

# SEAHAWKS

2021 WEEKLY  
MEDIA GUIDE



VS





# GAME RELEASE

October 19, 2021

## SEAHAWKS PLAY THIRD-CONSECUTIVE GAME IN PRIME-TIME THIS WEEK

### 2021 SCHEDULE

#### Preseason (1-2)

Day	Date	Opponent	W/L	Score
Sat.	8/14	at Las Vegas	L	20-7
Sat.	8/21	Denver	L	30-3
Sat.	8/28	L.A. Chargers	W	27-0

#### Regular Season (2-4)

Day	Date	Opponent	W/L	Score
Sun.	9/12	at Indianapolis	W	28-16
Sun.	9/19	Tennessee	L (ot)	33-30
Sun.	9/26	at Minnesota	L	30-17
Sun.	10/3	at San Francisco	W	28-21
Thu.	10/7	L.A. Rams	L	26-17
Sun.	10/17	at Pittsburgh	L (ot)	23-20
Mon.	10/25	New Orleans	5:15 p.m.	ESPN
Sun.	10/31	Jacksonville*	1:05 p.m.	CBS
Sun.	11/7	Bye Week		
Sun.	11/14	at Green Bay*	1:25 p.m.	CBS
Sun.	11/21	Arizona*	1:25 p.m.	FOX
Mon.	11/29	at WFT	5:15 p.m.	ESPN
Sun.	12/5	San Francisco*	5:20 p.m.	NBC
Sun.	12/12	at Houston*	10:00 a.m.	FOX
Sun.	12/19	at L.A. Rams*	1:25 p.m.	FOX
Sun.	12/26	Chicago*	1:05 p.m.	FOX
Sun.	1/2	Detroit*	1:25 p.m.	FOX
Sun.	1/9	at Arizona*	1:25 p.m.	FOX

\* Game time subject to NFL Flexible Scheduling

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Seattle plays its third-consecutive prime-time game this week, this time on Monday Night Football hosting the New Orleans Saints at Lumen Field. Kickoff is set for 5:15 p.m. (PT).

Since 2010, Seattle is 33-10-1 overall in prime-time, and holds an 11-2 record on Monday Night Football, including victories in its last four appearances. Overall, Seattle's .730 winning percentage (27-10 record) on Mondays is tops in NFL history.

This will be the 15th meeting between the two teams in the regular season with New Orleans leading the series, 8-6. Following a three-game Seattle win-streak from 2000-04, the Saints have won four of the last five match-ups, including the last two.

### BROADCAST INFORMATION

**TV Network** ESPN  
Steve Levy (play-by-play)  
Brian Griese, Louis Riddick (analysts)  
Lisa Salters (sidelines)

**Seahawks** 710 ESPN Seattle  
**Radio Network** KIRO Radio 97.3  
Steve Raible (play-by-play)  
Dave Wyman (analyst)  
John Clayton (sidelines)  
Jen Mueller (sidelines)

**National Radio** Westwood One  
Kevin Harlan (play-by-play)  
Kurt Warner (analyst)

### THIS WEEK'S SCHEDULE

#### Thursday, October 21

12:15 p.m. Head Coach Pete Carroll press conference  
12:30 p.m. Bobby Wagner & selected players press conferences  
1:45 p.m. Practice\*  
3:20 p.m. Ken Norton Jr, assistant coaches available

#### Friday, October 22

12:15 p.m. Geno Smith & selected players press conferences  
1:45 p.m. Practice\*  
3:20 p.m. Shane Waldron, assistant coaches available

#### Saturday, October 23

12:30 p.m. Practice\*  
1:50 p.m. Coach Carroll available

#### Sunday, October 24

No media availability

#### Monday, October 25

5:15 p.m. Seahawks vs. Saints

#### Tuesday, October 26

Players day off  
9:30 a.m. Coach Carroll on 710 ESPN Seattle

\* Local media may videoshoot the first 5-10 minutes of practice



# WHAT TO LOOK FOR

## TEAM

- \* Seattle is 35-11 following an in-season loss since 2012.
- \* Redzone offense ranks fourth in the NFL (75%) and redzone defense ranks tied for seventh in the NFL (50%).

## PETE CARROLL

- \* Needs three wins to tie Bill Cowher for 19th place on the NFL's all-time coaches wins list with 161.

### BEST SEAHAWKS COACHING RECORDS

	Regular Season	Postseason	Combined
<b>Pete Carroll</b>	<b>114-67-1</b>	<b>10-8</b>	<b>124-75-1</b>
Mike Holmgren	86-74	4-6	90-80
Chuck Knox	80-63	3-4	83-67

## QUANDRE DIGGS

- \* Needs one interception to become the only player in the NFL to record at least three interceptions in each of the past five seasons (2017-21).

## TYLER LOCKETT

- \* Needs eight touchdowns to pass Darrell Jackson for third-place on Seattle's all-time receiving touchdowns list with 48.

## MICHAEL DICKSON

- \* Needs 26 punts inside the 20 to pass Jeff Feagles for third-place on Seattle's all-time punts inside the 20 list with 134.

## DK METCALF

- \* Needs 10 more touchdowns to pass Doug Baldwin and set Seattle's single-season receiving touchdowns record with 15.
- \* Needs 13 touchdowns to pass Brian Blades for seventh-place on Seattle's all-time receiving touchdowns list with 35.
- \* Needs 432 yards to pass Joey Galloway for the most yards in a player's first three seasons in Seattle history with 3,076.
- \* Needs at least 1,250 yards and 10 touchdowns this season to become the fourth player in NFL history to reach those numbers in two of his first three seasons (Odell Beckham - 3, Randy Moss - 3, A.J. Green - 2).

## RUSSELL WILSON

- \* Has started all 165 games played (149 regular season, 16 post-season). His regular season consecutive starts are the sixth-longest in NFL history and ended when he was placed on injured reserve (finger) on October 15.
- \* Reached his 100th regular season win in his first 148 career games, an NFL record. Joins only Peyton Manning to win 100 regular season games in his first 10 seasons (took Manning 154

games to reach 100).

- \* Took 148 games started to reach 100 regular season wins, the fourth-fastest in NFL history (see chart on page 10).
- \* Needs 14 touchdowns to pass Johnny Unitas for 16th-place on the NFL's all-time passing touchdowns list with 291.
- \* Needs three starts to tie Eugene Robinson for eighth-place on Seattle's all-time games started list with 152.
- \* Needs 125 yards to pass Drew Brees for seventh-place, and 204 yards to pass Eli Manning for sixth-place, for the most passing yards in a quarterback's first 10 seasons in NFL history with 35,267, and 35,346, respectively.
- \* Needs six yards to pass John L. Williams for fifth-place on Seattle's all-time rushing yards list with 4,580.
- \* Since 2012, leads the NFL with 25 games with at least a 130.0 passer rating.
- \* Needs 14 touchdowns to pass Dan Marino for second-place for the most passing touchdowns in a quarterback's first 10 seasons in NFL history with 291.
- \* Needs 20 touchdowns to become the third player in NFL history with 30 passing touchdowns in five-consecutive seasons (Drew Brees - 9 seasons, Brett Favre - 5).
- \* Needs two home wins to tie Peyton Manning for fourth-place for the most home wins in a quarterback's first 10 seasons with 57.
- \* Needs four wins to pass Peyton Manning to become the winningest quarterback in a player's first 10 seasons, including post-season, with 113.
- \* Needs six wins to pass Peyton Manning to become the winningest quarterback in a player's first 10 seasons with 106.
- \* Needs seven wins to become the only quarterback in NFL history with a winning record in each of his first 10 seasons.
- \* His .778 winning percentage (35-10 record) following an in-season loss is the second-best record by a quarterback since the 1970 merger.
- \* His 24-32-1 record (.430) when trailing at halftime is third-best in NFL history (see chart on page 9).
- \* Needs at least 3,000 yards and 20 touchdowns this season to join Peyton Manning as the only quarterbacks in NFL history to reach those marks in each of their first 10 seasons.
- \* With a 105.0 passer rating by season's end, he will become the first player in NFL history with a 105 rating for four-consecutive seasons (Patrick Mahomes could also reach that mark this year).



# SERIES VS. NEW ORLEANS

## REGULAR SEASON: SAINTS LEAD 8-6

November 21, 1976	L		51-27	61,865
November 18, 1979	W		38-24	60,055
November 10, 1985	W	@	27-3	47,365
October 16, 1988	L		20-19	63,569
September 1, 1991	L	@	27-24	68,492
November 16, 1997	L	@	20-17 ot	50,493
September 17, 2000	W	+	20-10	59,513
September 7, 2003	W		27-10	52,250
September 12, 2004	W	@	21-7	64,900
October 14, 2007	L		28-17	68,296
November 21, 2010	L	@	34-19	70,015
December 2, 2013	W		34-7	68,387
October 30, 2016	L	@	25-20	73,188
September 22, 2019	L		33-27	69,005

+Husky Stadium

<b>Record in Seattle</b> .....	4-4
Kingdome .....	1-2
Husky Stadium .....	1-0
Lumen Field .....	2-2

<b>Record at New Orleans</b> .....	2-4
Caesars Superdome .....	2-4

**Current Streaks** ..... New Orleans has won two in a row

<b>Longest Win Streaks</b>	
Seahawks .....	3, 2000-04
Saints .....	3, 1988-97

<b>Last Game Played in...</b>	
Seattle .....	Saints 33, Seahawks 27 (9/22/19)
New Orleans .....	Saints 25, Seahawks 20 (10/30/16)

<b>Total Points in Series</b>	
Seahawks .....	337 (24.1)
Saints .....	299 (21.4)

<b>Largest Margin of Victory</b>	
Seahawks .....	27 points, 34-7 (12/2/13)
Saints .....	24 points, 51-27 (11/21/76)

<b>Combined Points</b>	
Highest .....	78 (Saints win 51-27 on 11/21/76)
Lowest .....	28 (Seahawks win 21-7 on 9/12/04)

<b>Shutouts</b>	
Seahawks .....	None
Saints .....	None

<b>Pete Carroll vs. Saints</b> (Regular Season) .....	2-3
With Seattle .....	1-3
With New England .....	1-0
With N.Y. Jets .....	0-0
Playoffs .....	1-0

<b>Sean Payton vs. Seahawks</b> (Regular Season) .....	4-1
With New Orleans .....	4-1
Playoffs .....	0-1

## HEAD-TO-HEAD COMPARISON

2021 REGULAR SEASON	SEAHAWKS	SAINTS
Record	2-4	3-2
Total Yards Gained	2,064	1,476
Total Offense (NFL Rank)	344.0 (22)	295.2 (28)
Rush Offense	110.7 (16)	125.8 (9)
Pass Offense	233.3 (22)	169.4 (31)
Points Per Game	23.3 (18)	25.4 (10)
Total Yards Allowed	2,599	1,770
Total Defense	433.2 (32)	354.0 (15)
Rush Defense	140.8 (30)	79.0 (2)
Pass Defense	292.3 (28)	275.0 (23)
Points Allowed/Game	24.8 (20)	18.2 (3)
Possession Avg.	25:07	29:29
Sacked/Yds. Lost	18/136	9/57
Sacks Made/Yds. Lost	11/83	8/51
Interceptions By	2	9
Penalties/Yds.	35/280	30/246
Punts/Avg.	33/47.1	21/49.8
Turnover Differential	+2 (T11)	+5 (5)

## 2021 STAT LEADERS

	SEAHAWKS	SAINTS
<b>Rushing</b>	Alex Collins 225 (48-4.7-2)	Alvin Kamara 368 (94-3.9-1)
<b>Passing</b>	Geno Smith 340 (49-33-2-1-92.2)	Jameis Winston 892 (116-70-12-3-108.1)
<b>Receptions</b>	DK Metcalf 31 (441-14.2-5)	Alvin Kamara 15 (113-7.5-3)
<b>Scoring</b> (Non kicker)	DK Metcalf 30	Alvin Kamara 24
<b>Sacks</b>	Darrell Taylor 4.0	Tanoh Kpassagnon 2.0
<b>Int.</b>	Quandre Diggs 2	three tied with 2
<b>Punting</b>	Michael Dickson 47.1/40.1 net (14 In 20)	Blake Gillikin 49.8/43.8 net (7 In 20)
<b>Kicking</b>	Jason Myers 32 (5/7 FG, 17/18 PAT)	Brian Johnson 0 (0/0 FG, 0/0 PAT)

## TOP SINGLE-GAME PERFORMANCES

	SEAHAWKS	SAINTS
<b>Rushing</b> <b>Yards</b>	Shaun Alexander 28-135-4.8-2 9/12/04	Ricky Williams 23-107-4.7-0 9/17/00
<b>Passing</b> <b>Yards</b>	Russell Wilson 50-32-406-2-0 9/22/19	Drew Brees 43-29-382-4-2 11/21/10
<b>Receiving</b> <b>Yards</b>	Brian Blades 12-160-13.3-2 9/1/91	Henry Childs 6-121-20.2-0 11/18/79



# TEAM NOTES

## 75% REDZONE OFFENSE

The Seahawks 22nd-ranked offense ranks fourth in the NFL with a 75.0% scoring rate inside the 20.

### BEST REDZONE OFFENSE, NFL

Team	Poss.	TDs	%
New Orleans	14	13	92.9
San Francisco	11	10	90.9
Cincinnati	12	10	83.3
<b>Seattle</b>	<b>16</b>	<b>12</b>	<b>75.0</b>
Baltimore	21	15	71.4

## 10 DOUBLE-DIGIT LOSSES IN LAST 174 GAMES

### LARGEST DEFEATS SINCE WEEK 9 OF 2011 (INCLUDING PLAYOFFS)

Deficit	Score	Opponent	Date
35	42-7	vs. L.A. Rams	12/17/17
28	38-10	at Green Bay	12/11/16
16	28-12	at L.A. Rams	12/8/19
16*	36-20	at Atlanta	1/14/17
14	27-13	vs. Arizona	12/22/19
14	30-16	vs. Baltimore	10/20/19
<b>13</b>	<b>30-17</b>	<b>at Minnesota</b>	<b>9/26/21</b>
10*	30-20	vs. L.A. Rams	1/9/21
10	44-34	at Buffalo	11/8/20
10	27-17	at Green Bay	9/20/15
<b>9</b>	<b>26-17</b>	<b>vs. L.A. Rams</b>	<b>10/7/21</b>
9	14-5	at Tampa Bay	11/27/16
9	30-21	at San Diego	9/14/14
8	25-17	vs. San Diego	11/4/18
8	17-9	at Green Bay	9/10/17
7	seven times	last: at L.A. Rams	11/15/20

\* Playoff game

## 2,814 ROSTER TRANSACTIONS SINCE 2010

Since forming their relationship in 2010, General Manager John Schneider and Pete Carroll have put together the NFL's most competitive, deep and talented roster over the last 12 seasons.

Of the 52 players on Seattle's 2021 active roster, 23 are Seattle draft choices, seven have been acquired via trade, 20 have been signed as free agents, two via waivers, and 13 of the 52 originally entered the league as undrafted rookie free agents.

## 105-52-1 RECORD SINCE THE FINAL HALF OF 2011

In those 52 losses, the average margin of victory for the opponent has been 6.8 points (355 points).

## 42-25-1 MOST ROAD WINS SINCE 2013

### MOST ROAD WINS SINCE 2013

Kansas City	46-21	.687
New England	42-24	.636
<b>Seattle</b>	<b>42-25-1</b>	<b>.625</b>
New Orleans	39-28	.582
Pittsburgh	37-28-1	.568

## 14-6 ROAD RECORD SINCE 2019

The Seahawks posted a franchise-best 7-1 road record in 2019 and were 5-3 last season. They are 2-2 this season.

### BEST ROAD RECORDS IN FRANCHISE HISTORY

Record	Year
7-1	2019
6-2	2013
5-3	2020
5-3	2017
5-3	2015
5-3	2014
5-3	2005
5-3	1984
4-4	13 times (last: 2018)

## 20-7 RECORD IN 10 A.M. PT KICKOFFS

Seattle has a 20-7 record in its last twenty-seven 10 a.m. (PT) kickoff starts, including a 5-0 record in 2019, 3-1 last season, and 1-0 this year.

It has won 12 of its last 13 early kickoffs since 2018.

## 149 CONSECUTIVE SELL OUTS

Since 2003, all but one game has sold out, giving the team 149 consecutive sell outs including Week 7's game of the 2021 season, including playoffs.



# TEAM NOTES

## 27-10

### RECORD ON MONDAY NIGHT FOOTBALL

The Seahawks are 19-6 at home and have outscored opponents 435-253 in their last 17 appearances, including three shutouts.

#### BEST ALL-TIME WINNING %, MONDAY NIGHT FOOTBALL

<b>Seattle</b>	<b>27-10</b>	<b>.730</b>
Pittsburgh	49-26	.653
San Francisco	49-29	.628
Kansas City	30-19	.612

#### SEAHAWKS ON MONDAY NIGHT FOOTBALL (27-10)

Oct. 29, 1979	W	31-28	at Atlanta
Nov. 26, 1979	W	30-7	N.Y. Jets
Nov. 17, 1980	L	19-17	Oakland
Nov. 16, 1981	W	44-23	San Diego
Oct. 29, 1984	W	24-0	at San Diego
Nov. 12, 1984	W	17-14	L.A. Raiders
Sept. 23, 1985	L	35-24	L.A. Rams
Nov. 25, 1985	L	19-6	at San Francisco
Oct. 6, 1986	W	33-7	San Diego
Dec. 8, 1986	W	37-0	L.A. Raiders
Nov. 9, 1987	L	30-14	at N.Y. Jets
Nov. 30, 1987	L	37-14	L.A. Raiders
Nov. 28, 1988	W	35-27	L.A. Raiders
Dec. 4, 1989	W	17-16	Buffalo
Oct. 1, 1990	W	31-16	Cincinnati

Nov. 30, 1992	W	16-13 (ot)	Denver
Nov. 1, 1999	W	27-7	at Green Bay
Oct. 2, 2000	L	24-17	at Kansas City
Oct. 14, 2002	L	28-21	San Francisco
Dec. 6, 2004	L	43-39	Dallas
Dec. 5, 2005	W	42-0	at Philadelphia
Nov. 6, 2006	W	16-0	Oakland
Nov. 27, 2006	W	34-24	Green Bay
Nov. 12, 2007	W	24-0	San Francisco
Dec. 12, 2011	W	30-13	St. Louis
Sept. 24, 2012	W	14-12	Green Bay
Oct. 28, 2013	W	14-9	at St. Louis
Dec. 2, 2013	W	34-7	New Orleans
Oct. 6, 2014	W	27-17	at Washington
Oct. 5, 2015	W	13-10	Detroit
Nov. 7, 2016	W	31-25	Buffalo
Nov. 20, 2017	L	34-31	Atlanta
Sept. 17, 2018	L	24-17	at Chicago
Dec. 10, 2018	W	21-7	Minnesota
Nov. 11, 2019	W	27-24 (ot)	at San Francisco
Dec. 2, 2019	W	37-30	Minnesota
Nov. 30, 2020	W	23-17	at Philadelphia

## 33-10-1

### RECORD IN PRIME-TIME GAMES SINCE 2010

Seattle has outscored opponents 1,148-779, are 12-6-1 on Sunday nights, 11-2 on Mondays, 10-2 on Thursdays, and are 22-4 at home in prime-time games dating back to 2010.

#### SEATTLE'S PRIME-TIME GAMES UNDER PETE CARROLL (33-10-1)

Sun, Jan. 2, 2011	vs. St. Louis	W	16-6
Thu, Dec. 1, 2011	vs. Philadelphia	W	31-14
Mon, Dec. 12, 2011	vs. St. Louis	W	30-13
Mon, Sept. 24, 2012	vs. Green Bay	W	14-12
Thu, Oct. 18, 2012	at San Francisco	L	13-6
Sun, Dec. 23, 2012	vs. San Francisco	W	42-13
Sun, Sept. 15, 2013	vs. San Francisco	W	29-3
Thu, Oct. 17, 2013	at Arizona	W	34-22
Mon, Oct. 28, 2013	at St. Louis	W	14-9
Mon, Dec. 2, 2013	vs. New Orleans	W	34-7
Thu, Sept. 4, 2014	vs. Green Bay	W	36-16
Mon, Oct. 6, 2014	at Washington	W	27-17
Thu, Nov. 27, 2014	at San Francisco	W	19-3
Sun, Dec. 21, 2014	at Arizona	W	35-6
Sun, Sept. 20, 2015	at Green Bay	L	27-17
Mon, Oct. 5, 2015	vs. Detroit	W	13-10
Thu, Oct. 22, 2015	at San Francisco	W	20-3
Sun, Nov. 15, 2015	vs. Arizona	L	39-32
Sun, Oct. 23, 2016	at Arizona	T	6-6 (ot)
Mon, Nov. 7, 2016	vs. Buffalo	W	31-25

Sun, Nov. 13, 2016	at New England	W	31-24
Sun, Dec. 4, 2016	vs. Carolina	W	40-7
Thu, Dec. 15, 2016	vs. L.A. Rams	W	24-3
Sun, Oct. 1, 2017	vs. Indianapolis	W	46-18
Thu, Nov. 9, 2017	at Arizona	W	22-16
Mon, Nov. 20, 2017	vs. Atlanta	L	34-31
Sun, Dec. 3, 2017	vs. Philadelphia	W	24-10
Mon, Sept. 17, 2018	at Chicago	L	24-17
Sun, Oct. 14, 2018	at Oakland (in London)	W	27-3
Thu, Nov. 15, 2018	vs. Green Bay	W	27-24
Mon, Dec. 10, 2018	vs. Minnesota	W	21-7
Sun, Dec. 23, 2018	vs. Kansas City	W	38-31
Thu, Oct. 3, 2019	vs. L.A. Rams	W	30-29
Mon, Nov. 11, 2019	at San Francisco	W	27-24 (ot)
Mon, Dec. 2, 2019	vs. Minnesota	W	37-30
Sun, Dec. 8, 2019	at L.A. Rams	L	28-12
Sun, Dec. 29, 2019	vs. San Francisco	L	26-21
Sun, Sept. 20, 2020	vs. New England	W	35-30
Sun, Oct. 11, 2020	vs. Minnesota	W	27-26
Sun, Oct. 25, 2020	at Arizona	L	37-34 (ot)
Thu, Nov. 19, 2020	vs. Arizona	W	28-21
Mon, Nov. 30, 2020	at Philadelphia	W	23-17
Thu, Oct. 7, 2021	vs. L.A. Rams	L	26-17
Sun, Oct. 17, 2021	at Pittsburgh	L	23-20 (ot)



# TEAM NOTES

## .761

### WINNING PERCENTAGE IN PRIME-TIME

#### BEST RECORD IN PRIME-TIME GAMES SINCE 2010

Team	W	L	T	Pct.
Seattle Seahawks	33	10	1	.761
New England Patriots	37	16	0	.698
Baltimore Ravens	27	13	0	.675
New Orleans Saints	29	14	0	.674
Green Bay Packers	35	21	0	.625

## 76-15

### RECORD WHEN WINNING TURNOVER BATTLE

#### SEATTLE RECORD WHEN WINNING THE TURNOVER BATTLE

Year	Record	Year	Record
2010	4-0	2017	6-1
2011	6-2	2018	8-2
2012	7-1	2019	8-1
2013	10-1	2020	9-0
2014	6-2	2021	1-1
2015	4-4	<b>Totals</b>	<b>76-15</b>
2016	7-0		

## 35-11

### RECORD SINCE 2012 AFTER IN-SEASON LOSS

The Seahawks have the best record in the NFL since 2012 following an in-season loss.

#### BEST RECORD FOLLOWING IN-SEASON LOSS SINCE 2012

Team	Record	Pct.
Seattle Seahawks	35-11	.761
New England Patriots	27-11	.710
Green Bay Packers	32-16-1	.653
Indianapolis Colts	42-24	.636
New Orleans Saints	33-21	.611

## 197

### OPPONENT FALSE STARTS AT HOME

#### OPPONENT FALSE START PENALTIES AT HOME (2005-CURRENT)

Team	Penalties
Arizona Cardinals (State Farm Stadium)	207
Seattle Seahawks (Lumen Field)	197
Philadelphia Eagles (Lincoln Financial Field)	186
Tennessee Titans (Nissan Stadium)	186
Minnesota Vikings (U.S. Bank Stadium)	182

## 21

### POINTS OVERCOME IN LARGEST COMEBACK

Seattle's overtime record is 14-24-1 and 6-7-1 under Carroll.

#### LARGEST COMEBACKS IN FRANCHISE HISTORY

Points	Opponent	Score	Result
21	vs. Tampa Bay (11/3/13)	Trail 21-0	Won 27-24 (ot)
20	at Denver (12/10/95)	Trail 20-0	Won 31-27
18	at Oakland (12/14/97)	Trail 21-3	Won 22-21
18	vs. Pittsburgh (11/8/81)	Trail 21-3	Won 24-21
17	at Houston (9/29/13)	Trail 20-3	Won 23-20 (ot)
17	vs. Detroit (11/8/09)	Trail 17-0	Won 32-20

## 114-67-1

### FIFTH-BEST RECORD SINCE 2010

Under John Schneider and Pete Carroll, the Seahawks are one of seven teams to win 100 games since 2010 and have the fourth-best record in the NFL over that span.

#### BEST REGULAR SEASON RECORD SINCE 2010

Team	Record
New England	134-48-0
Green Bay	120-60-2
Pittsburgh	117-64-1
New Orleans	115-66-0
Seattle	114-67-1
Baltimore	114-68-0
Kansas City	113-69-0

## 64-26

### BEST NFL HOME RECORDS SINCE 2010

#### BEST NFL HOME RECORD SINCE 2010

Team	Record	Pct.
New England	74-18-0	.804
Green Bay	70-18-2	.789
Baltimore	68-23-0	.747
Seattle	64-26-0	.711
Pittsburgh	65-27-0	.707

## C-HAWKS

### 2021 TEAM CAPTAINS

In a vote by teammates, Russell Wilson will be the offensive captain for the ninth time in his 10 seasons, Bobby Wagner will be the defensive captain for the sixth time, while Nick Bellore is a special teams captain for the first time in his 11-year career.



# TEAM NOTES

## 12 FLAG RAISERS AT THE TOYOTA FAN DECK

Just before every kickoff at Lumen Field, fans turn their attention to the Toyota Fan Deck in the south endzone with anticipation to see who is going to raise the team's signature 12 flag and turn Lumen Field in to a frenzy. From Seahawks Legends, to local celebrities and sports personalities, the flag has become a love affair for Seahawks supporters all over the Northwest and the spirit of community that the organization and fans share. Who will raise it next?

### 2021 FLAG RAISERS

Denver - Dr. Helen Chu (Washingtonian of the Year)  
L.A. Chargers - Olympian Nevin Harrison  
Tennessee - Seahawks Legend Doug Baldwin Jr.  
L.A. Rams - Seahawks Legend Robbie Tobeck  
New Orleans -

Jacksonville -  
Arizona -  
San Francisco -  
Chicago -  
Detroit -

## 28,050 ESTIMATED MILES FLOWN DURING 2021 SEASON

Delta will carry the Seahawks "around the world" (a trip around the world is 25,000 miles) as they travel the second-most miles in the NFL this season, checking in at 28,050

### 2021 TOTAL MILES TRAVELED

1. San Francisco 28,260
2. **Seattle 28,050**
3. Jacksonville 26,707
4. L.A. Rams 25,760
5. L.A. Chargers 25,467

## FLIGHT TIMES

Seattle is among the league leaders in miles traveled each season, and this year is no different. Tucked away in the Northwest, Seattle takes a while to reach via air travel, especially traveling east to west.

### 2021 FLIGHT TIMES

Seattle to Las Vegas - 1:56  
Las Vegas to Seattle - 2:02  
Seattle to Indianapolis - 3:31  
Indianapolis to Seattle - 4:07  
Seattle to Minnesota - 2:48  
Minnesota to Seattle - 3:16  
Seattle to San Francisco - 1:36  
San Francisco to Seattle - 1:36

Seattle to Pittsburgh - 4:00  
Pittsburgh to Seattle - 4:31  
Seattle to Green Bay -  
Green Bay to Seattle -  
Seattle to Washington -  
Washington to Seattle -  
Seattle to Houston -  
Houston to Seattle -

Seattle to L.A. Rams -  
L.A. Rams to Seattle -  
Seattle to Arizona -  
Arizona to Seattle -

## LARGEST LUMEN FIELD ATTENDANCE: 69,190

With the addition of the Toyota Fan Deck in the south end zone in 2016, adding 1,000 new seats, Seattle's home attendance has a chance to be broken this season after playing a 2020 season with no fans due to the COVID-19 pandemic.

Lumen Field's current attendance record of 69,190 fans was set vs. Philadelphia (11/20/16), that broke the old record of 69,084, established vs. Buffalo (11/7/16) two weeks prior.

### LARGEST HOME ATTENDANCE, FRANCHISE HISTORY

Att.	Opponent	Stadium	Date	W/L	Score
69,190	Philadelphia	Lumen Field	11/20/16	W	26-15
69,162	San Francisco	Lumen Field	12/29/19	L	26-21
69,104	Carolina	Lumen Field	12/4/16	W	40-7
69,084	Buffalo	Lumen Field	11/7/16	W	31-25
69,080	Minnesota	Lumen Field	12/2/19	W	37-30
69,080	St. Louis	Lumen Field	12/27/15	L	23-17
69,078	Arizona	Lumen Field	12/31/17	L	26-24
69,077	L.A. Rams	Lumen Field	12/17/17	L	42-7
69,075	Philadelphia	Lumen Field	12/3/17	W	24-10
69,071	Atlanta	Lumen Field	10/16/16	W	26-24



# #3 Russell Wilson

## 8 & 1

**EIGHT-TIME PRO BOWLER & ONE TIME ALL-PRO**



Associated Press AP All-Pro Team: 2019 (second-team)

## 100

**WINS TO BEGIN A CAREER**

Wilson is the winningest quarterback in NFL history through his first nine seasons and needs six more wins to become the winningest through a player's first 10 seasons.

### **MOST REGULAR SEASON WINS IN A QB'S FIRST 10 SEASONS, NFL HISTORY**

Peyton Manning	105
<b>Russell Wilson</b>	<b>100*</b>
Tom Brady	97
Ben Roethlisberger	95
Matt Ryan	95

\* Through 149 games played

## 55

**HOME WINS TO BEGIN A CAREER**

Wilson has the most home wins in a quarterback's first nine seasons in NFL history and needs five more to become the winningest through a player's first 10 seasons.

### **MOST HOME WINS IN A QB'S FIRST 10 SEASONS, NFL HISTORY**

Brett Favre	59
John Elway	58
Joe Flacco	58
Peyton Manning	57
<b>Russell Wilson</b>	<b>55*</b>

\* Through 74 games played

## 277

**FRANCHISE-RECORD TD PASSES**

It took Dave Krieg 129 games to set the record and Wilson 112 games to break it.

### **MOST PASSING TOUCHDOWNS, CLUB HISTORY**

1.	277	<b>Russell Wilson</b>	<b>2012-</b>
2.	195	Dave Krieg	1980-91
3.	174	Matt Hasselbeck	2001-10
4.	107	Jim Zorn	1976-84
5.	49	Jon Kitna	1997-00

## 26

**MAJOR FRANCHISE RECORDS HELD**

- \* Career (102.3), single-season (110.9 in 2018) and single-game (158.3) passer rating.
- \* Career (35,142), single-season (4,219 in 2016) and single-game (452) most passing yards.
- \* Career (277), single-season (40 in 2020) and single-game (5) most touchdown passes.
- \* Career (2,910) and single-season completions (384 in 2020).
- \* Career (4,460) passing attempts.
- \* Career (65.25), single-season (68.82 in 2020) and single-game (88.57) completion percentage.
- \* Career (21) and single-season (5 in 2020) 300-yard passing games.
- \* Most consecutive passes without an interception (220 from 2018-19).
- \* Career (820), single-season (118 in 2014) and single-game (14) rushing attempts by a quarterback.
- \* Career (4,574), single-season (849 in 2014) and single-game (122) rushing yards by a quarterback.
- \* Owns the top-16 rushing yard games by a quarterback.
- \* 11 NFC Player of the Week awards.



# #3 Russell Wilson

## 277 & 82

### CAREER TD PASSES & INTERCEPTIONS

Through 149 games, Russell Wilson's 277 touchdown passes are already the third-most in NFL history in a quarterback's first 10 seasons, **but even more impressive are only the 82 interceptions thrown.**

#### MOST PASSING TDS BY A QB, 1ST 10 SEASONS, NFL HISTORY

Player	TD	Int.
1. Peyton Manning	306	153
2. Dan Marino	290	165
<b>3. Russell Wilson</b>	<b>277</b>	<b>82</b>
4. Matt Ryan	260	126
5. Brett Favre	255	157

## 60

### GAMES WITH 2+ TDS & 0 INTERCEPTIONS

Wilson has held this record entering the last four seasons.

#### MOST GAMES WITH 2+ TD PASSES & 0 INTERCEPTIONS IN FIRST 10 SEASONS, NFL HISTORY

Player	Games
<b>Russell Wilson</b>	<b>60</b>
Aaron Rodgers	42
Andy Dalton	40
Tom Brady	37
Matt Ryan	37

## 35,142

### CAREER PASSING YARDS

At his current average, Wilson will place himself in the top-five for the third consecutive season.

#### MOST PASSING YARDS IN A QB'S FIRST 10 SEASONS, NFL HISTORY

1. Matt Ryan	41,796
2. Peyton Manning	41,626
3. Dan Marino	39,502
4. Matthew Stafford	38,526
5. Joe Flacco	35,780
6. Eli Manning	35,345
7. Drew Brees	35,266
<b>8. Russell Wilson</b>	<b>35,142</b>
9. Brett Favre	34,706
10. Ben Roethlisberger	34,105

## 24-32-1

### 3RD-BEST WIN % WHEN TRAILING AT HALF

The winningest quarterback in NFL history through nine seasons holds the third-best win percentage when trailing at half.

#### BEST WIN PERCENTAGE WHEN TRAILING AT HALFTIME (MIN. 50 STARTS), SUPER BOWL ERA

Joe Montana	23	28	0	.451
Tom Brady, TB	35	46	0	.432
<b>Russell Wilson, Sea</b>	<b>24</b>	<b>32</b>	<b>1</b>	<b>.430</b>
Ken Stabler	24	32	0	.429
Peyton Manning	37	53	0	.411

## 86

### GAMES WITH TWO TOUCHDOWN PASSES

#### GAMES WITH 2+ TDS IN FIRST 10 SEASONS, NFL HISTORY

Player	Games
Peyton Manning	92
Dan Marino	88
<b>Russell Wilson</b>	<b>86*</b>
Matt Ryan	80
Brett Favre	79

\* Through 149 games

## 152.3

### 2ND-HIGHEST PASS RATING OF CAREER

Wilson posted his second-highest passer rating of his career with his performance in Week 1 at Indianapolis (9/12). It was also his fourth-career game with a passer rating of over 150.0. The Seahawks are 4-0 in those games.

#### HIGHEST CAREER PASSER RATING, SINGLE-GAME

Opponent	Att	Comp	Yards	TD	Int	Rtg
at Detroit (10/28/18)	17	14	248	3	0	158.3
<b>at Indianapolis (9/12/21)</b>	<b>23</b>	<b>18</b>	<b>254</b>	<b>4</b>	<b>0</b>	<b>152.3</b>
vs. L.A. Rams (10/3/19)	23	17	268	4	0	151.8
vs. Minnesota (11/17/13)	18	13	230	2	0	151.4



# #3 Russell Wilson

## 277

### PASSING TDS RANK 17TH IN NFL HISTORY

Wilson's 277 passing touchdowns rank 17th in NFL history and at his current pace, along with Matthew Stafford, have the chance to become the 13th player in NFL history to throw 300 touchdowns in a career.

#### MOST PASSING TOUCHDOWNS, NFL HISTORY

12. John Elway	300
13. Matthew Stafford, LAR	298
14. Carson Palmer	294
15. Warren Moon	291
16. Johnny Unitas	290
<b>17. Russell Wilson, Sea</b>	<b>277</b>
18. Vinny Testaverde	275
19. Joe Montana	273

## 148

### STARTS TO REACH 100 WINS

Wilson reached his 100th regular season win in his first 148 career games, an NFL record. Joins only Peyton Manning to win 100 regular season games in his first 10 seasons (took Manning 154 games to reach 100).

Took 148 games started to reach 100 regular season wins, the fourth-fastest in NFL history.

#### FEWEST STARTS TO REACH 100 REGULAR SEASON WINS

Player	Starts
Tom Brady	131
Joe Montana	139
Terry Bradshaw	147
<b>Russell Wilson</b>	<b>148</b>
Ben Roethlisberger	150
Brett Favre	153

## 39

### GAMES WITH 3+ TOUCHDOWNS PASSES

Russell Wilson ranks third in NFL history with 39 games with at least three touchdown passes in a player's first 10 seasons.

#### MOST GAMES WITH 3+ TD PASSES IN FIRST 10 SEASONS NFL HISTORY

Player	Games
Dan Marino	48
Peyton Manning	48
<b>Russell Wilson</b>	<b>39</b>

## 11

### GAMES WITH 4+ TDS & 0 INTERCEPTIONS

Russell Wilson ranks first in NFL history with 11 games with at least four touchdown passes and zero interceptions in a player's first 10 seasons.

The Seahawks are 9-2 in those games and his last came at Indianapolis (9/12/21), a 28-16 victory.

#### MOST GAMES WITH 4+ TD PASSES & 0 INTERCEPTIONS IN FIRST 10 SEASONS, NFL HISTORY

Player	Games
<b>Russell Wilson</b>	<b>11</b>
Tom Brady	10
Peyton Manning	10
Aaron Rodgers	10

## 16

### GAMES WITH 4+ TDS & 1 OR FEWER INTS

Russell Wilson ranks first in NFL history with 16 games with at least four touchdown passes and one or fewer interceptions in a player's first 10 seasons.

The Seahawks are 14-2 in those games and his last came at Indianapolis (9/12/21), a 28-16 victory.

#### MOST GAMES WITH 4+ TD PASSES & 1 OR FEWER INTERCEPTIONS IN FIRST 10 SEASONS, NFL HISTORY

Player	Games
<b>Russell Wilson</b>	<b>16</b>
Peyton Manning	15
Aaron Rodgers	14
Tom Brady	12
Dan Marino	11
Donovan McNabb	11

## 16

### GAMES WITH 4+ TOUCHDOWNS PASSES

Russell Wilson ranks third in NFL history with 16 games with at least four touchdown passes in a player's first 10 seasons.

#### MOST GAMES WITH 4+ TD PASSES IN FIRST 10 SEASONS NFL HISTORY

Player	Games
Dan Marino	17
Peyton Manning	17
<b>Russell Wilson</b>	<b>16</b>



# #3 Russell Wilson

## 35

### 4TH-QUARTER/OVERTIME GAME-WINNING DRIVES IN 165 GAMES (REG. & POSTSEASON)

Wilson had three game-winning drives last season, five game-winning drives in 2019, and directed come-from-behind victories in the 2013 and 2014 NFC Championship Games to advance Seattle to the Super Bowl.

His **35 fourth-quarter game-winning drives rank first in the NFL** since the beginning of 2012.

#### RUSSELL WILSON GAME-WINNING DRIVES IN 4TH QUARTER/OT

Game	Score	Final	Play
vs. Green Bay (9/24/12)	trail 12-7	Won 14-12	24-yd. pass to Golden Tate at 0:00
vs. New England (10/14/12)	trail 23-17	Won 24-23	46-yd. pass to Sidney Rice at 1:18
at Chicago (12/2/12)	tied 17-17	Won 23-17 (ot)	13-yd. pass to Sidney Rice with 7:33 left in overtime
vs. St. Louis (12/30/12)	tied 13-13	Won 20-13	1-yd. touchdown run at 1:39
at Washington (1/6/13)*	trail 14-13	Won 24-14	touchdown drive at 7:08
at Carolina (9/8/13)	trail 7-6	Won 12-7	43-yd. pass to Jermaine Kearse at 10:13
at Houston (9/29/13)	trail 20-6	Won 23-20 (ot)	45-yd. field goal with 3:19 left in overtime
vs. Tennessee (10/13/13)	tied 10-10	Won 20-13	29-yd. field goal at 11:23
vs. Tampa Bay (11/3/13)	trail 24-14	Won 27-24 (ot)	27-yd. field goal with 8:11 left in overtime
vs. San Francisco (1/19/14)^	trail 17-13	Won 23-17	35-yd. pass to Jermaine Kearse at 13:44
vs. Denver (9/21/14)	tied 20-20	Won 26-20 (ot)	touchdown drive with 9:14 left in overtime
at Carolina (10/26/14)	trail 9-6	Won 13-9	23-yd. pass to Luke Willson at 0:47
vs. N.Y. Giants (11/9/14)	tied 17-17	Won 38-17	touchdown drive at 12:47
vs. St. Louis (12/28/14)	tied 6-6	Won 20-6	touchdown drive at 12:07
vs. Green Bay (1/18/15)^	tied 22-22	Won 28-22 (ot)	35-yd. pass to Jermaine Kearse with 11:41 left in OT
at Dallas (11/1/15)	trail 12-10	Won 13-12	24-yd. field goal at 1:04
vs. Pittsburgh (11/29/15)	trail 27-26	Won 39-30	30-yd. pass to Doug Baldwin at 8:12
at Minnesota (1/10/16)*	trail 9-0	Won 10-9	46-yd. field goal at 8:04
vs. Miami (9/11/16)	trail 10-6	Won 12-10	2-yd. pass to Doug Baldwin at 0:31
vs. Atlanta (10/16/16)	trail 24-23	Won 26-24	44-yd. field goal at 1:57
at New England (11/13/16)	trail 24-22	Won 31-24	23-yd. field goal at 8:56
vs. San Francisco (9/17/17)	trail 9-6	Won 12-9	9-yd. pass to Paul Richardson at 7:06
vs. Houston (10/29/17)	trail 38-34	Won 41-38	18-yd. pass to Jimmy Graham at 0:21
at Arizona (9/30/18)	tied 17-17	Won 20-17	52-yd. field goal at 0:00
vs. Green Bay (11/15/18)	trail 24-20	Won 27-24	15-yd. pass to Ed Dickson at 5:08
at Carolina (11/25/18)	tied 27-27	Won 30-27	31-yd. field goal at 0:00
vs. Arizona (12/30/18)	tied 24-24	Won 27-24	33-yd. field goal at 0:00
vs. Cincinnati (9/8/19)	trail 17-14	Won 21-20	44-yd. pass to Tyler Lockett at 14:53
vs. L.A. Rams (10/3/19)	trail 29-24	Won 30-29	5-yd. pass to Chris Carson at 2:28
at Cleveland (10/13/19)	trail 28-25	Won 32-28	touchdown drive at 3:30
vs. Tampa Bay (11/3/19)	tied 34-34	Won 40-34 (ot)	10-yd. pass to Jacob Hollister with 6:22 left in OT
at San Francisco (11/11/19)	tied 24-24	Won 27-24 (ot)	42-yd. field goal with 0:00 left in overtime
vs. Dallas (9/27/20)	trail 31-30	Won 38-31	29-yd. pass to DK Metcalf at 1:47
vs. Minnesota (10/11/20)	trail 26-21	Won 27-26	6-yd. pass to DK Metcalf at 0:15
at San Francisco (1/3/21)	trail 16-12	Won 26-23	6-yd. pass to Tyler Lockett at 10:54

\* NFC Wild Card Game    ^ NFC Championship Game

#### MOST GAME-WINNING DRIVES IN 4TH QTR./OT SINCE 2012 (REGULAR SEASON & POSTSEASON)

Russell Wilson, Sea	35
Matthew Stafford, LAR	33
Matt Ryan, Atl	24
Andy Dalton, Chi	23



# #3 Russell Wilson

## 78

### 100+ PASSER RATING GAMES IN CAREER

In Russell Wilson's 149 games, he has thrown for a passer rating of over 100 in half of those games.

#### RUSSELL WILSON CAREER PASSING RATING BREAKDOWN

Rating	Games	Record
100s	78	66-12
90s	21	11-10
80s	19	11-7-1
70s	13	6-7
60s	8	3-5
50s	2	1-1
40s	5	1-4
30s	3	1-2
<b>Totals</b>	<b>149</b>	<b>100-48-1</b>

## 102.3

### 4TH-HIGHEST RATING IN NFL HISTORY

Through his first 10 seasons, Russell Wilson is one of the best quarterbacks in NFL history in wins (2nd, 100), passing touchdowns (3rd, 277) and career, home and road passer ratings.

#### HIGHEST PASSER RATING, NFL HISTORY

Player	Rating
Patrick Mahomes, KC	108.0
Deshaun Watson, Hou	104.5
Aaron Rodgers, GB	103.9
<b>Russell Wilson, Sea</b>	<b>102.3</b>
Drew Brees	98.7

#### HIGHEST HOME PASSER RATING, NFL HISTORY

Player	Rating
Aaron Rodgers, GB	108.8
Patrick Mahomes, KC	103.4
Deshaun Watson, Hou	106.8
<b>Russell Wilson, Sea</b>	<b>105.1</b>
Drew Brees	103.8

#### HIGHEST ROAD PASSER RATING, NFL HISTORY

Player	Rating
Patrick Mahomes, KC	111.9
Deshaun Watson, Hou	102.1
<b>Russell Wilson, Sea</b>	<b>99.7</b>
Aaron Rodgers, GB	99.5
Tony Romo	97.1

## 205

### TOUCHDOWNS SINCE 2015

#### MOST TOUCHDOWNS SINCE 2015, NFL

Player	TDs
Tom Brady, TB	206
<b>Russell Wilson, Sea</b>	<b>205</b>
Aaron Rodgers, GB	198
Kirk Cousins, Min	185
Matt Ryan, Atl	176

## .674

### CAREER WINNING PERCENTAGE

Russell Wilson ranks fifth among quarterbacks (min. 32 starts) with a .674 winning percentage.

#### HIGHEST WINNING % OF ACTIVE STARTING QUARTERBACKS

Player	Record	Winning Pct.
Lamar Jackson, Bal	35-8	.814
Patrick Mahomes, KC	41-11	.788
Tom Brady, TB	235-70	.770
Jimmy Garoppolo, SF	26-10	.722
<b>Russell Wilson, Sea</b>	<b>100-48-1</b>	<b>.674</b>

## 10

### SEASONS - CAREER STATS

He has 78-career 100-plus passer rating games in 149 starts, with the last coming at San Francisco (10/3) with a 116.0 rating.

#### RUSSELL WILSON CAREER PASSING

Year	Att	Comp	Pct	Yards	TD	Int	Rtg
2012	393	252	64.1	3,118	26	10	100.0
2013	407	257	63.1	3,357	26	9	101.2
2014	452	285	63.1	3,475	20	7	95.0
2015	483	329	68.1	4,024	34	8	110.1
2016	546	353	64.7	4,219	21	11	92.6
2017	553	339	61.3	3,983	34	11	95.4
2018	427	280	65.6	3,448	35	7	110.9
2019	516	341	66.1	4,110	31	5	106.3
2020	558	384	68.8	4,212	40	13	105.1
2021	125	90	72.0	1,196	10	0	125.3
<b>TOTAL</b>	<b>4,460</b>	<b>2,910</b>	<b>65.2</b>	<b>35,142</b>	<b>277</b>	<b>82</b>	<b>102.3</b>



# #3 Russell Wilson

**4,574**  
**CAREER RUSHING YARDS**

Russell Wilson owns the top-16 rushing yard games by a quarterback in franchise history and has four 100-yard games to his name, including a then-Monday Night Football record and career-high 122 yards in 2014.

In Week 1 of 2020, he became the second quarterback in NFL history with 30,000 career passing yards and 4,000 rushing yards (Steve Young).

## MOST RUSHING YARDS BY A QUARTERBACK, NFL HISTORY

Player	Yards
Michael Vick	6,109
Cam Newton	5,398
Randall Cunningham	4,928
<b>Russell Wilson, Sea</b>	<b>4,574</b>
Steve Young	4,239

**0**  
**VOTES FOR MVP**

Despite numerous NFL and franchise records, team wins, two Super Bowl appearances, a Super Bowl title and the most consistent numbers for the last decade, Russell Wilson has yet to receive one vote for the league's most valuable player.

**1ST**  
**PLACE IN CLUB PASSING CATEGORIES**

## PASSING ATTEMPTS

Player	Att.
<b>Russell Wilson</b>	<b>4,460</b>
Matt Hasselbeck	4,250
Dave Krieg	3,576
Jim Zorn	2,992

## PASSING COMPLETIONS

Player	Comp.
<b>Russell Wilson</b>	<b>2,910</b>
Matt Hasselbeck	2,559
Dave Krieg	2,096
Jim Zorn	1,593

## PASSING YARDS

Player	Yards
<b>Russell Wilson</b>	<b>35,142</b>
Matt Hasselbeck	29,434
Dave Krieg	26,132
Jim Zorn	20,122

## PASSING TOUCHDOWNS

Player	TDs
<b>Russell Wilson</b>	<b>277</b>
Dave Krieg	195
Matt Hasselbeck	174
Jim Zorn	107

**149**  
**CONSECUTIVE GAMES STARTED**

## MOST CONSECUTIVE GAMES STARTED, NFL HISTORY

Player	Starts	Seasons
Brett Favre	297	1992-2010
Philip Rivers	240	2006-20
Eli Manning	210	2004-17
Peyton Manning	208	1998-2011
Matt Ryan	154	2009-19
<b>Russell Wilson</b>	<b>149</b>	<b>2012-21</b>

## MOST CONSECUTIVE GAMES STARTED, FRANCHISE HISTORY

<b>QB Russell Wilson</b>	<b>149</b>
G Chris Gray	121
S Earl Thomas	106

## MOST CONSECUTIVE GAMES PLAYED, FRANCHISE HISTORY

P Jon Ryan	159
<b>QB Russell Wilson</b>	<b>149</b>
G Chris Gray	135

## MOST GAMES STARTED, FRANCHISE HISTORY

1. WR Steve Largent	197
2. T Walter Jones	180
3. DE Jacob Green	176
4. DT Joe Nash	169
5. DE Jeff Bryant	167
6. CB Dave Brown	159
7. DT Cortez Kennedy	153
8. S Eugene Robinson	152
<b>9. QB Russell Wilson</b>	<b>149</b>
10. G Chris Gray	145



# #14 DK Metcalf

# #16 Tyler Lockett

## #16 TYLER LOCKETT

# 31

### RECEIVING TOUCHDOWNS SINCE 2018

Tyler Lockett set his career-high with 10 touchdowns each in 2018 and 2020, and has three scores this season.

#### MOST RECEIVING TOUCHDOWNS SINCE 2018, NFL

Player	TDs
WR Tyreek Hill, KC	39
WR Davante Adams, GB	38
WR Adam Thielen, Min	34
WR Mike Evans, TB	33
<b>WR Tyler Lockett, Sea</b>	<b>31</b>

# 15.7

### YARDS PER RECEPTION (3RD NFL)

Lockett ranks third in the NFL in receiving average (15.7 ypc, min. 26 rec.).

#### HIGHEST RECEIVING AVERAGE, NFL

Player	Avg.	Rec.	Yards	TD
Ja'Marr Chase, Cin	20.5	27	553	5
Deebo Samuel, SF	17.7	31	548	3
<b>Tyler Lockett, Sea</b>	<b>15.6</b>	<b>25</b>	<b>390</b>	<b>3</b>
Marquise Brown, Bal	15.2	32	486	5
CeeDee Lamb, Dal	15.1	33	497	4

# 178

### FIFTH-MOST YARDS IN A SINGLE GAME

Lockett recorded 122 first-half yards vs. Tennessee (9/19) and ended the game with 178, the fifth-most yards in a single-game in franchise history.

He owns two of the top-five yardage games, ranking second behind Steve Largent with a 200-yard game last year at Arizona (10/25/20).

#### MOST RECEIVING YARDS, SINGLE-GAME, CLUB HISTORY

Player	Yards	Rec.	TD
Steve Largent at Det (10/18/87)	261	15	3
<b>Tyler Lockett at Ari (10/25/20)</b>	<b>200</b>	<b>15</b>	<b>3</b>
Steve Largent at Den (11/25/84)	191	12	1
John L. Williams at L.A. Raiders (12/18/88)	180	7	1
<b>Tyler Lockett vs. Ten (9/19/21)</b>	<b>178</b>	<b>8</b>	<b>1</b>

## #14 DK METCALF

# 5

### RECEIVING TOUCHDOWNS (T4TH NFL)

Metcalf tied his career-high with two touchdowns vs. the Rams (10/7) and ranks tied for fourth in the NFL with five receiving touchdowns.

#### MOST RECEIVING TOUCHDOWNS, NFL

Player	TDs	Rec.	Yards
Cooper Kupp, LAR	7	46	653
Mike Williams, LAC	6	33	498
DeAndre Hopkins, Ari	6	26	367
<b>DK Metcalf, Sea</b>	<b>5</b>	<b>31</b>	<b>441</b>
Tyreek Hill, KC	5	46	592

# 2,500 & 20

### YARDS & TOUCHDOWNS

\* In his first two seasons, including postseason games, he was one of three players in NFL history to record over 2,500 yards and 20 touchdowns (Randy Moss, Odell Beckham, Jr.).

\* Became the first player in franchise history with more than 2,200 yards over his first two NFL seasons.

\* Broke Steve Largent's 1985 record for most yards in a single-season in franchise history with 1,303 last season.

\* His 160-yard performance at Philadelphia (1/5/20) in the Wild Card Game set the franchise postseason record and were the most by a rookie in NFL postseason history.

\* He posted 219 yards in the 2019 postseason that ranked as the third-most by a rookie in NFL history.

\* His 58 receptions ranked second in the NFL among rookies in 2019 while he also ranked second on the franchise's list for most receptions by a rookie in a single-season (Joey Galloway).

\* Metcalf's 123 yards vs. Tampa Bay (11/3/19) ranked fourth in Seahawks history for a rookie in a single-game.

\* He was the ninth of 27 wide receivers chosen in the 2019 draft and ranked third among rookie receivers with 900 yards and second with 58 receptions (Pittsburgh's Dionte Johnson - 59).



# #54 Bobby Wagner

## SEVEN-TIME PRO BOWLER & SEVEN-TIME AP ALL-PRO



2014



2015



2016



2017



2018



2019



2020

Associated Press

All-Pro Team

1st: 2014, 2016-20

2nd: 2015

# 1,283

## MOST TACKLES IN NFL SINCE 2012

\* His 20 tackles vs. Tennessee (9/19) were the most in the NFL since 2016 and unofficially the ninth-most in the NFL since 2000.

\* The first player in franchise history to record nine-consecutive 100-tackle seasons, including recording an NFL-leading and franchise-record 167 in 2016. Also led the league in tackles in 2019 with 159.

\* One of two linebackers (Lavonte David) with 1,000-plus tackles since 2012.

# 20

## FRANCHISE-RECORD SINGLE-GAME TACKLES

Wagner has produced 61 double-digit tackle performances in his 141 games played, and set his career-high with a franchise-record 20 tackles (16 solo) vs. Tennessee (9/19), surpassing his old mark of 19 tackles in 2019.

### MOST TACKLES IN A SINGLE-GAME, FRANCHISE HISTORY

Player/Game	Tackles	Date
Bobby Wagner vs. Tennessee	20	9/19/21
Bobby Wagner vs. New Orleans	19	9/22/19
Sammy Green vs. Minnesota	18	10/8/78
Terry Beeson vs. Houston	18	11/20/77
Kam Chancellor vs. Arizona	17	11/15/15

### 2021 NFL LEADING TACKLERS

Player	Total	Solo	Ast.
Bobby Wagner, Sea	72	40	32
Denzel Perryman, Las	72	45	27
Alex Singleton, Phi	65	35	30
Roquan Smith, Chi	62	35	27
Eric Kendricks, Min	60	35	25

### MOST CONSECUTIVE SEASONS WITH 100 TACKLES SINCE 2000

London Fletcher	14
Bobby Wagner, Sea	9
Keith Brooking	9

# 41

## DOUBLE-DIGIT TACKLE GAMES SINCE 2016

Wagner has 61 double-digit tackle games in his career and ranks first in the league in that category since 2016 with 41 such games.

### MOST DOUBLE-DIGIT TACKLE GAMES SINCE 2016, NFL

Player	Games
Bobby Wagner, Sea	41
Blake Martinez, NYG	33
Eric Kendricks, Min	24
Darius Leonard, Ind	23

# 98

## LONGEST INT RETURN TD IN CLUB HISTORY

### LONGEST RETURNS, FRANCHISE HISTORY

Player	Return	Date
Tyler Lockett	105t KOR vs. Chicago	9/27/15
Leon Washington	101t KOR vs. San Diego	9/26/10
Leon Washington	99t KOR vs. San Diego	9/26/10
Tyler Lockett	99t KOR vs. Arizona	12/31/17
Bobby Wagner	98t INT vs. San Francisco	12/2/18

# 1,283

## FRANCHISE-LEADER IN TACKLES

### MOST CAREER TACKLES, CLUB HISTORY

Player, Seasons	No.
Bobby Wagner, 2012-	1,283
Eugene Robinson, 1985-95	984
K.J. Wright, 2011-20	934
Keith Butler, 1978-87	813
Joe Nash, 1982-96	779

### MOST SINGLE-SEASON TACKLES, CLUB HISTORY

Player	Year	Total	Solo	Ast.
1. Bobby Wagner	2016	167	85	82
2. Bobby Wagner	2019	159	86	73
3. Terry Beeson	1978	153	n/a	n/a
4. Chad Brown	1998	150	119	31



# #8 Carlos Dunlap II

**87.5**  
CAREER-SACKS

Carlos Dunlap's quest for 100 career sacks continues this season. Entering his 12th season, he has sacked 52 different quarterbacks in his career.

## QUARTERBACKS SACKED IN CAREER (52)

Player	Times Sacked
Joe Flacco	8.0
Philip Rivers	5.5
Brock Osweiler	5.0
Ben Roethlisberger	3.5
Sam Darnold	3.0
Johnny Manziel	3.0
Ryan Tannehill	3.0
Baker Mayfield	2.5
Russell Wilson	2.5
Matt Hasselbeck	2.0
Peyton Manning	2.0
Colt McCoy	2.0
Kyler Murray	2.0
Aaron Rodgers	2.0
Matt Ryan	2.0
Mark Sanchez	2.0
Jameis Winston	2.0
Josh Allen	1.5
Drew Brees	1.5
Brian Hoyer	1.5
Andrew Luck	1.5
E.J. Manuel	1.5
Tyrod Taylor	1.5
Blake Bortles	1.0
Tom Brady	1.0
Jacoby Brissett	1.0
Jason Campbell	1.0
Austin Davis	1.0
Blaine Gabbert	1.0
Dwayne Haskins	1.0
Devlin Hodges	1.0
Kevin Hogan	1.0
Lamar Jackson	1.0
Tarvaris Jackson	1.0
Thad Lewis	1.0
Jake Locker	1.0
Patrick Mahomes	1.0
Ryan Mallett	1.0
Eli Manning	1.0
Matt McGloin	1.0
Cam Newton	1.0
Dak Prescott	1.0
Trevor Siemian	1.0
John Skelton	1.0

Player	Times Sacked
Alex Smith	1.0
Matthew Stafford	1.0
Carson Wentz	1.0
Derek Carr	0.5
Matt Cassel	0.5
DeShone Kizer	0.5
Josh McCown	0.5
Tony Romo	0.5

**11TH**  
ACTIVE SACK LEADER

Dunlap is one of two players in the NFL (Cameron Jordan) with at least 6.0 sacks in each of the past nine seasons (2012-20) and ranks 11th among active players with 87.5 sacks.

## ACTIVE NFL SACK LEADERS

Player	No.
1. LB Von Miller, Den	110.5
2. LB Chandler Jones, Ari	102.0
DE J.J. Watt, Ari	102.0
4. LB Justin Houston, Bal	99.5
5. DE Ryan Kerrigan, Phi	95.5
6. DE Cameron Jordan, NO	94.5
7. DE Calais Campbell, Bal	92.0
8. LB Jason Pierre-Paul, TB	89.5
9. DT Aaron Donald, LAR	89.0
10. LB Robert Quinn, Chi	88.0
11. LB Carlos Dunlap II, Sea	87.5

**2ND**  
IN BENGALS HISTORY IN SACKS

Acquired from Cincinnati on October 28, 2020, for a 2021 seventh-round draft pick (#235, DE Wyatt Hubert) and C B.J. Finney, Dunlap started 115 of 155 games played for the Bengals and recorded 82.5 sacks.

## ALL-TIME BENGALS SACK LEADERS

Player	No.
1. DE Eddie Edwards	83.5
2. DE Carlos Dunlap II	82.5
3. DT Geno Atkins	75.5
4. LB Reggie Williams	62.5
5. DE Ross Browner	59.0



# Player Notes

## #52 DARRELL TAYLOR

# 4.0

### SACKS IN FIRST SIX GAMES

Taylor has recorded 4.0 sacks in his first six games played for Seattle.

This production has come in 38.5% play time (176 of 457 snaps), outpacing the starts of Joey Bosa, Nick Bosa, Myles Garrett, T.J. Watt and Chase Young, despite less play time.

### MOST SACKS AMONG NOTABLE PLAYERS IN FIRST SIX CAREER GAMES

Player	No.	Snaps
DE Myles Garrett, Cle	5.0	249
<b>DE Darrell Taylor, Sea</b>	<b>4.0</b>	<b>176</b>
DE Joey Bosa, LAC	4.0	271
DE Nick Bosa, SF	4.0	237
LB T.J. Watt, Pit	4.0	281
DE Chase Young, WFT	2.5	256

## #33 JAMAL ADAMS

# 21.5

### SACKS SINCE 2017

Since 2017, his 21.5 sacks are the most by a defensive back in the NFL and he set a career-high with 9.5 last season, setting the NFL record for most sacks by a defensive back in a season.

### MOST SACKS BY A DEFENSIVE BACK SINCE 2017, NFL

<b>S Jamal Adams, Sea</b>	<b>21.5</b>
CB Mike Hilton, Cin	9.5
CB Logan Ryan, NYG	9.5
CB Desmond King, Hou	8.5

## #6 QUANDRE DIGGS

# 10

### INTERCEPTIONS IN 28 GAMES

Acquired from Detroit in a mid-season trade in 2019, Diggs has recorded 10 interceptions in 28 games played for Seattle, returning one for a touchdown.

He is one of three players (Marcus Peters, Harrison Smith) to record at least three interceptions in each of the past four seasons (2017-20).

## #5 JASON MYERS

# 61

### LONGEST FIELD GOAL MADE IN CLUB HISTORY

Prior to his miss in Minnesota (9/26), Myers converted 37 consecutive field goals, a franchise-record, and tied for the fourth-longest streak in NFL history.

His **88.1% field goal percentage (52 for 59)** ranks second in franchise history.

His 100% accuracy (24 for 24) in 2020, made him the sixth kicker in NFL history to convert all his field goal attempts in a single-season (min. 15 att.).

### MOST CONSECUTIVE FIELD GOALS MADE, NFL HISTORY

Player	No.	Seasons
Adam Vinatieri	44	2015-16
Mike Vanderjagt	42	2002-04
Gary Anderson	40	1997-98
<b>Jason Myers, Sea</b>	<b>37</b>	<b>2019-21</b>
Graham Gano, NYG	37	2020-21

### LONGEST FIELD GOALS ATTEMPTED, CLUB HISTORY

Player	Distance	Date
<b>Jason Myers at L.A. Rams</b>	<b>61G</b>	<b>11/15/20</b>
Steven Hauschka at Detroit	61SH	10/28/12
Steven Hauschka vs. Atlanta	61SH	10/2/11
Efren Herrera vs. Kansas City	60SH	11/9/80
Steven Hauschka at Carolina	58G	10/26/14
Josh Brown at Green Bay	58G	10/5/03

**#44 NICK BELLORE**  
**#57 CODY BARTON**  
**#31 DEEJAY DALLAS**

# 8

### SPECIAL TEAMS TACKLES EACH

2020 special teams Pro Bowler Nick Bellore has 124 special teams tackles in his 11-year career, and along with two of his teammates, Cody Barton and DeeJay Dallas, the three lead the NFL with eight special teams tackles each.

### MOST SPECIAL TEAMS TACKLES, NFL

Player	Total	Solo	Ast.
<b>Cody Barton, Sea</b>	<b>8</b>	<b>6</b>	<b>2</b>
<b>Nick Bellore, Sea</b>	<b>8</b>	<b>5</b>	<b>3</b>
<b>DeeJay Dallas, Sea</b>	<b>8</b>	<b>5</b>	<b>3</b>
Dallin Leavitt, Las	8	3	5
Ashton Dulin, Ind	7	6	1



# Pete Carroll

## THIRD-WINNINGEST ACTIVE HEAD COACH (BILL BELICHICK, ANDY REID)

Pete Carroll ranks 20th in NFL history with 158 combined wins and he became the 39th coach in NFL history to reach 100 wins in the regular season.

