washington	20	98	4.9	34	1	0	0	0.0	0	0	2	16	8.0	10	0	1	5	5.0	5	0	
10/9	at St. Louis	25	119	4.8	18t	2	0	0	0.0	0	0	4	4	1.0	7	0	1	11	11.0	11	0	
10/16	Houston	22	141	6.4	23t	4	8	104	13.0	49	1	4	40	10.0	23	0	1	16	16.0	16	0	
10/23	Dallas	21	61	2.9	11	0	0	0	0.0	0	0	1	11	11.0	11	0	0	0	0.0	0	0	
11/6	at Arizona	23	173	7.5	88t	2	5	30	6.0	12	0	4	2	0.5	3	1	1	3	3.0	3	0	
11/13	St. Louis	33	165	5.0	37	3	0	0	0.0	0	0	1	2	2.0	2	0	2	7	3.5	4	0	
11/20	at San Francisco	24	115	4.8	40	2	2	17	8.5	12	0	6	7	1.2	8	0	1	1	1.0	1	0	
11/27	N.Y. Giants	31	110	3.5	20	1	0	0	0.0	0	0	2	7	3.5	6	0	1	10	10.0	10	0	
12/5	at Philadelphia	19	49	2.6	18	2	15	33	2.2	8	0	0	0	0.0	0	0	0	2	4	2.0	4	0
12/11	San Francisco	21	108	5.1	16	1	7	22	3.1	7	0	1	9	9.0	9	0	5	41	8.2	21	0	
12/18	at Tennessee	26	172	6.6	52	1	1	3	3.0	3	0	5	1	0.2	5	0	0	0	0.0	0	0	
12/24	Indianapolis	21	139	6.6	25	2	9	34	3.8	13	0	0	0	0.0	0	0	0	0	0.0	0	0	
1/1/06	at Green Bay	20	73	3.7	12	1	9	25	2.8	16	0	0	0	0.0	0	0	0	0	0.0	0	0	
Totals		370	1,880	5.1	88t	27	71	288	4.1	49	1	36	124	3.4	23	1	17	80	4.7	24	0	



DARRELL JACKSON				PETER WARRICK				SENECA WALLACE													
No.	Yds.	Avg.	LG TD	No.	Yds.	Avg.	LG TD	No.	Yds.	Avg.	LG TD										
9/11	at Jacksonville	0	0	0.0	0	0	0	0	0	0	0	0	0	0.0	0	0	0	0	0.0	0	0
9/18	Atlanta	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0.0	0	0
9/25	Arizona	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0.0	0	0
10/2	at Washington	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0.0	0	0
10/9	at St. Louis	Inactive						Inactive				2	-2	-1.0	-1	0	0	0	0.0	0	0
10/16	Houston	Inactive						Inactive				0	0	0.0	0	0	0	0	0.0	0	0
10/23	Dallas	Inactive						Inactive				0	0	0.0	0	0	0	0	0.0	0	0
11/6	at Arizona	Inactive						Inactive				0	0	0.0	0	0	0	0	0.0	0	0
11/13	St. Louis	Inactive						Inactive				0	0	0.0	0	0	0	0	0.0	0	0
11/20	at San Francisco	Inactive						Inactive				1	5	5.0	5	0	0	0	0.0	0	0
11/27	N.Y. Giants	Inactive						Inactive				0	0	0.0	0	0	0	0	0.0	0	0
12/5	at Philadelphia	Inactive						Inactive				1	0	0.0	0	0	0	0	0.0	0	0
12/11	San Francisco	Inactive						Inactive				2	-3	-0.7	-1	0	0	0	0.0	0	0
12/18	at Tennessee	1	7	7.0	7	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0.0	0	0
12/24	Indianapolis	0	0	0.0	0	0	0	0	0.0	0	0	1	0	0.0	0	0	0	0	0.0	0	0
1/1/06	at Green Bay	Inactive						Inactive				6	-5	-0.8	0	0	0	0	0.0	0	0
Totals		1	7	7.0	7	0	1	5	5.0	5	0	6	-5	-0.8	0	0	0	0	0.0	0	0

2005 GAME-BY-GAME INDIVIDUAL RECEIVING

		BOBBY ENGRAM				JOE JUREVICIUS				JERRAMY STEVENS				DARRELL JACKSON				D.J. HACETT													
		No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD					
9/11	at Jacksonville	8	79	9.9	17	0	3	64	21.3	33t	1	3	41	13.7	17	0	6	65	10.8	18	1	Inactive	0	0	0.0	0	0				
9/18	Atlanta	5	77	15.4	25	0	1	6	6.0	6t	1	3	49	16.3	35t	1	8	131	16.4	41	0	Inactive	0	0	0.0	0	0				
9/25	Arizona	5	54	10.8	16	0	2	16	8.0	9	0	3	34	11.3	12	0	8	125	15.6	48	0	Inactive	0	0	0.0	0	0				
10/2	at Washington	9	106	11.8	26	0	1	17	17.0	17	0	3	31	10.3	13	0	7	55	7.9	16	1	Inactive	0	0	0.0	0	0				
10/9	at St. Louis	Inactive					9	137	15.2	52	1	3	65	21.7	29t	1	Inactive					5	43	8.6	14	0	0				
10/16	Houston	Inactive					3	29	9.7	20	1	2	28	14.0	22	0	Inactive					4	0	0.0	0	0	0				
10/23	Dallas	Inactive					6	54	9.0	15	0	5	60	12.0	22	0	Inactive					4	36	9.0	17	0	0				
11/6	at Arizona	3	28	9.3	15	0	4	31	7.8	19	1	2	28	14.0	18	0	Inactive					0	0	0.0	0	0	0				
11/13	St. Louis	6	70	11.7	27	0	3	27	9.0	11	0	4	49	12.3	18	0	Inactive					2	78	39.0	47	1	1				
11/20	at San Francisco	6	93	15.5	28	0	4	40	10.0	12	0	1	27	27.0	27	0	Inactive					6	67	11.2	16	1	0				
11/27	N.Y. Giants	6	34	5.7	10	0	8	137	17.1	35t	2	0	0	0.0	0	0	Inactive					2	47	23.5	38	0	0				
12/5	at Philadelphia	3	34	11.3	13	1	0	0	0.0	0	0	4	22	5.5	14	0	Inactive					1	42	42.0	42	0	0				
12/11	San Francisco	6	65	10.8	28t	2	4	63	15.8	25	1	3	28	9.3	11	1	3	43	14.3	26	0	Inactive	3	43	14.3	26	0				
12/18	at Tennessee	6	95	15.8	56	0	3	31	10.3	15	1	4	53	13.3	22t	1	6	72	12.0	23	1	Inactive	0	0	0.0	0	0				
12/24	Indianapolis	1	13	13.0	13	0	2	31	15.5	17	0	5	39	7.8	15t	1	3	34	11.3	17	0	Inactive	1	5	5.0	5	0				
1/1/06	at Green Bay	3	30	10.0	16	0	2	11	5.5	6	1	4	5	0.0	0	0	4	39	9.8	13	0	Inactive	4	39	9.8	13	0				
Totals		67	778	11.6	56	3	55	694	12.6	52	10	45	554	12.3	35t	5	38	482	12.7	48	3	38	482	12.7	48	3	28	400	14.3	47	2
		MACK STRONG				SHAUN ALEXANDER				RYAN HANNAM				PETER WARRICK				JERHEME URBAN													
		No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD
9/11	at Jacksonville	1	-3	-3.0	-3	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0.0	0	0	0	Inactive	0	0	0.0	0	0			
9/18	Atlanta	1	7	7.0	7	0	2	11	5.5	7	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0		
9/25	Arizona	1	8	8.0	8	0	0	0	0.0	0	0	1	5	5.0	5	0	0	0	0.0	0	0	1	42	42.0	42	0	0	0			
10/2	at Washington	2	6	3.0	6	0	1	4	4.0	4	0	3	23	7.7	20	0	0	0	0.0	0	0	Inactive	0	0	0.0	0	0	0			
10/9	at St. Louis	3	25	8.3	10	0	3	16	5.3	6	0	2	12	6.0	6	0	0	0	0.0	0	0	1	7	7.0	7	0	0	0			
10/16	Houston	3	20	6.7	9	0	1	1	1.0	1	0	0	0	0.0	0	0	0	0	0.0	0	0	3	53	17.7	27	0	0	0			
10/23	Dallas	2	8	4.0	5	0	0	0	0.0	0	0	2	6	3.0	5	1	1	3	3.0	3	0	1	3	3.0	3	0	0	0			
11/6	at Arizona	1	9	9.0	9	0	0	0	0.0	0	0	1	8	8.0	8	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0			
11/13	St. Louis	0	0	0.0	0	0	1	9	9.0	9	0	1	10	10.0	10	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0			
11/20	at San Francisco	1	-1	-1.0	-1	0	1	7	7.0	7	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0			
11/27	N.Y. Giants	3	18	6.0	11	0	1	4	4.0	4	0	0	0	0.0	0	0	0	0	0.0	0	0	1	9	9.0	9	0	0	0			
12/5	at Philadelphia	0	0	0.0	0	0	4	20	5.0	8	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0			
12/11	San Francisco	1	6	6.0	6	0	0	0	0.0	0	0	1	12	12.0	12	0	0	0	0.0	0	0	2	22	11.0	14	0	0				
12/18	at Tennessee	1	20	20.0	20	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			
12/24	Indianapolis	1	16	16.0	16	0	1	6	6.0	6t	1	1	9	9.0	9	0	0	0	0.0	0	0	0	0	0.0	0	0	0	0			
1/1/06	at Green Bay	1	27	27.0	27	0	0	0	0.0	0	0	1	4	4.0	4	0	0	0	0.0	0	0	2	44	22.0	33	0	0				
Totals		22	166	7.5	27	0	15	78	5.2	9	1	13	89	6.8	20	1	11	180	16.4	42	0	11	180	16.4	42	0	7	151	21.6	46	0

2005 GAME-BY-GAME INDIVIDUAL RECEIVING

MAURICE MORRIS

	No.	Yds.	Avg.	LG	TD
9/11 at Jacksonville	0	0.0	0	0	0
9/18 Atlanta	0	0.0	0	0	0
9/25 Arizona	0	0.0	0	0	0
10/2 at Washington	0	0.0	0	0	0
10/9 at St. Louis	0	0.0	0	0	0
10/16 Houston	0	0.0	0	0	0
10/23 Dallas	0	0.0	0	0	0
11/6 at Arizona	1	12.0	12	0	0
11/13 St. Louis	0	0.0	0	0	0
11/20 at San Francisco	0	0.0	0	0	0
11/27 N.Y. Giants	0	0.0	0	0	0
12/5 at Philadelphia	0	0.0	0	0	0
12/11 San Francisco	0	0.0	0	0	0
12/18 at Tennessee	1	14.0	14	0	0
12/24 Indianapolis	1	3.0	3	0	0
1/1/06 at Green Bay	2	19.5	20	0	0
Totals	5	48	9.6	20	0

LEONARD WEAVER

	No.	Yds.	Avg.	LG	TD
9/11 at Jacksonville	0	0.0	0	0	0
9/18 Atlanta	0	0.0	0	0	0
9/25 Arizona	0	0.0	0	0	0
10/2 at Washington	0	0.0	0	0	0
10/9 at St. Louis	0	0.0	0	0	0
10/16 Houston	0	0.0	0	0	0
10/23 Dallas	0	0.0	0	0	0
11/6 at Arizona	0	0.0	0	0	0
11/13 St. Louis	0	0.0	0	0	0
11/20 at San Francisco	0	0.0	0	0	0
11/27 N.Y. Giants	0	0.0	0	0	0
12/5 at Philadelphia	0	0.0	0	0	0
12/11 San Francisco	0	0.0	0	0	0
12/18 at Tennessee	0	0.0	0	0	0
12/24 Indianapolis	1	12.0	12	0	0
1/1/06 at Green Bay	0	0.0	0	0	0
Totals	1	12	12.0	12	0



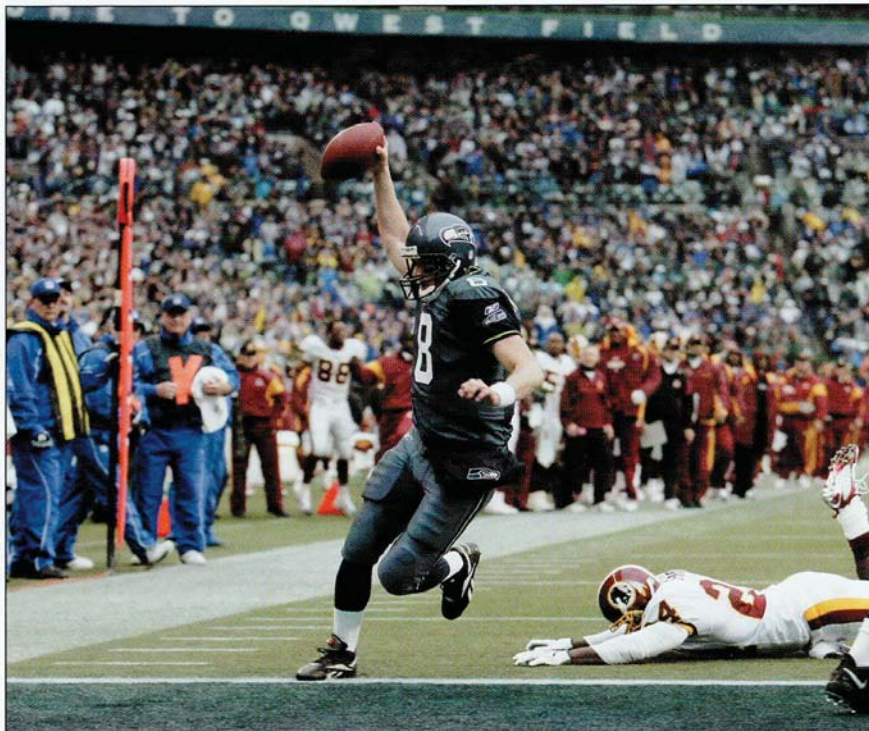
2005 GAME-BY-GAME INDIVIDUAL PASSING

MATT HASSELBECK

	Att.	Comp.	Yds.	Pct.	TD	INT	LG	Sack	Rat.
9/11 at Jacksonville	36	21	246	58.3	2	2	33†	3/21	74.5
9/18 Atlanta	31	20	281	64.5	2	0	41	2/16	115.1
9/25 Arizona	31	20	242	64.5	0	0	48	0/0	88.4
10/2 at Washington	38	26	242	68.4	1	0	26	1/7	94.4
10/9 at St. Louis	38	27	316	71.1	2	0	52	4/17	113.5
10/16 Houston	20	14	168	70.0	1	1	27	3/29	91.2
10/23 Dallas	42	23	224	54.8	1	2	22	1/7	58.0
11/6 at Arizona	20	13	162	65.0	1	0	46	1/0	105.8
11/13 St. Louis	29	17	243	58.6	1	2	47	0/0	68.6
11/20 at San Francisco	31	19	233	61.3	1	0	28	1/5	95.2
11/27 N.Y. Giants	37	21	249	56.8	2	1	38	3/21	84.2
12/5 at Philadelphia	15	8	98	53.3	1	0	42	0/0	96.0
12/11 San Francisco	25	21	226	84.0	4	1	28†	1/6	127.2
12/18 at Tennessee	27	21	285	77.8	3	0	56	1/9	147.7
12/24 Indianapolis	21	17	168	81.0	2	0	17	2/9	131.7
1/1/06 at Green Bay	8	6	76	75.0	0	0	27	1/7	104.2
Totals	449	294	3,459	65.5	24	9	56	24/154	108.2

SENECA WALLACE

	Att.	Comp.	Yds.	Pct.	TD	INT	LG	Sack	Rat.
9/11 at Jacksonville	Did Not Play								
9/18 Atlanta	Did Not Play								
9/25 Arizona	1	1	42	100.0	0	0	42	0/0	118.8
10/2 at Washington	Did Not Play								
10/9 at St. Louis	Did Not Play								
10/16 Houston	0	0	0	0.0	0	0	0	0/0	0.0
10/23 Dallas	Did Not Play								
11/6 at Arizona	Did Not Play								
11/13 St. Louis	Did Not Play								
11/20 at San Francisco	Did Not Play								
11/27 N.Y. Giants	Did Not Play								
12/5 at Philadelphia	2	0	0	0.0	0	0	0	0/0	39.6
12/11 San Francisco	5	3	33	60.0	0	0	14	0/0	79.6
12/18 at Tennessee	Did Not Play								
12/24 Indianapolis	0	0	0	0.0	0	0	0	0/0	0.0
1/1/06 at Green Bay	17	9	98	53.0	1	1	33	3/20	65.3
Totals	25	13	173	52.0	1	1	42	3/20	70.9



2005 GAME-BY-GAME INDIVIDUAL DEFENSE

LOFATATUPU				MICHAEL BOULWARE				MARQUAND MANUEL							
Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FR	Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FR
9/11	at Jacksonville	5	4	1	0.0	0	0	6	6	0	0.0	0	0	0	0
9/18	Atlanta	6	4	2	1.0	0	0	4	4	0	0.0	0	1	0	0
9/25	Arizona	3	1	2	0.0	0	0	5	2	3	1.0	0	0	1	0
10/2	at Washington	10	9	1	1.0	0	0	4	3	1	0.0	0	1	0	0
10/9	at St. Louis	9	9	0	0.0	1	0	2	2	0	0.0	0	0	0	0
10/16	Houston	5	4	1	0.0	0	0	5	3	2	0.0	0	0	0	0
10/23	Dallas	6	4	2	0.0	0	0	5	4	1	0.0	1	1	0	0
11/6	at Arizona	8	5	3	0.0	0	0	3	3	0	0.0	0	1	0	0
11/13	St. Louis	10	9	1	1.0	0	0	6	4	2	0.0	1	1	0	0
11/20	at San Francisco	6	5	1	0.0	0	0	7	5	2	0.0	0	0	0	0
11/27	N.Y. Giants	13	11	2	0.0	0	1	5	4	1	0.0	1	1	0	0
12/5	at Philadelphia	9	8	1	0.0	1t	4	0	0	0	0.0	1	1	0	0
12/11	San Francisco	4	3	1	1.0	1	0	1	1	0	0.0	0	0	0	0
12/18	at Tennessee	5	5	0	0.0	0	0	10	8	2	0.0	0	1	0	0
12/24	Indianapolis	4	4	0	0.0	0	2	5	4	1	0.0	0	0	0	0
1/1/06	at Green Bay	2	1	1	0.0	0	1	5	5	0	0.0	0	0	0	0
Totals		105	86	19	4.0	3	10	73	58	15	2.0	4	9	1	0

LEROY HILL				MARCUS TRUFANT				D.D. LEWIS							
Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FR	Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FR
9/11	at Jacksonville	1	0	1	0.0	0	0	7	7	0	1.0	0	1	1	0
9/18	Atlanta	5	4	1	1.0	0	0	2	1	1	0.0	0	0	0	0
9/25	Arizona	0	0	0	0.0	0	0	3	2	1	0.0	0	1	0	0
10/2	at Washington	5	5	0	0.0	0	0	5	5	0	0.0	0	1	0	0
10/9	at St. Louis	5	5	0	1.0	0	0	2	2	0	0.0	0	2	0	0
10/16	Houston	1	1	0	0.0	0	0	1	1	0	0.0	0	0	0	0
10/23	Dallas	1	1	0	0.0	0	0	5	5	0	0.0	0	2	0	0
11/6	at Arizona	5	4	0	1.5	0	1	7	7	0	0.0	1	1	0	0
11/13	St. Louis	4	4	0	1.0	0	0	3	3	0	0.0	0	0	0	0
11/20	at San Francisco	7	5	2	1.0	0	0	5	4	1	0.0	0	0	0	0
11/27	N.Y. Giants	5	3	2	0.0	0	0	8	6	2	0.0	0	2	0	0
12/5	at Philadelphia	6	4	2	1.5	0	1	4	4	0	0.0	0	2	0	0
12/11	San Francisco	6	5	1	0.0	0	0	4	3	1	0.0	0	1	0	0
12/18	at Tennessee	9	3	6	0.0	0	0	4	3	1	0.0	0	1	0	0
12/24	Indianapolis	5	3	2	0.0	0	1	4	2	2	0.0	0	0	0	0
1/1/06	at Green Bay	7	5	2	0.5	0	1	4	2	2	0.0	0	0	0	0
Totals		67	48	19	7.5	0	2	64	55	9	1.0	1	14	1	0

2005 GAME-BY-GAME INDIVIDUAL DEFENSE

JORDAN BABINEAUX				KELLY HERNDON				GRANT WISTROM													
Tkl.	Solo Asst.	Sack	Int.	PD	FF	FR	Tkl.	Solo Asst.	Sack	Int.	PD	FF	FR	Tkl.	Solo Asst.	Sack	Int.	PD	FF	FR	
9/11	at Jacksonville	1	1	0	0	0	6	6	0	0.0	0	0	0	4	4	0	0.0	0	2	0	0
9/18	Atlanta		Special Teams				2	2	0	0.0	0	0	0	3	3	0	0.0	0	0	0	0
9/25	Arizona	6	3	0.0	1	1	5	4	1	0.0	0	0	0	2	2	0	0.0	0	0	0	0
10/2	at Washington	0	0	0	0	0	3	3	0	0.0	1	1	0	1	0	1	0.0	0	0	0	0
10/9	at St. Louis	0	0	0	0	0	9	9	0	0.0	0	1	0	1	0	1	0.0	0	0	0	0
10/16	Houston	5	5	0	0	0	6	6	0	0.0	0	1	0	4	2	2	1.0	0	0	0	0
10/23	Dallas	1	1	0	0	1	6	5	1	0.0	0	2	1	9	7	2	1.0	0	0	0	0
11/6	at Arizona	3	2	1	0	0	4	4	0	0.0	1	3	0	1	1	1	0	0.0	0	1	0
11/13	St. Louis	2	1	1	0	0	8	6	2	0.0	0	0	0	2	1	1	0.0	0	1	0	0
11/20	at San Francisco	0	0	0	0	0	3	3	0	0.0	0	0	0	4	4	0	0.0	0	0	0	0
11/27	N.Y. Giants	3	3	0	0	0	1	1	0	0.0	0	1	0	7	5	2	1.0	0	2	0	0
12/5	at Philadelphia	5	5	0	0	0	Inactive	Inactive						1	1	0	0.0	0	0	0	0
12/11	San Francisco	4	4	0	0	0	Inactive	Inactive						3	2	1	0.0	0	0	0	0
12/18	at Tennessee	5	3	2	0	0	Inactive	Inactive						5	4	1	0.0	0	0	0	0
12/24	Indianapolis	12	10	2	0	0	Inactive	Inactive						4	4	0	1.0	0	0	0	0
1/1/06	at Green Bay	11	9	2	0	0	2	2	0	0.0	0	0	0	1	1	1	0	0.0	0	0	0
Totals		58	47	11	0.0	3	55	51	4	0.0	2	9	1	52	41	11	4.0	0	6	0	0
ROCKY BERNARD				BRYCE FISHER				MARCUS TUBBS													
Tkl.	Solo Asst.	Sack	Int.	PD	FF	FR	Tkl.	Solo Asst.	Sack	Int.	PD	FF	FR	Tkl.	Solo Asst.	Sack	Int.	PD	FF	FR	
9/11	at Jacksonville	2	2	0	1.0	0	3	2	1	1.0	0	0	0	1	1	0	0.0	0	0	0	0
9/18	Atlanta	2	2	0	1.0	0	2	1	1	1.0	0	0	0	4	2	2	0.0	0	0	0	0
9/25	Arizona	1	0	1	0.0	0	3	3	0	1.0	0	0	0	5	4	1	0.0	0	1	0	0
10/2	at Washington	5	5	0	0.0	0	6	4	2	0.0	0	1	0	3	2	1	0.0	0	0	0	0
10/9	at St. Louis	2	2	0	1.5	0	2	2	0	0.0	0	0	0	0	0	0	0.0	0	0	0	0
10/16	Houston	3	3	1	0.0	0	2	2	0	0.0	0	0	0	0	0	0	0.0	0	0	0	0
10/23	Dallas	4	3	1	0.0	0	9	7	2	2.0	0	0	0	5	2	3	1.0	0	0	0	0
11/6	at Arizona	4	3	1	0.0	0	3	3	0	1.5	0	2	0	4	4	0	0.5	0	0	0	0
11/13	St. Louis	5	4	1	2.0	0	3	1	2	0.0	0	1	0	Inactive	Inactive						
11/20	at San Francisco	5	4	1	2.0	0	3	2	1	1.0	0	1	1	Inactive	Inactive						
11/27	N.Y. Giants	4	3	1	1.0	0	2	2	0	0.0	0	0	0	2	1	1	0.5	0	0	0	1
12/5	at Philadelphia	1	1	0	0.0	0	1	1	0	0.0	0	1	0	4	3	1	2.0	0	1	1	0
12/11	San Francisco	5	3	2	0.0	0	2	2	0	0.0	0	0	0	1	1	0	0.0	0	0	0	0
12/18	at Tennessee	3	2	1	0.0	0	2	2	0	0.0	0	0	0	1	1	0	0.0	0	0	0	0
12/24	Indianapolis	3	3	0	0.0	0	2	0	2	0.0	0	0	0	6	6	0	1.0	0	0	1	0
1/1/06	at Green Bay	3	3	0	0.0	0	3	3	0	1.0	0	2	0	3	1	2	0.5	0	0	0	0
Totals		52	43	9	8.5	0	47	35	12	9.0	0	8	1	40	28	12	5.5	0	2	2	1

2005 GAME-BY-GAME INDIVIDUAL DEFENSE

JAMIE SHARPER

	Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FF	FR
9/11 at Jacksonville	6	5	1	0.0	0	0	0	0	0
9/18 Atlanta	7	5	2	0.0	0	0	0	0	0
9/25 Arizona	6	4	2	0.0	0	0	1	0	0
10/2 at Washington	3	3	0	0.0	0	0	0	0	0
10/9 at St. Louis	2	2	0	0.0	0	0	0	0	0
10/16 Houston	7	5	2	0.0	0	0	0	0	0
10/23 Dallas	3	3	0	0.0	0	0	0	0	0
11/6 at Arizona	3	2	1	0.0	0	0	0	0	0
11/13 St. Louis	Inactive								
11/20 at San Francisco	Inactive								
11/27 N.Y. Giants	Inactive								
12/5 at Philadelphia	Inactive								
12/11 San Francisco	Injured Reserve								
12/18 at Tennessee	Injured Reserve								
12/24 Indianapolis	Injured Reserve								
1/1/06 at Green Bay	Injured Reserve								
Totals	37	29	8	0.0	0	0	1	0	0

CHUCK DARBY

	Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FF	FR
	1	1	0	0.0	0	0	0	0	0
	1	1	0	0.0	0	0	0	0	0
	2	2	0	0.0	0	0	0	0	0
	4	2	2	0.0	0	0	0	0	0
	1	1	0	1.0	0	0	0	0	0
	0	0	0	0.0	0	0	0	0	0
	6	4	2	1.0	0	0	0	0	0
	4	0	4	0.5	0	0	0	0	0
	3	1	2	0.0	0	0	0	0	0
	1	1	0	0.0	0	0	0	0	0
	0	0	0	0.0	0	0	0	0	0
	5	4	1	0.0	0	0	0	0	0
	1	1	0	0.0	0	0	0	0	0
	1	1	0	0.0	0	0	0	0	0
	Inactive								
	Inactive								
Totals	30	19	11	2.5	0	0	0	0	0

KEN HAMLIN

	Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FF	FR
	4	4	0	0.0	0	0	0	0	0
	6	5	1	0.0	0	0	0	0	0
	4	3	1	0.0	0	2	0	0	0
	3	3	0	0.0	0	0	0	0	0
	4	4	0	0.0	0	0	0	0	0
	5	3	2	0.0	0	0	0	0	0
	Inactive								
	Injured Reserve								
	Injured Reserve								
	Injured Reserve								
	Injured Reserve								
	Injured Reserve								
	Injured Reserve								
	Injured Reserve								
Totals	26	22	4	0.0	0	2	0	0	0

JIMMY WILLIAMS

	Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FF	FR
9/11 at Jacksonville	Not on Roster								
9/18 Atlanta	Not on Roster								
9/25 Arizona	3	3	0	0.0	0	0	0	0	0
10/2 at Washington	Special Teams								
10/9 at St. Louis	0	0	0	0.0	0	0	0	0	0
10/16 Houston	Special Teams								
10/23 Dallas	Special Teams								
11/6 at Arizona	Special Teams								
11/13 St. Louis	Special Teams								
11/20 at San Francisco	Special Teams								
11/27 N.Y. Giants	Special Teams								
12/5 at Philadelphia	3	2	1	0.0	1	3	0	0	0
12/11 San Francisco	1	1	0	0.0	0	0	0	0	0
12/18 at Tennessee	4	1	3	0.0	0	1	0	0	0
12/24 Indianapolis	3	3	0	0.0	0	0	0	0	0
1/1/06 at Green Bay	9	8	1	0.0	1	1	0	0	0
Totals	23	18	5	0.0	2	5	0	0	0

KEVIN BENTLEY

	Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FF	FR
	0	0	0	0.0	0	0	0	0	0
	0	0	0	0.0	0	0	0	0	0
	1	1	0	0.0	0	0	0	0	0
	3	2	1	0.0	0	0	0	0	0
	Inactive								
	1	1	0	0.0	0	1	0	0	0
	Special Teams								
	Special Teams								
	0	0	0	0.0	0	0	0	0	0
	0	0	0	0.0	0	0	0	0	0
	1	1	0	0.0	0	0	0	0	0
	2	1	1	0.0	0	0	0	0	0
	2	2	0	0.0	0	0	0	0	0
	6	6	0	0.0	0	0	0	0	0
	0	0	0	0.0	0	0	0	0	0
	6	4	2	0.0	0	0	0	0	0
	6	4	2	0.0	0	0	0	0	0
Totals	22	18	4	0.0	0	1	0	0	0

ANDRE DYSON

	Tkl.	Solo	Asst.	Sack	Int.	PD	FF	FF	FR
	2	2	0	0.0	0	0	0	0	0
	3	3	0	0.0	0	2	0	0	0
	1	1	0	0.0	0	1	0	0	0
	6	6	0	0.0	0	1	0	0	0
	0	0	0	0.0	0	1	0	0	0
	Inactive								
	Did Not Play								
	2	2	0	0.0	0	1	0	0	0
	4	4	0	0.0	0	1	1	0	0
	0	0	0	0.0	0	0	0	0	0
	3	2	1	0.0	0	2	0	0	0
	0	0	0	0.0	1t	1	0	1t	0
	Inactive								
	Inactive								
	Inactive								
	Inactive								
Totals	21	20	1	0.0	1t	10	1	10	1

2005 GAME-BY-GAME INDIVIDUAL DEFENSE

	CRAIG TERRILL				JOETAFOVA				RODNEY BAILEY					
	Tkl.	Solo Asst.	Sack	Int.	PD	FF	FR	Tkl.	Solo Asst.	Sack	Int.	PD	FF	FR
9/11 at Jacksonville	0	0	0	0.0	0	0	0	0	0	0.0	0	0	0	0
9/18 Atlanta	2	1	1	0.0	0	0	0	1	1	0.0	0	1	0	0
9/25 Arizona	1	1	0	0.0	0	0	0	0	0	0.0	0	0	0	0
10/2 at Washington	1	0	0	0.0	0	0	0	0	0	0.0	0	0	0	0
10/9 at St. Louis	1	0	1	0.5	0	0	0	0	0	0.0	0	0	0	0
10/16 Houston	1	1	0	1.0	0	0	0	0	0	0.0	0	0	0	0
10/23 Dallas	0	0	0	0.0	0	0	0	0	0	0.0	0	0	0	0
11/6 at Arizona	0	0	0	0.0	0	0	0	2	1	1	0.0	0	0	0
11/13 St. Louis	1	1	0	0.0	0	0	0	1	0	1	0.0	0	0	0
11/20 at San Francisco	1	0	0	0.0	0	0	0	3	2	1	0.0	0	0	0
11/27 N.Y. Giants	2	2	0	0.0	0	0	0	1	1	0	0.0	0	0	0
12/5 at Philadelphia	1	0	1	0.5	0	0	0	2	1	1	1.0	0	0	1
12/11 San Francisco	0	0	0	0.0	0	0	0	1	1	0	0.0	0	0	0
12/18 at Tennessee	3	1	2	0.0	0	0	0	0	0	0	0.0	0	0	0
12/24 Indianapolis	2	2	0	0.0	0	0	1	3	0	3	0.0	0	0	0
1/1/06 at Green Bay	2	1	1	0.0	0	0	1	Inactive						
Totals	18	12	6	2.0	0	2	0	14	7	7	1.0	0	1	1

MICHAEL HARDEN

	Tkl.	Solo Asst.	Sack	Int.	PD	FF	FR
9/11 at Jacksonville	Not on Roster						
9/18 Atlanta	Not on Roster						
9/25 Arizona	Not on Roster						
10/2 at Washington	Not on Roster						
10/9 at St. Louis	Not on Roster						
10/16 Houston	Not on Roster						
10/23 Dallas	Not on Roster						
11/6 at Arizona	Not on Roster						
11/13 St. Louis	Not on Roster						
11/20 at San Francisco	Not on Roster						
11/27 N.Y. Giants	Not on Roster						
12/11 San Francisco	0	0	0	0.0	0	0	0
12/18 at Tennessee	0	0	0	0.0	0	0	0
12/24 Indianapolis	5	4	1	0.0	0	0	0
1/1/06 at Green Bay	0	0	0	0.0	0	0	0
Totals	5	4	1	0.0	0	0	0

*MIKO KOUTOUVIDES had 1 tackle at Phi. (12/5) and 1 vs SF (12/11) *ETRIC PRUIJT had 1 tackle & 1 PD at Phi. (12/5).

ALAIN KASHAMA

	Tkl.	Solo Asst.	Sack	Int.	PD	FF	FR
9/11 at Jacksonville	0	0	0	0.0	0	1	0
9/18 Atlanta	1	1	0	0.0	0	0	0
9/25 Arizona	0	0	0	0.0	0	0	0
10/2 at Washington	0	0	0	0.0	0	0	0
10/9 at St. Louis	0	0	0	0.0	0	0	0
10/16 Houston	0	0	0	0.0	0	0	0
10/23 Dallas	0	0	0	0.0	0	0	0
11/6 at Arizona	0	0	0	0.0	0	0	0
11/13 St. Louis	2	1	1	0.0	0	0	0
11/20 at San Francisco	3	2	1	0.0	0	0	0
11/27 N.Y. Giants	1	1	0	0.0	0	0	0
12/5 at Philadelphia	2	1	1	1.0	0	0	1
12/11 San Francisco	1	1	0	0.0	0	0	0
12/18 at Tennessee	0	0	0	0.0	0	0	0
12/24 Indianapolis	3	0	3	0.0	0	0	0
1/1/06 at Green Bay	Inactive						
Totals	14	7	7	1.0	0	1	1

ISAIAH KACYVENSKI

	Tkl.	Solo Asst.	Sack	Int.	PD	FF	FR
9/11 at Jacksonville	Not on Roster						
9/18 Atlanta	Not on Roster						
9/25 Arizona	Not on Roster						
10/2 at Washington	Not on Roster						
10/9 at St. Louis	Not on Roster						
10/16 Houston	Not on Roster						
10/23 Dallas	Not on Roster						
11/6 at Arizona	Not on Roster						
11/13 St. Louis	Not on Roster						
11/20 at San Francisco	Not on Roster						
11/27 N.Y. Giants	Not on Roster						
12/11 San Francisco	0	0	0	0.0	0	1	0
12/18 at Tennessee	0	0	0	0.0	0	0	0
12/24 Indianapolis	5	4	1	0.0	0	0	0
1/1/06 at Green Bay	0	0	0	0.0	0	0	0
Totals	2	2	0	0.0	0	1	0

2005 3RD DOWN EFFICIENCY

Date	Team	Yards to Go										Total	Pct.
		1	2	3	4	5	6	7	8	9	10+		
9/11	Seahawks	0-0	1-1	0-0	0-1	0-0	0-0	1-1	0-2	0-2	1-2	3-9	33%
	at Jacksonville	0-2	1-1	0-1	1-1	0-2	1-1	1-1	0-1	0-0	0-3	4-13	31%
9/18	Seahawks	3-3	0-0	1-1	0-0	0-0	0-0	0-2	0-0	0-1	0-5	4-12	33%
	Atlanta	0-2	0-1	1-1	0-0	1-1	0-1	0-1	0-0	0-1	0-3	2-11	18%
9/25	Seahawks	2-2	0-1	2-2	0-1	0-1	0-0	0-0	0-1	1-1	1-4	6-13	46%
	Arizona	1-2	0-0	0-0	0-1	0-1	0-0	1-1	0-0	0-2	1-6	3-13	23%
10/2	Seahawks	1-1	0-0	1-1	0-1	2-2	0-0	1-1	0-0	0-0	1-6	6-12	50%
	at Washington	2-3	2-2	0-0	0-0	0-0	0-1	1-3	0-0	3-3	5-6	13-18	72%
10/9	Seahawks	0-0	0-2	1-1	1-2	0-0	0-0	0-0	0-0	0-3	0-3	2-11	19%
	at St. Louis	0-0	2-2	0-0	1-2	0-2	0-0	0-1	0-2	0-0	0-3	3-12	25%
10/16	Seahawks	4-5	0-0	0-0	0-0	1-2	1-1	0-0	0-0	0-0	1-3	7-11	64%
	Houston	0-0	0-0	2-4	0-0	1-1	0-0	0-0	1-2	0-0	2-9	6-16	38%
10/23	Seahawks	0-0	0-1	0-1	0-2	1-1	0-0	0-0	1-1	0-0	1-7	3-13	23%
	Dallas	2-2	0-1	0-2	0-0	1-2	0-1	0-2	0-1	0-0	0-4	3-15	20%
11/6	Seahawks	0-0	1-1	0-1	2-2	0-0	0-1	0-0	0-0	0-0	0-4	3-9	33%
	at Arizona	3-4	0-0	0-0	1-1	0-2	2-3	1-1	0-0	0-0	1-5	8-16	50%
11/13	Seahawks	3-3	1-2	2-2	1-1	1-2	1-1	0-0	1-3	0-0	0-1	10-15	67%
	St. Louis	1-2	0-0	2-2	1-1	1-1	1-3	0-0	0-1	0-1	1-4	7-15	47%
11/20	Seahawks	1-1	3-4	0-2	0-0	1-1	0-1	0-1	0-0	0-1	0-4	5-15	33%
	at San Francisco	1-1	0-1	1-2	0-1	0-0	1-1	0-1	0-0	0-0	2-6	5-13	38%
11/27	Seahawks	2-2	0-1	0-1	1-2	1-3	0-1	2-2	0-0	0-0	0-7	6-19	32%
	N.Y. Giants	0-0	1-2	1-1	0-1	0-1	0-2	2-2	1-1	0-1	3-8	8-19	42%
12/5	Seahawks	0-0	1-1	0-0	0-0	0-1	1-2	1-3	0-1	0-2	1-4	4-14	29%
	at Philadelphia	1-2	1-2	0-1	1-1	0-1	0-0	0-1	0-2	0-1	1-4	4-15	27%
12/11	Seahawks	2-3	1-1	0-0	0-0	0-2	2-2	1-1	0-0	0-0	0-1	6-10	60%
	San Francisco	1-1	0-3	0-0	0-0	0-0	0-0	0-0	1-1	0-1	0-6	2-12	17%
12/18	Seahawks	1-1	1-1	0-0	0-0	0-1	2-2	0-0	1-1	0-0	0-3	5-9	56%
	at Tennessee	2-2	0-2	1-2	0-0	0-0	0-0	0-0	0-1	0-0	1-4	4-11	36%
12/24	Seahawks	0-0	0-1	0-0	0-1	0-1	0-1	1-2	0-0	0-1	0-0	1-7	14%
	Indianapolis	2-4	0-0	1-1	0-1	1-2	1-2	0-1	0-0	0-1	1-3	6-15	40%
1/1	Seahawks	2-2	1-1	0-0	0-2	1-1	1-1	0-1	0-0	0-1	0-4	5-13	38%
	at Green Bay	1-1	1-1	1-1	0-2	1-1	1-2	1-1	2-2	1-1	2-8	11-20	55%
Totals	Seahawks	21-23	10-18	7-12	5-15	8-18	8-13	7-14	3-9	1-12	6-58	76-192	40%
	Opponents	17-28	8-18	10-18	5-12	6-17	7-17	7-16	5-14	4-12	20-82	89-234	38%

2005 DRIVE CHART

Date	Team	Drive Ended By											Pts	Pts/Drv	Eff.
		Drives	3/Out	TD	FG	FGA	Pnt	Dwn	TO	Saf	Clk				
9/11	Seattle	12	2	2	0	0	5	0	5	0	0	14	1.2	0.167	
	at Jacksonville	13	1	2	4	5	4	0	0	0	2	26	2.0	0.462	
9/18	Seattle	12	3	3	0	0	7	0	1	0	1	21	1.8	0.250	
	Atlanta	12	4	2	1	1	7	1	0	0	1	18	1.5	0.250	
9/25	Seattle	11	1	4	3	3	4	0	0	0	0	37	3.4	0.636	
	Arizona	12	4	0	4	4	5	0	2	0	1	12	1.0	0.333	
10/2	Seattle	8	0	2	1	3	3	0	0	0	0	17	2.1	0.375	
	at Washington	9	0	2	2	3	2	0	1	0	1	20	2.2	0.444	
10/9	Seattle	14	2	4	3	3	6	0	0	0	1	37	2.6	0.500	
	at St. Louis	12	3	4	1	1	6	0	1	0	0	31	2.6	0.417	
10/16	Seattle	10	0	6	0	0	1	0	1	0	2	42	4.2	0.600	
	Houston	9	3	1	1	2	6	0	0	0	0	10	1.1	0.222	
10/23	Seattle	14	5	1	2	2	9	0	2	0	0	13	0.9	0.214	
	Dallas	15	2	2	1	2	9	0	2	0	1	10	0.7	0.133	
11/6	Seattle	11	3	4	2	2	4	0	0	0	1	33	3.0	0.545	
	at Arizona	11	0	1	4	4	1	0	4	0	1	19	1.7	0.455	
11/13	Seattle	10	3	4	1	1	3	0	2	0	0	31	3.1	0.500	
	St. Louis	11	1	1	3	3	2	1	2	0	2	16	1.5	0.364	
11/20	Seattle	12	3	3	2	3	5	0	0	0	1	27	2.3	0.417	
	at San Francisco	12	4	2	4	4	4	0	1	0	1	25	2.1	0.500	
11/27	Seattle	16	6	3	1	1	9	0	2	0	1	24	1.5	0.250	
	N.Y. Giants	15	1	2	2	5	7	0	1	0	0	21	1.4	0.267	
12/5	Seattle	13	5	3	0	1	9	0	0	0	0	21	1.6	0.231	
	at Philadelphia	17	5	0	0	0	8	1	6	0	2	0	0.0	0.000	
12/11	Seattle	12	1	5	2	3	2	0	1	0	1	41	3.4	0.583	
	San Francisco	11	5	0	1	1	8	0	2	0	0	3	0.3	0.091	
12/18	Seattle	9	0	4	0	1	2	0	0	0	2	28	3.1	0.444	
	at Tennessee	8	1	3	1	1	2	2	0	0	0	24	3.0	0.500	
12/24	Seattle	10	3	4	0	1	5	0	0	0	0	28	2.8	0.400	
	Indianapolis	10	0	1	2	3	3	1	1	0	1	13	1.3	0.300	
1/1/06	Seattle	12	3	2	1	1	6	1	2	0	0	17	1.4	0.250	
	at Green Bay	13	0	2	3	3	3	0	3	0	2	23	1.8	0.385	
Totals	Seahawks	186	40	54	18	25	80	1	16	0	10	431	2.3	0.387	
	Opponents	190	34	24	34	42	77	6	26	0	15	271	1.4	0.305	

INSIDE THE 20

Date	Team	Trips/Scores	TD	FG/Att	Points	Int	Fum	Downs	Clock
9/11	Seattle	1/1	1	0/0	7	0	0	0	0
	at Jacksonville	3/3	1	2/2	13	0	0	0	0
9/18	Seattle	2/4	2	0/0	14	0	1	0	1
	Atlanta	3/3	2	1/1	18	0	0	0	0
9/25	Seattle	6/6	3	3/3	31	0	0	0	0
	Arizona	1/1	0	1/1	3	0	0	0	0
10/2	Seattle	2/2	2	0/0	14	0	0	0	0
	at Washington	3/4	2	1/2	17	0	0	0	0
10/9	Seattle	4/5	2	2/2	20	0	0	0	1
	at St. Louis	3/3	2	1/1	17	0	0	0	0
10/16	Seattle	6/6	6	0/0	42	0	0	0	0
	Houston	0/0	0	0/0	0	0	0	0	0
10/23	Seattle	1/2	1	0/0	7	1	0	0	0
	Dallas	2/3	1	1/2	10	0	0	0	0
11/6	Seattle	5/5	3	2/2	26	0	0	0	0
	at Arizona	3/3	1	2/2	13	0	0	0	0
11/13	Seattle	4/5	3	1/1	24	1	0	0	0
	St. Louis	4/5	1	3/3	16	0	0	1	0
11/20	Seattle	4/4	3	1/1	24	0	0	0	0
	at San Francisco	5/5	1	4/4	18	0	0	0	0
11/27	Seattle	3/3	2	1/1	17	0	0	0	0
	N.Y. Giants	2/2	2	0/0	15	0	0	0	0
12/5	Seattle	3/3	3	0/0	21	0	0	0	0
	at Philadelphia	0/1	0	0/0	0	0	0	0	1
12/11	Seattle	4/4	3	1/1	24	0	0	0	0
	San Francisco	0/0	0	0/0	0	0	0	0	0
12/18	Seattle	3/4	3	0/1	21	0	0	0	0
	at Tennessee	3/4	3	0/0	21	0	0	1	0
12/24	Seattle	4/4	4	0/0	28	0	0	0	0
	Indianapolis	3/4	1	2/3	13	0	0	0	0
1/1/06	Seattle	2/2	2	0/0	14	0	0	0	0
	at Green Bay	5/6	2	3/3	23	0	1	0	0
Totals	Seahawks	54/60	43	11/12	334	2	1	0	2
	Opponents	40/47	19	21/24	197	0	1	2	1

2005 MISCELLANEOUS STATS

DRIVE ENGINEERING

QB	Drives Started	Drives Ended By										Points Yielded	Points Drive	Drive Eff.
		TD	FG	FGA	Pnt	Dwn	TO	Saf	Gm	Hlf				
Hasselbeck	168	53	15	21	70	1	15	0	6	2		415	2.5	0.405
Wallace	18	1	3	4	10	0	1	0	1	1		16	0.9	0.222
Seattle	186	54	18	25	80	1	16	0	7	3		431	2.3	0.387
Opponents	190	24	34	42	77	6	26	0	6	8		271	1.4	0.305

YARDS GAINED BY DOWN

Team	1st Down			2nd Down			3rd Down			4th Down			Season		
	Att.	Yds.	Avg.	Att.	Yds.	Avg.	Att.	Yds.	Avg.	Att.	Yds.	Avg.	Att.	Yds.	Avg.
Seattle	480	3003	6.3	339	1788	5.3	193	1053	5.5	8	71	8.9	1020	5915	5.8
Opponents	448	2250	5.0	340	1571	4.6	234	1143	4.9	19	105	5.5	1041	5069	4.9

FIRST DOWN TENDENCIES

Team	Rushing			Passing			Overall			Times Gained			
	Att.	Yds.	Avg.	Att.	Yds.	Avg.	Att.	Yds.	Avg.	10+	5+	0	Neg.
Seattle	266	1170	4.4	214	1833	8.6	480	3003	6.3	109	109	85	44
Opponents	223	872	3.9	225	1378	6.1	448	2250	5.0	91	86	115	49

GOAL-TO-GO

Team	Att.	TD	FG	FGA	Int.	Fumble	Down	Clock	Pts.
Seattle	36	32	2	2	1	0	0	1	230
Opponents	18	13	3	4	0	1	0	0	100

TAKEAWAYS/GIVEAWAYS

	No.	Resulting in...	TD	FG	FGA	Safety	Int.	Fumble	Punt	Down	Clock	Pts.
Takeaways	27		10	6	8	0	2	0	5	1	3	88
Giveaways	17		2	7	10	0	0	0	3	0	2	36

TIMES LEADING THE TEAM IN...

- Receptions:** **Engram, 6** (at JAX, 9/11) (at Was, 10/2) (vs. StL, 11/13) (at SF, 11/20) (vs. SF, 12/11) (at Ten, 12/18); **Jurevicius, 5** (at. StL, 10/9) (vs. Hou, 10/16) (Dal, 10/23) (at AZ, 11/6) (vs. NYG, 11/27); **Jackson, 3** (vs. Atl, 9/18) (vs. AZ, 9/25) (at Ten, 12/18); **Stevens, 2** (at Phil, 12/5) (vs. Ind, 12/24); **Hackett, 2** (at SF, 11/20) (at GB, 1/1/06); **Warrick, 1** (vs. Hou, 10/16); **Strong 1** (vs. Hou, 10/16).
- Receiving Yds.:** **Engram, 5** (at JAX, 9/11) (at Was, 10/2) (at SF, 11/20) (vs. SF, 12/11) (at Ten, 12/18); **Jurevicius, 2** (at StL 10/9) (vs. NYG, 11/27); **Jackson, 2** (vs. Atl, 9/18) (vs. AZ, 9/25); **Hackett, 2** (vs. StL 11/13) (at. Phil 12/5); **Stevens, 2** (vs. Dal, 11/23) (vs. Ind, 12/24) **Warrick, 2** (vs. Hou, 10/16) (at GB, 1/1/06); **Urban, 1** (at. AZ, 11/6).
- Rushing Yds.:** **Alexander, 16.**
- Tackles:** **Tatupu, 5** (at Was, 10/2) (at StL, 11/9) (vs. StL 11/13) (vs. NYG 11/27) (at Phil, 12/5); **Sharper, 3** (vs. Atl, 9/18) (vs AZ, 9/25) (vs. Hou, 10/16); **Babineaux, 2** (vs. Ind, 12/24) (at GB, 1/1/06); **Lewis, 2** (vs. Dallas, 10/23) (at SF, 11/20); **Trufant, 1** (at Jax, 9/11); **Herndon, 1** (at StL, 11/9); **Manuel, 1** (at AZ, 11/6); **Hill, 1** (vs. SF, 12/11); **Boulware, 1** (at Ten, 12/18).
- Sacks:** **Bernard, 7** (at Jax, 9/11) (vs. Atl, 9/18) (at. StL 10/9) (vs. Hou, 10/16) (vs. StL, 11/13) (at SF, 11/20) (vs. NYG 11/27); **Fisher, 6** (at Jax, 9/11) (vs. Atl, 9/18) (vs. AZ, 9/25) (vs. Dal, 10/23) (at AZ, 11/6) (at GB, 1/1/06); **Tatupu, 3** (vs. Atl, 9/18) (at. Was, 10/2) (vs. StL, 11/13); **Hill, 3** (vs. AZ, 9/25) (vs. StL, 11/13) (at. Phil, 12/5); **Boulware, 2** (vs. AZ, 9/25) (at Was, 10/2); **Wistrom, 2** (vs. Hou, 10/16) (vs. Ind, 12/24); **Tubbs, 2** (vs. SF, 12/11) (vs. Ind, 12/24); **Trufant, 1** (at Jax, 9/11); **Terrill, 1** (vs. Hou, 10/16).

2005 SUPERLATIVES

OVERALL	13-3	WHEN SCORING...	
Home	8-0	First	7-1
Road	5-3	Less than 20 points	1-3
		20 or more points	12-0
BY MONTH			
September	2-1	When leading at halftime	10-1
October	3-1	When trailing at halftime	2-2
November	4-0	When leading after three quarters	11-0
December	4-0	When trailing after three quarters	2-3
January	0-1	When tied after three quarters	0-0
TURF			
Artificial	9-0	When outrushing opponents	11-1
Natural Grass	4-3	When plus in time of possession	7-0
		When minus in time of possession	6-3
INDOORS	1-0	When equal in time of possession	0-0
VS. CONFERENCE			
vs. AFC	3-1	When plus in takeaway/giveaway	7-2
North	0-0	When minus in takeaway/giveaway	4-1
West	0-0	When equal in takeaway/giveaway	2-0
East	0-0	With a 100-yard rusher	11-0
South	3-1	With a 100-yard receiver	4-1
		With a 300-yard passer	1-0
vs. NFC	10-2	Versus an opponent 100-yard rusher	1-0
North	0-1	Versus an opponent 100-yard receiver	6-2
West	6-0	Versus an opponent 300-yard passer	5-0
East	3-1		
South	1-0		

2005 HONORS

SHAUN ALEXANDER, RB

NFC Pro Bowl Team

Most Valuable Player

Associated Press

Pro Football Weekly/PFWA

Offensive Player of the Year

Associated Press

Player of the Year

The Sporting News

Maxwell Club (Bert Bell Trophy)

FedEx Ground

All-Pro 1st Team

Associated Press

All-Pro Team

Pro Football Weekly/PFWA

The Sporting News

ESPN.com

All-NFC Team

Pro Football Weekly/PFWA

All-NFL Team

Associated Press

Pro Football Weekly/PFWA

All-Interview Team

NFL.com

NFC Offensive Player of Weeks 3, 6, 9

vs. Arizona, 9/25; vs. Houston, 10/16

at Arizona, 11/6

NFC Offensive Player of the Month

November

FedEx Ground Player of the Week 10

vs. St. Louis, 11/13

ROCKY BERNARD, DT

All-Joe Team

USA Today

2005 HONORS

JOSH BROWN, K

NFC Sp. Teams Player of the Week 7
vs. Dallas, 10/23

ANDRE DYSON, CB

NFC Defensive Player of the Week 13
at Philadelphia, 12/5

BOBBY ENGRAM, WR

Ed Block Courage Award

GIL HASKELL, OC

All-Joe Team
USA Today

MATT HASSELBECK, QB

NFC Pro Bowl Team
All-NFC Team
Pro Football Weekly/PFWA
NFC Offensive Player of the Week 5
at St. Louis, 10/9
FedEx Air Player of the Week 15
at Tennessee, 12/18
All-Interview Team
NFL.com

STEVE HUTCHINGSON, G

NFC Pro Bowl Team
All-Pro 1st Team
Associated Press
All-Pro Team
Pro Football Weekly/PFWA
The Sporting News
ESPN.com
All-NFC Team
Pro Football Weekly/PFWA
All-NFL Team
Associated Press
Pro Football Weekly/PFWA
All-Interview Team
NFL.com

WALTER JONES, T

NFC Pro Bowl Team
All-Pro 1st Team
Associated Press
All-Pro Team
Pro Football Weekly/PFWA
The Sporting News

Sports Illustrated
ESPN.com

All-NFC Team
Pro Football Weekly/PFWA
All-NFL Team
Associated Press
Pro Football Weekly/PFWA

JOE JUREVICIUS, WR

All-Joe Team
USA Today

SEAN LOCKLEAR, T

All-Joe Team
USA Today

CHRIS SPENCER, C

All-Rookie Team,
Pro Football Weekly/PFWA

MACK STRONG, FB

NFC Pro Bowl Team
All-Pro 1st Team
Associated Press
All-NFL Team
Associated Press
Pro Football Weekly/PFWA
All-Interview Team
NFL.com
Steve Largent Award
(Awarded to the player who exemplifies the spirit, dedication and integrity of the Seahawks.)

LOFA TATUPU, LB

NFC Pro Bowl Team
All-Rookie Team
Pro Football Weekly/PFWA
NFL Defensive Rookie of the Month
December/January
All-Joe Team
USA Today

ROBBIE TOBECK, C

NFC Pro Bowl Team
All-Interview Team
NFL.com

2005 STANDINGS

NFC

	W	L	T	Pct.	Pts.	Opp.
NORTH DIVISION						
*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 DIVISION						
*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
EAST DIVISION						
*New York 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
WEST DIVISION						
*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

AFC

	W	L	T	Pct.	Pts.	Opp.
NORTH DIVISION						
*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 DIVISION						
*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
EAST DIVISION						
*New England	10	6	0	.625	379	338
Miami	9	7	0	.562	318	317
Buffalo	5	11	0	.312	271	367
New York Jets	4	12	0	.250	240	355
WEST DIVISION						
*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

* Playoff teams

AFC Wild Card

- NEW ENGLAND 28, Jacksonville 3
- Pittsburgh 31, CINCINNATI 17

AFC Divisional

- DENVER 27, New England 13
- Pittsburgh 21, INDIANAPOLIS 18

AFC Championship

- Pittsburgh 34, DENVER 17

NFC Wild Card

- Washington 17, TAMPA BAY 10
- Carolina 23, N.Y. GIANTS 0

NFC Divisional

- SEATTLE 20, Washington 10
- Carolina 29, CHICAGO 21

NFC Championship

- SEATTLE 34, Carolina 14

Super Bowl XL

Pittsburgh (AFC) 21, Seattle (NFC) 10

2005 WEEKLY RANKINGS

NFL

Offense Defense

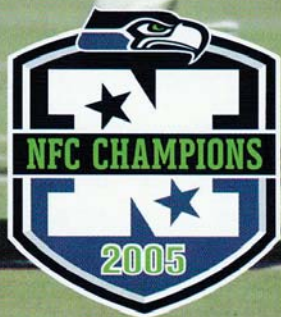
Week	Total	Rush	Pass	Total	Rush	Pass
1	15	16t	14	23	22	21
2	5	7	12	11	25	8
3	2	4	6	8	18t	6
4	2	7	8	14	25	7
5	1	5	6	17	19	19
6	1	2	9	13	12	16
7	1	3	10	10	17	11
8	1	3	8	8	16	10
9	1	3	12	14	12	16
10	1	3	9	16	11	18
11	1	3	10	15	11	20
12	1	3	11	26	13	23
13	4	3	13	20t	12	22
14	2	3	13	11	10	18
15	1	3	12	16	7	24
16	1	3	12	16	7	24
17	2	3	13	16t	5	25

NFC

Offense Defense

Week	Total	Rush	Pass	Total	Rush	Pass
1	4	9	4	15	11	13
2	2	4	6	8	14	5
3	2	3	3	6	8t	4
4	2	4	4	7	14	4
5	1	2	4	8	11	11
6	1	2	6	7	7	9
7	1	2	7	6	10	5
8	1	2	5	5	9	5
9	1	2	7	9	6	9
10	1	2	5	9	6	10
11	1	2	5	9	6	10
12	1	2	5	13	6	12
13	1	2	6	12t	6	12
14	1	2	6	7	5	11
15	1	2	6	9	3	13
16	1	2	6	9	3	13
17	1	2	6	9	2	14





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				
					McKinnis	46	105	2.2	14	4				

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	37.8											
TOTAL NET YARDS	4062	5405											
Avg. Per Game	290.1	386.0											
Total Plays	882	1008											
Avg. Per Play	4.6	5.3											
NET YARDS RUSHING	1413	2881											
Avg. Per Game	100.9	206.0											
Total Rushes	374	614											
NET YARDS PASSING	2649	2524											
Avg. Per Game	189.2	180.0											
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	60.7	7.54	27	7.3	15	4.0	66	27/246	91.7	

	SEA	OPP
SEA	374	1413
OPP	614	2881

	No	Yds	Avg	LG	TD
Largent	54	705	13.0	45	4
Howard	37	422	11.4	30	0

	No	Yds	Avg	LG	TD
Smith	36	384	10.6	34	1
McCullum	32	506	15.8	72	4

	No	Yds	Avg	LG	TD
SEA	229	2874	12.5	80	13
OPP	223	2770	12.4	66	27

	No	Yds	Avg	LG	TD
Brown	4	70	17.5	33	0
Woolsey	4	19	4.7	13	0

	No	Yds	Avg	LG	TD
Matthews	3	60	20.0	40	1
SEA	15	218	14.5	40	1

	No	FC	Yds	Avg	LG	TD
Blackwood	19	2	132	6.9	26	0
Brown	13	4	74	5.6	19	0

	No	Yds	Avg	LG	TD	
SEA	39	6	246	6.3	26	0
OPP	56	3	534	9.5	50	1

	No	Yds	Avg	LG	TD
Ross	30	655	21.8	45	0
Bolton	15	280	18.6	30	0

	No	Yds	Avg	LG	TD
SEA	79	1605	20.3	45	0
OPP	46	1041	22.6	41	0

	No	Yds	Avg	Net	TB	I20	LG	B
Engles	80	3067	38.3	29.9	3	13	55	2
SEA	82	3067	37.4	30.1	3	13	55	2

	No	Yds	Avg	Net	TB	I20	LG	B
OPP	65	2275	35.0	29.6	5	10	54	2

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: 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	0	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	4.2	39	12				
					OPP	596	2485	4.1	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	42.7	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.	37.8	64.3	Sims	12	176	14.6	82	3	
TOTAL NET YARDS	4292	4818	Sawyer	10	105	10.5	27	0	
Avg. Per Game	306.5	344.1	SEA	175	2459	14.0	82	23	
Total Plays	869	963	OPP	196	2464	12.5	67	19	
Avg. Per Play	4.9	5.0							
NET YARDS RUSHING	1964	2485	Interceptions						
Avg. Per Game	140.2	177.5	Beamon	6	36	6.0	16	0	
Total Rushes	461	596	McMillan	4	157	39.2	57	0	
NET YARDS PASSING	2328	2333	Brown	4	68	17.0	29	1	
Avg. Per Game	166.2	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	18.5	102	3	
Completion Pct.	45.2	56.1							
Had Intercepted	32	25	Kickoff Returns						
PUNTS/AVERAGE	64/37.9	54/35.9	Hunter	36	820	22.7	41	0	
NET PUNTING AVG.	30.9	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	9.0	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	2465	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	37.9	30.6	4	10	59	2
OPP	54	1942	35.9	30.8	3	11	61	2

Field Goals	1-19	20-29	30-39	40-49	50+
Leypoldt	1-2	2-3	2-4	3-4	1-5
SEA	1-2	2-3	2-4	3-4	1-5
OPP	0-0	9-10	10-12	4-9	0-0

Leypoldt:(19B) (52S,32,42) (52S) (-)
 (43,21R,37B) (19,41) (-) (-) (33R, 43L,50R,33)
 (51) (-) (20,27) (-) (51S)
 Opp: (45R,38,42) (-) (36) (36,26R) (40,37,20)
 (39L,41) (25) (35,39,37) (46R) (31B,46B,27,37)
 (40,26,39) (22,28,43) (49L,23,45L) (24,38)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	136	110	26	1.0	5	0	1
Beamon	128	82	36	0.0	8	1	0
Green	98	57	41	0.0	5	1	0
Preece	96	61	35	0.0	5	1	1
McMillan	80	63	17	0.0	15	0	3
Lurtsema	79	46	33	2.0	0	0	0

Record (Finish): 5-9 (4th, AFC West). Set record for wins by 2nd year expansion team.

Head Coach: Jack Patera (7-21, .250)
Assistants: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QB/WRs/TEs)
Captains: T Norm Evans (Off.), S Eddie McMillan (Def.), S Steve Preece (Sp. Teams)
MVP: WR Steve Largent
Pro Bowl: None

National Honors: None
All-NFL: None

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Baltimore	10	4	0	.714	295	221
Miami	10	4	0	.714	313	197
New England	9	5	0	.643	278	217
N.Y. Jets	3	11	0	.214	191	300
Buffalo	3	11	0	.214	160	313

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	9	5	0	.643	283	243
Houston	8	6	0	.571	299	230
Cincinnati	8	6	0	.571	238	235
Cleveland	6	8	0	.429	269	267

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	12	2	0	.857	274	148
Oakland*	11	3	0	.786	351	230
San Diego	7	7	0	.500	222	205
Seattle	5	9	0	.357	282	373
Kansas City	2	12	0	.143	225	349

*= Wild Card team

OFFENSE

Pos.		Starts
WR	Duke Ferguson	8
	Sam McCullum	3
	Steve Raible	3
LT	Nick Bebout	12
LG	Gordon Jolley	11
C	Art Kuehn	14
RG	Ron Coder	14
RT	Norm Evans	13
TE	Ron Howard	12
WR	Steve Largent	14
QB	Jim Zorn	10
	Steve Myer	4
RB	Sherman Smith	13
FB	Don Testerman	13

DEFENSE

LE	Richard Harris	14
LT	Ron East	14
RT	Bob Lurtsema	9
	*Dennis Boyd	5
RE	Alden Roche	9
LLB	Sammy Green	14
MLB	*Terry Beeson	13
RLB	Ken Geddes	14
LCB	Eddie McMillan	4
RCB	Dave Brown	14
SS	Autry Beamon	9
	Don Dufek	5
FS	Steve Preece	14

SPECIAL TEAMS

K	John Leypoldt	14
P	Herman Weaver	13
	Rick Engles	1

*Rookie or first-year player

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	2	0	.857	345	212
Washington	9	5	0	.643	196	189
St. Louis	7	7	0	.500	272	287
Philadelphia	5	9	0	.357	220	207
N.Y. Giants	5	9	0	.357	181	265

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	9	5	0	.643	231	227
Chicago*	9	5	0	.643	255	253
Detroit	6	8	0	.429	183	252
Green Bay	4	10	0	.286	134	219
Tampa Bay	2	12	0	.143	103	223

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	4	0	.714	302	146
Atlanta	7	7	0	.500	179	129
San Francisco	5	9	0	.357	220	260
New Orleans	3	11	0	.214	232	336

1978 REVIEW (9-7)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
09/03	L	24-20	San Diego	55,778	SEA	85	115	50	95	0	345		
09/10	L	21-10	at Pittsburgh	48,277	OPP	68	114	79	94	3	358		
09/17	W	24-17	at N.Y. Jets	46,911									
09/24	W	28-16	Detroit	56,781	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	Receiving	No	Yds	Avg	LG	TD			
Penalty			39	18	Largent	71	1168	16.5	57	8			
3rd Down: Made/Att.			98/235	88/216	McCullum	37	525	14.2	44	3			
3rd Down Pct.			41.7	40.7	Sims	30	195	6.5	25	1			
4th Down: Made/Att.			20/31	8/14	Smith	28	366	13.1	64	1			
4th Down Pct.			54.5	57.1	Raible	22	316	14.4	38	1			
TOTAL NET YARDS			5511	5522	SEA	261	3401	13.0	64	15			
Avg. Per Game			344.4	345.1	OPP	263	3225	12.3	55	21			
Total Plays			1072	1036	Interceptions	No	Yds	Avg	LG	TD			
Avg. Per Play			5.1	5.3	Webster	5	9	1.8	4	0			
NET YARDS RUSHING			2394	2517	Harris	4	65	16.3	28	0			
Avg. Per Game			149.6	157.3	Beamon	4	17	4.3	15	0			
Total Rushes			561	551	Brown	3	44	14.7	44	0			
NET YARDS PASSING			3117	3005	SEA	22	193	8.8	44	1			
Avg. Per Game			194.8	187.8	OPP	22	300	13.6	52	1			
Sacked/Yards Lost			44/284	25/220	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Gross Yards			3401	3225	Weaver	66	2440	37.0	29.5	6	13	59	0
Att./Completions			467/261	460/263	SEA	69	2543	36.9	29.9	6	15	59	0
Completion Pct.			55.9	57.2	OPP	66	2507	38.0	31.0	6	16	67	1
Had Intercepted			22	22	Punt Returns	No	FC	Yds	Avg	LG	TD		
PUNTS/AVERAGE			69/36.9	66/38.0	Crawford	34	4	284	8.4	22	0		
NET PUNTING AVG.			29.9	31.0	SEA	40	5	342	8.6	42	0		
PENALTIES/YARDS			94/789	125/997	OPP	36	9	363	10.1	24	0		
FUMBLES/BALL LOST			36/19	34/17	Rushing								
TOUCHDOWNS			44	43	SEA	40	5	342	8.6	42	0		
Rushing			28	20	OPP	36	9	363	10.1	24	0		
Passing			15	21									
Returns			1	2									
TOTAL POINTS			345	358									

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	443	248	3283	56.0	7.41	15	3.4	20	4.5	64	44/284	72.2
Myer	22	11	94	50.0	4.27	0	0.0	2	9.1	17	0/0	----
SEA	467	261	3401	55.9	7.28	15	3.2	22	4.7	64	44/284	70.0
OPP	460	263	3225	57.2	7.01	21	4.6	22	4.8	55	25/220	74.3

Kickoff Returns	No	Yds	Avg	LG	TD
Hunter	16	385	24.1	38	0
Crawford	35	829	23.7	36	0
SEA	67	1510	22.5	38	0
OPP	66	1328	20.1	95	1

Field Goals	1-19	20-29	30-30	40-49	50+
Herrera	2-2	1-1	5-7	5-10	0-1
SEA	2-2	1-1	5-7	5-10	0-1
OPP	2-2	7-7	8-10	2-5	0-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	153	107	46	0.0	4	0	0
Butler	122	83	39	2.0	13	0	2
Green	115	79	36	0.0	2	0	1
Webster	113	85	28	0.0	33	0	1
Harris	113	72	41	2.0	15	1	0

Record (Finish): 9-7 (T2nd, AFC West).

Head Coach: Jack Patera (16-28, .364)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs)

Captains: T Norm Evans & WR Steve Largent (Off.), DT Dennis Boyd (Def.), S Autry Beamon (Sp. Teams)

MVP: QB Jim Zorn

Pro Bowl: WR Steve Largent (1)

National Honors: Jack Patera (Coach of the Year), GM John Thompson (Exec. of the Year)

First-Team All-NFL: QB Jim Zorn (NEA)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	16
LG	Tom Lynch	16
C	John Yarno	13
RG	Bob Newton	16
RT	Steve August	14
TE	Ron Howard	11
	John Sawyer	5
WR	Steve Largent	16
QB	Jim Zorn	16
FB	David Sims	9
	Don Testerman	5
RB	+Sherman Smith	11
	Al Hunter	6

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					Att	Yds	Avg	LG	TD
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.	60.7			61.9	SEA	292	3791	13.0	65	20			
TOTAL NET YARDS	5557			5834	OPP	317	3739	11.8	51	21			
Avg. Per Game	347.3			364.6									
Total Plays	1046			1078	Interceptions	No	Yds	Avg	LG	TD			
Avg. Per Play	5.3			5.4	Brown	6	46	9.2	23	0			
NET YARDS RUSHING	1967			2375	Simpson	4	72	18.0	41	0			
Avg. Per Game	122.9			148.4	Harris	2	30	15.0	25	0			
Total Rushes	500			533	SEA	17	284	16.7	91	1			
NET YARDS PASSING	3590			3459	OPP	18	185	10.3	34	1			
Avg. Per Game	224.4			216.2									
Sacked/Yards Lost	23/201			37/280	Punting	No	Yds	Avg	Net	TB	I20	LG	B
Gross Yards	3791			3739	Weaver	66	2651	40.2	33.4	3	11	60	3
Att./Completions	523/292			508/317	SEA	70	2687	38.4	33.1	4	11	60	3
Completion Pct.	55.8			62.4	OPP	69	2616	37.9	31.5	8	14	64	1
Had Intercepted	18			17									
PUNTS/AVERAGE	70/38.4			69/37.9	Punt Returns	No	FC	Yds	Avg	LG	TD		
NET PUNTING AVG.	33.1			31.5	T. Green	16	3	121	7.6	30	0		
PENALTIES/YARDS	104/903			117/1045	Moore	10	1	90	9.0	29	0		
FUMBLES/BALL LOST	31/18			39/16	SEA	34	6	281	8.3	30	0		
TOUCHDOWNS	46			46	OPP	42	12	289	6.9	27	0		
Rushing	24			23									
Passing	20			21	Kickoff Returns	No	Yds	Avg	LG	TD			
Returns	2			2	T. Green	20	437	21.9	31	0			
TOTAL POINTS	378			372	Moore	31	641	20.7	39	0			
					SEA	70	1444	20.6	39	0			
By Quarters	1	2	3	4	OT	Tot							
SEA	78	114	87	99	--	378							
OPP	63	116	84	109	--	372							

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	505	285	3661	56.4	7.25	20	4.0	18	3.6	65	23/201	77.6
SEA	523	292	3791	55.8	7.25	20	3.8	18	3.4	65	23/201	76.2
OPP	508	317	3739	62.4	7.36	21	4.1	17	3.3	51	37/280	84.6

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	1-1	7-8	5-6	6-7	0-1
SEA	1-1	7-8	5-6	6-7	0-1
OPP	0-0	10-11	6-9	2-8	0-1

Herrera: (34) (32,49R) (23B,46,20) (28,22,39B)
(38,53S,20) (-) (19) (48,30) (24) (-) (34) (27)
(49,42,45) (-) (-) (24,42)

OPP: (31,42,22,23) (36,31) (34L,50S,37) (27) (36)
(25) (40R,38L) (-) (25R) (40B,23) (28,44L)
(37S,40) (42L) (27,31,22) (41R,29) (20,43S)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	116	89	27	2.0	4	0	1
Beamon	112	75	37	0.0	14	1	2
Jackson	95	53	42	0.0	8	0	1
Hardy	87	67	20	3.5	1	1	0
Butler	88	56	32	2.0	9	0	2
Simpson	88	73	15	2.0	12	4	0

Record (Finish): 9-7 (T3rd, AFC West)

Head Coach: Jack Patera (25-35, .417)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), DE Dennis Boyd (Def.), S Autry Beamon (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: WR Steve Largent (2)

National Honors: None

All-NFL: WR Steve Largent (SI, N.Y. Daily News)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	13
LG	Tom Lynch	16
C	John Yarno	16
RG	Bob Newton	11
	Ron Coder	5
RT	Steve August	16
TE	Brian Peets	14
WR	Steve Largent	15
QB	Jim Zorn	16
RB	Sherman Smith	15
FB	Dan Doornink	12
	David Sims	4

DEFENSE

LE	Carl Eller	8
	Dennis Boyd	4
	Ernie Price	4
LT	*Robert Hardy	16
RT	*Manu Tuiaosopo	16
RE	Bill Gregory	16
LLB	Sammy Green	9
	Michael Jackson	7
MLB	Terry Beeson	16
RLB	Keith Butler	14
LCB	Cornell Webster	14
RCB	Dave Brown	16
SS	Keith Simpson	11
	Autry Beamon	4
FS	Autry Beamon	9
	John Harris	6

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

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

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	---	291
09/14	W	17-16	at Kansas City	42,403	OPP	48	139	77	144	---	408
09/21	L	37-31	New England	61,035							
09/28	W	14-0	at Washington	53,263							
10/05	W	26-7	at Houston	46,860							
10/12	L	27-3	Cleveland	61,366							
10/19	W	27-17	at N.Y. Jets	52,496							
10/26	L	33-14	at Oakland	50,185							
11/02	L	27-20	Philadelphia	61,047							
11/09	L	31-30	Kansas City	58,976							
11/17	L	19-17	Oakland	60,480							
11/23	L	36-20	at Denver	73,274							
11/27	L	51-7	at Dallas	57,540							
12/07	L	27-21	N.Y. Giants	51,617							
12/13	L	21-14	at San Diego	49,980							
12/21	L	25-17	Denver	51,853							

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	302	301
Rushing	114	129
Passing	166	147
Penalty	22	25
3rd Down: Made/Att.	85/230	110/235
3rd Down Pct.	37.0	46.8
4th Down: Made/Att.	10/15	13/14
4th Down Pct.	66.7	92.9
TOTAL NET YARDS	4879	5177
Avg. Per Game	304.9	323.6
Total Plays	1024	1038
Avg. Per Play	4.8	5.0
NET YARDS RUSHING	1783	2067
Avg. Per Game	111.4	129.2
Total Rushes	456	550
NET YARDS PASSING	3096	3110
Avg. Per Game	193.5	194.4
Sacked/Yards Lost	51/398	26/170
Gross Yards	3494	3280
Att./Completions	517/287	462/267
Completion Pct.	55.5	57.8
Had Intercepted	23	23
PUNTS/AVERAGE	70/40.4	66/40.2
NET PUNTING AVG.	31.6	34.6
PENALTIES/YARDS	109/901	103/876
FUMBLES/BALL LOST	38/15	33/11
TOUCHDOWNS	33	47
Rushing	13	17
Passing	18	28
Returns	2	2
TOTAL POINTS	291	408

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Herrera	0	0	0	0	33-33	20-31	0	93
Jodat	6	5	1	0	0	0	0	36
Largent	6	0	6	0	0	0	0	36
McCullum	6	0	6	0	0	0	0	36
Doornink	5	3	2	0	0	0	0	30
McCutcheon	4	3	1	0	0	0	0	24
SEA	33	13	18	2	33-33	20-31	0	291
OPP	47	17	28	2	45-47	25-33	3	408

Rushing

	Att	Yds	Avg	LG	TD
Jodat	155	632	4.1	26	5
Doornink	100	344	3.4	22	3
Zorn	44	214	4.9	25	1
McCutcheon	40	202	5.1	32	3
Moore	60	202	3.4	20	0
SEA	456	1783	3.9	32	13
OPP	550	2067	3.8	46	17

Interceptions

	No	Yds	Avg	LG	TD
Brown	6	32	5.3	24	0
Harris	6	28	4.7	15	0
Simpson	3	15	5.0	10	0
SEA	23	95	4.1	24	0
OPP	23	170	7.4	25	2

Receiving

	No	Yds	Avg	LG	TD
Largent	66	1064	16.1	67	6
McCullum	62	874	14.1	58	5
Sawyer	36	410	11.4	32	0
Doornink	31	237	7.6	16	2
Jodat	26	190	7.3	14	1
Moore	25	231	9.2	34	0
SEA	287	3494	12.2	67	18
OPP	267	3280	12.3	68	28

Punting

	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	67	2798	41.8	31.6	7	14	62	2
SEA	70	2827	40.4	31.6	7	15	62	2
OPP	66	2652	40.2	34.6	1	20	60	2

Punt Returns

	No	FC	Yds	Avg	LG	TD
Lewis	41	9	349	8.5	75	1
SEA	41	9	349	8.5	75	1
OPP	42	9	476	11.3	36	0

Passing

	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	488	276	3346	53.3	6.86	17	3.5	20	4.1	67	44/341	72.4
Adkins	23	10	136	43.5	5.91	1	4.3	3	13.0	22	5/51	----
Krieg	2	0	0	0.0	0.00	0	0.0	0	0.0	0	1/6	----
SEA	517	287	3494	55.5	6.76	18	3.5	23	4.4	67	51/398	71.3

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
Beeson	101	65	36	1.0	1	2	1
Hardy	103	72	31	3.0	2	1	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	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Philadelphia	12	4	0	.750	384	222
Dallas*	12	4	0	.750	454	311
Washington	6	10	0	.375	261	293
St. Louis	5	11	0	.313	299	350
N.Y. Giants	4	12	0	.250	249	425

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	9	7	0	.563	317	308
Detroit	9	7	0	.563	334	272
Chicago	7	9	0	.438	304	264
Tampa Bay	5	10	1	.344	271	341
Green Bay	5	10	1	.344	231	371

WESTERN	W	L	T	Pct.	Pts.	Opp.
Atlanta	12	4	0	.750	405	272
Los Angeles*	11	5	0	.688	424	289
San Francisco	6	10	0	.375	320	415
New Orleans	1	15	0	.063	291	487

1981 REVIEW (6-10)

Date	W/L Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
09/06	L 27-21	at Cincinnati	41,177	SEA	71	109	85	57	---	322		
09/13	W 13-10	Denver	58,513	OPP	58	140	75	115	---	388		
09/20	L 20-10	at Oakland	45,725									
09/27	L 20-14	Kansas City	59,255	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/04	L 24-10	at San Diego	51,463	Largent	10	1	9	0	0	0	0	60
10/11	L 35-17	at Houston	42,671	Herrera	0	0	0	0	23-25	12-17	0	59
10/18	L 32-0	N.Y. Giants	56,134	T. Brown	6	6	0	0	0	0	0	36
10/25	W 19-3	at N.Y. Jets	49,678	Doornink	5	1	4	0	0	0	0	30
11/01	L 34-24	at Green Bay	49,467	SEA	40	14	21	5	37-40	15-24	0	322
11/08	W 24-21	Pittsburgh	59,058	OPP	46	20	25	1	41-46	23-29	1	388
11/16	W 44-23	San Diego	58,628									
11/22	L 40-13	at Kansas City	49,002	Rushing		Att	Yds	Avg	LG	TD		
11/29	L 32-31	Oakland	57,147	T. Brown		141	531	3.8	43	6		
12/06	W 27-23	N.Y. Jets	53,105	Smith		83	253	3.0	21	3		
12/13	L 23-13	at Denver	74,527	Doornink		65	194	3.0	11	1		
12/20	W 42-21	Cleveland	51,435	Zorn		30	140	4.7	20	1		
				Hughes		47	135	2.9	15	0		
				SEA		440	1594	3.6	43	14		
				OPP		588	2806	4.8	73	20		

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	295	371
Rushing	103	175
Passing	166	173
Penalty	26	23
3rd Down: Made/Att.	76/204	107/220
3rd Down Pct.	37.3	48.6
4th Down: Made/Att.	8/19	4/10
4th Down Pct.	42.1	40.0
Possession Avg.	26:59	33:01
TOTAL NET YARDS	5021	5940
Avg. Per Game	313.8	371.3
Total Plays	1001	1126
Avg. Per Play	5.0	5.3
NET YARDS RUSHING	1594	2806
Avg. Per Game	99.6	175.4
Total Rushes	440	588
NET YARDS PASSING	3427	3134
Avg. Per Game	214.2	195.9
Sacked/Yards Lost	37/300	36/260
Gross Yards	3727	3394
Att./Completions	524/307	502/294
Completion Pct.	58.6	58.6
Had Intercepted	15	21
PUNTS/AVERAGE	68/39.0	55/42.5
NET PUNTING AVG.	36.2	35.3
PENALTIES/YARDS	106/823	104/944
FUMBLES/BALL LOST	41/23	43/27
TOUCHDOWNS	40	46
Rushing	14	20
Passing	21	25
Returns	5	1
TOTAL POINTS	322	388

	No	Yds	Avg	LG	TD
Receiving					
Largent	75	1224	16.3	57	9
McCullum	46	567	12.3	36	3
Smith	44	406	9.2	28	1
Hughes	35	263	7.5	22	2
Doornink	27	350	13.0	80	4
SEA	307	3727	12.1	80	21
OPP	294	3394	11.5	90	25

	No	Yds	Avg	LG	TD
Interceptions					
Harris	10	155	15.5	42	2
Easley	3	155	51.7	82	1
SEA	21	397	18.9	82	3
OPP	15	257	17.1	46	1

	No	Yds	Avg	Net	TB	I20	LG	B
Punting								
West	66	2578	39.1	36.1	2	16	56	0
SEA	68	2665	39.0	36.2	2	16	56	0
OPP	55	2337	42.5	35.3	5	14	63	0

	No	FC	Yds	Avg	LG	TD
Punt Returns						
Johns	16	4	177	11.1	34	0
Lewis	15	2	100	6.7	23	0
SEA	32	6	293	9.2	34	0
OPP	33	18	153	4.6	16	0

	No	Yds	Avg	LG	TD
Kickoff Returns					
Lewis	20	378	18.9	36	0
Ivory	15	281	18.7	32	0
SEA	69	1278	18.5	36	0
OPP	67	1177	17.6	35	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	397	236	2788	59.4	7.02	13	3.3	9	2.3	80	24/201	80.2
Krieg	112	64	843	57.1	7.53	7	6.3	5	4.5	57	11/85	83.3
SEA	524	307	3727	58.6	7.11	21	4.0	15	2.9	80	37/300	82.0
OPP	502	294	3394	58.6	6.76	25	5.0	21	4.2	90	36/260	78.2

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	0-0	6-6	3-4	2-5	1-2
Alvarez	0-0	3-3	0-0	0-4	0-0
SEA	0-0	9-9	3-4	2-9	1-2
OPP	1-1	8-9	9-10	4-6	1-3

Herrera: (37R) (43,22) (26,40R) () (52L,20)
 (41,47S) () () (54) (37,48R) (25,30,23) (26,30)

Alvarez: () () () () () () () () () ()
 (43R,22,42R) (43B) (28,20) (42R)
 OPP: (25,43S,40) (30) (34L) (30,38,43L) (47) ()
 (29,54,21,47,31,37) (34) (19,36) (49S,22L) (32)
 (37,24) (20) (26,50R) (33,43,24) ()

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	141	99	42	1.0	4	3	1
Easley	107	79	28	0.0	10	0	3
Butler	100	68	32	1.5	2	0	0
Harris	91	71	20	0.0	7	2	3
Green	87	72	15	12.0	1	5.5	1

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Jack Patera (35-57, .380)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Jackie Simpson (Def. Coach/LBs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: WR Steve Largent (3)

National Honors: S Kenny Easley (AFC Defensive Rookie of the Year), First-Team All-NFL

All-NFL: Kenny Easley

OFFENSE

Pos.		Starts
WR	Sam McCullum	14
LT	Ron Essink	16
LG	*Edwin Bailey	15
C	John Yarno	9
	Art Kuehn	7
RG	Bob Newton	15
RT	Steve August	16
TE	John Sawyer	16
WR	Steve Largent	16
QB	Jim Zorn	13
	Dave Krieg	3
RB	Sherman Smith	8
	Theotis Brown	7
FB	Dan Doornink	9
	Jim Jodat	5

DEFENSE

LE	Jacob Green	16
LT	Robert Hardy	14
RT	Doug Sutherland	6
	Manu Tuiasosopo	5
	Mike White	5
RE	Manu Tuiasosopo	11
LLB	Michael Jackson	15
MLB	Terry Beeson	7
	Joe Norman	7
RLB	Keith Butler	16
LCB	Keith Simpson	12
RCB	Dave Brown	10
	Kerry Justin	6
LS	*Kenny Easley	14
RS	John Harris	16

SPECIAL TEAMS

K	Efren Herrera	12
	Wilson Alvarez	4
P	Jeff West	15

*Rookie or first-year player

AFC

EASTERN	W		L		T	Pct.	Pts.	Opp.
	W	L	T	Pct.				
Miami	11	4	1	.719	345	275		
N.Y. Jets*	10	5	1	.565	355	287		
Buffalo*	10	6	0	.625	311	276		
Baltimore	2	14	0	.125	259	533		
New England	2	14	0	.125	322	370		

CENTRAL	W		L		T	Pct.	Pts.	Opp.
	W	L	T	Pct.				
Cincinnati	12	4	0	.750	421	304		
Pittsburgh	8	8	0	.500	356	297		
Houston	7	9	0	.438	281	355		
Cleveland	5	11	0	.313	276	375		

WESTERN	W		L		T	Pct.	Pts.	Opp.
	W	L	T	Pct.				
San Diego	10	6	0	.625	478	390		
Denver	10	6	0	.625	321	289		
Kansas City	9	7	0	.563	343	290		
Oakland	7	9	0	.438	273	343		
Seattle	6	10	0	.375	322	388		

*= Wild Card team

NFC

EASTERN	W		L		T	Pct.	Pts.	Opp.
	W	L	T	Pct.				
Dallas	12	4	0	.750	367	277		
Philadelphia*	10	6	0	.625	368	221		
N.Y. Giants*	9	7	0	.563	295	257		
Washington	8	8	0	.500	347	349		
St. Louis	7	9	0	.438	315	408		

CENTRAL	W		L		T	Pct.	Pts.	Opp.
	W	L	T	Pct.				
Tampa Bay	9	7	0	.563	315	268		
Detroit	8	8	0	.500	397	322		
Green Bay	8	8	0	.500	324	361		
Minnesota	7	9	0	.438	325	369		
Chicago	6	10	0	.375	253	324		

WESTERN	W		L		T	Pct.	Pts.	Opp.
	W	L	T	Pct.				
San Francisco	13	3	0	.813	357	250		
Atlanta	7	9	0	.438	426	355		
Los Angeles	6	10	0	.375	303	351		
New Orleans	4	12	0	.250	207	378		

1982 REVIEW (4-5)

Date	W/L Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot		
09/12	L 21-7	Cleveland	55,907	SEA	9	37	28	53	---	127		
09/19	L 23-21	at Houston	43,117	OPP	26	70	23	28	---	147		
09/26		at New England	Cxl									
10/03		Kansas City	Cxl	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
10/10		at San Diego	Cxl	N. Johnson	0	0	0	0	13-14	10-14	0	43
10/17		L.A. Raiders	Cxl	Largent	3	0	3	0	0	0	0	18
10/24		San Diego	Cxl	T. Brown	2	2	0	0	0	0	0	12
10/31		at Kansas City	Cxl	Carr	2	0	2	0	0	0	0	12
11/07		Denver	Cxl	Walker	2	0	2	0	0	0	0	12
11/14		at St. Louis	Cxl	SEA	14	4	9	1	13-14	10-14	0	127
11/21	W 17-10	at Denver	73,916	OPP	18	12	4	2	17-18	6-15	0	147
11/28	W 16-0	Pittsburgh	55,553									
12/05	L 28-23	at L.A. Raiders	42,170	Rushing	Att	Yds	Avg	LG	TD			
12/12	W 20-14	Chicago	52,826	Smith	63	202	3.2	19	0			
12/19	L 16-0	New England	53,457	Doornink	45	178	4.0	46	0			
12/26	L 24-10	at Cincinnati	55,330	T. Brown	53	141	2.7	17	2			
01/02	W 13-11	Denver	43,145	Zorn	15	113	7.5	35	1			
				Hughes	30	106	3.5	13	0			
				SEA	227	795	3.5	46	4			
				OPP	337	1461	4.3	53	12			

Team Statistics			Sea	Opp									
TOTAL FIRST DOWNS			159	167									
Rushing			51	86									
Passing			89	68									
Penalty			19	13									
3rd Down: Made/Att.			43/130	50/126									
3rd Down Pct.			33.1	39.7									
4th Down: Made/Att.			6/12	5/8									
4th Down Pct.			50.0	62.5									
POSSESSION AVG.			28:04	31:56									
TOTAL NET YARDS			2594	2794									
Avg. Per Game			288.2	310.4									
Total Plays			589	600									
Avg. Per Play			4.4	4.7									
NET YARDS RUSHING			795	1461									
Avg. Per Game			88.3	162.3									
Total Rushes			227	337									
NET YARDS PASSING			1799	1333									
Avg. Per Game			199.9	148.1									
Sacked/Yards Lost			36/269	17/135									
Gross Yards			2068	1468									
Att./Completions			326/176	246/138									
Completion Pct.			54.0	56.1									
Had Intercepted			13	13									
PUNTS/AVERAGE			49/38.6	50/40.6									
NET PUNTING AVG.			35.9	34.9									
PENALTIES/YARDS			59/523	44/406									
FUMBLES/BALL LOST			21/11	18/9									
TOUCHDOWNS			14	18									
Rushing			4	12									
Passing			9	4									
Returns			1	2									
TOTAL POINTS			127	147									
					Receiving	No	Yds	Avg	LG	TD			
					Largent	34	493	14.5	45	3			
					Doornink	22	176	8.0	44	0			
					Smith	19	196	10.3	39	0			
					Carr	15	265	17.7	50	2			
					Johns	15	234	15.6	35	1			
					Metzelaars	15	152	10.1	26	0			
					SEA	176	2068	11.8	50	9			
					OPP	138	1468	10.6	56	4			
					Punting	No	Yds	Avg	Net	TB	I20	LG	B
					West	48	1835	38.2	36.7	3	8	52	0
					SEA	49	1889	38.6	35.9	3	9	54	0
					OPP	50	2032	40.6	34.9	3	10	59	0
					Punt Returns	No	FC	Yds	Avg	LG	TD		
					Johns	19	10	210	11.1	37	0		
					SEA	21	14	228	10.9	37	0		
					OPP	19	23	69	3.6	18	0		
					Kickoff Returns	No	Yds	Avg	LG	TD			
					Ivory	10	224	22.4	30	0			
					Lane	11	172	15.6	32	0			
					SEA	29	544	18.8	32	0			

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	245	126	1540	51.4	6.29	7	2.9	11	4.5	50	20/152	62.1
Krieg	78	49	501	62.8	6.42	2	2.6	2	2.6	44	16/117	79.0
SEA	326	176	2068	54.0	6.34	9	2.8	13	4.0	50	36/269	66.1
OPP	246	138	1468	56.1	5.97	4	1.6	13	5.3	56	17/135	57.1

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	3-4	5-6	2-3	0-1
SEA	0-0	3-4	5-6	2-3	0-1
OPP	0-0	4-5	2-3	0-6	0-1
N. Johnson: () ()	(37R,41R,23R,25)	(35,48,29)	(30)	(30,34)	(52B) (43) (22,34)
OPPONENTS: (45B,26B,42L)	(24)	(21)	() (42L)	(50R)	(21,41B,37,48L,23) (34) (39L,44B)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	64	40	24	0.0	5	0	1
Easley	56	49	7	1.0	3	1	1
D. Brown	51	40	11	1.0	2	0	2
Scholtz	48	36	12	1.0	3	1	1
Simpson	46	42	4	0.0	3	0	0
Butler	45	36	9	2.0	1	0	0

Record (Finish): 4-5 (T8th, AFC). Season shortened to 9 games because of players' strike. Top 8 in AFC & NFC made playoffs.

Head Coach: Jack Patera (35-59, .372) fired on October 13 after 2 games. Mike McCormack (4-3, .571)

Assistants: Jack Christensen (DBs), Frank Lauterbur (DL), Andy MacDonald (RBs), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Jackie Simpson (Def. Coach/LBs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)

MVP: SS Kenny Easley

Pro Bowl: SS Kenny Easley (1)

National Honors: None

First-Team All-NFL: SS Kenny Easley (PFW, NEA, Football Digest)

OFFENSE

Pos.		Starts
WR	Paul Johns	7
	Roger Carr	2
LT	Ron Essink	7
	Dennis Boyd	2
LG	Edwin Bailey	7
C	John Yarno	9
RG	Robert Pratt	9
RT	Steve August	7
TE	Mike Tice	9
WR	Steve Largent	8
QB	Jim Zorn	7
	Dave Krieg	2
RB	Sherman Smith	8
FB	Dan Doornink	5
	David Hughes	3

DEFENSE

LE	Jacob Green	9
LT	Robert Hardy	8
RT	Manu Tuiaosopou	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	0	49-50	18-25	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	Punt Returns	No	FC	Yds	Avg	LG	TD		
TOTAL FIRST DOWNS	300	351	Johns	28	5	316	11.3	75t	1		
Rushing	131	128	SEA	34	6	366	10.8	75t	1		
Passing	153	195	OPP	36	16	185	5.1	18	0		
Penalty	16	28	Kickoff Returns	No	Yds <th>Avg</th> <th>LG</th> <th>TD</th>	Avg	LG	TD			
3rd Down: Made/Att.	96/218	95/214	Dixon	49	1148	23.4	94	1			
3rd Down Pct.	44.0	44.4	Hughes	12	282	23.5	35	1			
4th Down: Made/Att.	4/10	4/10	SEA	71	1575	22.2	94	1			
4th Down Pct.	40.0	40.0	OPP	59	952	16.1	45	0			
POSSESSION AVG.	29:52	30:08	Interceptions	No	Yds <th>Avg</th> <th>LG</th> <th>TD</th>	Avg	LG	TD			
TOTAL NETYARDS	5092	6029	Easley	7	96	13.2	38	0			
Avg. Per Game	318.3	376.8	D. Brown	6	83	13.8	37	0			
Total Plays	1032	1075	Simpson	4	39	9.7	14	0			
Avg. Per Play	4.9	5.6	SEA	26	353	13.6	73	2			
NETYARDS RUSHING	2119	2198	OPP	18	279	15.5	40	1			
Avg. Per Game	132.4	137.4	Punting	No	Yds <th>Avg</th> <th>Net</th> <th>TB</th> <th>I20</th> <th>LG</th> <th>B</th>	Avg	Net	TB	I20	LG	B
Total Rushes	546	511	West	79	3115	39.5	34.6	10	25	56	0
NETYARDS PASSING	2973	3831	SEA	79	3115	39.5	34.6	10	25	56	0
Avg. Per Game	185.8	239.4	OPP	68	2754	40.5	34.2	3	14	58	0
Sacked/Yards Lost	47/343	43/351	Field Goals	1-19	20-29	30-39	40-49	50+			
Gross Yards	3316	4182	N. Johnson	1-1	4-4	4-7	8-10	1-3			
Att./Completions	449/251	521/3111	SEA	1-1	4-4	4-7	8-10	1-3			
Completion Pct.	55.9	59.7	OPP	2-2	5-6	6-7	7-9	0-1			
Had Intercepted	18	26									
PUNTS/AVERAGE	79/39.5	68/40.2									
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									

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	7.38	25	5.6	18	4.0	50	47/34	81.3
OPP	521	311	4182	59.7	8.03	33	6.3	26	5.0	78	43/35	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 (QB), 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 Tuiaosopopo	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	50-51	20-24	0	110	
10/07	L	28-14	at L.A. Raiders	77,904	Largent	12	0	12	0	0	0	0	72
10/14	W	31-28	Buffalo	59,034	Turner	10	0	10	0	0	0	0	60
10/21	W	28-24	at Green Bay (Mil)	52,286	Lane	5	4	1	0	0	0	0	30
10/29	W	24-0	at San Diego	53,974	SEA	51	10	32	9	50-51	20-24	1	418
11/04	W	45-0	Kansas City	61,396	OPP	34	11	18	5	34-34	14-22	1	282
11/12	W	17-14	L.A. Raiders	64,001									
11/18	W	26-6	at Cincinnati	50,280	Rushing	Att	Yds	Avg	LG	TD			
11/25	W	27-24	at Denver	74,922	Hughes	94	327	3.5	14	1			
12/02	W	38-17	Detroit	62,441	Lane	80	299	3.7	40	4			
12/09	L	34-7	at Kansas City	34,855	Doornink	57	215	3.8	25	0			
12/15	L	31-14	Denver	64,411	SEA	495	1645	3.3	40	10			
					OPP	475	1789	3.8	25	11			

POSTSEASON

12/22	W	13-7	L.A. Raiders	62,049	Receiving	No	Yds	Avg	LG	TD
			(AFC Wild Card Game)		Largent	74	1164	15.7	65	12
12/29	L	31-10	at Miami	73,469	Turner	35	715	20.4	80	10
			(AFC Divisional Playoff)		C. Young	33	337	10.2	31	1
					Doornink	31	365	11.8	32	2
					SEA	283	3751	13.3	80	32
					OPP	265	3572	13.5	92	18

Team Statistics

	Sea	Opp		No	Yds	Avg	LG	TD			
TOTAL FIRST DOWNS	287	288	Interceptions								
Rushing	94	99	Easley	10	126	12.6	58	2			
Passing	171	160	Brown	8	179	22.4	90	2			
Penalty	22	29	SEA	38	697	18.3	90	7			
3rd Down: Made/Att.	84/222	73/214	OPP	26	333	12.8	42	3			
3rd Down Pct.	37.8	34.1	Kickoff Returns								
4th Down: Made/Att.	4/9	9/20	Dixon	25	446	17.8	36	0			
4th Down Pct.	44.4	45.0	Hughes	17	348	20.5	38	0			
POSSESSION AVG.	30:46	29:14	SEA	54	1007	18.6	38	0			
TOTAL NETYARDS	5068	4963	OPP	67	1116	16.7	46	0			
Avg. Per Game	316.8	310.2	Punt Returns								
Total Plays	1034	1051	Easley	16	5	194	12.1	42	0		
Avg. Per Play	4.9	4.7	Skansi	16	2	145	9.1	16	0		
NETYARDS RUSHING	1645	1789	SEA	44	11	484	11.0	47	1		
Avg. Per Game	102.8	111.8	OPP	32	39	205	6.4	65	1		
Total Rushes	495	475	Punting								
NETYARDS PASSING	3423	3174	West	95	3567	37.5	33.3	10	24	60	0
Avg. Per Game	213.9	198.4	SEA	95	3567	37.5	33.3	10	24	60	0
Sacked/Yards Lost	42/328	55/398	OPP	83	3345	40.3	33.0	6	14	63	4
Gross Yards	3751	3572	Field Goals								
Att./Completions	497/283	521/265	Johnson	0-0	9-10	4-4	6-7	1-3			
Completion Pct.	56.9	50.9	SEA	0-0	9-10	4-4	6-7	1-3			
Had Intercepted	26	38	OPP	0-0	4-5	5-8	5-9	0-0			
PUNTS/AVERAGE	95/37.5	83/40.3									
NET PUNTING AVG.	33.3	33.0									
PENALTIES/YARDS	128/1179	114/883									
FUMBLES/BALL LOST	24/13	47/25									
TOUCHDOWNS	51	34									
Rushing	10	11									
Passing	32	18									
Returns	9	5									
TOTAL POINTS	418	282									

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), Sp. Fredd Young (1)

National Honors: Chuck Knox, NFL Coach of the Year (AP, SN, SGH), SS Kenny Easley, NFL Def. Player of the Year (AP, PFWA)

First-Team All-NFL: CB Dave Brown (Films), SS Kenny Easley (AP, SI, PFW, PFWA, SN, NEA, Films), DE Jacob Green (SN), K Norm Johnson (AP, PFWA, SN, PFW), WR Steve Largent (Films), NT Joe Nash (AP, Films, PFW), Sp. 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

	W	L	T	Pct.	Pts.	Opp.
EASTERN						
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						
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						
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

	W	L	T	Pct.	Pts.	Opp.
EASTERN						
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						
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						
San Francisco	15	1	0	.938	475	227
L.A. Rams*	10	6	0	.625	346	316
New Orleans	7	9	0	.438	298	361
Atlanta	4	12	0	.250	281	382

1985 REVIEW (8-8)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
09/08	W	28-24	at Cincinnati	51,625	SEA	43	116	90	100	0	349
09/15	W	49-35	at San Diego	54,420	OPP	47	78	63	112	3	303
09/23	L	35-24	L.A. Rams	63,292							
09/29	L	28-7	at Kansas City	50,485							
10/06	W	26-21	San Diego	61,300							
10/13	W	30-26	Atlanta	60,430							
10/20	L	13-10	at Denver (OT)	74,899							
10/27	L	17-14	at N.Y. Jets	69,320							
11/03	W	33-3	L.A. Raiders	64,060							
11/10	W	27-3	at New Orleans	47,365							
11/17	L	20-13	New England	60,345							
11/25	L	19-6	at San Francisco	57,482							
12/01	W	24-6	Kansas City	52,655							
12/08	W	31-13	Cleveland	58,477							
12/15	L	13-3	at L.A. Raiders	77,425							
12/20	L	27-24	Denver	56,283							

Team Statistics

	Sea	Opp									
TOTAL FIRST DOWNS	299	290									
Rushing	96	90									
Passing	179	179									
Penalty	24	21									
3rd Down: Made/Att.	96/244	72/218									
3rd Down Pct.	39.3	33.0									
4th Down: Made/Att.	10/17	9/13									
4th Down Pct.	58.8	69.2									
POSSESSION AVG.	30:13	29:47									
TOTAL NET YARDS	5007	5160									
Avg. Per Game	312.9	322.5									
Total Plays	1090	1030									
Avg. Per Play	4.6	5.0									
NET YARDS RUSHING	1644	1837									
Avg. Per Game	102.8	114.8									
Total Rushes	462	473									
NET YARDS PASSING	3363	3323									
Avg. Per Game	210.2	207.7									
Sacked/Yards Lost	53/457	61/464									
Gross Yards	3820	3787									
Att./Completions	575/304	496/273									
Completion Pct.	52.9	55.0									
Had Intercepted	23	24									
PUNTS/AVERAGE	91/40.3	97/42.1									
NET PUNTING AVG.	33.8	34.6									
PENALTIES/YARDS	102/827	106/840									
FUMBLES/BALL LOST	34/18	39/20									
TOUCHDOWNS	44	35									
Rushing	9	12									
Passing	28	22									
Returns	7	1									
TOTAL POINTS	349	303									

Passing

	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	532	285	3602	53.6	6.77	27	5.1	20	3.8	54	52/448	76.2
Gilbert	40	19	218	47.5	5.45	1	2.5	2	5.0	37	1/9	51.9
SEA	575	304	3820	52.9	6.64	28	4.9	23	4.0	54	53/457	73.4
OPP	496	273	3787	55.0	7.64	22	4.4	24	4.8	71	61/464	74.4

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	31	636	20.5	58	0
Skansi	19	358	18.8	35	0
SEA	58	1166	20.1	58	0
OPP	47	918	19.5	63	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	0-0	5-5	7-9	1-8	1-3
SEA	0-0	5-5	7-9	1-8	1-3
OPP	0-0	10-11	4-7	5-7	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F.Young	118	93	25	3.0	2	0	1
K. Butler	108	71	37	0.0	3	2	3
Green	92	60	32	13.5	1	7	2
Nash	87	67	20	9.0	0	0	2
Easley	79	62	17	2.0	7	0	3
Bryant	73	49	24	8.5	4	0	4

Record (Finish): 8-8 (3rd, AFC West).

