

49ers Mid-Day Clips – May 11, 2017

Local Media

***NFL Analyst Predicts Two 49ers to Make All-rookie Team***

By Keiana Martin, 49ers.com

<http://www.49ers.com/news/article-2/NFL-Analyst-Predicts-Two-49ers-to-Make-All-rookie-Team/2be9dc05-ee73-4053-9c24-6986b2a253f7>

***Lynch, Shanahan: 49ers haven't tried to trade Bowman***

By Eric Branch, San Francisco Chronicle

<http://www.sfchronicle.com/49ers/article/Lynch-Shanahan-49ers-haven-t-tried-to-trade-11139094.php>

***49ers deny report NaVorro Bowman is on trade block***

By Cam Inman, San Jose Mercury News

<http://www.mercurynews.com/2017/05/11/report-49ers-ready-to-trade-navorro-bowman/>

***49ers officials deny 'shopping' linebacker NaVorro Bowman***

By Matt Barrows, Sacramento Bee

<http://www.sacbee.com/sports/nfl/san-francisco-49ers/article149943737.html>

***49ers were eying pass rushers -- a lot of them -- as potential first-round picks***

By Matt Barrows, Sacramento Bee

<http://www.sacbee.com/sports/nfl/san-francisco-49ers/article149936747.html#storylink=cpy>

***Lynch, Shanahan: 49ers not shopping NaVorro Bowman***

By Matt Maiocco, CSNBayArea.com

<http://www.csnbayarea.com/49ers/lynch-shanahan-49ers-not-shopping-navorro-bowman>

***John Lynch and Kyle Shanahan refute NaVorro Bowman trade rumor***

By Chris Biderman, TheNinersWire.com

<http://ninerswire.usatoday.com/2017/05/11/john-lynch-and-kyle-shanahan-refute-navorro-bowman-trade-rumor/>

***Report: 49ers 'made it known' NaVorro Bowman is available***

By Chris Biderman, TheNinersWire.com

<http://ninerswire.usatoday.com/2017/05/11/former-nfl-executive-49ers-made-it-known-navorro-bowman-is-available/>

***49ers strongly deny report they are shopping NaVorro Bowman***

By Jake Montero, KNBR.com

<http://www.knbr.com/2017/05/11/49ers-strongly-deny-report-they-are-shopping-navorro-bowman/>

***49ers deny report that they're trying to trade NaVorro Bowman***

By Cameron DaSilva, Fox Sports

<http://www.foxsports.com/nfl/story/san-francisco-49ers-navorro-bowman-trade-rumor-report-deny-051117>

National Media

***Arizona Cardinals release Daryl Washington***

By Kent Somers, Arizona Republic

<http://www.azcentral.com/story/sports/nfl/cardinals/2017/05/11/cardinals-daryl-washington-released-suspended-linebacker/318136001/>

***How Amara Darboh went from Sierra Leone to Iowa to Seahawks draft pick***

By Bob Condotta, The Seattle Times

<http://www.seattletimes.com/sports/seahawks/how-amara-darboh-went-from-sierra-leone-to-west-des-moines-to-seahawks-draft-pick/>

***Making sense of the new Buffalo power structure***

By Mike Florio, ProFootballTalk.com

<http://profootballtalk.nbcsports.com/2017/05/11/making-sense-of-the-new-buffalo-power-structure/>

***Victor Cruz to visit with Jacksonville Jaguars on May 23***

By Kevin Patra, NFL.com

<http://www.nfl.com/news/story/0ap3000000807998/article/victor-cruz-to-meet-with-jacksonville-jaguars>

***Josh Gordon's application for reinstatement denied by NFL***

By Staff, ESPN.com

[http://www.espn.com/nfl/story/\\_/id/19358244/nfl-denies-josh-gordon-reinstatement-bid](http://www.espn.com/nfl/story/_/id/19358244/nfl-denies-josh-gordon-reinstatement-bid)

***Broncos agree to terms with first-round pick Garrett Bolles***

By Nicki Jhabvala, New York Daily News

<http://www.denverpost.com/2017/05/11/broncos-agree-rookie-deal-garett-bolles/>

## Local Clips – Full Version

### ***NFL Analyst Predicts Two 49ers to Make All-rookie Team***

By Keiana Martin, 49ers.com

The 2017 rookie class is getting acclimated to the NFL across the league as rookie minicamps are underway. NFL Network analyst Bucky Brooks assembled an All-Rookie Team, predicting which rookies around the league will be the best at their respective positions by the end of the 2017-18 season.

