

2023
LEGENDS
NEWSLETTER



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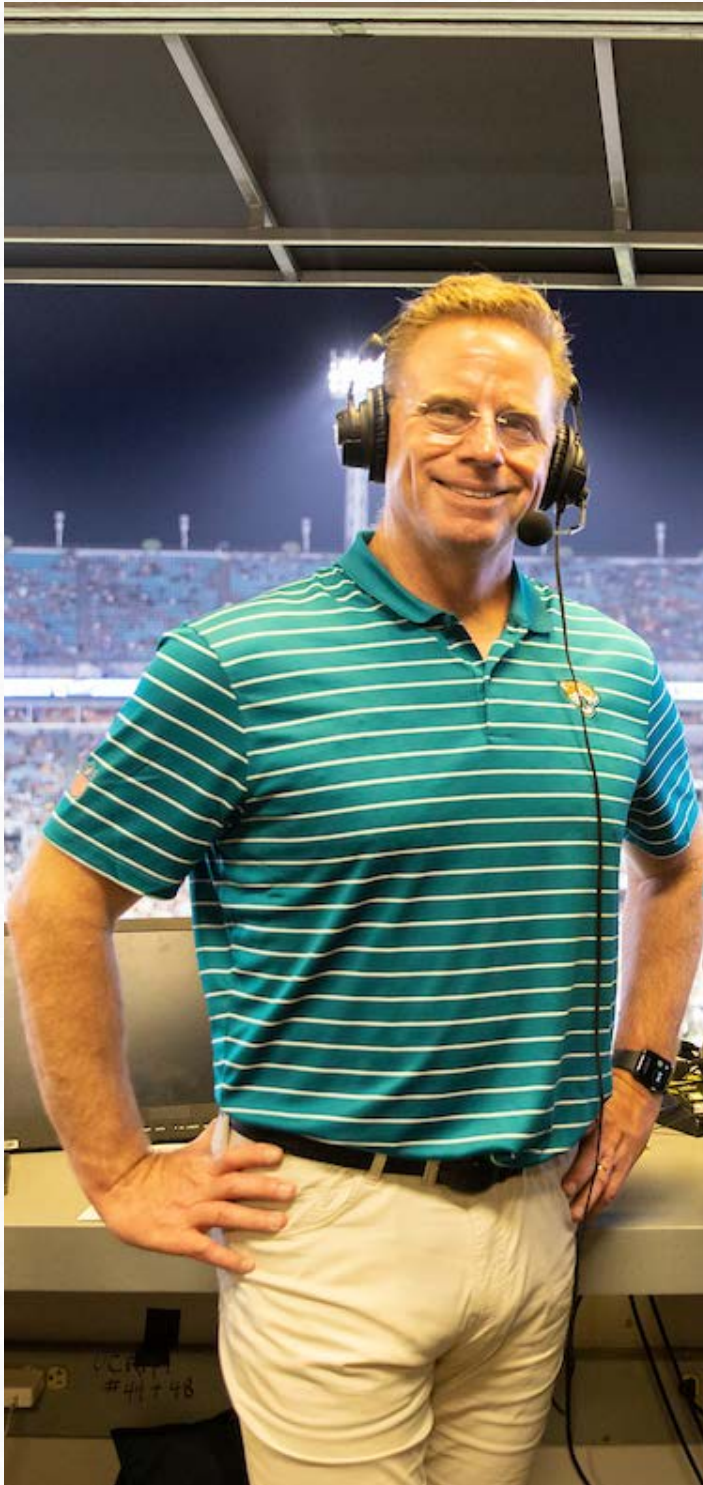
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We want to hear from you! Feel free to reach out to any of us with any questions.
You can reach us at LEGENDS@jaguars.com

Visit new Legends website for additional information and resources.



EDITORS WELCOME



Having lived through each of the Jaguars previous 28 seasons and all 576 preseason, regular and postseason games, I think I've seen enough to know that the Golden Age of Jaguars football is upon us.

Quarterback Trevor Lawrence and head coach Doug Pederson are an incredible blend of potential and a championship pedigree. General Manager Trent Baalke has rebuilt a roster that was seen as lacking at the end of 2021 into one that should be seen as contending by the end of 2023.

Then, there's the sparkling new Miller Electric Center and the promise of the Stadium of the Future with really strong performances by the Ticket Sales and Sponsorship groups. Everything is lining up for a successful season and more than that, the kind of sustained success Jaguars fans and those of us who love the organization have long sought.

In this third edition of the Jaguars Legend's Newsletter, you will get an opportunity to meet the new Jaguars Legends Coordinator and hear from a man with deep roots in the NFL about what he believes makes a great Legends Community as well as how you can dial in to connect with the program.

You'll also learn how defensive end Reggie Hayward is staying sharp and living the healthy, happy life in Jacksonville; why tight end Kyle Brady and Linebacker Paul Posluszny find such peace high above the ground and understand why defensive end John Chick finds such deep fulfillment in prison ministry.