Head Coach: Chuck Knox (29-19, .604)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord.), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: SS Kenny Easley (4), WR Steve Largent (5), Sp. Freddie 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	Freddie 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	42-42	22-35	0	108	
10/12	L 14-10	at L.A. Raiders	70,635	Warner	13	13	0	0	0	0	78	
10/19	W 17-12	N.Y. Giants	62,282	Largent	9	0	9	0	0	0	54	
10/26	L 20-13	at Denver	76,089	Turner	7	0	7	0	0	0	42	
11/02	L 38-7	N.Y. Jets	62,497	R. Butler	4	0	4	0	0	0	24	
11/09	L 27-7	at Kansas City	53,268	SEA	43	15	24	4	42-43	22-35	0	366
11/16	L 34-7	at Cincinnati	54,410	OPP	34	12	20	2	32-34	19-28	0	293
11/23	W 24-20	Philadelphia	55,786									
11/27	W 31-14	at Dallas	58,020	Rushing	Att	Yds	Avg	LG	TD			
12/08	W 37-0	L.A. Raiders	62,923	Warner	319	1481	4.6	60	13			
12/14	W 34-24	at San Diego	47,096	Williams	129	538	4.2	36	0			
12/20	W 41-16	Denver	63,697	Morris	19	149	7.8	49	1			
				Krieg	35	122	3.5	19	1			
				SEA	513	2300	4.5	60	15			
				OPP	471	1759	3.7	25	12			

Team Statistics			Sea	Opp									
TOTAL FIRST DOWNS			291	310									
Rushing			123	93									
Passing			158	192	Receiving	No	Yds	Avg	LG	TD			
Penalty			10	25	Largent	70	1070	15.3	38	9			
3rd Down: Made/Att.	96/221	84/225			Warner	41	342	8.3	26	0			
3rd Down Pct.	43.4	37.3			Franklin	33	547	16.6	49	2			
4th Down: Made/Att.	0/6	6/18			Williams	33	219	6.6	23	0			
4th Down Pct.	0.0	33.3			Skansi	22	271	12.3	39	0			
POSSESSION AVG.	29:46	30:14			R. Butler	19	351	18.5	67	4			
TOTAL NET YARDS	5409	5341			Turner	18	334	18.6	72	7			
Avg. Per Game	338.1	333.8			SEA	268	3424	12.8	72	24			
Total Plays	1005	1053			OPP	301	3888	12.9	83	20			
Avg. Per Play	5.4	5.1											
NET YARDS RUSHING	2300	1759			Interceptions	No	Yds	Avg	LG	TD			
Avg. Per Game	143.8	109.9			Brown	5	58	11.6	24	1			
Total Rushes	513	471			Justin	4	29	7.3	18	0			
NET YARDS PASSING	3109	3582			Robinson	3	39	13.0	25	0			
Avg. Per Game	194.3	223.9			Moyer	3	38	12.7	20	0			
Sacked/Yards Lost	39/315	47/306			SEA	22	216	9.8	25	1			
Gross Yards	3424	3888			OPP	14	216	15.4	36	1			
Att./Completions	453/268	535/301											
Completion Pct.	59.2	56.3			Kickoff Returns	No	Yds	Avg	LG	TD			
Had Intercepted	14	22			Edmonds	34	764	22.5	46	0			
PUNTS/AVERAGE	79/38.6	81/40.4			Morris	23	465	20.2	38	0			
NET PUNTING AVG.	33.0	33.7			SEA	64	1322	20.7	46	0			
PENALTIES/YARDS	98/813	81/652			OPP	59	1002	17.0	42	0			
FUMBLES/BALL LOST	29/13	26/14											
TOUCHDOWNS	43	34			Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rushing	15	12			Gamache	79	3048	38.6	33.0	7	10	55	0
Passing	24	20			SEA	79	3048	38.6	33.0	7	10	55	0
Returns	4	2			OPP	81	3270	40.4	33.7	4	20	60	4
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 Freddie 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	Freddie 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

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	14	2	0	.875	371	236
Washington*	12	4	0	.750	368	296
Dallas	7	9	0	.438	346	337
Philadelphia	5	10	1	.344	256	312
St. Louis	4	11	1	.281	218	351

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	14	2	0	.875	352	187
Minnesota	9	7	0	.563	398	273
Detroit	5	11	0	.313	277	326
Green Bay	4	12	0	.250	254	418
Tampa Bay	2	14	0	.125	239	473

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	5	1	.656	374	247
L.A. Rams*	10	6	0	.625	309	267
Atlanta	7	8	1	.469	280	280
New Orleans	7	9	0	.438	288	287

1987 REVIEW (9-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
09/13	L	40-17	at Denver	75,999	SEA	79	132	95	65	---	371
09/20	W	43-14	Kansas City	61,667	OPP	51	110	75	78	---	314
09/27			at San Diego	CxI							
10/04	W	24-20	Miami	19,448							
10/11	L	17-10	Cincinnati	31,739							
10/18	W	37-14	at Detroit	8,310							
10/25	W	35-13	at L.A. Raiders	52,735							
11/01	W	28-17	Minnesota	61,134							
11/09	L	30-14	at N.Y. Jets	60,452							
11/15	W	24-13	Green Bay	60,693							
11/22	W	34-3	San Diego	62,444							
11/30	L	37-14	L.A. Raiders	62,802							
12/06	L	13-9	at Pittsburgh	48,881							
12/13	W	28-21	Denver	61,759							
12/20	W	34-21	at Chicago	62,518							
12/27	L	41-20	at Kansas City	20,370							

POSTSEASON

01/03	L	23-20	at Houston (OT)	49,662							
			(AFC Wild Card Game)								

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	301	297
Rushing	120	133
Passing	154	148
Penalty	27	16
3rd Down: Made/Att.	92/189	85/196
3rd Down Pct.	48.7	43.4
4th Down: Made/Att.	4/9	4/10
4th Down Pct.	44.4	40.0
POSSESSION AVG.	30:35	29:25
TOTAL NET YARDS	4735	5159
Avg. Per Game	315.7	343.9
Total Plays	937	954
Avg. Per Play	5.1	5.4
NET YARDS RUSHING	2023	2201
Avg. Per Game	134.9	146.7
Total Rushes	937	472
NET YARDS PASSING	2712	2958
Avg. Per Game	180.8	197.2
Sacked/Yards Lost	36/316	37/238
Gross Yards	3028	3196
Att./Completions	405/237	445/255
Completion Pct.	58.5	57.3
Had Intercepted	21	17
PUNTS/AVERAGE	61/38.9	63/39.1
NET PUNTING AVG.	33.1	32.7
PENALTIES/YARDS	79/668	104/890
FUMBLES/BALL LOST	32/16	38/21
TOUCHDOWNS	46	36
Rushing	13	14
Passing	31	20
Returns	2	2
TOTAL POINTS	371	314

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	40-40	15-20	0	85
Warner	10	8	2	0	0	0	0	60
Largent	8	0	8	0	0	0	0	48
Turner	6	0	6	0	0	0	0	36
SEA	46	13	31	2	44-46	17-22	0	371
OPP	36	14	20	2	35-36	21-26	0	314

Rushing	Att	Yds	Avg	LG	TD
Warner	234	985	4.2	57	8
J. Williams	113	500	4.4	48	1
Krieg	36	155	4.3	17	2
SEA	496	2023	4.1	57	13
OPP	472	2201	4.7	91	14

Receiving	No	Yds	Avg	LG	TD
Largent	58	912	15.7	55	8
J. Williams	38	420	11.1	75	3
R. Butler	33	465	14.1	40	5
Skansi	19	207	10.9	25	1
SEA	237	3028	12.8	75	31
OPP	255	3196	12.5	81	20

Interceptions	No	Yds	Avg	LG	TD
Easley	4	47	11.8	22	0
Robinson	3	75	25.0	44	0
Jenkins	3	46	15.3	34	0
SEA	17	289	17.0	53	1
OPP	21	146	7.0	32	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	20	4	251	12.6	40	0
SEA	32	8	322	10.1	40	0
OPP	32	12	251	7.8	91	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	47	1880	40.0	34.0	5	17	63	0
SEA	61	2370	38.9	33.1	5	18	63	0
OPP	63	2465	39.1	32.7	4	13	60	1

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	27	564	20.9	43	0
Hollis	10	263	26.3	41	0
SEA	64	1236	19.3	43	0
OPP	67	1379	20.6	92	1

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	7-7	4-7	4-5	0-1
Hagler	0-0	2-2	0-0	0-0	0-0
SEA	0-0	9-9	4-7	4-5	0-1
OPP	0-0	7-7	9-9	5-8	0-2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	294	178	2131	60.5	7.25	23	7.8	15	5.1	75	27/247	87.6
Mathison	76	36	501	47.4	6.59	3	3.9	5	6.6	47	6/49	54.8
Kemp	33	23	396	69.7	12.00	5	15.2	1	3.0	55	3/20	137.1
SEA	405	237	3028	58.5	7.48	31	7.7	21	5.2	75	36/316	85.9
OPP	445	255	3196	57.3	7.18	20	4.5	17	3.8	81	37/238	78.8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F.Young	99	78	21	9.0	5	5	4
Bosworth	78	64	14	4.0	3	2	2
Robinson	69	49	20	0.0	3	0	1
Bryant	52	40	12	4.0	0	1	1
J. Green	48	36	12	9.5	0	3	1

Record (Finish): 9-6 (2nd, AFC West). Lost wild card playoff at Houston 23-20 (OT).

Head Coach: Chuck Knox (48-31, .608)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent and RB Curt Warner (Off.), S Kenny Easley (Def.), S Paul Moyer (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: S Kenny Easley (5), DE Jacob Green (2), WR Steve Largent (7), RB Curt Warner (3), LB Freddie Young (4)

National Honors: None

First-Team All-NFL: WR Steve Largent (PFWA), G Bryan Millard (Films), RB Curt Warner (SI, NEA), LB Freddie 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	Freddie 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

	W	L	T	Pct.	Pts.	Opp.
EASTERN						
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

	W	L	T	Pct.	Pts.	Opp.
CENTRAL						
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

	W	L	T	Pct.	Pts.	Opp.
WESTERN						
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

	W	L	T	Pct.	Pts.	Opp.
EASTERN						
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

	W	L	T	Pct.	Pts.	Opp.
CENTRAL						
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

	W	L	T	Pct.	Pts.	Opp.
WESTERN						
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	----	339
09/11	W	31-10	Kansas City	61,512	OPP	75	90	72	92	----	329
09/18	L	17-6	at San Diego	44,449							
09/25	L	38-7	San Francisco	62,382							
10/02	W	31-20	at Atlanta	28,619							
10/09	W	16-10	at Cleveland	78,605							
10/16	L	20-19	New Orleans	63,569							
10/23	L	31-10	at L.A. Rams	57,033							
10/30	W	17-14	San Diego	59,641							
11/06	L	13-3	Buffalo	61,074							
11/13	W	27-24	Houston	60,446							
11/20	L	27-24	at Kansas City	33,152							
11/28	W	35-27	L.A. Raiders	62,641							
12/04	L	13-7	at New England	59,068							
12/11	W	42-14	Denver	62,839							
12/18	W	43-37	at L.A. Raiders	61,127							

POSTSEASON

12/31	L	21-13	at Cincinnati	58,560							
			(AFC Divisional Playoff)								

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	291	321
Rushing	125	134
Passing	139	171
Penalty	27	16
3rd Down: Made/Att.	83/211	96/219
3rd Down Pct.	39.3	43.8
4th Down: Made/Att.	7/16	10/16
4th Down Pct.	43.8	62.5
POSSESSION AVG.	28:32	31:28
TOTAL NET YARDS	4842	5639
Avg. Per Game	302.6	352.4
Total Plays	983	1040
Avg. Per Play	4.9	5.4
NET YARDS RUSHING	2086	2286
Avg. Per Game	130.4	142.9
Total Rushes	517	509
NET YARDS PASSING	2756	3353
Avg. Per Game	172.3	209.6
Sacked/Yards Lost	29/223	30/265
Gross Yards	2979	3618
Att./Completions	437/245	501/280
Completion Pct.	56.1	55.9
Had Intercepted	20	22
PUNTS/AVERAGE	70/40.8	66/42.1
NET PUNTING AVG.	36.8	35.7
PENALTIES/YARDS	89/790	111/861
FUMBLES/BALL LOST	29/14	31/18
TOUCHDOWNS	39	38
Rushing	14	14
Passing	22	21
Returns	3	3
TOTAL POINTS	339	329

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	39-39	22-28	0	105
Warner	12	10	2	0	0	0	0	72
Blades	8	0	8	0	0	0	0	48
Williams	7	4	3	0	0	0	0	42
Butler	4	0	4	0	0	0	0	24
SEA	39	14	22	3	39-39	22-28	0	339
OPP	38	14	21	3	38-38	21-32	0	329

Rushing	Att	Yds	Avg	LG	TD
Warner	266	1025	3.9	29	10
Williams	189	877	4.6	44	4
SEA	517	2986	4.0	44	14
OPP	509	2286	4.5	42	14

Receiving	No	Yds	Avg	LG	TD
Williams	58	651	11.2	75	3
Blades	40	682	17.1	55	8
Largent	39	645	16.5	46	2
Tice	29	244	8.4	26	0
SEA	245	2979	12.2	75	22
OPP	280	3618	12.9	69	21

Interceptions	No	Yds	Avg	LG	TD
Moyer	6	79	13.2	34	0
Taylor	5	53	10.6	27	1
Jenkins	3	41	13.7	21	0
SEA	22	280	12.7	34	1
OPP	20	195	9.8	55	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	70	2858	40.8	36.8	4	14	68	0
SEA	70	2858	40.8	36.8	4	14	68	0
OPP	66	2778	42.1	35.7	4	22	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	35	8	340	9.7	41	0
SEA	37	8	340	9.2	41	0
OPP	36	14	202	5.6	16	0

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	40	900	22.5	65	0
Morris	11	218	19.8	30	0
SEA	62	1352	21.8	65	0
OPP	66	1207	18.3	95	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	7-9	10-14	0-0
SEA	1-1	4-4	7-9	10-14	0-0
OPP	0-0	10-11	6-10	4-6	1-5

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	228	134	1741	58.8	7.64	18	7.9	8	3.5	75	12/92	94.6
Stouffer	173	98	1106	56.6	6.39	4	2.3	6	3.5	53	13/110	69.2
Kemp	35	13	132	37.1	3.77	0	0.0	4	14.8	19	3/21	9.2
SEA	437	245	2979	56.1	6.82	22	5.0	20	4.6	75	29/233	74.9
OPP	501	280	3618	55.9	7.22	21	4.2	22	4.4	69	30/265	74.4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	114	85	29	1.0	3	1	0
Wyman	97	71	26	2.5	0	1	2
Bosworth	82	55	27	0.0	3	1	1
Woods	80	57	23	5.0	2	0	1
Moyer	73	52	21	0.0	2	0	2

Record (Finish): 9-7 (1st, AFC West). Lost divisional playoff at Cincinnati 21-13.

Head Coach: Chuck Knox (57-38, .600)

Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), DE Jacob Green and S Eugene Robinson (Def.), Game-to-Game (Sp. Teams)

MVP: FB John L. Williams

Pro Bowl: QB Dave Krieg (2), Sp. Rufus Porter (1)

National Honors: WR Steve Largent, NFL Man of the Year

First-Team All-NFL: G Bryan Millard (SI), Sp. Teams 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							
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
Passing	180	158
Penalty	24	16
3rd Down: Made/Att.	85/211	89/213
3rd Down Pct.	40.3	41.8
4th Down: Made/Att.	8/17	5/16
4th Down Pct.	47.1	31.3
POSSESSION AVG.	29:20	30:40
TOTAL NET YARDS	4596	5215
Avg. Per Game	287.3	325.9
Total Plays	1010	997
Avg. Per Play	4.6	5.2
NET YARDS RUSHING	1392	2118
Avg. Per Game	87.0	132.4
Total Rushes	405	520
NET YARDS PASSING	3204	3097
Avg. Per Game	200.3	193.6
Sacked/Yards Lost	46/379	32/235
Gross Yards	3583	3332
Att./Completions	559/316	445/252
Completion Pct.	56.5	56.6
Had Intercepted	23	9
PUNTS/AVERAGE	76/39.4	74/39.2
NET PUNTING AVG.	32.9	33.9
PENALTIES/YARDS	79/738	118/809
FUMBLES/BALL LOST	43/14	26/13
TOUCHDOWNS	28	37
Rushing	5	11
Passing	21	23
Returns	2	3
TOTAL POINTS	241	327

Receiving

	No	Yds	Avg	LG	TD
Blades	77	1063	13.8	60	5
Williams	76	657	8.6	51	6
Skansi	39	488	12.5	26	5
Largent	28	403	14.4	33	3
Clark	25	260	10.4	28	1
Warner	23	153	6.7	24	1
SEA	316	3583	11.3	60	21
OPP	252	3332	13.2	69	23

Interceptions

	No	Yds	Avg	LG	TD
Robinson	5	24	4.8	20	0
Harper	2	15	7.5	15	0
SEA	9	57	6.3	20	0
OPP	23	248	10.8	30	2

Punting

	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	75	2995	39.9	32.9	8	17	59	1
SEA	75	2995	39.9	32.9	8	17	59	1
OPP	74	2902	39.2	33.9	7	21	60	0

Punt Returns

	No	FC	Yds	Avg	LG	TD
Hollis	18	7	164	9.1	21	0
Jefferson	12	10	87	7.3	19	0
SEA	30	17	251	8.4	21	0
OPP	41	12	334	8.1	49	0

Passing

	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 (QB), 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), Sp. Rufus Porter (2)

National Honors: None

First-Team All-NFL: None

OFFENSE		Starts
Pos.		
WR	Brian Blades	14
LT	*Andy Heck	8
	Ron Mattes	8
LG	Edwin Bailey	16
C	Grant Feasel	16
RG	Bryan Millard	16
RT	Mike Wilson	16
TE	*Robert Tyler	9
	*Travis McNeal	6
WR	Steve Largent	9
	Louis Clark	6
QB	Dave Krieg	14
	Kelly Stouffer	2
RB	Curt Warner	15
FB	John L. Williams	15

DEFENSE

LE	Jacob Green	14
NT	Joe Nash	16
RE	Jeff Bryant	15
LOLB	Tony Woods	12
	Rufus Porter	3
LILB	Darren Comeaux	13
	Brian Bosworth	2
RILB	Dave Wyman	16
ROLB	Vernon Maxwell	9
	M.L. Johnson	6
LCB	Dwayne Harper	13
RCB	Patrick Hunter	14
SS	Nesby Glasgow	16
FS	Eugene Robinson	14

SPECIAL TEAMS

K	Norm Johnson	16
P	Ruben Rodriguez	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	9	7	0	.563	409	317
Indianapolis	8	8	0	.500	298	301
Miami	8	8	0	.500	331	379
New England	5	11	0	.313	297	391
N.Y. Jets	4	12	0	.250	253	411

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	9	6	1	.594	334	254
Houston*	9	7	0	.563	365	412
Pittsburgh*	9	7	0	.563	265	326
Cincinnati	8	8	0	.500	404	285

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	11	5	0	.688	362	226
Kansas City	8	7	1	.531	318	286
L.A. Raiders	8	8	0	.500	315	297
Seattle	7	9	0	.438	241	327
San Diego	6	10	0	.375	266	290

*= Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	12	4	0	.750	348	252
Philadelphia*	11	5	0	.688	342	274
Washington	10	6	0	.625	386	308
Phoenix	5	11	0	.313	258	377
Dallas	1	15	0	.063	204	393

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	10	6	0	.625	351	275
Green Bay	10	6	0	.625	362	356
Detroit	7	9	0	.438	312	364
Chicago	6	10	0	.375	358	377
Tampa Bay	5	11	0	.313	320	419

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	14	2	0	.875	442	253
L.A. Rams*	11	5	0	.688	426	344
New Orleans	9	7	0	.563	386	301
Atlanta	3	13	0	.188	279	437

1990 REVIEW (9-7)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
09/09	L	17-0	at Chicago	64,400	SEA	50	94	60	96	6	306
09/16	L	17-13	L.A. Raiders	61,889	OPP	50	112	53	68	3	286
09/23	L	34-31	at Denver (OT)	75,290							
10/01	W	31-16	Cincinnati	60,135							
10/07	W	33-20	at New England	39,735							
10/14	L	24-17	at L.A. Raiders	50,624							
10/21	W	19-7	Kansas City	60,358							
10/28			BYE								
11/04	L	31-14	San Diego	59,646							
11/11	W	17-16	at Kansas City	71,285							
11/18	L	24-21	Minnesota	59,735							
11/25	W	13-10	at S. Diego (OT)	50,097							
12/02	W	13-10	Houston (OT)	57,592							
12/09	W	20-14	at Green Bay	52,015							
12/16	L	24-17	at Miami	57,851							
12/23	W	17-12	Denver	55,845							
12/30	W	30-10	Detroit	50,681							

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	284	280
Rushing	111	86
Passing	155	171
Penalty	18	23
3rd Down: Made/Att.	87/200	83/207
3rd Down Pct.	43.5	40.1
4th Down: Made/Att.	6/7	7/11
4th Down Pct.	85.7	63.6
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	4583	4609
Avg. Per Game	286.4	288.1
Total Plays	945	950
Avg. Per Play	4.8	4.9
NET YARDS RUSHING	1749	1605
Avg. Per Game	109.3	100.3
Total Rushes	457	413
NET YARDS PASSING	2834	3004
Avg. Per Game	177.1	187.8
Sacked/Yards Lost	40/360	33/252
Gross Yards	3194	3256
Att./Completions	448/265	504/300
Completion Pct.	59.2	59.5
Had Intercepted	20	12
PUNTS/AVERAGE	67/40.6	77/41.9
NET PUNTING AVG.	34.4	36.2
PENALTIES/YARDS	89/746	108/766
FUMBLES/BALL LOST	32/16	32/18
TOUCHDOWNS	34	32
Rushing	18	7
Passing	15	19
Returns	1	6
TOTAL POINTS	306	286

Scoring	TDs	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	33-34	23-32	0	102
Fenner	15	14	1	0	0	0	0	90
Chadwick	4	0	4	0	0	0	0	24
Kane	4	0	4	0	0	0	0	24
Blades	3	0	3	0	0	0	0	18
Williams	3	3	0	0	0	0	0	18
SEA	34	18	15	1	33-34	23-32	0	306
OPP	32	7	19	6	32-32	20-27	1	286

Rushing	Att	Yds	Avg	LG	TD
Fenner	215	859	4.0	36	14
Williams	187	714	3.8	25	3
Krieg	32	115	3.6	25	0
SEA	457	1749	3.8	36	18
OPP	413	1605	3.9	58	7

Receiving	No	Yds	Avg	LG	TD
Williams	73	699	9.6	60	0
Kane	52	776	14.9	63	4
Blades	49	525	10.7	24	3
Chadwick	27	478	17.7	54	4
Skansi	22	257	11.7	25	2
Fenner	17	143	8.4	50	1
SEA	265	3194	12.1	63	15
OPP	300	3256	10.9	46	19

Interceptions	No	Yds	Avg	LG	TD
Robinson	3	89	29.7	39	0
Harper	3	69	23.0	47	0
SEA	12	182	15.2	47	0
OPP	20	252	12.6	42	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Donnelly	67	2722	40.6	34.4	8	18	54	0
SEA	67	2722	40.6	34.4	8	18	54	0
OPP	77	3225	41.9	36.2	5	22	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	28	16	269	9.6	39	0
Jefferson	8	0	68	8.5	14	0
SEA	36	16	337	9.4	39	0
OPP	29	21	254	8.8	66	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
SEA	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
OPP	504	300	3256	59.5	6.46	19	3.8	12	2.4	46	33/252	81.3

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	23	478	20.8	71	0
Loville	18	359	19.9	29	0
SEA	50	985	19.7	71	0
OPP	51	910	17.8	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	2-2	7-7	8-14	5-6	1-3
SEA	2-2	7-7	8-14	5-6	1-3
OPP	0-0	11-11	3-5	5-8	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Glasgow	83	70	13	2.0	2	3	1
Robinson	82	63	19	0.0	5	1	4
Harper	71	62	9	0.0	4	1	0
Green	60	44	16	12.5	2	3	1
Hunter	56	48	8	0.0	10	1	1
Nash	53	41	12	1.0	0	1	1

Record (Finish): 9-7 (3rd, AFC West)
Head Coach: Chuck Knox (73-54, .575)
Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (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	16
FB	John L. Williams	15

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

1991 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/01	L	27-24	at New Orleans	68,492
09/08	W	20-13	N.Y. Jets	56,770
09/15	L	16-10	at Denver	74,152
09/22	L	20-13	at Kansas City	71,789
09/29	W	31-3	Indianapolis	56,656
10/06	W	13-7	at Cincinnati	60,010
10/13	L	23-20	L.A. Raiders (OT)	61,974
10/20	W	27-7	at Pittsburgh	54,678
10/27	W	20-9	San Diego	58,025
11/03			BYE	
11/10	L	17-14	at San Diego	43,597
11/17	L	31-7	at L.A. Raiders	49,317
11/24	W	13-10	Denver	60,430
12/01	L	19-6	Kansas City	57,248
12/08	L	24-22	San Francisco	56,711
12/15	L	26-13	at Atlanta	53,834
12/22	W	23-9	L.A. Rams	51,100

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	253	263
Rushing	80	92
Passing	159	159
Penalty	14	12
3rd Down: Made/Att.	67/193	78/220
3rd Down Pct.	34.7	35.5
4th Down: Made/Att.	2/9	9/20
4th Down Pct.	22.2	45.0
POSSESSION AVG.	29:27	30:33
TOTAL NETYARDS	4534	4703
Avg. Per Game	283.4	293.9
Total Plays	924	988
Avg. Per Play	4.9	4.8
NETYARDS RUSHING	1426	1684
Avg. Per Game	89.1	105.3
Total Rushes	394	435
NETYARDS PASSING	3108	3019
Avg. Per Game	194.3	188.7
Sacked/Yards Lost	42/263	36/269
Gross Yards	3371	3288
Att./Completions	488/290	517/296
Completion Pct.	59.4	57.3
Had Intercepted	26	18
PUNTS/AVERAGE	76/40.6	79/39.1
NET PUNTING AVG.	35.7	33.0
PENALTIES/YARDS	85/682	108/845
FUMBLES/BALL LOST	26/17	34/21
TOUCHDOWNS	29	25
Rushing	11	4
Passing	15	18
Returns	3	3
TOTAL POINTS	276	261

By Quarters	1	2	3	4	OT	Tot
SEA	39	78	79	80	0	276
OPP	25	112	47	74	3	261

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	27/28	25/31	0	102
Williams	5	4	1	0	0	0	0	30
Fenner	4	4	0	0	0	0	0	24
Tice	4	0	4	0	0	0	0	24
SEA	29	11	15	3	27/29	25/31	0	276
OPP	25	4	18	3	25/25	28/32	1	261

Rushing	Att	Yds	Avg	LG	TD
Williams	188	741	3.9	42	4
Fenner	91	267	2.9	15	4
Jones	45	154	3.4	22	3
SEA	394	1426	3.6	42	11
OPP	435	1684	3.9	32	4

Receiving	No	Yds	Avg	LG	TD
Blades	70	1003	14.3	52	2
Williams	61	499	8.2	35	1
Kane	50	763	15.3	60	2
Chadwick	22	255	11.6	29	3
SEA	290	3371	11.6	60	15
OPP	296	3288	11.1	61	18

Interceptions	No	Yds	Avg	LG	TD
Robinson	5	56	11.2	27	0
Harper	4	84	21.0	43	0
SEA	18	302	16.8	43	2
OPP	26	334	12.8	58	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	49	2106	43.0	36.9	3	8	60	0
Donnelly	13	505	38.8	33.8	1	1	57	0
Waits	14	474	33.9	33.6	0	2	50	0
SEA	76	3085	40.6	35.7	4	11	60	0
OPP	79	3089	39.1	33.0	8	20	65	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	32	19	298	9.3	59	1
SEA	38	20	325	8.6	59	1
OPP	40	18	289	7.2	29	0

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	35	792	22.6	55	0
Loville	18	412	22.9	50	0
SEA	60	1280	21.3	55	0
OPP	51	858	16.8	38	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	285	187	2080	65.6	7.30	11	3.9	12	4.2	60	32/216	82.5
Kemp	181	94	1207	51.9	6.67	4	2.2	12	6.6	52	8/38	52.9
Stouffer	15	6	57	40.0	3.80	0	0.0	1	6.7	19	2/9	23.5
McGwire	7	3	27	42.9	3.86	0	0.0	1	14.3	13	0/0	14.3
SEA	488	290	3371	59.4	6.91	15	3.1	26	5.3	60	42/263	68.4
OPP	517	296	3288	57.3	6.36	18	3.5	18	3.5	61	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 (QB), Paul Moyer (Staff Asst.), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/LLBs), 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 (SI), FS Eugene Robinson (SI)

OFFENSE

Pos.		Starts
WR	Tommy Kane	15
LT	Andy Heck	16
LG	Warren Wheat	7
	Darrick Brilz	6
C	Grant Feasel	15
RG	Bryan Hillard	16
RT	Bill Hitchcock	9
	Ronnie Lee	7
TE	Mike Tee	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 NETYARDS	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			
NETYARDS 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
NETYARDS PASSING	1778	2661	OPP	96	4015	41.8	36.8	10	23	65	0
Avg. Per Game	111.1	166.3									
Sacked/Yards Lost	67/545	46/317	Punt Returns	No	FC	Yds	Avg	LG	TD		
Gross Yards	2323	2978	Warren	34	25	252	7.4	16	0		
Att./Completions	476/230	428/251	SEA	38	27	283	7.4	16	0		
Completion Pct.	48.3	58.6	OPP	56	26	416	7.4	86t	1		
Had Intercepted	23	20									
PUNTS/AVERAGE	108/44.1	96/41.8	Kickoff Returns	No	Yds	Avg	LG	TD			
NET PUNTING AVG.	38.7	36.8	Warren	28	524	18.7	34	0			
PENALTIES/YARDS	111/918	100/776	Mayes	19	311	16.4	29	0			
FUMBLES/BALL LOST	37/18	25/11	SEA	50	885	17.7	34	0			
TOUCHDOWNS	14	32	OPP	36	685	19.0	64	0			
Rushing	4	14									
Passing	9	11									
Returns	1	7									
TOTAL POINTS	140	312									

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Gelbaugh	255	121	1307	47.5	5.13	6	2.4	11	4.3	57	34/265	52.9
Stouffer	190	92	900	48.4	4.74	3	1.6	9	4.7	33	26/222	47.7
McGwire	30	17	116	56.7	3.87	0	0.0	3	10.0	20	7/58	25.8
SEA	476	230	2323	48.3	4.88	9	1.9	23	4.8	57	67/545	48.9

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							

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

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	29/29	23/28	0	98
C. Warren	7	7	0	0	0	0	0	42
Martin	5	0	5	0	0	0	0	30
Williams	4	3	1	0	0	0	0	24
SEA	29	13	13	3	29/29	23/28	4	280
OPP	32	12	16	4	31/32	29/39	2	314

Rushing	Att	Yds	Avg	LG	TD
C. Warren	273	1072	3.9	45t	7
Williams	82	371	4.5	38	3
Mirer	68	343	5.0	33	3
Vaughn	36	153	4.3	37	0
SEA	473	2015	4.3	45t	13
OPP	452	1660	3.7	30t	12

Receiving	No	Yds	Avg	LG	TD
Blades	80	945	11.8	41	3
Williams	58	450	7.8	25	1
Martin	57	798	14.0	53t	5
Edmunds	24	239	10.0	32	2
Green	23	178	7.7	20	1
SEA	280	2896	10.3	53t	13
OPP	333	3897	11.7	58t	16

Interceptions	No	Yds	Avg	LG	TD
E. Robinson	9	80	8.9	28	0
Hunter	4	54	13.5	34	0
Gray	3	33	11.0	16	0
SEA	22	196	8.9	34	1
OPP	18	159	8.8	40	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	90	4007	44.5	37.3	7	21	64	1
SEA	91	4007	44.0	37.3	7	21	64	1
OPP	73	3097	42.4	35.6	11	19	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	32	15	270	8.4	33	0
SEA	33	15	280	8.5	33	0
OPP	47	21	475	10.1	74t	1

Kickoff Returns	No	FC	Yds	Avg	LG	TD
Bates	30	0	603	20.1	46	0
Vaughn	16	0	280	17.5	31	0
SEA	50	0	931	18.6	46	0
OPP	52	1	967	18.6	95t	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	486	274	2833	56.4	5.83	12	2.5	17	3.5	53t	47/235	67.0
SEA	498	280	2896	56.2	5.82	13	2.6	18	3.6	53t	48/242	66.8
OPP	595	333	3897	56.0	6.55	16	2.7	22	3.7	58t	38/244	69.6

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/5	10/11	4/6	3/5
SEA	1/1	5/5	10/11	4/6	3/5
OPP	2/2	7/7	8/10	7/13	5/7

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	111	84	27	2.0	15	3	2
Wooden	106	73	33	2.5	9	3	1
Stephens	105	75	30	2.5	1	2	1
Kennedy	77	60	17	6.5	3	1	1
Blackmon	74	55	19	0.0	11	0	1

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Tom Flores (8-24, .250)

Assistants: Tom Catlin (Asst. Head Coach), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelmon (RBs)

Captains: FB John L. Williams (Off.), FS Eugene Robinson (Def.), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)

MVP: FS Eugene Robinson

Pro Bowl: DT Cortez Kennedy (3), FS Eugene Robinson (2), RB Chris Warren (1)

National Honors: QB Rick Mirer, NFL Offensive Rookie of the Year (NFLPA, FBD)

All-NFL: DT Cortez Kennedy (AP, SI), FS Eugene Robinson (PFWA/PFW, Films, USA TODAY)

OFFENSE

Pos.		Starts
WR	Kelvin Martin	14
LT	Ray Roberts	16
LG	Darrick Brilz	16
C	Ray Donaldson	16
RG	Bill Hitchcock	14
RT	Andy Heck	16
TE	Paul Green	8
	Ferrell Edmunds	16
WR	Brian Blades	14
QB	*Rick Mirer	16
RB	Chris Warren	14
FB	John L. Williams	9

DEFENSE

LE	Jeff Bryant	15
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Natu Tuatagaloa	15
RLB	Terry Wooden	16
MLB	Rod Stephens	13
RLB	Kevin Murhpy	10
	Rufus Porter	6
LCB	Dwayne Harper	14
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	12	4	0	.750	329	242
Miami	9	7	0	.563	349	351
N.Y. Jets	8	8	0	.500	270	247
New England	5	11	0	.313	238	286
Indianapolis	4	12	0	.250	189	378

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Houston	12	4	0	.750	368	238
Pittsburgh*	9	7	0	.563	308	281
Cleveland	7	9	0	.438	304	307
Cincinnati	3	13	0	.188	187	319

WESTERN	W	L	T	Pct.	Pts.	Opp.
Kansas City	11	5	0	.688	328	291
L.A. Raiders*	10	6	0	.625	306	326
Denver*	9	7	0	.563	373	284
San Diego	8	8	0	.500	322	290
Seattle	6	10	0	.375	280	314

*= Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	376	229
N.Y. Giants*	11	5	0	.688	288	205
Philadelphia	8	8	0	.500	293	315
Phoenix	7	9	0	.438	326	269
Washington	4	12	0	.250	230	345

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Detroit	10	6	0	.625	298	292
Minnesota*	9	7	0	.563	277	290
Green Bay*	9	7	0	.563	340	282
Chicago	7	9	0	.438	234	230
Tampa Bay	5	11	0	.313	237	376

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	473	295
New Orleans	8	8	0	.500	317	343
Atlanta	6	10	0	.375	316	385
L.A. Rams	5	11	0	.313	221	367

1994 REVIEW (6-10)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
09/04	W	28-7	at Washington	52,930	SEA	53	74	49	111	0	287
09/11	W	38-9	at L.A. Raiders	47,319	OPP	48	98	65	109	3	323
09/18	L	24-10	*San Diego	65,536							
09/25	W	30-13	*Pittsburgh	59,637							
10/02	L	17-15	at Indianapolis	49,876							
10/09	L	16-9	*Denver	63,872							
10/16			BYE								
10/23	L	38-23	at Kansas City	78,847							
10/30	L	35-15	at San Diego	59,001							
11/06	L	20-17	Cincinnati (OT)	46,630							
11/13	L	17-10	at Denver	71,290							
11/20	W	22-21	Tampa Bay	37,466							
11/27	W	10-9	Kansas City	54,120							
12/04	L	31-19	Indianapolis	39,574							
12/11	W	16-14	at Houston	31,453							
12/18	L	17-16	L.A. Raiders	53,301							
12/24	L	35-9	at Cleveland	54,180							

* at Husky Stadium

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	25/26	20/24	0	85
C. Warren	11	9	2	0	0	0	0	68
Blades	4	0	4	0	0	0	0	28
SEA	32	16	13	3	25/26	20/24	1	287
OPP	34	15	15	4	28/28	27/33	1	323

2-Point PATs: Tuten 1-2; Blades 2-2; McGwire 0-1; Vaughn 1-1; C. Warren 1-1
SEA 4-6. OPP 4-6

Rushing	Att	Yds	Avg	LG	TD
C. Warren	333	1545	4.6	41	9
Mirer	34	153	4.5	14	0
Strong	27	114	4.2	14t	1
SEA	480	2084	4.3	41	16
OPP	511	1952	3.8	45t	15

Receiving	No	Yds	Avg	LG	TD
Blades	81	1086	13.4	45	4
Martin	56	681	12.2	32	1
C. Warren	41	323	7.9	51	2
SEA	253	2809	11.1	51	13
OPP	313	3603	11.5	99t	15

Kickoff Returns	No	Yds	Avg	LG	TD
Bates	26	508	19.5	38	0
Vaughn	18	443	24.6	93t	1
SEA	67	1467	21.9	93t	1
OPP	61	1229	20.1	45	0

Interceptions	No	Yds	Avg	LG	TD
4 players with	3				
SEA	19	284	14.9	69t	2
OPP	9	210	23.3	73t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	91	3905	42.9	36.7	7	33	64	0
SEA	91	3905	42.9	36.7	7	33	64	0
OPP	78	3188	40.9	35.5	4	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	33	20	280	8.5	23	0
SEA	37	23	337	9.1	31	0
OPP	43	21	426	9.9	78t	1

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	285	318
Rushing	114	122
Passing	143	178
Penalty	28	18
3rd Down: Made/Att.	89/235	83/224
3rd Down Pct.	37.9	37.1
4th Down: Made/Att.	10/19	8/20
4th Down Pct.	52.6	40.0
POSSESSION AVG.	28:35	31:25
TOTAL NET YARDS	4652	5349
Avg. Per Game	290.8	334.3
Total Plays	1018	1077
Avg. Per Play	4.6	5.0
NET YARDS RUSHING	2084	1952
Avg. Per Game	130.3	122.0
Total Rushes	480	511
NET YARDS PASSING	2568	3397
Avg. Per Game	160.5	212.3
Sacked/Yards Lost	40/241	29/206
Gross Yards	2809	3603
Att./Completions	498/253	537/313
Completion Pct.	50.8	58.3
Had Intercepted	9	19
PUNTS/AVERAGE	91/42.9	78/40.9
NET PUNTING AVG.	36.7	35.5
PENALTIES/YARDS	114/898	103/773
FUMBLES/BALL LOST	31/19	21/11
TOUCHDOWNS	32	34
Rushing	16	15
Passing	13	15
Returns	1	1
Defensive	2	3
TOTAL POINTS	287	323

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	381	195	2151	51.2	5.65	11	2.9	7	1.8	51	27/145	70.2
McGwire	105	51	578	48.6	5.65	1	1.0	2	1.9	36	13/96	60.7
SEA	498	253	2809	50.8	5.64	13	2.6	9	1.8	51	40/241	69.1
OPP	537	313	3603	58.3	6.71	15	2.8	19	3.5	99t	29/206	73.2

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	1/1	11/11	6/9	1/2
SEA	1/1	1/1	11/11	6/9	1/2
OPP	0/0	9/9	13/16	5/8	0/0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Stephens	128	95	33	2.5	0	3	2
Wooden	127	94	33	1.5	7	1	1
E. Robinson	80	65	15	1.0	8	0	1
Porter	75	61	14	1.5	6	0	0

Record (Finish): 6-10 (5th, AFC West)
Head Coach: Tom Flores (14-34, .292)

Assistants: Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Tom Catlin (Quality Control), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelmon (RBs)

Captains: C Ray Donaldson (Off), FS Eugene Robinson (Def), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)

MVP: RB Chris Warren

Pro Bowl: DT Cortez Kennedy (4), P Rick Tuten (1), RB Chris Warren (2)

National Honors: WR Steve Largent (Hall of Fame inductee)

All-NFL: DT Cortez Kennedy (AP, SI, CPFN), P Rick Tuten (SI)

OFFENSE

Pos.		Starts
WR	Kelvin Martin	15
LT	Ray Roberts	14
LG	Jeff Blackshear	16
C	Ray Donaldson	16
RG	*Kevin Mawae	11
RT	Howard Ballard	16
TE	Paul Green	11
	Ferrell Edmunds	7
WR	Brian Blades	16
QB	Rick Mirer	13
	Dan McGwire	3
RB	Chris Warren	15
FB	Tracy Johnson	10

DEFENSE

LE	Antonio Edwards	8
	*Sam Adams	6
LT	Joe Nash	15
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	6
LLB	Terry Wooden	15
MLB	Rod Stephens	16
RLB	Rufus Porter	14
LCB	Carlton Gray	11
	Tony Brown	5
RCB	Patrick Hunter	5
	Terry Taylor	3
SS	Robert Blackmon	15
FS	Eugene Robinson	14

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	10	6	0	.625	389	327
New England*	10	6	0	.625	351	312
Indianapolis	8	8	0	.500	307	320
Buffalo	7	9	0	.438	340	356
N.Y. Jets	6	10	0	.375	264	320

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	12	4	0	.750	316	234
Cleveland*	11	5	0	.688	340	204
Cincinnati	3	13	0	.188	276	406
Houston	2	14	0	.125	226	352

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	381	306
Kansas City*	9	7	0	.563	319	398
L.A. Raiders	9	7	0	.563	303	327
Denver	7	9	0	.438	347	396
Seattle	6	10	0	.375	287	323

*= Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	414	248
N.Y. Giants	9	7	0	.563	279	304
Arizona	8	8	0	.500	235	267
Philadelphia	7	9	0	.438	308	308
Washington	3	13	0	.188	320	412

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	10	6	0	.625	356	314
Green Bay*	9	7	0	.563	382	287
Detroit*	9	7	0	.563	357	342
Chicago*	9	7	0	.563	271	307
Tampa Bay	6	10	0	.375	251	351

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	505	296
New Orleans	7	9	0	.438	348	407
Atlanta	7	9	0	.438	317	385
L.A. Rams	4	12	0	.250	286	365

1995 REVIEW (8-8)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
09/03	L	34-10	Kansas City	47,564	SEA	79	77	88	119	0	363
09/10	L	14-10	at San Diego	54,420	OPP	90	128	48	94	6	366
09/17	W	24-21	Cincinnati	39,492							
09/24			BYE								
10/01	W	27-10	Denver	49,914							
10/08	L	34-14	at Oakland	50,213							
10/15	L	27-21	at Buffalo	74,362							
10/22	L	35-25	San Diego	45,821							
10/29	L	20-14	at Arizona (OT)	39,600							
11/05	W	30-28	New York Giants	42,100							
11/12	W	47-30	at Jacksonville	71,290							
11/19	W	27-20	at Washington	51,298							
11/26	L	16-10	New York Jets	41,160							
12/03	W	26-14	Philadelphia	39,893							
12/10	W	31-27	at Denver	71,488							
12/17	W	44-10	Oakland	58,428							
12/24	L	26-3	at Kansas City	75,784							

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	40/40	23/28	0	109
Warren	16	15	0	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.

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

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	16.7	72t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	83	3735	45.0	36.5	8	21	73	0
SEA	83	3735	45.0	36.5	8	21	73	0
OPP	81	3449	42.6	36.4	6	24	62	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	36	12	360	10.0	89t	1
SEA	40	13	384	9.6	89t	1
OPP	48	7	549	11.4	44	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	1064	24.7	70	0
SEA	72	1620	22.5	70	0
OPP	70	1669	23.8	99t	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	391	209	2564	53.3	6.56	13	3.3	20	5.1	59t	42/255	63.7
Friesz	120	64	795	53.3	6.63	6	5.0	3	2.5	43t	3/12	80.4
SEA	511	273	3359	53.4	6.57	19	3.7	23	4.5	59t	45/267	67.6
OPP	554	310	3706	56.0	6.69	26	4.7	16	2.9	88t	28/167	80.2

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	5/5	9/10	8/10	0/2
SEA	1/1	5/5	9/10	8/10	0/2
OPP	1/1	10/13	5/7	7/9	1/5

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	135	114	21	0.0	8	1	0
E. Robinson	105	79	26	0.0	4	0	1
Moss	88	65	23	2.0	5	1	2
C. Harris	85	77	8	0.0	12	1	1
Gray	73	68	5	0.0	19	0	0

Record (Finish): 8-8, (3rd, AFC West)

Head Coach: Dennis Erickson (8-8, .500)

Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def), Tom Catlin (Quality Control), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Arnie Matsumoto (Def. Asst.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

Captains: Rick Mirer (Off.), Eugene Robinson (Def.), Trey Junkin (Sp. Teams)

MVP: RB Chris Warren

Pro Bowl: DT Cortez Kennedy (5), RB Chris Warren (3)

National Honors: WR Steve Largent inducted into Pro Football Hall of Fame

OFFENSE

Pos.		Starts
WR	*Joey Galloway	16
LT	James Atkins	16
LG	*Matt Joyce	13
C	Jim Sweeney	16
RG	Kevin Mawae	16
RT	Howard Ballard	16
TE	*Christian Fauria	9
	Carlester Crumpler	7
WR	Brian Blades	16
QB	Rick Mirer	13
	John Friesz	3
RB	Chris Warren	16
FB	Steve Smith	7
	Tracy Johnson	4

DEFENSE

LE	Michael Sinclair	15
LT	Joe Nash	11
	Sam Adams	5
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	7
SLB	Terry Wooden	16
MLB	Dean Wells	10
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	13
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

	W	L	T	Pct.	Pts.	Opp.
EASTERN						
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

	W	L	T	Pct.	Pts.	Opp.
CENTRAL						
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

	W	L	T	Pct.	Pts.	Opp.
WESTERN						
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

	W	L	T	Pct.	Pts.	Opp.
EASTERN						
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

	W	L	T	Pct.	Pts.	Opp.
CENTRAL						
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

	W	L	T	Pct.	Pts.	Opp.
WESTERN						
San Francisco	11	5	0	.688	457	258
Atlanta*	9	7	0	.563	362	349
St. Louis	7	9	0	.438	309	418
Carolina	7	9	0	.438	289	325
New Orleans	7	9	0	.438	319	348

1996 REVIEW (7-9)

Date	W/L Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
09/01	L 29-7	at San Diego	58,780	SEA	53	117	57	90	--	317
09/08	L 30-20	Denver	43,671	OPP	85	111	64	116	--	376
09/15	L 35-17	Kansas City	39,790							
09/22	W 17-13	at Tampa Bay	30,212							
09/29	L 31-10	Green Bay	59,973							
10/06	W 22-15	at Miami	59,539							
10/13		BYE								
10/17	L 34-16	at Kansas City	76,057							
10/27	W 32-13	San Diego	38,143							
11/03	W 23-16	Houston	36,320							
11/10	W 42-23	Minnesota	50,794							
11/17	L 17-16	at Detroit	51,194							
11/24	L 27-21	Oakland	47,506							
12/01	L 34-7	at Denver	74,982							
12/08	W 26-18	Buffalo	41,373							
12/15	L 20-13	at Jacksonville	66,134							
12/22	W 28-21	at Oakland	33,455							

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	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.

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	131.0
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

Rushing	Att	Yds	Avg	LG	TD
Warren	203	855	4.2	51	5
Smith	153	680	4.4	29	8
Mirer	33	191	5.8	33	2
SEA	442	1997	4.5	51	16
OPP	506	2098	4.1	40	15

Receiving	No	Yds	Avg	LG	TD
Galloway	57	987	17.3	65t	7
Blades	43	556	12.9	80t	2
Warren	40	273	6.8	33	0
Crumpler	26	258	9.9	26	0
Proehl	23	309	13.4	56	2
SEA	261	3216	12.3	80t	14
OPP	303	3624	12.0	65t	25

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	15	5	158	10.5	88t	1
R. Harris	19	10	194	10.2	35	0
SEA	34	15	352	10.4	88t	1
OPP	52	17	640	12.3	50	0

Interceptions	No	Yds	Avg	LG	TD
D. Williams	5	148	29.6	79t	1
2 players with	3				
SEA	14	256	18.3	79t	1
OPP	17	305	17.9	63	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	85	3746	44.1	34.5	7	21	66	1
SEA	86	3746	43.6	34.5	7	21	66	1
OPP	76	3214	42.3	34.0	14	23	57	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	979	22.8	86	0
SEA	71	1542	21.7	86	0
OPP	72	1642	22.8	60	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Friesz	211	120	1629	56.9	7.72	8	3.8	4	1.9	80t	12/77	86.4
Mirer	265	136	1546	51.3	5.83	5	1.9	12	4.5	60	22/84	56.6
SEA	494	261	3216	52.8	6.51	14	2.8	17	3.4	80t	38/189	68.3
OPP	512	303	3624	59.2	7.08	25	4.9	14	2.7	65t	48/285	85.8

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	11/13	7/7	8/11	2/3
SEA	0/0	11/13	7/7	8/11	2/3
OPP	3/3	9/9	8/11	9/9	2/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wells	107	82	25	1.0	4	0	2
Moss	106	77	29	1.0	4	0	0
Blackmon	102	80	22	1.0	7	3	0
D. Williams	80	67	13	0.0	11	0	1
McCrary	76	57	19	13.5	3	1	1

Record (finish): 7-9 (T4th, AFC West)
Head Coach: Dennis Erickson (15-17, .469)
Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (Def. Asst.), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)
Captains: QB Rick Mirer & RB Chris Warren (Off.), LB Winston Moss & LB Terry Wooden (Def.), P Rick Tuten (Sp. Teams)
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

	W	L	T	Pct.	Pts.	Opp.
EASTERN						
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

	W	L	T	Pct.	Pts.	Opp.
CENTRAL						
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

	W	L	T	Pct.	Pts.	Opp.
WESTERN						
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

	W	L	T	Pct.	Pts.	Opp.
EASTERN						
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

	W	L	T	Pct.	Pts.	Opp.
CENTRAL						
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

	W	L	T	Pct.	Pts.	Opp.
WESTERN						
Carolina	12	4	0	.750	367	218
San Francisco*	12	4	0	.750	398	257
St. Louis	6	10	0	.375	303	409
Atlanta	3	13	0	.188	209	461
New Orleans	3	13	0	.188	229	339

1997 REVIEW (8-8)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
08/31	L	41-3	New York Jets	53,893	SEA	44	126	92	103	0	365
09/07	L	35-14	Denver	55,859	OPP	101	111	93	51	6	362
09/14	W	31-3	at Indianapolis	49,194							
09/21	W	26-22	San Diego	51,110							
09/28	L	20-17	at Kansas City (OT)	77,877							
10/05	W	16-13	Tennessee	49,897							
10/12			BYE								
10/19	W	17-9	at St. Louis	64,819							
10/26	W	45-34	Oakland	66,264							
11/02	L	30-27	at Denver	74,212							
11/09	W	37-31	at San Diego	64,616							
11/16	L	20-17	at New Orleans (OT)	50,493							
11/23	L	19-14	Kansas City	66,264							
11/30	L	24-17	Atlanta	52,584							
12/07	L	31-24	at Baltimore	54,395							
12/14	W	22-21	at Oakland	40,124							
12/21	W	38-9	San Francisco	66,253							

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	331	286
Rushing	98	96
Passing	207	166
Penalty	26	24
3rd Down: Made/Att.	91/224	66/198
3rd Down Pct.	40.6	33.3
4th Down: Made/Att.	8/16	8/16
4th Down Pct.	50.0	50.0
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	5759	4849
Avg. Per Game	359.9	303.1
Total Plays	1049	959
Avg. Per Play	5.5	5.1
NET YARDS RUSHING	1800	1731
Avg. Per Game	112.5	108.2
Total Rushes	404	455
NET YARDS PASSING	3959	3118
Avg. Per Game	247.4	194.9
Sacked/Yards Lost	36/228	42/238
Gross Yards	4187	3356
Att./Completions	609/359	462/276
Completion Pct.	58.9	59.7
Had Intercepted	21	13
PUNTS/AVERAGE	78/40.3	74/42.0
Net Punting Avg.	32.3	36.8
PENALTIES/YARDS	109/911	100/820
FUMBLES/LOST	26/11	33/16
TOUCHDOWNS	43	38
Rushing	13	10
Passing	26	19
Defensive Returns	4	4
Returns	0	5
FIELD GOALS	22/28	31/34
TOTAL POINTS	365	362

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	37/37	22/28	0	103
Galloway	12	0	12	0	0	0	0	72
Broussard	6	5	1	0	0	0	0	36
McKnight	6	0	6	0	0	0	0	36
Warren	4	4	0	0	0	0	0	24
SEA	43	13	26	4	37/37	22/28	1	365
OPP	38	10	19	9	35/35	31/34	1	363

2-Point PATs: Smith 1-1, Kitna 0-1, Moon 0-3, Tuten 0-1. SEA 1-6. OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Warren	200	847	4.2	36t	4
Broussard	70	418	6.0	77t	5
Smith	91	392	4.3	35	2
SEA	404	1800	4.5	77t	13
OPP	455	1731	3.8	55t	10

Receiving	No	Yds	Avg	LG	TD
Galloway	72	1049	14.6	53t	12
Pritchard	64	843	13.2	61	2
Warren	45	257	5.7	20	0
McKnight	34	637	18.7	60t	6
Crumpler	31	361	11.6	30	1
Br. Blades	30	319	10.6	27	2
Broussard	24	143	6.0	20t	1
Smith	23	183	8.0	22	0
SEA	359	4187	11.7	61	26
OPP	276	3356	12.2	92	19

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	48	2007	41.8	36.4	5	15	65	0
SEA	78	3144	40.3	32.3	8	24	65	2
OPP	74	3111	42.0	36.8	7	21	66	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Harris	21	12	144	6.9	19	0
Davis	16	6	104	6.5	28	0
SEA	37	18	248	6.7	28	0
OPP	38	14	463	12.2	89t	2

Interceptions	No	Yds	Avg	LG	TD
D. Williams	8	172	21.5	44t	1
Be. Blades	2	11	5.5	11	0
SEA	13	196	15.1	44t	1
OPP	21	372	17.7	75t	4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	528	313	3678	59.3	6.97	25	4.7	16	3.0	60t	30/192	83.7
SEA	609	359	4187	58.9	6.88	26	4.3	21	3.4	61	36/228	79.7
OPP	462	276	3356	59.7	7.26	19	4.1	13	2.8	92	42/238	84.1

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	50	1076	21.5	43	0
SEA	76	1550	20.4	43	0
OPP	77	1779	23.1	93t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	9/9	7/10	5/7	1/2
SEA	0/0	9/9	7/10	5/7	1/2
OPP	2/2	12/13	5/5	8/10	4/4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	104	75	29	6.5	3	1	4
D. Williams	93	68	25	0.0	13	1	1
Wells	92	74	18	1.0	2	1	1
Be. Blades	70	58	12	1.0	2	0	0

Record (finish): 8-8 (3rd, AFC West)
Head Coach: Dennis Erickson (23-25, .479)
Assistants: Gregg Smith (Asst. Head Coach/OL), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Ned James (Off. Asst.), Darren Krein (Asst. Str. & Cond.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs), Jim Zorn (Off. Asst.)
Captains: QB John Friesz (Off.), LB Winston Moss (Def.), S Jay Bellamy (Sp. Teams)
MVP: FS Darryl Williams
Pro Bowl: DE Michael Sinclair (2), FS Darryl Williams (1)

OFFENSE

Pos.	Player	Starts
WR	Joey Galloway	15
LT	*Walter Jones	12
LG	Pete Kendall	16
C	Kevin Mawae	16
RG	Derrick Graham	9
RT	Howard Ballard	10
R/LT	Grant Williams	8
TE	Carlester Crumpler	12
WR	Mike Pritchard	15
QB	Warren Moon	14
	John Friesz	1
	*Jon Kitna	1
RB	Chris Warren	13
FB	Mack Strong	9

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	15
RT	Dan Saleaumua	9
	Cortez Kennedy	8
RE	Phillip Daniels	11
LLB	Winston Moss	14
MLB	Dean Wells	16
RLB	Chad Brown	15
LCB	Shawn Springs	10
RCB	Willie Williams	16
SS	Bennie Blades	9
	Jay Bellamy	7
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	10
	Rohn Stark	4

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	10	6	0	.625	369	289
Miami*	9	7	0	.563	339	327
N.Y. Jets	9	7	0	.563	348	287
Buffalo	6	10	0	.375	255	367
Indianapolis	3	13	0	.188	313	401

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	11	5	0	.688	372	307
Jacksonville*	11	5	0	.688	394	318
Tennessee	8	8	0	.500	333	310
Cincinnati	7	9	0	.438	355	405
Baltimore	6	9	1	.406	326	345

WESTERN	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.813	375	232
Denver*	12	4	0	.750	472	287
Seattle	8	8	0	.500	365	362
Oakland	4	12	0	.250	324	419
San Diego	4	12	0	.250	266	425

*= Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	10	5	1	.656	307	265
Washington	8	7	1	.531	327	289
Philadelphia	6	9	1	.406	317	372
Dallas	6	10	0	.375	304	314
Arizona	4	12	0	.250	283	379

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Green Bay	13	3	0	.813	422	282
Tampa Bay*	10	6	0	.625	299	263
Detroit*	9	7	0	.563	379	306
Minnesota*	9	7	0	.563	354	359
Chicago	4	12	0	.250	263	421

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	375	265
Carolina	7	9	0	.438	265	314
Atlanta	7	9	0	.438	320	361
New Orleans	6	10	0	.375	237	327
St. Louis	5	11	0	.313	299	359

1998 REVIEW (8-8)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
09/06	W	38-0	at Philadelphia	66,418	SEA	107	91	75	99	0	372
09/13	W	33-14	Arizona	57,678	Opp	71	73	61	105	0	310
09/20	W	24-14	Washington	63,336							
09/27	L	13-10	at Pittsburgh	58,413							
10/04	L	17-6	at Kansas City	66,418							
10/11	L	21-16	Denver	66,258							
10/18			BYE								
10/25	W	27-20	at San Diego	58,512							
11/01	L	31-18	Oakland	66,246							
11/08	W	24-12	Kansas City	66,251							
11/15	L	20-17	at Oakland	51,527							
11/22	L	30-22	at Dallas	64,142							
11/29	W	20-18	Tennessee	59,048							
12/06	L	32-31	at NY Jets	72,200							
12/13	W	38-17	San Diego	62,690							
12/20	W	27-23	Indianapolis	58,703							
12/27	L	28-21	at Denver	74,057							

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	41/41	19/24	0	98
Galloway	12	0	10	2	0	0	0	72
Watters	9	9	0	0	0	0	0	56
Pritchard	3	0	3	0	0	0	0	20
Springs	3	0	0	3	0	0	0	18
SEA	45	11	21	13	41/41	19/24	0	372
OPP	35	13	18	4	31/31	23/30	0	310

2-Point PATs: SEA 2-4. OPP 0-4.

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	267	337
Rushing	92	111
Passing	144	197
Penalty	31	29
3rd Down: Made/Att.	54/195	92/236
3rd Down Pct.	27.7	39.0
4th Down: Made/Att.	6/17	8/20
4th Down Pct.	35.3	40.0
POSSESSION AVG.	27:05	32:55
TOTAL NET YARDS	4626	5689
Avg. Per Game	289.1	355.6
Total Plays	940	1137
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1626	1999
Avg. Per Game	101.6	124.9
Total Rushes	426	487
NET YARDS PASSING	3000	3690
Avg. Per Game	187.5	230.6
Sacked/Yards Lost	34/219	53/282
Gross Yards	3219	3972
Att./Completions	480/273	597/343
Completion Pct.	56.9	57.5
Had Intercepted	18	24
PUNTS/AVERAGE	81/44.1	78/43.6
Net Punting Avg.	36.5	36.0
PENALTIES/YARDS	117/914	130/1157
FUMBLES/LOST	30/16	34/18
TOUCHDOWNS	45	35
Rushing	11	13
Passing	21	18
Defensive	10	3
Returns	3	1
FIELD GOALS	19/24	23/30
TOTAL POINTS	372	310

Rushing	Att	Yds	Avg	LG	TD
Watters	319	1239	3.9	39t	9
A. Green	35	209	6.0	64	1
Kitna	20	67	3.4	21	1
SEA	426	1626	3.8	64	11
OPP	487	1999	4.1	70	13

Receiving	No	Yds	Avg	LG	TD
Galloway	65	1047	16.1	81t	10
Pritchard	58	742	12.8	50t	3
Watters	52	373	7.2	24	0
Fauria	37	377	10.2	25	2
McKnight	21	346	16.5	59t	2
Blades	15	184	12.3	47	0
SEA	273	3219	11.8	81t	21
OPP	343	3972	11.6	80t	18

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	81	3570	44.1	36.5	12	27	59	0
SEA	81	3570	44.1	36.5	12	27	50	0
OPP	78	3397	43.6	36.0	8	23	61	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	25	5	251	10.0	74t	2
Joseph	15	5	182	12.1	66	0
SEA	41	10	428	10.4	74t	2
OPP	33	15	371	11.2	63t	1

Interceptions	No	Yds	Avg	LG	TD
Springs	7	142	20.3	56t	2
D. Smith	3	56	18.7	26t	2
D. Williams	3	41	13.7	28	0
Bellamy	3	40	13.3	24	0
W. Williams	2	36	18.0	28t	1
SEA	24	455	19.0	56t	8
OPP	18	220	12.2	74t	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	258	145	1632	56.2	6.33	11	4.3	8	3.1	45	22/140	76.6
Kitna	172	98	1177	57.0	6.84	7	4.1	8	4.7	70t	11/72	72.3
Friesz	49	29	409	59.2	8.35	2	4.1	2	4.1	81t	1/7	82.8
SEA	480	273	3219	56.9	6.71	21	4.4	18	3.8	81t	34/219	76.4
OPP	597	343	3972	57.5	6.65	18	3.0	24	4.0	80t	53/282	71.0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	29	781	26.9	90t	1
A. Green	27	620	23.0	57	0
SEA	64	1510	23.6	90t	1
OPP	68	1311	19.3	35	0

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	7/7	4/5	5/5	3/7
SEA	0/0	7/7	4/5	5/5	3/7
OPP	0/0	10/10	6/7	6/11	1/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	150	119	31	7.5	8	1	1
Bellamy	98	81	17	1.0	10	2	2
D. Williams	97	71	26	0.0	11	3	3
Springs	85	61	14	0.0	23	1	1
D. Smith	80	59	21	5.0	5	2	2

Record (finish): 8-8 (3rd, AFC West)

Head Coach: Dennis Erickson (31-33, .484)

Assistants: Pete Rodriguez (Asst. Head Coach/Special Teams), Bob Bratkowski (Off. Coord.), Greg McMackin (Def. Coord.), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Milt Jackson (WRs), Jim Johnson (LBs), Darren Krein (Asst. Strength & Cond.), Tim Lappano (RBs), Dana LeDuc (Strength & Cond.), Bill Meyers (Asst. Off. Line), Rich Olson (QBs), Willy Robinson (DBs), Gregg Smith (Off. Line), Eric Yarber (Off. Quality Control)

Captains: QB Warren Moon, C Kevin Glover, DE Michael Sinclair, S Darryl Williams, ST Jay Bellamy

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							

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	32/32	34/40	0	134
Mayes	10	0	10	0	0	0	0	60
Watters	7	5	2	0	0	0	0	42
Dawkins	7	0	7	0	0	0	0	42
Pritchard	2	0	2	0	0	0	0	12
SEA	34	5	25	4	32/32	34/40	0	338
OPP	30	9	19	2	26/27	30/38	1	298

2-Point PATs: SEA 0-2. OPP 0-2.

POSTSEASON

01/09	L	20-17	Miami	66,170
(AFC Wild Card Game)				

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	276	313
Rushing	65	107
Passing	179	183
Penalty	32	23
3rd Down: Made/Att.	68/210	89/239
3rd Down Pct.	32.4	37.2
4th Down: Made/Att.	2/8	8/18
4th Down Pct.	25.0	44.4
POSSESSION AVG.	27:48	32:12
TOTAL NET YARDS	4805	5426
Avg. Per Game	300.3	339.1
Total Plays	971	1104
Avg. Per Play	4.9	4.9
NET YARDS RUSHING	1408	1934
Avg. Per Game	88.0	120.9
Total Rushes	408	484
NET YARDS PASSING	3397	3492
Avg. Per Game	212.3	218.3
Sacked/Yards Lost	38/232	38/252
Gross Yards	3629	3744
Att./Completions	525/288	582/320
Completion Pct.	54.9	55.0
Had Intercepted	16	30
PUNTS/AVERAGE	84/40.8	81/42.0
Net Punting Avg.	35.2	34.3
PENALTIES/YARDS	98/883	128/985
FUMBLES/LOST	31/17	17/6
TOUCHDOWNS	34	30
Rushing	5	9
Passing	25	19
Defensive	3	1
Returns	1	1
FIELD GOALS	34/40	30/38
TOTAL POINTS	338	298

Rushing	Att	Yds	Avg	LG	TD
Watters	325	1210	3.7	45	5
Green	26	120	4.6	21	0
Kitna	35	56	1.6	10	0
R. Brown	14	38	2.7	0	0
SEA	408	1408	3.5	45	5
OPP	484	1934	4.0	71	9

Receiving	No	Yds	Avg	LG	TD
Mayes	65	829	13.4	54t	10
Dawkins	58	992	17.1	45t	7
Watters	40	387	9.7	25	2
Fauria	35	376	10.7	25	0
R. Brown	34	228	6.7	26	1
Pritchard	26	375	14.4	51	2
Galloway	22	335	15.2	48	1
Mili	5	28	5.6	8	1
Bownes	4	68	17.0	49t	1
SEA	288	3629	12.6	51	25
OPP	320	3744	11.7	76t	19

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	84	3425	40.8	35.2	5	34	59	0
SEA	84	3425	40.8	35.2	5	34	59	0
OPP	81	3398	42.0	34.3	10	23	68	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	22	18	318	14.5	94t	1
SEA	30	24	419	14.0	94t	1
OPP	36	18	370	10.3	81t	1

Interceptions	No	Yds	Avg	LG	TD
Springs	5	77	15.4	42	0
W. Williams	5	43	8.6	40t	1
D. Williams	4	41	10.3	21	0
Bellamy	4	4	1.0	7	0
Joseph	3	82	27.3	40	0
Hanks	2	30	15.0	23t	1
SEA	30	336	11.2	42	2
OPP	16	210	13.1	43	0

Kickoff Returns	No	Yds	Avg	LG	TD
Green	36	818	22.7	54	0
Rogers	18	465	25.8	49	0
SEA	68	1547	22.8	61	0
OPP	81	1500	18.5	39	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	495	270	3346	54.5	6.76	23	4.6	16	3.2	51	32/198	77.7
Foley	30	18	283	60.0	9.43	2	6.7	0	0.0	49t	6/34	113.6
SEA	525	288	3629	54.9	6.91	25	4.8	16	3.0	51	38/232	79.8
OPP	582	320	3744	55.0	6.43	19	3.3	30	5.2	76t	38/252	64.1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	10/10	8/11	14/16	1/2
SEA	1/1	10/10	8/11	14/16	1/2
OPP	1/1	9/9	8/8	9/12	3/8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	117	87	30	5.5	6	2	1
Bellamy	96	85	11	0.0	8	0	0
D. Smith	90	65	25	1.0	3	0	0
Simmons	90	55	35	0.0	2	0	0
D. Williams	78	63	15	0.0	11	0	1
Springs	74	64	10	0.0	15	0	1
Kennedy	73	61	12	6.5	15	0	1
W. Williams	72	66	6	0.0	16	0	0
Daniels	45	38	7	9.0	2	1	0

Record (finish): 9-7 (1st, AFC West)

Head Coach: Mike Holmgren (9-7, .563)

Assistants: Mike Sherman (Offensive Coordinator/Tight Ends), Larry Brooks (Defensive Line), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (Wide Receivers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Cond.), Jim Lind (Linebackers), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/Offensive Line), Stump Mitchell (Running Backs), Dick Roach (Def. Assistant), Pete Rodriguez (Special Teams), Mike Sheppard (Quarterbacks), Rod Springer (Asst. Strength & Cond.), Bob Zeman (Def. Assistant)

Captains: Game-to-Game

MVP: LB Chad Brown

Pro Bowl: LB Chad Brown (3), T Walter Jones (1), DT Cortez Kennedy (8)

OFFENSE

Pos.		Starts
WR	Sean Dawkins	13
LT	Walter Jones	16
LG	Pete Kendall	16
C	Kevin Glover	6
	Chris Gray	10
RG	Brian Habib	16
RT	Grant Williams	15
TE	Christian Fauria	15
WR	Derrick Mayes	15
QB	Jon Kitna	15
RB	Ricky Watters	16
FB	Reggie Brown	8

DEFENSE

LE	Michael Sinclair	15
LT	Sam Adams	13
RT	Cortez Kennedy	16
RE	Phillip Daniels	16
OLB	Chad Brown	15
MLB	Anthony Simmons	16
OLB	Darrin Smith	14
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Darryl Williams	12
FS	Jay Bellamy	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Indianapolis	13	3	0	.813	423	333
Buffalo*	11	5	0	.688	320	229
Miami*	9	7	0	.563	326	336
N.Y. Jets	8	8	0	.500	308	309
New England	8	8	0	.500	299	284

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Jacksonville	14	2	0	.875	396	217
Tennessee*	13	3	0	.813	392	324
Baltimore	8	8	0	.500	324	277
Pittsburgh	6	10	0	.375	317	320
Cincinnati	4	12	0	.250	283	460
Cleveland	2	14	0	.125	217	437

WESTERN	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	338	298
Kansas City	9	7	0	.563	390	322
San Diego	8	8	0	.500	269	316
Oakland	8	8	0	.500	390	329
Denver	6	10	0	.375	314	318

* = Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	10	6	0	.625	443	377
Dallas*	8	8	0	.500	352	276
N.Y. Giants	7	9	0	.438	299	358
Arizona	6	10	0	.375	245	382
Philadelphia	5	11	0	.313	272	357

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	11	5	0	.688	270	235
Minnesota*	10	6	0	.625	399	335
Detroit*	8	8	0	.500	322	323
Green Bay	8	8	0	.500	357	341
Chicago	6	10	0	.375	272	341

WESTERN	W	L	T	Pct.	Pts.	Opp.
St. Louis	13	3	0	.813	526	242
Carolina	8	8	0	.500	421	381
Atlanta	5	11	0	.313	285	380
San Francisco	4	12	0	.250	295	453
New Orleans	3	13	0	.188	260	434

2000 REVIEW (6-10)

Date	W/L Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/03	L 23-0	at Miami	72,949	Lindell	0	0	0	0	25/25	15/17	0	70
09/10	L 37-34	St. Louis	64,869	Watters	9	7	2	0	0	0	0	54
09/17	W 20-10	New Orleans	59,513	Jackson	6	0	6	0	0	0	0	36
09/24	W 20-12	at San Diego	47,233	Dawkins	5	0	5	0	0	0	0	30
10/02	L 24-17	at Kansas City	82,893	Heppner™	0	0	0	0	8/8	6/9	0	26
10/08	L 26-3	at Carolina	72,192	SEA	37	10	21	6	33/33	21/26	1	320
10/15	L 37-24	Indianapolis	63,593	OPP	46	20	23	3	45/45	28/33	0	405
10/22	L 31-3	at Oakland	57,490	2-Point PATs: SEA 0-4, OPP 0-1.								
10/29	L 24-19	Kansas City	62,141									
11/05	W 17-15	San Diego	59,884									
11/12	W 28-21	at Jacksonville	68,063									
11/19		BYE										
11/26	L 38-31	Denver	68,661									
12/03	W 30-10	at Atlanta	44,680									
12/10	L 31-24	at Denver	75,218									
12/16	W 27-24	Oakland	68,681									
12/23	L 42-23	Buffalo	61,025									

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	281	331
Rushing	98	126
Passing	168	185
Penalty	15	20
3rd Down: Made/Att.	83/205	89/201
3rd Down Pct.	40.5	44.3
4th Down: Made/Att.	7/14	1/7
4th Down Pct.	50.0	14.3
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	4680	6391
Avg. Per Game	292.5	399.4
Total Plays	956	1019
Avg. Per Play	4.9	6.3
NET YARDS RUSHING	1720	2454
Avg. Per Game	107.5	153.4
Total Rushes	403	503
NET YARDS PASSING	2960	3937
Avg. Per Game	185.0	246.1
Sacked/Yards Lost	46/238	27/152
Gross Yards	3198	4089
Att./Completions	507/308	489/309
Completion Pct.	60.7	63.2
Had Intercepted	21	17
PUNTS/AVERAGE	75/39.5	62/41.5
Net Punting Avg.	36.9	33.3
PENALTIES/YARDS	89/728	96/694
FUMBLES/LOST	35/17	28/12
TOUCHDOWNS	37	46
Rushing	10	20
Passing	21	23
Defensive	5	3
Returns	1	0
FIELD GOALS	21/26	28/33
TOTAL POINTS	320	405

By Quarters	1	2	3	4	OT	Tot
SEA	70	100	59	91	0	320
OPP	96	140	71	98	0	405

Rushing	Att	Yds	Avg	LG	TD
Watters	278	1242	4.5	55	7
Alexander	64	313	4.9	50	2
Kitna	48	127	2.6	13	1
Huard	5	29	5.8	10	0
SEA	403	1720	4.3	55	10
OPP	503	2454	4.9	80t	20

Receiving	No	Yds	Avg	LG	TD
Dawkins	63	731	11.6	40	5
Watters	63	613	9.7	59	2
Jackson	53	713	13.5	71	6
Mayes	29	264	9.1	40	1
Mili	28	288	10.3	34	3
Fauria	28	237	8.5	16	2
Strong	23	141	6.1	24	1
J. Williams	8	99	12.4	18	0
Bailey	6	62	10.3	22	1
Alexander	5	41	8.2	18	0
SEA	308	3198	10.4	71	21
OPP	309	4089	13.2	73	23

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	74	2960	40.0	36.9	2	24	57	1
SEA	75	2960	39.5	36.9	2	24	57	1
OPP	62	2571	41.5	33.3	6	21	69	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	26	12	363	14.0	43	0
SEA	30	14	384	12.8	43	0
OPP	32	18	151	4.7	22	0

Interceptions	No	Yds	Avg	LG	TD
Bellamy	4	132	33.0	84t	1
W. Williams	4	74	18.5	69t	1
Simmons	2	15	7.5	8	0
Springs	2	8	4.0	8	0
Koonce	1	27	27.0	27t	1
SEA	17	300	17.6	84t	3
OPP	21	191	9.1	79t	2

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	66	1629	24.7	81t	1
SEA	80	1932	24.2	81t	1
OPP	64	1236	19.3	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	4/5	1/1	7/8	3/3
Heppner™	1/1	2/2	1/3	2/2	0/1
SEA	1/1	6/7	2/4	9/10	3/4
OPP	1/1	11/12	7/9	9/9	0/2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	418	259	2658	62.0	6.36	18	4.3	19	4.5	71	33/168	75.6
Huard	87	49	540	56.3	6.21	3	3.4	2	2.3	45	13/72	76.8
SEA	507	308	3198	60.7	6.31	21	4.1	21	4.1	71	46/238	75.5
OPP	489	309	4089	63.2	8.36	23	4.7	17	3.5	73	27/152	90.8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Simmons	147	119	28	4.0	2	2	0
Koonce	97	73	24	1.5	5	0	1
C. Brown	94	71	23	6.0	3	2	3
Bellamy	87	69	18	2.0	8	2	0
Springs	85	72	13	0.0	14	1	0
W. Williams	60	51	9	1.0	11	1	1
Joseph	58	45	13	0.0	4	0	0
Kennedy	50	32	18	1.0	9	0	0
King	48	42	6	6.0	3	0	0

Record (finish): 6-10 (4th, AFC West)

Head Coach: Mike Holmgren (15-17, .469)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/OL), Stump Mitchell (RBs), Dick Roach (DBs), Pete Rodriguez (Special Teams), Mike Sheppard (QBs), Rod Springer (Asst. Strength & Cond.)

Captains: Game-to-Game

Largent Award: RB Ricky Watters

Pro Bowl: None

OFFENSE

Pos.		Starts
WR	Sean Dawkins	16
LT	Walter Jones	16
LG	Pete Kendall	16
C	Chris Gray	16
RG	Floyd Wedderburn	16
RT	Chris McIntosh	10
TE	Christian Fauria	10
WR	*Darrell Jackson	10
	Derrick Mayes	8
QB	Jon Kitna	12
	Brock Huard	4
RB	Ricky Watters	16
FB	Mack Strong	12

DEFENSE

LE	Michael Sinclair	16
LT	Riddick Parker	16
RT	Cortez Kennedy	16
RE	Lamar King	16
OLB	Chad Brown	16
MLB	George Koonce	16
OLB	Anthony Simmons	16
LCB	Shawn Springs	16
RCB	Willie Williams	15
SS	Kerry Joseph	10
	Reggie Tongue	6
FS	Jay Bellamy	16

SPECIAL TEAMS

K	*Rian Lindell	12
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	11	5	0	.688	323	226
Indianapolis*	10	6	0	.625	429	326
N.Y. Jets	9	7	0	.563	321	321
Buffalo	8	8	0	.500	315	350
New England	5	11	0	.313	276	338

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Tennessee	13	3	0	.812	346	191
Baltimore*	12	4	0	.750	333	165
Pittsburgh	9	7	0	.563	321	255
Jacksonville	7	9	0	.438	367	327
Cincinnati	4	12	0	.250	185	359
Cleveland	3	13	0	.188	161	419

WESTERN	W	L	T	Pct.	Pts.	Opp.
Oakland	12	4	0	.750	479	299
Denver*	11	5	0	.688	485	369
Kansas City	7	9	0	.438	355	354
Seattle	6	10	0	.375	320	405
San Diego	1	15	0	.062	269	440

*= Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	12	4	0	.750	328	246
Philadelphia*	11	5	0	.688	351	245
Washington	8	8	0	.500	281	269
Dallas	5	11	0	.313	294	361
Arizona	3	13	0	.188	210	443

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	11	5	0	.688	397	371
Tampa Bay*	10	6	0	.625	388	269
Green Bay	9	7	0	.562	353	323
Detroit	9	7	0	.562	307	307
Chicago	5	11	0	.313	216	355

WESTERN	W	L	T	Pct.	Pts.	Opp.
New Orleans	10	6	0	.625	354	305
St. Louis*	10	6	0	.625	540	471
Carolina	7	9	0	.438	310	310
San Francisco	6	10	0	.375	388	422
Atlanta	4	12	0	.250	252	413

2001 REVIEW (9-7)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/09	W	9-6	at Cleveland	72,318	Alexander	16	14	2	0	0	0	0	96
09/23	L	27-3	Philadelphia	62,826	Lindell	0	0	0	0	33/33	20/32	0	93
09/30	L	38-14	at Oakland	54,629	Jackson	8	0	8	0	0	0	0	48
10/07	W	24-15	Jacksonville	54,524	Mili	2	0	2	0	0	0	0	12
10/14	W	34-21	Denver	61,837	8 w/ one	8	1	3	4	0	0	0	48
10/21			BYE		SEA	34	15	15	4	33/33	20/32	1	301
10/28	L	24-20	Miami	59,108	OPP	34	9	20	5	31/31	29/36	0	324
11/04	L	27-14	at Washington	82,352	2-Point PATs: Fauria 1-1. SEA 1-1. OPP 1-3.								
11/11	W	34-27	Oakland	67,231									
11/18	W	23-20	at Buffalo	60,836									
11/25	L	19-7	at Kansas City	77,357									
12/02	W	13-10	San Diego (OT)	55,466									
12/09	L	20-7	at Denver	74,524									
12/16	W	29-3	Dallas	63,366									
12/23	L	27-24	at N.Y. Giants	78,119									
12/30	W	25-22	at San Diego	51,412									
01/06	W	21-18	Kansas City	58,460									

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	274	300
Rushing	107	91
Passing	141	186
Penalty	26	23
3rd Down: Made/Att.	77/213	92/223
3rd Down Pct.	36.2	41.3
4th Down: Made/Att.	8/17	6/11
4th Down Pct.	47.1	54.5
POSSESSION AVG.	29:51	30:09
TOTAL NET YARDS	4772	5206
Avg. Per Game	298.3	325.4
Total Plays	980	1028
Avg. Per Play	4.9	5.1
NET YARDS RUSHING	1936	1721
Avg. Per Game	121.0	107.6
Total Rushes	469	427
NET YARDS PASSING	2836	3485
Avg. Per Game	177.3	217.8
Sacked/Yards Lost	49/328	38/248
Gross Yards	3164	3733
Att./Completions	462/258	563/339
Completion Pct.	55.8	60.2
Had Intercepted	12	14
PUNTS/AVERAGE	86/43.4	76/42.3
Net Punting Avg.	36.4	36.1
PENALTIES/YARDS	66/579	101/805
FUMBLES/LOST	24/9	28/13
TOUCHDOWNS	34	34
Rushing	15	9
Passing	15	20
Defensive	4	3
Returns	0	2
FIELD GOALS	20/32	29/36
TOTAL POINTS	301	324

By Quarters	1	2	3	4	OT	Tot
SEA	64	107	75	52	3	301
OPP	53	123	74	74	0	324

Rushing	Att	Yds	Avg	LG	TD
Alexander	309	1318	4.3	88t	14
Watters	72	318	4.4	40	1
Hasselbeck	40	141	3.5	17	0
Strong	17	55	3.2	12	0
Graham	12	43	3.6	19	0
SEA	469	1936	4.1	88t	15
OPP	427	1721	4.0	57	9

Receiving	No	Yds	Avg	LG	TD
Jackson	70	1081	15.4	64	8
Alexander	44	343	7.8	28t	2
Robinson	39	536	13.7	42	1
Engram	29	400	13.8	31	0
Fauria	21	18	9.0	30	1
Strong	17	141	8.3	35	0
J. Williams	12	212	17.7	49	1
SEA	258	3164	12.3	64	15
OPP	339	3733	11.0	65	20

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	85	3730	43.9	36.4	7	26	68	1
SEA	86	3730	43.4	36.4	7	26	68	1
OPP	76	3212	42.3	36.1	6	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	25	10	244	9.8	34	0
SEA	33	14	352	10.7	34	0
OPP	43	11	462	10.7	86t	1

Interceptions	No	Yds	Avg	LG	TD
W. Williams	4	24	6.0	24	0
Tongue	3	67	22.3	55t	1
Charlton	2	43	21.5	38t	1
Robertson	2	30	15.0	25	0
Kacyvenski	1	22	22.0	22	0
Lucas	1	0	0.0	0	0
Springs	1	0	0.0	0	0
SEA	14	186	13.3	55t	2
OPP	12	36	3.0	10	0

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	50	1120	22.4	64	0
SEA	72	1496	20.8	64	0
OPP	64	1273	19.9	90t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	7/8	4/5	6/14	3/5
SEA	0/0	7/8	4/5	6/14	3/5
OPP	0/0	12/12	7/8	9/12	1/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	321	176	2023	54.8	6.30	7	2.2	8	2.5	64	38/251	70.9
Dilfer	122	73	1014	59.8	8.31	7	5.7	4	3.3	54	10/72	92.0
Huard	17	9	127	52.9	7.47	1	5.9	0	0.0	44	1/5	96.9
Feagles	2	0	0	0.0	0.00	0	0.0	0	0.0	0	0/0	39.6
SEA	462	258	3164	55.8	6.85	15	3.2	12	2.6	64	49/328	77.2
OPP	563	339	3733	60.2	6.63	20	3.6	14	2.5	65	38/248	81.4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Simmons	123	103	20	2.0	0	7	1	0
C. Brown	106	80	26	8.5	0	7	2	1
Kirkland	101	80	21	1.0	0	4	1	0
Tongue	72	53	19	1.0	3	7	1	1
W. Williams	68	57	11	0.0	4	16	1	1
Robertson	63	48	15	0.0	2	3	0	0
Eaton	55	42	13	1.0	0	2	1	0

Record (finish): 9-7 (2nd, AFC West)

Head Coach: Mike Holmgren (24-24, .500)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)

Captains: Chad Brown, Matt Hasselbeck, Levon Kirkland, Marcus Robertson, Robbie Tobeck, Ricky Watters

Largest Award: FB Mack Strong

Pro Bowl: Walter Jones (2), John Randle

OFFENSE

Pos.		Starts
WR	*Koren Robinson	13
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Todd Weiner	13
TE	Christian Fauria	11
	Itula Mili	5
WR	Darrell Jackson	16
	Bobby Engram	4
QB	Matt Hasselbeck	12
	Trent Dilfer	4
RB	Shaun Alexander	12
	Ricky Watters	4
FB	Mack Strong	13

DEFENSE

LE	Michael Sinclair	16
LT	Chad Eaton	16
RT	John Randle	14
RE	Lamar King	8
	John Hilliard	8
OLB	Chad Brown	16
MLB	Levon Kirkland	16
OLB	Anthony Simmons	16
LCB	Ken Lucas	8
	Shawn Springs	7
RCB	Willie Williams	14
SS	Reggie Tongue	16
FS	Marcus Robertson	12

SPECIAL TEAMS

K	Rian Lindell	16
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	11	5	0	.688	371	272
Miami*	11	5	0	.688	344	290
N.Y. Jets*	10	6	0	.625	308	295
Indianapolis	6	10	0	.375	413	486
Buffalo	3	13	0	.188	265	420

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	13	3	0	.812	352	212
Baltimore*	10	6	0	.600	303	265
Cleveland	7	9	0	.438	285	319
Tennessee	7	9	0	.438	336	388
Cincinnati	6	10	0	.375	294	286
Jacksonville	6	10	0	.375	226	309

WESTERN	W	L	T	Pct.	Pts.	Opp.
Oakland	10	6	0	.625	399	327
Seattle	9	7	0	.562	301	324
Denver	8	8	0	.500	340	339
Kansas City	6	10	0	.375	320	344
San Diego	5	11	0	.313	332	321

* = Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Philadelphia	11	5	0	.688	343	208
Washington	8	8	0	.500	256	303
Arizona	7	9	0	.438	294	321
N.Y. Giants	7	9	0	.438	295	343
Dallas	5	11	0	.313	246	338

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	13	3	0	.812	338	203
Green Bay*	12	4	0	.750	390	266
Tampa Bay*	9	7	0	.563	324	280
Minnesota	5	11	0	.313	290	390
Detroit	2	14	0	.125	270	424

WESTERN	W	L	T	Pct.	Pts.	Opp.
St. Louis	14	2	0	.875	503	273
San Francisco*	12	4	0	.750	409	282
New Orleans	7	9	0	.438	333	409
Atlanta	7	9	0	.438	291	377
Carolina	1	15	0	.062	253	410

2002 REVIEW (7-9)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/08	L	31-17	at Oakland	53,260	Alexander	18	16	2	0	0	0	0	108
09/15	L	24-13	Arizona	63,104	Lindell	0	0	0	0	38/38	23/29	0	107
09/22	L	9-6	at N.Y. Giants	78,551	Robinson	5	0	5	0	0	0	0	30
09/29	W	48-23	Minnesota	65,212	Jackson	4	0	4	0	0	0	0	24
10/6			BYE		Stevens	3	0	3	0	0	0	0	18
10/14	L	28-21	San Francisco	66,420	SEA	41	17	19	5	38/38	23/29	0	355
10/20	L	37-20	at St. Louis	65,931	OPP	43	18	21	4	39/39	22/26	0	369
10/27	W	17-14	at Dallas	63,854	2-Point PATs: SEA 1-2, OPP 3-4.								
11/03	L	14-3	Washington	64,325									
11/10	W	27-6	at Arizona	29,252	Rushing								
11/17	L	31-9	Denver	65,495	Alexander	295	1175	4.0	58t	16			
11/24	W	39-32	Kansas City	56,250	Hasselbeck	40	202	5.1	21	1			
12/01	L	31-24	at San Francisco	67,594	Morris	32	153	4.8	24	0			
12/08	L	27-20	Philadelphia	59,862	Strong	23	94	4.1	9	0			
12/15	W	30-24	at Atlanta (OT)	69,551	Evans	17	53	3.1	8	0			
12/22	W	30-10	St. Louis	63,953	Robinson	8	56	7.0	20	0			
12/29	W	31-28	at San Diego (OT)	52,159	SEA	430	1740	4.0	58t	17			
					OPP	500	2441	4.9	58t	18			

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	347	356
Rushing	104	140
Passing	208	191
Penalty	35	25
3rd Down: Made/Att.	93/216	100/215
3rd Down Pct.	43.1	46.5
4th Down: Made/Att.	6/21	6/13
4th Down Pct.	28.6	46.2
POSSESSION AVG.	28:55	31:05
TOTAL NET YARDS	5818	5852
Avg. Per Game	363.6	365.8
Total Plays	1050	1083
Avg. Per Play	5.5	5.4
NET YARDS RUSHING	1740	2441
Avg. Per Game	108.8	152.6
Total Rushes	430	500
NET YARDS PASSING	4078	3411
Avg. Per Game	254.9	213.2
Sacked/Yards Lost	33/179	28/185
Gross Yards	4257	3596
Att./Completions	587/361	555/321
Completion Pct.	61.5	57.8
Had Intercepted	16	19
PUNTS/AVERAGE	61/41.7	65/39.0
Net Punting Avg.	37.0	33.0
PENALTIES/YARDS	100/792	99/816
FUMBLES/LOST	23/12	22/11
TOUCHDOWNS	41	43
Rushing	17	18
Passing	19	21
Defensive	3	1
Returns	2	3
FIELD GOALS	23/29	22/26
TOTAL POINTS	355	369

By Quarters	1	2	3	4	OT	Tot
SEA	67	123	58	98	9	355
OPP	75	99	82	113	0	369

Receiving	No	Yds	Avg	LG	TD
Robinson	78	1240	15.9	83	5
Jackson	62	877	14.1	48	4
Alexander	59	460	7.8	80t	2
Engram	50	619	12.4	38	0
Mili	43	508	11.8	49	2
Stevens	26	252	9.7	29	3
Strong	22	120	5.5	12	2
SEA	361	4257	11.8	83	19
OPP	321	3596	11.2	64t	21

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	61	2542	41.7	37.0	4	22	58	0
SEA	61	2542	41.7	37.0	4	22	58	0
OPP	65	2538	39.0	33.0	7	20	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Engram	21	23	224	10.7	61t	1
SEA	25	23	256	10.2	61t	1
OPP	17	19	202	11.9	89t	1

Interceptions	No	Yds	Avg	LG	TD
Tongue	5	118	23.6	46t	1
Lucas	3	67	22.3	40	0
Springs	3	0	0.0	0	0
Simmons	2	19	9.5	15	0

Six with 1	No	Yds	Avg	LG	TD
SEA	19	245	12.9	46t	1
OPP	16	119	7.4	22t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	34	821	24.1	97t	1
J. Williams	21	354	16.9	46	0
SEA	74	1533	20.7	97t	1
OPP	73	1591	21.8	95t	2

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	1/1	9/9	8/10	4/5	1/4
SEA	1/1	9/9	8/10	4/5	1/4
OPP	0/0	9/9	6/8	7/9	0/0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	419	267	3075	63.7	7.34	15	3.6	10	2.4	49	26/143	87.8
Dilfer	168	94	1182	56.0	7.04	4	2.4	6	3.6	83	7/36	71.1
SEA	587	361	4257	61.5	7.25	19	3.2	16	2.7	83	33/179	83.0
OPP	555	321	3596	57.8	6.48	21	3.8	19	3.4	64t	28/185	75.6

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Tongue	93	68	25	0	5	10	0	1
Robertson	89	67	22	0	0	4	0	2
Lucas	82	71	11	0	3	12	1	0
Bell	74	63	11	1.0	0	5	2	2
Eaton	73	48	25	1.0	0	3	0	2
Kacyvenski	71	51	20	0	1	1	0	0
Springs	59	54	5	0	3	11	0	1

Record (finish): 7-9 (3rd, NFC West)

Head Coach: Mike Holmgren (31-33, .484)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (LBs), Kent Johnston (Strength & Cond.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)

Captains: Chad Brown, Matt Hasselbeck, Levon Kirkland, Marcus Robertson, Robbie Tobeck, Ricky Watters

Largent Award: FB Mack Strong

Pro Bowl: Walter Jones (3)

OFFENSE

Pos.		Starts
WR	Koren Robinson	16
LT	Walter Jones	14
LG	Chris Gray (4 @ RG)	12
	Steve Hutchinson	4
C	Robbie Tobeck	16
RG	Floyd Wedderburn	10
RT	Pork Chop 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

	W	L	T	Pct.	Pts.	Opp.
EAST						
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						
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						
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						
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

	W	L	T	Pct.	Pts.	Opp.
EAST						
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						
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						
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						
San Francisco	10	6	0	.625	367	351
St. Louis	7	9	0	.438	316	369
Seattle	7	9	0	.438	355	369
Arizona	5	11	0	.313	262	417

2003 REVIEW (10-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/07	W	27-10	New Orleans	52,250	J. Brown	0	0	0	0	48/48	22/30	0	114
09/14	W	38-0	at Arizona	23,127	Alexander	16	14	2	0	0	0	0	96
09/21	W	24-23	St. Louis	65,841	Jackson	9	0	9	0	0	0	0	54
10/05	L	35-13	at Green Bay	70,365	Engram	7	0	6	1	0	0	0	42
10/12	W	20-19	San Francisco	66,437	K. Robinson	5	0	4	1	0	0	0	30
10/19	W	24-17	Chicago	65,671	Mili	4	0	4	0	0	0	0	24
10/26	L	27-24	at Cincinnati	52,131	SEA	48	17	27	4	48/48	22/30	1	404
11/02	W	23-16	Pittsburgh	66,507	OPP	36	9	24	3	34/35	25/31	0	327
11/09	L	27-20	at Washington	80,728	2-Point PATs: SEA 0-0. OPP 1-1.								
11/16	W	35-14	Detroit	65,865									
11/23	L	44-41	at Baltimore (OT)	69,477									
11/30	W	34-7	Cleveland	64,680									
12/07	L	34-7	at Minnesota	63,968									
12/14	L	27-22	at St. Louis	66,152									
12/21	W	28-10	Arizona	64,899									
12/27	W	24-17	at San Francisco	67,840									

POSTSEASON

01/04	L	33-27	at Green Bay (OT)	71,457								
					(NFC Wild Card Game)							

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	338	304
Rushing	121	93
Passing	190	183
Penalty	27	28
3rd Down: Made/Att.	96/205	99/235
3rd Down Pct.	46.8	42.1
4th Down: Made/Att.	2/7	7/18
4th Down Pct.	28.6	38.9
POSSESSION AVG.	28:33	31:27
TOTAL NET YARDS	5627	5239
Avg. Per Game	351.7	327.4
Total Plays	1017	1069
Avg. Per Play	5.5	4.9
NET YARDS RUSHING	2009	1759
Avg. Per Game	125.6	109.9
Total Rushes	453	456
NET YARDS PASSING	3618	3480
Avg. Per Game	226.1	217.5
Sacked/Yards Lost	43/254	40/248
Gross Yards	3872	3728
Att./Completions	521/317	573/343
Completion Pct.	60.8	59.9
Had Intercepted	16	16
PUNTS/AVERAGE	69/40.0	76/39.8
NET PUNTING AVG.	37.1	34.1
PENALTIES/YARDS	91/777	105/825
FUMBLES/BALL LOST	23/13	25/12
TOUCHDOWNS	48	36
Rushing	17	9
Passing	27	24
Defensive	1	1
Returns	4	3
FIELD GOALS	22/30	25/31
TOTAL POINTS	404	327

By Quarters	1	2	3	4	OT	Tot
SEA	89	166	67	82	0	404
OPP	51	104	73	96	3	327

Rushing	Att	Yds	Avg	LG	TD
Alexander	326	1435	4.4	55	14
Morris	38	239	6.3	43	0
Strong	37	174	4.7	21t	1
Hasselbeck	36	125	3.5	18	2
H. Evans	7	24	3.4	8	0
K. Robinson	4	15	3.8	16	0
SEA	453	2009	4.4	55	17
OPP	456	1759	3.9	50	9

Receiving	No	Yds	Avg	LG	TD
Jackson	68	1137	16.7	80t	9
K. Robinson	65	896	13.8	38t	4
Engram	52	637	12.3	34t	6
Mili	46	492	10.7	46t	4
Alexander	42	295	7.0	22	2
Strong	29	216	7.4	32	0
Stevens	6	72	12.0	26	0
SEA	317	3872	12.2	80t	27
OPP	343	3728	10.9	72t	24

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	67	2762	41.2	37.1	3	29	61	2
TEAM	69	2762	40.0	37.1	3	29	61	2
OPP	76	3028	39.8	34.1	6	19	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Engram	31	22	320	10.3	83t	1
TEAM	34	22	320	9.4	83t	1
OPP	29	22	140	4.8	19	0

Interceptions	No	Yds	Avg	LG	TD
Tongue	4	11	2.8	10	0
Simmons	3	38	12.7	33	0
Trufant	2	21	10.5	15	0
Seven with 1					
SEA	16	157	9.8	33	0
OPP	16	164	10.3	80t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	47	1007	21.4	56	0
Carter	8	185	23.1	33	0
Strong	3	60	20.0	27	0
SEA	64	1336	20.9	56	0
OPP	79	1626	20.6	52	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	5/5	10/11	6/11	1/3
TEAM	0/0	5/5	10/11	6/11	1/3
OPP	0/0	5/6	12/15	7/8	1/2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	513	313	3841	61.0	7.49	26	5.1	15	2.9	80t	42/246	88.8
Dilfer	8	4	31	50.0	3.88	1	12.5	1	12.5%	14	1/8	59.9
TEAM	521	317	3872	60.8	7.43	27	5.2	16	3.1	80t	43/254	88.2
OPP	573	343	3728	59.9	6.51	24	4.2	16	2.8	72t	40/248	81.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Simmons	100	80	20	3.0	3	8	1	1
Hamlin	96	76	20	0.0	1	10	2	1
Brown	86	74	12	7.0	1	3	1	2
Trufant	78	69	9	0.0	2	20	0	1
Tongue	63	50	13	2.0	4	8	2	0
Lucas	62	52	10	0.0	1	12	1	1
Godfrey	59	45	14	0.0	1	4	1	1t

Record (finish): 10-6 (2nd, NFC West)

Head Coach: Mike Holmgren (41-39, .513)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Nolan Cromwell (WRs), Bill Gillespie (Strength & Cond. Asst.), Kent Johnston (Strength & Conditioning), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Asst./Secondary), Tom Lovat (Asst. Head Coach/OL), John Marshall (LBs), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Pete Rodriguez (Special Teams Coord.), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DT John Randle

Largent Award: QB Trent Dilfer

Pro Bowl: RB Shaun Alexander (1), ST Alex Bannister (1), QB Matt Hasselbeck (1), G Steve Hutchinson (1), T Walter Jones (4)

OFFENSE

Pos.	Starts
WR	Darrell Jackson 16
	Koren Robinson 15
	Bobby Engram 7
LT	Walter Jones 16
LG	Steve Hutchinson 16
C	Robbie Tobeck 16
RG	Chris Gray 16
RT	Chris Terry 10
	Floyd Womack 4
TE	Itula Mili 12
QB	Matt Hasselbeck 16
RB	Shaun Alexander 15
FB	Mack Strong 9

DEFENSE

LE	Antonio Cochran 7
	Brandon Mitchell 6
LT	Cedric Woodard 12
RT	John Randle 9
	Rashad Moore 6
RE	Chike Okefor 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

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 NETYARDS	5634	5620
Avg. Per Game	352.1	351.3
Total Plays	1034	1047
Avg. Per Play	5.4	5.4
NETYARDS RUSHING	2095	2031
Avg. Per Game	130.9	126.9
Total Rushes	468	452
NETYARDS 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
TEAM	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
TEAM	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
TEAM	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.		Starts
WR	Darrell Jackson	16
	Jerry Rice	9
	Koren Robinson	8
	Bobby Engram	7
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	8
	Floyd Womack	8
TE	Jerramy Stevens	5
	Itula Mili	4
QB	Matt Hasselbeck	14
	Trent Dilfer	2
RB	Shaun Alexander	16
FB	Mack Strong	13
K	Josh Brown	16

DEFENSE

LE	Chike Okeafor	16
LT	Cedric Woodard	16
RT	Rashad Moore	12
RE	Grant Wistrom	9
	Antonio Cochran	7
OLB	Isaiah Kacyvenski	7
	Anthony Simmons	7
MLB	Orlando Huff	14
OLB	Chad Brown	7
	Isaiah Kacyvenski	6
LCB	Marcus Trufant	16
RCB	Ken Lucas	16
SS	Terreal Bierria	12
	Michael Boulware	4
FS	Ken Hamlin	16

SPECIAL TEAMS

K	Josh Brown	16
P	Donnie Jones	6
	Ken Walter	6
	Tom Rouen	4

AFC

	W	L	T	Pct.	Pts.	Opp.
EAST						
New England	14	2	0	.875	437	260
N.Y. Jets*	10	6	0	.625	333	261
Buffalo	9	7	0	.563	395	284
Miami	4	12	0	.250	275	354
NORTH						
Pittsburgh	15	1	0	.938	372	251
Baltimore	9	7	0	.563	317	268
Cincinnati	8	8	0	.500	374	372
Cleveland	4	12	0	.250	276	390
SOUTH						
Indianapolis	12	4	0	.750	522	351
Jacksonville	9	7	0	.563	261	280
Houston	7	9	0	.438	309	339
Tennessee	5	11	0	.313	344	439
WEST						
San Diego	12	4	0	.750	446	313
Denver*	10	6	0	.625	381	304
Kansas City	7	9	0	.438	483	435
Oakland	5	11	0	.313	320	442

*= Wild Card teams

NFC

	W	L	T	Pct.	Pts.	Opp.
EAST						
Philadelphia	13	3	0	.812	386	260
N.Y. Giants	6	10	0	.375	303	347
Dallas	6	10	0	.375	293	405
Washington	6	10	0	.375	240	265
NORTH						
Green Bay	10	6	0	.625	424	380
Minnesota*	8	8	0	.500	405	395
Detroit	6	10	0	.375	296	350
Chicago	5	11	0	.313	231	331
SOUTH						
Atlanta	11	5	0	.688	340	337
New Orleans	8	8	0	.500	348	405
Carolina	7	9	0	.438	355	339
Tampa Bay	5	11	0	.313	301	304
WEST						
Seattle	9	7	0	.563	371	373
St. Louis*	8	8	0	.500	319	392
Arizona	6	10	0	.375	284	322
San Francisco	2	14	0	.125	259	452

2005 REVIEW (13-3; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	By Quarters	1	2	3	4	OT	Tot
09/11	L	26-14	at Jacksonville	65,204	SEA	93	148	121	87	3	452
09/18	W	21-18	Atlanta	66,030	OPP	44	80	83	61	3	271
09/25	W	37-12	Arizona	64,843							
10/02	L	20-17	at Washington (OT)	90,215							
10/09	W	37-31	at St. Louis	65,707							
10/16	W	42-10	Houston	66,196							
10/23	W	13-10	Dallas	67,046							
10/30			BYE								
11/06	W	33-19	at Arizona	43,542							
11/13	W	31-16	St. Louis	67,192							
11/20	W	27-25	at San Francisco	63,590							
11/27	W	24-21	NY 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							

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	28	27	1	0	0	0	0	168
J. Brown	0	0	0	0	56/57	18/25	0	110
Jurevicius	10	0	10	0	0	0	0	60
Stevens	5	0	5	0	0	0	0	30
Engram	3	0	3	0	0	0	0	18
Jackson	3	0	3	0	0	0	0	18
SEA	57	29	25	3	56/57	18/25	0	452
OPP	24	5	18	1	21/21	34/42	0	271

Rushing	Att	Yds	Avg	LG	TD
Alexander	370	1880	5.1	88t	27
Morris	71	288	4.1	49	1
Hasselbeck	36	124	3.4	23	1
Weaver	17	80	4.7	24	0
Strong	17	78	4.6	16	0
SEA	519	2457	4.7	88t	29
OPP	420	1510	3.6	50	5

Receiving	No	Yds	Avg	LG	TD
Engram	67	778	11.6	56	3
Jurevicius	55	694	12.6	52	10
Stevens	45	554	12.3	35t	5
Jackson	38	482	12.7	48	3
Hackett	28	400	14.3	47	2
Strong	22	166	7.5	27	0
Alexander	15	78	5.2	9	1
SEA	307	3632	11.8	56	25
OPP	331	3861	11.7	63	18

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	61	2539	41.6	35.0	20	7	62	0
TEAM	80	3282	41.0	34.7	25	8	62	0
OPP	77	3091	40.1	36.0	23	7	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Williams	24	22	139	5.8	24	0
TEAM	31	23	177	5.7	24	0
OPP	41	16	343	8.4	44	0

Interceptions	No	Yds	Avg	LG	TD
Boulware	4	107	26.8	40	0
Babineaux	3	56	18.7	25	0
Tatupu	3	55	18.3	38t	1
Herndon	2	12	6.0	6	0
SEA	16	315	19.7	72t	2
OPP	10	93	9.3	33	0

Kickoff Returns	No	Yds	Avg	LG	TD
Scobey	59	1326	22.5	53	0
SEA	61	1347	22.1	53	0
OPP	82	1802	22.0	99t	1

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	5/5	4/5	4/7	5/8
TEAM	0/0	5/5	4/5	4/7	5/8
OPP	0/0	8/9	16/18	7/10	3/5

POSTSEASON

01/14	W	20-10	Washington (NFC Divisional Playoff)	67,551
01/22	W	34-14	Carolina (NFC Championship Game)	67,837
01/22	L	21-10	Pittsburgh (Super Bowl XL)	68,206

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	361	295
Rushing	142	78
Passing	192	194
Penalty	27	23
3rd Down: Made/Att.	76/192	89/234
3rd Down Pct.	39.6	38.0
4th Down: Made/Att.	7/8	12/19
4th Down Pct.	87.5	63.2
POSSESSION AVG.	29:17	30:43
TOTAL NET YARDS	5915	5069
Avg. Per Game	369.7	316.8
Total Plays	1020	1041
Avg. Per Play	5.8	4.9
NET YARDS RUSHING	2457	1510
Avg. Per Game	153.6	94.4
Total Rushes	519	420
NET YARDS PASSING	3458	3559
Avg. Per Game	216.1	222.4
Sacked/Yards Lost	27/174	50/302
Gross Yards	3632	3861
Att./Completions	474/307	571/331
Completion Pct.	64.8	58.0
Had Intercepted	10	16
PUNTS/AVERAGE	80/41.0	77/40.1
NET PUNTING AVG.	80/34.7	77/36.0
PENALTIES/YARDS	94/846	123/909
FUMBLES/BALL LOST	18/7	25/11
TOUCHDOWNS	57	24
Rushing	29	5
Passing	25	18
Defensive	3	0
Returns	0	1
FIELD GOALS	18/25	34/42
TOTAL POINTS	452	271

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
TEAM	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), 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), 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, DE Grant Wistrom

Largest Award: FB Mack Strong

Pro Bowl: RB Shaun Alexander (3), QB Matt Hasselbeck (2), G Steve Hutchinson (3), T Walter Jones (6), FB Mack Strong (1), LB Lofa Tatupu (1), C Robbie Tobeck (1).

