



**LB | 43**

# TERREL BERNARD

**AGE:** 25 (May 7, 1999) | **HT:** 6-1 | **WT:** 224

**COLLEGE:** Baylor

**NFL EXP:** 3 Years

**HOMETOWN:** La Porte, TX

**ACQUIRED:** Draft (2022, R3)

 [TerrelBernard\\_2](#)

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## FIRST-AND-10

**TERREL BERNARD** was selected by the Bills in the third round (89th overall) in 2022 after spending his collegiate career at Baylor. In his second year in Buffalo, Bernard led the Bills in total tackles with 143 and ranked 8th in the AFC.

## SHOUTOUTS

- Collected eight tackles and two TFLs vs TEN (10/20/24) he also pulled in his first fumble recovery of the season.
- Caught his first interception of 2024 picking off C.J. Stroud at HOU (10/6/24) and collected one pass defensed and five total tackles.
- Recorded a game high 11 total tackles in the season opener vs ARI (9/8/24).
- Bernard joined Greg Lloyd 1989 (PIT), Richard Dent 1990 (CHI), Seth Joyner 1991 (PHI) as the only players since 1982 to have recorded 6+ sacks, 3+ INTs and 3+ fumble recoveries in one season.
- Finished the 2023 season with a team high 143 total tackles, the most tackles by any Bill in a season since 2017 (Preston Brown-144).
- Totaled 6.5 sacks on the season the highest by a Bills linebacker since Lorenzo Alexander had 6.5 in 2018.
- Recorded 2 sacks vs NE (12/31/23) for his 2nd career multi-sack game (had 2 at WAS 9/24/23).
- Recorded a sack at LAC (12/23/23) and finished the game with seven tackles adding a QB hit and a TFL.
- Caught his third interception of the season, picking off Jalen Hurts at PHI (11/26/23) and collected five tackles raising his season total to 104. Reached the 100-tackle milestone for the first time in his career.

## PERSONAL

The son of Laura Bernard. Graduated with a degree in health, kinesiology and leisure studies. Pursuing a master's degree in sports management. He and his fiance Tayler got engaged in March of 2024 and she is a doctor of physical therapy.

## IF YOU HAVEN'T HERD

### RECHARGE

After each season Terrel likes to take at least one vacation in which he titles 'recharge.' This past season he chose Tulum, Mexico where swam with dolphins and spent time eating tacos and relaxing on the beach, which was made better with his fiance Tayler and closed on a new house. The year prior the two spent time in Turks and Caicos in which he described as 'a time to be had.' "Yeah after a season you want to spend time just trying to get your body and your mind right and the beach or spending time with family is a nice reset and you get a second wind to prepare for the upcoming season. It's a blessing I don't take a single moment for granted and try to enjoy every single day and being present with them."

### HELPING HAND

The Each year, thousands of men, women and children in Western New York turn to the Buffalo City Mission for a second chance. They start by welcoming them with the basics: a good, nourishing meal, a clean bed in a safe shelter and any other physical needs people have when they come for help. They work to pull homelessness and poverty out of people's lives by the roots – addressing their long-term trauma through education and life skill classes, Christ-centered counseling and spiritual guidance so they can heal, inside and out.

This offseason Terrel has spent some time with them and gave his thoughts..."I had a great time, being able to use my platform and give back is always nice to do because you have a chance to smile on someones face."

"Seeing the less fortunate and listening to their stories is so impactful. Cause that's what it's about they want someone to hear them. Hearing their plans to move forward to continue too persevere push through and try to make change. It's something that I want to be a part of because that's just being a human being. Being there for people when they are in need and lending a helping hand, while at Baylor I did a bit of it in Waco but now I have a bit more free time on my hands so I try and get out when I can."

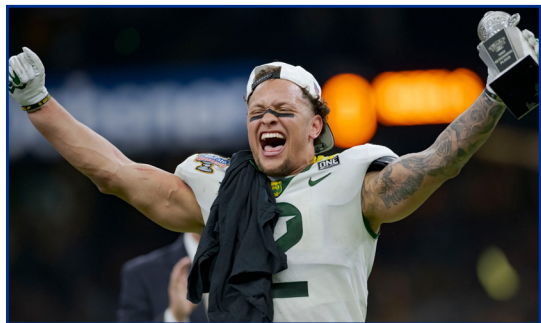


# TERREL BERNARD

## THE CAPTAIN

For the start of the 2024 season Terrel Bernard was selected by his peers as one of two captains of the Bills.

"It's an honor and one I don't take lightly, to be in a room with All-Pro's, Hall of Famers and just NFL players in general, it means a lot. I just want to go out there everyday and compete and continue to lead by example continue to communicate properly." He echoed this to Tim Graham of the Athletic. "My focus is on finding ways to improve, not just me, but everybody in that building. It's time to take another step and excel from last year.



## LEAD THE WAY

Bernard didn't just earn the respect of his teammates at Baylor because of his all-Big 12 caliber play. He also earned it through the hard work he put in to overcome injuries and through his ability to lead others.

He didn't show up at Baylor ready to lead as a freshman and made sure to observe the veterans ahead of him to see the right way to do things.

"I think it's something you learn," Bernard said to the Waco Tribune-Herald. "It helps to see other leaders and take things from them. So I think I've taken bits and pieces from players and coaches, and people outside of football. I kind of tried to implement that into my personality and try to get the best from people around me. I think that's what being a leader is all about."

"Terrel is a physical and a tough guy," Baylor head coach Dave Aranda said. "He feels a lot, and he's got a great heart, and I think things really matter to him. It's more than lip service with him."

## THE STAMPEDE

**Favorite food:** Steak Alfredo from Ricks on Main in East Aurora

**Hobbies:** Painting

**Spirit Animal:** A gray wolf

**Hidden talent:** Can juggle

**Favorite movie:** Training Day

**Dinner with a famous person:** Martin Luther King Jr.

**Favorite musical artist:** Drake

**Bucket list item:** Visit Africa

**Favorite thing to do on off day:** Fortnite with fiance Taylor

**First car:** 1999 Green Jeep Wrangler

**Conspiracy theory:** Aliens exist

**Favorite vacation spot:** Turks and Caicos

**Pet peeve:** Sloppiness/Unorganized

**Dream sporting event:** The Masters

**Go to gas station snack:** Honey Buns

**Favorite TV show:** Breaking Bad

**Little known fact:** Mother and grandfather were D1 Athletes



## BUFFALO TRACKS

### BILLS SINGLE SEASON TACKLE LEADERS

PLAYER	TACKLES
1. Kiko Alonso, 2013	159
2. London Fletcher, 2005	158
3. Chris Spielman, 1996	157
4. Paul Posluszny, 2010	151
t-5. Zach Brown, 2016	149
t-5. London Fletcher, 2002	149
7. London Fletcher, 2006	146
t-8. Preston Brown, 2017	144
t-8. London Fletcher, 2004	144
10. Terrel Bernard, 2023	143

## BUFFALO TRACKS

### MOST INTERCEPTIONS BY A LB SINCE 2023

PLAYER	INTERCEPTIONS
1. Fred Warner, SF	6
2. Tremaine Edmunds, CHI	5
t-3. Terrel Bernard, BUF	4
t-3. Robert Spillane, LV	4
t-3. Logan Wilson, CIN	4