### MOST COMBINED WINS IN NFL HISTORY

Coach	Regular Season				Postseason			Combined			
	W	L	T	Pct.	W	L	Pct.	W	L	T	Pct.
17. Paul Brown	166	100	6	.624	4	8	.333	170	108	6	.612
18. Bud Grant	158	96	5	.621	10	12	.455	168	108	5	.608
19. Bill Cowher	149	90	1	.623	12	9	.571	161	99	1	.619
<b>20. Pete Carroll, Sea</b>	<b>147</b>	<b>98</b>	<b>1</b>	<b>.600</b>	<b>11</b>	<b>10</b>	<b>.524</b>	<b>158</b>	<b>108</b>	<b>1</b>	<b>.594</b>
21. Mike Tomlin, Pit	148	81	1	.646	8	8	.500	156	89	1	.636
22. Sean Payton, NO	146	83	0	.638	9	8	.529	155	91	0	.630
23. Marv Levy	143	112	0	.561	11	8	.579	154	120	0	.562

## 158 CAREER WINS FOR PETE CARROLL (REGULAR & POSTSEASON)

Pete Carroll became the 43rd head coach in NFL history with 100 combined wins.

Year	Team	W	L	T	Pct.	Finish
1994	N.Y. Jets	6	10	0	.375	5th, AFC East
1997	New England	10	6	0	.625	1st, AFC East
						<i>Wild Card victory vs. Miami, 17-3</i>
						<i>Divisional Playoff loss at Pittsburgh, 7-6</i>
1998	New England	9	7	0	.563	4th, AFC East
						<i>Wild Card loss at Jacksonville, 25-10</i>
1999	New England	8	8	0	.500	T4th, AFC East
2010	Seattle	7	9	0	.438	1st, NFC West
						<i>Wild Card victory vs. New Orleans, 41-36</i>
						<i>Divisional Playoff loss at Chicago, 35-24</i>
2011	Seattle	7	9	0	.438	3rd, NFC West
2012	Seattle	11	5	0	.688	2nd, NFC West
						<i>Wild Card victory at Washington, 24-14</i>
						<i>Divisional Playoff loss at Atlanta, 30-28</i>
2013	Seattle	13	3	0	.813	1st, NFC West
						<i>Divisional Playoff victory vs. New Orleans, 23-15</i>
						<i>Championship Game victory vs. San Francisco, 23-17</i>
						<i>Super Bowl XLVIII victory vs. Denver, 43-8</i>
2014	Seattle	12	4	0	.750	
						<i>Divisional Playoff victory vs. Carolina, 31-17</i>
						<i>Championship Game victory vs. Green Bay, 28-22</i>
						<i>Super Bowl XLIX loss vs. New England, 28-24</i>
2015	Seattle	10	6	0	.625	2nd, NFC West
						<i>Wild Card victory at Minnesota, 10-9</i>
						<i>Divisional Playoff loss at Carolina, 31-24</i>
2016	Seattle	10	5	1	.656	1st, NFC West
						<i>Wild Card victory vs. Detroit, 26-6</i>
						<i>Divisional Playoff loss at Atlanta, 36-20</i>
2017	Seattle	9	7	0	.563	2nd, NFC West
2018	Seattle	10	6	0	.625	2nd, NFC West
						<i>Wild Card loss at Dallas, 24-22</i>
2019	Seattle	11	5	0	.688	2nd, NFC West
						<i>Wild Card victory at Philadelphia, 17-9</i>
						<i>Divisional Playoff loss at Green Bay, 28-23</i>
2020	Seattle	12	4	0	.750	1st, NFC West
						<i>Wild Card loss vs. L.A. Rams, 30-20</i>
2021	Seattle	2	4	0	.333	
Reg. Season (16 Yrs.)		147	98	1	.600	
Postseason (11 Yrs.)		11	10	0	.524	
Combined Record		158	108	1	.594	

WON 2, LOST 4				* RUSHING				No. Yds		Avg Long TD		
09/12	W 28-16	at Indianapolis	63,347	Carson	54	232	4.3	33	3			
09/19	L 30-33 OT	Tennessee	68,585	Collins	48	225	4.7	25	2			
09/26	L 17-30	at Minnesota	66,729	Wilson	17	68	4.0	16t	1			
10/03	W 28-21	at San Francisco	68,912	Homer	4	37	9.3	26	0			
10/07	L 17-26	L.A. Rams	68,747	Dallas	9	29	3.2	10	0			
10/17	L 20-23 OT	at Pittsburgh	60,821	Eskridge	2	22	11.0	13	0			
10/25		New Orleans		Smith	4	22	5.5	12	0			
10/31		Jacksonville		Swain	3	21	7.0	11	0			
11/14		at Green Bay		Penny	2	8	4.0	4	0			
11/21		Arizona		TEAM	143	664	4.6	33	6			
11/29		at Washington		OPPONENTS	192	845	4.4	60t	6			
12/05		San Francisco		* RECEIVING	No.	Yds	Avg	Long	TD			
12/12		at Houston		Metcalf	31	441	14.2	30	5			
12/19		at L.A. Rams		Lockett	27	425	15.7	69t	3			
12/26		Chicago		Swain	12	130	10.8	68t	2			
01/02		Detroit		Dissly	10	118	11.8	39	1			
01/09		at Arizona		Everett	10	117	11.7	41	1			
		Sea.	Opp.	Dallas	8	70	8.8	29	0			
TOTAL FIRST DOWNS				110	153	Homer	7	102	14.6	31	0	
Rushing				37	47	Carson	6	29	4.8	16	0	
Passing				64	95	Collins	5	56	11.2	28	0	
Penalty				9	11	Hart	4	38	9.5	14	0	
3rd Down: Made/Att				20/61	29/79	Eskridge	1	6	6.0	6	0	
3rd Down Pct.				32.8	36.7	Dorsett LG	1	3	3.0	3	0	
4th Down: Made/Att				0/2	4/9	Dorsett TM	1	3	3.0	3	0	
4th Down Pct.				0.0	44.4	Parkinson	1	1	1.0	1	0	
POSSESSION AVG.				25:07	34:53	TEAM	123	1536	12.5	69t	12	
TOTAL NET YARDS				2064	2599	OPPONENTS	159	1837	11.6	76t	10	
Avg. Per Game				344.0	433.2	* INTERCEPTIONS	No.	Yds	Avg	Long	TD	
Total Plays				335	437	Diggs	2	5	2.5	5	0	
Avg. Per Play				6.2	5.9	TEAM	2	5	2.5	5	0	
NET YARDS RUSHING				664	845	OPPONENTS	2	3	1.5	3	0	
Avg. Per Game				110.7	140.8	* PUNTING	No.	Yds	Avg	Net TB	In Lg B	
Total Rushes				143	192	Dickson	33	1554	47.1	40.1	6 14	68 0
NET YARDS PASSING				1400	1754	TEAM	33	1554	47.1	40.1	6 14	68 0
Avg. Per Game				233.3	292.3	OPPONENTS	26	1204	46.3	42.5	2 14	58 0
Sacked/Yards Lost				18/136	11/83	* PUNT RETURNS	Ret	FC	Yds	Avg	Long	TD
Gross Yards				1536	1837	Swain	7	8	56	8.0	14	0
Att./Completions				174/123	234/159	Lockett	1	0	3	3.0	3	0
Completion Pct.				70.7	67.9	TEAM	8	8	59	7.4	14	0
Had Intercepted				2	2	OPPONENTS	15	4	110	7.3	14	0
PUNTS/AVERAGE				33/47.1	26/46.3	* KICKOFF RETURNS	No.	Yds	Avg	Long	TD	
NET PUNTING AVG.				33/40.1	26/42.5	Dallas	12	267	22.3	38	0	
PENALTIES/YARDS				35/280	29/302	TEAM	12	267	22.3	38	0	
FUMBLES/BALL LOST				7/2	6/4	OPPONENTS	21	377	18.0	37	0	
TOUCHDOWNS				18	16	* FIELD GOALS	1-19	20-29	30-39	40-49	50+	
Rushing				6	6	Myers	0/ 0	0/ 0	2/ 3	2/ 3	1/ 1	
Passing				12	10	TEAM	0/ 0	0/ 0	2/ 3	2/ 3	1/ 1	
Returns				0	0	OPPONENTS	0/ 0	4/ 4	6/ 6	2/ 4	1/ 1	
* SCORE BY PERIODS				Q1	Q2	Q3	Q4	OT	PTS	Myers: () (31G) (53G,44N) () (35N,32G)		



# Defensive Statistics

	Total	Solo	Assist	Sacks	Yards	TFL	QH	Int	PD	FF	FR
Wagner, B.	72	40	32	1.0	7.0	2	3	0	2	0	0
Brooks, J.	59	31	28	1.0	7.0	3	2	0	1	0	0
Adams, J.	43	30	13	0	0	3	0	0	1	0	0
Reed, D.	39	30	9	0	0	0	0	0	3	0	1
Diggs, Q.	38	27	11	0	0	0	0	2	3	0	0
Jones IV, S.	19	12	7	0	0	0	0	0	1	0	0
Green, R.	18	12	6	1.0	9.0	1	3	0	2	0	0
Flowers, T.	16	15	1	0	0	0	0	0	0	0	0
Hyder, K.	15	11	4	0	0	2	4	0	0	0	2
Ford, P.	15	7	8	0	0	2	2	0	0	0	0
Woods, A.	15	10	5	1.0	8.0	2	3	0	1	0	0
Amadi, U.	13	10	3	0	0	1	0	0	1	0	0
Taylor, D.	13	11	2	4.0	27.0	3	6	0	0	1	0
Mone, B.	12	5	7	0	0	0	1	0	0	0	0
Robinson, A.	11	5	6	1.0	12.0	2	1	0	0	1	0
Nkemdiche, R.	10	4	6	0	0	0	0	0	1	0	0
Blair, M.	9	5	4	0	0	1	0	0	2	0	0
Mayowa, B.	8	5	3	1.0	10.0	2	2	0	0	0	0
Barton, C.	7	2	5	0	0	0	1	0	0	0	0
Neal, R.	7	6	1	0	0	0	0	0	1	0	0
Dunlap II, C.	6	3	3	0	0	0	2	0	2	0	0
Brown, T.	3	3	0	0	0	0	0	0	0	0	0
Collier, L.	3	1	2	0	0	0	2	0	0	0	0
TEAM	1	0	0	1.0	3.0	0	0	0	0	0	0

## SPECIAL TEAMS TACKLES

	Total	Solo	Assist	FF	FR	Blocks
Barton, C.	8	6	2	0	0	0
Bellore, N.	8	5	3	0	0	0
Dallas, D.	8	5	3	1	0	0
Rhattigan, J.	5	5	0	0	1	0
Homer, T.	4	2	2	0	0	0
Neal, R.	3	3	0	0	0	0
Taylor, D.	3	2	1	0	0	0
Hart, P.	2	2	0	0	0	0
Myers, J.	1	0	1	0	0	0

## FUMBLES

	Fum	Lost	Own-Rec	O.B.
Carson, C.	1	1	0	0
Dallas, D.	1	0	1	0
Dissly, W.	1	0	1	0
Metcalf, D.	1	0	0	0
Smith, G.	1	1	0	0
Swain, F.	1	0	2	0
Wilson, R.	1	0	1	0



# Transactions

Jan. 2	Activated from injured reserve Placed on reserve/COVID-19	CB Tre Flowers S Damarious Randall T Brandon Shell	Mar. 26	Re-signed	LB Benson Mayowa T Cedric Ogbuehi G Jordan Simmons
	Elevated from practice squad Elevated from PS as COVID-19 replacement	G Alex Boone RB Alex Collins WR Penny Hart		Released	DT Jarran Reed
Jan. 4	Reversion from active to practice squad	G Alex Boone RB Alex Collins WR Penny Hart	Mar. 27	Re-signed	RB Chris Carson
Jan. 5	Activated from reserve/COVID-19 Released from practice squad	T Brandon Shell T Wyatt Miller	Mar. 30	Re-signed	LB Carlos Dunlap II
Jan. 6	Activated from reserve/COVID-19 Signed to practice squad Placed on injured reserve Signed from practice squad	S Damarious Randall CB Jordan Miller CB Jayson Stanley TE Luke Willson	Apr. 2	Signed contract extension	WR Tyler Lockett
Jan. 8	Elevated from practice squad	RB Alex Collins	Apr. 5	Signed	DT Al Woods
Jan. 9	Placed on reserve/COVID-19 Elevated from practice squad	DE Jonathan Bullard DT Cedrick Lattimore	Apr. 9	Re-signed	CB Damarious Randall
Jan. 11	Reversion from active to practice squad  Signed to future 2021 contracts	RB Alex Collins DT Cedrick Lattimore T Tommy Champion QB Danny Etling WR Aaron Fuller WR Penny Hart CB Gavin Heslop DT Cedrick Lattimore C Brad Lundblade QB Alex McGough TE Tyler Mabry CB Jordan Miller WR Cody Thompson	Apr. 15	Signed	DE Aldon Smith
Jan. 13	Signed to future 2021 contract	WR John Ursua	Apr. 19	Signed ERFA tender	DT Bryan Mone
Jan. 15	Signed to future 2021 contract	DT Myles Adams	Apr. 20	Signed ERFA tender	C Kyle Fuller
Jan. 27	Released	T Chad Wheeler	Apr. 22	Re-signed	QB Geno Smith
Jan. 29	Signed to future 2021 contract Hired Run Game Coordinator Hired Offensive Coordinator	WR Darvin Kidsy Andy Dickerson Shane Waldron	Apr. 23	Signed	CB Pierre Desir
Feb. 8	Released	G Chance Warmack	Apr. 29	Signed	DT Robert Nkemdiche
Feb. 24	Re-signed	RB Alex Collins	May 4	Allocated via Int'l Player Pathway Program	LB Aaron Donkor
Mar. 3	Hired Defensive Asst./DBs Hired Associate Head Coach Hired Assistant Special Teams	DeShawn Shead Carl Smith Tracy Smith	May 5	Claimed off waivers	LB Nate Evans
Mar. 4	Released	WR Josh Gordon TE Greg Olsen	May 6	Signed Claimed off waivers	TE Nick Guggemos S Saivion Smith
Mar. 8	Released	LB Carlos Dunlap II	May 13	Signed	S Josh Moon
Mar. 17	Re-signed	DT Poona Ford			DT Walter Palmore
Mar. 18	Re-signed	FB Nick Bellore			DE Marcus Webb
Mar. 19	Signed	CB Ahkello Witherspoon			S LaDarius Wiley
Mar. 21	Signed Traded to Las Vegas Acquired from Las Vegas	TE Gerald Everett 2021 fifth-round draft pick G Gabe Jackson	May 14	Signed	S Aashari Crosswell T Jake Curhan LB Aaron Donkor G Greg Eiland RB B.J. Emmons WR D'Wayne Eskridge T Stone Forsythe DT Jarrod Hewitt G Jared Hocker WR Cade Johnson RB Josh Johnson G Pier-Olivier Lestage CB Bryan Mills LB Jon Rhattigan WR Tamorrion Terry WR Connor Wedington CB Tre Brown DE Marcus Webb TE Cam Sutton P Michael Dickson TE Nick Guggemos S Ryan Neal WR Travis Toivonen S LaDarius Wiley CB Will Sunderland RB B.J. Emmons TE Dominick Wood-Anderson WR Tamorrion Terry RB Cameron Scarlett
Mar. 22	Re-signed	C Ethan Pocic			
Mar. 25	Signed	DE Kerry Hyder Jr.			



# Transactions

July 26	Released	CB Saivion Smith	Aug. 31 cont.	TE Cam Sutton
	Signed	WR Darece Roberson		WR Cody Thompson
Aug. 1	Released	QB Danny Etling		WR Travis Toivonen
	Signed	QB Sean Mannion		WR Connor Wedington
Aug. 6	Released	WR Darvin Kidsy		LB Lakiem Williams
	Signed	TE Michael Jacobson		DT Robert Nkemdiche
Aug. 10	Released	TE Michael Jacobson		CB Damarious Randall
		WR Darece Roberson		G Jordan Simmons
	Signed	T Lukayus McNeil		G Phil Haynes
		WR Anthony Ratliff-Williams	Sept. 1	Released
Aug. 11	Released	DE Aldon Smith		Claimed off waivers
		LB Lakiem Williams		Signed to practice squad
Aug. 12	Released	CB Bryan Mills		
	Signed	WR Darece Roberson		
Aug. 16	Released	LB Nate Evans		
		T Lukayus McNeil		
		CB Jordan Miller		
		DT Walter Palmore		
		WR Anthony Ratliff-Williams		
		RB Cameron Scarlett		
	Signed	DE Alex Tchangam		
Aug. 22	Released	TE Dominick Wood-Anderson		
Aug. 23	Placed on injured reserve	LB Ben Burr-Kirven		
		WR John Ursua		
	Released	QB Alex McGough		
		DT Cedrick Lattimore		
Aug. 24	Released	CB Pierre Desir		
		DE Alex Tchangam		
	Signed	TE Luke Willson		
Aug. 25	Released	TE Luke Willson	Sept. 2	Placed on injured reserve
	Traded to Houston	Conditional draft choice		Signed
	Acquired from Houston	CB John Reid		Signed to practice squad
Aug. 26	Signed	TE Ian Bunting	Sept. 3	Traded to Pittsburgh
Aug. 31	Released	DT Myles Adams		Acquired from Pittsburgh
		TE Ian Bunting		Signed to practice squad
		T Tommy Champion	Sept. 6	Signed from practice squad
		S Aashari Crosswell		Signed to practice squad
		LB Aaron Donkor	Sept. 7	Placed on injured reserve
		T Greg Eiland		
		WR Aaron Fuller		Signed from practice squad
		WR Penny Hart		
		CB Gavin Heslop		Signed
		DT Jarrod Hewitt		Released from practice squad
		G Jared Hocker		Signed to practice squad
		WR Cade Johnson	Sept. 8	Signed to practice squad
		RB Josh Johnson		
		G Pier-Olivier Lestage	Sept. 11	Elevated from practice squad
		C Brad Lundblade		Released from practice squad
		TE Tyler Mabry	Sept. 13	Reverted to practice squad
		S Josh Moon		
		CB John Reid		
		LB Jon Rhattigan		
		WR Darece Roberson		
		CB Will Sunderland		
				WR Cody Thompson
				WR Travis Toivonen
				WR Connor Wedington
				LB Lakiem Williams
				DT Robert Nkemdiche
				CB Damarious Randall
				G Jordan Simmons
				G Phil Haynes
				QB Sean Mannion
				C Dakoda Shepley
				WR Nigel Warrior
				DT Myles Adams
				LB Aaron Donkor
				G Greg Eiland
				WR Aaron Fuller
				WR Penny Hart
				DT Jarrod Hewitt
				WR Cade Johnson
				RB Josh Johnson
				G Pier-Olivier Lestage
				TE Tyler Mabry
				DT Robert Nkemdiche
				CB John Reid
				LB Jon Rhattigan
				WR Cody Thompson
				2022 sixth-round draft choice
				CB Sidney Jones IV
				T Cedric Ogbuehi
				QB Jake Luton
				CB Michael Jackson
				TE Mark Vital
				CB Ahkello Witherspoon
				2023 fifth-round draft choice
				G Phil Haynes
				TE Tyler Mabry
				G Jordan Simmons
				CB Tre Brown
				TE Colby Parkinson
				CB Nigel Warrior
				WR Penny Hart
				CB John Reid
				CB Bless Austin
				TE Mark Vital
				CB Gavin Heslop
				LB Tanner Muse
				TE DeShon Williams
				LB Jon Rhattigan
				TE DeShon Williams
				LB Jon Rhattigan



# Transactions

Sept. 15	Placed on injured reserve	C Ethan Pocic
	Signed from practice squad	LB Jon Rhattigan
	Signed to practice squad	WR De'Quan Hampton
		TE Michael Jacobson
		WR Connor Wedington
	Signed by Las Vegas from practice squad	G Jordan Simmons
Sept. 18	Elevated from practice squad	DT Robert Nkemdiche
Sept. 20	Reverted to practice squad	DT Robert Nkemdiche
Sept. 25	Elevated from practice squad	DT Robert Nkemdiche
		WR Cody Thompson
	Released from practice squad	TE Michael Jacobson
	Signed to practice squad	TE Jace Sternberger
Sept. 27	Reverted to practice squad	DT Robert Nkemdiche
		WR Cody Thompson
Sept. 28	Released	QB Jake Luton
	Signed from active roster	DT Robert Nkemdiche
	Released from practice squad	WR De'Quan Hampton
		WR Connor Wedington
Sept. 29	Signed to practice squad	WR Phillip Dorsett II
		TE Ryan Izzo
		QB Jake Luton
	Placed on COVID-19 list	TE Gerald Everett
Oct. 2	Placed on injured reserve	RB Rashaad Penny
	Activated from injured reserve	T Cedric Ogbuehi
		TE Colby Parkinson
	Elevated from practice squad	WR Cody Thompson
Oct. 4	Reverted to practice squad	WR Cody Thompson
Oct. 6	Signed by WFT from practice squad	TE Jace Sternberger
Oct. 7	Placed on injured reserve	WR Dee Eskridge
	Elevated from practice squad	WR Phillip Dorsett II
Oct. 8	Reverted to practice squad	WR Phillip Dorsett II
Oct. 11	Activated from COVID-19 list	TE Gerald Everett
Oct. 13	Released	CB Tre Flowers
	Signed to practice squad	QB Danny Etling
Oct. 15	Placed on injured reserve	RB Chris Carson
		QB Russell Wilson
	Activated from injured reserve	CB Tre Brown
		C Ethan Pocic
Oct. 16	Elevated from practice squad	WR Phillip Dorsett II
		QB Jake Luton
Oct. 18	Reverted to practice squad	WR Phillip Dorsett II
		QB Jake Luton

(2,814th transaction since 2010)



# Participation Chart

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	2021			
Date	9/12	9/19	9/26	10/3	10/7	10/17	10/25	10/31	11/14	11/21	11/29	12/5	12/12	12/19	12/26	1/2	1/9	G	S	IN	DNP
Game	@Ind	Ten	@Min	@SF	LAR	@Pit	NO	Jac	@GB	Ari	@WFT	SF	@Hou	@LAR	Chi	Det	@Ari				
Adams, J.	SS	SS	SS	SS	SS	SS												6	6	0	0
Amadi, U.	CB	s	s	s	CB	s												6	2	0	0
Austin, B.	in	sub	sub	sub	sub	sub												5	0	1	0
Barton, C.	lb	lb	lb	sub	sub	lb												6	0	0	0
Bellore, N.	sub	fb	sub	fb	fb	fb												6	0	0	0
Blair, M.	s	s	in	s	s	s												5	0	1	0
Brooks, J.	OLB	OLB	OLB	OLB	OLB	OLB												6	6	0	0
Brown, D.	LT	LT	LT	LT	LT	LT												6	6	0	0
Carson, C.	RB	RB	RB	RB	in	ir												4	4	1	0
Collier, L.	in	de	in	in	de	in												2	0	4	0
Collins, A.	in	rb	rb	rb	RB	RB												5	2	1	0
Curhan, J.	sub	sub	t	t	in	sub												5	0	1	0
Dallas, D.	rb	sub	sub	rb	rb	rb												6	0	0	0
Dickson, M.	p	p	p	p	p	p												6	0	0	0
Diggs, Q.	FS	FS	FS	FS	FS	FS												6	6	0	0
Dissly, W.	TE	TE	TE	TE	TE	TE												6	6	0	0
Dorsett II, P.				ps	wr	wr												2	0	0	0
Dunlap II, C.	LB	lb	lb	lb	lb	lb												6	1	0	0
Eskridge, D.	wr	in	in	in	ir	ir												1	0	3	0
Everett, G.	TE	TE	TE	C19	C19	TE												4	4	0	0
Flowers, T.	RCB	RCB	RCB	sub	sub													5	3	0	0
Ford, P.	NT	NT	NT	NT	NT	NT												6	6	0	0
Forsythe, S.	in	in	sub	sub	in	in												2	0	4	0
Fuller, K.	C	C	C	C	C	C												6	6	0	0
Green, R.	de	de	DE	DE	DE	DE												6	4	0	0
Hart, P.	wr	wr	wr	wr	wr	wr												6	0	0	0
Homer, T.	rb	rb	rb	rb	rb	rb												6	0	0	0
Hyder, K.	DE	DE	DE	DE	DE	de												6	5	0	0
Jackson, G.	RG	RG	RG	RG	RG	RG												6	6	0	0
Jones, J.	sub	g/t	RT	in	sub	g												5	1	1	0
Jones IV, S.	sub	sub	sub	LCB	LCB	LCB												6	3	0	0
Lewis, D.	LG	LG	LG	LG	LG	LG												6	6	0	0
Lockett, T.	WR	WR	WR	WR	WR	WR												6	6	0	0
Luton, J.	in	in	in	ps	ps	dnp												0	0	3	1
Mabry, T.	te	sub	te	te	te	in												5	0	1	0
Mayowa, B.	lb	LB	in	in	lb	lb												4	1	2	0
Metcalf, D.	WR	WR	WR	WR	WR	WR												6	6	0	0
Mone, B.	dt	in	dt	dt	dt	DT												5	1	1	0
Myers, J.	k	k	k	k	k	k												6	0	0	0
Neal, R.	sub	sub	sub	s	s	s												6	0	0	0
Nkemdiche, R.	ps	dt	dt	dt	in	dt												4	0	1	0
Ogbuehi, C.	ir	ir	ir	RT	dnp	in												1	1	1	1
Ott, T.	ls	ls	ls	ls	ls	ls												6	0	0	0
Parkinson, C.	ir	ir	ir	te	te	te												3	0	0	0
Penny, R.	rb	in	in	ir	ir	ir												1	0	2	0
Pocic, E.	c	ir	ir	ir	ir	sub												2	0	0	0
Reed, D.	LCB	LCB	LCB	RCB	RCB	RCB												6	6	0	0
Reid, J.	in	in	cb	in	in	in												1	0	5	0
Rhattigan, J.	sub	sub	sub	sub	sub	sub												6	0	0	0
Robinson, A.	de	de	OLB	OLB	de	de												6	2	0	0
Shell, B.	RT	RT	in	in	RT	RT												4	4	2	0
Shepley, D.	in	sub	sub	sub	sub	in												4	0	2	0
Smith, G.	dnp	dnp	dnp	dnp	qb	QB												2	1	0	4
Swain, F.	wr	wr	wr	WR	WR	wr												6	2	0	0
Taylor, D.	de	de	de	de	de	de												6	0	0	0
Thompson, C.	ps	ps	sub	wr	ps	ps												2	0	0	0
Wagner, B.	MLB	MLB	MLB	MLB	MLB	MLB												6	6	0	0
Wilson, R.	QB	QB	QB	QB	QB	ir												5	5	0	0
Woods, A.	DT	DT	DT	DT	DT	DT												6	6	0	0

CAPS - starter; lower case - substitute at position; sub - special teams only; dnp - did not play; in - inactive; ps - practice squad; ir - injured reserve; nfi - non-football injury; sus - suspended; pup - physically unable to perform; exp - exempt; C19 - COVID-19 list



# How Built

Year	By Draft	Trade/Waivers/Practice Squad	Free Agents	By Experience
2021	CB Tre Brown (4)	G Gabe Jackson (T)	CB Bless Austin	T Duane Brown 14
	T Stone Forsythe (6)	CB Sidney Jones IV (T)	G Jake Curhan	LB Carlos Dunlap II 12
		CB John Reid (T)	TE Gerald Everett (UFA)	FB Nick Bellore 11
		C Dakoda Shepley (W)	DE Kerry Hyder Jr. (UFA)	DT Al Woods 11
			DT Robert Nkemdiche	LB Bobby Wagner 10
			LB Jon Rhattigan	LB Benson Mayowa 9
			DT Al Woods	QB Geno Smith 9
2020	LB Jordyn Brooks (1)	S Jamal Adams (T)	TE Tyler Mabry	DE Kerry Hyder, Jr. 8
	DE Darrell Taylor (2)	LB Carlos Dunlap II (T)	LB Benson Mayowa (UFA)	G Gabe Jackson 8
	G Damien Lewis (3)	CB D.J. Reed (W)	T Cedric Ogbuehi (UFA)	S Quandre Diggs 7
	TE Colby Parkinson (4a)		T Brandon Shell (UFA)	WR Tyler Lockett 7
	RB DeeJay Dallas (4b)			K Jason Myers 7
	DE Alton Robinson (5)			T Cedric Ogbuehi 7
	WR Freddie Swain (6)			LS Tyler Ott 7
2019	DE L.J. Collier (1)	S Quandre Diggs (T)	FB Nick Bellore	T Brandon Shell 6
	S Marquise Blair (2a)		C/G Kyle Fuller	S Jamal Adams 5
	WR DK Metcalf (2b)		WR Penny Hart	RB Alex Collins 5
	LB Cody Barton (3)		DT Bryan Mone	TE Gerald Everett 5
	S Ugo Amadi (4c)		K Jason Myers (UFA)	C/G Kyle Fuller 5
	RB Travis Homer (6a)		S Ryan Neal	CB Sidney Jones IV 5
			QB Geno Smith	DT Robert Nkemdiche 5
2018	DE Rasheem Green (3)		DT Poona Ford	C/G Ethan Pocic 5
	TE Will Dissly (4)			P Michael Dickson 4
	P Michael Dickson (5c)			TE Will Dissly 4
	G/T Jamarco Jones (5d)			DT Poona Ford 4
2017	C/G Ethan Pocic (2b)	T Duane Brown (T)	LS Tyler Ott	DE Rasheem Green 4
				T Jamarco Jones 4
				CB D.J. Reed 4
				S Ugo Amadi 3
2016	RB Alex Collins (5b)			CB Bless Austin 3
				LB Cody Barton 3
				S Marquise Blair 3
				DE L.J. Collier 3
2015	WR Tyler Lockett (3)			WR Penny Hart 3
				RB Travis Homer 3
				WR DK Metcalf 3
				DT Bryan Mone 3
2012	LB Bobby Wagner (2)			CB Ryan Neal 3
				LB Jordyn Brooks 2
				RB DeeJay Dallas 2
				G Damien Lewis 2
				TE Tyler Mabry 2
				TE Colby Parkinson 2
				CB John Reid 2
				DE Alton Robinson 2
				C Dakoda Shepley 2
				WR Freddie Swain 2
				DE Darrell Taylor 2
				T Jake Curhan R
				CB Tre Brown R
				T Stone Forsythe R
				LB Jon Rhattigan R

# **2021 Seattle Seahawks Alphabetical Roster (Updated 10/15/21)**

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
33	Adams, Jamal	SS	6-1	213	10/17/1995	26	5	Louisiana State	Lewisville, Texas	T(NYJ)-'20
28	Amadi, Ugo	FS	5-9	201	5/16/1997	24	3	Oregon	Nashville, Tenn.	D4(c)-'19
36	Austin, Bless	CB	6-1	198	7/19/1996	25	3	Rutgers	Queens, N.Y.	FA-'21
57	Barton, Cody	LB	6-2	237	11/13/1996	24	3	Utah	Salt Lake City, Utah	D3-'19
44	Bellore, Nick	FB/LB	6-1	250	5/12/1989	32	11	Central Michigan	St. Paul, Minn.	FA-'19
27	Blair, Marquise	FS	6-1	196	7/18/1997	24	3	Utah	Wooster, Ohio	D2(a)-'19
56	Brooks, Jordyn	LB	6-0	240	10/21/1997	23	2	Texas Tech	Houston, Texas	D1-'20
76	Brown, Duane	T	6-4	315	8/30/1985	36	14	Virginia Tech	Richmond, Va.	T(Hou)-'17
22	Brown, Tre	CB	5-10	185	9/24/1997	24	R	Oklahoma	Tulsa, Okla.	D4-'21
91	Collier, L.J.	DE	6-3	291	9/12/1995	26	3	TCU	Munday, Texas	D1-'19
41	Collins, Alex	RB	5-10	210	8/26/1994	27	5	Arkansas	Fort Lauderdale, Fla.	D5(b)-'16
74	Curhan, Jake	T	6-6	316	2/9/1998	23	R	California	Larkspur, Calif.	FA-'21
31	Dallas, DeeJay	RB	5-10	214	9/16/1998	23	2	Miami	Brunswick, Ga.	D4(b)-'20
4	Dickson, Michael	P	6-2	208	1/4/1996	25	4	Texas	Sydney, Australia	D5(c)-'18
6	Diggs, Quandre	FS	5-9	197	1/22/1993	28	7	Texas	Houston, Texas	T(Det)-'19
89	Dissly, Will	TE	6-4	265	7/8/1996	25	4	Washington	Bozeman, Mont.	D4-'18
8	Dunlap II, Carlos	LB	6-6	285	2/28/1989	32	12	Florida	North Charleston, S.C.	T(Cin)-'20
81	Everett, Gerald	TE	6-3	240	6/25/1994	27	5	South Alabama	Decatur, Ga.	UFA(LAR)-'21
97	Ford, Poona	DT	5-11	310	11/19/1995	25	4	Texas	Hilton Head, S.C.	FA-'18
78	Forsythe, Stone	T	6-8	307	12/29/1997	23	R	Florida	Winter Garden, Fla.	D6-'21
61	Fuller, Kyle	C/G	6-5	320	3/4/1994	27	5	Baylor	Duncanville, Texas	FA-'19
94	Green, Rasheem	DE	6-4	279	5/15/1997	24	4	USC	Los Angeles, Calif.	D3-'18
19	Hart, Penny	WR	5-8	180	7/5/1996	24	3	Georgia State	Roswell, Ga.	FA-'19
25	Homer, Travis	RB	5-10	202	8/7/1998	23	3	Miami	West Palm Beach, Fla.	D6(a)-'19
51	Hyder Jr., Kerry	DE	6-2	275	5/2/1991	30	8	Texas Tech	Austin, Texas	UFA(SF)-'21
66	Jackson, Gabe	G	6-3	335	7/12/1991	30	8	Mississippi State	Liberty, Miss.	T(LV)-'21
73	Jones, Jamarco	T	6-4	293	6/4/1996	25	4	Ohio State	Chicago, Ill.	D5(d)-'18
23	Jones IV, Sidney	CB	6-0	186	5/21/1996	25	5	Washington	West Covina, Calif.	T(Jac)-'21
68	Lewis, Damien	G	6-2	327	3/21/1997	24	2	Louisiana State	Canton, Miss.	D3-'20
16	Lockett, Tyler	WR	5-10	182	9/28/1992	29	7	Kansas State	Tulsa, Okla.	D3-'15
85	Mabry, Tyler	TE	6-3	247	11/21/1996	24	2	Maryland	Ypsilanti, Mich.	FA-'20
10	Mayowa, Benson	LB	6-3	252	8/3/1991	30	9	Idaho	Los Angeles, Calif.	UFA(Las)-'20
14	Metcalfe, DK	WR	6-4	235	12/14/1997	23	3	Mississippi	Oxford, Miss.	D2(b)-'19
90	Mone, Bryan	DT	6-3	345	10/20/1995	25	3	Michigan	Salt Lake City, Utah	FA-'19
5	Myers, Jason	K	5-10	190	5/12/1991	30	7	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
26	Neal, Ryan	SS	6-3	200	12/24/1995	25	4	Southern Illinois	Hammond, Ind.	FA-'19
92	Nkemdiche, Robert	DT	6-4	296	9/19/1994	27	5	Mississippi	Loganville, Ga.	FA-'21
70	Ogbuehi, Cedric	T	6-5	308	4/25/1992	29	7	Texas A&M	Allen, Texas	UFA(Jac)-'20
69	Ott, Tyler	LS	6-3	253	2/28/1992	29	7	Harvard	Tulsa, Okla.	FA-'16
84	Parkinson, Colby	TE	6-7	251	1/7/1999	22	2	Stanford	Simi Valley, Calif.	D4(a)-'20
77	Pocic, Ethan	C/G	6-6	320	8/5/1995	26	5	Louisiana State	Lemont, Ill.	D2(b)-'17
2	Reed, D.J.	CB	5-9	193	11/11/1996	24	4	Kansas State	Bakersfield, Calif.	W(SF)-'20
29	Reid, John	CB	5-10	187	5/15/1996	25	2	Penn State	Mt. Laurel, N.J.	T(Hou)-'21
59	Rhattigan, Jon	LB	6-0	236	2/2/1999	22	R	Army	Naperville, Ill.	FA-'21
98	Robinson, Alton	DE	6-3	259	6/2/1998	23	2	Syracuse	Converse, Texas	D5-'20
72	Shell, Brandon	T	6-5	324	2/6/1992	29	6	South Carolina	Goose Creek, S.C.	UFA(NYJ)-'20
64	Shepley, Dakota	C	6-5	317	12/27/1994	26	2	British Columbia	Windsor, Ontario	W(SF)-'21
7	Smith, Geno	QB	6-3	221	10/10/1990	30	9	West Virginia	Miramar, Fla.	FA-'19
18	Swain, Freddie	WR	6-0	199	8/4/1998	23	2	Florida	Ocala, Fla.	D6-'20
52	Taylor, Darrell	DE	6-4	267	3/24/1997	24	2	Tennessee	Hopewell, Va.	D2-'20
54	Wagner, Bobby	LB	6-0	242	6/27/1990	31	10	Utah State	Ontario, Calif.	D2-'12
99	Woods, Al	DT	6-3	330	3/25/1987	34	11	Louisiana State	Jennings, La.	FA-'21

**Head Coach:** Pete Carroll, Ken Norton, Jr. (Defensive Coordinator), Shane Waldron (Offensive Coordinator), Dave Canales (Offensive Passing Game Coordinator), Nate Carroll (WRs), Aaron Curry (Defensive Asst./LBs), Andre Curtis (Defensive Passing Game Coordinator), Austin Davis (QB), Andy Dickerson (Run Game Coordinator), Thomas Garcia (Strength & Cond. Asst.), John Glenn (LBs), Clint Hurtt (Asst. Head Coach-Def./DL), Brad Idzik (QC-Off./Asst. QBs), Larry Izzo (Special Teams Coord.), Kerry Joseph (Asst. WRs), Keli'i Kekuwa (Asst. Offensive Line), Damione Lewis (Defensive Asst./DL), Ivan Lewis (Head Strength & Conditioning), Pat McPherson (TEs), Chad Morton (Running Backs), Mark Philipp (Strength & Cond. Asst.), DeShawn Shead (Defensive Asst./DBs), Carl Smith (Associate Head Coach), Tracy Smith (Asst. Special Teams), Mike Solari (Offensive Line), Grant Steen (Strength & Conditioning Asst.), Danny van Dijk (Strength & Conditioning Asst.), Jamie Yanchar (Strength & Cond. Asst.).

**2021 Seattle Seahawks Numerical Roster (updated 10/15/21)**

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
2	D.J. Reed	CB	5-9	193	11/11/1996	24	4	Kansas State	Bakersfield, Calif.	W(SF)-'20
4	Michael Dickson	P	6-2	208	1/4/1996	25	4	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	30	7	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
6	Quandre Diggs	FS	5-9	197	1/22/1993	28	7	Texas	Houston, Texas	T(Det)-'19
7	Geno Smith	QB	6-3	221	10/10/1990	30	9	West Virginia	Miramar, Fla.	FA-'19
8	Carlos Dunlap II	LB	6-6	285	2/28/1989	32	12	Florida	North Charleston, S.C.	T(Cin)-'20
10	Benson Mayowa	LB	6-3	252	8/3/1991	30	9	Idaho	Los Angeles, Calif.	UFA(Las)-'20
14	DK Metcalf	WR	6-4	235	12/14/1997	23	3	Mississippi	Oxford, Miss.	D2(b)-'19
16	Tyler Lockett	WR	5-10	182	9/28/1992	29	7	Kansas State	Tulsa, Okla.	D3-'15
18	Freddie Swain	WR	6-0	199	8/4/1998	23	2	Florida	Ocala, Fla.	D6-'20
19	Penny Hart	WR	5-8	180	7/5/1996	24	3	Georgia State	Roswell, Ga.	FA-'19
22	Tre Brown	CB	5-10	185	9/24/1997	24	R	Oklahoma	Tulsa, Okla.	D4-'21
23	Sidney Jones IV	CB	6-0	186	5/21/1996	25	5	Washington	West Covina, Calif.	T(Jac)-'21
25	Travis Homer	RB	5-10	202	8/7/1998	23	3	Miami	West Palm Beach, Fla.	D6(a)-'19
26	Ryan Neal	SS	6-3	200	12/24/1995	25	4	Southern Illinois	Hammond, Ind.	FA-'19
27	Marquise Blair	FS	6-1	196	7/18/1997	24	3	Utah	Wooster, Ohio	D2(a)-'19
28	Ugo Amadi	FS	5-9	201	5/16/1997	24	3	Oregon	Nashville, Tenn.	D4(c)-'19
29	John Reid	CB	5-10	187	5/15/1996	25	2	Penn State	Mt. Laurel, N.J.	T(Hou)-'21
31	DeeJay Dallas	RB	5-10	214	9/16/1998	23	2	Miami	Brunswick, Ga.	D4(b)-'20
33	Jamal Adams	SS	6-1	213	10/17/1995	26	5	Louisiana State	Lewisville, Texas	T(NYJ)-'20
36	Bless Austin	CB	6-1	198	7/19/1996	25	3	Rutgers	Queens, N.Y.	FA-'21
41	Alex Collins	RB	5-10	210	8/26/1994	27	5	Arkansas	Fort Lauderdale, Fla.	D5(b)-'16
44	Nick Bellore	FB/LB	6-1	250	5/12/1989	32	11	Central Michigan	St. Paul, Minn.	FA-'19
51	Kerry Hyder Jr.	DE	6-2	275	5/2/1991	30	8	Texas Tech	Austin, Texas	UFA(SF)-'21
52	Darrell Taylor	DE	6-4	267	3/24/1997	24	2	Tennessee	Hopewell, Va.	D2-'20
54	Bobby Wagner	LB	6-0	242	6/27/1990	31	10	Utah State	Ontario, Calif.	D2-'12
56	Jordyn Brooks	LB	6-0	240	10/21/1997	23	2	Texas Tech	Houston, Texas	D1-'20
57	Cody Barton	LB	6-2	237	11/13/1996	24	3	Utah	Salt Lake City, Utah	D3-'19
59	Jon Rhattigan	LB	6-0	236	2/2/1999	22	R	Army	Naperville, Ill.	FA-'21
61	Kyle Fuller	C/G	6-5	320	3/4/1994	27	5	Baylor	Duncanville, Texas	FA-'19
64	Dakoda Shepley	C	6-5	317	12/27/1994	26	2	British Columbia	Windsor, Ontario	W(SF)-'21
66	Gabe Jackson	G	6-3	335	7/12/1991	30	8	Mississippi State	Liberty, Miss.	T(LV)-'21
68	Damien Lewis	G	6-2	327	3/21/1997	24	2	Louisiana State	Canton, Miss.	D3-'20
69	Tyler Ott	LS	6-3	253	2/28/1992	29	7	Harvard	Tulsa, Okla.	FA-'16
70	Cedric Ogbuehi	T	6-5	308	4/25/1992	29	7	Texas A&M	Allen, Texas	UFA(Jac)-'20
72	Brandon Shell	T	6-5	324	2/6/1992	29	6	South Carolina	Goose Creek, S.C.	UFA(NYJ)-'20
73	Jamarco Jones	T	6-4	293	6/4/1996	25	4	Ohio State	Chicago, Ill.	D5(d)-'18
74	Jake Curhan	T	6-6	316	2/9/1998	23	R	California	Larkspur, Calif.	FA-'21
76	Duane Brown	T	6-4	315	8/30/1985	36	14	Virginia Tech	Richmond, Va.	T(Hou)-'17
77	Ethan Pocic	C/G	6-6	320	8/5/1995	26	5	Louisiana State	Lemont, Ill.	D2(b)-'17
78	Stone Forsythe	T	6-8	307	12/29/1997	23	R	Florida	Winter Garden, Fla.	D6-'21
81	Gerald Everett	TE	6-3	240	6/25/1994	27	5	South Alabama	Decatur, Ga.	UFA(LAR)-'21
84	Colby Parkinson	TE	6-7	251	1/7/1999	22	2	Stanford	Simi Valley, Calif.	D4(a)-'20
85	Tyler Mabry	TE	6-3	247	11/21/1996	24	2	Maryland	Ypsilanti, Mich.	FA-'20
89	Will Dissly	TE	6-4	265	7/8/1996	25	4	Washington	Bozeman, Mont.	D4-'18
90	Bryan Mone	DT	6-3	345	10/20/1995	25	3	Michigan	Salt Lake City, Utah	FA-'19
91	L.J. Collier	DE	6-3	291	9/12/1995	26	3	TCU	Munday, Texas	D1-'19
92	Robert Nkemdiche	DT	6-4	296	9/19/1994	27	5	Mississippi	Loganville, Ga.	FA-'21
94	Rasheem Green	DE	6-4	279	5/15/1997	24	4	USC	Los Angeles, Calif.	D3-'18
97	Poona Ford	DT	5-11	310	11/19/1995	25	4	Texas	Hilton Head, S.C.	FA-'18
98	Alton Robinson	DE	6-3	259	6/2/1998	23	2	Syracuse	Converse, Texas	D5-'20
99	Al Woods	DT	6-3	330	3/25/1987	34	11	Louisiana State	Jennings, La.	FA-'21
<b><u>Injured Reserve</u></b>										
1	Dee Eskridge	WR	5-9	190	3/23/1997	24	R	Western Michigan	Bluffton, Ind.	D2-'21
3	Russell Wilson	QB	5-11	215	11/29/1988	32	10	Wisconsin	Richmond, Va.	D3-'12
15	John Ursua	WR	5-9	182	1/17/1994	27	3	Hawaii	Kailua-Kona, Hawaii	D7-'19
20	Rashaad Penny	RB	5-11	220	2/2/1996	25	4	San Diego State	Norwalk, Calif.	D1-'18
32	Chris Carson	RB	5-11	222	9/16/1994	27	5	Oklahoma State	Lilburn, Ga.	D7(b)-'17
39	Nigel Warrior	CB	6-1	197	12/14/1997	23	2	Tennessee	College Park, Ga.	W(Bal)-'21
48	Marcus Webb	DE	6-2	247	9/4/1997	24	1	Troy	Decatur, Ala.	FA-'21
55	Ben Burr-Kirven	LB	6-0	230	9/8/1997	24	3	Washington	Menlo Park, Calif.	D5-'19
<b><u>Practice Squad</u></b>										
9	Jake Luton	QB	6-6	224	4/11/1996	25	2	Oregon State	Marysville, Wash.	FA-'21
11	Cody Thompson	WR	6-2	205	1/11/1996	25	3	Toledo	Huron, Ohio	FA-'19
13	Phillip Dorsett II	WR	5-10	192	1/5/1993	28	7	Miami	Ft. Lauderdale, Fla.	UFA(NE)-'20
15	Danny Etling	QB	6-3	220	7/22/1994	27	4	Louisiana State	Terre Haute, Ind.	W(Atl)-'20
17	Aaron Fuller	WR	5-11	188	9/30/1997	24	2	Washington	McKinney, Texas	FA-'20
30	Michael Jackson	CB	6-1	210	1/10/1997	24	3	Miami	Birmingham, Ala.	FA-'21
34	Josh Johnson	RB	5-9	209	12/26/1997	23	R	Louisiana-Monroe	Hurtsboro, Ala.	FA-'21
38	Gavin Heslop	CB	6-0	197	11/13/1997	23	2	Stony Brook	Yonkers, N.Y.	FA-'20
43	Aaron Donkor	LB	6-1	240	3/21/1995	26	1	Arkansas State	Goettingen, Germany	FA-'21
49	Ryan Izzo	TE	6-5	255	12/21/1995	25	4	Florida State	Sparta, N.J.	FA-'21
58	Tanner Muse	LB	6-2	227	9/6/1996	25	2	Clemson	Belmont, N.C.	FA-'21
60	Phil Haynes	G	6-4	322	10/19/1995	26	3	Wake Forest	Raleigh, N.C.	D4(b)-'19
62	Pier-Olivier Lestage	G	6-3	312	8/4/1997	24	R	Montreal	Saint Eustache, Quebec	FA-'21
62	Jarrold Hewitt	DT	6-1	290	11/3/1997	23	R	Virginia Tech	Venice, Fla.	FA-'21
67	Myles Adams	DT	6-2	290	3/9/1998	23	2	Rice	Arlington, Texas	FA-'20
75	Greg Eiland	T	6-8	321	2/1/1998	23	R	Mississippi State	Philadelphia, Miss.	FA-'21
88	Cade Johnson	WR	5-10	184	4/10/1998	23	R	South Dakota State	Papillion, Neb.	FA-'21

**2021 Seattle Seahawks Positional Roster (updated 10/15/21)**

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
2	D.J. Reed	CB	5-9	193	11/11/1996	24	4	Kansas State	Bakersfield, Calif.	W(SF)-'20
22	Tre Brown	CB	5-10	185	9/24/1997	24	R	Oklahoma	Tulsa, Okla.	D4-'21
23	Sidney Jones IV	CB	6-0	186	5/21/1996	25	5	Washington	West Covina, Calif.	T(Jac)-'21
29	John Reid	CB	5-10	187	5/15/1996	25	2	Penn State	Mt. Laurel, N.J.	T(Hou)-'21
36	Bless Austin	CB	6-1	198	7/19/1996	25	3	Rutgers	Queens, N.Y.	FA-'21
6	Quandre Diggs	FS	5-9	197	1/22/1993	28	7	Texas	Houston, Texas	T(Det)-'19
26	Ryan Neal	SS	6-3	200	12/24/1995	25	4	Southern Illinois	Hammond, Ind.	FA-'19
27	Marquise Blair	FS	6-1	196	7/18/1997	24	3	Utah	Wooster, Ohio	D2(a)-'19
28	Ugo Amadi	FS	5-9	201	5/16/1997	24	3	Oregon	Nashville, Tenn.	D4(c)-'19
33	Jamal Adams	SS	6-1	213	10/17/1995	26	5	Louisiana State	Lewisville, Texas	T(NYJ)-'20
51	Kerry Hyder Jr.	DE	6-2	275	5/2/1991	30	8	Texas Tech	Austin, Texas	UFA(SF)-'21
52	Darrell Taylor	DE	6-4	267	3/24/1997	24	2	Tennessee	Hopewell, Va.	D2-'20
91	L.J. Collier	DE	6-3	291	9/12/1995	26	3	TCU	Munday, Texas	D1-'19
94	Rasheem Green	DE	6-4	279	5/15/1997	24	4	USC	Los Angeles, Calif.	D3-'18
98	Alton Robinson	DE	6-3	259	6/2/1998	23	2	Syracuse	Converse, Texas	D5-'20
90	Bryan Mone	DT	6-3	345	10/20/1995	25	3	Michigan	Salt Lake City, Utah	FA-'19
92	Robert Nkemdiche	DT	6-4	296	9/19/1994	27	5	Mississippi	Loganville, Ga.	FA-'21
97	Poona Ford	DT	5-11	310	11/19/1995	25	4	Texas	Hilton Head, S.C.	FA-'18
99	Al Woods	DT	6-3	330	3/25/1987	34	11	Louisiana State	Jennings, La.	FA-'21
8	Carlos Dunlap II	LB	6-6	285	2/28/1989	32	12	Florida	North Charleston, S.C.	T(Cin)-'20
10	Benson Mayowa	LB	6-3	252	8/3/1991	30	9	Idaho	Los Angeles, Calif.	UFA(Las)-'20
44	Nick Bellore	FB/LB	6-1	250	5/12/1989	32	11	Central Michigan	St. Paul, Minn.	FA-'19
54	Bobby Wagner	LB	6-0	242	6/27/1990	31	10	Utah State	Ontario, Calif.	D2-'12
56	Jordyn Brooks	LB	6-0	240	10/21/1997	23	2	Texas Tech	Houston, Texas	D1-'20
57	Cody Barton	LB	6-2	237	11/13/1996	24	3	Utah	Salt Lake City, Utah	D3-'19
59	Jon Rattigan	LB	6-0	236	2/2/1999	22	R	Army	Naperville, Ill.	FA-'21
25	Travis Homer	RB	5-10	202	8/7/1998	23	3	Miami	West Palm Beach, Fla.	D6(a)-'19
31	DeeJay Dallas	RB	5-10	214	9/16/1998	23	2	Miami	Brunswick, Ga.	D4(b)-'20
41	Alex Collins	RB	5-10	210	8/26/1994	27	5	Arkansas	Fort Lauderdale, Fla.	D5(b)-'16
44	Nick Bellore	FB/LB	6-1	250	5/12/1989	32	11	Central Michigan	St. Paul, Minn.	FA-'19
7	Geno Smith	QB	6-3	221	10/10/1990	30	9	West Virginia	Miramar, Fla.	FA-'19
61	Kyle Fuller	C/G	6-5	320	3/4/1994	27	5	Baylor	Duncanville, Texas	FA-'19
64	Dakoda Shepley	C	6-5	317	12/27/1994	26	2	British Columbia	Windsor, Ontario	W(SF)-'21
66	Gabe Jackson	G	6-3	335	7/12/1991	30	8	Mississippi State	Liberty, Miss.	T(LV)-'21
68	Damien Lewis	G	6-2	327	3/21/1997	24	2	Louisiana State	Canton, Miss.	D3-'20
77	Ethan Pocic	C/G	6-6	320	8/5/1995	26	5	Louisiana State	Lemont, Ill.	D2(b)-'17
70	Cedric Ogbuehi	T	6-5	308	4/25/1992	29	7	Texas A&M	Allen, Texas	UFA(Jac)-'20
72	Brandon Shell	T	6-5	324	2/6/1992	29	6	South Carolina	Goose Creek, S.C.	UFA(NYJ)-'20
73	Jamarco Jones	T	6-4	293	6/4/1996	25	4	Ohio State	Chicago, Ill.	D5(d)-'18
74	Jake Curhan	T	6-6	316	2/9/1998	23	R	California	Larkspur, Calif.	FA-'21
76	Duane Brown	T	6-4	315	8/30/1985	36	14	Virginia Tech	Richmond, Va.	T(Hou)-'17
78	Stone Forsythe	T	6-8	307	12/29/1997	23	R	Florida	Winter Garden, Fla.	D6-'21
81	Gerald Everett	TE	6-3	240	6/25/1994	27	5	South Alabama	Decatur, Ga.	UFA(LAR)-'21
84	Colby Parkinson	TE	6-7	251	1/7/1999	22	2	Stanford	Simi Valley, Calif.	D4(a)-'20
85	Tyler Mabry	TE	6-3	247	11/21/1996	24	2	Maryland	Ypsilanti, Mich.	FA-'20
89	Will Dissly	TE	6-4	265	7/8/1996	25	4	Washington	Bozeman, Mont.	D4-'18
14	DK Metcalf	WR	6-4	235	12/14/1997	23	3	Mississippi	Oxford, Miss.	D2(b)-'19
16	Tyler Lockett	WR	5-10	182	9/28/1992	29	7	Kansas State	Tulsa, Okla.	D3-'15
18	Freddie Swain	WR	6-0	199	8/4/1998	23	2	Florida	Ocala, Fla.	D6-'20
19	Penny Hart	WR	5-8	180	7/5/1996	24	3	Georgia State	Roswell, Ga.	FA-'19
4	Michael Dickson	P	6-2	208	1/4/1996	25	4	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	30	7	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
69	Tyler Ott	LS	6-3	253	2/28/1992	29	7	Harvard	Tulsa, Okla.	FA-'16



# Unofficial Depth Chart & Pronunciation Guide

## OFFENSE

WR	14	DK Metcalf	18	Freddie Swain	
LT	76	Duane Brown	73	Jamarco Jones	78 <u>Stone Forsythe</u>
LG	68	Damien Lewis	73	Jamarco Jones	
C	61	Kyle Fuller	77	Ethan Pocic	64 Dakoda Shepley
RG	66	Gabe Jackson	73	Jamarco Jones	
RT	72	Brandon Shell	70	Cedric Ogbuehi	74 <u>Jake Curhan</u>
TE	81	Gerald Everett	89	Will Dissly	84 Colby Parkinson
					85 Tyler Mabry
WR	16	Tyler Lockett	19	Penny Hart	
QB	7	Geno Smith			
FB	44	Nick Bellore			
RB	41	Alex Collins	31	DeeJay Dallas	25 Travis Homer

## DEFENSE

EDGE	94	Rasheem Green	8	Carlos Dunlap II	
DE	51	Kerry Hyder, Jr.	92	Robert Nkemdiche	91 L.J. Collier
NT	97	Poona Ford	90	Bryan Mone	
DT	99	Al Woods	90	Bryan Mone	
OLB	10	Benson Mayowa	52	Darrell Taylor	98 Alton Robinson
MLB	54	Bobby Wagner	44	Nick Bellore	59 <u>Jon Rhattigan</u>
OLB	56	Jordyn Brooks	57	Cody Barton	
LCB	23	Sidney Jones IV	22	<u>Tre Brown</u>	29 John Reid
RCB	2	D.J. Reed	36	Bless Austin	
SS	33	Jamal Adams	26	Ryan Neal	
FS	6	Quandre Diggs	27	Marquise Blair	28 Ugo Amadi

## SPECIALISTS

K	5	Jason Myers			
P	4	Michael Dickson			
H	4	Michael Dickson			
PR	18	Freddie Swain	16	Tyler Lockett	2 D.J. Reed
KR	31	DeeJay Dallas	2	D.J. Reed	
LS	69	Tyler Ott			

*Underline: Rookie*

## PRONUNCIATION GUIDE

Ugo Amadi... ooh-go uh-MAH-dee  
Nick Bellore... buh-LOR  
Jake Curhan... KER-han  
Benson Mayowa... may-OH-wuh

Bryan Mone... MO-neh  
Robert Nkemdiche... kim-DEE-chee  
Cedric Ogbuehi... oh-BWAY-hee  
Ethan Pocic... POE-sick

Darrell Taylor... DARE-ull

# GAME SUMMARIES



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## WEEK 1

Seattle Seahawks 28, Indianapolis Colts 16

63,347 Lucas Oil Stadium Sep 12, 2021



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Seattle Seahawks ..... 7 14 0 7 — 28  
Indianapolis Colts ..... 3 7 0 6 — 16

### SCORING DRIVES

TEAM	QTR	TIME	SCORING PLAY	SEA	IND
Colts	1	05:41	R.Blankenship 21 yd. Field Goal (14-72, 9:19)	0	3
Seahawks	1	01:26	T.Lockett 23 yd. pass from R.Wilson (J.Myers kick) (9-81, 4:15)	7	3
Seahawks	2	11:22	G.Everett 9 yd. pass from R.Wilson (J.Myers kick) (7-61, 3:28)	14	3
Colts	2	07:04	Z.Pascal 10 yd. pass from C.Wentz (R.Blankenship kick) (7-68, 4:18)	14	10
Seahawks	2	00:41	T.Lockett 69 yd. pass from R.Wilson (J.Myers kick) (6-83, 2:19)	21	10
Seahawks	4	06:41	D.Metcalf 15 yd. pass from R.Wilson (J.Myers kick) (7-73, 3:15)	28	10
Colts	4	02:08	Z.Pascal 11 yd. pass from C.Wentz (run failed) (10-75, 4:33)	28	16

### SEATTLE SEAHAWKS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Russell Wilson	23	18	254	3/13	4	69t	0	152.3
Total	23	18	254	3/13	4	69T	0	152.3

RUSHING	ATT	YDS	AVG	LG	TD
Chris Carson	16	91	5.7	33	0
Dee Eskridge	2	22	11.0	13	0
Russell Wilson	5	9	1.8	11	0
Rashaad Penny	2	8	4.0	4	0
DeeJay Dallas	1	5	5.0	5	0
Freddie Swain	1	5	5.0	5	0
Total	27	140	5.2	33	0

RECEIVING	NO	YDS	AVG	LG	TD
Tyler Lockett	4	100	25.0	69t	2
DK Metcalf	4	60	15.0	30	1
Will Dissly	3	37	12.3	22	0
Chris Carson	3	26	8.7	16	0
Gerald Everett	2	20	10.0	11	1
Dee Eskridge	1	6	6.0	6	0
DeeJay Dallas	1	5	5.0	5	0
Total	18	254	14.1	69T	4

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Bobby Wagner	13	6	7	0.0	0.0	0
Jordyn Brooks	11	7	4	0.0	0.0	0
Quandre Diggs	9	7	2	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
No Field Goals			

The Seattle Seahawks opened up the season on the road for the 15th time in the last 22 seasons, with a victory over the Indianapolis Colts by a score of 28-16. After the Colts took an early 3-0 lead on a Rodrigo Blankenship 21-yard field goal, the Seahawks responded on their first drive of the game with a 23-yard TD pass from Russell Wilson to WR Tyler Lockett. The lead was extended to 14-3 after TE Gerald Everett hauled in a nine-yard TD pass in his first game with Seattle. Shortly after, the Colts were able to break through with a 7-play, 61-yard drive that ended with a 10-yard pass to WR Zach Pascal for the team's first TD of the day. With the first half winding down, Wilson found Lockett yet again for a deep 69-yard pass for a TD, making the score 21-10 with 0:41 seconds remaining in the first half. Throughout the third quarter, it was a battle of the defenses as both teams failed to score. WR DK Metcalf was able to shift the energy in the fourth, hauling in a 15-yard pass from Wilson for the final TD of the game for the Seahawks. QB Carson Wentz found Pascal in the end zone again with 2:08 left in the game for a 28-16 final. Wilson finished the day with a passer rating of 152.3, the third highest single-game passing rating in club history. Seattle won its fourth-consecutive road game dating back to 2020, and are 12-1 in its last 13 games with a 10 a.m. (PT) kickoff start.