AFC

	W	L	T	Pct.	Pts.	Opp.
EAST						
New England	10	6	0	.625	379	338
Miami	9	7	0	.562	318	317
Buffalo	5	11	0	.312	271	367
N.Y. Jets	4	12	0	.250	240	355
NORTH						
Cincinnati	11	5	0	.688	421	350
Pittsburgh*	11	5	0	.688	389	258
Baltimore	6	10	0	.375	265	299
Cleveland	6	10	0	.375	232	301
SOUTH						
Indianapolis	14	2	0	.875	439	247
Jacksonville*	12	4	0	.750	361	269
Tennessee	4	12	0	.250	299	421
Houston	2	14	0	.125	260	431
WEST						
Denver	13	3	0	.812	395	258
Kansas City	10	6	0	.625	403	325
San Diego	9	7	0	.562	418	312
Oakland	4	12	0	.250	290	383

*= Wild Card teams

NFC

	W	L	T	Pct.	Pts.	Opp.
EAST						
N.Y. Giants	11	5	0	.688	422	314
Washington*	10	6	0	.625	359	293
Dallas	9	7	0	.562	325	308
Philadelphia	6	10	0	.375	310	388

OFFENSE

Pos.		Starts
WR	Bobby Engram	13
	Joe Jurevics	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
FB	Mack Strong	7

DEFENSE

LE	Bryce Fisher	15
LT	Chuck Darby	14
	Rocky Bernard	2
RT	Marcus Tubbs	11
	Rocky Bernard	5
RE	Grant Wistrom	16
OLB	Jamie Sharper	8
	*Leroy Hill	9
MLB	*Lofa Tatupu	16
OLB	D.D. Lewis	12
	Kevin Bentley	3
LCB	Kelly Herndon	6
	Andre Dyson	5
	Jordan Babineaux	4
RCB	Marcus Trufant	15
SS	Michael Boulware	16
FS	Marquand Manuel	11
	Ken Hamlin	6

SPECIAL TEAMS

P	Tom Rouen	12
K	Josh Brown	16

* Rookie or first-year player

NFC

	W	L	T	Pct.	Pts.	Opp.
NORTH						
Chicago	11	5	0	.688	260	202
Minnesota	9	7	0	.562	306	344
Detroit	5	11	0	.312	254	345
Green Bay	4	12	0	.250	298	344
SOUTH						
Tampa Bay	11	5	0	.688	300	274
Carolina*	11	5	0	.688	391	259
Atlanta	8	8	0	.500	351	341
New Orleans	3	13	0	.188	235	398
WEST						
Seattle	13	3	0	.812	452	271
St. Louis	6	10	0	.375	363	429
Arizona	5	11	0	.312	311	387
San Francisco	4	12	0	.250	239	428

COACHES ALL-TIME ROSTER

Name	Responsibility	Years	College
Arnold, Dave	Special Teams	1995-97	Drake
Austin, Teryl	Defensive Backs	2003-	Pittsburgh
Becker, John	Offensive Coord./WRs	1989-91	Cal State-Northridge
Board, Dwaine	Defensive Line	2003-	North Carolina A&T
Boghosian, Sam	Offensive Coord./OL	1976-77	UCLA
Brasher, Tommy	Defensive Line	1992-98	Arkansas
Bratkowski, Bob	Wide Receivers	1992-94	Washington State
	Offensive Coord./WRs	1995-97	
	Offensive Coordinator	1998	
Brooks, Larry	Defensive Line	1999-2002	Virginia State
Brown, Dave	Defensive Coach	1992-98	Michigan
Casullo, Bob	Special Teams Coordinator	2005-	Brockport St. (N.Y.)College
			Oklahoma
Catlin, Tom	Asst. Head Coach/LBs/Def. Coord.	1983-91	
	Assistant Head Coach/Defense	1992	
	Assistant Head Coach	1993	
	Quality Control	1994-95	
	Defensive Backs	1978-82	Colorado State
Christensen, Jack	Strength & Conditioning	2004-	Ottawa University
Clark, Mike	Offensive Quality Control	1999-2002	Tennessee
Colquitt, Jerry	Wide Receivers	1999-	Kansas
Cromwell, Nolan	Defensive Line	1983-91	UC-Santa Barbara
Dyer, George	Head Coach	1995-98	Montana State
Erickson, Dennis	Defensive Backs	1999, 2001-02	Pacific Lutheran
Flajole, Ken	Linebackers	2000	
	Head Coach	1992-94	Pacific
Flores, Tom	Defensive Assistant	1996	Central Washington
Gilbertson, Keith	Tight Ends	1997-98	
	Offensive Consultant	2005-	
	Asst. Strength & Conditioning	2003-04	Liberty
Gillespie, Bill	Running Backs	1983-91	Northern Arizona
Harris, Chick	Offensive Coordinator	2000-	San Francisco State
Haskell, Gil	Defensive Backs	1983-88	Maryland
Hawkins, Ralph	Quality Control/Defense	2006-	Washington State
Headlee, Tom	Asst. Special Teams & Strength	2000	Texas A&M
Holland, Johnny	Linebackers	2001-02	
	Defensive Coordinator/DBs	1976-77	Michigan
Hollway, Bob	Head Coach	1999-	Southern California
Holmgren, Mike	Offensive Line	1992	Southern California
Houck, Hudson	Wide Receivers	1998	Tulsa
Jackson, Milt	Offensive Assistant	1995-96	New Mexico
James, Ned	Defensive Assistant	1997	
Jamison, John	Special Teams Assistant	2005-	California
Johnson, Jim	Linebackers	1998	Missouri
Johnston, Kent	Strength & Conditioning	1999-2003	Stephen F. Austin
Kennan, Larry	Offensive Coordinator/QBs	1992-94	LaVerne
Knox, Chuck	Head Coach	1983-91	Juniata
Krein, Darren	Assistant Strength & Cond.	1997-98, 2001-	Miami
		1998	Idaho
	Running Backs	1982	Mt. Union
Lappano, Tim	Asst. Offensive Line	2001-03	California
Lauterbur, Frank	Offensive Line	2004-	
Laveroni, Bill	Strength & Conditioning	1995-98	Texas
	Defensive Line	1976-77	Louisiana State
LeDuc, Dana	Linebackers	1999	Bemidji (Minn.) State
Leggett, Earl	Tight Ends	2000-	
Lind, Jim	Defensive Quality Control	1999-2001	Nevada
	Defensive Asst./Secondary	2002-2003	
Lopez, Clayton	Offensive Line	1999-2003	Utah
Lovat, Tom			

Name	Responsibility	Years	College
MacDonald, Andy	Running Backs	1976-82	Central Michigan
McCormack, Mike	Head Coach	1982	Kansas
McMackin, Greg	Defensive Coordinator	1995-98	So. Oregon State
Marmie, Larry	Defensive Assistant/Secondary	2006-	Eastern Kentucky Univ.
Marshall, John	Linebackers	2003-05	Oregon
	Defensive Coordinator	2006-	
Matsumoto, Arnie	Staff Assistant	1989-95	Lewis and Clark
Meyer, Ken	Quarterbacks	1983-91	Denison
Meyers, Bill	Assistant Offensive Line	1998	Stanford
Michaels, Mark	Asst. Special Teams	2001-2003	Connecticut
	Special Teams	2004	
Mitchell, Stump	Running Backs	1999-	Citadel
Moore, Steve	Wide Receivers	1983-85	UC-Santa Barbara
	Offensive Coordinator/WRs	1986-88	
Mora, Jim	Defensive Line	1978-81	Occidental
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
Prochaska, Ray	Offensive Coordinator/OL	1983-85	Nebraska
Purnell, Russ	Special Assignments	1986	Whittier
	TEs/Asst. Special Teams	1987-91	
	TEs/Special Teams	1992-94	
Raines, Frank	Strength & Conditioning	1990-94	George Mason
Reynolds, Gary	Off. Asst./Quality Control	2003-	Texas A&M
Rhyme, Jerry	QB/WRs/TEs	1976-77	Tulsa
	Offensive Coord./QB/WRs/TEs	1978-79	
	Offensive Coord./QB/WRs	1980-82	
Rhodes, Ray	Defensive Coordinator	2003-05	Tulsa
	Special Projects/Defense	2006-	
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	2000-2002	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	
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-	

ALL-TIME ROSTER

A

Player	Position	Years	GP	GS	College
Abramowitz, Sid	T	1984	4	0	Tulsa
Adams, Sam	DT/DE	1994-99	89	66	Texas A&M
Adams, Theo	T	1992	10	0	Hawaii
Adkins, Sam	QB	1977-82	10	0	Wichita State
Agee, Tommie	FB	1988	16	0	Auburn
Ahrens, Dave	LB	1990	10	3	Wisconsin
Aiu, Charlie	G	1978	1	0	Hawaii
Alexander, Shaun	RB	2000-	96	76	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
Andrews, Ricky	LB	1990	15	0	Washington
Andrews, Tom	C/G	1987	2	2	Louisville
Araguz, Leo	P	2005	4	0	Stephen F. Austin
Atkins, James	T/G	1994-97	49	37	S.W. Louisiana
August, Steve	T	1977-84	97	90	Tulsa

B

Babineaux, Jordan	CB	2004-	22	4	Southern Arkansas
Bachman, Ted	CB	1976	5	0	New Mexico State
Baham, Curtis	CB	1987	3	0	Tulane
Bailey, Edwin	G/T	1981-91	139	120	South Carolina State
Bailey, Karsten	WR	1999-00	11	0	Auburn
Bailey, Rodney	DE	2005	8	0	Ohio State
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	1996-00	46	8	Panhandle State
Beeson, Terry	LB	1977-81	77	67	Kansas
Bell, Coleman	TE	1996	*0	0	Miami
Bell, Marcus	LB	2000-02	45	9	Arizona
Bell, Mark	TE/DE	1979-80, 82	41	2	Colorado State
Bellamy, Jay	S	1994-00	98	55	Rutgers
Bengen, Brant	WR	1987	3	0	Idaho
Benjamin, Tony	FB	1977-79	28	1	Duke
Bentley, Kevin	LB	2005-	15	3	Northwestern
Berry, Ray	LB	1993	8	2	Baylor
Bernard, Rocky	DT	2002-	58	10	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-	32	20	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
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-	48	0	Nebraska
Brown, Reggie	FB	1996-00	62	10	Fresno State
Brown, Theotis	RB	1981-83	22	7	UCLA
Brown, Tony	CB	1994-95	29	5	Fresno State
Brown, Travis	QB	2000	1	0	Northern Arizona
Bryant, Benoit	RB	1994	2	0	Washington
Bryant, Cullen	FB	1983-84	19	5	Colorado
Bryant, Jeff	DE/DT	1982-93	175	167	Clemson
Bullard, Louis	T	1978-80	36	15	Jackson State
Burnham, Tim	T	1987-88	3	3	Washington
Burse, Tony	FB	1987	12	0	Middle Tennessee State
Bush, Blair	C	1983-88	82	78	Washington
Butler, Chuck	LB	1984	8	0	Boise State
Butler, Hillary	LB	1998	7	0	Washington
Butler, Keith	LB	1978-87	146	132	Memphis State
Butler, Ray	WR	1985-88	41	8	Southern California

C

Cain, Joe	LB	1989-92, 97	68	13	Oregon Tech
Caldwell, Tony	LB	1987	1	1	Washington
Campbell, Jack	T	1982	1	0	Utah
Canty, Chris	CB	1999-00	26	2	Kansas State
Carr, Roger	WR	1982	9	2	Louisiana Tech
Carter, Kerry	RB	2003-04	32	0	Stanford
Castor, Chris	WR	1983-84	23	0	Duke
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
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
Comeaux, Darren	LB	1988-91	50	39
Cook, Kerwin	WR	2001	*0	0
Cooke, Bill	DE/DT	1978-80	34	3
Corley, Chris	TE	1987	1	0
Cortes, Julio	LB	1987	3	3
Cotton, Marcus	LB	1991	3	0
Covington, Tony	S	1995	11	0
Cowlings, Al	DE	1976	1	0
Crawford, Rufus	RB	1978	16	0
Croel, Mike	DE	1998	11	0
Cronan, Peter	LB	1977-79, 81	50	3
Crumpler, Carlester	TE	1994-98	69	31
Cryder, Bob	T	1984-86	32	25
Cunningham, Ed	C	1996	11	3
Cunningham, T.J.	S	1996	9	0
Curtis, Mike	LB	1976	14	14

D

Daniels, David	WR	1991-92	29	1
Daniels, Phillip	DE	1996-99	60	41
Darby, Alvis	TE	1976	1	0
Darby, Chuck	DT	2005-	14	14
Darche, Jean-Philippe	LS	2000-	96	0
Davis, Anthony	LB	1993	10	0
Davis, Brian	CB	1991-92	29	2
Davis, Chris	FB	2003-04	1	0
Davis, Fred	CB	1987	1	1
Davis, Harlan	CB	1991	0	0
Davis, Tyree	WR	1997	14	1
Dawkins, Sean	WR	1999-00	32	29
Dean, Konrad	T	2002	*0	0
Dean, Vernon	S	1988	16	0
Dee, Donnie	TE	1989	3	3
Demarie, John	G	1976	9	8
DeVita, Rob	LB	1987	1	0
Dickenson, Dave	QB	2002	0	0
Dilfer, Trent	QB	2001-04	22	12
Dion, Terry	DE	1980	9	2
Dixon, Zachary	RB	1983-84	26	2
Dodge, Dedrick	S	1991-92	25	0
Donaldson, Ray	C	1993-94	32	32
Donnelly, Rick	P	1990-91	19	0
Doornink, Dan	FB/RB	1979-85	92	44
Dorning, Dale	DE	1987	3	3
Dorris, Andy	DE	1977	4	1
Dove, Wes	DE	1987	2	0
Duckett, Forey	S	1994	2	0
Dufek, Don	S	1976-77, 79-84	95	6
Dugan, Bill	G	1981-83	40	5
Dyson, Andre	CB	2005	10	5

E

Easley, Kenny	S	1981-87	89	87
East, Ron	DT	1977	14	14
Eaton, Chad	DT	2001-02	32	32
Edmonds, Bobby Joe	RB/KR	1986-88	42	0
Edmunds, Ferrell	TE	1993-94	23	23
Edwards, Antonio	DE	1993-97	51	24
Edwards, Randy	DE/NT	1984-87	52	4
Engram, Bobby	WR	2001-	73	37
Eisenhooth, John	NT	1987	1	0

Tennessee
Arizona State
Tulane
Massachusetts
South Carolina
Miami
Southern California
Virginia
Southern California
Virginia State
Nebraska
Boston College
East Carolina
Alabama
Washington
Colorado
Duke

Penn State
Georgia
Florida
South Carolina State
McGill (Canada)
Utah
Nebraska
Syracuse
Western Carolina
Tennessee
Central Arkansas
California
Akron
San Diego State
Tulsa
Louisiana State
Illinois Benedictine
Montana
Fresno State
Oregon
Temple
Florida State
Georgia
Wyoming
Washington State
Oregon
New Mexico State
Syracuse
Nevada
Michigan
Penn State
Utah

UCLA
Montana State
Washington State
Arkansas
Maryland
Valdosta State
Alabama
Penn State
Lock Haven

Eisenhooth, Stan	C	1987-88	13	0	Towson State
Eller, Carl	DE	1979	16	8	Minnesota
Eloms, Joey	CB	1998-99	6	0	Indiana
Engles, Rick	P	1976-77	15	0	Tulsa
Essink, Ron	T	1980-85	83	70	Grand Valley State
Evans, Doug	CB	2002-03	18	0	Louisiana Tech
Evans, Heath	FB	2001-04	61	1	Auburn
Evans, Norm	T	1976-78	38	25	Texas Christian
Evans, Russell	WR	1987	1	0	N.E. Missouri State

F

Fairbanks, Don	DE	1987	3	3	Colorado
Fanning, Mike	DE	1984	16	0	Notre Dame
Farrell, Sean	G	1992	6	0	Penn State
Fauria, Christian	TE	1995-01	103	72	Colorado
Feagles, Jeff	P	1998-02	80	0	Miami
Feasel, Grant	C	1987-93	91	51	Abilene Christian
Fenner, Derrick	RB	1989-91	32	23	North Carolina
Ferguson, Duke	WR	1977-79	33	8	San Diego State
Fields, Scott	LB	1999	2	0	Southern California
Fifer, Bill	T	1979	*0	0	West Texas State
Fisher, Dave	P	1985	12	0	DePauw
Fisher, Bryce	DE	2005-	16	15	Air Force Academy
Flones, Brian	LB	1981-82	13	0	Washington State
Foley, Glenn	QB	1999	2	1	Boston College
Frank, Malcolm	CB	1992	15	0	Baylor
Franklin, Byron	WR	1985-87	33	1	Auburn
Franklin, Jethro	DE	1989	7	1	Fresno State
French, Rufus	TE	1999-00	*0	0	Mississippi
Frier, Mike	DT	1994	2	0	Appalachian State
Friesz, John	QB	1995-98	21	11	Idaho
Fuller, Curtis	S	2001-02	26	2	Texas Christian
Fuller, Randy	CB	1999	2	0	Tennessee State

G

Gaines, Greg	LB	1981, 83-88	88	43	Tennessee
Galloway, Joey	WR	1995-99	71	67	Ohio State
Gamache, Vince	P	1986	16	0	Cal State-Fullerton
Garcia, Frank	P	1981	1	0	Arizona
Geddes, Ken	LB	1976-78	36	25	Nebraska
Gelbaugh, Stan	QB	1992-96	13	9	Maryland
George, Jeff	QB	2002	0	0	Illinois
Gilbert, Gale	QB	1985-86	25	2	California
Glasgow, Nesby	S	1988-92	77	30	Washington
Glaze, Charles	CB	1987	3	2	South Carolina State
Glover, Kevin	C	1998-99	14	14	Maryland
Godfrey, Chris	G	1988	9	2	Michigan
Godfrey, Randall	LB	2003	15	14	Georgia
Graff, Neil	QB	1976	*0	0	Wisconsin
Graham, David	DE/NT	1982, 1987	6	2	Morehouse
Graham, Derrick	G	1996-97	25	25	Appalachian State
Graham, Jay	RB	2001	11	0	Tennessee
Graham, Jeff	QB	1993-94	*0	0	Long Beach State
Grant, Will	C	1986	7	6	Kentucky
Gray, Carlton	CB	1993-96	53	45	UCLA
Gray, Chris	G/C	1998-	127	114	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, Jacob	DE	1980-91	178	176	Texas A&M
Green, Jessie	WR	1979-80	23	0	Tulsa
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
Greene, Danny
Greene, David
Gregory, Bill
Griffith, Russell

G 1998
WR 1985
QB 2005-
DE/DT 1978-80
P 1987

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***0 0**
47 43
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Indiana
Washington
Georgia
Wisconsin
Weber State

H

Habib, Brian
Hackett, D.J.
Hackett, Dino
Hagen, Mike
Hagler, Scott
Hamlin, Ken
Hand, Norman
Hanks, Merton
Hannam, Ryan
Hanousek, Matt
Hansen, Don
Harden, Michael
Hardy, Andre
Hardy, Darryl
Hardy, Robert
Harmon, Kevin
Harper, Dwayne
Harris, Corey
Harris, Elroy
Harris, Franco
Harris, John
Harris, Richard
Harris, Ronnie
Harrison, Martin
Hart, Roy
Hasselbeck, Matt
Hauck, Tim
Hayes, Eric
Heck, Andy
Heller, Ron
Heppner, Kris
Hernandez, Matt
Herdon, Kelly
Herrera, Efen
Hicks, Mark
Hill, James
Hill, Leroy
Hill, Matt
Hilliard, John
Hines, Andre
Hire, Doug
Hitchcock, Bill
Hoaglin, Fred
Hobbs, Daryl
Hollie, Doug
Hollis, David
Howard, Ron
Howell, John
Huard, Brock
Hudson, Gordon
Huff, Orlando
Hughes, David
Hughes, Van D
Hunter, Al
Hunter, John

G 1998-99
WR 2004-
LB 1993
FB 1987
K 1987
S 2003-
DT 2003
S 1999
TE 2002-05
T/G 1987
LB 1976
CB 2004-05
FB 1985
LB 1997
DT 1979-82
RB 1988-89
CB 1988-93
CB 1995-96
RB 1989
FB 1984
S 1978-85
DE/DT 1976-77
WR 1994-98
DE 1997
NT 1988-89
QB 2001-
S 1997
DT 1990-91
T/G 1989-93
TE 1990, 92
K 2000
T 1983
CB 2005-
K 1978-81
LB 1983
TE 2000
LB 2005-
T 2002-03
DE 2000-02
T 1980
C 1987
T/G 1991-94
C 1976
WR 1997
DE 1987-88
CB/S 1987-89
TE 1976-78
S 2005
QB 1999-01
TE 1986
LB 2001-04
FB 1981-85
T 1987
RB/FB 1977-80
G 1992

32
13 3
3 0
2 1
2 0
38 36
6 5
12 2
52 5
3 3
2 0
4 0
3 1
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54 53
9 0
94 76
32 32
14 0
8 6
119 112
28 24
44 0
8 0
16 1
75 68
16 0
21 3
77 70
32 16
4 0
8 1
12 6
60 0
10 1
10 0
15 9
27 2
27 11
9 0
3 1
51 39
13 7
10 0
5 0
27 0
42 36
10 0
6 4
16 4
55 23
69 27
1 1
53 5
5 3

Washington
Colorado
Appalachian State
Montana
South Carolina
Arkansas
Mississippi
Iowa
Northern Iowa
Utah State
Illinois
Missouri
St. Mary's
Tennessee
Jackson State
Iowa
South Carolina State
Vanderbilt
Eastern Kentucky
Penn State
Arizona State
Grambling
Oregon
Washington
South Carolina
Boston College
Montana
Florida State
Notre Dame
Oregon State
Montana
Purdue
Tuldo
UCLA
Arizona State
Abilene Christian
Clemson
Boise State
Mississippi State
Stanford
Linfield
Purdue
Pittsburgh
Pacific
Southern Methodist
Nevada-Las Vegas
Seattle
Colorado State
Washington
Brigham Young
Fresno State
Boise State
Southwest Texas State
Notre Dame
Brigham Young

Hunter, Patrick	CB	1986-94	120	99	Nevada-Reno
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

J

Jackson, Darrell	WR	2000-	83	77	Florida
Jackson, Harold	WR	1983	15	6	Jackson State
Jackson, Joe	LB	1987	3	0	San Francisco State
Jackson, Michael	LB	1979-86	105	78	Washington
Jackson, Terry	CB	1984-85	32	0	San Diego State
James, Toran	LB	1998	*0	0	North Carolina A&T
Jefferson, James	CB	1989-93	58	3	Texas A&I
Jenkins, Marcus	G	2000	*0	0	Central Florida
Jenkins, Melvin	CB	1987-90	60	20	Cincinnati
Jodat, Jim	FB	1980-81	28	18	Carthage
Johns, Paul	WR	1981-84	40	18	Tulsa
Johnson, Dustin	FB	1999	1	0	Brigham Young
Johnson, Gregory	CB	1981-83, 86	56	3	Oklahoma State
Johnson, Johnnie	S	1989	3	1	Texas
Johnson, M.L.	LB	1987-89	37	9	Hawaii
Johnson, Norm	K	1982-90	134	0	UCLA
Johnson, Tracy	FB	1992-95	63	15	Clemson
Jolley, Gordon	G/T	1976-77	26	15	Utah
Jones, Donnie	P	2004	6	0	Louisiana State
Jones, Ernie	CB	1976	9	3	Miami
Jones, Horace	DE	1977	1	0	Louisville
Jones, James	FB	1989-92	50	7	Florida
Jones, Mike	LB	1977	12	0	Jackson State
Jones, Mike	TE	1992	4	1	Texas A&M
Jones, Rod	TE	1989	4	0	Washington
Jones, Selwyn	CB	1995-96	31	1	Colorado State
Jones, Walter	T	1997-	137	137	Florida State
Jordan, Charles	WR	1999	4	1	Long Beach City College
Joseph, Kerry	S	1998-01	56	14	McNeese State
Joyce, Matt	G	1995	16	13	Richmond
Juma, Kevin	WR	1987	3	2	Idaho
Junior, E.J.	LB	1992-93	9	0	Alabama
Junkin, Trey	TE	1990-95	92	2	Louisiana Tech
Jurevicius, Joe	WR	2005	16	12	Penn State
Justin, Kerry	CB	1978-83, 86-87	105	35	Oregon State

K

Kacyvenski, Isaiah	LB	2000-	87	22	Harvard
Kaiser, John	LB	1984-86	48	0	Arizona
Kane, Tommy	WR	1988-92	46	26	Syracuse
Kasay, John	K	1991-94	64	0	Georgia
Kashama, Alain	DE	2005	1	0	Michigan
Kasper, Kevin	WR	2002	3	0	Iowa
Kauahi, Kani	C	1982-86	60	5	Hawaii
Kaumeyer, Thom	S	1989-90	8	0	Oregon
Keel, Mark	TE	1987	3	3	Arizona
Keim, Mike	T	1992-95	27	0	Brigham Young
Kelly, Jeff	QB	2002	*0	0	Southern Mississippi
Kelly, Maurice	S	2000-01	24	3	East Tennessee State
Kemp, Jeff	QB	1987-91	55	7	Dartmouth
Kendall, Pete	G	1996-00	76	75	Boston College

Kennedy, Cortez	DT	1990-00	167	153	Miami
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
Kitna, Jon	QB	1997-00	39	33	Central Washington
Koonce, George	LB	2000	16	16	East Carolina
Koutouvides, Niko	LB	2004-	28	2	Purdue
Kraayeveld, Dave	DE/DT	1978	12	0	Milton
Krieg, Dave	QB	1980-91	129	116	Milton
Kuehn, Art	C/G	1976-82	98	33	UCLA
Kyle, Jason	LB	1995-98	48	0	Arizona

L

LaBounty, Matt	DE	1996-01	65	9	Oregon
Lambert, Dion	S	1994-95	1	1	UCLA
Lane, Eric	FB/RB	1981-87	97	12	Brigham Young
Largent, Steve	WR	1976-89	200	197	Tulsa
Laughton, Jim	TE	1986	6	0	San Diego State
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-	43	17	Texas
Lewis, Will	CB	1980-81	26	0	Millersville State
Leypoldt, John	K	1976-78	25	0	No College
Lincoln, Jeremy	CB	1997	12	3	Tennessee
Lindell, Rian	K	2000-02	44	0	Washington State
Lindley, David	QB	1987	*0	0	Linfield
Locklear, Sean	T	2004-	32	16	North Carolina State
Logan, James	LB	1995-00	63	4	Memphis
Long, Doug	WR	1977-78	16	0	Whitworth
Loville, Derek	RB	1990-91	27	1	Oregon
Lucas, Ken	CB	2001-04	62	47	Mississippi
Lurtsema, Bob	DE/DT	1976-77	27	25	Western Michigan
Lynch, Tom	G	1977-80	60	48	Boston College
Lytle, Matt	QB	2000	1	0	Pittsburgh

M

McAlister, Ken	S	1982-83	11	0	San Francisco
McBride, Tod	CB	2004	*0	0	UCLA
McCleary, Norris	DT	2002	*0	0	East Carolina
McCloughan, Dave	CB/S	1993-94	28	12	Colorado
McCrary, 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-	24	13	Wisconsin
McKenzie, Reggie	G	1983-84	24	22	Michigan
McKinnis, Hugh	FB	1976	11	5	Arizona State
McKnight, James	WR	1994-98	60	7	Liberty
McMakin, John	TE	1976	12	1	Clemson
McMillan, Eddie	CB	1976-77	28	28	Florida State
McMillian, Henry	DE	1995-96	4	0	Florida
McNeal, Travis	TE	1989-91	48	24	Tennessee-Chattanooga
McShane, Charles	LB	1977-79	29	0	California Lutheran
McVeigh, John	LB	1987	3	3	Miami
Mack, Kim	S	1987	1	0	Florida State

Mangiero, Dino	NT	1984	15	0	Rutgers
Manuel, Marquand	S	2004-05	31	11	Florida
Marinero, 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	1999-00	28	23	Notre Dame
Mayes, Rueben	RB	1992-93	17	0	Washington State
Merriman, Sam	LB	1983-87	71	1	Idaho
Metzelaars, Pete	TE	1982-84	34	13	Wabash
Mili, Itula	TE	1998-	104	41	Brigham Young
Millard, Bryan	G/T	1984-91	121	99	Texas
Millard, Keith	DT	1992	2	0	Washington State
Miller, Darrin	LB	1988-89	32	0	Tennessee
Miller, Donald	LB	1990	7	0	Idaho State
Miller, Keith	LB	2002	7	0	California
Miller, Terry	RB	1981	1	0	Oklahoma State
Milne, Brian	FB	1999	10	0	Penn State
Minor, Vic	S	1980-81	20	0	Northeast Louisiana
Miranda, Paul	CB	2000-01	12	2	Central Florida
Mirer, Rick	QB	1993-96	55	51	Notre Dame
Mitchell, Brandon	DE	2002-04	34	8	Texas A&M
Mitz, Alonzo	DE	1986-89	40	7	Florida
Montgomery, Glenn	DT	1996	7	1	Houston
Moody, Michael	T	1994	*0	0	Southern California
Moon, Warren	QB	1997-98	25	24	Washington
Moore, Alvin	RB	1987	1	0	Arizona State
Moore, Jeff	RB	1979-81	32	3	Jackson State
Moore, Mark	S	1987	5	0	Oklahoma State
Moore, Rashad	DT	2003-04	30	18	Tennessee
Morris, Maurice	RB	2002-	58	3	Oregon
Morris, Michael	LS	1990	4	0	N.E. Missouri State
Morris, Randall	RB	1984-88	61	2	Tennessee
Morton, Michael	RB	1987	2	0	Nevada-Las Vegas
Moss, Winston	LB	1995-97	46	46	Miami
Moyer, Paul	S	1983-89	98	30	Arizona State
Munson, Bill	QB	1976	6	0	Utah State
Murphy, Kevin	LB	1993	14	10	Oklahoma
Myer, Steve	QB	1976-80	13	4	New Mexico
Myles, DeShone	LB	1998-00	16	7	Nevada

N

Nash, Joe	DT/NT	1982-96	218	169	Boston College
Nelson, Ralph	RB	1976	7	3	No College
Newbill, Richard	LB	1990-92	10	0	Miami
Newton, Bob	G	1976-81	82	66	Nebraska
Niehaus, Steve	DE/DT	1976-78	36	20	Notre Dame
Norman, Dennis	T	2001-04	1	0	Princeton
Norman, Joe	LB	1979-81, 83	50	10	Indiana
Norman, Todd	G	1995	*0	0	Notre Dame

O

O'Brien, Mike	S	1979	3	0	California
O'Callaghan, John	TE	1987	1	0	San Diego State
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	1997-00	51	19	North Carolina
Parros, Rick	FB/RB	1985, 87	5	1	Utah State
Peets, Brian	TE	1978-79	25	14	Pacific
Penchion, Bob	G	1976	13	13	Alcorn A&M
Perryman, Dean	C	1987	1	0	Washington
Peterson, Todd	K	1995-99	80	0	Georgia
Pollard, Robert	DE	2005-	*0	0	Texas Christian
Polowski, Larry	LB	1979	14	0	Boise State
Porter, Rufus	LB	1988-94	98	67	Southern
Powell, Alvin	G	1987-88	18	0	Winston-Salem State
Pratt, Robert	G	1982-85	52	52	North Carolina
Preece, Steve	S	1977	14	14	Oregon State
Price, Ernie	DE	1978-79	16	15	Texas A&I
Pritchard, Mike	WR	1996-99	62	41	Colorado
Proehl, Ricky	WR	1995-96	24	7	Wake Forest
Pruitt, Etric	S	2005-	6	0	Southern Mississippi

R

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, Koren	WR	2001-04	57	52	North Carolina State
Robinson, Rafael	S	1992-95	51	5	Wisconsin
Robinson, Shelton	LB	1982-85	56	35	North Carolina
Roche, Alden	DE	1977-78	21	12	Southern
Rodenhauser, Mark	LS	1999	8	0	Illinois State
Rodgers, Tyrone	DT	1992-94	37	0	Washington
Rodriguez, Ruben	P	1987-89	44	0	Arizona
Rogers, Charlie	RB/KR	1999-01	41	0	Georgia Tech
Romes, Charles	CB	1987	*0	0	North Carolina Central
Ross, Dan	TE	1985	10	5	Northeastern
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

S

Sager, Ken	TE	1987	3	1	Western Washington
Saleaumua, Dan	DT	1997-98	27	15	Arizona State
Salisbury, Sean	QB	1986	*0	0	Southern California
Sandifer, Bill	DT	1977-78	16	15	UCLA

Sanford, Rick	S	1985	5	0	South Carolina
Sawyer, John	TE	1977-78, 80-82	65	39	Southern Mississippi
Scales, Dwight	WR	1984	4	0	Grambling
Scholtz, Bruce	LB	1982-88	96	95	Texas
Schreiber, Adam	G	1984	6	0	Texas
Scobey, Josh	RB	2005-	16	0	Kansas State
Scoggins, Ron	T	1987	3	0	Nevada-Las Vegas
Seigler, Dexter	CB	1996-97	14	0	Miami
Sevy, Jeff	G/T	1979-80	19	5	California
Sharper, Jamie	LB	2005	8	8	Virginia
Shaw, Bobby	WR	1998	1	0	California
Shaw, Rickie	T	1993	*0	0	North Carolina
Simmons, Anthony	LB	1998-2004	86	79	Clemson
Simonson, Dave	T	1976	5	0	Minnesota
Simpson, Keith	CB/S	1978-85	108	70	Memphis State
Sims, David	FB/RB	1977-79	29	12	Georgia Tech
Sims, Jack	G	1987	3	2	Hawaii
Sinclair, Michael	DE	1991-01	144	114	Eastern New Mexico
Singer, Curt	T	1986, 90-91	24	0	Tennessee
Skansi, Paul	WR	1984-91	100	2	Washington
Skow, Jim	DE	1991	11	1	Nebraska
Smith, Dallis	S	1987	3	3	Valdosta State
Smith, Darrin	LB	1998-99	28	27	Miami
Smith, Lamar	RB	1994-97	43	4	Houston
Smith, Sherman	RB	1976-82	82	68	Miami, Ohio
Smith, Steve	FB	1994-95	25	7	Penn State
Snell, Donald	WR	1987	1	0	Virginia Tech
Spagnola, John	TE	1988	16	4	Yale
Speer, Del	S	1994	1	0	Florida
Spencer, Chris	C	2005-	9	0	Mississippi
Springs, Shawn	CB	1997-03	93	88	Ohio State
Spitulski, Bob	LB	1992-94	26	1	Central Florida
Stark, Chad	FB	1987	2	0	North Dakota State
Stark, Rohn	P	1997	4	0	Florida State
Stephens, Rod	LB	1989-94	75	34	Georgia Tech
Stevens, Jerramy	TE	2002-	60	20	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-	180	96	Georgia
Stroziger, Wilbur	TE	1987	12	3	Georgia
Sutherland, Doug	DT	1981	16	6	Wisconsin-Superior
Sweeney, Jim	C	1995	16	16	Pittsburgh

T

Tafoya, Joe	DE	2005-	15	1	Arizona
Tatupu, Lofa	LB	2005-	16	16	USC
Taylor, Bobby	CB	2004	9	0	Notre Dame
Taylor, Cordell	CB	1999	2	0	Hampton
Taylor, Terry	CB	1984-88, 94	79	55	Southern Illinois
Teal, Jimmy	WR	1987-88	6	2	Texas A&M
Terrill, Craig	DT	2004-	20	0	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

T

Thomas, Garth	G	1987	1	1	Washington
Thomas, Ricky	S	1987	1	1	Alabama
Thomas, Robb	WR	1992-95	62	3	Oregon State
Thomas, Rodell	LB	1981-82	19	1	Alabama State
Tice, Mike	TE	1981-88, 90-91	130	83	Maryland
Tipton, Dave	DE	1976	12	12	Stanford
Tipton, Rico	LB	1987	3	2	Washington State
Tobeck, Robbie	C	2000-	84	80	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-	47	47	Washington State
Tuatagaloa, Natu	DE	1992-93	30	15	California
Tubbs, Marcus	DT	2004-	24	14	Texas
Tuiasosopo, Manu	DT/DE/NT	1979-83	73	64	UCLA
Turner, Daryl	WR	1984-87	59	40	Michigan State
Turner, Kevin	LB	1981	8	0	Pacific
Tuten, Rick	P	1991-97	101	0	Florida State
Tyler, Robert	TE	1989	9	9	South Carolina State

U

Unverzagt, Eric	LB	1996-97	9	0	Wisconsin
Urban, Jerheme	WR	2003-05	10	2	Trinity

V

Vaughn, Jon	RB	1993-94	26	2	Michigan
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W

Wagner, Vince	K	1981	*0	0	Northwestern, Minnesota
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, Seneca	QB	2003-	6	0	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	1998-01	53	52	Notre Dame
Weaver, Herman	P	1977-80	61	0	Tulsa
Weaver, Leonard	FB	2005-	16	0	Carson-Newman
Weber, Roger	G	1987	*0	0	Kent State
Webster, Cornell	CB	1977-80	52	33	Tulsa
Wedderburn, Floyd	T/G	1999-02	46	26	Penn State
Weiner, Todd	T	1998-01	48	20	Kansas State
Wells, Dean	LB	1993-98	84	50	Kentucky
Werner, Matt	DE	1994	*0	0	UCLA
West, Jeff	P	1981-85	58	0	Cincinnati
Wheat, Warren	G	1989-91	16	7	Brigham Young
White, Chris	S	1987	1	0	Tennessee

White, Jim	DE	1976	2	0	Colorado State
White, Mike	DT	1981-82	20	8	Albany State
White, Tracy	LB	2003-04	20	2	Howard
Wiley, Charles	DT	1987	1	1	Nevada-Las Vegas
Williams, Brent	DE	1994-95	21	19	Toledo
Williams, Darryl	S	1996-99	61	60	Miami
Williams, Eugene	LB	1982-83	13	1	Tulsa
Williams, Grant	T	1996-99	56	23	Louisiana Tech
Williams, James	FB	1987	1	0	Fresno State
Williams, James	WR	2000-02	29	4	Marshall
Williams, Jimmy	CB	2005-	14	1	Vanderbilt
Williams, John	FB	1985	2	0	Wisconsin
Williams, John L.	FB	1986-93	123	115	Florida
Williams, Lester	NT	1987	2	0	Miami
Williams, Robert	CB	1999	1	0	North Carolina
Williams, Ronnie	TE	1996	13	3	Oklahoma State
Williams, Willie	CB	1997-03	105	75	Western Carolina
Willis, Donald	G	1995	*0	0	North Carolina A&T
Willis, James	LB	1999	16	0	Auburn
Willis, Jason	WR	2004	1	0	Oregon
Willis, Ray	T	2005-	6	0	Florida State
Wilmer, Ray	S	1984	3	0	Louisiana Tech
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-	25	25	Nebraska
Womack, Floyd	T	2001-	53	22	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
Wunsch, Jerry	T	2002-04	33	5	Wisconsin
Wyman, David	LB	1987-92	61	56	Stanford

Y

Yarno, John	C	1977-82	74	62	Idaho
Young, Charlie	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

SERIES BREAKDOWN

Due to the 2002 new alignment plan, division records were reset.
Division records from 1976-2001 may be found on page 323

NFC WEST (16-8)

ARIZONA CARDINALS (7-7)

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

Franchise moved from St. Louis in 1988.

Points: Arizona 278 (19.9)
Seattle 367 (26.2)

ST. LOUIS RAMS (6-9)

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

Moved from L.A. Coliseum to Anaheim Stadium in 1980. Moved from Anaheim to St. Louis in 1995.

Points: St. Louis 390 (26.0)
Seattle 317 (21.1)

SAN FRANCISCO 49ERS (8-6)

9/26/76	-	L		21-37	59,108
10/7/79	-	W	@	35-24	44,592
11/25/85	-	L	@	6-19	57,482
9/25/88	-	L		7-38	63,382
12/8/91	-	L		22-24	56,711
12/21/97	-	W		38-9	66,253
10/14/02	-	L		21-28	66,420
12/01/02	-	L	@	24-31	67,594
10/12/03	-	W		20-19	66,437
12/27/03	-	W	@	24-17	67,840
9/26/04	-	W		34-0	66,709
11/7/04	-	W	@	42-27	64,423
11/20/05	-	W	@	27-25	63,590
12/11/05	-	W		41-3	66,690

Points: San Francisco 301 (21.5)
Seattle 362 (25.9)

NFC EAST (4-6)

DALLAS COWBOYS (4-6)

10/3/76	-	L		13-28	62,027
11/27/80	-	L	@	7-51	57,540
12/4/83	-	L		10-35	63,352
11/27/86	-	W	@	31-14	58,020
10/11/92	-	L	@	0-27	62,311
11/22/98	-	L	@	22-30	64,142
12/16/01	-	W	+	29-3	63,366
10/27/02	-	W	@	17-14	63,854
12/6/04	-	L		39-43	68,093
10/23/05	-	w		13-10	67,046

Points: Dallas 255 (25.5)
Seattle 181 (18.1)

NEW YORK GIANTS (4-7)

11/28/76	-	L	@	16-28	65,111
12/7/80	-	L		21-27	51,617
10/18/81	-	L		0-32	56,134
12/11/83	-	W	@	17-12	48,942
10/19/86	-	W		17-12	62,282
11/19/89	-	L	@	3-15	75,014
10/25/92	-	L	@	10-23	67,399
11/5/95	-	W		30-28	42,100
12/23/01	-	L	@	24-27	78,119
9/22/02	-	L	@	6-9	78,551
11/27/05	-	*W		24-21	67,102

Points: N.Y. Giants 234 (21.3)
Seattle 168 (15.3)

PHILADELPHIA EAGLES (4-6)

12/12/76	-	L	@	10-27	37,949
11/2/80	-	L		20-27	61,047
11/23/86	-	W		24-20	55,786
9/10/89	-	L	@	7-31	64,287
12/13/92	-	*L		17-20	47,492
12/3/95	-	W		26-14	39,893
9/6/98	-	W	@	38-0	66,418
9/23/01	-	L	+	3-27	62,826
12/8/02	-	L		20-27	59,862
12/5/05	-	W	@	42-0	67,637

Points: Philadelphia 193 (19.3)
Seattle 207 (20.7)

WASHINGTON REDSKINS (4-9)

9/19/76	-	L	@	7-31	53,174
9/28/80	-	W	@	14-0	53,263
9/25/83	-	L		17-27	60,718
9/28/86	-	L	@	14-19	54,157
12/23/89	-	L		0-29	60,294
11/8/92	-	L		3-16	53,616
9/4/94	-	W	@	28-7	52,930
11/19/95	-	W	@	27-20	51,298
9/20/98	-	W		24-14	63,336
11/04/01	-	L	@	14-27	82,352
11/3/02	-	L		3-14	64,325
11/9/03	-	L	@	20-27	80,728
10/2/05	-	*L	@	17-20	90,215

Points: Washington 251 (19.3)
Seattle 188 (14.5)

* Overtime + at Husky Stadium

NFC NORTH (4-3)**CHICAGO BEARS (6-2)**

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

Points: Seattle 168 (21.0)
Chicago 154 (19.3)

DETROIT LIONS (5-4)

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

Points: Seattle 228 (25.3)
Detroit 187 (20.8)

GREEN BAY PACKERS (4-6)

10/10/76	-	L	@ 20-27	54,983
10/15/78	-	L	@ 28-45	52,712
11/1/81	-	L	@ 24-34	49,467
10/21/84	-	W	@ 30-24	52,286
11/15/87	-	W	24-13	60,963
12/9/90	-	W	@ 20-14	52,015
9/29/96	-	L	10-31	59,973
11/1/99	-	W	@ 27-7	59,869
10/5/03	-	L	@ 13-35	70,365
1/1/06	-	L	@ 17-23	69,928

1981 & 1999 games played at Green Bay.
1976, 1978 & 1990 played in Milwaukee.

Points: Green Bay 253 (25.3)
Seattle 213 (21.3)

MINNESOTA VIKINGS (6-3)

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

Played in Metropolitan Stadium from 1961-81. Moved into the Metrodome in 1982.

Points: Seattle 243 (27.0)
Minnesota 211 (23.4)

NFC SOUTH (6-0)**ATLANTA FALCONS (8-2)**

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

Played at Atlanta-Fulton County Stadium
from 1966-91. Moved into
Georgia Dome in 1992.

Points: Seattle 261 (26.1)
Atlanta 215 (21.5)

CAROLINA PANTHERS (1-1)

10/08/00	-	L	@ 3-26	72,192
10/31/04	-	W	23-17	66,214

Points: Carolina 43 (21.5)
Seattle 26 (13.0)

NEW ORLEANS SAINTS (5-4)

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

Points: Seattle 220 (24.4)
New Orleans 172 (19.1)

TAMPA BAY BUCCANEERS (5-1)

10/17/76	-	W	@ 13-10	43,812
10/16/77	-	W	30-23	54,783
11/20/94	-	W	22-21	37,466
9/22/96	-	W	@ 17-13	30,212
11/28/99	-	L	3-16	66,314
9/19/04	-	W	@ 10-6	65,089

Points: Seattle 95 (15.8)
Tampa Bay 89 (14.8)

DENVER BRONCOS (17-33)

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

Points: Denver 1171 (23.4)
Seattle 974 (19.5)

KANSAS CITY CHIEFS (18-30)

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

Points: Kansas City 1098 (22.9)
Seattle 905 (18.9)

* Overtime + at Husky Stadium

OAKLAND RAIDERS (22-27)

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

Franchise moved from Oakland to Los Angeles in 1982. Moved back to Oakland in 1995.

Points: Oakland 1117 (22.8)
Seattle 1059 (21.6)

SAN DIEGO CHARGERS (25-22)

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

Points: Seattle 984 (20.9)
San Diego 972 (20.7)

AFC EAST (1-3)**BUFFALO BILLS (6-4)**

10/30/77	-	W	56-17	61,180
10/14/84	-	W	31-28	59,034
11/6/88	-	L	3-13	61,074
12/4/89	-	W	17-16	57,682
10/15/95	-	L	@ 21-27	74,362
12/1/96	-	W	26-18	41,373
10/24/99	-	W	26-16	66,301
12/23/00	-	L	+ 23-42	61,025
11/18/01	-	W	@ 23-20	60,836
11/28/04	-	L	9-38	66,271

Points: Seattle 235 (23.5)

Buffalo 235 (23.5)

MIAMI DOLPHINS (3-6)

10/23/77	-	L	@ 13-31	29,855
9/9/79	-	L	@ 10-19	56,233
10/4/87	-	W	24-20	19,448
12/16/90	-	L	@ 17-24	57,851
9/27/92	-	L	17-19	59,374
10/6/96	-	W	@ 22-15	59,539
9/3/00	-	L	@ 0-23	72,949
10/28/01	-	L	+ 20-24	59,108
11/21/04	-	W	24-17	66,644

Moved from the Orange Bowl into Joe

Robbie Stadium in 1987.

Points: Miami 192 (21.3)

Seattle 147 (16.3)

NEW ENGLAND PATRIOTS (7-7)

10/9/77	-	L	@ 0-31	45,929
9/21/80	-	L	31-37	61,035
12/19/82	-	L	0-16	53,457
12/18/83	-	W	24-6	59,688
9/16/84	-	L	@ 23-38	43,140
11/17/85	-	L	13-20	60,345
9/21/86	-	W	@ 38-31	58,977
12/4/88	-	L	@ 7-13	59,068
9/24/89	-	W	@ 24-3	48,025
10/7/90	-	W	@ 33-20	39,735
9/20/92	-	W	@ 10-6	42,327
9/19/93	-	W	@ 17-14	50,392
10/24/93	-	W	10-9	56,526
10/17/04	-	L	@ 20-30	68,756

Points: New England 274 (19.6)

Seattle 250 (17.9)

NEW YORK JETS (8-8)

11/13/77	-	W	@ 17-0	43,973
9/17/78	-	W	@ 24-17	46,911
11/26/79	-	W	30-7	59,977
10/19/80	-	W	@ 27-17	52,496
10/25/81	-	W	@ 19-3	49,678
12/6/81	-	W	27-23	53,105
9/11/83	-	W	@ 17-10	50,066
10/27/85	-	L	@ 14-17	69,320
11/28/86	-	L	7-38	62,497
11/9/87	-	L	@ 14-30	60,452
9/8/91	-	W	20-13	56,770
11/26/95	-	L	10-16	41,160
8/31/97	-	L	3-41	53,893
12/6/98	-	L	@ 31-32	72,200
1/2/00	-	L	@ 9-19	78,154
12/19/04	-	L	@ 14-37	77,894

Moved from Shea Stadium into Giants
Stadium in 1984.

Points: N.Y. Jets 320 (20.0)

Seattle 283 (17.7)

AFC NORTH (2-2)**BALTIMORE RAVENS (0-2)**

12/27/97	-	L	@ 24-31	54,395
11/23/03	-	*L	@ 41-44	69,477

Points: Baltimore 75 (37.5)

Seattle 65 (32.5)

CINCINNATI BENGALS (8-8)

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

Points: Cincinnati 333 (20.8)

Seattle 314 (19.6)

* Overtime + at Husky Stadium

CLEVELAND BROWNS (11-4)

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

Franchise suspended in 1996 and reactivated in 1999.

Points: Seattle 333 (22.2)
Cleveland 238 (15.9)

PITTSBURGH STEELERS (8-6)

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

Points: Seattle 279 (19.9)
Pittsburgh 197 (14.1)

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)

NFC Central (21-13)

Chicago (5-2)
Detroit (4-4)
Green Bay (4-4)
Minnesota (4-2)

NFC West (12-16)

Atlanta (5-2)
Carolina (0-1)
New Orleans (3-4)
St. Louis (2-5)

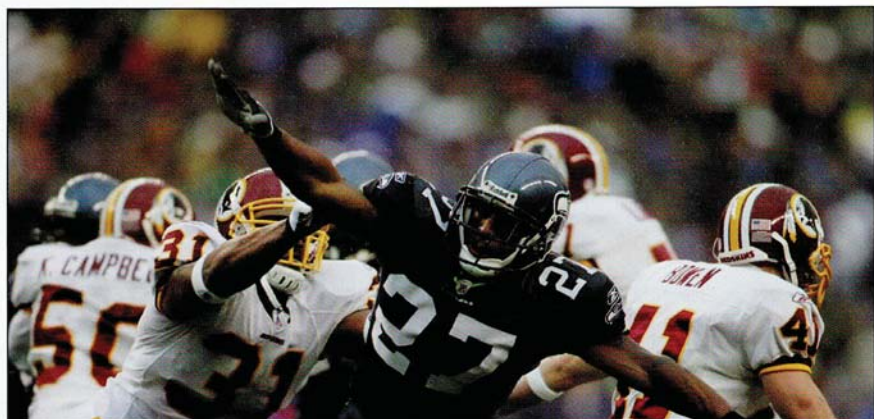
YEARLY RESULTS

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
227	241	0	.485	9,708	9,997			135-100-0	92-141-0	97-121-0	151-168-0	76-65-0	5-8-0

*Seahawks were placed in the NFC West for scheduling purposes in 1976 and played every NFC team and the Tampa Bay Buccaneers. In 1977, Seattle was placed in the AFC West and played every AFC team and Tampa Bay. Seattle switched back to the NFC West in 2002.

+Conference finish. Schedule shortened to 9 games because of players' strike.

^Schedule shortened to 15 games because of players' strike. Game 2 (at San Diego) was cancelled and games 3-5 were played with replacement players.



Seattle reached their second conference championship game after defeating Washington 20-10 on January 14, 2006.

VERSUS THE NFL

	— Regular Season —			OT	Post-season	Pre-season
	Total	Home	Road			
* Arizona	7-7	4-4	3-3	0-2	0-0	9-5
Arizona	7-5	4-3	3-2	0-2	0-0	7-2
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2
Atlanta	8-2	4-1	4-1	1-0	0-0	2-0
^ Baltimore	0-2	0-0	0-2	0-1	0-0	0-0
Buffalo	6-4	5-3	1-1	0-0	0-0	2-0
Carolina	1-1	1-0	0-1	0-0	1-0	0-0
Chicago	6-2	3-1	3-1	0-0	0-0	1-1
Cincinnati	8-8	3-3	5-5	0-1	0-1	1-0
Cleveland	11-4	7-3	4-1	0-0	0-0	0-0
Dallas	4-6	2-3	2-3	0-0	0-0	3-1
Denver	17-33	13-13	4-20	1-5	1-0	0-7
Detroit	5-4	4-2	1-2	0-0	0-0	5-2
+ Green Bay	4-6	1-1	3-5	0-0	0-1	2-0
Houston	1-0	1-0	0-0	0-0	0-0	5-2
# Indianapolis	4-5	3-4	1-1	0-0	0-0	7-9
Indianapolis	4-3	3-2	1-1	0-0	0-0	6-9
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	18-30	13-11	5-19	1-1	0-0	3-0
Miami	3-6	2-2	1-4	0-0	1-2	0-1
Minnesota	6-3	4-1	2-2	0-0	0-0	5-5
New England	7-7	2-3	5-4	0-0	0-0	1-1
New Orleans	5-4	3-2	2-2	0-1	0-0	3-0
N.Y. Giants	4-7	3-2	1-5	1-0	0-0	0-0
N.Y. Jets	8-8	3-3	5-5	0-0	0-0	0-0
@Oakland	22-27	13-10	9-17	0-1	1-1	3-2
Oakland	11-14	7-4	4-10	0-0	0-0	3-2
Los Angeles	11-13	6-6	5-7	0-1	1-1	0-0
Philadelphia	4-6	2-4	2-2	0-1	0-0	0-0
Pittsburgh	8-6	6-1	2-5	0-0	0-1	0-0
% St. Louis	6-9	4-4	2-5	0-1	0-1	2-6
St. Louis	5-5	3-2	2-3	0-0	0-1	0-0
Los Angeles	1-4	1-2	0-2	0-0	0-0	2-6
San Diego	25-22	15-9	10-13	3-0	0-0	4-2
San Francisco	8-6	4-4	4-2	0-0	0-0	13-15
Tampa Bay	5-1	2-1	3-0	0-0	0-0	3-0
= Tennessee	9-4	6-1	3-3	1-0	0-1	1-0
Tennessee	3-0	2-0	1-0	0-0	0-0	0-0
Houston	6-4	4-1	2-3	1-0	0-1	1-0
Washington	4-9	1-4	3-5	0-1	1-0	0-0
TOTALS	227-241	135-100	92-141	8-15	5-8	71-57

* Includes 2 games while franchise was located in St. Louis (0-2)

^ Relocated from Cleveland in 1996. All records remain in Cleveland.

+ Includes 5 games at Milwaukee's County Stadium (3-2)

Includes 2 games while franchise was located in Baltimore (0-2)

@ Includes 25 games (11-14) while franchise was located in Los Angeles

% Includes 5 games while franchise was located in Los Angeles (1-4)

= Includes 10 games while franchise was located in Houston (6-4)

OVERTIME GAMES

OVERTIME RESULTS (8-15)

10/29/78	L	17-20	Denver Broncos	62,948
11/27/83	W	51-48	Kansas City Chiefs	56,795
10/20/85	L	10-13	at Denver Broncos	74,899
01/03/88*	L	20-23	at Houston Oilers	49,662
10/22/89	L	21-24	Denver Broncos	62,353
09/23/90	L	31-34	at Denver Broncos	75,290
11/25/90	W	13-10	at San Diego Chargers	50,097
12/02/90	W	13-10	Houston Oilers	57,592
10/13/91	L	20-23	Los Angeles Raiders	61,974
11/30/92	W	16-13	Denver Broncos	51,612
12/13/92	L	17-20	Philadelphia Eagles	47,492
12/19/93	L	27-30	Phoenix Cardinals	45,737
11/06/94	L	17-20	Cincinnati Bengals	46,630
10/29/95	L	14-20	at Arizona Cardinals	39,600
09/28/97	L	17-20	at Kansas City Chiefs	77,877
11/16/97	L	17-20	at New Orleans Saints	50,493
12/19/99	L	30-36	at Denver Broncos	65,987
12/02/01	W	13-10	San Diego Chargers	55,466
12/15/02	W	30-24	at Atlanta Falcons	69,551
12/29/02	W	31-28	at San Diego Chargers	52,159
11/23/03	L	41-44	at Baltimore Ravens	69,477
01/04/04	L	27-33	at Green Bay Packers	71,457
10/10/04*	L	27-33	St. Louis Rams	66,940
10/02/05	L	17-20	at Washington	90,215
11/27/05	W	24-21	N.Y. Giants	67,102

Denver 20, at Seattle 17 — Sunday, October 29, 1978

The Broncos' Jim Turner kicked a second-chance 18-yard field goal 12:59 into overtime for the win. Turner missed an 18-yarder the play before but the Seahawks were penalized for 12 men on the field. Denver's Steve Foley intercepted a pass at the Seattle 36 to set up the drive. The Broncos had three possessions in the overtime and Seattle two.

at Seattle 51, Kansas City 48 — Sunday, November 27, 1983

Norm Johnson's third 42-yard field goal of the day, with 1:46 gone, gave the Seahawks the win in the highest-scoring game in Seattle history and the third-highest in NFL history. Seattle had the only possession in overtime, driving 24 yards in four plays. Zachary Dixon's 47-yard kickoff return to the Chiefs' 48 started the drive, which featured four Curt Warner runs to the Kansas City 24 before Johnson kicked his field goal on third down. Warner set team records with 32 rushes, 207 rushing yards, and scored three touchdowns. Johnson had tied the game with two seconds left in regulation with a 42-yarder.

at Denver 13, Seattle 10 — Sunday, October 20, 1985

Rich Karlis booted a 24-yard field goal 9:19 into overtime for the win. Each team had three possessions, with the first two ending in punts. Seattle's third drive ended in Daniel Hunter's interception and 20-yard return to the Seahawks' 15. Karlis booted his field goal four plays later.

at Houston 23, Seattle 20 — Sunday, January 3, 1988 (Wild Card Playoffs)

Tony Zendejas' 42-yard field goal 8:05 into overtime gave the Oilers the win over the Seahawks. Zendejas' kick capped a 61-yard drive on the Oilers' first overtime possession. Warren Moon completed 3-of-4 passes on the drive's first five plays, for 37 yards, before Mike Rozier ran six times for 27 yards setting up Zendejas. Seattle forced overtime with an 80-yard drive that ended with Steve Largent's touchdown reception from Dave Krieg

with 26 seconds left. The drive, which was set up because of a miss by Zendejas from 29 yards, featured a fourth-and-10 and third-and-10 conversions from Krieg, was only 4-of-10 on the drive, but accounted for all 80 yards. Seattle won the overtime coin toss, but was forced to punt after three plays.

Denver 24, at Seattle 21 — Sunday, October 22, 1989

David Treadwell kicked a 27-yard field goal 7:46 into overtime for the win. Seattle won the toss and drove to the Broncos' 22 where Norm Johnson's 40-yard field goal was wide left. After a Broncos punt, Denver's Dennis Smith intercepted Dave Krieg's pass and returned it 28 yards to the Seattle 10, where Treadwell kicked a field goal on the next play.

at Denver 34, Seattle 31 — Sunday, September 23, 1990

David Treadwell's 25-yard field goal 9:14 into overtime capped Denver's first overtime possession. Seattle won the toss and drove to the Denver 26 where Norm Johnson's 44-yard field goal was wide right. The Broncos then moved from their own 26 to the Seattle 8 setting up the kick.

Seattle 13, at San Diego 10 — Sunday, November 25, 1990

Norm Johnson's 40-yard field goal came 3:01 into overtime and was set up by Rufus Porter's recovery of a Nesby Glasgow forced fumble at the Chargers' 23.

at Seattle 13, Houston 10 — Sunday, December 2, 1990

De ja vu. Norm Johnson's 42-yard field goal 4:25 into overtime was set up by David Wyman's recovery of a Tony Woods forced fumble at the Houston 27.

L.A. Raiders 23, at Seattle 20 — Sunday, October 13, 1991

Jeff Jaeger's 37-yard field goal 6:37 into overtime was the winner. After both team's punted on their first possession, Los Angeles' Ronnie Lott intercepted Jeff Kemp at the Seattle 19 and Jaeger kicked the game-winner on the next play.

at Seattle 16, Denver 13 — Sunday, November 30, 1992

John Kasay redeemed himself with a 32-yard field goal 11:10 into overtime as Seattle snapped an eight-game losing streak. Kasay had missed a 33-yarder on Seattle's second overtime possession. Denver had three possessions and Seattle four. The Seahawks' special teams and defense set up the game-winning drive by downing a punt at the Denver 4 and holding the Broncos to no yards on three plays. Seattle drove 24 yards in four plays for the winner.

Philadelphia 20, at Seattle 17 — Sunday, December 13, 1992

Roger Ruzek's 44-yard field goal as the gun sounded ended the longest game in Seattle history (75:00). The Eagles gained 101 yards and controlled the ball for 10:02 on three overtime possessions, while holding the Seahawks to 20 yards on two.

Phoenix 30, at Seattle 27 — Sunday, December 19, 1993

Greg Davis kicked a club record and personal-best, 55-yard field goal on the last play of regulation and added a 41-yarder on the Cardinals only overtime possession for the win. Davis' 55-yard kick capped a 27-yard, seven-play drive after Seattle took a 27-24 lead on Rick Mirer's one-yard run with 1:22 left. Steve Beuerlein hit 5-of-6 passes on Phoenix's 57-yard, 13-play game-winning drive. It was the only possession in overtime by either team.

Cincinnati 20, at Seattle 17 — Sunday, November 6, 1994

Doug Pelfrey kicked his Cincinnati-record sixth field goal of the game, a 26-yarder 8:14 into overtime, to give the winless Bengals (0-8) their first victory of the season. Pelfrey's kick came one play after quarterback Jeff Blake connected on a 76-yard pass to Darnay Scott to the Seattle 7. Each team had two possessions in the overtime. The game marked the Seahawks' first game in the Kingdome, which had been undergoing ceiling tile repairs since mid-July.

at Arizona 20, Seattle 14 — Sunday, October 29, 1995

Lorenzo Lynch returned a deflected pass 72 yards for a touchdown with 3:33 left in overtime. His return ended a game that had a combined 11 turnovers, seven by Seattle, including a team record eight fumbles. Each team had chances to win late, but

Seattle lost a fumble into the Cardinals' end zone and had a field goal blocked, while Arizona also had a field goal blocked. After the block, the Seahawks moved to the Cardinals' 33 where a second-and-six pass was deflected into Lynch's hands.

at Kansas City 20, Seattle 17 — Sunday, September 28, 1997

Pete Stoyanovich's 41-yard field goal with 1:56 left in overtime gave the Chiefs the win. Safety James Woods picked off a Seahawks pass and returned it to midfield setting up the Chiefs' game-winning drive. Marcus Allen, who scored two touchdowns, ran four times for eight yards on the drive, including a two-yard run on a third-and-one play. Each team had two possessions in overtime.

at New Orleans 20, Seattle 17 — Sunday, November 16, 1997

Doug Brien's 48-yard field goal one play after Winfred Tubbs' interception gave the Saints the win 17 seconds into overtime. Tubbs picked off his pass on Seattle's first play and returned it to the Seahawks' 20 setting up Brien. Both teams had chances to win late in regulation after Seattle had tied the game with 1:40 left. New Orleans drove to the Seahawks 29' with 51 seconds left, but lost a fumble. Seattle then moved to the Saints' 27, but missed a 45-yard field goal with 19 seconds left.

at Denver 36, Seattle 30 — Sunday, December 19, 1999

After falling behind 30-20, with 1:47 remaining, the Seahawks scored on a Jon Kitna to Derrick Mayes pass play with :54 left. Trailing by three points, the Seahawks' Kerry Joseph recovered an onside kick and Todd Peterson booted a 45-yard field goal to send the game into overtime. The Seahawks' defense forced a punt on the first possession of overtime, but after a sack, a fumble was returned by Broncos' linebacker Glenn Cadrez 37 yards for the winning score.

at Seattle 13, San Diego 10 — Sunday, December 2, 2001

Rian Lindell's 24-yard field goal on the first overtime series clinched the win for Seattle. Lindell made up for a 43-yard field-goal attempt toward the end of regulation that sailed wide right. Shaun Alexander rushed for 29 of his 87 yards in the period setting up the game-winning field goal.

Seattle 30, at Atlanta 24 — Sunday, December 15, 2002

The Falcons had possession first in the extra period and drove to the Seahawks' 18-yard line, but Jay Feely's 36-yard attempt sailed wide right. The Seahawks took over and drove down the field before Shaun Alexander scampered 27 yards into the end zone for the win. The game marked the first overtime victory for the Seahawks via a touchdown.

Seattle 31, at San Diego 28 — Sunday, December 29, 2002

Seattle had possession first and drove down to the Chargers' 28-yard line, but an errant Matt Hasselbeck pass was intercepted. The Seahawks forced San Diego to a three-and-out following a John Randle sack deep in Chargers territory. Seattle regained possession and moved to the Chargers 6-yard line where Rian Lindell booted a game-winning 24-yard field goal.

at Baltimore 44, Seattle 41 — Sunday, November 23, 2003

The Ravens overcame a 17-point, fourth-quarter deficit to force the game into overtime sparked by a 16-yard blocked punt return for a touchdown. Following a fourth-down conversion via a tipped pass on fourth-and-28, the Ravens scored with 1:12 remaining to make it a three-point game. An errant officiating call allowed the clock to stop on second down with 1:03 to go in the game, allowing Baltimore to save their final timeout to use on third down. Following a punt by Seattle, and later aided by a 44-yard pass interference call, the Ravens were in field goal territory to tie and eventually won the game in overtime on a Matt Stover 42-yard field goal.

at Green Bay 33, Seattle 27 — Sunday, January 4, 2004 (Wild Card Playoffs)

The back-and-forth battle (four ties/four lead changes) was eventually won by the Packers when Al Harris returned a Matt Hasselbeck pass 52 yards for a touchdown. Played in 20-degree temperatures, the Seahawks were down 13-6 at the half. Three Shaun Alexander second-half touchdowns, all 1 yarders, kept the Seahawks in it, including the game-tying score with :51 left in the game. Heading into overtime, the Seahawks won the toss but

both teams exchanged punts. On Seattle's next possession, Harris stepped in front of Alex Bannister to end the game. Hasselbeck became the first Seahawks quarterback to throw for at least 300 yards in the postseason (305). Alexander set a club single-game record with three postseason touchdowns.

St. Louis 33, at Seattle 27 — Sunday, October 10, 2004

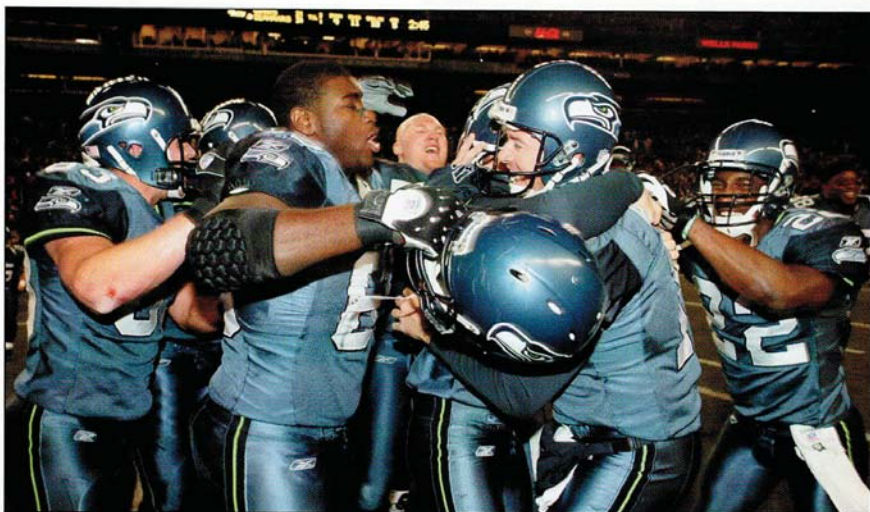
St. Louis rallied from a 17-point, fourth-quarter deficit to force overtime. After limiting the Rams to just seven points and 122 total first-half yards, the Seahawks led 24-10 heading into the final quarter. A Marc Bulger 8-yard touchdown pass to Brandon Manumaleuna, followed by a 41-yard touchdown pass to Kevin Curtis on their very next play following a Seattle punt, brought the Rams within three points, 27-24. Unable to run out the clock, Seattle was forced to punt and the Rams proceeded to drive for a Jeff Wilkins' game-tying, 36-yard field goal with eight seconds remaining. The Rams had first crack in overtime and a 52-yard touchdown pass from Bulger to Shaun McDonald sealed the victory for St. Louis.

at Washington 20, Seattle 17 — Sunday, October 2, 2005

The Seahawks used a 91-yard drive capped by a Matt Hasselbeck to Darrell Jackson 6-yard scoring pass to tie the game at 17-17 with 1:23 remaining. Kelly Herndon intercepted a Mark Brunell pass on the ensuing drive to set up a game-winning field goal attempt; however, Josh Brown's 47-yard attempt hit the left upright as time expired and the game headed into overtime. The Redskins won the coin flip and took the opening drive 55 yards in 11 plays before Nick Novak connected on a game-winning 39-yard field goal.

Seattle 24, N.Y. Giants 21 — Sunday, November 27, 2005

The Seahawks escaped defeat three times to win their first overtime game since 2002. The Giants tied the game 21-21 with 1:59 to play in the game. The Giants forced Seahawks punt and five plays and 28 yards later, the Giants were lining up for a 40-yard game-winning field goal by Jay Feely. The kick was wide left and the game headed into overtime. The Seahawks won the toss and were forced to punt on their first possession. New York took over at their own 49-yard line. After an Eli Manning to Jeremy Shockey pass to the Seahawks 26-yard line was reviewed and overturned, the Giants were forced to settle for a 54-yard field goal attempt that came up short. The Seahawks punted yet again, and Tiki Barber rattled off a 49-yard run to the Seahawks 31. The Giants gained four more yards setting up a third game-winning attempt for Feely, this one from 45 yards. Short again. The Seahawks finally took advantage of their opportunity and on second-and-21, Matt Hasselbeck connected with D.J. Hackett for 38 yards and then rushed for an additional 20 yards setting up a 36-yard game winner by Josh Brown.



The Seahawks celebrate Josh Brown's game-winning 50-yard field goal vs. New York.

PLAYOFF GAMES

AFC WILD CARD PLAYOFFS SEATTLE SEAHAWKS 31, DENVER BRONCOS 7 SATURDAY, DECEMBER 24, 1983 — KINGDOME

Dave Krieg threw three touchdown passes to lead the Seahawks to a win in the first playoff game in their history. Krieg, who completed 12-of-13 passes, increased a 10-7 Seahawks halftime lead with touchdown passes on Seattle's first two second half possessions. Seattle scored on the game's opening drive on a Krieg touchdown pass. After a Denver touchdown, Seattle took the lead for good with a field goal. Krieg then opened the second half by throwing two touchdown passes. Seattle recorded three takeaways, all deep in Seahawks territory. Of Denver's 360 total yards, 140 were gained on their last two drives. Steve DeBerg, who was activated two days before the game after missing nine games with a shoulder injury, was 14-of-19 for 131 yards, before being replaced midway through the fourth quarter by rookie John Elway. Both teams had 9-7 records in the regular season with Seattle gaining the home-field advantage by virtue of their win on the season's last week and Denver's loss at Kansas City.

Denver	7	0	0	0	—	7
Seattle	7	3	7	14	—	31

SEA 1	4:42	0-7	Largent 17 pass Krieg (N. Johnson kick) [8-62, 4:33]
DEN 1	11:22	7-7	Myles 13 pass DeBerg (Karlis kick) [9-76, 4:08]
SEA 2	5:35	7-10	N. Johnson 37 FG [9-32, 4:33]
SEA 3	7:02	7-17	Metzelaars 5 pass Krieg (N. Johnson kick) [5-73, 3:19]
SEA 4	0:04	7-24	Johns 18 pass Krieg (N. Johnson kick) [9-61,4:17]
SEA 4	5:26	7-31	Hughes 2 run (N. Johnson kick) [9-64, 4:43]
Att.	—	60,752	

STARTERS

OFFENSE	
TE	- Metzelaars
LT	- Essink
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- August
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Warner
FB	- C. Bryant
K	- N. Johnson
DEFENSE	
LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Norman
RILB	- Butler
ROLB	- Gaines
LCB	- Justin
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

INDIVIDUAL STATISTICS

RUSHING LEADERS

Denver	Att	Yds	LG	TD
Winder	16	59	35	0
Poole	7	25	7	0
TOTAL	33	125	35	0

Seattle	Att	Yds	LG	TD
Warner	23	99	15	0
Hughes	3	16	9	1
TOTAL	38	145	15	1

PASSING LEADERS

Denver	A	C	Yds	TD	I
DeBerg	19	14	131	1	1
Elway	15	10	123	0	1
TOTAL	34	24	254	1	2

Seattle	A	C	Yds	TD	I
Krieg	13	12	200	3	0
TOTAL	13	12	200	3	0

PASS RECEIVING LEADERS

Denver	No	Yds	LG	TD
Myles	7	73	18	1
Watson	4	51	22	0
Poole	4	17	8	0
Simpson	3	52	31	0
TOTAL	24	254	31	1

Seattle	No	Yds	LG	TD
Largent	4	76	34	1
Warner	3	22	9	0
Johns	2	59	41	1
Young	2	38	28	0
Metzelaars	1	5	5	1
TOTAL	12	200	41	3

TEAM STATISTICS

	Denver	Seattle
Total First Downs	21	17
Rush/Pass/Penalty	5/14/2	8/9/0
Third Down Eff.	9/17 52.9%	5/10 50.0%
Fourth Down Eff.	1/2 50.0%	1/1 100.0%
Total Net Yards	360	324
Total Off. Plays	69	53
Avg. Per Play	5.2	6.1
Net Yards Rushing	125	145
Total Rushing Plays	33	38
Avg. Gain Per Rush	3.8	3.8
Net Yards Passing	235	179
Times Sacked/Yards Lost	2-19	2-21
Pass Att.-Comp.-Int.	34-24-2	13-12-0
Avg. Gain Per Pass Play	6.5	11.9
Punts-No. and Avg.	4-47.8	3-41.7
Had Blocked	0	0
Penalties-No. and Yards	5-35	3-34
Return Yardage	128	146
Fumbles-No. and Lost	1-1	1-0
Touchdowns	1	4
Rush/Pass/Return	0/1/0	1/3/0
Extra Points Made-Att.	1-1	4-4
Field Goals Made-Att.	0-0	1-1
Time of Possession	30:57	29:03

DEFENSE

Denver — Tackles: Ryan 7. Sacks: Manor 1.0, Woodard 1.0. Interceptions: None. Forced Fumbles: None. Fumble Recoveries: None.
Seattle — Tackles: Easley 11. Sacks: Clancy 1.0, Easley 1.0. Interceptions: G. Johnson 1, Justin 1. Forced Fumbles: Robinson 1. Fumble Recoveries: Moyer 1.

AFC DIVISIONAL PLAYOFFS

SEATTLE SEAHAWKS 27, MIAMI DOLPHINS 20

SATURDAY, DECEMBER 31, 1983 — ORANGE BOWL

Seattle scored 10 points in a 33-second span late in the fourth quarter to upset the highly favored and defending AFC champion Dolphins at home. Trailing 20-17 with 3:43 left, Dave Krieg connected twice with Steve Largent for 16 and 40 yards to put the ball at the Dolphins' 2 where Curt Warner scored. Sam Merriman recovered a Fulton Walker fumble on the ensuing kickoff to set up Norm Johnson's field goal. When Walker fumbled the kickoff again, Seattle recovered and ran out the clock. Miami scored first, but missed the point after allowing Seattle to take a 7-6 lead on Krieg's pass to Cullen Bryant. Zachary Dixon set up the score with a 59-yard kickoff return. Dan Marino's second touchdown pass of the first half gave the Dolphins a 13-7 halftime lead. Seattle regained the lead on Warner's 1-yard run which was set up by John Harris' fumble recovery. Johnson then added a field goal for a 17-13 lead after Kerry Justin's interception. Krieg was intercepted with 4:34 left setting up the Dolphins' go-ahead touchdown before rebounding with his completions to Largent, who had been held without a reception. The Seattle defense forced five turnovers to set up 13 points. Dave Brown had 10 tackles and Keith Butler nine for Seattle. Harris had four tackles, an interception and a fumble recovery. Miami entered the game 12-4 and winners of the AFC East, while Seattle qualified as a wild card with a 9-7 mark.

Seattle	0	7	7	13	—	27
Miami	0	13	0	7	—	20
MIA 2	2:23	0-6	D. Johnson 19 pass Marino (kick blocked) [12-80, 5:44]			
SEA 2	5:41	7-6	C. Bryant 6 pass Krieg (N. Johnson kick) [6-38, 3:16]			
MIA 2	9:17	7-13	Duper 32 pass Marino (von Schamann kick) [7-74, 3:36]			
SEA 3	8:34	14-13	Warner 1 run (N. Johnson kick) [8-55, 3:53]			
SEA 4	4:18	17-13	N. Johnson 27 FG [9-40, 4:18]			
MIA 4	11:17	17-20	Bennett 2 run (von Schamann kick) [3-16, 0:51]			
SEA 4	13:12	24-20	Warner 2 run (N. Johnson kick) [5-66, 1:55]			
SEA 4	13:34	27-20	N. Johnson 37 FG [4-8, 0:24]			
Att.	— 71,032					

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Warner	29	113	11	2
Bryant	5	22	6	0
TOTAL	42	151	12	2

Miami	Att	Yds	LG	TD
Nathan	8	19	9	0
Franklin	6	28	9	0
TOTAL	30	128	10	1

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Krieg	28	15	192	1	1
Zorn	1	0	0	0	0
TOTAL	29	15	192	1	1

Miami	A	C	Yds	TD	I
Marino	25	15	193	2	2
Clayton	1	0	0	0	0
TOTAL	26	15	193	2	2

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Warner	5	38	10	0
Johns	4	60	28	0
Largent	2	56	40	0
Doornink	2	26	16	0
C. Bryant	2	12	6	1
TOTAL	15	192	40	1

Miami	No	Yds	LG	TD
Duper	9	117	32	1
D. Johnson	2	29	19	1
Moore	2	26	13	0
TOTAL	15	193	32	2

TEAM STATISTICS

	Seattle	Miami
Total First Downs	21	21
Rush/Pass/Penalty	12/9/0	9/11/1
Third Down Eff.	8/17 47.1%	6/10 60.0%
Fourth Down Eff.	1/1 100.0%	0/0 0.0%
Total Net Yards	334	321
Total Off. Plays	72	56
Avg. Per Play	4.6	5.7
Net Yards Rushing	151	128
Total Rushing Plays	42	30
Avg. Gain Per Rush	3.6	4.3
Net Yards Passing	192	193
Times Sacked/Yards Lost	1/9	0/0
Pass Att.-Comp.-Int.	29-15-1	26-15-2
Avg. Gain Per Pass Play	6.1	7.4
Punts-No. and Avg.	4-38.0	4-35.5
Had Blocked	0	0
Penalties-No. and Yards	2-15	5-30
Return Yardage	130	154
Fumbles-No. and Lost	0-0	3-3
Touchdowns	3	3
Rush/Pass/Return	2/1/0	1/2/0
Extra Points Made-Att.	3-3	3-3
Field Goals Made-Att.	2-3	0-0
Time of Possession	34:58	25:02

DEFENSE

Seattle — Tackles: Brown 10. Sacks: None. Interceptions: Harris 1, Justin 1. Forced Fumbles: Doornink 1, Gaines 1. Fumble Recoveries: Doornink 1, Harris 1, Merriman 1.
Miami — Tackles: Baumhower 13. Sacks: Baumhower 1.0. Interceptions: Small 1. Forced Fumbles: None. Fumble Recoveries: None.

STARTERS

OFFENSE	
TE	- Metzelaars
LT	- Essink
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- August
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Warner
FB	- C. Bryant
K	- N. Johnson

DEFENSE	
LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Robinson
RILB	- Butler
ROLB	- Gaines
LCB	- Justin
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

AFC CHAMPIONSHIP GAME LOS ANGELES RAIDERS 30, SEATTLE SEAHAWKS 14 SUNDAY, JANUARY 8, 1984 — MEMORIAL COLISEUM

The Raiders stopped the Seahawks dream of a trip to the Super Bowl with a convincing 30-14 win in Seattle's first appearance in the AFC Championship Game. The Raiders, who compiled an AFC-best 12-4 record during the regular season, jumped to a 27-0 lead and were never threatened. Frank Hawkins rushed for a pair of touchdowns and Chris Bahr had two field goals in the first half, which saw Los Angeles score 17 points in the last 4:17 of the second quarter. Key was a 49-yard Malcolm Barnwell pass reception setting up a touchdown and a Mike Davis interception which led to a Bahr field goal. The Raiders held a 226-16 total-yard advantage at halftime, including holding Seattle to minus 9 yards passing. The Raiders also ran 36 plays to Seattle's 23. Marcus Allen extended the Raiders lead to 27-7 with a third-quarter touchdown reception. The Seahawks scored two late touchdowns sandwiched around another Bahr field goal for the final margin. Los Angeles controlled the ball for 37:06 and outgained Seattle 401 yards to 167. Seattle suffered five interceptions and allowed four sacks. Allen accounted for 216 total yards from scrimmage, rushing for 154 and catching seven passes for 62. The Raiders were playing in their eleventh AFL/AFC title game and won for the fourth time to earn a berth in Super Bowl XVIII. Los Angeles went on to defeat the defending world-champion Washington Redskins, 38-9, in the Super Bowl.

Seattle	0	0	7	7	—	14
Los Angeles	3	17	7	3	—	30
LA 1	6:13	0-3	Bahr 20 FG [6-23, 2:43]			
LA 2	10:43	0-10	Hawkins 1 run (Bahr kick) [9-61, 4:40]			
LA 2	13:54	0-17	Hawkins 5 run (Bahr kick) [4-60, 1:26]			
LA 2	14:57	0-20	Bahr 45 FG [5-33, 0:38]			
LA 3	8:11	0-27	Allen 3 pass Plunkett (Bahr kick) [2-46, 1:09]			
SEA 3	10:59	7-27	Doornink 11 pass Zorn (N. Johnson kick) [10-74, 4:01]			
LA 4	11:03	7-30	Bahr 35 FG [7-19, 3:49]			
SEA 4	13:44	14-30	Young 9 pass Zorn (N. Johnson kick) [9-71, 2:41]			
Att.	—	88,734				

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Warner	11	26	7	0
Hughes	3	14	8	0
TOTAL	18	65	10	0
Los Angeles	Att	Yds	LG	TD
Allen	25	154	43	0
Hawkins	10	24	8	2
Plunkett	7	26	10	0
TOTAL	46	205	43	2

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Krieg	9	3	12	0	3
Zorn	27	14	134	2	2
TOTAL	36	17	146	2	5
Los Angeles	A	C	Yds	TD	I
Plunkett	24	17	214	1	2
TOTAL	24	17	214	1	2

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Doornink	6	48	12	1
Johns	5	49	14	0
Largent	2	25	14	0
Warner	2	10	12	0
TOTAL	17	146	14	2
Los Angeles	No	Yds	LG	TD
Allen	7	62	16	1
Barnwell	5	116	49	0
Christensen	3	14	6	0
Branch	2	22	11	0
TOTAL	17	214	49	1

STARTERS

OFFENSE	
TE	- Metzelaars
LT	- Essink
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- August
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Warner
FB	- C. Bryant
K	- N. Johnson
DEFENSE	
LE	- Green
NT	- Nash
RE	- J. Bryant
L0LB	- Scholtz
L1LB	- Robinson
R1LB	- Butler
R0LB	- Gaines
COLB	- Justin
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

TEAM STATISTICS

	Seattle	Los Angeles
Total First Downs	16	21
Rush/Pass/Penalty	4/10/2	10/11/0
Third Down Eff.	2/12 16.7%	9/16 56.3%
Fourth Down Eff.	1/2 50.0%	0/1 0.0%
Total Net Yards	167	401
Total Off. Plays	58	72
Avg. Per Play	2.9	5.6
Net Yards Rushing	65	205
Total Rushing Plays	18	46
Avg. Gain Per Rush	2.9	5.6
Net Yards Passing	102	196
Times Sacked/Yards Lost	4/44	2/18
Pass Att.-Comp.-Int.	36-17-5	24-17-2
Avg. Gain Per Pass Play	2.6	7.5
Punts-No. and Avg.	5-32.0	2-34.0
Penalties-No. and Yards	2-20	7-53
Return Yardage	144	100
Fumbles-No. and Lost	1-0	3-2
Touchdowns	2	3
Rush/Pass/Return	0/2/0	2/1/0
Extra Points Made-Att.	2-2	3-3
Field Goals Made-Att.	0-0	3-3
Time of Possession	22:54	37:06

DEFENSE

Seattle — Tackles: Nash 11, Butler 10. Sacks: Dufek 1.0, Gaines 1.0. Interceptions: G. Johnson 1, Scholtz 1. **Forced Fumbles:** Green 1, Scholtz 1. **Fumble Recoveries:** J. Bryant 2. **Los Angeles** — Tackles: Squirek 7. Sacks: Townsend 2.0, Martin 1.0, Picken 1.0. Interceptions: M. Davis 2, Hayes 1, McElroy 1, Millen 1. **Forced Fumbles:** Millen 1. **Fumble Recoveries:** None.

AFC WILD CARD PLAYOFFS

SEATTLE SEAHAWKS 13, LOS ANGELES RAIDERS 7

SUNDAY, DECEMBER 22, 1984 — KINGDOME

Dan Doornink rushed for a career-high 123 yards to help the Seahawks eliminate the defending Super Bowl champion Raiders. Seattle took a 7-0 lead into halftime on Dave Krieg's 26-yard second-quarter touchdown pass to Daryl Turner. Seattle rushed for 34 yards on the 93-yard drive, which was keyed by a 23-yard pass interference penalty on Los Angeles' Lester Hayes putting the ball at the Raiders' 33. Doornink contributed 18 yards on a third-quarter drive to Norm Johnson's 35-yard field goal. That drive was set up by Keith Simpson's recovery of a Bruce Scholtz forced fumble at the Raiders' 38. Johnson upped the lead to 13-0 with a 44-yard fourth-quarter field goal. The Raiders broke into the scoring column on Jim Plunkett's 46-yard touchdown pass to Marcus Allen with 5:05 left. Seattle ran the clock down to 45 seconds on their next drive behind the running of Doornink, who carried four times for 13 yards, including a five-yard run on a third-and-two. He also contributed a 14-yard reception. The Raiders' last drive ended with Kenny Easley's interception with four seconds left. Doornink, a seven-year veteran, had started only three times in the regular season and rushed for 215 yards. He contributed 82 of his total in the second half. The Seattle defense limited Los Angeles to 240 total yards, recorded six sacks, and forced three turnovers. Jacob Green had 2.5 of the sacks. Keith Butler had nine tackles, including a sack. Bill Pickel had 15 tackles and Vann McElroy 11 for the Raiders. Seattle played the game without starting left tackle Ron Essink (flu) and started Sid Abramowitz, who had one career start, in his place. Seattle's reliance on the run caused the Raiders to switch to a 4-4 defense for most of the second half, removing Hayes for an extra linebacker.

