



LB | 44

JOE ANDREESSEN

AGE: 24 (February 7, 2000) | HT: 6-0 | WT: 239

COLLEGE: Buffalo

NFL EXP: Rookie

HOMETOWN: Depew, NY

ACQUIRED: UDFA (2024)

JoeAndreesen

josephandreesen

FIRST-AND-10

JOE ANDREESSEN signed with the Bills as an undrafted free agent out of Buffalo following participating in the Bills 2024 rookie minicamp on a try-out basis.

SHOUTOUTS

- Split his college career between Buffalo (2023) and Bryant (2018-22).
- Started all 12 games at linebacker for the UB Bulls in 2023. Led the Bulls in tackles with 90 and tackles for loss with 12. Added a sack, two pass breakups and a forced fumble.
- Finished his career at Bryant ranking third in career tackles with 256.
- Earned All-America honors after setting a Bryant school record with 116 tackles in 2022. Ranked eight in the FCS while averaging 10.5 tackles per game.
- In 2021, was a First Team All-NEC selection. Started all 11 games and finished second on team with 80 tackles. Added eight TFLs and led the NEC with three interceptions.
- During the spring 2021 season, was named a First-Team All-NEC Selection. Posted 25.0 tackles and 7.5 TFLs. Tied the Bryant single-game record with 17.0 tackles at LIU in the season opener.
- In 2019, only appeared in four games due to an injury, but posted 23 tackles, 2.0 sacks and 3.5 TFLs.
- Appeared in all 11 games as a true freshman in 2018.

THE STAMPEDE

- Favorite TV show:** Breaking Bad
- Favorite movie:** Gladiator
- Favorite musical artist:** Kenny Chesney
- Favorite food:** Wings from Frank's Grille in Lancaster
- First car:** 2006 Red Ford Fusion, which he still drives
- Dream vacation spot:** Travel to Japan
- Hobbies:** Collecting baseball cards and anime

IF YOU HAVEN'T HERD

CONTROL WHAT'S IN YOUR POWER

Joe Andreesen was ready to take the next step in college football. He arrived at the University at Buffalo in January with high expectations for himself and for a new program, after four years of playing football at Bryant University. Then, he started training with the Bulls as they prepared for spring practices. The Lancaster graduate had to make the transition from playing at the Football Championship Subdivision level to the Football Bowl Subdivision level. He had to learn a new defense. He had to study a new playbook. He had to enroll in a master's degree program. A question persistently nagged Andreesen, who was a second-team Associated Press FCS All-American at Bryant in 2022. 'Did I make the right choice?'

"It's like you're a freshman all over again," said Andreesen, a 6-foot-1, 234-pound linebacker. "When you're a freshman, I'm sure if you ask the freshmen when they come into college football, they're like, 'I don't know if I can do this,' so it was definitely one of those moments. Like, I don't know if I can do this. There was a lot of those moments, but that's what they preach here, you keep your head down and keep moving forward."

Andreesen found answers within himself and his family, and among his new teammates. He read books on the practice of stoicism, focusing on what is in an individual's control and how to live through perseverance and gaining wisdom through experience: "How to Think Like a Roman Emperor: The Stoic Philosophy of Marcus Aurelius," by Donald J. Robertson and "How to Be a Stoic," by Massimo Pigliucci, to name two. "It's controlling what's in your power," Andreesen said of his takeaway. "Not letting outside stuff that you can't control affect how you think." (Buffalo News, Rachel Lenzi, October 20, 2023)

PERSONAL

Last name is pronounced "an-DREE-sen". The son of Jody and Paul Andreesen. Has one brother, JD, who played baseball at Campbell and Monmouth as a catcher.