Additionally, you can reconnect with running back Tavian Banks whose career ending injury in 1999 wasn't career defining and how Bucky the Broadcaster learned that talking about the game as satisfying as working in football.

As always, this Newsletter is a labor of love and we'd love to have you share your stories with us to continue to build a strong bond between Legends of all eras.

Go Jaguars!

Brian Sexton

WHERE ARE THEY NOW

Bucky the Broadcaster

Legend Bucky Brooks

Bucky Brooks bounced around the NFL during his five seasons as a player. Drafted by the Bills in the second round in 1994, Brooks spent time with the Bills, Packers, Chiefs, Raiders and Jaguars. His love of the game coupled with his sharp football instincts turned into a career in football, where he worked eight seasons as a scout for the Seahawks and Panthers.

His career path in the world of personnel was certainly trending upwards, but a glance at the television one day changed the channel for him.

"The plan originally was to be a scout, work my way up the ladder and eventually become a General Manager and have my own team," he explained. "In the midst of doing that I noticed Pat Kerwin, a longtime personnel guy with the Jets, doing stuff on CNN/SI and it got my attention. I started thinking about the media world in writing and broadcasting. In 2007, when the Panthers let me go, I just kind of jumped in with my understanding of the game and the talent acquisition side, I figured there would be some value there. I started writing for Sports Illustrated and cold calling the folks at the NFL Network, leading to an opportunity to go on as a guest to get some reps. A few years later it all kind of came together, I started working full time and it's grown over the years as a writer, on television, on radio, and in podcasting."

Bucky is one half of "Moving the Sticks" with fellow former NFL personal man Daniel Jeremiah, and it has given him a big platform and a way to stay connected to football.

"I really enjoy being close to the game of football, it's been such a big part of my life," he said. "I would say if you're not playing then coaching is the next best thing to keep you involved in the game. But I have a son in college and a daughter in high school, and the coaching lifestyle didn't fit us as well as this does. I really like talking to the players and coaches and learning where the game is headed and how players are evolving. I'm a football junkie and can't get enough of it."

In the last few years, Bucky has become a consistent contributor to the Jaguars media team as an analyst on the preseason television broadcast, the sideline reporter on the radio broadcast during the regular and post-season, and a writer on Jaguars.com. He clearly has a full plate but somehow, he manages to keep a handle on everything from his home in southern California.



"It really works out because my busy time with NFL Network is in the spring when we start talking about the NFL Draft," said Brooks. "A lot of the things I do for them in the regular season are things that can be done remotely in terms of going back and forth to Jacksonville. To me, I just love it. I love being on the field. I love smelling the grass, hearing the coaches work, walking into the locker room. That stuff works for me so if it takes some long weekends going back and forth, I'm willing to do it because it's a great gig."

Brooks is well thought of in NFL circles and has strong relationships in each of his former cities where he played and scouted. Some are much closer to his home out west, but none fit him quite as well as Jacksonville.





"This is my NFL home," he said without hesitation. "This is where I tell people I had the most success on the field as a pro — here in Jacksonville. That run we had in 1996 and 1997 was great for me. I always wanted to stay connected to a team, one that I could follow and root for. The one thing I miss as a former player, because I bounced around so much from team to team, I wanted to have one team that I could call mine. Reconnecting with the Jags gave me a reason to tune in on Sundays and to feel emotionally attached to them, win or lose. I'm really glad to be back."

Plenty of former players forged successful careers in broadcasting. Jeff Lageman and Tony Boselli have both worked nationally for FOX Television and Westwood One radio networks and are currently analysts on Jaguars radio and television broadcasts. Tight end Kyle Brady has worked for the Big 10 Network, and Maurice Jones-Drew works for NFL Network as well as being an analyst for the Los Angeles Rams radio network. There are plenty of opportunities for guys in an ever-changing media world.

"I would say the industry has changed so much that you really have to be a triple-threat," offered Brooks to guys who are thinking in that direction. "You have to be able to write about it, you have to be able to podcast about it and do some television analysis. I would encourage guys, particularly those who aren't household names, like I wasn't, to find a niche. Sometimes that niche can be in writing because that isn't easy, and writing is a skill that sets you apart. If you can do that it creates a lot more opportunities and gives you staying power because if you can write, you can also speak about it."

You might imagine that the Jaguars fan base and former players appreciate one of their own on the NFL Network and working in the national media. It's helpful for a team in one of the smallest markets in the league to gain some traction when a guy like Brooks and Maurice Jones-Drew speaks up for the teal and black.

"We always talk about it whenever we see each other," Brooks said of their shared love of Jacksonville and the Jaguars. "We talk about the early days of the Jaguars and his time with Fred Taylor. We didn't play together but we're connected by the Jaguars bond, and it means a lot. I can tell you when we're able to shout out 'DUUUVAL,' even all the way from California, we do it. It means something to be connected to the folks in the 904-area code, it's special and I'm glad to be back."



Penn State Pilots

Legends Kyle Brady and Paul Posluszny



Kyle Brady knows exactly when the idea of flying became more than just the childhood interest that movies and building model airplanes fostered.