### INDIANAPOLIS COLTS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Carson Wentz	38	25	251	3/28	2	24	0	102.0
Total	38	25	251	3/28	2	24	0	102.0

RUSHING	ATT	YDS	AVG	LG	TD
Jonathan Taylor	17	56	3.3	12	0
Nyheim Hines	9	34	3.8	8	0
Carson Wentz	4	23	5.8	8	0
Total	30	113	3.8	12	0

RECEIVING	NO	YDS	AVG	LG	TD
Jonathan Taylor	6	60	10.0	15	0
Nyheim Hines	6	48	8.0	19	0
Zach Pascal	4	43	10.8	16	2
Michael Pittman Jr.	3	29	9.7	14	0
Jack Doyle	3	21	7.0	9	0
Mike Strachan	2	26	13.0	16	0
Parris Campbell	1	24	24.0	24	0
Total	25	251	10.0	24	2

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Bobby Okereke	7	5	2	0.0	0.0	0
Khari Willis	7	6	1	0.5	2.5	0
DeForest Buckner	6	5	1	1.0	7.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Rodrigo Blankenship	1-1	100.0	21G
Total	1-1	100.0	

### TEAM STATISTICS

	SEAHAWKS	COLTS
First Downs	18	23
3rd-Down Eff. (Made/Att/Pct)	4/9/44%	5/13/38%
4th-Down Eff. (Made/Att/Pct)	0/0/0%	0/3/0%
Total Net Yards	381	336
Total Plays	53	71
Yards Per Play	7.2	4.7
Rushes/Net Yards	27/140	30/113
Net Passing	241	223
Pass Attempts/Completions	23/18	38/25
Had Intercepted	0	0
Sacked/Yards Lost	3/13	3/28
Punts/Average	5/37.0	4/46.8
Penalties/Yards	7/53	2/16
Fumbles/Lost	1/1	1/1
Possession Time	24:13	35:47

# GAME SUMMARIES



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## WEEK 2

Tennessee Titans 33, Seattle Seahawks 30 (OT)

68,585 Lumen Field Sep 19, 2021



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Tennessee Titans ..... 3    6    7    14    3 — 33  
Seattle Seahawks ..... 3    21    0    6    0 — 30

### SCORING DRIVES

TEAM	QTR	TIME	SCORING PLAY	TEN	SEA
Seahawks	1	09:25	J.Myers 31 yd. Field Goal (5-57, 1:58)	0	3
Titans	1	02:45	R.Bullock 33 yd. Field Goal (13-70, 6:40)	3	3
Titans	2	08:18	R.Bullock 30 yd. Field Goal (7-68, 4:29)	6	3
Seahawks	2	06:34	T.Lockett 63 yd. pass from R.Wilson (J.Myers kick) (3-83, 1:44)	6	10
Seahawks	2	05:20	C.Carson 2 yd. run (J.Myers kick) (2-6, 0:28)	6	17
Titans	2	01:05	R.Bullock 24 yd. Field Goal (8-63, 4:15)	9	17
Seahawks	2	00:17	C.Carson 1 yd. run (J.Myers kick) (7-75, 0:48)	9	24
Titans	3	10:37	D.Henry 9 yd. run (R.Bullock kick) (8-80, 4:23)	16	24
Seahawks	4	13:06	F.Swain 68 yd. pass from R.Wilson (kick failed, hru) (3-66, 1:54)	16	30
Titans	4	12:17	D.Henry 60 yd. run (R.Bullock kick) (2-75, 0:49)	23	30
Titans	4	00:29	D.Henry 1 yd. run (R.Bullock kick) (12-68, 3:44)	30	30
Titans	OT	04:45	R.Bullock 36 yd. Field Goal (5-21, 2:34)	33	30

### TENNESSEE TITANS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Ryan Tannehill	40	27	347	3/27	0	51	0	94.5
<b>Total</b>	<b>40</b>	<b>27</b>	<b>347</b>	<b>3/27</b>	<b>0</b>	<b>51</b>	<b>0</b>	<b>94.5</b>

RUSHING	ATT	YDS	AVG	LG	TD
Derrick Henry	35	182	5.2	60t	3
Ryan Tannehill	4	27	6.8	19	0
Jeremy McNichols	1	3	3.0	3	0
<b>Total</b>	<b>40</b>	<b>212</b>	<b>5.3</b>	<b>60T</b>	<b>3</b>

RECEIVING	NO	YDS	AVG	LG	TD
Julio Jones	6	128	21.3	51	0
Derrick Henry	6	55	9.2	15	0
A.J. Brown	3	43	14.3	15	0
MyCole Pruitt	3	43	14.3	22	0
Jeremy McNichols	3	26	8.7	12	0
Chester Rogers	2	22	11.0	12	0
Geoff Swain	2	10	5.0	5	0
Tommy Hudson	1	14	14.0	14	0
Nick Westbrook-Ikhine	1	6	6.0	6	0
<b>Total</b>	<b>27</b>	<b>347</b>	<b>12.9</b>	<b>51</b>	<b>0</b>

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Harold Landry III	7	4	3	0.0	0.0	0
Chris Jackson	6	5	1	0.0	0.0	0
David Long Jr.	6	2	4	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Randy Bullock	4-5	80.0	33G, 30G, 24G, 44WR, 36G
<b>Total</b>	<b>4-5</b>	<b>80.0</b>	

### SEATTLE SEAHAWKS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Russell Wilson	31	22	343	3/23	2	68t	0	128.8
<b>Total</b>	<b>31</b>	<b>22</b>	<b>343</b>	<b>3/23</b>	<b>2</b>	<b>68T</b>	<b>0</b>	<b>128.8</b>

RUSHING	ATT	YDS	AVG	LG	TD
Chris Carson	13	31	2.4	8	2
Alex Collins	1	25	25.0	25	0
Russell Wilson	3	16	5.3	12	0
Freddie Swain	1	5	5.0	5	0
<b>Total</b>	<b>18</b>	<b>77</b>	<b>4.3</b>	<b>25</b>	<b>2</b>

RECEIVING	NO	YDS	AVG	LG	TD
Tyler Lockett	8	178	22.3	63t	1
DK Metcalf	6	53	8.8	16	0
Freddie Swain	5	95	19.0	68t	1
Travis Homer	2	14	7.0	11	0
Gerald Everett	1	3	3.0	3	0
<b>Total</b>	<b>22</b>	<b>343</b>	<b>15.6</b>	<b>68T</b>	<b>2</b>

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Bobby Wagner	20	16	4	1.0	7.0	0
Quandre Diggs	10	5	5	0.0	0.0	0
D.J. Reed	9	6	3	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Jason Myers	1-1	100.0	31G
<b>Total</b>	<b>1-1</b>	<b>100.0</b>	

The Seahawks hosted the Tennessee Titans in their 2021 home opener. On Seattle's second possession of the day, K Jason Myers connected on a 31-yard field goal to put Seattle on the board first with his club record 36th-consecutive made field goal. Tennessee quickly answered back with K Randy Bullock also knocking in a 33-yard field goal to tie up the game. As the second quarter began, the Titans added three more points with another 30-yard field goal by Bullock. On the very next drive, Russell Wilson found Tyler Lockett, who took it 63-yards to the house and gave the Seahawks their first lead of the day at 17-6. Ryan Tannehill was hoping to answer back, but DE Alton Robinson recorded his second-career strip-sack which was recovered by Seattle. With the energy high and the 12s roaring, Chris Carson rushed up the middle for 2-yards for a TD. After another Bullock field goal, Chris Carson was able to run one in yet again for a 1-yard TD to complete the first half. The second half opened with RB Derrick Henry running in a 9-yard TD for the Titans, making the score 16-24. The remainder of the third quarter was scoreless before Wilson was able to find WR Freddie Swain for a 68-yard pass resulting in the Seahawks final touchdown on the day. The Titans were able to strike back with two more touchdowns to even the score at 30-30, sending the game into overtime. Tennessee was able to secure the victory in the overtime battle when Bullock connected on a 36-yard field goal, handing the Seahawks their first loss of the season. Bobby Wagner finished the game with a team-record 20 tackles.

### TEAM STATISTICS

### TITANS SEAHAWKS

First Downs	33	17
3rd-Down Eff. (Made/Att/Pct)	6/14/43%	4/12/33%
4th-Down Eff. (Made/Att/Pct)	0/1/0%	0/0/0%
Total Net Yards	532	397
Total Plays	83	52
Yards Per Play	6.4	7.6
Rushes/Net Yards	40/212	18/77
Net Passing	320	320
Pass Attempts/Completions	40/27	31/22
Had Intercepted	0	0
Sacked/Yards Lost	3/27	3/23
Punts/Average	2/47.0	6/51.7
Penalties/Yards	5/45	10/100
Fumbles/Lost	1/1	0/0
Possession Time	42:33	22:42

# GAME SUMMARIES



## WEEK 3 Seattle Seahawks 17, Minnesota Vikings 30 66,729 U.S. Bank Stadium Sep 26, 2021



Seattle Seahawks ..... 10 7 0 0 — 17  
Minnesota Vikings ..... 7 14 3 6 — 30

### SCORING DRIVES

TEAM	QTR	TIME	SCORING PLAY	SEA	MIN
Seahawks	1	10:26	D.Metcalf 10 yd. pass from R.Wilson (J.Myers kick) (9-75, 4:34)	7	0
Vikings	1	06:37	T.Conklin 7 yd. pass from K.Cousins (G.Joseph kick) (7-70, 3:49)	7	7
Seahawks	1	00:27	J.Myers 53 yd. Field Goal (11-40, 6:10)	10	7
Seahawks	2	11:12	C.Carson 30 yd. run (J.Myers kick) (6-76, 3:33)	17	7
Vikings	2	05:28	A.Thielen 15 yd. pass from K.Cousins (G.Joseph kick) (9-85, 5:44)	17	14
Vikings	2	00:16	J.Jefferson 3 yd. pass from K.Cousins (G.Joseph kick) (12-66, 2:58)	17	21
Vikings	3	06:34	G.Joseph 43 yd. Field Goal (16-50, 8:26)	17	24
Vikings	4	13:47	G.Joseph 34 yd. Field Goal (11-70, 5:01)	17	27
Vikings	4	04:31	G.Joseph 20 yd. Field Goal (12-88, 7:08)	17	30

### SEATTLE SEAHAWKS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Russell Wilson	32	23	298	2/15	1	39	0	111.2
<b>Total</b>	<b>32</b>	<b>23</b>	<b>298</b>	<b>2/15</b>	<b>1</b>	<b>39</b>	<b>0</b>	<b>111.2</b>

RUSHING	ATT	YDS	AVG	LG	TD
Chris Carson	12	80	6.7	30t	1
Freddie Swain	1	11	11.0	11	0
Alex Collins	2	8	4.0	6	0
Russell Wilson	3	7	2.3	4	0
<b>Total</b>	<b>18</b>	<b>106</b>	<b>5.9</b>	<b>30T</b>	<b>1</b>

RECEIVING	NO	YDS	AVG	LG	TD
DK Metcalf	6	107	17.8	28	1
Gerald Everett	5	54	10.8	17	0
Tyler Lockett	4	31	7.8	15	0
Travis Homer	3	48	16.0	31	0
Chris Carson	2	2	1.0	5	0
Will Dissly	1	39	39.0	39	0
Freddie Swain	1	10	10.0	10	0
Penny Hart	1	7	7.0	7	0
<b>Total</b>	<b>23</b>	<b>298</b>	<b>13.0</b>	<b>39</b>	<b>1</b>

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Jamal Adams	12	10	2	0.0	0.0	0
Bobby Wagner	11	4	7	0.0	0.0	0
Jordyn Brooks	7	5	2	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Jason Myers	1-2	50.0	53G, 44WL
<b>Total</b>	<b>1-2</b>	<b>50.0</b>	

The Seahawks traveled to Minneapolis, Minnesota, to kick off their Week 3 matchup against the Vikings. Seattle took an early lead as Russell Wilson connected with DK Metcalf for a 10-yard TD strike on the opening drive of the game. Minnesota answered quickly on the next drive with a short pass from Kirk Cousins to Tyler Conklin for a 7-yard TD. The Seahawks were able to close out the first quarter with a 53-yard field goal by Jason Myers, to give Seattle a 10-7 lead. After a Minnesota punt, Seattle marched back down the field and Chris Carson added to the lead, exploding through the left side for a 30-yard touchdown, his longest touchdown run of his career. The Vikings responded with 14 unanswered points to take a 21-17 lead into halftime. On the first drive of the second half, Minnesota put together a 16-play drive that took up 8 minutes and 26 seconds, ending with a 43-yard field goal by Greg Joseph. The Vikings kept the Seahawks off the board the rest of the way and wrapped up the game by knocking in two more field goals, giving Minnesota a 30-17 victory. Jason Myers' consecutive made field goal streak ended at 37, tied for the fourth-longest streak in NFL history.

### MINNESOTA VIKINGS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Kirk Cousins	38	30	323	1/10	3	28	0	128.4
<b>Total</b>	<b>38</b>	<b>30</b>	<b>323</b>	<b>1/10</b>	<b>3</b>	<b>28</b>	<b>0</b>	<b>128.4</b>

RUSHING	ATT	YDS	AVG	LG	TD
Alexander Mattison	26	112	4.3	24	0
Ameer Abdullah	5	24	4.8	9	0
C.J. Ham	2	2	1.0	2	0
Kirk Cousins	1	2	2.0	2	0
<b>Total</b>	<b>34</b>	<b>140</b>	<b>4.1</b>	<b>24</b>	<b>0</b>

RECEIVING	NO	YDS	AVG	LG	TD
Justin Jefferson	9	118	13.1	28	1
Tyler Conklin	7	70	10.0	17	1
Alexander Mattison	6	59	9.8	23	0
Adam Thielen	6	50	8.3	21	1
K.J. Osborn	2	26	13.0	15	0
<b>Total</b>	<b>30</b>	<b>323</b>	<b>10.8</b>	<b>28</b>	<b>3</b>

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Eric Kendricks	11	6	5	1.0	6.0	0
Harrison Smith	8	6	2	0.0	0.0	0
Nick Vigil	8	4	4	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Greg Joseph	3-3	100.0	43G, 34G, 20G
<b>Total</b>	<b>3-3</b>	<b>100.0</b>	

### TEAM STATISTICS

	SEAHAWKS	VIKINGS
First Downs	21	28
3rd-Down Eff. (Made/Att/Pct)	3/8/38%	9/14/64%
4th-Down Eff. (Made/Att/Pct)	0/1/0%	0/0/0%
Total Net Yards	389	453
Total Plays	52	73
Yards Per Play	7.5	6.2
Rushes/Net Yards	18/106	34/140
Net Passing	283	313
Pass Attempts/Completions	32/23	38/30
Had Intercepted	0	0
Sacked/Yards Lost	2/15	1/10
Punts/Average	2/44.0	2/47.0
Penalties/Yards	4/35	4/40
Fumbles/Lost	0/0	1/0
Possession Time	24:07	35:53

# GAME SUMMARIES



28

## WEEK 4

Seattle Seahawks 28, San Francisco 49ers 21  
68,912 Levi's Stadium Oct 3, 2021



21

Seattle Seahawks ..... 0 7 14 7 — 28  
San Francisco 49ers ..... 7 0 6 8 — 21

### SCORING DRIVES

TEAM	QTR	TIME	SCORING PLAY	SEA	SF
49ers	1	09:35	R.Dwelle 21 yd. pass from J.Garoppolo (M.Wishnowsky kick) (8-71, 4:13)	0	7
Seahawks	2	01:54	D.Metcalf 12 yd. pass from R.Wilson (J.Myers kick) (6-80, 2:55)	7	7
Seahawks	3	05:22	R.Wilson 16 yd. run (J.Myers kick) (7-66, 3:31)	14	7
Seahawks	3	04:26	F.Swain 13 yd. pass from R.Wilson (J.Myers kick) (2-14, 0:50)	21	7
49ers	3	02:10	D.Samuel 76 yd. pass from T.Lance (kick failed, wl) (4-89, 2:16)	21	13
Seahawks	4	12:07	A.Collins 14 yd. run (J.Myers kick) (10-81, 5:03)	28	13
49ers	4	01:20	D.Samuel 8 yd. pass from T.Lance (T.Lance run) (13-80, 3:10)	28	21

### SEATTLE SEAHAWKS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Russell Wilson	23	16	149	3/20	2	28	0	116.0
Total	23	16	149	3/20	2	28	0	116.0

RUSHING	ATT	YDS	AVG	LG	TD
Alex Collins	10	44	4.4	14t	1
Chris Carson	13	30	2.3	8	0
Russell Wilson	4	26	6.5	16t	1
Travis Homer	1	5	5.0	5	0
Total	28	105	3.8	16T	2

RECEIVING	NO	YDS	AVG	LG	TD
DK Metcalf	4	65	16.3	28	1
Tyler Lockett	4	24	6.0	19	0
Freddie Swain	3	20	6.7	13t	1
Alex Collins	2	34	17.0	28	0
Will Dissly	2	5	2.5	3	0
Chris Carson	1	1	1.0	1	0
Total	16	149	9.3	28	2

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Bobby Wagner	10	5	5	0.0	0.0	0
D.J. Reed	7	4	3	0.0	0.0	0
Jordyn Brooks	7	4	3	1.0	7.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
No Field Goals			

The Seattle Seahawks made the journey to San Francisco for a match-up against the 49ers. San Francisco took an early lead when QB Jimmy Garoppolo tossed a 21-yard pass to Ross Dwelley for a TD. The Seahawks failed to pick up a first down during their first five possessions of the game before putting together a six play, 80-yard drive that ended with QB Russell Wilson connecting with WR DK Metcalf for a 12-yard TD catch. San Francisco started the second half with Trey Lance at QB after Garoppolo left the game due to a calf injury. After the 49ers and Seahawks exchanged punts, Wilson took matters into his own hands, rushing 16-yards to the corner of the end zone, making the score 14-7 and giving the Seahawks their first lead on the day. On the ensuing kickoff, San Francisco's Trenton Cannon fumbled the kickoff and was recovered by Jon Rhattigan at the San Francisco 14-yard line. Two plays later, Wilson spun to his right to avoid a blitzing cornerback and potential sack before finding Freddie Swain in the end zone for a 13-yard TD. The 49ers answered back with a deep pass by QB Trey Lance to WR Deebo Samuel down the sideline for a 76-yard TD. The Seahawks added to their lead on their next possession when Alex Collins ran 14-yards for a TD. It was the third-straight possession for Seattle that resulted in a touchdown. Lance found Samuel again with 1:06 remaining to cut the lead to seven. San Francisco attempted an onside kick which was recovered by Seattle and secured a 28-21 victory.

### SAN FRANCISCO 49ERS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Jimmy Garoppolo	23	14	165	1/7	1	26	1	79.1
Trey Lance	18	9	157	1/1	2	76t	0	117.1
Total	41	23	322	2/8	3	76T	1	95.8

RUSHING	ATT	YDS	AVG	LG	TD
Trey Sermon	19	89	4.7	15	0
Trey Lance	7	41	5.9	13	0
Jacques Patrick	2	12	6.0	8	0
Deebo Samuel	1	1	1.0	1	0
Total	29	143	4.9	15	0

RECEIVING	NO	YDS	AVG	LG	TD
Deebo Samuel	8	156	19.5	76t	2
Kyle Juszczyk	4	41	10.3	14	0
George Kittle	4	40	10.0	18	0
Mohamed Sanu	4	35	8.8	12	0
Ross Dwelley	1	21	21.0	21t	1
Brandon Aiyuk	1	15	15.0	15	0
Jauan Jennings	1	14	14.0	14	0
Total	23	322	14.0	76T	3

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Azeez Al-Shaair	10	4	6	0.0	0.0	0
Fred Warner	9	5	4	0.0	0.0	0
Marcell Harris	5	1	4	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Mitch Wishnowsky	0-1	0.0	41WL
Total	0-1	0.0	

### TEAM STATISTICS

	SEAHAWKS	49ERS
First Downs	14	23
3rd-Down Eff. (Made/Att/Pct)	2/10/20%	2/14/14%
4th-Down Eff. (Made/Att/Pct)	0/0/0%	3/4/75%
Total Net Yards	234	457
Total Plays	54	72
Yards Per Play	4.3	6.3
Rushes/Net Yards	28/105	29/143
Net Passing	129	314
Pass Attempts/Completions	23/16	41/23
Had Intercepted	0	1
Sacked/Yards Lost	3/20	2/8
Punts/Average	8/50.6	6/43.7
Penalties/Yards	5/27	8/78
Fumbles/Lost	3/0	1/1
Possession Time	28:19	31:41

# GAME SUMMARIES



## WEEK 5

Los Angeles Rams 26, Seattle Seahawks 17  
68,747 Lumen Field Oct 7, 2021



Los Angeles Rams ..... 0    3    13    10    —    26  
Seattle Seahawks ..... 0    7    0    10    —    17

### SCORING DRIVES

TEAM	QTR	TIME	SCORING PLAY	LAR	SEA
Seahawks	2	09:04	D.Metcalf 19 yd. pass from R.Wilson (J.Myers kick) (3-83, 1:37)	0	7
Rams	2	01:08	M.Gay 31 yd. Field Goal (14-63, 7:56)	3	7
Rams	3	07:56	D.Henderson 5 yd. run (kick failed, hru) (8-96, 3:07)	9	7
Rams	3	04:46	T.Higbee 13 yd. pass from M.Stafford (M.Gay kick) (5-82, 2:05)	16	7
Seahawks	4	09:16	D.Metcalf 23 yd. pass from G.Smith (J.Myers kick) (10-98, 5:26)	16	14
Rams	4	06:08	S.Michel 2 yd. run (M.Gay kick) (6-73, 3:08)	23	14
Seahawks	4	02:45	J.Myers 32 yd. Field Goal (11-46, 3:23)	23	17
Rams	4	00:24	M.Gay 47 yd. Field Goal (4-3, 1:38)	26	17

### LOS ANGELES RAMS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Matthew Stafford	37	25	365	1/7	1	68	1	97.2
<b>Total</b>	<b>37</b>	<b>25</b>	<b>365</b>	<b>1/7</b>	<b>1</b>	<b>68</b>	<b>1</b>	<b>97.2</b>

RUSHING	ATT	YDS	AVG	LG	TD
Darrell Henderson Jr.	17	82	4.8	29	1
Sony Michel	11	37	3.4	15	1
Matthew Stafford	1	-1	-1.0	-1	0
<b>Total</b>	<b>29</b>	<b>118</b>	<b>4.1</b>	<b>29</b>	<b>2</b>

RECEIVING	NO	YDS	AVG	LG	TD
Robert Woods	12	150	12.5	25	0
Cooper Kupp	7	92	13.1	33	0
Tyler Higbee	2	14	7.0	13t	1
DeSean Jackson	1	68	68.0	68	0
Darrell Henderson Jr.	1	17	17.0	17	0
Van Jefferson	1	16	16.0	16	0
Sony Michel	1	8	8.0	8	0
<b>Total</b>	<b>25</b>	<b>365</b>	<b>14.6</b>	<b>68</b>	<b>1</b>

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Sebastian Joseph-Day	8	3	5	0.0	0.0	0
Aaron Donald	7	5	2	1.0	9.0	0
Jordan Fuller	6	3	3	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Matt Gay	2-2	100.0	31G, 47G
<b>Total</b>	<b>2-2</b>	<b>100.0</b>	

### SEATTLE SEAHAWKS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Geno Smith	17	10	131	0/0	1	23t	1	78.3
Russell Wilson	16	11	152	2/21	1	29	1	93.8
<b>Total</b>	<b>33</b>	<b>21</b>	<b>283</b>	<b>2/21</b>	<b>2</b>	<b>29</b>	<b>2</b>	<b>85.8</b>

RUSHING	ATT	YDS	AVG	LG	TD
Alex Collins	15	47	3.1	13	0
Geno Smith	3	23	7.7	12	0
Russell Wilson	2	10	5.0	7	0
DeeJay Dallas	4	7	1.8	4	0
Travis Homer	1	5	5.0	5	0
<b>Total</b>	<b>25</b>	<b>92</b>	<b>3.7</b>	<b>13</b>	<b>0</b>

RECEIVING	NO	YDS	AVG	LG	TD
DK Metcalf	5	98	19.6	25	2
Tyler Lockett	5	57	11.4	25	0
DeeJay Dallas	2	32	16.0	29	0
Will Dissly	2	29	14.5	21	0
Alex Collins	2	25	12.5	20	0
Penny Hart	2	19	9.5	14	0
Travis Homer	1	13	13.0	13	0
Freddie Swain	1	9	9.0	9	0
Colby Parkinson	1	1	1.0	1	0
<b>Total</b>	<b>21</b>	<b>283</b>	<b>13.5</b>	<b>29</b>	<b>2</b>

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Jordyn Brooks	11	5	6	0.0	0.0	0
D.J. Reed	6	6	0	0.0	0.0	0
Rasheem Green	6	5	1	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Jason Myers	1-2	50.0	35WL, 32G
<b>Total</b>	<b>1-2</b>	<b>50.0</b>	

The Seattle Seahawks took on the Los Angeles Rams in a Week 5 primetime matchup on Thursday Night Football. Both teams failed to score in the first quarter, and the defenses continued to shine early in the second when FS Quandre Diggs intercepted a pass from Matthew Stafford in the back of the end zone. The Rams answered back on the following drive with an interception of their own on a pass intended for Tyler Lockett. Following a Rams' punt, Seattle got on the board first when Russell Wilson connected with DK Metcalf on a 19-yard post for a TD. Following a 14-play 63-yard drive that took up almost eight minutes in the second quarter, L.A.'s Matt Gay kicked in a 31-yard field goal to make the score 7-3 with 1:08 remaining in the first half. Before half, Seattle marched down the field to set up a 35-yard Jason Myers' FG attempt that missed wide left with just 0:02 left on the clock. L.A. gained momentum early in the second half as they drove 96 yards on their first possession, capping it off with a 5-yard Darrell Henderson Jr. TD run. Shortly after, Wilson injured his right finger on Aaron Donald's arm on a third-down incomplection. The Rams offense got the ball back and added to the lead with an 82-yard TD drive. Wilson came back in on Seattle's final drive of the third quarter before QB Geno Smith took over early in the fourth. Smith immediately took Seattle down the field with a 10-play, 98-yard drive, ending with a 23-yard TD pass to Metcalf. Smith finished 5-5 on the drive. The Rams responded quickly with another TD, marching 73 yards to give L.A. a 23-14 lead. Seattle added three more points on a Myers' 32-yard field goal on the very next drive. After an L.A. punt, Seattle had an opportunity to take the lead with 2:09 left. However, L.A.'s Nick Scott picked off Smith on the first play of the drive to seal the win. Gay finished off the victory with a 47-yard field goal, giving the Rams' a 26-17 win.

### TEAM STATISTICS

### RAMS SEAHAWKS

First Downs	24	22
3rd-Down Eff. (Made/Att/Pct)	2/10/20%	4/10/40%
4th-Down Eff. (Made/Att/Pct)	1/1/100%	0/1/0%
Total Net Yards	476	354
Total Plays	67	60
Yards Per Play	7.1	5.9
Rushes/Net Yards	29/118	25/92
Net Passing	358	262
Pass Attempts/Completions	37/25	33/21
Had Intercepted	1	2
Sacked/Yards Lost	1/7	2/21
Punts/Average	5/46.4	4/50.5
Penalties/Yards	5/85	3/20
Fumbles/Lost	1/0	0/0
Possession Time	33:03	26:57

# GAME SUMMARIES



20

## WEEK 6

Seattle Seahawks 20, Pittsburgh Steelers 23 (OT)

60,821 Heinz Field Oct 17, 2021



23

Seattle Seahawks	.....	0	0	14	6	0	—	20
Pittsburgh Steelers	.....	0	14	3	3	3	—	23

### SCORING DRIVES

TEAM	QTR	TIME	SCORING PLAY	SEA	PIT
Steelers	2	10:01	N.Harris 5 yd. pass from B.Roethlisberger (C.Boswell kick) (8-54, 4:10)	0	7
Steelers	2	01:04	E.Ebron 1 yd. run (C.Boswell kick) (14-84, 6:59)	0	14
Seahawks	3	09:55	A.Collins 2 yd. run (J.Myers kick) (10-75, 5:05)	7	14
Steelers	3	05:46	C.Boswell 27 yd. Field Goal (9-66, 4:09)	7	17
Seahawks	3	03:02	W.Dissly 1 yd. pass from G.Smith (J.Myers kick) (6-60, 2:44)	14	17
Seahawks	4	12:59	J.Myers 40 yd. Field Goal (8-36, 3:26)	17	17
Steelers	4	01:30	C.Boswell 52 yd. Field Goal (9-40, 3:49)	17	20
Seahawks	4	00:00	J.Myers 43 yd. Field Goal (9-50, 1:30)	20	20
Steelers	OT	02:50	C.Boswell 37 yd. Field Goal (3--3, 1:26)	20	23

### SEATTLE SEAHAWKS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Geno Smith	32	23	209	5/44	1	41	0	99.6
<b>Total</b>	<b>32</b>	<b>23</b>	<b>209</b>	<b>5/44</b>	<b>1</b>	<b>41</b>	<b>0</b>	<b>99.6</b>

RUSHING	ATT	YDS	AVG	LG	TD
Alex Collins	20	101	5.1	21	1
Travis Homer	2	27	13.5	26	0
DeeJay Dallas	4	17	4.3	10	0
Geno Smith	1	-1	-1.0	-1	0
<b>Total</b>	<b>27</b>	<b>144</b>	<b>5.3</b>	<b>26</b>	<b>1</b>

RECEIVING	NO	YDS	AVG	LG	TD
DK Metcalf	6	58	9.7	14	0
DeeJay Dallas	5	33	6.6	10	0
Gerald Everett	2	40	20.0	41	0
Tyler Lockett	2	35	17.5	21	0
Will Dissly	2	8	4.0	7	1
Freddie Swain	2	-4	-2.0	0	0
Travis Homer	1	27	27.0	27	0
Penny Hart	1	12	12.0	12	0
Phillip Dorsett II	1	3	3.0	3	0
Alex Collins	1	-3	-3.0	-3	0
<b>Total</b>	<b>23</b>	<b>209</b>	<b>9.1</b>	<b>41</b>	<b>1</b>

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Bobby Wagner	14	8	6	0.0	0.0	0
Jordyn Brooks	14	7	7	0.0	0.0	0
D.J. Reed	9	7	2	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Jason Myers	2-2	100.0	40G, 43G
<b>Total</b>	<b>2-2</b>	<b>100.0</b>	

### PITTSBURGH STEELERS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Ben Roethlisberger	40	29	229	1/3	1	23	0	94.7
<b>Total</b>	<b>40</b>	<b>29</b>	<b>229</b>	<b>1/3</b>	<b>1</b>	<b>23</b>	<b>0</b>	<b>94.7</b>

RUSHING	ATT	YDS	AVG	LG	TD
Najee Harris	24	81	3.4	10	0
Diontae Johnson	1	25	25.0	25	0
Kalen Ballage	2	15	7.5	11	0
Eric Ebron	1	1	1.0	1t	1
Ben Roethlisberger	2	-3	-1.5	0	0
<b>Total</b>	<b>30</b>	<b>119</b>	<b>4.0</b>	<b>25</b>	<b>1</b>

RECEIVING	NO	YDS	AVG	LG	TD
Diontae Johnson	9	71	7.9	23	0
Pat Freiermuth	7	58	8.3	12	0
Najee Harris	6	46	7.7	12	1
Ray-Ray McCloud	2	18	9.0	15	0
Chase Claypool	2	17	8.5	12	0
Eric Ebron	2	10	5.0	6	0
James Washington	1	9	9.0	9	0
<b>Total</b>	<b>29</b>	<b>229</b>	<b>7.9</b>	<b>23</b>	<b>1</b>

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Cameron Heyward	9	6	3	1.0	8.0	0
Minkah Fitzpatrick	9	7	2	0.0	0.0	0
Alex Highsmith	7	2	5	1.5	15.5	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Chris Boswell	3-3	100.0	27G, 52G, 37G
<b>Total</b>	<b>3-3</b>	<b>100.0</b>	

The Seahawks made the trip to the Steel City to face off against the Steelers on Sunday Night Football. Geno Smith made the start in place of Russell Wilson after he injured his right finger in a Week 5 loss to the Rams. Both offenses struggled to get going in the first quarter, but Pittsburgh was able to score two consecutive touchdowns to take a 14-point lead going into the half. The Steelers' first TD came on a five-yard pass to rookie RB Najee Harris. Pittsburgh followed that up with a 14-play, 84-yard drive, capped off by a one-yard TD run by TE Eric Ebron. Seattle opened up the third quarter with a TD on a 10-play, 72-yard scoring drive. The Seahawks' first TD came on a 2-yard run from RB Alex Collins, who ran for 69 yards on the drive. Pittsburgh responded on their next drive, going down the field in nine plays which led to a 27-yard FG by K Chris Boswell. Down 17-7 in the middle of the third quarter, Smith threw a 41-yard strike to TE Gerald Everett to set up a first-and-goal at the Steelers' two-yard line. Two plays later, Smith found the other TE, Will Dissly, for a one-yard TD cutting the lead down to three. After a Pittsburgh three-and-out, Seattle tied the game at 17 with a 40-yard FG from Jason Myers. On the ensuing possession, Roethlisberger fumbled the ball which was recovered by Seahawks' DE Kerry Hyder Jr., giving Seattle the ball at the Pittsburgh 35-yard line. Despite great field possession, the Steelers' defense held the Seattle offense to a three-and-out and forced them out of field goal range. After both teams exchanged punts, the Steelers and Seahawks traded field goals in the final two possessions in regulation, forcing overtime, tied at 20 apiece. Seattle would get the ball first but were unable to move the ball down the field and would go on to punt after five plays. Seattle's defense was able to force a Pittsburgh three-and-out, but on Seattle's first play of their second OT possession, LB T.J. Watt sacked and stripped Smith, which Pittsburgh recovered at the Seattle 16-yard line. The turnover led to a Boswell game winning 37-yard field goal to give the Steelers a 23-20 victory over the Seahawks. This was the first time since Russell Wilson was drafted in 2012 that another QB would start under center, breaking a 149 consecutive start streak.

### TEAM STATISTICS SEAHAWKS STEELERS

First Downs	18	22
3rd-Down Eff. (Made/Att/Pct)	3/12/25%	5/14/36%
4th-Down Eff. (Made/Att/Pct)	0/0/0%	0/0/0%
Total Net Yards	309	345
Total Plays	64	71
Yards Per Play	4.8	4.9
Rushes/Net Yards	27/144	30/119
Net Passing	165	226
Pass Attempts/Completions	32/23	40/29
Had Intercepted	0	0
Sacked/Yards Lost	5/44	1/3
Punts/Average	8/45.5	7/47.9
Penalties/Yards	6/45	5/38
Fumbles/Lost	3/1	1/1
Possession Time	29:37	37:33

# SEAHAWKS GAME-BY-GAME

	9/12 at Ind	9/19 Ten	9/26 at Min	10/3 at SF	10/7 LAR	10/17 at Pit	10/25 NO	10/31 Jax	11/14 at GB	11/21 Ari	11/29 at WSH	12/5 SF	12/12 @Hou	12/19 at LAR	12/27 LAR	1/2 Det	1/9 at Ari
Points	28	30	17	28	17	20											
1 Qtr	7	3	10	0	0	0											
2 Qtr	14	21	7	7	7	0											
3 Qtr	0	0	0	14	0	14											
4 Qtr	7	6	0	7	10	6											
OT	-	0	-	-	-	0											
First Down	18	17	21	14	22	18											
Rush	6	5	6	7	5	8											
Pass	12	10	14	6	13	9											
Penalty	0	2	1	1	4	1											
3rd Down Eff	4-9	4-12	3-8	2-10	4-10	3-12											
Percent	44.4	33.3	37.5	20.0	40.0	25.0											
4th Down Eff	0-0	0-0	0-1	0-0	0-1	0-0											
Percent	0	0	0	0	0	0											
Total Net Yds	381	397	389	234	354	309											
Plays	53	52	52	54	60	64											
Avg	7.2	7.6	7.5	4.3	5.9	4.8											
Net Yds Rush	140	77	106	105	92	144											
Plays	27	18	18	28	25	27											
Avg	5.2	4.3	5.9	3.8	3.7	5.3											
Net Yds Pass	241	320	283	129	262	165											
Sack/Loss	3/13	3/23	2/15	3/20	2/21	5/44											
Gross Yds	254	343	298	149	283	209											
Att/Comp	23/18	31/22	32/23	23/16	33/21	32/23											
Int	0	0	0	0	2	0											
Avg	9.3	9.4	8.3	5.0	7.5	4.5											
Punts/Avg	5/37.0	6/51.7	2/44.0	8/50.6	4/50.5	8/45.5											
Blocked	0	0	0	0	1	0											
Punt Ret/Yds	2/15	0/0	0/0	2/11	1/13	3/20											
Kickoff Ret/Yds	1/22	3/30	1/21	2/51	2/46	3/97											
Int Ret/Yds	0/0	0/0	0/0	1/0	1/0	0/0											
Penalties/Yds	7/53	10/100	4/35	5/27	3/20	6/45											
Fumbles/Lost	1/1	0/0	0/0	3/0	0/0	3/1											
Touchdowns	4	4	2	4	2	2											
Rush	4	2	1	2	0	1											
Pass	0	2	1	2	2	1											
Returns	0	0	0	0	0	0											
Defense	0	0	0	0	0	0											
Safeties	0	0	0	0	0	0											
1 Pt PAT/Att	4/4	3/4	2/2	4/4	2/2	2/2											
2 Pt PAT/Att	0/0	0/0	0/0	0/0	0/0	0/0											
FG/Att	0/0	1/1	1/2	0/0	1/2	2/2											
Time of Poss	24:13	22:42	24:07	28:20	26:57	29:37											
Take/Give Ratio	1/1	1/0	0/0	2/0	1/2	1/1											
Avg Drive Start	SEA33	SEA30	SEA22	SEA35	SEA24	SEA27											

# OPPONENT GAME-BY-GAME

	9/12 at Ind	9/19 Ten	9/26 at Min	10/3 at SF	10/7 LAR	10/17 at Pit	10/25 NO	10/31 Jax	11/14 at GB	11/21 Ari	11/29 at WSH	12/5 SF	12/12 @Hou	12/19 at LAR	12/27 LAR	1/2 Det	1/9 at Ari
Points	16	33	30	21	26	23											
1 Qtr	3	3	7	7	0	0											
2 Qtr	7	6	14	0	3	14											
3 Qtr	0	7	3	6	13	3											
4 Qtr	6	14	6	8	10	3											
OT	-	3	-	-	-	3											
First Down	23	33	28	23	24	22											
Rush	8	11	7	7	8	6											
Pass	14	16	20	15	16	14											
Penalty	1	6	1	1	0	2											
3rd Down Eff	5-13	6-14	9-14	2-14	2-10	5-14											
Percent	38.5	43.0	64.3	14.3	20.0	35.7											
4th Down Eff	0-3	0-1	0-0	3-4	1-1	0-0											
Percent	0	0	0	75.0	100.0	0											
Total Net Yds	336	532	453	457	476	345											
Plays	71	83	73	72	67	71											
Avg	4.7	6.4	6.2	6.3	7.1	4.9											
Net Yds Rush	113	212	140	143	118	119											
Plays	30	40	34	29	29	30											
Avg	3.8	5.3	4.1	4.9	4.1	4.0											
Net Yds Pass	223	320	313	314	358	226											
Sack/loss	3/28	3/27	1/10	2/8	1/7	1/3											
Gross Yds	251	347	323	322	365	229											
Att/Comp	38/25	40/27	38/30	41/23	37/25	40/29											
Int	0	0	0	1	1	0											
Avg	5.4	7.4	8.0	7.3	9.4	5.5											
Punts/Avg	4/46.8	2/47.0	2/47.0	6/43.7	5/46.4	7/47.9											
Blocked	0	0	0	0	0	0											
Punt Ret/Yds	1/7	3/32	2/-1	4/32	1/11	4/29											
Kickoff Ret/Yds	2/41	6/100	2/40	4/50	4/73	3-73											
Int Ret/Yds	0/0	0/0	1/0	0/0	2/3	0/0											
Penalties/Yds	2/16	5/45	4/40	8/78	5/85	5/38											
Fumbles/Lost	1/1	1/1	1/0	1/1	1/0	1/1											
Touchdowns	2	3	3	3	3	2											
Rush	0	3	0	0	2	1											
Pass	2	0	3	3	1	1											
Returns	0	0	0	0	0	0											
Defense	0	0	0	0	0	0											
Safeties	0	0	0	0	0	0											
1 Pt PAT/Att	1/2	3/3	3/3	2/3	2/3	2/2											
2 Pt PAT/Att	0/1	0/0	0/0	1/1	0/0	0/0											
FG/Att	1/1	4/5	3/3	0/1	2/2	3/3											
Time of Poss	35:47	42:33	35:53	31:40	33:03	37:33											
Take/Give Ratio	1/1	0/1	0/0	0/2	2/1	1/1											
Avg Drive Start	IND23	TEN24	MIN25	SF21	LA25	PIT31											

# DRIVE EFFICIENCY CHART

## SEAHAWKS DRIVES ENDED BY...

DATE	TEAMS	DRIVES	3/OUT	TD	FGA	FGM	PNT	DWN	TRN	SAF	CLK	POINTS	PTS/DRV	EFF
9/12	Seattle	10	2	4	0	0	5	0	1	0	0	28	2.80	0.400
	at Indianapolis	11	5	2	1	1	4	2	1	0	1	16	1.45	0.273
9/19	Seattle	12	4	4	1	1	6	0	0	0	1	30	2.50	0.417
	Tennessee	13	3	3	5	4	2	1	1	0	1	33	2.54	0.538
9/26	Seattle	9	0	2	2	1	2	1	0	0	2	17	1.89	0.333
	at Minnesota	8	1	3	3	3	2	0	0	0	0	30	3.75	0.750
10/3	Seattle	14	9	4	0	0	8	0	0	0	2	28	2.00	0.286
	at San Francisco	12	3	3	1	0	6	1	1	0	0	21	1.75	0.250
10/7	Seattle	12	3	2	2	1	4	1	2	0	1	17	1.42	0.250
	L.A. Rams	12	2	3	2	2	5	0	1	0	1	26	2.17	0.417
10/17	Seattle	14	7	2	2	2	8	0	1	0	1	20	1.43	0.286
	at Pittsburgh	13	4	2	3	3	7	0	1	0	0	23	1.77	0.385
10/25	Seattle													
	New Orleans													
10/31	Seattle													
	Jacksonville													
11/14	Seattle													
	at Green Bay													
11/21	Seattle													
	Arizona													
11/29	Seattle													
	at Washington													
12/5	Seattle													
	San Francisco													
12/12	Seattle													
	at Houston													
12/19	Seattle													
	at L.A. Rams													
12/26	Seattle													
	Chicago													
1/2	Seattle													
	Detroit													
1/9	Seattle													
	at Arizona													
<b>Totals</b>	<b>Seahawks</b>	<b>71</b>	<b>25</b>	<b>18</b>	<b>7</b>	<b>5</b>	<b>33</b>	<b>2</b>	<b>4</b>	<b>0</b>	<b>7</b>	<b>140</b>	<b>1.97</b>	<b>0.324</b>
	<b>Opponents</b>	<b>69</b>	<b>18</b>	<b>16</b>	<b>15</b>	<b>13</b>	<b>26</b>	<b>4</b>	<b>5</b>	<b>0</b>	<b>3</b>	<b>149</b>	<b>2.16</b>	<b>0.420</b>

## Seahawks Longest Drives

### Most Plays

Date	Opponent	# of Plays	Net Yards	Time	Result
09/26/21	at Minnesota	11	40	6:10	FG
10/07/21	L.A. Rams	11	46	3:23	FG
10/03/21	at San Francisco	10	81	5:03	TD
10/07/21	L.A. Rams	10	98	5:26	TD
10/17/21	at Pittsburgh	10	75	5:05	TD

### Most Net Yards

Date	Opponent	Net Yards	# of Plays	Time	Result
10/07/21	L.A. Rams	98	10	5:26	TD
09/12/21	at Indianapolis	83	6	2:19	TD
09/19/21	Tennessee	83	3	1:44	TD
10/07/21	L.A. Rams	83	3	1:37	TD
09/12/21	at Indianapolis	81	9	4:15	TD
10/03/21	at San Francisco	81	10	5:03	TD

### Longest Time of Possession

Date	Opponent	Time	Net Yards	# of Plays	Result
09/26/21	at Minnesota	6:10	40	11	FG
10/07/21	L.A. Rams	5:26	98	10	TD
10/17/21	at Pittsburgh	5:05	75	10	TD
10/03/21	at San Francisco	5:03	81	10	TD
09/19/21	Tennessee	4:58	23	9	Punt

## Opponents Longest Drives

### Most Plays

Date	Team	# of Plays	Net Yards	Time	Result
09/26/21	Minnesota	16	50	8:26	FG
09/12/21	Indianapolis	14	72	9:19	FG
09/12/21	Indianapolis	14	59	6:26	Downs
10/07/21	L.A. Rams	14	63	7:56	FG
10/17/21	Pittsburgh	14	84	6:59	TD

### Most Net Yards

Date	Team	Net Yards	# of Plays	Time	Result
10/07/21	L.A. Rams	96	8	3:07	TD
10/03/21	San Francisco	89	4	2:16	TD
09/26/21	Minnesota	88	12	7:08	FG
09/26/21	Minnesota	85	9	5:44	TD
10/17/21	Pittsburgh	84	14	6:59	TD

### Longest Time of Possession

Date	Team	Time	Net Yards	# of Plays	Result
09/12/21	Indianapolis	9:19	72	14	FG
09/26/21	Minnesota	8:26	50	16	FG
10/07/21	L.A. Rams	7:56	14	63	FG
09/26/21	Minnesota	7:08	88	12	FG
10/17/21	Pittsburgh	6:59	84	14	TD

## SEAHAWKS 2021 REGULAR SEASON INSIDE 20 EFFICIENCY

SEAHAWKS														
Date	Opponent	Pos	TD	FG	FGA	INT	Fum	Dwns	Half	Drive Ends Game	Pts	TD%	Score Pct.	Pts/Poss
09/12	at Indianapolis	2	2	0	0	0	0	0	0	0	14	100.0	100.0	7.0
09/19	Tennessee	3	2	1	1	0	0	0	0	0	17	66.7	100.0	5.7
09/26	at Minnesota	1	1	0	0	0	0	0	0	0	7	100.0	100.0	7.0
10/03	at San Francisco	4	4	0	0	0	0	0	0	0	28	100.0	100.0	7.0
10/07	L.A. Rams	3	1	1	2	0	0	0	0	0	10	33.3	66.7	3.3
10/17	at Pittsburgh	3	2	1	1	0	0	0	0	0	17	66.7	100.0	5.7
10/25	New Orleans	--	--	--	--	--	--	--	--	--	--	--	--	--
10/31	Jacksonville	--	--	--	--	--	--	--	--	--	--	--	--	--
11/14	at Green Bay	--	--	--	--	--	--	--	--	--	--	--	--	--
11/21	Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
11/29	at Washington	--	--	--	--	--	--	--	--	--	--	--	--	--
12/05	San Francisco	--	--	--	--	--	--	--	--	--	--	--	--	--
12/12	at Houston	--	--	--	--	--	--	--	--	--	--	--	--	--
12/19	at L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
12/26	Chicago	--	--	--	--	--	--	--	--	--	--	--	--	--
01/02	Detroit	--	--	--	--	--	--	--	--	--	--	--	--	--
01/09	at Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
TOTALS		16	12	3	4	0	0	0	0	0	93	75.0	93.8	5.8

## OPPONENT 2021 REGULAR SEASON INSIDE 20 EFFICIENCY

OPPONENT														
Date	Opponent	Pos	TD	FG	FGA	INT	Fum	Dwns	Half	Drive Ends Game	Pts	TD%	Score Pct.	Pts/Poss
09/12	at Indianapolis	4	2	1	1	0	0	1	0	0	16	50.0	75.0	4.0
09/19	Tennessee	6	2	4	4	0	0	0	0	0	26	33.3	100.0	4.3
09/26	at Minnesota	6	3	3	3	0	0	0	0	0	30	50.0	100.0	5.0
10/03	at San Francisco	1	1	0	0	0	0	0	0	0	8	100.0	100.0	8.0
10/07	L.A. Rams	5	3	1	1	1	0	0	0	0	23	60.0	80.0	4.6
10/17	at Pittsburgh	4	2	2	2	0	0	0	0	0	20	50.0	100.0	5.0
10/25	New Orleans	--	--	--	--	--	--	--	--	--	--	--	--	--
10/31	Jacksonville	--	--	--	--	--	--	--	--	--	--	--	--	--
11/14	at Green Bay	--	--	--	--	--	--	--	--	--	--	--	--	--
11/21	Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
11/29	at Washington	--	--	--	--	--	--	--	--	--	--	--	--	--
12/05	San Francisco	--	--	--	--	--	--	--	--	--	--	--	--	--
12/12	at Houston	--	--	--	--	--	--	--	--	--	--	--	--	--
12/19	at L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
12/26	Chicago	--	--	--	--	--	--	--	--	--	--	--	--	--
01/02	Detroit	--	--	--	--	--	--	--	--	--	--	--	--	--
01/09	at Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
TOTALS		26	13	11	11	1	0	1	0	0	123	50.0	92.3	4.7

# THIRD DOWN EFFICIENCY + THIRD DOWN EFFICIENCY - OPPONENTS

SEAHAWKS 2021 REGULAR SEASON THIRD DOWN EFFICIENCY

SEAHAWKS												
Date	Opponent	3rd & 1	3rd & 2	3rd & 3	3rd & 4	3rd & 5	3rd & 6	3rd & 7	3rd & 8	3rd & 9	3rd & 10+	Total
09/12	at Indianapolis	2 / 2	0 / 0	0 / 0	0 / 2	0 / 1	1 / 2	0 / 1	0 / 0	1 / 1	0 / 0	4 / 9
09/19	Tennessee	1 / 1	0 / 2	0 / 0	0 / 2	0 / 0	1 / 1	1 / 1	0 / 2	0 / 0	1 / 3	4 / 12
09/26	at Minnesota	1 / 1	0 / 0	1 / 2	0 / 0	0 / 0	0 / 0	1 / 2	0 / 0	0 / 0	0 / 3	3 / 8
10/03	at San Francisco	2 / 2	0 / 0	0 / 0	0 / 1	0 / 0	0 / 0	0 / 2	0 / 0	0 / 2	0 / 3	2 / 10
10/07	L.A. Rams	2 / 2	0 / 1	1 / 2	0 / 0	0 / 1	0 / 0	0 / 0	0 / 0	0 / 0	1 / 4	4 / 10
10/17	at Pittsburgh	1 / 2	0 / 1	0 / 0	0 / 2	0 / 1	0 / 0	1 / 1	1 / 1	0 / 0	0 / 4	3 / 12
10/25	New Orleans											
10/31	Jacksonville											
11/14	at Green Bay											
11/21	Arizona											
11/29	at Washington											
12/05	San Francisco											
12/12	at Houston											
12/19	at L.A. Rams											
12/26	Chicago											
01/02	Detroit											
01/09	at Arizona											
TOTALS		9 / 10	0 / 4	2 / 4	0 / 7	0 / 3	2 / 3	3 / 7	1 / 3	1 / 3	2 / 17	20 / 61
		90.0%	0.0%	50.0%	0.0%	0.0%	66.7%	42.9%	33.3%	33.3%	11.8%	32.8%
3RD & 1-3: 11 / 18 = 61.1%				3RD & 4-6: 2 / 13 = 15.4%				3RD & 7-10+: 7 / 30 = 23.3%				

OPPONENT 2021 REGULAR SEASON THIRD DOWN EFFICIENCY

OPPONENT												
Date	Opponent	3rd & 1	3rd & 2	3rd & 3	3rd & 4	3rd & 5	3rd & 6	3rd & 7	3rd & 8	3rd & 9	3rd & 10+	Total
09/12	at Indianapolis	1 / 1	2 / 2	0 / 2	1 / 1	0 / 1	0 / 1	0 / 1	0 / 1	0 / 0	1 / 3	5 / 13
09/19	Tennessee	3 / 3	0 / 0	1 / 1	0 / 0	1 / 5	0 / 0	0 / 0	0 / 0	0 / 1	1 / 4	6 / 14
09/26	at Minnesota	2 / 2	0 / 0	0 / 1	2 / 3	2 / 2	0 / 0	0 / 1	2 / 2	0 / 0	1 / 3	9 / 14
10/03	at San Francisco	1 / 1	0 / 0	0 / 1	0 / 2	0 / 1	0 / 1	0 / 2	0 / 1	0 / 1	1 / 4	2 / 14
10/07	L.A. Rams	0 / 1	0 / 1	1 / 2	0 / 0	0 / 1	0 / 0	0 / 0	0 / 1	0 / 1	1 / 3	2 / 10
10/17	at Pittsburgh	1 / 1	1 / 1	1 / 1	1 / 2	0 / 0	0 / 1	0 / 1	0 / 1	0 / 2	1 / 4	5 / 14
10/25	New Orleans											
10/31	Jacksonville											
11/14	at Green Bay											
11/21	Arizona											
11/29	at Washington											
12/05	San Francisco											
12/12	at Houston											
12/19	at L.A. Rams											
12/26	Chicago											
01/02	Detroit											
01/09	at Arizona											
TOTALS		8 / 9	3 / 4	3 / 8	4 / 8	3 / 10	0 / 3	0 / 5	2 / 6	0 / 5	6 / 21	29 / 79
		88.9%	75.0%	37.5%	50.0%	30.0%	0.0%	0.0%	33.3%	0.0%	28.6%	36.7%
3RD & 1-3: 14 / 21 = 66.7%				3RD & 4-6: 7 / 21 = 33.3%				3RD & 7-10+: 8 / 37 = 21.6%				

# PASSER RATING

DATE	TEAMS	ATTEMPTS	COMPLETIONS	PCT.	YARDS	TD	INT	RATING
9/12	Seattle	23	18	78%	254	4	0	152.3
	at Indianapolis	38	25	66%	251	2	0	102.0
9/19	Seattle	31	22	71%	343	2	0	128.8
	Tennessee	40	27	68%	347	0	0	94.5
9/26	Seattle	32	23	72%	298	1	0	111.2
	at Minnesota	38	30	79%	323	3	0	128.4
10/3	Seattle	23	16	70%	149	2	0	116.0
	at San Francisco	41	23	56%	322	3	1	95.8
10/7	Seattle	33	21	64%	283	2	2	85.8
	L.A. Rams	37	25	68%	365	1	1	97.2
10/17	Seattle	32	23	72%	209	1	0	99.6
	at Pittsburgh	40	29	73%	229	1	0	94.7
10/25	Seattle							
	New Orleans							
10/31	Seattle							
	Jacksonville							
11/14	Seattle							
	at Green Bay							
11/21	Seattle							
	Arizona							
11/29	Seattle							
	at Washington							
12/5	Seattle							
	San Francisco							
12/12	Seattle							
	at Houston							
12/19	Seattle							
	at L.A. Rams							
12/26	Seattle							
	Chicago							
1/2	Seattle							
	Detroit							
1/9	Seattle							
	at Arizona							
<b>Totals</b>	<b>Seahawks</b>	<b>174</b>	<b>123</b>	<b>71%</b>	<b>1,536</b>	<b>12</b>	<b>2</b>	<b>116.0</b>
	<b>Opponents</b>	<b>234</b>	<b>159</b>	<b>68%</b>	<b>1,837</b>	<b>10</b>	<b>2</b>	<b>102.1</b>

# SUPERLATIVES

Overall	2-4	When Leading at Halftime	1-2
Home	0-2	When Trailing at Halftime	0-2
Road	2-2	When Leading After 3 Quarters	2-1
		When Trailing After 3 Quarters	0-3
By Month		When Tied After 3 Quarters	0-0
September	1-2		
October	1-2	When Scoring...	
November	0-0	First	0-3
December	0-0	Less than 20	0-2
January	0-0	20+	2-2
Turf		When Outrushing Opponents	1-1
Artificial	1-3		
Natural	1-1	When + in Time of Possession	0-0
		When - in Time of Possession	2-4
Indoors	1-1	When = in Time of Possession	0-0
Vs. AFC	1-2	When + in Takeaway/Giveaway	1-1
North	0-1	When - in Takeaway/Giveaway	0-1
West	0-0	When = in Takeaway/Giveaway	1-2
East	0-0		
South	1-1	With a 100-Yard Rusher	0-1
		With a 100-Yard Receiver	1-2
Vs. NFC	1-2	With a 300-Yard Passer	0-1
North	0-1		
West	1-1	Versus a 100-Yard Rusher	0-2
East	0-0	Versus a 100-Yard Receiver	1-3
South	0-0	Versus a 300-Yard Passer	0-3

# WEEKLY TEAM RANKINGS

## NFL

WEEK	OFFENSE			DEFENSE		
	TOTAL	RUSH	PASS	TOTAL	RUSH	PASS
1	18T	8	20	11	16	12
2	11	19	10	30	31	22
3	11	11T	9	32	30	26
4	19	18	17T	32	32	28
5	19	19	16T	32	31	30
6	22	16	22	32	30	28
7						
8						
--						
10						
11						
12						
13						
14						
15						
16						
17						

T = Tied for position      *Italics* = Bye week

## NFC

WEEK	OFFENSE			DEFENSE		
	TOTAL	RUSH	PASS	TOTAL	RUSH	PASS
1	9T	3	11	7	8	8
2	4	10	7	16	16	11
3	6	6T	6	16	16	12
4	11	9	11	16	16	13
5	10	10	10T	16	16	14
6	11	8	11	16	16	14
7						
8						
--						
10						
11						
12						
13						
14						
15						
16						
17						

# INDIVIDUAL HIGHS

	SCORING		
POINTS	<i>(non kicker)</i>		
SEA:	12 3 times (Last: D. Metcalf vs. LAR)	10/07	
Opponents:	18 D. Henry vs. Tennessee	09/19	
LONGEST TD			
SEA:	69 T. Lockett at Indianapolis	09/12	
Opponents:	76 D. Samuel at San Francisco	10/03	
	RUSHING		
ATTEMPTS			
SEA:	20 A. Collins at Pittsburgh	10/17	
Opponents:	35 D. Henry vs. Tennessee	09/19	
YARDS			
SEA:	101 A. Collins at Pittsburgh	10/17	
Opponents:	182 D. Henry vs. Tennessee	09/19	
LONGEST, NO TD			
SEA:	33 C. Carson at Indianapolis	09/12	
Opponents:	29 D. Henderson Jr. vs. L.A. Rams	10/07	
TOUCHDOWNS			
SEA:	2 C. Carson vs. Tennessee	09/19	
Opponents:	3 D. Henry vs. Tennessee	09/19	
LONGEST TD			
SEA:	30 C. Carson at Minnesota	09/26	
Opponents:	60 D. Henry vs. Tennessee	09/19	
	PASSING		
ATTEMPTS			
SEA:	32 2 times (Last: G. Smith at PIT)	10/17	
Opponents:	40 2 times (Last: B. Roethlisberger at PIT)	10/17	
COMPLETIONS			
SEA:	23 2 times (Last: G. Smith at PIT)	10/17	
Opponents:	30 K. Cousins at Minnesota	09/26	
YARDS			
SEA:	343 R. Wilson vs. Tennessee	09/19	
Opponents:	365 M. Stafford vs. L.A. Rams	10/07	
COMPLETIONS PCT.			
SEA:	78.3 R. Wilson at Indianapolis	09/12	
Opponents:	78.9 K. Cousins at Minnesota	09/26	
LONGEST, NO TD			
SEA:	51 R. Wilson vs. Tennessee	09/19	
Opponents:	68 M. Stafford vs. L.A. Rams	10/07	
PASSER RATING			
SEA:	152.3 R. Wilson at Indianapolis	09/12	
Opponents:	128.4 K. Cousins at Minnesota	09/26	
TOUCHDOWNS			
SEA:	4 R. Wilson at Indianapolis	09/12	
Opponents:	3 K. Cousins at Minnesota	09/26	
LONGEST TD			
SEA:	69 R. Wilson at Indianapolis	09/12	
Opponents:	76 T. Lance at San Francisco	10/03	
INTERCEPTIONS			
SEA:	1 2 times (Last: G. Smith/R. Wilson vs. L.A. Rams)	10/07	
Opponents:	1 2 times (Last: M. Stafford vs. LAR)	10/07	
	RECEIVING		
RECEPTIONS			
SEA:	8 T. Lockett vs. Tennessee	09/19	
Opponents:	12 R. Woods vs. L.A. Rams	10/07	

	YARDS		
SEA:	178 T. Lockett vs. Tennessee	09/19	
Opponents:	156 D. Samuel at San Francisco	10/03	
LONGEST, NO TD			
SEA:	51 T. Lockett vs. Tennessee	09/19	
Opponents:	68 D. Jackson vs. L.A. Rams	10/07	
TOUCHDOWNS			
SEA:	2 2 times (Last: D. Metcalf vs. LAR)	10/07	
Opponents:	2 2 times (Last: D. Samuel at SF)	10/03	
LONGEST TD			
SEA:	69 T. Lockett at Indianapolis	09/12	
Opponents:	76 D. Samuel at San Francisco	10/03	
	INTERCEPTIONS		
INTERCEPTIONS			
SEA:	1 2 times (Last: Q. Diggs vs. LAR)	10/07	
Opponents:	1 2 times (Last: T. Reeder/N. Scott vs. L.A. Rams)	10/07	
YARDS			
SEA:	5 Q. Diggs at San Francisco	10/03	
Opponents:	3 N. Scott vs. L.A. Rams	10/07	
LONGEST			
SEA:	5 Q. Diggs at San Francisco	10/03	
Opponents:	3 N. Scott vs. L.A. Rams	10/07	
TOUCHDOWNS			
SEA:	None		
Opponents:	None		
	PUNT RETURNS		
RETURNS			
SEA:	2 3 times (Last: F. Swain at PIT)	10/17	
Opponents:	4 2 times (Last: R. McCloud at PIT)	10/17	
FAIR CATCHES			
SEA:	2 2 times (Last: F. Swain at SF)	10/03	
Opponents:	1 4 times (Last: C. Kupp vs. LAR)	10/07	
YARDS			
SEA:	17 F. Swain at Pittsburgh	10/17	
Opponents:	32 2 times (Last: B. Aiyuk at SF)	10/03	
LONGEST			
SEA:	14 F. Swain at Pittsburgh	10/17	
Opponents:	14 R. McCloud at Pittsburgh	10/17	
TOUCHDOWNS			
SEA:	None		
Opponents:	None		
	KICKOFF RETURNS		
RETURNS			
SEA:	3 2 times (Last: D. Dallas at PIT)	10/17	
Opponents:	6 C. Rogers vs. Tennessee	09/19	
YARDS			
SEA:	97 D. Dallas at Pittsburgh	10/17	
Opponents:	100 C. Rogers vs. Tennessee	09/19	
LONGEST			
SEA:	38 D. Dallas at Pittsburgh	10/17	
Opponents:	37 R. McCloud at Pittsburgh	10/17	
TOUCHDOWNS			
SEA:	None		
Opponents:	None		

# GAME-BY-GAME STARTERS

## 2021 REGULAR SEASON

### OFFENSE

DATE	OPPONENT	WR	LT	LG	C	RG	RT	TE	WR	QB	WR	RB
9/12	at Indianapolis	D. Metcalf	D. Brown	D. Lewis	K. Fuller	G. Jackson	B. Shell	G. Everett/ W. Dissly	T. Lockett	R. Wilson		C. Carson
9/19	Tennessee	D. Metcalf	D. Brown	D. Lewis	K. Fuller	G. Jackson	B. Shell	G. Everett/ W. Dissly	T. Lockett	R. Wilson		C. Carson
9/26	at Minnesota	D. Metcalf	D. Brown	D. Lewis	K. Fuller	G. Jackson	J. Jones	G. Everett/ W. Dissly	T. Lockett	R. Wilson		C. Carson
10/3	at San Francisco	D. Metcalf	D. Brown	D. Lewis	K. Fuller	G. Jackson	C. Ogbuehi	W. Dissly	T. Lockett	R. Wilson	F. Swain	C. Carson
10/7	L.A. Rams	D. Metcalf	D. Brown	D. Lewis	K. Fuller	G. Jackson	B. Shell	W. Dissly	T. Lockett	R. Wilson	F. Swain	A. Collins
10/17	at Pittsburgh	D. Metcalf	D. Brown	D. Lewis	K. Fuller	G. Jackson	B. Shell	G. Everett/ W. Dissly	T. Lockett	G. Smith		A. Collins
10/25	New Orleans											
10/31	Jacksonville											
11/14	at Green Bay											
11/21	Arizona											
11/29	at Washington											
12/5	San Francisco											
12/12	at Houston											
12/19	at L.A. Rams											
12/26	Chicago											
1/2	Detroit											
1/9	at Arizona											

## 2021 REGULAR SEASON

### DEFENSE

DATE	OPPONENT	EDGE	DE	NT	DT	OLB	MLB	OLB	LCB	RCB	SS	FS
9/12	at Indianapolis	C. Dunlap II	K. Hyder Jr.	P. Ford	A. Woods		B. Wagner	J. Brooks	D. Reed/ U. Amadi	T. Flowers	J. Adams	Q. Diggs
9/19	Tennessee	B. Mayowa	K. Hyder Jr.	P. Ford	A. Woods	R. Green	B. Wagner	J. Brooks	D. Reed	T. Flowers	J. Adams	Q. Diggs
9/26	at Minnesota	R. Green	K. Hyder Jr.	P. Ford	A. Woods	A. Robinson	B. Wagner	J. Brooks	D. Reed	T. Flowers	J. Adams	Q. Diggs
10/3	at San Francisco	R. Green	K. Hyder Jr.	P. Ford	A. Woods	A. Robinson	B. Wagner	J. Brooks	S. Jones IV	D. Reed	J. Adams	Q. Diggs
10/7	L.A. Rams	R. Green	K. Hyder Jr.	P. Ford	A. Woods		B. Wagner	J. Brooks	S. Jones IV/ U. Amadi	D. Reed	J. Adams	Q. Diggs
10/17	at Pittsburgh	R. Green	B. Mone	P. Ford	A. Woods	B. Mayowa	B. Wagner	J. Brooks	S. Jones IV	D. Reed	J. Adams	Q. Diggs
10/25	New Orleans											
10/31	Jacksonville											
11/14	at Green Bay											
11/21	Arizona											
11/29	at Washington											
12/5	San Francisco											
12/12	at Houston											
12/19	at L.A. Rams											
12/26	Chicago											
1/2	Detroit											
1/9	at Arizona											

Rookies underlined.