Los Angeles	0	0	0	7	—	7
Seattle	0	7	3	3	—	13
SEA 2	10:41	0-7	Turner 26 pass Krieg (N. Johnson kick) [9-93, 5:05]			
SEA 3	13:31	0-10	N. Johnson 35 FG [7-21, 2:33]			
SEA 4	4:10	0-13	N. Johnson 44 FG [5-23, 2:27]			
LA 4	9:55	7-13	Allen 46 pass Plunkett (Bahr kick) [7-78, 1:17]			

STARTERS	
OFFENSE	
TE	- Tice
LT	- Abramowitz
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- Cryder
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Doornink
FB	- Hughes
K	- N. Johnson
DEFENSE	
LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Robinson
RILB	- Butler
ROLB	- Gaines
LCB	- Simpson
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

Att. — 62,049

INDIVIDUAL STATISTICS

RUSHING LEADERS

Los Angeles	Att	Yds	LG	TD
Allen	17	61	15	0
Hawkins	6	34	11	0
TOTAL	25	105	15	0
Seattle	Att	Yds	LG	TD
Doornink	27	123	14	0
Hughes	14	54	12	0
Lane	4	17	8	0
Krieg	3	10	13	0
TOTAL	49	202	14	0

PASSING LEADERS

Los Angeles	A	C	Yds	TD	I
Plunkett	27	14	184	1	2
TOTAL	27	14	184	1	2
Seattle	A	C	Yds	TD	I
Krieg	10	4	70	1	0
TOTAL	10	4	70	1	0

PASS RECEIVING LEADERS

Los Angeles	No	Yds	LG	TD
Allen	5	90	46	1
Hawkins	4	27	12	0
Barnwell	3	34	18	0
Christensen	1	21	21	0
King	1	12	12	0
TOTAL	14	184	46	1
Seattle	No	Yds	LG	TD
Turner	1	26	26	1
Tice	1	20	20	0
Doornink	1	14	14	0
Hughes	1	10	10	0
TOTAL	4	70	26	1

TEAM STATISTICS

	Los Angeles	Seattle
Total First Downs	14	17
Rush/Pass/Penalty	5/8/1	12/4/1
Third Down Eff.	4/13 30.8%	2/13 15.4%
Fourth Down Eff.	0/0 0.0%	0/0 0.0%
Total Net Yards	240	248
Total Off. Plays	58	61
Avg. Per Play	4.1	4.1
Net Yards Rushing	105	202
Total Rushing Plays	25	49
Avg. Gain Per Rush	4.2	4.1
Net Yards Passing	135	46
Times Sacked/Yards Lost	6/49	2/24
Pass Att.-Comp.-Int.	27-14-2	10-4-0
Avg. Gain Per Pass Play	4.1	3.8
Punts-No. and Avg.	8-41.9	8-37.8
Penalties-No. and Yards	8-68	7-55
Return Yardage	33	111
Fumbles-No. and Lost	2-1	0-0
Touchdowns	1	1
Rush/Pass/Return	0/1/0	0/1/0
Extra Points Made-Att.	1-1	1-1
Field Goals Made-Att.	0-0	2-2
Time of Possession	25:41	34:19

DEFENSE

Los Angeles — Tackles: McElroy 11. Sacks: Alzado 2.0. Interceptions: None. Forced Fumbles: None. Fumble Recoveries: None. Seattle — Tackles: Butler 9, Green 9. Sacks: Green 2.5, Butler 1.0, Fanning 1.0, Mangiero 1.0, Bryant 0.5. Interceptions: Easley 1, Harris 1. Forced Fumbles: Butler 1, Scholtz 1. Fumble Recoveries: Simpson 1.

AFC DIVISIONAL PLAYOFFS MIAMI DOLPHINS 31, SEATTLE SEAHAWKS 10 SATURDAY, DECEMBER 29, 1984 — ORANGE BOWL

Dan Marino threw three touchdown passes to lead the Dolphins to a divisional playoff win in the Orange Bowl. Miami, which had the AFC's best regular-season record, 14-2, would host the AFC Championship Game. Seattle, which finished the regular season a franchise best 12-4, was eliminated. The win also avenged a 27-20 Seahawks win in the divisional round of the 1983 AFC playoffs. Marino threw two of his scoring passes in the third quarter to break open what had been a 14-10 Miami halftime lead. Marino, who set an NFL record with 48 touchdown passes during the season, was 7-of-8 for 50 yards on the first scoring drive. On the second, he found Mark Clayton two plays after a short punt gave Miami the ball at the Seattle 33. Uwe von Schamann closed out the scoring with a fourth-quarter field goal. Miami struck first on their second possession as Tony Nathan scored on a 14-yard run. After Seattle closed to 7-3, Marino found Jimmy Cefalo for a 34-yard touchdown on the Dolphins' next possession, one play after a Seattle interception was nullified by an offside penalty. Seattle closed to 14-10 on Dave Krieg's 56-yard touchdown pass to Steve Largent with 3:23 left in the half. Miami gained 405 yards as Marino passed for 262. Seattle's John Harris, a Miami native, picked off two passes in the first half. His 32-yard return with the first set up a field goal. He returned the second 13 yards to the Miami 45, but the Dolphins held, forcing a punt.

Seattle	0	10	0	0	—	10
Miami	7	7	14	3	—	31
MIA 1	10:51	0-7	Nathan 14 run (von Schamann kick) [8-68, 4:01]			
SEA 2	1:24	3-7	N. Johnson 27 FG [7-29, 3:08]			
MIA 2	4:07	3-14	Cefalo 34 pass Marino (von Schamann kick) [4-60, 2:43]			
SEA 2	11:37	10-14	Largent 56 pass Krieg (N. Johnson kick) [4-70, 1:47]			
MIA 3	10:35	10-21	Hardy 3 pass Marino (von Schamann kick) [13-76, 5:40]			
MIA 3	12:35	10-28	Clayton 33 pass Marino (von Schamann kick) [2-33, 0:46]			
MIA 4	3:32	10-31	von Schamann 37 FG (8-69, 3:55)			
Att.	—	73,469				

STARTERS

OFFENSE	
TE	- Tice
LT	- Essink
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- Cryder
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Doornink
FB	- Hughes
K	- N. Johnson
DEFENSE	
LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Robinson
RILB	- Butler
ROLB	- Gaines
LCB	- Simpson
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Doornink	10	35	8	0
Hughes	7	14	7	0
TOTAL	18	51	8	0
Miami	Att	Yds	LG	TD
Nathan	18	76	14	1
Bennett	11	41	14	0
P. Johnson	6	22	11	0
TOTAL	36	143	14	1

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Krieg	35	20	234	1	0
TOTAL	35	20	234	1	0
Miami	A	C	Yds	TD	I
Marino	34	21	262	3	2
TOTAL	34	21	262	3	2

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Largent	6	128	56t	1
Doornink	6	23	9	0
Turner	3	38	21	0
Skansi	2	31	24	0
TOTAL	20	234	56t	1
Miami	No	Yds	LG	TD
Clayton	5	75	33	1
Nathan	4	20	12	0
Hardy	3	48	32	1
Duper	3	32	15	0
2 players with	2			
TOTAL	21	262	34	3

TEAM STATISTICS

	Seattle	Miami
Total First Downs	8	22
Rush/Pass/Penalty	2/6/0	8/12/2
Third Down Eff.	5/15 33.3%	4/13 30.8%
Fourth Down Eff.	0/1 0.0%	1/1 100.0%
Total Net Yards	267	405
Total Off. Plays	55	70
Avg. Per Play	4.9	5.8
Net Yards Rushing	51	143
Total Rushing Plays	18	36
Avg. Gain Per Rush	4.9	5.8
Net Yards Passing	216	262
Times Sacked/Yards Lost	2/18	0/0
Pass Att.-Comp.-Int.	35-20-0	34-21-2
Avg. Gain Per Pass Play	5.8	7.7
Punts-No. and Avg.	7-37.0	3-37.0
Had Blocked	0	0
Penalties-No. and Yards	4-20	1-5
Return Yardage	127	81
Fumbles-No. and Lost	1-1	0-0
Touchdowns	1	4
Rush/Pass/Return	0/1/0	1/3/0
Extra Points Made-Att.	1-1	4-4
Field Goals Made-Att.	1-2	1-3
Time of Possession	24:12	35:48

DEFENSE

Seattle — Tackles: Butler 8, Easley 8. Sacks: None. Interceptions: Harris 2. Forced Fumbles: None. Fumble Recoveries: None.
Miami — Tackles: M. Brown 10. Sacks: Brudzinski 1.0, Betters 1.0. Interceptions: None. Forced Fumbles: McNeil 1. Fumble Recoveries: Benson 1.

AFC WILD CARD PLAYOFFS
HOUSTON OILERS 23, SEATTLE SEAHAWKS 20
(OVERTIME)
SUNDAY, JANUARY 3, 1988 — ASTRODOME

Tony Zendejas' 42-yard field goal 8:05 into overtime gave the Oilers the win over the Seahawks in Houston's first playoff game since 1980. The win put the Oilers in the divisional playoffs at the Denver Broncos. Zendejas' kick capped a 61-yard drive on the Oilers' first overtime possession. Warren Moon completed 3-of-4 passes on the drive's first five plays, for 37 yards, before Mike Rozier ran six times for 27 yards setting up Zendejas. Seattle forced overtime with an 80-yard drive that ended with Steve Largent's touchdown reception from Dave Krieg with 26 seconds left. The drive, which was set up a miss by Zendejas from 29 yards, featured a fourth-and-10 and third-and-10 conversions from Krieg, who was only 4-of-10 on the drive, but accounted for all 80 yards. Seattle won the overtime coin toss, but was forced to punt after three plays. Playing without Curt Warner (ankle), the NFL's third-leading rusher, Seattle was outgained 437-250, including 178-29 on the ground. Houston held the ball for 47:44 compared to Seattle's 20:21. Despite this, the Seahawks grabbed a 7-0 lead just 3:16 into the game. Melvin Jenkins picked off a pass on Houston's third play setting up a Krieg touchdown pass. Zendejas had a pair of field goals around a Rozier touchdown. After two Johnson field goals tied the score, Moon threw a touchdown pass to Willie Drewrey, the first of his career, for a 20-13 lead.

Seattle	7	3	3	7	0	—	20
Houston	3	10	7	0	3	—	23
SEA 1	3:16	7-0	Largent 20 pass Krieg (N. Johnson kick) [3-54, 1:38]				
HOU 1	10:16	7-3	Zendejas 47 FG [11-51, 7:00]				
HOU 2	1:43	7-10	Rozier 1 run (Zendejas kick) [9-48, 4:20]				
HOU 2	8:11	7-13	Zendejas 49 FG [7-27, 4:33]				
SEA 2	11:50	10-13	N. Johnson 33 FG [4-4, 0:48]				
SEA 3	6:37	13-13	N. Johnson 41 FG [6-16, 2:16]				
HOU 3	12:26	13-20	Drewrey 29 pass Moon (Zendejas kick) [9-84, 5:49]				
SEA 4	14:34	20-20	Largent 12 pass Krieg (N. Johnson kick) [10-80, 1:21]				
HOU OT	8:05	20-23	Zendejas 42 FG [12-61, 6:53]				

STARTERS

OFFENSE

WR - Butler
 LG - Mattes
 LT - Bailey
 C - Feasel
 RG - Millard
 RT - Wilson
 TE - Tice
 WR - Largent
 QB - Krieg
 RB - Williams
 FB - Burse
 K - N. Johnson

DEFENSE

LE - Green
 NT - Nash
 RE - J. Bryant
 LOLB - Scholtz
 LILB - Young
 RILB - Bosworth
 ROLB - Gaines
 LCB - Jenkins
 CB - Hunter
 SS - Easley
 FS - Robinson
 P - West

Att. — 49,622

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD
Williams	7	27	10	0
Morris	4	2	4	0
TOTAL	11	29	10	0
Houston	Att	Yds	LG	TD
Highsmith	12	74	16	0
Rozier	21	66	11	1
Pinkett	11	29	5	0
TOTAL	50	178	16	1

PASSING

Seattle	A	C	Yds	TD	I
Krieg	38	16	237	2	0
Williams	1	0	0	0	0
TOTAL	39	16	237	2	0
Houston	A	C	Yds	TD	I
Moon	32	21	273	1	1
TOTAL	32	21	273	1	1

PASS RECEIVING

Seattle	No	Yds	LG	TD
Largent	7	132	33	2
Butler	3	73	32	0
Williams	2	5	3	0
Skansi	2	13	7	0
TOTAL	16	237	33	2
Houston	No	Yds	LG	TD
Givins	7	89	19	0
D. Hill	6	84	15	0
Drewrey	3	62	29t	1
Highsmith	2	17	11	0
TOTAL	21	273	29t	1

TEAM STATISTICS

	Seattle	Houston
Total First Downs	11	27
Rush/Pass/Penalty	1/10/0	9/18/0
Third Down Eff.	2/12 16.7%	10/18 55.6%
Fourth Down Eff.	1/1 100.0%	0/0 0.0%
Total Net Yards	250	437
Total Off. Plays	52	84
Avg. Per Play	4.8	5.2
Net Yards Rushing	29	178
Total Rushing Plays	11	50
Avg. Gain Per Rush	2.6	3.6
Net Yards Passing	221	259
Times Sacked/Yards Lost	2/16	2/14
Pass Att.-Comp.-Int.	39-16-0	32-21-1
Avg. Gain Per Pass Play	5.3	7.6
Punts-No. and Avg.	7-44.3	3-35.0
Penalties-No. and Yards	3-20	4-25
Return Yardage	226	92
Fumbles-No. and Lost	1-1	2-1
Touchdowns	2	2
Rush/Pass/Return	0/2/0	1/1/0
Extra Points Made-Att.	2-2	2-2
Field Goals Made-Att.	2-2	3-5
Time of Possession	20:21	47:44

DEFENSE

Seattle — Tackles: Bosworth 17, Robinson 15, Easley 12, Jenkins 12, Young 12. **Sacks:** Bryant 1.0, Gaines 1.0. **Interceptions:** Jenkins 1. **Forced Fumbles:** Young 1. **Fumble Recoveries:** Young 1.

Houston — Tackles: Bostic 5, Childress 5, Meads 5. **Sacks:** Childress 1.0, Lyles 0.5, Meads 0.5. **Interceptions:** None. **Forced Fumbles:** None. **Fumble Recoveries:** Bostic 1.

AFC DIVISIONAL PLAYOFFS

CINCINNATI BENGALS 21, SEATTLE SEAHAWKS 13

SATURDAY, DECEMBER 31, 1988 — RIVERFRONT STADIUM

In a matchup of division winners, the Bengals used the running of rookie Ickey Woods to defeat the Seahawks in Riverfront Stadium. With the win, Cincinnati earned the right to host the AFC Championship Game. Woods rushed for 126 of the Bengals' 254 yards helping set up two short Stanley Wilson touchdown runs. Woods scored on a third short run to give the Bengals a 21-0 halftime lead. Cincinnati rushed for 165 yards in the half, 70 by Woods and 60 by James Brooks, and controlled the ball for 20:35. The Seahawks scored first in the fourth quarter after Joe Nash recovered a Jacob Green forced fumble on the Bengals' 31. Dave Krieg passed seven yards to John L. Williams for the score. After a punt, Seattle drove 69 yards capped by Krieg's one-yard run, but missed the extra point, to trail by eight. Seattle out-gained the Bengals 245-116 in the second half. Williams caught 11 passes for 137 yards for the Seahawks, both team postseason records. The 11 receptions were also the third most in a post-season game in NFL history. The Seahawks were hampered by an ankle injury suffered by Curt Warner in the season finale at the Los Angeles Raiders, which held him to 11 yards on eight carries. The Bengals earned the right to host the game after posting an AFC-best 12-4 record. Seattle was 9-7 and won their first AFC West title. Cincinnati went on to defeat the Buffalo Bills and represented the AFC in Super Bowl XXIII.

Seattle	0	0	0	13	—	13
Cincinnati	7	14	0	0	—	21
CIN 1	5:59	0-7	Wilson 3 run (Breech kick)	[11-85, 5:41]		
CIN 2	3:25	0-14	Wilson 3 run (Breech kick)	[7-75, 5:32]		
CIN 2	7:20	0-21	Woods 1 run (Breech kick)	[5-56, 3:00]		
SEA 4	3:20	7-21	Williams 7 pass Krieg (N. Johnson kick)	[5-31, 1:44]		
SEA 4	8:55	13-21	Krieg 1 run (kick wide right)	[9-69, 3:33]		
Att.	—	58,560				

STARTERS

OFFENSE	
WR	- Blades
LT	- Mattes
LG	- Bailey
C	- Bush
RG	- Millard
RT	- Wilson
TE	- Tice
WR	- Largent
QB	- Krieg
RB	- Warner
FB	- Williams
K	- N. Johnson
DEFENSE	
LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Comeaux
RILB	- Wyman
ROLB	- Woods
LCB	- Taylor
RCB	- Jenkins
SS	- Moyer
FS	- Robinson
P	- West

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Warner	8	11	8	0
Williams	7	10	3	0
TOTAL	16	22	8	1
Cincinnati	Att	Yds	LG	TD
Woods	23	126	30	1
Brooks	13	72	26	0
Wilson	7	45	20	2
TOTAL	47	254	30	3

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Krieg	50	24	297	1	2
TOTAL	50	24	297	1	2
Cincinnati	A	C	Yds	TD	I
Esiason	19	7	108	0	0
TOTAL	19	7	108	0	0

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Williams	11	137	37	1
Blades	5	78	24	0
Butler	2	40	32	0
Largent	2	17	12	0
TOTAL	24	297	37	1
Cincinnati	No	Yds	LG	TD
Holman	3	44	24	0
Collinsworth	1	30	30	0
Brown	1	23	23	0
Brooks	1	9	9	0
Riggs	1	2	2	0
TOTAL	7	108	30	0

TEAM STATISTICS

	Seattle	Cincinnati
Total First Downs	19	22
Rush/Pass/Penalty	1/16/2	17/5/0
Third Down Eff.	2/12 16.7%	6/13 46.2%
Fourth Down Eff.	2/4 50.0%	0/1 0.0%
Total Net Yards	294	345
Total Off. Plays	69	68
Avg. Per Play	4.3	5.1
Net Yards Rushing	22	254
Total Rushing Plays	16	47
Avg. Gain Per Rush	1.4	5.4
Net Yards Passing	297	108
Times Sacked/Yards Lost	3/25	2/17
Pass Att.-Comp.-Int.	50-24-2	19-7-0
Avg. Gain Per Pass Play	5.3	4.3
Punts-No. and Avg.	6-44.1	6-46.0
Had Blocked	0	0
Penalties-No. and Yards	5-45	2-29
Return Yardage	96	73
Fumbles-No. and Lost	1-1	3-2
Touchdowns	2	3
Rush/Pass/Return	1/1/0	3/0/0
Extra Points Made-Att.	2-3	3-3
Field Goals Made-Att.	0-0	0-0
Time of Possession	24:41	35:19

DEFENSE

Seattle — Tackles: Robinson 11. Sacks: Clarke 1.0, Green 1.0. Interceptions: None. Forced Fumbles: Clarke 1, Green 1. Fumble Recoveries: Jenkins 1, Nash 1.
Cincinnati — Tackles: Krumrie 7. Sacks: Buck 1.0, Skow 1.0, Williams 1.0. Interceptions: Thomas 1, Wilcots 1. Forced Fumbles: Krumrie 1. Fumble Recoveries: Skow 1.

AFC WILD CARD PLAYOFFS

MIAMI DOLPHINS 20, SEATTLE SEAHAWKS 17

SUNDAY, JANUARY 9, 2000 — KINGDOME

Charlie Rogers' 85-yard kickoff return touchdown proved not to be enough as the Seattle Seahawks lost to the Miami Dolphins at the Kingdome, 20-17, in their first playoff appearance since 1988. Seattle held a 17-13 lead in the fourth quarter, but Dan Marino led an 85-yard touchdown drive with 4:48 remaining which proved to be the game-winner. The Seahawks jumped to a 7-0 lead when Jon Kitna connected with Sean Dawkins on a 9-yard scoring pass. The Dolphins' Olindo Mare put the Dolphins on the board in the first quarter with a 32-yard field goal. Seattle countered with a 50-yard Todd Peterson field goal with 50 seconds remaining in the half for a 10-3 Seahawks halftime lead. Miami came right out of the gates to open the second half trying to work their way back into the game. Marino connected with Orande Gadsden on a 1-yard touchdown pass, which tied the game at 10-10. However, on the ensuing kickoff, Rogers bobbled the kick, but was able to retain possession and returned it 85 yards for an electrifying touchdown giving Seattle a 17-10 lead. Following an exchange of punts, Miami crept to within 17-13 on a 50-yard Mare field goal in the third quarter. Trying to catch Seattle by surprise, the Dolphins attempted an onside kick and recovered, but Seattle's defense held and forced the Dolphins to punt. The Dolphins scored the go-ahead touchdown on a J.J. Johnson 2-yard touchdown run with 4:48 remaining. The Seahawks would have two opportunities to catch up, but were forced to punt on the first and an interception with 23 seconds left in the game sealed the victory for the Dolphins.

Miami	3	0	10	7	—	20
Seattle	7	3	7	0	—	17
SEA 1	6:18	0-7	Dawkins 9 pass Kitna (Peterson kick) [8-47, 3:35]			
MIA 1	2:05	3-7	Mare 32 FG [7-37, 4:13]			
SEA 2	0:45	3-10	Peterson 50 FG [8-49, 3:45]			
MIA 3	8:55	10-10	Gadsden 1 pass Marino (Mare kick) [10-60, 6:05]			
SEA 3	8:37	10-17	Rogers 85 kickoff return (Peterson kick)			
MIA 3	2:22	13-17	Mare 50 FG [6:32, 3:12]			
MIA 4	4:48	20-17	Johnson 2 run (Mare kick) [11-85, 4:21]			

Att. — 66,170

INDIVIDUAL STATISTICS

RUSHING LEADERS

	Att	Yds	LG	TD
Miami				
Johnson	27	86	18	1
Denson	7	19	17	0
2 Others	3	3	4	0
TOTAL	37	108	18	1
Seattle				
Watters	19	40	8	0
Kitna	1	1	1	0
TOTAL	20	41	8	0

PASSING LEADERS

	A	C	Yds	TD	I
Miami					
Marino	30	17	196	1	0
TOTAL	30	17	196	1	0
Seattle					
Kitna	30	14	162	1	2

TOTAL 2014 162 1

2PASS RECEIVING LEADERS

	No	Yds	LG	TD
Miami				
McDuffie	5	82	27	0
Martin	5	70	23	0
Gadsden	2	25	24	1
Johnson	2	3	6	0
4 Others	3	16	7	0
TOTAL	17	196	27	1
Seattle				
Dawkins	3	35	17	1
Pritchard	3	34	17	0
Fauria	3	31	14	0
Watters	2	22	14	0
3 Others	3	40	22	0
TOTAL	14	162	22	1

TEAM STATISTICS

	Miami	Seattle
Total First Downs	18	12
Rush/Pass/Penalty	7/10/1	0/10/2
Third Down Eff.	6/16 37.5%	5/15 33.3%
Fourth Down Eff.	0/0 0.0%	1/1 100.0%
Total Net Yards	299	171
Total Off. Plays	68	56
Avg. Per Play	4.4	3.1
Net Yards Rushing	108	41
Total Rushing Plays	37	20
Avg. Gain Per Rush	2.9	2.1
Net Yards Passing	191	130
Times Sacked/Yards Lost	1/5	6/32
Pass Att.-Comp.-Int.	30-17-0	30-14-2
Avg. Gain Per Pass Play	6.2	3.6
Punts-No. and Avg.	8-41.3	7-47.9
Had Blocked	0	0
Penalties-No. and Yards	6-67	2-10
Return Yardage	100	24
Fumbles-No. and Lost	0-0	0-0
Touchdowns	2	2
Rush/Pass/Return	1/1/0	0/1/1
Extra Points Made-Att.	2-2	2-2
Field Goals Made-Att.	2-2	1-1
Time of Possession	34:38	25:12

DEFENSE

Miami — Tackles: Thomas 9. **Sacks:** Armstrong 3.0, Owens 1.0, Thomas 1.0, Williams 1.0. **Interceptions:** Buckley 1, Marion 1. **Forced Fumbles:** None. **Fumble Recoveries:** None. **Seattle — Tackles:** Brown 10. **Sacks:** Adams 1.0. **Interceptions:** None. **Forced Fumbles:** None. **Fumble Recoveries:** None.

NFC WILD CARD PLAYOFFS GREEN BAY PACKERS 33, SEATTLE SEAHAWKS 27 (OT) SUNDAY, JANUARY 4, 2004 — LAMBEAU FIELD

The "Frozen Tundra" provided the stage for another epic playoff battle as the Seahawks and Packers went toe-to-toe for the right to play another week. After battling four and half quarters, the Packers' Al Harris sent the Seahawks home and the Packers to Philadelphia for the NFC divisional playoff when he intercepted a Matt Hasselbeck pass in overtime and returned it 52 yards for the score. Things started slowly as both teams warmed to the 20 degree temperatures and the Seahawks heated up first with a 30-yard field goal from Josh Brown. The Packers got even in the second quarter following a Ryan Longwell field goal. The Seahawks responded with another Brown field goal before Brett Favre led the Packers down the field ending with a 23-yard touchdown strike to tight end Bubba Franks. Another Longwell field goal gave the Packers a 13-6 lead at the half. Hasselbeck and the Seahawks began the second half with a Shaun Alexander tying touchdown. After forcing the Packers to punt, Hasselbeck again picked apart the Packers secondary and led the Hawks down to the Green Bay 1-yard line where Alexander punched it in for his second score of the game. The Pack retaliated with an Ahman Green touchdown and another tie game. Another Green touchdown put the Packers up 27-20 with 2:44 to play. Hasselbeck's seven-play, 63-yard drive set up a Seahawks record third touchdown run by Alexander to tie the game with :51 remaining. Favre raced the Packers down to the Seattle 29 with five seconds on the clock but it wasn't close enough as Longwell came up short from 47 yards out. The Seahawks won the overtime coin toss and a confident Hasselbeck assured a score. The two teams traded three and outs. Five plays into the Seahawks second drive, Hasselbeck looked left and tried to sneak it in to Alex Bannister but Harris stepped in front.

Seattle	3	3	14	7	0	—	27
Green Bay	0	13	0	14	6	—	33
SEA 1	7:01	3-0	J. Brown 30 FG [10-57, 4:53]				
GB 2	9:13	3-3	Longwell 31 FG [5-37, 2:01]				
SEA 2	6:50	6-3	J. Brown 35 FG [8-51, 2:23]				
GB 2	4:37	6-10	Franks 23 pass Favre (Longwell kick) [5-80, 2:13]				
GB 2	0:46	6-13	Longwell 27 FG [6-30, 1:32]				
SEA 3	9:28	13-13	Alexander 1 run (Brown kick) [10-74, 5:32]				
SEA 3	1:57	20-13	Alexander 1 run (Brown kick) [11-77, 4:57]				
GB 4	10:01	20-20	Green 1 run (Longwell kick) [12-60, 6:56]				
GB 4	2:44	27-20	Green 1 run (Longwell kick) [12-51, 6:46]				
SEA 4	0:51	27-27	Alexander 1 run (J.Brown kick) [7-67, 1:53]				
GB OT	10:35	27-33	Harris 52 INT Att. — 71,457				

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Alexander	20	45	17	3
Morris	1	4	4	0
TOTAL	21	49	17	3
Green Bay	Att	Yds	LG	TD
Green	23	66	9	2
Davenport	7	21	8	0
2 Others	2	-9	-1	0
TOTAL	32	78	9	2

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Hasselbeck	45	25	305	0	1
TOTAL	45	25	305	0	1
Green Bay	A	C	Yds	TD	I
Favre	38	26	319	1	0
TOTAL	38	26	319	1	0

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
K. Robinson	7	88	33	0
Mili	6	62	15	0
Jackson	5	58	25	0
Engram	4	83	34	0
3 Others	2	14	8	0
TOTAL	25	305	34	0
Green Bay	No	Yds	LG	TD
Driver	6	66	23	0
Walker	5	111	44	0
Green	5	44	13	0
Henderson	3	38	29	0
5 Others	7	60	23t	1
TOTAL	26	319	44	1

STARTERS

OFFENSE	
WR	- K. Robinson
LT	- Jones
LG	- Hutchinson
C	- Tobeck
RG	- Womack
RT	- Terry
WR	- Engram
WR	- Jackson
QB	- Hasselbeck
RB	- Alexander
WR	- Bannister
K	- Brown
DEFENSE	
LE	- Mitchell
DT	- Woodard
DT	- Moore
RE	- Okeafor
OLB	- Simmons
MLB	- Godfrey
OLB	- C. Brown
LCB	- Springs
RCB	- Trufant
SS	- Tongue
FS	- D. Robinson
P	- Rouen

TEAM STATISTICS

	Seattle	Green Bay
Total First Downs	22	22
Rush/Pass/Penalty	4/16/2	8/14/0
Third Down Eff.	6/16 37.5%	4/13 30.8%
Fourth Down Eff.	1/1 100%	2/2 100%
Total Net Yards	340	397
Total Off. Plays	68	70
Avg. Per Play	5.0	5.7
Net Yards Rushing	49	78
Total Rushing Plays	21	32
Avg. Gain Per Rush	2.3	2.4
Net Yards Passing	291	319
Times Sacked/Yards Lost	2/14	0/0
Pass Att.-Comp.-Int.	45-25-1	38-26-0
Avg. Gain Per Pass Play	6.2	8.4
Punts-No. and Avg.	6-37.5	5-38.4
Had Blocked	0	0
Penalties-No. and Yards	2-15	5-30
Return Yardage	114	194
Fumbles-No. and Lost	1-0	0-0
Touchdowns	3	4
Rush/Pass/Return	3/0/0	2/1/1
Extra Points Made-Att.	2-2	2-3
Field Goals Made-Att.	2-2	2-3
Time of Possession	29:26	34:59

DEFENSE

Seattle — Tackles: Lewis 10. Sacks: None. Interceptions: None. Forced Fumbles: None. Fumble Recoveries: None.
Green Bay — Tackles: Sharper 11. Sacks: Kampman 1.0. Hunt 1.0. Interceptions: Harris 1. Forced Fumbles: Hunt 1. Fumble Recoveries: None.

NFC WILD CARD PLAYOFFS

ST. LOUIS RAMS 27, SEATTLE SEAHAWKS 20

SATURDAY, JANUARY 8, 2005 - QWEST FIELD

Hosting only their fourth home playoff game in team history, the Seahawks took on the St. Louis Rams for the third time of the season, only to have the same outcome of the previous two matchups. The Rams scored first as Marc Bulger found Torry Holt from 15 yards out on their opening possession. Seattle answered with a Josh Brown 47-yard field goal. Trailing 14-10 at the half, Seattle took the second-half kickoff and pulled to within 14-13 after another Brown field goal. The Rams answered with a field goal of their own, giving them a 17-13 lead heading into the fourth quarter. Seattle's next possession at the end of the third and beginning of the fourth quarter, was a seven-play, 76-yard drive in which Darrell Jackson caught four passes for 50 yards, including a 23-yard touchdown to give the Seahawks their first lead of the day, 20-17. The Rams tied the game with a Wilkins' 27-yard field goal. St. Louis forced a Seattle punt and received the ball with 5:42 left to play. Bulger connected with Cam Cleeland for a 17-yard touchdown and a 27-20 Rams' lead. On their final drive, Seattle drove to the Rams' 11-yard line with under one minute to play. Facing third-and-16 after a sack and incompleteness, Hasselbeck found Ingram for a 12-yard gain but left the Seahawks with fourth down and 0:27 remaining. Seattle's fourth-down play was something that plagued the team the last two seasons as Ingram had Hasselbeck's pass go off his hands in the end zone. St. Louis took over the ball on downs. Jackson caught a career-high 12 passes for 128 yards and Hasselbeck became only the third quarterback (Dan Fouts, Bulger) in NFL history to throw for more than 300 yards in his first two career postseason starts.

St. Louis	7	7	3	10	—	27
Seattle	3	7	3	7	—	20

STL 1	11:33	0-7	Holt 15 pass Bulger (Wilkins kick) [6-75, 3:27]
SEA 1	2:05	3-7	J. Brown 47 FG [9-46, 4:30]
STL 2	13:32	3-14	Faulk 1 run (Wilkins kick) [6-75, 3:33]
SEA 2	8:18	10-14	Ingram 19 pass Hasselbeck (J. Brown kick) [9-84, 5:14]
SEA 3	8:52	13-14	J. Brown 30 FG [14-64, 6:08]
STL 3	2:35	13-17	Wilkins 38 FG [12-48, 6:17]
SEA 4	13:43	20-17	Jackson 23 pass Hasselbeck (J. Brown kick) [7-76, 3:52]
STL 4	8:07	20-20	Wilkins 27 FG [11-60, 5:36]
STL 4	2:11	20-27	Cleeland 17 pass Bulger (Wilkins kick) [7-76, 3:31]

Att. — 65,397

STARTERS

OFFENSE	
WR	- Rice
LT	- Jones
LG	- Hutchinson
C	- Tobeck
RG	- Gray
RT	- Womack
TE	- Mili
WR	- Jackson
QB	- Hasselbeck
RB	- Alexander
WR	- Ingram
K	- J. Brown
DEFENSE	
LE	- Okeafor
DT	- Woodard
DE	- Bernard
RE	- Mitchell
OLB	- Kacyvenski
ILB	- Koutouvides
OLB	- C. Brown
LCB	- Trufant
RCB	- Lucas
SS	- Boulware
FS	- Hamlin
P	- Walter

INDIVIDUAL STATISTICS

RUSHING LEADERS

St. Louis	Att	Yds	LG	TD
Faulk	13	55	13	1
Jackson	10	36	9	0
2 Others	4	11	7	0
TOTAL	27	102	13	1
Seattle	Att	Yds	LG	TD
Alexander	15	40	9	0
Hasselbeck	2	26	17	0
2 Others	3	15	6	0
TOTAL	20	81	17	0

PASSING LEADERS

St. Louis	A	C	Yds	TD	I
Bulger	32	18	313	2	1
TOTAL	32	18	313	2	1
Seattle	A	C	Yds	TD	I
Hasselbeck	43	27	341	2	1
TOTAL	43	27	341	2	1

PASS RECEIVING LEADERS

St. Louis	No	Yds	LG	TD
Holt	6	108	52	1
Curtis	4	107	50	0
Bruce	3	40	21	0
Faulk	2	12	12	0
3 Others	3	46	31	1
TOTAL	18	313	52	2
Seattle	No	Yds	LG	TD
Jackson	12	128	23t	1
Mili	6	98	22	0
Robinson	4	40	15	0
Ingram	3	34	19	1
2 Others	2	41	25	0
TOTAL	27	341	25	2

TEAM STATISTICS

	St. Louis	Seattle
Total First Downs	22	24
Rush/Pass/Penalty	3/15/4	7/15/2
Third Down Eff.	9/14 64%	5/12 42%
Fourth Down Eff.	0/0 0.0%	0/2 0.0%
Total Net Yards	396	413
Total Off. Plays	64	66
Avg. Per Play	6.2	6.3
Net Yards Rushing	102	81
Total Rushing Plays	27	20
Avg. Gain Per Rush	3.8	4.1
Net Yards Passing	294	332
Times Sacked/Yards Lost	5/19	3/9
Pass Att.-Comp.-Int.	32/18-1	43/27-1
Avg. Gain Per Pass Play	7.9	7.2
Punts-No. and Avg.	3-29.0	3-44.3
Had Blocked	0	0
Penalties-No. and Yards	4-30	9-61
Return Yardage	115	118
Fumbles-No. and Lost	0-0	2-0
Touchdowns	3	2
Rush/Pass/Return	1/2/0	0/2/0
Extra Points Made-Att.	3-3	2-2
Field Goals Made-Att.	2-2	2-2
Time of Possession	31:06	28:54

DEFENSE

St. Louis — Tackles: Polley 12. Sacks: Kennedy 1.0, Lewis 1.0, Thomas 1.0. Interceptions: Fisher 1. Forced Fumbles: B. Fisher 1, T. Fisher 1. Fumble Recoveries: None.
 Seattle — Tackles: C. Brown 10. Sacks: Okeafor 2.0, Bernard 1.0, Terrill 0.5, Woodard 0.5. Interceptions: Hamlin 1. Forced Fumbles: None. Fumble Recoveries: None.

NFC DIVISIONAL PLAYOFFS SEATTLE SEAHAWKS 20, WASHINGTON REDSKINS 10 SATURDAY, JANUARY 14, 2006 — QWEST FIELD

The Seattle Seahawks ended their 21-year streak without a postseason win with a 20-10 victory over the Washington Redskins in the NFC Divisional Playoff Game at Qwest Field. In the wet afternoon, Seattle's trouble holding on to the ball stalled drives and gave Washington good field position after a Shaun Alexander fumble at the Redskins 12-yard line and two special teams fumbles on the day. Seattle's defense weathered the storm and held Washington to only a John Hall second quarter field goal. Seattle's offense took another hit when Alexander left the game with a concussion in the first quarter after gaining only 9 yards on six carries. Maurice Morris gained the tough yards and Coach Mike Holmgren put the game on Matt Hasselbeck's arm and leadership for the remainder of the game. The Redskins took a 3-0 lead midway through the second quarter and Seattle responded with a 29-yard scoring pass from Hasselbeck to Darrell Jackson. Seattle took a 7-3 lead into halftime, before Hasselbeck beat Redskins CB Shawn Springs to the pylon for a 14-3 midway through the third quarter. Brown added a field goal to begin the final quarter for a 17-3 lead. The Redskins tried to hang on when Mark Brunell connected with Santana Moss for a 20-yard touchdown. The Seahawks capped the day with a 31-yard Brown field goal for a 2-10 victory.

Washington	0	3	0	7	—	10
Seattle	0	7	7	6	—	20
WAS	2	8:59	3-0	Hall 26 FG [10-32, 5:03]		
SEA	2	3:22	3-7	Jackson 29 pass Hasselbeck (J. Brown kick) [12-74, 5:03]		
SEA	3	9:35	3-14	Hasselbeck 6 run (J. Brown kick) [10-81, 4:20]		
SEA	4	14:16	3-17	J. Brown 33 FG [6-48, 2:39]		
WAS	4	11:59	10-17	Moss 20 pass Brunell (Hall kick) [4-76, 2:17]		
SEA	4	2:54	10-20	J. Brown 31 FG [9-60, 5:07]		

STARTERS

OFFENSE	
WR	- Ingram
LT	- Jones
LG	- Hutchinson
C	- Tobeck
RG	- Gray
RT	- Locklear
WR	- Jurevicius
WR	- Jackson
QB	- Hasselbeck
FB	- Strong
WR	- Alexander
K	- J. Brown
DEFENSE	
LE	- Fisher
DT	- Darby
DT	- Bernard
RE	- Wistrom
OLB	- Hill
ILB	- Tatupu
OLB	- Lewis
LCB	- Babineaux
RCB	- Trufant
SS	- Boulware
FS	- Manuel
P	- Rouen

Att. — 67,551

INDIVIDUAL STATISTICS

RUSHING LEADERS

Washington	Att	Yds	LG	TD
Portis	17	41	7	0
Brunell	4	12	7	0
2 Others	4	6	7	0
TOTAL	25	59	7	0
Seattle	Att	Yds	LG	TD
Morris	18	49	8	0
Strong	3	40	32	0
2 Others	12	30	9	1
TOTAL	33	119	32	1

PASSING LEADERS

Washington	A	C	Yds	TD	I
Brunell	37	22	242	1	0
TOTAL	37	22	242	1	0
Seattle	A	C	Yds	TD	I
Hasselbeck	26	16	215	1	0
TOTAL	26	16	215	1	0

PASS RECEIVING LEADERS

Washington	No	Yds	LG	TD
Moss	7	103	39	1
Cooley	4	85	52	0
Betts	3	21	10	0
Jacobs	3	19	16	0
2 Others	5	14	9	0
TOTAL	22	242	52	1
Seattle	No	Yds	LG	TD
Jackson	9	143	37	1
Stevens	2	13	9	0
Ingram	2	11	9	0
Jurevicius	1	31	31	0
2 Others	2	17	16	0
TOTAL	16	215	37	1

TEAM STATISTICS

	Washington	Seattle
Total First Downs	11	15
Rush/Pass/Penalty	3/7/1	6/8/1
Third Down Eff.	5/19 26%	7/14 50%
Fourth Down Eff.	2/4 50.0%	0/0 0.0%
Total Net Yards	289	334
Total Off. Plays	65	59
Avg. Per Play	4.4	5.7
Net Yards Rushing	59	119
Total Rushing Plays	25	33
Avg. Gain Per Rush	2.4	3.6
Net Yards Passing	230	215
Times Sacked/Yards Lost	2/12	0/0
Pass Att.-Comp.-Int.	38-22-0	26-16-0
Avg. Gain Per Pass Play	5.8	8.3
Punts-No. and Avg.	7-42.7	5-42.4
Had Blocked	0	0
Penalties-No. and Yards	7-50	2-10
Return Yardage	3	-1
Fumbles-No. and Lost	1-1	5-3
Touchdowns	1	2
Rush/Pass/Return	0/1/0	1/1/0
Extra Points Made-Att.	1-1	2-2
Field Goals Made-Att.	1-2	2-2
Time of Possession	32:15	27:45

DEFENSE

Washington — Tackles: Taylor, Washington 7. Sacks: None. Interceptions: None. Forced Fumbles: Daniels 1. Fumble Recoveries: Marshall 1.
Seattle — Tackles: Tatupu 10. Sacks: Fisher, Darby 1.0. Interceptions: None. Forced Fumbles: Fisher 1. Fumble Recoveries: Wistrom.

**NFC CHAMPIONSHIP GAME
SEATTLE SEAHAWKS 34, CAROLINA PANTHERS 14
SUNDAY, JANUARY 22, 2006 — QWEST FIELD**

The Seahawks advanced to their first Super Bowl in club history as they defeated the Carolina Panthers 34-14 in front of a 12th Man crowd of 67,837 in the NFC Championship Game. The Seahawks offense got on the board first as it needed only five plays to cover 57 yards ending with a Matt Hasselbeck to Jerramy Stevens 17-yard touchdown pass. Seattle's defense, aided by the raucous crowd, allowed only 6 total first quarter yards and forced two Jake Delhomme interceptions; one each by Lofa Tatupu and Marquand Manuel. Seattle's offense turned the takeaways in to 10 points and took an early 17-0 lead in the second quarter. Carolina's touchdown in the second quarter was a 59-yard punt return by Smith that was allowed after a penalty flag for an illegal block in the back that was picked up. Josh Brown tacked on a 39 yard field goal midway through the quarter for a 20-7 lead at the half. Receiving the opening kickoff, Seattle drove 65 yards in eight plays with Hasselbeck and Darrell Jackson hooking up from 20 yards out for a 27-7 lead. The teams then exchanged two punts each until Michael Boulware intercepted Delhomme with 1:25 left in the third quarter. Seattle jumped out to a 34-7 lead after Shaun Alexander scored his second of two 1-yard runs with 6:00 left to play in the game. Carolina added its first offensive score of the day with 5:09 remaining in the game and after a Seattle punt, Smith caught a 7 yard pass but Craig Terrill forced a fumble that was recovered by Marcus Trufant to seal Seattle's trip to Super Bowl XL in Detroit.

Carolina	0	7	0	7	—	14
Seattle	10	10	7	7	—	34

SEA 1	5:31	0-7	Stevens 17 pass Hasselbeck (Brown kick) [5-57, 2:16]
SEA 1	2:23	0-10	J. Brown 24 FG [5-57, 2:16]
SEA 2	14:53	0-17	Alexander 1 run (Brown kick) [6-14, 2:44]
CAR 2	9:05	7-17	S. Smith 59 punt return (Kasay kick)
SEA 2	4:03	7-20	J. Brown 39 FG [10-57, 5:02]
SEA 3	11:09	7-27	Jackson 20 pass Hasselbeck (Brown kick) [8-65, 3:51]
SEA 4	6:00	7-34	Alexander 1 run (J. Brown kick) [8-53, 4:48]
CAR 4	5:09	14-34	Carter 47 pass Delhomme (Kasay kick) [4-80, 0:51]

STARTERS

OFFENSE	
WR	- Engram
LT	- Jones
LG	- Hutchinson
C	- Tobek
RG	- Gray
RT	- Locklear
WR	- Jurevicius
WR	- Jackson
QB	- Hasselbeck
FB	- Strong
RB	- Alexander
K	- J. Brown

DEFENSE

LE	- Fisher
DT	- Darby
DE	- Bernard
RE	- Wistrom
OLB	- Hill
ILB	- Tatupu
OLB	- Lewis
LCB	- Dyson
RCB	- Trufant
SS	- Boulware
FS	- Manuel
P	- Rouen

Att. — 67,837

INDIVIDUAL STATISTICS

RUSHING LEADERS

Carolina	Att	Yds	LG	TD
Robertson	4	19	15	0
Delhomme	3	15	6	0
Goings	5	2	2	0
TOTAL	12	36	15	0
Seattle	Att	Yds	LG	TD
Alexander	34	132	18	2
Hasselbeck	6	27	15	0
2 Others	11	31	10	0
TOTAL	51	190	18	2

PASSING LEADERS

Carolina	A	C	Yds	TD	I
Delhomme	35	15	196	1	3
TOTAL	35	15	196	1	3
Seattle	A	C	Yds	TD	I
Hasselbeck	28	20	219	2	0
TOTAL	28	20	219	2	0

PASS RECEIVING LEADERS

Carolina	No	Yds	LG	TD
Robertson	5	37	18	0
Smith	5	33	12	0
Carter	2	88	47t	1
Proehl	1	19	19	0
2 Others	2	19	10	0
TOTAL	15	196	47t	1
Seattle	No	Yds	LG	TD
Jackson	6	75	20t	1
Stevens	6	66	17t	1
Engram	3	34	13	0
5 Others	5	44	28	0
TOTAL	20	219	28	2

TEAM STATISTICS

	Carolina	Seattle
Total First Downs	11	27
Rush/Pass/Penalty	2/7/2	13/11/3
Third Down Eff.	1/9 11%	8/18 44%
Fourth Down Eff.	0/0 0.0%	0/1 0.0%
Total Net Yards	212	393
Total Off. Plays	49	81
Avg. Per Play	4.3	4.9
Net Yards Rushing	36	190
Total Rushing Plays	12	51
Avg. Gain Per Rush	3.0	3.7
Net Yards Passing	176	203
Times Sacked/Yards Lost	2/20	2/16
Pass Att.-Comp.-Int.	35-15-3	28-20-0
Avg. Gain Per Pass Play	4.8	6.8
Punts-No. and Avg.	7-34.7	5-38.8
Had Blocked	0	0
Penalties-No. and Yards	5-57	7-63
Return Yardage	59	74
Fumbles-No. and Lost	1-1	0-0
Touchdowns	2	4
Rush/Pass/Return	0/1/1	2/2/0
Extra Points Made-Att.	2-2	4-4
Field Goals Made-Att.	0-0	2-3
Time of Possession	18:09	41:51

DEFENSE

Carolina — Tackles: Witherspoon 10. Sacks: Morgan, Rucker 1.0. Interceptions: None. Forced Fumbles: None. Fumble Recoveries: None.
Seattle — Tackles: Hill 6. Sacks: Bernard 2.0. Interceptions: Boulware, Manuel, Tatupu 1. Forced Fumbles: Terrill, 1. Fumble Recoveries: Trufant 1.

SUPER BOWL XL PITTSBURGH STEELERS 21, SEATTLE SEAHAWKS 10 SUNDAY, FEBRUARY 5, 2006 — FORD FIELD - DETROIT

Playing in the Super Bowl for the first time in their 30-year history, Seattle faced the Pittsburgh Steelers at Ford Field in Detroit, losing 21-10. Both teams were held scoreless on their first two possessions. But on Seattle's ensuing drive, Darrell Jackson caught a 16-yard touchdown only to have it called back because of offensive pass-interference. This forced the Seahawks to settle for a 47-yard field goal by Josh Brown with 0:22 left in the first quarter. Closing the half, Pittsburgh converted a 3rd-and-28 with a 37-yard catch by Hines Ward, which helped set up Ben Roethlisberger's 1 yard score. The Steelers led 7-3 at halftime before scoring on the second play from scrimmage to start the second half as Willie Parker ran right for 75-yards and a touchdown. It was the longest run in Super Bowl history. The Seahawks battled back as Kelly Herndon intercepted Roethlisberger at the Seattle 4-yard line and ran it back 76 yards, the longest interception return in Super Bowl history. Three plays later Jeramy Stevens caught a 16-yard touchdown from Matt Hasselbeck to pull the Seahawks within 14-10. The Seahawks were on the verge of scoring again when Sean Locklear's holding penalty erased an 18-yard catch by Stevens that would have left the Seahawks at the Pittsburgh 1-yard line. This sent the Seahawks back to the air as Hasselbeck threw an interception in Pittsburgh's territory. The Steelers took advantage of the turnover and with 9:04 to play, the Steelers used some trickery as Antwaan Randle El took a reverse and threw a 43-yard touchdown pass to Ward giving the Steelers a 21-10 lead. On the Seahawks next possession they were forced to punt, allowing the Steelers to run the clock down to the two-minute warning before giving Seattle one last shot. The Seahawks drove the ball down to the Pittsburgh 23-yard line before an incompletion on fourth down with: 08 remaining in the game.

Seattle	3	0	7	0-	—	10
Pittsburgh	0	7	7	7	—	21
SEA 1	0:22	3-0	J. Brown 47 FG [7-22, 3:39]			
PIT 2	1:55	3-7	Roethlisberger 1 run (Reed kick) [11-59, 6:20]			
PIT 3	14:38	3-14	Parker 75 run (Reed kick) [2-75, 0:22]			
SEA 3	6:45	10-14	Stevens 16 pass from Hasselbeck (Brown kick) [3-20, 0:53]			
PIT 4	8:56	10-21	Ward 43 pass Randle El (Reed kick) [4-56, 1:50]			Att. — 68,206

STARTERS

OFFENSE	
WR	- Engram
LT	- Jones
LG	- Hutchinson
C	- Tobeck
RG	- Gray
RT	- Locklear
TE	- Stevens
WR	- Jackson
QB	- Hasselbeck
FB	- Strong
RB	- Alexander
K	- J. Brown
DEFENSE	
LE	- Fisher
DT	- Darby
DT	- Bernard
RE	- Wistrom
OLB	- Hill
ILB	- Tatupu
OLB	- Lewis
LCB	- Dyson
RCB	- Trufant
SS	- Boulware
FS	- Manuel
P	- Rouen

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Alexander	20	95	21	0
Hasselbeck	3	35	18	0
Strong	2	7	7	0
TOTAL	25	137	21	0
Pittsburgh	Att	Yds	LG	TD
Parker	10	93	75t	1
Bettis	14	43	12	0
3 Others	9	45	18	1
TOTAL	33	181	75t	2

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Hasselbeck	49	26	273	1	1
TOTAL	49	26	273	1	1
Pittsburgh	A	C	Yds	TD	I
Roethlisberger	21	9	123	0	2
Randle El	1	1	43	1	0
TOTAL	22	10	166	1	2

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Engram	6	70	21	0
Jurevicius	5	93	35	0
Jackson	5	50	20	0
Stevens	3	25	16t	1
4 Others	7	35	13	0
TOTAL	26	273	35	1
Pittsburgh	No	Yds	LG	TD
Ward	5	123	43t	1
Randle El	3	22	8	0
Wilson	1	20	20	0
Parker	1	1	1	0
TOTAL	10	166	43t	1

TEAM STATISTICS

	Seattle	Pittsburgh
Total First Downs	20	14
Rush/Pass/Penalty	5/15/0	6/8/0
Third Down Eff.	5/17 29%	8/15 53%
Fourth Down Eff.	1/2 50.0%	0/0 0.0%
Total Net Yards	396	339
Total Off. Plays	77	56
Avg. Per Play	5.1	6.1
Net Yards Rushing	137	181
Total Rushing Plays	25	33
Avg. Gain Per Rush	5.5	5.5
Net Yards Passing	259	158
Times Sacked/Yards Lost	3/14	1/8
Pass Att.-Comp.-Int.	49-26-1	22-10-2
Avg. Gain Per Pass Play	5.0	6.9
Punts-No. and Avg.	6-50.2	6-48.7
Had Blocked	0	0
Penalties-No. and Yards	7-70	3-20
Return Yardage	103	56
Fumbles-No. and Lost	0-0	0-0
Touchdowns	1	3
Rush/Pass/Return	0/1/0	2/1/0
Extra Points Made-Att.	1-1	3-3
Field Goals Made-Att.	1-3	0-0
Time of Possession	33:02	26:58

DEFENSE

Seattle — Tackles: Tatupu 9. Sacks: Wistrom 1.0. Interceptions: Boulware, Herndon 1. Forced Fumbles: None. Fumble Recoveries: None.
Pittsburgh — Tackles: Taylor 7. Sacks: Haggans, Hampton, Townsend 1.0. Interceptions: Taylor 1. Forced Fumbles: None. Fumble Recoveries: None.

PRESEASON RESULTS

1976

Preseason (1-5)

Sun.	8/1	L	27-20	San Francisco 49ers	60,825
Sat.	8/7	L	27-16	Chicago Bears (Spokane, Washington)	14,484
Sat.	8/14	L	16-13	Los Angeles Rams	62,532
Sat.	8/21	L	52-7	at Denver Broncos	22,887
Sun.	8/29	W	17-16	San Diego Chargers	59,092
Sat.	9/4	L	45-28	at Oakland Raiders	51,487

1977

Preseason (3-3)

Sun.	8/7	W	34-24	at San Francisco 49ers	38,024
Sat.	8/13	W	23-17 (ot)	Dallas Cowboys	58,789
Thurs.	8/18	W	12-10	Oakland Raiders	62,187
Sat.	8/27	L	16-14	Detroit Lions	56,345
Fri.	9/2	L	27-10	Denver Broncos	54,916
Sun.	9/11	L	38-20	at San Diego Chargers	27,505

1978

Preseason (3-1)

Fri.	8/4	W	17-9	San Diego Chargers	58,853
Sat.	8/12	W	20-6	at San Francisco 49ers	36,069
Thurs.	8/17	L	26-7	Los Angeles Rams	63,235
Thurs.	8/24	W	16-7	Chicago Bears	54,844

1979

Preseason (3-1)

Thurs.	8/2	W	12-9 (ot)	Minnesota Vikings	60,881
Sun.	8/12	W	27-17	Dallas Cowboys	59,960
Sat.	8/18	L	21-17	at Los Angeles Rams	46,083
Fri.	8/24	W	55-20	San Francisco 49ers	59,941

1980

Preseason (3-1)

Thurs.	8/7	W	14-10	Atlanta Falcons	59,555
Mon.	8/18	L	24-7	Miami Dolphins	59,550
Sat.	8/23	W	10-7	at San Francisco 49ers	41,841
Fri.	8/29	W	30-23	New England Patriots	56,947

1981

Preseason (1-3)

Wed.	8/5	L	27-24 (ot)	San Francisco 49ers	56,958
Fri.	8/14	L	30-21	St. Louis Cardinals	55,520
Sat.	8/22	L	24-17	at San Francisco 49ers	37,563
Fri.	8/28	W	31-17	Baltimore Colts	55,794

1982

Preseason (1-3)

Fri.	8/13	W	14-0	St. Louis Cardinals	55,575
Sat.	8/21	L	7-3	at Minnesota Vikings	57,880
Sat.	8/28	L	23-13	at Los Angeles Rams	54,537
Fri.	9/3	L	17-13	San Francisco 49ers	57,839

1983

Preseason (2-2)

Fri.	8/5	L	10-7	at Denver Broncos	53,887
Fri.	8/12	W	38-21	Green Bay Packers	54,443
Fri.	8/19	L	19-17	Minnesota Vikings	54,402
Sat.	8/27	W	20-6	at San Francisco 49ers	47,074

1984

Preseason (4-1)

Sat.	7/28	W	38-0	Tampa Bay Buccaneers (Hall of Fame Game, Canton, Ohio)	22,250
Sat.	8/4	W	7-3	Buffalo Bills	53,360
Sat.	8/11	W	28-24	at Detroit Lions	41,414
Fri.	8/17	W	17-7	St. Louis Cardinals	53,772
Fri.	8/24	L	17-7	at San Francisco 49ers	49,219

1985

Preseason (2-2)

Sat.	8/10	L	19-7	at Indianapolis Colts	60,014
Fri.	8/16	W	28-3	Detroit Lions	57,751
Sat.	8/24	W	27-10	at Minnesota Vikings	56,562
Fri.	8/30	L	23-21	San Francisco 49ers	60,403

1986

Preseason (2-2)

Fri.	8/8	W	21-14	Indianapolis Colts	55,443
Fri.	8/15	L	30-27 (ot)	at Detroit Lions	37,875
Fri.	8/22	W	27-17	Minnesota Vikings	57,730
Fri.	8/29	L	21-10	at San Francisco 49ers	52,419

1987

Preseason (2-2)

Thurs.	8/13	L	23-14	at Los Angeles Rams	57,772
Sat.	8/22	L	28-21	at St. Louis Cardinals	25,309
Fri.	8/28	W	38-10	Detroit Lions	59,695
Fri.	9/4	W	34-10	San Francisco 49ers	59,653

1988

Preseason (3-1)

Thurs.	8/4	W	21-14	Phoenix Cardinals	54,778
Thurs.	8/11	W	16-13 (ot)	at Detroit Lions	37,993
Fri.	8/19	W	30-13	Buffalo Bills	57,000
Fri.	8/26	L	27-21	at San Francisco 49ers	53,357

1989

Preseason (3-1)

Fri.	8/11	W	16-10 (ot)	at Phoenix Cardinals	37,158
Sat.	8/19	L	17-12	New England Patriots (at St. Louis, Missouri)	48,746
Fri.	8/25	W	13-7	Detroit Lions	55,829
Fri.	9/1	W	28-17	San Francisco 49ers	58,641

1990

Preseason (4-1)

Sat.	8/4	L	10-7	Denver Broncos (American Bowl, Tokyo, Japan)	48,827
Sat.	8/11	W	34-9	at Phoenix Cardinals	31,316
Fri.	8/17	W	13-10	Indianapolis Colts	52,475
Fri.	8/24	W	10-3	Tampa Bay Buccaneers	52,301
Fri.	8/31	W	30-10	at San Francisco 49ers	55,269

1991

Preseason (2-2)

Sat.	8/3	L	31-13	Phoenix Cardinals	49,448
Sat.	8/10	W	17-7	at Indianapolis Colts	47,943
Sat.	8/17	W	23-7	at Los Angeles Rams	47,834
Fri.	8/23	L	28-16	San Francisco 49ers	54,111

1992

Preseason (2-2)

Thurs.	8/6	L	21-7	Los Angeles Rams	52,360
Sat.	8/15	W	27-10	at Indianapolis Colts	43,272
Sat.	8/22	W	17-10	Phoenix Cardinals	51,007
Fri.	8/29	L	24-17	at San Francisco 49ers	52,822

1993

Preseason (2-2)

Sat.	8/7	L	16-13 (ot)	Indianapolis Colts	45,055
Sat.	8/14	L	23-10	at Minnesota Vikings	42,240
Sat.	8/21	W	30-0	San Francisco 49ers	51,086
Sat.	8/28	W	20-10	at Houston Oilers	43,678

1994

Preseason (2-2)

Fri.	8/5	L	13-9	at Indianapolis Colts	40,469
Sat.	8/13	W	29-6	*Tampa Bay Buccaneers	43,633
Sat.	8/20	W	30-19	*Minnesota Vikings	45,497
Fri.	8/26	L	13-9	at San Francisco 49ers	54,004

1995

Preseason (2-2)

Sat.	8/5	W	34-20	St. Louis Rams	35,607
Sat.	8/12	L	20-17	Indianapolis Colts	38,006
Sun.	8/20	W	24-19	at New Orleans Saints	38,228
Fri.	8/26	L	17-7	at San Francisco 49ers	53,280

1996

Preseason (3-1)

Sat.	8/3	W	19-17	Atlanta Falcons	30,284
Thurs.	8/8	W	24-19	at Oakland Raiders	38,219
Sat.	8/17	L	15-13	at Indianapolis Colts	38,930
Fri.	8/23	W	20-3	San Francisco 49ers	38,144

1997

Preseason (3-2)

Sat.	7/26	L	28-26	Minnesota Vikings (Hall of Fame Game, Canton, Ohio)	23,846
Sat.	8/2	W	34-6	Arizona Cardinals	49,445
Sat.	8/9	L	21-17	at San Francisco	50,153
Sat.	8/16	W	45-3	Indianapolis Colts	52,844
Fri.	8/22	W	31-28	at Cincinnati Bengals	43,637

1998

Preseason (4-1)

Sat.	7/31	W	20-19	at Dallas Cowboys	59,357
Sat.	8/8	W	24-21	Indianapolis Colts	52,645
Sat.	8/15	L	24-21	San Francisco 49ers (American Bowl, Vancouver, B.C.)	45,202
Sat.	8/22	W	31-24	at Arizona Cardinals	32,683
Fri.	8/28	W	21-20	San Francisco 49ers	57,014

*Played at Husky Stadium

1999

Preseason (1-3)

Sat.	8/14	L	24-10	Buffalo Bills	66,285
Thurs.	8/19	L	24-23	at San Francisco 49ers	66,193
Sat.	8/28	W	41-7	Arizona Cardinals	66,277
Thurs.	9/2	L	31-28	at Indianapolis Colts	41,074

2000

Preseason (2-2)

Sat.	8/5	W	28-16	*Indianapolis Colts	68,578
Sat.	8/12	L	21-3	at Arizona Cardinals	34,774
Sat.	8/19	W	25-21	*San Francisco 49ers	68,579
Thurs.	8/24	L	20-0	at Oakland Raiders	32,012

2001

Preseason (2-2)

Sat.	8/11	L	28-21	at Indianapolis Colts	45,089
Sat.	8/18	L	16-13 (ot)	*Arizona Cardinals	47,553
Sat.	8/25	W	28-18	at San Francisco 49ers	63,887
Sat.	9/1	W	28-14	*New Orleans Saints	68,665

2002

Preseason (1-3)

Sat.	8/10	L	28-10	Indianapolis Colts	52,902
Fri.	8/16	L	24-14	at San Diego Chargers	N/A
Sat.	8/24	W	17-14	Kansas City Chiefs	49,036
Thurs.	8/29	L	31-0	at Denver Broncos	71,755

2003

Preseason (2-2)

Sat.	8/9	W	20-7	San Diego Chargers	37,763
Fri.	8/15	L	21-7	at Indianapolis Colts	37,469
Sat.	8/23	W	42-31	Kansas City Chiefs	39,833
Fri.	8/29	L	20-3	at Denver Broncos	73,038

2004

Preseason (3-1)

Mon.	8/16	W	21-3	at Green Bay Packers	69,718
Sat.	8/21	L	19-3	Denver Broncos	48,090
Fri.	8/27	W	26-20	at San Diego	35,536
Thurs.	9/2	W	23-21	Minnesota Vikings	50,198

2005

Preseason (2-2)

Sat.	8/12	W	34-15	at New Orleans	38,529
Mon.	8/22	L	18-10	Dallas Cowboys	47,641
Fri.	8/26	W	23-17	at Kansas City	74,158
Fri.	9/2	L	23-21	Minnesota Vikings	63,746

* 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 Patra 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 on the first round by Seattle. **4/25** Head Coach Chuck Knox agrees to a two-year contract extension. **8/3** Quarterback Jim Zorn (1976-84) becomes the second person inducted into the Seahawks Ring of Honor. **9/1** Seahawks drop season opener, 27-24, at New Orleans and lose starting quarterback Dave Krieg for six weeks with a broken thumb in the process. Wide receiver Brian Blades sets career highs with 12 receptions, 160 yards, and two touchdowns. **9/8** Jeff Kemp makes his first start since September 25, 1988, and throws two touchdown passes in a 20-13 win over the New York Jets. One goes to Travis McNeal, the first of his career. **9/29** Chris Warren's 59-yard punt return touchdown, the first by a Seahawks player since 1986, sparks a 31-3 win over the visiting Indianapolis Colts. The defense limits the Colts to 137 yards and records five sacks. Rookie first-round draft choice Dan McGwire starts and plays the first half, engineering a 50-yard touchdown drive on his first possession. **10/6**The Seahawks defense stops the Cincinnati Bengals on a 4th-and-four inches short with 29 seconds left to preserve a 13-7 win at Riverfront Stadium. Dwayne Harper and Nesby Glasgow combine for the tackle, which comes at the Seattle 22. **10/20** Dave Krieg returns from missing six games on injured reserve to lead Seattle to a 27-7 win at Pittsburgh. Krieg throws for 266 yards, completing 25-of-31 passes, and two scores. **10/27** John Kasay equals an NFL record with two field goals of 50-or-more yards in a 20-9 win over the San Diego Chargers. Kasay connects from 54 and 51 yards. The 54-yarder equals the team record. **11/24** The defense forces four turnovers and has five sacks, three by Rufus Porter, in a 13-10 win over the eventual AFC West Champion Denver Broncos in the Kingdome. Additionally, the defense twice holds on downs inside Seahawks territory in the game's last 4:49. **12/22** Seattle finishes their 16th season with a 7-9 record after defeating the Los Angeles Rams, 23-9, in the Kingdome. It was the first win by the Seahawks over the Rams in five regular season games. James Jones rushes for a pair of scores, while the defense keeps their third 1991 opponent out of the end zone. **12/27**The Seahawks and head coach Chuck Knox agree to mutually end Knox's nine-year tenure as Head Coach. Knox leaves having compiled an 80-63-0 (55.9%) regular season record. He guided the Seahawks to four playoff appearances, including an AFC West title in 1988 and a berth in the AFC Championship Game in 1983.

1992 — 1/6 Seahawks President/General Manager Tom Flores is named President/Head Coach. Flores coached nine seasons, 1979-87, with the Oakland/Los Angeles Raiders and compiled an 83-53-0 (61.0%) regular season record. He led the Raiders to two Super Bowl Championships, XV and XVIII, the only Super Bowls won by the AFC in the decade of the 1980's. **1/8** Larry Kennan, Coach of the Year in the World League of American Football in 1991, is named Offensive Coordinator/ Quarterbacks Coach. Kennan guided the London Monarchs to an 11-1 record and WFLA Championship in the league's first season. Kennan served as an NFL assistant with the Los Angeles Raiders (1982-87), Denver Broncos (1988) and Indianapolis Colts (1989-90). **1/9** Seahawks defensive assistants George Dyer (line), Rod Perry (secondary), and Joe Vitt (special assignments), along with John Becker (offensive coordinator/wide receivers) and Chick Harris (running backs) leave the Seahawks to

join Chuck Knox with the Los Angeles Rams. **1/11** Seahawks Assistant Head Coach Tom Catlin announces he will stay with the Seahawks as assistant head coach/defense. In addition, Rusty Tillman is promoted from special teams coach to defensive coordinator, Russ Purnell from tight ends and assistant special teams to special teams and tight ends coach, and Paul Moyer from staff assistant to defensive backfield coach. **1/21** Offensive Line Coach Hudson Houck and Running Backs Coach Clarence Shelmon are added to Tom Flores' staff. Both coaches come to the Seahawks from the Los Angeles Rams. **1/22** Bob Bratkowski, offensive coordinator at the University of Miami for the past three seasons, is named wide receivers coach. Bratkowski's father Zeke, is a former NFL quarterback and current NFL assistant coach. **1/23** Tommy Brasher is named defensive line coach. Brasher has coached nine seasons in the NFL and 12 in college. **1/24** Former Seahawks cornerback Dave Brown (1976-86) returns to the club as a defensive assistant. An original member of the Seahawks, Brown still holds career records with 50 interceptions and four interception return touchdowns. **8/22** Dave Brown becomes the third inductee into the Seahawks Ring of Honor around the 200 Level of the Kingdome. **9/6** Cincinnati Bengals spoil Tom Flores' Seahawks coaching debut with a 21-3 Kingdome win. **9/20** Flores gains first win as Seahawks head coach, 10-6 at New England. Cortez Kennedy has four-and-a-half tackles for loss, including three sacks, to lead the defense while Chris Warren rushes for 122 yards and one score on 24 carries to lead the offense. It's Warren's first career 100-yard game. **11/8** Chris Warren's 103 yards aren't enough as the Washington Redskins post a 16-3 Kingdome win. **11/22** Chris Warren rushes for a career-high 154 yards, including a touchdown, but the Kansas City Chiefs take a 24-14 win. **11/30** In pregame ceremonies, play-by-play broadcaster Pete Gross is inducted into the Seahawks Ring of Honor. The Seahawks then defeat the Denver Broncos 16-13 in overtime, snapping an eight-game losing streak. Brian Blades makes his first appearance since injuring his shoulder on opening day and catches the game-tying touchdown pass on the game's last play. John Kasay's 32-yard field goal 11:10 into overtime is the winner. The game also is the team record third straight that the Seahawks defense held the opposition to under 200 total yards. **12/2** KIRO Newsradio 710's Pete Gross, the only play-by-play broadcaster in the Seahawks 17-year history, dies after a four-year battle with cancer. **12/6** The Pittsburgh Steelers take a 20-14 comeback win in Pittsburgh, despite Eugene Robinson's record-equalling three interceptions. **12/13** Roger Ruzek's 44-yard field goal as time expires in overtime gives the visiting Philadelphia Eagles a 16-13 win. The game is the longest in Seattle's history (75:00). **12/27** Seattle closes out the regular season with a 31-14 Kingdome loss to the AFC West Champion San Diego Chargers. Chris Warren becomes only the second player in franchise history to rush for 1,000 yards, finishing the season with 1,017.

1993 — 1/19 David Behring, son of majority owner Ken Behring, is named team President. Tom Flores is named General Manager/Head Coach, while Player Personnel Director Mike Allman is placed in charge of both professional and college personnel. **1/28** Howard Mudd is named offensive line coach replacing Hudson Houck, who joined the Dallas Cowboys. Mudd is an eight-year NFL veteran guard and a 19-year NFL assistant, including a stint with the Seahawks from 1978-82. **2/5** Phil Neri, a Seahawks scout since 1985, is named College Scouting Director. **3/12** Ferrell Edmunds, two-time Pro Bowl tight end with the Miami Dolphins, signs as an unrestricted free agent. Edmunds, a five-year veteran, is the first free agent to sign with the Seahawks under the NFL new free agency system. **4/1** Wide receiver Kelvin Martin of the Super Bowl champion Dallas Cowboys is signed as an unrestricted free agent. **4/14** Linebacker Kevin Murphy signs with Seattle. **4/20** Four-time Pro Bowl center Ray Donaldson signs with the Seahawks as a free agent. **4/22** Buffalo guard Mitch Frerotte signs with the Seahawks as an unrestricted free agent. **4/25** University of Notre Dame quarterback Rick Mirer is selected by the Seahawks on the first round of the NFL draft. Mirer is the second player chosen overall. **9/19** Chris Warren rushes a club record 36 times for a personal best 174 yards in a 17-14 win over the Patriots in New England, Seattle's first win after two losses. **9/26** Rod Stephens' fumble recovery in the end zone provides the winning touchdown in a 19-10 win at Cincinnati. **10/3** Seattle makes it three straight with a 31-14 win over the San Diego Chargers in the Kingdome. Rookie Rick Mirer passes for 282 yards and a score and also rushes for a touchdown. The three-game winning streak is the Seahawks longest since 1990. **10/24** Rick Mirer throws the game-winning touchdown pass to Brian Blades with 25 seconds left in a 10-9 win over New England in the Kingdome. **11/14** Eugene Robinson records 11 tackles, two interceptions, two forced fumbles, and one fumble recovery to spark a 22-5 win over the visiting Cleveland Browns. In all,

the Seahawks defense forces seven turnovers and accounts for a touchdown and a safety. **12/26** Chris Warren rushes for 168 yards to become the second Seattle player to have back-to-back 1,000-yard seasons, but the Phoenix Cardinals tie the game on the last play of regulation and go on to a 30-27 overtime win in the Kingdome. **12/26** Jon Vaughn, who learned during warmups that he would start for an injured Chris Warren (abdominal muscle), rushes for a career-high 131 yards in a 16-6 win over the Pittsburgh Steelers. Seattle gains 267 yards rushing, giving them back-to-back 200-yard rushing games for the first time in franchise history.

1994 — **1/2** The Seahawks finish the season 6-10 after dropping a 34-24 decision to the AFC West Champion Kansas City Chiefs in Arrowhead Stadium. John L. Williams rushes for 102 yards, to give the Seahawks three straight games with an individual over 100 yards, a franchise first. Rick Mirer becomes the first rookie quarterback since 1973 to start all his team's games and only the third since the 1970 merger. Mirer ends the season with NFL rookie passing records for attempts (486), completions (274), and yards (2,833), while helping to improve Seattle's win total by four games. **2/24** Nate Odomes, two-time Pro Bowl cornerback of the Buffalo Bills signs as a free agent. **2/28** Odomes' Buffalo teammate and fellow two-time Pro Bowler, tackle Howard Ballard signs as a free agent. **4/24** Texas A&M University defensive tackle Sam Adams is the Seahawks first-round draft choice. Adams is the eighth player picked on the first round. **7/19** Kingdome ceiling tiles fall from roof forcing closure of the building until November 5. Seahawks play both preseason games and first three regular season games in the University of Washington's 72,500 seat Husky Stadium. **8/13** Seahawks play first-ever outdoor game in Seattle defeating Tampa Bay Buccaneers, 29-6, in Husky Stadium. **9/4** Seahawks capture season opener for first time since 1988 with a 28-7 win at the Washington Redskins, as Chris Warren rushes for 100 yards and two touchdowns. The win is the 100th in the career of Head Coach Tom Flores. **9/11** Chris Warren scores two touchdowns for the second straight week as Seahawks go 2-0 with a 38-9 win over the Raiders in Los Angeles. Rick Mirer tosses three touchdown passes. **9/18** San Diego Chargers stop Seahawks two-game winning streak, 24-10, before Seahawks record crowd of 65,536 in Husky Stadium. **9/25** Chris Warren earns AFC Offensive Player of the Week honors in a 30-13 win over the visiting Pittsburgh Steelers. Warren rushes for 125 yards and a touchdown, while the Seahawks defense intercepts four passes. **11/6** Cincinnati Bengals spoil Seahawks return to Kingdome with a 20-17 overtime win. Doug Pelfrey kicks six field goals, including a 26-yarder 8:14 into overtime for the win. **11/20** Mack Strong's seven-yard touchdown run with 42 seconds left gives Seahawks a 22-21 win over the visiting Tampa Bay Buccaneers, breaking a six-game losing streak. **11/27** Seahawks defeat Kansas City 10-9 behind John Kasay's 32-yard field goal with 1:42 left. The back-to-back one-point wins are a franchise first. Chris Warren surpasses the 1,000-yard mark in the 12th game, the earliest in team history. Curt Warner inducted into Ring of Honor. **12/11** Chris Warren rushes for a personal best 185 yards on 30 carries, including a touchdown in a 16-14 win at Houston. Warren, playing with cracked ribs, had 183 of his yards in the first three quarters. **12/18** Chris Warren tops 100 yards for the seventh time with 122, but the Los Angeles Raiders escape with a 17-16 Kingdome win. **12/24** Cleveland Browns defeat the Seahawks 35-9 in Cleveland Stadium, closing out a 6-10 season. Chris Warren finishes the season with a franchise record 1,545 rushing yards, a total that leads the AFC. **12/29** Tom Flores, Seahawks general manager/head coach from 1992-94, is relieved of his duties. Flores, who joined the organization in 1989 as president/general manager, compiled a 14-34 regular season record. All 12 of Flores' assistants were also fired.

1995 — **1/12** Dennis Erickson, head coach at the University of Miami, is named head coach. In six seasons at Miami, Erickson compiled a 63-9-0 record and won national championships in 1989 and 1991. A native of Everett, Washington, Erickson posted a 113-40-1 record in 13 seasons as a college head coach at the University of Idaho, University of Wyoming, Washington State University, and Miami. Erickson brings six coaches with him from Miami, Gregg Smith (Assistant Head Coach/Tight Ends), Greg McMackin (Defensive Coordinator), Dave Arnold (Special Teams), Dana LeDuc (Strength and Conditioning), Rich Olson (Quarterbacks), and Willy Robinson (Defensive Backs). In addition he retains Bob Bratkowski (Offensive Coordinator/Wide Receivers), Tommy Brasher (Defensive Line), Tom Catlin (Quality Control), Dave Brown (Defensive Coach), Arnie Matsumoto (Staff Assistant), Howard Mudd (Offensive Line), and Clarence Shelmon (Running Backs) from the previous staff. **1/28** Wide Receiver Steve Largent becomes the first Seahawks player to be elected

into the Pro Football Hall of Fame. Largent was elected in his first year of eligibility. He played his entire NFL career with Seattle from 1976-89, and retired in possession of six NFL receiving marks, including most receptions (819), yards (13,089), touchdowns (100), and consecutive games with a reception (177). Largent's presenter for induction is Seahawks' Vice President Gary Wright. 2/9 Mike Murphy, a nine-season NFL coaching veteran, is named linebackers coach. Murphy coached with the Detroit Lions and Arizona Cardinals, prior to serving one year in the Pro Personnel Department of the Carolina Panthers. 4/22 Seahawks select Ohio State University wide receiver Joey Galloway with the eighth pick in the first round of the NFL draft. Galloway is the second wide receiver chosen overall and the first ever picked by the Seahawks on the first round of the draft. 7/29 Steve Largent is formally inducted into the Pro Football Hall of Fame. 8/12 Seahawks officially retire Largent's #80 jersey. 9/3 Seahawks lose NFL debut of Head Coach Dennis Erickson, 34-10, to the Kansas City Chiefs in the Kingdome. Jacob Green was inducted into the Ring of Honor. 9/17 Erickson gains first career win, 24-21, over the Cincinnati Bengals in the Kingdome. Chris Warren rushes for 109 yards. 11/5 Rookie Joey Galloway returns a punt a club record 89 yards for a touchdown to spark a 30-28 win over the visiting New York Giants. Brian Blades has two first quarter touchdown receptions. The win snaps a four-game losing streak and ignites a streak of six wins in seven games. 11/12 Galloway strikes again, this time on an 86-yard run from scrimmage in a 47-30 win over the Jaguars in Jacksonville. His run is a club record and is an NFL-long for 1995, as was his punt return. Galloway accounts for 237 all-purpose yards and three touchdowns, including five receptions for 114 yards and two scores receiving. 11/19 Seattle posts a 27-20 win over the Redskins in Washington, D.C., completing a two-game, 10-day road trip. Chris Warren rushes for a season-high 136 yards and one score, quarterback Rick Mirer throws two touchdown passes and Robert Blackmon has two interceptions. The Seahawks stayed in Jacksonville between games. 12/3 Todd Peterson kicks four field goals in a 26-14 win over the Philadelphia Eagles. 12/10 Quarterback John Friesz engineers three fourth quarter touchdown drives in a 31-27 win over the Broncos in Denver. Seattle rallies from a 20-0 second quarter deficit for the win, the greatest comeback in franchise history. Friesz throws for two touchdowns, including the game-winner to Chris Warren with 49 seconds left. Antonio Edwards' club record 83-yard return of a Robert Blackmon-forced fumble in the third quarter, ignites the rally. 12/17 Chris Warren scores three touchdowns in a 44-10 win over the Oakland Raiders. The win is Seattle's eighth of the year, their most since 1990. 12/24 AFC Western Division champion Kansas City Chiefs end the Seahawks postseason bid with a 26-3 win in Arrowhead Stadium.

1996 — 2/2 Team owner Ken Behring announces that he is moving the franchise. 4/20 Ken Behring and Seattle native Paul Allen enter into an exclusive 14-month option for Allen to purchase the Seahawks. Allen can exercise the option at anytime until July 1, 1997. Allen is named Chairman of Football Northwest, Inc., with Bert Kolde serving as Vice Chairman and Bob Whitsitt as President. Seahawks select Boston College tackle Pete Kendall on the first round with the 21st overall pick. Seattle had traded down twice in the first round, acquiring defensive tackle Glenn Montgomery from the Houston Oilers in the first deal and adding an extra third round pick from the Detroit Lions in the second. 9/1 Seahawks start 21st season with 29-7 loss at San Diego. 9/22 Lamar Smith's 14-yard run with 31 seconds left gives Seahawks a 17-13 win at Tampa Bay, their first win after three losses. 10/6 John Friesz throws touchdown passes of 51, 65 and 80 yards, the latter with 2:03 left to Brian Blades, for a 22-15 win at Miami. 11/3 Michael McCrary blocks Houston's game-winning field goal with 16 seconds left, recovers it, and laterals to Robert Blackmon to complete a 68-yard touchdown return to give Seattle a 23-16 win. John Friesz throws for 323 yards, Seattle's first 300-yard passing game since 1990. 11/10 Seattle completes three wins in three home games by defeating the Minnesota Vikings, 42-23. 11/17 Seattle misses a last play field goal in 17-16 loss at the Detroit Lions. Lamar Smith rushes for a career high 148 yards in his first career start. Seahawks also lose quarterback John Friesz for remainder of the season with a broken leg. 12/8 Seahawks snap three-game losing streak with 26-18 win over visiting Buffalo Bills. Chris Warren rushes for 116 yards, his franchise record 24th career 100-yard game. 12/22 Seahawks close season with 28-21 win at Oakland. Seattle forces seven turnovers and wins with backup quarterbacks Stan Gelbaugh and Gino Torretta playing for John Friesz (broken leg) and Rick Mirer (quadriceps). Torretta passes 32 yards to Joey Galloway for his first career touchdown. Lamar Smith rushes for two touchdowns.

1997 – **2/14** Seahawks make first strike in free agency signing Steelers Pro Bowl linebacker Chad Brown. Brown's signing is followed two days later with that of Pittsburgh teammate cornerback Willie Williams. **2/18** Quarterback Rick Mirer is traded to the Chicago Bears for a first-round draft choice. Seattle now has the 11th and 12th picks overall in the April 19-20 NFL draft. **3/5** Seahawks announce a return of their training camp to Eastern Washington University in Cheney, Washington. Seattle trained at Eastern from 1976-85, before training year-around at their Kirkland Headquarters. **3/6** Detroit Lions safety Bennie Blades is signed as a free agent reuniting him with his brother, Brian. **3/7** Former University of Washington quarterback Warren Moon signs as a free agent after 13 seasons with the Houston Oilers (1984-93) and Minnesota Vikings (1994-96). Moon ranks fourth in league history in attempts (6,000), completions (3,514), and yards (43,787), and is tied for seventh in touchdowns (254). **3/28** Seattle trades their first-round pick obtained from the Bears, to Atlanta for the Falcons first-round pick, the third overall. Seattle also sends second and fourth rounders to Atlanta and the Falcons flip-flop their third round choices. **4/19** After selecting Ohio State cornerback Shawn Springs with the third overall choice, Seattle sends the 12th overall choice and a third-round pick to the Tampa Bay Buccaneers for the sixth overall choice. That pick is used on Florida State University tackle Walter Jones. It is the first time in their history that the Seahawks have utilized two first-round draft choices. **4/25** Washington State Legislature passes Seahawks Stadium Funding Plan, Referendum 48. The bill sets a statewide vote for June 17. **6/17** Washington state voters approve Referendum 48 by a 51.1 percent to 48.9 percent margin (820,354 yes, 783,584 no), including a 56.4 percent margin (275,358 yes, 213,092 no) in King County. **6/23** Metropolitan King County Council votes 9-3 to approve a new football stadium for the Seahawks. **6/30** Bob Whitsitt, President of Football Northwest, signs paperwork to purchase Seahawks from Ken Behring. **7/15** Seahawks open training camp at Eastern Washington University in Cheney, returning after an 11-year absence. **8/19** Football Northwest is approved as the Seahawks owners by the member clubs of the NFL. **8/31** Seattle loses season opener to New York Jets, 41-3, in the Kingdome and quarterback John Friesz for nine weeks with a broken right thumb. **9/14** Seahawks hold Indianapolis Colts to a franchise low 118 yards for their first win, 31-3, in Indianapolis. The 28-point margin of victory is the largest for Seattle on the road. **10/5** Seattle embarks on three-game winning streak by beating the Tennessee Oilers, 16-13, in Kingdome. Steve Broussard scores on 77 and 43 yard runs within three second half carries overcoming a 10-0 deficit. Broussard rushes for 138 yards on just 6 carries. **10/26** Warren Moon throws a team record-equalling five touchdown passes, including three to Joey Galloway, in a 45-34 win over the Oakland Raiders. His 409 yards is third in team history for a single game and is an NFL high for 1997. **11/9** Moon connects with Galloway on a game-winning 40-yard touchdown pass at San Diego with 2:20 left. The 37-31 win is marred by a season-ending broken ankle suffered by six-time Pro Bowl defensive tackle Cortez Kennedy. **11/28** Seahawks open their first retail store, the Seahawks EndZone Store, in Seattle's Pioneer Square area, two blocks from the Kingdome. **12/14** Quarterback Jon Kitna makes his first career start and guides Seattle to a 22-21 win at Oakland, overcoming a 21-3 halftime deficit. Kitna throws for 283 yards and one score in becoming the sixth first-time quarterback starter in team history to win his debut. Todd Peterson's 49-yard field goal with 2:20 left is the winner. Seattle's win was their fifth of the season after overcoming a 10-point deficit, equalling the most in the NFL since 1970. **12/21** Seattle closes out season with a 38-9 win over the San Francisco 49ers. Warren Moon throws four touchdown passes and sets single season records for completions (313) and yards (3,378). Pro Bowl free safety Darryl Williams co-leads the AFC in interceptions with 8, while Pro Bowl defensive end Michael Sinclair has 12 sacks.

1998 – **1/16** Seahawks announce ticket restructure, increasing the number of \$10 tickets, the lowest ticket price in the NFL, to slightly more than 10,000. **2/1** Warren Moon named MVP of Pro Bowl while leading AFC to 29-24 win. **1/16** Offensive Line Coach Howard Mudd leaves the Seahawks for Indianapolis Colts. **1/17** Linebackers Coach Mike Murphy also joins the Colts staff. **1/30** Coaches Clarence 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 offen-

sive quality control. **3/4** Seahawks make one of the biggest off-season splashes in free agency when the club signs Philadelphia Eagles running back Ricky Watters to a free agency contract. **3/6** The club agrees to terms with unrestricted free agent guard Brian Habib of the Super Bowl Champion Denver Broncos. **4/18** Linebacker Anthony Simmons from Clemson is the team's first-round pick, 15th overall, in the draft. **9/6** The Seahawks open the 1998 season with a 36-0 shutout over the Philadelphia Eagles at Veterans Stadium. The Seahawks would go on to one of the team's best starts ever, with three straight victories to open the year. **12/28** A day after completing its second consecutive 8-8 season, the club relieves Dennis Erickson of his coaching duties.

1999 — **1/8** Team President Bob Whitsitt appoints Mike Holmgren to the position of Executive Vice President of Football Operations/General Manager & Head Coach. The Seahawks surrender a second-round choice in the 1999 draft to the Green Bay Packers as compensation. **1/14** Holmgren hires Mike Sherman (Offensive Coordinator/Tight Ends), Fritz Shurmur (Defensive Coordinator), Tom Lovat (Offensive Line), Larry Brooks (Defensive Line), Nolan Cromwell (Wide Receivers), Jim Lind (Linebackers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Conditioning), and the retainment of Pete Rodriguez (Special Teams). **1/19** Mike Sheppard named Quarterbacks coach. **1/26** Mike Reinfeldt named Senior Vice President. **1/28** Stump Mitchell named Running Backs coach. **1/29** Rod Springer named assistant Strength & Conditioning coach. **2/5** Jerry Colquitt (Offensive Quality Control) and Clayton Lopez (Defensive Quality Control) named to coaching staff. **2/14** Sign unrestricted free agent WR Sean Dawkins. **4/17** Select DE Lamar King (Saginaw Valley State) with the 22nd pick in the first round of the 1999 NFL Draft. **5/26** Defensive Coordinator Fritz Shurmur takes a leave of absence for health reasons. **6/7** Holmgren hires former Buffalo Bills' Assistant Coach Dick Roach to the position of defensive assistant. Linebackers coach Jim Lind is given the added responsibility of coordinating the defense. **8/30** Seahawks defensive coordinator Fritz Shurmur succumbs to liver cancer. **11/28** The Seahawks defeat the Kansas City Chiefs in Arrowhead Stadium to cap a five-game winning streak and take the season record to 8-2.

2000 — **1/2** The Seahawks finish the 1999 season with a 19-9 loss at the New York Jets, but reach the playoffs for the first time since 1988 with the team's second AFC West Championship. The team's 9-7 record is the best mark since 1990. DT Cortez Kennedy is voted to a team-record eighth Pro Bowl along with teammates LB Chad Brown and T Walter Jones. **1/9** Seahawks lose their first playoff game in 11 years when they fall to the Miami Dolphins, 20-17, in the final game played at Seattle's Kingdome. **1/12** Mike Holmgren names Steve Sidwell defensive coordinator. Defensive Assistant Bob Zeman announces his retirement from coaching. **1/20** Holmgren names Gil Haskell offensive coordinator. **1/21** Holmgren names Johnny Holland assistant special teams/assistant strength and conditioning coach. **1/28** Holmgren names Ted Thompson vice president/football operations. **2/12** WR Joey Galloway is traded to the Dallas Cowboys for first-round draft choices in 2000 and 2001. **3/26** Seattle's Kingdome is imploded, to make space for the new football/soccer stadium and exhibition hall, which will be located on the same site. **4/15** Seahawks select Alabama running back Shaun Alexander and Wisconsin tackle Chris McIntosh in the first round of the NFL draft. **4/28** Seattle names John Schneider director of player personnel. **5/10** Scot McCloughan appointed as director of college scouting. **5/15** Bucky Brooks and Mike Murphy named area scouts. **6/1** Former Seahawks safety Eric Stokes and Matt Malaspina named area scouts. **7/5** Seahawks hire Brian Davis for radio play-by-play. **9/3** Seattle loses to Miami in season opener, 23-0, marking the first time the Seahawks were shut out in seven years. **9/10** Seattle opens a two-year stint at Husky Stadium with a loss to the defending Super Bowl Champion St. Louis Rams in a 37-34 shootout. **10/15** Seahawks return man Charlie Rogers sets team single-game record with 198 kickoff return yards and 215 combined return yards versus Indianapolis. **11/12** QB Jon Kitna earns AFC Offensive Player of the Week for 22 of 33, 231-yard, three-touchdown performance at Jacksonville. **12/23** Charlie Rogers returns four kickoffs for 171 yards, which included an 81-yard touchdown, versus Buffalo to establish an AFC single-season record with 2,094 combined return yards (punt and kickoff).

2001 — **1/2** Mike Holmgren names Mark Michaels assistant special teams coach. **2/16** Former Seahawks QB Jim Zorn is named quarterbacks coach. **2/28** A 6.8 magnitude earthquake hit the Seattle area damaging the Seahawks marketing headquarters at Palmer Court, forcing them to move out of the building. The new stadium was not damaged and

workers resumed construction less than one week later. **3/2** Seattle trades a third-round draft choice and switches first-round picks with Green Bay for QB Matt Hasselbeck. **3/3** Seattle signs free agent DT John Randle. **3/8** DT Cortez Kennedy is released. **3/9** Seattle signs free agent DT Chad Eaton. **3/16** Seattle names Lance Lopes to serve as General Counsel. **4/9** Seattle signs free agent LB Levon Kirkland. **4/12** Seahawks sign a three-year extension with Eastern Washington University to continue its training camp in Cheney. **4/21** Seattle takes North Carolina State wide receiver Koren Robinson with its first overall selection (No. 9) and Steve Hutchinson (No. 17). Selects 12 college players, the most since drafting 11 in 1992, during the two-day draft. **5/22** Seahawks switch conferences from the AFC West to the NFC West, joining the Arizona Cardinals, San Francisco 49ers and the St. Louis Rams following realignment. The Seahawks were a member of the NFC West in their inaugural season in 1976 before moving to the AFC West in 1977. **6/28** Named Scott Fitterer area scout and named former Kansas City wide receiver Lake Dawson and former Seahawks safety Eric Stokes pro personnel assistants. **8/3** Signed Trent Dilfer to one-year contract to back up Matt Hasselbeck. **9/16** Home game versus Kansas City is postponed due to the terrorist attacks on Tuesday, September 11. **11/11** Shaun Alexander rushed for 266 yards and three touchdowns versus Oakland, including a team-record 88-yard touchdown.

2002 — **1/2** Seahawks DT John Randle and T Walter Jones selected to represent Seahawks in the Pro Bowl. **1/6** The Seahawks played their final game at Husky Stadium before moving into their new downtown stadium. Trent Dilfer finished the season 4-0, extending his consecutive unbeaten record as a starter to 15-0. **2/22** Released defensive end Michael Sinclair following 11 years of service. **3/1** The Seahawks announced a new logo and colors; Seahawks blue, Seahawks navy and Seahawks bright green. **3/5** Re-signed Trent Dilfer to be the starting quarterback for the 2002 season. **3/27** The Seahawks unveiled new uniforms at the team's new stadium, the first significant uniform change in the team's 26-year history. For the first time in the NFL, a club allowed fans to choose part of the team's uniform ensemble (the helmet). In a weeklong contest, a total of 64,513 fans voted with an overwhelming 49,447 (76.6%) voting for the new Seahawks blue helmet. The traditional silver helmet received 15,066 (23.4%) votes. (Marked the first time in NFL history that a team allowed fans to choose any part of the teams' uniform ensemble.) **4/2** Bill Laveroni named assistant offensive line coach. **4/19** Traded quarterback Brock Huard to Indianapolis for the Colts fifth-round draft choice in the 2002 draft. **4/20** Seahawks selected Washington Husky tight end Jerramy Stevens in the first round of the NFL Draft, the first tight end selected by the team in the opening round. **5/4** Fieldturf installation completed in Seahawks Stadium. **5/15** Seahawks Stadium and Exhibition Center announced as interim name until a permanent naming rights sponsor is found; FGI announces the project will come in on budget, a month earlier than anticipated. **6/21** Traded CB Ike Charlton to Jacksonville Jaguars for an undisclosed draft choice. **7/20** Seahawks Stadium Grand Opening begins with Public Fanfare Days, followed by three weeks of public open houses. **8/3** Seahawks take the field in Seahawks Stadium for the first time in a preseason scrimmage. **8/10** Seahawks play their first game in Seahawks Stadium, a preseason loss to the Indianapolis Colts, 28-10. **9/15** Seahawks play their Inaugural Game in Seahawks Stadium versus the Arizona Cardinals, a 24-13 loss. **9/29** Shaun Alexander scores an NFL-record five first-half touchdowns versus the Minnesota Vikings on ESPN Sunday Night Football. **10/29** Place QB Trent Dilfer on injured reserve and signed veteran QB Jeff George for remainder of season. **11/24** Seattle and Kansas City combine for 64 first downs, an NFL record. **12/29** Matt Hasselbeck set a franchise record passing for 449 yards in a 31-28 overtime win at San Diego. Seattle also established 20 club records during the season, including most first downs in a season (347), most yards gained in a game (591 at San Diego), most net yards gained in a season (5,818) and most passing yards in a season (4,257). Seattle finished the season 7-9, third place in the NFC West. **12/31** Mike Holmgren relinquishes his role as general manager, but remains executive vice president of football operations and head coach. Seattle fires defensive coordinator Steve Sidwell, defensive line coach Larry Brooks, defensive backs coach Ken Flajole, linebackers coach Johnny Holland and offensive quality control coach Jerry Colquitt.

2003 — **1/29** Seahawks hire Dwaine Board as defensive line coach. **2/5** Seattle names Ray Rhodes defensive coordinator. **2/7** Seattle names Teryl Austin defensive backs coach. **2/10** Seattle hires Bob Ferguson as general manager. **2/12** Seattle hires John Marshall as linebackers coach. **3/4** Seattle re-signed unrestricted free agents LB Anthony Simmons and

DE Antonio Cochran. **4/26** Seattle selected CB Marcus Trufant from Washington State with the 11th overall pick in the NFL draft. **4/27** Seattle traded a sixth-round selection to the New Orleans Saints for DT Norman Hand. **6/16** Hired Charles Fisher as an area scout. **6/25** Paul G. Allen names Tod Leiweke chief executive officer in charge of all Seahawks business and administration operations. Bob Whitsitt focuses on football operations. **9/7** Seattle opened the season with a compelling 27-10 victory over the Saints, their first season-opening win at home since 1986. **9/14** Seattle recorded first shutout since 1998, and 10th shutout in club history at Arizona. Safety Ken Hamlin earned NFC Defensive Player of the Week honors for his performance. In just his second NFL game, Hamlin had a hand in four of Seattle's six takeaways including the Cardinals first three drives. **10/5** Josh Brown set club record with 58-yard field goal at Green Bay. **10/12** The Seahawks unveiled a flag in the south end zone honoring the Seahawks 12th man. Each game, the Seahawks will have an honorary presenter raise the flag embroidered with the number 12. Twelve fans were selected to present the inaugural flag. Steve Largent and Mike McCormack were among others to present during the season. The Seahawks held off San Francisco 20-19 on ESPN Sunday Night Football. **10/19** Defeated Chicago 24-17 and secured the best start (5-1) in franchise history. Seattle opened two seasons (1984, 1986) with a 4-1 mark. **11/23** Put up 41 points on one of the best defenses in the NFL, the Baltimore Ravens, but lost in overtime 44-41 after relinquishing a 17-point, fourth-quarter lead. Hasselbeck passed for 333 yards and club-record tying five touchdowns enroute to being voted by fans the NFL/FedEx Air Player of the Week. **11/30** For the first time in franchise history, the club had a 300-yard passer (Hasselbeck-328), 100-yard rusher (Alexander-127) and two, 100-yard receivers (Robinson-122, Jackson-102) in the same game versus Cleveland. Hasselbeck won the NFL/FedEx Air Player of the Week for the second consecutive week. **12/21** With a win over Arizona, the Seahawks finished 8-0 at home for the first time in franchise history. **12/27** Won at San Francisco, 24-17, for the first time since 1979 and secured first 10-win season since 1986. During the season, Hasselbeck became franchise's all-time leading passer (84.1 rating) and set single-season record with 3,841 passing yards and tied for most completions 313.

2004 — **1/4** Participated in first postseason since 1999, but lost in overtime to the Packers 33-27 in a back-and-forth affair played in 20 degree temperatures. Al Harris returned a Hasselbeck interception 52 yards for the game-ending score. Alexander set club postseason record with three touchdown runs and Hasselbeck became first passer with at least 300 yards in a playoff game. Seahawks offensive line coach Tom Lovat retires. Bill Laveroni takes over offensive line duties. **2/24** Seahawks designate T Walter Jones as franchise player for third consecutive year. **2/26** Senior VP Mike Reinfeldt declined contract offer to remain with Seahawks. **3/4** Seahawks sign unrestricted free agent Grant Wistrom to a multi-year contract. **3/9** WR Darrell Jackson re-signed a multi-year contract with the Seahawks. **3/24-3/31** In cooperation with the Department of Defense Armed Forces Entertainment Office, Seahawks Alex Bannister and Damien Robinson led a Seahawks contingent including former Seahawks receiver Paul Johns and the Sea Gals Show Group on a tour of Southwest Asia, including the countries of United Arab Emirates and Qatar. **3/24** The Seattle Seahawks name Steve Raible as the new "Voice of the Seahawks" for radio broadcasts, and will be joined by Warren Moon as color analyst on the broadcast team. Raible served the previous 22 years as color analyst on Seahawks radio. **5/19** Jay Nienkark named Director of Player Administration and will oversee the team's salary cap. **6/2** Seahawks Stadium is renamed Qwest Field. Introduced Blue Ribbon Partners. **6/8** Martha Fuller named CFO. **8/7** The Seahawks traveled to Portland's PGE Park for "Seahawks Live," an intrasquad scrimmage. **9/26** The Seahawks opened the season 3-0 after shutting out the 49ers 34-0 at Qwest Field. The victory ended the 49ers NFL record of scoring in 420 consecutive games. **10/19** The Seahawks traded a conditional draft choice to the Oakland Raiders for WR Jerry Rice. **11/21** S Michael Boulware turned in one of the most exciting plays of the season when he, with 56 seconds remaining, returned a Dolphins' pass 63 yards for the game-winning touchdown. **12/6** In front of a record crowd at Qwest Field (68,093), the Seahawks hosted a Monday Night Football shootout versus the Cowboys. Matt Hasselbeck passed for 414 yards and three touchdowns, but the Cowboys scored 14 points in just under three minutes to earn a 43-39 victory.

2005 — **1/2** The Seahawks clinched their first NFC West title after fending off the Atlanta Falcons in the season finale. The Seahawks stopped a two-point conversion attempt at the end of regulation to keep the game from going into overtime. **1/8** The Seahawks hosted the Rams in a Wild Card Playoff game and lost 27-20. A Seahawks bid to tie the game on a fourth-and-4 play from the Rams' 5-yard line with :27 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 Zerrick 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.