"All those years playing for the Jaguars, I would drive up and down Atlantic Boulevard from the beach to the stadium," Brady recalled. "I'd watch those airplanes land and take off right at Craig Airport and I'd be at the stoplight, and it would turn green, and I would still be sitting there with people honking because I was more fascinated with the planes taking off and landing than the car in front of me."

Anyone who knows Brady, knows fully well that there is no Walter Mitty in the former tight end. Brady, who pursued and finished a law degree after his playing days were over, is a man of action.

"It started with a lesson here and a lesson there," he explained. "I liked it, but I wasn't crazy for it, yet. But during the 2004 off-season I decided to put my mind to it. I made the move and spent whatever time I could to get my private pilot certificate. I might have jumped in with both feet — I finished it in three months; I think I was taking a lesson four times a week."

In an interesting coincidence, another former Jaguar who, like Brady, played college football at Penn State. He also lived just down the street in Atlantic Beach and drove the same route to EverBank Stadium that Brady did and was smitten with the same affinity for aviation.

Paul Posluszny, who manned the middle of the Jaguars defense from 2011-2017, saw the same scene at the intersection of St. John's Bluff and Atlantic Boulevard that captivated Brady.

"I always had a fascination with aviation, driving past Craig Airport every day certainly made it interesting," Posluszny said with a laugh. "Florida is a great state to get your license because of the weather and I had time in the off-season, so I started flying. I took the same approach as Kyle did and after workouts I would go and take a lesson. I did not get mine done as quickly as Kyle — I took a bit longer. It took me a couple of off seasons to get it finished because you have to fly to stay sharp and I just couldn't with the rigors of the season, but I got it done."

The two men obviously share a lot of connections and that has created a bond above and beyond football.

"You know, we didn't play together, but we've had a good relationship since he got to northeast Florida because of the Penn State connection," offered Brady. "We've had a lot of good conversations and gone out flying together. I knew from the first time that I met him that he was going to transition well out of the NFL because he is so well-rounded, and as strange as it sounds to say in a story about flying, but he's grounded in the real world. He's a genuine guy and I like flying with him because I know he enjoys it as much as I do."

Posluszny, who followed Brady at both Penn State and in the NFL, really appreciates the chance to fly with a guy he has always admired and who he now counts as a friend due in no small part to their shared love of aviation.

"I'm trying to follow his lead!" Posluszny said. "There are a couple Penn Staters who are legendary. You know, you almost want to say immortal and, Kyle Brady's one of them. Coach Paterno would often talk about him, use him as an example of someone who was an outstanding football player: an All-American, great academically, very disciplined. Then he goes to the NFL and was even more impressive over 13 seasons which is incredibly long for any player. He's everything you want to be in the sense that he went on to law school and is a great father and member of the community. Kyle's always been a role model for me. Flying brought us closer together and it's given us an opportunity to share a mutual love outside of football."

You may recall that Brady is a guy who goes all-in on his passions and went from pilot to airplane owner and even bought a home at a North Carolina fly-in community. Flying isn't his livelihood, but it is certainly his lifestyle.

"I'm not doing it on a daily basis, but occasionally I will do some charter flying with a local operation here at Craig, so I can do it for a living," he said. "As for lifestyle, it really opens a lot of doors and increases the size of your playground. You know, if you've got a long weekend, you probably have a 200-mile radius otherwise you're going to be in the car for a really long time. But I'm flying 200 miles an hour in a straight line so if I want to go to the mountains or the Bahamas it's a lot faster and makes it more enjoyable."



Posluszny, with both a new career in the financial industry and a young and growing family, has limited flight time these days. But that doesn't keep his mind out of the clouds.

"I'll tell you what, lately it's been very, very limited," said Posluszny with a chuckle. "Fortunately for my family — but not quite so fortunate for my flying — the birth of our son, our third child, changed the trajectory of my flight time. There's an inverse relationship between the number of children we have and my flight hours. Right now, it's just the timing, but hopefully I'll get out and fly more often in the very near future."

Posluszny would have to be considered the more serious of the two men, at least by the author who covered them both. He was always hyper focused whether it was in the classroom, talking to the media or doing his pre-game warm-ups. He clearly sees the connection between football and flying.

"No one's ever asked me that before, but it's a great question," he said. "With aviation, there's so much preparation before you actually go and fly. So, it's very similar to football, right? You practice and prepare and study so much, and then you get to go compete on Sunday. Aviation's the same way in the sense that there's so much that goes into learning about the aircraft, understanding weather, checking things, making sure everything is perfect before you get in the aircraft and go fly."

Brady was the biggest personality in a locker room filled with big personalities. He was the class clown who never missed an opportunity to keep things light and fun, and was beloved by players and staff alike for that keen sense of timing. When it was time for fun, he was fun and when it was time for football, he was all about football. He sees plenty of similarities between football and flying.