# TOP PERFORMANCES

## 2021 REGULAR SEASON BIG YARDAGE GAMES

100-YARD RUSHERS							
DATE	OPPONENT	PLAYER	ATT.	YDS.	AVG.	LG	TD
10/17	at Steelers	Alex Collins	20	101	5.1	21	1

300-YARD PASSERS							
DATE	OPPONENT	PLAYER	ATT.	YDS.	COMP./ATT.	LG	TD
9/19	vs. Titans	Russell Wilson	31	343	22/31	68T	2

100-YARD PASS RECEIVERS							
DATE	OPPONENT	PLAYER	NO.	YDS.	AVG.	LG	TD
9/19	vs. Titans	Tyler Lockett	8	178	22.3	63T	1
9/26	at Vikings	DK Metcalf	6	107	17.8	28	1
9/12	at Colts	Tyler Lockett	4	100	25.0	69T	2

MULTI-SACK GAMES							
DATE	OPPONENT	PLAYER	SACKS	YDS.	QBH		

## 2021 OPPONENTS BIG YARDAGE GAMES

100-YARD RUSHERS							
DATE	OPPONENT	PLAYER	ATT.	YDS.	AVG.	LG	TD
9/19	vs. Titans	Derrick Henry	35	182	5.2	60T	3
9/26	at Vikings	Alexander Mattison	26	112	4.3	24	0

300-YARD PASSERS							
DATE	OPPONENT	PLAYER	ATT.	YDS.	COMP./ATT.	LG	TD
10/7	vs. Rams	Matthew Stafford	37	365	25/37	68	1
9/19	vs. Titans	Ryan Tannehill	40	347	27/40	51	0
9/26	at Vikings	Kirk Cousins	38	323	30/38	28	3

100-YARD PASS RECEIVERS							
DATE	OPPONENT	PLAYER	NO.	YDS.	AVG.	LG	TD
10/3	at 49ers	Deebo Samuel	8	156	19.5	76T	2
10/7	vs. Rams	Robert Woods	12	150	12.5	25	0
9/19	vs. Titans	Julio Jones	6	128	21.3	51	0
9/26	at Vikings	Justin Jefferson	9	118	13.1	28	1

MULTI-SACK GAMES							
DATE	OPPONENT	PLAYER	SACKS	YDS.	QBH		
10/3	at 49ers	Dee Ford	2.0	12.0	2		
10/17	at Steelers	T.J. Watt	2.0	13.0	2		
9/19	vs. Titans	Denico Autry	1.5	7.5	2		
10/17	at Steelers	Alex Highsmith	1.5	15.5	4		

# TAKEAWAY/GIVEAWAY CHART

DATE	OPPONENT	SEA +/- RATIO	SEATTLE TAKEAWAYS	POINTS OFF TAKEAWAYS	SEATTLE GIVEAWAYS	POINTS OFF GIVEAWAYS
09/12	at Indianapolis	0	1 (1 FUM, 0 INT)	0	1 (1 FUM, 0 INT)	0
09/19	Tennessee	+1	1 (1 FUM, 0 INT)	7	0 (0 FUM, 0 INT)	0
09/26	at Minnesota	0	0 (0 FUM, 0 INT)	0	0 (0 FUM, 0 INT)	0
10/03	at San Francisco	+2	2 (1 FUM, 1 INT)	7	0 (0 FUM, 0 INT)	0
10/07	L.A. Rams	-1	1 (0 FUM, 1 INT)	0	2 (0 FUM, 2 INT)	3
10/17	at Pittsburgh	0	1 (1 FUM, 0 INT)	0	1 (1 FUM, 0 INT)	3
10/25	New Orleans	--	--	--	--	--
10/31	Jacksonville	--	--	--	--	--
11/14	at Green Bay	--	--	--	--	--
11/21	Arizona	--	--	--	--	--
11/29	at Washington	--	--	--	--	--
12/05	San Francisco	--	--	--	--	--
12/12	at Houston	--	--	--	--	--
12/19	at L.A. Rams	--	--	--	--	--
12/26	Chicago	--	--	--	--	--
01/02	Detroit	--	--	--	--	--
01/09	at Arizona	--	--	--	--	--
<b>TOTALS</b>		<b>+2</b>	<b>6 (4 FUM, 2 INT)</b>	<b>14</b>	<b>4 (2 FUM, 2 INT)</b>	<b>6</b>

## BY SEAHAWKS

PASSING		
43 att., Russell Wilson vs. N.Y. Giants, 12/06/20	40+ PASS ATTEMPTS	40 att., Ben Roethlisberger @ Pittsburgh, 10/17/21
406 yards, Russell Wilson vs. New Orleans, 09/22/19	400 YARDS PASSING	415 yards, Josh Allen @ Buffalo, 11/08/20
343 yards, Russell Wilson vs. Tennessee, 09/19/21	300 YARDS PASSING	365 yards, Matthew Stafford vs. L.A. Rams, 10/07/21
406 yards, Russell Wilson vs. New Orleans, 09/22/19	400 NET YARDS PASSING	461 yards, Dak Prescott vs. Dallas, 09/27/20
320 yards, Russell Wilson vs. Tennessee, 09/19/21	300 NET YARDS PASSING	358 yards, Matthew Stafford vs. L.A. Rams, 10/07/21
5 tds, Russell Wilson: (43, 1, 1, 1, 29) vs. Dallas, 09/27/20	FIVE TOUCHDOWN PASSES	5 tds, Josh Freeman: (10, 20, 21, 7, 2) @ Tampa Bay, 12/26/10
4 tds, Russell Wilson: (23, 9, 69, 15) @ Indianapolis, 09/12/21	FOUR TOUCHDOWN PASSES	4 tds, Deshaun Watson: (59, 20, 2, 72) vs. Houston, 10/29/17
3 tds, Russell Wilson: (3, 47, 3) @ Arizona, 10/25/20	THREE TOUCHDOWN PASSES	3 tds, Kirk Cousins: (7, 15, 3) @ Minnesota, 09/26/21
4 ints, Matt Hasselbeck @ San Francisco, 12/12/10	FOUR INTERCEPTIONS THROWN	4 ints, Carson Palmer vs. Arizona, 12/22/13
3 ints, Russell Wilson @ Arizona, 10/25/20	THREE INTERCEPTIONS THROWN	3 ints, Kyle Allen @ Carolina, 12/15/19
2 ints, Russell Wilson @ L.A. Rams, 11/15/20	TWO INTERCEPTIONS THROWN	2 ints, Dwayne Haskins Jr. @ Washington, 12/20/20
RUSHING		
209 yards, Thomas Rawls vs. San Francisco, 11/22/15	200 YARDS RUSHING	207 yards, Frank Gore @ San Francisco, 09/20/09
101 yards, Alex Collins @ Pittsburgh, 10/17/21	100 YARDS RUSHING	112 yards, Alexander Mattison @ Minnesota, 09/26/21
140 yards/107 yards, Marshawn Lynch/Russell Wilson vs. N.Y. Giants, 11/09/14	TWO 100-YARD RUSHERS	* Never Has Happened *
4 tds, Marshawn Lynch: (1, 2, 3, 16) vs. N.Y. Giants, 11/09/14	FOUR TOUCHDOWNS RUSHING	4 tds, Jamal Lewis: (2, 1, 2, 1) @ Cleveland, 11/04/07
3 tds, Russell Wilson: (14, 25, 13) @ Buffalo, 12/16/12	THREE TOUCHDOWNS RUSHING	3 tds, Derrick Henry: (9, 60, 1) vs. Tennessee, 09/19/21
2 tds, Chris Carson: (2, 1) vs. Tennessee, 09/19/21	TWO TOUCHDOWNS RUSHING	2 tds, Malcolm Brown: (7, 1) @ L.A. Rams, 11/15/20
* Never Has Happened *	TWO PLAYERS WITH TWO TD RUSHING	Brandon Jackson: (6, 4)/Ryan Grant: (3, 56) @ Green Bay, 12/27/09
32 att., Chris Carson vs. Dallas, 09/23/18	30+ RUSHING ATTEMPTS	35 att., Derrick Henry vs. Tennessee, 09/19/21
69 yards, Chris Carson vs. L.A. Rams, 12/27/20	50-74 YARD RUSHING	56 yards, Jonathan Taylor @ Indianapolis, 09/12/21
101 yards, Alex Collins @ Pittsburgh, 10/17/21	75+ YARD RUSHING	81 yards, Najee Harris @ Pittsburgh, 10/17/21
350 yards, Seattle 38, N.Y. Giants 17 vs. N.Y. Giants, 11/09/14	300 YARDS RUSHING (TEAM)	301 yards, Denver 38, Seattle 31 vs. Denver, 11/26/00
200 yards, Arizona 37, Seattle 34 @ Arizona, 10/25/20	200 YARDS RUSHING (TEAM)	212 yards, Tennessee 33, Seattle 30 vs. Tennessee, 09/19/21
200 yards, Arizona 37, Seattle 34 @ Arizona, 10/25/20	200-299 YARDS RUSHING (TEAM)	212 yards, Tennessee 33, Seattle 30 vs. Tennessee, 09/19/21
200 yards, Arizona 37, Seattle 34 @ Arizona, 10/25/20	200+ YARDS RUSHING (TEAM)	212 yards, Tennessee 33, Seattle 30 vs. Tennessee, 09/19/21
350 yards, Seattle 38, N.Y. Giants 17 vs. N.Y. Giants, 11/09/14	300+ YARDS RUSHING (TEAM)	301 yards, Denver 38, Seattle 31 vs. Denver, 11/26/00
RECEIVING		
110 yards/100 yards, DK Metcalf/Tyler Lockett vs. Dallas, 09/27/20	TWO 100-YARD RECEIVERS	138 yards/107 yards, Michael Gallup/Cedrick Wilson vs. Dallas, 09/27/20
200 yards, Tyler Lockett @ Arizona, 10/25/20	200 YARDS RECEIVING	224 yards, DeAndre Hopkins vs. Houston, 10/29/17
107 yards, DK Metcalf @ Minnesota, 09/26/21	100 YARDS RECEIVING	150 yards, Robert Woods vs. L.A. Rams, 10/07/21
* Never Has Happened *	FOUR TOUCHDOWN RECEPTIONS	4 tds, Marcus Robinson: (13, 50, 25, 9) @ Baltimore, 11/23/03
3 tds, Tyler Lockett: (3, 47, 3) @ Arizona, 10/25/20	THREE TOUCHDOWN RECEPTIONS	3 tds, Antonio Gates: (8, 8, 21) @ San Diego, 09/14/14
2 tds, DK Metcalf: (19, 23) vs. L.A. Rams, 10/07/21	TWO TOUCHDOWN RECEPTIONS	2 tds, Deebo Samuel: (76, 8) @ San Francisco, 10/03/21
Jacob Hollister: (1, 10)/Tyler Lockett: (19, 2) vs. Tampa Bay, 11/03/19	TWO PLAYERS WITH TWO TD RECEPTIONS	Kellen Winslow: (10, 21)/Mike Williams: (20, 7) @ Tampa Bay, 12/26/10
12 , Tyler Lockett @ San Francisco, 01/03/21	10 OR MORE RECEPTIONS	12 , Robert Woods vs. L.A. Rams, 10/07/21
COMBINED YARDS		
105 yards/378 yards, Chris Carson/Russell Wilson vs. Tampa Bay, 11/03/19	100-YARD RUSHER AND 300-YARD PASSER	112 yards/323 yards, Alexander Mattison/Kirk Cousins @ Minnesota, 09/26/21
178 yards/343 yards, Tyler Lockett/Russell Wilson vs. Tennessee, 09/19/21	100-YARD RECEIVER AND 300-YARD PASSER	150 yards/365 yards, Robert Woods/Matthew Stafford vs. L.A. Rams, 10/07/21
133 yards/120 yards, Chris Carson/Tyler Lockett @ Carolina, 12/15/19	100-YARD RUSHER AND 100-YARD RECEIVER	112 yards/118 yards, Alexander Mattison/Justin Jefferson @ Minnesota, 09/26/21
105 yards/378 yards/123 yards, Chris Carson/Russell Wilson DK Metcalf vs. Tampa Bay, 11/03/19	100-YARD RUSHER, 300-YARD PASSER, 100-YARD RECEIVER	112 yards/323 yards/118 yards, Alexander Mattison/Kirk Cousins Justin Jefferson @ Minnesota, 09/26/21
110/100 yards/315 yards, DK Metcalf/Tyler Lockett/Russell Wilson vs. Dallas, 09/27/20	TWO 100-YARD RECEIVERS/300-YARD PASSER	138/107 yards/472 yards, Michael Gallup/Cedrick Wilson/Dak Prescott vs. Dallas, 09/27/20

## DEFENSE

55 yards, Quandre Diggs: (13:05) (Shotgun) 16-J.Goff pass short right intended for 17-R.Woods INTERCEPTED by 37-Q.Diggs [49-Sm.Griffin] at SEA 45. 37-Q.Diggs for 55 yards, TOUCHDOWN. @ L.A. Rams, 12/08/19	INTERCEPTED PASS RETURNED FOR A TOUCHDOWN	43 yards, Devin McCourty: (13:48) (Shotgun) 3-R.Wilson pass short left intended for 88-G.Olsen INTERCEPTED by 32-D.McCourty at SEA 43. 32-D.McCourty for 43 yards, TOUCHDOWN. vs. New England, 09/20/20
10 yards, Jadeveon Clowney: (2:57) (Shotgun) 10-J.Garoppolo sacked at SF 14 for -9 yards [91-J.Reed]. FUMBLES (91-J.Reed) [91-J.Reed], RECOVERED by SEA-90-J.Clowney at SF 10. 90-J.Clowney for 10 yards, TOUCHDOWN. @ San Francisco, 11/11/19	FUMBLE RETURNED FOR A TOUCHDOWN	18 yards, Marlon Humphrey: (3:47) (Shotgun) 3-R.Wilson pass short left to 14-DK.Metcalf to SEA 26 for 1 yard. FUMBLES, touched at SEA 26, RECOVERED by BLT-44-M.Humphrey at SEA 18. 44-M.Humphrey for 18 yards, TOUCHDOWN. The Replay Official reviewed the runner was inbounds ruling, and the play was Upheld. The ruling on the field stands. vs. Baltimore, 10/20/19
Ryan Neal: (:33) 9-R.Dixon punt is BLOCKED by 35-R.Neal, Center-58-C.Kreiter, ball out of bounds in End Zone, SAFETY. vs. N.Y. Giants, 12/06/20	SAFETY SCORED	(10:19) (Shotgun) 3-R.Wilson pass incomplete deep right. PENALTY on SEA-3-R.Wilson, Intentional Grounding, 5 yards, enforced in End Zone, SAFETY. vs. L.A. Rams, 12/17/17
Seattle 26, Chicago 0 vs. Chicago, 09/27/15	SHUTOUT	Pittsburgh 24, Seattle 0 @ Pittsburgh, 09/18/11
4.0 sk, Chris Clemons vs. Green Bay, 09/24/12	FOUR SACK GAME	4.0 sk, Chandler Jones vs. Arizona, 12/22/19
3.5 sk, Michael Bennett @ San Francisco, 10/22/15	THREE SACK GAME	3.0 sk, Leonard Floyd @ L.A. Rams, 11/15/20
2.0 sk, Benson Mayowa @ San Francisco, 01/03/21	TWO SACK GAME	2.0 sk, T.J. Watt @ Pittsburgh, 10/17/21
2 ints, K.J. Wright @ Carolina, 12/15/19	TWO INTERCEPTIONS	2 ints, Darius Williams @ L.A. Rams, 11/15/20
3 ints, Marcus Trufant vs. Arizona, 12/09/07	THREE INTERCEPTIONS	* Never Has Happened *
* Never Has Happened *	FOUR INTERCEPTIONS	4 ints, Deron Cherry vs. Kansas City, 09/29/85
86 yards, Seattle 26, San Francisco 23 @ San Francisco, 01/03/21	LESS THAN 100 RUSHING YARDS	92 yards, L.A. Rams 26, Seattle 17 vs. L.A. Rams, 10/07/21
116 yards, Seattle 40, N.Y. Jets 3 vs. N.Y. Jets, 12/13/20	LESS THAN 150 NET PASSING YARDS	129 yards, Seattle 28, San Francisco 21 @ San Francisco, 10/03/21
185 yards, Seattle 40, N.Y. Jets 3 vs. N.Y. Jets, 12/13/20	LESS THAN 200 YARDS NET OFFENSE	136 yards, Seattle 21, Dallas 12 @ Dallas, 12/24/17
185 yards, Seattle 40, N.Y. Jets 3 vs. N.Y. Jets, 12/13/20	LESS THAN 300 YARDS NET OFFENSE	234 yards, Seattle 28, San Francisco 21 @ San Francisco, 10/03/21
1 to, Pittsburgh 23, Seattle 20 @ Pittsburgh, 10/17/21	AT LEAST ONE TURNOVER	1 to, Pittsburgh 23, Seattle 20 @ Pittsburgh, 10/17/21
3 to, Seattle 38, Dallas 31 vs. Dallas, 09/27/20	FORCED THREE+ TURNOVERS	3 to, L.A. Rams 23, Seattle 16 @ L.A. Rams, 11/15/20
SPECIAL TEAMS		
99 yards, Tyler Lockett: 4-P.Dawson kicks 64 yards from ARZ 35 to SEA 1. 16-T.Lockett for 99 yards, TOUCHDOWN. vs. Arizona, 12/31/17	KICKOFF RETURNED FOR A TOUCHDOWN	97 yards, Richie James: 11-S.Janikowski kicks 62 yards from SEA 35 to SF 3. 13-R.James for 97 yards, TOUCHDOWN. @ San Francisco, 12/16/18
57 yards, Tyler Lockett: (4:45) 6-J.Hekker punts 55 yards to SEA 43, Center-44-J.McQuaide. 16-T.Lockett for 57 yards, TOUCHDOWN. SL-34-C.Reynolds was injured during the play. His return is Questionable. @ St. Louis, 09/13/15	PUNT RETURNED FOR A TOUCHDOWN	53 yards, Deonte Harris: (12:19) 4-M.Dickson punts 38 yards to NO 47, Center-69-T.Ott. 11-D.Harris for 53 yards, TOUCHDOWN. vs. New Orleans, 09/22/19
Red Bryant: (14:19) 2-D.Akers 21 yard field goal is BLOCKED (79-R.Bryant), Center-86-B.Jennings, Holder-4-A.Lee, RECOVERED by SEA-25-R.Sherman at SEA 10. 25-R.Sherman for 90 yards, TOUCHDOWN. vs. San Francisco, 12/23/12	BLOCKED FIELD GOAL RETURNED FOR A TOUCHDOWN	Lawrence Guy: (13:20) 4-S.Hauschka 48 yard field goal is BLOCKED (67-L.Guy), Center-49-C.Gresham, Holder-9-J.Ryan, RECOVERED by IND-26-D.Howell at IND 39. 26-D.Howell for 61 yards, TOUCHDOWN. @ Indianapolis, 10/06/13
Doug Baldwin: (7:19) 6-C.Jones punt is BLOCKED by 89-D.Baldwin, Center-91-L.Ladouceur, RECOVERED by SEA-57-M.Morgan at DAL 25. 57-M.Morgan for 25 yards, TOUCHDOWN. vs. Dallas, 10/12/14	BLOCKED PUNT RETURNED FOR A TOUCHDOWN	Cameron Malveaux: (:21) 4-M.Dickson punt is BLOCKED by 94-C.Malveaux, Center-69-T.Ott, RECOVERED by ARZ-92-D.Gardeck at SEA 0. TOUCHDOWN. vs. Arizona, 12/30/18
53 yards, Jason Myers: (:32) 5-J.Myers 53 yard field goal is GOOD, Center-69-T.Ott, Holder-4-M.Dickson. @ Minnesota, 09/26/21	MADE FIELD GOAL OF 50 YARDS OR LONGER	52 yards, Chris Boswell: (1:35) 9-C.Boswell 52 yard field goal is GOOD, Center-46-C.Kuntz, Holder-6-P.Harvin. @ Pittsburgh, 10/17/21
45 yards, Steven Hauschka: (:38) 4-S.Hauschka 45 yard field goal is BLOCKED (95-R.Gunter), Center-48-N.Frese, Holder-9-J.Ryan. Ball rolled dead at the goal line. vs. Arizona, 12/24/16	BLOCKED FIELD GOAL	45 yards, Zane Gonzalez: (1:20) 5-Z.Gonzalez 45 yard field goal is BLOCKED (98-R.Green), Center-46-A.Brewer, Holder-4-A.Lee, RECOVERED by SEA-27-M.Blair at SEA 38. 27-M.Blair to ARZ 16 for 46 yards (87-M.Williams). vs. Arizona, 12/22/19
Michael Dickson: (:21) 4-M.Dickson punt is BLOCKED by 94-C.Malveaux, Center-69-T.Ott, RECOVERED by ARZ-92-D.Gardeck at SEA 0. TOUCHDOWN. vs. Arizona, 12/30/18	BLOCKED PUNT	Riley Dixon: (:33) 9-R.Dixon punt is BLOCKED by 35-R.Neal, Center-58-C.Kreiter, ball out of bounds in End Zone, SAFETY. vs. N.Y. Giants, 12/06/20
Jason Myers: 5-J.Myers extra point is No Good, Hit Right Upright, Center-69-T.Ott, Holder-4-M.Dickson. vs. Tennessee, 09/19/21	MISSED POINT AFTER TOUCHDOWN ATTEMPT	Matt Gay: 8-M.Gay extra point is No Good, Hit Right Upright, Center-42-M.Orzech, Holder-6-J.Hekker. vs. L.A. Rams, 10/07/21
Greg Zuerlein [Tre Flowers blocked]: 2-G.Zuerlein extra point is Blocked (21-T.Flowers), Center-91-L.Ladouceur, Holder-6-C.Jones. vs. Dallas, 09/27/20	POINT AFTER TOUCHDOWN ATTEMPT BLOCKED	Steven Hauschka [Chris Jones blocked]: 4-S.Hauschka extra point is Blocked (93-C.Jones), Center-48-N.Frese, Holder-9-J.Ryan. @ San Francisco, 01/01/17
Jordan Babineaux: 10-O.Mare kicks onside 16 yards from SEA 30 to SEA 46. RECOVERED by SEA-27-J.Babineaux. @ Indianapolis, 10/04/09	SUCCESSFUL ONSIDE KICK	Foyesade Oluokun: 7-Y.Koo kicks onside 11 yards from ATL 35 to ATL 46. RECOVERED by ATL-54-F.Oluokun. @ Atlanta, 09/13/20
5 fg, Steven Hauschka: (22, 38, 39, 35, 30) vs. Baltimore, 11/13/11	FIVE FIELD GOALS	5 fg, Jason Sanders: (41, 29, 45, 43, 29) @ Miami, 10/04/20
4 fg, Steven Hauschka: (31, 32, 33, 28) @ San Francisco, 01/01/17	FOUR FIELD GOALS	4 fg, Randy Bullock: (33, 30, 24, 36) vs. Tennessee, 09/19/21
3 fg, Jason Myers: (44, 33, 39) @ Philadelphia, 11/30/20	THREE FIELD GOALS	3 fg, Chris Boswell: (27, 52, 37) @ Pittsburgh, 10/17/21
10 punts, Jon Ryan @ Chicago, 10/17/10	PUNTED 10+ TIMES	10 punts, Pat O'Donnell vs. Chicago, 09/27/15

# THE LAST TIME

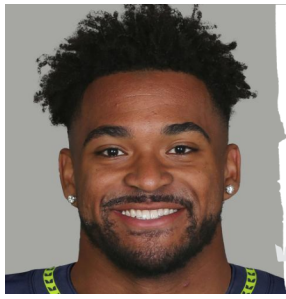
## TEAM/MISCELLANEOUS

572 yards, Seattle 572, Arizona 519 @ Arizona, 10/25/20	500 TOTAL YARDS OF OFFENSE	532 yards, Tennessee 532, Seattle 397 vs. Tennessee, 09/19/21
410 yards, Seattle 410, N.Y. Jets 185 vs. N.Y. Jets, 12/13/20	400 TOTAL YARDS OF OFFENSE	476 yards, L.A. Rams 476, Seattle 354 vs. L.A. Rams, 10/07/21
ST: (12:08) (Shotgun) R.Wilson pass short left to J.Graham for 7 yards, TOUCHDOWN [A.Ogletree].DEF: (4:46) N.Foles sacked at SL 12 for -8 yards (C.Williams). FUMBLES (C.Williams) [C.Williams], RECOVERED by SEA-C.Williams at SL 8. C.Williams for 8 yards, TOUCHDOWN.OFF: (4:45) J.Hekker punts 55 yards to SEA 43, Center-J.McQuaide. T.Lockett for 57 yards, TOUCHDOWN. SL-C.Reynolds was injured during the play. His return is Questionable. @ St. Louis, 09/13/15	TOUCHDOWN ON OFFENSE, DEFENSE AND SPECIAL TEAMS	ST: (4:22) W.Clapp reported in as eligible. A.Kamara left guard for 1 yard, TOUCHDOWN. SEA-K.Wright was injured during the play.ST: (-:42) (Shotgun) T.Bridgewater pass short right to A.Kamara for 29 yards, TOUCHDOWN.ST: (7:47) T.Bridgewater pass short left to M.Thomas for 1 yard, TOUCHDOWN.DEF: (7:05) G.Fant reported in as eligible. C.Carson right tackle to SEA 30 for 22 yards (E.Apple, M.Williams). FUMBLES (E.Apple), RECOVERED by NO-V.Bell at SEA 33. V.Bell for 33 yards, TOUCHDOWN.OFF: (12:19) M.Dickson punts 38 yards to NO 47, Center-T.Ott. D.Harris for 53 yards, TOUCHDOWN. vs. New Orleans, 09/22/19
Russell Wilson: TWO-POINT CONVERSION ATTEMPT. 3-R.Wilson pass to 86-J.Hollister is complete. ATTEMPT SUCCEEDS. vs. Dallas, 09/27/20	MADE TWO-POINT CONVERSION	Trey Lance: TWO-POINT CONVERSION ATTEMPT. 5-T.Lance rushes up the middle. ATTEMPT SUCCEEDS. @ San Francisco, 10/03/21
Russell Wilson: TWO-POINT CONVERSION ATTEMPT. 3-R.Wilson pass to 32-C.Carson is incomplete. ATTEMPT FAILS. vs. Minnesota, 10/11/20	FAILED TWO-POINT CONVERSION	Carson Wentz: TWO-POINT CONVERSION ATTEMPT. 2-C.Wentz rushes right end. ATTEMPT FAILS. @ Indianapolis, 09/12/21
Seattle 50, Toronto 17 @ Buffalo, 12/16/12	50 POINTS	Seattle 7, Dallas 51 @ Dallas, 11/27/80
Seattle 40, N.Y. Jets 3 vs. N.Y. Jets, 12/13/20	40 POINTS	Buffalo 44, Seattle 34 @ Buffalo, 11/08/20
Seattle 27, San Francisco 24 @ San Francisco, 11/11/19	OVERTIME WIN	Pittsburgh 23, Seattle 20 @ Pittsburgh, 10/17/21
Pittsburgh 23, Seattle 20 @ Pittsburgh, 10/17/21	OVERTIME LOSS	Seattle 27, San Francisco 24 @ San Francisco, 11/11/19
Arizona 6, Seattle 6 @ Arizona, 10/23/16	OVERTIME TIE	Arizona 6, Seattle 6 @ Arizona, 10/23/16
0 to, Seattle 28, San Francisco 21 @ San Francisco, 10/03/21	NO TURNOVERS	0 to, Minnesota 30, Seattle 17 @ Minnesota, 09/26/21



**PLAYERS**





33

STRONG SAFETY

JAMAL ADAMS

Height: 6-1

Weight: 213

College:

Louisiana State

Seasons:

NFL : 5th, Seahawks 2nd

Born:

October 17, 1995

Hometown:

Lewisville, Texas

AP AP AP  
1ST TEAM 2ND TEAM 2ND TEAM

## 2021 SEASON:

09/26 at Min: Led team with 12 tackles (10 solo).

## TRANSACTIONS:

04/27/17: Drafted by the N.Y. Jets (1st round, 6th overall)

07/25/20: Traded to Seattle

08/17/21: Signed multi-year contract extension with Seattle

## NFL CAREER HIGHLIGHTS:

- Since 2017, his 21.5 sacks are the most in the NFL by a defensive back (2nd, CBs Mike Hilton and Logan Ryan - 9.5).
- Led Seattle while setting an NFL record for most sacks by a defensive back in a single season with a career-high 9.5. The last time a defensive back led his team in sacks was New Orleans' Roman Harper in 2011 (7.5). Started all 12 games played, missing four due to a groin injury, and was named to the Pro Bowl and a second-team AP All-Pro.
- Entering his first season in Seattle in 2020, started all 46 games he has played in his three-year career and earned second-team AP All-Pro honors in 2018, and was a first-team selection in 2019, and has also been a two-time Pro-Bowler (2018-19).
- In 2019, Adams ranked second on the Jets with 75 tackles, posted a career-high 6.5 sacks, with two forced fumbles and one interception, which he returned 61 yards for a touchdown for his first-career score. Also added a fumble return for a touchdown later in the season.
- Recorded 3.0 sacks at Washington (11/17/19), becoming just the eighth

defensive back in NFL history to record 3.0 sacks in a single-game.

- His career-high 115 tackles in 2018 were the second-most by a safety in Jets history (Erik Coleman, 116 in 2005).

**COLLEGE:** One of the top defensive backs in LSU history. Played in 37 games with 26 starts, including every game in 2015 and 2016. Finished career with 209 tackles, 17.5 tackles for loss, five interceptions and two sacks. First-team All-America and First-team All-SEC in 2016 when he was the leader of an LSU defense that allowed only 16 touchdowns all season. Freshman All-America in 2014 and second-team All-SEC as a sophomore in 2015. Played for three different coordinators during his LSU career. In three years at LSU, played on two units that ranked in the top 10 in the nation in total defense (No. 9 in 2015 with 316.8 ypg; No. 10 in 2017 with 314.4 ypg) and in the top five in scoring defense (No. 5 in 2015 with 17.2 ppg; No. 5 in 2016 with 15.8 ppg).

**PERSONAL:** Father, George Adams, was a former first-round selection by the N.Y. Giants at running back in 1985. The pair, described as, "similar in anything that they do," by Jamal's mother, Michelle, who added to the New York Post, "The trash-talking between them never stops," so much so that growing up, Jamal, who wears 33 like his father, made a bet with his dad, the 19th-overall selection, that he would be taken higher in the draft. Rated as a composite five-star safety and the No. 31 overall player by 247Sports.com at Hebron High School. Ranked as the No. 1 safety prospect in the nation by Scout.com and the No. 18 overall prospect and third-best Texas recruit by ESPN.com. Participated in the Under Armour All-America All-Star Game. Honored as a selection to the 247Sports Top 247. Accumulated 138 tackles over his final two high school seasons along with seven interceptions and four passes defended. Made an impact offensively with 62 carries for 453 yards and 11 touchdowns while also snagging 19 receptions for 477 yards and nine touchdowns over his final two seasons. Named the District 5-5A MVP in his senior season.

## REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	TACKLES				ASST	SACK	YDS.	INT	TFL	PD	QBH	MISC			
				TOT	SOLO										TD	FF	FR	
12/17/17	NYJ @ NO	L	S	8	6			2	0.0	0.0	0	0	0	0	0	1	0	
TOTALS		0/1	1/1	8	6			2	0.0	0.0	0	0	0	0	0	1	0	

## JAMAL ADAMS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES				ST						MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A		
2017	Jets	16	16	82	63	19	9	30	2.0	18.0	2	0	0	0	0	6	1	2	0	0	1	0	1	0	0	0	0		
2018	Jets	16	16	115	86	29	9	33	3.5	24.0	8	1	38	38	0	12	3	1	0	5	0	0	0	0	0	0	0		
2019	Jets	14	14	75	61	14	10	33	6.5	45.5	13	1	61	61t	1	7	2	1	1	25	0	0	0	0	0	0	0		
2020	Seahawks	12	12	83	59	24	11	41	9.5	39.5	14	0	0	0	0	3	1	0	0	0	0	0	0	0	0	0	0		
2021	Seahawks	6	6	43	30	13	3	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		64	64	398	299	99	42	137	21.5	127.0	37	2	99	61T	1	29	7	4	1	30	1	0	1	0	0	0	0		

## JAMAL ADAMS' NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES				ST						MISC		
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR		S	A		
2020	Seahawks	1	1	4	2	2	0	0	0.0	0.0	0	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	
NFL TOTALS		1	1	4	2	2	0	0	0.0	0.0	0	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	

# JAMAL ADAMS' SINGLE-GAME HIGHS: DEFENSIVE

<b>Total Tackles</b>	12 at Minnesota Vikings, Sep 26, 2021 ...2 more at 12.	<b>Tackles For Loss</b>	3 at Washington Football Team, Nov 17, 2019 ...1 more at 3.
<b>Sacks</b>	3.0 at Washington, Nov 17, 2019	<b>Interceptions</b>	1 at New England Patriots, Sep 22, 2019 ...1 more at 1.
<b>Passes Defensed</b>	3 vs. New England Patriots, Nov 25, 2018 ...2 more at 3.	<b>Interception Return Yards</b>	61 at New England Patriots, Sep 22, 2019
<b>Forced Fumbles</b>	2 vs. New York Giants, Nov 10, 2019	<b>Special Teams Tackles</b>	1 at Miami Dolphins, Oct 22, 2017
<b>Fumble Recoveries</b>	1 vs. New York Giants, Nov 10, 2019 ...3 more at 1.		



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FREE SAFETY

UGO AMADI

Height: 5-9

Weight: 201

College:

Oregon

Seasons:

NFL : 3rd, Seahawks 3rd

Born:

May 16, 1997

Hometown:

Nashville, Tenn.

Pronunciation:

ooh-go uh-MAH-dee

**TRANSACTIONS:**

04/27/19: Drafted by Seattle (4th round, 132nd overall)

**NFL CAREER HIGHLIGHTS:**

- Saw the most playing time of his career, primarily at nickel, in 2020 after Marquise Blair was lost for the season (knee). Started four of 14 games played with a career-high 49 tackles and finished fifth on the team with seven passes defended.
- Played in 16 games as a rookie, primarily on special teams, but took over nickel duty late in the season. Led the team with 10 special teams tackles (eight solo).

**COLLEGE:** Played in all 51 of Oregon's games from 2015-18. Scored four touchdowns over his final two seasons with three coming on interception returns for touchdowns. First FBS player with two pick-6s and a punt return in the same season (2018) since Alabama's Minkah Fitzpatrick in 2015. Only

player in the Pac-12 and one of just 11 FBS players with three interceptions and three forced fumbles in 2017. Was an Associated Press Pac-12 All-Conference second team selection and Pac-12 coaches All-Conference honorable mention. Started all 13 games. Team captain in five games. Finished with 55 tackles, including 5.0 for loss, and 1.5 sacks. Turned two of three interceptions into TDs. Totaled 223 yards and one TD on 14 punt returns.

**PERSONAL:** Accounted for 15 touchdowns for the Overton High Bobcats, which finished 2014 with a 6-5 record while advancing to the 6A playoffs. Credited with 25 tackles and two interceptions his senior year in addition to breaking up five passes. Also returned three punts and one kickoff for touchdowns in 2014. Tallied 49 tackles, five interceptions and nine pass breakups as a junior to earn a spot on the Tennessean's Dandy Dozen. Finalist for the Hume Award, given to the Nashville-metro's top prep scholar-athlete.

**UGO AMADI'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	16	0	7	5	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	10	8	2	0	1
2020	Seahawks	14	4	49	44	5	4	11	0.0	0.0	0	0	0	0	0	7	1	0	0	0	5	3	2	0	0
2021	Seahawks	6	2	13	10	3	1	1	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>36</b>	<b>6</b>	<b>69</b>	<b>59</b>	<b>10</b>	<b>5</b>	<b>12</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>8</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>15</b>	<b>11</b>	<b>4</b>	<b>0</b>	<b>1</b>

**UGO AMADI'S NFL POSTSEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	2	0	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>3</b>	<b>0</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

**UGO AMADI'S SINGLE-GAME HIGHS: DEFENSIVE**

**Total Tackles** 8 vs. New England Patriots, Sep 20, 2020  
**Passes Defensed** 2 vs. New York Jets, Dec 13, 2020  
 ...2 more at 2.  
**Forced Fumbles** 1 at Arizona Cardinals, Oct 25, 2020

**Tackles For Loss** 1 at San Francisco 49ers, Jan 03, 2021  
 ...3 more at 1.  
**Special Teams Tackles** 2 vs. Arizona Cardinals, Dec 22, 2019  
**Special Teams Fumble Recoveries** 1 at Los Angeles Rams, Dec 08, 2019



36

CORNERBACK

BLESS AUSTIN

Height: 6-1

Weight: 198

College:

Rutgers

Seasons:

NFL : 3rd, Seahawks 1st

Born:

July 19, 1996

Hometown:

Queens, N.Y.

## TRANSACTIONS:

04/26/19: Drafted by N.Y. Jets (6th round, 196th overall)  
 08/31/19: Placed on non-football injury list  
 11/07/21: Activated from non-football injury list  
 11/21/20: Placed on IR (neck)  
 12/12/20: Activated from IR  
 09/01/21: Released by N.Y. Jets  
 09/07/21: Signed by Seattle as a FA

## NFL CAREER HIGHLIGHTS:

• Austin was a starter when healthy for the N.Y. Jets, starting 16 of 18 games played over the past two seasons, recording 88 tackles, eight passes defended and two forced fumbles.

**COLLEGE:** Started 25 of 26 games played at Rutgers, starting the first three

years of his college career before suffering a torn ACL in the fourth game of his junior season. His senior season was cut short after a season-ending injury in the first game. Totaled 89 tackles, 2.0 sacks, four interceptions and 23 passes defended in his four-year career.

**PERSONAL:** Attended Milford Academy and Campus Magnet in Queens, N.Y. Had experience playing cornerback, safety, quarterback and wide receiver. Totaled 14 solo tackles, seven for loss, eight pass breakups and three interceptions for the Falcons in prep school in 2014. Named first-team All-Queens as a senior in high school after posting 578 passing yards, 682 rushing yards and nine total touchdowns on offense. Also made 51 tackles on defense at Campus Magnet. Threw for 601 yards and five touchdowns while rushing for 291 yards and six scores as a junior. Rated three stars, the No. 8 prospect out of New York and the No. 17 prep school player by *ESPN*. Majored in labor & employment relations.

## BLESS AUSTIN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

		TACKLES										INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2019	Jets	7	6	25	19	6	0	0	0.0	0.0	0	0	0	0	0	4	1	0	0	0	0	0	0	0	0	0	0
2020	Jets	11	10	63	50	13	3	8	0.0	0.0	1	0	0	0	0	4	1	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	5	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		23	16	88	69	19	3	8	0.0	0.0	1	0	0	0	0	8	2	0	0	0	0	0	0	0	0	0	0

## BLESS AUSTIN'S SINGLE-GAME HIGHS: DEFENSIVE

<b>Total Tackles</b>	12 vs. New England Patriots, Nov 09, 2020	<b>Forced Fumbles</b>	1 at Buffalo Bills, Sep 13, 2020
<b>Passes Defensed</b>	2 vs. Buffalo Bills, Oct 25, 2020	<b>Tackles For Loss</b>	1 at Los Angeles Rams, Dec 20, 2020
			...1 more at 1.
			...2 more at 1.



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LINEBACKER

CODY BARTON

Height: 6-2

Weight: 237

College:

Utah

Seasons:

NFL : 3rd, Seahawks 3rd

Born:

November 13, 1996

Hometown:

Salt Lake City, Utah

**TRANSACTIONS:**

04/26/19: Drafted by Seattle (3rd round, 88th overall)

**NFL CAREER HIGHLIGHTS:**

- Led the NFC (2nd NFL) with 16 special teams tackles. It's the most special teams tackles by a Seahawks player since Heath Farwell recorded 21 in 2011.

- Started two of 16 games played as a rookie and both postseason games in place of Mychal Kendricks (knee).

**COLLEGE:** Played in 50 games with 23 starts. Recorded 234 tackles (131 solo), 23.5 tackles for a loss, 9.0 sacks and 10 pass breakups. Played as a true freshman. Was an honorable mention All-Pac-12 selection. Started all 14 games at middle linebacker. Led Utah with 116 tackles and was 10th in

the Pac-12 in tackles per game (8.3).

**PERSONAL:** Salt Lake Tribune and Deseret News first-team all-state defensive back as a senior at Brighton HS in 2014. Played safety and tight end. Had 72 total tackles and three interceptions as a senior in addition to 27 receptions for 334 yards and two touchdowns. Son of two former Utah two-sport athletes. His father Paul played football and baseball for the Utes and spent a year in the minors with the Toronto Blue Jays' organization while his mother Mikki Kane-Barton, a member of Utah's Crimson Club Hall of Fame, was a two-time honorable mention All-America basketball player, the 1993 Western Athletic Conference Player of the Year and a three-time first-team All-WAC basketball pick. She also played two seasons of volleyball for the Utes and led the nation in blocks in 1993 while making the all-conference team. Has three siblings. Majored in economics.

**CODY BARTON'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	16	2	17	5	12	0	0	0.0	0.0	1	0	0	0	0	1	0	0	0	0	6	4	2	0	1
2020	Seahawks	16	2	19	11	8	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	16	13	3	2	0
2021	Seahawks	6	0	7	2	5	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	8	6	2	0	0
<b>NFL TOTALS</b>		<b>38</b>	<b>4</b>	<b>43</b>	<b>18</b>	<b>25</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>30</b>	<b>23</b>	<b>7</b>	<b>2</b>	<b>1</b>

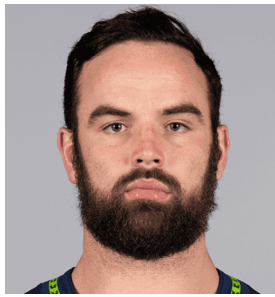
**CODY BARTON'S NFL POSTSEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	2	2	8	4	4	1	1	1.0	1.0	1	0	0	0	0	2	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0
<b>NFL TOTALS</b>		<b>3</b>	<b>2</b>	<b>8</b>	<b>4</b>	<b>4</b>	<b>1</b>	<b>1</b>	<b>1.0</b>	<b>1.0</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

**CODY BARTON'S SINGLE-GAME HIGHS: DEFENSIVE**

**Total Tackles** 14 vs. Minnesota Vikings, Oct 11, 2020  
**Passes Defensed** 1 at Los Angeles Rams, Dec 08, 2019  
**Special Teams Tackles** 3 at San Francisco 49ers, Jan 03, 2021

**Special Teams Forced Fumbles** 1 vs. Los Angeles Rams, Dec 27, 2020  
 ...1 more at 1.  
**Special Teams Fumble Recoveries** 1 vs. New Orleans Saints, Sep 22, 2019



44

FULLBACK/LINEBACKER

NICK BELLORE

Height: 6-1 Weight: 250  
 College: Central Michigan  
 Seasons: NFL : 11th, Seahawks 3rd  
 Born: May 12, 1989  
 Hometown: St. Paul, Minn.  
 Pronunciation: buh-LORE



## TRANSACTIONS:

07/27/11: Signed with N.Y. Jets as a UDFA  
 04/03/15: Signed with San Francisco as a UFA  
 12/19/16: Placed on IR (elbow)  
 04/03/17: Signed with Detroit as a UFA  
 09/09/17: Released by Detroit  
 09/11/17: Re-signed with Detroit  
 03/14/18: Signed renegotiated contract with Detroit  
 05/09/19: Signed with Seattle as a FA  
 08/31/19: Released by Seattle  
 09/02/19: Signed by Seattle as a FA  
 09/05/20: Released by Seattle  
 09/07/20: Signed by Seattle as a FA  
 03/18/21: Re-signed by Seattle

## NFL CAREER HIGHLIGHTS:

- Earned first Pro Bowl nod as a special teamer, finishing second in the NFC

(3rd NFL) with 14 special teams tackles, trailing only teammate Cody Barton. Has 116 special teams tackles in his 10-year career.

- Joined the Seahawks in 2019 after stints with the Lions (2017-18), 49ers (2015-16) and Jets (2011-14), where he established himself as a key contributor on special teams.

- Originally entered the NFL in 2011 as an undrafted rookie free agent with the N.Y. Jets in 2011.

- Switched from linebacker to fullback in 2018 while with the Lions.

- Led the Jets in special teams tackles in each of his first three seasons (2011-13).

**COLLEGE:** Played in 52 games (51 starts) at Central Michigan, finishing with 472 tackles, including three consecutive seasons with 100 or more tackles. He was selected to participate in the 2011 East-West Shrine Game as a senior after earning First-Team All-MAC defense honors. That season, he registered 90 tackles, 7 TFL and had five games with 10-or-more tackles.

**PERSONAL:** A first-team all-state player at Whitefish Bay (WI) HS, was a three-year letterman and two-year captain. Also played one season of varsity hockey along with three seasons on the track and field team. Majored in finance.

## REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	TACKLES				SACK	YDS.	INT	TFL	PD	QBH	MISC		
				TOT	SOLO	ASST								TD	FF	FR
11/6/16	SF vs. NO	L	S	9	8	1		0.0	0.0	0	0	2	0	0	0	0
TOTALS		0/1	1/1	9	8	1		0.0	0.0	0	0	2	0	0	0	0

## NICK BELLORE'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2011	Jets	16	0	0	0	0.0	0	0	0	0	0.0	0	0
2012	Jets	16	0	0	0	0.0	0	0	1	23	23.0	23	0
2013	Jets	16	0	0	0	0.0	0	0	0	0	0.0	0	0
2014	Jets	16	0	0	0	0.0	0	0	0	0	0.0	0	0
2015	49ers	16	0	0	0	0.0	0	0	0	0	0.0	0	0
2016	49ers	14	10	0	0	0.0	0	0	0	0	0.0	0	0
2017	Lions	13	2	0	0	0.0	0	0	1	1	1.0	1t	1
2018	Lions	14	4	1	0	0.0	0	0	4	15	3.8	8	0
2019	Seahawks	14	1	0	0	0.0	0	0	2	23	11.5	20	1
2020	Seahawks	16	3	1	5	5.0	5	0	1	9	9.0	9	0
2021	Seahawks	6	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		157	20	2	5	2.5	5	0	9	71	7.9	23	2

## NICK BELLORE'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	2	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		3	0	0	0	0.0	0	0	0	0	0.0	0	0

## NICK BELLORE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2011	Jets	16	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	17	14	3	0	0
2012	Jets	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	10	8	2	0	1
2013	Jets	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	17	8	9	0	0
2014	Jets	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	15	11	4	0	0
2015	49ers	16	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	15	10	5	0	1
2016	49ers	14	10	77	55	22	4	12	1.0	10.5	3	1	4	4	0	5	0	1	0	0	6	5	1	1	0
2017	Lions	13	2	6	5	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	6	4	2	0	0
2018	Lions	14	4	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	1	0	0	9	7	2	0	0
2019	Seahawks	14	1	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	7	7	0	0	1
2020	Seahawks	16	3	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	14	11	3	0	1
2021	Seahawks	6	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	8	5	3	0	0
NFL TOTALS		157	20	87	63	24	4	12	1.0	10.5	3	1	4	4	0	5	0	2	0	0	124	90	34	1	4

## NICK BELLORE'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		3	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

## ADDITIONAL STATS

**Kickoff Returns:** 2012 (One kickoff return for 8 yards); 2013 (One kickoff return for 0 yards). **Career:** Two kickoff returns for 8 yards.

## NICK BELLORE'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

<b>Rush Attempts</b>	1 vs. San Francisco 49ers, Nov 01, 2020 ...1 more at 1.	<b>All-Purpose Yards</b>	23 vs. Indianapolis Colts, Oct 14, 2012
<b>Rushing Yards</b>	5 vs. San Francisco 49ers, Nov 01, 2020	<b>Kickoff Returns</b>	1 at Tennessee Titans, Sep 29, 2013 ...1 more at 1.
<b>Longest Runs</b>	5 vs. San Francisco 49ers, Nov 01, 2020	<b>Kickoff Return Yards</b>	8 at Buffalo Bills, Dec 30, 2012
<b>Receptions</b>	2 vs. Chicago Bears, Nov 22, 2018	<b>Longest Kickoff Return</b>	8 at Buffalo Bills, Dec 30, 2012
<b>Receiving Yards</b>	23 vs. Indianapolis Colts, Oct 14, 2012	<b>Special Teams Tackles</b>	4 vs. New England Patriots, Sep 20, 2020
<b>Longest Receptions</b>	23 vs. Indianapolis Colts, Oct 14, 2012	<b>Most TDs</b>	1 vs. Arizona Cardinals, Dec 22, 2019 ...1 more at 1.
<b>Receiving TDs</b>	1 vs. Arizona Cardinals, Dec 22, 2019 ...1 more at 1.		

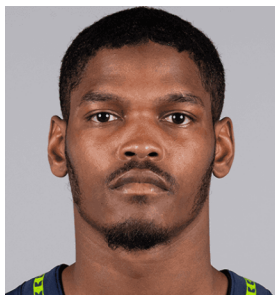
## NICK BELLORE'S SINGLE-GAME HIGHS: DEFENSIVE

<b>Total Tackles</b>	12 at Buffalo Bills, Oct 16, 2016	<b>Interceptions</b>	1 at Seattle Seahawks, Sep 25, 2016
<b>Sacks</b>	0.5 at Miami Dolphins, Nov 27, 2016 ...1 more at 0.5.	<b>Interception Return Yards</b>	4 at Seattle Seahawks, Sep 25, 2016
<b>Passes Defensed</b>	2 vs. New Orleans Saints, Nov 06, 2016	<b>Special Teams Tackles</b>	4 vs. New England Patriots, Sep 20, 2020
<b>Fumble Recoveries</b>	1 at Buffalo Bills, Oct 16, 2016	<b>Special Teams Forced Fumbles</b>	1 vs. Arizona Cardinals, Oct 06, 2016
<b>Tackles For Loss</b>	1 vs. New York Jets, Dec 11, 2016 ...3 more at 1.	<b>Special Teams Fumble Recoveries</b>	1 vs. San Francisco 49ers, Nov 01, 2020 ...3 more at 1.

## NICK BELLORE'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-16
09/19	Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-21
10/07	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	20-23+
2021 TOTALS		6-0	0	0	0.0	0	0	0	0	0.0	0	0	2-4	

+ - Overtime



27

FREE SAFETY

MARQUISE BLAIR

Height: 6-1      Weight: 196  
 College:      Utah  
 Seasons:      NFL : 3rd, Seahawks 3rd  
 Born:      July 18, 1997  
 Hometown:      Wooster, Ohio  
 Pronunciation:      mar-KEECE

**2021 SEASON:**

09/26 at Min: Inactive (Knee).

**TRANSACTIONS:**

04/26/19: Drafted by Seattle (2nd round, 47th overall)

**NFL CAREER HIGHLIGHTS:**

- Saw action in two games before tearing his ACL vs New England (9/20/20).
- Played in 14 games with three starts as a rookie and in back-to-back starts vs. Baltimore (10/20) and at Atlanta (10/27) in place of Bradley McDougald (back), tallied 17 tackles, including a career-high 11 at Atlanta. Also tied for third on the team with seven special teams tackles (five solo).

**COLLEGE:** Started both seasons at Utah following two seasons at Dodge City Community College. Played both safety positions in his career. Played in 23 games with 18 starts while at Utah, recording 107 tackles, 5.0 TFL, two interceptions and four pass breakups. Was a second-team All-Pac-12

selection. Played in all 14 games with 12 starts (eight at free safety, four at strong safety). Recorded 59 tackles (2.0 TFL), two interceptions and two pass breakups. Was honorable mention Pac-12 All-Academic. At Dodge City CC, was a first-team NJCAA All-American and first-team all-Region VI as a sophomore. His 24 tackles for loss in 2016 tied for third nationally in the NJCAA. His sophomore season, he had 100 tackles, three sacks, four interceptions, five pass breakups, four forced fumbles, three fumble recoveries and a fumble return for a touchdown. Recorded 64 tackles, eight sacks, two interceptions, three pass breakups and three forced fumbles as a freshman.

**PERSONAL:** First-team Division II all-state as a senior at Wooster High (Ohio). Also named first-team Division II All-Ohio and Ohio Cardinal Conference Defensive Player of the Year. Also competed in track and field. Placed first in the conference in the long jump and second in the 100 as a senior. Son of Tonya Boykins and stepfather Rayford Lee. Majored in human development & family studies.

**REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS**

DATE	OPP	W/L	GP/GS	TACKLES				SACK	YDS.	INT	TFL	PD	QBH	MISC		
				TOT	SOLO	ASST								TD	FF	FR
9/22/19	SEA vs. NO	L	P	1	1	0		0.0	0.0	0	0	0	0	0	0	0
<b>TOTALS</b>		<b>0/1</b>	<b>1/0</b>	<b>1</b>	<b>1</b>	<b>0</b>		<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**MARQUISE BLAIR'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

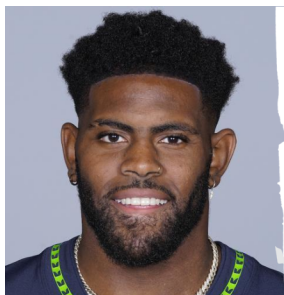
DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	14	3	25	19	6	0	0	0.0	0.0	0	0	0	0	0	1	2	0	0	0	7	5	2	0	0
2020	Seahawks	2	0	8	5	3	0	0	0.0	0.0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
2021	Seahawks	5	0	9	5	4	1	3	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>21</b>	<b>3</b>	<b>42</b>	<b>29</b>	<b>13</b>	<b>1</b>	<b>3</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>3</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>7</b>	<b>5</b>	<b>2</b>	<b>0</b>	<b>0</b>

**MARQUISE BLAIR'S NFL POSTSEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**MARQUISE BLAIR'S SINGLE-GAME HIGHS: DEFENSIVE**

<b>Total Tackles</b>	11 at Atlanta Falcons, Oct 27, 2019	<b>Tackles For Loss</b>	1 vs. Los Angeles Rams, Oct 07, 2021
<b>Passes Defensed</b>	1 vs. Los Angeles Rams, Oct 07, 2021 ...2 more at 1.	<b>Special Teams Tackles</b>	2 vs. Baltimore Ravens, Oct 20, 2019
<b>Forced Fumbles</b>	1 at Atlanta Falcons, Sep 13, 2020 ...2 more at 1.		



# 56 | LINEBACKER JORDYN BROOKS

**Height:** 6-0      **Weight:** 240  
**College:** Texas Tech  
**Seasons:** NFL : 2nd, Seahawks 2nd  
**Born:** October 21, 1997  
**Hometown:** Houston, Texas

## 2021 SEASON:

10/17 at PIT: Tied team lead and established a career-high with 14 tackles (7 solo).  
 10/07 vs. LAR: Led team and tied a career high with 11 tackles (5 solo).  
 10/03 at SF: Registered first-career sack and had seven tackles (4 solo).  
 09/12 at Ind: Tied a career high with 11 tackles (7 solo).

## TRANSACTIONS:

04/23/20: Drafted by Seattle (1st round, 27th overall)

## NFL CAREER HIGHLIGHTS:

- Started seven of 14 games played his rookie season, ending the season starting five of the last six ball games.

**COLLEGE:** Closed his Red Raiders career as one of the top linebackers in the country, putting together one of the best seasons by a Red Raider in school history. Ended his Red Raiders tenure ranked seventh all-time with 367 career tackles, starting 45 of 47 career games. Named a second-team All-American by the Associated Press, the Walter Camp Foundation, the Football Writers Association of America (FWAA), the American Football Coaches Association (AFCA) and Pro Football Focus. Became the first Red Raiders linebacker to be named a first or second-team All-American since Ring of Honor member Zach Thomas in 1994-95. Tabbed the Defensive Player of the Year for the state of Texas by Dave Campbell's Texas Football. Was one of six finalists for the prestigious Butkus Award, which is presented to the nation's top linebacker and was the only Big 12 linebacker

to be recognized as a Butkus finalist. Also tabbed an All-Big 12 first-team selection by the conference coaches and named a semifinalist for the Chuck Bednarik Award (nation's top defensive player). Appeared and started in 11 of 12 games as a senior. Still managed to record 108 tackles (66 solo), including 20 tackles for loss. It marked the most tackles in a season by a Red Raider since Micah Awe totaled 126 during the 2015 campaign. His 20 tackles for a loss were the most by a Red Raider in a season since Adell Duckett set the school record in 2003. He was the team leader in tackles, tackles for a loss, quarterback hurries (12) and fumble recoveries (2). Became the first Red Raider since Lawrence Flugence and Ryan Aycock in 2002 to start a season with 10 or more tackles in each of the first three games.

**PERSONAL:** Attended Stratford High in Houston. Played three years of varsity football and was a two-time District 19-5A first-team selection. Finished his senior season with 63 total tackles (43 solo), 1.0 sack, four pass deflections and 6.0 tackles for loss. Led the Stratford Spartans to a 10-2 overall record, an undefeated 7-0 record in its Class 5A District 19 and an eight-game win streak during the 2015 season, which ended with a 14-6 loss at Temple in the state playoffs. Accumulated 44 total tackles (35 solo) with four tackles for loss and three pass breakups during junior season. Guided the Spartans to an 8-4 overall record, 7-0 district record and state playoff berth as a junior. Three-star recruit who ranked as the nation's no. 57 linebacker and Texas' No. 9 linebacker by Scout.com. Was rated as a three-star recruit, the nation's No. 104 outside linebacker and No. 175 overall recruit in the state by 247Sports. Majored in university studies.

## JORDYN BROOKS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	14	7	57	35	22	2	1	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	6	6	59	31	28	3	12	1.0	7.0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		20	13	116	66	50	5	13	1.0	7.0	2	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0

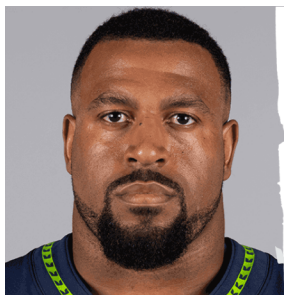
## JORDYN BROOKS' NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	1	1	8	5	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		1	1	8	5	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

## JORDYN BROOKS' SINGLE-GAME HIGHS: DEFENSIVE

**Total Tackles** 14 at Pittsburgh Steelers, Oct 17, 2021  
**Sacks** 1.0 at San Francisco 49ers, Oct 03, 2021

**Passes Defensed** 1 at San Francisco 49ers, Oct 03, 2021  
 ...2 more at 1.  
**Tackles For Loss** 1 vs. Los Angeles Rams, Oct 07, 2021  
 ...4 more at 1.



76

TACKLE

DUANE BROWN

Height: 6-4

Weight: 315

College:

Virginia Tech

Seasons:

NFL : 14th, Seahawks 5th

Born:

August 30, 1985

Hometown:

Richmond, Va.



## TRANSACTIONS:

04/26/08: Drafted by Houston (1st round, 26th overall)  
 08/16/12: Re-signed with Houston  
 01/05/16: Placed on IR (quadriceps)  
 11/01/17: Traded by Houston to Seattle  
 07/29/18: Signed multi-year contract with Seattle

## NFL CAREER HIGHLIGHTS:

- Started all 16 games in 2020 for the seventh time in his career.
- Started all 12 games played in 2019 and missed the final two regular season games and the Wild Card Game due to a knee injury. Returned from injury early to start at left tackle in Seattle's divisional round loss at Green Bay.
- Traded to Seattle midway through 2017 and started the final nine games for the Seahawks. Seattle traded a 2018 third-round pick and 2019 second-round pick in exchange for Brown and Houston's 2018 fifth-round pick (Shaquem Griffin).
- Ranks second on Houston's all-time games played and games started lists with 133.

- Was the second rookie in Texans history to start all 16 games on the offensive line.

- Garnered All-Pro honors in 2011, 2012 and 2018 and Pro Bowl honors following the 2012-14 and 2017 seasons.

- Blocked for seven 1,000-yard rushers and was a part of a top-10 offense in four of his first five years in the League.

**COLLEGE:** Played four seasons (2004-07) at Virginia Tech after redshirting the 2003 campaign. Registered 71 knockdown blocks in his three seasons as an offensive tackle and earned second-team All-Atlantic Coast Conference recognition for two-straight seasons. Recorded six tackles and blocked three kicks on special teams as a senior and also caught three passes for 64 yards (21.3 average) and one touchdown, adding three yards on a rushing attempt. Won an ACC Championship in 2007. Was a two-time state Offensive Lineman/End of the Year pick by the Richmond Touchdown Club.

**PERSONAL:** Attended Hermitage High School in Richmond, Va., where he lettered twice as a tight end and defensive end. Played in the Panthers' first three games his senior year before suffering a broken leg, but returned for the Central Region semifinal game, catching seven passes for just under 100 yards in his limited playing time, and also recorded 15 tackles along with a pair of sacks to earn second-team All-District honors. Also lettered in basketball and track.

## DUANE BROWN'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2008	Texans	16	16
2009	Texans	16	16
2010	Texans	12	12
2011	Texans	16	16
2012	Texans	16	16
2013	Texans	14	14
2014	Texans	16	16
2015	Texans	14	14
2016	Texans	12	12
2017	Texans	1	1
Went from Houston to Seattle.			
2017	Seahawks	9	9
2017	TOTAL	10	10
2018	Seahawks	16	16
2019	Seahawks	12	12
2020	Seahawks	16	16
2021	Seahawks	6	6
NFL TOTALS		192	192

## DUANE BROWN'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2011	Texans	2	2
2012	Texans	2	2
2016	Texans	2	2
2018	Seahawks	1	1
2019	Seahawks	1	1
2020	Seahawks	1	1
NFL TOTALS		9	9



22

CORNERBACK

TRE BROWN

Height: 5-10

Weight: 185

College:

Oklahoma

Season:

Rookie

Born:

September 24, 1997

Hometown:

Tulsa, Okla.

**2021 SEASON:**

10/17 at Pit: Saw first NFL action at CB after being activated from IR. Played 40 of 75 defensive snaps and made a key third-down stop that gave the Seahawks the ball back in overtime with a chance to win.

**TRANSACTIONS:**

05/01/21: Drafted by Seattle (4th round, 137th overall)

09/07/21: Placed on IR (knee)

10/15/21: Activated from IR

**COLLEGE CAREER HIGHLIGHTS:** Was a 2020 second-team All-Big 12 selection by league coaches and media, and a 2018 second-team All-Big 12 pick by coaches as a kick returner. Earned four Big 12 championship rings and was part of three College Football Playoff squads. Played in 51 career games and made 33 starts (each of his last 32 games). Finished career with 141 tackles, 8.5 tackles for loss, 2.0 sacks, four interceptions and 31 passes defended (sixth in school history). Served as team's primary kickoff returner

his sophomore and junior seasons (finished career with 55 returns for 1,207 yards. Played in 10 games as a senior in 2020 and finished with 31 tackles, a career-high three interceptions and six passes defended. Made victory-sealing interceptions as a senior in four-overtime game against no. 22 Texas and in Big 12 Championship vs. no. 8 Iowa State (his third interception in 2020 came against Kansas). Played in all 14 games as a junior in 2019 and logged 40 tackles, 11 passes defended and his first career interception. Majored in African American studies.

**PERSONAL:** Attended Union High and was a four-star recruit according to 247Sports, ESPN, Rivals and Scout. Rated 120th overall in the 2017 class by Scout, 154th by 247Sports and 209th by ESPN. Ranked as the No. 3 player in the state of Oklahoma by 247Sports and ESPN and No. 4 by Rivals. Named to The Oklahoman's All-State First Team after recording 26 tackles, one interception and five offensive touchdowns while helping lead his team to a state title his senior season.

**TRE BROWN'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2021	Seahawks	1	0	3	3	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>1</b>	<b>0</b>	<b>3</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**TRE BROWN'S SINGLE-GAME HIGHS: DEFENSIVE****Total Tackles**

3 at Pittsburgh Steelers, Oct 17, 2021



91

DEFENSIVE END

L.J. COLLIER

Height: 6-3

Weight: 291

College:

TCU

Seasons:

NFL : 3rd, Seahawks 3rd

Born:

September 12, 1995

Hometown:

Munday, Texas

**TRANSACTIONS:**

04/25/19: Drafted by Seattle (1st round, 29th overall)

**NFL CAREER HIGHLIGHTS:**

- Started all 16 games for the first time in his career and posted a career-high 3.0 sacks. Teamed with Lano Hill on a goal-line stand to tackle Cam Newton to seal a victory (9/20/20).
- Saw limited playing time during his rookie year, playing in 11 games and being inactive for five.

**COLLEGE:** Totaled 82 tackles in his TCU career, including 20.5 for a loss with 14.5 sacks. Played in 42 games. A first team All Big 12 selection by the conference head coaches and Pro Football Focus. PFF gave him the highest grade among edge rushers in the Big 12 in 2018. Placed second on TCU with his career high 6.0 sacks and 11.5 tackles for loss. Tied for third on the team with four pass breakups, the most by a TCU defensive lineman.

**PERSONAL:** Three star recruit ranked No. 11 in Texas and No. 71 nationally for defensive ends by Scout.com. Was the District 8 A Defensive Most Valuable Player as a senior at Munday High School. Was also a first team selection at tight end. Caught 22 passes for 465 yards his junior year.

**L.J. COLLIER'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES								QBH	INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS			NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	11	0	3	2	1	0	0	0.0	0.0		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	16	16	22	16	6	4	8	3.0	6.0		7	0	0	0	0	2	0	0	0	0	0	0	0	0	0
2021	Seahawks	2	0	3	1	2	0	0	0.0	0.0		2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		29	16	28	19	9	4	8	3.0	6.0		9	0	0	0	0	2	0	0	0	0	0	0	0	0	0

**L.J. COLLIER'S NFL POSTSEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES								QBH	INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS			NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	0	0	0	0	0	0	0	0.0	0.0		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	1	1	1	0	0	0	0.0	0.0		1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		1	1	1	1	0	0	0	0.0	0.0		1	0	0	0	0	0	0	0	0	0	0	0	0	0	0

**L.J. COLLIER'S SINGLE-GAME HIGHS: DEFENSIVE**

**Total Tackles** 3 at Philadelphia Eagles, Nov 30, 2020  
...1 more at 3.

**Sacks** 1.0 at Washington, Dec 20, 2020  
...2 more at 1.0.

**Passes Defensed** 1 vs. New York Jets, Dec 13, 2020  
...1 more at 1.

**Tackles For Loss** 1 at Washington, Dec 20, 2020  
...3 more at 1.



41

RUNNING BACK

ALEX COLLINS

Height: 5-10

Weight: 210

College:

Arkansas

Seasons:

NFL : 5th, Seahawks 3rd

Born:

August 26, 1994

Hometown:

Fort Lauderdale, Fla.

**2021 SEASON:**

10/17 at Pit: Rushed for 101 yards on 20 carries, his third 100-yard game of his career. He was the first Seahawk to rush for at least 100 yards since Chris Carson (12/15/19) at Carolina. The 20 rushing attempts tied a career high.