CAREER TOP 10

GAMES PLAYED

Player, Seasons	No.
1 Joe Nash, 1982-96	218
2 Steve Largent, 1976-89	200
3 Mack Strong, 1994-	180
4 Jacob Green, 1980-91	178
5 Jeff Bryant, 1982-93	175
6 Eugene Robinson, 1985-95	170
7 Cortez Kennedy, 1990-00	167
8 Dave Brown, 1976-86	159
9 Brian Blades, 1988-98	156
10 Keith Butler, 1978-87	146

GAMES STARTED

Player, Seasons	No.
1 Steve Largent, 1976-89	197
2 Jacob Green, 1980-91	176
3 Joe Nash, 1982-96	169
4 Jeff Bryant, 1982-93	167
5 Dave Brown, 1976-86	159
6 Cortez Kennedy, 1990-00	153
7 Eugene Robinson, 1985-95	152
8 Keith Butler, 1978-87	132
9 Brian Blades, 1988-98	122
10 Edwin Bailey, 1981-91	120

POINTS SCORED

Player, Seasons	No.
1 Norm Johnson, 1982-90	810
2 Steve Largent, 1976-89	608
3 Shaun Alexander, 2000-	600
4 Todd Peterson, 1995-99	555
5 Curt Warner, 1983-89	372
6 John Kasay, 1991-94	341
7 Josh Brown, 2003-	333
8 Efren Herrera, 1978-81	331
9 Chris Warren, 1990-97	292
10 Rian Lindell, 2000-02	270

TOTAL TOUCHDOWNS

Player, Seasons	No.
1 Steve Largent, 1976-89	101
2 Shaun Alexander, 2000-	100
3 Curt Warner, 1983-89	62
4 Chris Warren, 1990-97	48
5 Joey Galloway, 1995-99	42
6 Sherman Smith, 1976-82	38
7 Darrell Jackson, 2000-	37
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 John Kasay, 1991-94	82
4 Efren Herrera, 1978-81	64
5 Josh Brown, 2003-	63
6 Rian Lindell, 2000-02	58
7 John Leypoldt, 1976-77	17
8 Kris Heppner, 2000	6
9 Wilson Alvarez, 1981	3
10 Scott Hagler, 1987	2

FIELD GOAL ATTEMPTS

Player, Seasons	No.
1 Norm Johnson, 1982-90	228
2 Todd Peterson, 1995-99	154
3 John Kasay, 1991-94	105
4 Efren Herrera, 1978-81	92
5 Josh Brown, 2003-	80
6 Rian Lindell, 2000-02	78
7 John Leypoldt, 1976-77	30
8 Kris Heppner, 2000	9
9 Wilson Alvarez, 1981	7
10 Don Bitterlich, 1976	4

POINT AFTER TOUCHDOWNS

Player, Seasons	No.
1 Norm Johnson, 1982-90	333
2 Todd Peterson, 1995-99	177
3 Josh Brown, 2003-	144
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 Wilson Alvarez, 1981	14
9 Kris Heppner, 2000	8
10 Don Bitterlich, 1976	7

PAT ATTEMPTS

Player, Seasons	No.
1 Norm Johnson, 1982-90	338
2 Todd Peterson, 1995-99	177
3 Efren Herrera, 1978-81	148
4 Josh Brown, 2003-	145
5 John Kasay, 1991-94	97
6 Rian Lindell, 2000-02	96
7 John Leypoldt, 1976-78	59
8 Wilson Alvarez, 1981	15
9 Kris Heppner, 2000	8
10 Don Bitterlich, 1976	7

RUSHING ATTEMPTS

Player, Seasons	No.
1 Shaun Alexander, 2000-	1,717
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 Dan Doornink, 1979-85	463
8 Derrick Fenner, 1989-91	317
9 Jim Zorn, 1976-84	307
10 David Hughes, 1981-85	294
Dave Krieg, 1980-91	294

RUSHING YARDS

Player, Seasons	No.
1 Shaun Alexander, 2000-	7,817
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 Dan Doornink, 1979-85	1,530
8 Jim Zorn, 1976-84	1,494
9 Lamar Smith, 1994-97	1,286
10 David Sims, 1977-79	1,174

RUSHING TOUCHDOWNS

Player, Seasons	No.
1 Shaun Alexander, 2000-	89
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 Jim Zorn, 1976-84	2,992
3 Matt Hasselbeck, 2001-	2,176
4 Rick Mirer, 1993-96	1,523
5 Jon Kitna, 1997-00	1,130
6 Warren Moon, 1997-98	786
7 Kelly Stouffer, 1988-92	437
8 John Friesz, 1995-98	416
9 Trent Dilfer, 2001-04	356
10 Stan Gelbaugh, 1992-96	273

PASSING COMPLETIONS

Player, Seasons	No.
1 Dave Krieg, 1980-91	2,096
2 Jim Zorn, 1976-84	1,593
3 Matt Hasselbeck, 2001-	1,329
4 Rick Mirer, 1993-96	814
5 Jon Kitna, 1997-00	658
6 Warren Moon, 1997-98	458
7 John Friesz, 1995-98	228
8 Kelly Stouffer, 1988-92	225
9 Trent Dilfer, 2001-04	196
10 Stan Gelbaugh, 1992-95	131

PASSING YARDS

Player, Seasons	No.
1 Dave Krieg, 1980-91	26,132
2 Jim Zorn, 1976-84	20,122
3 Matt Hasselbeck, 2001-	15,780
4 Rick Mirer, 1993-96	9,094
5 Jon Kitna, 1997-00	7,552
6 Warren Moon, 1997-98	5,310
7 John Friesz, 1995-98	2,971
8 Trent Dilfer, 2001-04	2,560
9 Kelly Stouffer, 1988-92	2,333
10 Jeff Kemp, 1987-91	1,735

TOUCHDOWN PASSES

Player, Seasons	No.
1 Dave Krieg, 1980-91	195
2 Jim Zorn, 1976-84	107
3 Matt Hasselbeck, 2001-	94
4 Jon Kitna, 1997-00	49
5 Rick Mirer, 1993-96	41
6 Warren Moon, 1997-98	36
7 John Friesz, 1995-98	16
8 Trent Dilfer, 2001-04	13
9 Jeff Kemp, 1987-91	9
10 Kelly Stouffer, 1988-92	7
Stan Gelbaugh, 1992-96	7

PASSES HAD INTERCEPTED

Player, Seasons	No.
1 Dave Krieg, 1980-91	148
2 Jim Zorn, 1976-84	133
3 Matt Hasselbeck, 2001-	57
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 Jim Zorn, 1976-84	200
3 Matt Hasselbeck, 2001-	160
4 Rick Mirer, 1993-96	138
5 Jon Kitna, 1997-00	79
6 Warren Moon, 1997-98	52
7 Kelly Stouffer, 1988-92	50
8 Stan Gelbaugh, 1992-96	36
9 Trent Dilfer, 2001-04	22
10 Dan McGwire, 1991-94	20

**QUARTERBACK RATING
(MINIMUM 100 ATTEMPTS)**

Player, Seasons	No.
1 Matt Hasselbeck, 2001-	86.7
2 Dave Krieg, 1980-91	82.3
3 Warren Moon, 1997-98	81.3
4 Brock Huard, 1999-01	80.1
5 John Friesz, 1995-98	78.3
6 Jon Kitna, 1997-00	76.3
7 Trent Dilfer, 2001-04	72.5
8 Jim Zorn, 1976-84	67.8
9 Rick Mirer, 1993-96	65.2
10 Gale Gilbert, 1985-86	64.7

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-	378
5 Joey Galloway, 1995-99	283
6 Sam McCullum, 1976-81	232
7 Koren Robinson, 2001-04	213
8 Sherman Smith, 1976-82	211
9 Dan Doornink, 1979-85	197
10 Chris Warren, 1990-97	194

RECEIVING YARDS

Player, Seasons	No.
1 Steve Largent, 1976-89	13,089
2 Brian Blades, 1988-98	7,620
3 Darrell Jackson, 2000-	5,489
4 Joey Galloway, 1995-99	4,457
5 John L. Williams, 1986-93	4,151
6 Sam McCullum, 1976-81	3,409
7 Koren Robinson, 2001-04	3,167
8 Sherman Smith, 1976-82	2,342
9 Mike Pritchard, 1996-99	2,288
10 Tommy Kane, 1988-92	2,034

RECEIVING TOUCHDOWNS

Player, Seasons	No.
1 Steve Largent, 1976-89	100
2 Joey Galloway, 1995-99	37
Darrell Jackson, 2000-	37
4 Daryl Turner, 1984-87	36
5 Brian Blades, 1988-98	34
6 Sam McCullum, 1976-81	21
7 John L. Williams, 1986-93	16
8 Ray Butler, 1985-88	13
Itula Mili, 1997-	13
10 Sean Dawkins, 1999-00	12
Koren Robinson, 2001-04	12

INTERCEPTIONS

Player, Seasons	No.
1 Dave Brown, 1976-86	50
2 Eugene Robinson, 1985-95	42
3 John Harris, 1978-85	41
4 Kenny Easley, 1981-87	32
5 Darryl Williams, 1996-99	20
Shawn Springs, 1997-03	20
7 Keith Simpson, 1978-85	19
8 Willie Williams, 1997-03	17
9 Terry Taylor, 1984-88, 1994	16
10 Robert Blackmon, 1990-96	15
Jay Bellamy, 1994-00	15

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 Robert Blackmon, 1990-96	246
8 Dwayne Harper, 1988-93	242
9 Shawn Springs, 1997-03	235
10 Terry Taylor, 1984-88, 1994	202

INTERCEPTION RETURN FOR TD

Player, Seasons	No.
1 Dave Brown, 1976-86	5
2 Keith Simpson, 1978-85	3
Kenny Easley, 1981-87	3
Willie Williams, 1997-03	3
5 John Harris, 1978-85	2
Jacob Green, 1980-91	2
Terry Taylor, 1984-88, 1994	2
Darryl Williams, 1996-99	2
Shawn Springs, 1997-03	2
Darrin Smith, 1998-99	2
Reggie Tongue, 2000-03	2
Anthony Simmons, 1998-04	2

PUNTS

Player, Seasons	No.
1 Rick Tuten, 1991-97	554
2 Jeff Feagles, 1998-02	385
3 Jeff West, 1981-85	299
4 Herman Weaver, 1977-80	257
5 Ruben Rodriguez, 1987-89	192
6 Tom Rouen, 2003-05	154
7 Rick Engles, 1976-77	84
8 Rick Donnelly, 1990-91	80
9 Vince Gamache, 1986	79
10 David Finzer, 1985	68

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 Tom Rouen, 2003-05	6,394
7 Rick Donnelly, 1990-91	3,227
8 Rick Engles, 1976-77	3,204
9 Vince Gamache, 1986	3,048
10 David Finzer, 1985	2,766

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 Herman Weaver, 1977-80	49
6 Ruben Rodriguez, 1987-89	48
7 Rick Donnelly, 1990-91	19
8 Rick Engles, 1976-77	13
9 David Finzer, 1985	12
10 Vince Gamache, 1986	10

TOUCHBACKS

Player, Seasons	No.
1 Rick Tuten, 1991-97	45
2 Jeff Feagles, 1998-02	30
3 Jeff West, 1981-85	28
4 Herman Weaver, 1977-80	19
5 Ruben Rodriguez, 1987-89	17
6 Tom Rouen, 2003-05	11
7 Rick Donnelly, 1990-91	9
8 Vince Gamache, 1986	7
9 David Finzer, 1985	6
10 Rick Engles, 1976-77	4

HAD BLOCKED

Player, Seasons	No.
1 Herman Weaver, 1977-80	5
2 Rick Engles, 1976-77	3
3 Kyle Richardson, 1997	2
Rick Tuten, 1991-97	2
Jeff Feagles, 1998-02	2
Tom Rouen, 2003-05	2
7 Ruben Rodriguez, 1987-89	1
Donnie Jones, 2004	1
Ken Walter, 2004	1

PUNT RETURNS

Player, Seasons	No.
1 Chris Warren, 1990-97	94
2 Bobby Joe Edmonds, 1986-88	89
3 Joey Galloway, 1995-99	79
4 Paul Johns, 1981-84	74
5 Charlie Rogers, 1999-01	73
6 Bobby Engram, 2001-	69
7 Kelvin Martin, 1993-94	65
8 Will Lewis, 1980-81	57
9 Paul Skansi, 1984-91	53
10 Ronnie Harris, 1994-98	44

FAIR CATCHES

Player, Seasons	No.
1 Bobby Engram, 2001-	65
2 Chris Warren, 1990-97	60
3 Charlie Rogers, 1999-01	40
4 Kelvin Martin, 1993-94	35
5 Bobby Joe Edmonds, 1986-88	26
6 Paul Johns, 1981-84	23
Joey Galloway, 1995-99	23
8 Ronnie Harris, 1994-98	22
Jimmy Williams, 2005-	22
10 Will Lewis, 1980-81	10
James Jefferson, 1989-93	10

PUNT RETURN YARDS

Player, Seasons	No.
1 Bobby Joe Edmonds, 1986-88	1,010
2 Charlie Rogers, 1999-01	925
3 Paul Johns, 1981-84	843
4 Joey Galloway, 1995-99	823
5 Chris Warren, 1990-97	819
6 Bobby Engram, 2001-	767
7 Kelvin Martin, 1993	550
8 Paul Skansi, 1984-91	500
9 Will Lewis, 1980-81	449
10 Ronnie Harris, 1994-98	360

PUNT RETURN TD'S

Player, Seasons	No.
1 Joey Galloway, 1995-99	4
2 Paul Johns, 1981-84	2
Bobby Engram, 2001-	2
4 Will Lewis, 1980-81	1
Bobby Joe Edmonds, 1986-88	1
Chris Warren, 1990-97	1
Charlie Rogers, 1999-01	1

KICKOFF RETURNS

Player, Seasons	No.
1 Steve Broussard, 1995-98	165
2 Charlie Rogers, 1999-01	134
3 Maurice Morris, 2002-	129
4 Bobby Joe Edmonds, 1986-88	101
5 Chris Warren, 1990-97	86
6 Randall Morris, 1984-88	82
7 Al Hunter, 1977-80	78
8 Zachary Dixon, 1983-84	74
9 Ahman Green, 1998-99	63
10 Josh Scobey, 2005-	59

KICKOFF RETURN YARDS

Player, Seasons	No.
1 Steve Broussard, 1995-98	3,900
2 Charlie Rogers, 1999-01	3,214
3 Maurice Morris, 2002-	2,843
4 Bobby Joe Edmonds, 1986-88	2,228
5 Chris Warren, 1990-97	1,794
6 Al Hunter, 1977-80	1,717
7 Randall Morris, 1984-88	1,621
8 Zachary Dixon, 1983-84	1,594
9 Ahman Green, 1998-99	1,438
10 Josh Scobey, 2005-	1,326

KICKOFF RETURN TD'S

Player, Seasons	No.
1 Zachary Dixon, 1983-84	1
James Jefferson, 1989-93	1
Jon Vaughn, 1993-94	1
Steve Broussard, 1995-98	1
Charlie Rogers, 1999-01	1
Maurice Morris, 2002-	1

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 Chris Warren, 1990-97	26
6 Rick Mirer, 1993-96	24
7 Shaun Alexander, 2000-	23
Matt Hasselbeck, 2001-	23
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
5 Chris Warren, 1990-97	10
Shaun Alexander, 2000-	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	13
Bruce Scholtz, 1982-88	13
6 Jeff Bryant, 1982-93	12
7 Keith Butler, 1978-87	11
Keith Simpson, 1978-85	11
Chad Brown, 1997-04	11
10 4 players tied with	10

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 Fredd Young, 1984-87	58
10 Nesby Glasgow, 1988-92	56

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 18 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 Sam Adams, 1994-99	22.0
9 Phillip Daniels, 1996-99	21.5
10 Manu Tuiasosopo, 1979-83	21.0

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 Bill Gregory, 1978-80	177.0
9 Sam Adams, 1994-99	157.0
10 Manu Tuiasosopo, 1979-83	156.0

BLOCKED PUNTS RETURNED FOR TOUCHDOWNS

Player, Seasons	No.
1 Steve Raible, 1976-81	1
Autry Beamon, 1977-79	1
Jessie Green, 1979-80	1
Eric Lane, 1981-87	1
Sam Merriman, 1983-87	1
Paul Moyer, 1983-89	1
Terry Taylor, 1984-88, 1994	1
Eugene Robinson, 1985-95	1
Alex Bannister, 2001-05	1

BLOCKED PUNTS

Player, Seasons	No.
1 Kerry Justin, 1978-83, 1986-87	3
2 Don Dufek, 1976-77, 1979	2
Sam Merriman, 1983-87	2
Fredd Young, 1984-87	2
Patrick Hunter, 1986-94	2
6 Sam McCullum, 1976-81	1
Steve Raible, 1976-81	1
Autry Beamon, 1977-79	1
Peter Cronan, 1977-79, 1981	1
Greg Gaines, 1981, 1983-88	1
Byron Walker, 1982-86	1
Terry Taylor, 1984-88, 1994	1
Tony Burse, 1987	1
Michael Bates, 1993-94	1
Alex Bannister, 2001-05	1
D.D. Lewis, 2002-	1

BLOCKED PAT'S

Player, Seasons	No.
1 Mike White, 1981-82	3
2 Jeff Bryant, 1982-93	2
Jacob Green, 1980-91	2
Joe Nash, 1982-96	2
5 Dennis Boyd, 1977-79, 1981-82	1
Brian Flones, 1981-82	1
Terry Wooden, 1990-96	1

BLOCKED FIELD GOALS

Player, Seasons	No.
1 Joe Nash, 1982-96	8
2 Jeff Bryant, 1982-93	3
3 Dennis Boyd, 1977-79, 1981-82	2
Jacob Green, 1980-91	2
Mike White, 1981-82	2
6 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
10 15 players tied with	2

YEARLY LEADERS

TOUCHDOWNS

	G	Tot.	Rush	Rec.	Ret.	PAT	Pts.	
1976	Sherman Smith	12	5	4	1	0	0/0	30
1977	Steve Largent	14	10	0	10	0	0/0	60
1978	David Sims	12	15*	14*	1	0	0/0	90*
1979	Sherman Smith	16	15	11	4	0	0/0	90
1980	Jim Jodat	16	6	5	1	0	0/0	36
1981	Steve Largent	16	10	1	9	0	0/0	60
1982	Steve Largent	8	3	0	3	0	0/0	18
1983	Curt Warner	16	14+	13	1	0	0/0	84
1984	Steve Largent	16	12	0	12	0	0/0	72
1985	Daryl Turner	16	13	0	13*	0	0/0	78
1986	Curt Warner	16	13	13+	0	0	0/0	78
1987	Curt Warner	12	10	8	2	0	0/0	60
1988	Curt Warner	16	12	10	2	0	0/0	72
1989	John L. Williams	15	7	1	6	0	0/0	42
1990	Derrick Fenner	16	15+	14+	1	0	0/0	90
1991	John L. Williams	16	5	4	1	0	0/0	30
1992	Tommy Kane	11	3	0	3	0	0/0	18
	Chris Warren	16	3	3	0	0	0/0	18
	John L. Williams	16	3	1	2	0	0/0	18
1993	Chris Warren	14	7	7	0	0	0/0	42
1994	Chris Warren	16	11	9	2	0	1/1	68
1995	Chris Warren	16	16	15+	1	0	0/1	96
1996	Lamar Smith	16	8	8	0	0	3/3	54
	Joey Galloway	16	8	0	7	1	0/0	48
1997	Joey Galloway	15	12	0	12+	0	0/0	72
1998	Joey Galloway	16	12	0	10#	2	0/0	72
1999	Derrick Mayes	16	10	0	10	0	0/0	60
2000	Ricky Watters	16	9	7	2	0	0/0	54
2001	Shaun Alexander	16	16	14+	2	0	0/0	96+
2002	Shaun Alexander	16	18^	16^	2	0	0/0	108^
2003	Shaun Alexander	16	16	14	2	0	0/0	96
2004	Shaun Alexander	16	20*	16^	4	0	0/0	120*
2005	Shaun Alexander	16	28!*	27!*	1	0	0/0	168*

KICK SCORING

	G	PATs	FGs	Pts.
1976	John Leyboldt	11	19-22	43
1977	John Leyboldt	14	33-37	60
1978	Efren Herrera	16	40-44	79
1979	Efren Herrera	16	43-46	100
1980	Efren Herrera	16	33-33	93
1981	Efren Herrera	12	23-25	59
1982	Norm Johnson	9	13-14	43
1983	Norm Johnson	16	49-50	103
1984	Norm Johnson	16	50-51	110
1985	Norm Johnson	16	40-41	82
1986	Norm Johnson	16	42-42	108
1987	Norm Johnson	13	40-40	85
1988	Norm Johnson	16	39-39	105
1989	Norm Johnson	16	27-27	72
1990	Norm Johnson	16	33-34	102
1991	John Kasay	16	27-28	102
1992	John Kasay	16	14-14	56
1993	John Kasay	16	29-29	98
1994	John Kasay	16	25-26	85
1995	Todd Peterson	16	40-40	109
1996	Todd Peterson	16	27-27	111
1997	Todd Peterson	16	37-37	103
1998	Todd Peterson	16	41-41	98
1999	Todd Peterson	16	32-32	134
2000	Rian Lindell	12	25-25	70
2001	Rian Lindell	16	33-33	93
2002	Rian Lindell	16	38-38	107
2003	Josh Brown	16	48-48	114
2004	Josh Brown	16	40-40	109
2005	Josh Brown	16	56-57	110

! NFL single-season record; * Led NFL; + Led AFC; # Tied AFC; ^ Led NFC

RUSHING

		G	Att.	Yds.	Avg.	LG	TD
1976	Sherman Smith	12	119	537	4.5	53t	4
1977	Sherman Smith	14	163	763	4.7	39	4
1978	Sherman Smith	12	165	805	4.9	67t	6
1979	Sherman Smith	16	194	775	4.0	41t	11
1980	Jim Jodat	16	155	632	4.1	26	5
1981	Theotis Brown	10	141	531	3.8	43t	6
1982	Sherman Smith	9	63	202	3.2	19	0
1983	Curt Warner	16	335+	1449+	4.3	60	13
1984	David Hughes	16	94	327	3.3	15	1
1985	Curt Warner	16	291	1094	3.8	38t	8
1986	Curt Warner	16	319+	1481+	4.6	60t	13+
1987	Curt Warner	12	234	985	4.2	57t	8
1988	Curt Warner	16	266	1025	3.9	29t	10
1989	Curt Warner	16	194	631	3.3	34	3
1990	Derrick Fenner	16	215	859	4.0	36t	14*
1991	John L. Williams	16	188	741	3.9	42	4
1992	Chris Warren	16	223	1017	4.6	52	3
1993	Chris Warren	14	273	1072	3.9	45t	7
1994	Chris Warren	16	333	1545+	4.6+	41	9
1995	Chris Warren	16	310	1346	4.3	52	15+
1996	Chris Warren	14	203	885	4.2	51	5
1997	Chris Warren	15	200	847	4.2	36t	4
1998	Ricky Watters	16	319	1239	3.9	39t	9
1999	Ricky Watters	16	325	1210	3.7	45	5
2000	Ricky Watters	16	278	1242	4.5	55t	7
2001	Shaun Alexander	16	309	1318	4.3	88t	14+
2002	Shaun Alexander	16	295	1175	4.0	58	16^
2003	Shaun Alexander	16	326	1435	4.4	55	14
2004	Shaun Alexander	16	353	1696^	4.8^	44	16^
2005	Shaun Alexander	16	370	1880*	5.1	88t	27!*

PASSING

		G/S	Att.	Comp.	Yds.	Pct.	TD	Int.	Rate
1976	Jim Zorn	14/14	439*	208	2571	47.3	12	27	49.5
1977	Jim Zorn	10/10	251	104	1683	41.4	16	19	54.3
1978	Jim Zorn	16/16	443+	248+	3283+	56.0	15	20	72.2
1979	Jim Zorn	16/16	505	285	3661	56.4	20	18	77.7
1980	Jim Zorn	16/16	488	276	3346	56.6	17	20	72.3
1981	Jim Zorn	13/13	397	236	2788	59.4	13	9	82.3
1982	Jim Zorn	9/7	245	126	1540	51.4	7	11	62.0
1983	Dave Krieg	9/8	243	147	2139	60.5	18	11	95.0
1984	Dave Krieg	16/16	480	276	3671	57.5	32	24	83.3
1985	Dave Krieg	16/16	532	285	3602	53.6	27	20	76.2
1986	Dave Krieg	15/15	375	225	2921	60.0	21	11	91.0
1987	Dave Krieg	12/12	294	178	2131	60.5	23	15	87.6
1988	Dave Krieg	9/9	228	134	1741	58.8	18	8*	94.6
1989	Dave Krieg	15/14	499	286	3309	57.3	21	20	74.8
1990	Dave Krieg	16/16	448	265	3194	59.2	15	20	73.6
1991	Dave Krieg	10/9	285	187	2080	65.6*	11	12	82.5
1992	Stan Gelbaugh	10/8	255	121	1307	47.5	6	11	52.9
1993	Rick Mirer	16/16	486	274	2833	56.4	12	17	67.0
1994	Rick Mirer	13/13	381	195	2151	51.2	11	7*	70.2
1995	Rick Mirer	15/13	391	209	2564	53.5	13	20+	63.7
1996	John Friesz	8/6	211	120	1629	56.9	8	4	86.4
1997	Warren Moon	15/14	528	313	3678	59.3	25	16	83.7
1998	Warren Moon	10/10	258	145	1632	56.2	11	8	76.6
1999	Jon Kitna	15/15	495	270	3346	54.5	23	16	77.7
2000	Jon Kitna	15/12	418	259	2658	62.0	18	19	75.6
2001	Matt Hasselbeck	13/12	321	176	2023	54.8	7	8	70.9
2002	Matt Hasselbeck	16/10	419	267	3075	63.7^	15	10	87.8
2003	Matt Hasselbeck	16/16	513	313	3841	61.0	26	15	88.8
2004	Matt Hasselbeck	14/14	474	279	3382	58.9	22	15	83.1
2005	Matt Hasselbeck	16/16	449	294	3459	65.5	24^	9	98.2^

! NFL single-season record; * Led NFL; + Led AFC; ^ Led NFC

RECEIVING

		G	Yds.	No.	Avg.	LG	TD
1976	Steve Largent	14	54	705	13.0	45	4
1977	Steve Largent	14	33	643	19.4	74t	10
1978	Steve Largent	16	71+	1168	16.5	57t	t8
1979	Steve Largent	15	66	1237+	18.7	55t	9
1980	Steve Largent	16	66	1064	16.1	67t	6
1981	Steve Largent	16	75	1224	16.3	57t	9
1982	Steve Largent	8	34	493	14.5	45	3
1983	Steve Largent	15	72	1074	14.9	46t	11
1984	Steve Largent	16	74	1164	15.7	65t	12
1985	Steve Largent	16	79	1287+	16.3	43	6
1986	Steve Largent	16	70	1070	15.3	38t	9
1987	Steve Largent	13	58	912	15.7	55t	8
1988	John L. Williams	16	58	651	11.2	75t	3
1989	Brian Blades	16	77	1063	13.8	60t	5
1990	John L. Williams	16	73	699	9.6	60	0
1991	Brian Blades	16	70	1003	14.3	52	2
1992	John L. Williams	16	74	556	7.5	27t	2
1993	Brian Blades	16	80	945	11.8	41	3
1994	Brian Blades	16	81	1086	13.4	41	4
1995	Brian Blades	16	77	1001	13.0	49	4
1996	Joey Galloway	16	57	987	17.3	65t	7
1997	Joey Galloway	15	72	1049	14.6	53t	12+
1998	Joey Galloway	16	65	1047	16.1	81t	10#
1999	Derrick Mayes	16	62	829	13.4	43t	10
2000	Sean Dawkins	16	63	731	11.6	40	5
	Ricky Watters	16	63	613	9.7	59	2
2001	Darrell Jackson	16	70	1081	15.4	64	8
2002	Koren Robinson	16	78	1240	15.9	83	5
2003	Darrell Jackson	16	68	1137	16.7	80t	9
2004	Darrell Jackson	16	87	1199	13.8	56t	7
2005	Bobby Engram	13	67	778	11.6	56	3

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

RECEIVING YARDS CONTINUED

		G	Yds.	No.	Avg.	LG	TD
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 Ingram	13	778	67	11.6	56	3

* Led NFL; + Led AFC; # Tied AFC

INTERCEPTIONS

		G	No.	Yds.	Avg.	LG	TD
1976	Dave Brown	14	4	70	17.5	34	0
	Rolly Woolsey	14	4	19	4.7	13	0
1977	Autry Beamon	14	6	36	6.0	16	0
1978	Cornell Webster	15	5	9	1.8	14	0
1979	Dave Brown	16	5	46	9.2	32t	1
1980	Dave Brown	16	6	32	5.3	24	0
	John Harris	16	6	28	4.7	15	0
1981	John Harris	16	10+	155	15.5	42t	2+
1982	Kenny Easley	8	4	48	12.0	44	0
	John Harris	9	4	33	8.3	18	0
1983	Kenny Easley	16	7	96	13.2	38	0
1984	Kenny Easley	16	10+	126	12.6	58t	2*
1985	John Harris	16	7	20	2.9	17	0
1986	Dave Brown	16	5	58	11.6	24	1
1987	Kenny Easley	12	4	47	11.8	22	0
1988	Paul Moyer	16	6	79	13.2	34	0
1989	Eugene Robinson	16	5	24	4.8	20	0
1990	Eugene Robinson	16	3	89	29.7	39	0
	Dwayne Harper	16	3	69	23.0	47	0
1991	Eugene Robinson	16	5	56	11.2	27	0
1992	Eugene Robinson	16	7	126	18.0	49	0
1993	Eugene Robinson	16	9*	80	8.9	28	0
1994	Patrick Hunter	5	3	85	28.3	51	0
	Terry Wooden	16	3	78	26.0	69t	1
	Orlando Watters	16	3	39	13.0	18	1
	Eugene Robinson	13	3	18	6.0	18	0
1995	Robert Blackmon	13	5	46	9.2	21	0
1996	Darryl Williams	16	5	148	29.6	79	1
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

* 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

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

PUNT RETURNS CONTINUED

		G	No.	FC	Yds.	Avg.	LG	TD
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

* 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

* Led NFL; + Led AFC

SACKS

		G	No.			G	No.
1976	Steve Niehaus	14	9.5	1992	Cortez Kennedy	16	14.0
1977	Alden Roche	12	3.5	1993	Michael Sinclair	9	8.0
1978	Bill Gregory	16	9.0	1994	Michael Sinclair	12	4.5
1979	Manu Tuiasosopo	16	8.0	1995	Antonio Edwards	13	6.5
1980	Jacob Green	14	6.5		Cortez Kennedy	16	6.5
1981	Jacob Green	16	12.0	1996	Michael McCrary	16	13.5+
1982	Jeff Bryant	9	3.0	1997	Michael Sinclair	16	12.0
	Jacob Green	9	3.0	1998	Michael Sinclair	16	16.5*
1983	Jacob Green	16	16.0	1999	Phillip Daniels	16	9.0
1984	Jeff Bryant	16	14.5	2000	Chad Brown	16	6.0
1985	Jacob Green	16	13.5		Lamar King	14	6.0
1986	Jacob Green	16	12.0	2001	John Randle	15	11.0
1987	Jacob Green	12	9.5	2002	John Randle	12	7.0
1988	Jacob Green	16	9.0	2003	Chike Okeafor	16	8.0
1989	Rufus Porter	16	10.5	2004	Chike Okeafor	16	8.5
1990	Jacob Green	16	12.5	2005	Bryce Fisher	16	9.0
1991	Rufus Porter	15	10.0		* Led NFL; + Led AFC		

DEFENSIVE STATISTICS

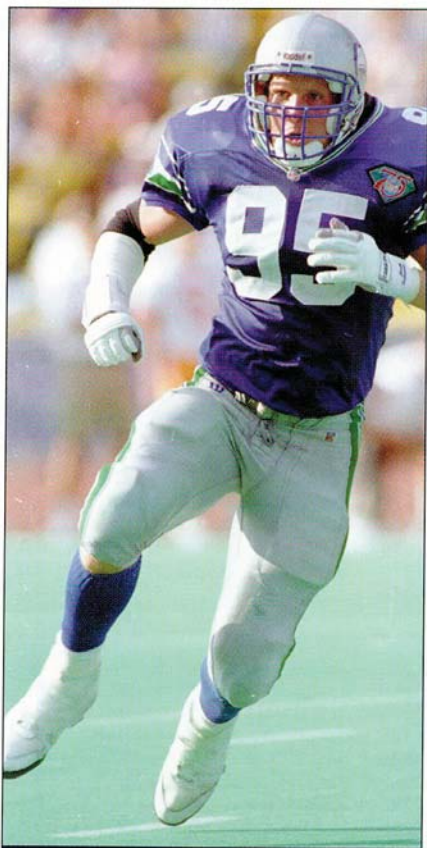
TACKLES

Includes solo and assists

		G	No.			G	No.
1976	Dave Brown	14	111	1991	Terry Wooden	16	100
1977	Terry Beeson	14	134	1992	Eugene Robinson	16	94
1978	Terry Beeson	16	153	1993	Eugene Robinson	16	111
1979	Terry Beeson	16	114	1994	Rod Stephens	16	128
1980	Michael Jackson	15	136	1995	Terry Wooden	16	135
1981	Michael Jackson	16	140	1996	Dean Wells	16	107
1982	Michael Jackson	8	64	1997	Chad Brown	15	104
1983	Bruce Scholtz	16	104	1998	Chad Brown	16	150
1984	Shelton Robinson	16	93	1999	Chad Brown	15	117
1985	Fredd Young	16	118	2000	Anthony Simmons	16	147
1986	Fredd Young	15	121	2001	Anthony Simmons	16	123
1987	Fredd Young	13	101	2002	Reggie Tongue	16	93
1988	Eugene Robinson	16	114	2003	Anthony Simmons	13	100
1989	Eugene Robinson	16	102	2004	Marcus Trufant	16	93
1990	Nesby Glasgow	16	83	2005	Lofa Tatupu	16	105

SPECIAL TEAMS TACKLES

		G	No.
1976	Don Dufek	14	15
1977	Peter Cronan	14	11
	Charles McShane	14	11
1978	Cornell Webster	15	12
1979	Don Dufek	13	18
1980	Don Dufek	8	13
1981	Mike Tice	16	11
1982	Eric Lane	9	6
	Ken McAlister	9	6
1983	Don Dufek	14	18
1984	Sam Merriman	16	21
1985	John Kaiser	16	14
1986	Eric Lane	15	16
1987	David Hollis	11	10
1988	Rufus Porter	16	16
1989	Rufus Porter	16	13
1990	James Jones	16	15
1991	David Daniels	16	12
	Rod Stephens	16	12
	Chris Warren	16	12
1992	Tracy Johnson	16	18
1993	Michael Bates	16	22
1994	Dean Wells	15	16
1995	Mack Strong	16	19
1996	Jay Bellamy	16	34
1997	Tim Hauck	16	22
1998	Kerry Joseph	16	14
1999	James Logan	16	18
2000	Isaiah Kacyvenski	16	15
2001	Isaiah Kacyvenski	16	21
2002	Terreal Bierria	14	16
2003	Alex Bannister	16	18
2004	Niko Koutouvides	16	16
2005	Josh Scobey	16	23



LB Dean Wells (1993-98)

TOP SINGLE-GAME PERFORMANCES

100 YARDS RUSHING (CHRONOLOGICAL)

	Player	Opponent	Att.	Yds.	Avg.	LG	TD
1	* Sherman Smith	vs. Atlanta 11/7/76	14	124	8.9	53t	1
2	David Sims	at N.Y. Jets 9/17/78	23	121	5.3	25	3
3	David Sims	at Green Bay 10/15/78	22	104	4.7	12	1
4	Sherman Smith	at Chicago 11/5/78	23	152	6.6	67t	2
5	David Sims	vs. Baltimore 11/12/78	14	106	7.6	44t	2
6	Al Hunter	vs. Kansas City 12/17/78	27	133	4.9	55t	2
7	Dan Doornink	at Atlanta 10/29/79	21	122	5.8	26t	2
8	Jim Jodat	at Washington 9/28/80	22	117	5.3	12	0
9	Theotis Brown	at N.Y. Jets 10/25/81	14	104	7.4	43	0
10	* Curt Warner	at N.Y. Jets 9/11/83	25	128	5.1	31	2
11	* Curt Warner	vs. San Diego 9/18/83	22	109	5.9	23	2
12	* Curt Warner	at L.A. Raiders 10/30/83	23	101	4.4	24	1
13	* Curt Warner	vs. Denver 11/6/83	24	135	5.6	23	0
14	* Curt Warner	vs. Kansas City 11/27/83 (OT)	32	207	6.5	28	3
15	* Curt Warner	vs. New England 12/18/83	26	116	4.5	14	0
16	Eric Lane	at Minnesota 9/30/84	14	113	8.1	40t	1
17	Curt Warner	at San Diego 9/15/85	28	169	6.0	21	2
18	Curt Warner	at Denver 10/20/85 (OT)	27	136	5.0	19	0
19	Curt Warner	vs. New England 11/17/85	24	105	4.4	24	0
20	Curt Warner	vs. Pittsburgh 9/7/86	21	114	5.4	31	0
21	Curt Warner	at Washington 9/28/86	16	106	6.6	29	1
22	Curt Warner	vs. San Diego 10/6/86	28	142	5.1	21	0
23	Curt Warner	at Denver 10/26/86	21	139	6.6	14	0
24	Curt Warner	at Dallas 11/27/86	22	122	5.5	19	1
25	Curt Warner	vs. L.A. Raiders 12/8/86	23	116	5.0	18	2
26	Curt Warner	vs. Denver 12/20/86	24	192	8.0	60t	3
27	John L. Williams	vs. Kansas City 9/20/87	15	112	7.5	48	1
28	Curt Warner	at L.A. Raiders 10/25/87	29	112	3.9	9	2
29	Curt Warner	vs. Green Bay 11/15/87	25	123	4.9	57	1
30	Curt Warner	vs. San Diego 11/22/87	23	119	5.2	27	1
31	Curt Warner	at Atlanta 10/2/88	22	110	5.0	21	1
32	John L. Williams	vs. Houston 11/13/88	13	102	7.8	44t	1
33	Curt Warner	vs. L.A. Raiders 11/28/88	27	130	4.8	26	0
	John L. Williams	vs. L.A. Raiders 11/28/88	17	105	6.2	24	0
35	Curt Warner	vs. Denver 12/11/88	23	126	5.5	18	4
	John L. Williams	vs. Denver 12/11/88	20	109	5.5	18	0
37	Curt Warner	at L.A. Raiders 10/1/89	21	102	4.8	21	1
38	Derrick Fenner	at Denver 9/23/90 (OT)	22	144	6.5	28	3
39	Derrick Fenner	at Green Bay 12/9/90	20	112	5.5	36	1
40	John L. Williams	vs. Denver 11/24/91	17	109	6.4	42	0
41	Chris Warren	at New England 9/20/92	24	122	5.1	33	1
42	Chris Warren	vs. Washington 11/8/92	19	103	5.4	36	0
43	Chris Warren	vs. Kansas City 11/22/92	20	154	7.7	35	1
44	Chris Warren	at New England 9/19/93	36	174	4.5	17	1
45	Chris Warren	vs. Cleveland 11/14/93	24	112	4.7	20	0
46	Chris Warren	vs. Phoenix 12/19/93 (OT)	27	168	6.2	45	1
47	Jon Vaughn	vs. Pittsburgh 12/26/93	26	131	5.0	37	0
48	Chris Warren	at Washington 9/4/94	22	100	4.5	13	2
49	Chris Warren	vs. Pittsburgh 9/25/94	26	126	4.8	28	1
50	Chris Warren	at Kansas City 10/23/94	19	117	6.2	41	0
51	Chris Warren	at Denver 11/13/94	18	122	6.8	23	1
52	Chris Warren	vs. Tampa Bay 11/20/94	16	116	7.3	31	0
53	Chris Warren	at Houston 12/11/94	30	185	6.2	33	1
54	Chris Warren	vs. L.A. Raiders 12/18/94	24	122	5.1	33	1
55	John L. Williams	at Kansas City 1/2/94	16	102	6.4	38	1
56	Chris Warren	vs. Cincinnati 9/17/95	24	109	4.5	30	1
57	Chris Warren	vs. Denver 10/1/95	24	115	4.8	18	3
58	Chris Warren	vs. San Diego 10/22/95	18	112	6.2	17	2
59	Chris Warren	at Arizona 10/29/95 (OT)	23	127	5.5	52	0

	Player	Opponent	Att.	Yds.	Avg.	LG	TD
60	Chris Warren	at Jacksonville 11/12/95	27	121	4.5	29	1
61	Chris Warren	at Washington 11/19/95	29	136	4.7	14	1
62	Chris Warren	at Denver 12/10/95	18	101	5.6	24	1
63	Chris Warren	vs. Oakland 12/17/95	17	105	6.2	35	3
64	Chris Warren	vs. Green Bay 9/29/96	18	103	5.7	37	1
65	Lamar Smith	at Detroit 10/17/96	33	148	4.5	18	1
66	Chris Warren	vs. San Diego 10/27/96	19	146	7.7	50	1
67	Chris Warren	vs. Buffalo 12/8/96	21	116	5.5	51	0
68	Steve Broussard	vs. Tennessee 10/5/97	6	138	23.0	77	2
69	* Ahman Green	at Philadelphia 9/6/98	6	100	16.7	64	1
70	Ricky Watters	vs. Arizona 9/13/98	22	105	4.8	17	0
71	Ricky Watters	vs. Washington 9/20/98	24	136	5.7	33	1
72	Ricky Watters	vs. Kansas City 11/8/98	24	105	4.4	13	2
73	Ricky Watters	vs. Indianapolis 12/20/98	32	178	4.2	38	1
74	Ricky Watters	at Green Bay 11/1/99	31	125	4.0	45	0
75	Ricky Watters	vs. Cincinnati 11/7/99	27	133	4.9	19t	1
76	Ricky Watters	at Kansas City 11/21/99	24	107	4.5	45	2
77	Ricky Watters	at Denver 12/19/99	16	115	7.2	26	1
78	Ricky Watters	vs. New Orleans 9/17/00	22	105	4.8	16	1
79	Ricky Watters	vs. Oakland 12/16/00	26	168	6.5	53	0
80	Shaun Alexander	vs. Jacksonville 10/7/01	31	176	5.7	23	2
81	Shaun Alexander	vs. Denver 10/14/01	33	142	4.3	60t	2
82	Shaun Alexander	vs. Oakland 11/11/01	35	266	7.6	88t	3
83	Ricky Watters	vs. Dallas 12/16/01	28	104	3.7	18	1
84	Shaun Alexander	vs. Kansas City 1/6/02	20	127	6.4	44t	1
85	Shaun Alexander	vs. Minnesota 9/29/02	24	139	5.8	43	4
86	Shaun Alexander	vs. Kansas City 11/24/02	23	145	6.3	46t	2
87	Shaun Alexander	vs. Philadelphia 12/8/02	17	123	7.2	58	0
88	Shaun Alexander	at Atlanta 12/15/02	28	127	4.5	27t	2
89	Shaun Alexander	vs. New Orleans 9/7/03	24	108	4.5	15	1
90	Shaun Alexander	at Green Bay 10/5/03	20	102	5.1	18	1
91	Shaun Alexander	vs. Chicago 10/19/03	21	101	4.8	25t	2
92	Shaun Alexander	vs. Detroit 11/16/03	20	110	5.5	55	1
93	Shaun Alexander	vs. Cleveland 11/30/03	27	127	4.7	21	1
94	Shaun Alexander	at St. Louis 12/14/03	25	126	5.0	35	1
95	Shaun Alexander	vs. Arizona 12/21/03	21	135	6.4	44t	2
96	Shaun Alexander	at New Orleans 9/12/04	28	135	4.8	27	2
97	Shaun Alexander	vs. St. Louis 10/10/04	23	150	6.5	41	1
98	Shaun Alexander	vs. Carolina 10/31/04	32	195	6.1	44	1
99	Shaun Alexander	at San Francisco 11/7/04	26	160	6.2	22	2
100	Shaun Alexander	at St. Louis 11/14/04	22	176	8.0	35	0
101	Shaun Alexander	at Minnesota 12/12/04	27	112	4.1	22	0
102	Shaun Alexander	vs. Arizona 12/26/04	30	154	5.1	23t	3
103	Shaun Alexander	vs. Atlanta 9/18/05	28	144	5.0	17	1
104	Shaun Alexander	vs. Arizona 9/25/05	22	140	6.4	45	4
105	Shaun Alexander	at St. Louis 10/9/05	25	119	4.8	18t	2
106	Shaun Alexander	vs. Houston 10/16/05	22	141	6.4	23t	4
	Maurice Morris	vs. Houston 10/16/05	8	104	13.0	49	1
108	Shaun Alexander	at Arizona 11/6/05	23	173	7.5	88t	2
109	Shaun Alexander	vs. St. Louis 11/13/05	33	165	5.0	37	3
110	Shaun Alexander	at San Francisco	24	115	4.8	40	2
111	Shaun Alexander	vs. New York Giants	31	110	3.5	20	1
112	Shaun Alexander	vs. San Francisco	21	108	5.1	16	1
113	Shaun Alexander	at Tennessee 12/18/05	26	172	6.6	52	1
114	Shaun Alexander	vs. Indianapolis 12/24/05	21	139	6.6	25	2

* Rookie

100 Yards: Alexander 33, Warren 24, Warner 23, Watters 11, J.L. Williams 6, Sims 3, Fenner 2, S. Smith 2, Broussard 1, Brown 1, Doornink 1, Green 1, Hunter 1, Jodat 1, Lane 1, Morris 1, L. Smith 1, Vaughn 1.

* Rookie; + Running Back; ^ Tight End

100 YARDS RECEIVING (CHRONOLOGICAL)

	Player	Opponent	No.	Yds.	Avg.	LG	TD
1	Sam McCullum	vs. St. Louis 9/12/76	4	112	28.0	72t	2
2	* Steve Largent	vs. San Francisco 9/26/76	7	128	18.3	41	1
3	Steve Raible	at Minnesota 11/14/76	3	112	37.7	80t	1
4	* Steve Largent	vs. New Orleans 11/21/76	6	101	16.8	22	1
5	+*David Sims	at Cincinnati 9/25/77	4	105	26.3	82t	1
6	Steve Largent	vs. Buffalo 10/30/77	4	134	33.5	48t	2
	Duke Ferguson	vs. Buffalo 10/30/77	4	113	28.3	45	1
8	Steve Largent	vs. San Diego 11/27/77	4	116	29.0	74t	2
9	Steve Largent	vs. San Diego 9/3/78	6	127	21.2	33t	1
10	Steve Largent	at Green Bay 10/15/78	6	127	21.2	48t	1
11	Steve Largent	at Chicago 11/5/78	6	126	21.0	31	2
12	Steve Largent	vs. Cleveland 12/3/78	8	108	13.5	27	1
13	Steve Largent	vs. L.A. Raiders 9/16/79	5	139	27.8	40t	2
14	Steve Largent	at Denver 9/23/79	6	110	18.3	42	0
15	Steve Largent	vs. Houston 10/21/79	6	135	22.5	55t	2
16	Steve Largent	vs. New Orleans 11/18/79	9	146	16.2	34t	2
17	Steve Largent	at Atlanta 10/29/79	6	127	21.2	53	0
18	Steve Largent	at Kansas City 12/2/79	9	120	13.3	28	2
19	Sam McCullum	vs. Denver 12/8/79	5	102	20.4	58	0
20	Sam McCullum	at Oakland 12/16/79	8	173	21.6	65t	1
21	Steve Largent	vs. New England 9/21/80	6	127	21.2	31t	2
22	Sam McCullum	at N.Y. Jets 10/19/80	5	107	21.4	58	0
23	Steve Largent	at Oakland 10/26/80	4	142	35.5	67t	1
24	Steve Largent	vs. Philadelphia 11/2/80	6	101	16.8	27	1
25	Steve Largent	vs. N.Y. Giants 12/7/80	8	139	17.4	34t	1
26	Steve Largent	at Cincinnati 9/6/81	8	114	14.3	36	1
27	Sam McCullum	at Oakland 9/20/81	6	122	20.3	36t	1
28	+* David Hughes	vs. Kansas City 9/27/81	12	103	8.6	22	0
29	Steve Largent	vs. San Diego 10/4/81	5	118	23.6	34	1
30	Steve Largent	vs. N.Y. Jets 12/6/81	7	169	24.1	57	1
31	Paul Johns	at Denver 11/21/82	5	103	20.6	35	0
32	Steve Largent	vs. Pittsburgh 11/28/82	5	109	21.8	45	0
33	Steve Largent	vs. Chicago 12/12/82	8	111	13.9	34	0
34	Steve Largent	vs. San Diego 9/18/83	8	116	14.5	41t	2
35	Steve Largent	vs. Washington 9/25/83	8	130	19.3	45	2
36	^ Charle Young	at San Diego 10/9/83	7	140	20.0	43	0
37	Paul Johns	vs. Pittsburgh 10/23/83	6	118	19.7	28t	1
38	Steve Largent	at St. Louis 11/13/83	8	155	19.4	45	3
39	Paul Johns	at Denver 11/20/83	9	116	12.9	20	0
40	Steve Largent	vs. New England 12/18/83	7	133	19.0	46	1
41	Paul Johns	at New England 9/16/84	8	105	13.1	25	0
42	Steve Largent	at Minnesota 9/30/84	8	130	16.3	30	1
43	Steve Largent	vs. Buffalo 10/14/84	5	106	21.2	51t	2
44	Steve Largent	at Green Bay 10/21/84	7	129	18.4	31	1
45	Steve Largent	at Denver 11/25/84	12	191	15.9	65	1
46	Steve Largent	vs. Detroit 12/2/84	8	104	13.0	22	2
47	Daryl Turner	at San Diego 9/15/85	7	121	17.3	34	4
48	Steve Largent	at New Orleans 11/10/85	5	110	22.0	43	0
49	Steve Largent	vs. New England 11/17/85	8	138	17.3	27	0
50	Steve Largent	vs. Kansas City 12/1/85	7	101	14.4	31	1
51	Steve Largent	vs. Atlanta 10/13/85	8	103	12.9	27	1
52	Ray Butler	at New England 9/21/86	3	128	42.7	67t	2
53	Byron Franklin	vs. San Diego 10/6/86	5	118	23.6	46t	1
54	Steve Largent	vs. N.Y. Jets 11/2/86	7	108	15.4	30	1
55	Steve Largent	at Cincinnati 11/16/86	7	102	14.6	28	0
56	Steve Largent	vs. Denver 12/20/86	6	101	16.8	27	0
57	Jimmy Teal	vs. Miami 10/4/87	9	137	15.2	47	0
58	Steve Largent	at Detroit 10/18/87	15	261	17.4	55	3
59	Ray Butler	vs. Denver 12/13/87	6	107	17.8	40t	2
60	+John L. Williams	at Chicago 12/20/87	8	117	14.6	75t	1
61	* Brian Blades	vs. New Orleans 10/16/88	8	145	18.1	52	1
62	Brian Blades	at L.A. Raiders 12/11/88	4	123	30.8	55	2
	+John L. Williams	at L.A. Raiders 12/18/88	7	180	25.7	75t	1

top performances

100 YARDS RECEIVING (CONTINUED)

	Player	Opponent	No.	Yds.	Avg.	LG	TD
64	Brian Blades	vs. Phoenix 9/17/89	9	146	16.2	28	1
65	Brian Blades	at L.A. Raiders 10/1/89	7	113	16.1	32	1
66	Brian Blades	vs. San Diego 10/29/89	10	117	11.7	21	1
67	Brian Blades	at Denver 11/26/89	8	122	15.3	29	0
68	Brian Blades	at Cincinnati 12/10/89	6	107	17.8	60t	1
69	+John L. Williams	vs. L.A. Raiders 12/17/89	12	129	10.8	36	1
70	+John L. Williams	at San Diego 11/25/90	9	110	12.2	60	0
71	Tommy Kane	at Miami 12/16/90	10	162	16.2	25	0
72	Brian Blades	at New Orleans 9/1/91	12	160	13.3	31	2
73	Brian Blades	at Denver 9/15/91	5	107	21.4	47	1
	Tommy Kane	at Denver 9/15/91	6	122	20.3	38	0
75	Tommy Kane	at Pittsburgh 10/20/91	6	102	17.0	60t	0
76	Brian Blades	at San Diego 11/10/91	8	131	16.4	39	0
77	Brian Blades	vs. San Diego 12/27/92	6	103	17.2	37	0
78	Brian Blades	vs. San Diego 10/3/93	10	132	13.2	20	1
79	Brian Blades	vs. Kansas City 12/5/93	7	134	19.1	41	0
80	Kelvin Martin	at Indianapolis 10/2/94	8	104	13.0	30t	1
81	Brian Blades	vs. Kansas City 11/27/94	7	141	20.1	34	0
82	Brian Blades	vs. Kansas City 9/3/95	8	107	13.4	23	1
83	* Joey Galloway	at Buffalo 10/15/95	5	102	20.4	54t	1
84	Brian Blades	vs. N.Y. Giants 11/5/95	6	153	25.5	44	2
85	* Joey Galloway	at Jacksonville 11/12/95	5	114	22.8	38	2
86	Brian Blades	at Denver 12/10/95	7	127	18.1	49	0
87	* Joey Galloway	vs. Oakland 12/17/95	5	108	21.6	43	1
88	Joey Galloway	at Miami 10/6/96	5	137	27.4	65t	2
89	Joey Galloway	at Denver 12/1/96	5	108	21.6	43	0
90	Joey Galloway	vs. San Diego 9/21/97	5	106	21.2	53	1
91	Joey Galloway	vs. Oakland 10/26/97	7	117	16.7	45	3
	James McKnight	vs. Oakland 10/26/97	4	100	25.0	42t	1
93	Joey Galloway	vs. San Francisco 12/21/97	6	101	16.8	37	2
94	Joey Galloway	at Philadelphia 9/6/98	6	142	23.7	35t	2
95	Joey Galloway	at Pittsburgh 9/27/98	7	139	19.9	40	0
96	Joey Galloway	at San Diego 10/25/98	4	130	32.5	81t	1
97	James McKnight	vs. Tennessee 11/29/98	5	113	22.6	59t	1
98	Joey Galloway	at N.Y. Jets 12/6/98	2	127	63.5	70t	2
99	Derrick Mayes	at Chicago 9/19/99	7	137	19.6	34t	1
100	Sean Dawkins	at Pittsburgh 9/26/99	5	105	21.0	43	0
101	Derrick Mayes	vs. Buffalo 10/24/99	6	105	17.5	43	2
102	Sean Dawkins	at Kansas City 11/21/99	5	114	22.8	45	1
103	Sean Dawkins	vs. Indianapolis 10/15/00	6	118	19.7	40	0
104	+ Ricky Watters	vs. Denver 11/26/00	9	126	14.0	59	0
105	Darrell Jackson	at Oakland 9/30/01	5	125	25.0	54	0
106	Darrell Jackson	vs. Miami 10/28/01	5	121	24.2	64	1
107	Darrell Jackson	vs. Oakland 11/11/01	7	102	14.6	31	1
108	Darrell Jackson	at Denver 12/9/01	4	104	26.0	39	1
109	Darrell Jackson	at San Diego 12/30/01	5	114	22.8	48	2
	James Williams	at San Diego 12/30/01	4	101	25.3	46	1
111	Darrell Jackson	vs. Arizona 9/15/02	10	174	17.4	48	0
112	Koren Robinson	at St. Louis 10/20/02	3	166	53.3	83	1
113	Koren Robinson	vs. Washington 11/3/02	8	100	12.5	23	0
114	Koren Robinson	vs. Kansas City 11/24/02	8	168	21.0	44	1
115	Darrell Jackson	at San Francisco 12/1/02	7	114	16.3	37	2
116	Koren Robinson	at Atlanta 12/15/02	9	143	15.9	35	0
117	Koren Robinson	at San Diego 12/29/02	9	103	11.4	21	1
	^ Itula Mili	at San Diego 12/29/02	7	119	17.0	49	0
119	Darrell Jackson	at Arizona 9/14/03	3	133	44.3	66t	2
120	Darrell Jackson	at Baltimore 11/23/03	7	146	20.9	80t	2
121	Darrell Jackson	vs. Cleveland 11/30/03	8	102	12.8	26t	2
	Koren Robinson	vs. Cleveland 11/30/03	6	122	20.3	32	0
123	Koren Robinson	at New England 10/17/04	9	150	16.7	31	0
124	Darrell Jackson	at Arizona 10/24/04	8	109	13.6	30	1

* Rookie; + Running Back; ^ Tight End

100 YARDS RECEIVING (CONTINUED)

	Player	Opponent	No.	Yds.	Avg.	LG	TD
125	Darrell Jackson	at San Francisco 11/7/04	5	114	22.8	39t	2
126	Darrell Jackson	vs. Dallas 12/6/04	9	113	12.6	35	1
	Jerry Rice	vs. Dallas 12/6/04	8	145	18.1	33	1
128	Darrell Jackson	at Minnesota 12/12/04	10	135	13.5	37	1
129	Darrell Jackson	vs. Arizona 12/26/04	6	101	16.8	53	0
130	Darrell Jackson	vs. Atlanta 9/18/05	8	131	16.4	41	0
131	Darrell Jackson	vs. Arizona 9/25/05	8	125	15.6	48	0
132	Bobby Engram	at Washington 10/2/05	9	106	11.8	26	0
133	Joe Jurevicius	at St. Louis 10/9/05	9	137	15.2	52	1
134	Joe Jurevicius	vs. New York Giants 11/27/05	8	137	17.1	35t	2

100 Yards: Largent 40, Blades 17, Jackson 17, Galloway 12, Robinson 7, McCullum 5, Johns 4, J.L. Williams 4, Dawkins 3, Kane 3, Butler 2, Jurevicius 2, Mayes 2, McKnight 2, Engram 1, Ferguson 1, Franklin 1, Hughes 1, Martin 1, Mili 1, Raible 1, Rice 1, Sims 1, Teal 1, Turner 1, Watters 1, J. Williams 1, C. Young 1.

300 YARDS PASSING (CHRONOLOGICAL)

	Player	Opponent	Att.	Comp.	Yds.	LG	TD	Int.
1	Jim Zorn	vs. San Diego 9/3/78	32	21	329	64t	2	1
2	Jim Zorn	at Green Bay 10/15/78	32	17	308	48t	1	2
3	Jim Zorn	vs. New Orleans 11/18/79	33	24	384	51t	4	0
4	Jim Zorn	vs. Denver 12/8/79	39	22	308	58	2	2
5	Jim Zorn	at Oakland 12/16/79	35	23	314	65t	2	1
6	Jim Zorn	vs. New England 9/21/80	36	20	312	40	4	1
7	Jim Zorn	vs. Kansas City 9/27/81	47	31	308	23	1	0
8	Jim Zorn	at Oakland 9/20/81	43	24	327	36t	1	1
9	Jim Zorn	at Denver 11/21/82	41	22	318	35t	1	1
10	Dave Krieg	at Denver 11/20/83	42	31	418	50t	3	4
11	Dave Krieg	at Green Bay 10/21/84	35	22	310	31	2	2
12	Dave Krieg	at Denver 11/25/84	44	30	406	80t	3	0
13	Dave Krieg	vs. Denver 12/15/84	50	30	334	30	2	2
14	Dave Krieg	at San Diego 9/15/85	32	22	307	40	5	0
15	Dave Krieg	vs. Atlanta 10/13/85	51	33	405	54	4	1
16	Dave Krieg	at San Diego 12/14/86	21	15	305	72t	4	0
17	Bruce Mathison	vs. Miami 10/4/87	42	20	326	47	2	3
18	Jeff Kemp	at Detroit 10/18/87	27	20	344	55	4	1
19	* Kelly Stouffer	vs. New Orleans 10/16/88	46	27	370	52	1	1
20	Dave Krieg	at L.A. Raiders 12/18/88	32	19	410	75t	4	1
21	Dave Krieg	vs. San Diego 10/29/89	49	27	311	24	1	2
22	Dave Krieg	at Kansas City 11/11/90	23	16	306	54t	2	0
23	Jeff Kemp	at Denver 9/15/91	50	21	322	47	0	2
24	Dave Krieg	at San Diego 11/10/91	39	29	379	49	2	1
25	John Friesz	vs. Houston 11/3/96	38	24	323	44	1	2
26	Warren Moon	vs. Oakland 10/26/97	44	28	409	45	5	0
27	Trent Dilfer	vs. Arizona 9/15/02	47	29	352	48	1	0
28	Matt Hasselbeck	vs. Kansas City 11/24/02	36	25	362	44	3	0
29	Matt Hasselbeck	at San Francisco 12/1/02	55	30	427	39	3	2
30	Matt Hasselbeck	vs. St. Louis 12/22/02	32	20	303	44	1	0
31	Matt Hasselbeck	at San Diego 12/29/02	53	36	449	49	2	2
32	Matt Hasselbeck	at Cincinnati 10/26/03	43	26	347	46t	3	3
33	Matt Hasselbeck	at Baltimore 11/23/03	41	23	333	80t	5	0
34	Matt Hasselbeck	vs. Cleveland 11/30/03	35	26	328	32	3	1
35	Matt Hasselbeck	at San Francisco 12/27/03	37	24	315	31t	2	2
36	Matt Hasselbeck	at New England 10/17/04	50	27	349	37	0	2
37	Matt Hasselbeck	vs. Dallas 12/6/04	40	28	414	35	3	0
38	Matt Hasselbeck	at Minnesota 12/12/04	34	23	334	37	3	2
39	Matt Hasselbeck	at St. Louis 10/9/05	38	27	316	52	2	0

300 Yards: Hasselbeck 12, Krieg 11, Zorn 9, Kemp 2, Dilfer 1, Friesz 1, Mathison 1, Moon 1, Stouffer 1.

3.0 SACKS (CHRONOLOGICAL)

	Player	Opponent	Sacks	Yards
1	Bill Gregory	vs. Denver 10/29/78	3.0	10.0
2	Jacob Green	vs. L.A. Raiders 10/16/83	3.5	24.5
3	Jacob Green	vs. New England 12/18/83	3.0	29.0
4	Jacob Green	vs. Cleveland 9/3/84	3.0	24.0
5	Jeff Bryant	vs. Detroit 12/2/84	3.0	19.0
6	Jacob Green	vs. Cleveland 12/8/85	3.0	15.0
7	Jacob Green	vs. N.Y. Giants 10/19/86	4.0	29.0
8	Jacob Green	vs. Philadelphia 11/23/86	3.0	12.0
9	Fredd Young	vs. Philadelphia 11/23/86	3.0	17.0
10	Jacob Green	vs. Kansas City 9/11/88	3.0	28.0
11	Rufus Porter	at San Diego 10/15/89	3.0	20.0
12	Jacob Green	vs. Detroit 12/30/90	3.0	14.0
13	Rufus Porter	vs. Denver 11/24/91	3.0	16.0
14	Cortez Kennedy	at New England 9/20/92	3.0	23.0
15	Michael Sinclair	vs. San Diego 10/3/93	3.0	23.0
16	Michael Sinclair	vs. Denver 9/8/96	3.0	19.0
17	Michael Sinclair	vs. Kansas City 9/15/96	4.0	13.0
18	Michael Sinclair	vs. Buffalo 12/8/96	3.0	15.0
19	Michael McCrary	at Jacksonville 12/15/96	3.0	13.0
20	Michael McCrary	at Oakland 12/22/96	4.0	15.0
21	Chad Brown	at Indianapolis 9/14/97	3.0	27.0
22	Cortez Kennedy	at Green Bay 11/1/99	3.0	30.0
23	John Randle	at San Diego 12/29/02	3.0	26.0

3.0 Sacks: Green 8, Sinclair 4, Kennedy 2, McCrary 2, Porter 2, Brown 1, Bryant 1, Gregory 1, Randle 1, Young 1.

100 YARDS RUSHING

	Player	Opponent	Att.	Yds.	Avg.	LG	TD
1	Shaun Alexander	vs. Oakland 11/11/01	35	266	7.6	88t	3
2	* Curt Warner	vs. Kansas City 11/27/83 (OT)	32	207	6.5	28	3
3	Shaun Alexander	vs. Carolina 10/31/04	32	195	6.1	44	1
4	Curt Warner	vs. Denver 12/20/86	24	192	8.0	60t	3
5	Chris Warren	at Houston 12/11/94	30	185	6.2	33	1
6	Ricky Watters	vs. Indianapolis 12/20/98	32	178	4.2	38	1
7	Shaun Alexander	vs. Jacksonville 10/7/01	31	176	5.7	23	2
	Shaun Alexander	at St. Louis 11/14/04	22	176	8.0	35	0
9	Chris Warren	at New England 9/19/93	36	174	4.5	17	1
10	Shaun Alexander	at Arizona 11/6/05	23	173	7.5	88t	2
11	Shaun Alexander	at Tennessee 12/18/05	26	172	6.6	52	1
12	Curt Warner	at San Diego 9/15/85	28	169	6.0	21	2
13	Chris Warren	vs. Phoenix 12/19/93 (OT)	27	168	6.2	45	1
	Ricky Watters	vs. Oakland 12/16/00	26	168	6.5	53	0
15	Shaun Alexander	vs. St. Louis 11/13/05	33	165	5.0	37	3
16	Shaun Alexander	at San Francisco 11/7/04	26	160	6.2	22	2
17	Chris Warren	vs. Kansas City 11/22/92	20	154	7.7	35	1
	Shaun Alexander	vs. Arizona 12/26/04	30	154	5.1	23t	3
19	Sherman Smith	at Chicago 11/5/78	23	152	6.6	67t	2
20	Shaun Alexander	vs. St. Louis 10/10/04	23	150	6.5	41	1
21	Lamar Smith	at Detroit 10/17/96	33	148	4.5	18	1
22	Chris Warren	vs. San Diego 10/27/96	19	146	7.7	50	1
23	Shaun Alexander	vs. Kansas City 11/24/02	23	145	6.3	46t	2
24	Derrick Fenner	at Denver 9/23/90 (OT)	22	144	6.5	28	3
	Shaun Alexander	vs. Atlanta 9/18/05	28	144	5.0	17	1
26	Curt Warner	vs. San Diego 10/6/86	28	142	5.1	21	0
	Shaun Alexander	vs. Denver 10/14/01	33	142	4.3	60t	2
28	Shaun Alexander	vs. Houston 10/16/05	22	141	6.4	23t	4
29	Shaun Alexander	vs. Arizona 9/25/05	22	140	6.4	45	4
30	Curt Warner	at Denver 10/26/86	21	139	6.6	14	0
	Shaun Alexander	vs. Minnesota 9/29/02	24	139	5.8	43	4
	Shaun Alexander	vs. Indianapolis 12/24/05	21	139	6.6	25	2
33	Steve Broussard	vs. Tennessee 10/5/97	6	138	23.0	77	2
34	Curt Warner	at Denver 10/20/85 (OT)	27	136	5.0	19	0

* Rookie

100 YARDS RUSHING (CONTINUED)

	Player	Opponent	Att.	Yds.	Avg.	LG	TD
	Chris Warren	at Washington 11/19/95	29	136	4.7	14	1
	Ricky Watters	vs. Washington 9/20/98	24	136	5.7	33	1
37	* Curt Warner	vs. Denver 11/6/83	24	135	5.6	23	0
	Shaun Alexander	vs. Arizona 12/21/03	21	135	6.4	44t	2
	Shaun Alexander	at New Orleans 9/12/04	28	135	4.8	27	2
40	Ricky Watters	vs. Cincinnati 11/8/99	27	133	4.9	19t	1
	Al Hunter	vs. Kansas City 12/17/78	27	133	4.9	55t	2
42	Jon Vaughn	vs. Pittsburgh 12/26/93	26	131	5.0	37	0
43	Curt Warner	vs. L.A. Raiders 11/28/88	27	130	4.8	26	0
44	* Curt Warner	at N.Y. Jets 9/11/83	25	128	5.1	31	2
45	Chris Warren	at Arizona 10/29/95 (OT)	23	127	5.5	52	0
	Shaun Alexander	vs. Kansas City 1/6/02	20	127	6.4	44t	1
	Shaun Alexander	at Atlanta 12/15/02	28	127	4.5	27t	2
	Shaun Alexander	vs. Cleveland 11/30/03	27	127	4.7	21	1
49	Curt Warner	vs. Denver 12/11/88	23	126	5.5	18	4
	Chris Warren	vs. Pittsburgh 9/25/94	26	126	4.8	28	1
	Shaun Alexander	at St. Louis 12/14/03	25	126	5.0	35	1
52	Ricky Watters	at Green Bay 11/1/99	31	125	4.0	45	2
53	* Sherman Smith	vs. Atlanta 11/7/76	14	124	8.9	53t	1
54	Curt Warner	vs. Green Bay 11/15/87	25	123	4.9	57	1
	Shaun Alexander	vs. Philadelphia 12/8/02	17	123	7.2	58	0
56	Dan Doornink	at Atlanta 10/29/79	21	122	5.8	26t	2
	Curt Warner	at Dallas 11/27/86	22	122	5.5	19	1
	Chris Warren	at New England 9/20/92	24	122	5.1	24	1
	Chris Warren	vs. L.A. Raiders 12/18/94	24	122	5.1	33	1
	Chris Warren	at Denver 11/13/94	18	122	6.8	23	1
61	David Sims	at N.Y. Jets 9/17/78	23	121	5.3	25	3
	Chris Warren	at Jacksonville 11/12/95	27	121	4.5	29	1
63	Curt Warner	vs. San Diego 11/22/87	23	119	5.2	27	1
	Shaun Alexander	at St. Louis 10/9/05	25	119	4.8	18t	2
65	Jim Jodat	at Washington 9/28/80	22	117	5.3	12	0
	Chris Warren	at Kansas City 10/23/94	19	117	6.2	41	0
67	* Curt Warner	vs. New England 12/18/83	26	116	4.5	14	0
	Curt Warner	vs. L.A. Raiders 12/8/86	23	116	5.0	18	2
	Chris Warren	vs. Tampa Bay 11/20/94	16	116	7.3	31	0
	Chris Warren	vs. Buffalo 12/8/96	21	116	5.5	51	0
71	Ricky Watters	at Denver 12/19/99	15	115	7.2	26	1
	Chris Warren	vs. Denver 10/1/95	24	115	4.8	18	3
	Shaun Alexander	at San Francisco 11/20/05	24	115	4.8	40	2
74	Curt Warner	vs. Pittsburgh 9/7/86	21	114	5.4	31	0
75	Eric Lane	at Minnesota 9/30/84	14	113	8.1	40t	1
76	John L. Williams	vs. Kansas City 9/20/87	15	112	7.5	48	1
	Curt Warner	at L.A. Raiders 10/25/87	29	112	3.9	9	2
	Derrick Fenner	at Green Bay 12/9/90	20	112	5.5	36	1
	Chris Warren	vs. Cleveland 11/14/93	24	112	4.7	20	0
	Chris Warren	vs. San Diego 10/22/95	18	112	6.2	17	2
	Shaun Alexander	at Minnesota 12/12/04	27	112	4.1	22	0
82	Curt Warner	at Atlanta 10/2/88	22	110	5.0	21	1
	Shaun Alexander	vs. Detroit 11/16/03	20	110	5.5	55	1
	Shaun Alexander	vs. N.Y. Giants 11/27/05 (OT)	31	110	3.5	20	1
85	* Curt Warner	vs. San Diego 9/18/83	22	109	5.9	23	2
	John L. Williams	vs. Denver 12/11/88	20	109	5.5	18	0
	John L. Williams	vs. Denver 11/24/91	17	109	6.4	42	0
	Chris Warren	vs. Cincinnati 9/17/95	24	109	4.5	30	1
89	Shaun Alexander	vs. New Orleans 9/7/03	24	108	4.5	15	1
	Shaun Alexander	vs. San Francisco 12/11/05	21	108	5.1	16	1
91	Ricky Watters	at Kansas City 11/21/99	24	107	4.5	45	2
92	David Sims	vs. Baltimore 11/12/78	14	106	7.6	44t	2
	Curt Warner	at Washington 9/28/86	16	106	6.6	29	1
94	Curt Warner	vs. New England 11/17/85	24	105	4.4	24	0
	John L. Williams	vs. L.A. Raiders 11/28/88	17	105	6.2	24	0
	Chris Warren	vs. Oakland 12/17/95	17	105	6.2	35	3

100 YARDS RUSHING (CONTINUED)

	Player	Opponent	No.	Yds.	Avg.	LG	TD
	Ricky Watters	vs. Arizona 9/13/98	22	105	4.8	17	0
	Ricky Watters	vs. Kansas City 11/8/98	24	105	4.4	13	2
	Ricky Watters	vs. New Orleans 9/17/00	22	105	4.8	16	1
100	David Sims	at Green Bay 10/15/78	22	104	4.7	12	1
	Theotis Brown	at N.Y. Jets 10/25/81	14	104	7.4	43	0
	Ricky Watters	vs. Dallas 12/16/01	28	104	3.7	18	1
	Maurice Morris	vs. Houston 10/16/05	8	104	13.0	49	1
104	Chris Warren	vs. Washington 11/8/92	19	103	5.4	36	0
	Chris Warren	vs. Green Bay 9/29/96	18	103	5.7	37	1
106	John L. Williams	vs. Houston 11/13/88	13	102	7.8	44t	1
	Curt Warner	at L.A. Raiders 10/1/89	21	102	4.8	21	1
	John L. Williams	at Kansas City 1/2/94	16	102	6.4	38	1
	Shaun Alexander	at Green Bay 10/5/03	20	102	5.1	18	1
110	* Curt Warner	at L.A. Raiders 10/30/83	23	101	4.4	24	1
	Chris Warren	at Denver 12/10/95	18	101	5.6	24	1
	Shaun Alexander	vs. Chicago 10/19/03	21	101	4.8	25t	2
113	Chris Warren	at Washington 9/4/94	22	100	4.5	13	2
	* Ahman Green	at Philadelphia 9/6/98	6	100	16.7	64	1

100 Yards: Alexander 33, Warren 24, Warner 23, Watters 11, J.L. Williams 6, Sims 3, Fenner 2, S. Smith 2, Broussard 1, Brown 1, Doornink 1, Green 1, Hunter 1, Jodat 1, Lane 1, Morris 1, L. Smith 1, Vaughn 1.

300 YARDS PASSING

	Player	Opponent	Att.	Comp.	Yds.	LG	TD	Int.
1	Matt Hasselbeck	at San Diego 12/29/02	53	36	449	49	2	2
2	Matt Hasselbeck	at San Francisco 12/1/02	55	30	427	39	3	2
3	Dave Krieg	at Denver 11/20/83	42	31	418	50t	3	4
4	Matt Hasselbeck	vs. Dallas, 12/6/04	40	28	414	35	3	0
5	Dave Krieg	at L.A. Raiders 12/18/88	32	19	410	75t	4	1
6	Warren Moon	vs. Oakland 10/26/97	44	28	409	45	5	0
7	Dave Krieg	at Denver 11/25/84	44	30	406	80t	3	0
8	Dave Krieg	vs. Atlanta 10/13/85	51	33	405	54	4	1
9	Jim Zorn	vs. New Orleans 11/18/79	33	24	384	51t	4	0
10	Dave Krieg	at San Diego 11/10/91	39	29	379	49	2	1
11	* Kelly Stouffer	vs. New Orleans 10/16/88	46	27	370	52	1	1
12	Matt Hasselbeck	vs. Kansas City 11/24/02	36	25	362	44	3	0
13	Trent Dilfer	vs. Arizona 9/15/02	47	29	352	48	1	0
14	Matt Hasselbeck	at New England, 10/17/04	50	27	349	37	0	2
15	Matt Hasselbeck	at Cincinnati 10/26/03	43	26	347	46t	3	3
16	Jeff Kemp	at Detroit 10/18/87	27	20	344	55	4	1
17	Dave Krieg	vs. Denver 12/15/84	50	30	334	30	2	2
	Matt Hasselbeck	at Minnesota, 12/12/04	34	23	334	37	3	2
19	Matt Hasselbeck	at Baltimore 11/23/03	41	23	333	80t	5	0
20	Jim Zorn	vs. San Diego 9/3/78	32	21	329	64t	2	1
21	Matt Hasselbeck	vs. Cleveland 11/30/03	35	26	328	32	3	1
22	Jim Zorn	at Oakland 9/20/81	43	24	327	36t	1	1
23	Bruce Mathison	vs. Miami 10/4/87	42	20	326	47	2	3
24	John Friesz	vs. Houston 11/3/96	38	24	323	44	1	2
25	Jeff Kemp	at Denver 9/15/91	50	21	322	47	0	2
26	Jim Zorn	at Denver 11/21/82	41	22	318	35t	1	1
27	Matt Hasselbeck	at St. Louis 10/9/05	38	27	316	52	2	0
28	Matt Hasselbeck	at San Francisco 12/27/03	37	24	315	31t	2	2
29	Jim Zorn	at Oakland 12/16/79	35	23	314	65t	2	1
30	Jim Zorn	vs. New England 9/21/80	36	20	312	40	4	1
31	Dave Krieg	vs. San Diego 10/29/89	49	27	311	24	1	2
32	Dave Krieg	at Green Bay 10/21/84	35	22	310	31	2	2
33	Jim Zorn	at Green Bay 10/15/78	32	17	308	48t	1	2
	Jim Zorn	vs. Denver 12/8/79	39	22	308	58	2	2
	Jim Zorn	vs. Kansas City 9/27/81	47	31	308	23	1	0
36	Dave Krieg	at San Diego 9/15/85	32	22	307	40	5	0
37	Dave Krieg	at Kansas City 11/11/90	23	16	306	54t	2	0
38	Dave Krieg	at San Diego 12/14/86	21	15	305	72t	4	0
39	Matt Hasselbeck	vs. St. Louis 12/22/02	32	20	303	44	1	0

300 Yards: Hasselbeck 12, Krieg 11, Zorn 9, Kemp 2, Dilfer 1, Friesz 1, Mathison 1, Moon 1, Stouffer 1.

* Rookie; + Running Back; ^ Tight End

100 YARDS RECEIVING

	Player	Opponent	No.	Yds.	Avg.	LG	TD
1	Steve Largent	at Detroit 10/18/87	15	261	17.4	55	3
2	Steve Largent	at Denver 11/25/84	12	191	15.9	65	1
3	+John L. Williams	at L.A. Raiders 12/18/88	7	180	25.7	75t	1
4	Darrell Jackson	vs. Arizona 9/15/02	10	174	17.4	48	0
5	Sam McCullum	at Oakland 12/16/79	8	173	21.6	65t	1
6	Steve Largent	vs. N.Y. Jets 12/6/81	7	169	24.1	57	1
7	Koren Robinson	vs. Kansas City 11/24/02	8	168	21.0	44	1
8	Koren Robinson	at St. Louis 10/20/02	3	166	53.3	83	1
9	Tommy Kane	at Miami 12/16/90	10	162	16.2	25	0
10	Brian Blades	at New Orleans 9/1/91	12	160	13.3	31	2
11	Steve Largent	at St. Louis 11/13/83	8	155	19.4	45	3
12	Brian Blades	vs. N.Y. Giants 11/5/95	6	153	25.5	44	2
13	Koren Robinson	at New England 10/17/04	9	150	16.7	31	0
14	Steve Largent	vs. New Orleans 11/18/79	9	146	16.2	34t	2
	Brian Blades	vs. Phoenix 9/17/89	9	146	16.2	28	1
	Darrell Jackson	at Baltimore 11/23/03	7	146	20.9	80t	2
17	* Brian Blades	vs. New Orleans 10/16/88	8	145	18.1	52	1
	Jerry Rice	vs. Dallas 12/6/04	8	145	18.1	33	1
19	Koren Robinson	at Atlanta 12/15/02	9	143	15.9	35	0
20	Steve Largent	at Oakland 10/26/80	4	142	35.5	67t	1
	Joey Galloway	at Philadelphia 9/6/98	6	142	23.7	35t	2
22	Brian Blades	vs. Kansas City 11/27/94	7	141	20.1	34	0
23	^ Charle Young	at San Diego 10/9/83	7	140	20.0	43	0
24	Steve Largent	vs. L.A. Raiders 9/16/79	5	139	27.8	40t	2
	Steve Largent	vs. N.Y. Giants 12/7/80	8	139	17.4	34t	1
	Joey Galloway	at Pittsburgh 9/27/98	7	139	19.9	40	0
27	Steve Largent	vs. New England 11/17/85	8	138	17.3	27	0
28	Derrick Mayes	at Chicago 9/19/99	7	137	19.6	34t	1
	Jimmy Teal	vs. Miami 10/4/87	9	137	15.2	47	0
	Joey Galloway	at Miami 10/6/96	5	137	27.4	65t	2
	Joe Jurevicius	at St. Louis 10/9/05	9	137	15.2	52	1
	Joe Jurevicius	vs. N.Y. Giants 11/27/05	8	137	17.1	35t	2
33	Steve Largent	vs. Houston 10/21/79	6	135	22.5	55t	2
	Darrell Jackson	at Minnesota 12/12/04	10	135	13.5	37	1
35	Steve Largent	vs. Buffalo 10/30/77	4	134	33.5	48t	2
	Brian Blades	vs. Kansas City 12/5/93	7	134	19.1	41	0
37	Steve Largent	vs. New England 12/18/83	7	133	19.0	46	1
	Darrell Jackson	at Arizona 9/14/03	3	133	44.3	66t	2
39	Brian Blades	vs. San Diego 10/3/93	10	132	13.2	20	1
40	Brian Blades	at San Diego 11/10/91	8	131	16.4	39	0
	Darrell Jackson	vs. Atlanta 9/18/05	8	131	16.4	41	0
42	Steve Largent	vs. Washington 9/25/83	8	130	16.3	45	2
	Steve Largent	at Minnesota 9/30/84	8	130	16.3	30	1
	Joey Galloway	at San Diego 10/25/98	4	130	32.5	81t	1
45	Steve Largent	at Green Bay 10/21/84	7	129	18.4	31	1
	+ John L. Williams	vs. L.A. Raiders 12/17/89	12	129	10.8	36	1
47	* Steve Largent	vs. San Francisco 9/26/76	7	128	18.3	41	1
	Ray Butler	at New England 9/21/86	3	128	42.7	67t	2
49	Steve Largent	vs. San Diego 9/3/78	6	127	21.2	33t	1
	Steve Largent	at Green Bay 10/15/78	6	127	21.2	48t	1
	Steve Largent	at Atlanta 10/29/79	6	127	21.2	53	0
	Steve Largent	vs. New England 9/21/80	6	127	21.2	31t	2
	Brian Blades	at Denver 12/10/95	7	127	18.1	49	0
	Joey Galloway	at N.Y. Jets 12/6/98	2	127	63.5	70t	2
55	Steve Largent	at Chicago 11/5/78	6	126	21.0	31	2
	+ Ricky Watters	vs. Denver 11/26/00	9	126	14.0	59	0
57	Darrell Jackson	at Oakland 9/30/01	5	125	25.0	54	0
	Darrell Jackson	vs. Arizona 9/25/05	8	125	15.6	48	0
59	Brian Blades	at L.A. Raiders 12/11/88	4	123	30.8	55	2
60	Sam McCullum	at Oakland 9/20/81	6	122	20.3	36t	1
	Brian Blades	at Denver 11/26/89	8	122	15.3	29	0
	Tommy Kane	at Denver 9/15/91	6	122	20.3	38	0
	Koren Robinson	vs. Cleveland 11/30/03	6	122	20.3	32	0

100 YARDS RECEIVING (CONTINUED)

	Player	Opponent	No.	Yds.	Avg.	LG	TD
64	Daryl Turner	at San Diego 9/15/85	7	121	17.3	34	4
	Darrell Jackson	vs. Miami 10/28/01	5	121	24.2	64	1
66	Steve Largent	at Kansas City 12/2/79	9	120	13.3	28	2
67	^ Itula Mili	at San Diego 12/29/02	7	119	17.0	49	0
68	Steve Largent	vs. San Diego 10/4/81	5	118	23.6	34	1
	Paul Johns	vs. Pittsburgh 10/23/83	6	118	19.7	28t	1
	Byron Franklin	vs. San Diego 10/6/86	5	118	23.6	46t	1
	Sean Dawkins	vs. Indianapolis 10/15/00	6	118	19.7	40	0
72	+ John L. Williams	at Chicago 12/20/87	8	117	14.6	75t	1
	Brian Blades	vs. San Diego 10/29/89	10	117	11.7	21	1
	Joey Galloway	vs. Oakland 10/26/97	7	117	16.7	45	3
75	Steve Largent	vs. San Diego 11/27/77	4	116	29.0	74t	2
	Steve Largent	vs. San Diego 9/18/83	8	116	14.5	41t	2
	Paul Johns	at Denver 11/20/83	9	116	12.9	20	0
78	Sean Dawkins	at Kansas City 11/21/99	5	114	22.8	45t	1
	Steve Largent	at Cincinnati 9/6/81	8	114	14.3	36	1
	* Joey Galloway	at Jacksonville 11/12/95	5	114	22.8	38	2
	Darrell Jackson	at San Diego 12/30/01	5	114	22.8	48t	2
	Darrell Jackson	at San Francisco 12/1/02	7	114	16.3	37	2
	Darrell Jackson	at San Francisco, 11/7/04	5	114	22.8	39t	2
84	Duke Ferguson	vs. Buffalo 10/30/77	4	113	28.3	45	1
	Brian Blades	at L.A. Raiders 10/1/89	7	113	16.1	32	1
	James McKnight	vs. Tennessee 11/29/98	5	113	22.6	59t	1
	Darrell Jackson	vs. Dallas, 12/6/04	9	113	12.6	35	1
88	Sam McCullum	vs. St. Louis 9/12/76	4	112	28.0	72t	2
	Steve Raible	at Minnesota 11/14/76	3	112	37.7	80t	1
90	Steve Largent	vs. Chicago 12/12/82	8	111	13.9	34	0
91	Steve Largent	at Denver 9/23/79	6	110	18.3	42	0
	Steve Largent	at New Orleans 11/10/85	5	110	22.0	43	0
	+ John L. Williams	at San Diego 11/25/90	9	110	12.2	60	0
94	Steve Largent	vs. Pittsburgh 11/28/82	5	109	21.8	45	0
	Darrell Jackson	at Arizona, 10/24/04	8	109	13.6	30	1
96	Steve Largent	vs. Cleveland 12/3/78	8	108	13.5	27	1
	Steve Largent	vs. N.Y. Jets 11/2/86	7	108	15.4	30	1
	* Joey Galloway	vs. Oakland 12/17/95	5	108	21.6	43	1
	Joey Galloway	at Denver 12/1/96	5	108	21.6	43	0
100	Sam McCullum	at N.Y. Jets 10/19/80	5	107	21.4	58	0
	Ray Butler	vs. Denver 12/13/87	6	107	17.8	40t	2
	Brian Blades	at Cincinnati 12/10/89	6	107	17.8	60t	1
	Brian Blades	at Denver 9/15/91	5	107	21.4	47	1
	Brian Blades	vs. Kansas City 9/3/95	8	107	13.4	23	1
105	Steve Largent	vs. Buffalo 10/14/84	5	106	21.2	51t	2
	Joey Galloway	vs. San Diego 9/21/97	5	106	21.2	53	1
	Bobby Engram	at Washington 10/2/05	9	106	11.8	26	0
108	* David Sims	at Cincinnati 9/25/77	4	105	26.3	82t	1
	Paul Johns	at New England 9/16/84	8	105	13.1	25	0
	Sean Dawkins	at Pittsburgh 9/26/99	5	105	21.0	43	0
	Derrick Mayes	vs. Buffalo 10/24/99	6	105	17.5	43t	2
112	Steve Largent	vs. Detroit 12/2/84	8	104	13.0	22	2
	Kelvin Martin	at Indianapolis 10/2/94	8	104	13.0	30t	1
	Darrell Jackson	at Denver 12/9/01	4	104	26.0	39	1
115	+* David Hughes	vs. Kansas City 9/27/81	12	103	8.6	22	0
	Paul Johns	at Denver 11/21/82	5	103	20.6	35	0
	Steve Largent	vs. Atlanta 10/13/85	8	103	12.9	27	1
	Brian Blades	vs. San Diego 12/27/92	6	103	17.2	37	0
	Koren Robinson	at San Diego 12/29/02	9	103	11.4	21	1
120	Sam McCullum	vs. Denver 12/8/79	5	102	20.4	58	0
	Steve Largent	at Cincinnati 11/16/86	7	102	14.6	28	0
	Tommy Kane	at Pittsburgh 10/20/91	6	102	17.0	60t	0
	* Joey Galloway	at Buffalo 10/15/95	5	102	20.4	54t	1
	Darrell Jackson	vs. Oakland 11/11/01	7	102	14.6	31	1
	Darrell Jackson	vs. Cleveland 11/30/03	8	102	12.8	26t	2
126	* Steve Largent	vs. New Orleans 11/21/76	6	101	16.8	22	1
	Steve Largent	vs. Philadelphia 11/2/80	6	101	16.8	27	1

* Rookie; + Running Back; ^ Tight End

100 YARDS RECEIVING (CONTINUED)

Player	Opponent	No.	Yds.	Avg.	LG	TD
Steve Largent	vs. Kansas City 12/1/85	7	101	14.4	31	1
Steve Largent	vs. Denver 12/20/86	6	101	16.8	27	0
Joey Galloway	vs. San Francisco 12/21/97	6	101	16.8	37	2
James Williams	at San Diego 12/30/01	4	101	25.3	46	1
Darrell Jackson	vs. Arizona, 12/26/04	6	101	16.8	53	0
133 James McKnight	vs. Oakland 10/26/97	4	100	25.0	42t	1
Koren Robinson	vs. Washington 11/3/02	8	100	12.5	23	0

100 Yards: Largent 40, Blades 17, Jackson 17, Galloway 12, Robinson 7, McCullum 5, Johns 4, J.L. Williams 4, Dawkins 3, Kane 3, Butler 2, Jurevicius 2, Mayes 2, McKnight 2, Ferguson 1, Ingram 1, Franklin 1, Hughes 1, Martin 1, Mili 1, Raible 1, Rice 1, Sims 1, Teal 1, Turner 1, Watters 1, J. Williams 1, C. Young 1.