"In the NFL, you had to have the ability to pay meticulous attention to detail and you had to practice and prepare to face different challenges on different Sundays," he explained. "You have to have the same precision in the cockpit. It's a high-stakes game, there are real dangers when you lift off the ground. While it's fun to fly, you have to be completely dialed in and entirely aware. It's called aeronautical decision making and you have to understand where you are at any moment, what your flying abilities are in that moment, your aircraft and its capabilities, the weather both what you're in and what's ahead. It's different but it's also similar to playing against a different team every Sunday. There are certainly connections between the two."

Both men are busy with families and careers that keep them running day to day, but both men also find their heads in the clouds on a beautiful day when being in an airplane behind the controls is calming to them.

"It is peaceful up there, away from noise and traffic," Posluszny said. "So, you're just flying at 3,000 feet, but just going along the coast, the Florida coast, and you look out and you see the beautiful ocean on one side with sprawling green landscape on the other. You can find yourself at peace. It's very beautiful up there."



Tackling the Toughest and Bringing Them Hope

Legend John Chick

John Chick felt a calling but that didn't mean he knew what he was doing the first time he walked through the doors at the Florida State Prison at Raiford. The former Jaguars defensive end and father of ten was living a good life just outside Jacksonville; living his faith, building a strength and conditioning business, writing a book and seeking a way to serve his fellow man.

"Football is a transient game and we moved around, and we were technically part of the communities we lived in," Chick recalled. "We settled in Jacksonville and got involved and it felt good, but I was missing something — starving for something really, and as much as I was involved in the Knights of Columbus or serving in the food kitchen, it wasn't 'it.'"

Chick and his wife Catherine are busy people, busier than most, with kids ranging from one year old to 17 years old. No one would have blamed him had he just kept going in the same direction, as most people struggle to keep up with two or three children. On top of that, he was building a business. And he was still active at St. Joseph's Catholic Church in Mandarin, where he was looking for something more where most would just keep their head down thinking they had enough to do. But John kept his eyes and his heart open to the call that his deep faith told him was coming.

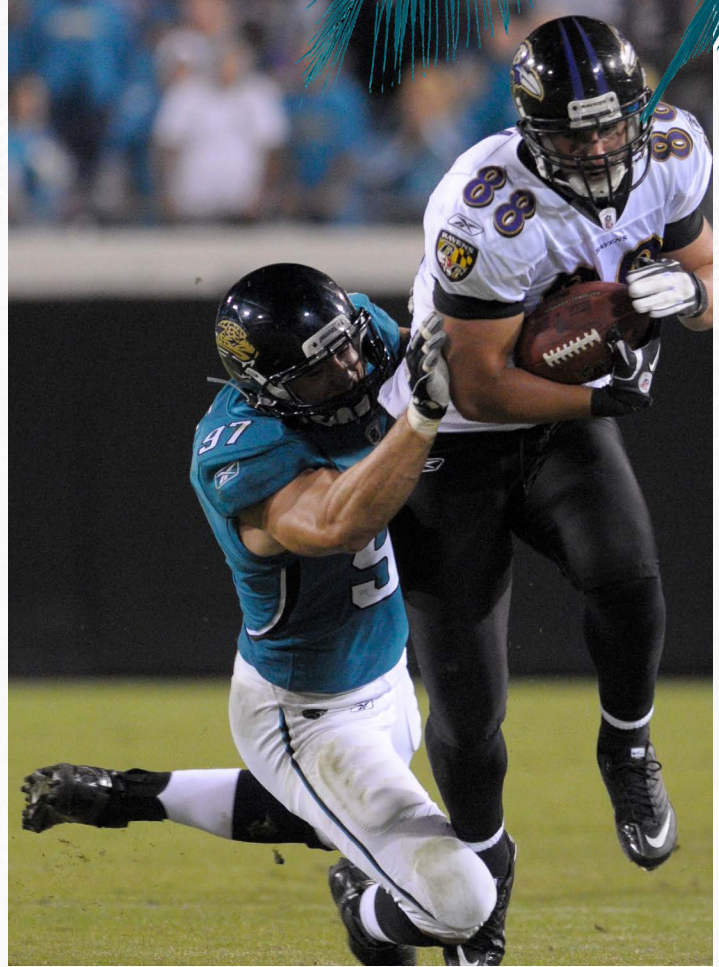


Photo credit: AP/NFL

"We prayed and worked to discern where we could best serve the Lord by serving His people," said Chick. "One Sunday, Catherine and I were sitting on opposite ends of the pew when the announcement came that they were looking for volunteers in the prison ministry and we looked at each other and both knew that was 'it.' I signed up and was just blown away by the experience."

That must come as a surprise to anyone who hears John tell his story of his encounters with the very dark world of men locked away behind bars, but the energy, and even enthusiasm, that pours forth from Chick is all you need to hear and feel to know that he has found his calling.

"You meet people who are in prison, fighting their demons; struggling with addiction or unforgiveness or have had their human dignity ripped away from them," Chick explained. "They not only can't see their own human dignity, but they can't see the dignity of other people which leads them to this dark and desperate place in life. That's the biggest thing we are there to do — remind them of their dignity."