10/07 vs. LAR: Started at RB for Chris Carson (neck) and rushed 15 times for 47 yards. It was his most rushing attempts since 2018.

10/03 at SF: Led team with 44 rushing yards and had a 14-yard rushing TD.

**TRANSACTIONS:**

04/30/16: Drafted by Seattle (5th round, 171st overall)

09/02/17: Released by Seattle

09/05/17: Signed to Baltimore's PS

09/16/17: Signed to Baltimore's active roster

12/01/18: Placed on IR (foot)

03/01/19: Released by Baltimore

11/01/19: Suspended by Commissioner

11/19/19: Suspension Lifted by Commissioner

11/04/20: Signed to Seattle's PS

01/18/21: Contract expired

02/24/21: Re-signed by Seattle

**NFL CAREER HIGHLIGHTS:**

- Returned to Seattle mid-way through the 2020 season due to injuries at the position. Saw action in three games as a practice squad elevation and rushed 18 times for 77 yards with two touchdowns.

- Collins, who the Seahawks drafted in the fifth-round of the 2016 draft, appeared in 11 games as a rookie, then spent the next two seasons in Baltimore after the Seahawks released him prior to the start of the 2017 season. His best season came in 2017 when he started 12 of 15 games played, leading the Ravens with 973 rushing yards and six touchdowns on

212 carries.

**COLLEGE:** Played in 38 games with 14 starts for Arkansas. Totaled 3,703 yards rushing and 36 touchdowns on 271 carries. Became only the third player in SEC history to open his career with three consecutive 1,000-yard seasons, joining former Razorback Darren McFadden and Georgia's Herschel Walker. Added 27 receptions for 167 yards. Finished his career ranked second all-time in Arkansas history in career yards rushing (3,703), 100-yard games (17) and fourth in rushing touchdowns (36). Was a Doak Walker Award semifinalist as a junior after putting together one of the best individual seasons in program history at any position. Played in 13 contests with 12 starts and finished junior season ranked third in the SEC in rushing yards (1,577; 12th in FBS), rushing touchdowns (20; T 6th in FBS) and yards per game (121.31; 12th in FBS). Tied program records in 100-yard rushing games (10), 150-yard rushing games (5), and 100-yard rushing games in SEC action (6). Set the program record for rushing touchdowns in a single season (20). Named SEC Freshman of the Year, a freshman All-American and to the SEC All-Freshman Team. Became the first freshman in SEC history to begin career with three straight 100-yard rushing games and the first true freshman in FBS since Oklahoma's Adrian Peterson in 2004. Became the second freshman in school history, 10th true freshman in SEC history and 68th true freshman in NCAA history to reach 1,000 rushing yards, finishing the season with 1,026 on 190 carries with four touchdowns.

**PERSONAL:** Ranked as the No. 1 running back in the country, No. 5 prospect in Florida and No. 17 overall in the nation by 247Sports.com. Tabbed as the No. 3 running back in the nation by Scout.com and as the No. 20 overall prospect in Florida. Rushed for 1,400 yards and 14 touchdowns as a senior at South Plantation High despite missing three games due to injury, helping his team to nine wins, the district title and a berth in the 8A state playoffs. Named Broward County Player of the Year as a junior after rushing for 1,786 yards and 28 touchdowns. Also played lacrosse and ran the third leg on South Plantation's state-champion 4x100 relay. An avid Irish dancer. Majored in criminal justice.

**REGULAR SEASON COMPARISON: RECEIVING - NEW ORLEANS SAINTS**

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
10/21/18	BLT vs. NO	L	S	3	10	3.3	0	6	4	6
<b>TOTALS</b>		<b>0/1</b>	<b>1/1</b>	<b>3</b>	<b>10</b>	<b>3.3</b>	<b>0</b>	<b>6</b>	<b>4</b>	<b>6</b>

**ALEX COLLINS' NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	RUSHING				RECEIVING				
		GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.
2016	Seahawks	11	0	31	125	4.0	26	1	11	84
2017	Seahawks	0	0	0	0	0.0	0	0	0	0
Went from Seattle to Baltimore.										
2017	Ravens	15	12	212	973	4.6	50	6	23	187
2017	<b>TOTAL</b>	<b>15</b>	<b>12</b>	<b>212</b>	<b>973</b>	<b>4.6</b>	<b>50</b>	<b>6</b>	<b>23</b>	<b>187</b>
2018	Ravens	10	10	114	411	3.6	19	7	15	105
2020	Seahawks	3	1	18	77	4.3	13t	2	1	4
2021	Seahawks	5	2	48	225	4.7	25	2	5	56
<b>NFL TOTALS</b>		<b>44</b>	<b>25</b>	<b>423</b>	<b>1,811</b>	<b>4.3</b>	<b>50</b>	<b>18</b>	<b>55</b>	<b>436</b>

# ALEX COLLINS' NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2016	Seahawks	2	0	8	27	3.4	10	0	3	28	9.3	12	0
2020	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		3	0	8	27	3.4	10	0	3	28	9.3	12	0

# ALEX COLLINS' NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2016	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2017	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
Went from Seattle to Baltimore.												
2017	Ravens	2	50	25.0	27	0	0	0	0	0.0	0	0
2017	TOTAL	2	50	25.0	27	0	0	0	0	0.0	0	0
2018	Ravens	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2021	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		2	50	25.0	27	0	0	0	0	0.0	0	0

# ALEX COLLINS' NFL POSTSEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2016	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0.0	0	0	0	0	0	0.0	0	0

# ALEX COLLINS' SINGLE-GAME HIGHS: RUSHING/RECEIVING

<b>Rush Attempts</b>	20 at Pittsburgh Steelers, Oct 17, 2021 ...2 more at 20.	<b>All-Purpose Yards</b>	166 at Pittsburgh Steelers, Dec 10, 2017
<b>Rushing Yards</b>	120 at Pittsburgh Steelers, Dec 10, 2017	<b>Kickoff Returns</b>	2 vs. Pittsburgh Steelers, Oct 01, 2017
<b>Longest Runs</b>	50 vs. Pittsburgh Steelers, Oct 01, 2017	<b>Kickoff Return Yards</b>	50 vs. Pittsburgh Steelers, Oct 01, 2017
<b>Rushing TDs</b>	2 at Tennessee Titans, Oct 14, 2018 ...1 more at 2.	<b>Longest Kickoff Return</b>	27 vs. Pittsburgh Steelers, Oct 01, 2017
<b>Receptions</b>	5 at Cleveland Browns, Dec 17, 2017	<b>Miscellaneous Tackles</b>	1 vs. Buffalo Bills, Sep 09, 2018 ...1 more at 1.
<b>Receiving Yards</b>	55 at Cincinnati Bengals, Sep 13, 2018	<b>Most TDs</b>	2 at Tennessee Titans, Oct 14, 2018 ...1 more at 2.
<b>Longest Receptions</b>	37 at Pittsburgh Steelers, Dec 10, 2017	<b>Rushing Average</b>	9.1 vs. Pittsburgh Steelers, Oct 01, 2017 ...1 more at 9.1.
<b>Receiving TDs</b>	1 at Pittsburgh Steelers, Sep 30, 2018	<b>Receiving Average</b>	18.3 at Cincinnati Bengals, Sep 13, 2018

# ALEX COLLINS' 100-YARD RUSHING GAMES (3): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
12/10/17	at Steelers	18	120	6.7	21	1
10/26/17	DOLPHINS	18	113	6.3	19	0
10/17/21	at Steelers	20	101	5.1	21	1

# ALEX COLLINS' 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts												W	28-16
09/19	Titans	P	1	25	25.0	25	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	P	2	8	4.0	6	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	P	10	44	4.4	14t	1	2	34	17.0	28	0	W	28-21
10/07	Rams	S	15	47	3.1	13	0	2	25	12.5	20	0	L	17-26
10/17	at Steelers	S	20	101	5.1	21	1	1	-3	-3.0	-3	0	L	20-23+
2021 TOTALS		5-2	48	225	4.7	25	2	5	56	11.2	28	0	2-4	

+ - Overtime

**ALEX COLLINS' 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
11/08	at Bills							PRACTICE SQUAD					L	34-44
11/15	at Rams							PRACTICE SQUAD					L	16-23
11/19	Cardinals							PRACTICE SQUAD					W	28-21
11/30	at Eagles							PRACTICE SQUAD					W	23-17
12/06	Giants							PRACTICE SQUAD					L	12-17
12/13	Jets							PRACTICE SQUAD					W	40-3
12/20	at Washington							PRACTICE SQUAD					W	20-15
12/27	Rams							PRACTICE SQUAD					W	20-9
01/03	at 49ers							PRACTICE SQUAD					W	26-23
<b>2020 TOTALS</b>		<b>0-0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>6-3</b>	

**ALEX COLLINS' 2018 GXG REGULAR-SEASON STATISTICS (RAVENS)**

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/09	Bills	S	7	13	1.9	8t	1	1	6	6.0	6	0	W	47-3
09/13	at Bengals	S	9	35	3.9	14	0	3	55	18.3	24	0	L	23-34
09/23	Broncos	S	18	68	3.8	14	1	3	6	2.0	8	0	W	27-14
09/30	at Steelers	S	11	42	3.8	11	0	1	3	3.0	3t	1	W	26-14
10/07	at Browns	S	12	59	4.9	19	0	1	7	7.0	7	0	L	9-12+
10/14	at Titans	S	19	54	2.8	13t	2	0	0	0.0	0	0	W	21-0
10/21	Saints	S	11	38	3.5	9	0	3	10	3.3	6	0	L	23-24
10/28	at Panthers	S	11	49	4.5	15	1	2	14	7.0	10	0	L	21-36
11/04	Steelers	S	9	35	3.9	9	1	1	4	4.0	4	0	L	16-23
11/18	Bengals	S	7	18	2.6	7t	1	0	0	0.0	0	0	W	24-21
11/25	Raiders							INACTIVE					W	34-17
12/02	at Falcons							DID NOT PLAY					W	26-16
12/09	at Chiefs							DID NOT PLAY					L	24-27+
<b>2018 TOTALS</b>		<b>10-10</b>	<b>114</b>	<b>411</b>	<b>3.6</b>	<b>19</b>	<b>7</b>	<b>15</b>	<b>105</b>	<b>7.0</b>	<b>24</b>	<b>1</b>	<b>7-6</b>	

+ - Overtime

**ALEX COLLINS' 2017 GXG REGULAR-SEASON STATISTICS (SEAHAWKS/RAVENS)**

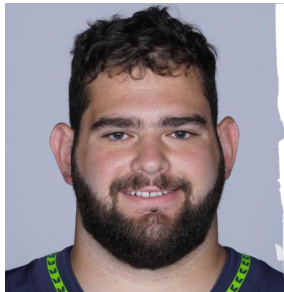
DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/10	at Packers							DID NOT PLAY					L	9-17
								Went from <b>Seahawks</b> to <b>Ravens</b> .						
09/17	Browns	P	7	42	6.0	16	0	0	0	0.0	0	0	W	24-10
09/24	at Jaguars	P	9	82	9.1	19	0	0	0	0.0	0	0	L	7-44
10/01	Steelers	S	9	82	9.1	50	0	0	0	0.0	0	0	L	9-26
10/08	at Raiders	P	12	55	4.6	25	0	0	0	0.0	0	0	W	30-17
10/15	Bears	S	15	74	4.9	30	0	0	0	0.0	0	0	L	24-27+
10/22	at Vikings	S	10	30	3.0	8	0	0	0	0.0	0	0	L	16-24
10/26	Dolphins	S	18	113	6.3	19	0	2	30	15.0	27	0	W	40-0
11/05	at Titans	S	13	43	3.3	14	0	1	3	3.0	3	0	L	20-23
11/19	at Packers	S	20	49	2.5	9	1	4	22	5.5	21	0	W	23-0
11/27	Texans	S	16	60	3.8	29	1	2	-3	-1.5	0	0	W	23-16
12/03	Lions	S	15	75	5.0	11	2	2	23	11.5	14	0	W	44-20
12/10	at Steelers	S	18	120	6.7	21	1	2	46	23.0	37	0	L	38-39
12/17	at Browns	S	12	19	1.6	6	0	5	33	6.6	14	0	W	27-10
12/23	Colts	S	18	51	2.8	14	0	3	15	5.0	15	0	W	23-16
12/31	Bengals	S	20	78	3.9	17t	1	2	18	9.0	11	0	L	27-31
<b>2017 TOTALS</b>		<b>15-12</b>	<b>212</b>	<b>973</b>	<b>4.6</b>	<b>50</b>	<b>6</b>	<b>23</b>	<b>187</b>	<b>8.1</b>	<b>37</b>	<b>0</b>	<b>8-8</b>	

+ - Overtime

# ALEX COLLINS' 2016 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L/T	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/11	Dolphins						INACTIVE						W	12-10
09/18	at Rams	P	2	0	0.0	0	0	0	0	0.0	0	0	L	3-9
09/25	49ers	P	4	12	3.0	4	0	2	19	9.5	10	0	W	37-18
10/02	at Jets	P	1	1	1.0	1	0	0	0	0.0	0	0	W	27-17
10/16	Falcons	P	1	2	2.0	2t	1	1	9	9.0	9	0	W	26-24
10/23	at Cardinals	P	1	2	2.0	2	0	0	0	0.0	0	0	T	6-6+
10/30	at Saints						INACTIVE						L	20-25
11/07	Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-25
11/13	at Patriots	P	1	2	2.0	2	0	0	0	0.0	0	0	W	31-24
11/20	Eagles						INACTIVE						W	26-15
11/27	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	5-14
12/04	Panthers						INACTIVE						W	40-7
12/11	at Packers	P	7	23	3.3	8	0	3	33	11.0	14	0	L	10-38
12/15	Rams						INACTIVE						W	24-3
12/24	Cardinals	P	7	28	4.0	13	0	4	19	4.8	9	0	L	31-34
01/01	at 49ers	P	7	55	7.9	26	0	1	4	4.0	4	0	W	25-23
<b>2016 TOTALS</b>		<b>11-0</b>	<b>31</b>	<b>125</b>	<b>4.0</b>	<b>26</b>	<b>1</b>	<b>11</b>	<b>84</b>	<b>7.6</b>	<b>14</b>	<b>0</b>	<b>10-5-1</b>	

+ - Overtime



**74** | TACKLE  
**JAKE CURHAN**

Height: 6-6      Weight: 316  
College: California  
Season: Rookie  
Born: February 9, 1998  
Hometown: Larkspur, Calif.  
Pronunciation: cur-HAN

## 2021 SEASON:

09/26 at Min: Saw first NFL action at RT replacing Jamarco Jones (upset stomach).

## TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

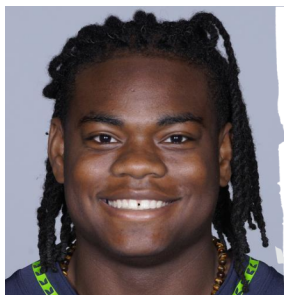
**COLLEGE:** Started 40 of 42 games at right tackle during his Bears career. Was a two-time honorable mention All-Pac-12 selection in his final two campaigns as a 2019 junior and 2020 senior. Had a string of 39 consecutive starts snapped when he did not start at Oregon State due to COVID-19 protocols but did return to the starting lineup for his final career game. Honored with the Pac-12's annual academic recognition for three consecutive seasons as a second-team Pac-12 All-Academic selection as both a redshirt freshman and sophomore, as well as a member of the

league's initial Pac-12 Academic Honor Roll. Named Cal's winner of the Brick Muller Award as its most valuable lineman on offense as a junior.

**PERSONAL:** A three-year varsity starter at Redwood High from 2013-15 who didn't begin playing football until he was a sophomore in 2013. Earned first-team All-State Medium School honors from Cal-Hi Sports, San Francisco All-Metro honors and was named the Marin County Athletic League Lineman of the Year as a 2015 senior after moving to left tackle and anchoring the offensive line for a team that averaged 212.9 yards per game on the ground. Also played on the defensive line as a senior and had team highs of 6.0 sacks as well as the team's lone safety for a squad that reached the North Coast Section Division II playoffs for the first time during his prep career. Also played one season of basketball as a sophomore in 2013-14 and participated in 26 games. Graduated from Cal in December of 2020 with a bachelor's degree in business administration.

## JAKE CURHAN'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2021	Seahawks	5	0
<b>NFL TOTALS</b>		<b>5</b>	<b>0</b>



# 31 | RUNNING BACK DEEJAY DALLAS

**Height:** 5-10    **Weight:** 214  
**College:** Miami  
**Seasons:** NFL : 2nd, Seahawks 2nd  
**Born:** September 16, 1998  
**Hometown:** Brunswick, Ga.

## 2021 SEASON:

10/17 at Pit: Established a career high with 33 receiving yards and tied a career best with five receptions.

10/03 at SF: Forced a fumble on special teams that was recovered by Seattle's Jon Rhattigan. Registered career-long 33-yard kickoff return.

## TRANSACTIONS:

04/25/20: Drafted by Seattle (4th round, 144th overall)

## NFL CAREER HIGHLIGHTS:

- Started two of 12 games played due to injuries mid-season to Chris Carson, Carlos Hyde and Travis Homer.

**COLLEGE:** Started 10 of 35 games played for the Hurricanes in his three seasons. Carried 265 times for 1,527 yards and 17 touchdowns in his career. Made the switch from wide receiver mid-way through his freshman year. Started all 10 games in which he played in first season as team's primary

back in 2019. Rushed for a team-high 693 yards on 115 carries and finished with eight rushing touchdowns and ranked second on the Hurricanes with 846 all-purpose yards despite missing three games. Delivered standout sophomore season, compiling team-best 1,260 all-purpose yards, seeing action in all 13 games. Ranked second with 617 rushing yards on 109 carries and tied for team lead with six rushing touchdowns. Had a long rush of 83 yards, marking the sixth-longest rush from scrimmage in program history.

**PERSONAL:** Attended Glynn Academy and was a consensus four-star prospect by 247Sports, ESPN, Rivals and Scout. Played quarterback, receiver, running back and defensive back. Also returned punts and kick. Ranked as the No. 15 athlete nationwide by Rivals and No. 196 overall prospect regardless of position. Led Terrors to an 11-2 record in final year and rushed for 168 yards to go along with 135 passing yards in final game of high school career in state quarterfinals. Rushed for 1,139 yards and 13 touchdowns during junior year and added 678 passing yards and seven passing touchdowns.

## DEEJAY DALLAS' NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RUSHING							RECEIVING				
		GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	12	2	34	108	3.2	13	2	17	111	6.5	13	1
2021	Seahawks	6	0	9	29	3.2	10	0	8	70	8.8	29	0
NFL TOTALS		18	2	43	137	3.2	13	2	25	181	7.2	29	1

## DEEJAY DALLAS' NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RUSHING							RECEIVING				
		GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0	0	0.0	0	0	0	0	0.0	0	0

## DEEJAY DALLAS' NFL REGULAR SEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2021	Seahawks	12	267	22.3	38	0	0	0	0	0.0	0	0
NFL TOTALS		12	267	22.3	38	0	0	0	0	0.0	0	0

## DEEJAY DALLAS' SINGLE-GAME HIGHS: RUSHING/RECEIVING

**Rush Attempts** 18 vs. San Francisco 49ers, Nov 01, 2020  
**Rushing Yards** 41 vs. San Francisco 49ers, Nov 01, 2020  
**Longest Runs** 13 vs. Arizona Cardinals, Nov 19, 2020  
**Rushing TDs** 1 at Buffalo Bills, Nov 08, 2020  
 ...1 more at 1.  
**Receptions** 5 at Pittsburgh Steelers, Oct 17, 2021  
 ...1 more at 5.  
**Receiving Yards** 33 at Pittsburgh Steelers, Oct 17, 2021  
**Longest Receptions** 29 vs. Los Angeles Rams, Oct 07, 2021  
**Receiving TDs** 1 vs. San Francisco 49ers, Nov 01, 2020  
**All-Purpose Yards** 147 at Pittsburgh Steelers, Oct 17, 2021

**Kickoff Returns** 3 at Pittsburgh Steelers, Oct 17, 2021  
 ...1 more at 3.  
**Kickoff Return Yards** 97 at Pittsburgh Steelers, Oct 17, 2021  
**Longest Kickoff Return** 38 at Pittsburgh Steelers, Oct 17, 2021  
**Special Teams Tackles** 3 at Pittsburgh Steelers, Oct 17, 2021  
**Most TDs** 2 vs. San Francisco 49ers, Nov 01, 2020  
**Rushing Average** 4.4 at Buffalo Bills, Nov 08, 2020  
**Receiving Average** 6.6 at Pittsburgh Steelers, Oct 17, 2021  
**Kickoff Return Average** 32.3 at Pittsburgh Steelers, Oct 17, 2021

**DEEJAY DALLAS' 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	P	1	5	5.0	5	0	1	5	5.0	5	0	W	28-16
09/19	Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-21
10/07	Rams	P	4	7	1.8	4	0	2	32	16.0	29	0	L	17-26
10/17	at Steelers	P	4	17	4.3	10	0	5	33	6.6	10	0	L	20-23+
<b>2021 TOTALS</b>		<b>6-0</b>	<b>9</b>	<b>29</b>	<b>3.2</b>	<b>10</b>	<b>0</b>	<b>8</b>	<b>70</b>	<b>8.8</b>	<b>29</b>	<b>0</b>	<b>2-4</b>	

+ - Overtime

**DEEJAY DALLAS' 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

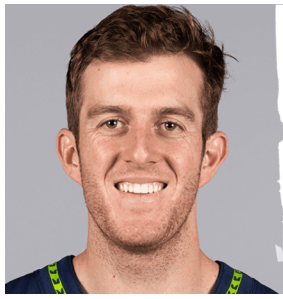
DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons							ON INACTIVE LIST					W	38-25
09/20	Patriots							ON INACTIVE LIST					W	35-30
09/27	Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	P	2	8	4.0	6	0	2	15	7.5	9	0	W	31-23
10/11	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	P	0	0	0.0	0	0	2	18	9.0	10	0	L	34-37+
11/01	49ers	S	18	41	2.3	9	1	5	17	3.4	5	1	W	37-27
11/08	at Bills	S	7	31	4.4	10	1	2	8	4.0	5	0	L	34-44
11/15	at Rams	P	2	8	4.0	5	0	2	23	11.5	13	0	L	16-23
11/19	Cardinals	P	1	13	13.0	13	0	2	19	9.5	11	0	W	28-21
11/30	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-17
12/06	Giants	P	0	0	0.0	0	0	2	11	5.5	6	0	L	12-17
12/13	Jets	P	4	7	1.8	4	0	0	0	0.0	0	0	W	40-3
12/20	at Washington	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-15
12/27	Rams							ON INACTIVE LIST					W	20-9
01/03	at 49ers							ON INACTIVE LIST					W	26-23
<b>2020 TOTALS</b>		<b>12-2</b>	<b>34</b>	<b>108</b>	<b>3.2</b>	<b>13</b>	<b>2</b>	<b>17</b>	<b>111</b>	<b>6.5</b>	<b>13</b>	<b>1</b>	<b>12-4</b>	

+ - Overtime

**DEEJAY DALLAS' 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	KICKOFF RETURNS					PUNT RETURNS					W/L	SCORE
			RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	
09/12	at Colts	P	1	22	22.0	22	0	0	0	0	0.0	0	0	W
09/19	Titans	P	3	30	10.0	18	0	0	0	0	0.0	0	0	L
09/26	at Vikings	P	1	21	21.0	21	0	0	0	0	0.0	0	0	L
10/03	at 49ers	P	2	51	25.5	33	0	0	0	0	0.0	0	0	W
10/07	Rams	P	2	46	23.0	24	0	0	0	0	0.0	0	0	L
10/17	at Steelers	P	3	97	32.3	38	0	0	0	0	0.0	0	0	L
<b>2021 TOTALS</b>		<b>6-0</b>	<b>12</b>	<b>267</b>	<b>22.3</b>	<b>38</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>2-4</b>

+ - Overtime



4

PUNTER

MICHAEL DICKSON

Height: 6-2

Weight: 208

College:

Texas

Seasons:

NFL : 4th, Seahawks 4th

Born:

January 4, 1996

Hometown:

Sydney, Australia



AP

1ST TEAM

'18

'18

## 2021 SEASON:

10/07 vs. LAR: Downed four punts IN20, and tied second-longest punt of career (68 yards) after he scooped up a blocked punt and re-punted the ball, downing the ball at LAR 11.

10/03 at SF: Tied-career high with eight punts, with two downed IN20.

## TRANSACTIONS:

04/28/18: Drafted by Seattle (5th round, 149th overall)

## NFL CAREER HIGHLIGHTS:

- Led NFL with 32 punts downed inside the 20 and led NFC (2nd NFL) with a single-season franchise record 49.6 average. Ranked second in the NFC (3rd NFL) with a single-season franchise record 44.4 net average. Earned NFC Special Teams Player of the Week twice during the 2020 season (Weeks 2 and 15).
- Tied (Jeff Feagles, Jon Ryan) for the franchise-record for most punts landing inside the 20 in a single-season with 34 in 2019.
- Earned first-team All-Pro as a rookie after finishing second in the NFL with

a club record 48.2-yard average. Was sixth in the NFL with a club record 42.5 net average. Second Seahawks punter named to the All Pro team, and first time since Rick Tuten earned second-team honors in 1994. Also earned a Pro Bowl bid as a rookie, following Tuten (1994) as only the second Pro Bowl punter in team history. Earned NFC Special Teams Player of the Month (November) and NFC Special Teams Player for Week 8.

**COLLEGE:** After growing up in Australia, playing Australian Rules Football, transitioned to American football and played three years at Texas, finishing his career as UT's all-time leader in punting average at 45.32 yards per punt. Punted a school-record 226 times for a school-record 10,242 yards. Was the recipient of the 2017 Ray Guy Award. Named a unanimous first team All-American (AFCA, AP, FWAA, SN, WCFF). The 2016 and 2017 Big 12 Conference Special Teams Player of the Year. Named first team All-Big 12 at punter in both 2016 and 2017. Named 2017 Big 12 Football Scholar-Athlete of the Year and an Academic All-Big 12 First Team member. Also an All-American in 2016.

**PERSONAL:** During high school played Australian Rules Football, serving mostly as a defender. Started each match in his career. Averaged approximately 20 disposals per game (a kick/punt or a hand pass). During 2014, participated for the Sydney Swans Academy (professional development team) and represented his state (NSW). Born in Sydney, Australia. Lived in Melbourne, Australia for the five months preceding his move to the United States in the summer of 2015. Mother is Lily Baum and stepfather is Stephen Baum. Has one sister, Rubie.

## REGULAR SEASON COMPARISON: PUNTING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	NO.	YDS.	AVG.	TB	IN20	LG
9/22/19	SEA vs. NO	L	P	4	165	41.3	0	1	59
<b>TOTALS</b>		<b>0/1</b>	<b>1/0</b>	<b>4</b>	<b>165</b>	<b>41.3</b>	<b>0</b>	<b>1</b>	<b>59</b>

## MICHAEL DICKSON'S NFL REGULAR SEASON PUNTING STATISTICS

DATE	TEAM	GP	NO.	YDS.	AVG.	OPP. RET.	YDS.	NET YDS.	AVG.	TB	IN20	LG	BK
2018	Seahawks	16	78	3,759	48.2	34	304	3,355	42.5	5	28	69	1
2019	Seahawks	16	74	3,341	45.1	34	213	3,028	40.9	5	34	63	0
2020	Seahawks	16	61	3,028	49.6	28	199	2,709	44.4	6	32	67	0
2021	Seahawks	6	33	1,554	47.1	15	110	1,324	40.1	6	14	68	0
<b>NFL TOTALS</b>		<b>54</b>	<b>246</b>	<b>11,682</b>	<b>47.5</b>	<b>111</b>	<b>826</b>	<b>10,416</b>	<b>42.2</b>	<b>22</b>	<b>108</b>	<b>69</b>	<b>1</b>

## MICHAEL DICKSON'S NFL POSTSEASON PUNTING STATISTICS

DATE	TEAM	GP	NO.	YDS.	AVG.	OPP. RET.	YDS.	NET YDS.	AVG.	TB	IN20	LG	BK
2018	Seahawks	1	7	360	51.4	6	80	280	40.0	0	1	60	0
2019	Seahawks	2	7	325	46.4	1	6	299	42.7	1	4	64	0
2020	Seahawks	1	8	446	55.8	1	9	397	49.6	2	3	71	0
<b>NFL TOTALS</b>		<b>4</b>	<b>22</b>	<b>1,131</b>	<b>51.4</b>	<b>8</b>	<b>95</b>	<b>976</b>	<b>44.4</b>	<b>3</b>	<b>8</b>	<b>71</b>	<b>0</b>

## ADDITIONAL STATS

**Rushing:** 2018 (Rushed once for 9 yards). **Career:** Rushed once for 9 yards.

**Special Teams Tackles:** 2020 (1). **Career:** 1.

# MICHAEL DICKSON'S SINGLE-GAME HIGHS: PUNTER

<b>Punts</b>	8 at Pittsburgh Steelers, Oct 17, 2021 ...4 more at 8.	<b>Inside the 20</b>	5 at Philadelphia Eagles, Nov 24, 2019
<b>Gross Punting Yards</b>	426 at San Francisco 49ers, Dec 16, 2018	<b>Rush Attempts</b>	1 at Detroit Lions, Oct 28, 2018
<b>Gross Punting Avg</b>	59.0 at Denver Broncos, Sep 09, 2018	<b>Rushing Yards</b>	9 at Detroit Lions, Oct 28, 2018
<b>Net Punting Yards</b>	356 at San Francisco 49ers, Dec 16, 2018	<b>Longest Runs</b>	9 at Detroit Lions, Oct 28, 2018
<b>Net Punting Avg</b>	57.5 at Denver Broncos, Sep 09, 2018	<b>Special Teams Tackles</b>	1 at San Francisco 49ers, Jan 03, 2021
<b>Longest Punts</b>	69 at Denver Broncos, Sep 09, 2018		

# MICHAEL DICKSON'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT		NO.	YDS.	AVG.	OPP. RET.	YDS.	NET YDS.	AVG	TB	IN20	LG	BK	W/L	SCORE
09/12	at Colts	P	5	185	37.0	1	7	178	35.6	0	4	49	0	W	28-16
09/19	Titans	P	6	310	51.7	3	32	238	39.7	2	2	66	0	L	30-33+
09/26	at Vikings	P	2	88	44.0	2	-1	89	44.5	0	1	45	0	L	17-30
10/03	at 49ers	P	8	405	50.6	4	32	333	41.6	2	2	62	0	W	28-21
10/07	Rams	P	4	202	50.5	1	11	191	47.8	0	4	68	0	L	17-26
10/17	at Steelers	P	8	364	45.5	4	29	295	36.9	2	1	65	0	L	20-23+
<b>2021 TOTALS</b>		<b>6</b>	<b>33</b>	<b>1,554</b>	<b>47.1</b>	<b>15</b>	<b>110</b>	<b>1,324</b>	<b>40.1</b>	<b>6</b>	<b>14</b>	<b>68</b>	<b>0</b>	<b>2-4</b>	

+ - Overtime



6

FREE SAFETY

QUANDRE DIGGS

Height: 5-9 Weight: 197  
 College: Texas  
 Seasons: NFL : 7th, Seahawks 3rd  
 Born: January 22, 1993  
 Hometown: Houston, Texas  
 Pronunciation: KWAHN-dray



## 2021 SEASON:

10/07 vs. LAR: Intercepted pass for second-consecutive game.

10/03 at SF: Intercepted first pass of the season and had seven tackles (5 solo).

09/19 vs. Ten: Tied a career high with 10 tackles (5 solo).

## TRANSACTIONS:

05/02/15: Drafted by Detroit (6th round, 200th overall)

12/06/16: Placed on IR (pectoral)

10/23/19: Traded to Seattle

## NFL CAREER HIGHLIGHTS:

- Named to his first Pro Bowl in 2020 after leading the NFC (T4th NFL) with a career-high five interceptions. It was most interceptions by a Seahawks player since Earl Thomas recorded five in 2015. Started all 16 games for the second time in his career and added a career-high 10 passes defended.
- Started all seven games played for Seattle (five regular season, two postseason) and was inactive for four in 2019. Tied for the team-lead with three interceptions. Set career-high with two interceptions at the L.A. Rams, returning one 55 yards for a touchdown, the longest return of his career and the second pick-six of his career.
- Started 40 of 65 games for the Detroit Lions before being traded to Seattle on October 23, 2019.
- Recorded a career-high 10 tackles (nine solo) against Green Bay in Week 5

(10/7/18). His nine solo tackles were also a personal best.

- Recorded his fourth career interception against the New York Jets in Week 1 (9/10/18) and returned it for a touchdown. It marked the first time the Lions have ever recorded an interception returned for a touchdown on the first play from scrimmage.

**COLLEGE:** A four-year cornerback at Texas who played in 52 career games (49 starts) and ended his career tied for ninth on the Texas all-time list for interceptions (11), while his 37 career passes defended are also tied for ninth in school history. Earned All-Big 12 honors three times (2011, 2013, 2014) and started 48 of his final 49 games. Did not miss a game in his Texas career. Earned 2014 first-team All-Big 12 honors from ESPN and was a second team pick by the Associated Press and the league's coaches. Was invited to the 2015 Senior Bowl following his final season at Texas where he finished with a career-high 73 total tackles (52 solo), two sacks, three interceptions, five passes defended and one forced fumble in 13 games (13 starts).

**PERSONAL:** Attended Angleton High where he was a two-time all-state and four-time all-district selection at multiple positions. Was a four-year starter at Angleton and finished his career with 8,265 all-purpose yards and 83 touchdowns on offense, rushing for 4,409 yards and 58 touchdowns, passing for 1,938 yards and 11 touchdowns and catching 10 passes for 301 yards and three touchdowns. On defense, totaled 237 tackles, 19 tackles for loss, six sacks, 10 interceptions, 52 pass breakups, 11 forced fumbles, four fumble recoveries, seven blocked kicks and returned four interceptions for scores. Brother, Quentin Jammer, was a three-year starter and All-American defensive back at Texas (1997-98, 2000-01) and played for the Denver Broncos in 2013 after 11 seasons with the San Diego Chargers (2002-12). Also lettered three years in track and was a two-year letterman in basketball. Earned a bachelor's degree in physical culture and sports with a minor in social work from Texas, and was a member of the Big 12 Commissioner's Honor Roll in 2013.

## REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	TACKLES				SACK	YDS.	INT	TFL	PD	QBH	MISC		
				TOT	SOLO	ASST								TD	FF	FR
12/21/15	DET @ NO	W	P	5	4	1		0.0	0.0	0	0	1	0	0	0	0
12/4/16	DET @ NO	W	P	1	1	0		0.0	0.0	0	0	0	1	0	0	0
10/15/17	DET @ NO	L	S	2	2	0		0.0	0.0	0	0	0	0	0	0	0
<b>TOTALS</b>		<b>2/1</b>	<b>3/1</b>	<b>8</b>	<b>7</b>	<b>1</b>		<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

## QUANDRE DIGGS' NFL REGULAR SEASON DEFENSIVE STATISTICS

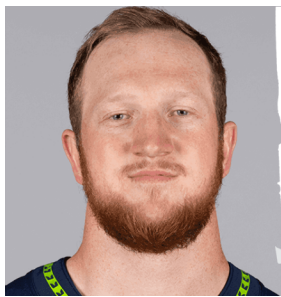
				TACKLES								INTERCEPTIONS						FUMBLES				ST					
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR		
2015	Lions	16	4	35	28	7	2	7	0.0	0.0	0	0	0	0	0	6	1	1	0	0	3	3	0	0	0		
2016	Lions	12	4	42	38	4	2	4	0.0	0.0	1	0	0	0	0	1	1	0	0	0	2	2	0	0	0		
2017	Lions	16	11	54	44	10	5	11	1.0	0.0	2	3	28	16	0	9	1	0	0	0	1	1	0	0	0		
2018	Lions	16	16	78	64	14	3	4	0.0	0.0	1	3	41	37t	1	8	0	0	0	0	0	0	0	0	0		
2019	Lions	5	5	20	17	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Went from Detroit to Seattle.																											
2019	Seahawks	6	6	21	10	11	0	0	0.0	0.0	0	3	99	55t	1	3	1	1	0	0	0	0	0	0	0		
2019	TOTAL	11	11	41	27	14	0	0	0.0	0.0	0	3	99	55t	1	3	1	1	0	0	0	0	0	0	0		
2020	Seahawks	16	16	64	42	22	0	0	0.0	0.0	0	5	57	32	0	10	0	0	0	0	0	0	0	0	0		
2021	Seahawks	6	6	38	27	11	0	0	0.0	0.0	0	2	5	5	0	3	0	0	0	0	0	0	0	0	0		
NFL TOTALS		93	68	352	270	82	12	26	1.0	0.0	4	16	230	55T	2	40	4	2	0	0	6	6	0	0	0		

# QUANDRE DIGGS' NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS						FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	
2016	Lions	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2019	Seahawks	2	2	8	6	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2020	Seahawks	1	1	5	4	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		3	3	13	10	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		

# QUANDRE DIGGS' SINGLE-GAME HIGHS: DEFENSIVE

<b>Total Tackles</b>	10 vs. Tennessee Titans, Sep 19, 2021 ...1 more at 10.	<b>Tackles For Loss</b>	2 vs. Pittsburgh Steelers, Oct 29, 2017
<b>Sacks</b>	1.0 vs. Chicago Bears, Dec 16, 2017	<b>Interceptions</b>	2 at Los Angeles Rams, Dec 08, 2019
<b>Passes Defensed</b>	3 vs. Arizona Cardinals, Sep 10, 2017	<b>Interception Return Yards</b>	55 at Los Angeles Rams, Dec 08, 2019
<b>Forced Fumbles</b>	1 at Philadelphia Eagles, Nov 24, 2019 ...3 more at 1.	<b>Special Teams Tackles</b>	1 at Chicago Bears, Nov 19, 2017 ...5 more at 1.
<b>Fumble Recoveries</b>	1 at Philadelphia Eagles, Nov 24, 2019 ...1 more at 1.		



89

TIGHT END

WILL DISSLY

Height: 6-4      Weight: 265  
 College:      Washington  
 Seasons:      NFL : 4th, Seahawks 4th  
 Born:      July 8, 1996  
 Hometown:      Bozeman, Mont.

**TRANSACTIONS:**

04/28/18: Drafted by Seattle (4th round, 120th overall)  
 10/02/18: Placed on IR (knee)  
 10/19/19: Placed on IR (Achilles)

**NFL CAREER HIGHLIGHTS:**

- Returned from two season-ending injuries in 2018 and 2019 to play in all 16 games with 12 starts in 2020. Posted a career-high 24 catches for 251 yards and two touchdowns.
- Started the first six games of 2019 with four touchdowns before landing on injured reserve (Achilles). Has six touchdowns in his first 10 NFL games played, good for third in NFL history.
- First-career start came in 2018 season opener at Denver and had three receptions for 105 yards and a touchdown. Had a 66-yard reception that was the longest by a Seahawks rookie tight end in team history and longest by a rookie since Darrell Jackson's 71-yarder in 2000.

**COLLEGE:** Played in 46 games with 17 starts at the UW. Earned Academic All-Pac-12 honorable mention his senior season. Started career at defensive end but made the switch to tight end before his junior season, where he

would start 16 of 27 games played and record 25 receptions for 336 yards and three touchdowns. Had a career night against Montana in 2017, catching five passes for 79 yards and two touchdowns – all career highs. Co-winner of the Husky Excellence Award at the UW postseason awards banquet following his senior season. During his first two seasons, played in 19 games on defense and recorded 10 tackles (7 solo), three tackles for loss, one sack and one forced fumble.

**PERSONAL:** Played football for coach Troy Purcell at Bozeman High School (Montana). Named the Gatorade Player of the Year for the state of Montana. Earned Parade All America honorable mention, the second Montana player ever named to the Parade team, honorable mention or otherwise, and the first since 1990. Also the Defensive Co MVP of the Montana AA level as well as the first team AA all state at defensive end and tight end as a junior and senior. Racked up 57 tackles, 12 for a loss and 9.5 sacks while catching 55 passes for 917 yards and 11 touchdowns. As a senior, helped lead the Hawks to a 14-0 record and the AA state championship while out scoring opponents, 689 to 209, for the season. Earned second team all state at tight end as a sophomore, when he scored 13 touchdowns. Threw shot and discus in high school, finishing second in discus and fourth in shot at the state meet as a junior in 2013.

**REGULAR SEASON COMPARISON: RECEIVING - NEW ORLEANS SAINTS**

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
9/22/19	SEA vs. NO	L	S	6	62	10.3	1	25	7	18
<b>TOTALS</b>		<b>0/1</b>	<b>1/1</b>	<b>6</b>	<b>62</b>	<b>10.3</b>	<b>1</b>	<b>25</b>	<b>7</b>	<b>18</b>

**WILL DISSLY'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	4	4	8	156	19.5	66	2	0	0	0.0	0	0
2019	Seahawks	6	6	23	262	11.4	38	4	1	7	7.0	7	0
2020	Seahawks	16	10	24	251	10.5	28	2	0	0	0.0	0	0
2021	Seahawks	6	6	10	118	11.8	39	1	0	0	0.0	0	0
<b>NFL TOTALS</b>		<b>32</b>	<b>26</b>	<b>65</b>	<b>787</b>	<b>12.1</b>	<b>66</b>	<b>9</b>	<b>1</b>	<b>7</b>	<b>7.0</b>	<b>7</b>	<b>0</b>

**WILL DISSLY'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	1	0	1	1	1.0	1	0	0	0	0.0	0	0
<b>NFL TOTALS</b>		<b>1</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>1.0</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>

**ADDITIONAL STATS**

Special Teams Tackles: 2019 (2); 2020 (1) Career: 3.

# WILL DISSLY'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

<b>Rush Attempts</b>	1 vs. Los Angeles Rams, Oct 03, 2019	<b>Kickoff Returns</b>	1 at Washington, Dec 20, 2020
<b>Rushing Yards</b>	7 vs. Los Angeles Rams, Oct 03, 2019	<b>Kickoff Return Yards</b>	8 at Washington, Dec 20, 2020
<b>Longest Runs</b>	7 vs. Los Angeles Rams, Oct 03, 2019	<b>Longest Kickoff Return</b>	8 at Washington, Dec 20, 2020
<b>Receptions</b>	7 at Arizona Cardinals, Sep 29, 2019	<b>Special Teams Tackles</b>	2 vs. Cincinnati Bengals, Sep 08, 2019
<b>Receiving Yards</b>	105 at Denver Broncos, Sep 09, 2018	<b>Miscellaneous Tackles</b>	1 vs. New York Giants, Dec 06, 2020
<b>Longest Receptions</b>	66 at Denver Broncos, Sep 09, 2018	<b>Most TDs</b>	2 at Pittsburgh Steelers, Sep 15, 2019
<b>Receiving TDs</b>	2 at Pittsburgh Steelers, Sep 15, 2019	<b>Receiving Average</b>	35.0 at Denver Broncos, Sep 09, 2018
<b>All-Purpose Yards</b>	105 at Denver Broncos, Sep 09, 2018		

## WILL DISSLY'S 100-YARD RECEIVING GAMES (1): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
09/09/18	at Broncos	3	105	35.0	66	1

## WILL DISSLY'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	S	3	37	12.3	22	0	0	0	0.0	0	0	W	28-16
09/19	Titans	S	0	0	0.0	0	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	S	1	39	39.0	39	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	S	2	5	2.5	3	0	0	0	0.0	0	0	W	28-21
10/07	Rams	S	2	29	14.5	21	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers	S	2	8	4.0	7	1	0	0	0.0	0	0	L	20-23+
<b>2021 TOTALS</b>	<b>6-6</b>		<b>10</b>	<b>118</b>	<b>11.8</b>	<b>39</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>2-4</b>	

+ - Overtime

## WILL DISSLY'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons	P	2	8	4.0	5	0	0	0	0.0	0	0	W	38-25
09/20	Patriots	P	1	9	9.0	9	0	0	0	0.0	0	0	W	35-30
09/27	Cowboys	P	2	5	2.5	6	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	P	2	15	7.5	14	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	S	1	19	19.0	19t	1	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	2	38	19.0	28	0	0	0	0.0	0	0	L	34-37+
11/01	49ers	P	1	17	17.0	17	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	S	1	26	26.0	26	0	0	0	0.0	0	0	L	34-44
11/15	at Rams	P	1	16	16.0	16	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals	S	1	10	10.0	10	0	0	0	0.0	0	0	W	28-21
11/30	at Eagles	S	0	0	0.0	0	0	0	0	0.0	0	0	W	23-17
12/06	Giants	S	4	28	7.0	10	0	0	0	0.0	0	0	L	12-17
12/13	Jets	S	2	23	11.5	13	1	0	0	0.0	0	0	W	40-3
12/20	at Washington	S	0	0	0.0	0	0	0	0	0.0	0	0	W	20-15
12/27	Rams	S	3	17	5.7	7	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	S	1	20	20.0	20	0	0	0	0.0	0	0	W	26-23
<b>2020 TOTALS</b>	<b>16-10</b>		<b>24</b>	<b>251</b>	<b>10.5</b>	<b>28</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>12-4</b>	

+ - Overtime

**WILL DISSLY'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

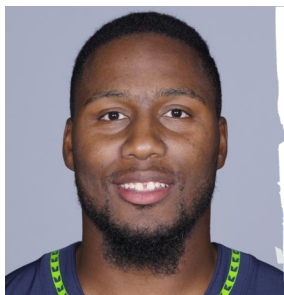
DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/08	Bengals	S	1	12	12.0	12	0	0	0	0.0	0	0	W	21-20
09/15	at Steelers	S	5	50	10.0	14t	2	0	0	0.0	0	0	W	28-26
09/22	Saints	S	6	62	10.3	25	1	0	0	0.0	0	0	L	27-33
09/29	at Cardinals	S	7	57	8.1	17	1	0	0	0.0	0	0	W	27-10
10/03	Rams	S	4	81	20.3	38	0	1	7	7.0	7	0	W	30-29
10/13	at Browns	S	0	0	0.0	0	0	0	0	0.0	0	0	W	32-28
10/20	Ravens							INJURED RESERVE					L	16-30
10/27	at Falcons							INJURED RESERVE					W	27-20
11/03	Buccaneers							INJURED RESERVE					W	40-34+
11/11	at 49ers							INJURED RESERVE					W	27-24+
11/24	at Eagles							INJURED RESERVE					W	17-9
12/02	Vikings							INJURED RESERVE					W	37-30
12/08	at Rams							INJURED RESERVE					L	12-28
12/15	at Panthers							INJURED RESERVE					W	30-24
12/22	Cardinals							INJURED RESERVE					L	13-27
12/29	49ers							INJURED RESERVE					L	21-26
<b>2019 TOTALS</b>		<b>6-6</b>	<b>23</b>	<b>262</b>	<b>11.4</b>	<b>38</b>	<b>4</b>	<b>1</b>	<b>7</b>	<b>7.0</b>	<b>7</b>	<b>0</b>	<b>11-5</b>	

+ - Overtime

**WILL DISSLY'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/09	at Broncos	S	3	105	35.0	66	1	0	0	0.0	0	0	L	24-27
09/17	at Bears	S	3	42	14.0	34	1	0	0	0.0	0	0	L	17-24
09/23	Cowboys	S	1	4	4.0	4	0	0	0	0.0	0	0	W	24-13
09/30	at Cardinals	S	1	5	5.0	5	0	0	0	0.0	0	0	W	20-17
10/07	Rams							DID NOT PLAY					L	31-33
10/14	at Raiders							DID NOT PLAY					W	27-3
10/28	at Lions							INJURED RESERVE					W	28-14
11/04	Chargers							INJURED RESERVE					L	17-25
11/11	at Rams							INJURED RESERVE					L	31-36
11/15	Packers							INJURED RESERVE					W	27-24
11/25	at Panthers							INJURED RESERVE					W	30-27
12/02	49ers							INJURED RESERVE					W	43-16
12/10	Vikings							INJURED RESERVE					W	21-7
12/16	at 49ers							INJURED RESERVE					L	23-26+
12/23	Chiefs							INJURED RESERVE					W	38-31
12/30	Cardinals							INJURED RESERVE					W	27-24
<b>2018 TOTALS</b>		<b>4-4</b>	<b>8</b>	<b>156</b>	<b>19.5</b>	<b>66</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>10-6</b>	

+ - Overtime



8

LINEBACKER

CARLOS DUNLAP II



## TRANSACTIONS:

04/23/10: Drafted by Cincinnati (2nd round, 54th overall)  
 07/16/13: Re-signed with Cincinnati  
 08/29/18: Re-signed with Cincinnati  
 10/28/20: Traded to Seattle  
 03/08/21: Released by Seattle  
 03/30/21: Re-signed by Seattle

## NFL CAREER HIGHLIGHTS:

- Opened 2020 with the Bengals, starting four of six games before being traded midseason to Seattle. Started six of eight games with the Seahawks, recording 14 quarterback hits and 5.0 sacks, two of which ended opponent's comeback attempts (vs. Arizona & at Washington). Improved the Seahawks pass rush as the team recorded 34 sacks in its final nine games, compared to 12 in seven games prior to his arrival. In all, started 10 of 14 games, totaling 32 tackles (20 solo), 6.0 sacks, 18 quarterback hits and four passes defended.
- A two-time Pro Bowler (2015-16), Dunlap spent his first 10-plus seasons with the Bengals, who drafted him in the second round of the 2010 draft. He has started 115 of 155 games played, recording 82.5 sacks, 490 tackles, 20 forced fumbles, nine fumble recoveries, 60 passes defended, and two interceptions, both of which he returned for touchdowns.
- Finished Bengals career ranked second in franchise sacks (82.5), one behind DE Eddie Edwards (83.5).

Height: 6-6

Weight: 285

College:

Florida

Seasons:

NFL : 12th, Seahawks 2nd

Born:

February 28, 1989

Hometown:

North Charleston, S.C.

- His career-best 13.5 sacks in 2015 were second-most in a season in Cincinnati history, behind DE Coy Bacon's 22.0 in 1976.

- Recorded a team-high 9.0 sacks in 2019 for the Bengals, marking the fifth time in his 10 seasons he finished with at least a share of the team's sack lead (2011, 2013-15, 2019).

- His 38 passes defended between 2016-19 were the most in the NFL among non-defensive backs, and in 2016, became the first Bengals defensive lineman to ever lead the team in passes defended (15).

**COLLEGE:** Played three seasons (2007-09) at Florida, with totals of 84 tackles, 19.5 sacks, 26 tackles for loss, eight passes defended and four blocked kicks. Entered NFL Draft following his junior season. Named Defensive MVP of 2008 season BCS national championship win over Oklahoma. Helped Gators to 13-1 records in each of his last two seasons, including 51-24 Sugar Bowl victory over University of Cincinnati to close the 2009 campaign.

**PERSONAL:** Attended Fort Dorchester High, and closed career ranked 15th on ESPN's Top 150 recruits list. Was an SEC Academic All-American in 2008 and selected to the SEC Academic Honor Roll as a freshman. Actively supports children in need in both South Carolina and Greater Cincinnati, through Carlos Dunlap Foundation, with events including an annual football camp, holiday shopping trips and school supplies giveaways at the beginning of school year. Enjoys traveling and jet skiing. Was named 'Mayor for a Day' in North Charleston on March 13, 2009. Lists parents, Diane Ross and Carlos L. Dunlap Sr., as greatest source of inspiration. Was the Bengals team nominee for NFL Walter Payton Man of the Year Award in both 2015 and 2018. Earned bachelor's degree in business administration from Florida and master's degree in business administration from Miami (Fla.).

## REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	TACKLES			SACK	YDS.	INT	TFL	PD	QBH	MISC		
				TOT	SOLO	ASST							TD	FF	FR
12/5/10	CIN vs. NO	L	P	2	1	1	1.5	19.0	0	1	0	2	0	0	0
11/16/14	CIN @ NO	W	S	2	2	0	0.0	0.0	0	0	1	4	0	1	0
11/11/18	CIN vs. NO	L	S	2	1	1	0.0	0.0	0	0	0	1	0	0	0
<b>TOTALS</b>		<b>1/2</b>	<b>3/2</b>	<b>6</b>	<b>4</b>	<b>2</b>	<b>1.5</b>	<b>19.0</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>7</b>	<b>0</b>	<b>1</b>	<b>0</b>

# CARLOS DUNLAP II'S NFL REGULAR SEASON DEFENSIVE STATISTICS

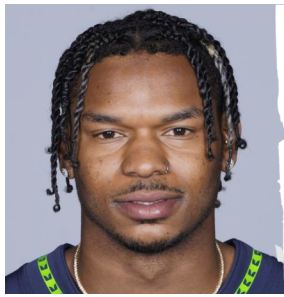
DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2010	Bengals	12	0	24	19	5	9	0	9.5	77.5	14	0	0	0	0	3	0	1	0	0	0	0	0	0	0	0	0
2011	Bengals	12	1	23	11	12	4	0	4.5	42.0	18	0	0	0	0	3	0	1	1	35	0	0	0	0	0	0	0
2012	Bengals	14	1	41	34	7	8	0	6.0	55.0	12	1	14	14t	1	3	4	3	0	2	0	0	0	0	0	0	0
2013	Bengals	16	15	58	39	19	8	28	7.5	40.5	26	0	0	0	0	5	4	1	0	42	0	0	0	0	0	0	0
2014	Bengals	16	16	66	40	26	16	64	8.0	49.5	28	0	0	0	0	5	2	1	0	0	0	0	0	0	0	0	0
2015	Bengals	16	16	55	37	18	16	96	13.5	91.5	34	0	0	0	0	1	2	1	0	21	0	0	0	0	0	0	0
2016	Bengals	16	16	49	30	19	7	43	8.0	45.0	23	0	0	0	0	15	3	0	0	0	0	0	0	0	0	0	0
2017	Bengals	16	16	46	35	11	12	66	7.5	41.0	24	1	16	16t	1	7	1	0	0	0	0	0	0	0	0	0	0
2018	Bengals	16	16	47	31	16	8	38	8.0	32.0	21	0	0	0	0	8	2	1	0	0	0	0	0	0	0	0	0
2019	Bengals	14	14	63	39	24	13	66	9.0	63.0	21	0	0	0	0	8	2	0	0	0	0	0	0	0	0	0	0
2020	Bengals	7	4	18	13	5	2	15	1.0	9.0	4	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
Went from Cincinnati to Seattle.																											
2020	Seahawks	8	6	14	7	7	6	35	5.0	31.5	14	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2020	TOTAL	15	10	32	20	12	8	50	6.0	40.5	18	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	6	1	6	3	3	0	0	0.0	0.0	2	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		169	122	510	338	172	109	451	87.5	577.5	241	2	30	16T	2	64	20	9	1	100	0	0	0	0	0	0	0

# CARLOS DUNLAP II'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2011	Bengals	1	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2012	Bengals	1	0	3	2	1	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2013	Bengals	1	1	4	2	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2014	Bengals	1	1	2	1	1	0	0	0.0	0.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2015	Bengals	1	1	3	1	2	0	0	0.5	5.5	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	1	2	1	1	0	0	0.0	0.0	1	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		6	4	15	8	7	0	0	0.5	5.5	7	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0

# CARLOS DUNLAP II'S SINGLE-GAME HIGHS: DEFENSIVE

<b>Total Tackles</b>	9 at Philadelphia Eagles, Sep 27, 2020	<b>Fumble Recoveries</b>	1 vs. Oakland Raiders, Dec 16, 2018
<b>Sacks</b>	3.0 vs. New York Jets, Dec 01, 2019		...8 more at 1.
	...1 more at 3.0.	<b>Tackles For Loss</b>	3 at Buffalo Bills, Nov 08, 2020
<b>Passes Defensed</b>	4 vs. Philadelphia Eagles, Dec 04, 2016		...5 more at 3.
<b>Forced Fumbles</b>	2 at San Diego Chargers, Dec 02, 2012	<b>Interceptions</b>	1 vs. Indianapolis Colts, Oct 29, 2017
			...1 more at 1.
		<b>Interception Return Yards</b>	16 vs. Indianapolis Colts, Oct 29, 2017



# 81 | TIGHT END GERALD EVERETT

Height: 6-3      Weight: 240  
College:      South Alabama  
Seasons:      NFL : 5th, Seahawks 1st  
Born:      June 25, 1994  
Hometown:      Decatur, Ga.

## 2021 SEASON:

10/17 at Pit: Registered a season-long 41-yard reception, which set up a Seattle TD.

09/12 at Ind: Caught two passes for 20 yards and a TD in his first game with Seattle.

## TRANSACTIONS:

04/28/17: Drafted by L.A. Rams (2nd round, 44th overall)

03/21/21: Signed by Seattle as a UFA

09/29/21: Placed on Reserve/COVID-19

10/11/21: Activated from Reserve/COVID-19

## NFL CAREER HIGHLIGHTS:

• Fourth-year pro played in 61 regular season games with 11 starts for the L.A. Rams from 2017-20. Posted a career-best 417 yards on a career-high 41 receptions with one touchdown in 2020. In his career, has totaled 1,389 yards receiving on 127 receptions with eight touchdowns. Posted his first rushing touchdown in a Week 4 win over the Giants in 2020.

**COLLEGE:** A semifinalist for the John Mackey Award presented to the top

tight end in the nation following his senior season in 2016. Named first-team All-Sun Belt Conference, also earned first-team All-Sun Belt honors from Phil Steele Publications. Tied for the team lead with 49 receptions, and was second on the squad with 717 yards receiving and four touchdown catches. Finished the year tied for third among tight ends in the country in receiving yards per game and was tied for seventh in catches per contest. As a junior in 2015, earned first-team All-Sun Belt Conference and named to the league's All-Newcomer Team after leading the Jaguars in receptions (41), receiving yards (575), touchdown catches (eight) and total touchdowns scored (12). Ended the campaign ranked sixth nationally among tight ends in receiving yards per game and tied for 11th at the position in the country in catches per contest. Tied the school record for touchdown catches in a season. Attended University of Alabama-Birmingham in 2014. In his only season at UAB, caught 17 passes for 292 yards and a score while playing in all 12 games with one start. From 2012-13, attended Hutchinson (Kan.) Community College.

**PERSONAL:** Only played football his senior season at Columbia High. Earned all-conference honors. Was a three-year letterwinner in basketball and was also a member of the Eagles track and field team.

## REGULAR SEASON COMPARISON: RECEIVING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
11/26/17	LA vs. NO	W	P	1	9	9.0	0	9	1	10
11/4/18	LA @ NO	L	P	3	48	16.0	0	20	5	26
9/15/19	LA vs. NO	W	P	3	21	7.0	0	11	4	14
<b>TOTALS</b>		<b>2/1</b>	<b>3/0</b>	<b>7</b>	<b>78</b>	<b>11.1</b>	<b>0</b>	<b>20</b>	<b>10</b>	<b>50</b>

## POSTSEASON COMPARISON: RECEIVING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
1/20/19	LA @ NO	W	S	2	50	25.0	0	39	4	25
<b>TOTALS</b>		<b>1/0</b>	<b>1/1</b>	<b>2</b>	<b>50</b>	<b>25.0</b>	<b>0</b>	<b>39</b>	<b>4</b>	<b>25</b>

## GERALD EVERETT'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RECEIVING							RUSHING				
		GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Rams	16	2	16	244	15.3	69	2	1	13	13.0	13	0
2018	Rams	16	0	33	320	9.7	40t	3	2	16	8.0	12	0
2019	Rams	13	2	37	408	11.0	33	2	1	0	0.0	0	0
2020	Rams	16	7	41	417	10.2	40	1	1	2	2.0	2t	1
2021	Seahawks	4	4	10	117	11.7	41	1	0	0	0.0	0	0
<b>NFL TOTALS</b>		<b>65</b>	<b>15</b>	<b>137</b>	<b>1,506</b>	<b>11.0</b>	<b>69</b>	<b>9</b>	<b>5</b>	<b>31</b>	<b>6.2</b>	<b>13</b>	<b>1</b>

## GERALD EVERETT'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RECEIVING							RUSHING				
		GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Rams	1	0	1	4	4.0	4	0	0	0	0.0	0	0
2018	Rams	3	1	2	50	25.0	39	0	0	0	0.0	0	0
2020	Rams	2	1	0	0	0.0	0	0	0	0	0.0	0	0
<b>NFL TOTALS</b>		<b>6</b>	<b>2</b>	<b>3</b>	<b>54</b>	<b>18.0</b>	<b>39</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>

# GERALD EVERETT'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

<b>Rush Attempts</b>	2 at Arizona Cardinals, Dec 23, 2018	<b>Longest Receptions</b>	69 vs. Washington Football Team, Sep 17, 2017
<b>Rushing Yards</b>	16 at Arizona Cardinals, Dec 23, 2018	<b>Receiving TDs</b>	2 vs. Kansas City Chiefs, Nov 19, 2018
<b>Longest Runs</b>	13 at New York Giants, Nov 05, 2017	<b>All-Purpose Yards</b>	136 at Seattle Seahawks, Oct 03, 2019
<b>Rushing TDs</b>	1 vs. New York Giants, Oct 04, 2020	<b>Miscellaneous Tackles</b>	1 at Miami Dolphins, Nov 01, 2020
<b>Receptions</b>	8 at Pittsburgh Steelers, Nov 10, 2019		...2 more at 1.
<b>Receiving Yards</b>	136 at Seattle Seahawks, Oct 03, 2019	<b>Most TDs</b>	2 vs. Kansas City Chiefs, Nov 19, 2018
		<b>Receiving Average</b>	31.7 vs. Washington Football Team, Sep 17, 2017

## GERALD EVERETT'S 100-YARD RECEIVING GAMES (1): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/03/19	at Seahawks	7	136	19.4	32	0

## GERALD EVERETT'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	S	2	20	10.0	11	1	0	0	0.0	0	0	W	28-16
09/19	Titans	S	1	3	3.0	3	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	S	5	54	10.8	17	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers							RESERVE/COVID-19					W	28-21
10/07	Rams							RESERVE/COVID-19					L	17-26
10/17	at Steelers	S	2	40	20.0	41	0	0	0	0.0	0	0	L	20-23+
<b>2021 TOTALS</b>		<b>4-4</b>	<b>10</b>	<b>117</b>	<b>11.7</b>	<b>41</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>2-4</b>	

+ - Overtime

## GERALD EVERETT'S 2020 GXG REGULAR-SEASON STATISTICS (RAMS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	Cowboys	S	1	7	7.0	7	0	0	0	0.0	0	0	W	20-17
09/20	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	W	37-19
09/27	at Bills	P	2	34	17.0	18	0	0	0	0.0	0	0	L	32-35
10/04	Giants	S	1	10	10.0	10	0	1	2	2.0	2t	1	W	17-9
10/11	at Washington	P	4	90	22.5	40	0	0	0	0.0	0	0	W	30-10
10/18	at 49ers	P	3	27	9.0	17	0	0	0	0.0	0	0	L	16-24
10/26	Bears	S	4	28	7.0	16	1	0	0	0.0	0	0	W	24-10
11/01	at Dolphins	P	5	32	6.4	11	0	0	0	0.0	0	0	L	17-28
11/15	Seahawks	P	2	27	13.5	16	0	0	0	0.0	0	0	W	23-16
11/23	at Buccaneers	P	4	27	6.8	18	0	0	0	0.0	0	0	W	27-24
11/29	49ers	P	2	16	8.0	10	0	0	0	0.0	0	0	L	20-23
12/06	at Cardinals	S	6	44	7.3	22	0	0	0	0.0	0	0	W	38-28
12/10	Patriots	S	1	9	9.0	9	0	0	0	0.0	0	0	W	24-3
12/20	Jets	P	2	28	14.0	15	0	0	0	0.0	0	0	L	20-23
12/27	at Seahawks	S	2	13	6.5	9	0	0	0	0.0	0	0	L	9-20
01/03	Cardinals	S	2	25	12.5	13	0	0	0	0.0	0	0	W	18-7
<b>2020 TOTALS</b>		<b>16-7</b>	<b>41</b>	<b>417</b>	<b>10.2</b>	<b>40</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>2.0</b>	<b>2T</b>	<b>1</b>	<b>10-6</b>	

**GERALD EVERETT'S 2019 GXG REGULAR-SEASON STATISTICS (RAMS)**

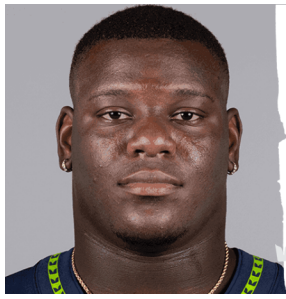
DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/08	at Panthers	P	1	7	7.0	7	0	0	0	0.0	0	0	W	30-27
09/15	Saints	P	3	21	7.0	11	0	1	0	0.0	0	0	W	27-9
09/22	at Browns	S	2	15	7.5	11	0	0	0	0.0	0	0	W	20-13
09/29	Buccaneers	P	5	44	8.8	15	1	0	0	0.0	0	0	L	40-55
10/03	at Seahawks	S	7	136	19.4	32	0	0	0	0.0	0	0	L	29-30
10/13	49ers	P	2	9	4.5	12	0	0	0	0.0	0	0	L	7-20
10/20	at Falcons	P	4	50	12.5	33	1	0	0	0.0	0	0	W	37-10
10/27	Bengals	P	2	15	7.5	11	0	0	0	0.0	0	0	W	24-10
11/10	at Steelers	P	8	68	8.5	17	0	0	0	0.0	0	0	L	12-17
11/17	Bears	P	1	20	20.0	20	0	0	0	0.0	0	0	W	17-7
11/25	Ravens	P	2	23	11.5	15	0	0	0	0.0	0	0	L	6-45
12/01	at Cardinals						INACTIVE						W	34-7
12/08	Seahawks						INACTIVE						W	28-12
12/15	at Cowboys						INACTIVE						L	21-44
12/21	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	31-34
12/29	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-24
2019 TOTALS		13-2	37	408	11.0	33	2	1	0	0.0	0	0	9-7	

**GERALD EVERETT'S 2018 GXG REGULAR-SEASON STATISTICS (RAMS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/10	at Raiders	P	0	0	0.0	0	0	0	0	0.0	0	0	W	33-13
09/16	Cardinals	P	1	17	17.0	17	0	0	0	0.0	0	0	W	34-0
09/23	Chargers	P	1	3	3.0	3	0	0	0	0.0	0	0	W	35-23
09/27	Vikings	P	1	13	13.0	13	0	0	0	0.0	0	0	W	38-31
10/07	at Seahawks	P	3	24	8.0	10	0	0	0	0.0	0	0	W	33-31
10/14	at Broncos	P	2	24	12.0	12	0	0	0	0.0	0	0	W	23-20
10/21	at 49ers	P	1	-5	-5.0	-5	0	0	0	0.0	0	0	W	39-10
10/28	Packers	P	1	22	22.0	22	0	0	0	0.0	0	0	W	29-27
11/04	at Saints	P	3	48	16.0	20	0	0	0	0.0	0	0	L	35-45
11/11	Seahawks	P	2	15	7.5	10t	1	0	0	0.0	0	0	W	36-31
11/19	Chiefs	P	3	49	16.3	40t	2	0	0	0.0	0	0	W	54-51
12/02	at Lions	P	1	7	7.0	7	0	0	0	0.0	0	0	W	30-16
12/09	at Bears	P	4	29	7.3	9	0	0	0	0.0	0	0	L	6-15
12/16	Eagles	P	5	46	9.2	20	0	0	0	0.0	0	0	L	23-30
12/23	at Cardinals	P	5	28	5.6	9	0	2	16	8.0	12	0	W	31-9
12/30	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	48-32
2018 TOTALS		16-0	33	320	9.7	40T	3	2	16	8.0	12	0	13-3	

**GERALD EVERETT'S 2017 GXG REGULAR-SEASON STATISTICS (RAMS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/10	Colts	S	1	39	39.0	39	0	0	0	0.0	0	0	W	46-9
09/17	Washington	P	3	95	31.7	69	0	0	0	0.0	0	0	L	20-27
09/21	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	41-39
10/01	at Cowboys	P	1	8	8.0	8	0	0	0	0.0	0	0	W	35-30
10/08	Seahawks	P	1	8	8.0	8	0	0	0	0.0	0	0	L	10-16
10/15	at Jaguars	P	1	4	4.0	4t	1	0	0	0.0	0	0	W	27-17
10/22	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	33-0
11/05	at Giants	P	1	44	44.0	44	0	1	13	13.0	13	0	W	51-17
11/12	Texans	S	0	0	0.0	0	0	0	0	0.0	0	0	W	33-7
11/19	at Vikings	P	1	8	8.0	8	0	0	0	0.0	0	0	L	7-24
11/26	Saints	P	1	9	9.0	9	0	0	0	0.0	0	0	W	26-20
12/03	at Cardinals	P	2	7	3.5	6	1	0	0	0.0	0	0	W	32-16
12/10	Eagles	P	1	6	6.0	6	0	0	0	0.0	0	0	L	35-43
12/17	at Seahawks	P	0	0	0.0	0	0	0	0	0.0	0	0	W	42-7
12/24	at Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-23
12/31	49ers	P	3	16	5.3	6	0	0	0	0.0	0	0	L	13-34
2017 TOTALS		16-2	16	244	15.3	69	2	1	13	13.0	13	0	11-5	



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DEFENSIVE TACKLE

POONA FORD

Height: 5-11

Weight: 310

College:

Texas

Seasons:

NFL : 4th, Seahawks 4th

Born:

November 19, 1995

Hometown:

Hilton Head, S.C.