Take a look at which 49ers' made his list:

Defensive tackle: Solomon Thomas, San Francisco 49ers

Thomas is an energetic inside-outside pass rusher with exceptional first-step quickness and burst. He has 10-sack potential as a polished rusher with violent hand skills and a nonstop motor.

Linebacker: Reuben Foster, San Francisco 49ers

After enduring a surprising draft-day slide, Foster could wreak havoc on the league as the designated playmaker in the middle of the 49ers' defense. The ex-Alabama standout will team with NaVorro Bowman to give the 49ers a nasty 1-2 punch inside.

To see who else made the list, visit [NFL.com](http://NFL.com)

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### ***Lynch, Shanahan: 49ers haven't tried to trade Bowman***

By Eric Branch, San Francisco Chronicle

Niners general manager John Lynch and head coach Kyle Shanahan issued a joint statement this morning in which they said a report that they have been trying to trade inside linebacker NaVorro Bowman has no basis.

"The report that we have been shopping NaVorro Bowman is completely false," the statement read. "From the time we joined the organization, NaVorro has been the consummate professional. It is evident he has been working very hard to prepare for the upcoming season and we have been impressed by what we have already seen on the field. We are looking forward to NaVorro's future contributions to this team."

Lynch and Shanahan were responding to statements made by former NFL executive Michael Lombardi on "The Ringer NFL Show" podcast. Lombardi said he thought the team would be willing to trade Bowman "for very little."

"They're definitely doing that," Lombardi said. "They've made it known that if you want him — he's healthy — that they'll be willing to move him."

During last month's NFL draft, Lombardi reported the 49ers were trying to trade tight end Vance McDonald. Both Lynch and Shanahan acknowledged that report was accurate and spoke extensively about trade talks involving McDonald.

"We took over a 2-14 team and we need to get better in every aspect and we're going to try to in every aspect," Shanahan said on April 29. "It was true with Vance, but it wasn't just Vance. We weren't doing Vance just specifically. We're trying any way possible to improve our team. We did it with Vance the most because a lot of people are interested in Vance. But we were ready to do that with anybody."

Bowman, who will turn 29 on May 28, is four-time first-team All-Pro, who sustained a torn Achilles in October, but has been a full participant in offseason practices. He missed the 2014 season with a multi-ligament tear in his left knee, and his torn Achilles was on the same leg. In August, he signed a four-year, \$42 million extension with \$22 million guaranteed. He is scheduled to count \$9.59 million against the salary cap this season.

"He's available if you want him," Lombardi said. "I don't know who's going to pay him \$9.5 million coming off all the injuries that he's had, but you can have him."

The 49ers drafted Alabama inside linebacker Reuben Foster with the No. 31 pick after signing inside linebacker Malcolm Smith to a five-year, \$26.5 million contract with \$11.5 million guaranteed in March. Smith, 27, spent his first three seasons in the NFL with 49ers defensive coordinator Robert Saleh, who was a low-level defensive assistant with the Seahawks from 2011-13.

Saleh runs a 4-3 defense and Bowman has spent his seven-year career in a 3-4 scheme. On Tuesday, Lynch, appearing on Sirius XM NFL Radio, acknowledged some outsiders have questioned whether Bowman was a "system fit" in Saleh's defense. Lynch indicated Bowman, Smith and Foster would compete for snaps.

"(Bowman) didn't blink when we drafted Reuben and signed Malcolm," Lynch said. "Like every other position, we're going to let competition bring out the best in all of them. I think that will happen with NaVorro. We all know what he's done in this league."

"We value length (at linebacker) and all that, but we feel the same about really good players. Kyle and I have said we're playing a system where a lot of people who have done it well go off these measurables. We're not going to have absolutes. Good players are going to win the day. NaVorro is certainly one of those. We're going to let that play out."

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#### ***49ers deny report NaVorro Bowman is on trade block***

By Cam Inman, San Jose Mercury News

The 49ers Thursday strongly denied a report that they are ready to trade veteran linebacker NaVorro Bowman.

According to former NFL Mike Lombardi, San Francisco wants to move on from Bowman.

"They've made it know that if you want him, he's healthy, that they'll be willing to move (him)." Lombardi said on "The Ringer NFL Show" podcast.