3.0 SACKS

Player	Opponent	Sacks	Yards
1. Jacob Green	vs. N.Y. Giants 10/19/86	4.0	29.0
Michael Sinclair	vs. Kansas City 9/15/96	4.0	13.0
Michael McCrary	at Oakland 12/22/96	4.0	15.0
4. Jacob Green	vs. L.A. Raiders 10/16/83	3.5	24.5
5. Bill Gregory	vs. Denver 10/29/78	3.0	10.0
Jacob Green	vs. New England 12/18/83	3.0	29.0
Jacob Green	vs. Cleveland 9/3/84	3.0	24.0
Jeff Bryant	vs. Detroit 12/2/84	3.0	19.0
Jacob Green	vs. Cleveland 12/8/85	3.0	15.0
Jacob Green	vs. Philadelphia 11/23/86	3.0	12.0
Fredd Young	vs. Philadelphia 11/23/86	3.0	17.0
Jacob Green	vs. Kansas City 9/11/88	3.0	28.0
Rufus Porter	vs. San Diego 10/15/89	3.0	20.0
Jacob Green	vs. Detroit 12/30/90	3.0	14.0
Rufus Porter	vs. Denver 11/24/91	3.0	16.0
Cortez Kennedy	at New England 9/20/92	3.0	23.0
Michael Sinclair	vs. San Diego 10/3/93	3.0	23.0
Michael Sinclair	vs. Denver 9/8/96	3.0	19.0
Michael Sinclair	vs. Buffalo 12/8/96	3.0	15.0
Michael McCrary	at Jacksonville 12/15/96	3.0	13.0
Chad Brown	at Indianapolis 9/14/97	3.0	27.0
Cortez Kennedy	at Green Bay 11/1/99	3.0	30.0
John Randle	at San Diego 12/29/02	3.0	26.0

3.0 Sacks: Green 8, Sinclair 4, Kennedy 2, McCrary 2, Porter 2, Brown 1, Bryant 1, Gregory 1, Randle 1, Young 1.

TOP SINGLE-GAME OPPONENT PERFORMANCES**100 YARDS RUSHING (CHRONOLOGICAL)**

Player	Team, Date	Att.	Yds.	Avg.	LG	TD
1 Terry Metcalf	vs. St. Louis 9/12/76	16	113	7.1	36	0
Jim Otis	vs. St. Louis 9/12/76	27	140	5.2	18	1
3 Mike Thomas	vs. Washington 9/19/76	27	143	5.3	24	1
4 Robert Newhouse	vs. Dallas 10/3/76	19	120	6.3	24	1
5 Sonny Collins	vs. Atlanta 11/7/76	17	100	5.9	47	0
6 Chuck Foreman	vs. Minnesota 11/14/76	17	100	5.9	36	0
7 Walter Payton	vs. Chicago 12/5/76	27	183	6.8	44	0
8 Tom Sullivan	at Philadelphia 12/12/76	23	121	5.3	26	2
9 Lydell Mitchell	vs. Baltimore 9/18/77	32	114	3.6	14	0
10 Sam Cunningham	at New England 10/9/77	31	101	3.3	26	0
11 Clarence Davis	at Oakland 11/6/77	18	100	5.6	24	1
12 Franco Harris	at Pittsburgh 12/4/77	23	103	4.5	11	0
13 Greg Pruitt	vs. Cleveland 12/18/77	22	127	5.8	18	1
14 Dexter Bussey	vs. Detroit 9/24/78	20	120	6.0	29t	1
15 Terdell Middleton	at Green Bay 10/15/78	23	121	5.3	25	4

100 YARDS RUSHING (CONTINUED)

Player	Opponent	No.	Yds.	Avg.	LG	TD	
16	Walter Payton	at Chicago 11/5/78	18	109	6.1	12	1
17	Greg Pruitt	vs. Cleveland 12/3/78	12	113	9.4	44	0
18	Tony Reed	vs. Kansas City 12/17/78	11	121	11.0	62t	1
19	Ted McKnight	vs. Kansas City 9/30/79	12	147	12.3	84t	2
20	Mike Pruitt	at Cleveland 11/11/79	15	141	9.4	65t	2
21	John Cappelletti	vs. San Diego 9/7/80	16	112	7.0	46	0
22	Mike Pruitt	vs. Cleveland 10/12/80	24	116	4.8	22t	2
23	Tony Dorsett	at Dallas 11/27/80	24	107	4.5	16	2
24	Billy Taylor	vs. N.Y. Giants 12/7/80	19	103	5.4	30t	1
25	Earl Campbell	vs. Houston 10/11/81	39	186	4.8	27	2
26	Rob Carpenter	vs. N.Y. Giants 10/18/81	21	116	5.5	22	1
27	Gerry Ellis	at Green Bay 11/1/81	23	127	5.5	19	0
28	Chuck Muncie	vs. San Diego 11/16/81	20	151	7.6	73t	2
29	James Hadnot	at Kansas City 11/22/81	10	106	10.6	24	0
30	Mike Pruitt	vs. Cleveland 9/12/82	30	136	4.5	10	2
31	Earl Campbell	at Houston 9/19/82	30	142	4.7	19	1
32	Marcus Allen	vs. L.A. Raiders 12/5/82	24	156	6.5	53	2
33	Tony Collins	vs. New England 12/19/82	32	103	3.2	11	0
34	Freeman McNeil	at N.Y. Jets 9/11/83	22	140	6.4	19	0
35	Mike Pruitt	at Cleveland 10/2/83	24	107	4.5	10	0
36	Franco Harris	vs. Pittsburgh 10/23/83	31	132	4.3	11	1
37	Ottis Anderson	at St. Louis 11/13/83	29	130	4.5	16	0
38	Tony Dorsett	vs. Dallas 12/4/83	26	117	4.5	17	2
39	Tony Collins	at New England 9/16/84	20	107	5.4	21	0
40	Walter Payton	vs. Chicago 9/23/84	24	116	4.8	25	0
41	Greg Bell	vs. Buffalo 10/14/84	28	113	4.0	22	0
42	Larry Kinnebrew	at Cincinnati 11/18/84	22	119	5.4	12	0
43	Larry Kinnebrew	at Cincinnati 9/8/85	18	101	5.6	16	1
44	Eric Dickerson	vs. L.A. Rams 9/23/85	31	150	4.8	43	3
45	Gerald Riggs	vs. Atlanta 10/13/85	23	139	6.0	30	0
46	Freeman McNeil	vs. N.Y. Jets 10/27/85	22	151	6.8	30	0
47	Marcus Allen	vs. L.A. Raiders 11/3/85	19	101	5.3	12	0
48	Marcus Allen	at L.A. Raiders 12/15/85	27	109	4.0	14	1
49	George Rogers	at Washington 9/28/86	25	115	4.6	24	2
50	Joe Morris	vs. N.Y. Giants 10/19/86	24	116	4.8	16	0
51	Marc Logan	vs. Cincinnati 10/11/87	16	103	6.4	30	1
52	Bo Jackson	vs. L.A. Raiders 11/30/87	18	221	12.3	91t	2
53	Frank Pollard	at Pittsburgh 12/6/87	22	106	4.8	15	1
54	Gary Anderson	at San Diego 9/18/88	19	120	6.3	25t	1
55	Roger Craig	vs. San Francisco 9/25/88	21	107	5.1	24	0
56	John Settle	at Atlanta 10/2/88	21	115	5.5	20	0
57	John Stephens	at New England 12/4/88	31	121	3.9	21	0
58	Christian Okoye	vs. Kansas City 10/8/89	30	156	5.2	21	1
59	Christian Okoye	at Kansas City 11/5/89	37	126	3.4	16	1
60	Neil Anderson	at Chicago 9/9/90	20	101	5.1	17	2
61	Bobby Humphrey	at Denver 9/23/90 (OT)	25	129	5.2	26	0
62	Marion Butts	at San Diego 11/25/90	28	128	4.6	19	0
63	Harold Green	vs. Cincinnati 9/6/92	21	123	5.9	52	0
64	Barry Foster	at Pittsburgh 12/6/92	33	125	3.8	12	1
65	Herschel Walker	vs. Philadelphia 12/13/92	23	111	4.8	18	1
66	Barry Sanders	at Detroit 10/17/93	22	101	4.6	29	0
67	Leonard Russell	vs. Denver 10/9/94	22	103	4.7	22	0
68	Natrone Means	at San Diego 10/30/94	26	104	4.0	20	1
69	Leonard Russell	at Denver 11/13/94	19	109	5.7	22	1
70	Eric Rhett	vs. Tampa Bay 11/20/94	24	111	4.6	27	0
71	Marshall Faulk	vs. Indianapolis 12/4/94	27	129	4.8	45t	1
72	Greg Hill	vs. Kansas City 9/3/95	15	109	7.3	27	0
73	Natrone Means	at San Diego 9/10/95	26	115	4.4	9	0
74	Harvey Williams	at Oakland 10/8/95	19	160	8.4	37	0
75	Adrian Murrell	vs. N.Y. Jets 11/26/95	24	116	4.8	21	1
76	Glyn Milburn	at Denver 12/10/95	18	131	7.3	23	0
77	Greg Hill	at Kansas City 12/24/95	21	113	5.4	16	0
78	Terrell Davis	vs. Denver 9/8/96	28	111	3.9	17	0
79	Barry Sanders	at Detroit 11/17/96	16	134	8.4	40	1

100 YARDS RUSHING (CONTINUED)

	Player	Team, Date	Att.	Yds.	Avg.	LG	TD
80	Napolean Kaufman	vs. Oakland 11/24/96	15	104	6.9	21	0
81	Terrell Davis	at Denver 12/1/96	26	106	4.1	16	1
82	Adrian Murrell	vs. N.Y. Jets 8/31/97	24	131	5.5	15	0
83	Terrell Davis	vs. Denver 9/7/97	21	107	5.1	14	1
84	Eddie George	vs. Tennessee 10/5/97	26	116	4.5	22	0
85	Napolean Kaufman	vs. Oakland 10/26/97	17	112	6.6	55	1
86	Terrell Davis	at Denver 11/2/97	21	101	4.8	19	0
87	Jerome Bettis	at Pittsburgh 9/27/98	28	138	4.9	23	0
88	Terrell Davis	vs. Denver 10/11/98	30	208	6.9	70	1
89	Terrell Davis	at Denver 12/27/98	29	178	6.1	21	0
90	Tyrone Wheatley	vs. Oakland 10/3/99	20	100	5.0	23	1
91	Dorsey Levens	at Green Bay 11/1/99	24	104	4.3	15	0
92	Olandis Gary	at Denver 12/19/99	22	183	8.3	71	0
93	Curtis Martin	at N.Y. Jets 1/2/00	34	158	4.6	50	1
94	Lamar Smith	at Miami 9/3/00	27	145	5.4	36	1
95	Ricky Williams	vs. New Orleans 9/17/00	23	107	4.7	15	0
96	Tim Biakabutuka	at Carolina 10/8/00	23	103	4.5	43	0
97	Edgerrin James	vs. Indianapolis 10/15/00	38	219	5.8	26	3
98	Tyrone Wheatley	at Oakland 10/22/00	15	156	10.4	80	1
99	Fred Taylor	at Jacksonville 11/12/00	21	103	4.9	19	1
100	Mike Anderson	vs. Denver 11/26/00	30	195	6.5	80	2
101	Mike Anderson	at Denver 12/10/00	29	131	4.5	19	2
102	Tyrone Wheatley	vs. Oakland 12/16/00	26	146	5.6	67	0
103	Antowain Smith	vs. Buffalo 12/23/00	17	147	8.6	59	3
104	Stephen Davis	at Washington 11/4/01	32	142	4.4	20	1
105	Priest Holmes	at Kansas City 11/25/01	26	120	4.6	12	0
106	Terrell Davis	at Denver 12/9/01	19	109	5.7	57	0
107	Priest Holmes	vs. Kansas City 1/6/02	23	117	5.1	22	0
108	Charlie Garner	at Oakland 9/8/02	15	127	8.5	28	1
109	Thomas Jones	vs. Arizona 9/15/02	24	173	7.2	58t	1
110	Marshall Faulk	at St. Louis 10/20/02	32	183	5.7	40	3
111	Emmitt Smith	at Dallas 10/27/02	24	109	7.8	14	1
112	Kenny Watson	vs. Washington 11/3/02	23	110	4.8	23	0
113	Clinton Portis	vs. Denver 11/17/02	23	136	5.9	34	0
114	Priest Holmes	vs. Kansas City 11/24/02	23	197	8.6	30	2
115	Garrison Hearst	at San Francisco 12/1/02	31	124	4.0	31	3
116	Duce Staley	vs. Philadelphia 12/8/02	21	100	4.8	21t	1
117	Warrick Dunn	at Atlanta 12/15/02	20	101	5.1	31	0
118	Ahman Green	at Green Bay 10/5/03	27	118	4.4	16	2
119	Rudi Johnson	at Cincinnati 10/26/03	27	101	3.7	18t	1
120	Jamal Lewis	at Baltimore 11/23/03	26	117	4.5	14	0
121	Michael Bennett	at Minnesota 12/7/03	25	103	4.1	18	0
122	Corey Dillon	at New England 10/17/04	23	105	4.6	15	2
123	Emmitt Smith	at Arizona 10/24/04	26	106	4.1	26	1
124	Marshall Faulk	at St. Louis 11/14/04	18	139	7.7	40	0
125	Willis McGahee	vs. Buffalo 11/28/04	28	116	4.1	30t	4
126	Julius Jones	vs. Dallas 12/6/04	30	198	6.6	53	3
127	Curtis Martin	at N.Y. Jets 12/19/04	24	134	5.6	20	2
128	Warrick Dunn	vs. Atlanta 1/2/05	25	132	5.3	26	0
129	Tiki Barber	vs. N.Y. Giants 11/27/05 (OT)	26	151	5.8	49	0

300 YARDS PASSING (CHRONOLOGICAL)

	Player	Team, Date	Att.	Comp.	Yds.	TD	Int.
1	Ken Stabler	vs. Oakland 9/16/79	37	25	343	1	2
2	Steve DeBerg	at San Francisco 10/7/79	40	31	306	1	1
3	Dan Fouts	at San Diego 10/14/79	35	28	318	3	0
4	Ken Stabler	at Oakland 12/16/79	47	31	342	1	2
5	Dan Fouts	at San Diego 12/13/80	42	29	339	1	2
6	Dan Fouts	at San Diego 10/4/81	41	30	302	3	0
7	Dan Fouts	vs. San Diego 9/18/83	41	21	338	4	3
8	Brian Sipe	at Cleveland 10/2/83	40	25	310	1	3
9	Dan Fouts	at San Diego 10/9/83	36	28	331	1	2
10	Bill Kenney	vs. Kansas City 11/27/83	38	21	311	4	0

300 YARDS PASSING (CONTINUED)

	Player	Team, Date	Att.	Comp.	Yds.	TD	Int.
11	Jeff Rutledge	at N.Y. Giants 12/11/83	52	29	349	0	2
12	Dan Fouts	vs. San Diego 9/9/84	40	23	332	2	4
13	Wade Wilson	at L.A. Raiders 10/7/84	19	12	309	2	0
14	Lynn Dickey	vs. Green Bay 10/21/84	38	24	364	3	3
15	Bill Kenney	at Kansas City 12/9/84	37	18	312	2	0
16	Dan Fouts	at San Diego 9/15/85	43	29	440	4	1
17	Mark Herrmann	vs. San Diego 10/6/85	35	26	344	3	3
18	John Elway	vs. Denver 12/20/85	42	24	432	1	0
19	Tony Eason	at New England 9/21/86	45	26	414	3	0
20	John Elway	at Denver 10/26/86	32	18	321	1	1
21	Ken O'Brien	vs. N.Y. Jets 11/2/86	32	26	431	4	0
22	Boomer Esiason	at Cincinnati 11/16/86	33	22	334	1	1
23	John Elway	at Denver 9/13/87	32	22	338	4	1
24	John Elway	vs. Denver 12/13/87	42	21	335	1	2
25	Bill Kenney	at Kansas City 12/27/87	35	23	320	3	0
26	Joe Montana	vs. San Francisco 9/25/88	29	20	302	4	1
27	Jim Everett	at L.A. Rams 10/23/88	27	20	311	3	0
28	Jay Schroeder	vs. L.A. Raiders 12/18/88	49	22	354	3	1
29	John Elway	vs. Denver 10/22/89	35	18	344	2	0
30	Randall Cunningham	vs. Philadelphia 12/13/92 (OT)	44	27	365	0	1
31	Warren Moon	at Houston 11/7/93	55	36	369	2	2
32	Steve Beuerlein	vs. Phoenix 12/19/93 (OT)	53	34	431	3	2
33	Jeff Blake	vs. Cincinnati 11/6/94	43	31	387	0	1
34	Jeff Hostetler	at Oakland 10/8/95	33	20	333	2	0
35	Jim Kelly	vs. Buffalo 12/8/96	41	24	324	1	2
36	Eric Zeier	at Baltimore 12/8/97	28	17	302	1	0
37	Trent Green	vs. Washington 9/20/98	54	27	383	0	1
38	Vinny Testaverde	at N.Y. Jets 12/6/98	63	42	418	2	1
39	Peyton Manning	vs. Indianapolis 12/20/98	39	23	335	1	1
40	John Elway	at Denver 12/27/98	36	26	338	4	0
41	Elvis Grbac	at Kansas City 11/21/99	49	30	322	0	1
42	Kurt Warner	vs. St. Louis 9/10/00	47	35	386	1	1
43	Steve Beuerlein	at Carolina 10/8/00	39	27	332	2	1
44	Elvis Grbac	vs. Kansas City 10/29/00	35	22	342	3	3
45	Mark Brunell	at Jacksonville 11/12/00	34	24	340	1	0
46	Doug Flutie	vs. Buffalo 12/23/00	25	20	366	3	0
47	Alex Van Pelt	at Buffalo 11/18/01	42	28	316	2	0
48	Kerry Collins	at N.Y. Giants 12/23/01	47	30	338	1	0
49	Doug Flutie	at San Diego 12/30/01	53	34	377	1	2
50	Trent Green	vs. Kansas City 11/17/02	34	26	343	2	1
51	Drew Brees	at San Diego 12/29/02	49	27	332	3	1
52	Anthony Wright	at Baltimore 11/23/03 (OT)	37	20	319	4	0
53	Marc Bulger	vs. St. Louis 10/10/04	42	24	325	3	3
54	Marc Bulger	at St. Louis 10/9/05	40	26	336	2	1
55	Kurt Warner	at Arizona 11/6/05	48	29	334	1	3
56	Marc Bulger	vs. St. Louis 11/13/05	40	28	304	1	1
57	Eli Manning	vs. N.Y. Giants 11/27/05	53	29	344	2	1
58	Steve McNair	at Tennessee 12/18/05	38	23	310	2	0

100 YARDS RECEIVING (CHRONOLOGICAL)

	Player	Team, Date	Yds.	No.	Avg.	LG	TD
1	Willie McGee	vs. San Francisco 9/26/76	104	5	20.8	52t	1
2	James Scott	vs. Chicago 12/5/76	106	3	35.3	63t	2
3	Isaac Curtis	at Cincinnati 9/25/77	100	3	33.3	54	1
4	Morris Owens	vs. Tampa Bay 10/16/77	166	9	18.4	67t	1
5	Durriel Harris	at Miami 9/9/79	117	5	23.4	51	0
6	Cliff Branch	vs. Oakland 9/16/79	156	7	22.3	47	0
7	^ Riley Odoms	at Denver 9/23/79	125	5	25.0	45	0
8	John Jefferson	at San Diego 10/14/79	137	9	15.2	49t	2
9	^ Henry Childs	vs. New Orleans 11/18/79	121	6	20.2	34	0
10	^ Jerome Barkum	vs. N.Y. Jets 11/26/79	103	6	17.2	40	0
11	Cliff Branch	at Oakland 12/16/79	109	10	10.9	15	0
12	John Jefferson	vs. San Diego 9/7/80	103	6	17.2	23t	2

+ Running Back; ^ Tight End

100 YARDS RECEIVING (CONTINUED)

	Player	Team, Date	Yds.	No.	Avg.	LG	TD
13	Stanley Morgan	vs. New England 9/21/80	108	2	54.0	68t	2
14	Charles Smith	vs. Philadelphia 11/2/80	109	5	21.8	38	1
15	Earnest Gray	vs. N.Y. Giants 12/7/80	114	3	38.0	50t	2
16	John Jefferson	at San Diego 12/13/80	113	8	14.1	19t	1
17	^ Kellen Winslow	vs. San Diego 11/16/81	106	7	15.1	31	0
18	Dave Logan	vs. Cleveland 12/20/81	101	5	20.2	26	1
19	Carlos Carson	at Kansas City 9/4/83	104	7	14.9	48	1
20	Wesley Walker	at N.Y. Jets 9/11/83	116	3	38.7	48t	1
21	^ Eric Sievers	vs. San Diego 9/18/83	115	6	19.2	27t	2
22	^ Todd Christensen	vs. L.A. Raiders 10/16/83	152	11	13.8	22t	3
23	Marcus Allen	at L.A. Raiders 10/30/83	104	8	13.0	36	0
24	Steve Watson	vs. Denver 11/6/83	110	7	15.7	25t	1
25	Steve Watson	at Denver 11/20/83	119	4	29.8	78t	1
26	Carlos Carson	vs. Kansas City 11/27/83 (OT)	149	7	21.3	35	1
27	Byron Williams	at N.Y. Giants 12/11/83	103	7	14.7	24	0
28	^ Pete Holohan	vs. San Diego 9/9/84	133	6	22.2	51	0
29	+ Marcus Allen	at L.A. Raiders 10/7/84	173	4	32.3	92	1
30	James Lofton	at Green Bay 10/21/84	162	5	32.4	79t	2
31	Henry Marshall	at Kansas City 12/9/84	166	8	20.8	36	1
32	Cris Collinsworth	at Cincinnati 9/8/85	101	4	25.3	71	0
33	Wes Chandler	at San Diego 9/15/85	243	13	18.7	45	1
34	Wes Chandler	vs. San Diego 10/6/85	150	9	16.7	59	2
35	Stanley Morgan	at New England 9/21/86	161	7	23.0	44t	3
36	Art Monk	at Washington 9/28/86	103	5	20.6	69	0
37	Al Toon	vs. N.Y. Jets 11/2/86	195	9	21.7	50t	2
	Wesley Walker	vs. N.Y. Jets 11/2/86	161	6	26.8	83t	1
39	^ Kellen Winslow	at San Diego 12/14/86	105	8	13.1	28	1
40	^ Todd Christensen	at L.A. Raiders 10/25/87	124	8	15.5	20	1
41	Carlos Carson	at Kansas City 12/27/87	120	4	30.0	81t	1
	Stephon Paige	at Kansas City 12/27/87	100	7	14.3	46t	1
43	Paul Palmer	vs. Kansas City 9/11/88	105	8	13.1	27	0
44	Jerry Rice	vs. San Francisco 9/25/88	163	6	27.2	69t	3
45	Henry Ellard	at L.A. Rams 10/23/88	101	7	14.4	20	0
46	Drew Hill	vs. Houston 11/13/88	139	8	17.4	57t	1
47	Stephon Paige	at Kansas City 11/20/88	106	5	21.2	49	0
48	Tim Brown	vs. L.A. Raiders 11/28/88	114	4	28.5	49t	1
49	Mark Jackson	vs. Denver 12/11/88	137	7	19.6	35	1
50	Mervyn Fernandez	at L.A. Raiders 12/18/88	113	4	28.3	54t	1
	Willie Gault	at L.A. Raiders 12/18/88	108	2	54.0	57	1
52	Mike Quick	at Philadelphia 9/10/89	140	6	23.3	40	1
53	Roy Green	vs. Phoenix 9/17/89	166	8	20.8	59t	3
	J.T. Smith	vs. Phoenix 9/17/89	104	7	14.9	25t	1
55	Mervyn Fernandez	at L.A. Raiders 10/1/89	113	7	16.1	36t	1
56	Anthony Miller	at San Diego 10/15/89	116	7	16.6	44	0
57	Michael Young	vs. Denver 10/22/89	137	6	22.8	47	0
58	Vance Johnson	at Denver 11/26/89	154	6	25.7	69	2
59	^ Tim McGee	at Cincinnati 12/10/89	109	7	15.6	23	1
60	Gary Clark	vs. Washington 12/23/89	149	9	16.6	44t	1
61	Vance Johnson	at Denver 9/23/90	120	9	13.3	22	0
62	Hart Lee Dykes	at New England 10/7/90	103	5	20.6	35t	1
63	Eddie Brown	at Cincinnati 10/6/91	117	7	16.7	43	0
64	Anthony Miller	at San Diego 11/10/91	124	5	24.8	58	0
65	^ Ethan Horton	at L.A. Raiders 11/17/91	123	7	17.6	51t	1
66	John Taylor	vs. San Francisco 12/8/91	113	7	16.1	41	1
67	Irving Fryar	at New England 9/20/92	101	6	16.8	36t	1
68	Anthony Miller	at San Diego 10/4/92	142	9	15.8	67t	2
69	Michael Irvin	at Dallas 10/11/92	113	6	18.8	24	0
70	Fred Barnett	vs. Philadelphia 12/13/92 (OT)	161	9	17.9	53	1
71	^ Tony McGee	at Cincinnati 9/26/93	102	7	14.6	37	0
72	Anthony Miller	vs. San Diego 10/3/93	123	10	12.3	20	1
73	Webster Slaughter	at Houston 11/7/93	135	9	15.0	36	1
74	Gary Clark	vs. Phoenix 12/19/93 (OT)	152	12	12.7	28	1

100 YARDS RECEIVING (CONTINUED)

	Player	Team, Date	Yds.	No.	Avg.	LG	TD
75	^ Eric Green	vs. Pittsburgh 12/26/93	119	7	17.0	41	0
76	Henry Ellard	at Washington 9/4/94	105	7	15.0	25	0
77	Tony Martin	vs. San Diego 9/18/94	152	6	25.3	99t	1
78	Darnay Scott	vs. Cincinnati 11/6/94 (OT)	157	7	22.4	76	0
79	Tim Brown	vs. L.A. Raiders 12/18/94	107	4	26.8	77t	1
80	Willie Davis	vs. Kansas City 9/3/95	155	6	25.8	60t	2
81	Tony Martin	at San Diego 9/10/95	163	13	12.5	24	0
82	Tim Brown	at Oakland 10/8/95	143	5	28.6	80t	1
83	Bill Brooks	at Buffalo 10/15/95	109	6	18.2	30	2
84	Mike Sherrard	vs. N.Y. Giants 11/5/95	128	6	21.3	30	1
85	Antonio Freeman	vs. Green Bay 9/29/96	108	7	15.4	28	2
86	Cris Carter	vs. Minnesota 11/10/96	142	7	20.3	40	0
87	Jimmy Smith	at Jacksonville 12/15/96	124	8	15.5	39	2
88	Jeff Graham	vs. N.Y. Jets 8/31/97	100	3	33.3	47	2
89	Tim Brown	vs. Oakland 10/26/97	107	7	15.3	24	0
90	Rod Smith	at Denver 11/2/97	114	5	22.8	59	1
91	Tony Martin	at San Diego 11/9/97	100	5	20.0	61	2
92	Derrick Alexander	at Baltimore 12/7/97	150	6	25.0	92	0
93	Michael Westbrook	vs. Washington 9/20/98	132	7	18.9	36	2
94	Rod Smith	at Denver 10/11/98	136	8	17.0	50	1
95	Keyshawn Johnson	vs. N.Y. Jets 12/6/98	114	9	12.7	20	1
96	Torrance Small	vs. Indianapolis 12/20/98	120	3	40.0	53	0
97	Rod Smith	at Denver 12/27/98	158	9	17.6	36	1
98	Germane Crowell	vs. Detroit 9/12/99	141	7	20.1	41t	2
99	Pearless Price	vs. Buffalo 10/24/99	106	5	21.2	45	1
100	Corey Bradford	at Green Bay 11/1/99	106	3	35.3	74t	1
101	Carl Pickens	vs. Cincinnati 11/7/99	104	4	26.0	75t	1
102	Ed McCaffrey	vs. Denver 11/14/99	125	6	20.8	42	1
103	Derrick Alexander	at Kansas City 11/21/99	101	8	12.6	25	0
104	Jeff Graham	vs. San Diego 12/12/99	114	9	12.7	26	0
105	Torry Holt	vs. St. Louis 9/10/00	101	6	16.8	41	0
106	Derrick Alexander	at Kansas City 10/2/00	153	5	30.6	73	1
107	^ Wesley Walls	at Carolina 10/8/00	102	7	14.6	26	0
108	Marvin Harrison	vs. Indianapolis 10/15/00	134	7	19.1	39	0
109	Derrick Alexander	vs. Kansas City 10/29/00	137	4	34.6	59t	2
	^ Tony Gonzalez	vs. Kansas City 10/29/00	101	8	12.6	22	0
111	Keenan McCardell	at Jacksonville 11/12/00	156	6	26.0	67t	1
	Jimmy Smith	at Jacksonville 11/12/00	117	10	11.7	34	0
113	Ed McCaffrey	at Denver 12/10/00	112	8	14.0	41	1
114	Peerless Price	vs. Buffalo 12/23/00	132	8	16.5	34	1
	Eric Moulds	vs. Buffalo 12/23/00	101	4	25.3	48	0
116	James Thrash	vs. Philadelphia 9/23/01	165	10	16.5	64t	2
117	Peerless Price	at Buffalo 11/18/01	138	10	13.8	23	1
118	Amani Toomer	at N.Y. Giants 12/23/01	124	8	15.5	28	0
119	Ike Hilliard	at N.Y. Giants 12/23/01	105	7	15.0	26	1
120	Curtis Conway	at San Diego 12/30/01	156	11	14.2	38	1
121	Amani Toomer	at N.Y. Giants 9/22/02	100	4	25.0	49	0
122	Jason McAddley	at Arizona 11/10/02	113	5	22.6	42	0
123	+ Priest Holmes	vs. Kansas City 11/24/02	110	7	15.7	64t	1
124	^ Stephen Alexander	at San Diego 12/29/02	129	8	16.1	30	1
125	Donte' Stallworth	vs. New Orleans 9/7/03	101	8	12.6	30	0
126	Laveranues Coles	at Washington 11/9/03	125	5	25.0	64	1
127	Marcus Robinson	at Baltimore 11/23/03	131	7	18.7	50t	4
128	Randy Moss	at Minnesota 12/7/03	133	8	16.6	47t	2
129	Torry Holt	at St. Louis 12/14/03	100	6	16.7	40t	1
130	Anquan Boldin	vs. Arizona 12/21/03	122	10	12.2	60t	1
131	Joe Horn	at New Orleans 9/12/04	110	6	18.3	33	0
132	Muhsin Muhammad	vs. Carolina 10/31/04	106	8	13.3	35	2
	Keary Colbert	vs. Carolina 10/31/04	100	4	25.0	63	0
134	Isaac Bruce	at St. Louis 11/14/04	104	7	14.9	21	0
135	Chris Chambers	vs. Miami 11/21/04	103	9	11.4	28	1
136	Keyshawn Johnson	vs. Dallas 12/6/04	116	6	19.3	39	1
137	Randy Moss	at Minnesota 12/12/04	104	4	26.0	54	1

+ Running Back; ^ Tight End

100 YARDS RECEIVING (CONTINUED)

	Player	Team, Date	Yds.	No.	Avg.	LG	TD
138	Anquan Boldin	vs. Arizona 12/26/04	107	7	15.3	31t	1
139	Jimmy Smith	at Jacksonville 9/11/05	130	7	18.6	45	2
140	Torry Holt	at St. Louis 10/9/05	126	8	15.8	26t	1
141	Larry Fitzgerald	at Arizona 11/6/05	102	8	12.8	23	0
142	Brandon Lloyd	at San Francisco 11/20/05	119	7	17.0	44	1
143	Jeremy Shockey	vs. N.Y. Giants 11/27/05 (OT)	127	10	12.7	24	1
	Plaxico Burress	vs. N.Y. Giants 11/27/05 (OT)	109	6	18.2	24	0
145	Ben Troupe	at Tennessee 12/18/05	116	6	19.3	35	0
146	Brandon Stokley	vs. Indianapolis 12/24/05	122	5	24.4	45	0
147	Donald Driver	at Green Bay 1/1/06	118	6	19.7	59	0

100 YARDS RUSHING

	Player	Team, Date	Att.	Yds.	Avg.	LG	TD
1	Bo Jackson	vs. L.A. Raiders 11/30/87	18	221	12.3	91t	2
2	Edgerrin James	vs. Indianapolis 10/15/00	38	219	5.8	26t	3
3	Terrell Davis	vs. Denver 10/11/98	30	208	6.9	70	1
4	Julius Jones	vs. Dallas 12/6/04	30	198	6.6	53	3
5	Priest Holmes	vs. Kansas City 11/24/02	23	197	8.6	30	2
6	Mike Anderson	vs. Denver 11/26/00	30	195	6.5	80t	2
7	Earl Campbell	vs. Houston 10/11/81	39	186	4.8	27	2
8	Walter Payton	vs. Chicago 12/5/76	27	183	6.8	44	0
	Olandis Gary	at Denver 12/19/99	22	183	8.3	71	0
	Marshall Faulk	at St. Louis 10/20/02	32	183	5.7	40	3
11	Terrell Davis	at Denver 12/27/98	29	178	6.1	21	0
12	Thomas Jones	vs. Arizona 9/15/02	24	173	7.2	58t	1
13	Harvey Williams	at Oakland 10/8/95	19	160	8.4	37	0
14	Curtis Martin	at N.Y. Jets 1/2/00	34	158	4.6	50	1
15	Marcus Allen	vs. L.A. Raiders 12/5/82	24	156	6.5	53	2
	Christian Okoye	vs. Kansas City 10/8/89	30	156	5.2	21	1
	Tyrone Wheatley	at Oakland 10/22/00	15	156	10.4	80t	1
18	Chuck Muncie	vs. San Diego 11/16/81	20	151	7.6	73t	2
	Freeman McNeil	vs. N.Y. Jets 10/27/85	22	151	6.8	30	0
	Tiki Barber	vs. N.Y. Giants 11/27/05	26	151	5.8	49	0
21	Eric Dickerson	vs. L.A. Rams 9/23/85	31	150	4.8	43	3
22	Ted McKnight	vs. Kansas City 9/30/79	12	147	12.3	84t	2
	Antowain Smith	vs. Buffalo 12/23/00	17	147	8.6	59	3
24	Tyrone Wheatley	vs. Oakland 12/16/00	26	146	5.6	67	0
25	Lamar Smith	at Miami 9/3/00	27	145	5.4	36	1
26	Mike Thomas	vs. Washington 9/19/76	27	143	5.3	24	1
27	Earl Campbell	at Houston 9/19/82	30	142	4.7	19	1
	Stephen Davis	at Washington 11/4/01	32	142	4.3	20	1
29	Mike Pruitt	at Cleveland 11/11/79	15	141	9.4	65t	2
30	Jim Otis	vs. St. Louis 9/12/76	27	140	5.2	18	1
	Freeman McNeil	at N.Y. Jets 9/11/83	22	140	6.4	19	0
32	Gerald Riggs	vs. Atlanta 10/13/85	23	139	6.0	30	0
	Marshall Faulk	at St. Louis 11/14/04	18	139	7.7	40	0
34	Jerome Bettis	at Pittsburgh 9/27/98	28	138	4.9	23	0
35	Mike Pruitt	vs. Cleveland 9/12/82	30	136	4.5	10	2
	Clinton Portis	vs. Denver 11/17/02	23	136	5.9	34	0
37	Barry Sanders	at Detroit 11/17/96	16	134	8.4	40	1
	Curtis Martin	at N.Y. Jets, 12/19/04	24	134	5.6	20	2
39	Franco Harris	vs. Pittsburgh 10/23/83	31	132	4.3	11	1
	Warrick Dunn	vs. Atlanta, 1/2/05	25	132	5.3	26	0
41	Glyn Milburn	at Denver 12/10/95	18	131	7.3	29	0
	Adrian Murrell	vs. N.Y. Jets 8/31/97	24	131	5.5	15	0
	Mike Anderson	at Denver 12/10/00	29	131	4.5	19	2
44	Ottis Anderson	at St. Louis 11/13/83	29	130	4.5	16	0
45	Bobby Humphrey	at Denver 9/23/90 (OT)	25	129	5.2	26	0
	Marshall Faulk	vs. Indianapolis 12/4/94	27	129	4.8	45t	1
47	Marion Butts	at San Diego 11/25/90	28	128	4.6	19	0
48	Gerry Ellis	at Green Bay 11/1/81	23	127	5.5	19	0
	Greg Pruitt	vs. Cleveland 12/18/77	22	127	5.8	18	1
	Charlie Garner	at Oakland 9/8/02	15	127	8.5	28	1

100 YARDS RUSHING (CONTINUED)

	Player	Team, Date	Att.	Yds.	Avg.	LG	TD
51	Christian Okoye	at Kansas City 11/5/89	37	126	3.4	16	1
52	Barry Foster	at Pittsburgh 12/6/92	33	125	3.8	12	1
53	Garrison Hearst	at San Francisco 12/1/02	31	124	4.0	31	3
54	Harold Green	vs. Cincinnati 9/6/92	21	123	5.9	52	0
55	Tom Sullivan	at Philadelphia 12/12/76	23	121	5.3	26	2
	Terrell Middleton	at Green Bay 10/15/78	23	121	5.3	25	4
	Tony Reed	vs. Kansas City 12/17/78	11	121	11.0	62t	1
	John Stephens	at New England 12/4/88	31	121	3.9	21	0
59	Robert Newhouse	vs. Dallas 10/3/76	19	120	6.3	24	1
	Dexter Bussey	vs. Detroit 9/24/78	20	120	6.0	29t	1
	Gary Anderson	at San Diego 9/18/88	19	120	6.3	25t	1
	Priest Holmes	at Kansas City 11/25/01	26	120	4.6	12	0
63	Larry Kinnebrew	at Cincinnati 11/18/84	22	119	5.4	12	0
64	Ahman Green	at Green Bay 10/5/03	27	118	4.4	16	2
65	Tony Dorsett	vs. Dallas 12/4/83	26	117	4.5	17	2
	Priest Holmes	vs. Kansas City 1/6/02	23	117	5.1	22	0
	Jamal Lewis	at Baltimore 11/23/03	26	117	4.5	14	0
68	Mike Pruitt	vs. Cleveland 10/12/80	24	116	4.8	22t	2
	Rob Carpenter	vs. N.Y. Giants 10/18/81	21	116	5.5	22	1
	Walter Payton	vs. Chicago 9/23/84	24	116	4.8	25	0
	Joe Morris	vs. N.Y. Giants 10/19/86	24	116	4.8	16	0
	Adrian Murrell	vs. N.Y. Jets 11/26/95	24	116	4.8	21	1
	Eddie George	vs. Tennessee 10/5/97	26	116	4.5	22	0
	Willis McGahee	vs. Buffalo 11/28/04	28	116	4.1	30t	4
75	George Rogers	at Washington 9/28/86	25	115	4.6	24	2
	John Settle	at Atlanta 10/2/88	21	115	5.5	20	0
	Natrone Means	at San Diego 9/10/95	26	115	4.4	9	0
78	Lydell Mitchell	vs. Baltimore 9/18/77	32	114	3.6	14	0
79	Terry Metcalf	vs. St. Louis 9/12/76	16	113	7.1	36	0
	Greg Pruitt	vs. Cleveland 12/3/78	12	113	9.4	44	0
	Greg Bell	vs. Buffalo 10/14/84	28	113	4.0	22	0
	Greg Hill	at Kansas City 12/24/95	21	113	5.4	16	0
83	John Cappelletti	vs. San Diego 9/7/80	16	112	7.0	46	0
	Napolean Kaufman	vs. Oakland 10/26/97	17	112	6.6	55	1
85	Herschel Walker	vs. Philadelphia 12/13/92	23	111	4.8	18	1
	Eric Rhett	vs. Tampa Bay 11/20/94	24	111	4.6	27	0
	Terrell Davis	vs. Denver 9/8/96	28	111	3.9	17	0
88	Kenny Watson	vs. Washington 11/3/02	23	110	4.8	23	0
89	Walter Payton	at Chicago 11/5/78	18	109	6.1	12	1
	Marcus Allen	at L.A. Raiders 12/15/85	27	109	4.0	14	1
	Leonard Russell	at Denver 11/13/94	19	109	5.7	22	1
	Greg Hill	vs. Kansas City 9/3/95	15	109	7.3	27	0
	Terrell Davis	at Denver 12/9/01	19	109	5.7	57	0
	Emmitt Smith	at Dallas 10/27/02	24	109	7.8	14	1
95	Tony Dorsett	at Dallas 11/27/80	24	107	4.5	16	2
	Mike Pruitt	at Cleveland 10/2/83	24	107	4.5	10	0
	Tony Collins	at New England 9/16/84	20	107	5.4	21	0
	Roger Craig	vs. San Francisco 9/25/88	21	107	5.1	24	0
	Terrell Davis	vs. Denver 9/7/97	21	107	5.1	14	1
	Ricky Williams	vs. New Orleans 9/17/00	23	107	4.7	15	0
101	James Hadnot	at Kansas City 11/22/81	10	106	10.6	24	0
	Frank Pollard	at Pittsburgh 12/6/87	22	106	4.8	15	1
	Terrell Davis	at Denver 12/1/96	26	106	4.1	16	1
	Emmitt Smith	at Arizona 10/24/04	26	106	4.1	26	1
	Corey Dillon	at New England 10/17/04	23	105	4.6	15	2
106	Natrone Means	at San Diego 10/30/94	26	104	4.0	20	1
	Napolean Kaufman	vs. Oakland 11/24/96	15	104	6.9	21	0
	Dorsey Levens	at Green Bay 11/1/99	24	104	4.3	15	0

100 YARDS RUSHING (CONTINUED)

	Player	Team, Date	Att.	Yds.	Avg.	LG	TD
109	Franco Harris	at Pittsburgh 12/4/77	23	103	4.5	11	0
	Billy Taylor	vs. N.Y. Giants 12/7/80	19	103	5.4	30t	1
	Tony Collins	vs. New England 12/19/82	32	103	3.2	11	0
	Marc Logan	vs. Cincinnati 10/11/87	16	103	6.4	30	1
	Leonard Russell	vs. Denver 10/9/94	22	103	4.7	22	0
	Tim Biakabutuka	at Carolina 10/8/00	23	103	4.5	43	0
	Fred Taylor	at Jacksonville 11/12/00	21	103	4.9	19	1
	Michael Bennett	at Minnesota 12/7/03	25	103	4.1	18	0
	117	Sam Cunningham	at New England 10/9/77	31	101	3.3	26
Larry Kinnebrew		at Cincinnati 9/8/85	18	101	5.6	16	1
Marcus Allen		vs. L.A. Raiders 11/3/85	19	101	5.3	14	0
Neil Anderson		at Chicago 9/9/90	20	101	5.1	17	2
Barry Sanders		at Detroit 10/17/93	22	101	4.6	29	0
Terrell Davis		at Denver 11/2/97	21	101	4.8	19	0
Warrick Dunn		at Atlanta 12/15/02	20	101	5.1	31	0
Rudi Johnson		at Cincinnati 10/26/03	27	101	3.7	18t	1
125		Sonny Collins	vs. Atlanta 11/7/76	17	100	5.9	47
	Chuck Foreman	vs. Minnesota 11/14/76	17	100	5.9	36	0
	Clarence Davis	at Oakland 11/6/77	18	100	5.6	24	1
	Tyrone Wheatley	vs. Oakland 10/3/99	20	100	5.0	23	1
	Duce Staley	vs. Philadelphia 12/8/02	21	100	4.8	21t	1

300 YARDS PASSING

	Player	Team, Date	Att.	Comp.	Yds.	TD	Int.
1	Dan Fouts	at San Diego 9/15/85	43	29	440	4	1
2	John Elway	vs. Denver 12/20/85	42	24	432	1	0
3	Ken O'Brien	vs. N.Y. Jets 11/2/86	32	26	431	4	0
	Steve Buerlein	vs. Phoenix 12/19/93 (OT)	53	34	431	3	2
5	Vinny Testaverde	at N.Y. Jets 12/6/98	63	42	418	2	1
6	Tony Eason	at New England 9/21/86	45	26	414	3	0
7	Jeff Blake	vs. Cincinnati 11/6/94 (OT)	43	31	387	0	1
8	Kurt Warner	vs. St. Louis 9/10/00	47	35	386	1	1
9	Trent Green	vs. Washington 9/20/98	54	27	383	2	2
10	Doug Flutie	at San Diego 12/30/01	53	34	377	1	2
11	Warren Moon	at Houston 11/7/93	55	36	369	2	2
12	Doug Flutie	vs. Buffalo 12/23/00	25	20	366	3	0
13	Randall Cunningham	vs. Philadelphia 12/13/92 (OT)	44	27	365	0	1
14	Lynn Dickey	vs. Green Bay 10/21/84	38	24	364	3	3
15	Jay Schroeder	vs. L.A. Raiders 12/18/88	49	22	354	3	1
16	Jeff Rutledge	at N.Y. Giants 12/11/83	52	29	349	0	2
17	Mark Herrmann	vs. San Diego 10/6/85	35	26	344	3	3
	John Elway	vs. Denver 10/22/89	35	18	344	2	0
	Eli Manning	vs. N.Y. Giants 11/27/05 (OT)	53	29	344	2	1
20	Ken Stabler	vs. Oakland 9/16/79	37	25	343	1	2
	Trent Green	vs. Kansas City 11/24/02	34	26	343	2	1
22	Ken Stabler	at Oakland 12/16/79	47	31	342	1	2
	Elvis Grbac	vs. Kansas City 10/29/00	35	22	342	3	3
24	Mark Brunell	at Jacksonville 11/12/00	34	24	340	1	0
25	Dan Fouts	at San Diego 12/13/80	42	29	339	1	2
26	Dan Fouts	vs. San Diego 9/18/83	41	21	338	4	3
	John Elway	at Denver 9/13/87	32	22	338	4	1
	John Elway	at Denver 12/27/98	36	26	338	4	0
	Kerry Collins	at N.Y. Giants 12/23/01	47	30	338	1	0
30	Marc Bulger	at St. Louis 10/9/05	40	26	336	2	1
31	John Elway	vs. Denver 12/13/87	42	21	335	1	2
	Peyton Manning	vs. Indianapolis 12/20/98	39	23	335	1	1

300 YARDS PASSING CONTINUED

Player	Team, Date	Att.	Comp.	Yds.	TD	Int.
33 Boomer Esiason	at Cincinnati 11/16/86	33	22	334	1	1
Kurt Warner	at Arizona 11/6/05	48	29	334	1	3
35 Jeff Hostetler	at Oakland 10/8/95	33	20	333	2	0
36 Dan Fouts	vs. San Diego 9/9/84	40	23	332	2	4
Steve Beuerlein	at Carolina 10/8/00	39	27	332	2	1
Drew Brees	at San Diego 12/29/02	49	27	332	3	1
39 Dan Fouts	at San Diego 10/9/83	36	28	331	1	2
40 Marc Bulger	vs. St. Louis 10/10/04	42	24	325	3	3
41 Jim Kelly	vs. Buffalo 12/8/96	41	24	324	1	2
42 Elvis Grbac	at Kansas City 11/21/99	49	30	322	0	1
43 John Elway	at Denver 10/26/86	32	18	321	1	1
44 Bill Kenney	at Kansas City 12/27/87	35	23	320	3	0
45 Anthony Wright	at Baltimore 11/23/03	37	20	319	4	0
46 Dan Fouts	at San Diego 10/14/79	35	28	318	3	0
47 Alex Van Pelt	at Buffalo 11/18/01	42	28	316	2	0
48 Bill Kenney	at Kansas City 12/9/84	37	18	312	2	0
49 Bill Kenney	vs. Kansas City 11/27/83	38	21	311	4	0
Jim Everett	at L.A. Rams 10/23/88	27	20	311	3	0
51 Brian Sipe	at Cleveland 10/2/83	40	25	310	1	3
Steve McNair	at Tennessee 12/18/05	38	23	310	2	0
53 Wade Wilson	at L.A. Raiders 10/7/84	19	12	309	2	0
54 Steve DeBerg	at San Francisco 10/7/79	40	31	306	1	1
55 Marc Bulger	vs. St. Louis 11/13/05	40	28	304	1	1
56 Dan Fouts	at San Diego 10/4/81	41	30	302	3	0
Joe Montana	vs. San Francisco 9/25/88	29	20	302	4	1
Eric Zeier	at Baltimore 12/8/97	28	17	302	1	0

100 YARDS RECEIVING

Player	Team, Date	Yds.	No.	Avg.	LG	TD
1 Wes Chandler	at San Diego 9/15/85	243	13	18.7	45	1
2 Al Toon	vs. N.Y. Jets 11/2/86	195	9	21.7	50t	2
3 + Marcus Allen	at L.A. Raiders 10/7/84	173	4	32.3	92	1
4 Morris Owens	vs. Tampa Bay 10/16/77	166	9	18.4	67t	1
Henry Marshall	at Kansas City 12/9/84	166	8	20.8	36	1
Roy Green	vs. Phoenix 9/17/89	166	8	20.8	59t	3
7 James Thrash	vs. Philadelphia 9/30/01	165	10	16.5	64t	2
8 Jerry Rice	vs. San Francisco 9/25/88	163	6	27.2	69t	3
Tony Martin	at San Diego 9/10/95	163	13	12.5	24	0
10 James Lofton	at Green Bay 10/21/84	162	5	32.4	79t	2
11 Stanley Morgan	at New England 9/21/86	161	7	23.0	44t	3
Wesley Walker	vs. N.Y. Jets 11/2/86	161	6	26.8	83t	1
Fred Barnett	vs. Philadelphia 12/13/92 (OT)	161	9	17.9	53	1
14 Rod Smith	at Denver 12/27/98	158	9	17.6	36	1
15 Darnay Scott	vs. Cincinnati 11/6/94 (OT)	157	7	22.4	76	0
16 Cliff Branch	vs. Oakland 9/16/79	156	7	22.3	47	0
Keenan McCardell	at Jacksonville 11/12/00	156	6	26.0	67t	1
Curtis Conway	at San Diego 12/30/01	156	11	14.2	38	1
19 Willie Davis	vs. Kansas City 9/3/95	155	6	25.8	60t	2
20 Vance Johnson	at Denver 11/26/89	154	6	25.7	69	2
21 Derrick Alexander	at Kansas City 10/2/00	153	5	30.6	73	1
22 ^ Todd Christensen	vs. L.A. Raiders 10/16/83	152	11	13.8	22t	3
Gary Clark	vs. Phoenix 12/19/93 (OT)	152	12	12.7	28	1
Tony Martin	vs. San Diego 9/18/94	152	6	25.3	99t	1
25 Wes Chandler	vs. San Diego 10/6/85	150	9	16.7	59	2
Derrick Alexander	at Baltimore 12/7/97	150	6	25.0	92	0
27 Carlos Carson	vs. Kansas City 11/27/83 (OT)	149	7	21.3	35	1
Gary Clark	vs. Washington 12/23/89	149	9	16.6	44t	1

+ Running Back; ^ Tight End

100 YARDS RECEIVING (CONTINUED)

	Player	Team, Date	Yds	No	Avg.	LG	TD
29	Tim Brown	at Oakland 10/8/95	143	5	28.6	80t	1
30	Anthony Miller	at San Diego 10/4/92	142	9	15.8	67t	2
	Cris Carter	vs. Minnesota 11/10/96	142	7	20.3	40	0
32	Germane Crowell	vs. Detroit 9/12/99	141	7	20.1	41t	2
33	Mike Quick	at Philadelphia 9/10/89	140	6	23.3	40	1
34	Drew Hill	vs. Houston 11/13/88	139	8	17.4	57t	1
35	Peerless Price	at Buffalo 11/18/01	138	10	13.8	23	1
36	John Jefferson	vs. San Diego 9/7/80	137	9	15.2	49t	2
	Mark Jackson	vs. Denver 12/11/88	137	7	19.6	35	1
	Michael Young	vs. Denver 10/22/89	137	6	22.8	47	0
	Derrick Alexander	vs. Kansas City 10/29/00	137	4	34.6	59t	2
40	Rod Smith	at Denver 10/11/98	136	8	17.0	50	1
41	Webster Slaughter	at Houston 11/7/93	135	9	15.0	36	1
42	Marvin Harrison	vs. Indianapolis 10/15/00	134	7	19.1	39	0
43	^ Pete Holohan	vs. San Diego 9/9/84	133	6	22.2	51	0
	Randy Moss	at Minnesota 12/7/03	133	8	16.6	47t	2
45	Michael Westbrook	vs. Washington 9/20/98	132	7	18.9	36	2
	Peerless Price	vs. Buffalo 12/23/00	132	8	16.5	34	1
47	Marcus Robinson	at Baltimore 11/23/03	131	7	18.7	50t	4
48	Jimmy Smith	at Jacksonville 9/11/05	130	7	18.6	45	2
49	^ Stephen Alexander	at San Diego 12/29/02	129	8	16.1	30	1
50	Mike Sherrard	vs. N.Y. Giants 11/5/95	128	6	21.3	30	1
51	^ Jeremy Shockey	vs. N.Y. Giants 11/27/05 (OT)	127	10	12.7	24	1
52	Torry Holt	at St. Louis 10/9/05	126	8	15.8	26t	1
53	^ Riley Odoms	at Denver 9/23/79	125	5	25.0	45	0
	Ed McCaffrey	vs. Denver 11/14/99	125	6	20.8	42	1
	Laveranues Coles	at Washington 11/9/03	125	5	25.0	64	1
56	^ Todd Christensen	at L.A. Raiders 10/25/87	124	8	15.5	20	1
	Anthony Miller	at San Diego 11/10/91	124	5	24.8	58	0
	Jimmy Smith	at Jacksonville 12/15/96	124	8	15.5	39	2
	Amani Toomer	at N.Y. Giants 12/23/01	124	8	15.5	28	1
60	^ Ethan Horton	at L.A. Raiders 11/17/91	123	7	17.6	51t	1
	Anthony Miller	vs. San Diego 10/3/93	123	10	12.3	20	1
62	Anquan Boldin	vs. Arizona 12/21/03	122	10	12.2	60t	1
	Brandon Stokley	vs. Indianapolis 12/24/05	122	5	24.4	45	0
64	^ Henry Childs	vs. New Orleans 11/18/79	121	6	20.2	34	0
65	Carlos Carson	at Kansas City 12/27/87	120	4	30.0	81t	1
	Vance Johnson	at Denver 9/23/90	120	9	13.3	22	0
	Torrance Small	vs. Indianapolis 12/20/98	120	3	40.0	53	0
68	Steve Watson	at Denver 11/20/83	119	4	29.8	78t	1
	^ Eric Green	vs. Pittsburgh 12/26/93	119	7	17.0	41	0
	Brandon Lloyd	at San Francisco 11/20/05	119	7	17.0	44	1
71	Donald Driver	at Green Bay 1/1/06	118	6	19.7	59	0
72	Duriel Harris	at Miami 9/9/79	117	5	23.4	51	0
	Eddie Brown	at Cincinnati 10/6/91	117	7	16.7	43	0
	Jimmy Smith	at Jacksonville 11/12/00	117	10	11.7	34	0
75	Wesley Walker	at N.Y. Jets 9/11/83	116	3	38.7	48t	1
	Anthony Miller	at San Diego 10/15/89	116	7	16.6	44	0
	Keyshawn Johnson	vs. Dallas 12/6/04	116	6	19.3	39	1
	^ Ben Troupe	at Tennessee 12/18/05	116	6	19.3	35	0
79	^ Eric Sievers	vs. San Diego 9/18/83	115	6	19.2	27t	2
80	Earnest Gray	vs. N.Y. Giants 12/7/80	114	3	38.0	50t	2
	Tim Brown	vs. L.A. Raiders 11/28/88	114	4	28.5	49t	1
	Rod Smith	at Denver 11/2/97	114	5	22.8	59	1
	Keyshawn Johnson	vs. N.Y. Jets 12/6/98	114	9	12.7	20	1
	Jeff Graham	vs. San Diego 12/12/99	114	9	12.7	26	0

100 YARDS RECEIVING (CONTINUED)

	Player	Team, Date	Yds	No	Avg.	LG	TD
85	John Jefferson	at San Diego 12/13/80	113	8	14.1	19t	1
	Mervyn Fernandez	at L.A. Raiders 12/18/88	113	4	28.3	54t	1
	Mervyn Fernandez	at L.A. Raiders 10/1/89	113	7	16.1	36t	1
	John Taylor	vs. San Francisco 12/8/91	113	7	16.1	41	1
	Michael Irvin	at Dallas 10/11/92	113	6	18.8	24	0
	Jason McAddley	at Arizona 11/10/02	113	5	22.6	42	0
91	Ed McCaffrey	at Denver 12/10/00	112	8	14.0	41	1
92	Steve Watson	vs. Denver 11/6/83	110	7	15.7	25t	1
	+ Priest Holmes	vs. Kansas City 11/24/02	110	7	15.7	64t	1
	Joe Horn	at New Orleans 9/12/04	110	6	18.3	33	0
95	Cliff Branch	at Oakland 12/16/79	109	10	10.9	15	0
	Charles Smith	vs. Philadelphia 11/2/80	109	5	21.8	38	1
	Tim McGee	at Cincinnati 12/10/89	109	7	15.6	23	1
	Bill Brooks	at Buffalo 10/15/95	109	6	18.2	30	2
	Plaxico Burress	vs. N.Y. Giants 11/27/05	109	6	18.2	24	0
100	Stanley Morgan	vs. New England 9/21/80	108	2	54.0	68t	2
	Willie Gault	at L.A. Raiders 12/18/88	108	2	54.0	57	1
	Antonio Freeman	vs. Green Bay 9/29/96	108	7	15.4	28	2
103	Tim Brown	vs. L.A. Raiders 1/18/94	107	4	26.8	77t	1
	Tim Brown	vs. Oakland 10/26/97	107	7	15.3	24	0
	Anquan Boldin	vs. Arizona 12/26/04	107	7	15.3	31t	1
106	James Scott	vs. Chicago 12/5/76	106	3	35.3	63t	2
^	Kellen Winslow	vs. San Diego 11/16/81	106	7	15.1	31	0
	Stephon Paige	at Kansas City 11/20/88	106	5	21.2	49	0
	Peerless Price	vs. Buffalo 10/24/99	106	5	21.2	45	1
	Corey Bradford	at Green Bay 11/1/99	106	3	35.3	74t	1
	Muhsin Muhammad	vs. Carolina 10/31/04	106	8	13.3	35	2
		at San Diego 12/14/86	105	8	13.1	28	1
112	Paul Palmer	vs. Kansas City 9/11/88	105	8	13.1	27	0
	Henry Ellard	at Washington 9/4/94	105	7	15.0	25	0
	Ike Hilliard	at N.Y. Giants 12/23/01	105	7	15.0	26	1
		at N.Y. Giants 12/23/01	105	7	15.0	26	1
116	Willie McGee	vs. San Francisco 9/26/76	104	5	20.8	52t	1
	Carlos Carson	at Kansas City 9/4/83	104	7	14.9	48	1
	+ Marcus Allen	at L.A. Raiders 10/30/83	104	8	13.0	36	0
	J.T. Smith	vs. Phoenix 9/17/89	104	7	14.9	25t	1
	Carl Pickens	vs. Cincinnati 11/7/99	104	4	26.0	75t	1
	Isaac Bruce	at St. Louis 11/14/04	104	7	14.9	21	0
	Randy Moss	at Minnesota 12/12/04	104	4	26.0	54	1
123^	Jerome Barkum	vs. N.Y. Jets 11/26/79	103	6	17.2	40	0
	John Jefferson	vs. San Diego 9/7/80	103	6	17.2	23t	2
	Byron Williams	at N.Y. Giants 12/11/83	103	7	14.7	24	0
	Art Monk	at Washington 9/28/86	103	5	20.6	69	0
	Hart Lee Dykes	at New England 10/7/90	103	5	20.6	35t	1
	Chris Chambers	vs. Miami 11/21/04	103	9	11.4	28	1
129	^ Tony McGee	at Cincinnati 9/26/93	102	7	14.6	37	0
	^ Wesley Walls	at Carolina 10/8/00	102	7	14.6	26	0
	Larry Fitzgerald	at Arizona 11/6/05	102	8	12.8	23	0
132	Dave Logan	vs. Cleveland 12/20/81	101	5	20.2	26	1
	Cris Collinsworth	at Cincinnati 9/8/85	101	4	25.3	71	0
	Henry Ellard	at L.A. Rams 10/23/88	101	7	14.4	20	0
	Irving Fryar	at New England 9/20/92	101	6	16.8	36t	1
	Derrick Alexander	at Kansas City 11/21/99	101	8	12.6	25	0
	Torry Holt	vs. St. Louis 9/10/00	101	6	16.8	41	0
	^ Tony Gonzalez	vs. Kansas City 10/29/00	101	8	12.6	22	0
	Eric Moulds	vs. Buffalo 12/23/00	101	4	25.3	48	0
	Donte' Stallworth	vs. New Orleans 9/7/03	101	8	12.6	30	0

*NFL Record; +Running Back; ^ Tight End

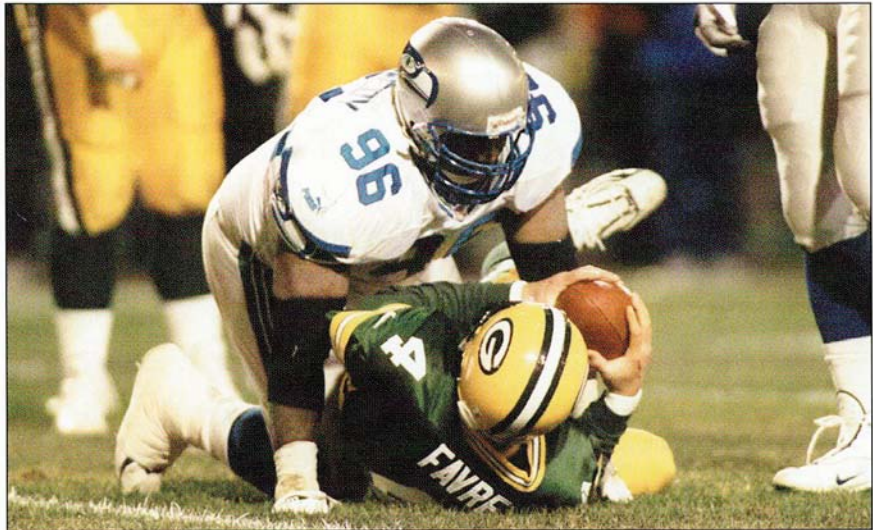
141	Isaac Curtis	at Cincinnati 9/25/77	100	3	33.3	54	1
	Stephon Paige	at Kansas City 12/27/87	100	7	14.3	46t	1
	Jeff Graham	vs. N.Y. Jets 8/31/97	100	3	33.3	47	2
	Tony Martin	at San Diego 11/9/97	100	5	20.0	61	2
	Amani Toomer	at N.Y. Giants 9/22/02	100	4	25.0	49	0
	Torry Holt	at St. Louis 12/14/03	100	6	16.7	40t	1
	Keary Colbert	vs. Carolina 10/31/04	100	4	25.0	63	0

RECEPTIONS

	Player	Team, Date	No.	Yds.	Avg.	LG	TD
1	Wes Chandler	at San Diego 9/15/85	13	243	18.7	45	1
	Tony Martin	at San Diego 9/10/95	13	163	12.5	24	0
3	Gary Clark	vs. Phoenix 12/19/93 (OT)	12	152	12.7	28	1
4	^ Todd Christensen	vs. L.A. Raiders 10/16/83	11	152	13.8	22t	3
	Curtis Conway	at San Diego 12/30/01	11	156	14.2	38	1
6	+ Don McCauley	vs. Baltimore 11/12/78	10	88	8.8	19	0
	Cliff Branch	at Oakland 12/16/79	10	109	10.9	15	0
	Clarence Williams	at San Diego 10/4/81	10	89	8.9	15	0
	Anthony Miller	vs. San Diego 10/3/93	10	123	12.3	20	1
	Jimmy Smith	at Jacksonville 11/12/00	10	117	11.7	67t	1
	James Thrash	vs. Philadelphia 9/23/01	10	165	16.5	64t	2
	Peerless Price	at Buffalo 11/18/01	10	138	13.8	23	1
	+ LaDainian Tomlinson	at San Diego 12/30/01	10	68	6.8	13	0
	Anquan Boldin	vs. Arizona 12/21/03	10	122	12.2	60t	1
	Jabar Gaffney	vs. Houston 10/16/05	10	87	8.7	26	0
	Jeremy Shockey	vs. N.Y. Giants 11/27/05 (OT)	10	127	12.7	24	1

3.0 SACKS

	Player	Team, Date	Sacks	Yards
1	Derrick Thomas	at Kansas City 11/11/90	*7.0	60.0
2	Barney Chavous	vs. Denver 12/21/80	4.0	47.0
	Anthony Smith	vs. L.A. Raiders 10/18/92	4.0	29.0
	Anthony Smith	vs. L.A. Raiders 9/12/93	4.0	21.0
	Leslie O'Neal	vs. San Diego 10/22/95	4.0	26.0
6	Keith Willis	vs. Pittsburgh 10/23/83	3.5	15.0
	Randy White	vs. Dallas 12/4/83	3.5	30.0
	Simon Fletcher	vs. Denver 11/30/92 (OT)	3.5	23.5
9	12 players tied with		3.0	



MISCELLANEOUS TOP TEN**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	68,093	Dallas	Qwest Field	December 6, 2004	L	43-39
4	67,855	Indianapolis	Qwest Field	December 24, 2005	W	28-13
5	67,231	Oakland	Husky Stadium	November 11, 2001	W	34-27
6	67,192	St. Louis	Qwest Field	November 13, 2005	W	31-16
7	67,102	N.Y. Giants	Qwest Field	November 27, 2005	W	24-21(OT)
8	67,046	Dallas	Qwest Field	October 23, 2005	W	13-10
9	66,940	St. Louis	Qwest Field	October 10, 2004	L	33-27(OT)
10	66,740	Atlanta	Qwest Field	January 2, 2005	W	28-26

ROAD ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	90,215	Washington	FedEx Field	October 2, 2005	L	20-17(OT)
2	88,734*	L.A. Raiders	Los Angeles Coliseum	January 8, 1983	L	30-14
3	82,893	Kansas City	Arrowhead Stadium	October 2, 2000	L	24-17
4	82,352	Washington	FedEx Field	November 4, 2001	L	27-14
5	80,728	Washington	FedEx Field	November 9, 2003	L	27-20
6	78,847	Kansas City	Arrowhead Stadium	October 23, 1994	L	38-23
7	78,605	Cleveland	Municipal Stadium	October 9, 1988	W	16-10
8	78,551	N.Y. Giants	Giants Stadium	September 22, 2002	L	9-6
9	78,119	N.Y. Giants	Giants Stadium	December 23, 2001	L	27-24
10	77,357	Kansas City	Arrowhead Stadium	November 25, 2001	L	19-7

* Playoff Game

COLDEST GAMES

	Temp.	Opponent	Date	W/L	Score
1	20*	at Green Bay	January 4, 2004	L	33-27 (OT)
2	22	at Denver	December 10, 2000	L	31-24
3	26	at Pittsburgh	December 6, 1992	L	20-14
4	27	at Denver	December 19, 1999	L	36-30 (OT)
5	30	at Cincinnati	December 10, 1989	W	24-17
6	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
9	32	at Kansas City	December 2, 1979	L	37-21
10	34	at Pittsburgh	December 4, 1977	L	30-20
	34	at Denver	November 23, 1980	L	36-20
	34	at Cincinnati	November 18, 1984	W	26-6
	34	at Kansas City	November 20, 1988	L	27-24
	34	at Green Bay	January 1, 2006	L	23-17

* Playoff Game

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

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		0-19-7
2000		2-2	0-5	2-1	2-2		6-10
2001		1-2	2-1	2-2	3-2	1-0	9-7
2002		1-3	1-2	2-2	3-2		7-9
2003		3-0	2-2	3-2	2-2		10-6
2004		3-0	1-3	2-2	2-2	1-0	9-7
2005		2-1	3-1	4-0	4-0	0-1	13-3
Total	0-1	50-59	56-62	61-62	57-54	3-3	227-241 (.485)

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
Total	0-1	50-59	56-62	61-62	60-56*	5-9*	232-249*	5-8

* includes playoffs

PRIME TIME RECORD

(28-19)

MONDAY NIGHT FOOTBALL (13-8)

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

THURSDAY-SUNDAY NIGHT (15-11)

Date	Network	W/L	Score	Opponent
Friday, December 20, 1985	ABC	L	27-24	vs. Denver
Thursday, November 27, 1986*	NBC	W	31-14	at Dallas
Sunday, December 13, 1987	ESPN	W	28-21	vs. Denver
Sunday, December 11, 1988	ESPN	W	42-14	vs. Denver
Sunday, December 17, 1989	ESPN	W	23-17	vs. L.A. Raiders
Sunday, November 25, 1990	ESPN	W	13-10	at San Diego
Sunday, December 23, 1990	ESPN	W	17-12	vs. Denver
Sunday, October, 13, 1991	ESPN	L	23-20	vs. L.A. Raiders
Sunday, December 22, 1991	ESPN	W	23-9	vs. L.A. Rams
Sunday, November 22, 1992	ESPN	L	24-14	vs. Kansas City
Sunday, September 12, 1993	TNT	L	17-13	vs. L.A. Raiders
Sunday, December 18, 1994	ESPN	L	17-16	vs. L.A. Raiders
Sunday, December 17, 1995	ESPN	W	44-10	vs. L.A. Raiders
Thursday, October 17, 1996	TNT	L	34-16	at Kansas City
Sunday, December 15, 1996	ESPN	L	20-13	at Jacksonville
Sunday, December 21, 1997	ESPN	W	38-9	vs. San Francisco
Sunday, October 4, 1998	ESPN	L	17-6	at Kansas City
Sunday, November 1, 1998	ESPN	L	31-18	vs. Oakland
Sunday, October 2, 1999	ESPN	W	22-21	vs. Oakland
Sunday, November 14, 1999	ESPN	W	20-17	vs. Denver
Saturday, December 23, 2000	ESPN	L	42-23	vs. Buffalo
Sunday, November 11, 2001	ESPN	W	34-27	vs. Oakland
Sunday, December 9, 2001	ESPN	L	20-7	at Denver
Sunday, September 29, 2002	ESPN	W	48-23	vs. Minnesota
Sunday, October 12, 2003	ESPN	W	20-19	vs. San Francisco
Sunday, October 16, 2005	ESPN	W	42-10	vs. Houston

*Thanksgiving Day Game

RECORDS BY TELEVISION NETWORK

NFL Network (0-0) ESPN (14-8) NBC (1-0) ABC (13-9) TNT (0-2)

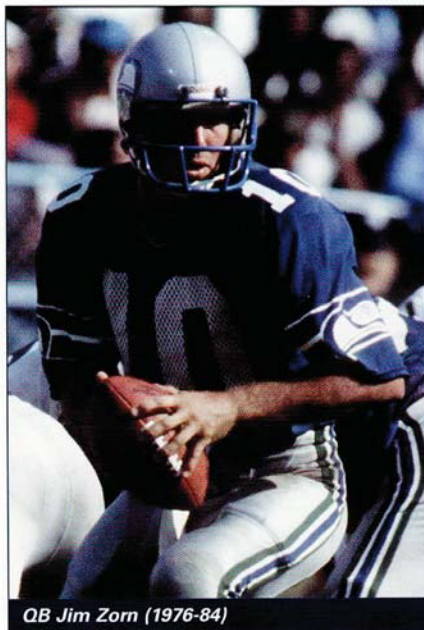
RECORD BY STARTING QUARTERBACK

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

BY WINNING %

Quarterback	Record	Win %
Glenn Foley	1-0	1.000
Trent Dilfer	8-4	.667
Dave Krieg	70-49	.588
Matt Hasselbeck	40-28	.588
Jon Kitna	18-15	.545
John Friesz	6-5	.545
Bruce Mathison	1-1	.500
Warren Moon	11-13	.458
Jeff Kemp	3-4	.429
Jim Zorn	40-60	.400
Dan McGwire	2-3	.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



QB Jim Zorn (1976-84)

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, FB
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
2003	Offense Matt Hasselbeck, QB	Defense John Randle, DT	Special Teams Alex Bannister, WR
2004	Offense Matt Hasselbeck, QB	Defense Anthony Simmons, LB	Special Teams Alex Bannister, WR
2005	Offense Matt Hasselbeck, QB *Shaun Alexander, RB	Defense Grant Wistrom, DE *Lofa Tatupu, LB	Special Teams Alex Bannister, WR *Josh Scobey, KOR

* 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

MARCUS NALLEY TROPHY

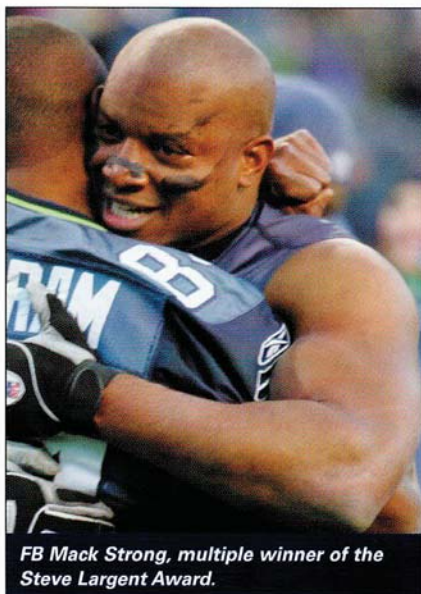
(Most Valuable Player as voted by teammates)

1976	Jim Zorn	QB	1988	John L. Williams	FB
1977	Steve Largent	WR	1989	Brian Blades	WR
1978	Jim Zorn	QB	1990	John L. Williams	FB
1979	Steve Largent	WR	1991	Eugene Robinson	S
1980	Sam McCullum	WR	1992	Cortez Kennedy	DT
1981	Steve Largent	WR	1993	Eugene Robinson	S
1982	Kenny Easley	S	1994	Chris Warren	RB
1983	Curt Warner	RB	1995	Chris Warren	RB
1984	Kenny Easley	S	1996	Cortez Kennedy	DT
1985	Steve Largent	WR	1997	Darryl Williams	S
1986	Curt Warner	RB	1998	Chad Brown	LB
1987	Steve Largent	WR	<i>Discontinued in 1999</i>		

STEVE LARGENT AWARD

(Presented to the player who best exemplifies the spirit, dedication, and integrity of the Seahawks)

1989	Steve Largent	WR
1990	Jacob Green	DE
1991	Rufus Porter	LB
1992	Jeff Bryant	DE
	Joe Nash	DT
1993	Eugene Robinson	S
1994	Brian Blades	WR
1995	Terry Wooden	LB
1996	Cortez Kennedy	DT
1997	Winston Moss	LB
1998	Michael Sinclair	DE
1999	Chad Brown	LB
2000	Ricky Watters	RB
2001	Mack Strong	FB
2002	Mack Strong	FB
2003	Trent Dilfer	QB
2004	Mack Strong	FB
2005	Mack Strong	FB



FB Mack Strong, multiple winner of the Steve Largent Award.

MAN OF THE YEAR

1976	Norm Evans	T	1993	Eugene Robinson	S
1980	Jim Zorn	QB	1994	Brian Blades	WR
1981	Manu Tuiasosopo	DT	1995	Eugene Robinson	S
1982	Dave Brown	CB	1996	Todd Peterson	K
1983	Paul Johns	WR	1997	Rick Tuten	P
1984	Jeff West	P	1998	Sam Adams	DT
1985	Mike Tice	TE	1999	Jon Kitna	QB
1986	Mike Tice	TE	2000	Jon Kitna	QB
1987	Mike Tice	TE	2001	Brock Huard	QB
1988	Steve Largent	WR	2002	Trent Dilfer	QB
1989	Norm Johnson	K	2003	Matt Hasselbeck	QB
1990	Jacob Green	DE	2004	Mack Strong	FB
1991	Eugene Robinson	S	2005	Shaun Alexander	RB
1992	Eugene Robinson	S			

PRO BOWL

Year	Player	Nominations	Year	Player	Nominations
1978	Steve Largent, WR	1	1999	Chad Brown, LB	2, 3 total
1979	Steve Largent, WR	2		Walter Jones, T	1
1981	Steve Largent, WR	3		Cortez Kennedy, DT	8
1982	Kenny Easley, S	1	2001	Walter Jones, T	2
1983	Kenny Easley, S, starter	2		John Randle, DT, starter	1, 7 total
	Curt Warner, RB, starter	1	2002	Walter Jones, T, starter	3
1984	Dave Brown, CB	1	2003	Shaun Alexander, RB	1
	Kenny Easley, S, unanimous	3		Alex Bannister, WR	1
	Norm Johnson, K	1		Matt Hasselbeck, QB	1
	Dave Krieg, QB	1		Steve Hutchinson, G	1
	Steve Largent, WR	4		Walter Jones, T	4
	Joe Nash, DT, starter	1	2004	Shaun Alexander, RB	2
	Fredd Young, special teams	1		Steve Hutchinson, G	2
1985	Kenny Easley, S, starter	4		Walter Jones, T	5
	Steve Largent, WR, starter	5	2005	Shaun Alexander, RB, starter	3
	Fredd Young, special teams	2		Matt Hasselbeck, QB, starter	2
1986	Bobby Joe Edmonds, KR	1		Steve Hutchinson, G, starter	3
	Jacob Green, DE	1		Walter Jones, T, starter	6
	Steve Largent, WR, starter	6		Mack Strong, FB, starter	1
	Curt Warner, RB, starter	2		Lofa Tatupu, LB	1
	Fredd Young, LB, starter	3		Robbie Tobeck, C	1
1987	Kenny Easley, S, starter	5	AP ALL-PRO		
	Jacob Green, DE	2	1st Team		2nd Team
	Steve Largent, WR, starter	7	1978		Steve Largent
	Curt Warner, RB, starter	3			Jim Zorn
	Fredd Young, LB, starter	4	1979		Steve Largent
1988	Dave Krieg, QB	2	1983	Kenny Easley	Curt Warner
	Rufus Porter, special teams	1	1984	Norm Johnson	Steve Largent
1989	Brian Blades, WR	1		Joe Nash	Dave Brown
	Dave Krieg, QB	3		Kenny Easley	
	Rufus Porter, special teams	2	1985	Steve Largent	
1990	John L. Williams, FB	1		Kenny Easley	
1991	Cortez Kennedy, DT	1	1986	Bobby Joe Edmonds	Curt Warner
	John L. Williams, FB	2	1987	Fredd Young	Steve Largent
1992	Cortez Kennedy, DT, starter	2			Curt Warner
	Eugene Robinson, S	1	1992	Cortez Kennedy	
1993	Cortez Kennedy, DT, starter	3	1993	Cortez Kennedy	Eugene Robinson
	Eugene Robinson, S	2	1994	Cortez Kennedy	Chris Warren
	Chris Warren, RB	1			Rick Tuten
1994	Cortez Kennedy, DT, starter	4	1995		Chris Warren
	Rick Tuten, P	1	1996		Cortez Kennedy
	Chris Warren, RB	2	1998		Chad Brown
1995	Cortez Kennedy, DT	5	2001	Walter Jones	
	Chris Warren, RB, starter	3	2003	Steve Hutchinson	
1996	Cortez Kennedy, DT, starter	6	2004	Walter Jones	Shaun Alexander
	Michael Sinclair, DE	1	2005	Shaun Alexander	
1997	Warren Moon, QB	1, 9 total		Steve Hutchinson	
	Michael Sinclair, DE	2		Walter Jones	
	Darryl Williams, S, starter	1		Mack Strong	
1998	Chad Brown, LB, starter	1			
	Cortez Kennedy, DT	7			
	Michael Sinclair, DE	3			
	Shawn Springs, CB	1			

RETIRED JERSEYS

#12 Seattle's fans, the 12th Man (1984)

#80 Steve Largent (1995)

PRO FOOTBALL HALL OF FAME

1995 Steve Largent, WR (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)

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)

NFL ROOKIE OF THE MONTH

- 1997 Walter Jones, T (October)
- 2002 Rocky Bernard, DT (September)
- 2005 Lofa Tatupu, LB (December/January)

NFL PLAYER OF THE WEEK

- 1984 Joe Nash, NT (Week 4), Kenny Easley, S (Week 9), Dave Brown, CB (Week 10),
Dave Krieg, QB (Week 13)
- 1985 Dave Krieg, QB & Daryl Turner, WR (Week 2), Terry Taylor, CB (Week 9)
- 1986 Steve Largent, WR (Week 5), Jacob Green, DE (Week 12)
- 1987 Fredd Young, LB (Week 2), Steve Largent, WR (Week 6), Brian Bosworth, LB (Week 15)
- 1988 Jacob Green, DE (Week 2), Dave Krieg, QB (Week 16)
- 1989 Steve Largent, WR (Week 14)
- 1990 Dave Krieg, QB (Week 10), Nesby Glasgow, S (Week 12), DE Jacob Green (Week 17)
- 1991 Rufus Porter, LB (Week 13)
- 1992 Cortez Kennedy, DT (Week 3)
- 1993 Chris Warren, RB (Week 3), *Rick Mirer, QB and P Rick Tuten (Week 5), Eugene Robinson (Week 11)
- 1994 Chris Warren, RB (Week 5), Robert Blackmon, S (Week 13)
- 1995 *Joey Galloway, WR (Week 11), Robert Blackmon, S (Week 12), Todd Peterson, K (Week 14), Robert Blackmon, S (Week 15), Rick Tuten, P (Week 16)
- 1996 Cortez Kennedy, DT (Week 6), Darryl Williams, S (Week 9), Michael McCrary, Special Teams (Week 10), Rick Tuten, P (Week 15), Michael McCrary, DE (Week 17)
- 1997 Chad Brown, LB (Week 3), Darryl Williams, S (Week 4), Warren Moon, QB (Weeks 9 & 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)
- * Rookie

STEVE LARGENT WR 1976-89



Pro Football Hall of Fame: Steve Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on Saturday, January 28, 1995. Largent was formally inducted in Canton, Ohio, on Saturday, July 29, along with Jim Finks, Henry Jordan, Lee Roy Selmon, and Kellen Winslow. He was presented into the Hall of Fame by Seahawks' Vice President Gary Wright. Largent was the 23rd player to be elected in his first year of eligibility.

NFL Records: Concluded his 14 National Football League seasons with league career records for receptions,

819; yards, 13,089; touchdowns, 100; consecutive games with a reception, 177; 50-catch seasons, 10; and 1,000-yard seasons, 8. Became only the second player in NFL history to have the career lead in receptions, yards, and touchdowns all 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 15th 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.

STEVE LARGENT

80



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

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

Year	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

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988: 1/1, Career: 7/7

LARGENT'S SINGLE-GAME HIGHS

Receptions: *15 vs. Detroit (10/18/87)
 Longest: 74 vs. San Diego (11/27/77)

Yards: *261 vs. Detroit (10/18/87)
 Most TDs: 3, 3 Times last vs. Detroit (10/18/87)

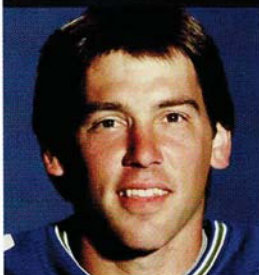
ADDITIONAL STATS

Passing: 7 attempts, 2 complete for 29 yards Punt Returns: 8 for 68 yards, 8.5 average, 12 long, 1 fair catch. Kickoff Returns: 8 for 156 yards, 19.5 average, 30 long. Scoring: 1 TD rushing (1981), 1 PAT (1985)

*Team Record

JIM ZORN

10



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

Inducted into the Ring of Honor in 1991, Jim Zorn was the starting quarterback for the Seahawks during their inaugural season in 1976 and would remain at the helm for the next seven years. Named the NFC Offensive Rookie of the Year in 1976 as he led the NFL in attempts with 439 and set a then record 2,571 passing yards, which was also a record for an expansion team. By the end of the 1979 season, Zorn became only the third player to throw for 10,000 yards in his first four seasons. In 1978,

he earned numerous accolades, which included being named AFC Player of the Year by the Washington D.C. Touchdown Club and first-team All-NFL by the NEA. Zorn, along with current protégé Matt Hasselbeck, are the only two Seahawks quarterbacks to throw for 300 yards in back-to-back games which he accomplished twice, once in 1979 and again in 1981. Zorn finished his career leading the Seahawks in every passing category amassing 20,122 passing yards and 107 touchdown passes.

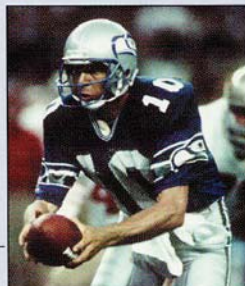
ZORN'S NFL RECORD

PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate.
1976	Seattle	14	439	208	2,571	.473	12	27	80	25/196	49.5
1977	Seattle	10	251	104	1,687	.414	16	19	82	12/51	54.3
1978	Seattle	16	443	248	3,283	.560	15	20	64	44/284	72.1
1979	Seattle	16	505	285	3,661	.564	20	18	65	23/201	77.7
1980	Seattle	16	488	276	3,346	.566	17	20	67	44/341	72.3
1981	Seattle	13	397	236	2,788	.594	13	9	80	24/201	82.4
1982	Seattle	9	245	126	1,540	.514	7	11	50	20/152	61.9
1983	Seattle	16	205	103	1,166	.502	7	7	43	9/64	64.8
1984	Seattle	16	17	7	80	.412	0	2	21	1/8	16.4
1985	Green Bay	13	123	56	794	.455	4	6	56	11/89	57.4
1987	Tampa Bay	1	36	20	199	.556	0	2	26	7/43	48.3
Career Totals		140	3,149	1,669	21,115	.530	111	141	82	220/1,630	67.3
Seahawks Totals		126	2,990	1,593	20,122	.533	107	133	82	202/1,498	67.9

RUSHING

Year	Club	G	Att.	Yds.	Avg.	LG	TD
1976	Seattle	14	52	246	4.7	19	4
1977	Seattle	10	25	141	5.6	15	1
1978	Seattle	16	59	290	4.9	23	6
1979	Seattle	16	46	279	6.1	41	2
1980	Seattle	16	44	214	4.9	25	1
1981	Seattle	13	30	140	4.7	20	1
1982	Seattle	9	15	113	7.5	35	1
1983	Seattle	16	30	71	2.4	18	1
1984	Seattle	16	7	-3	-0.4	7	0
1985	Green Bay	13	10	9	0.9	8	0
1987	Tampa Bay	1	4	4	1.0	5	0
Career Totals		140	322	1,504	4.7	41	17
Seahawks Totals		126	308	1,491	4.8	41	17



ZORN'S SINGLE GAME HIGHS

Attempts: 49 vs. Philadelphia (12/12/76)

Yards: 384 vs. New Orleans (11/18/79)

Most TDs: 4, 4 Times last vs. New England (9/21/80)

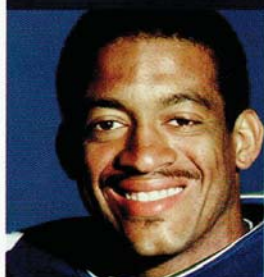
Completions: 31 vs. Kansas City (9/27/81)

Longest: 82 vs. Cincinnati (9/25/77) to David Sims

Interceptions: 6 vs. Detroit (10/24/76)

DAVE BROWN

22



Cornerback 6-1 197
 Michigan
 11 Seahawks Seasons
 Veteran Allocation (Pit)
 Seattle Games/Starts: 159/159
 Career Games/Starts: 172/159
 Birthdate: January 16, 1953
 Akron, Ohio
 Ring of Honor: August 22, 1992

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 would play his first year in a Hawks uniform 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, retir-

ing 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).

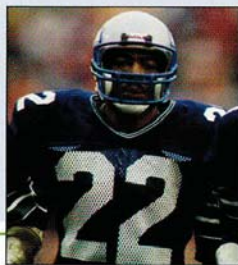
BROWN'S NFL RECORD

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	6	83	11.2	37	0	6	2
1984 Seattle	16/16	54	0.0	8	*179	22.4	90	2	0	1
1985 Seattle	16/16	61	0.0	6	58	9.7	28	1	0	1
1986 Seattle	16/16	73	0.0	5	58	11.6	24	1	1	1
Career Totals	172/159	690	2.0	50	643	12.9	90	5	10	11
Seahawks Totals	159/159	684	2.0	*50	*643	12.9	90	*5	10	11

PUNT RETURNS

Club	No.	Yds.	Avg.	LG	TD
1975 Pittsburgh	22	217	9.9	48	0
1976 Seattle	11	74	6.7	19	0
Career TOTALS	33	291	8.8	48	0

Playoff Games Played/Started: 1975: 3/0, 1983: 3/3, 1984: 2/2, Career, 8/5

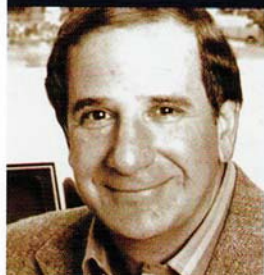


BROWN'S SINGLE GAME HIGHS

Interceptions: 2, 5 Times last vs. Kansas City (11/4/84) **Longest Interception Return:** 90 vs. Kansas City (11/4/84)
Most Yards Returned: *148 vs. Kansas City (11/4/84) **Most Touchdowns:** *2 vs. Kansas City (11/4/84)

*Team Record

PETE GROSS



Radio
Play-by-Play

17 Seahawks Seasons

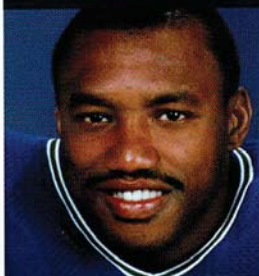
Birthdate: December 28, 1936
Whittier, California
Ring of Honor: November 30, 1992

Inducted into the Seahawks' Ring of Honor in 1992, Pete Gross served as the radio play-by-play for 17 seasons from the Seahawks' inaugural 1976 season through 1992. One of the most beloved people to have ever been associated with the Seahawks' franchise, fans will never forget his numerous "touch-down Seahawks" calls. Over his 17 seasons, Gross called all but the five games he missed in 1992 while battling cancer. His career included eight playoff games and in the 1983 season Gross came within one game of the Super Bowl when Seattle faced the Los Angeles Raiders in the AFC Championship Game. The Seahawks lost that game 30-14. Gross was diagnosed with cancer in 1989. He succumbed to the disease in 1992, just three days after his induction into the Ring. He was inducted into the Ring during a Monday night game versus the Denver Broncos, a game the 2-14

Seahawks won in overtime. Prior to moving to the Seahawks, he was the play-by-play voice of the University of Washington in both football and basketball. He came to Seattle after calling play-by-play for the University of the Pacific. Gross' legacy remains; the Seahawks are actively involved with the Pete Gross House. The Pete Gross House, which opened in November of 1999, is a 69-unit apartment complex that provides housing for families undergoing treatment at the Fred Hutchinson Cancer Research Center. The Pete Gross House is also the location of the Hutch School, a fully accredited K through 12 school for cancer patients and their siblings. The Seahawks took an active roll in seeing the project through to completion and annually hold the "Pete Gross House Luncheon" to raise funds for the continued upkeep of the facility.



Gross was inducted into the Seahawks' Ring of Honor during the Seahawks Monday night game versus the Denver Broncos. The Seahawks won the game and presented Gross with the game ball. Gross passed away three days later.

CURT WARNER**28**

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

Curt Warner was inducted into the Ring of Honor in 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 vs. Denver in 1988. Warner would be named to two more Pro Bowls ('86, '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	Rushing				Receiving					
			Att.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD
1983	Seattle	16/16	335	1,449	4.3	60	13	42	325	7.7	28	1
1984	Seattle	1/1	10	40	4.0	9	0	1	19	19.0	19	0
1985	Seattle	16/16	291	1,094	3.8	38	8	47	307	6.5	27	1
1986	Seattle	16/16	319	1,481	4.6	60	13	41	342	8.3	26	0
1987	Seattle	12/12	234	985	4.2	57	8	17	167	9.8	30	2
1988	Seattle	16/16	266	1,025	3.9	29	10	22	154	7.0	17	2
1989	Seattle	16/15	194	631	3.3	34	3	23	153	6.7	24	1
1990	LA Rams	7/2	49	139	2.8	9	1	0	0	0.0	0	0
Career Totals		100/94	1,698	6,844	4.0	60	56	193	1,467	7.6	30	7
Seahawks Totals		93/92	1,649	6,705	4.1	60	55	193	1,467	7.6	30	7

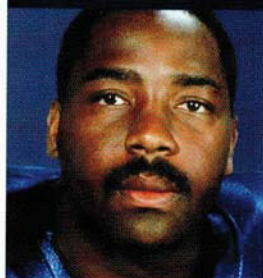
WARNER'S SINGLE-GAME HIGHS

Rushes: 32 vs. KC (11/27/83) OT
Yards: 207 vs. KC (11/27/83) OT
Longest, no TD: 60 vs. Kansas City (9/4/83)
Longest, TD: 60 vs. Denver (12/20/86)

TDs: 4 vs. Denver (12/11/88)
Receptions: 6, 4 Times, Last vs. KC (11/9/86)
Yards: 72 vs. Kansas City (9/4/83)
TDs: 1, 6 Times, Last vs. L.A. Raiders (11/28/88)

JACOB GREEN

79



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

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 both 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	719	116.0	3	28	15
Seahawks Totals	178/176	720	*116.0	3	*28	15

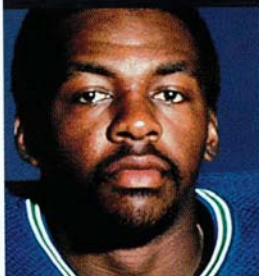
*Team Record

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988: 1/1, Career: 7/7



GREEN'S ADDITIONAL STATISTICS

Scoring: 2 TDs on interception returns (1983, 1985)
 2 TDs on fumble returns (1985, 1988)
Blocked Kicks: PAT (1986, 1989)
 FG (1985, 1988)

KENNY EASLEY**45**

Safety

6-3 198

UCLA

7 Seahawks Seasons

1st Round 1981

Career Games/Starts: 89/87

Birthdate: January 15, 1959

Chesapeake, Virginia

Ring of Honor: October 14, 2002

Kenny Easley was inducted into the Ring of Honor on October 14, 2002, with a sell out crowd and millions watching the Monday Night Football halftime ceremony at home. Kenny Easley redefined the strong safety position in seven years from 1981-87. Voted by the Associated Press as the NFL Defensive Player of the Year in 1984, Kenny had 32 interceptions in his storied career. This fierce hitter registered 107 tackles, three interceptions and returned an interception 82 yards vs. Cleveland in his rookie campaign, earning him AFC Rookie of the Year by the NFL Players' Association. The following season, Kenny would earn his first of five Pro Bowl appearances, including being

named a starter from 1983-1985, and again in 1987. The crowning jewel of Easley's career came in 1984 where he spearheaded the NFL's sixth-rated defense that culminated into a Seahawks record 12 wins in the regular season and a wild card victory over the rival Los Angeles Raiders. He tied a Seahawks team record by intercepting 10 passes, including three against San Diego on October 29. Easley would be named first-team All-NFL by the Associated Press for the second year in a row and was bestowed that honor again in 1985. Easley finished his career with 498 tackles, seven sacks, 10 forced fumbles, nine fumble recoveries, and 32 interceptions.

EASLEY'S NFL RECORD

Club	G/S	Tkl.	QB	Int.	Yds.	Avg.	LG	TD	FF	FR
1981 Seattle	14/14	107	0.0	3	155	51.7	82	1	0	3
1982 Seattle	8/8	55	1.0	4	48	12.0	44	0	1	1
1983 Seattle	16/15	82	3.0	7	106	13.2	38	0	1	3
1984 Seattle	16/16	75	0.0	*10	126	12.6	58	2	3	1
1985 Seattle	13/13	79	2.0	2	22	11.0	16	0	3	0
1986 Seattle	10/10	59	1.0	2	34	17.0	24	0	2	0
1987 Seattle	12/11	41	0.0	4	47	11.8	22	0	0	1
Career Totals	89/87	498	7.0	32	538	15.6	82	3	10	9
Seahawks Totals	89/87	498	7.0	32	538	15.6	82	3	10	9

PUNT RETURNS

Club	No.	Yds.	Avg.	LG	TD
1982 Seattle	1	15	15.0	15	0
1983 Seattle	1	6	6.0	6	0
1984 Seattle	16	194	12.1	42	0
1985 Seattle	8	87	10.9	25	0
Career TOTALS	26	302	11.6	42	0

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, Career: 5/5

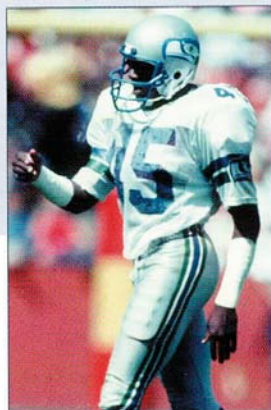
EASLEY'S SINGLE-GAME HIGHS

Interceptions: *3 vs. San Diego (10/29/84)

Longest Interception Return: 82 vs. Cleveland (12/20/81)

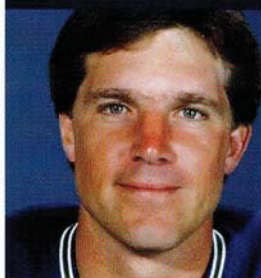
Most Yards Returned: 125 vs. Cleveland (12/20/81)

Most Touchdowns: 1, 3 Times Last vs. Kansas City (11/4/84)



DAVE KRIEG

17



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

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 origi-

nally joined the Seahawks as an undrafted free agent from Milton College in 1980, and became the regular starter nine games in to 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

KRIEG'S NFL RECORD

PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate
1980	Seattle	1	0	2	0	0.0	0	0	0	1/6	2.1
1981	Seattle	7	64	112	843	57.1	7	5	57	11/85	83.3
1982	Seattle	3	49	78	501	62.8	2	2	44	16/117	79.1
1983	Seattle	9	147	243	2,139	60.5	18	11	50	38/279	*95.0
1984	Seattle	16	276	480	3,671	57.5	*32	24	80	40/314	83.3
1985	Seattle	16	285	*532	3,602	53.6	27	20	54	52/448	76.2
1986	Seattle	15	225	375	2,921	60.0	21	11	72	35/281	91.0
1987	Seattle	12	178	294	2,131	60.5	23	15	75	27/247	87.6
1988	Seattle	9	134	228	1,741	58.8	18	8	75	12/92	94.6
1989	Seattle	15	286	499	3,309	57.3	21	20	60	37/289	74.8
1990	Seattle	16	265	448	3,194	59.2	15	20	63	40/360	73.6
1991	Seattle	10	187	285	2,080	*65.6	11	12	60	32/216	82.5
1992	Kansas City	16	230	413	3,115	55.7	15	12	77	48/323	79.9
1993	Kansas City	12	105	189	1,238	55.6	7	3	66	22/138	81.4
1994	Detroit	14	131	212	1,629	61.8	14	3	51	14/100	101.7
1995	Arizona	16	304	521	3,554	58.3	16	21	48	53/380	72.6
1996	Chicago	13	226	377	2,278	59.9	14	12	53	14/104	76.3
1997	Tennessee	8	1	2	2	50.0	0	0	2	0/0	47.9
1998	Tennessee	5	12	21	199	57.1	0	0	55	2/15	89.2
Career Totals		213	3,105	5,311	38,147	58.5	261	199	80	494/3,794	81.5
Seahawks Totals		129	^2,096	^3,576	^26,132	58.6	^195	^148	80	341/2,734	82.3

*Seahawks Single-Season Record

^Seahawks Career Record

KRIEG'S SINGLE-GAME HIGHS

Attempts: 51 vs. Atlanta (10/13/85)

Yards: 418 vs. Denver (11/20/83)

Most TDs: 5, 3 Times last vs. L.A. Raiders (11/28/88)

Completions: 33 vs. Atlanta (10/13/85)

Longest: 80 vs. Denver (11/25/84) TD

Interceptions: 5 vs. Kansas City (12/9/84)

CHUCK KNOX

Head Coach

Juniata College
9 Seahawks Seasons
Birthdate: April 27, 1932
Sewickley, Pennsylvania
Ring of Honor: September 25, 2005

Chuck Knox was the ninth member inducted to the Ring. He spent nine of his 22 illustrious seasons at the helm of the Seahawks from 1983-1991, during which time he led Seattle to 80 wins en route to becoming the winningest coach in club history. Compared to 63 losses, his winning percentage of .559 is the second-best among Seattle coaches with at least eight games coached. Knox posted six winning seasons with Seattle and led the Seahawks into postseason play four times. The Seahawks three playoff wins under Knox were the only postseason wins in club history until 2005. Knox was named

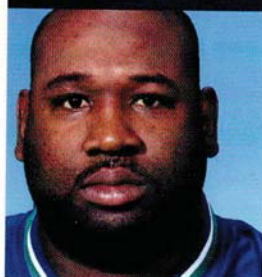
NFL Coach of the Year following both the 1983 and 1984 seasons, where Seattle posted a 21-11 record, advanced to the 1983 AFC Championship Game and in 1984 posted the best record in franchise history at the time with a 12-4 mark. One of the NFL's all-time winningest coaches, Knox ranks eighth in league history with 193 career victories (193-158), including playoffs. He was the first coach in NFL history to lead three different franchises to the playoffs and was named NFL Coach of the Year four times while coaching three different teams (L.A. Rams-1973, Bills-1980, Seahawks-1983-84).

KNOX'S NFL RECORD

	Club	Regular Season		Postseason		
		Won	Lost	Tied	Won	Lost
1973	L.A. Rams	12	2	0	0	1
1974	L.A. Rams	10	4	0	1	1
1975	L.A. Rams	12	2	0	1	1
1976	L.A. Rams	10	3	1	1	1
1977	L.A. Rams	10	4	0	0	1
1978	Buffalo	5	11	0	0	0
1979	Buffalo	7	9	0	0	0
1980	Buffalo	11	5	0	0	1
1981	Buffalo	10	6	0	1	1
1982	Buffalo	4	5	0	0	0
1983	Seattle	9	7	0	2	1
1984	Seattle	12	4	0	1	1
1985	Seattle	8	8	0	0	0
1986	Seattle	10	6	0	0	0
1987	Seattle	9	6	0	0	1
1988	Seattle	9	7	0	0	1
1989	Seattle	7	9	0	0	0
1990	Seattle	9	7	0	0	0
1991	Seattle	7	9	0	0	0
1992	L.A. Rams	6	10	0	0	0
1993	L.A. Rams	5	11	0	0	0
1994	L.A. Rams	4	12	0	0	0
Career Totals		186	147	1	7	11
Seahawks Totals		80	63	0	3	4

CORTEZ KENNEDY

96



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

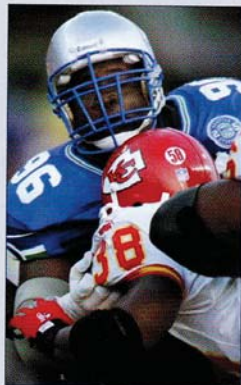
Cortez Kennedy will become the 10th member inducted into the Seahawks Ring of Honor. Kennedy established himself as one of the premier interior defensive linemen in the game while playing 11 NFL seasons (1990-2000), all with the Seahawks. He appeared in a club-record eight Pro Bowls, and a franchise record six consecutive Pro Bowls (1991-96), including four as a starter. The three-time All-Pro is found throughout the Seahawks record books, ranking sixth on the club's all time lists in games played (167),

games started (153) and eighth in tackles (668). Kennedy ranks fourth in sacks (58), yards lost on sacks (390.5), and forced fumbles (13). His finest season came in 1992 when he became the second Seahawks player to win the Associated Press NFL Defensive Player of the Year Award (Kenny Easley, 1984) after recording 93 tackles (76 solo), 14.0 sacks, five forced fumbles, and four fumble recoveries. The 1999 Co-Defensive Captain, Kennedy helped lead Seattle back to the postseason for the first time since 1988.

KENNEDY'S NFL RECORD

Club	G/S	Tkl.	QB	Int.	FF	FR
1990 Seattle	16/2	48	1.0	0	1	1
1991 Seattle	16/16	73	6.5	0	1	0
1992 Seattle	16/16	93	14.0	0	4	1
1993 Seattle	16/16	77	6.5	0	1	1
1994 Seattle	16/16	70	4.0	0	1	1
1995 Seattle	16/16	54	6.5	0	1	0
1996 Seattle	16/16	69	8.0	0	2	0
1997 Seattle	8/8	18	2.0	0	0	0
1998 Seattle	15/15	43	2.0	0	0	1
1999 Seattle	16/16	73	6.5	2	2	0
2000 Seattle	16/16	50	1.0	1	0	0
Career Totals	167/153	668	58.0	3	13	5
Seahawks Totals	167/153	668	58.0	3	13	5

Playoff Games Played/Started: 1999: 1, Career: 1/1



INDIVIDUAL RECORDS

SERVICE

Most Seasons

- 15 Joe Nash, 1982-96
- 14 Steve Largent, 1976-89
- 12 Mack Strong, 1994-05

Most Games Played

- 218 Joe Nash, 1982-96
- 200 Steve Largent, 1976-89
- 180 Mack Strong, 1993-05

Most Consecutive Games Played

- 125 Joe Nash, 1988-95
- 120 Eugene Robinson, 1985-94
- Chris Gray, 1998-2005

Most Games Started

- 197 Steve Largent, 1976-89
- 176 Jacob Green, 1980-91
- 169 Joe Nash, 1982-96

Most Consecutive Games Started

- 106 Chris Gray, 1999-2005
- 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)
- 608 Steve Largent, 1976-89 (101 TDs: 1-R, 100-P, 2 PAT)
- 600 Shaun Alexander, 2000-05 (100 TDs: 89-R, 11-P)

Most Points, Season

- 168 Shaun Alexander, 2005 (27-R, 1-P)
- 134 Todd Peterson, 1999 (34 FG, 32 PAT)
- 120 Shaun Alexander, 2004 (16-R, 4-P)

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

- 80 Todd Peterson, 1995-1999
- 64 Norm Johnson, 1985-89
- Josh Brown, 2003-05

TOUCHDOWNS

Most Touchdowns, Career

- 101 Steve Largent, 1976-89 (1-R, 100-P)
- 100 Shaun Alexander, 2000-05 (89-R, 11-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
- 177 Todd Peterson, 1995-99
- 148 Efen Herrera, 1978-81

Most Points After Touchdown Attempted, Season

- 57 Josh Brown, 2005
- 51 Norm Johnson, 1984
- 50 Norm Johnson, 1983

Most Points After Touchdown Attempted, Game

- 8 John Leypoldt, vs. Buffalo 10/30/77
- 7 Norm Johnson, vs. San Diego 9/15/85
- 6 By 10 Players (Last: Josh Brown, at Philadelphia 12/05/05)

Most Points After Touchdown, Career

- 333 Norm Johnson, 1982-90
- 177 Todd Peterson, 1995-99
- 144 Josh Brown, 2003-05

Most Points After Touchdown, Season

- 56 Josh Brown, 2005
- 50 Norm Johnson, 1984
- 49 Norm Johnson, 1983

Most Points After Touchdown, Game

- 8 John Leypoldt, vs. Buffalo 10/30/77
- 7 Norm Johnson, vs. San Diego 9/15/85
- 6 By 10 Players (Last: Josh Brown, at Philadelphia 12/05/05)

Most Consecutive Points After Touchdown

- 177 Todd Peterson, 1995-99
- 165 Norm Johnson, 1985-90
- 96 Rian Lindell, 2000-02

**Highest Points After Touchdown %
(100 or more PATs)**

- 100.00 Todd Peterson, 1995-99 (177-177)
99.31 Josh Brown, 2003-2005 (144-145)
98.23 Norm Johnson, 1982-89 (333-339)

**Most Points After Touchdown, No Misses,
Season**

- 48 Josh Brown, 2003
41 Todd Peterson, 1998
40 Norm Johnson, 1987
Todd Peterson, 1995
Josh Brown, 2004

**Most Points After Touchdown, No Misses,
Game**

- 8 John Leypoldt, vs. Buffalo 10/20/77
7 Norm Johnson, vs. San Diego 9/15/85
6 By 8 Players (Last: Josh Brown,
at Philadelphia 12/5/05)

TWO-POINT CONVERSIONS*(Two-point conversion rule was adopted in 1994)***Most Two-Point Conversion Attempts, Career**

- 5 Chris Warren, 1990-97
4 Lamar Smith, 1994-97
3 Rick Tuten, 1991-97
Warren Moon, 1997

Most Two-Point Conversion Attempts, Season

- 3 Lamar Smith, 1996
Chris Warren, 1996
Warren Moon, 1997

Most Two-Point Conversion Attempts, Game

- 2 Warren Moon, vs. Oakland 10/26/97
1 By 23 Players

Most Two-Point Conversions Made, Career

- 4 Lamar Smith, 1994-97
2 Chris Warren, 1990-97
1 By 9 Players

Most Two-Point Conversions Made, Season

- 3 Lamar Smith, 1996
1 By 12 Players (Last: Darrell Jackson vs.
Dallas, 12/6/04)

Most Two-Point Conversions Made, Game

- 1 By 15 Players (Last: Darrell Jackson vs.
Dallas, 12/6/04)

FIELD GOALS**Most Field Goals Attempted, Career**

- 228 Norm Johnson, 1982-90
154 Todd Peterson, 1995-99
105 John Kasay, 1991-94

Most Field Goals Attempted, Season

- 40 Todd Peterson, 1999
35 Norm Johnson, 1986
34 Todd Peterson, 1996

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 5 Players (Last: Todd Peterson, vs.
Buffalo 12/8/96)

Most Field Goals, Career

- 159 Norm Johnson, 1982-90
126 Todd Peterson, 1995-99
82 John Kasay, 1991-94

Most Field Goals, Season

- 34 Todd Peterson, 1999
28 Todd Peterson, 1996
25 John Kasay, 1991

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 13Times (Last: Josh Brown, at
St. Louis 11/14/04)

Most Field Goals, One Quarter

- 3 Norm Johnson, vs. L.A. Raiders
12/18/88 (2nd)
Norm Johnson, vs. KC 10/8/89 (2nd)
Todd Peterson, vs. Pitt 9/26/99 (2nd)

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
14 Todd Peterson, 1995-96
13 Efen Herrera, 1979-80
John Kasay, 1991
Todd Peterson, 1996-97

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 7 Players (Last: Josh Brown,
at Arizona 10/24/04)

Longest Field Goal Attempted

- 60 Efen Herrera, vs. Kansas City 11/9/80
58 Todd Peterson, at Kansas City 9/28/97
(OT)
Josh Brown, at Green Bay 10/5/03
57 Rian Lindell, vs. San Francisco 10/14/02
Josh Brown, vs. Indianapolis 12/24/05

**Highest Field Goal %, Career
(Minimum 25 atts.)**

- 81.81 Todd Peterson, 1995-99 (154-126)
78.75 Josh Brown, 2003-05 (63-80)
78.10 John Kasay, 1991-94 (105-82)
74.35 Rian Lindell, 2000-02 (78-58)

**Highest FG %, Season (Minimum 1 att. per
game)**

- 92.00 Josh Brown, 2004 (23-25)
88.24 Rian Lindell, 2000 (17-15)
85.00 Todd Peterson, 1999 (40-34)

Most Field Goals, No Misses, Game

- 5 Norm Johnson, vs. L.A. Raiders
12/18/88
4 By 10 Players (Last: Josh Brown,
at St. Louis 11/14/04)

Most FG Attempts, 50 or More Yards, Career

- 26 Norm Johnson, 1982-90
- 15 Todd Peterson, 1995-99
- 12 Rian Lindell, 2000-02
- Josh Brown, 2003-05

Most Field Goals, 50 or More Yards, Career

- 10 Norm Johnson, 1982-90
- 7 Todd Peterson, 1995-99
- Rian Lindell, 2000-02
- Josh Brown, 2003-05

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

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
- 1 32 Times (Last: Josh Brown, at Washington 10/2/05)

SAFETIES**Most Safeties, Career**

- 2 Rod Stephens, 1989-94
- 1 By 8 Players

Most Safeties, Season

- 2 Rod Stephens, 1993 (ties NFL record)
- 1 By 8 Players (Last: Orlando Huff, 2003)

Most Safeties, Game

- 1 By 10 Players (Last: Orlando Huff, vs. St. Louis 12/14/03)

RUSHING**ATTEMPTS****Most Attempts, Career**

- 1,717 Shaun Alexander, 2000-05
- 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

- 36 Chris Warren, at New England 9/19/93
- 35 Shaun Alexander, vs. Oakland 11/11/01
- 33 Lamar Smith, at Detroit 11/17/96
- Shaun Alexander, vs. Denver 10/14/01
- Shaun Alexander, vs. St. Louis 11/13/05

YARDS GAINED**Most Yards Gained, Career**

- 7,817 Shaun Alexander, 2000-05
- 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)
- 195 Shaun Alexander, vs. Carolina 10/31/04

Most Games, 100 or More Yards Rushing, Career

- 33 Shaun Alexander, 2000-05
- 24 Chris Warren, 1990-97
- 23 Curt Warner, 1983-89

Most Games, 100 or More Yards Rushing, Season

- 11 Shaun Alexander, 2005
- 8 Chris Warren, 1995
- 7 Curt Warner, 1986, Chris Warren, 1994
- Shaun Alexander, 2003, 2004

Most Consecutive Games, 100 or More Yards, Rushing

- 4 Shaun Alexander, 2005
- 3 Shaun Alexander, 2004, 2005
- 2 Many Times

Most Games, 2 or More Players with 100 or More Yards Rushing

- vs. L.A. Raiders 11/28/88 (Curt Warner 130 and John L. Williams 105)
- vs. Denver 12/11/88 (Curt Warner 126 and John L. Williams 109)
- vs. Houston 10/16/05 (Shaun Alexander 141 and Maurice Morris 104)

Longest Run From Scrimmage

- 88 Shaun Alexander, vs. Oakland 11/11/01 (TD)
- Shaun Alexander, at Arizona 11/6/05 (TD)
- 86 Joey Galloway, at Jacksonville 11/12/95 (TD)

AVERAGE GAIN**Highest Average Gain, Career (100 or More Attempts)**

- 5.51 Steve Broussard, 1995-98 (136-750)
- 4.94 Rick Mirer, 1993-96 (178-880)
- 4.84 Jim Zorn, 1976-84 (308-1,494)

Highest Average Gain, Season (100 or More Attempts)

- 5.08 Shaun Alexander, 2005 (370-1,880)
- 4.88 Sherman Smith, 1978 (165-805)
- 4.80 Shaun Alexander, 2004 (353-1,696)

Highest Average Gain, Game (10 or More Attempts)

- 8.86 Sherman Smith, vs. Atlanta 11/7/76 (14-124)
 8.64 Lawrence McCutcheon, vs. Dallas 11/27/80 (11-95)
 8.07 Eric Lane, vs. Minnesota 9/30/84 (14-113)

TOUCHDOWNS**Most Touchdowns, Career**

- 89 Shaun Alexander, 2000-05
 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
 Shaun Alexander, vs. Houston 10/16/05
 3 By 12 Players (Last: Shaun Alexander, vs. St. Louis 11/13/05)

Most Consecutive Games Rushing for Touchdown

- 9 Shaun Alexander, 2005
 7 Chris Warren, 1993-94
 David Sims, 1978
 6 Shaun Alexander, 2003-04

PASSING**PASS RATING****Highest Pass Rating, Career (Minimum 500 Attempts)**

- 86.7 Matt Hasselbeck, 2001-05
 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
 2,990 Jim Zorn, 1976-84
 2,176 Matt Hasselbeck, 2001-04

Most Passes Attempted, Season

- 532 Dave Krieg, 1985
 528 Warren Moon, 1997
 513 Matt Hasselbeck, 2003

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
 1,593 Jim Zorn, 1976-84
 1,329 Matt Hasselbeck, 2001-05

Most Passes Completed, Season

- 313 Warren Moon, 1997
 Matt Hasselbeck, 2003
 294 Matt Hasselbeck, 2005
 286 Dave Krieg, 1989

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.)**

- 61.08 Matt Hasselbeck, 2001-04 (2,176-1,329)
 58.61 Dave Krieg, 1980-91 (3,576-2,096)
 58.27 Warren Moon, 1997-98 (786-458)

Highest Completion %, Season (100 att.)