## TRANSACTIONS:

05/04/18: Signed with Seattle as a UDFA

03/17/21: Signed multi-year contract with Seattle

## NFL CAREER HIGHLIGHTS:

- Started all 16 games in 2020 and set career-highs in tackles (40), sacks (2.0) and quarterback hits (9).
- Moved in to the starting lineup in his second season and started 14 of 15 games played, posting 32 tackles (21 solo).
- Saw action in 11 games with one start as a rookie totaling 21 tackles and three quarterback hits.

**COLLEGE:** The four-year defensive lineman appeared in 46 career games with 30 starts. Named Big 12 Conference Defensive Lineman of the Year in 2017 and first-team All-Big 12 selection in 2017 by both the coaches and Associated Press. Named second-team All-Big 12 by ESPN.com in 2016

and also named honorable mention All-Big 12 by league's coaches. Was a two-time member of the Big 12 Commissioner's Honor Roll (fall 2014, spring 2017). Finished his senior season with 34 tackles, eight tackles for loss, 1.5 sacks, one pass defended, one forced fumble and a blocked field goal.

**PERSONAL:** Attended Hilton Head High. Named Defensive Player of the Year and first-team All-Area by the Beaufort Gazette. Named a top-50 recruit in the Carolinas by the Charlotte Observer and the No. 22 defensive tackle in the nation by ESPN. Posted 135 tackles, including 28 tackles for loss, 7.0 sacks, 17 pressures and two forced fumbles as a senior. Also had 34 carries for 155 rush yards and seven touchdowns and played on special teams. Helped Hilton Head to a 7-4 record and an appearance in the 3A playoffs in 2013. Tabbed first-team all-area by the Beaufort Gazette in 2012 after he recorded 154 tackles, including 44 tackles for loss and 10 sacks, as a junior. Kaylor Ford took on the nickname of Poona when his grandmother began calling him Pooh as a child and it evolved to Poona. Majored in youth and community studies.

## REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	TACKLES				SACK	YDS.	INT	TFL	PD	QBH	MISC		
				TOT	SOLO	ASST								TD	FF	FR
9/22/19	SEA vs. NO	L	S	2	1	1		0.0	0.0	0	0	0	0	0	0	0
<b>TOTALS</b>		<b>0/1</b>	<b>1/1</b>	<b>2</b>	<b>1</b>	<b>1</b>		<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

## POONA FORD'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2018	Seahawks	11	1	21	13	8	3	9	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	15	14	32	21	11	5	8	0.5	2.5	3	0	0	0	0	1	0	1	0	0	0	0	0	0	0
2020	Seahawks	16	16	40	25	15	8	30	2.0	14.0	9	0	0	0	0	0	1	0	0	0	0	0	0	0	0
2021	Seahawks	6	6	15	7	8	2	3	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>48</b>	<b>37</b>	<b>108</b>	<b>66</b>	<b>42</b>	<b>18</b>	<b>50</b>	<b>2.5</b>	<b>16.5</b>	<b>16</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

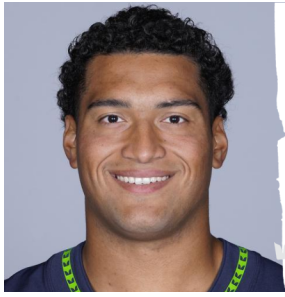
## POONA FORD'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2018	Seahawks	1	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	6	5	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	1	4	3	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>4</b>	<b>3</b>	<b>12</b>	<b>10</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

## POONA FORD'S SINGLE-GAME HIGHS: DEFENSIVE

**Total Tackles** 6 at San Francisco 49ers, Dec 16, 2018  
**Sacks** 1.0 at Philadelphia Eagles, Nov 30, 2020  
 ...1 more at 1.0.  
**Passes Defensed** 1 at Carolina Panthers, Dec 15, 2019

**Forced Fumbles** 1 at Arizona Cardinals, Oct 25, 2020  
**Fumble Recoveries** 1 at San Francisco 49ers, Nov 11, 2019  
**Tackles For Loss** 3 at San Francisco 49ers, Dec 16, 2018



# 78 | TACKLE STONE FORSYTHE

Height: 6-8      Weight: 307  
College: Florida  
Season: Rookie  
Born: December 29, 1997  
Hometown: Winter Garden, Fla.

## TRANSACTIONS:

05/01/21: Drafted by Seattle (6th round, 208th overall)

**COLLEGE:** Finished career with 40 games played with 28 starts for the Gators, seeing time at both guard and tackle during his career. Appeared and started in all 12 games in 2020 and protected the blind side of Heisman Trophy finalist Kyle Trask to help the Gators lead the nation in passing yards per game (378.6), while ranking eighth nationally in yards per play (7.28) and

ninth in yards per game (509.8). Named to the SEC Fall Academic Honor Roll following the season.

**PERSONAL:** Attended West Orange High and named to the 2015 Class 8A third-team. Was an all state as a senior and was an all state second-team selection as a junior in 2014. Led his team to a 12-2 record in 2015 and reached the Class 8A semifinals. Father, Ray, played offensive line at Kent State and UCF and spent the 1995 season on the Cincinnati Bengals practice squad and played in NFL Europe and the Arena League.

## STONE FORSYTHE'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2021	Seahawks	2	0
NFL TOTALS		2	0



61

GUARD/CENTER

KYLE FULLER

Height: 6-5

Weight: 320

College:

Baylor

Seasons:

NFL : 5th, Seahawks 3rd

Born:

March 4, 1994

Hometown:

Wylie, Texas

## TRANSACTIONS:

04/29/17: Drafted by Houston (7th round, 243rd overall)  
 09/01/18: Waived by Houston  
 09/02/18: Signed to Houston PS  
 12/11/18: Signed to Washington's 53-man roster  
 04/30/19: Waived by Washington  
 05/16/19: Signed with Miami as FA  
 08/31/19: Waived by Miami  
 09/02/19: Signed to Seattle's PS  
 12/31/19: Signed to Seattle's 53-man roster  
 09/05/20: Suspended by NFL  
 09/21/20: Suspension Lifted by Commissioner  
 04/20/21: Signed ERFA tender

## NFL CAREER HIGHLIGHTS:

• Played in a career-high tying nine games in 2020 and made his first start for Seattle at center at the L.A. Rams (11/15) in place of Ethan Pocic (concussion).

• Spent the 2019 season on Seattle's practice squad but signed to the active roster for the postseason. Dressed, but did not play, in the wild card round and was inactive for the divisional game at Green Bay.

• Played in nine games, starting two, with Houston in 2017.

**COLLEGE:** Four-year letterman (2013-16) and 3-year starter at Baylor Played in 52 games with 39 starts at center. Started 39 consecutive games to finish his career. Started all 13 games at center as a senior in 2016. First-team All-Big 12. Blocked for an offense that led the Big 12 in rushing offense (241.8 yards per game). Started all 13 games at center in 2015. Second-team All-Big 12. Blocked for an offense that led the Big 12 and ranked 2nd in the nation in rushing offense (326.7 yards per game). Part of an offensive line unit that led the Big 12 with 1.15 sacks allowed per game. Started all 13 games at center as a sophomore in 2014. Honorable mention All-Big 12. Blocked for an offense that ranked 2nd in the Big 12 in rushing offense (215.5 yards per game).

**PERSONAL:** Played his prep football at Wylie High School (Wylie, Texas). Was selected 1st-team all-district as senior and 2nd-team all-area. Majored in communication studies.

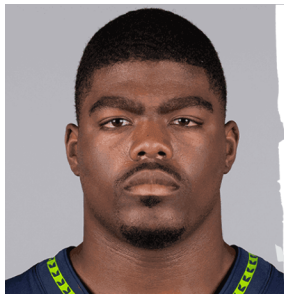
## KYLE FULLER'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2017	Texans	9	2
2018	Texans	0	0
2018	Washington	2	0
2018	TOTAL	2	0
2019	Seahawks	0	0
2020	Seahawks	9	1
2021	Seahawks	6	6
NFL TOTALS		26	9

Went from **Houston** to **Washington**.

## KYLE FULLER'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	1	0
2020	Seahawks	1	0
NFL TOTALS		2	0



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DEFENSIVE END

RASHEEM GREEN

Height: 6-4

Weight: 279

College:

USC

Seasons:

NFL : 4th, Seahawks 4th

Born:

May 15, 1997

Hometown:

Los Angeles, Calif.

**2021 SEASON:**

10/07 vs. LAR: Tied career high with six tackles (5 solo).

**TRANSACTIONS:**

04/27/18: Drafted by Seattle (3rd round, 79th overall)

09/25/20: Placed on IR (neck)

11/07/20: Activated from IR

**NFL CAREER HIGHLIGHTS:**

- Sustained a neck injury in Week 1 at Atlanta and missed the next six games. Played in 10 games and posted 2.0 sacks in 2020.

- Led the team with a career-high 4.0 sacks and blocked two field goals in 2019. It was the most blocked field goals by a Seahawks player since Red Bryant blocked three field goals in 2011.

**COLLEGE:** Played in 41 games with 26 starts over three seasons. Finished his career with 117 tackles, including 20 for losses, with 16.5 sacks, 8

deflections, 2 blocked field goals, a fumble recovery, fumble return for a TD and 3 forced fumbles in his career.

**PERSONAL:** As a senior defensive lineman at Serra High in Gardena (Calif.), he made 2014 USA Today All-USA first team, Prep Star All-American Dream Team, Cal-Hi Sports All-State first team, Max Preps All-State Division I first team, Orange County Register Fab 15 first team, Tacoma News Tribune Western 100, All-CIF Pac 5 Division, Los Angeles Times All-Area first team, South Bay Daily Breeze All-South Bay first team and All-Mission League Co-Defensive MVP. He had 46 tackles, including 23 for losses, 8 sacks, a forced fumble and a deflection in 2014. As a junior in 2013, he made Max Preps Junior All-American first team, Student Sports Junior All-American second team, Cal-Hi Sports All-State Junior first team, All-CIF Western Division, South Bay Daily Breeze All-South Bay first team and All-Mission League Lineman MVP as he had 57 tackles, including 26 for losses, 14 sacks, plus a deflection and a forced fumble. He had 21 tackles and 1.5 sacks as a 2012 sophomore. Majored in sociology at USC.**REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS**

DATE	OPP	W/L	GP/GS	TACKLES			SACK	YDS.	INT	TFL	PD	QBH	TD	MISC		
				TOT	SOLO	ASST								FF	FR	
9/22/19	SEA vs. NO	L	P	2	0	2	0.0	0.0	0	0	0	0	0	0	0	0
<b>TOTALS</b>		<b>0/1</b>	<b>1/0</b>	<b>2</b>	<b>0</b>	<b>2</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**RASHEEM GREEN'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2018	Seahawks	10	0	9	7	2	1	6	1.0	6.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	16	8	27	15	12	3	17	4.0	19.0	5	0	0	0	0	2	3	1	0	36	0	0	0	0	0
2020	Seahawks	10	0	10	7	3	2	20	2.0	20.0	6	0	0	0	0	0	0	1	0	0	0	0	0	0	0
2021	Seahawks	6	5	18	12	6	1	9	1.0	9.0	3	0	0	0	0	2	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>42</b>	<b>13</b>	<b>64</b>	<b>41</b>	<b>23</b>	<b>7</b>	<b>52</b>	<b>8.0</b>	<b>54.0</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>0</b>	<b>36</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**RASHEEM GREEN'S NFL POSTSEASON DEFENSIVE STATISTICS**

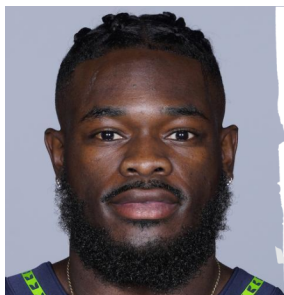
DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2018	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	0	2	2	0	1	4	1.0	4.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>3</b>	<b>0</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>4</b>	<b>1.0</b>	<b>4.0</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**RASHEEM GREEN'S SINGLE-GAME HIGHS: DEFENSIVE**

<b>Total Tackles</b>	6 vs. Los Angeles Rams, Oct 07, 2021 ...1 more at 6.	<b>Forced Fumbles</b>	1 vs. Minnesota Vikings, Dec 02, 2019 ...2 more at 1.
<b>Sacks</b>	1.0 at Indianapolis Colts, Sep 12, 2021 ...7 more at 1.0.	<b>Fumble Recoveries</b>	1 at San Francisco 49ers, Jan 03, 2021 ...1 more at 1.
<b>Passes Defensed</b>	2 at Indianapolis Colts, Sep 12, 2021	<b>Tackles For Loss</b>	1 at Indianapolis Colts, Sep 12, 2021 ...6 more at 1.

**ADDITIONAL STATS**

Special Teams Stats: 2019 (blocked field goal); Career: One blocked field goals.



19

WIDE RECEIVER

PENNY HART

Height: 5-8

Weight: 182

College:

Georgia State

Seasons:

NFL : 3rd, Seahawks 3rd

Born:

July 5, 1996

Hometown:

Roswell, GA

**2021 SEASON:**

09/12 at Ind: Left the game near the end of the first half with a concussion.

**TRANSACTIONS:**

05/03/19: Signed by Indianapolis as a UDFA  
 08/31/19: Waived/injured by Indianapolis  
 09/01/19: Placed on IR (hamstring)  
 09/07/19: Waived/injury settlement  
 10/22/19: Signed to Seattle's PS  
 09/05/20: Waived by Seattle  
 09/06/20: Signed to Seattle's PS  
 09/08/20: Signed to Seattle's active roster  
 12/21/20: Released by Seattle  
 12/23/20: Signed to Seattle's PS  
 08/31/21: Released by Seattle

09/01/21: Signed to Seattle's PS

09/07/21: Signed to active roster

**NFL CAREER HIGHLIGHTS:**

- Played in 13 games as a reserve wide receiver and special teams performer.
- Spent the majority of the 2019 season on Seattle's practice squad.

**COLLEGE:** Played in 39 games at Georgia State and left school ranking second in GSU history in receptions (202), third in yards (2,950) and second in touchdowns (19). Also ranked second in all-purpose yards (3,497) and became the first Panther to record two 1,000-yard seasons.

**PERSONAL:** Attended King's Ridge Christian School and was a two-time first-team all-region selection. Began his senior season as a receiver and running back before starting the final three games at quarterback. Majored in religious studies.

**PENNY HART'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Colts	0	0	0	0	0.0	0	0	0	0	0.0	0	0
Went from Indianapolis to Seattle.													
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2019	TOTAL	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	13	0	1	3	3.0	3	0	1	19	19.0	19	0
2021	Seahawks	6	0	4	38	9.5	14	0	0	0	0.0	0	0
<b>NFL TOTALS</b>		<b>19</b>	<b>0</b>	<b>5</b>	<b>41</b>	<b>8.2</b>	<b>14</b>	<b>0</b>	<b>1</b>	<b>19</b>	<b>19.0</b>	<b>19</b>	<b>0</b>

**PENNY HART'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
<b>NFL TOTALS</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>

**ADDITIONAL STATS**

Special Teams Tackles: 2020 (5); Career: 5.

**PENNY HART'S SINGLE-GAME HIGHS: RUSHING/RECEIVING**

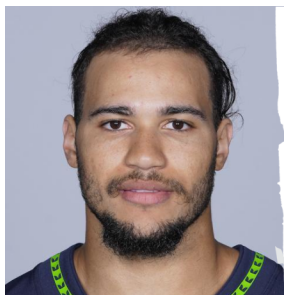
**Rush Attempts** 1 vs. New York Jets, Dec 13, 2020  
**Rushing Yards** 19 vs. New York Jets, Dec 13, 2020  
**Longest Runs** 19 vs. New York Jets, Dec 13, 2020  
**Receptions** 1 at Minnesota Vikings, Sep 26, 2021  
 ...1 more at 1.

**Receiving Yards** 19 vs. Los Angeles Rams, Oct 07, 2021  
**Longest Receptions** 14 vs. Los Angeles Rams, Oct 07, 2021  
**All-Purpose Yards** 22 vs. New York Jets, Dec 13, 2020  
**Special Teams Tackles** 2 vs. San Francisco 49ers, Nov 01, 2020

**PENNY HART'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-16
09/19	Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	P	1	7	7.0	7	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-21
10/07	Rams	P	2	19	9.5	14	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers	P	1	12	12.0	12	0	0	0	0.0	0	0	L	20-23+
<b>2021 TOTALS</b>		<b>6-0</b>	<b>4</b>	<b>38</b>	<b>9.5</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>2-4</b>	

+ - Overtime



# 25 | RUNNING BACK

## TRAVIS HOMER

Height: 5-10 Weight: 202  
 College: Miami  
 Seasons: NFL : 3rd, Seahawks 3rd  
 Born: August 7, 1998  
 Hometown: West Palm Beach, Fla.

### TRANSACTIONS:

05/27/19: Drafted by Seattle (6th round, 204th overall)  
 12/19/20: Placed on IR (knee)

### NFL CAREER HIGHLIGHTS:

- 2020 season was cut short due to knee/wrist/thumb injuries and saw time in only nine games. Scored first-career touchdown at Miami (10/4/20).
- Played in all 16 games with one start in 2019. Took over kickoff return duties in Game 11 and with injuries to Chris Carson, Rashaad Penny and C.J. Prosise, found himself as the lone healthy running back on the roster vs. Arizona (12/22). Started the season finale and the Wild Card Game before splitting playing time with Marshawn Lynch in the divisional game at Green

Bay.

**COLLEGE:** Two-time All-ACC second-team (2017, 2018) selection. Played in 38 games racking up 2,418 all-purpose yards, 1,995 rushing yards and 405 receiving yards at Miami. Scored 12 rushing touchdowns and averaged 6.0 yards per rush over course of his career. Added one receiving touchdown.

**PERSONAL:** Rated as four star prospect by ESPN, Scout and 247Sports. Totaled 1,315 yards rushing and 13 total touchdowns senior year. Finished prep career by surpassing 3,200 total rushing yards, 41 rushing touchdowns and 50 total touchdowns. Helped lead Oxbridge Academy to FHSAA Regional Finals. Chose Miami over offers from Alabama, Auburn, Florida and Florida State.

### TRAVIS HOMER'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	16	1	18	114	6.3	29	0	11	56	5.1	11	0
2020	Seahawks	9	0	25	88	3.5	12	0	9	90	10.0	50	1
2021	Seahawks	6	0	4	37	9.3	26	0	7	102	14.6	31	0
NFL TOTALS		31	1	47	239	5.1	29	0	27	248	9.2	50	1

### TRAVIS HOMER'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	2	1	14	25	1.8	12	0	3	32	10.7	16	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		2	1	14	25	1.8	12	0	3	32	10.7	16	0

### TRAVIS HOMER'S NFL REGULAR SEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS					PUNT RETURNS				
			YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2019	Seahawks	5	109	21.8	29	0	0	0	0	0.0	0	0
2020	Seahawks	12	291	24.3	44	0	0	0	0	0.0	0	0
2021	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		17	400	23.5	44	0	0	0	0	0.0	0	0

### TRAVIS HOMER'S NFL POSTSEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS					PUNT RETURNS				
			YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2019	Seahawks	5	97	19.4	25	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		5	97	19.4	25	0	0	0	0	0.0	0	0

### ADDITIONAL STATS

Special Teams Tackles: 2019 (2), 2020 (3); Career: 5.

# TRAVIS HOMER'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

<b>Rush Attempts</b>	10 vs. San Francisco 49ers, Dec 29, 2019	<b>Kickoff Returns</b>	3 at Los Angeles Rams, Nov 15, 2020 ...1 more at 3.
<b>Rushing Yards</b>	62 vs. San Francisco 49ers, Dec 29, 2019	<b>Kickoff Return Yards</b>	89 vs. New England Patriots, Sep 20, 2020
<b>Longest Runs</b>	29 vs. Minnesota Vikings, Dec 02, 2019	<b>Longest Kickoff Return</b>	44 vs. New England Patriots, Sep 20, 2020
<b>Receptions</b>	6 vs. Arizona Cardinals, Dec 22, 2019	<b>Special Teams Tackles</b>	2 vs. Dallas Cowboys, Sep 27, 2020
<b>Receiving Yards</b>	64 at Buffalo Bills, Nov 08, 2020	<b>Most TDs</b>	1 at Miami Dolphins, Oct 04, 2020
<b>Longest Receptions</b>	50 at Buffalo Bills, Nov 08, 2020	<b>Rushing Average</b>	6.2 vs. San Francisco 49ers, Dec 29, 2019
<b>Receiving TDs</b>	1 at Miami Dolphins, Oct 04, 2020	<b>Receiving Average</b>	21.3 at Buffalo Bills, Nov 08, 2020
<b>All-Purpose Yards</b>	110 vs. New England Patriots, Sep 20, 2020	<b>Kickoff Return Average</b>	29.7 vs. New England Patriots, Sep 20, 2020

## TRAVIS HOMER'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-16
09/19	Titans	P	0	0	0.0	0	0	2	14	7.0	11	0	L	30-33+
09/26	at Vikings	P	0	0	0.0	0	0	3	48	16.0	31	0	L	17-30
10/03	at 49ers	P	1	5	5.0	5	0	0	0	0.0	0	0	W	28-21
10/07	Rams	P	1	5	5.0	5	0	1	13	13.0	13	0	L	17-26
10/17	at Steelers	P	2	27	13.5	26	0	1	27	27.0	27	0	L	20-23+
<b>2021 TOTALS</b>		<b>6-0</b>	<b>4</b>	<b>37</b>	<b>9.3</b>	<b>26</b>	<b>0</b>	<b>7</b>	<b>102</b>	<b>14.6</b>	<b>31</b>	<b>0</b>	<b>2-4</b>	

+ - Overtime

## TRAVIS HOMER'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons	P	3	-1	-0.3	1	0	2	4	2.0	3	0	W	38-25
09/20	Patriots	P	3	21	7.0	10	0	0	0	0.0	0	0	W	35-30
09/27	Cowboys	P	2	19	9.5	12	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	P	4	5	1.3	8	0	1	3	3.0	3t	1	W	31-23
10/11	Vikings	P	3	14	4.7	6	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	P	3	10	3.3	6	0	0	0	0.0	0	0	L	34-37+
11/01	49ers	P	1	4	4.0	4	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	P	6	16	2.7	11	0	3	64	21.3	50	0	L	34-44
11/15	at Rams	P	0	0	0.0	0	0	3	19	6.3	12	0	L	16-23
11/19	Cardinals						INACTIVE						W	28-21
11/30	at Eagles						INACTIVE						W	23-17
12/06	Giants						INACTIVE						L	12-17
12/13	Jets						INACTIVE						W	40-3
12/20	at Washington						INJURED RESERVE						W	20-15
12/27	Rams						INJURED RESERVE						W	20-9
01/03	at 49ers						INJURED RESERVE						W	26-23
<b>2020 TOTALS</b>		<b>9-0</b>	<b>25</b>	<b>88</b>	<b>3.5</b>	<b>12</b>	<b>0</b>	<b>9</b>	<b>90</b>	<b>10.0</b>	<b>50</b>	<b>1</b>	<b>12-4</b>	

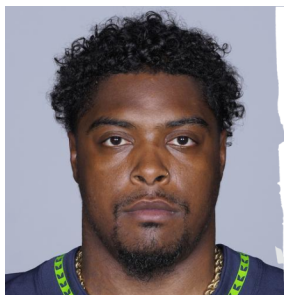
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## TRAVIS HOMER'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/08	Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	21-20
09/15	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-26
09/22	Saints	P	0	0	0.0	0	0	0	0	0.0	0	0	L	27-33
09/29	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-10
10/03	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-29
10/13	at Browns	P	0	0	0.0	0	0	0	0	0.0	0	0	W	32-28
10/20	Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-30
10/27	at Falcons	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	40-34+
11/11	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-24+
11/24	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	W	17-9
12/02	Vikings	P	1	29	29.0	29	0	0	0	0.0	0	0	W	37-30
12/08	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	12-28
12/15	at Panthers	P	2	7	3.5	5	0	0	0	0.0	0	0	W	30-24
12/22	Cardinals	P	5	16	3.2	17	0	6	26	4.3	10	0	L	13-27
12/29	49ers	S	10	62	6.2	13	0	5	30	6.0	11	0	L	21-26
<b>2019 TOTALS</b>		<b>16-1</b>	<b>18</b>	<b>114</b>	<b>6.3</b>	<b>29</b>	<b>0</b>	<b>11</b>	<b>56</b>	<b>5.1</b>	<b>11</b>	<b>0</b>	<b>11-5</b>	

+ - Overtime





51

DEFENSIVE END

KERRY HYDER JR.

Height: 6-2

Weight: 275

College:

Texas Tech

Seasons:

NFL : 8th, Seahawks 1st

Born:

May 2, 1991

Hometown:

Austin, Texas

**2021 SEASON:**

10/17 at Pit: Had two tackles and recovered a fumble.

09/26 at Min: Left game in second quarter with a concussion and did not return.

09/19 vs. Ten: Recovered fourth-career fumble that led to a Seattle TD.

**TRANSACTIONS:**

05/13/14: Signed by N.Y. Jets as a UDFA

08/30/14: Released by N.Y. Jets

09/01/14: Signed to N.Y. Jets PS

01/05/15: Contract expired

01/06/15: Signed future contract with Detroit

09/05/15: Released by Detroit

09/07/15: Signed to Detroit's PS

01/02/16: Signed to active roster

08/15/17: Placed on IR (Achilles)

03/19/19: Signed by Dallas as a FA

03/25/20: Signed by San Francisco as a UFA

03/26/21: Signed by Seattle as a UFA

**NFL CAREER HIGHLIGHTS:**

• In his lone season with San Francisco in 2020, totaled a team and career-high 8.5 sacks with 17 quarterback hits, the second-most of his career, and a career-high 49 tackles (30 solo). He registered at least a half-sack in eight of the team's 16 games. It was the first season of his seven-year career as a full-time starter, starting 14 of 16 games played.

• Signed as an undrafted free agent by the N.Y. Jets in 2014 before spending four seasons in Detroit (2015-18) playing in 24 games. Moved on to Dallas in 2019 where he played in 16 games as a reserve lineman.

**COLLEGE:** A four-year contributor at Texas Tech, finished his career by starting 41 of 49 games and totaled 176 tackles (125 solo), 11 sacks, 34 tackles for loss, six forced fumbles, two fumble recoveries and 10 passes defenses. Senior year honors include: All-Big 12 second-team, Big 12 Broadcasters All-Conference first-team and AP All-Big 12 second-team.

**PERSONAL:** Participated in football and basketball at Lyndon B. Johnson High, where he was the no. 40 defensive end recruit in the country by Scout.com. Named Class 4A all-state second-team as a senior. Cousin of Chris Houston, who was a cornerback for the Atlanta Falcons (2007-09) and Detroit Lions (2010-13). Wife, Jasmine, was a prominent track & field star at Arizona State, where she made the 2011 world championship team. She currently competes in hurdles in various competitions. Additionally, Jasmine competed in the 2016 Olympic Trials in the 400 meter hurdles. Has five siblings. Majored in business.

**REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS**

DATE	OPP	W/L	GP/GS	TACKLES							MISC				
				TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
9/29/19	DAL @ NO	L	P	3	1	2	0.0	0.0	0	0	0	2	0	0	0
TOTALS		0/1	1/0	3	1	2	0.0	0.0	0	0	0	2	0	0	0

**KERRY HYDER JR.'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2014	Jets	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2015	Lions	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Lions	16	2	36	23	13	4	11	8.0	44.0	19	0	0	0	0	1	0	1	0	0	0	0	0	0	0	0	0
2017	Lions	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Lions	7	0	6	5	1	1	13	1.0	13.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Cowboys	16	0	16	7	9	2	5	1.0	11.0	14	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
2020	49ers	16	14	49	30	19	10	48	8.5	46.5	18	0	0	0	0	0	0	1	0	14	0	0	0	0	0	0	0
2021	Seahawks	6	5	15	11	4	2	1	0.0	0.0	4	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>62</b>	<b>21</b>	<b>122</b>	<b>76</b>	<b>46</b>	<b>19</b>	<b>78</b>	<b>18.5</b>	<b>114.5</b>	<b>57</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>0</b>	<b>5</b>	<b>0</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**KERRY HYDER JR.'S NFL POSTSEASON DEFENSIVE STATISTICS**

				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2016	Lions	1	0	2	0	2	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		1	0	2	0	2	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

# KERRY HYDER JR.'S SINGLE-GAME HIGHS: DEFENSIVE

<b>Total Tackles</b>	9 at New York Jets, Sep 20, 2020	<b>Fumble Recoveries</b>	1 at Pittsburgh Steelers, Oct 17, 2021
<b>Sacks</b>	2.0 at Los Angeles Rams, Nov 29, 2020 ...2 more at 2.0.	<b>Tackles For Loss</b>	2 at Los Angeles Rams, Nov 29, 2020 ...1 more at 2.
<b>Passes Defensed</b>	1 vs. Green Bay Packers, Jan 01, 2017	<b>Longest Opponent's Fumble Return</b>	14 at Los Angeles Rams, Nov 29, 2020



# 66 | GUARD GABE JACKSON

Height: 6-3      Weight: 335  
College:      Mississippi State  
Seasons:      NFL : 8th, Seahawks 1st  
Born:      July 12, 1991  
Hometown:      Liberty, Miss.

## TRANSACTIONS:

05/09/14: Drafted by Oakland (3rd round, 81st overall)  
12/18/18: Placed on injured reserve (elbow)  
03/21/21: Traded by Las Vegas to Seattle

## NFL CAREER HIGHLIGHTS:

- A seven-year starter for the Las Vegas Raiders (left guard, 2014-15 and right guard, 2016-20), he started 99 of 100 games played and started all 16 games on three occasions. Has been a member of offensive lines to rank in the top-10 for fewest sacks allowed in four of his seven seasons.
- In 2020, helped pave the way as the Raiders ranked eighth in the NFL in total offense, averaging 383.3 yards per game. Part of an offensive line that finished 10th in the league with fewest sacks allowed (28). Selected as the Silver and Black's 2020 Ed Block Courage Award recipient.
- Part of an offensive line that paved the way for 2019 rookie RB Josh Jacobs who recorded 1,150 rushing yards in just 13 contests, becoming the first Raiders rookie to eclipse the 1,000-yard barrier. Moved from left guard in 2016 and started all 16 games at right guard for the first time in his career en route to being named a Pro Bowl alternate, as the line led the NFL in fewest sacks allowed (18).

**COLLEGE:** Played four seasons at Mississippi State, becoming one of the most decorated offensive lineman in school history. Started all 52 games of his career at left guard. Two-time All-American selection and a two-time first-team All-SEC recipient. Started all 13 games at left guard as a senior.

Earned first-team All-SEC honors by the league coaches and Associated Press for the second straight year. Named second-team All-American by Walter Camp, USA Today and Athlon Sports. Awarded the Cornerly Trophy as the top collegiate player in the state of Mississippi and also claimed the Kent Hull Award as the top offensive lineman in Mississippi. Paved the way for an MSU offense that shattered school records in total yards, first downs and yards per game. Earned SEC Offensive Lineman of the Week honors three times and became just the second MSU offensive lineman in school history to receive the honor two-or-more times. Started all 13 games at left guard as a junior. Earned first-team All-SEC honors by the AP and Phil Steele and second-team honors by the SEC Coaches and ESPN.com. Named to the Phil Steele and FoxSportsNext All-American Second Team, as well as earning honorable mention All-American honors from Sports Illustrated and Pro Football Weekly. Part of an offensive line that gave up the second fewest sacks in the SEC (29th nationally) and did not personally give up a sack all season. Started all 13 games at left guard as a sophomore. Named to the AP and Rivals.com All-SEC Second Team, as well as the Rivals.com Sophomore All-American team. Blocked for an offense that scored 50-plus points twice in the same season for the first time since 1914, and only the third time in school history.

**PERSONAL:** Attended Amite County High in Liberty, Miss., playing football for his father, Charles Jackson, the team's head coach. Played on both sides of the ball at tackle during his four-year career. Ranked as the 28th best prospect in the state of Mississippi, and the fourth best offensive lineman on the state chart by Rivals.com.

## GABE JACKSON'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2014	Raiders	13	12
2015	Raiders	16	16
2016	Raiders	16	16
2017	Raiders	15	15
2018	Raiders	13	13
2019	Raiders	11	11
2020	Raiders	16	16
2021	Seahawks	6	6
NFL TOTALS		106	105

## GABE JACKSON'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2016	Raiders	1	1
NFL TOTALS		1	1



# 73 | TACKLE JAMARCO JONES

Height: 6-4      Weight: 293  
College:      Ohio State  
Seasons:      NFL : 4th, Seahawks 4th  
Born:      June 4, 1996  
Hometown:      Chicago, Ill.

## 2021 SEASON:

10/17 at Pit: Replaced Damien Lewis (shoulder) at LG in the second half.  
10/03 at SF: Inactive (illness).  
09/26 at Min: Started in place of Brandon Shell (ankle) at RT. Left game due to upset stomach.  
09/19 vs. Ten: Saw action at LG and RT (replaced Brandon Shell late in 4th quarter - ankle).

## TRANSACTIONS:

04/28/18: Drafted by Seattle (5th round, 168th overall)  
09/01/18: Placed on IR (knee)  
12/19/20: Placed on IR (groin)

## NFL CAREER HIGHLIGHTS:

- Played in 11 games with two starts in 2020 (one at right guard, one at right tackle).
- Played in 15 games in 2019, with three starts, starting games at both right guard and left tackle, in addition to starting both postseason games at left guard.

- Spent 2018 on injured reserve (knee).

**COLLEGE:** Two-year starter who played in 50 games and started 27 consecutive games at left tackle as a junior and senior. An all-conference honoree twice without the benefit of a redshirt season, including first-team all-Big Ten in 2017 by both the coaches and the media polls, Jones helped Ohio State win six championships during his career: a CFP national championship in 2014 when he played in 10 games, a 2014 Sugar Bowl title, a 2015 Fiesta Bowl title, a 2017 Cotton Bowl title and Big Ten Conference championships in 2014 and 2017. His play also helped the Buckeyes rank among the Top 20 rushing teams in the nation four consecutive years, including 11th in 2016, 11th in 2015, ninth in 2014 and 17th in 2017 at 243.2 yards per game.

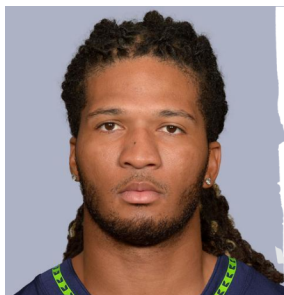
**PERSONAL:** Jones was a consensus four-star prospect and a Top 100 player nationally who was rated as high as the 63rd-best player in the nation overall by Scout. He was among the 10 best offensive tackle prospects nationally, with No. 6 rankings by both Scout and ESPN. He missed the first half of his senior season with a shoulder injury, but still earned Illinois Coaches Association first-team Class 6A allstate honors and Champaign News-Gazette all-state accolades. Graduated early with a degree in family resource management in December of 2017. He is the son of Urica Jones.

## JAMARCO JONES' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2018	Seahawks	0	0
2019	Seahawks	15	3
2020	Seahawks	11	2
2021	Seahawks	5	1
NFL TOTALS		31	6

## JAMARCO JONES' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2018	Seahawks	0	0
2019	Seahawks	2	2
2020	Seahawks	0	0
NFL TOTALS		2	2



# 23 | CORNERBACK SIDNEY JONES IV

**Height:** 6-0      **Weight:** 186  
**College:** Washington  
**Seasons:** NFL : 5th, Seahawks 1st  
**Born:** May 21, 1996  
**Hometown:** West Covina, Calif.

## 2021 SEASON:

10/17 at Pit: Left game in third quarter due to injury (chest).

10/03 at SF: Started first game as a member of the Seahawks and had seven tackles and one PD.

## TRANSACTIONS:

04/28/17: Drafted by Philadelphia (2nd round, 43rd overall)

09/02/17: Placed on reserve/non-football injury (Achilles)

09/05/20: Released by Philadelphia

09/08/20: Signed to Jacksonville's PS

09/14/20: Signed to Jacksonville's active roster

12/26/20: Placed on injured reserve (Achilles)

08/31/21: Traded to Seattle

## NFL CAREER HIGHLIGHTS:

• In 2020 with Jacksonville, appeared in nine games, starting six, before being placed on injured reserve on December 26 with an Achilles injury. Season totals included career-high tying 25 tackles (20 solo), career-high

tying two interceptions, career-high nine passes defended, and one forced fumble. At Houston (10/11), tallied a career-high four passes defended, including his first interception as a member of the Jaguars. Was the first Jaguars player since A.J. Bouye to post at least four passes defended and an interception in a single game (12/10/17 vs. Seattle).

• Started eight of 22 games played for the Eagles from 2017-19, totaling 48 tackles, two interceptions and 10 passes defended.

**COLLEGE:** In 2016, was named second-team All-American by Sports Illustrated and Football Writers, while garnering first-team All-Pac-12 honors. Started all 13 games in 2015 and finished the year as the Pac-12 leader in passes defended (14). Scored three defensive touchdowns as a junior (two interception returns and one fumble return).

**PERSONAL:** Attended West Covina High, where he was named Hacienda League Defensive Player of the Year and earned first-team All-CIF Southern Section Southeast Division honors at defensive back as a senior in 2013. Played cornerback, free safety, running back and wide receiver while also returning kicks and punts for the Bulldogs.

## SIDNEY JONES IV'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2017	Eagles	1	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Eagles	9	4	25	21	4	2	7	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2019	Eagles	12	4	21	18	3	1	0	0.0	0.0	0	2	4	3	0	8	0	0	0	0	2	1	1	0	0	0	0
2020	Jaguars	9	6	25	20	5	0	0	0.0	0.0	0	2	1	1	0	9	1	0	0	0	1	1	0	0	0	0	0
2021	Seahawks	6	3	19	12	7	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		37	17	92	73	19	3	7	0.0	0.0	0	4	5	3	0	20	1	0	0	0	3	2	1	0	0	0	0

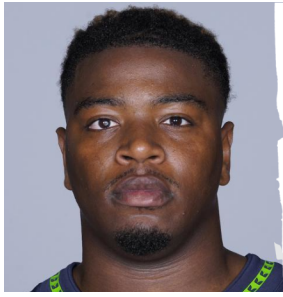
## SIDNEY JONES IV'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2017	Eagles	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Eagles	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Eagles	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

## SIDNEY JONES IV'S SINGLE-GAME HIGHS: DEFENSIVE

**Total Tackles** 9 at Green Bay Packers, Nov 15, 2020  
**Passes Defended** 4 at Houston Texans, Oct 11, 2020  
**Forced Fumbles** 1 at Green Bay Packers, Nov 15, 2020  
**Tackles For Loss** 1 vs. Detroit Lions, Sep 22, 2019  
 ...2 more at 1.

**Interceptions** 1 at Green Bay Packers, Nov 15, 2020  
 ...3 more at 1.  
**Interception Return Yards** 3 at New York Giants, Dec 29, 2019  
**Special Teams Tackles** 2 at New York Giants, Dec 29, 2019



68 | GUARD  
**DAMIEN LEWIS**

Height: 6-2      Weight: 327  
College:      Louisiana State  
Seasons:      NFL : 2nd, Seahawks 2nd  
Born:      March 21, 1997  
Hometown:      Canton, Miss.

#### 2021 SEASON:

10/17 at Pit: Left game in third quarter due to injury (shoulder).

#### TRANSACTIONS:

04/24/20: Drafted by Seattle (3rd round, 69th overall)

#### NFL CAREER HIGHLIGHTS:

- Became the first rookie offensive lineman to start all 16 games since Justin Britt in 2014. Named to the PFWA All-Rookie team. In an emergency role, started one game at center vs. Arizona (11/19/20).

**COLLEGE:** Was a two-year starter at right guard for the Tigers after transferring from Northwest Mississippi Community College. Earned first-team All-America honors from The Athletic in 2019 and was voted to the

second-team All-SEC by the AP and coaches. Entered the starting lineup in the 2018 season-opener and started all 28 games of his career, teaming with All-America center Lloyd Cushenberry to give LSU one of the best center-guard tandems in college football in 2019. LSU's line in 2019 won the Joe Moore Award, given to the top line in nation. One of the nation's top junior college offensive lineman in both 2016 and 2017 and was a two-time junior college All-America selection. Started all 22 games of his Northwest career at right guard. Graduated from Northwest Mississippi Community College in 18 months and was on the school's dean's list.

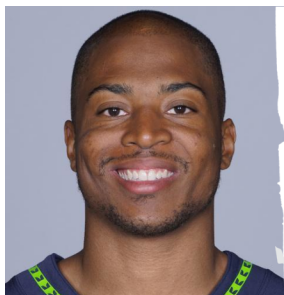
**PERSONAL:** Was a two-way player on both offensive and defensive lines for Canton High School, on a team of about 35 players. Was one of the strongest players on the LSU team with a 635 pound squat and a bench press of nearly 500 pounds. Majored in sports administration.

#### DAMIEN LEWIS' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2020	Seahawks	16	16
2021	Seahawks	6	6
NFL TOTALS		22	22

#### DAMIEN LEWIS' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2020	Seahawks	1	1
NFL TOTALS		1	1



16

WIDE RECEIVER

TYLER LOCKETT



AP AP AP

1ST TEAM 2ND TEAM 2ND TEAM

'15 '16 '17

## 2021 SEASON:

10/17 at Pit: Moved into second place on Seattle's all-time punt return list with 1,071 yards.

10/07 vs. LAR: Tied for team lead with five catches and moved into sixth-place on Seattle's all-time receptions list.

09/19 vs. Ten: Led team for second-straight week with 178 receiving yards. Became the fourth player since 1990 to record multiple touchdown receptions of at least 60 yards in his team's first two games of a season (Steve Smith Sr. in 2007, Randy Moss in 2005, and Jerry Rice in 1991).

09/12 at Ind: Led team with 100 receiving yards (11th-career 100-yard game) and two TDs. Lockett's 69-yard TD was the second-longest of his career.

## TRANSACTIONS:

05/01/15: Drafted by Seattle (3rd round, 69th overall)

12/27/16: Placed on IR (leg)

08/29/18: Signed multi-year extension with Seattle

04/02/21: Signed extension with Seattle

## NFL CAREER HIGHLIGHTS:

• Established the franchise record with 100 receptions in 2020 (94, Doug Baldwin in 2016 and Bobby Engram in 2007), topping his previous career high of 82 set in 2019. Totaled 1,054 yards eclipsing 1,000 for a second-straight season, becoming the sixth player in club history to do so.

• Set career-high with 15 catches at Arizona (10/25/20), tying Steve Largent's franchise record of 15 vs. Detroit (10/18/87). Had 200 yards in that same game, joining Largent (261 vs. Detroit, 10/18/87) as the only players in franchise history with 200 receiving yards in a game. It was also his second three-touchdown game of the season (vs. Dallas, 9/27).

• Along with DK Metcalf, became just the second set of Seahawks teammates to each have 1,000 yards in the same season (Brian Blades, Joey Galloway in 1995). Tied Metcalf for team lead with 10 touchdowns. Also became the first set of receivers to post 80-plus receptions each in a season in club history and gave Seattle two receivers with 10-plus touchdowns each in a season for the second time in club history (Steve

Height: 5-10

Weight: 182

College:

Kansas State

Seasons:

NFL : 7th, Seahawks 7th

Born:

September 28, 1992

Hometown:

Tulsa, Okla.

Largent, Daryl Turner in 1984).

• Led the Seahawks in 2019 with career-highs in receptions (82) and yards (1,057). Had four 100-yard receiving games, in addition to having 9 catches for 136 yards at Green Bay in the divisional round. Moved into eighth place on Seahawks all-time receiving yards list ahead of Koren Robinson (3,567). Had career games of 11 catches for 154 yards (9/22 vs. New Orleans) and 13 catches for 152 yards (11/3 vs. Tampa Bay).

• Set career-highs in receptions (57), yards (965) and touchdowns (10) in 2018. His 10 scores ranked sixth in the NFL and when Russell Wilson targeted him, the two recorded a perfect 158.3 passer rating (57 for 70, 81.4%). The Saints Drew Brees and Robert Meacham were the last to accomplish that feat in 2009 (min. 50 att.).

• Recorded the second-longest rush by a wide receiver in franchise history (seventh-longest overall), on a 75-yard touchdown run vs. Carolina (12/4/16).

• Became the second player in NFL history (Hall of Famer Gale Sayers) with at least five receiving touchdowns, a kickoff return TD and a punt return TD in a single-season (2015).

• His 51 receptions were the fifth-most single-season receptions by a rookie in franchise history.

• His 1,915 combined yards gained were the fourth-most combined yards gained in a single-season (2015) in franchise history and the franchise rookie-record, and his 139 punt return yards are the most punt return yards in a single-game in franchise history (at Arizona, 1/3/16).

**HONORS:** 2017: Pro Bowl (Return Specialist), NFC Special Teams Player of the Week (Week 11). 2015: Pro Bowl (Return Specialist), NFC Special Teams Player of the Week (Week 17).

**COLLEGE:** One of the top wide receivers and all-purpose players in school history who was Kansas State's first four-year All-American. One of just three players in school history to earn all-conference honors all four years. Set 17 school records, including career marks for receptions (249), receiving yards (3,710), receiving touchdowns (29), 100-yard receiving games (17), kickoff-return attempts (77) and kickoff-return yards (2,196). Topped his father, Kevin, for the school's career receptions, yards and touchdowns records.

**PERSONAL:** Prepped at Booker T. Washington High. Caught 42 passes for 765 yards and 13 touchdowns his senior season. Also had 54 tackles and six interceptions on defense. Led the Hornets to a 13-1 record and a win in the 5A state title game. Son of Kevin Lockett and Nicole Edwards. Father played seven seasons in the NFL with Kansas City, Washington and N.Y. Jets. Majored in business management.

## REGULAR SEASON COMPARISON: RECEIVING/RUSHING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	NO.	YDS.	RECEIVING					RUSHING				
						AVG.	LG	TD	TGTS	YAC	NO.	YDS.	AVG.	LG	TD
10/30/16	SEA @ NO	L	S	4	32	8.0	10	0	4	24	0	0	0	0	0
9/22/19	SEA vs. NO	L	S	11	154	14.0	40	1	14	31	0	0	0	0	0
<b>TOTALS</b>		<b>0/2</b>	<b>2/2</b>	<b>15</b>	<b>186</b>	<b>12.4</b>	<b>40</b>	<b>1</b>	<b>18</b>	<b>55</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

# TYLER LOCKETT'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2015	Seahawks	16	8	51	664	13.0	49t	6	5	20	4.0	8	0
2016	Seahawks	15	9	41	597	14.6	57t	1	6	114	19.0	75t	1
2017	Seahawks	16	8	45	555	12.3	74t	2	10	58	5.8	22	0
2018	Seahawks	16	14	57	965	16.9	52t	10	13	69	5.3	18	0
2019	Seahawks	16	16	82	1,057	12.9	44t	8	4	-5	-1.3	3	0
2020	Seahawks	16	16	100	1,054	10.5	47t	10	0	0	0.0	0	0
2021	Seahawks	6	6	27	425	15.7	69t	3	0	0	0.0	0	0
NFL TOTALS		101	77	403	5,317	13.2	74T	40	38	256	6.7	75T	1

# TYLER LOCKETT'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2015	Seahawks	2	0	4	110	27.5	35	1	0	0	0.0	0	0
2016	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2018	Seahawks	1	1	4	120	30.0	53	0	0	0	0.0	0	0
2019	Seahawks	2	2	13	198	15.2	31	1	0	0	0.0	0	0
2020	Seahawks	1	1	2	43	21.5	24	0	0	0	0.0	0	0
NFL TOTALS		6	4	23	471	20.5	53	2	0	0	0.0	0	0

# TYLER LOCKETT'S NFL REGULAR SEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2015	Seahawks	33	852	25.8	105t	1	40	21	379	9.5	66	1
2016	Seahawks	23	606	26.3	46	0	29	22	243	8.4	62	0
2017	Seahawks	37	949	25.6	99t	1	36	21	237	6.6	27	0
2018	Seahawks	19	493	25.9	84	0	25	20	143	5.7	19	0
2019	Seahawks	14	279	19.9	33	0	13	10	66	5.1	20	0
2020	Seahawks	1	9	9.0	9	0	0	0	0	0.0	0	0
2021	Seahawks	0	0	0.0	0	0	1	0	3	3.0	3	0
NFL TOTALS		127	3,188	25.1	105T	2	144	94	1,071	7.4	66	1

# TYLER LOCKETT'S NFL POSTSEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2015	Seahawks	4	104	26.0	50	0	4	4	18	4.5	8	0
2016	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2018	Seahawks	1	52	52.0	52	0	3	0	22	7.3	12	0
2019	Seahawks	3	60	20.0	27	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		8	216	27.0	52	0	7	4	40	5.7	12	0

# TYLER LOCKETT'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

<b>Rush Attempts</b>	3 at New York Giants, Oct 22, 2017	<b>Kickoff Return TDs</b>	1 vs. Arizona Cardinals, Dec 31, 2017 ...1 more at 1.
<b>Rushing Yards</b>	75 vs. Carolina Panthers, Dec 04, 2016	<b>Fair Catches</b>	5 at San Francisco 49ers, Nov 26, 2017
<b>Longest Runs</b>	75t vs. Carolina Panthers, Dec 04, 2016	<b>Punt Return Yards</b>	139 at Arizona Cardinals, Jan 03, 2016
<b>Rushing TDs</b>	1 vs. Carolina Panthers, Dec 04, 2016	<b>Longest Punt Return</b>	66 at Arizona Cardinals, Jan 03, 2016
<b>Receptions</b>	15 at Arizona Cardinals, Oct 25, 2020	<b>Punt Returns</b>	5 vs. Washington, Nov 05, 2017 ...2 more at 5.
<b>Receiving Yards</b>	200 at Arizona Cardinals, Oct 25, 2020	<b>Punt Return TDs</b>	1 at St. Louis Rams, Sep 13, 2015
<b>Longest Receptions</b>	74t at Jacksonville Jaguars, Dec 10, 2017	<b>Special Teams Tackles</b>	1 vs. Detroit Lions, Oct 05, 2015
<b>Receiving TDs</b>	3 at Arizona Cardinals, Oct 25, 2020 ...1 more at 3.	<b>Miscellaneous Tackles</b>	1 at Los Angeles Rams, Nov 15, 2020 ...3 more at 1.
<b>All-Purpose Yards</b>	234 vs. Atlanta Falcons, Nov 20, 2017	<b>Most TDs</b>	3 at Arizona Cardinals, Oct 25, 2020 ...1 more at 3.
<b>Kickoff Returns</b>	6 vs. Los Angeles Rams, Dec 17, 2017	<b>Receiving Average</b>	32.7 vs. Los Angeles Rams, Oct 07, 2018
<b>Kickoff Return Yards</b>	197 vs. Atlanta Falcons, Nov 20, 2017	<b>Kickoff Return Average</b>	39.4 vs. Atlanta Falcons, Nov 20, 2017
<b>Longest Kickoff Return</b>	105t vs. Chicago Bears, Sep 27, 2015		

**TYLER LOCKETT'S 100-YARD RECEIVING GAMES (12): REGULAR SEASON**

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/25/20	at Cardinals	15	200	13.3	47t	3
09/19/21	TITANS	8	178	22.3	63t	1
09/22/19	SAINTS	11	154	14.0	40	1
11/03/19	BUCCANEERS	13	152	11.7	30	2
12/15/16	RAMS	7	130	18.6	57t	1
10/29/17	TEXANS	6	121	20.2	54	0
12/15/19	at Panthers	8	120	15.0	44	1
11/25/18	at Panthers	5	107	21.4	43	1
12/13/15	at Ravens	6	104	17.3	49t	2
10/27/19	at Falcons	6	100	16.7	20	0
09/12/21	at Colts	4	100	25.0	69t	2
09/27/20	COWBOYS	9	100	11.1	43t	3

**TYLER LOCKETT'S 100-YARD RECEIVING GAMES (2): POSTSEASON**

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/12/20	at Packers	9	136	15.1	31	1
01/05/19	at Cowboys	4	120	30.0	53	0

**TYLER LOCKETT'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	S	4	100	25.0	69t	2	0	0	0.0	0	0	W	28-16
09/19	Titans	S	8	178	22.3	63t	1	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	S	4	31	7.8	15	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	S	4	24	6.0	19	0	0	0	0.0	0	0	W	28-21
10/07	Rams	S	5	57	11.4	25	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers	S	2	35	17.5	21	0	0	0	0.0	0	0	L	20-23+
<b>2021 TOTALS</b>		<b>6-6</b>	<b>27</b>	<b>425</b>	<b>15.7</b>	<b>69T</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>2-4</b>	

+ - Overtime

**TYLER LOCKETT'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons	S	8	92	11.5	20	0	0	0	0.0	0	0	W	38-25
09/20	Patriots	S	7	67	9.6	16	1	0	0	0.0	0	0	W	35-30
09/27	Cowboys	S	9	100	11.1	43t	3	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	S	2	39	19.5	30	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	S	4	44	11.0	17	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	15	200	13.3	47t	3	0	0	0.0	0	0	L	34-37+
11/01	49ers	S	4	33	8.3	12	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	S	4	40	10.0	12	0	0	0	0.0	0	0	L	34-44
11/15	at Rams	S	5	66	13.2	39	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals	S	9	67	7.4	11t	1	0	0	0.0	0	0	W	28-21
11/30	at Eagles	S	3	23	7.7	18	0	0	0	0.0	0	0	W	23-17
12/06	Giants	S	6	63	10.5	24	0	0	0	0.0	0	0	L	12-17
12/13	Jets	S	5	52	10.4	17	0	0	0	0.0	0	0	W	40-3
12/20	at Washington	S	4	34	8.5	15	0	0	0	0.0	0	0	W	20-15
12/27	Rams	S	3	44	14.7	24	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	S	12	90	7.5	26	2	0	0	0.0	0	0	W	26-23
<b>2020 TOTALS</b>		<b>16-16</b>	<b>100</b>	<b>1,054</b>	<b>10.5</b>	<b>47T</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>12-4</b>	

+ - Overtime

**TYLER LOCKETT'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/08	Bengals	S	1	44	44.0	44t	1	0	0	0.0	0	0	W	21-20
09/15	at Steelers	S	10	79	7.9	22	0	0	0	0.0	0	0	W	28-26
09/22	Saints	S	11	154	14.0	40	1	0	0	0.0	0	0	L	27-33
09/29	at Cardinals	S	4	51	12.8	28	0	0	0	0.0	0	0	W	27-10
10/03	Rams	S	4	51	12.8	17	1	1	-8	-8.0	-8	0	W	30-29
10/13	at Browns	S	5	75	15.0	22	0	1	3	3.0	3	0	W	32-28
10/20	Ravens	S	5	61	12.2	33	1	1	-3	-3.0	-3	0	L	16-30
10/27	at Falcons	S	6	100	16.7	20	0	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	S	13	152	11.7	30	2	0	0	0.0	0	0	W	40-34+
11/11	at 49ers	S	3	26	8.7	13	0	1	3	3.0	3	0	W	27-24+
11/24	at Eagles	S	1	38	38.0	38	0	0	0	0.0	0	0	W	17-9
12/02	Vikings	S	0	0	0.0	0	0	0	0	0.0	0	0	W	37-30
12/08	at Rams	S	4	43	10.8	19	0	0	0	0.0	0	0	L	12-28
12/15	at Panthers	S	8	120	15.0	44	1	0	0	0.0	0	0	W	30-24
12/22	Cardinals	S	1	12	12.0	12	0	0	0	0.0	0	0	L	13-27
12/29	49ers	S	6	51	8.5	14t	1	0	0	0.0	0	0	L	21-26
<b>2019 TOTALS</b>		<b>16-16</b>	<b>82</b>	<b>1,057</b>	<b>12.9</b>	<b>44T</b>	<b>8</b>	<b>4</b>	<b>-5</b>	<b>-1.3</b>	<b>3</b>	<b>0</b>	<b>11-5</b>	

+ - Overtime

**TYLER LOCKETT'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/09	at Broncos	S	3	59	19.7	51t	1	0	0	0.0	0	0	L	24-27
09/17	at Bears	S	5	60	12.0	20	1	0	0	0.0	0	0	L	17-24
09/23	Cowboys	S	4	77	19.3	52t	1	1	5	5.0	5	0	W	24-13
09/30	at Cardinals	S	5	53	10.6	13	0	0	0	0.0	0	0	W	20-17
10/07	Rams	S	3	98	32.7	44	1	1	6	6.0	6	0	L	31-33
10/14	at Raiders	S	3	13	4.3	10t	1	1	7	7.0	7	0	W	27-3
10/28	at Lions	S	2	34	17.0	24t	1	2	13	6.5	10	0	W	28-14
11/04	Chargers	P	3	22	7.3	9	0	0	0	0.0	0	0	L	17-25
11/11	at Rams	S	5	67	13.4	29	1	1	18	18.0	18	0	L	31-36
11/15	Packers	S	5	71	14.2	34	0	1	1	1.0	1	0	W	27-24
11/25	at Panthers	S	5	107	21.4	43	1	1	-2	-2.0	-2	0	W	30-27
12/02	49ers	S	1	52	52.0	52t	1	1	10	10.0	10	0	W	43-16
12/10	Vikings	S	5	42	8.4	14	0	2	-3	-1.5	1	0	W	21-7
12/16	at 49ers	S	2	45	22.5	28	0	1	11	11.0	7	0	L	23-26+
12/23	Chiefs	S	4	99	24.8	45	0	0	0	0.0	0	0	W	38-31
12/30	Cardinals	P	2	66	33.0	37	1	1	3	3.0	3	0	W	27-24
<b>2018 TOTALS</b>		<b>16-14</b>	<b>57</b>	<b>965</b>	<b>16.9</b>	<b>52T</b>	<b>10</b>	<b>13</b>	<b>69</b>	<b>5.3</b>	<b>18</b>	<b>0</b>	<b>10-6</b>	

+ - Overtime

**TYLER LOCKETT'S 2017 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/10	at Packers	P	1	8	8.0	8	0	0	0	0.0	0	0	L	9-17
09/17	49ers	S	6	64	10.7	22	0	0	0	0.0	0	0	W	12-9
09/24	at Titans	S	2	30	15.0	16	0	0	0	0.0	0	0	L	27-33
10/01	Colts	S	4	67	16.8	41	0	2	24	12.0	22	0	W	46-18
10/08	at Rams	S	3	26	8.7	12	0	1	7	7.0	7	0	W	16-10
10/22	at Giants	P	4	29	7.3	14	0	3	15	5.0	6	0	W	24-7
10/29	Texans	P	6	121	20.2	54	0	1	-2	-2.0	-2	0	W	41-38
11/05	Washington	P	2	10	5.0	6	0	0	0	0.0	0	0	L	14-17
11/09	at Cardinals	S	1	16	16.0	16	0	0	0	0.0	0	0	W	22-16
11/20	Falcons	S	4	37	9.3	14	0	0	0	0.0	0	0	L	31-34
11/26	at 49ers	P	0	0	0.0	0	0	1	2	2.0	2	0	W	24-13
12/03	Eagles	S	2	17	8.5	16	1	0	0	0.0	0	0	W	24-10
12/10	at Jaguars	P	4	90	22.5	74t	1	1	10	10.0	10	0	L	24-30
12/17	Rams	P	2	8	4.0	4	0	0	0	0.0	0	0	L	7-42
12/24	at Cowboys	S	1	7	7.0	7	0	1	2	2.0	2	0	W	21-12
12/31	Cardinals	P	3	25	8.3	18	0	0	0	0.0	0	0	L	24-26
<b>2017 TOTALS</b>		<b>16-8</b>	<b>45</b>	<b>555</b>	<b>12.3</b>	<b>74T</b>	<b>2</b>	<b>10</b>	<b>58</b>	<b>5.8</b>	<b>22</b>	<b>0</b>	<b>9-7</b>	