However, 49ers general manager John Lynch and coach Kyle Shanahan, in a joint statement Thursday morning, both insisted there is no validity to Lombardi's report.

"The report that we have been shopping NaVorro Bowman is completely false," they said. "From the time we joined the organization, NaVorro has been the consummate professional. It is evident he has been working very hard to prepare for the upcoming season and we have been impressed by what we have already seen on the field. We are looking forward to NaVorro's future contributions to this team."

While San Francisco seemingly drafted Bowman's potential replacement with its second first-round pick when it in took Alabama linebacker Reuben Foster, there are reasons to doubt that Bowman will be moved any time soon.

The 29-year-old Bowman, who suffered a season-ending torn Achilles tendon in Week 4, is set to earn \$7.5 million this season for the 49ers. Although healthy again and participating in off-season activities, trading the former Pro Bowl linebacker could be problematic, considering the hefty contract extension he signed last summer.

Former GM Trent Baalke orchestrated Bowman's new deal, which extends through 2022 and features a big salary increase to \$9.45 million in 2018.

"I don't know who's going to pay him \$9.5 million coming off all the injuries that he's had, but you can have him," Lombardi said. "I think that ultimately, you have to make that decision, and I don't think it'll be a lot. I think the 49ers will get rid of him for very little."

Lombardi also said that cutting ties with Bowman would provide the new 49ers regime with even more of a fresh start.

"Whenever there is a new coaching staff – and this is an Al Davisism — whenever there is a new coaching staff, you have to always know that the teams that hire new coaches are going to get rid of players because they want different players," Lombardi said on the podcast. "Kyle Shanahan and John Lynch are going to clear out that roster. Bowman is a guy who's been a leader in the locker room. He's been part of the team. He had a really good relationship with the old general manager, Trent Baalke, so I think that's a message they'd send to the locker room that he's no longer in control any more. He's available if you want him."

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#### ***49ers officials deny 'shopping' linebacker NaVorro Bowman***

By Matt Barrows, Sacramento Bee

Kyle Shanahan and John Lynch issued a joint statement Thursday refuting a report from ex-NFL executive Mike Lombardi that linebacker NaVorro Bowman was available in a trade.

"The report that we have been shopping NaVorro Bowman is completely false," the statement reads. "From the time we joined the organization, NaVorro has been the consummate professional. It is evident he has been working very hard to prepare for the upcoming season and we have been impressed by what we have already seen on the field. We are looking forward to NaVorro's future contributions to this team."

Lombardi, who most recently worked for the New England Patriots, did a recent podcast on The Ringer in which he discussed prominent players from several teams that were being considered for trade.

Bowman, 28, is the 49ers' most well-known player, one who inked a four-year extension last year that keeps him under contract until 2022 and one who is coming back from an Achilles tear.

"They've made it known that if you want him, he's healthy, they'll be willing to move (Bowman)," Lombardi said. "I think what fans have to understand is, this is what we always did in the league, whenever there's a new coaching staff -- and this is an Al Davisism -- you have to always know that the teams that hire new coaches are going to get rid of players because they want different players."

"... Kyle Shanahan and John Lynch, they're going to clean out that roster," Lombardi said. "Bowman is a guy who's been a leader in the locker room, he's been a part of the team, he had a really good relationship with the old general manager, Trent Baalke. So I think this is a message he would send to the locker room that he's no longer in control any more. He's available if you want him"

Lombardi was the first to note that the 49ers had discussed trading tight end Vance McDonald during the draft, which Lynch and Shanahan acknowledged.

"We're trying any way possible to improve our team," Shanahan said when asked whether the 49ers had discussed trading McDonald. "We did it with Vance the most because a lot of people are interested in Vance. But we were ready to do that with anybody. We'll listen to that always and try to improve our team in any way we can because we have a lot of work to do."

Added Lynch: "It left me thinking, because I would say a quarter of the teams called us with various players that they're kind of shopping, it got me thinking, how many times in my career I was shopped and never knew about it. I can tell you that in this day and age, things tend to get out."

Last week Shanahan said Bowman's recovery from Achilles surgery has occurred faster than Shanahan expected.

"I couldn't be more excited with Bo than I am right now," he said. "He's been winning our drills, our shuttles. ... Just to come out there and watch him. He does not look like a guy coming off an Achilles."

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### ***49ers were eyeing pass rushers -- a lot of them -- as potential first-round picks***

By Matt Barrows, Sacramento Bee

The 49ers didn't draft a pure pass rusher until the sixth round when they selected Utah's Pita Taumoepeu with the 202nd overall pick.