John didn't have much in the way of formal ministry training or how to deal with men and women who are incarcerated. But he does credit his football career with giving him some tools to help him help others.

"I loved battling for a whole game against an offensive lineman and knowing that I might only get one or two shots at the quarterback," he said. "It takes that kind of mental toughness to know that that one shot might turn the game around. So, when I'm inside and working I might be battling against those demons but if I can reach one then it's all worth it. Football taught me to persevere and to battle the giants on the offensive line and even though you're outnumbered, or the obstacles seem too big to get to the heart of the matter, if you don't stop until the whistle blows you can get the job done."

John is getting it done and more importantly he can leave some light behind as he leaves the darkness of the prison and heads home. It's funny, he says, but there is a freedom he feels when he shares his faith with men who have none.

"It is a work of mercy," Chick said. "Society casts them out. We have some fear or reservations about these people or what we think they may have done. But we encounter Jesus Christ through them and then they become our friends. We are in a time in our church when we are desperate to have encounters with Jesus Christ, and very few have topped my encounters with Jesus in prison and in jail."

Photo credit: AP/NFL

Remember, John was a volunteer, with very little training when he first walked in those doors. He had started a formal formation course through the Diocese of St. Augustine, and COVID-19 threw those plans to the wind. But he knew he was in the right place after a short time volunteering, so much so, that when the job of Director of Prison Ministry came open, he raised his hand.

"God doesn't always call the qualified," he said. "Sometimes He qualifies the called. Before you go in there, you have no idea what to expect, or what you're going to experience and if these guys will accept you. And to travel into these God-forsaken places, well, you have to embrace His grace and go. Those men and women are in need of someone and something to bring them something good, something they can find hope in."

Chick oversees roughly 75 volunteers who travel to the 38 prisons and 17 jails covered by the Diocese of St. Augustine. As you might imagine there aren't enough volunteers to handle all the people they would like to be able to help.

"They are spread pretty far, and some of them are in rural areas," Chick said. "We don't have enough volunteers - especially priests - to reach them all. So many inmates can't practice their faith. They want to receive the Eucharist, but they haven't been to confession in years. We barely scratch the surface of the need."

John spends a good bit of time going from parish to parish seeing people to help. It turns out the toughest part of the job isn't walking in the doors of a prison and hearing the heavy doors lock behind you or the men and women in grey jumpsuits with armed prison guards are always watching. The tough part is calling others to join the fight. Chick calls it 'spiritual warfare' and he is out on the front lines nearly every day.

"I didn't have any special training, yet there I was in less than two years, in charge of a growing ministry," said Chick. "I thank God for the opportunity every single day. We have an amazing team of volunteers, and their support has been humbling. Can you imagine going to death row and being comfortable? Yet they keep going back because they can feel the impact of the hope they are bringing to the lives of people who would otherwise have no hope."



Hayward is Mindful of Living a Good Life

Legend Reggie Hayward

Reggie Hayward is a man who knows what he wants. The former pass rushing defensive end worked his way from high school in Chicago to Iowa State to the NFL and created enough opportunity to live the life he wanted after football.

Life after football is in Jacksonville where Reggie, his wife Megan, and their family are comfortable and happy.

"Being in Jacksonville gave our kids a chance to grow up a little slower," he said of the decision to come back to northeast Florida after hanging up his cleats in 2009. "I'm from Chicago and living in a big city can be a little wild. Here we're around good people, we go to church at Eleven22, our kids go to Providence, and we have a good daily Christian foundation. It has been a good decision. We can travel and visit other places for some adventure, but you just can't beat the people, the city and the weather. This is a special place."



Photo credit: AP/NFL

You won't miss Hayward if you run into him at Publix or on an athletic field where he is either coaching or cheering for his kids. He still looks like an NFL player after 14 years post-play and looks like he belongs on a sideline, which today he is, as the defensive coordinator for the Providence Stallions. Reggie joined former teammate Mo Williams' NFL laden football staff two years ago and loves staying connected to the game.

"I coached my son during his Pop Warner days but when he went to high school, I kind of figured those days were over," Reggie recalled. "It felt like destiny when Mo called me to join his staff and my son was going into high school. I immediately said 'yes,' and we've been rolling ever since."

That staff also includes former long-snapper Joe Zelenka, safety Donovin Darius, defensive tackle Roy Miller and running back Greg Jones, giving the Providence sidelines a distinctive culture on Friday nights. Hayward played the edge of a defense like a crazed dog on that great 2007 Jaguars defense, but he has had to tone down his intensity to relate to the high school level.

"I've definitely transitioned," he said with a laugh. "But just a little bit. I bring the energy all week, we're going to run and we're going to hit and we're going to play great defense. But on Friday nights, I try bringing it down and work on the football IQ of the players. I can't be too emotional or energized or they'll be too emotional. We're calm and focused and all about doing our jobs."

Hayward is living a joyful life after football. Reggie is mindful of the toll that playing professional football can take on a man and has adopted a proactive agenda for living a full and active lifestyle with Megan and the kids.