**TYLER LOCKETT'S 2016 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L/T	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/11	Dolphins	S	3	17	5.7	6	0	0	0	0.0	0	0	W	12-10
09/18	at Rams	S	4	99	24.8	53	0	0	0	0.0	0	0	L	3-9
09/25	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	37-18
10/02	at Jets	P	1	13	13.0	13	0	0	0	0.0	0	0	W	27-17
10/16	Falcons	S	3	23	7.7	10	0	1	2	2.0	2	0	W	26-24
10/23	at Cardinals	S	2	13	6.5	8	0	0	0	0.0	0	0	T	6-6+
10/30	at Saints	S	4	32	8.0	10	0	0	0	0.0	0	0	L	20-25
11/07	Bills	S	1	17	17.0	17	0	1	13	13.0	13	0	W	31-25
11/13	at Patriots	P	3	72	24.0	36	0	0	0	0.0	0	0	W	31-24
11/20	Eagles	P	2	39	19.5	30	0	0	0	0.0	0	0	W	26-15
11/27	at Buccaneers	P	0	0	0.0	0	0	1	9	9.0	9	0	L	5-14
12/04	Panthers	P	5	63	12.6	40	0	1	75	75.0	75t	1	W	40-7
12/11	at Packers	S	4	41	10.3	15	0	2	15	7.5	13	0	L	10-38
12/15	Rams	S	7	130	18.6	57t	1	0	0	0.0	0	0	W	24-3
12/24	Cardinals	S	2	38	19.0	28	0	0	0	0.0	0	0	L	31-34
<b>2016 TOTALS</b>		<b>15-9</b>	<b>41</b>	<b>597</b>	<b>14.6</b>	<b>57T</b>	<b>1</b>	<b>6</b>	<b>114</b>	<b>19.0</b>	<b>75T</b>	<b>1</b>	<b>9-5-1</b>	

+ - Overtime

**TYLER LOCKETT'S 2015 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Rams	P	4	34	8.5	12	0	0	0	0.0	0	0	L	31-34+
09/20	at Packers	S	2	17	8.5	17	0	0	0	0.0	0	0	L	17-27
09/27	Bears	S	0	0	0.0	0	0	0	0	0.0	0	0	W	26-0
10/05	Lions	S	4	58	14.5	23	0	1	1	1.0	1	0	W	13-10
10/11	at Bengals	P	2	29	14.5	22	0	0	0	0.0	0	0	L	24-27+
10/18	Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	23-27
10/22	at 49ers	P	5	79	15.8	43t	1	0	0	0.0	0	0	W	20-3
11/01	at Cowboys	P	3	36	12.0	16	0	0	0	0.0	0	0	W	13-12
11/15	Cardinals	S	1	7	7.0	7	0	0	0	0.0	0	0	L	32-39
11/22	49ers	P	4	48	12.0	24t	2	1	5	5.0	5	0	W	29-13
11/29	Steelers	S	3	38	12.7	16	0	0	0	0.0	0	0	W	39-30
12/06	at Vikings	P	7	90	12.9	29	0	1	7	7.0	7	0	W	38-7
12/13	at Ravens	S	6	104	17.3	49t	2	0	0	0.0	0	0	W	35-6
12/20	Browns	P	5	55	11.0	27t	1	0	0	0.0	0	0	W	30-13
12/27	Rams	S	3	33	11.0	16	0	0	0	0.0	0	0	L	17-23
01/03	at Cardinals	S	2	36	18.0	36	0	2	7	3.5	8	0	W	36-6
<b>2015 TOTALS</b>		<b>16-8</b>	<b>51</b>	<b>664</b>	<b>13.0</b>	<b>49T</b>	<b>6</b>	<b>5</b>	<b>20</b>	<b>4.0</b>	<b>8</b>	<b>0</b>	<b>10-6</b>	

+ - Overtime

**TYLER LOCKETT'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	KICKOFF RETURNS					PUNT RETURNS					W/L	SCORE
			RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG		
09/13	at Falcons	S	0	0	0.0	0	0	0	0	0	0.0	0	W	38-25
09/20	Patriots	S	0	0	0.0	0	0	0	0	0	0.0	0	W	35-30
09/27	Cowboys	S	0	0	0.0	0	0	0	0	0	0.0	0	W	38-31
10/04	at Dolphins	S	0	0	0.0	0	0	0	0	0	0.0	0	W	31-23
10/11	Vikings	S	0	0	0.0	0	0	0	0	0	0.0	0	W	27-26
10/25	at Cardinals	S	1	9	9.0	9	0	0	0	0	0.0	0	L	34-37+
11/01	49ers	S	0	0	0.0	0	0	0	0	0	0.0	0	W	37-27
11/08	at Bills	S	0	0	0.0	0	0	0	0	0	0.0	0	L	34-44
11/15	at Rams	S	0	0	0.0	0	0	0	0	0	0.0	0	L	16-23
11/19	Cardinals	S	0	0	0.0	0	0	0	0	0	0.0	0	W	28-21
11/30	at Eagles	S	0	0	0.0	0	0	0	0	0	0.0	0	W	23-17
12/06	Giants	S	0	0	0.0	0	0	0	0	0	0.0	0	L	12-17
12/13	Jets	S	0	0	0.0	0	0	0	0	0	0.0	0	W	40-3
12/20	at Washington	S	0	0	0.0	0	0	0	0	0	0.0	0	W	20-15
12/27	Rams	S	0	0	0.0	0	0	0	0	0	0.0	0	W	20-9
01/03	at 49ers	S	0	0	0.0	0	0	0	0	0	0.0	0	W	26-23
<b>2020 TOTALS</b>		<b>16-16</b>	<b>1</b>	<b>9</b>	<b>9.0</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>12-4</b>	

+ - Overtime

**TYLER LOCKETT'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/08	Bengals	S	0	0	0.0	0	0	0	2	0	0.0	0	0	W	21-20
09/15	at Steelers	S	0	0	0.0	0	0	2	2	10	5.0	10	0	W	28-26
09/22	Saints	S	2	47	23.5	29	0	3	1	12	4.0	8	0	L	27-33
09/29	at Cardinals	S	1	21	21.0	21	0	2	0	-3	-1.5	0	0	W	27-10
10/03	Rams	S	1	33	33.0	33	0	1	1	0	0.0	0	0	W	30-29
10/13	at Browns	S	1	21	21.0	21	0	0	0	0	0.0	0	0	W	32-28
10/20	Ravens	S	3	58	19.3	22	0	2	0	12	6.0	6	0	L	16-30
10/27	at Falcons	S	1	21	21.0	21	0	0	1	0	0.0	0	0	W	27-20
11/03	Buccaneers	S	0	0	0.0	0	0	2	2	15	7.5	8	0	W	40-34+
11/11	at 49ers	S	3	43	14.3	22	0	1	0	20	20.0	20	0	W	27-24+
11/24	at Eagles	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	17-9
12/02	Vikings	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	37-30
12/08	at Rams	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	12-28
12/15	at Panthers	S	0	0	0.0	0	0	0	1	0	0.0	0	0	W	30-24
12/22	Cardinals	S	1	18	18.0	18	0	0	0	0	0.0	0	0	L	13-27
12/29	49ers	S	1	17	17.0	17	0	0	0	0	0.0	0	0	L	21-26
2019 TOTALS		16-16	14	279	19.9	33	0	13	10	66	5.1	20	0	11-5	

+- Overtime

**TYLER LOCKETT'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/09	at Broncos	S	2	39	19.5	30	0	3	0	11	3.7	9	0	L	24-27
09/17	at Bears	S	0	0	0.0	0	0	1	3	14	14.0	14	0	L	17-24
09/23	Cowboys	S	3	66	22.0	27	0	3	1	25	8.3	18	0	W	24-13
09/30	at Cardinals	S	0	0	0.0	0	0	4	1	39	9.8	19	0	W	20-17
10/07	Rams	S	3	77	25.7	42	0	1	0	-3	-3.0	-3	0	L	31-33
10/14	at Raiders	S	0	0	0.0	0	0	1	0	0	0.0	0	0	W	27-3
10/28	at Lions	S	0	0	0.0	0	0	1	0	10	10.0	10	0	W	28-14
11/04	Chargers	P	1	34	34.0	34	0	3	0	4	1.3	6	0	L	17-25
11/11	at Rams	S	1	21	21.0	21	0	1	0	9	9.0	9	0	L	31-36
11/15	Packers	S	2	47	23.5	27	0	0	4	0	0.0	0	0	W	27-24
11/25	at Panthers	S	0	0	0.0	0	0	0	1	0	0.0	0	0	W	30-27
12/02	49ers	S	2	111	55.5	84	0	1	4	-4	-4.0	-4	0	W	43-16
12/10	Vikings	S	0	0	0.0	0	0	3	1	17	5.7	12	0	W	21-7
12/16	at 49ers	S	1	3	3.0	3	0	1	2	8	8.0	8	0	L	23-26+
12/23	Chiefs	S	1	32	32.0	32	0	2	0	13	6.5	10	0	W	38-31
12/30	Cardinals	P	3	63	21.0	26	0	0	3	0	0.0	0	0	W	27-24
2018 TOTALS		16-14	19	493	25.9	84	0	25	20	143	5.7	19	0	10-6	

+- Overtime

**TYLER LOCKETT'S 2017 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/10	at Packers	P	3	91	30.3	43	0	1	4	7	7.0	7	0	L	9-17
09/17	49ers	S	2	46	23.0	27	0	3	2	0	0.0	0	0	W	12-9
09/24	at Titans	S	0	0	0.0	0	0	3	0	32	10.7	13	0	L	27-33
10/01	Colts	S	1	16	16.0	16	0	0	2	0	0.0	0	0	W	46-18
10/08	at Rams	S	0	0	0.0	0	0	1	1	10	10.0	10	0	W	16-10
10/22	at Giants	P	2	45	22.5	23	0	4	1	35	8.8	14	0	W	24-7
10/29	Texans	P	2	32	16.0	21	0	3	0	10	3.3	11	0	W	41-38
11/05	Washington	P	2	33	16.5	21	0	5	1	45	9.0	21	0	L	14-17
11/09	at Cardinals	S	3	57	19.0	20	0	2	1	18	9.0	15	0	W	22-16
11/20	Falcons	S	5	197	39.4	57	0	1	2	0	0.0	0	0	L	31-34
11/26	at 49ers	P	1	26	26.0	26	0	2	5	7	3.5	8	0	W	24-13
12/03	Eagles	S	2	47	23.5	25	0	1	1	2	2.0	2	0	W	24-10
12/10	at Jaguars	P	4	85	21.3	25	0	3	0	5	1.7	5	0	L	24-30
12/17	Rams	P	6	118	19.7	32	0	2	1	18	9.0	18	0	L	7-42
12/24	at Cowboys	S	0	0	0.0	0	0	1	0	9	9.0	9	0	W	21-12
12/31	Cardinals	P	4	156	39.0	99t	1	4	0	39	9.8	27	0	L	24-26
2017 TOTALS		16-8	37	949	25.6	99T	1	36	21	237	6.6	27	0	9-7	

**TYLER LOCKETT'S 2016 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	KICKOFF RETURNS					PUNT RETURNS					W/L	SCORE
			RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	
09/11	Dolphins	S	0	0	0.0	0	0	3	3	40	13.3	22	0	W
09/18	at Rams	S	0	0	0.0	0	0	0	4	0	0.0	0	0	L
09/25	49ers	P	0	0	0.0	0	0	3	2	70	23.3	62	0	W
10/02	at Jets	P	0	0	0.0	0	0	2	1	8	4.0	7	0	W
10/16	Falcons	S	4	85	21.3	24	0	3	1	21	7.0	15	0	W
10/23	at Cardinals	S	2	51	25.5	36	0	1	2	0	0.0	0	0	T
10/30	at Saints	S	4	115	28.8	37	0	2	0	14	7.0	11	0	L
11/07	Bills	S	1	43	43.0	43	0	2	0	20	10.0	22	0	W
11/13	at Patriots	P	1	32	32.0	32	0	2	0	4	2.0	5	0	W
11/20	Eagles	P	1	7	7.0	7	0	3	1	31	10.3	19	0	W
11/27	at Buccaneers	P	1	15	15.0	15	0	1	1	0	0.0	0	0	L
12/04	Panthers	P	1	46	46.0	46	0	3	1	12	4.0	10	0	W
12/11	at Packers	S	5	136	27.2	32	0	0	2	0	0.0	0	0	L
12/15	Rams	S	2	48	24.0	27	0	2	2	16	8.0	13	0	W
12/24	Cardinals	S	1	28	28.0	28	0	2	2	7	3.5	4	0	L
<b>2016 TOTALS</b>		<b>15-9</b>	<b>23</b>	<b>606</b>	<b>26.3</b>	<b>46</b>	<b>0</b>	<b>29</b>	<b>22</b>	<b>243</b>	<b>8.4</b>	<b>62</b>	<b>0</b>	<b>9-5</b>

+ - Overtime

**TYLER LOCKETT'S 2015 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	KICKOFF RETURNS					PUNT RETURNS					W/L	SCORE
			RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	
09/13	at Rams	P	2	56	28.0	35	0	2	0	63	31.5	57t	1	L
09/20	at Packers	S	4	79	19.8	26	0	2	0	22	11.0	22	0	L
09/27	Bears	S	1	105	105.0	105t	1	3	3	9	3.0	10	0	W
10/05	Lions	S	2	30	15.0	19	0	5	2	42	8.4	14	0	W
10/11	at Bengals	P	1	21	21.0	21	0	2	1	8	4.0	12	0	L
10/18	Panthers	P	2	27	13.5	14	0	4	1	28	7.0	10	0	L
10/22	at 49ers	P	1	20	20.0	20	0	5	1	11	2.2	5	0	W
11/01	at Cowboys	P	1	18	18.0	18	0	1	1	12	12.0	12	0	W
11/15	Cardinals	S	5	104	20.8	34	0	1	2	0	0.0	0	0	L
11/22	49ers	P	0	0	0.0	0	0	4	2	1	0.3	4	0	W
11/29	Steelers	S	5	148	29.6	54	0	0	2	0	0.0	0	0	W
12/06	at Vikings	P	1	47	47.0	47	0	3	0	19	6.3	19	0	W
12/13	at Ravens	S	0	0	0.0	0	0	1	2	0	0.0	0	0	W
12/20	Browns	P	4	91	22.8	30	0	1	1	5	5.0	5	0	W
12/27	Rams	S	4	106	26.5	34	0	2	2	20	10.0	13	0	L
01/03	at Cardinals	S	0	0	0.0	0	0	4	1	139	34.8	66	0	W
<b>2015 TOTALS</b>		<b>16-8</b>	<b>33</b>	<b>852</b>	<b>25.8</b>	<b>105T</b>	<b>1</b>	<b>40</b>	<b>21</b>	<b>379</b>	<b>9.5</b>	<b>66</b>	<b>1</b>	<b>10-6</b>

+ - Overtime



# 85 | TIGHT END

## TYLER MABRY

Height: 6-3      Weight: 247  
 College:      Maryland  
 Seasons:      NFL : 2nd, Seahawks 2nd  
 Born:      November 21, 1996  
 Hometown:      Ypsilanti, Mich.

### TRANSACTIONS:

05/04/20: Signed by Seattle as a UDFA  
 09/05/20: Waived by Seattle  
 09/06/20: Signed to Seattle's PS  
 08/31/21: Released by Seattle  
 09/01/21: Signed to Seattle's PS  
 09/06/21: Signed to active roster

Began his career at the University of Buffalo (2015-18), redshirting his true freshman season, before being a graduate transfer and ending his collegiate career at Maryland. Started 41 of 50 games in his college career, posting 73

receptions for 722 yards and six touchdowns. Chose Maryland over Alabama and started all 12 games for the Terps, recording 13 receptions for 155 yards and three touchdowns. Was named first-team All-Mid American Conference in 2018 at Buffalo after starting all 14 games and posting 27 receptions for 230 yards and two touchdowns. After playing three seasons at Lincoln High School in Ypsilanti, Mich., he played his senior season for head coach Chris Weinke at IMG Academy, where he was used primarily as a blocking tight end. He had 11 receptions for 154 yards and a touchdown in his senior season at IMG. Helped lead the Ascenders to a 10-1 record and a No. 1-ranking in the state of Florida. At Lincoln, he had 19 receptions for 270 yards and two touchdowns. Majored in communications.

### TYLER MABRY'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2021	Seahawks	5	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		5	0	0	0	0.0	0	0	0	0	0.0	0	0

### TYLER MABRY'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0	0	0.0	0	0	0	0	0.0	0	0

### TYLER MABRY'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-16
09/19	Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-21
10/07	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers		ON INACTIVE LIST										L	20-23+
2021 TOTALS		5-0	0	0	0.0	0	0	0	0	0.0	0	0	2-4	

+ - Overtime



10

LINEBACKER

BENSON MAYOWA

Height: 6-3

Weight: 252

College:

Idaho

Seasons:

NFL : 9th, Seahawks 3rd

Born:

August 3, 1991

Hometown:

Los Angeles, Calif.

Pronunciation:

may-OH-uh

## 2021 SEASON:

10/03 at SF: Inactive (neck).

09/26 at Min: Inactive (neck).

## TRANSACTIONS:

05/13/13: Signed by Seattle as a UDFA

08/30/14: Released by Seattle

08/31/14: Claimed off waivers by Oakland

03/24/16: Signed by Dallas as a RFA

03/07/18: Released by Dallas

04/23/18: Signed by Arizona as a FA

04/16/19: Signed by Oakland as a UFA

04/06/20: Signed by Seattle as a UFA

03/26/21: Re-signed by Seattle

## NFL CAREER HIGHLIGHTS:

• In 2020, had 6.0 sacks, seven tackles for loss, nine quarterback hits, two forced fumbles and one fumble recovery in 13 games, nine of them starts. After missing three games in the middle of the season due to injury, he recorded four of his six sacks in the final six games of the season. Sack total ranked third on the team behind Jamal Adams (9.5) and Jarran Reed (6.5). Helped Seattle record 46 sacks, which ranked seventh in the league, and was a big improvement from 2019 when Seattle had just 28, tied for second

fewest.

• Returned to Seattle in 2020 after being active for only two games as a rookie in 2013 thanks to a deep defensive end rotation that included the likes of Cliff Avril, Michael Bennett, Chris Clemons and Red Bryant.

• Has been a regular contributor for multiple teams in his first seven seasons (2013-19), appearing in at least 12 games every year since his rookie year while playing for the Raiders, Cowboys, Cardinals, and Raiders again in 2019.

• During his second stint with the Raiders, Mayowa recorded a career-high 7.0 sacks, as well as 10 quarterback hits and three forced fumbles.

**COLLEGE:** Played in 46 career games at Idaho, totaling 67 tackles (47 solo), 11 sacks, 11 forced fumbles and three fumble recoveries during his four-year career. As a senior in 2012, started a career-high eight of his 11 games played. Tallied 22 tackles (13), three sacks, three forced fumbles and one pass defended. As a junior in 2011, played in 10 games with six starts. Finished the season with 17 tackles, including 4.5 tackles for loss, three sacks and two forced fumbles. As a sophomore in 2010, played in all 13 games and posted a career-high 25 tackles, 6.5 tackles for loss, four sacks, two passes defended, three forced fumbles and a fumble recovery. Played in 12 games as a true freshman. Helped the Vandals win the Humanitarian Bowl with two tackles for loss and a sack.

## BENSON MAYOWA'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2013	Seahawks	2	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2014	Raiders	16	1	12	7	5	3	8	1.0	2.0	2	0	0	0	0	1	0	0	0	0	2	2	0	0	0
2015	Raiders	12	2	16	14	2	4	12	1.0	3.0	4	0	0	0	0	0	1	2	0	40	0	0	0	0	0
2016	Cowboys	13	6	25	15	10	8	31	6.0	43.0	9	0	0	0	0	0	1	1	0	0	0	0	0	0	0
2017	Cowboys	14	2	21	9	12	3	11	1.0	7.0	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Cardinals	15	4	38	31	7	11	42	4.0	35.0	11	0	0	0	0	4	1	1	0	0	0	0	0	0	0
2019	Raiders	15	0	15	10	5	5	39	7.0	51.5	10	0	0	0	0	0	3	0	0	0	0	0	0	0	0
2020	Seahawks	13	9	24	19	5	7	37	6.0	40.0	9	0	0	0	0	3	2	1	0	13	0	0	0	0	0
2021	Seahawks	4	2	8	5	3	2	13	1.0	10.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		104	26	161	111	50	43	193	27.0	191.5	61	0	0	0	0	8	8	5	0	53	2	2	0	0	0

## BENSON MAYOWA'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2013	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Cowboys	1	1	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		2	1	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

## BENSON MAYOWA'S SINGLE-GAME HIGHS: DEFENSIVE

## Total Tackles

7 at Los Angeles Rams, Sep 16, 2018

## Sacks

2.0 at San Francisco 49ers, Jan 03, 2021

...2 more at 2.0.

## Passes Defensed

2 at Minnesota Vikings, Oct 14, 2018

## Forced Fumbles

1 at San Francisco 49ers, Jan 03, 2021

...7 more at 1.

## Fumble Recoveries

1 vs. Dallas Cowboys, Sep 27, 2020

...4 more at 1.

## Tackles For Loss

4 at Los Angeles Rams, Sep 16, 2018

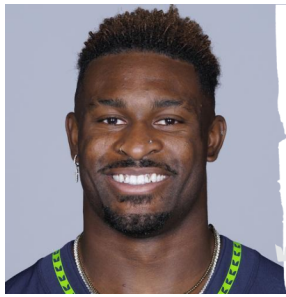
## Safeties

1 at Denver Broncos, Dec 13, 2015

## Special Teams Tackles

1 at Denver Broncos, Dec 28, 2014

...1 more at 1.



14

WIDE RECEIVER

DK METCALF

Height: 6-4

Weight: 235

College:

Mississippi

Seasons:

NFL : 3rd, Seahawks 3rd

Born:

December 14, 1997

Hometown:

Oxford, Miss.

AP  
2ND TEAM

2021 SEASON:

10/07 vs. LAR: Led team with 98 yards and two TDs. Moved into eighth-place on Seattle's all-time touchdowns receptions list with 22.

10/03 at SF: Led team for second-consecutive week with 65 receiving yards and a TD.

09/26 at Min: Led team with six catches for 106 yards and a TD. It marked his seventh-career 100-yard game.

09/12 at Ind: Totaled 60 yards on four receptions (tied for team lead) and a TD.

## TRANSACTIONS:

04/26/19: Drafted by Seattle (2nd round, 64th overall)

## NFL CAREER HIGHLIGHTS:

- Started all 16 games played in 2020 and was named second-team AP All-Pro and to the Pro Bowl. Led team while setting a franchise record with 1,303 receiving yards (Steve Largent, 1,287 in 1985). Along with Tyler Lockett, became just the second set of Seahawks teammates to each have 1,000 yards in the same season (Brian Blades, Joey Galloway in 1995). Tied Lockett for team lead with 10 touchdowns. Also became the first set of receivers to post 80-plus receptions each in a season in club history and gave Seattle two receivers with 10-plus touchdowns each in a season for the second time in club history (Largent, Daryl Turner in 1984).

- Posted 10 receptions for a career-high 177 yards at Philadelphia (11/30/20). Was his fifth 100-yard game of the season, tied for second-most

in franchise history.

- Finished rookie season in 2019 ranked second among all NFL rookie receivers with 58 receptions and third with 900 receiving yards - both second all-time in Seahawks single-season history by a rookie behind Joey Galloway's totals in 1995. Started 15 of 16 games played in 2019, in addition to starting both postseason games.

- In the NFC Wild Card at Philadelphia (1/5/20), led team with seven receptions for 160 yards and a 53-yard TD. Yardage total was the most-ever by a rookie in an NFL playoff game and most all time in franchise history.

- In Week 1 vs. Cincinnati, started at WR and led the team with 89 yards on four receptions. His 89 yards were the most by a Seahawks rookie WR in a debut surpassing Steve Largent's 1976 total of 86.

**COLLEGE:** Started 19 of 21 games played at Ole Miss, leaving school after his redshirt sophomore year. Recorded 67 receptions for 1,228 yards and 14 touchdowns during in college career. His 14 career touchdown receptions are ninth all time in program history. In 2018, started his redshirt sophomore season's first seven games before suffering a season ending neck injury at Arkansas. Hauled in 26 catches for 569 yards and five touchdowns. Prior to injury, was ranked fourth in the SEC with five receiving TDs and third in the conference in receiving yards. SEC All Freshman in 2017. Caught 39 passes for 646 yards and seven TDs in 2017. Ranked seventh in the SEC with seven TD receptions.

**PERSONAL:** Attended Oxford High and was a U.S. Army and MaxPreps All America selection. A consensus 4 star prospect by the major recruiting services and listed as the No. 70 overall recruit and the fifth best in Mississippi by Rivals.com. Ranked as the 14th best wide receiver recruit in the nation by Rivals.com, No. 18 by Scout.com and No. 19 by 247Sports.com. Full name is DeKaylin Zecharius Metcalf. Father, Terrence, was an NFL and Ole Miss All America offensive lineman. Majored in hospitality management major.

## REGULAR SEASON COMPARISON: RECEIVING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
9/22/19	SEA vs. NO	L	S	2	67	33.5	0	54	6	9
TOTALS		0/1	1/1	2	67	33.5	0	54	6	9

## DK METCALF'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RECEIVING							RUSHING				
		GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	16	15	58	900	15.5	54	7	2	11	5.5	7	0
2020	Seahawks	16	16	83	1,303	15.7	62	10	0	0	0.0	0	0
2021	Seahawks	6	6	31	441	14.2	30	5	0	0	0.0	0	0
NFL TOTALS		38	37	172	2,644	15.4	62	22	2	11	5.5	7	0

## DK METCALF'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RECEIVING							RUSHING				
		GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	2	2	11	219	19.9	53t	1	0	0	0.0	0	0
2020	Seahawks	1	1	5	96	19.2	51t	2	0	0	0.0	0	0
NFL TOTALS		3	3	16	315	19.7	53T	3	0	0	0.0	0	0

# DK METCALF'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

<b>Rush Attempts</b>	1 vs. Tampa Bay Buccaneers, Nov 03, 2019 ...1 more at 1.	<b>Receiving TDs</b>	2 vs. Los Angeles Rams, Oct 07, 2021 ...3 more at 2.
<b>Rushing Yards</b>	7 vs. Tampa Bay Buccaneers, Nov 03, 2019	<b>All-Purpose Yards</b>	177 at Philadelphia Eagles, Nov 30, 2020
<b>Longest Runs</b>	7 vs. Tampa Bay Buccaneers, Nov 03, 2019	<b>Miscellaneous Tackles</b>	2 at Arizona Cardinals, Oct 25, 2020
<b>Receptions</b>	12 vs. San Francisco 49ers, Nov 01, 2020	<b>Most TDs</b>	2 vs. Los Angeles Rams, Oct 07, 2021 ...3 more at 2.
<b>Receiving Yards</b>	177 at Philadelphia Eagles, Nov 30, 2020	<b>Receiving Average</b>	27.5 vs. Dallas Cowboys, Sep 27, 2020
<b>Longest Receptions</b>	62 vs. Dallas Cowboys, Sep 27, 2020		

## DK METCALF'S 100-YARD RECEIVING GAMES (7): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
11/30/20	at Eagles	10	177	17.7	52	0
11/01/20	49ERS	12	161	13.4	46t	2
11/03/19	BUCCANEERS	6	123	20.5	53t	1
09/27/20	COWBOYS	4	110	27.5	62	1
11/08/20	at Bills	7	108	15.4	41	1
09/26/21	at Vikings	6	107	17.8	28	1
10/04/20	at Dolphins	4	106	26.5	37	0

## DK METCALF'S 100-YARD RECEIVING GAMES (1): POSTSEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/05/20	at Eagles	7	160	22.9	53t	1

## DK METCALF'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	S	4	60	15.0	30	1	0	0	0.0	0	0	W	28-16
09/19	Titans	S	6	53	8.8	16	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	S	6	107	17.8	28	1	0	0	0.0	0	0	L	17-30
10/03	at 49ers	S	4	65	16.3	28	1	0	0	0.0	0	0	W	28-21
10/07	Rams	S	5	98	19.6	25	2	0	0	0.0	0	0	L	17-26
10/17	at Steelers	S	6	58	9.7	14	0	0	0	0.0	0	0	L	20-23+
<b>2021 TOTALS</b>		<b>6-6</b>	<b>31</b>	<b>441</b>	<b>14.2</b>	<b>30</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>2-4</b>	

+ - Overtime

## DK METCALF'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

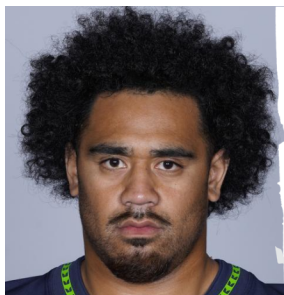
DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons	S	4	95	23.8	38t	1	0	0	0.0	0	0	W	38-25
09/20	Patriots	S	4	92	23.0	54t	1	0	0	0.0	0	0	W	35-30
09/27	Cowboys	S	4	110	27.5	62	1	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	S	4	106	26.5	37	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	S	6	93	15.5	39	2	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	2	23	11.5	17	0	0	0	0.0	0	0	L	34-37+
11/01	49ers	S	12	161	13.4	46t	2	0	0	0.0	0	0	W	37-27
11/08	at Bills	S	7	108	15.4	41	1	0	0	0.0	0	0	L	34-44
11/15	at Rams	S	2	28	14.0	19	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals	S	3	46	15.3	25t	1	0	0	0.0	0	0	W	28-21
11/30	at Eagles	S	10	177	17.7	52	0	0	0	0.0	0	0	W	23-17
12/06	Giants	S	5	80	16.0	21	0	0	0	0.0	0	0	L	12-17
12/13	Jets	S	6	61	10.2	19	1	0	0	0.0	0	0	W	40-3
12/20	at Washington	S	5	43	8.6	15	0	0	0	0.0	0	0	W	20-15
12/27	Rams	S	6	59	9.8	17	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	S	3	21	7.0	12	0	0	0	0.0	0	0	W	26-23
<b>2020 TOTALS</b>		<b>16-16</b>	<b>83</b>	<b>1,303</b>	<b>15.7</b>	<b>62</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>12-4</b>	

+ - Overtime

**DK METCALF'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/08	Bengals	S	4	89	22.3	42	0	0	0	0.0	0	0	W	21-20
09/15	at Steelers	S	3	61	20.3	28t	1	0	0	0.0	0	0	W	28-26
09/22	Saints	S	2	67	33.5	54	0	0	0	0.0	0	0	L	27-33
09/29	at Cardinals	S	1	6	6.0	6	0	0	0	0.0	0	0	W	27-10
10/03	Rams	P	2	44	22.0	40t	1	0	0	0.0	0	0	W	30-29
10/13	at Browns	S	4	69	17.3	30	0	1	4	4.0	4	0	W	32-28
10/20	Ravens	S	4	53	13.3	37	0	0	0	0.0	0	0	L	16-30
10/27	at Falcons	S	3	13	4.3	7	2	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	S	6	123	20.5	53t	1	1	7	7.0	7	0	W	40-34+
11/11	at 49ers	S	6	70	11.7	25	0	0	0	0.0	0	0	W	27-24+
11/24	at Eagles	S	3	35	11.7	17	0	0	0	0.0	0	0	W	17-9
12/02	Vikings	S	6	75	12.5	20	0	0	0	0.0	0	0	W	37-30
12/08	at Rams	S	6	78	13.0	35	0	0	0	0.0	0	0	L	12-28
12/15	at Panthers	S	2	36	18.0	19t	1	0	0	0.0	0	0	W	30-24
12/22	Cardinals	S	0	0	0.0	0	0	0	0	0.0	0	0	L	13-27
12/29	49ers	S	6	81	13.5	24	1	0	0	0.0	0	0	L	21-26
<b>2019 TOTALS</b>		<b>16-15</b>	<b>58</b>	<b>900</b>	<b>15.5</b>	<b>54</b>	<b>7</b>	<b>2</b>	<b>11</b>	<b>5.5</b>	<b>7</b>	<b>0</b>	<b>11-5</b>	

+ - Overtime



90

DEFENSIVE TACKLE

BRYAN MONE

Height: 6-3 Weight: 345  
 College: Michigan  
 Seasons: NFL : 3rd, Seahawks 3rd  
 Born: October 20, 1995  
 Hometown: Salt Lake City, Utah  
 Pronunciation: MO-neh

**2021 SEASON:**

09/19 vs. Ten: Inactive (elbow).

09/12 at Ind: Had a career-high five tackles (3 solo).

**TRANSACTIONS:**

05/03/19: Signed with Seattle as a UDFA  
 09/26/19: Released by Seattle  
 09/28/19: Signed to Seattle's PS  
 10/23/19: Released from Seattle's PS  
 11/05/19: Signed to Seattle's PS  
 12/21/19: Signed to Seattle's 53-man roster  
 03/18/19: Signed with Seattle as exclusive rights FA  
 11/14/20: Placed on IR (ankle)  
 12/05/20: Placed on COVID-19 list  
 12/26/20: Activated from IR  
 04/19/21: Signed ERFA tender

**NFL CAREER HIGHLIGHTS:**

- In 2020, played in 10 games, missing six (ankle), during his second season with the Seahawks.

- Spent majority of rookie season on Seattle's practice squad but also played in four games and one postseason game.

**COLLEGE:** Played in 48 career games with 19 starts, contributing 43 tackles, 5.0 tackles for loss, two pass breakups and two fumble recoveries during his career. Missed the 2015 season after suffering leg injury during fall camp. His final season, was an All-Big Ten honorable mention selected by the coaches after playing in all 13 games and starting 11 contests at defensive tackle. He registered 13 tackles, 1.5 tackles for loss and assisted on a sack.

**PERSONAL:** Attended Highland High School and totaled 144 tackles, 19 tackles for loss and 6.0 sacks during career. Registered 35 tackles (all solo) and 6.0 tackles for loss as a senior and participated in the 2014 Under Armour All-America Game.

**BRYAN MONE'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	4	0	4	0	4	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	10	0	9	3	6	1	1	0.5	1.5	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	5	1	12	5	7	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>19</b>	<b>1</b>	<b>25</b>	<b>8</b>	<b>17</b>	<b>1</b>	<b>1</b>	<b>0.5</b>	<b>1.5</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

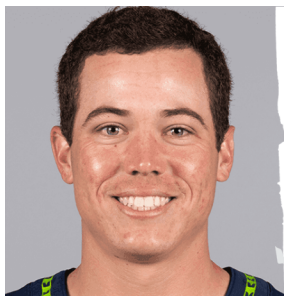
**BRYAN MONE'S NFL POSTSEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	1	0	2	0	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>2</b>	<b>0</b>	<b>3</b>	<b>0</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**BRYAN MONE'S SINGLE-GAME HIGHS: DEFENSIVE**

**Total Tackles** 5 at Indianapolis Colts, Sep 12, 2021  
**Sacks** 0.5 at Miami Dolphins, Oct 04, 2020

**Tackles For Loss** 1 vs. Dallas Cowboys, Sep 27, 2020  
**Safeties** 1 vs. Dallas Cowboys, Sep 27, 2020



# 5 | KICKER JASON MYERS

Height: 5-10    Weight: 190  
College: Marist  
Seasons: NFL : 7th, Seahawks 3rd  
Born: May 12, 1991  
Hometown: Chula Vista, Calif.



## 2021 SEASON:

Made a franchise-record 37 consecutive field goals from 11/11/19-9/26/21. It is tied for the fourth-longest streak in NFL history.

09/26 at Min: Connected on a 53-yard FG, extending his franchise-record to 37-consecutive field goals made. The streak ended on a 44-yard attempt (WL).

## TRANSACTIONS:

03/03/15: Signed with Jacksonville as a UDFA  
10/17/17: Released by Jacksonville  
01/03/18: Signed by Seattle as a FA  
08/20/18: Released by Seattle  
08/21/18: Claimed off waivers by N.Y. Jets  
03/13/19: Signed by Seattle as UFA

## NFL CAREER HIGHLIGHTS:

- Ended the 2020 season connecting on a club-record 35 consecutive field

goals dating back to 2019, converting all 24 in 2020. Connected on a career-long and franchise-record 61-yard field goal at the L.A. Rams (11/15/20). His 90.4% field goal rate (47 for 52) ranks first in franchise history.

- Named to the Pro Bowl after his lone season with the N.Y. Jets in 2018, making 33 of 36 field-goal attempts, including six of seven from 50-plus yards, including an NFL record five makes of 55-plus yards, and 30 of 33 extra points.

- Played in 38 games for the Jaguars from 2015-17, converting 64 of 79 field goals (81%) with a long of 58 and made 76 of 88 PATs.

- Spent time with Arizona and San Jose of the Arena Football League in 2014.

**COLLEGE:** Four-year letterman (2009-12) who also served as team's punter as a senior. As a senior, made 5 of 10 field goals in final season with a long of 40 yards and averaged 39.0 yards on 56 punts with 16 downed inside the 20.

**PERSONAL:** Attended Mater Dei Catholic High. Four-year letterman in football and soccer and also played baseball. Named Mesa Kicker of the Year as a senior and named South Bay Kicker of the Year as a junior. Played on the state championship soccer team as a senior and was named San Diego Division IV CIF Player of the Year. Married to wife, Katie, with one daughter.

## REGULAR SEASON COMPARISON: KICKING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	FGA	FGM	PCT	LONG	XPA	XPM	PTS	1-19	20-29	30-39	40-49	50+	KO	TB
9/22/19	SEA vs. NO	L	P	0	0	0%	0	3	3	3	0-0	0-0	0-0	0-0	0-0	4	0
<b>TOTALS</b>		<b>0/1</b>	<b>1/0</b>	<b>0</b>	<b>0</b>	<b>0%</b>	<b>0</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>0-0</b>	<b>0-0</b>	<b>0-0</b>	<b>0-0</b>	<b>0-0</b>	<b>4</b>	<b>0</b>

## JASON MYERS' NFL REGULAR SEASON KICKING STATISTICS

DATE	TEAM	GP	FGM	FGA	PCT.	LG	XP	XPA	PCT.	BLK	PTS
2015	Jaguars	16	26	30	86.7	58	32	39	82.1	1	110
2016	Jaguars	16	27	34	79.4	56	29	32	90.6	2	110
2017	Jaguars	6	11	15	73.3	47	15	17	88.2	0	48
2018	Jets	16	33	36	91.7	56	30	33	90.9	0	129
2019	Seahawks	16	23	28	82.1	54	40	44	90.9	0	109
2020	Seahawks	16	24	24	100.0	61	49	53	92.5	0	121
2021	Seahawks	6	5	7	71.4	53	17	18	94.4	0	32
<b>NFL TOTALS</b>		<b>92</b>	<b>149</b>	<b>174</b>	<b>85.6</b>	<b>61</b>	<b>212</b>	<b>236</b>	<b>89.8</b>	<b>3</b>	<b>659</b>

## JASON MYERS' NFL POSTSEASON KICKING STATISTICS

DATE	TEAM	GP	FGM	FGA	PCT.	LG	XP	XPA	PCT.	BLK	PTS
2017	Jaguars	0	0	0	0.0	0	0	0	0.0	0	0
2019	Seahawks	2	2	4	50.0	49	4	4	100.0	1	10
2020	Seahawks	1	2	2	100.0	52	2	2	100.0	0	8
<b>NFL TOTALS</b>		<b>3</b>	<b>4</b>	<b>6</b>	<b>66.7</b>	<b>52</b>	<b>6</b>	<b>6</b>	<b>100.0</b>	<b>1</b>	<b>18</b>

### JASON MYERS' NFL REGULAR SEASON FIELD-GOAL ACCURACY STATISTICS

DATE	TEAM	1-19	PCT.	20-29	PCT.	30-39	PCT.	40-49	PCT.	50+	PCT.
2015	Jaguars	0-0	0.0	9-10	90.0	8-8	100.0	6-8	75.0	3-4	75.0
2016	Jaguars	0-0	0.0	7-7	100.0	3-4	75.0	10-11	90.9	7-12	58.3
2017	Jaguars	0-0	0.0	4-4	100.0	2-3	66.7	5-5	100.0	0-3	0.0
2018	Jets	0-0	0.0	4-4	100.0	13-14	92.9	10-11	90.9	6-7	85.7
2019	Seahawks	0-0	0.0	6-6	100.0	11-11	100.0	4-7	57.1	2-4	50.0
2020	Seahawks	0-0	0.0	2-2	100.0	7-7	100.0	13-13	100.0	2-2	100.0
2021	Seahawks	0-0	0.0	0-0	0.0	2-3	66.7	2-3	66.7	1-1	100.0
NFL TOTALS		0-0	0.0	32-33	97.0	46-50	92.0	50-58	86.2	21-33	63.6

### JASON MYERS' NFL POSTSEASON FIELD-GOAL ACCURACY STATISTICS

DATE	TEAM	1-19	PCT.	20-29	PCT.	30-39	PCT.	40-49	PCT.	50+	PCT.
2017	Jaguars	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0
2019	Seahawks	0-0	0.0	0-0	0.0	0-1	0.0	2-2	100.0	0-1	0.0
2020	Seahawks	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0	2-2	100.0
NFL TOTALS		0-0	0.0	0-0	0.0	0-1	0.0	2-2	100.0	2-3	66.7

### ADDITIONAL STATS

Special Teams Tackles: 2019 (2), 2020 (2); Career: 4

### JASON MYERS' SINGLE-GAME HIGHS: KICKER

<b>Field Goals Made</b>	7 vs. Indianapolis Colts, Oct 14, 2018	<b>Special Teams Tackles</b>	1 vs. Los Angeles Rams, Dec 27, 2020
<b>Field Goal Attempts</b>	7 vs. Indianapolis Colts, Oct 14, 2018		...7 more at 1.
<b>Longest Field Goals Made</b>	61 at Los Angeles Rams, Nov 15, 2020	<b>Longest Field Goals Attempt</b>	58 at Pittsburgh Steelers, Sep 15, 2019
<b>PATs Made</b>	6 at Detroit Lions, Sep 10, 2018	<b>Kickoff Average</b>	68.0 vs. Miami Dolphins, Sep 20, 2015
	...1 more at 6.	<b>Extra Point Attempt Percentage</b>	100.0 vs. New England Patriots, Sep 20, 2020
<b>PAT Attempts</b>	7 vs. Indianapolis Colts, Dec 13, 2015		...4 more at 100.0.
<b>Points</b>	24 vs. Indianapolis Colts, Oct 14, 2018	<b>Field Goal Percentage</b>	100.0 at Tennessee Titans, Dec 02, 2018
			...4 more at 100.0.

### JASON MYERS' 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT		FIELD GOALS				EXTRA POINTS					W/L	SCORE
			FGM	FGA	PCT	LG	XP	XPA	PCT	BLK	PTS		
09/12	at Colts	P	0	0	0.0	0	4	4	100.0	0	4	W	28-16
09/19	Titans	P	1	1	100.0	31	3	4	75.0	0	6	L	30-33+
09/26	at Vikings	P	1	2	50.0	53	2	2	100.0	0	5	L	17-30
10/03	at 49ers	P	0	0	0.0	0	4	4	100.0	0	4	W	28-21
10/07	Rams	P	1	2	50.0	32	2	2	100.0	0	5	L	17-26
10/17	at Steelers	P	2	2	100.0	43	2	2	100.0	0	8	L	20-23+
2021 TOTALS		6	5	7	71.4	53	17	18	94.4	0	32	2-4	

+ - Overtime



26

STRONG SAFETY

RYAN NEAL

Height: 6-3

Weight: 200

College:

Southern Illinois

Seasons:

NFL : 4th, Seahawks 3rd

Born:

December 24, 1995

Hometown:

Merrillville, IN

## TRANSACTIONS:

05/11/18: Signed by Philadelphia as a UDFA  
 08/05/18: Released by Philadelphia  
 08/11/18: Signed by Atlanta as a FA  
 09/01/18: Released by Atlanta  
 09/02/18: Signed to Atlanta's PS  
 11/28/18: Signed to Atlanta's active roster  
 08/31/19: Released by Atlanta  
 09/03/19: Signed to Seattle's PS  
 12/11/19: Signed to Seattle's active roster  
 04/20/20: Re-signed by Seattle  
 09/05/20: Waived by Seattle  
 09/06/20: Signed to Seattle's PS  
 09/26/20: Gameday activation  
 09/28/20: Reverted to Seattle's PS  
 09/30/20: Signed to Seattle's active roster

## NFL CAREER HIGHLIGHTS:

- Played in 13 games in 2020, starting four in place of Jamal Adams (groin).

Recorded the game-sealing interception vs. Dallas (9/27). Collected his second interception the following week at Miami (10/4).

- Played in two games with Seattle in 2019.
- Appeared in one game in 2018 with the Atlanta Falcons, making his rookie debut in Week 13 against the Green Bay Packers.
- Originally entered the league as an undrafted free agent with the Philadelphia Eagles.

**COLLEGE:** Played in 45 games in college, recording 226 tackles, 24 passes defended, and five interceptions.

**PERSONAL:** Attended Merrillville High and named to AP 6A all-state team and Indiana Football Coaches Association all-state top 25 as a senior. Was a two-time IFC A All-State top 50 selection and a two-time all-conference and all-area selection. Was also named the top defensive back in the state in 2013 by the Indianapolis Star. His brother, Mike, played six seasons for the Green Bay Packers and won Super Bowl XLV. Attended the same high school as San Antonio Spurs head coach Gregg Popovich. Majored in sports administration.

## RYAN NEAL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				YDS	ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS		TK	S	A	FF	FR	S	A
2018	Falcons	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	3	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0
2020	Seahawks	13	4	36	29	7	3	12	0.0	0.0	0	2	1	1	0	5	0	0	0	0	0	8	4	4	0	0	0	0
2021	Seahawks	6	0	7	6	1	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	3	3	0	0	0	0	0
NFL TOTALS		23	4	43	35	8	3	12	0.0	0.0	0	2	1	1	0	6	0	0	0	0	0	12	8	4	0	0	0	0

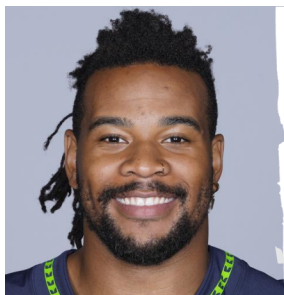
## RYAN NEAL'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				YDS	ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS		TK	S	A	FF	FR	S	A
2019	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		3	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

## RYAN NEAL'S SINGLE-GAME HIGHS: DEFENSIVE

**Total Tackles** 9 at Arizona Cardinals, Oct 25, 2020  
**Passes Defensed** 2 at Miami Dolphins, Oct 04, 2020  
**Tackles For Loss** 2 vs. Minnesota Vikings, Oct 11, 2020  
**Interceptions** 1 at Miami Dolphins, Oct 04, 2020  
 ...1 more at 1.

**Interception Return Yards** 1 at Miami Dolphins, Oct 04, 2020  
**Safeties** 1 vs. New York Giants, Dec 06, 2020  
**Special Teams Tackles** 3 vs. Arizona Cardinals, Nov 19, 2020



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DEFENSIVE TACKLE

ROBERT NKEMDICHE

Height: 6-4      Weight: 296  
 College:      Mississippi  
 Seasons:      NFL : 5th, Seahawks 1st  
 Born:      September 19, 1994  
 Hometown:      Loganville, Ga.  
 Pronunciation:      kim-DEE-chee

**2021 SEASON:**

09/26 at Min: Was a gameday activation and had two tackles.

09/12 vs. Ten: Was a gameday activation and played in first game since 2019. Recorded seven tackles.

**TRANSACTIONS:**

04/28/16: Drafted by Arizona (1st round, 29th overall)  
 12/11/18: Placed on IR (knee)  
 07/28/19: Waived/failed physical  
 08/08/19: Signed with Miami as a FA  
 08/31/19: Placed on PUP  
 10/28/19: Activated from PUP  
 11/06/19: Released by Miami  
 11/13/19: Suspended by Commissioner  
 11/26/19: Suspension Lifted by Commissioner  
 04/29/21: Signed by Seattle as a FA  
 08/31/21: Released by Seattle  
 09/01/21: Signed to Seattle's PS  
 09/18/21: Gameday activation  
 09/20/21: Reverted to Seattle's PS  
 09/25/21: Gameday activation  
 09/27/21: Reverted to Seattle's PS  
 09/28/21: Signed to active roster

**NFL CAREER HIGHLIGHTS:**

- Fifth-year pro has played in 29 games with six starts, recording 4.5 sacks, 51 tackles and two forced fumbles from 2016-19. He did not play in the NFL in 2020.
- Was a first-round pick out of Mississippi in the 2016 draft, going to Arizona with the 29th overall pick. Played somewhat sparingly his first two seasons, then had something of a breakout year in 2018, starting six of 10 games played before a knee injury ended his season, recording 4.5 sacks and 36 tackles.

**COLLEGE:** A two-time first-team All-SEC selection and a two-time second-team All-American, started 34 of the 35 games he appeared in during his three seasons with the Rebels. Declared for draft following his junior season. Recorded 98 tackles, 7.0 sacks, 19 tackles for loss and five passes defended. Also appeared on offense, rushing nine times for 34 yards and catching one pass for 31 yards. A second-team All-America selection as a junior in 2015, a finalist for the Paul Hornung Award (nation's most versatile player) and a semifinalist for both the Rotary Lombardi Award and Chuck Bednarik Award (nation's top defensive player). First defensive lineman to be named a finalist for the Hornung Award. Started at defensive tackle in all 11 games he played and finished third on the team with seven tackles for loss while tying for third with three sacks. Scored three offensive touchdowns in 2015, two rushing touchdowns and a 31-yard receiving touchdown, and blocked a field goal on special teams. Was an All-America second-team selection as a sophomore in 2014. Started every game at defensive tackle and totaled 35 tackles with four tackles for loss, two sacks and a pass defended. Helped Ole Miss lead the nation in scoring defense (16.0 ppg) and lead the SEC in tackles for loss (7.6 per game).

**PERSONAL:** The consensus no. 1 overall recruit and top defensive end in the nation coming out of Grayson High, he was a USA Today, MaxPreps and SuperPrep All-America selection as a senior. A three-time all-state selection, totaled 41 sacks in his high school career. Named the Gwinnett Daily Post County Defensive Player of the Year as a senior after recording 59 tackles, 12 tackles for loss and seven sacks to help Grayson win the Region 8-6A championship. Also rushed for 235 yards and 10 touchdowns on offense. Named the All-Class Player of the Year and Gwinnett Daily Post County Defensive Player of the Year as a junior when he led Grayson to a 15-0 record, Class 5A state title and a No. 4 national ranking by USA Today. Parents, Beverly and Sunday, are Nigerian immigrants; Sunday is a cardiologist and Beverly is a politician in Nigeria, representing the city of Onitsha in the legislature. Brother, Denzel, played linebacker and was his teammate at Mississippi. Nkemdiche enjoys playing the saxophone and bass guitar. He was invited to played saxophone in a band at Ground Zero, a club owned by actor Morgan Freeman.

**REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS**

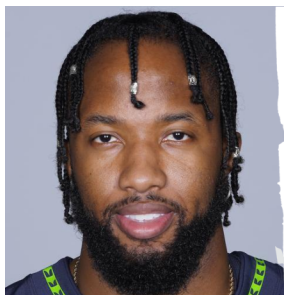
DATE	OPP	W/L	GP/GS	TACKLES							MISC				
				TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
12/18/16	ARZ vs. NO	L	P	0	0	1	0.0	0.0	0	0	0	0	0	0	0
TOTALS		0/1	1/0	0	0	1	0.0	0.0	0	0	0	0	0	0	0

**ROBERT NKEMDICHE'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

			TACKLES									INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2016	Cardinals	5	0	3	1	2	0	0	0.0	0.0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2017	Cardinals	12	0	12	7	5	3	2	0.0	0.0	2	0	0	0	0	0	1	1	1	21	0	0	0	0	0	0	0
2018	Cardinals	10	6	36	23	13	12	32	4.5	20.0	8	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0
2019	Dolphins	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	4	0	10	4	6	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		33	6	61	35	26	15	34	4.5	20.0	11	0	0	0	0	3	2	1	1	21	0	0	0	0	0	0	0

# ROBERT NKEMDICHE'S SINGLE-GAME HIGHS: DEFENSIVE

<b>Total Tackles</b>	8 at Los Angeles Chargers, Nov 25, 2018	<b>Forced Fumbles</b>	1 vs. Chicago Bears, Sep 23, 2018
<b>Sacks</b>	2.5 at Los Angeles Chargers, Nov 25, 2018		...1 more at 1.
<b>Passes Defensed</b>	1 vs. San Francisco 49ers, Oct 28, 2018	<b>Fumble Recoveries</b>	1 vs. New York Giants, Dec 24, 2017
	...1 more at 1.	<b>Tackles For Loss</b>	5 at Los Angeles Chargers, Nov 25, 2018



# 70 | TACKLE CEDRIC OGBUEHI

Height: 6-5      Weight: 308  
College:      Texas A&M  
Seasons:      NFL : 7th, Seahawks 2nd  
Born:      April 25, 1992  
Hometown:      Allen, Texas  
Pronunciation:      oh-BWAY-hee

## 2021 SEASON:

10/17 at Pit: Inactive (Biceps/Chest)

10/03 at SF: Started at RT for Brandon Shell (ankle).

## TRANSACTIONS:

04/30/15: Drafted by Cincinnati (1st round, 21st overall)

09/01/15: Placed on non-football injury (knee)

11/27/15: Activated from NFI

12/30/16: Placed on IR (shoulder)

03/16/19: Signed by Jacksonville as a UFA

03/23/20: Signed by Seattle as a UFA

03/26/21: Re-signed by Seattle

09/02/21: Placed on injured reserve (bicep)

10/02/21: Activated from IR

## NFL CAREER HIGHLIGHTS:

- In his first season in Seattle, played in eight games with four starts at right tackle in place of Brandon Shell (ankle, COVID-19 list).

- The 21st overall pick in the 2015 draft out of Texas A&M, started 25 games at both left and right tackles between the 2016 and 2017 seasons, then spent two seasons (2018-19) as a reserve lineman, spending 2019 in Jacksonville.

- Has started 29 of 57 career games played after beginning his NFL career on injured reserve while rehabbing a college knee injury.

**COLLEGE:** Played four seasons (2011-14) at Texas A&M, seeing action in 47 contests and starting 43 games during that time. In the 2014 Liberty Bowl, his final college game, he finished the game despite suffering a third-quarter knee injury that later was diagnosed as an ACL tear. Played both guard and tackle during career, in which Aggies went 35-17 with 4-0 record in bowl games. As a senior, provided protection for passing attack that led the SEC in passing yards and touchdowns, and ranked fifth nationally in scoring and total offense. Named first-team All-America by the Walter Camp Foundation.

**PERSONAL:** Attended Allen High, where as a senior he earned second-team all-state honors and played in the U.S. Army All-American Bowl. Associated Press first-team all-state selection as a junior. Earned bachelor's degree from Texas A&M in recreation, parks & tourism science.

## CEDRIC OGBUEHI'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2015	Bengals	5	0
2016	Bengals	14	12
2017	Bengals	14	13
2018	Bengals	2	0
2019	Jaguars	14	0
2020	Seahawks	8	4
2021	Seahawks	1	1
NFL TOTALS		58	30

## CEDRIC OGBUEHI'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2015	Bengals	1	0
2020	Seahawks	1	0
NFL TOTALS		2	0



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LONG SNAPPER

TYLER OTT

Height: 6-3

Weight: 253

College:

Harvard

Seasons:

NFL : 7th, Seahawks 6th

Born:

February 28, 1992

Hometown:

Tulsa, Okla.



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## TRANSACTIONS:

05/16/14: Signed with NE as a UDFA  
 08/18/14: Released by New England  
 03/04/15: Signed by New England  
 05/05/15: Released by New England  
 05/11/15: Signed by St. Louis  
 08/31/15: Released by St. Louis  
 12/31/15: Signed by N.Y. Giants  
 08/29/16: Released by N.Y. Giants  
 10/18/16: Signed to N.Y. Giants PS  
 10/25/16: Released from N.Y. Giants PS  
 11/22/16: Signed to Cincinnati PS

11/26/16: Signed to Cincinnati's active roster

12/20/16: Released by Cincinnati

01/03/17: Signed by Seattle as FA

## NFL CAREER HIGHLIGHTS:

- Served as Seattle's long snapper since 2017.
- Snapped both postseason games for Seattle in 2016 after Nolan Freese was placed on injured reserve (ankle).

**COLLEGE:** Spent three seasons as Harvard's long snapper. Also played tight end, where he had 15 catches for 188 yards and four touchdowns as a senior.

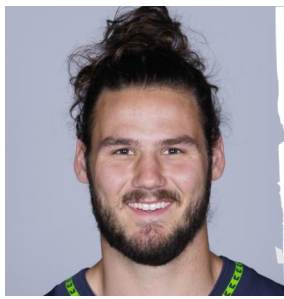
**PERSONAL:** Lettered in football, basketball and track & field at Jenks High in Oklahoma. Three-year captain in football and senior captain in basketball. All-state and all-district tight end of the year as a senior. Academic all-conference in basketball. Played in three state championship games, winning one. Member of the National Honor Society. His grandfather, Ronnie Hartline, played football at Oklahoma from 1958-60 and was drafted by the Detroit Lions in 1961. Majored in economics.

## TYLER OTT'S NFL REGULAR SEASON SPECIAL TEAMS STATISTICS

DATE	TEAM	GP	GS	TK	S	A	FF	FR
2015	Giants	1	0	0	0	0	0	0
2016	Bengals	3	0	0	0	0	0	0
2017	Seahawks	16	0	3	3	0	0	0
2018	Seahawks	16	0	1	0	1	0	0
2019	Seahawks	16	0	0	0	0	0	0
2020	Seahawks	16	0	0	0	0	0	0
2021	Seahawks	6	0	0	0	0	0	0
NFL TOTALS		74	0	4	3	1	0	0

## TYLER OTT'S NFL POSTSEASON SPECIAL TEAMS STATISTICS

DATE	TEAM	GP	GS	TK	S	A	FF	FR
2016	Seahawks	2	0	0	0	0	0	0
2018	Seahawks	1	0	0	0	0	0	0
2019	Seahawks	2	0	0	0	0	0	0
2020	Seahawks	1	0	0	0	0	0	0
NFL TOTALS		6	0	0	0	0	0	0



# 84 | TIGHT END COLBY PARKINSON

Height: 6-7      Weight: 251  
College:      Stanford  
Seasons:      NFL : 2nd, Seahawks 2nd  
Born:      January 7, 1999  
Hometown:      Simi Valley, Calif.

## TRANSACTIONS:

04/25/20: Drafted by Seattle (4th round, 133rd overall)  
09/05/20: Placed on Reserve/non-football injury  
10/31/20: Activated from NFI to active roster  
09/07/21: Placed on IR (foot)  
10/02/21: Activated from IR

## NFL CAREER HIGHLIGHTS:

- Spent first six games on the non-football injury list, then played in six games as a reserve tight end and was inactive on four occasions.

**COLLEGE:** Started 21 of 39 games played and was a second-team All-Pac-12 selection and a semifinalist for the John Mackey Award in 2019 after catching 48 passes for 589 yards and one touchdown as a junior. He was also an All-Pac-12 honorable mention selection as a sophomore in 2018

when he had 29 catches for 485 yards and seven touchdowns. Registered an eight-yard touchdown pass at Oregon State in 2019, becoming the first Stanford non quarterback to throw a touchdown pass since Christian McCaffrey vs. USC in the 2015 Pac 12 Championship. Also became the first Cardinal to throw for a touchdown and record a touchdown reception since McCaffrey in that 2015 Pac 12 Championship game. Tied single game school record with four touchdown catches vs. Oregon State in 2018 and his seven scores ranked third in the nation among tight ends.

**PERSONAL:** Prepped at Oaks Christian and earned varsity letters in football and basketball. Five star recruit by 247Sports and PrepStar, a four star recruit by Scout, Rivals and ESPN Nation's 21st best recruit by PrepStar Rivals. Totaled 1,280 career receiving yards on 80 receptions for eight touchdowns as a prep and led team to pair of league titles. Born in San Ramon, Calif. Enjoys playing guitar and ukulele. Majored in civil engineering.

## COLBY PARKINSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

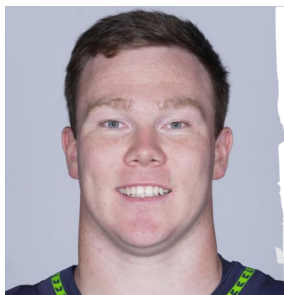
DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	6	0	2	16	8.0	10	0	0	0	0.0	0	0
2021	Seahawks	3	0	1	1	1.0	1	0	0	0	0.0	0	0
NFL TOTALS		9	0	3	17	5.7	10	0	0	0	0.0	0	0

## COLBY PARKINSON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0	0	0.0	0	0	0	0	0.0	0	0

## COLBY PARKINSON'S SINGLE-GAME HIGHS: RECEIVING

<b>Receptions</b>	2 vs. New York Jets, Dec 13, 2020	<b>Longest Receptions</b>	10 vs. New York Jets, Dec 13, 2020
<b>Receiving Yards</b>	16 vs. New York Jets, Dec 13, 2020	<b>All-Purpose Yards</b>	16 vs. New York Jets, Dec 13, 2020



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| GUARD/CENTER

ETHAN POCIC

Height: 6-6      Weight: 320  
College:      Louisiana State  
Seasons:      NFL : 5th, Seahawks 5th  
Born:      August 5, 1995  
Hometown:      Lemont, Ill.  
Pronunciation:      POE-sick

**2021 SEASON:**

09/12: Left game in the 4th quarter due to injury (knee).

**TRANSACTIONS:**

04/28/17: Drafted by Seattle (2nd round, 58th overall)  
10/12/19: Placed on IR (neck)  
12/14/19: Activated from IR to 53-man roster  
12/31/19: Placed on IR (neck)  
03/22/21: Re-signed with Seattle  
09/15/21: Placed on IR (knee)  
10/15/21: Activated from IR

**NFL CAREER HIGHLIGHTS:**

- Returned from injury in 2019 to start all 14 games played at center in 2020, missing two due to a concussion.
- Spent majority of 2019 on injured reserve (neck).
- Started 11 of 16 games played during his rookie season; five at left guard and six at right guard.

**COLLEGE:** One of the top offensive linemen in LSU history. Three-year starter with 37 career starts (27 at center, nine at right guard, one at left tackle). LSU was 25-12 with Pocic in the starting lineup, which included a 20-7 record with him at center. LSU produced a 1,000-yard rusher in each of his years as a starter. First-team All-America by Football Writers Association of America (FWAA) in 2016. Second-team All-America as a senior in 2016 from both Walter Camp, Sporting News and American Football Coaches Association. Named SEC Offensive Lineman of the Week five times during his career, including an SEC-best three times in 2016. Senior Bowl invitee.

**PERSONAL:** Played his high school ball at Lemont High where he was coached by Eric Michaelsen. Ranked as one of the top prep linemen in the nation in 2013. First-team Parade All-American as a senior. Graduated from high school in December and enrolled at LSU in January. Took part in spring practice and earned Newcomer Most Improved Award after the spring game. Led Lemont to a state semifinal appearance as a senior. His brother, Graham, played at the University of Illinois where he started 36 games on the offensive line in his four years with the Illini. Graduated in December of 2016 with a degree in sports administration.

**ETHAN POCIC'S NFL REGULAR SEASON STATISTICS**

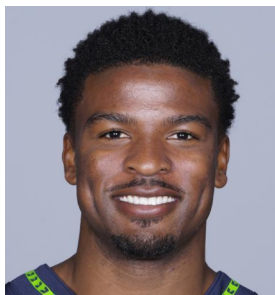
DATE	TEAM	GP	GS
2017	Seahawks	16	11
2018	Seahawks	10	4
2019	Seahawks	4	1
2020	Seahawks	14	14
2021	Seahawks	2	0
NFL TOTALS		46	30

**ETHAN POCIC'S NFL POSTSEASON STATISTICS**

DATE	TEAM	GP	GS
2018	Seahawks	1	0
2019	Seahawks	0	0
2020	Seahawks	1	1
NFL TOTALS		2	1

**ADDITIONAL STATS**

**Kickoff Returns:** 2017 (One kickoff return for 13 yards). **Career:** One kickoff return for 13 yards.



# 2 | CORNERBACK

## D.J. REED

Height: 5-9      Weight: 193  
 College:      Kansas State  
 Seasons:      NFL : 4th, Seahawks 2nd  
 Born:      November 11, 1996  
 Hometown:      Bakersfield, Calif.

### 2021 SEASON:

09/12 at Ind: Recovered his third-career fumble.

### TRANSACTIONS:

04/28/18: Drafted by San Francisco (5th round, 142nd overall)

08/04/20: Waived/injured (pec)

08/05/20: Claimed off waivers by Seattle

09/05/20: Placed on Reserve/non-football injury

10/31/20: Activated from NFL

### NFL CAREER HIGHLIGHTS:

- Began the 2020 season on the non-football injury list and missed the first six games of the season. In his season debut, recorded an interception off his former team, the 49ers, and added one more during the season. Saw time starting at right and left corner, became the team's nickel and also provided a spark in both the punt and kickoff return game.
- Reed has appeared in 31 games over the past two seasons (2018-19), starting two, and has 45 tackles, two passes defended, one sack, two forced fumbles, and one fumble recovery that he returned for a 5-yard score (vs. Arizona, 11/17/19). Also added nine special teams tackles.