But they were eyeing edge rushers -- players who could line up at their so-called "Leo" position -- throughout the draft, according to MMQB's Peter King, who spent the draft with the team.

That began with Texas A&M's Myles Garrett, whom the 49ers would have taken with the No. 2 overall pick if the Browns hadn't selected him at No. 1.

Before the draft began, the 49ers also considered the possibility of either trading down into the middle of the first round or trading back into the last third of the first round, and they discussed Wisconsin's T.J. Watt, Missouri's Charles Harris and UCLA's Takk McKinley as options. Those three players were selected from pick No. 22 to pick No. 30.

Kyle Shanahan also liked Ohio's Tarell Basham, who was a consideration in the third round. San Francisco, however, liked Colorado cornerback Ahkello Witherspoon more and took him at pick No. 66. Basham went to the Colts at pick No. 80.

Stanford's Solomon Thomas, whom the 49ers took with the No. 3 pick, initially will line up at left defensive end. That position also rushes the passer, though it is not the marquee pass-rushing spot the "Leo" or right defensive end is designed to be.

According to King's report, the 49ers also discussed cornerbacks Kevin King from Washington and West Virginia's Rasul Douglas, who went in the second and third rounds respectively.

Others they would have considered in the middle of the first round: Stanford running back Christian McCaffrey (he went eighth overall to Carolina), Washington receiver John Ross (ninth, Cincinnati) and perhaps Michigan safety Jabrill Peppers (25th, Cleveland).

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### ***Lynch, Shanahan: 49ers not shopping NaVorro Bowman***

By Matt Maiocco, CSNBayArea.com

Veteran linebacker NaVorro Bowman is not on the trade block, according to the 49ers' top decision-makers.

General manager John Lynch and coach Kyle Shanahan issued a joint statement to NBC Sports Bay Area on Thursday morning when asked to comment on a report from former NFL executive Mike Lombardi, who stated the 49ers are shopping Bowman in a trade.

Lynch and Shanahan stated:

“The report that we have been shopping NaVorro Bowman is completely false. From the time we joined the organization, NaVorro has been the consummate professional. It is evident he has been working very hard to prepare for the upcoming season and we have been impressed by what we have already seen on the field. We are looking forward to NaVorro’s future contributions to this team.”

Lombardi is a former NFL executive who was a finalist for the 49ers’ general manager job when Trent Baalke was promoted to that position in January 2011. He made his statement about the 49ers trying to trade Bowman on “The Ringer NFL Show” podcast.

“They are definitely doing that,” Lombardi said. “They’ve made it know that if you want him, he’s healthy, that they’ll be willing to move (him).

“Whenever there is a new coaching staff – and this is an Al Davisism -- whenever there is a new coaching staff, you have to always know that the teams that hire new coaches are going to get rid of players because they want different players.”

“Kyle Shanahan and John Lynch are going to clear out that roster. Bowman is a guy who’s been a leader in the locker room. He’s been part of the team. He had a really good relationship with the old general manager, Trent Baalke, so I think that’s a message they’d send to the locker room that he’s no longer in control any more. He’s available if you want him.”

Bowman signed a contract extension last summer through the 2022 season. He is scheduled to earn \$7.5 million in salary and bonuses this season. His pay jumps to \$9.45 million in 2018.

“I don’t know who’s going to pay him \$9.5 million coming off all the injuries that he’s had, but you can have him,” Lombardi said. “I think that ultimately, you have to make that decision, and I don’t think it’ll be a lot. I think the 49ers will get rid of him for very little.”

Bowman is back on the practice field this spring after sustaining a torn Achilles in Week 4. He missed the entire 2014 season with a severe knee injury. Bowman, who turns 29 this month, is a four-time first-team All-Pro.

Lombardi was first to report during the NFL draft that the 49ers made tight end Vance McDonald available for trade talks. Lynch and Shanahan confirmed that report.

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### ***John Lynch and Kyle Shanahan refute NaVorro Bowman trade rumor***

By Chris Biderman, TheNinersWire.com

49ers general manager John Lynch and coach Kyle Shanahan issued a joint statement to NBC Sports Bay Area Thursday morning to say a report linebacker of NaVorro Bowman being on the trade block is false.