"It all started with the movie 'Concussion' with Will Smith," Hayward recalled. "They hit on some topics that I had personally been experiencing like the brain fog and the short-term memory loss. I didn't remember having some conversations with my wife and she was constantly reminding me of some small tasks that I had promised to do. At first, I didn't pay much attention and just attributed it to the busy lifestyle."

Megan persisted and started pushing Reggie towards making some decisions that would lead them to a better outcome and a longer, happier life together. The first was to adopt a vegetarian diet, which isn't easy especially for a big man who is used to eating to sustain his musculature.

"Megan proposed changing our diet and working on our gut health to see if we can turn around some of the symptoms by changing what we put into our body," he said. "We started slowly with meatless Mondays and then transitioned to pescatarian and then moved to cutting fish out and embracing the lifestyle entirely. We made a commitment to seeing if the brain fog started clearing, if my joints felt better, and if I felt better overall. It did and so after seven or eight months, we were all in."

These days, Reggie can say he's living his best life, has the energy and good health to chase his kids and is remembering the little things that Megan asks him to do. He knows it's a sacrifice and many are hesitant to make but would encourage any of his former teammates to give it a try, small steps and see for themselves if they don't feel better.

"We have to be honest with ourselves and each other," he said of talking with former teammates about their health. "We're getting too old to put on 20 or 30 pounds and if we're not careful it becomes a downward spiral. We have to make changes to our diet; we're not moving like we did when we were playing. We have to put better choices on the table and then get up and move."

Reggie isn't afraid to tell a former player about the vegetarian lifestyle even though he knows the reaction he's likely to get.

"At first I was trying to spread the gospel of good stomach health and I got a lot of push back from my friends," he said. "Now I talk to them about walking down the hill, we're not climbing it any longer. I ask how do you want to get down the hill? Do you want someone to push you in a wheelchair? Or do you want to walk down at your own pace? Do you want to be on a bunch of medications, or do you want to live without worry about your health? I'm here to share my experience and if they want to change, they know someone who has, and they feel like they can do it too."

Reggie's passion — or maybe it's become an obsession — with Legos is another example of his desire to be his best. That's right, Reggie Hayward loves to play with Legos.

"A doctor told me that puzzles were great for helping the brain," he explained. "They keep the mind active. I started with 1,000-piece puzzles and moved on to Legos. The transition to Legos came naturally and my youngest son and I started doing them together. As he got older, I kept rolling and the next thing you know I have over 200 and had to build cutouts in my house to display them. My favorite is probably the Millennium Falcon or Hogwarts Castle. It's fun to do something different but man, this is an expensive habit."

The Haywards live a busy, hectic lifestyle, but they also are mindful to make time for their physical and mental health as well as their happiness.

"I want to have fun," Reggie said. "I want to enjoy my life. I'd rather smile than cry, I'd rather laugh than scream. There are times when you have to be serious and make big decisions. But once we get through those moments, we're back to finding a way to have fun and enjoy life."



Tavian Banks Comeback Finally Complete

Legend Tavian Banks

The Jaguars were cruising in the fourth quarter at the Georgia Dome in November of 1999. Tom Coughlin's team was up 27-7 and on its way to a fifth consecutive win, and in the span of a single play, running back Tavian Bank's football future was forever altered.

"I had a chance to become a very special player," Banks recalled fondly. "Especially with Jacksonville and that offense we were running with Jimmy Smith, Keenan McCardell, Fred Taylor and James Stewart. We were going to do something special, and I was going to be a key part of what Coach Coughlin was building. I think we had the Super Bowl in us that season and we didn't get to see it through."

It wasn't a big play; it wasn't even all that important in the grand scheme of the day. It was a short five-yard gain with just over seven minutes to play.

"The big injury," Banks said. "Three torn ligaments, torn hamstring, stretched nerve, all in one hit. I wasn't able to make it back from that."

The Jaguars kept rolling that season, winning 14 games and hosting the AFC Championship Game in Jacksonville. Banks' ride, though, was over.

"I was running a 4:27 when I showed up in Jacksonville," he said. "That's pretty fast. Then, suddenly, I can't control my foot or pull my leg up. I was walking with a boot and using a cane. I had to learn to walk and then learn to run again, and I was never the same."

Banks' promising career in Jacksonville was over just as it was getting started. Not that he didn't try to come back. He did, from the known medical procedures to things on the cutting edge of science, but none of them could give him back what that one hit took from him.

"Things happen on a football field," said Banks. "It's a rough sport and anything can happen at any point in time. You just have to take it how it's dealt sometimes. I should have fell down when I went out of bounds, but I didn't — it was a freak accident, and it ended my career."





Almost 25 years later Tavian owns an incredible outlook on life. But it wasn't easy to get to where he is today. He had to stumble and learn along the way to a happy and fulfilled life back in Iowa. He points to a particular moment in Jacksonville that helped him develop the right mindset.

