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QUINTON JEFFERSON


AGE: 31 (March 31, 1993) | HT: 6-4 | WT: 290

COLLEGE: Maryland

NFL EXP: 9 Years

HOMETOWN: Pittsburgh, PA

ACQUIRED: FA (2024)

 q_jeff99

FIRST-AND-10

QUINTON JEFFERSON is in his second stint in Buffalo after re-signing with the Bills on November 6, 2024. Originally a 5th round draft choice of the Seahawks in 2016, he played his first four NFL seasons in Seattle despite a brief tenure with the Rams in 2017. Jefferson signed with Buffalo in 2020 and went on to play for Las Vegas (2021), Seattle (2022), NY Jets (2023) and Cleveland (2024).

SHOUTOUTS

- Posted a 4th down sack of Joe Flacco in his first game back with the Bills at Ind. (11/10/24).
- Started 14 games for the Jets in 2023, recording a career-high 6 sacks. Notched 2 sacks vs. Buf. (9/11/23).
- In 2022, appeared in all 17 games (3 starts) for Seattle and posted 29 tackles, 5.5 sacks and 13 QB hits.
- Started all 17 games for the Raiders in 2021 and set career-highs in tackles (47) and QB hits (16).
- In 39 games with Seattle from 2016-19, tallied 59 tackles, 7.5 sacks, and 2 fumble recoveries. Also had 2 sacks in 3 career playoff games.
- Posted 3 sacks, 23 tackles and a fumble recovery with the Bills in 2020.
- In 2019, posted career highs with 26 tackles, 3.5 sacks and 3 passes defended in 14 games (12 starts).
- Tallied a career-high 2 sacks at Phi. (1/5/20) in a NFC Wild Card game win. Also had 2 sacks vs. Cin. (9/8/19) in 2019 season opener.
- Registered 25 tackles and 3 sacks for the Seahawks in 2018 while playing in all 16 games (12 starts).
- Saw action in six games in 2017 and recorded his first-career sack vs. Was. (11/5/17) (QB Kirk Cousins).
- A 5th round pick of Seattle in 2016, saw action as a rookie but was released on the final roster cutdown in 2017 and claimed by the Rams. Signed again by Seattle on October 2, 2017 from the Rams practice squad.

IF YOU HAVEN'T HERD

WORKING LIKE HE IS A STILL A ROOKIE

Those extra workouts before and after practice stem from his mentality of working like he's still a rookie.

"I try to stay engaged, kind of keep going, try to keep that same hunger," Jefferson said. "And again, I had older guys who taught me a lot and I try to just each one teach one, how can I not when I had guys take the time to show me stuff? So, I try to do the same thing. Hopefully, they catch on when they're a little older and they do the same thing. It's a family. When you're a D-line, it's a family. It's a unit and you try to connect with guys because it helps you when you're out there to dig a little deeper and play a little harder. I'm just trying to help the best I can."

Coming up through the league, Jefferson had players like Michael Bennett and Cliff Avril who provided him with a similar example. When Jefferson was drafted by the Seahawks in the fifth round of the 2016 NFL Draft, he experienced a culture in Seattle of players who went about their work. He saw his teammates putting in extra work before and after practice, knew their history of winning a Super Bowl in 2013 and wanted to imitate them. (**Kelsey Russo, ClevelandBrowns.com**)

THE STAMPEDE

Favorite book: The Alchemist

Biggest pet peeve: A dirty house

Pre-game ritual: Listen to R&B music

Favorite vacation spot: Cabo San Lucas

PERSONAL

He and his wife, Nadia, have four children: three daughters, Zoey, Charleigh, and Quinn and a son, Yasin. Is the son of Larry and Bahiyah Jefferson. Has an older brother, Larry, Jr., and an older sister, Taheerah. Began playing football at the age of 6 as a quarterback for the Golden Flashes. Was a high school teammate of former Bills CB Lafayette Pitts. Earned a degree in family science.