“The report that we have been shopping NaVorro Bowman is completely false. From the time we joined the organization, NaVorro has been the consummate professional. It is evident he has been working very hard to prepare for the upcoming season and we have been impressed by what we have already seen on the field. We are looking forward to NaVorro’s future contributions to this team.”

Former NFL executive Mike Lombardi of The Ringer said on a podcast this week the 49ers “made it known” Bowman was available in a trade.

Lombardi stood by his report after the 49ers released the statement.

Bowman, the four-time All-Pro, signed a four-year contract extension last summer worth up to \$77 million through 2022 before tearing an Achilles in Week 4 and missing the rest of the season.

“They’re definitely doing that,” Lombardi said of the 49ers’ willingness to trade Bowman. “They’ve made it known that if you want him, he’s healthy, they’d be willing to move (Bowman).”

“Kyle Shanahan and John Lynch, they’re going to clean out that roster. Bowman is a guy who’s been a leader in the locker room, he’s been a part of the team, he had a really good relationship with the old general manager Trent Baalke. So I think this is a message he would send to the locker room that he’s no longer in control any more.”

Lombardi during the recent NFL draft broke the news the 49ers were shopping tight end Vance McDonald in a trade, which Lynch and Shanahan confirmed afterwards.

Shanahan, when asked about McDonald, said the team would consider trading anyone if it made the team better.

“We’re trying any way possible to improve our team,” said Shanahan. “We did it with Vance the most because a lot of people are interested in Vance. But, we were ready to do that with anybody. We’ll listen to that always and try to improve our team in any way we can because we have a lot of work to do. If we don’t think it will improve our team, then we’re going to do what’s best for the organization and I think our players will respect that. We’ll be upfront with that, but that’s exactly what it was about, just taking over a 2-14 team and we need to get better.”

Bowman, 29, is set to cost \$9.5 million against the salary cap in 2017 and nearly \$12 million in 2018. The 49ers traded up to use the 31st-overall pick in the recent NFL draft on Alabama linebacker Reuben Foster and added former Seahawks and Raiders linebacker Malcolm Smith in free agency.

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***Report: 49ers 'made it known' NaVorro Bowman is available***

By Chris Biderman, TheNinersWire.com

The 49ers, with former general manager Trent Baalke pulling the strings last summer, gave All-Pro linebacker NaVorro Bowman a massive four-year extension with three seasons remaining on his previous contract. The new deal gave Bowman a raise and ultimately added up to \$77 million over seven seasons at maximum value through 2022.

But like many lucrative NFL contracts, it was unlikely that deal was going to get paid out in full. The 49ers generally sign players to pay-as-you-go deals that more closely resemble ongoing one-year contracts with outs each spring.

Bowman, 29, wound up tearing his Achilles Week 4 on the same leg as his career-altering knee injury from the NFC title game in 2014. He missed the rest of the season.

And now, amid a the early stages of a massive rebuilding project, the 49ers have “made it known” Bowman is available in a trade, according to former NFL executive Mike Lombardi on The Ringer’s NFL Show podcast.

“They’re definitely doing that,” Lombardi said of the 49ers’ willingness to trade Bowman. “They’ve made it known that if you want him, he’s healthy, they’d be willing to move (Bowman).”

“I think this too, I think what fans have to understand is, this is what we always did in the league . . . you have to always know that the teams that hire new coaches are going to get rid of players because they want different players.”



“Kyle Shanahan and John Lynch, they’re going to clean out that roster. Bowman is a guy who’s been a leader in the locker room, he’s been a part of the team, he had a really good relationship with the old general manager Trent Baalke. So I think this is a message he would send to the locker room that he’s no longer in control any more.

“He’s available if you want him. I don’t know who’s going to pay him \$9.5 million coming off all the injuries that he’s had. But you can have him. And I think that ultimately you got to make that decision and I don’t think it’ll be a lot. I think the 49ers will get rid of him for very little.”

Bowman has recovered well from his Achilles tear and participated in the team’s recent voluntary minicamp without restrictions, making it likely he’s ready for the start of 2017 barring any set backs.

Lynch has noted he’s been impressed with Bowman’s recovery and leadership.

“His work ethic since we’ve been here has just been impeccable,” Lynch said on Sirius XM NFL Radio this week. “I was always pleasantly surprised. Here’s a kid coming off an Achilles, about four months he was running and moving quite well. We had a veteran minicamp, he looked better than we anticipated there and we didn’t have any restrictions.