- 65.61 Dave Krieg, 1991 (285-187)
 65.48 Matt Hasselbeck, 2005 (449-294)
 63.72 Matt Hasselbeck, 2002 (419-267)

Highest Completion %, Rookie, Season (Qualifiers)

- 56.38 Rick Mirer, 1993 (486-274)
 47.38 Jim Zorn, 1976 (439-208)

Highest Completion %, Game (20 att.)

- 86.36 Dave Krieg, vs. Denver 12/11/88 (22-19)
 84.00 Matt Hasselbeck, vs. San Francisco 12/11/05 (25-21)
 80.95 Matt Hasselbeck, vs. Indianapolis 12/24/05 (21-17)

YARDS GAINED**Most Yards Gained, Career**

- 26,132 Dave Krieg, 1980-91
 20,122 Jim Zorn, 1976-84
 15,780 Matt Hasselbeck, 2001-04

Most Seasons, 3,000 or More Yards Passing

- 4 Dave Krieg, 1984, 1985, 1989, 1990
 Matt Hasselbeck, 2002-05
 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

- 3,841 Matt Hasselbeck, 2003
 3,678 Warren Moon, 1997
 3,671 Dave Krieg, 1984

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, 2001-04
 1 Warren Moon, 1997

Most Games, 300 or More Yards Passing, Career

- 12 Matt Hasselbeck, 2001-05
 11 Dave Krieg, 1980-91
 9 Jim Zorn, 1976-84

Most Games, 300 or More Yards Passing, Season

- 4 Matt Hasselbeck, 2002
 Matt Hasselbeck, 2003
 3 Jim Zorn, 1979
 Dave Krieg, 1984
 Matt Hasselbeck, 2004
 2 By 3 Players (Last: Dave Krieg, 1985)

Most Consecutive Games, 300 or More Yards Passing

- 2 Jim Zorn, 1979, 1981
 Matt Hasselbeck, 2 times in 2002, '03, '04

Longest Pass Completion

- 83 Trent Dilfer (to Koren Robinson) at St. Louis 10/20/02
 82 Jim Zorn (to David Sims) vs. Cincinnati 9/25/77 (TD)
 81 John Friesz (to Joey Galloway) at San Diego 10/25/98 (TD)

AVERAGE GAIN**Highest Average Gain, Career (100 Attempts)**

- 7.31 Dave Krieg, 1980-91 (3,576-26,132)
 7.25 Matt Hasselbeck, 2001-2005 (2,176-15,780)
 7.19 Trent Dilfer, 2001-04 (356-2,560)

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
 107 Jim Zorn, 1976-84
 94 Matt Hasselbeck, 2001-05

Most Touchdown Passes, Season

- 32 Dave Krieg, 1984
 27 Dave Krieg, 1985
 26 Matt Hasselbeck, 2003

Most Touchdown Passes, Game

- 5 By 5 Players
 (Last: Matt Hasselbeck, at Baltimore 11/22/03) (OT)

Most Games, 5 or More TD Passes, Career

- 3 Dave Krieg, 1980-91
 1 Warren Moon, 1997
 Matt Hasselbeck, 2003

Most Games, 4 or More TD Passes, Career

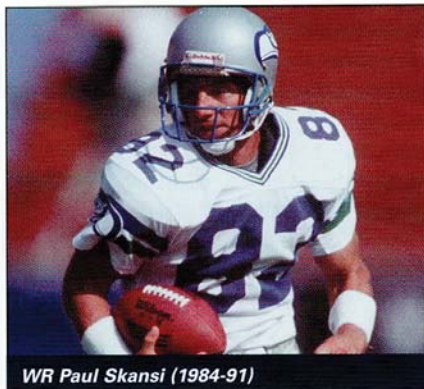
- 7 Dave Krieg, 1980-91
 4 Jim Zorn, 1976-84
 2 Warren Moon, 1997
 Matt Hasselbeck, 2001-2005

Most Games, 5 or More TD Passes, Season

- 1 By 5 Players (Last: Matt Hasselbeck, 2003)

Most Games, 4 or More TD Passes, Season

- 3 Dave Krieg, 1985
 2 Jim Zorn, 1977
 Dave Krieg, 1988
 Warren Moon, 1997



WR Paul Skansi (1984-91)

Most Consecutive Games, 4 or More TD Passes

- 1 17 Times (Last: Matt Hasselbeck, vs. San Francisco 12/11/05)

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 (786-36)
- 4.34 Jon Kitna, 1997-00 (1,130-49)

Highest %, TD Passes Season (Qualifiers)

- 7.89 Dave Krieg, 1988 (228-18)
- 7.82 Dave Krieg, 1987 (294-23)
- 7.41 Dave Krieg, 1983 (243-18)

Highest %, TD Passes, Rookie, Season (Qualifiers)

- 2.73 Jim Zorn, 1976 (439-12)
- 2.47 Rick Mirer, 1993 (486-12)

HAD INTERCEPTED

Most Consecutive Passes Attempted, None Intercepted

- 159 Matt Hasselbeck, 2005
- 153 Jim Zorn, 1979
- 137 Dave Krieg, 1988

Most Passes Had Intercepted, Career

- 148 Dave Krieg, 1980-91
- 133 Jim Zorn, 1976-84
- 57 Matt Hasselbeck, 2001-2005

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

LOWEST %, PASSES INTERCEPTED

Lowest %, Passes Had Intercepted, Career (100 att.)

- 1.92 Brock Huard, 1999-01 (104-2)
- 2.62 Matt Hasselbeck, 2001-05 (2,176-57)
- 2.88 John Friesz, 1995-98 (416-12)

Lowest %, Passes Had Intercepted, Season (Qualifiers)

- 1.84 Rick Mirer, 1994 (381-7)
- 2.00 Matt Hasselbeck, 2005 (449-9)
- 2.27 Jim Zorn, 1981 (397-9)

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

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
- 5 Brian Blades, 1989, 1991, 1993-95
- Darrell Jackson, 2000-04

Most Pass Receptions, Season

- 87 Darrell Jackson, 2004
- 81 Brian Blades, 1994
- 80 Brian Blades, 1993

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
- 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
- 5,489 Darrell Jackson, 2000-05

Most Yards Gained, Season

- 1,287 Steve Largent, 1985
- 1,240 Koren Robinson, 2002
- 1,237 Steve Largent, 1979

Most Yards, Rookie, Season

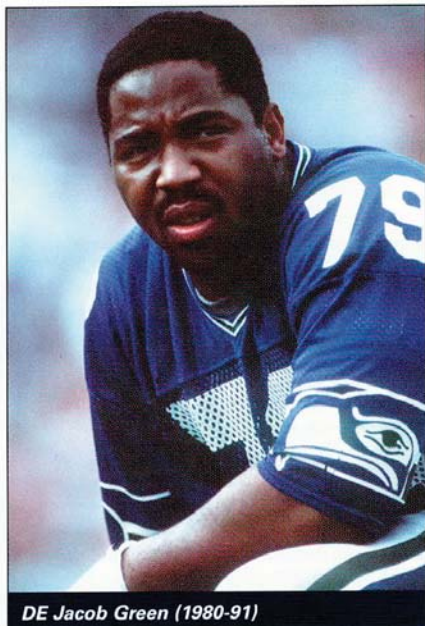
- 1,039 Joey Galloway, 1995
- 715 Daryl Turner, 1984
- 713 Darrell Jackson, 2000

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
- 17 Brian Blades, 1988-98
- Darrell Jackson, 2000-05



DE Jacob Green (1980-91)

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 12 Players (Last: Darrell Jackson 2005)

Longest Pass Reception

- 83 Koren Robinson (from Trent Dilfer) at St. Louis 10/20/02
- 82 David Sims (from Jim Zorn) vs. Cincinnati 9/25/77 (TD)
- 81 Joey Galloway (from John Friesz) at San Diego 10/25/98 (TD)

AVERAGE PER RECEPTION

Highest Avg. Per Reception, Career (100 Receptions)

- 18.53 Daryl Turner, 1984-87 (101-1,872)
- 15.98 Steve Largent, 1976-89 (819-13,089)
- 15.75 Joey Galloway, 1995-99 (283-4,457)

Highest Avg. Per Reception, Season (50 Receptions)

- 18.74 Steve Largent, 1979 (66-1,237)
- 17.31 Joey Galloway, 1996 (57-987)
- 17.10 Sean Dawkins, 1999 (58-992)

Highest Avg. Per Reception, Game (5 Receptions)

- 27.80 Steve Largent, vs. Oakland 9/16/79 (5-139)
- 27.40 Joey Galloway, vs. Miami 10/6/96 (5-137)
- 25.71 John L. Williams, vs. L.A. Raiders 12/18/88 (7-180)

TOUCHDOWNS

Most Touchdowns, Career

- 100 Steve Largent, 1976-89
- 37 Joey Galloway, 1995-99
- Darrell Jackson, 2000-2005

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

Most Consecutive Games, Passes Intercepted

- 4 Cornell Webser, 1978-79
- John Harris, 1980
- Dave Brown, 1983-84
- Kenny Easley, 1984
- Eugene Robinson, 1991
- 3 By 9 Players (Last: Darryl Williams 1997)

YARDS RETURNED

Most Yards Returned, Career

- 643 Dave Brown, 1976-86
- 586 Eugene Robinson, 1985-95
- 538 Kenny Easley, 1981-87

Most Yards Returned, Season

- 179 Dave Brown, 1984
- 172 Darryl Williams, 1997
- 157 Eddie McMillan, 1977

Most Yards Returned, Game

- 148 Dave Brown, vs. Kansas City 11/4/84
- 125 Kenny Easley, vs. Cleveland 12/20/81
- 91 Sammy Green, vs. San Francisco 10/7/79

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)

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 49 Times (Last: Lofa Tatupu at Philadelphia 12/5/05)

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

- 80 Rick Engles, 1976
- 47 Ruben Rodriguez, 1987
- 26 Donnie Jones, 2004

Most Punts, Game

- 12 Rick Tuten, vs. Denver 11/28/93
- 11 By 3 Players (Last: Rick Tuten, vs. Philadelphia 12/13/92 [OT])

Longest Punt

- 73 Rick Tuten, at Buffalo 10/15/95
- 68 Ruben Rodriguez, vs. Denver 9/4/88
Jeff Feagles, at Cleveland 9/9/01
- 66 Rick Tuten, vs. Buffalo 12/8/96

AVERAGE YARDAGE**Highest Average, 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 Average, Punting, Season

- 45.00 Rick Tuten, 1995 (83-3,735)
- 44.52 Rick Tuten, 1993 (90-4,007)
- 44.07 Rick Tuten, 1992 (108-4,760)
Rick Tuten, 1996 (85-3, 746)

Highest Average, Punting, Rookie, Season

- 40.00 Ruben Rodriguez, 1987 (47-1,880)
- 38.34 Rick Engles, 1976 (80-3,067)

Highest Average Punting, Game (Minimum 4 Punts)

- 55.20 Rick Tuten, vs. Denver 12/1/96 (5-276)
- 52.83 Rick Tuten, at Buffalo 10/15/95 (6-317)
- 52.75 Rick Tuten, vs. Denver 9/18/96 (4-211)

Highest Net Punting Average, Season

- 38.7 Rick Tuten, 1992
- 37.8 Tom Rouen, 2004
- 37.3 Rick Tuten, 1993

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
- 29 Rick Tuten, 1992
Tom Rouen, 2003

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 4 Times (Last: Tom Rouen, vs. New Orleans 9/7/03)

TOUCHBACKS**Most Touchbacks, Career**

- 45 Rick Tuten, 1991-97
- 30 Jeff Feagles, 1998-02
- 28 Jeff West, 1981-85

Most Touchbacks, Season

- 12 Jeff Feagles, 1998
- 10 Jeff West, 1983
Jeff West, 1984
- 8 By 4 Players (Last: Rick Tuten, 1995)

Most Touchbacks, Game

- 3 By 4 Players (Last: Ruben Rodriguez, vs. San Diego 10/29/89)

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
- 89 Bobby Joe Edmonds, 1986-88
- 79 Joey Galloway, 1995-98

Most Punt Returns, Season

- 41 Will Lewis, 1980
- 36 Joey Galloway, 1995
- 35 Bobby Joe Edmonds, 1988

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 Bobby Joe Edmonds, vs. L.A. Raiders 12/8/86
- Kerry Joseph, vs. Philadelphia 9/6/98
- 5 By 19 Players
(Last: Jimmy Williams, at Philadelphia 12/5/05)

FAIR CATCHES**Most Fair Catches, Career**

- 68 Bobby Engram, 2001-05
- 60 Chris Warren, 1990-97
- 40 Charlie Rogers, 1999-01

Most Fair Catches, Season

- 25 Chris Warren, 1992
- 23 Bobby Engram, 2002
- 22 Bobby Engram, 2003
- Jimmy Williams, 2005

Most Fair Catches, Game

- 5 James Jefferson, vs. Denver 10/22/89
- Chris Warren, vs. Pittsburgh 10/20/91
- Chris Warren, vs. Denver 11/30/92 (OT)
- Charlie Rogers, vs. Buffalo 10/24/99
- Jimmy Williams, vs. Dallas 10/23/05

YARDS GAINED**Most Yards Gained, Career**

- 1,010 Bobby Joe Edmonds, 1986-88
- 925 Charlie Rogers, 1999-01
- 843 Paul Johns, 1981-84

Most Yards Gained, Season

- 419 Bobby Joe Edmonds, 1986
- 363 Charlie Rogers, 2000
- 360 Joey Galloway, 1995

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)
- 89 Joey Galloway, vs. N.Y. Giants 11/5/95 (TD)
- 88 Joey Galloway, vs. Denver 9/8/96 (TD)

AVERAGE YARDAGE**Highest Average, Career (Minimum 50 Returns)**

- 12.67 Charlie Rogers, 1999-01 (73-925)
- 11.39 Paul Johns, 1981-84 (74-843)
- 11.35 Bobby Joe Edmonds, 1986-88 (89-1,010)

Highest Average, 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 Average, Rookie, Season (Qualifiers)

- 14.45 Charlie Rogers, 1999 (22-318)
- 12.32 Bobby Joe Edmonds, 1986 (34-419)

Highest Average, Game (Minimum 3 Returns)

- 32.00 Paul Johns, vs. L.A. Raiders 10/16/83 (3-96)
- 26.33 Paul Johns, vs. New England 9/16/84 (3-79)
- 26.25 Joey Galloway, vs. N.Y. Giants 11/5/95 (4-105)

TOUCHDOWNS**Most Touchdowns, Career**

- 4 Joey Galloway, 1995-98
- 2 Paul Johns, 1981-84
- Bobby Engram, 2001-04
- 1 By 4 Players

Most Touchdowns, Season

- 2 Joey Galloway, 1998
- 1 By 10 Players (Last: Bobby Engram, 2003)

Most Touchdowns, Rookie, Season

- 1 Will Lewis, 1980
- Bobby Joe Edmonds, 1986
- Joey Galloway, 1995
- Charlie Rogers, 1999

Most Touchdowns, Game

- 1 By 12 Players
(Last: Bobby Engram, vs. Detroit 11/16/03)

KICKOFF RETURNS**Most Kickoff Returns, Career**

- 165 Steve Broussard, 1995-98
- 134 Charlie Rogers, 1999-01
- 129 Maurice Morris, 2002-05

Most Kickoff Returns, Season

- 66 Charlie Rogers, 2000
- 59 Josh Scobey, 2005
- 50 Steve Broussard, 1997
- Charlie Rogers, 2001

Most Kickoff Returns, Game

- 8 Bobby Joe Edmonds, vs. L.A. Raiders 11/30/87
- 7 By 11 Players (Last: Maurice Morris, vs. N.Y. Jets 12/19/04)

YARDS GAINED**Most Yards Gained, Career**

- 3,900 Steve Broussard, 1995-98
- 3,214 Charlie Rogers, 1999-01
- 2,843 Maurice Morris, 2002-05

Most Yards Gained, Season

- 1,629 Charlie Rogers, 2000
- 1,326 Josh Scobey, 2005
- 1,148 Zachary Dixon, 1983

Most Yards Gained, Rookie, Season

- 829 Rufus Crawford, 1978
- 821 Maurice Morris, 2002
- 820 Al Hunter, 1977

Most Yards Gained, Game

- 231 Maurice Morris, at St. Louis 10/20/02
 198 Charlie Rogers, vs. Indianapolis
 10/15/00
 196 Jon Vaughn, at San Diego 10/30/94

Longest Kickoff Return

- 97 James Jefferson, vs. Kansas City
 10/8/89 (TD)
 Maurice Morris, at St. Louis 10/20/02
 (TD)
 94 Zachary Dixon, vs. St. Louis 11/13/83 (TD)
 93 Jon Vaughn, at San Diego 10/30/94 (TD)

HIGHEST YARDAGE**Highest Average, Career (50 Returns)**

- 23.99 Charlie Rogers, 1999-01 (134-3,214)
 23.64 Steve Broussard, 1995-98 (165-3,900)
 22.83 Ahman Green, 1998-99 (63-1,438)

Highest Average, Season (1 per game)

- 26.93 Steve Broussard, 1998 (29-781)
 25.83 Charlie Rogers, 1999 (18-465)
 24.74 Steve Broussard, 1995 (43-1,064)

Highest Average, Game (Minimum 3 Returns)

- 42.75 Charlie Rogers, vs. Buffalo 12/23/00
 (4-171)
 36.67 Chris Warren, vs. Denver 9/23/90
 (3-110)
 36.00 Chris Warren, vs. San Diego 10/27/91
 (3-108)

TOUCHDOWNS**Most Touchdowns, Career**

- 1 Zachary Dixon, 1983-84
 James Jefferson, 1989-93
 Jon Vaughn, 1993-94
 Steve Broussard, 1995-98
 Charlie Rogers, 1999-00
 Maurice Morris, 2002-04

Most Touchdowns, Season

- 1 Zachary Dixon, 1983
 James Jefferson, 1989
 Jon Vaughn, 1994
 Steve Broussard, 1998
 Charlie Rogers, 2000
 Maurice Morris, 2002

Most Touchdowns, Rookie, Season

- 1 Maurice Morris, 2002

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

COMBINED KICK RETURNS**Most Combined Kick Returns, Career**

- 207 Charlie Rogers, 1999-01 (73-P, 134-K)
 190 Bobby Joe Edmonds, 1986-88 (89-P, 101-K)
 180 Chris Warren, 1990-97 (94-P, 86-K)

Most Combined Kick Returns, Season

- 92 Charlie Rogers, 2000 (26-P, 66-K)
 75 Bobby Joe Edmonds, 1988 (35-P, 40-K)
 Charlie Rogers, 2001 (25-P, 50-K)

Most Combined Kick Returns, Game

- 11 Bobby Joe Edmonds, NE 9/21/86 (5-P, 6-K)
 10 Ronnie Harris, vs. Oakland 10/26/97
 (3-P, 7-K)
 Charlie Rogers, at Miami 9/3/00 (4-P, 6-K)
 Charlie Rogers, vs. Philadelphia 9/23/01
 (5-P, 5-K)
 9 By 6 Players (Last: Maurice Morris, vs. Dallas 12/6/04)

YARDS GAINED**Most Yards Returned, Career**

- 4,139 Charlie Rogers, 1999-01 (925-P, 3,214-K)
 3,900 Steve Broussard, 1995-98 (3,900-K)
 3,238 Bobby Joe Edmonds, 1986-88
 (1,010-P, 2,228-K)

Most Yards Gained, Season

- 1,992 Charlie Rogers, 2000 (363-P, 1,629-K)
 1,364 Charlie Rogers, 2001 (244-P, 1,120-K)
 1,326 Josh Scobey, 2005 (1,326-K)

Most Yards Returned, Game

- 231 Maurice Morris, vs. St. Louis 10/20/02
 (231-K)
 215 Charlie Rogers, vs. Indianapolis
 10/15/00 (17-P, 198-K)
 206 Charlie Rogers, at N.Y. Jets 1/2/00
 (16-P, 190-K)

TOUCHDOWNS**Most Touchdowns, Career**

- 4 Joey Galloway, 1995-98 (4-P)
 2 Paul Johns, 1981-84 (2-P)
 Charlie Rogers, 1999-01 (1-P, 1-K)
 Bobby Engram, 2001-05 (2-P)
 1 By 8 Players

Most Touchdowns, Season

- 2 Joey Galloway, 1998 (2-P)
 1 By 16 Players (Last: Bobby Engram,
 2003 [1-P])

Most Touchdowns, Game

- 1 By 18 Players (Last: Bobby Engram, vs. Detroit 11/16/03)

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, 1997-00 (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, 1997-04

Most Opponents' Fumbles Recovered, Season

- 5 Nesby Glasgow, 1989
- 4 By 12 Players (Last: Michael Sinclair, 2000)

Most Opponents' Fumbles Recovered, Game

- 3 Darryl Williams, at Kansas City, 10/4/98
- 2 By 17 Players (Last: Marcus Bell, vs. Arizona 11/10/02)

YARDS RETURNING FUMBLES**Longest Fumble Return**

- 82 Antonio Edwards, at Denver 12/10/95 (TD)
- 79 Jacob Green, vs. N.Y. Jets 10/27/85 (TD)
- 71 Shawn Springs, at Oakland 9/8/02

TOUCHDOWNS**Most Touchdowns, Career (Total)**

- 3 Chad Brown, 1997 (3-opp)
- 2 Jacob Green, 1980-91 (2-opp)
- Shelton Robinson, 1982-85 (2-opp)
- Michael Sinclair, 1991-01 (2-opp)

Most Touchdowns, Season (Total)

- 2 Shelton Robinson, 1983 (2-opp.)
- Chad Brown, 1997 (2-opp.)
- 1 By 25 Players (Last: Andre Dyson, 2005 [1-team])

Most Touchdowns, Game (Total)

- 1 By 29 Players (Last: Andre Dyson, at Philadelphia 12/5/05)

COMBINED NET YARDS

Yards Gained Via Rushing, Receiving, Interception Return, Punt Return, Kickoff Return, and Fumble Recovery Return

ATTEMPTS**Most Attempts, Career**

- 1,943 Chris Warren, 1990-97
- 1,915 Shaun Alexander, 2000-05
- 1,855 Curt Warner, 1983-89

Most Attempts, Season

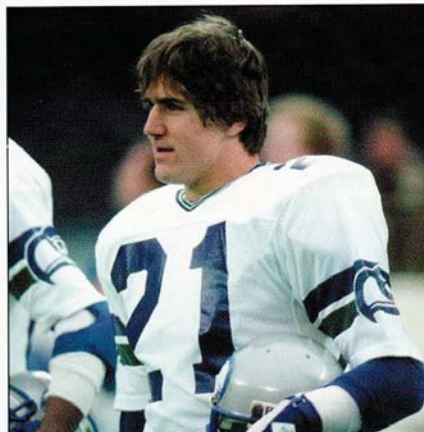
- 385 Shaun Alexander, 2005
- 379 Curt Warner, 1983
- 378 Shaun Alexander, 2004

Most Attempts, Rookie, Season

- 379 Curt Warner, 1983
- 162 John L. Williams, 1986
- 161 Sherman Smith, 1976

Most Attempts, Game

- 37 Shaun Alexander, vs. Oakland 11/11/01
- 36 Chris Warren, at New England 9/19/93
- 35 Lamar Smith, at Detroit 10/17/96
- Ricky Watters, vs. Indianapolis 12/20/98
- Shaun Alexander, vs. Denver 10/14/01
- Shaun Alexander, vs. Carolina 10/31/04



*S Paul Moyer (1983-89)
Seahawks Broadcasting Analyst*

YARDS GAINED**Most Yards Gained, Career**

- 13,396 Steve Largent, 1976-89
 10,665 Chris Warren, 1990-97
 9,212 Shaun Alexander, 2000-2005

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, 1991-01
 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

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

FORCED FUMBLES**Most Forced Fumbles, Career**

- 28 Jacob Green, 1980-91
 24 Michael Sinclair, 1991-01
 14 Rufus Porter, 1988-94
 13 Joe Nash, 1982-96
 Bruce Scholtz, 1982-88

Most Forced Fumbles, Season

- 7 Jacob Green, 1985
 Michael Sinclair, 1998
 6 By 3 Players (Last: Michael Sinclair,
 1997)

Most Forced Fumbles, Game

- 2 By 15 Players (Last: Reggie Tongue, vs.
 Cleveland 11/30/03)

BLOCKED KICKS**Most Blocked Punts, Career**

- 3 Kerry Justin, 1978-83, 1986-87
 2 By 4 Players

Most Blocked Punts, Season

- 2 By 4 Players (Last: Kerry Justin, 1986)

Most Blocked Punts, Game

- 1 By 22 Players (Last: D.D. Lewis, vs.
 Pittsburgh 11/2/03)

Most Blocked Field Goals, Career

- 8 Joe Nash, 1982-96
 2 By 4 Players

Most Blocked Field Goals, Season

- 3 Joe Nash, 1989
 2 Mike White, 1982
 Joe Nash, 1984

Most Blocked Field Goals, Game

- 1 By 28 Players
 (Last: Lamar King, at Green Bay
 11/1/99)

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 4 Players (Last: Jeff Bryant and Joe
 Nash, 1985)

Most Blocked Kicks (Field Goals and PATs), Game

- 1 By 41 Players (Last: Lamar King, at
 Green Bay 11/1/99 [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

533,436 2004 (66,680)
532,954 2005 (66,619)
530,520 1999 (66,315)

Largest Single-Game Regular-Season Home Attendance

— Qwest Field
68,093 vs. Dallas 12/6/04
67,855 vs. Indianapolis 12/24/05
67,192 vs. St. Louis 11/13/05

-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

Most Consecutive Games Won, One Season

11 2005
8 1984
5 1986, 1999

Most Consecutive Games Won, Start of Season

3 1986, 1998, 2003, 2004
2 1984, 1985, 1988, 1994

Most Consecutive Games Won, End of Season

5 1986
3 2002

Most Consecutive Home Games Won

10 2002-04
2004-05
8 1983-84
5 1986-1987, 1990-91

Most Consecutive Road Games, Won

5 1979-80
2005
4 1984

Most Shutout Games Won or Tied, Season

3 1984
2 1986
1 7 Times (Last: 2005)

Most Consec. Shutout Games Won or Tied, Season

2 1984
1 10 Times (Last: 2005)

Most Consecutive Overtime Games Won, Season

2 1990 (Ties NFL record)

GAMES LOST

Most Consecutive Games Lost

10 1980-81
9 1976-77
8 1992

Most Games Lost, Season

14 1992
12 1976, 1980
10 1981, 1993, 1994, 2000

Most Consecutive Games Lost, One Season

9 1980
8 1992
6 1994

Most Consecutive Games Lost, Start of Season

5 1976
4 1977
3 1990, 1996, 2002

Most Consecutive Games Lost, End of Season

9 1980
5 1976
4 1992

Most Consecutive Home Games Lost

8 1980
5 1992
4 1976, 1976-77

Most Consecutive Road Games Lost

8 1976-77, 1980-81
7 1992-93
6 2003

Most Shutout Games Lost or Tied, Season

2 1992
1 7 Times (Last: 2000)

Most Consec. Shutout Games, Lost or Tied, Season

2 1992
1 7 Times (Last: 2000)

Most Consecutive Overtime Games Lost, Season

1 15 Times (Last: 2005)

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 9 Times (Last: at Miami 9/3/00)

Most Points, Both Teams, Game99 Seattle (51) vs. Kansas City (48)
11/27/83 (OT)
85 Seattle (41) at Baltimore (44) 11/23/03
(OT)
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**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
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
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
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
112 1982-89
95 2000-05**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 10 Times (Last: at Philadelphia 12/5/05)**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 5 Times (Last: Seattle [5] vs. Dallas [5]
12/6/04)**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 10Times (Last: at Philadelphia 12/5/05)

Most Points After Touchdown, Both Teams, Game

- 12 Seattle (6) vs. Kansas City (6) 11/27/83 (OT)
- 10 3Times (Last: Seattle [5] at Baltimore [5] 11/23/03)

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 28Times (Last: vs. Dallas 12/6/04)

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 13Times (Last: vs. Dallas 12/6/04)

FIELD GOALS**Most Field Goals Attempted, Season**

- 40 1999
- 35 1986
- 34 1996

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 5Times (Last: vs. Buffalo 12/18/96)

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
- 8 Seattle (5) vs. L.A. Raiders (3) 12/18/88 Seattle (2) at San Diego (6) 9/5/93 Seattle (3) vs. Denver (5) 12/19/95 (OT)

Most Field Goals, Season

- 34 1999
- 28 1996
- 25 1991

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 13Times (Last: at St. Louis 11/14/04)

Most Field Goals, Both Teams, Game

- 8 Seattle (5) vs. L.A. Raiders (3) 12/18/88
- 7 8Times (Last: Seattle (3) vs. Arizona (4) 9/25/05)

Most Consecutive Games Scoring Field Goals

- 19 2002-03
- 15 1990-91
- 12 1997-98

SAFETIES**Most Safeties, Season**

- 4 1993 (ties NFL record)
- 1 11Times (Last: 2003)

Most Safeties, Game

- 1 15Times (Last: at St. Louis 12/14/03)

Most Safeties, Both Teams, Game

- 2 Seattle (0) vs. Denver (2) 1/2/83 Seattle (1) vs. Cleveland (1) 11/14/93
- 1 38Times (Last: Seattle [0] at Arizona [1] 10/24/04)

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

- 208 2002
- 207 1997
- 192 2005

Fewest First Downs, Passing, Season

- 89 1982 (9 games)
- 114 1992
- 116 1977

Most First Downs, Passing, Game

- 21 vs. Denver 11/20/83
vs. Kansas City 11/24/02
- 20 vs. Denver 12/15/84
vs. Cleveland 11/30/03
- 19 5Times (Last: vs. Minnesota 12/12/04)

Fewest First Downs, Passing, Game

- 1 vs. L.A. Rams 11/4/79
vs. Oakland 12/22/96
- 2 5Times (Last: vs. Philadelphia 9/23/01)

Most First Downs, Penalty, Season

- 39 1978
- 35 2002
- 32 1999

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
- 1050 2002

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)
- 84 vs. Kansas City 9/29/85
vs. San Diego 11/22/87

Fewest Plays, Game

- 35 vs. L.A. Rams 11/4/79
- 41 vs. New England 12/4/88
- 42 vs. San Francisco 9/25/88
vs. Washington 12/23/89

Most Net Yards Gained, Season

- 5,915 2005
- 5,818 2002
- 5,759 1997

Fewest Net Yards Gained, Season

- 2,594 1982 (9 games)
- 3,374 1992
- 4,065 1976

Most Net Yards Gained, Game

- 591 at San Diego 12/29/02 (OT)
- 559 vs. Buffalo 10/30/77
- 554 vs. Oakland 10/26/97

Fewest Net Yards Gained, Game

- 7 vs. L.A. Rams 11/4/79 (NFL record)
- 62 at Dallas 10/11/92
- 65 vs. New England 12/4/88

Most Consecutive Games, 500 or More Yards Gained

- 2 2002

Most Consecutive Games, 400 or More Yards Gained

- 4 1986
- 2 13Times (Last: 2005)

Most Consecutive Games, 300 or More Yards Gained

- 9 1997
- 8 1996
- 7 1978-79

Most Games 500 Yards or More, Season

- 3 2002
- 2 1986
- 1 1977, 1979, 1983, 1997, 2004

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
- 587 2002
- 575 1985

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)
- 90 Seattle (37) vs. N.Y. Giants (53) 11/27/05 (OT)
- 87 Seattle (33) vs. Washington (54) 9/20/98
- Seattle (24) at N.Y. Jets (63) 12/6/98

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

- 361 2002
- 359 1997
- 317 2003

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
- 31 vs. Kansas City 9/27/81
- vs. Denver 11/20/83

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
- 56 Seattle (22) vs. San Diego (34) 9/15/85

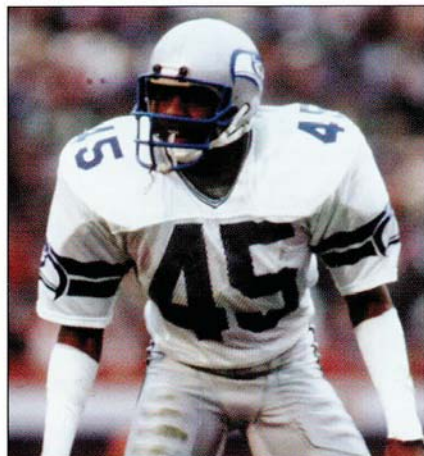
Fewest Passes Completed, Both Teams, Game

- 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
- 3,959 1997
- 3,618 2003



S Kenny Easley (1981-87)

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)
 61.50 2002 (587-361)
 60.84 2003 (521-317)

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
 28 1985

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)

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)
 7 6Times (Last: Seattle [5] vs. Oakland [2] 10/26/97)

PASSES HAD INTERCEPTED**Most Passes Had Intercepted, Season**

32 1977
 30 1976
 26 1984, 1991

Fewest Passes Had Intercepted, Season

9 1994
 10 2005
 12 2001

Most Passes Had Intercepted, Game

6 vs. Detroit 10/24/76
 vs. Kansas City 12/9/84
 5 3Times (Last: vs. Tampa Bay 11/28/99)

PUNTING**Most Punts, Season**

108 1992
 95 1984
 91 1985, 1993, 1994

Fewest Punts, Season

49 1982 (9 games)
 61 1987, 2002
 64 1977

Most Punts, Game

12 vs. Denver 11/28/93
 11 3Times (Last: vs. Philadelphia 12/13/92 [OT])

Fewest Punts, Game

1 12Times (Last: vs. Houston 10/16/05)

AVERAGE YARDAGE**Highest Average Distance, Punting, Season**

45.00 1995 (83-3,735)
 44.07 1992 (108-4,760)
 44.05 1998 (81-3,568)

Lowest Average Distance, Punting, Season

36.42 1978 (69-2,513)
 37.40 1976 (82-3,067)
 37.55 1984 (95-3,567)

HAD BLOCKED**Most Punts Had Blocked, Season**

3 1979
 2 1976, 1977, 1980, 1997, 2003, 2004

Most Punts Had Blocked, Game

2 vs. Kansas City 9/30/79
 1 18Times (Last: vs. Atlanta 1/02/05)

Most Consecutive Punts Without A Block

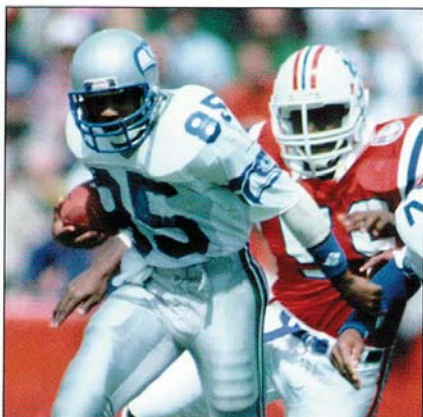
612 1980-88
 521 1989-93
 254 1993-96, 1997-00

INSIDE THE 20**Most Punts Inside Opponents' 20-Yard Line, Season**

34 1999
 33 1994
 29 1992, 2003

Fewest Punts Inside Opponents' 20-Yard Line, Season

9 1982 (9 games)
 10 1977, 1986
 11 1979, 1991



WR Paul Johns (1981-84).

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**

- 53 1985
- 44 1984
- 41 1980, 1998

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 6Times (Last: vs. Denver 10/11/98)

Fewest Punt Returns, Game

- 0 45Times (Last: vs. Indianapolis 12/24/05)

FAIR CATCHES**Most Fair Catches, Season**

- 27 1992
- 26 2004
- 24 1999

Fewest Fair Catches, Season

- 4 1977
- 5 1978
- 6 3Times (Last: 1983)

Most Fair Catches, Game

- 5 6Times (Last: vs. Dallas 10/23/05)

YARDS GAINED**Most Yards, Punt Returns, Season**

- 484 1984
- 483 1985
- 457 1986

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 10Times (Last: 2003)

Most Touchdowns, Punt Returns, Game

- 1 12Times (Last: vs. Detroit 11/16/03)

KICKOFF RETURNS**Most Kickoff Returns, Season**

- 80 2000
- 79 1976
- 76 1997

Fewest Kickoff Returns, Season

- 29 1982 (9 games)
- 50 1990, 1992, 1993

Most Kickoff Returns, Game

- 9 vs. New Orleans 11/21/76
vs. Kansas City 11/27/83 (OT)
- 8 13Times (Last: vs. Indianapolis 10/15/00)

Fewest Kickoff Returns, Game

- 0 4Times (Last: at Detroit 10/17/93)

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 4 Times (Last: at Detroit 10/17/93)

AVERAGE YARDAGE

Highest Average, Kickoff Returns, Season

24.15 2000 (80-1,932)
23.59 1998 (64-1,510)
22.75 1999 (68-1,547)

Lowest Average, Kickoff Returns, Season

17.70 1992 (50-885)
18.52 1981 (69-1,278)
18.62 1993 (50-931)

TOUCHDOWNS

Most Touchdowns, Kickoff Returns, Season

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

FUMBLES

Most Fumbles, Season

43 1989
41 1981
38 1980

Fewest Fumbles, Season

18 2005
19 2004
21 1982 (9 games)

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

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 Rec., Season, Own and Opponents

44 1983 (16 own, 28 opp)
41 1981 (14 own, 27 opp)
37 1987, 1989

Fewest Fumbles Rec., Season, Own & Opponents

17 1999
18 1982 (9 games)
19 1995

Most Fumbles Rec., Game, Own & Opponents

8 vs. Cleveland 12/20/81 (1 own, 7 opp)
7 vs. Chicago 12/20/87 (4 own, 3 opp)
vs. San Diego 11/25/90 (4 own, 3 opp)

Most Own Fumbles Recovered, Season

24 1989
22 1980
17 1992

Fewest Own Fumbles Recovered, Season

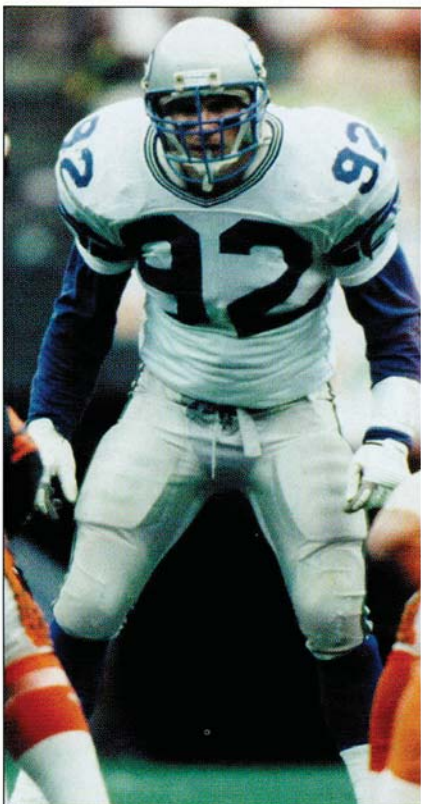
8 1984, 2003, 2004
9 1976, 1979, 1991, 2005

Most Opponents Fumbles Recovered, Season

28 1983
27 1981
25 1984

Fewest Opponents Fumbles Recovered, Season

6 1989
8 1982
9 1995



LB Dave Wyman (1987-92)
Seahawks Broadcasting Analyst

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 7 Times (Last: 2003)

Most TDs, Fumbles Recovered, Game, Own and Opponents

- 2 4 Times (Last: at New York Giants 12/23/01 [Seattle-1, NY-1])
- 1 47 Times (Last: at Philadelphia 12/5/05 [opp])

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)

Most Turnovers, Game

- 8 vs. Detroit 10/24/76 (6 ints, 2 fums)
- vs. Denver 11/20/83 (4 ints, 4 fums)
- 7 4 Times (Last: at Arizona 10/29/95 [OT] [4 ints, 3 fums])

Most Turnovers, Both Teams, Game

- 14 Seattle (4) vs. Cleveland (10) 12/20/81
- 11 Seattle (7) vs. Kansas City (4) 9/29/85
- Seattle (8) at Arizona (3) 10/29/95 (OT)
- Seattle (3) vs. San Diego (8) 12/13/98

Fewest Turnovers, Both Teams, Game

- 0 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

PENALTIES**Fewest Penalties, Season**

- 59 1982 (9 games)
- 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
- 1 7 Times (Last: vs. Atlanta 1/2/05)

Most Penalties, Game

- 17 vs. Green Bay 10/21/84
- 15 vs. Tampa Bay 10/17/76
- vs. San Diego 10/9/83

Fewest Penalties, Both Teams, Game

- 2 Seattle (1) vs. Oakland (1) 12/5/99
- 4 Seattle (2) at N.Y. Jets (2) 12/19/04
- 5 Seattle (3) vs. Detroit (2) 12/2/84
- Seattle (5) vs. New Orleans (0) 11/10/85
- Seattle (3) vs. Kansas City (2) 12/1/91
- Seattle (1) vs. St. Louis (4) 9/10/00
- Seattle (1) at Cleveland (4) 9/9/01

Most Penalties, Both Teams, Game

- 35 Seattle (15) vs. Tampa Bay (20) 10/17/76
- 30 Seattle (13) vs. Kansas City (17) 11/8/98
- 28 Seattle (17) vs. Green Bay (11) 10/21/84

YARDS PENALIZED**Fewest Yards Penalized, Season**

- 523 1982 (9 games)
- 579 2001
- 666 1977

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
- 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
- 26 Seattle (10) vs. St. Louis (16) 9/10/00
- 27 Seattle (20) vs. Kansas City (7) 12/1/91

Most Yards Penalized, Both Teams, Game

- 310 Seattle (120) vs. Tampa Bay (190) 10/17/76
- 273 Seattle (145) vs. Denver (128) 12/8/79
- 248 Seattle (96) vs. Kansas City (152) 11/8/98

TIME OF POSSESSION**Highest Average Time of Possession, Season**

- 30:47 1990, 1997
- 30:46 1984

Lowest Average Time of Possession, Season

- 26:59 1981
- 27:05 1998
- 27:16 1977

Highest Time of Possession, Game

- 41:35 vs. San Diego 11/22/87
- 40:21 vs. Denver 10/22/89 (OT)
- 39:55 vs. Pittsburgh 10/20/91

Lowest Time of Possession, Game

- 14:28 vs. L.A. Rams 11/4/79
- 17:10 vs. San Francisco 9/25/88
- 17:58 vs. New England 12/19/82

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 12 Times (Last: at Philadelphia 12/5/05)

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 41 Times (Last: vs. San Francisco
12/11/05)

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
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

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
86 1982 (9 games), 1990
90 1985

Most First Downs Allowed, Rushing, Season

175 1981
166 1976
153 1978

Fewest First Downs Allowed, Rushing, Game

0 at Green Bay 12/9/90
1 10 Times (Last: vs. San Francisco
9/26/04)

Most First Downs Allowed, Rushing, Game

19 vs. New Orleans 11/21/76
18 3 Times (Last: at Kansas City 11/22/81)

Fewest First Downs Allowed, Passing, Season

68 1982 (9 games)
125 1977
129 1992

Most First Downs Allowed, Passing, Season

197 1998
195 1983
194 2005

Fewest First Downs Allowed, Passing, Game

2 3 Times (Last: at Indianapolis 9/14/97)

Most First Downs Allowed, Passing, Game

27 at San Diego 9/15/85
21 at N.Y. Jets 12/6/98
20 5 Times (Last: at San Diego 12/30/01)

Fewest First Downs Allowed, Penalty, Season

12 1991
13 1982 (9 games)
16 1987, 1988, 1989

Most First Downs Allowed, Penalty, Season

33 1979
30 1996
29 1984, 1998

Most First Downs Allowed, Penalty, Game

7 at Kansas City 10/17/96
5 5 Times (Last: vs. Denver 10/14/01)

OFFENSIVE PLAYS

Fewest Opponents Plays Allowed, Season

600 1982 (9 games)
950 1990
954 1987

Most Opponents Plays Allowed, Season

1137 1998
1126 1981
1104 1999

Fewest Opponents Plays Allowed, Game

39 vs. San Diego 11/22/87
41 vs. Pittsburgh 10/20/91
43 vs. L.A. Raiders 9/16/90

Most Opponents Plays Allowed, Game

95 vs. L.A. Rams 11/4/79
vs. Philadelphia 12/13/92 (OT)
89 vs. Minnesota 9/29/02
88 vs. Denver 10/29/78 (OT)

Fewest Opp. Plays Allowed, Rushing, Season

337 1982 (9 games)
413 1990
420 2005

Most Opponents Plays Allowed, Rushing, Season

614 1976
596 1977
588 1981

Fewest Opponents Plays Allowed, Rushing, Game

10 vs. Green Bay 12/9/90
12 vs. San Diego 11/22/87
vs. Minnesota 11/10/96

Most Opponents Plays Allowed, Rushing, Game

63 vs. L.A. Rams 11/4/79
61 vs. Cincinnati 10/11/87
60 2 Times (Last: vs. Pittsburgh 10/23/83)

Fewest Opponents Plays Allowed, Passing, Season

263 1982 (9 games)
367 1977
394 1976

Most Opponents Plays Allowed, Passing, Season

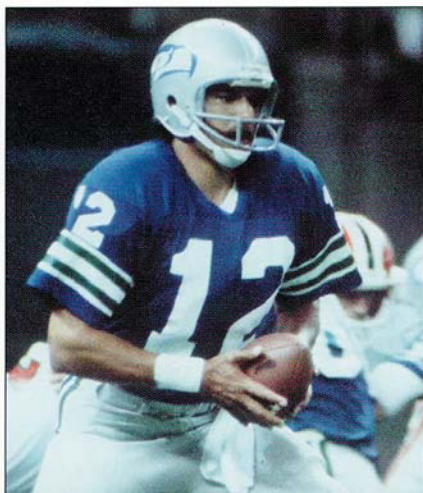
650 1998
633 1993
621 2005

Fewest Opponents Attempts Allowed, Passing, Game

9 at N.Y. Giants 10/25/92
10 vs. New England 12/4/88
11 vs. Cincinnati 10/11/87

Most Opponents Attempts Allowed, Passing, Game

63 at NY Jets 12/6/98
55 at Houston 11/7/93
54 vs. Washington 9/20/98



QB Sam Adkins (1977-82)
Seahawks Broadcasting Analyst

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 4 Times (Last: vs. Buffalo 11/28/04)

PASSING**Fewest Net Yards Allowed, Passing, Season**

1,333 1982 (9 games)
2,333 1977
2,524 1976

Most Net Yards Allowed, Passing, Season

3,937 2000
3,831 1983
3,690 1998

Fewest Net Yards Allowed, Passing, Game

12 at Philadelphia 9/6/98
15 vs. Kansas City 9/30/79
23 at Indianapolis 9/4/97

Most Net Yards Allowed, Passing, Game

- 494 vs. San Diego 9/15/85
 427 vs. N.Y. Jets 11/2/86
 418 at N.Y. Jets 12/6/98

Fewest Touchdowns Allowed, Passing, Season

- 4 1982 (9 games)
 11 1992
 15 1994

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 13 Times (Last: at Balt 11/23/03) (OT)

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 vs. Philadelphia 11/23/86
 vs. Buffalo 12/8/96
 at Philadelphia 9/6/98

Most Opp. Yards Lost Attempting to Pass, Season

- 464 1985
 398 1984
 351 1983

Fewest Opp. Yards Lost Attempting to Pass, Season

- 131 1977
 135 1982 (9 games)
 152 2000

Most Opp. Yards Lost Attempting to Pass, Game

- 89 vs. Philadelphia 12/13/92 (OT)
 68 vs. L.A. Raiders 12/8/86
 65 vs. L.A. Raiders 10/16/83

INTERCEPTIONS**Most Seasons Leading League**

- 1 1984, 1999

Most Passes Intercepted By, Season

- 38 1984
 30 1999
 26 1983

Fewest Passes Intercepted By, Season

- 9 1989
 12 1990
 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

Most Consecutive Games, One or More Interceptions By

- 17 1983-84
 12 2002-03
 11 1993

Most Yards, Returning Interceptions, Season

- 697 1984 (3rd in NFL history)
 455 1998
 397 1981

Fewest Yards Returning Interceptions, Season

- 57 1989
 95 1980
 127 1995

Most Yards Returning Interceptions, Game

- 325 vs. Kansas City 11/4/84 (NFL record)
 148 at Philadelphia 12/5/05
 125 vs. Cleveland 12/20/81

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
 1 41 Times (Last: vs. Miami 11/21/04)

Most TDs Returning Interceptions, Both Teams, Game

- 4 Seattle (4) vs. Kansas City (0) 11/4/84 (NFL record)
 2 8 Times
 (Last: Seattle [2] at Philadelphia [0] 12/5/05)

PUNTING**Fewest Opponent Punts, Season**

- 50 1982 (9 games)
 54 1977
 55 1981

Most Opponent Punts, Season

- 97 1985
 96 1992
 83 1984

Fewest Opponent Punts, Game

- 0 at Oakland 12/16/79
 vs. Oakland 12/5/99
 at N.Y. Jets 12/19/04
 1 20 Times (Last: at Arizona 11/6/05)

Most Opponent Punts, Game

- 11 at Denver 10/25/85 (OT)
 vs. Denver 11/30/92 (OT)
 10 2 Times (Last: vs. Philadelphia 12/13/92 [OT])

AVERAGE YARDAGE**Highest Opponent Average, Punting, Season**

43.55 1998 (78-3,397)
 42.58 1995 (81-3,449)
 42.49 1981 (55-2,337)

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: Pittsburgh 11/2/03)

Most Consecutive Opponent Punts Without A Block

512 1994-00
 258 1987-91
 228 1991-94

INSIDE THE 20**Most Opponent Punts Inside the Opponents' 20, Season**

31 2004
 25 1994, 2001
 24 1995

Fewest Opp. 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
 133 vs. Oakland 11/15/98
 110 at L.A. Raiders 12/12/93
 at Denver 12/19/99 (OT)

Seasons Leading League, Lowest Average Allowed, Punt Returns

1 1981, 1983, 1988, 2003

Lowest Average Allowed, Punt Returns, Season

3.63 1982 (19-69) (9 games)
 4.64 1981 (33-153) (Led NFL)
 4.72 2000 (32-151) (Led AFC)

Highest Average Allowed, Punt Returns, Season

12.31 1996 (52-640)
 12.18 1997 (38-463)
 11.88 2002 (17-202)

Longest Return Allowed, Game

91 vs. N.Y. Jets 11/9/87 (TD)
 89 at Baltimore 12/7/97 (TD)
 at San Francisco 12/1/02 (TD)
 86 vs. Kansas City 11/22/92 (TD)
 vs. Denver 10/14/01 (TD)

Most Touchdowns Allowed, Punt Returns, Season

2 1990, 1997
 1 10Times (Last: 2002)

Most Touchdowns Allowed, Punt Returns, Game

2 at Baltimore 12/7/97
 1 12Times (Last: at San Francisco 12/1/02)

KICKOFF RETURNS**Fewest Opponent Kickoff Returns, Season**

24 1982 (9 games)
 36 1992
 44 1989

Most Opponent Kickoff Returns, Season

82 2005
 81 1999
 79 2003

Fewest Opponent Kickoff Returns, Game

0 7Times (Last: vs. Denver 11/28/93)

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
 1,779 1997
 1,677 2004

Fewest Yards Allowed, Kickoff Returns, Game

0 8Times (Last: vs. N.Y. Jets 8/31/97)

Most Yards Allowed, Kickoff Returns, Game

230 vs. Kansas City 9/20/87
223 vs. Oakland 10/26/97
220 vs. Oakland 11/11/01

Most Seasons Leading League, Lowest

Average Allowed, Kickoff Returns
1 1982, 1983

Lowest Average Allowed, Kickoff Returns, Season

15.04 1982 (24-361) (Led NFL) (9 games)
16.14 1983 (59-952) (Led NFL)
16.66 1984 (67-1,116)

Highest Average Allowed, Kickoff Returns, Season

24.80 1977 (50-1,240)
23.84 1995 (70-1,669)
23.10 1997 (77-1,779)

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 10Times (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 4Times (Last: vs. Miami 10/6/96)

TAKEAWAYS

(Number of times taking ball from opponent on interceptions and fumbles)

Most Seasons Leading League in Most Takeaways

1 1984

Fewest Opponent Turnovers, Season

21 1982 (13 ints, 8 fums) (9 games)
22 1989 (9 ints, 13 fums)
25 1995 (16 ints, 9 fums)

Most Opponent Turnovers, Season

63 1984 (38 ints, 25 fums) (2nd in NFL history)
54 1983 (26 ints, 28 fums)
48 1981 (21 ints, 27 fums)

Most Opponent Turnovers, Game

10 vs. Cleveland 12/20/81 (3 ints, 7 fums)
8 3Times (Last: vs. San Diego 12/13/98 [7 int, 2 fums])

TIME OF POSSESSION

Lowest Average Time of Possession Allowed, Season

29:13 1990, 1997
29:14 1984

Highest Average Time of Possession Allowed, Season

33:01 1981
32:55 1998
32:44 1977

Least Time of Possession Allowed, Game

18:25 vs. San Diego 11/22/87
20:05 vs. Pittsburgh 10/20/91
20:50 vs. Oakland 11/17/80

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)



K Norm Johnson (1982-90)

OPPONENT RECORDS

SCORING

POINTS

Most Points, Game

- 24 Terdell Middleton, at Green Bay (Milwaukee), 10/15/78 (4TDs)
- Roy Green, at St. Louis 11/13/83 (4TDs)
- Marshall Faulk, at St. Louis 10/20/02 (4TDs)
- Marcus Robinson, at Baltimore 11/23/03 (4TDs)
- Willis McGahee, vs. Buffalo 11/28/04 (4TDs)
- 20 Joe Danelo, vs. N.Y. Giants 10/18/81 (6 FGs, 2 PATs)

TOUCHDOWNS

Most Touchdowns, Game

- 4 Terdell Middleton, at Green Bay (Milwaukee), 10/15/78 (4-R)
- Roy Green, at St. Louis 11/13/83 (4-P)
- Marshall Faulk, at St. Louis 10/20/02
- Marcus Robinson, at Baltimore 11/23/03 (4-P)
- Willis McGahee, vs. Buffalo 11/28/04 (4-R)
- 3 14 Times (Last: Julius Jones, vs. Dallas 12/6/04 [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 25 Times (Last: Team, vs. Detroit 9/12/99)

RUSHING

ATTEMPTS

Most Attempts, Game

- 39 Earl Campbell, at Houston 10/11/81
- 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
- 208 Terrell Davis, vs. Denver 10/11/98

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

- 91 Bo Jackson, vs. L.A. Raiders 11/30/87 (TD)
- 84 Ted McKnight, vs. Kansas City 9/30/79 (TD)
- 80 Tyrone Wheatley, at Oakland 10/22/00 (TD)
- Mike Anderson, vs. Denver 11/26/00 (TD)

AVERAGE GAIN

Highest Average Gain, Game (10 or More Attempts)

- 12.28 Bo Jackson, vs. L.A. Raiders 11/30/87 (18-221)
- 12.25 Ted McKnight, vs. Kansas City 9/30/79 (12-147)

11.00 Tony Reed, at Kansas City 12/17/78 (11-121)

TOUCHDOWNS

Most Touchdowns, Game

- 4 Terrell Middleton, at Green Bay (Milwaukee), 10/15/78
Willis McGahee, vs. Buffalo 11/28/04
- 3 7 Times (Last: Julius Jones, vs. Dallas 12/6/04)

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)
- 81.25 Ken O'Brien, vs. N.Y. Jets 11/2/86 (32-26)
- 80.95 Pat Haden, vs. L.A. Rams 11/4/79 (21-17)

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 13 Times (Last: Anthony Wright, at Baltimore 11/23/03)

HAD INTERCEPTED

Most Passes Had Intercepted, Game

- 5 Ken Stabler, at Houston 10/5/80
Craig Whelihan, vs. San Diego 12/13/98
- 4 13 Times (Last: Brett Favre, at Green Bay 11/1/99)

MOST ATTEMPTS, NO INTERCEPTIONS, GAME

- 52 Ryan Leaf, vs. San Diego 10/25/98
- 47 Kerry Collins, at N.Y. Giants 12/23/01
- 45 Tony Eason, at New England 9/21/86

RECEIVING

Most Pass Receptions, Game

- 13 Wes Chandler, at San Diego 9/15/85
Tony Martin, at San Diego 9/10/95
- 12 Gary Clark, vs. Phoenix 12/19/93 (OT)

YARDS GAINED

Most Yards Gained, Game

- 243 Wes Chandler, at San Diego 9/15/85
- 195 Al Toon, vs. N.Y. Jets 11/2/86
- 173 Marcus Allen, at L.A. Raiders 10/7/84

Longest Pass Reception

- 99 Tony Martin, from Stan Humphries, vs. San Diego 9/18/94 (TD) (ties NFL record)
- 92 Marcus Allen, from Marc Wilson, at L.A. Raiders 10/7/84
Derrick Alexander, from Eric Zeier, at Baltimore 12/7/97

Games, 2 or More Players with 100 or More Yards Receiving

- 12 Times (Last: Jeremy Shockey (127) and Plaxico Burress (109), vs. N.Y. Giants 11/27/05)

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 5 Times (Last: Roy Green, vs. Phoenix 9/17/89)

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) (T3rd in NFL history)
 83 Fred Marion, vs. New England 11/17/85
 82 Carlton Williamson, at San Francisco 11/25/85

TOUCHDOWNS**Most Touchdowns, Game**

- 1 43 Times (Last: DeAngelo Hall, vs. Atlanta 1/2/05)

PUNTING**Most Punts, Game**

- 11 Chris Norman, at Denver 10/20/85 (OT)
 Ruben Rodriguez, vs. Denver 11/30/92 (OT)
 10 Jeff Gossett, vs. L.A. Raiders 10/18/92
 Jeff Feagles, vs. Philadelphia 12/13/92 (OT)

Longest Punt

- 69 Shane Lechler, at Oakland 10/22/00
 68 Josh Miller, at Pittsburgh 9/26/99
 67 David Lee, Baltimore 11/12/78
 Brian Hansen, at New England 10/7/90
 Michael Koenen, vs. Atlanta 9/18/05

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)
 54.00 Scott Player, at Arizona 9/14/03 (4-216)

INSIDE THE 20**Most Punts Inside the 20, Game**

- 5 Mat McBriar, vs. Dallas 10/23/05
 4 14 Times (Last: Chris Hanson at Jacksonville 9/11/05)

TOUCHBACKS**Most Touchbacks, Game**

- 3 George Roberts, at Miami 9/9/79
 Max Runager, at San Francisco 11/25/85
 Louie Aguar, vs. Kansas City 9/15/96
 John Kidd, vs. Miami 10/6/96
 2 21 Times (Last: Michael Koenen, vs. Atlanta 9/18/05)

HAD BLOCKED**Most Punts Had Blocked, Game**

- 2 John Kidd, vs. Buffalo 10/14/84
 Rich Camarillo, at New England 9/21/86
 1 19 Times (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
 110 Tim Brown, at L.A. Raiders 12/12/93
 Tim Watson, at Denver 12/19/99 (OT)

Longest Punt Return

- 91 JoJo Townsell, vs. N.Y. Jets 11/9/87 (TD)
 89 Jermaine Lewis, at Baltimore 12/7/97 (TD)
 Jimmy Williams, at San Francisco 12/1/02 (TD)
 86 Dale Carter, vs. Kansas City 11/22/92 (TD)
 Deltha O'Neal, vs. Denver 10/14/01 (TD)

AVERAGE YARDAGE**Highest Average, Game (Minimum 3 Returns)**

- 36.80 Jermaine Lewis, at Baltimore 12/7/97 (5-184)
 32.67 David Meggett, at N.Y. Giants 11/19/89 (3-98)
 31.67 JoJo Townsell, at N.Y. Jets 11/9/87 (3-95)

TOUCHDOWNS

- 2 Jermaine Lewis, at Baltimore 12/7/97
 1 12 Times (Last: Jimmy Williams, at San Francisco 12/1/02)

KICKOFF RETURNS**Most Kickoff Returns, Game**

- 10 Desmond Howard, vs. Oakland 10/26/97
 9 Paul Palmer, at Kansas City 9/20/87
 8 By 3 Players (Last: Andre Coleman, vs. San Diego 10/27/96)

YARDS GAINED**Most Yards Gained, Game**

- 223 Desmond Howard, vs. Oakland 10/26/97
 221 Paul Palmer, at Kansas City 9/20/87
 220 Terry Kirby, vs. Oakland 11/11/01
Longest Kickoff Return
 99 Chris Johnson, at StL 10/9/05 (TD)
 Tamarick Vanover, vs. KC 9/3/95 (TD)
 95 Steve Odom, at Green Bay (Milwaukee), 10/15/78 (TD)
 Tim Brown, L.A. Raiders 11/28/88
 Mel Gray, at Detroit 10/17/93 (TD)
 MarTay Jenkins, vs. Arizona 9/15/02 (TD)

HIGHEST YARDAGE**Highest Average, Game (Minimum 3 Returns)**

- 48.33 Byron Hanspard, vs. Atlanta 11/30/97 (3-145)
 44.33 Paul Palmer, at Kansas City 12/27/87 (3-133)
 40.25 MarTay Jenkins, vs. Arizona 9/15/02 (4-161)

TOUCHDOWNS**Most Touchdowns, Game**

- 1 By 10 Players (Last: Chris Johnson, at St. Louis 10/9/05 [99 yards])

COMBINED KICK RETURNS**Most Combined Kick Returns, Game**

- 11 By 4 Players (Last: Tamarick Vanover, vs. KC 12/26/99)
- 10 Rolland Lawrence, vs. Atlanta 11/7/76 (7-P, 3-K)
Glyn Milburn, at Denver 12/10/95 (5-P, 5-K)

YARDS GAINED**Most Yards Returned, Game**

- 275 Jermaine Lewis, vs. Baltimore 12/7/97
- 228 Glyn Milburn, at Denver 12/10/95 (95-P, 133-K)
- 223 Desmond Howard, vs. Oakland 10/26/97 (223-K)

TOUCHDOWNS**Most Touchdowns, Game**

- 2 Jermaine Lewis, at Baltimore 12/7/97
- 1 22 Times (Last: Chris Johnson, at St. Louis 10/9/05)

COMBINED NET YARDS GAINED

Yards Gained Via Rushing, Receiving, Interception Returns, Punt Returns, Kickoff Returns, and Fumble Returns

ATTEMPTS**Most Attempts, Game**

- 42 Earl Campbell, at Houston 10/11/81
- 39 Barry Foster, at Pittsburgh 12/6/92
Marshall Faulk, at St. Louis 10/20/02
- 39 Edgerrin James, vs. Indianapolis 10/15/00

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. KC 11/24/02

TACKLES**Most Tackles, Game**

- 19 Randy Gradishar, vs. Denver 10/29/78
- 16 5 Times (Last: Dino Hackett, at Kansas City 9/20/87)

SACKS**Most Sacks, Game**

- *7.0 Derrick Thomas, at Kansas City 11/11/90
- 4.0 By 3 Players (Last: Leslie O'Neal, vs. San Diego 10/22/95)

FORCED FUMBLES**Most Forced Fumbles, Game**

- 2 17 Times (Last: Gerald McBurrows at Atlanta 12/15/02)

FUMBLES**Most Fumbles, Game**

- 5 Dave Walter, vs. Cincinnati 10/11/87
- 4 3 Times (Last: Craig Erickson, vs. Miami 10/6/96)

Most Own Fumbles Recovered, Game

- 3 Craig Erickson, at Miami 10/6/96
- 2 15 Times (Last: Josh McCown, vs. Arizona 9/14/03)

Most Opponents' Fumbles Recovered, Game

- 2 9 Times (Last: Blaine Bishop, vs. Tennessee 10/5/97)

Longest Fumble Return

- 86 Derrick Thomas, vs. Kansas City 12/5/93 (TD)
- 75 Ray Bentley, vs. Cincinnati 9/6/92 (TD)
- 46 Lucius Sanford, vs. Buffalo 10/14/84 (TD)

TOUCHDOWNS**Most Touchdowns, Game (Opponents' Recovered)**

- 1 22 Times (Last: 13 yards, Michael Strahan, at N.Y. Giants 12/23/01)

Most Touchdowns, Game (Own Recovered)

- 1 4 Times (Last: Travis Minor, vs. Miami 10/28/01)

BLOCKED KICKS**Most Blocked Punts, Game**

- 1 16 Times (Last: Andre King, vs. Cleveland 11/30/03)

Most Blocked Field Goals, Game

- 1 12 Times (Last: Antwan Odom, at Tennessee 12/18/05)

Most Blocked PATs, Game

- 1 8 Times (Last: A. Smith, at Arizona 11/6/05)

Most Blocked Kicks (Field Goals and PATs), Game

- 1 31 Times (Antwan Odom, at Tennessee 12/18/05)

Longest Return of Blocked Punt

- 23 Frank Duncan, vs. San Diego 9/7/80
- 0 6 Times (Last: Jessie Small, at Philadelphia 9/10/89)

Longest Return of Blocked Field Goal

- 58 Dave Waymer, vs. New Orleans 10/16/88 (TD)
- 0 8 Times (Last: Randy Starks, at Tennessee 12/18/05)

Touchdowns with Blocked Kick Recovery

- 1 Dave Waymer, New Orleans 10/16/88 (FG, 58 yds)
Albert Lewis, at Kansas City 1/2/94 (punt, 0 yds)

INDIVIDUAL POSTSEASON RECORDS

SERVICE

Most Games, Career

- 7 Edwin Bailey, 1983-84, 1987-88
- Jeff Bryant, 1983-84, 1987-88
- Greg Gaines, 1983-84, 1987-88
- Jacob Green, 1983-84, 1987-88
- Norm Johnson, 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
- Mike Tice, 1983-84, 1987-88

6 8 players

Most Starts, Career

- 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

6 4 players

SCORING

POINTS

Most Points, Career

- 39 Josh Brown, 2003-05
(9 FG, 12 PAT) 5 games
- 38 Norm Johnson, 1983-84, 1987-88
(8 FG, 14 PAT) 7 games
- 30 Shaun Alexander, 2003-05 (5 TD) 5 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
- 10 Josh Brown vs Car, 1/22/06 (2 FG, 4 PAT)

TOUCHDOWNS

Most Touchdowns, Career

- 5 Shaun Alexander, 2003-05 (5-R)
- 4 Steve Largent, 1983-84, 1987-88 7 games (4-P)
- 3 Darrell Jackson, 2003-05 (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

Most Consecutive Games Scoring Touchdown

- 3 Darrell Jackson, 2003-05
- 2 Steve Largent, 1984, 1987
- Jerramy Stevens, 2005

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Career

- 14 Norm Johnson, 1983-84, 1987-88, 7 games (15 att)
- 12 Josh Brown, 2003-05, 5 games (12 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)

FIELD GOALS

Most Field Goals Attempted, Career

- 12 Josh Brown, 2003-2005 (5 games)
- 10 Norm Johnson, 1983-84, 1987-88 (7 games)

Most Field Goals Attempted, Game

- 3 3 Times (Last: Josh Brown, vs. Pittsburgh 2/5/06)
- 2 5 Times (Last: Josh Brown, vs. St. Louis 1/8/05)

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)
- 48 Norm Johnson, at Miami 12/31/83 (blk)

Most Field Goals, Career

- 9 Josh Brown, 2003-05, 12 games (12 att)
- 8 Norm Johnson, 1983-84, 1987-88, 7 games (10 att)

Most Field Goals, Game

- 2 7 Times (Last: Josh Brown, vs. Carolina 1/22/06 (2 att))

Most Consecutive Field Goals

- 8 Josh Brown, 2003-2005
- 5 Norm Johnson, 1983-84
- 2 Norm Johnson, 1987

Longest Field Goal

- 50 Todd Peterson, vs. Miami 1/9/00
- 47 Josh Brown, vs. St. Louis 1/8/05
- 44 Norm Johnson, vs. L.A. Raiders 12/22/84

Highest Field Goal %, Career (min. 5 att.)

- 80.0 Norm Johnson, 1983-84, 1987-88, 7 games (8-10)
- 75.0 Josh Brown, 2003-05, 5 games (9-12)

SAFETIES

Most Safeties, Career

None

Most Safeties, Game

None

RUSHING

Most Attempts, Career

- 95 Shaun Alexander, 2003-05, 5 games
- 71 Curt Warner, 1983, 1988 4 games
- 39 Dan Doornink, 1983-84, 5 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
- 23 Curt Warner, vs. Denver 12/24/83

YARDS GAINED

Most Yards Gained, Career

- 321 Shaun Alexander, 2003-2005, 5 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

- 1 Dan Doornink, 1983-84
- Curt Warner, 1983
- Shaun Alexander, 2005

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
- 18 Shaun Alexander, vs. Carolina 1/22/06

AVERAGE GAIN

Highest Average Gain, Career (Min. 30 Attempts)

- 4.13 Dan Doornink, 1983-84, 5 games (39-161)
- 3.84 David Hughes, 1983-84, 5 games (31-119)
- 3.51 Curt Warner, 1983, 1988 4 games (71-249)

Highest Average Gain, Game (Min. 20 attempts)

- 4.34 Dan Doornink, vs. L.A. Raiders 12/22/84 (29-126)
- 4.30 Curt Warner, vs. Denver 12/24/83 (23-99)
- 3.90 Curt Warner, at Miami 12/31/83 (29-113)

TOUCHDOWNS

Most Touchdowns, Career

- 5 Shaun Alexander, 2003-05, 5 games
- 2 Curt Warner, 1983, 1988, 4 games
- 1 David Hughes, 1983-84, 5 games
- Dave Krieg, 1983-84, 1987-88, 7 games

Most Touchdowns, Game

- 3 Shaun Alexander, at GB 1/4/04 (OT)
- 2 Curt Warner, at Miami 12/31/83
- Shaun Alexander, vs. Carolina 1/22/06
- 1 David Hughes, vs. Denver 12/24/83
- Dave Krieg, at Cincinnati 12/31/88

Most Consecutive Games Rushing for Touchdowns

- 1 David Hughes, 1983
- Curt Warner, 1983
- Dave Krieg, 1988
- Shaun Alexander, 2003, 2005

PASSING

PASS RATING

Highest Pass Rating, Career (Min. 100 attempts)

- 85.3 Matt Hasselbeck, 2003-05, 5 games
- 75.9 Dave Krieg, 1983-84, 1987-88, 7 games

ATTEMPTS

Most Passes Attempted, Career

- 191 Matt Hasselbeck, 2003-05, 5 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

- 114 Matt Hasselbeck, 2003-05, 5 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)

- 59.69 Matt Hasselbeck, 2003-2005, 5 games (191-114)
- 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)
- 61.5 Matt Hasselbeck, vs. Wash 1/14/06 (26-26)

YARDS GAINED

Most Yards Gained, Career

- 1,353 Matt Hasselbeck, 2003-05, 5 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)**

- 7.08 Matt Hasselbeck, 2003-05, 5 games (191-1,353)
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**

- 9 Dave Krieg, 1983-84, 1987-88, 7 games
6 Matt Hasselbeck, 2003-05, 5 games
2 Jim Zorn, 1983-84, 5 games

Most Touchdown Passes, Game

- 3 Dave Krieg, vs. Denver 12/24/83
2 4 Times (Last: Matt Hasselbeck vs. Carolina 1/22/06)

Most Consecutive Games, Touchdown Pass

- 4 Dave Krieg, 1984, 1987-88
Matt Hasselbeck, 2004-current
2 Dave Krieg, 1983

HAD INTERCEPTED**Lowest %, Passes Had Intercepted, Career (Min. 100 att)**

- 1.57 Matt Hasselbeck, 2003-05, 5 games (3-191)
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
28 Matt Hasselbeck, vs. Carolina 1/22/06

Most Passes Had Intercepted, Career

- 6 Dave Krieg, 1983-84, 1987-88, 7 games
3 Matt Hasselbeck, 2003-04, 2 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

Most Consecutive Passes Without Interception

- 109 Matt Hasselbeck, 2004-05
87 Dave Krieg, 1984, 1987-88
44 Matt Hasselbeck, 2003

PASS RECEIVING**RECEPTIONS****Most Receptions, Career**

- 23 Steve Largent, 1983-84, 1987-88, 7 games
22 Darrell Jackson, 2003-05, 5 games
18 Bobby Engram, 2003-05, 5 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

- 5 Bobby Engram, 2003-05
Darrell Jackson, 2003-05
4 Dan Doornink, 1983-84
Curt Warner, 1983, 1988
Jerramy Stevens, 2004-05

YARDS GAINED**Most Yards Gained, Career**

- 454 Darrell Jackson, 2003-05, 5 games
434 Steve Largent, 1983-84, 1987-88, 7 games
232 Bobby Engram, 2003-05, 5 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, 2003-05, 5 games
1 John L. Williams, 1987-88, 2 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

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)**

- 18.87 Steve Largent, 1983-84, 1987-88, 7 games (23-434)
15.27 Paul Johns, 1983, 3 games (11-168)
13.33 Itula Mili, 1999-2005, 3 games (12-160)

Highest Average Gain, Game (Min. 3 Receptions)

- 24.33 Ray Butler, vs. Houston 1/3/88 (3-73) (OT)
 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
 3 Darrell Jackson, 2003-05, 5 games
 2 Jerramy Stevens, 2003-05, 5 games

Most Touchdowns, Game

- 2 Steve Largent, at Houston 1/3/88 (OT)
 1 By 12 (Last: Jerramy Stevens, vs. Pittsburgh, 2/5/06)

Most Consecutive Games, Touchdown Passes Caught

- 2 Steve Largent, 1984, 1987
 Jerramy Stevens, 2005
 1 By 13 players

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, 2004-05, 4 games

Most Interceptions, Game

- 2 John Harris, at Miami 12/29/84
 1 By 10 (Last: Kelly Herndon, vs. Pittsburgh 2/5/06)

YARDS GAINED**Most Yards Gained, Career**

- 76 Kelly Herndon, 2005, 3 games
 45 John Harris, 1983-84, 5 games
 Kerry Justin, 1983, 3 games
 32 Marquand Manuel, 2004-05, 4 games

Most Yards Gained, Game

- 76 Kelly Herndon, vs. Pittsburgh 2/5/06
 45 Kerry Justin, vs. Denver 12/24/83
 John Harris, at Miami 12/29/84
 32 Marquand Manuel, vs. Carolina 1/22/06

Longest Return

- 76 Kelly Herndon, vs. Pittsburgh 2/5/06
 45 Kerry Justin, vs. Denver 12/24/83
 32 John Harris, at Miami 12/29/84
 Marquand Manuel, vs. Carolina 1/22/06

TOUCHDOWNS**Most Touchdowns, Career**

None

Most Touchdowns, Game

None

PUNTING**Most Punts, Career**

- 27 Jeff West, 1983-84, 5 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

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)

AVERAGE YARDAGE**Highest Average, Career (20 Punts)**

- 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**

- 7 Bobby Joe Edmonds, 1987-88, 2 games
 6 Kenny Easley, 1983-84, 1987, 6 games
 Peter Warrick, 2005, 3 games
 4 Paul Johns, 1983, 3 games
 Jimmy Williams, 3 games

Most Punt Returns, Game

- 5 Kenny Easley, vs. L.A. Raiders 12/22/84
 Bobby Joe Edmonds, at Cincinnati 12/31/88
 4 3 Times (Last: Peter Warrick, vs. Pittsburgh 2/5/06)

YARDS GAINED**Most Yards Gained, Career**

- 96 Bobby Joe Edmonds, 1987-88, 2 games
 58 Paul Johns, 1983, 3 games
 57 Kenny Easley, 1983-84, 1987, 6 games

Most Yards Gained, Game

- 66 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
 58 Paul Johns, vs. Denver 12/24/83
 52 Kenny Easley, vs. L.A. Raiders 12/22/84

Longest Return

- 54 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
 19 Paul Johns, vs. Denver 12/24/83
 17 Kenny Easley, vs. L.A. Raiders 12/22/84)

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**

- 11 Maurice Morris, 2003-04, 5 games
 8 Josh Scobey, 2005, 3 games
 7 Zachary Dixon, 1983, 3 games
 Bobby Joe Edmonds, 1987-88, 2 games
 David Hughes, 1983-84, 5 games

Most Kickoff Returns, Game

- 6 Maurice Morris, vs. St. Louis 1/8/05
 5 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
 4 Charlie Rogers, vs. Miami 1/9/00
 Maurice Morris, at Green Bay 1/4/04 (OT)

YARDS GAINED**Most Yards Gained, Career**

- 183 Zachary Dixon, 1983, 3 games
 179 Maurice Morris, 2003-04, 2 games
 163 David Hughes, 1983-84, 5 games

Most Yards Gained, Game

- 159 Charlie Rogers, vs. Miami 1/9/00
 109 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
 Maurice Morris, vs. St. Louis 1/8/05
 86 Zachary Dixon, at Miami 12/31/83

Longest Return

- 85 Charlie Rogers, vs. Miami 1/9/00 (TD)
 59 Zachary Dixon, at Miami 12/31/83
 35 Bobby Joe Edmonds, at Houston 1/3/88 (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)

Highest Average, Game (Minimum 3 Returns)

- 39.75 Charlie Rogers, vs. Miami 1/9/00
 21.80 Bobby Joe Edmonds, vs. Houston 1/3/88 (5-109) (OT)
 18.00 Zachary Dixon, at L.A. Raiders 1/8/84 (3-54)

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 7 players

Most Fumbles, Game

- 2 Koren Robinson, vs. St. Louis 1/8/05
 Jimmy Williams, vs. Washington 1/14/06
 1 9 Times

RECOVERIES**Most Own Fumbles Recovered, Career**

- 1 Ron Essink, 1983-84, 5 games
 Pete Metzelaars, 1983-84, 5 games
 Robbie Tobeck, 2003-04, 2 games
 Koren Robinson, 2003-04, 2 games

Most Opponents Fumbles Recovered, Career

- 2 Jeff Bryant, 1983-84, 1987-88, 7 games
 1 By 8 players

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**

- 48 Keith Butler, 1983-84, 1987, 6 games
 46 Kenny Easley, 1983-84, 1987, 6 games
 36 Jacob Green, 1983-84, 1987-88, 7 games

Most Tackles, Game

- 17 Brian Bosworth, at Houston 1/3/88 (OT)
 15 Eugene Robinson, at Houston 1/3/88 (OT)
 12 Kenny Easley, at Houston 1/3/88 (OT)

SACKS**Most Sacks, Career**

- 3.5 Jacob Green, 1983-84, 1987-88, 7 games
 3.0 Rocky Bernard, 2003-05, 5 games
 2.0 Greg Gaines, 1983-84, 1987-88, 7 games
 Chike Okeafor, 2003-04, 2 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

FUMBLES**Most Forced Fumbles, Career**

- 2 Jacob Green, 1983-84, 1987-88, 7 games
 Bruce Scholtz, 1983-84, 1987-88, 7 games
 1 By 7 players

Most Forced Fumbles, Game

- 1 By 11 players (Last: Jacob Green, at Cincinnati 12/31/88)

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**

- 3 2003-05
 2 1983-84, 1987-88,

Most Games

- 3 1983, 2005
 2 1984
 1 1987, 1988, 1999, 2003, 2004

Most Games Won

- 2 1983, 2005
 1 1984

Most Consecutive Games Won

- 2 1983, 2005
 1 1984

Most Consecutive Games Lost

- 6 1984-04
 1 1983, 2005

SCORING**Most Points, Game**

- 34 vs. Carolina 1/22/06
 31 vs. Denver 12/24/83
 27 at Miami 12/31/83
 at Green Bay 1/4/04 (OT)

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

- 60 (27) at Green Bay (33) 1/4/04 (OT)
 48 (34) vs. Pittsburgh (14) 1/22/06
 47 (27) at Miami (20) 12/31/83
 (20) vs. St. Louis (27) 1/8/05

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
 20 (34) vs. Carolina (14) 1/22/06
 10 (20) vs. Washington (10) 1/14/06

Most Points, Shutout Victory, Game

None

Most Points Overcome to Win Game

- 6 at Miami 12/31/83 (Trailed 7-13,
 Won 27-20)

Most Points, Each Half

- 1st: 20 vs. Carolina 1/22/06
 10 5 Times (Last: vs. St. Louis 1/8/05)
 2nd: 21 vs. Denver 12/24/83
 at Green Bay 1/4/04
 20 at Miami 12/31/83

Most Points, Each Quarter

- 1st: 10 vs. Carolina 1/22/06
 7 3 Times (Last: vs. Miami 1/9/00)
 2nd: 10 at Miami 12/29/84
 vs. Carolina 1/22/06
 7 Many Times
 3rd: 14 at Green Bay 1/4/04
 7 7 Times (Last: vs. Pittsburgh 2/5/06)
 4th: 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

TOUCHDOWNS**Most Touchdowns, Game**

- 4 vs. Denver 12/24/83
vs. Carolina 1/22/06
- 3 at Miami 12/31/83
at Green Bay 1/4/04

Fewest Touchdowns, Game

- 1 vs. L.A. Raiders 12/22/84
at Miami 12/29/84
vs. Pittsburgh 2/5/06
- 2 5 Times (Last: vs. St. Louis 1/8/05)

Most Touchdowns, Both Teams, Game

- 7 Seattle (3) at Green Bay (4) 1/4/04
- 6 Seattle (3) at Miami (3) 12/31/83
Seattle (4) vs. Carolina (2) 1/22/06
- 5 5 Times (Last: Seattle [2] vs. St. Louis [3] 1/8/05)

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)

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

Most PAT, Both Teams, Game

- 6 (3) at Green Bay (3) 1/4/04 (OT)
(4) vs. Carolina (2) 1/22/06
- 5 5 Times (Last: Seattle [2] vs. St. Louis [3] 1/8/05)

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
- 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 6 Times (Last: vs. Washington 1/14/06)

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

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

Most Field Goals Attempted, Both Teams, Game

- 7 Seattle (2) at Houston (5) 1/3/88 (OT)
- 5 Seattle (2) at Miami (3) 12/29/84
Seattle (2) at Green Bay (3) 1/4/04 (OT)

FIRST DOWNS**Most First Downs, Game**

- 27 vs. Carolina 1/22/06
- 24 vs. St. Louis 1/8/05
- 22 at Green Bay 1/4/04 (OT)

Fewest First Downs, Game

- 8 at Miami 12/29/84
- 11 at Houston 1/3/88 (OT)
- 12 vs. Miami 1/9/00

Most First Downs, Both Teams, Game

- 46 Seattle (24) vs. St. Louis (22) 1/8/05
- 44 Seattle (22) at Green Bay (22) 1/4/04 (OT)
- 42 Seattle (21) at Miami (21) 12/31/83

Fewest First Downs, Both Teams, Game

- 26 Seattle (15) vs. Washington (11) 1/14/06
- 30 Seattle (8) at Miami (22) 12/29/84
Seattle (12) vs. Miami (18) 1/9/00
- 31 Seattle (17) at L.A. Raiders (14) 12/22/84

RUSHING**Most First Downs, Rushing, Game**

- 12 at Miami 12/31/83
vs. L.A. Raiders 12/22/84
- 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
- 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
- 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
- 10 at L.A. Raiders 1/8/84
at Houston 1/3/88 (OT)
vs. Miami 1/9/00

Fewest First Downs, Passing, Game

- 4 vs. L.A. Raiders 12/22/84
- 6 at Miami 12/29/84
- 9 vs. Denver 12/24/83
- at Miami 12/31/83

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)

Fewest First Downs Passing, Both Teams, Game

- 12 Seattle (4) at L.A. Raiders (8) 12/22/84
- 18 Seattle (6) at Miami (12) 12/29/84
- 20 Seattle (9) at Miami (11) 12/31/83
- Seattle (10) vs. Miami (10) 1/9/00

PENALTY

Most First Downs, Penalty, Game

- 2 at L.A. Raiders 1/8/84
- at Cincinnati 12/31/88
- vs. Miami 1/9/00
- at Green Bay 1/4/04
- vs. St. Louis 1/8/05
- 1 vs. L.A. Raiders 12/22/84

Most First Downs, Penalty, Both Teams, Game

- 6 Seattle (2) vs. St. Louis (4) 1/8/05
- 3 Seattle (2) vs. Miami (1) 1/9/00
- 2 6 Times (Last: Seattle [2] at GB [0] 1/4/04 [OT])

NET YARDS GAINED RUSHING & PASSING

Most Net Yards Gained, Game

- 413 vs. St. Louis 1/8/05
- 340 at Green Bay 1/4/04 (OT)
- 334 at Miami 12/31/83

Fewest Net Yards Gained, Game

- 167 at L.A. Raiders 1/8/84
- 171 vs. Miami 1/9/00
- 250 vs. Houston 1/3/88 (OT)

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)
- 687 Seattle (250) at Houston (437) 1/3/88 (OT)

Fewest Yards Gained, Both Teams, Game

- 470 Seattle (171) vs. Miami (299) 1/9/00
- 491 Seattle (251) at L.A. Raiders (240) 12/22/84
- 568 Seattle (167) at L.A. Raiders (401) 1/8/84

RUSHING

ATTEMPTS

Most Attempts, Game

- 51 vs. L.A. Raiders 12/22/84
- 42 at Miami 12/31/83
- 38 vs. Denver 12/24/83

Fewest Attempts, Game

- 11 at Houston 1/3/88 (OT)
- 16 at Cincinnati 12/31/88
- 18 at L.A. Raiders 1/8/84
- at Miami 12/29/84

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
- 53 Seattle (21) at Green Bay (32) 1/4/04 (OT)
- 54 Seattle (18) at Miami (36) 12/29/84

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
- 29 at Houston 1/3/88 (OT)
- 41 vs. Miami 1/9/00

Most Yards Gained, Both Teams, Game

- 310 Seattle (205) at L.A. Raiders (105) 12/22/84
- 279 Seattle (151) at Miami (128) 12/31/83
- 272 Seattle (18) at Cincinnati (254) 12/31/88

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
- 183 Seattle (81) vs. St. Louis (102) 1/8/05

AVERAGE GAIN

Highest Average Gain, Game

- 4.05 vs. St. Louis 1/8/05 (20-81)
- 4.02 vs. L.A. Raiders 12/22/84 (51-205)
- 3.82 vs. Denver 12/24/83 (38-145)

Lowest Average Gain, Game

- 1.38 at Cincinnati 12/31/88 (16-22)
- 2.05 vs. Miami 1/9/00 (20-41)
- 2.33 at Green Bay 1/4/04 (21-49) (OT)

TOUCHDOWNS

Fewest Touchdowns, Game

- 0 7 Times (Last: vs. St. Louis 1/8/05)

Most Touchdowns, Game

- 3 at Green Bay 1/4/04 (OT)
- 2 at Miami 12/31/83
- 1 vs. Denver 12/24/83
- at Cincinnati 12/31/88

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
- 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
- 1 5 Times (Last: Seattle [0] vs. St. Louis [1] 1/8/05)

PASSING

ATTEMPTS

Most Attempts, Game

- 50 at Cincinnati 12/31/88
- 45 at Green Bay 1/4/04 (OT)
- 43 vs. St. Louis 1/8/05

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)
- 75 Seattle (43) vs. St. Louis (32) 1/8/05
- 71 Seattle (39) at Houston (32) 1/3/88 (OT)

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
- 25 at Green Bay 1/4/04 (OT)
- 24 at Cincinnati 12/31/88

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
- 45 Seattle (27) vs. St. Louis (18) 1/8/05
- 41 Seattle (20) at Miami (21) 12/29/84

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)
- 57.14 at Miami 12/29/83 (20-35)
- 55.56 at Green Bay 1/4/04 (25-45) (OT)

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)
- 272 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)
- 480 Seattle (221) at Houston (259) 1/3/88 (OT)

Fewest Yards Gained, Both Teams, Game

- 181 Seattle (46) at L.A. Raiders (135) 12/22/84
- 298 Seattle (102) at L.A. Raiders (196) 1/8/84
- 321 Seattle (130) vs. Miami (191) 1/9/00

TIMES SACKED

Most Times Sacked, Game

- 6 vs. Miami 1/9/00
- 4 at L.A. Raiders 1/8/84
- 3 vs. St. Louis 1/8/05
- vs. Cincinnati 12/31/88

Fewest Times Sacked, Game

- 1 at Miami 12/31/83

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)

TOUCHDOWNS

Most Touchdowns, Game

- 3 vs. Denver 12/24/83
- 2 at L.A. Raiders 1/8/84
- at Houston 1/3/88 (OT)

Most Touchdowns, Both Teams, Game

- 4 Seattle (3) vs. Denver (1) 12/24/83
- Seattle (1) at Miami (3) 12/29/84
- 3 Times (Last: Seattle [2] at Houston [1] 1/3/88[OT])

INTERCEPTIONS BY

Most Interceptions By, Game

- 2 6 Times (Last: vs. Pittsburgh 2/5/06)

Most Interceptions By, Both Teams, Game

- 7 Seattle (2) at L.A. Raiders (5) 1/8/84
- 3 Seattle (2) at Miami (1) 12/31/83
- 2 6 Times (Last: Seattle [1] vs. St. Louis (1) 1/8/05)

YARDS GAINED

Most Yards Gained, Game

- 45 vs. Denver 12/24/83
- at Miami 12/29/84
- 28 at Houston 1/3/88 (OT)

Most Yards Gained, Both Teams, Game

- 61 Seattle (8) at L.A. Raiders (53) 1/8/84
- 52 Seattle (0) at Green Bay (52) 1/4/04 (OT)
- 45 Seattle (45) vs. Denver (0) 12/24/83
- Seattle (45) at Miami (0) 12/29/84

TOUCHDOWNS

Most Touchdowns, Game

None

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

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

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
- 12 Seattle (6) at Cincinnati (6) 12/31/88

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
- 8 Seattle (4) at Miami (4) 12/31/83

AVERAGE YARDAGE

Highest Average, Punting, Game (4 Punts)

- 47.86 vs. Miami 1/9/00 (7-335)
- 44.29 at Houston 1/3/88 (7-310) (OT)
- 44.17 at Cincinnati 12/31/88 (6-265)

Lowest Average, Punting, Game (4 Punts)

- 32.00 at L.A. Raiders 1/8/84 (5-160)
- 37.00 at Miami 12/29/84 (7-259)
- 37.50 at Green Bay 1/4/04 (6-225) (OT)

PUNT RETURNS

Most Punt Returns, Game

- 5 vs. L.A. Raiders 12/22/84
- at Cincinnati 12/31/88
- 4 vs. Denver 12/24/83

Fewest Punt Returns, Game

- 0 at L.A. Raiders 1/8/84
- at Miami 12/31/83
- 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

YARDS GAINED

Most Yards Gained, Game

- 66 at Houston 1/3/88 (OT)
- 58 vs. Denver 12/24/83
- 52 vs. L.A. Raiders 12/22/84

Fewest Yards Gained, Game

- 1 vs. Washington 1/14/06
- 0 at Miami 12/31/83
- at L.A. Raiders 1/8/84
- 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
- 68 Seattle (58) vs. Denver (10) 12/24/83

Fewest Yards, Gained, Both Teams, Game

- 1 Seattle (0) at L.A. Raiders (1) 1/8/84
- 23 Seattle (9) vs. St. Louis (14) 1/8/05
- 32 Seattle (0) at Miami (32) 12/31/83

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)
- 6 at Houston 1/3/88 (OT)
- vs. St. Louis 1/8/05

Fewest Kickoff Returns, Game

- 2 vs. Denver 12/24/83
- vs. L.A. Raiders 12/22/84
- 3 at Cincinnati 12/31/88

Most Kickoff Returns, Both Teams, Game

- 13 Seattle (7) at Green Bay (6) 1/4/04 (OT)
- 11 Seattle (6) vs. St. Louis (5) 1/8/05
- 10 Seattle (4) at Miami (6) 12/31/83
- Seattle (6) at Houston (4) 1/3/88 (OT)

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

- 159 vs. Miami 1/9/00
- 136 at L.A. Raiders 1/8/84
- 132 at Houston 1/3/88 (OT)

Fewest Yards Gained, Game

- 38 vs. L.A. Raiders 12/22/84
- 43 vs. Denver 12/24/83
- 66 at Cincinnati 12/31/88

Most Yards Gained, Both Teams, Game

- 247 Seattle (159) vs. Miami (88) 1/9/00
- 234 Seattle (130) at Miami (104) 12/31/83
- 210 Seattle (109) vs. St. Louis (101) 1/8/05

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
- 5 at Cincinnati 12/31/88

Fewest Penalties, Game

- 2 4Times (Last: at Green Bay 1/4/04) (OT)
- 3 2Times (Last: at Houston 1/3/88) (OT)

Most Penalties, Both Teams, Game

- 15 Seattle (7) at L.A. Raiders (8) 12/22/84
- 9 Seattle (2) at L.A. Raiders (7) 1/8/84
- 8 Seattle (3) vs. Denver (5) 12/24/83
- Seattle (2) vs. Miami (6) 1/9/00

Fewest Penalties, Both Teams, Game

- 5 Seattle (4) at Miami (1) 12/29/84
- 7 4Times (Last: Seattle [2] at GB [5] 1/4/04) (OT)

YARDS PENALIZED

Most Yards Penalized, Game

- 61 vs. St. Louis 1/8/05
- 55 vs. L.A. Raiders 12/22/84
- 45 at Cincinnati 12/31/88

Fewest Yards Penalized, Game

- 10 vs. Miami 1/9/00
- 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
- 77 Seattle (10) vs. Miami (67) 1/9/00

Fewest Yards Penalized, Both Teams, Game

- 25 Seattle (20) at Miami (5) 12/29/84
- 45 3Times (Last: Seattle [15] at Green Bay [30] 1/4/04 [OT])

FUMBLES

Most Fumbles, Game

- 2 vs. St. Louis 1/8/05
- 1 6Times (Last: at Green Bay 1/04/04 [OT])

Fewest Fumbles, Game

- 0 at Miami 12/31/83
- vs. L.A. Raiders 12/22/84
- vs. Miami 1/9/00

Most Fumbles, Both Teams, Game

- 4 Seattle (1) at L.A. Raiders (3) 1/8/84
- Seattle (1) at Cincinnati (3) 12/31/88
- 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
- 1 Seattle (1) at Miami (0) 12/29/84
- Seattle (1) at Green Bay (0) 1/4/04 (OT)

Most Fumbles Lost, Game

- 1 3Times (Last: at Cincinnati 12/31/88)

Fewest Fumbles Lost, Game

- 0 7Times (Last: vs. St. Louis 1/8/05)

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)
- 2 3Times (Last: vs. St. Louis 1/8/05 (2-own))

Most Own Fumbles Recovered, Game

- 2 vs. St. Louis 1/8/05
- 1 4Times (Last: vs. St. Louis 1/8/05)

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)
- 3 vs. Washington 1/14/06

Fewest Turnovers, Game

- 0 4Times (Last: at Green Bay 1/4/04)
- 1 4Times (Last: vs. St. Louis 1/8/05 [1-Int])

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 2Times (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. Washington 1/14/06
- 14 vs. Carolina 1/22/06

Most Points Allowed, Game

- 33 at Green Bay 1/4/04 (OT)
- 31 at Miami 12/29/84
- 30 at L.A. Raiders 1/8/84

Fewest Touchdowns Allowed, Game

- 1 vs. Denver 12/24/83
- vs. L.A. Raiders 12/22/84
- 1 vs. Washington 1/14/06

Most Touchdowns Allowed, Game

- 4 at Miami 12/29/84
- vs. Green Bay 1/4/04
- 3 5Times (Last: vs. Pittsburgh 2/5/06)

FIRST DOWNS

Fewest First Downs Allowed, Game

- 11 vs. Washington 1/14/06
- 11 vs. Carolina 1/22/06
- 14 vs. Pittsburg 2/5/06
- 14 vs. L.A. Raiders 12/22/84

Most First Downs Allowed, Game

- 27 at Houston 1/3/88 (OT)
- 22 4Times (Last: vs. St. Louis 1/8/05)

Fewest First Downs Allowed, Rushing, Game

- 3 vs. St. Louis 1/8/05
- 5 vs. Denver 12/24/83
- vs. L.A. Raiders 12/22/84
- 7 vs. Miami 1/9/00

Most First Downs Allowed, Rushing, Game

- 17 at Cincinnati 12/31/88
- 10 at L.A. Raiders 1/8/84
- 9 at Miami 12/31/83
- at Houston 1/3/88 (OT)

Fewest First Downs Allowed, Passing, Game

- 5 at Cincinnati 12/31/88
- 8 vs. L.A. Raiders 12/22/84
- 9 at Miami 12/31/83

Most First Downs Allowed, Passing, Game

- 18 at Houston 1/3/88 (OT)
- 15 vs. St. Louis 1/8/05
- 14 vs. Denver 12/24/83
- at Green Bay 1/4/04 (OT)

Most First Downs Allowed, Penalty, Game

- 4 vs. St. Louis 1/8/05
- 3 L.A. Raiders 12/22/84
- 2 2Times (Last: at Miami 12/29/84)

OFFENSIVE PLAYS

Fewest Opponent Plays Allowed, Game

- 49 vs. Carolina 1/22/06
- 56 at Miami 12/31/83
- 56 vs. Pittsburg 2/5/06
- 58 vs. L.A. Raiders 12/22/84

Most Opponent Plays Allowed, Game

- 84 at Houston 1/3/88 (OT)
- 72 at L.A. Raiders 1/8/84
- 70 at Miami 12/29/84
- at Green Bay 1/4/04 (OT)

Fewest Opponent Plays Allowed, Rushing, Game

- 12 vs. Carolina 1/22/06
- 25 vs. L.A. Raiders 12/22/84
- 25 vs. Washington 1/14/06

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

- 38 vs. Washington 1/14/06
- 38 at Green Bay 1/4/04 (OT)
- 37 vs. St. Louis 1/8/05

NET YARDS ALLOWED GAME

Fewest Yards Allowed, Game

- 212 vs. Carolina 1/22/06
- 240 vs. L.A. Raiders 12/22/84
- 289 vs. Washington 1/14/06

Most Net Yards Allowed, Game

- 437 at Houston 1/3/88 (OT)
- 405 at Miami 12/29/84
- 401 at L.A. Raiders 1/8/84

RUSHING

Fewest Yards Allowed, Rushing, Game

- 36 vs. Carolina 1/22/06
- 59 vs. Washington 1/14/06
- 78 at Green Bay 1/4/04 (OT)

Most Yards Allowed, Rushing, Game

- 254 at Cincinnati 12/31/88
- 205 at L.A. Raiders 1/8/84
- 178 at Houston 1/3/88 (OT)

Most Touchdowns Allowed, Rushing, Game

- 3 at Cincinnati 12/31/88
- 2 at L.A. Raiders 1/8/84
- at Green Bay 1/4/04 (OT)
- vs. Pittsburgh 2/5/06
- 1 5Times (Last: vs. St. Louis 1/8/05)

Fewest Touchdowns Allowed, Rushing, Game

- 0 4Times (Last: vs. Carolina 1/22/06)
- 1 5Times (Last: vs. St. Louis 1/8/05)

PASSING

Fewest Net Yards Allowed, Passing, Game

- 91 at Cincinnati 12/31/88
- 135 vs. L.A. Raiders 12/22/84
- 158 vs. Pittsburgh 2/5/06

Most Yards Allowed, Passing, Game

- 319 at Green Bay 1/4/04 (OT)
- 294 vs. St. Louis 1/8/05
- 262 at Miami 12/29/84

Fewest Touchdowns Allowed, Passing, Game

- 0 at Cincinnati 12/31/88
- 1 9Times (Last: vs. Pittsburgh 2/5/06)

Most Touchdowns Allowed, Passing, Game

- 3 at Miami 12/29/84
- 2 2Times (Last: vs. St. Louis 1/8/05)
- 1 6Times (Last: at Green Bay 1/4/04 [OT])

SACKS

Most Sacks, Game

- 6 vs. L.A. Raiders 12/22/84
- 5 vs. St. Louis 1/8/05

Fewest Sacks, Game

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

Most Opponents Yards Lost Attempting to Pass, Game

- 49 vs. L.A. Raiders 12/22/84
- 20 vs. Carolina 1/22/06
- 19 vs. Denver 12/24/83
- vs. St. Louis 1/8/05

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)
- 5 vs. Miami 1/9/00
- 8 vs. Pittsburgh 2/5/06

INTERCEPTIONS BY**Most Passes Intercepted By, Game**

- 2 5 Times (Last: at Miami 12/29/84)

Fewest Passes Intercepted By, Game

- 0 at Cincinnati 12/31/88
- vs. Miami 1/9/00
- at Green Bay 1/4/04 (OT)
- 1 at Houston 1/3/88 (OT)
- vs. St. Louis 1/8/05

Most Consec. Games, One or More Interceptions By

- 6 1983-84, 1987

Most Yards Returning Interceptions, Game

- 45 vs. Denver 12/24/83
- at Miami 12/29/84
- 28 at Houston 1/3/88 (OT)

Fewest Yards Returning Interceptions, Game

- 0 6 Times (Last: vs. Washington 1/14/06)

Most Touchdowns Returning Interceptions, Game

None

Most TDs Returning Interceptions, Both Teams, Game

None

PUNT RETURNS**Fewest Opponent Punt Returns, Game**

- 1 at L.A. Raiders 1/8/84
- vs. Washington 1/14/06
- vs. Carolina 1/22/06
- 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

- 1 at L.A. Raiders 1/8/84
- 3 vs. Washington 1/14/06
- 5 vs. L.A. Raiders 12/22/84

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
- 6 3 Times (Last: at Green Bay 1/4/04 [OT])
- 5 2 Times (Last: vs. Washington 1/14/06)

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

- 143 vs. Carolina 1/22/06
- 118 vs. Denver 12/24/83
- 104 at Miami 12/31/83

Longest Return Allowed, Game

- 47 vs. Miami 1/9/00
- 29 at Green Bay 1/4/04 (OT)
- 27 at L.A. Raiders 1/8/84

Most Touchdowns Allowed, Kickoff Returns, Game

None

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)
- 2 4 Times (Last: vs. Pitt 2/5/06 (2-Int))

TIME OF POSSESSION**Least Time of Possession Allowed, Game**

- 18:09 vs. Carolina 1/22/06
- 25:02 at Miami 12/31/83
- 25:41 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



SEA GALS



Thirty-two 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 20th 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.