"I met with Tom Coughlin and was frustrated that they were letting me go," he remembered. "He explained why, but I didn't want to hear it. He asked me if I had anything I wanted to say and I told him 'no' and I walked out. I was young. I was upset. I was there rehabbing, walking in a boot and using a cane while working to get back. I didn't understand the business then. But a few years went by, and I experienced more of life, and I learned. I talked to Coach Tom Coughlin again years later and I apologized for walking out and thanked him for everything that he and the staff did for me."

Banks made one more attempt to stay close to football. He joined Bob Petrino's staff at Louisville and was part of a 12-1 season that ended with an Orange Bowl win and Petrino leaving for the NFL. Tavian knew the nomadic life of a coach wouldn't work for him and his family and so after a lifetime in the game he loves, he put coaching behind him.

Today, the Heisman Trophy candidate is Executive Director of the YMCA of Greater Des Moines, Iowa and is still involved in the athletic world.

"I've always been involved in coaching, performance training and working with kids," Banks explained. "Then the opportunity to do something bigger, more far reaching and meaningful came along and I couldn't turn it down."



Banks runs summer camps and afterschool programs for kids. He also helps families with things like computers, Wi-Fi and boxed lunches. He is involved in the business of helping others be the best they can be.

"I get to help a lot of people," he said. "Kids and families that don't have resources come to us with different needs. For example, during the pandemic when virtual learning wasn't an option for some of our clients because they lacked technology, we were able to help. This is a special place and I'm happy to be here."

Banks has more than enough on his plate to keep his mind in the present moment. Besides a busy career helping families in Iowa, he and wife Melody, have a large, boisterous family of their own with kids and grandkids. He clearly loves his life today and it's apparent when he doesn't shy away from talking about football and what he lost because he's much more focused on what the game gave him.

"I got to experience more than most people ever would because of football," he said. "I got to travel the United States and live in different places, meet people and make connections. I sometimes wish I could have become the player I know I was capable of becoming, but nothing's promised to you in life, and I cherish the life that I have, not the one that I didn't get."

He readily shares stories of his days at the University of Iowa and the Jaguars when he speaks to the kids at the YMCA.

"I tell them that I was coached by two Hall of Fame coaches," Banks said. "Hayden Fry and Tom Coughlin. How different would my life be if I wasn't shaped by two great men? I loved playing for Tom. He treated everyone the same. It didn't matter if you were a starter or a rookie. I respected that. He demanded excellence and that made me a better professional, and I hope a better man. His influence on my life was significant and I want to take those lessons and the ones I've learned through the injury and help young people the same way he helped me."

The brash young kid with the platinum blonde hair and the million-dollar smile is gone. Well, the platinum hair is gone, but the energetic young man has managed to keep his positive mindset and adapt to a world that changed on that Sunday afternoon in Atlanta.

"It's about perseverance," he said without hesitation. "That's been my mentality since the injury. I thought I would make it back and I didn't. So, I kept going and thought I would be a football coach and that didn't work the way I thought it would. I kept believing in myself and found a way to get to where I am, happy and healthy and enjoying life. Life is going to test you and you're not going to pass them all. But if you have the will to prepare for the next one, you're going to be just fine."



