



WR | 13

MACK HOLLINS

AGE: 31 (September 16, 1993) | HT: 6-4 | WT: 221

COLLEGE: North Carolina

NFL EXP: 8 Years

HOMETOWN: Rockville, MD

ACQUIRED: Free Agent (2024)

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FIRST-AND-10

MACK HOLLINS signed a one-year deal with the Bills in 2024. A fourth round pick of the Philadelphia Eagles in 2017 (118th overall), Hollins spent the majority of his first three seasons in Philadelphia. He has also played for the Dolphins (2019-21), Raiders (2022) and Falcons (2023).

SHOUTOUTS

- Recorded a team-high 86 yards on four receptions at IND (11/10/2024).
- Made his Bills debut vs. ARI (9/8/24). Recorded an 11-yard touchdown reception, his first since 2022.
- Recorded 131 receptions for 1,691 yards and 10 touchdowns in 95 games (27 starts) for the Falcons, Raiders, Dolphins and Eagles.
- In 2023, played in 13 games and made three starts. Notched 18 receptions for 251 yards and added three special teams tackles.
- Appeared in all 17 games (16 starts) for the Raiders in 2022. Registered career highs in receptions (57) and receiving yards (690) while matching his career high in receiving touchdowns (four).
- Served as a team captain for the Raiders in 2022.
- Played in 17 games (three starts) for the Dolphins in 2021 and totaled 14 receptions for 223 yards and four touchdowns. Also added a career-high nine special teams tackles.
- Appeared in 16 games (two starts) for Miami in 2020. Compiled 16 receptions for 176 yards and one touchdown and notched three tackles on special teams.
- In 2019, played in 15 games (three starts) for the Eagles and Dolphins. Recorded 10 receptions for 125 yards.
- Played in all 16 games and three postseason contests, including Super Bowl LII, during his rookie season with the Eagles in 2017. Finished with 16 receptions for 226 yards and one touchdowns while adding five special

IF YOU HAVEN'T HERD

STAYING GROUNDED

Former Eagles player Mack Hollins has a special way of training that many people may find gross.

The 29-year-old WR likes to roam around barefoot to keep up with flexibility and dexterity.

"I think I've been shoeless... for four or five years," Hollins said. "Sometimes I get kicked out of places where I have to put shoes on."

The life change came when Hollins met a group of men in Australia that were part of Melbourne Muscular Therapy -- a group that specializes in "holistic grounding exercises."

"It has been great for me," Hollins said. "I think it's fun because everyone should be barefoot. You don't see people walking around in mittens."

"It's so funny that people look at me like that because shoes are definitely dirtier than feet," Hollins laughed. "Because I wash my feet all the time. When's the last time you washed the bottom of your shoe?"

(NBC Sports Philadelphia, Julia Elbaba, February 10, 2023)

PERSONAL

Son of Richard and Karyn Hollins. Graduated with a degree in exercise and sport science at UNC. Serves as an ambassador for the Special Olympics. Played football, basketball and lacrosse at Wootton High School. Has three pet snakes.

THE STAMPEDE

Favorite movie: Lion King

Pregame ritual: I eat vegan on gamedays

Favorite musician: Frank Sinatra

Bucket list item: Finish getting my pilot's license