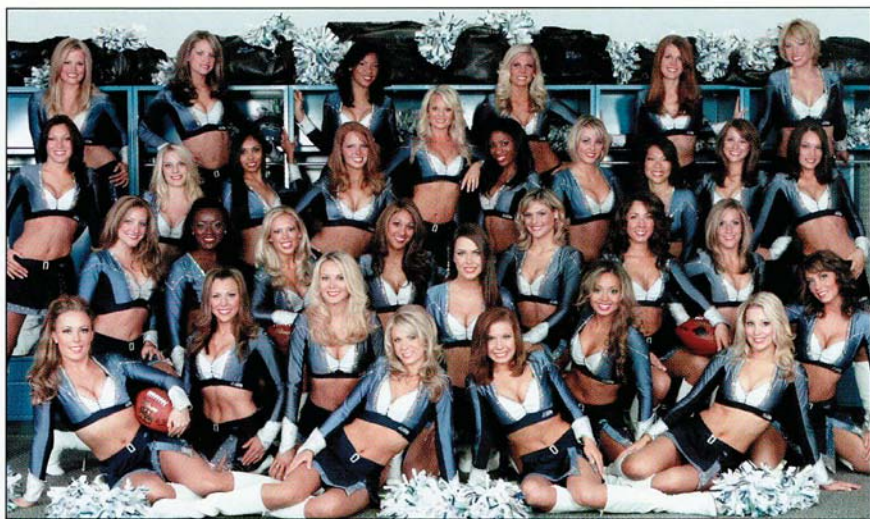
The Sea Gals hold an annual fundraising event to provide Christmas presents for the women and children living at a local women's shelter.

The Sea Gals have also developed a "Show Group," a one-hour variety show



Sea Gals Director Sherri Thompson

that includes character dance routines, singing and crowd participation for all ages. This group has twice performed in Hong Kong on an invitation from the Hong Kong Tourist Association. The Show Group has also performed across the nation, Middle East and European military bases. Information about the Sea Gals can be obtained by accessing www.seahawks.com or by calling (425) 827-9777.



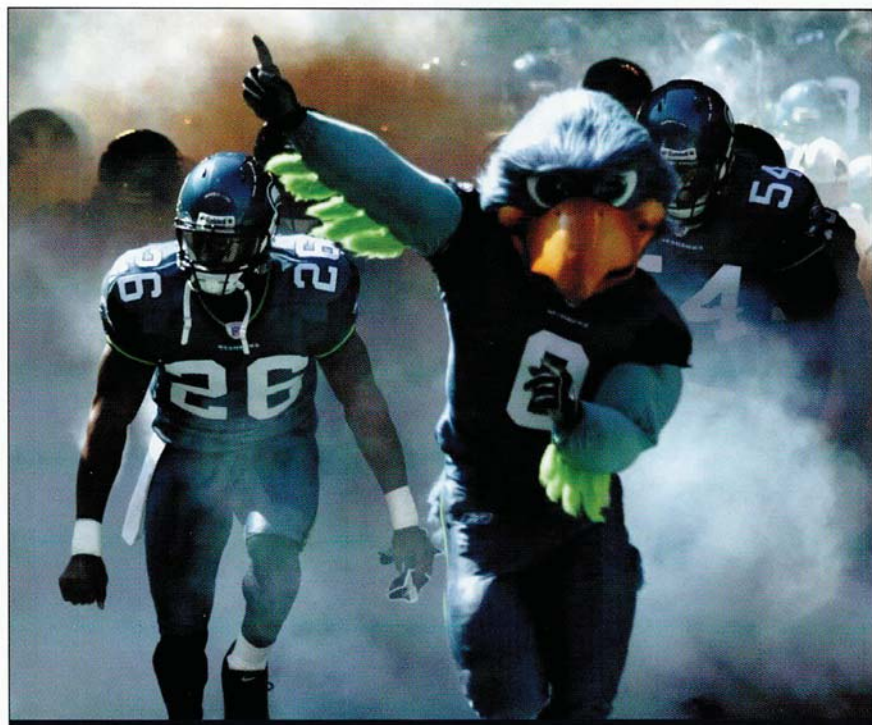
The 2006 Sea Gals

BLITZ

Blitz, the Seahawks mascot is the big blue bird with crazy hair. He makes sure that Qwest Field is the loudest, most exciting place to play in the NFL. He is also the Seahawk's biggest fan! Along with football, Blitz loves to exercise his brain and body. He goes to the gym everyday, eats healthy foods and reads anything he can get his wings on. Blitz also launched a statewide "Ready, Set, Goals" literacy program, designed to enhance reading comprehension, writing, and goal-setting skills among 3rd through 6th grade students. Three classes per month are selected at random to participate in a live video conference with Blitz and a Seahawks player or Sea Gal. Blitz is available for parades, parties and corporate event appearances. For booking information please visit Seahawks.com.



Blitz with one of Seattle's biggest fans



Blitz leads the team on the field

BLUE THUNDER

Seahawks Blue Thunder is the heart-beat 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.

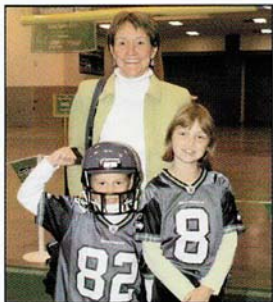
For booking information please visit Seahawks.com.



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 Touchdown City. Located in the Qwest Field Event Center, 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.

Touchdown City has something for fans of all ages and interests. You can test your quarterbacking accuracy, get timed in the 40 yard dash, and participate in other interactive exhibits that test your football skills or knowledge. For those who want to relax and watch NFL games from across the country, there's Touchdown City's "Linebacker Lounge,"



a sports bar with a giant 40' X 48' projection screen.

Touchdown City features more than twenty-five entertaining exhibits including a full scale Seahawks locker room replica, inflatable games, a broadcast booth where you make the calls, Measure up to the Pros football combine, 710

KIRO's pre-game broadcast stage, Seahawks Alumni autographs, face painting booth, and energizing performances by the Sea Gals and the Seahawks "Blue Thunder" drumline.

Admission into Touchdown City is free and open to all Seahawks fans three hours before each home game. Touchdown City is located inside the Qwest Field Event Center, which is connected to the south end of Qwest Field.



SEA HAWKERS 2006

Just as the Seattle Seahawks are entering 2006 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 2006, a Sea Hawks Membership Card will be your ticket to events not available to the general public. The Sea Hawks have always enjoyed "members-only" events: a BBQ at the Kirkland

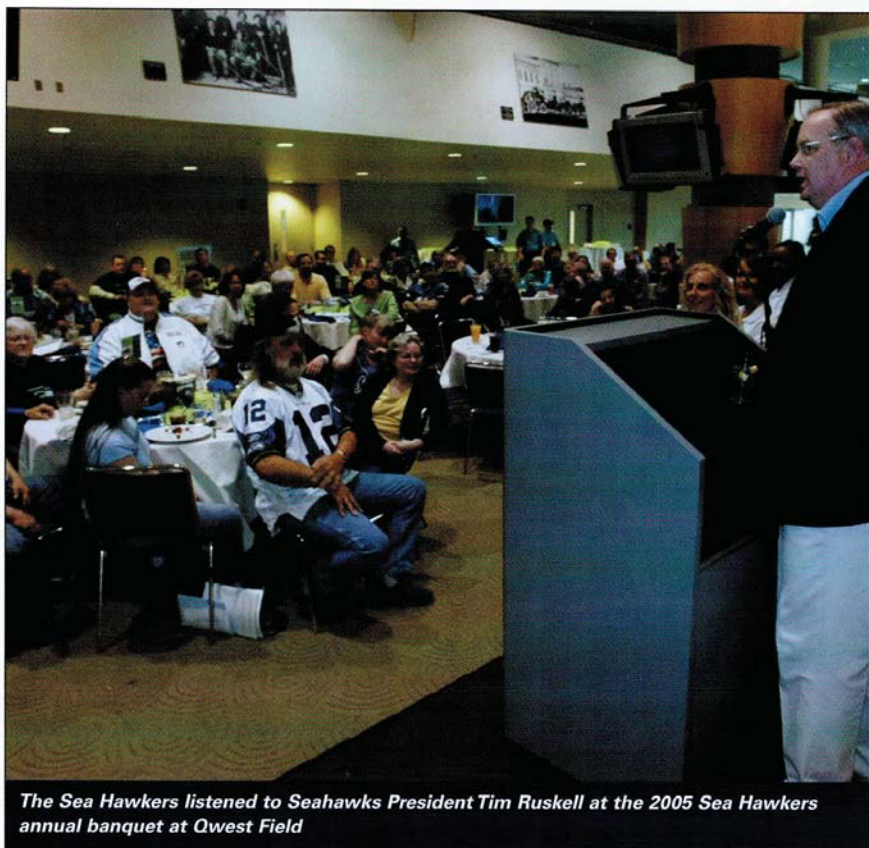
Headquarters, the annual Sea Hawks Spring Banquet at the stadium, and much more. However, this year that list includes a Sea Hawks-only tailgate area at the Qwest Events Center prior to each game.

CHARITY EVENTS

Since their inception in 1976, the Sea Hawks have been involved in helping charities throughout the community. This year the Sea Hawks will again support the Boyer's Children's Clinic "Thunder Ride," and many other Sea-hawks supported charity events.

The Sea Hawks expect to do great things in 2006. 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.



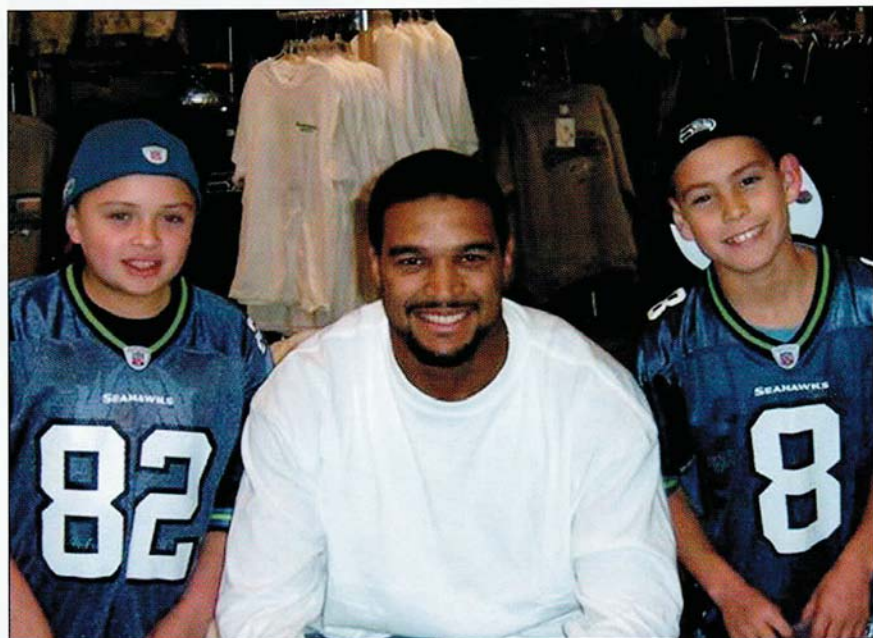
The Sea Hawks listened to Seahawks President Tim Ruskell at the 2005 Sea Hawks annual banquet at Qwest Field

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.



S Michael Boulware takes a photo during his 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.

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 two hundred appearances in 2005. Those visits ranged from community celebrations to check presentations and everything in between.

Former players like Charle Young, (TE, 1983-85), Sam Adkins (QB, 1977-82), Blair Bush (C, 1983-88), Randall Morris (RB, 1984-88), and Manu Tuiasosopo (DT, 1979-83) all participated in community events that left lasting impressions on everyone involved.

Seahawks alumni are also successful in business and politics as well.

Steve Largent (WR, 1976-89) is the lone Seahawks player in the NFL Hall of Fame and has made his mark in national politics as a U.S. Congressman in the 1st District of the State of Oklahoma. In 2002, his run for Governor of Oklahoma was unsuccessful, but he continues to make a difference with community organizations.

His 13,089 yards and 100 touchdowns made him an instant choice for the prestigious honor in his first year of eligibility. He

is in the Seahawks Ring of Honor (1989) and was recently inducted into the Washington Sports Hall of Fame.

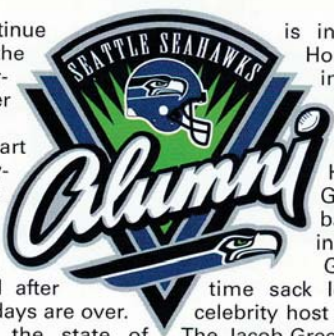
Seahawks Ring of Honor inductee Jacob Green, (DE, 1980-91), gives back to the community year in and year out.

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 24th season broadcasting Seahawks games for KIRO Radio.

Sam McCullum (WR, 1976-81), is the president and owner of Meat Distributors and Central Food Sales in Kirkland and Renton, Wash. McCullum ranks in three receiving categories: pass receptions, receiving yards, and receiving touchdowns. He now supplies meat to restaurants, hotels, and schools in Washington.

Kenny Easley (S, 1981-87) is the former owner of the Norfolk Nighthawks, an Arena Football League team in Virginia. His three interceptions versus the San Diego Chargers in October 1984 still ties a Seahawks record. In 2002, Easley became only the sixth player to be inducted into the Seahawks Ring of Honor.



Former Seahawks QB Dave Krieg (L) and RB Randall Morris (R), participated in the first annual Rumble at the Ridge.

2006 BROADCASTING**TELEVISION**

Seahawks Broadcasting is the Emmy® Award winning in-house production and syndication unit of the Seattle Seahawks. Now in its ninth 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 2006 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 12	Dallas Cowboys	7:00 p.m. PDT	KING
Sunday, August 20	@ Indianapolis Colts	5:15 p.m. PDT	NBC
Saturday, August 26	@ San Diego Chargers	8:00 p.m. PDT	KING
Thursday, August 31	Oakland Raiders	7:00 p.m. PDT	KING

STN - Seahawks Television Network (check Seahawks.com for local stations).

VERNE LUNDQUIST - PLAY-BY-PLAY

Legendary announcer Verne Lundquist returns to the Seahawks broadcast team for his third season of preseason telecasts. The lead play-by-play announcer for CBS' coverage of college football, Verne has also worked with Terry Bradshaw and Dan Fouts on CBS' NFL broadcasts. Lundquist provides commentary for Masters,, PGA Championship, among other PGA Tour events and 2006 marked his 22nd year covering the Masters..

Verne has broadcast 20 different sports for CBS and serves as play-by-play announcer for CBS's coverage of NCAA Basketball, including Men's NCAA Basketball Championship and the lead play-by-play announcer for CBS' coverage of figure skating. He also was the long-time radio voice for the Dallas Cowboys (1972-84).

Verne grew up in Everett, Washington and currently resides in Steamboat Springs, Colorado with his wife Nancy where he serves on the Board of Directors of the summer chamber music festival, Strings in the Mountains.

WARREN MOON - ANALYST

Hall of Fame quarterback, Warren Moon, returns to the Seahawks radio booth for his third season after serving as the preseason television analyst for the 2002 and 2003 seasons. He will return to the Seahawks radio booth as the in-game analyst once the regular season commences and has spent recent years as a Westwood One radio analyst and sideline reporter while also spending time in the booth during Fox Sports Net's Pac-10 College Game of the Week.

"SEAHAWKS ALL-ACCESS"

Join former Seahawks QB Warren Moon and FSN's Angie Mentink for "Seahawks All-Access" each week during the regular season. As the title implies, "All-Access" gives the Seahawks fan a perspective on the club not seen anywhere else through in-depth analysis, interviews and features. Catch "Seahawks All-Access" each Thursday night on FSN.

"MIKE HOLMGREN Q&A"

Join Mike Holmgren each week for the Mike Holmgren Q&A. Be there for an uncensored look as Coach Holmgren answers the tough questions and provides insights into that week's thought process as he sits down with the media during his weekly press conference. And get the inside information from Seahawks players as they prepare for their upcoming game. Catch the Mike Holmgren Q&A exclusively on Comcast Cable in Seattle. Check Seahawks.com for dates, times and stations.

SEAHAWKS RADIO NETWORK

Seahawks Radio can once again be found on 710 KIRO AM, the flagship station for the 2006 season. Wall to wall coverage begins each game day with the "Pregame Huddle" hosted by Dori Monson and joined by former Seahawks Paul Moyer, Sam Adkins, Dave Wyman and Brock Huard. Steve Raible and Warren Moon follow with the call of the game, and the broadcast day concludes with a post-game show featuring interviews with Seahawks players and "Hawk Talk" in which fans can call-in and discuss the Seahawks. Check Seahawks.com for the Seahawks Radio Affiliate in your area.

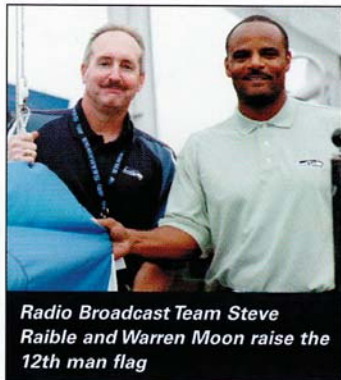
"SEAHAWKS HUDDLE"

"Seahawks Huddle," the club's weekly radio show, can be heard on 710 KIRO every Thursday from 7:00-9:00pm. Beginning July 27th, 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 25th season in the radio booth, his third as the play-by-play announcer and "Voice of the Seahawks" after 22 seasons as the Seahawks analyst. An original member of the Seahawks, Raible played wide receiver from 1976-81 and has missed only four games in the franchise's history, either as a player or broadcaster after suffering a collapsed lung vs. Oakland in 1981. Steve has also co-authored the book, "Tales from the Seahawks Sideline" with Tacoma News Tribune beat writer, Mike Sando. Following his football career, Steve joined KIRO-TV where he has won five local Emmy Awards including two for "Best Anchor." He currently anchors KIRO-7 Eyewitness News at 5:00, 6:00 and 11:00.

One of the Northwest's favorite masters of ceremonies, Steve has twice been honored with the United Way Community Service Award and was named Outstanding Role Model of 2000 by Big Brothers/Big Sisters. He was also recently honored by Governor Christine Gregoire proclaiming May 4th 2005 as Steve Raible Day in honor of his community activities. He was also a 2001 recipient of the prestigious NCAA Silver Anniversary Award along with former Seahawks teammate, Steve Largent. A graduate of Georgia Tech and a member of the school's athletic Hall of Fame, Steve lives in Seattle with his wife, Sharon.



Radio Broadcast Team Steve Raible and Warren Moon raise the 12th man flag

WARREN MOON - ANALYST

Hall of Fame quarterback, Warren Moon, returns to the Seahawks radio team for his third season after serving as the preseason television analyst for the previous two seasons. After finishing a playing career in which he was nominated to an NFL record eight straight Pro Bowls (1988-95), adding a ninth overall in 1997, Moon has become one of football's leading broadcast analysts. He has spent recent years as a Westwood One radio analyst and sideline reporter and also spent time in the booth during Fox Sports Net's Pac-10 College Game of the Week.

The 17-year NFL veteran played for the Seahawks from 1997-98, setting the franchise record for passing yards in one season with 3,678 in 1997, surpassed by Matt Hasselbeck in the 2003 season. He also ranks in the top-three of 11 categories all-time in the NFL record books, including most career passing yards (third with 49,325), most career completions (third with 3,988), most yards passing in a single game (second with 527) and most career 400+ passing games (tied for second with seven).

Named the NFL's Man of the Year in 1989 for his work in the community, Warren established the Crescent Moon Foundation in 1989 to raise money for college academic scholarships in Seattle, Los Angeles, Houston, and Minneapolis/St. Paul. He remains active in charity work, co-hosting a celebrity golf tournament with Steve Pool which benefits Seattle's Children's Hospital. Additionally, Warren has worked as an ambassador for the NFL promoting the game of football both nationally and internationally to young people.

2006 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

OREGON

Bend	KFXO - 39	FOX
Eugene	KEZI - 9	ABC
Klamath Falls	KDKF - 31	ABC
Medford	KDRV - 12	ABC
Portland	KPTV - 12	FOX

IDAHO

Boise	KNIN TV - 9	UPN
Twin Falls	KSAW - 52	ABC
Sun Valley	KSAW - 52	ABC

ALASKA

Anchorage	KIMO - 13	ABC
Fairbanks	KATN - 2	ABC
Juneau	KJUD - 8	ABC

SEAHAWKS ALL-ACCESS

	Station	Network
Northwest Region	FSN NW	FOX

MIKE HOLMGREN Q&A

	Station	Network
Seattle	ESPN2	Cable
Seattle	Comcast - 17	HSN



**SEATTLE
SEAHAWKS
BROADCASTING**



**SEATTLE
SEAHAWKS
RADIO NETWORK**

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
Olympia	KGY	1240 AM
Omak	KNCW	92.7 FM
Port Angeles	KONP	1450 AM
Prosser	KZXR	1310 AM
Seattle	KIRO	710 AM
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

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
Petersburg	KRSA	580 AM
Sitka	KRSA	94.9 FM
Wrangell	KRSA	94.9 FM

BRITISH COLUMBIA

Vancouver	MOJO	730 AM
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IDAHO

Coeur d'Alene	KVNI	1080 AM
Lewiston	KCLK	1430 AM
Payette/Boise	KIOV	1450 AM
Pocatello	KSEI	930 AM
Rexburg	KRXK	1230 AM

OREGON

Astoria	KKEE	1230 AM
Bend	KWLZ	96.5 FM
Coos Bay	KHSN	1230 AM
Eugene	KPNW	1120 AM
Lebanon	KGAL	1580 AM
Pendleton	KTIX	1240 AM
Portland	KXL	750 AM
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 pre-season against the Indianapolis Colts in new Seahawks Stadium, renamed Qwest Field on June 2, 2004. The facility, built atop of the site of the Kingdome, is not only home to the Seahawks, but the stadium accommodates many levels of soccer competition, including Major League Soccer, amateur, international, World Cup and collegiate soccer.



Qwest Field is designed with a 67,000 seat capacity, with 5,000 additional seats available for special events, and 1,400 seats for fans with disabilities. With a roof covering 70 percent of the seating area, fans will enjoy wide, comfortable seats with sideline seating a mere 52 feet from the playing field and end-zone seats just 40 feet from the action. The facility also features a dozen elevators and expansive concourses with an ample provision of concessions stands and restrooms.

In addition to having perfect views of the field and surrounding areas, fans experience elements of diversity and culture in part of the Stadium Art Program. In 1998, a request for qualifications yielded a total of 254 responses from around the United States and Canada. After reviewing the full range of submissions, 12 artists and projects were selected. Today, the stadium includes nearly \$2 million worth of art.

For more information about the Seahawks new home, go to qwestfield.com.



In 2005 Qwest Field hosted the NFC Championship game for the first time in club history.

QWEST FIELD FACTS & FIGURES

- 67,000 fixed seats – can be expanded to 72,000
- 63 restrooms (799 toilets/364 urinals) – twice as many as the Kingdome
- 1,400 seats for people with disabilities and their companions – compared to 70 at the Kingdome
- 10,000 cubic yards of concrete – equal to a 3' sidewalk from Seattle to Boise, ID
- 3,756 miles of cable – could reach from Seattle to just beyond the Panama Canal
- Over 800 televisions
- 12 elevators – compared to three at the Kingdome
- 50 Concession stands/47 Beer Concessions – twice as many per person as the Kingdome
- The roof is 760 feet long – the same as three Boeing 747's parked end-to-end
- The roof is 210,000 square feet – enough to cover 3.5 football fields
- The FieldTurf production used more than 35,000 recycled ground-up tennis shoes and 30,000 recycled ground up tires
- The roof contains 5,700 tons of steel – equal to 35 Statues of Liberty or 1,000 Orca whales
- 100% of the concrete from the Kingdome was processed and recycled (50% built into Qwest Field)
- Wide concourses offer outstanding views of the Seattle skyline, Safeco Field, the Cascades and Mt. Rainier, Puget Sound and the Olympic Mountains.
- There is a 2,000 car garage – part of 6,500 spaces near Qwest Field.

QWEST FIELD FUNDING

The \$430 million facility is owned by the public and was funded by a private-public partnership. Private contributions totaled at least \$130 million, while the public contributed up to \$300 million through a lottery and a variety of taxes generated by events in the stadium/exhibition center.

A breakdown of the funding package:

- \$130 million private investment led by Paul Allen
- \$127 million from new, sports related games, similar to the Mariners' baseball-themed scratch games
- \$101 million in sales taxes collected in King County attributable to events in the stadium/exhibition center
- \$56 million from facility admission and parking taxes
- \$15 million from extending King County's share of the existing hotel-motel tax
- \$1 million per year of in-kind advertising for the new lottery games will be provided by Paul Allen
- All excess stadium revenues will fund youth athletic facilities throughout Washington State in addition to a \$10 million contribution from Paul Allen
- \$14 million of the public contribution will come from interest earned on the \$50 million private contribution from Paul Allen
- Paul Allen agreed to pay for any construction cost overruns
- As an added measure, the debt on the Kingdome was retired, freeing property taxes for other purposes

FIRST & GOAL INC.

In June of 1997, Washington State voters approved a funding package to build a new football/soccer stadium and exhibition center. With that, Paul G. Allen and Football Northwest created First & Goal Inc., an entity that represented the interests of Qwest Field in the construction of the new stadium and now manage the stadium and exhibition center on a daily basis.

NEW IN 2006

Welcome to the new Club Wells Fargo at Qwest Field. The club level will offer an atmosphere complete with Northwest furnishings, new video options, and fresh food and beverage selections. Guests are immersed in a sophisticated and energetic dining scene that celebrates all of the great moments in Seahawks history and captures the ambiance of Seattle's most delicious hot spots.

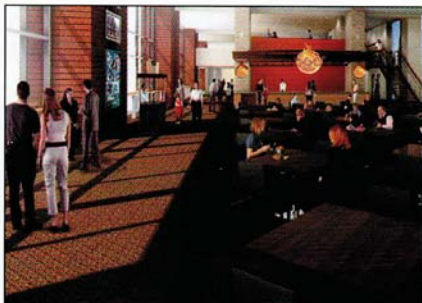
A taste of what will be in store for Seahawks fans this season at one of Levy's signature mini-restaurants (right):

GRILL 12 (MINI RESTAURANT): A tasty homage to the famed 12th Man, the new grill dishes up juicy burgers, sensational sandwiches and Seattle-style seafood favorites.

SIZZLE 360 DEGREES: This large, flat-top, circular Mongolian Grill delivers much more than a visual wow factor. Spice-loving fans get their kicks with offerings such as Hot Honey Cumin Chicken Stix, Thai BBQ Shrimp Sizzle Fry, and Sausage-Spiked Dim Sum.

CATCH!: Fresh from sea to seat...this energetic spot is inspired by Seattle's quintessential seafood markets, and the fish are every bit as fresh. Savor the Salmon Plank Sandwich or Crab-cake with paprika aioli.

CIAO DOWN: Freshly made flatbreads from a wood-burning oven, hand-tossed pastas, crisp salads...the name says it all!



PLAYERS LOFT: A behind the scene look at the Seahawks locker room, full of player memorabilia capturing exciting moments in Seahawks history.

COACHES LOFT: A comfortable place to enjoy the game while taking an inside look at the Seahawks coaches and what it takes to lead a team.

BLUE LOFT: This spot captures the passion of the Seahawks and provides a cool, calm place to enjoy the game.

GREEN LOFT: This area is a great place to hang out with your guest and relax while enjoying the stylish club-like ambiance.

The four new lofts are exclusively for Club One and Two ticket holders.



A preview of Grill 12 in the New Club Wells Fargo at Qwest Field.

NEW WEB SITE FORMAT COMING FOR THE 2006 SEASON!



- MATT HASSELBECK BLOG
- DARRYL TAPP TRAINING CAMP DIARY
- EXCLUSIVE SEA GAL INTERVIEWS
- PLAYER CAM
- EXPANDED KID ZONE

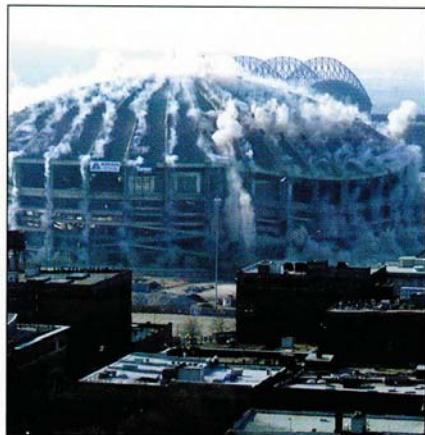
Online fans all over the world have the opportunity to stay up-to-date with Seahawks news by logging on to www.seahawks.com, the official web site for the Seattle Seahawks.

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.

Hawk Mail subscribers are also able to access Pro & Kahn, a series of in depth Seahawks articles by contributing writer Mike Kahn. Fans are able to send messages to his mail bag as well. The site also includes exclusive game-day coverage with inside photos and scoring updates. Tony Ventrella and Mike Brown provide web cam coverage at practices.

The format of the front page makes [Seahawks.com](http://www.seahawks.com) easy to view for all computer screen sizes. Fans may also tune in and listen to Coach Holmgren's weekly Monday and Wednesday news conferences.





The **Kingdome** was originally located on **35.9 acres**. Due to construction of the new parking garage and exhibition center the acreage is now 23.9 acres.

The Kingdome had the **largest concrete roof in the world** - 7.85 acres. A new roof and ceiling was completed in 1994. The new ceiling had improved acoustics through the use of a spray on cellulose material.

The building itself, contained **52,800** cubic yards of concrete and **443 tons** of structural steel.

It was **250 feet high** and **660 feet across** to the inside walls making it wider than the Space Needle is tall.

The Kingdome hosted **football, soccer, baseball, basketball, tennis, volleyball, rodeos, motor sports, concerts, meetings** and **trade & consumer shows** of all types.

The Kingdome boasted the 43rd largest facility exhibition space in North America.

More than **72 million people** entered the Kingdome through a variety of entertainment over 23 years.

Over **3,250** major events were held and many hundreds of smaller special events.

The largest event attendance at the Kingdome was 74,000, set on May 14, 1976 during a **Billy Graham Crusade**.

Original cost, including property, was \$67 million; another \$47 million in capital improvements was added over the years. The remaining debt on both the original cost and capital improvements is \$57 million.

TOP 10 MOMENTS*

November 7, 1976
First home win versus the Atlanta Falcons

November 16, 1981
First regular season victory over San Diego on Monday Night Football after eight straight previous defeats

December 24, 1983
First home playoff win versus the Denver Broncos

November 4, 1984
NFL record four interceptions returned for touchdowns against the Kansas City Chiefs

December 2, 1984
Clinched a playoff berth with a 38-17 win over Detroit

December 22, 1984
Eliminated defending Super Bowl Champion Los Angeles Raiders in the AFC Wild Card Game at the Kingdome

October 6, 1986
Steve Largent breaks the NFL record for consecutive games with a pass reception against San Diego on Monday Night Football

December 11, 1988
Seahawks score on their first six possessions in a 42-17 victory over the Denver Broncos/Largent hit on Mike Harden.

November 30, 1992
Play-by-play announcer Pete Gross is inducted into the Seahawks Ring of Honor

November 3, 1996
John Friesz threw for 323 yards, the first 300-yard passing game since 1990 in a 23-16 win over the Houston Oilers

**Top 10 Moments as voted on by Seahawks fans via the team's official web site, www.seahawks.com, prior to the final regular season game played on December 26, 1999.*

The roof and ceiling renovation was **\$70 million**.

The total debt on the Kingdome is \$127 million with the majority of it due to be retired in the year 2016.

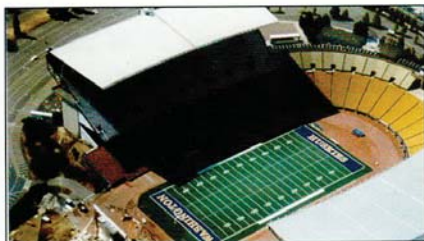
Annual payments of \$6.3 million are received from a 2% hotel/motel room tax and a 1% rental car tax. This pays for the original construction, the roof and ceiling repair and millions of dollars in improvements.

The stadium employed 70 full-time staff and up to 1,200 part-time event personnel.

At one point, the Kingdome was home to four professional sports- **baseball, football, basketball** and **soccer** (*Seattle Sounders*).

The Kingdome was imploded on March 26, 2000.

HUSKY STADIUM



The **Seattle Seahawks** played their entire 2000 and 2001 home schedule at **Husky Stadium**. With the demolition of the Kingdome and creation of the new football stadium, the Seahawks looked to the home of the Washington Huskies for the 2000 and 2001 NFL seasons.

Seating capacity at Husky Stadium for Seahawks games was 68,589, with nearly 70 percent of those seats between the end-zones.

The Seahawks played three regular season and two preseason games at the stadium in 1994, when ceiling tiles fell from the

Kingdome's roof.

Built in 1902 at a cost of \$600,000, the stadium's initial capacity was 30,000. The stadium officially opened on November 27, 1920, when Dartmouth defeated the University of Washington, 28-7.

Capacity was increased to 40,000 in 1936 and again to 55,000 in 1950. The second of these upgrades included roof-covered seats in the south stands and cost \$1.7 million.

The current press box was originally constructed as part of the 1950 expansion.

An additional 4,000 seats were added in 1968, to take capacity to 59,000.

Husky Stadium became just the second stadium to don AstroTurf, when it replaced the original natural grass in 1968. The University of Washington supplied more than 200 pairs of shoes for opponents, due to the rarity of the surface.

The turf was replaced in 1972, 1977, 1987, 1995, and new FieldTurf was laid down in 2000.

Seating capacity increased one more time in 1987, in a \$13 million project.

TEAM HEADQUARTERS



On June 18, 1986, the Seattle Seahawks moved into their office and training headquarters adjacent to Northwest College in Kirkland, Washington.

The two-story building went through major renovation that was completed in 1999, to create a first-class facility. The lower-level houses meeting rooms, locker rooms for the players and coaches, training and equipment rooms as well as an expanded strength and conditioning area.

Upstairs houses the administrative offices, coaches offices, and conference rooms.

The Seahawks are able to practice on three regulation fields, two natural grass and one artificial turf. The original turf field was replaced by a new one in 1997. That field is then covered by an inflatable bubble as the weather worsens.

To reach the headquarters from Seattle,

take Highway 520 East and exit at the Kirkland Exit. Go right onto Northup Way and left onto 108th Avenue NE (next light). Follow 108th for approximately one mile and turn right onto NE 53rd St. Continue to the top of the hill, passing the player and staff entrance on your left. Turn left at top of the hill into the visitor's parking area.

From the Eastside, take Highway 520 West from I-405 and exit onto 108th Avenue NE. Turn right at the stop sign at the end of the exit and proceed up the hill on 108th. Go approximately one mile to NE 53rd Street and turn right. Turn left at top of the hill into the visitor's parking area.

From Southbound on I-405, take the N.E. 70th Street Exit. Take a left at N.E. 72nd Place and another left at 108th Avenue N.E. Go approximately one mile to NE 53rd Street and turn left. Turn left at top of the hill into the visitor's parking area.

From Sea-Tac Airport, follow the signs to I-405 North. Exit onto Highway 520 Westbound (Seattle) after 20-25 minutes. Take Highway 520 from I-405 and exit onto 108th Avenue NE. Turn right at the stop light at the end of the exit and proceed up the hill on 108th. Go approximately one mile to NE 53rd Street and turn right. Turn left at top of the hill into the visitor's parking area.



Qwest Field and Qwest Field Event Center and the Seattle Seahawks continue to be the leader in offering new technology and services for all Seahawks fans. For the second season, fans using their new Seattle Seahawks Extra

Points™ MasterCard® with PayPass™ will now — in addition to earning points for great Seahawks Rewards be able to just “Tap N Go” at concession stands. PayPass™ is the new contactless payment feature that speeds you through your purchase and back to the game. With PayPass™, there is:

- **No fumbling with cash**
- **No need to wait for a receipt**
- **Nothing to sign**

With PayPass™ you are back to your seat fast and never miss a play. Just one tap of your Seahawks Extra Points MasterCard® with PayPass™ and you're good to go. It works just like your traditional MasterCard card — but no more swiping or giving your card to cashiers. No fishing for coins or waiting for change. PayPass™ makes the transaction process simpler and quicker for all — and not just at Qwest Field and Qwest Field Event Center but at fast food restaurants, gas stations, convenience stores, and more.

It is 100% safe and secure — just like your traditional card. Your Seahawks Extra Points MasterCard® with PayPass™ never leaves your hand and still can be used in the traditional (swipe) way at any one of the MasterCard acceptance locations.

For more information about the Seahawks Extra Points MasterCard® with PayPass™ and to apply visit www.seahawks.com or stop by any of the MBNA gazebos during all home games at Qwest Field.

The Seahawks ticket offices are located inside Qwest Field. Fans may purchase tickets in person at the stadium's ticket windows, by phone or via www.seahawks.com. Questions during the week may be directed to one of the following offices:

Ticket Operations
(206) 682-2800

Ticket Sales
1-888-NFL-HAWK
(1-888-635-4295)



	SEASON	SINGLE GAME	SEASON SAVINGS*		SEASON	SINGLE GAME	SEASON SAVINGS*
CLUB SEATS 1	\$305	\$335	\$300	GENERAL SEATING	\$70	\$79	\$90
CLUB SEATS 2	\$240	\$275	\$350	GENERAL SEATING	\$62	\$72	\$100
CLUB SEATS 3	\$170	\$205	\$350	GENERAL SEATING	\$54	\$66	\$120
CLUB SEATS 4	\$120	\$165	\$450	GENERAL SEATING	\$50	\$58	\$80
CHARTER SEATS	\$85/\$78**	\$85	\$70	GENERAL SEATING	\$37	\$39	\$20
				GENERAL SEATING	\$29	\$39	\$100

*See game season
**Plus charter seat license fee

2006 PRESEASON SCHEDULE

MONDAY, AUGUST 6 (HALL OF FAME GAME)

OAKLAND VS PHILADELPHIA
(CANTON, OH) NBC 8:00P (ET)

WEEK 1 - AUGUST 10-14

THURSDAY, AUGUST 10

INDIANAPOLIS AT ST. LOUIS (FOX) 7:00P (CT)
CLEVELAND AT PHILADELPHIA 7:30P (ET)

FRIDAY, AUGUST 11

NEW ENGLAND AT ATLANTA (CBS) 8:00P (ET)
DENVER AT DETROIT 7:30P (ET)
NEWYORK GIANTS AT BALTIMORE 8:00P (ET)
NEWYORK JETS AT TAMPA BAY 7:30P (ET)
CHICAGO AT SAN FRANCISCO 7:00P (PT)

SATURDAY, AUGUST 12

PITTSBURGH AT ARIZONA 1:00P (MST)
BUFFALO AT CAROLINA 7:30P (ET)
DALLAS AT SEATTLE 7:00P (PT)
GREEN BAY AT SAN DIEGO 7:00P (PT)
JACKSONVILLE AT MIAMI 7:30P (ET)
KANSAS CITY AT HOUSTON 7:00P (CT)
NEW ORLEANS AT TENNESSEE 7:00P (CT)

SUNDAY, AUGUST 13

WASHINGTON AT CINCINNATI (NBC) 8:00P (ET)

MONDAY, AUGUST 14

OAKLAND AT MINNESOTA (ESPN) 7:00P (CT)

WEEK 2 - AUGUST 17-21

THURSDAY, AUGUST 17

KANSAS CITY AT N.Y. GIANTS (FOX) 8:00P (ET)
PHILADELPHIA AT BALTIMORE 8:00P (ET)

FRIDAY, AUGUST 18

SAN DIEGO AT CHICAGO (CBS) 7:00P (CT)
CINCINNATI AT BUFFALO 7:00P (ET)
DETROIT AT CLEVELAND 7:30P (ET)

SATURDAY, AUGUST 19

ARIZONA AT NEW ENGLAND (NFLN) 8:00P (ET)
ATLANTA AT GREEN BAY 7:00P (CT)
CAROLINA AT JACKSONVILLE 7:30P (ET)
HOUSTON AT ST. LOUIS 7:00P (CT)
MIAMI AT TAMPA BAY 7:30P (ET)
MINNESOTA AT PITTSBURGH 8:00P (ET)
NEWYORK JETS AT WASHINGTON 8:00P (ET)
TENNESSEE AT DENVER 7:00P (MT)

SUNDAY, AUGUST 20

SEATTLE AT INDIANAPOLIS (NBC) 8:00P (ET)
SAN FRANCISCO AT OAKLAND 5:00P (PT)

MONDAY, AUGUST 21

DALLAS AT NEW ORLEANS, SHREVEPORT, LA. (ESPN) 7:00P (CT)

WEEK 3 - AUGUST 24-28

THURSDAY, AUGUST 24

MIAMI AT CAROLINA (FOX) 8:00P (ET)

FRIDAY, AUGUST 25

PITTSBURGH AT PHILADELPHIA (ESPN)	8:00P (ET)
ARIZONA AT CHICAGO	7:00P (CT)
BALTIMORE AT MINNESOTA	7:00P (CT)
NEW YORK GIANTS AT NEW YORK JETS	8:00P (ET)
DETROIT AT OAKLAND	7:00P (PT)

SATURDAY, AUGUST 26

TAMPA BAY AT JACKSONVILLE (CBS)	8:00P (ET)
CLEVELAND AT BUFFALO	
INDIANAPOLIS AT NEW ORLEANS, JACKSON, MISS.	6:00P (CT)
ATLANTA AT TENNESSEE	7:00P (CT)
SAN FRANCISCO AT DALLAS	7:00P (CT)
WASHINGTON AT NEW ENGLAND	8:00P (ET)
ST. LOUIS AT KANSAS CITY	7:30P (CT)
SEATTLE AT SAN DIEGO	8:00P (CT)

SUNDAY, AUGUST 27

HOUSTON AT DENVER (NFLN)	6:00P (MT)
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MONDAY, AUGUST 28

GREEN BAY AT CINCINNATI (ESPN)	8:00P (ET)
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WEEK 4 - AUG. 31 - SEPT. 1**THURSDAY, AUGUST 31**

BUFFALO AT DETROIT	7:30P (ET)
CAROLINA AT PITTSBURGH	7:30P (ET)
JACKSONVILLE AT ATLANTA	7:30P (ET)
NEW ENGLAND AT NEW YORK GIANTS	7:30P (ET)
ST. LOUIS AT MIAMI	7:30P (ET)
BALTIMORE AT WASHINGTON	8:00P (ET)
CHICAGO AT CLEVELAND	8:00P (ET)
MINNESOTA AT DALLAS	7:00P (CT)
TAMPA BAY AT HOUSTON	7:00P (CT)
NEW ORLEANS AT KANSAS CITY	7:30P (CT)
DENVER AT ARIZONA	7:00P(MST)
OAKLAND AT SEATTLE	7:00P (MT)

FRIDAY, SEPTEMBER 1

TENNESSEE AT GREEN BAY	3:00P (CT)
CINCINNATI AT INDIANAPOLIS	7:00P (ET)
PHILADELPHIA AT NEW YORK JETS	7:00P (ET)
SAN DIEGO AT SAN FRANCISCO	7:00P (PT)

2006 NFL SCHEDULE**THURSDAY, SEPTEMBER 7
(FIRST WEEKEND)**

1. MIAMI AT PITTSBURGH	8:30p (ET)
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SUNDAY, SEPTEMBER 10

2. ATLANTA AT CAROLINA	1:00p (ET)
3. NEW ORLEANS AT CLEVELAND	1:00p (ET)
4. SEATTLE AT DETROIT	1:00p (ET)
5. PHILADELPHIA AT HOUSTON	12:00p (CT)
6. CINCINNATI AT KANSAS CITY	12:00p (CT)
7. BUFFALO AT NEW ENGLAND	1:00p (ET)
8. DENVER AT ST. LOUIS	12:00p (CT)
9. BALTIMORE AT TAMPA BAY	1:00p (ET)
10. N.Y. JETS AT TENNESSEE	12:00p (CT)
11. SAN FRANCISCO AT ARIZONA	1:15p (MST)
12. CHICAGO AT GREEN BAY	3:15p (CT)
13. DALLAS AT JACKSONVILLE	4:15p (ET)
14. INDIANAPOLIS AT N.Y. GIANTS	8:15p (ET)

MONDAY, SEPTEMBER 11

15. MINNESOTA AT WASHINGTON	7:00p (ET)
16. SAN DIEGO AT OAKLAND	7:15p (PT)

**SUNDAY, SEPTEMBER 17
(SECOND WEEKEND)**

17. TAMPA BAY AT ATLANTA	1:00p (ET)
18. OAKLAND AT BALTIMORE	1:00p (ET)
19. DETROIT AT CHICAGO	12:00p (CT)
20. CLEVELAND AT CINCINNATI	1:00p (ET)
21. NEW ORLEANS AT GREEN BAY	12:00p (CT)
22. HOUSTON AT INDIANAPOLIS	1:00p (ET)
23. BUFFALO AT MIAMI	1:00p (ET)
24. CAROLINA AT MINNESOTA	12:00p (CT)
25. N.Y. GIANTS AT PHILADELPHIA	1:00p (ET)
26. ST. LOUIS AT SAN FRANCISCO	1:05p (PT)
27. ARIZONA AT SEATTLE	1:05p (PT)
28. KANSAS CITY AT DENVER	2:15p (MT)
29. NEW ENGLAND AT N.Y. JETS	4:15p (ET)
30. TENNESSEE AT SAN DIEGO	1:15p (PT)
31. WASHINGTON AT DALLAS	7:15p (CT)

MONDAY, SEPTEMBER 18

32. PITTSBURGH AT JACKSONVILLE	8:30p (ET)
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**SUNDAY, SEPTEMBER 24
(THIRD WEEKEND)****(BYES: DALLAS, KANSAS CITY,
OAKLAND, SAN DIEGO)**

33. N.Y. JETS AT BUFFALO	1:00p (ET)
34. GREEN BAY AT DETROIT	1:00p (ET)
35. WASHINGTON AT HOUSTON	12:00p (CT)
36. JACKSONVILLE AT INDIANAPOLIS	1:00p (ET)
37. TENNESSEE AT MIAMI	1:00p (ET)
38. CHICAGO AT MINNESOTA	12:00p (CT)
39. CINCINNATI AT PITTSBURGH	1:00p (ET)
40. CAROLINA AT TAMPA BAY	1:00p (ET)
41. BALTIMORE AT CLEVELAND	4:05p (ET)
42. ST. LOUIS AT ARIZONA	1:15p (MST)
43. PHILADELPHIA AT SAN FRANCISCO	1:15p (PT)
44. N.Y. GIANTS AT SEATTLE	1:15p (PT)
45. DENVER AT NEW ENGLAND	8:15p (ET)

MONDAY, SEPTEMBER 25

46. ATLANTA AT NEW ORLEANS	7:30p (CT)
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**SUNDAY, OCTOBER 1
(FOURTH WEEKEND)****(BYES: DENVER, N.Y. GIANTS,
PITTSBURGH, TAMPA BAY)**

47. ARIZONA AT ATLANTA	1:00p (ET)
48. SAN DIEGO AT BALTIMORE	1:00p (ET)
49. MINNESOTA AT BUFFALO	1:00p (ET)
50. NEW ORLEANS AT CAROLINA	1:00p (ET)
51. MIAMI AT HOUSTON	12:00p (CT)
52. SAN FRANCISCO AT KANSAS CITY	12:00p (CT)
53. INDIANAPOLIS AT N.Y. JETS	1:00p (ET)
54. DALLAS AT TENNESSEE	12:00p (CT)
55. DETROIT AT ST. LOUIS	3:05p (CT)
56. NEW ENGLAND AT CINCINNATI	4:15p (ET)
57. CLEVELAND AT OAKLAND	1:15p (PT)
58. JACKSONVILLE AT WASHINGTON	4:15p (ET)
59. SEATTLE AT CHICAGO	7:15p (CT)

MONDAY, OCTOBER 2

60. GREEN BAY AT PHILADELPHIA	8:30p (ET)
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**SUNDAY, OCTOBER 8
(FIFTH WEEKEND)****(BYES: ATLANTA, CINCINNATI,
HOUSTON, SEATTLE)**

61. CLEVELAND AT CAROLINA	1:00p	(ET)
62. BUFFALO AT CHICAGO	12:00p	(CT)
63. ST. LOUIS AT GREEN BAY	12:00p	(CT)
64. TENNESSEE AT INDIANAPOLIS	1:00p	(ET)
65. DETROIT AT MINNESOTA	12:00p	(CT)
66. MIAMI AT NEW ENGLAND	1:00p	(ET)
67. TAMPA BAY AT NEW ORLEANS	12:00p	(CT)
68. WASHINGTON AT N.Y. GIANTS	1:00p	(ET)
69. KANSAS CITY AT ARIZONA	1:05p	(MST)
70. N.Y. JETS AT JACKSONVILLE	4:05p	(ET)
71. OAKLAND AT SAN FRANCISCO	1:05p	(PT)
72. DALLAS AT PHILADELPHIA	4:15p	(ET)
73. PITTSBURGH AT SAN DIEGO	5:15p	(PT)

MONDAY, OCTOBER 9

74. BALTIMORE AT DENVER	6:30p	(MT)
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**SUNDAY, OCTOBER 15
(SIXTH WEEKEND)****(BYES: CLEVELAND, GREEN BAY,
INDIANAPOLIS, JACKSONVILLE,
MINNESOTA, NEW ENGLAND)**

75. N.Y. GIANTS AT ATLANTA	1:00p	(ET)
76. CAROLINA AT BALTIMORE	1:00p	(ET)
77. HOUSTON AT DALLAS	12:00p	(CT)
78. BUFFALO AT DETROIT	1:00p	(ET)
79. PHILADELPHIA AT NEW ORLEANS	12:00p	(CT)
80. SEATTLE AT ST. LOUIS	12:00p	(CT)
81. CINCINNATI AT TAMPA BAY	1:00p	(ET)
82. TENNESSEE AT WASHINGTON	1:00p	(ET)
83. MIAMI AT N.Y. JETS	4:15p	(ET)
84. KANSAS CITY AT PITTSBURGH	4:15p	(ET)
85. SAN DIEGO AT SAN FRANCISCO	1:15p	(PT)
86. OAKLAND AT DENVER	6:15p	(MT)

MONDAY, OCTOBER 16

87. CHICAGO AT ARIZONA	5:30p	(MST)
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**SUNDAY, OCTOBER 22
(SEVENTH WEEKEND)****(BYES: BALTIMORE, CHICAGO, NEW
ORLEANS, ST. LOUIS, SAN FRANCISCO,
TENNESSEE)**

88. PITTSBURGH AT ATLANTA	1:00p	(ET)
89. NEW ENGLAND AT BUFFALO	1:00p	(ET)
90. CAROLINA AT CINCINNATI	1:00p	(ET)
91. JACKSONVILLE AT HOUSTON	12:00p	(CT)
92. SAN DIEGO AT KANSAS CITY	12:00p	(CT)
93. GREEN BAY AT MIAMI	1:00p	(ET)
94. DETROIT AT N.Y. JETS	1:00p	(ET)
95. PHILADELPHIA AT TAMPA BAY	1:00p	(ET)
96. DENVER AT CLEVELAND	4:05p	(ET)
97. WASHINGTON AT INDIANAPOLIS	4:15p	(ET)
98. ARIZONA AT OAKLAND	1:15p	(PT)
99. MINNESOTA AT SEATTLE	1:15p	(PT)

MONDAY, OCTOBER 23

100. N.Y. GIANTS AT DALLAS	7:30p	(CT)
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**SUNDAY, OCTOBER 29
(EIGHTH WEEKEND)****(BYES: BUFFALO, DETROIT,
MIAMI, WASHINGTON)**

101. SAN FRANCISCO AT CHICAGO	12:00p	(CT)
102. ATLANTA AT CINCINNATI	1:00p	(ET)
103. ARIZONA AT GREEN BAY	12:00p	(CT)
104. SEATTLE AT KANSAS CITY	12:00p	(CT)
105. BALTIMORE AT NEW ORLEANS	12:00p	(CT)
106. TAMPA BAY AT N.Y. GIANTS	1:00p	(ET)
107. JACKSONVILLE AT PHILADELPHIA	1:00p	(ET)
108. HOUSTON AT TENNESSEE	12:00p	(CT)
109. ST. LOUIS AT SAN DIEGO	1:05p	(PT)
110. N.Y. JETS AT CLEVELAND	4:15p	(ET)
111. INDIANAPOLIS AT DENVER	2:15p	(MT)
112. PITTSBURGH AT OAKLAND	1:15p	(PT)
113. DALLAS AT CAROLINA	8:15p	(ET)

MONDAY, OCTOBER 30

114. NEW ENGLAND AT MINNESOTA	7:30p	(CT)
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**SUNDAY, NOVEMBER 5
(NINTH WEEKEND)****(BYES: ARIZONA, CAROLINA,
N.Y. JETS, PHILADELPHIA)**

115. CINCINNATI AT BALTIMORE	1:00p	(ET)
116. GREEN BAY AT BUFFALO	1:00p	(ET)
117. MIAMI AT CHICAGO	12:00p	(CT)
118. ATLANTA AT DETROIT	1:00p	(ET)
119. TENNESSEE AT JACKSONVILLE	1:00p	(ET)
120. HOUSTON AT N.Y. GIANTS	1:00p	(ET)
121. KANSAS CITY AT ST. LOUIS	12:00p	(CT)
122. NEW ORLEANS AT TAMPA BAY	1:00p	(ET)
123. DALLAS AT WASHINGTON	1:00p	(ET)
124. MINNESOTA AT SAN FRANCISCO	1:05p	(PT)
125. DENVER AT PITTSBURGH	4:15p	(ET)
126. CLEVELAND AT SAN DIEGO	1:15p	(PT)
127. INDIANAPOLIS AT NEW ENGLAND	8:15p	(ET)

MONDAY, NOVEMBER 6

128. OAKLAND AT SEATTLE	5:30p	(PT)
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**SUNDAY, NOVEMBER 12
(TENTH WEEKEND)**

129. CLEVELAND AT ATLANTA	1:00p	(ET)
130. SAN DIEGO AT CINCINNATI	1:00p	(ET)
131. SAN FRANCISCO AT DETROIT	1:00p	(ET)
132. BUFFALO AT INDIANAPOLIS	1:00p	(ET)
133. HOUSTON AT JACKSONVILLE	1:00p	(ET)
134. KANSAS CITY AT MIAMI	1:00p	(ET)
135. GREEN BAY AT MINNESOTA	12:00p	(CT)
136. N.Y. JETS AT NEW ENGLAND	1:00p	(ET)
137. CHICAGO AT N.Y. GIANTS	1:00p	(ET)
138. WASHINGTON AT PHILADELPHIA	1:00p	(ET)
139. NEW ORLEANS AT PITTSBURGH	1:00p	(ET)
140. BALTIMORE AT TENNESSEE	12:00p	(CT)
141. DENVER AT OAKLAND	1:05p	(PT)
142. DALLAS AT ARIZONA	2:15p	(MT)
143. ST. LOUIS AT SEATTLE	1:15p	(PT)
NBC GAMETBD	8:15p	(ET)

MONDAY, NOVEMBER 13

144. TAMPA BAY AT CAROLINA	8:30p	(ET)
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**SUNDAY, NOVEMBER 19
(ELEVENTH WEEKEND)**

145.	ATLANTA AT BALTIMORE	1:00p	(ET)
146.	ST. LOUIS AT CAROLINA	1:00p	(ET)
147.	PITTSBURGH AT CLEVELAND	1:00p	(ET)
148.	INDIANAPOLIS AT DALLAS	12:00p	(CT)
149.	NEW ENGLAND AT GREEN BAY	12:00p	(CT)
150.	BUFFALO AT HOUSTON	12:00p	(CT)
151.	OAKLAND AT KANSAS CITY	12:00p	(CT)
152.	MINNESOTA AT MIAMI	1:00p	(ET)
153.	CINCINNATI AT NEW ORLEANS	12:00p	(CT)
154.	CHICAGO AT N.Y. JETS	1:00p	(ET)
155.	TENNESSEE AT PHILADELPHIA	1:00p	(ET)
156.	WASHINGTON AT TAMPA BAY	1:00p	(ET)
157.	DETROIT AT ARIZONA	2:05p	(MT)
158.	SEATTLE AT SAN FRANCISCO	1:05p	(PT)
159.	SAN DIEGO AT DENVER	2:15p	(MT)
	NBC GAME TBD	8:15p	(ET)

MONDAY, NOVEMBER 20

160.	N.Y. GIANTS AT JACKSONVILLE	8:30p	(ET)
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**THURSDAY, NOVEMBER 23
(TWELFTH WEEKEND)**

161.	MIAMI AT DETROIT	12:30p	(ET)
162.	TAMPA BAY AT DALLAS	3:15p	(CT)
163.	DENVER AT KANSAS CITY	7:00p	(CT)

SUNDAY, NOVEMBER 26

164.	NEW ORLEANS AT ATLANTA	1:00p	(ET)
165.	PITTSBURGH AT BALTIMORE	1:00p	(ET)
166.	JACKSONVILLE AT BUFFALO	1:00p	(ET)
167.	CINCINNATI AT CLEVELAND	1:00p	(ET)
168.	PHILADELPHIA AT INDIANAPOLIS	1:00p	(ET)
169.	ARIZONA AT MINNESOTA	12:00p	(CT)
170.	CHICAGO AT NEW ENGLAND	1:00p	(ET)
171.	HOUSTON AT N.Y. JETS	1:00p	(ET)
172.	SAN FRANCISCO AT ST. LOUIS	12:00p	(CT)
173.	N.Y. GIANTS AT TENNESSEE	12:00p	(CT)
174.	CAROLINA AT WASHINGTON	1:00p	(ET)
175.	OAKLAND AT SAN DIEGO	1:05p	(PT)
	NBC GAME TBD	8:15p	(ET)

MONDAY, NOVEMBER 27

176.	GREEN BAY AT SEATTLE	5:30p	(PT)
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**THURSDAY, NOVEMBER 30
(THIRTEENTH WEEKEND)**

177.	BALTIMORE AT CINCINNATI	8:00p	(ET)
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SUNDAY, DECEMBER 3

178.	SAN DIEGO AT BUFFALO	1:00p	(ET)
179.	MINNESOTA AT CHICAGO	12:00p	(CT)
180.	KANSAS CITY AT CLEVELAND	1:00p	(ET)
181.	N.Y. JETS AT GREEN BAY	12:00p	(CT)
182.	JACKSONVILLE AT MIAMI	1:00p	(ET)
183.	DETROIT AT NEW ENGLAND	1:00p	(ET)
184.	SAN FRANCISCO AT NEW ORLEANS	12:00p	(CT)
185.	DALLAS AT N.Y. GIANTS	1:00p	(ET)
186.	TAMPA BAY AT PITTSBURGH	1:00p	(ET)
187.	ARIZONA AT ST. LOUIS	12:00p	(CT)
188.	INDIANAPOLIS AT TENNESSEE	12:00p	(CT)
189.	ATLANTA AT WASHINGTON	1:00p	(ET)
190.	HOUSTON AT OAKLAND	1:05p	(PT)
191.	SEATTLE AT DENVER	2:15p	(MT)
	NBC GAME TBD	8:15p	(ET)

MONDAY, DECEMBER 4

192.	CAROLINA AT PHILADELPHIA	8:30p	(ET)
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**THURSDAY, DECEMBER 7
(FOURTEENTH WEEKEND)**

193.	CLEVELAND AT PITTSBURGH	8:00p	(ET)
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SUNDAY, DECEMBER 10

194.	N.Y. GIANTS AT CAROLINA	1:00p	(ET)
195.	OAKLAND AT CINCINNATI	1:00p	(ET)
196.	NEW ORLEANS AT DALLAS	12:00p	(CT)
197.	MINNESOTA AT DETROIT	1:00p	(ET)
198.	TENNESSEE AT HOUSTON	12:00p	(CT)
199.	INDIANAPOLIS AT JACKSONVILLE	1:00p	(ET)
200.	BALTIMORE AT KANSAS CITY	12:00p	(CT)
201.	NEW ENGLAND AT MIAMI	1:00p	(ET)
202.	BUFFALO AT N.Y. JETS	1:00p	(ET)
203.	ATLANTA AT TAMPA BAY	1:00p	(ET)
204.	PHILADELPHIA AT WASHINGTON	1:00p	(ET)
205.	SEATTLE AT ARIZONA	2:05p	(MT)
206.	GREEN BAY AT SAN FRANCISCO	1:05p	(PT)
207.	DENVER AT SAN DIEGO	1:15p	(PT)
	NBC GAME TBD	8:15p	(ET)

MONDAY, DECEMBER 11

208.	CHICAGO AT ST. LOUIS	7:30p	(CT)
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**THURSDAY, DECEMBER 14
(FIFTEENTH WEEKEND)**

209.	SAN FRANCISCO AT SEATTLE	5:00p	(PT)
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SATURDAY, DECEMBER 16

210.	DALLAS AT ATLANTA	8:00p	(ET)
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SUNDAY, DECEMBER 17

211.	CLEVELAND AT BALTIMORE	1:00p	(ET)
212.	MIAMI AT BUFFALO	1:00p	(ET)
213.	PITTSBURGH AT CAROLINA	1:00p	(ET)
214.	TAMPA BAY AT CHICAGO	12:00p	(CT)
215.	DETROIT AT GREEN BAY	12:00p	(CT)
216.	N.Y. JETS AT MINNESOTA	12:00p	(CT)
217.	HOUSTON AT NEW ENGLAND	1:00p	(ET)
218.	WASHINGTON AT NEW ORLEANS	12:00p	(CT)
219.	PHILADELPHIA AT N.Y. GIANTS	1:00p	(ET)
220.	JACKSONVILLE AT TENNESSEE	12:00p	(CT)
221.	DENVER AT ARIZONA	2:05p	(MT)
222.	KANSAS CITY AT SAN DIEGO	1:05p	(PT)
223.	ST. LOUIS AT OAKLAND	1:15p	(PT)
	NBC GAME TBD	8:15p	(ET)

MONDAY, DECEMBER 18

224.	CINCINNATI AT INDIANAPOLIS	8:30p	(ET)
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**THURSDAY, DECEMBER 21
(SIXTEENTH WEEKEND)**

225.	MINNESOTA AT GREEN BAY	7:00p	(CT)
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SATURDAY, DECEMBER 23

226.	KANSAS CITY AT OAKLAND	5:00p	(PT)
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SUNDAY, DECEMBER 24

227.	CAROLINA AT ATLANTA	1:00p	(ET)
228.	TENNESSEE AT BUFFALO	1:00p	(ET)
229.	TAMPA BAY AT CLEVELAND	1:00p	(ET)
230.	CHICAGO AT DETROIT	1:00p	(ET)
231.	INDIANAPOLIS AT HOUSTON	12:00p	(CT)
232.	NEW ENGLAND AT JACKSONVILLE	1:00p	(ET)
233.	NEW ORLEANS AT N.Y. GIANTS	1:00p	(ET)
234.	BALTIMORE AT PITTSBURGH	1:00p	(ET)
235.	WASHINGTON AT ST. LOUIS	12:00p	(CT)
236.	ARIZONA AT SAN FRANCISCO	1:05p	(PT)
237.	CINCINNATI AT DENVER	2:15p	(MT)
238.	SAN DIEGO AT SEATTLE	1:15p	(PT)

MONDAY, DECEMBER 25

239.	PHILADELPHIA AT DALLAS	4:00p	(CT)
240.	N.Y. JETS AT MIAMI	8:30p	(ET)

**SATURDAY, DECEMBER 30
(SEVENTEENTH WEEKEND)**

241. N.Y. GIANTS AT WASHINGTON 8:00p (ET)

SUNDAY, DECEMBER 31

242. BUFFALO AT BALTIMORE 1:00p (ET)
 243. GREEN BAY AT CHICAGO 12:00p (CT)
 244. PITTSBURGH AT CINCINNATI 1:00p (ET)
 245. DETROIT AT DALLAS 12:00p (CT)
 246. CLEVELAND AT HOUSTON 12:00p (CT)
 247. MIAMI AT INDIANAPOLIS 1:00p (ET)
 248. JACKSONVILLE AT KANSAS CITY 12:00p (CT)
 249. ST. LOUIS AT MINNESOTA 12:00p (CT)
 250. CAROLINA AT NEW ORLEANS 12:00p (CT)
 251. OAKLAND AT N.Y. JETS 1:00p (ET)
 252. ATLANTA AT PHILADELPHIA 1:00p (ET)
 253. SEATTLE AT TAMPA BAY 1:00p (ET)
 254. NEW ENGLAND AT TENNESSEE 12:00p (CT)

255. SAN FRANCISCO AT DENVER 2:15p (MT)
 256. ARIZONA AT SAN DIEGO 1:15p (PT)
 NBC GAMETBD 8:15p (ET)

POSTSEASON

Saturday, January 6 AFC and NFC Wild Card Playoffs (NBC)
 Sunday, January 7 AFC and NFC Wild Card Playoffs (CBS and FOX)
 Saturday, January 13 AFC and NFC Divisional Playoffs (CBS and FOX)
 Sunday, January 14 AFC and NFC Divisional Playoffs (CBS and FOX)
 Sunday, January 21 AFC and NFC Championship Games (CBS and FOX)
 Sunday, February 4 Super Bowl XLI at Dolphins Stadium, South Florida (CBS)
 Sunday, February 10 AFC-NFC Pro Bowl in Honolulu, Hawaii (CBS)

2006 OPPONENTS**DALLAS COWBOYS**

Head Coach: Bill Parcells
 Stadium: Texas Stadium

**INDIANAPOLIS COLTS**

Head Coach: Tony Dungy
 Stadium: RCA Dome

**SAN DIEGO CHARGERS**

Head Coach: Marty Schottenheimer
 Stadium: Arrowhead Stadium

**OAKLAND RAIDERS**

Head Coach: Art Shell
 Stadium: McAfee Coliseum

**DETROIT LIONS**

Head Coach: Rod Marinelli
 Stadium: Ford Field

**ARIZONA CARDINALS**

Head Coach: Dennis Green
 Stadium: Cardinals Stadium

**NEW YORK GIANTS**

Head Coach: Tom Coughlin
 Stadium: Giants Stadium

**CHICAGO BEARS**

Head Coach: Lovie Smith
 Stadium: Soldier Field

**ST. LOUIS RAMS**

Head Coach: Scott Linehan
 Stadium: Edward Jones Dome

**MINNESOTA VIKINGS**

Head Coach: Brad Childress
 Stadium: Metrodome

**KANSAS CITY CHIEFS**

Head Coach: Herm Edwards
 Stadium: Arrowhead Stadium

**SAN FRANCISCO 49ERS**

Head Coach: Mike Nolan
 Stadium: Monster Park

**GREEN BAY PACKERS**

Head Coach: Mike McCarthy
 Stadium: Lambeau Field

**DENVER BRONCOS**

Head Coach: Mike Shanahan
 Stadium: Invesco Field at Mile High

**TAMPA BAY BUCCANEERS**

Head Coach: Jon Gruden
 Stadium: Raymond Jones Stadium

AUG. 12

Public Relations: Rich Dalrymple
 Phone: 972/556-9900

AUG. 20

Public Relations: Craig Kelley
 Phone: 317/297-2658

AUG. 26/DEC. 24

Public Relations: Bill Johnston
 Phone: 816/920-9300

AUG. 31/NOV. 6

Public Relations: Mike Taylor
 Phone: 510/864-5000

SEPT. 10

Public Relations: Matt Barnhardt
 Phone: 904/633-6000

SEPT. 17/DEC. 10

Public Relations: Mark Dalton
 Phone: 602/379-0101

SEPT. 24

Public Relations: Pat Hanlon
 Phone: 201/935-8111

OCT. 1

Public Relations: Jim Chrisman
 Phone: 847/295-6600

OCT. 15/NOV. 12

Public Relations: Rick Smith
 Phone: 314/982-7267

OCT. 22

Public Relations: Bob Hagan
 Phone: 952/828-6500

OCT. 29

Public Relations: Bob Moore
 Phone: 816/920-9300

NOV. 19/DEC. 14

Public Relations: Aaron Salkin
 Phone: 408/562-4949

NOV. 27

Public Relations: Jeff Blumb
 Phone: 920/496-5700

DEC. 3

Public Relations: Jim Saccomano
 Phone: 303/649-9000

DEC. 31

Public Relations: Jeff Kamis
 Phone: 813/870-2700

AC Joint — Acromioclavicular joint; joint of the shoulder where acromion process of the scapula and the distal end of the clavicle meet, most shoulder separations occur at this point.

Abduct — Movement of any extremity away from the midline of the body. This action is achieved by an abductor muscle.

Abrasion — Any injury which rubs off the surface of the skin.

Abscess — An infection which produces pus; can be the result of a blister, callus, penetration wound or laceration.

Abduct — Movement of an extremity toward the midline of the body. This action is achieved by an adductor muscle.

Adhesion — Abnormal adherence of collagen fibers to surrounding structures during immobilization following trauma or as a complication of surgery which restricts normal elasticity of the structures involved.

Aerobic — Exercise in which energy needed is supplied by oxygen inspired and is required for sustained periods of vigorous exercise with a continually high pulse rate.

Anabolic Steroids — Steroids that promote tissue growth by creating protein in an attempt to enhance muscle growth. The main anabolic steroid is testosterone.

Anaerobic — Exercise without use of oxygen as an energy source; short of bursts of vigorous exercises.

Anaphylactic Shock — Shock that is caused by an allergic reaction.

Anterior Compartment Syndrome — Condition in which swelling within the anterior compartment of the lower leg jeopardizes the viability of muscles, nerves and arteries that serve the foot. In severe cases, emergency surgery is necessary to relieve the swelling and pressure.

Anterior Cruciate Ligament (ACL) — A primary stabilizing ligament within the center of the knee joint that prevents hyperextension and excessive rotation of the joint. A complete tear of the ACL necessitating reconstruction could require up to 12 months of rehabilitation.

Anterior Talofibular Ligament — A ligament of the ankle that connects the fibula (lateral ankle bone) to the talus. This ligament is oft times subject to sprain.

Anti-Inflammatory — Any agent which prevents inflammation, such as aspirin or ibuprofen.

Anterogram — A film demonstrating arteries after injection of a dye.

Arthrogram — X-ray technique for joints using air and/or dye injected into the affected

area; useful in diagnosing meniscus tears of the knee and rotator cuff tears of the shoulder.

Arthroscope — An instrument used to visualize the interior of a joint cavity.

Arthroscopy — A surgical examination of the internal structures of a joint by means for viewing through an arthroscope. An arthroscopic procedure can be used to remove or repair damaged tissue or as a diagnostic procedure in order to inspect the extent of any damage or confirm a diagnosis.

Aspiration — The withdrawal of fluid from a body cavity by means of a suction or siphonage apparatus, such as a syringe.

Atrophy — To shrivel or shrink from disuse, as in muscular atrophy.

Avascular Necrosis — Death of a part due to lack of circulation.

Avulsion — The tearing away, forcibly, of a part or structure.

Baker's Cyst — Localized swelling of a bursa sac in the posterior knee as a result of fluid that has escaped from a knee capsule. A Baker's cyst indicates that there is a trauma inside the knee joint that leads to excessive fluid production.

Bone Scan — An imaging procedure in which a radioactive-labeled substance is injected into the body to determine the status of a bony injury. If the radioactive substance is taken up by the bone at the injury site, the injury will show as a "hot spot" on the scan image. The bone scan is particularly useful in the diagnosis of stress fractures.

Brachial Plexus — Network of nerves originating from the cervical vertebrae and running down to the shoulder, arm, hand, and fingers.

Bruise — A discoloration of the skin due to an extravasation of blood into the underlying tissues.

Bursa — A fluid-filled sac that is located in areas where friction is likely to occur, then minimizes the friction; for example between a tendon and bone.

Capsule — An enclosing structure which surrounds the joint and contains ligaments which stabilize that joint.

Cartilage — Smooth, slippery substance preventing two ends of bones from rubbing together and grating.

CAT Scan — Use of a computer to produce a cross-sectional view of the anatomical part being investigated from X-ray data.

Cellulitis — Inflammation of cellular or connective tissue.

Cervical Vertebrae — Group of seven vertebrae located in the neck.

Charley Horse — A contusion or bruise to any muscle resulting in intramuscular bleeding. No other injury should be called a charley horse.

Colles' Fracture — A fracture of the distal end of the radius with the lower end being displaced backward.

Concentric Muscle Contraction — A shortening of the muscle as it develops tension and contracts to move a resistance.

Concussion — Jarring injury of the brain resulting in dysfunction. It can be graded as mild, moderate or severe depending on loss of consciousness, amnesia and loss of equilibrium.

Contusion — An injury to a muscle and tissues caused by a blow from a blunt object.

Cortical Steroids — Used to suppress joint inflammation.

Costochondral — Cartilage that separates the bones within the rib cage.

Cryokinetics — Treatment with cold and movement.

Cryotherapy — A treatment with the use of cold.

Cyst — Abnormal sac containing liquid or semi-solid matter.

Degenerative Joint Disease — Changes in the joint surface as a result of repetitive trauma.

Deltoid Ligament — Ligament that connects the tibia to bones of the medial aspect of the foot and is primarily responsible for stability of the ankle on the medial side. Is sprained less frequently than other ankle ligaments.

Deltoid Muscle — Muscles at top of the arm, just below the shoulder, responsible for shoulder motions to the front, side and back.

Disc, Intervertebral — A flat, rounded plate between each vertebrae of the spine. The disc consists of a thick fiber ring which surrounds a soft gel-like interior. It functions as a cushion and shock absorber for the spinal column.

Dislocation — Complete displacement of joint surfaces.

Eccentric Muscle Contraction — An overall lengthening of the muscles as it develops tension and contracts to control motion performed by an outside force; oft times referred to as a "negative" contraction in weight training.

Eccymosis — Bleeding into the surface tissue below the skin, resulting in a "black and blue" effect.

Edema — Accumulation of fluid in organs and tissues of the body; swelling.

Effusion — Accumulation of fluid, in various spaces in the body, or the knee itself. Commonly, the knee has an effusion after an injury.

Electrical Galvanic Stimulation (EGS) — An electrical therapeutic modality that sends

a current to the body at select voltages and frequencies in order to stimulate pain receptors, disperse edema, or neutralize muscle spasms among other functional applications.

Electromyogram (EMG) — Test to determine nerve function.

Epicondylitis — Inflammation in the elbow due to overuse.

Ethyl Chloride — "Cold spray," a chemical coolant sprayed onto an injury site to produce a local, mild anesthesia.

Fat Percentage — The amount of body weight that is adipose, fat tissue. Fat percentages can be calculated by underwater weighing, measuring select skinfold thickness, or by analyzing electrical impedance.

Femur — Thigh bone; longest bone in the body.

Fibula — Smaller of the two bones in the lower leg; runs from the knee to the ankle along the outside of the lower leg.

Flexibility — The ability of muscle to relax and yield to stretch forces.

Flexibility Exercise — General term used to describe exercise performed by an athlete to passively or actively elongate soft tissue without the assistance of an athletic trainer.

Fracture — Breach of continuity of a bone. Types of fractures include simple, compound, comminuted, greenstick incomplete, impacted, longitudinal, oblique, stress, or transverse.

Gamekeeper's Thumb — Tear of the ulnar collateral ligament of the metacarpophalangeal joint of the thumb.

Glycogen — Form in which foods are stored in the body as energy.

Grade One Injury — A mild injury in which ligament, tendon, or other musculoskeletal tissue may have been stretched or contused, but not torn or otherwise disrupted.

Grade Two Injury — A moderate injury when musculoskeletal tissue has been partially, but not totally, torn which causes appreciable limitation in function of the injured tissue.

Grade Three Injury — A severe injury in which tissue has been significantly, and in some cases totally, torn or otherwise disrupted causing a virtual total loss of function.

Hamstring — Category of muscle that runs from the buttocks to the knee along the back of the thigh. It functions to flex the knee, and is oft times injured as a result of improper conditioning or lack of muscle flexibility.

Heat Cramps — Painful muscle spasms of the arms or legs caused by excessive body heat and depletion of fluids and electrolytes.

Heat Exhaustion — Mild form of shock due to dehydration because of excessive sweating when exposed to heat and humidity.

Heat Stroke — Condition of rapidly rising internal body temperature that overwhelms

the body's mechanisms of release of heat and could result in death if not cared for appropriately.

Heel Cup — Orthotic device that is inserted into the shoe and worn under the heel to give support to the Achilles tendon and help absorb impacts at the heel.

Hematoma — Tumor-like mass produced by an accumulation of coagulated blood in a cavity.

Hot Pack — Chemical pack that rests in water, approximately 160 degrees, and retains its heat for 15-20 minutes when placed in a towel for general therapeutic application.

Humerus — Bone of the upper arm that runs from the shoulder to the elbow.

Hydrotherapy — Treatment using water.

Hyperextension — Extreme extension of a limb or body part.

Illiotalband — A thick, wide fascial layer that runs from the iliac crest to the knee joint and is occasionally inflamed as a result of excessive running.

Inflammation — The body's natural response to injury in which the injury site might display various degrees of pain, sweating, heat, redness, and/or loss of function.

Internal Rotation — Rotation of a joint or extremity medially, to the inside.

Lesion — Wound, injury or tumor.

Ligament — Bands of fibrous tissue that connects bone to bone, or bone to cartilage and supports and strengthens joints.

Lumbar Vertebrae — Five vertebrae of the lower back that articulate with the sacrum to form the lumbosacral joint.

Magnetic Resonance Imaging (MRI) — Imaging procedure in which a radio frequency pulse causes certain electrical elements of the injured tissue to react to this pulse and through this process a computer display and permanent film establish a visual image. MRI does not require radiation and is very useful in the diagnosis of soft tissue, disc, and meniscus injuries.

Meniscectomy — An intra-articular surgical procedure of the knee by which all or part of the damaged meniscus is removed.

Metacarpals — Five long bones of the hand, running from the wrist to the fingers.

Metatarsals — Five long bones of the foot, running from the ankle to the toes.

Myositis — Inflammation of a muscle.

Necrotic — Relating to death of a portion of tissue.

Neoprene — Lightweight rubber used in joint and muscle sleeves designed to provide support and/or insulation and heat retention to the area.

Orthotic — Any device applied to or around the body in the care of physical impairment or disability, commonly used to

control foot mechanics.

Paresthesia — Sensation of numbness or tingling, indicating nerve irritation.

Patella — The knee cap.

Patella Tendinitis — Inflammation of the patella ligament; also known as "jumpers knee."

Patellofemoral Joint — Articulation of the knee cap and femur. Inflammation of this joint can occur through; 1) acute injury to the patella, 2) overuse from excessive running particularly if there is an associated knee weakness, 3) chronic wear and tear of the knee, or 4) as a result of poor foot mechanics. Patellofemoral irritation can lead to chondromalacia, which in its most chronic condition, could require surgery.

Peroneal Muscles — Group of muscles of the lateral lower leg that are responsible for exerting the knee. Tendons of these three muscles are vital to the stability of the ankle and foot.

Phalanx — Any bone of the fingers or toes; plural is phalanges.

Phlebitis — An inflammation of a vein.

Plica — Fold of tissue in the joint capsule and common result of a knee injury.

Posterior Cruciate Ligament (PCL) — A primary stabilizing ligament of the knee that provides significant stability and prevents displacement of the tibia backward within the knee joint. A complete tear of this ligament necessitating reconstruction would require up to 12 months of rehabilitation.

Quadriceps Muscles — Commonly referred to as "quads." A group of four muscles of the front thigh that run from the hip and form a common tendon at the patella; they are responsible for knee extension.

Radiography — Taking X-rays.

Radius — Forearm bone on the thumb side.

Reconstruction — Surgical rebuilding of a joint using natural, artificial or transplanted materials.

Referred Pain — Pain felt in an undamaged area of the body away from the actual injury.

Retraction — The moving of tissue to expose a part or structure of the body.

Rotator Cuff — Comprised of four muscles in the shoulder area that can be irritated by over use. The muscles are the supraspinatus (most commonly injured), infraspinatus, teres minor, and subscapularis.

Rotator Cuff Impingement Syndrome — A microtrauma or overuse injury caused by stress, and the four stages are: 1) Tendinitis with temporary thickening of the bursa and rotator cuff; 2) Fiber dissociation in the tendon with permanent thickening of the bursa

and scar formation; 3) A partial rotator cuff tear of less than one centimeter; or 4) A complete tear of one centimeter or more.

Sacrum — Group of five fused vertebrae located just below the lumbar vertebrae of the lower back.

Scapula — Shoulder blade.

Sciatica — Irritation of the sciatic nerve resulting in pain or tingling running down the inside of the leg.

Sciatic Nerve — Major nerve that carries impulses for muscular action and sensations between the lower back and thigh and lower leg; it is the longest nerve in the body.

Shin Splint — A catch-all syndrome describing pain in the shin that is not a fracture or tumor and cannot be defined otherwise.

Sorbothane — An energy absorbing polyurethane utilized in some foot orthotics to absorb shock forces of the foot.

Spasm (Theory) — Muscle soreness induced by exercise; is the result of reduced muscle blood flow, which results in pain.

Spleen — Large, solid organ responsible for the normal production and destruction of blood cells.

Spondylitis — Inflammation of one or more vertebrae.

Sprain — Injury resulting from a stretch or twist of the joint and causes various degrees of stretch or tear of a ligament or other soft tissue at the joint.

Sternum — The breast bone.

Steroids — Any one of a large number of hormone-like substances. See anabolic steroids and cortical steroids.

Strain — Injury resulting from a pull or torsion to the muscle or tendon that causes various degrees of stretch or tear to the muscle or tendon tissue.

Stress Fracture — A hair-line type break in a bone caused by overuse.

Stress X-Ray — A continual X-ray taken when a portion of the body is stressed to its maximum in order to determine joint stability. This is a test utilized in some ankle injuries.

Stretching — Any therapeutic maneuver designed to elongate shortened soft tissue structures and thereby increase flexibility.

Subluxation — Partial dislocation of a joint. The term usually implies that the joint can return to its normal position without formal reduction.

Talus — The ankle bone that articulates with the tibia and fibula to form the ankle joint.

Target Heart Rate — A pre-determined pulse to be obtained during exercise when circulation is working at full efficient capacities.

Tarsals — Group of seven bones of the foot consisting of the calcaneal, talus,

cuboid, and three cuneiform bones.

Temporomandibular Joint (TMJ) — The articulation of the jaw and skull; considered by some to be vital in resolution of injuries throughout the body.

Tendinitis — Inflammation of the tendon and/or tendon sheath, caused by chronic overuse or sudden injury.

Tendon — Tissue that connects muscle to bone.

Tennis Elbow — General term for lateral elbow pain.

Thoracic — Group of twelve vertebrae located in the thorax and articulate with the 12 ribs.

Thoracic Outlet Compression Syndrome — A neuro-vascular disorder of the upper extremity common in throwing.

Tibia — Larger of the two bones of the lower leg and is the weight-bearing bond of the shin.

Tomograph — A special type of X-ray apparatus that demonstrates an organ or tissue at a particular depth.

Trachea — The windpipe.

Transcutaneous Electrical Nerve Stimulator (TENS) — An electrical modality that sends mild current through pads at the injury site which stimulates the brain to release the natural analgesic, endorphin.

Transverse Process — Small lateral projection off the right side and the left side of each vertebrae that functions as an attachment site for muscles and ligaments of the spine.

Trapezius — Flat triangular muscle covering the posterior surface of the neck and shoulder.

Triceps — Muscle of the back of the upper arm, primarily responsible for extending the elbow.

Ulna — Forearm bone that runs from the tip of the elbow to the little finger side of the wrist.

Ulnar Nerve — Nerve in the elbow commonly irritated from excessive throwing.

Ultrasound — An electrical modality that transmits a sound wave through an applicator into the skin to the soft tissue in order to heat the local area for relaxing the injured tissue and/or disperse edema.

Valgus — Angulation outward and away from the midline of the body.

Varus — Angulation inward and toward the midline of the body.

Vasoconstriction — Decrease of local blood flow.

Vasodilation — Increase of local blood flow.

"Wind-Knocked-Out" — Syndrome describing a contraction of the abdominal nerve trunk, the solar plexus, as a result of an abdominal contusion.

Zygoma — The cheekbone.

2006-2007 KEY DATES

2006

Late July	Training camps open. Veteran players cannot be required to report earlier than 15 days prior to club's first preseason game or July 15, whichever is later.
July 22*	Signing period ends at 4:00 PM ET for unrestricted free agents who received June 1 tender. (*Or the first scheduled day of the first NFL training camp, whichever is later.)
August 6	Pro Football Hall of Fame Game – Oakland Raiders vs. Philadelphia Eagles (NBC)
August 10-14	First full preseason weekend
August 29	Roster cutdown to maximum of 65 players
September 2	Roster cutdown to maximum of 53 players
September 3	Clubs may establish practice squad of eight players
September 7-11	Kickoff 2006
October 17	Trading deadline
December 31	Regular season ends

2007

January 6-7	Wild Card Playoffs
January 13-14	Divisional Playoffs
January 21	Conference Championships
February 4	Super Bowl XXXIX, South Florida (FOX)
February 10	AFC-NFC Pro Bowl, Honolulu, Hawaii (ESPN)

SEAHAWKS

ADMINISTRATION

Chairman	Paul G. Allen
Chief Executive Officer	Tod Leiweke
President of Football Operations	Tim Ruskell
Senior Vice President/Chief Financial Officer	Martha Fuller
Senior Vice President/Chief Marketing Officer	John Rizzardini
Vice President/Facility Operations & Services	Susan Darrington
Vice President/Community Relations	Mike Flood
Vice President/General Counsel & Business Development	Lance Lopes
Vice President/Partnership Development	Scott Patrick
Vice President/Football Administration	Mike Reinfeldt
Vice President/Player Personnel	Ruston Webster
Vice President/Corporate Partnerships	Beth Wojick
Vice President/Administration	Gary Wright
Director of Player Administration	Jay Nienkark
Director of Human Resources	Cindy Kelley
Human Resources Manager	Sarita Carter
Executive Assistant/CEO	Anne Mitsakos
Executive Assistant/President	Kim Lindbeck
Executive Assistant	Charlotte Kores
Director of Fields & Facilities	John Wright
Facilities Manager	John Behrens
Fields/Maintenance Coordinator	Duc Dinh
Fields/Projects Coordinator	Sean Vanos
Travel Coordinator	Janice Schweitzer
Director of Security	Rick Ninomiya
Security Assistant	James Yoshida
Receptionist	Natalie Thomas
Receptionist/Mailroom Clerk	Heather Stamp
Team Executive Chef	Mac McNabb



(Back L to R) Cindy Kelley, Sarita Carter (Front L to R) Heather Stamp, Natalie Thomas



(L to R) Heather Pak, Patrick McCluskey, Sayreen Kara, Bethany Hensley, Karen Harrison, Tina Godfrey, Ping Chen, Trevor Pratt, William Saguilla, Faruk Punjani, Martha Fuller

FINANCE

Director of Finance	Karen Harrison
Accounting Manager-Tax & Payroll	Ping Chen
Accounting Manager-AP/AR	William Saguilla
Sr. Accountant	Patrick McCluskey
A/P Accounting Administrator	Tina Godfrey
A/P A/R Administrator	Heather Pak
Payroll Specialist	Bethany Hensley
Payroll Accountant	Sayreen Kara
Jr. Accountant	Faruk Punjani



(L to R) Steve Steensma, Robert Ullman, Michael Johnson, Joseph Nicoletti, Allen Olson

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Client/Server Information Systems Administrator	Steve Steensma
Client/Server Information Systems Administrator	Allen Olson
Database Administrator	Robert Ullman



(Standing L to R) Jeff Garza, Brian O'Connell, Lane Gammel, Dave Pearson, Matt Johnson, Rich Gonzales. (Seated L to R) Suzanne Lavender, Julie Barber, Mike Kahn

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Web Writer	Mike Kahn



(L to R) Paul Johns, Erin Nunley, Sandy Gregory, Blitz, Ryan Madayag, Sherri Thompson, Connie Kellogg, J.P. Shin, Kevin Griffin, Mike Flood

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Community Outreach Coordinator	J.P. Shin
Community Outreach Assistant	Connie Kellogg
Director of Sea Gals	Sherri Thompson

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Fan Development Assistant	Erin Nunley

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Corporate Partnership Business Manager	Kristina Howell
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Corporate Partnership Service Coordinator	Heather Linderman
Administrative Assistant	Teresa Morales



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Web Manager	Bill Boehlke
Suite Services Manager	Patti Sipes
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Corporate Hospitality Manager	Sarah Tompkins
Database Marketing Manager	Stacey Terry



(L to R) David Glass, Elisabeth Kanyer, Bill Chapin, Amy Sprangers, Bill Boehlke, Patti Sipes, John Rizzardini, Sarah Tompkins, Felix Crepez, Stephanie Gray, Rick Crawford

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Customer Relationship & Ticket Services Manager	Chris Lawrence
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Box Office Manager - FGI	Don Repp
Season Ticket Coordinator	Carlos Oseguera
Box Office Coordinator	Natalie Heckman
Box Office Assistant -FGI	Christina Hengtgen
Premium Seating & Service Specialist	Ryan Barefoot
Group Sales & Service Specialist	Casey Shaw
Customer Account Representatives	Eric Engberg, Rachel Hudson, Rich McDonald
Customer Sales Representatives	Mike Spring
	Steve Lund, Mike Naehr



(Standing L to R) Casey Shaw, Don Repp, Ryan Barefoot, Eric Engberg, Mike Spring, Steve Lund, Christina Hengtgen, Rich McDonald, Will Brantley, Carlos Oseguera, Mike Naehr, Erin Johnson, Chuck Arnold (Seated L to R) Natalie Heckman, Rachel Hudson, Chris Lawrence, John Rizzardini, Stacey Terry

RETAIL OPERATIONS

Director of Retail Operations	Sue Harris
Retail Operations Manager	Vikki Knopf
Pro Shop Manager	Melanie Pulley
Internet/Mail Order	Nick Johnson
Warehouse Associate	Nate Oziel



(L to R) Nick Johnson, Vikki Knopf, Sue Harris, Melanie Pulley, Nate Oziel

FOOTBALL SUPPORT STAFF

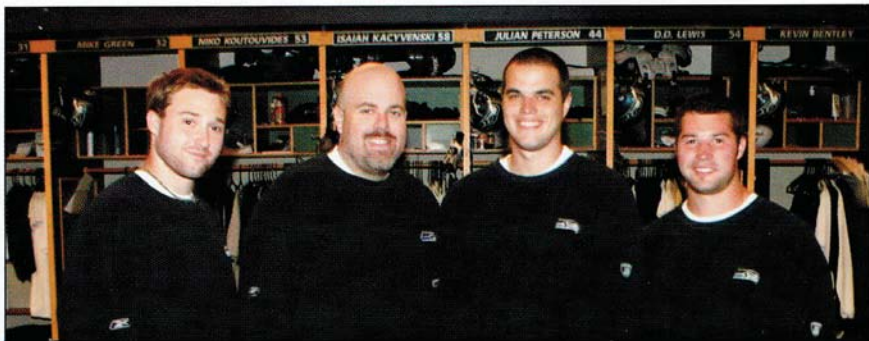
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Player Personnel Administrator	Teresa Widner
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Assistant Athletic Trainer	Donald Rich
Director of Player Development	Maurice Kelly
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Football Administration Coordinator	A.J. Durso
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Administrative Assistants/Coaching	Jane Lin
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Team Physicians	Dr. Stan Herring, Dr. Ed Khalfayan, Dr. Brad Shoup



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(L to R) Rick Ninomiya, Sean Vanos, John Behrens, John Wright, Duc Dinh, Jim Yoshida



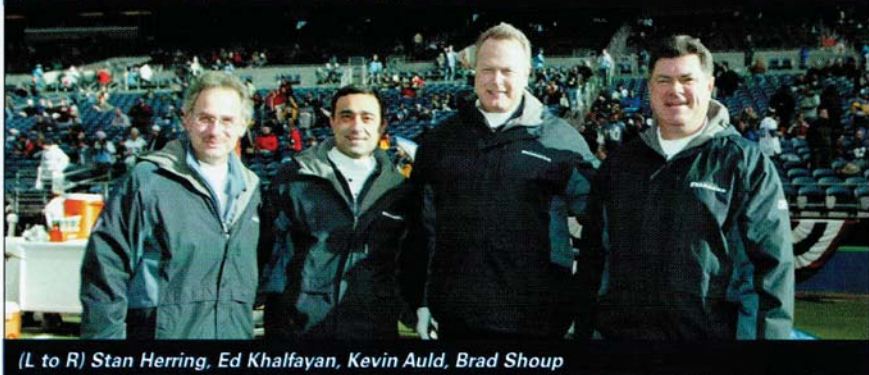
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(L to R) Donald Rich, Sam Ramsden, Reggie Barnes



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(L to R) Ronson Bailey, David Young, Paul Schieck, Laurie Andersen, Jennifer DeArment, Eric Heuston, Don Meucci

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 Asst. Event Services Manager..... Don Meucci
 Operations & Services Coordinator Laurie Andersen

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 Receptionist..... Ronson Bailey



(L to R) James McDevitt, Josh Ramirez, Lisa Salinas, Henry Heidt, Diane Davis, Dan Stone, Daryl Niles

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 FTSO..... Diane Davis, Henry Heidt, James McDevitt,
 Josh Ramirez, Mike Shutes, Dan Stone, Lisa Salinas

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 Event Managers Jim Cloninger, J. Lee Cook, James Kraman
 Conversion Staff Jamie Patch, Kimble Webber, Chuck Cusik
 Mike Foster, Quinton Jordon, Rod O'Connor



(Standing L to R) Dave Cronin, J. Lee Cook, James Kraman, Jim Cloninger



(L to R) Rod O'Connor, Kimble Weber, Dave Cronin, Jamie Patch

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 Technical Services Manager Jon Roy

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Engineering Lead.....	Bob Turnbull
BOEs.....	Dan Rynne, Steve Scheeler, Rein Van Spanckeren
Electrician.....	Cliff Barnes
Maintenance Lead.....	Dennis Holmstrom
Utility Workers.....	Karleen Brigham, Lance Juett, Bill McNabb, Fred Mori
Field Maintenance Lead.....	Brady Murray
Senior Maintenance Administrator.....	Rebecca Topp



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