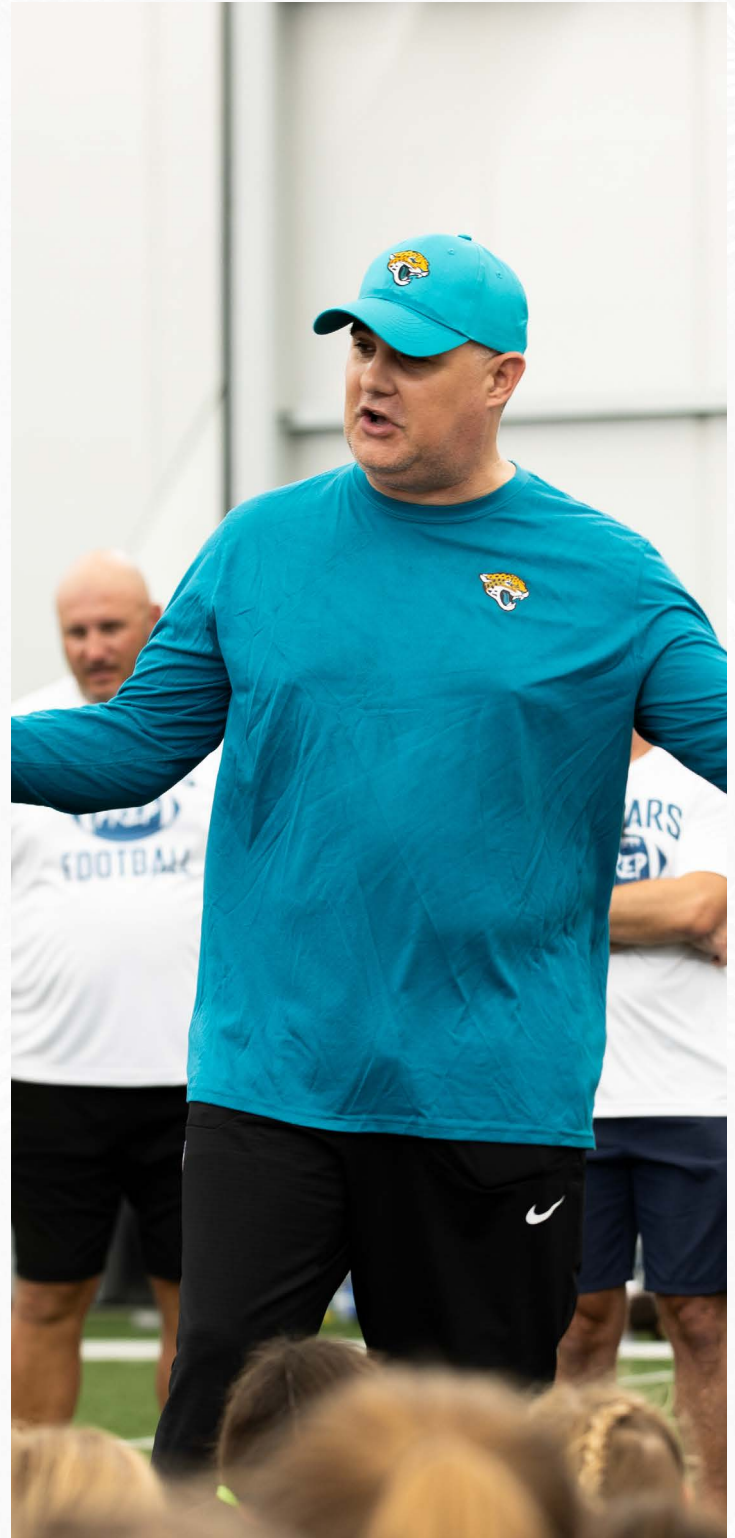
JASON TROSCLAIR

Q&A WITH LEGENDS COORDINATOR

I had the opportunity to sit down recently with the new Jaguars Legends Coordinator Jason Trosclair and visit with him about his long career with the New Orleans Saints, his passion for helping others and his vision for the Jaguars Legends program. The program has taken a big jump forward in the last 18 months but seems poised for an even greater impact on former Jaguars and the Jacksonville community in the months and years ahead.

1. What brought you to Jacksonville and the Jaguars Legends Community after 23 years with the Saints and in New Orleans?

I left the Saints in 2018 to take a regional sports marketing position while also serving as Commissioner for one of Drew Brees' FNA Flag Football sites in New Orleans. The time I spent away from the NFL made me realize just how much I missed the comradery of working with current and former players and the passion I have for making a difference in the community. I saw this Legends role as the perfect opportunity to get back to what I really know and work with Jaguars alumni while also making impacts in the Jacksonville community. I am beyond proud of the accomplishments made while at the Saints and owe a lot of that great work to the support of the Benson family. I know that Jaguars owner Shahid Khan is committed to winning and is also a tremendous supporter of his community – that was another huge attraction for me and this franchise.



2. What drew you to working with the Legends? You've done plenty of community and youth programs and even worked in football in your career, what about the Legends spoke to you?

It all goes back to my passion for helping others. After being in the league for so long I was able to see players get drafted, get injured, get traded or even have a long career only to retire and feel distant from the team(s). I want to ensure Jaguars Legends feel connected to the team by finding ways to get them involved through gameday access as well as community events and Jaguars PREP. I want to be their voice here with the franchise and help them transition and create a legacy of their own through team and league resources.

3. What are your thoughts or observations about the emphasis and resources that the NFL is pouring into the Legends program? It seems as if this has become an area of strong focus in the League office. What does that mean for the Legends in north Florida and surrounding areas?

It's awesome, and yes, the NFL has really done a great job of providing our Legends the programs and resources to help in so many ways – from peer-to-peer business relationships to mental health support. Some programs are at an expense in terms of educational opportunities to assist Legends in developing their own brand or entrepreneurial training, but most are at no expense and are beneficial to our Legends living right here in Florida and around the country. The NFL Foundation has grants to support former players who may be coaching youth or high school football. Legends can apply for matching grants to support youth and high school football programs as well as community projects. The grants and support are available, and I am here to bridge that communication for our Legends.

4. What's first on your to do list regarding the Jaguars Legends Community? What are your priorities as you get started in this new venture?

Right now, the biggest "to do" is planning Legends Weekend. Set for November 10-12, I am exploring venues for Friday and Saturday night but obviously Sunday will be the day of truly celebrating our Legends. My main priority is building relationships with our Legends and letting them get to know me as well. I want them to understand that I am here to help them anyway I possibly can. The NFL's growth and massive success today is because of their contributions and commitment to this game and their respective communities.

5. How can guys get involved in the Jaguars Legends Community?

By emailing me directly at trosclairj@nfl.jaguars.com / legends@jaguars.com or by visiting our Legends website: jaguars.com/legends





**LEGENDS
COMMUNITY**