“He truly was ahead of schedule. His work ethic’s been tremendous. He didn’t blink when we drafted Reuben Foster and went out and got Malcolm Smith. Like every other position, we’re going to let competition bring out in the best in all of them. And I think that’s happened with NaVorro. We all know what he’s done in this league.”

Lombardi was the first to report the 49ers were looking to move Vance McDonald during the NFL draft, which Lynch and Shanahan later confirmed. The could very well be doing the same with Bowman.

“We’re trying any way possible to improve our team,” Shanahan said when asked about McDonald. “We did it with Vance the most because a lot of people are interested in Vance. But, we were ready to do that with anybody. We’ll listen to that always and try to improve our team in any way we can because we have a lot of work to do.

“If we don’t think it will improve our team, then we’re going to do what’s best for the organization and I think our players will respect that. We’ll be upfront with that, but that’s exactly what it was about, just taking over a 2-14 team and we need to get better. It started in free agency then went to the draft these last few days. We’ll always be looking to improve.”

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### ***49ers strongly deny report they are shopping***

By Jake Montero, KNBR.com

Former NFL general manager Mike Lombardi said 49ers had made it known that former All-Pro linebacker NaVorro Bowman is healthy, and that the team is willing to trade him on the “Ringer NFL Show Podcast” released Thursday morning.

The report came as a surprise, especially on the heels of 49ers head coach Kyle Shanahan telling KNBR how impressive Bowman looked during the team’s voluntary mini-camp last week. Two hours later, Shanahan and general manager John Lynch issued a joint statement to Matt Maiocco of NBC Sports Bay Area, strongly denying the report.

Via Maiocco:

“The report that we have been shopping NaVorro Bowman is completely false. From the time we joined the organization, NaVorro has been the consummate professional. It is evident he has been working very

hard to prepare for the upcoming season and we have been impressed by what we have already seen on the field. We are looking forward to NaVorro's future contributions to this team."

Here's what Lombardi had to say on the podcast as transcribed by Maiocco:

"They are definitely doing that," Lombardi said. "They've made it know that if you want him, he's healthy, that they'll be willing to move (him).

"Whenever there is a new coaching staff – and this is an Al Davisism — whenever there is a new coaching staff, you have to always know that the teams that hire new coaches are going to get rid of players because they want different players."

"Kyle Shanahan and John Lynch are going to clear out that roster. Bowman is a guy who's been a leader in the locker room. He's been part of the team. He had a really good relationship with the old general manager, Trent Baalke, so I think that's a message they'd send to the locker room that he's no longer in control any more. He's available if you want him."

Lombardi also reported a few weeks ago that tight end Vance McDonald was on the trading block, something that Lynch and Shanahan confirmed was true.

Bowman is expected to be the 49ers starting middle linebacker next season, assuming he is fully recovered from an Achilles' injury sustained in October of last season. From what Shanahan has seen, Bowman will be ready.

"I couldn't be more excited with Bo than I am right now," Shanahan said. "I didn't know what to expect. I've gone against him over the years and have the utmost respect for him as a player. Never knew him as a person though. He's been winning our drills out there; shuttles — (head strength and conditioning coach) Ray (Wright) takes them through a lot of competitions and stuff — and just to come out there and watch him he does not look like a guy coming off Achilles."

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### ***49ers deny report that they're trying to trade NaVorro Bowman***

By Cameron DaSilva, Fox Sports

The San Francisco 49ers have a lot of issues on defense, so it'd be a surprise to see them shopping one of their best players on that side of the ball. However, on Thursday, a report surfaced from The Ringer that the Niners are open to dealing NaVorro Bowman, their stud linebacker.

Yes, Bowman has dealt with injuries in the past three years, but the 49ers have little reason to trade their starting inside linebacker. Kyle Shanahan and John Lynch issued a joint statement denying the report, saying they're looking forward to Bowman's future contributions.

Bowman played just four games last season before tearing his Achilles, the second significant injury he's suffered in the past three years. He hasn't been the same player since tearing his ACL in January 2014, which forced him to miss all of the following season.

The 49ers did draft Reuben Foster, but he'll be a running mate with Bowman, not a replacement. Having those two at inside linebacker will give the 49ers a formidable duo, which should improve their abysmal run defense from a year ago.

Not to mention, the 49ers have Bowman under contract through 2022 after signing him to a four-year extension last offseason. It seems pretty unlikely that the 49ers would trade their stud linebacker just one year into his contract.