**COLLEGE:** Having zero offers from a Division I school out of high school,

Reed walked on at Fresno State for one season before transferring to Cerritos College (Norwalk, Calif.). At Cerritos, he lived in a two-bedroom apartment with seven other teammates and split time sleeping on the couch and the floor. He then transferred to Kansas State, where he played under head coach Bill Snyder for two seasons and went on to earn All-America honors. A team captain in 2017 at Kansas State, he started all 11 games at cornerback, while also handling a majority of the return duties en route to being named a second-team Walter Camp All-American. Was the third Wildcat kick returner in the last four years to earn All-America status (Morgan Burns in 2015, Tyler Lockett in 2014). Averaged 34.2 yards on 17 kickoff returns to rank third in school history and fourth in Big 12 history, while the mark was second in the nation and tops in the Big 12 during the 2017 season. Held a 14.9-yard average on punt returns to tie for sixth in school history, rank second nationally and lead the Big 12. Finished sixth on the team with 47 tackles to go along with 4.5 tackles for loss, four interceptions, nine pass breakups, two fumble recoveries and a forced fumble.

**PERSONAL:** Played at Independence High School. Earned all-league honors for two-straight years. Totaled six interceptions and five forced fumbles, while he amassed 1,150 total yards and 13 touchdowns on offense. Became first person in school history to earn team MVP honors in both football and basketball. Majored in history.

### D.J. REED'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES						ST						MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A				
2018	49ers	15	2	37	28	9	3	9	1.0	5.0	1	0	0	0	0	0	1	0	0	0	4	2	2	0	0	0	0				
2019	49ers	16	0	8	7	1	0	0	0.0	0.0	0	0	0	0	0	2	1	1	1	5	5	4	1	0	0	0	0				
2020	Seahawks	10	8	62	46	16	2	2	0.0	0.0	0	2	21	20	0	7	0	1	0	0	0	0	0	0	1	0	0				
2021	Seahawks	6	6	39	30	9	0	0	0.0	0.0	0	0	0	0	0	3	0	1	0	0	0	0	0	0	0	0	0				
NFL TOTALS		47	16	146	111	35	5	11	1.0	5.0	1	2	21	20	0	12	2	3	1	5	9	6	3	0	1	0	0				

### D.J. REED'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								QBH	INTERCEPTIONS					FUMBLES				ST						MISC	
				TK	S	A	TFL	YDS	SK	YDS			NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR		S	A
2019	49ers	3	0	0	0	0	0	0	0.0	0.0		0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	0
2020	Seahawks	1	1	3	3	0	0	0	0.0	0.0		0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		4	1	3	3	0	0	0	0.0	0.0		0	0	0	0	0	1	0	0	0	0	1	0	1	0	0	0	0	0

### D.J. REED'S NFL REGULAR SEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2018	49ers	11	332	30.2	90	0	0	0	0	0.0	0	0
2019	49ers	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	Seahawks	5	137	27.4	49	0	10	8	78	7.8	15	0
2021	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		16	469	29.3	90	0	10	8	78	7.8	15	0

### D.J. REED'S NFL POSTSEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2019	49ers	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	Seahawks	2	82	41.0	58	0	3	1	26	8.7	10	0
NFL TOTALS		2	82	41.0	58	0	3	1	26	8.7	10	0

### D.J. REED'S SINGLE-GAME HIGHS: DEFENSIVE

<b>Total Tackles</b>	12 vs. Denver Broncos, Dec 09, 2018	<b>Fumble Recoveries</b>	1 at Indianapolis Colts, Sep 12, 2021 ...2 more at 1.
<b>Sacks</b>	1.0 vs. Denver Broncos, Dec 09, 2018	<b>Interceptions</b>	1 at Washington, Dec 20, 2020 ...1 more at 1.
<b>Forced Fumbles</b>	1 vs. Arizona Cardinals, Nov 17, 2019 ...1 more at 1.	<b>Interception Return Yards</b>	20 at Washington, Dec 20, 2020

### D.J. REED'S SINGLE-GAME HIGHS: RUSHING

<b>Kickoff Returns</b>	4 at Los Angeles Chargers, Sep 30, 2018 ...1 more at 4.	<b>Punt Return Yards</b>	19 at Washington, Dec 20, 2020 ...1 more at 19.
<b>Kickoff Return Yards</b>	159 vs. Detroit Lions, Sep 16, 2018	<b>Longest Punt Return</b>	15 at Washington, Dec 20, 2020
<b>Longest Kickoff Return</b>	49 at Los Angeles Rams, Nov 15, 2020	<b>Punt Returns</b>	3 at Washington, Dec 20, 2020



**29** | CORNERBACK  
**JOHN REID**

**Height:** 5-10    **Weight:** 187  
**College:** Penn State  
**Seasons:** NFL : 2nd, Seahawks 1st  
**Born:** May 15, 1996  
**Hometown:** Mt. Laurel, N.J.

#### TRANSACTIONS:

04/25/20: Drafted by Houston (4th round, 141st overall)  
08/25/21: Traded to Seattle  
08/31/21: Released by Seattle  
09/01/21: Signed to Seattle's PS  
09/07/21: Signed to active roster

#### NFL CAREER HIGHLIGHTS:

• Appeared in 13 games for the Texans as a rookie, starting one. Reid played 145 defensive snaps and 96 on special teams, recording 13 tackles and one pass defended.

**COLLEGE:** Spent five seasons (2015-19) at Penn State University in State College, Pa., where he played in 51 career games (40 starts) and totaled 126 tackles (84 solo), 9.5 tackles for loss, 1.5 sacks, seven interceptions (one

returned for a touchdown), 37 passes defended, one forced fumble and two fumble recoveries. Finished his career ranked 11th in Penn State history with 37 career passes defended. Given the Lions Pride Outstanding Senior Player Award for greatest career contribution to Penn State Football following his senior season.

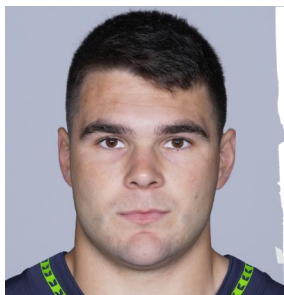
**PERSONAL:** Attended St. Joseph's Prep School in Philadelphia, where he played both sides of the ball and helped the team to back-to-back PIAA Class AAAA Championships in 2013 and 2014. As a senior in 2014, logged 699 receiving yards (19.4 avg.) and 12 touchdowns on offense and a pick-six on defense, earning him All-Catholic League MVP, first-team All-Catholic League on offense and defense, CBS Philly's Player of the Year, Pennsylvania Football News Defensive Player of the Year and first-team all-state. Earned his degree in data sciences from Penn State.

### JOHN REID'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES					ST						MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A			
2020	Texans	13	1	9	8	1	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	4	3	1	0	0	0	0			
2021	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
NFL TOTALS		15	1	9	8	1	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	4	3	1	0	0	0	0			

### JOHN REID'S SINGLE-GAME HIGHS: DEFENSIVE

<b>Total Tackles</b>	5 at Kansas City Chiefs, Sep 10, 2020	<b>Special Teams Tackles</b>	2 at Kansas City Chiefs, Sep 10, 2020
<b>Passes Defended</b>	1 vs. Cincinnati Bengals, Dec 27, 2020		



# 59 | LINEBACKER JON RHATTIGAN

Height: 6-0      Weight: 236  
College: Army  
Season: Rookie  
Born: February 2, 1999  
Hometown: Naperville, Ill.

## 2021 SEASON:

10/07 vs. LAR: Registered a career-high two special teams tackles.  
10/03 at SF: Recovered a fumble on special teams that led to a Seattle TD.  
09/12 at Ind: Elevated from the practice squad and saw action on special teams.

## TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA  
08/31/21: Released by Seattle  
09/01/21: Signed to Seattle's PS  
09/11/21: Gameday activation  
09/13/21: Reverted to Seattle's PS  
09/15/21: Signed to active roster

**COLLEGE:** Played in 25 games from 2018-20, seeing his most playing time as a senior, when he was named a second-team All-America by USA Today. Was also named third-team All-America by Pro Football Focus. He was Army's first-ever semifinalist for the Bednarik Award, given to the nation's top linebacker. He finished the season with a career-high 78 tackles and two interceptions, returning one for a touchdown and the other 50 yards. Entering 2020, he had just six career tackles in 14 games played, playing behind two-time captain and current L.A. Chargers LB Cole Christiansen.

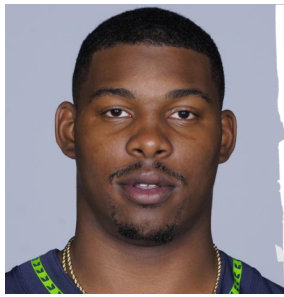
**PERSONAL:** Was a three-year letterwinner at Neuqua Valley High and was named Naperville Sun All-Area and Player of the Year. Also named first-team IHSA All-State and a unanimous all-conference selection. He was the team's defensive MVP and team captain as a senior. Was a two-year letter-winner in lacrosse as a midfielder and was an all-conference selection.

## JON RHATTIGAN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A	
2021	Seahawks	6	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	1	0	0	
NFL TOTALS		6	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	1	0	0	

## JON RHATTIGAN'S SINGLE-GAME HIGHS: DEFENSIVE

**Special Teams Tackles**      2 vs. Los Angeles Rams, Oct 07, 2021      **Special Teams Fumble Recoveries**      1 at San Francisco 49ers, Oct 03, 2021



98

DEFENSIVE END

ALTON ROBINSON

Height: 6-3

Weight: 259

College:

Syracuse

Seasons:

NFL : 2nd, Seahawks 2nd

Born:

June 2, 1998

Hometown:

Converse, Texas

**2021 SEASON:**

09/19 vs. Ten: Recorded a sack while forcing a fumble that was recovered by Kerry Hyder Jr. which set up a Seattle TD.

**NFL CAREER HIGHLIGHTS:**

- Played in 14 games with one start during rookie season of 2020 and posted 4.0 sacks in limited time along the defensive line.

**COLLEGE:** Three-year starter at defensive end. Joined the Orange during 2017 preseason camp and quickly moved into the starting lineup. Was a two-time All-ACC selection, including earning second-team honors as a junior in 2018. Winner of Syracuse's Tim Green Award as the team's most outstanding defensive lineman in 2018 and 2019, joining Arthur Jones (2007, 2009) and Chandler Jones (2010-2011) as the only players in team history to win the award twice. In 36 games (34 starts), had 115 tackles (72 solo) and

finished his career ranked seventh on Syracuse's all-time sacks list with 19.5 and tied for ninth in team history with 32.5 tackles for loss. In 2018, teamed with Kendall Coleman to form the ACC's No. 1 sack duo with 20 combined sacks as both players had 10 sacks each. Spent his freshman season at Northeastern Oklahoma A&M, where he was one of the top junior-college pass rushers in the country. Recorded two sacks for the North team in the 2020 Senior Bowl.

**PERSONAL:** Played linebacker and defensive end for four years at Judson High. Was a 2015 Associated Press 6A honorable mention all-state selection and named to the 2015 American Family Insurance All-USA Texas second-team by USA Today. As a senior captain, logged 44 tackles, including 23 for a loss, 12 sacks and four forced fumbles for the Rockets. Voted Judson's Defensive Player of the Year as a junior. Also played basketball and competed in track & field. Majored in sociology.

**ALTON ROBINSON'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

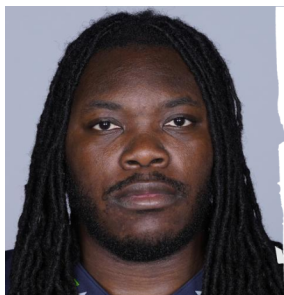
DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	14	1	22	13	9	5	20	4.0	26.0	4	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	6	2	11	5	6	2	0	1.0	12.0	1	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>20</b>	<b>3</b>	<b>33</b>	<b>18</b>	<b>15</b>	<b>7</b>	<b>20</b>	<b>5.0</b>	<b>38.0</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**ALTON ROBINSON'S NFL POSTSEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	1	0	1	1	0	1	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>NFL TOTALS</b>		<b>1</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>3</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**ALTON ROBINSON'S SINGLE-GAME HIGHS: DEFENSIVE**

<b>Total Tackles</b>	5 at Minnesota Vikings, Sep 26, 2021	<b>Forced Fumbles</b>	1 vs. Tennessee Titans, Sep 19, 2021
<b>Sacks</b>	1.0 vs. Tennessee Titans, Sep 19, 2021		...1 more at 1.
	...4 more at 1.0.	<b>Tackles For Loss</b>	2 at Minnesota Vikings, Sep 26, 2021
			...1 more at 2.



# 72 | TACKLE BRANDON SHELL

Height: 6-5      Weight: 324  
College:      South Carolina  
Seasons:      NFL : 6th, Seahawks 2nd  
Born:      February 6, 1992  
Hometown:      Goose Creek, S.C.

## 2021 SEASON:

10/03 at SF: Inactive (ankle).

09/26 at Min: Inactive (ankle).

09/19 vs. Ten: Left game late in the fourth quarter due to injury and did not return (ankle).

## TRANSACTIONS:

04/30/16: Drafted by the N.Y. Jets (5th round, 158th overall)

12/19/18: Placed on IR (knee)

03/24/20: Signed by Seattle as a UFA

01/02/21: Placed on Reserve/COVID-19 list

01/05/21: Activated from Reserve/COVID-19

## NFL CAREER HIGHLIGHTS:

• In his first season in Seattle in 2020, took over starting right tackle duties in all 11 games played. Missed time due to an ankle injury.

• A 2016 fifth-round pick out of South Carolina, became the Jets' starting right tackle in 2017, and has started 37 of 41 games played over the past three years (2017-19). Appeared in eight games, starting the final three at right tackle during his rookie season of 2016.

**COLLEGE:** Fifth-year offensive tackle who earned the start at left tackle in every game in his senior season, making 47 consecutive starts from 2012-15. Played mostly right tackle in his career before moving to left tackle his senior season. Played in 52 games overall, making 48 career starts. Tied for sixth on the South Carolina all-time list for games played, ranked third in career starts and second in consecutive starts behind only center T.J. Johnson at the time of his departure.

**PERSONAL:** Attended Goose Creek High. Great uncle is 1989 Pro Football Hall of Fame inductee Art Shell, a former tackle who participated in 24 playoff contests (including Super Bowls XI and XV) and was named to eight Pro Bowls. Art was also the second African-American head coach in the history of professional football. Majored in sociology.

## BRANDON SHELL'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2016	Jets	8	3
2017	Jets	12	12
2018	Jets	14	14
2019	Jets	15	11
2020	Seahawks	11	11
2021	Seahawks	4	4
NFL TOTALS		64	55

## BRANDON SHELL'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2020	Seahawks	1	1
NFL TOTALS		1	1



# 64 | CENTER DAKODA SHEPLEY

Height: 6-5      Weight: 317  
College:      British Columbia  
Seasons:      NFL : 2nd, Seahawks 1st  
Born:      December 27, 1994  
Hometown:      Windsor, Ontario

## TRANSACTIONS:

05/04/18: Signed by N.Y. Jets as an UDFA  
08/31/18: Released by N.Y. Jets  
08/29/20: Signed by San Francisco as a FA  
09/05/20: Released by San Francisco  
09/06/20: Signed to San Francisco's PS  
08/31/21: Released by San Francisco  
09/01/21: Claimed by Seattle off waivers

## NFL CAREER HIGHLIGHTS:

- Spent the majority of the 2020 season on San Francisco's practice squad, but saw action in one game (at Dallas, 12/20).
- He did not play football in 2018, and in 2019, he joined the CFL's Saskatchewan Roughriders, and started 14 games. After being named his team's most outstanding rookie, Shepley signed with the 49ers following the CFL season.

**COLLEGE:** Appeared in 32 games (31 starts) in four years (2014-17) at the University of British Columbia where he appeared at center and guard. As a senior in 2017, was named a Canada West all-star at right tackle. Helped the Thunderbirds claim the 2015 Vanier Cup championship as a sophomore. Redshirted in 2013.

**PERSONAL:** Attended Holy Names Catholic (Windsor, Ont.) High where he

didn't begin playing football until his third year of school. Was an arts major at the University of British Columbia.

Prior to signing as an undrafted free agent with the New York Jets in 2018, Shepley worked as an extra in the 2018 blockbuster, Deadpool 2. He appears as "Omega Red," a villain known for his fights with Wolverine. As the movie was being filmed in British Columbia near Shepley's college campus, his teammates told him about signing up to be an extra in films as a way to make some extra money. He was later contacted by the production company to come in for a film called "Caribbean Blue." When he went to a costume fitting, he saw the concept art and figured out what the movie actually was. "I was like, no way, this is Deadpool," Shepley said. Although Shepley was supposed to film for 21 days, Shepley's football schedule took first priority. "I told them, 'I have to play football. I'm not an actor yet,'" Shepley said. Despite taking on a smaller role, Shepley enjoyed the process. "It was a pretty cool experience," Shepley said. "My parents thought I'd be the next Rock, an acting football player."

Appeared as a body double and stuntman in the Netflix film, Game Over, Man! Began his athletic career as a hockey player. After getting into a fight on the ice and injuring his hand, Shepley and his family re-evaluated his future in athletics. "My dad said, 'Look at the size of you!' I was about 6-3 at the time, and probably weighed around 250. He said, 'You could get a scholarship in football and maybe play professionally,' and so on," said Shepley.

## DAKODA SHEPLEY'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2020	49ers	1	0
2020	Jets	0	0
2020	TOTAL	1	0
2021	Seahawks	4	0
NFL TOTALS		5	0

Went from **San Francisco** to **N.Y. Jets**.



# 7 | QUARTERBACK GENO SMITH

**Height:** 6-3      **Weight:** 221  
**College:**      **West Virginia**  
**Seasons:**      **NFL : 9th, Seahawks 3rd**  
**Born:**      **October 10, 1990**  
**Hometown:**      **Miramar, Fla.**

## 2021 SEASON:

10/17 at Pit: Started first game since 2017 (at Raiders - 12/03) and finished 23-32 for 209 yards and one TD.

10/07 vs. LAR: Replaced Russell Wilson (right finger) early in the fourth quarter and immediately led Seattle to a 10-play, 98-yard touchdown drive. Smith finished 10-17 for 131 yards, one TD and one INT. It was Smith's most passing attempts, yards, and completions since 2017.

04/26/13: Drafted by N.Y. Jets (2nd round, 39th overall)

10/26/17: Placed on IR (knee)

03/20/17: Signed with N.Y. Giants as UFA

04/03/18: Signed with L.A. Chargers as UFA

05/15/19: Signed with Seattle as UFA

08/31/19: Released by Seattle

09/01/19: Signed by Seattle as FA

05/20/20: Re-signed by Seattle

04/22/21: Re-signed by Seattle

## NFL HIGHLIGHTS:

- Saw his first action for Seattle in the second-half vs. the N.Y. Jets (12/13/20) in a lopsided game.
- In his first season in Seattle, served as Russell Wilson's backup but did not play in 2019.
- In his first six NFL seasons, started 31 of 40 games played, completing 523 of 906 passes for 6,182 yards, 29 touchdowns, 36 interceptions and a passer rating of 72.7.
- In the 2014 season finale at Miami (Dec. 28, 2014), recorded a perfect 158.3 passer rating after throwing for 358 yards and three touchdowns on

20-of-25 passing (80.0 pct.).

- Named AFC Offensive Player of the Week in 2013 for his first three-touchdown performance in a Week 5 victory against Atlanta, becoming just the second rookie starting QB to win a road game on Monday Night Football.

- Posted three 300-yard performances and two three-touchdown games in his career.

**COLLEGE:** Played four seasons (2009-12) at West Virginia, appearing in 44 games with 39 starts to post a 26-13 record as a starter. Team captain for three years. Completed 988 passes on 1,465 attempts (67.4 pct.) in his career for 11,662 yards and 98 TDs with 21 INTs. Set school records for completions, passing yards and TD passes in a career. Topped 300 passing yards in 15 career games. Set school single-season records as a senior in 2012 for total yards (4,356), completions (369) and TD passes (42). Spanning from the end of the 2011 season through the beginning of the 2012 campaign, recorded a streak of 327 passes without an INT. As a senior, was a finalist for the Manning Award and the Johnny Unitas Golden Arm Award. Earned second-team All-Big 12 honors from the conference coaches and The Associated Press. Named the 2012 Discover Orange Bowl MVP after completing 32-of-43 passes (74.4 pct.) for 407 yards and six TDs while adding another TD on the ground in West Virginia's 70-33 win over Clemson.

**PERSONAL:** Given name Eugene Cyril Smith III. Born in Miami, Fla. For My Cause, My Cleats in 2017, wore cleats promoting United Way of Miami Dade. Attended the United Way NYC Gridiron Gala with teammates to help raise over \$2 million in support of United Way's efforts in New York City. Earned a degree in English from West Virginia. Earned Parade All-America honors at Miramar (Fla.) High. Was recognized by EA Sports as a second team All-American. Lettered four years in football and basketball.

## REGULAR SEASON COMPARISON: PASSING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	C	ATT	YDS.	AVG.	TD	LG	INT	SK	SKYD	RTG
11/3/13	NYJ vs. NO	W	S	8	19	115	6.1	0	44	0	2	0	62.4
<b>TOTALS</b>		<b>1/0</b>	<b>1/1</b>	<b>8</b>	<b>19</b>	<b>115</b>	<b>6.1</b>	<b>0</b>	<b>44</b>	<b>0</b>	<b>2</b>	<b>0</b>	<b>--</b>

## GENO SMITH'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

DATE	TEAM	GP	GS	PASSING											RUSHING				
				ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2013	Jets	16	16	443	247	55.8	3,046	6.9	12	21	69t	43	315	66.5	72	366	5.1	32	6
2014	Jets	14	13	367	219	59.7	2,525	6.9	13	13	74t	28	175	77.5	59	238	4.0	18	1
2015	Jets	1	0	42	27	64.3	265	6.3	2	1	28	3	19	87.9	2	34	17.0	29	0
2016	Jets	2	1	14	8	57.1	126	9.0	1	1	69t	3	19	81.3	2	9	4.5	7	0
2017	Giants	2	1	36	21	58.3	212	5.9	1	0	47	3	12	84.5	4	12	3.0	10	0
2018	Chargers	5	0	4	1	25.0	8	2.0	0	0	8	1	16	39.6	8	2	0.3	9	0
2019	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2020	Seahawks	1	0	5	4	80.0	33	6.6	0	0	14	1	3	94.2	2	-2	-1.0	0	0
2021	Seahawks	2	1	49	33	67.3	340	6.9	2	1	41	5	44	92.2	4	22	5.5	12	0
<b>TOTALS</b>		<b>43</b>	<b>32</b>	<b>960</b>	<b>560</b>	<b>58.3</b>	<b>6,555</b>	<b>6.8</b>	<b>31</b>	<b>37</b>	<b>74T</b>	<b>87</b>	<b>603</b>	<b>73.8</b>	<b>153</b>	<b>681</b>	<b>4.5</b>	<b>32</b>	<b>7</b>

## GENO SMITH'S NFL POSTSEASON PASSING/RUSHING STATISTICS

DATE	TEAM	GP	GS	PASSING											RUSHING				
				ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
<b>TOTALS</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>

# ADDITIONAL STATS

**Receiving:** 2013 (One reception for 13 yards). **Career:** One reception for 13 yards.

## GENO SMITH'S SINGLE-GAME HIGHS: QUARTERBACK

<b>Pass Attempts</b>	43 vs. Denver Broncos, Oct 12, 2014 ...1 more at 43.	<b>Passer Rating</b>	158.3 at Miami Dolphins, Dec 28, 2014
<b>Pass Completions</b>	27 at Oakland Raiders, Nov 01, 2015	<b>Rush Attempts</b>	10 vs. Oakland Raiders, Sep 07, 2014 ...2 more at 10.
<b>Yards Passing</b>	358 at Miami Dolphins, Dec 28, 2014	<b>Rushing Yards</b>	50 vs. Oakland Raiders, Dec 08, 2013
<b>TD Passes</b>	3 at Miami Dolphins, Dec 28, 2014 ...1 more at 3.	<b>Longest Runs</b>	32 vs. Oakland Raiders, Dec 08, 2013
<b>Long Passes</b>	74t at Miami Dolphins, Dec 28, 2014	<b>Rushing TDs</b>	1 at Green Bay Packers, Sep 14, 2014 ...6 more at 1.
<b>Completion Percentage</b>	82.1 vs. Oakland Raiders, Sep 07, 2014	<b>Rushing Average</b>	5.3 at New England Patriots, Oct 16, 2014

## GENO SMITH'S 300-YARD PASSING GAMES (3): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
12/28/14	at Dolphins	20	358	17.9	74t	3
09/22/13	BILLS	16	331	20.7	69t	2
09/22/14	BEARS	26	316	12.2	51	1

## GENO SMITH'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/12	at Colts																	W	28-16
09/19	Titans																	L	30-33+
09/26	at Vikings																	L	17-30
10/03	at 49ers																	W	28-21
10/07	Rams	P	17	10	131	58.8	7.7	13.1	1	1	23t	0/0	78.3	3	23	12	0	L	17-26
10/17	at Steelers	S	32	23	209	71.9	6.5	9.1	1	0	41	5/44	99.6	1	-1	-1	0	L	20-23+
<b>2021 TOTALS</b>		<b>2-1</b>	<b>49</b>	<b>33</b>	<b>340</b>	<b>67.3</b>	<b>6.9</b>	<b>10.3</b>	<b>2</b>	<b>1</b>	<b>41</b>	<b>5/44</b>	<b>92.2</b>	<b>4</b>	<b>22</b>	<b>12</b>	<b>0</b>	<b>2-4</b>	

+ - Overtime

## GENO SMITH'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/13	at Falcons																	W	38-25
09/20	Patriots																	W	35-30
09/27	Cowboys																	W	38-31
10/04	at Dolphins																	W	31-23
10/11	Vikings																	W	27-26
10/25	at Cardinals																	L	34-37+
11/01	49ers																	W	37-27
11/08	at Bills																	L	34-44
11/15	at Rams																	L	16-23
11/19	Cardinals																	W	28-21
11/30	at Eagles																	W	23-17
12/06	Giants																	L	12-17
12/13	Jets	P	5	4	33	80.0	6.6	8.3	0	0	14	1/3	94.2	2	-2	0	0	W	40-3
12/20	at Washington																	W	20-15
12/27	Rams																	W	20-9
01/03	at 49ers																	W	26-23
<b>2020 TOTALS</b>		<b>1-0</b>	<b>5</b>	<b>4</b>	<b>33</b>	<b>80.0</b>	<b>6.6</b>	<b>8.3</b>	<b>0</b>	<b>0</b>	<b>14</b>	<b>1/3</b>	<b>94.2</b>	<b>2</b>	<b>-2</b>	<b>0</b>	<b>0</b>	<b>12-4</b>	

+ - Overtime

**GENO SMITH'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/08	Bengals																	W	21-20
09/15	at Steelers																	W	28-26
09/22	Saints																	L	27-33
09/29	at Cardinals																	W	27-10
10/03	Rams																	W	30-29
10/13	at Browns																	W	32-28
10/20	Ravens																	L	16-30
10/27	at Falcons																	W	27-20
11/03	Buccaneers																	W	40-34+
11/11	at 49ers																	W	27-24+
11/24	at Eagles																	W	17-9
12/02	Vikings																	W	37-30
12/08	at Rams																	L	12-28
12/15	at Panthers																	W	30-24
12/22	Cardinals																	L	13-27
12/29	49ers																	L	21-26
2019 TOTALS		0-0	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	11-5	

+ - Overtime

**GENO SMITH'S 2018 GXG REGULAR-SEASON STATISTICS (CHARGERS)**

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/09	Chiefs							DID NOT PLAY (NON-INJURY)										L	28-38
09/16	at Bills	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	1	-1	-1	0	W	31-20
09/23	at Rams							DID NOT PLAY (NON-INJURY)										L	23-35
09/30	49ers							DID NOT PLAY (NON-INJURY)										W	29-27
10/07	Raiders							DID NOT PLAY (NON-INJURY)										W	26-10
10/14	at Browns	P	1	1	8	100.0	8.0	8.0	0	0	8	0/0	100.0	2	-2	-1	0	W	38-14
10/21	Titans							DID NOT PLAY (NON-INJURY)										W	20-19
11/04	at Seahawks							DID NOT PLAY (NON-INJURY)										W	25-17
11/11	at Raiders							DID NOT PLAY (NON-INJURY)										W	20-6
11/18	Broncos							DID NOT PLAY (NON-INJURY)										L	22-23
11/25	Cardinals	P	3	0	0	0.0	0.0	0.0	0	0	0	0/0	39.6	3	7	9	0	W	45-10
12/02	at Steelers	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	W	33-30
12/09	Bengals							DID NOT PLAY (NON-INJURY)										W	26-21
12/13	at Chiefs							DID NOT PLAY (NON-INJURY)										W	29-28
12/22	Ravens							DID NOT PLAY (NON-INJURY)										L	10-22
12/30	at Broncos	P	0	0	0	0.0	0.0	0.0	0	0	0	1/16	0.0	2	-2	-1	0	W	23-9
2018 TOTALS		5-0	4	1	8	25.0	2.0	8.0	0	0	8	1/16	39.6	8	2	9	0	12-4	

**GENO SMITH'S 2017 GXG REGULAR-SEASON STATISTICS (GIANTS)**

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/10	at Cowboys							DID NOT PLAY (NON-INJURY)										L	3-19
09/18	Lions							DID NOT PLAY (NON-INJURY)										L	10-24
09/24	at Eagles							DID NOT PLAY (NON-INJURY)										L	24-27
10/01	at Buccaneers							DID NOT PLAY (NON-INJURY)										L	23-25
10/08	Chargers							DID NOT PLAY (NON-INJURY)										L	22-27
10/15	at Broncos							DID NOT PLAY (NON-INJURY)										W	23-10
10/22	Seahawks							DID NOT PLAY (NON-INJURY)										L	7-24
11/05	Rams	P	2	0	0	0.0	0.0	0.0	0	0	0	0/0	39.6	1	-1	-1	0	L	17-51
11/12	at 49ers							DID NOT PLAY (NON-INJURY)										L	21-31
11/19	Chiefs							DID NOT PLAY (NON-INJURY)										W	12-9+
11/23	at Washington							DID NOT PLAY (NON-INJURY)										L	10-20
12/03	at Raiders	S	34	21	212	61.8	6.2	10.1	1	0	47	3/12	89.3	3	13	10	0	L	17-24
12/10	Cowboys							DID NOT PLAY (NON-INJURY)										L	10-30
12/17	Eagles							DID NOT PLAY (NON-INJURY)										L	29-34
12/24	at Cardinals							DID NOT PLAY (NON-INJURY)										L	0-23
12/31	Washington							INACTIVE										W	18-10
2017 TOTALS		2-1	36	21	212	58.3	5.9	10.1	1	0	47	3/12	84.5	4	12	10	0	3-13	

+ - Overtime

# GENO SMITH'S 2016 GXG REGULAR-SEASON STATISTICS (JETS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/11	Bengals																	L	22-23
09/15	at Bills																	W	37-31
09/25	at Chiefs																	L	3-24
10/02	Seahawks																	L	17-27
10/09	at Steelers																	L	13-31
10/17	at Cardinals	P	6	4	31	66.7	5.2	7.8	0	1	17	1/8	39.6	1	2	2	0	L	3-28
10/23	Ravens	S	8	4	95	50.0	11.9	23.8	1	0	69t	2/11	132.8	1	7	7	0	W	24-16
10/30	at Browns																	W	31-28
11/06	at Dolphins																	L	23-27
11/13	Rams																	L	6-9
11/27	Patriots																	L	17-22
12/05	Colts																	L	10-41
12/11	at 49ers																	W	23-17+
12/17	Dolphins																	L	13-34
12/24	at Patriots																	L	3-41
01/01	Bills																	W	30-10
<b>2016 TOTALS</b>		<b>2-1</b>	<b>14</b>	<b>8</b>	<b>126</b>	<b>57.1</b>	<b>9.0</b>	<b>15.8</b>	<b>1</b>	<b>1</b>	<b>69T</b>	<b>3/19</b>	<b>81.3</b>	<b>2</b>	<b>9</b>	<b>7</b>	<b>0</b>	<b>5-11</b>	

+ - Overtime

# GENO SMITH'S 2015 GXG REGULAR-SEASON STATISTICS (JETS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/13	Browns																	W	31-10
09/21	at Colts																	W	20-7
09/27	Eagles																	L	17-24
10/04	at Dolphins																	W	27-14
10/18	Washington																	W	34-20
10/25	at Patriots																	L	23-30
11/01	at Raiders	P	42	27	265	64.3	6.3	9.8	2	1	28	3/19	87.9	2	34	29	0	L	20-34
11/08	Jaguars																	W	28-23
11/12	Bills																	L	17-22
11/22	at Texans																	L	17-24
11/29	Dolphins																	W	38-20
12/06	at Giants																	W	23-20+
12/13	Titans																	W	30-8
12/19	at Cowboys																	W	19-16
12/27	Patriots																	W	26-20+
01/03	at Bills																	L	17-22
<b>2015 TOTALS</b>		<b>1-0</b>	<b>42</b>	<b>27</b>	<b>265</b>	<b>64.3</b>	<b>6.3</b>	<b>9.8</b>	<b>2</b>	<b>1</b>	<b>28</b>	<b>3/19</b>	<b>87.9</b>	<b>2</b>	<b>34</b>	<b>29</b>	<b>0</b>	<b>10-6</b>	

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# GENO SMITH'S 2014 GXG REGULAR-SEASON STATISTICS (JETS)

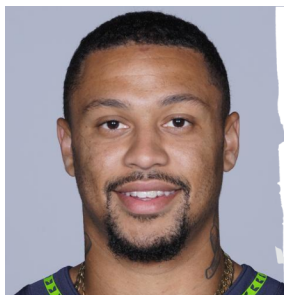
DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/07	Raiders	S	28	23	221	82.1	7.9	9.6	1	1	26	2/31	96.6	10	38	17	0	W	19-14
09/14	at Packers	S	32	16	176	50.0	5.5	11.0	1	1	29t	1/7	64.1	7	26	9	1	L	24-31
09/22	Bears	S	43	26	316	60.5	7.3	12.2	1	2	51	3/16	71.5	3	20	11	0	L	19-27
09/28	Lions	S	33	17	209	51.5	6.3	12.3	1	1	32	2/5	68.9	4	4	2	0	L	17-24
10/05	at Chargers	S	12	4	27	33.3	2.3	6.8	0	1	9	0/0	7.6	1	3	3	0	L	0-31
10/12	Broncos	S	43	23	190	53.5	4.4	8.3	2	1	27	4/17	70.9	2	11	11	0	L	17-31
10/16	at Patriots	S	34	20	226	58.8	6.6	11.3	1	0	28	3/21	88.6	7	37	10	0	L	25-27
10/26	Bills	S	8	2	5	25.0	0.6	2.5	0	3	4	0/0	0.0	1	0	0	0	L	23-43
11/02	at Chiefs																	L	10-24
11/09	Steelers																	W	20-13
11/24	at Bills	P	12	10	89	83.3	7.4	8.9	0	0	28	2/9	97.6	2	4	4	0	L	3-38
12/01	Dolphins	S	13	7	65	53.8	5.0	9.3	0	1	20	2/16	35.7	4	19	13	0	L	13-16
12/07	at Vikings	S	29	18	254	62.1	8.8	14.1	1	1	45	3/12	87.4	6	33	18	0	L	24-30+
12/14	at Titans	S	28	16	179	57.1	6.4	11.2	1	0	48	3/16	88.2	4	16	10	0	W	16-11
12/21	Patriots	S	27	17	210	63.0	7.8	12.4	1	1	26	2/19	83.9	3	9	6	0	L	16-17
12/28	at Dolphins	S	25	20	358	80.0	14.3	17.9	3	0	74t	1/6	158.3	5	18	6	0	W	37-24
<b>2014 TOTALS</b>		<b>14-13</b>	<b>367</b>	<b>219</b>	<b>2,525</b>	<b>59.7</b>	<b>6.9</b>	<b>11.5</b>	<b>13</b>	<b>13</b>	<b>74T</b>	<b>28/175</b>	<b>77.5</b>	<b>59</b>	<b>238</b>	<b>18</b>	<b>1</b>	<b>4-12</b>	

+ - Overtime

GENO SMITH'S 2013 GXG REGULAR-SEASON STATISTICS (JETS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/08	Buccaneers	S	38	24	256	63.2	6.7	10.7	1	1	26	5/42	80.6	6	47	13	0	W	18-17
09/12	at Patriots	S	35	15	214	42.9	6.1	14.3	0	3	37	4/25	27.6	3	17	16	0	L	10-13
09/22	Bills	S	29	16	331	55.2	11.4	20.7	2	2	69t	0/0	89.9	4	14	8t	1	W	27-20
09/29	at Titans	S	34	23	289	67.6	8.5	12.6	1	2	36	5/50	79.2	3	7	16	0	L	13-38
10/07	at Falcons	S	20	16	199	80.0	10.0	12.4	3	0	47	4/29	147.7	3	21	8	0	W	30-28
10/13	Steelers	S	34	19	201	55.9	5.9	10.6	0	2	29	3/17	48.8	3	8	9	0	L	6-19
10/20	Patriots	S	33	17	233	51.5	7.1	13.7	1	1	27	4/27	71.9	6	32	14	1	W	30-27+
10/27	at Bengals	S	30	20	159	66.7	5.3	8.0	0	2	26	3/28	51.9	2	8	5	0	L	9-49
11/03	Saints	S	19	8	115	42.1	6.1	14.4	0	0	44	2/0	62.4	6	18	6	1	W	26-20
11/17	at Bills	S	23	8	103	34.8	4.5	12.9	0	3	38	4/30	10.1	1	0	0	0	L	14-37
11/24	at Ravens	S	22	9	127	40.9	5.8	14.1	0	2	30	3/22	22.3	3	6	5	0	L	3-19
12/01	Dolphins	S	10	4	29	40.0	2.9	7.3	0	1	12	1/8	8.3	1	2	2	0	L	3-23
12/08	Raiders	S	25	16	219	64.0	8.8	13.7	1	1	32	1/10	88.6	5	50	32	1	W	37-27
12/15	at Panthers	S	28	15	167	53.6	6.0	11.1	1	1	35	4/27	68.6	6	44	14	0	L	20-30
12/22	Browns	S	36	20	214	55.6	5.9	10.7	2	0	22	0/0	91.7	10	48	17t	1	W	24-13
12/29	at Dolphins	S	27	17	190	63.0	7.0	11.2	0	0	34	0/0	83.9	10	44	12	1	W	20-7
<b>2013 TOTALS</b>		<b>16-16</b>	<b>443</b>	<b>247</b>	<b>3,046</b>	<b>55.8</b>	<b>6.9</b>	<b>12.3</b>	<b>12</b>	<b>21</b>	<b>69T</b>	<b>43/315</b>	<b>66.5</b>	<b>72</b>	<b>366</b>	<b>32</b>	<b>6</b>	<b>8-8</b>	

+ - Overtime



18

WIDE RECEIVER

FREDDIE SWAIN

Height: 6-0

Weight: 199

College:

Florida

Seasons:

NFL : 2nd, Seahawks 2nd

Born:

August 4, 1998

Hometown:

Ocala, Fla.

**2021 SEASON:**

09/19 vs. Ten: Established a career high with 95 receiving yards, including a career-long 68-yard touchdown.

**TRANSACTIONS:**

04/25/20: Drafted by Seattle (6th round, 214th overall)

**NFL CAREER HIGHLIGHTS:**

- Played in 16 games with one start serving as the team's fourth wide receiver. Caught 13 passes for 159 yards with two touchdowns in limited time.

**COLLEGE:** Appeared in 47 career games with 10 starts, catching 68 passes

for 996 yards and 15 touchdowns. Tallied 1,387 all-purpose yards over his collegiate career. Returned 39 career punts for 308 yards, highlighted by an 85-yard touchdown return in 2018, which tied for the second-longest punt return touchdown in school history. In 2019, played in 12 games with six starts at wide receiver and tallied career-highs in receptions (38), yards (517) and touchdowns (7).

**PERSONAL:** Prepped at North Marion High and named to the 2015 Class 5A all-state third-team and was a second-team selection as a junior in 2014. Led his team to a 10-2 record as a senior and had 43 receptions for 648 yards and seven touchdowns. Added one carry for a 75-yard touchdown and 202 punt return yards.

**FREDDIE SWAIN'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	16	1	13	159	12.2	23	2	0	0	0.0	0	0
2021	Seahawks	6	2	12	130	10.8	68t	2	3	21	7.0	11	0
<b>NFL TOTALS</b>		<b>22</b>	<b>3</b>	<b>25</b>	<b>289</b>	<b>11.6</b>	<b>68T</b>	<b>4</b>	<b>3</b>	<b>21</b>	<b>7.0</b>	<b>11</b>	<b>0</b>

**FREDDIE SWAIN'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	1	0	1	28	28.0	28	0	0	0	0.0	0	0
<b>NFL TOTALS</b>		<b>1</b>	<b>0</b>	<b>1</b>	<b>28</b>	<b>28.0</b>	<b>28</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>

**FREDDIE SWAIN'S NFL REGULAR SEASON RETURN STATISTICS**

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	Seahawks	6	137	22.8	28	0	0	0	0	0.0	0	0
2021	Seahawks	0	0	0.0	0	0	7	8	56	8.0	14	0
NFL TOTALS		6	137	22.8	28	0	7	8	56	8.0	14	0

**FREDDIE SWAIN'S NFL POSTSEASON RETURN STATISTICS**

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	Seahawks	1	27	27.0	27	0	0	0	0	0.0	0	0
NFL TOTALS		1	27	27.0	27	0	0	0	0	0.0	0	0

**FREDDIE SWAIN'S SINGLE-GAME HIGHS: RUSHING/RECEIVING**

**Rush Attempts** 1 vs. Tennessee Titans, Sep 19, 2021  
...1 more at 1.

**Rushing Yards** 5 vs. Tennessee Titans, Sep 19, 2021  
...1 more at 5.

**Longest Runs** 11 at Minnesota Vikings, Sep 26, 2021

**Receptions** 5 vs. Tennessee Titans, Sep 19, 2021

**Receiving Yards** 95 vs. Tennessee Titans, Sep 19, 2021

**Longest Receptions** 68t vs. Tennessee Titans, Sep 19, 2021

**Receiving TDs** 1 at San Francisco 49ers, Oct 03, 2021  
...3 more at 1.

**All-Purpose Yards** 100 vs. Tennessee Titans, Sep 19, 2021

**Kickoff Returns** 3 vs. New York Giants, Dec 06, 2020

**Kickoff Return Yards** 66 vs. New York Giants, Dec 06, 2020

**Longest Kickoff Return** 28 vs. Los Angeles Rams, Dec 27, 2020

**Fair Catches** 2 at San Francisco 49ers, Oct 03, 2021  
...1 more at 2.

**Punt Return Yards** 17 at Pittsburgh Steelers, Oct 17, 2021

**Longest Punt Return** 14 at Pittsburgh Steelers, Oct 17, 2021

**Punt Returns** 2 at Pittsburgh Steelers, Oct 17, 2021  
...2 more at 2.

**Special Teams Tackles** 2 vs. New York Jets, Dec 13, 2020

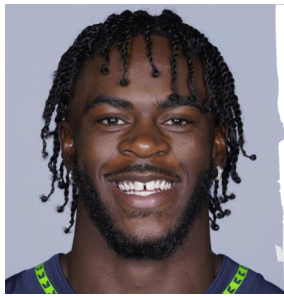
**Most TDs** 1 at San Francisco 49ers, Oct 03, 2021  
...3 more at 1.

**Receiving Average** 19.0 vs. Tennessee Titans, Sep 19, 2021

# FREDDIE SWAIN'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	P	0	0	0.0	0	0	1	5	5.0	5	0	W	28-16
09/19	Titans	P	5	95	19.0	68t	1	1	5	5.0	5	0	L	30-33+
09/26	at Vikings	P	1	10	10.0	10	0	1	11	11.0	11	0	L	17-30
10/03	at 49ers	S	3	20	6.7	13t	1	0	0	0.0	0	0	W	28-21
10/07	Rams	S	1	9	9.0	9	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers	P	2	-4	-2.0	0	0	0	0	0.0	0	0	L	20-23+
<b>2021 TOTALS</b>		<b>6-2</b>	<b>12</b>	<b>130</b>	<b>10.8</b>	<b>68T</b>	<b>2</b>	<b>3</b>	<b>21</b>	<b>7.0</b>	<b>11</b>	<b>0</b>	<b>2-4</b>	

+ - Overtime



52

DEFENSIVE END

DARRELL TAYLOR

Height: 6-4 Weight: 267  
 College: Tennessee  
 Seasons: NFL : 2nd, Seahawks 2nd  
 Born: March 24, 1997  
 Hometown: Hopewell, Va.  
 Pronunciation: DARE-ull

**2021 SEASON:**

10/17 at Pit: Left game in third quarter due to injury.

10/07 vs. LAR: Registered fourth sack in first five career games.

09/26 at Min: Registered first-career forced fumble on a strip-sack and had five tackles.

09/12 at Ind: Saw action in his first NFL game, recording his first-career sack, and two QB hits.

**TRANSACTIONS:**

04/24/20: Drafted by Seattle (2nd round, 48th overall)

09/05/20: Placed on Reserve/Non-football injury

01/05/21: Returned to practice

**NFL CAREER HIGHLIGHTS:**

- Spent the 2020 season on the non-football injury list.

**COLLEGE:** Finished Tennessee career with 19.5 sacks (10th-most in UT history), 26.5 tackles for loss and 118 total tackles in 43 games played with

22 starts. He finished tied for second in the SEC with 8.5 sacks in 2019 after totaling 8.0 sacks in 2018. Became the third Vol ever to have a four-sack game when he accomplished the feat against Kentucky in 2018 and also had a three-sack, two-forced-fumble game at Georgia and was named team MVP in 2018. Started all 13 games played his senior season and finished second in the SEC with a career-high 8.5 sacks as a team captain. Totaled 46 tackles, 10 tackles for loss, four passes defended, six hurries, one fumble recovery and one forced fumble. Totaled 16.5 sacks over his final two seasons, starting 20 of 25 games played. Made starts at both defensive end and linebacker during his Volunteers career.

**PERSONAL:** Was a consensus four-star defensive end prospect and one of the top players in Virginia out of Hopewell High School. Earned second-team all-state honors as a defensive end as a senior in 2014 with totals of 60 tackles, 11 sacks and 19 tackles for loss. Also had 29 receptions for 356 yards and five touchdowns as a senior. Also played basketball in high school. Recipient of the Brady & Horne Athletic Endowment and Jack Brewer Athletic Scholarship Endowment. Majored in communications and graduated in December 2019.

**DARRELL TAYLOR'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

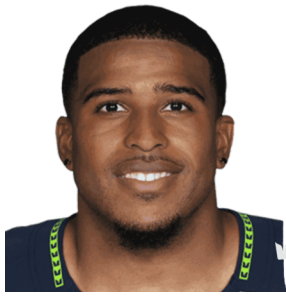
DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	6	0	13	11	2	3	17	4.0	27.0	6	0	0	0	0	0	1	0	0	0	3	2	1	0	0	0	0
NFL TOTALS		6	0	13	11	2	3	17	4.0	27.0	6	0	0	0	0	0	1	0	0	0	3	2	1	0	0	0	0

**DARRELL TAYLOR'S NFL POSTSEASON DEFENSIVE STATISTICS**

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

**DARRELL TAYLOR'S SINGLE-GAME HIGHS: DEFENSIVE**

<b>Total Tackles</b>	5 at Minnesota Vikings, Sep 26, 2021	<b>Tackles For Loss</b>	1 at San Francisco 49ers, Oct 03, 2021
<b>Sacks</b>	1.0 at San Francisco 49ers, Oct 03, 2021		...1 more at 1.
	...2 more at 1.0.	<b>Special Teams Tackles</b>	1 at Pittsburgh Steelers, Oct 17, 2021
<b>Forced Fumbles</b>	1 at Minnesota Vikings, Sep 26, 2021		...2 more at 1.



# 54 | LINEBACKER

## BOBBY WAGNER

Height: 6-0      Weight: 242  
 College:      Utah State  
 Seasons:      NFL : 10th, Seahawks 10th  
 Born:      June 27, 1990  
 Hometown:      Ontario, Calif.



### 2021 SEASON:

10/17 at Pit: Established a career high with 14 tackles (8 solo).

10/03 at SF: Led club with 10 tackles (5 solo).

09/19 vs. Ten: Set a franchise record with 20 tackles (16 solo), unofficially the ninth-most tackles in a single-game since 2000.

09/12 at Ind: Led team with 13 tackles (6 solo).

### TRANSACTIONS:

04/27/12: Drafted by Seattle (2nd round, 47th overall)

08/02/15: Signed multi-year contract extension with Seattle

07/26/19: Signed multi-year contract extension with Seattle

### NFL CAREER HIGHLIGHTS:

• Selected to seven Pro Bowls and is a seven-time AP All-Pro (six-time First-Team). Wagner is the 11th linebacker in NFL history to earn first-team All-Pro honors six times. The other 10 are in the Pro Football Hall of Fame.

• A five-time team captain, has started 134 of 135 games played over nine seasons and has recorded 1,211 tackles (724 solo), 22.5 sacks, 10 INTs, 55 passes defended, five forced fumbles, nine fumble recoveries, and four touchdowns. He is the only player in team history with 1,000 career tackles and is the franchise's all-time leader.

• Finished 2020 posting his ninth-consecutive 100-tackle season with 138 tackles (7th NFL). His nine straight seasons with 100 tackles rank second to London Fletcher's 14-year streak since the 2000 season.

• Led the NFL with 159 tackles in 2019, second-most in franchise history. Set a club record vs. New Orleans (9/22) for most tackles in a game with 19. It was the highest total since Sammy Green totaled 18 in 1978.

• Set franchise record for longest interception return, returning a pick 98 yards for a touchdown against San Francisco (12/2/18).

• In 2016, started all 16 games leading the NFL and setting a franchise record with a career-high 167 tackles (85 solo).

• Was voted to his first Pro Bowl in 2014, in addition to being selected Associated Press First-Team All-Pro, despite missing five games due to a foot injury, tallied 104 tackles (67 solo), 2.0 sacks and three passes defended.

• Started all three postseason games in 2013 and tied Kam Chancellor for team lead in tackles with 34 (17 solo).

• Set club record for tackles by a rookie with 140 (Terry Beason, 136 in 1977) and ranked second among all rookies in 2012.

• As a rookie, started 15 of 16 games played at middle linebacker as well as both postseason games in 2012, leading the team in tackles (140) in addition to recording three interceptions, two sacks and four passes defended.

**HONORS:** 2020: Pro Bowl, Associated Press First-Team All-Pro, NFC Defensive Player of the Week (Week 8). 2019: Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, Sporting News All-Pro. 2018: Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, NFC Defensive Player of the Week (Week 13). 2017: Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, Sporting News All-Pro. 2016: Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, Sporting News All-Pro. 2015: Pro Bowl, Associated Press Second-Team All-Pro. 2014: Pro Bowl, Associated Press First-Team All-Pro, NFC Defensive Player of the Month (December). 2012: Pro Football Weekly All Rookie Team, Sports Illustrated Defensive Rookie of the Year.

**COLLEGE:** A three-time All-Western Athletic Conference first-team choice by the league's coaches and media who started 46-of-48 games at Utah State (21 at strongside linebacker and 25 at weakside linebacker). Finished his career with 446 tackles (201 solo), 4.5 sacks for minus 35 yards, 29.5 tackles for losses of 80 yards and eight quarterback pressures. Caused two fumbles and recovered three others, while recording seven passes defended and intercepting four balls for 51 yards in returns. His 446 tackles tied the school career-record that was first set by Del Lyles (1988-91), becoming only the fourth player in WAC history to record more than 400 tackles, breaking the league all-time record of 443 tackles by Robert Rodriguez of Texas-El Paso (2001-04). Named an All-American Dream Team choice and WAC Defensive Player of the Year by The NFL Draft Report after his senior season.

**PERSONAL:** Dubbed the "Hardest Hitter" in college by The Sporting News, becoming the first player to ever lead the conference in tackles three consecutive seasons and is one of four to accomplish that feat at Utah State. One of 30 NCAA Football Bowl Subdivision (FBS) student-athletes selected as a candidate for the 2011 Lowe's Award for excellence both on and off the field. Attended Colony High School where he lettered as a tight end and linebacker, guiding the team in each of his final two seasons to consecutive 12-2 finishes, capturing the CIF division title. Named to the All-CIF Central Division squad as a senior and picked up All-State California Division II second-team honors, as he recorded 125 tackles (92 solo) and four sacks, while hauling in 37 receptions for 595 yards and 11 touchdowns. A business entrepreneurship major at Utah State. Active in the community. Son of Bobby and the late Phenia Wagner.

### REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	TACKLES			SACK	YDS.	INT	TFL	PD	QBH	MISC		
				TOT	SOLO	ASST							TD	FF	FR
12/2/13	SEA vs. NO	W	S	11	4	7	0.0	0.0	0	0	1	0	0	0	0
10/30/16	SEA @ NO	L	S	15	11	4	0.0	0.0	0	0	0	1	0	0	0
9/22/19	SEA vs. NO	L	S	19	6	13	0.0	0.0	0	1	0	0	0	0	0
<b>TOTALS</b>		<b>1/2</b>	<b>3/3</b>	<b>45</b>	<b>21</b>	<b>24</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

# BOBBY WAGNER'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS						FUMBLES				ST					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR		
2012	Seahawks	16	15	139	86	53	9	4	2.0	11.0	5	3	55	45	0	4	0	0	0	0	1	1	0	0	0		
2013	Seahawks	14	14	119	71	48	4	30	5.0	36.5	6	2	9	9	0	7	0	1	0	0	1	1	0	0	0		
2014	Seahawks	11	11	104	67	37	10	32	2.0	13.0	6	0	0	0	0	3	0	0	0	0	0	0	0	0			
2015	Seahawks	15	15	114	67	47	2	7	0.5	4.5	4	0	0	0	0	7	2	3	2	45	0	0	0	0	0		
2016	Seahawks	16	16	167	85	82	7	36	4.5	27.0	18	1	9	9	0	3	0	1	0	0	0	0	0	0	0		
2017	Seahawks	16	16	133	97	36	13	40	1.5	13.0	13	2	7	7	0	6	0	1	1	21	0	0	0	0	0		
2018	Seahawks	15	15	138	84	54	6	29	1.0	9.0	8	1	98	98t	1	11	2	1	0	11	0	0	0	0	0		
2019	Seahawks	16	16	159	86	73	7	19	3.0	16.0	4	1	6	6	0	6	1	1	0	5	0	0	0	0	0		
2020	Seahawks	16	16	138	81	57	7	25	3.0	19.0	11	0	0	0	0	8	0	1	0	0	0	0	0	0	0		
2021	Seahawks	6	6	72	40	32	2	7	1.0	7.0	3	0	0	0	0	2	0	0	0	0	0	0	0	0	0		
NFL TOTALS		141	140	1283	764	519	67	229	23.5	156.0	78	10	184	98T	1	57	5	9	3	82	2	2	0	0	0		

# BOBBY WAGNER'S NFL POSTSEASON DEFENSIVE STATISTICS

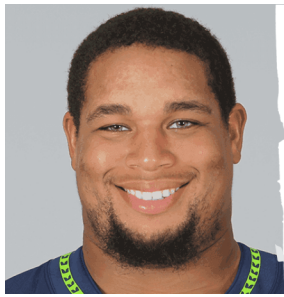
DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS						FUMBLES				ST					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR		
2012	Seahawks	2	2	17	12	5	1	0	0.0	0.0	0	1	4	4	0	1	0	0	0	0	0	0	0	0	0		
2013	Seahawks	3	3	34	17	17	1	3	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0		
2014	Seahawks	3	3	31	16	15	0	0	0.0	0.0	0	1	0	0	0	1	0	0	0	0	0	0	0	0	0		
2015	Seahawks	2	2	20	12	8	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2016	Seahawks	2	2	18	11	7	1	3	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2018	Seahawks	1	1	5	3	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2019	Seahawks	2	2	12	10	2	1	1	0.0	0.0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0		
2020	Seahawks	1	1	16	11	5	1	1	1.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		16	16	153	92	61	6	10	1.0	0.0	4	2	4	4	0	4	0	0	0	0	0	0	0	0	0		

# ADDITIONAL STATS

**Fumble Returns for Touchdowns:** 2015 (Two for 45 yards); 2017 (One for 21 yards). **Career:** 3  
**Special Teams Stats:** 2016 (blocked field goal), 2018 (blocked field goal); **Career:** Two blocked field goals.  
**Safeties:** 2017 (1); **Career:** 1.

# BOBBY WAGNER'S SINGLE-GAME HIGHS: DEFENSIVE

<b>Total Tackles</b>	20 vs. Tennessee Titans, Sep 19, 2021	<b>Tackles For Loss</b>	3 vs. San Francisco 49ers, Nov 01, 2020
<b>Sacks</b>	2.0 vs. San Francisco 49ers, Nov 01, 2020		...3 more at 3.
	...1 more at 2.0.	<b>Interceptions</b>	2 vs. Arizona Cardinals, Dec 09, 2012
<b>Passes Defensed</b>	3 vs. Los Angeles Chargers, Nov 04, 2018	<b>Interception Return Yards</b>	98 vs. San Francisco 49ers, Dec 02, 2018
<b>Forced Fumbles</b>	1 vs. Baltimore Ravens, Oct 20, 2019	<b>Safeties</b>	1 vs. Washington, Nov 05, 2017
	...4 more at 1.	<b>Special Teams Tackles</b>	1 vs. Arizona Cardinals, Dec 22, 2013
<b>Fumble Recoveries</b>	1 vs. New York Jets, Dec 13, 2020		...1 more at 1.
	...8 more at 1.		



99

DEFENSIVE TACKLE

AL WOODS

Height: 6-4

Weight: 330

College:

LSU

Seasons:

NFL : 11th, Seahawks 3rd

Born:

March 25, 1987

Hometown:

Jennings, La.

## TRANSACTIONS:

04/24/10: Drafted by New Orleans (4th round, 123rd overall)  
 09/05/10: Waived by New Orleans  
 09/08/10: Signed to Pittsburgh's PS  
 11/03/10: Signed by Tampa Bay as FA  
 09/03/11: Waived by Tampa Bay  
 09/04/11: Claimed off waivers by Seattle  
 11/08/11: Waived by Seattle  
 11/09/11: Claimed off waivers by Pittsburgh  
 03/13/14: Signed by Tennessee as UFA  
 03/14/16: Signed by Tennessee as UFA  
 03/08/17: Released by Tennessee  
 03/17/17: Signed by Indianapolis as FA  
 12/18/18: Placed on IR (foot)  
 03/13/19: Contract expired  
 05/13/19: Signed by Seattle as FA  
 12/20/19: Suspended by Commissioner-Less than One Year  
 01/13/20: Suspension lifted by Commissioner  
 04/08/20: Signed by Jacksonville as a UFA  
 07/31/20: Placed on Reserve/COVID-19 Opt-Out List  
 03/17/21: Contract Terminated by Jacksonville  
 04/05/21: Signed by Seattle as a FA

## CAREER HIGHLIGHTS:

- Spent the 2020 season on Jacksonville's COVID-19 opt-out list.
- In his return to Seattle in 2019, started five of 14 games played and had the second-best statistical season of his career with 32 tackles (16 solo),

three tackles for loss and one sack.

- Has played for five teams in his 10 seasons, including playing two games with Seattle in 2011

- Started all 16 games at nose tackle for the first time in his career in 2017 for the Colts and posted a career-high 44 tackles (20 solo), 1.0 sack, five tackles for loss and two quarterback hits

- In 2015 for Tennessee, played in 15 games (nine starts) and combined for 31 tackles (14 solo), three tackles for loss and one quarterback hit

**COLLEGE:** Appeared in 41 career games (16 starts) over the course of his four seasons at LSU (2006-09), compiling 73 tackles (35 solo), 8.0 TFLs, 3.5 sacks, two passes defended, one QB hit and three fumble recoveries. Started all 13 games as a senior in 2009, recording a career-best 33 tackles (15 solo), 5.5 TFLs, 1.0 sack, two passes defended and a blocked field goal that was returned for a TD by teammate Patrick Peterson. Appeared in 10 games with three starts as a junior in 2008, tallying 11 tackles (four solo). Saw action in 12 games, including the BCS National Championship Game, as a sophomore in 2007. Played in six games, including the Sugar Bowl, as a true freshman in 2006.

**PERSONAL:** Attended Elton (La.) High School and earned All-America honors as a senior by Parade Magazine, USA TODAY and Reebok. Represented the state of Louisiana in the U.S. Army All-American Bowl. Finished senior season with 109 tackles and 12.0 TFLs. Also played O-line. Logged 100 tackles and 11.0 TFLs as a junior. Received first-team all-state and all-district honors in each of his last two seasons. Majored in general studies with concentrations in African-American studies, communication studies and sports studies. Born in Jennings, La.

## REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	TACKLES							INT	TFL	PD	QBH	MISC		
				TOT	SOLO	ASST	SACK	YDS.							TD	FF	FR
1/2/11	TB @ NO	W	P	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0
11/8/15	TEN @ NO	W	S	2	1	1	0.0	0.0	0	0	0	0	0	0	0	0	0
9/22/19	SEA vs. NO	L	S	4	0	4	0.0	0.0	0	0	0	0	0	0	0	0	0
<b>TOTALS</b>		<b>2/1</b>	<b>3/2</b>	<b>7</b>	<b>2</b>	<b>5</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

## AL WOODS' NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TK	S	TACKLES						INTERCEPTIONS					FUMBLES					ST						MISC	
						A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A		
2010	Buccaneers	9	0	17	12	5	0	0	0.5	2.5	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2011	Seahawks	2	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
Went from Seattle to Pittsburgh.																													
2011	Steelers	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2011	TOTAL	2	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2012	Steelers	12	0	3	1	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2013	Steelers	16	2	16	8	8	1	6	2.0	6.0	3	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0		
2014	Titans	16	1	26	13	13	3	14	1.0	7.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2015	Titans	14	9	22	14	8	3	7	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2016	Titans	12	7	18	14	4	2	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2017	Colts	16	16	44	20	24	5	18	1.0	7.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2018	Colts	14	8	24	10	14	1	2	0.0	0.0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0		
2019	Seahawks	14	5	32	16	16	3	8	1.0	5.0	1	0	0	0	0	0	0	2	0	5	0	0	0	0	0	0	0		
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2021	Seahawks	6	6	15	10	5	2	9	1.0	8.0	3	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		131	54	219	119	100	20	66	6.5	35.5	14	0	0	0	0	4	0	2	0	5	0	0	0	0	0	0	0		

# AL WOODS' NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES				ST						MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A		
2011	Steelers	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2018	Colts	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2019	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		

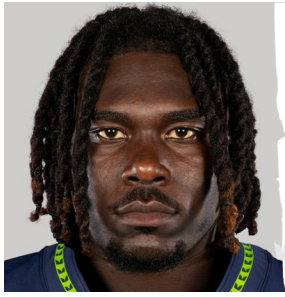
# AL WOODS' SINGLE-GAME HIGHS: DEFENSIVE

<b>Total Tackles</b>	7 vs. Tennessee Titans, Sep 19, 2021	<b>Fumble Recoveries</b>	1 at Philadelphia Eagles, Nov 24, 2019
<b>Sacks</b>	2.0 at Cleveland Browns, Nov 24, 2013		...1 more at 1.
<b>Passes Defensed</b>	1 at San Francisco 49ers, Oct 03, 2021	<b>Tackles For Loss</b>	2 at San Francisco 49ers, Nov 11, 2019
	...3 more at 1.		...1 more at 2.

# *SEAHAWKS*

2021 *PRACTICE  
SQUAD*





67

DEFENSIVE TACKLE

MYLES ADAMS

Height: 6-2

Weight: 290

College:

Rice

Seasons:

NFL : 2nd, Seahawks 2nd

Born:

March 9, 1998

Hometown:

Arlington, Texas

**TRANSACTIONS:**

04/30/20: Signed by Carolina as UDFA  
 09/05/20: Released by Carolina  
 09/06/20: Signed to Carolina's PS  
 09/18/20: Released by Carolina  
 12/02/20: Signed to Seattle's PS  
 12/29/21: Released by Seattle  
 01/15/21: Signed future 2021 contract with Seattle  
 08/31/21: Released by Seattle  
 09/01/21: Signed to Seattle's PS

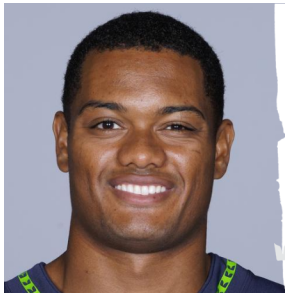
**COLLEGE:** Spent four years at Rice, where he totaled 94 career tackles, 4.5 sacks, 10.5 tackles for loss and three forced fumbles. Started all 12 games as a senior in 2019. Selected as one of three co-captains by his teammates

prior to the start of the season and registered a career-high 42 tackles, plus 1.0 sack and 3.5 tackles for loss. Was an honorable mention All-Conference USA by conference coaches and a third-team selection by PFF. Named a semifinalist for the National Football Foundation's Campbell Trophy that honors college football's top scholar-athletes. Named to the Conference USA honor roll. Started five games as a junior in 2018. Ranked second on the team with five tackles for loss and 2.5 sacks. Saw action in all 12 games and totaled 16 tackles as a sophomore in 2017. Had nine tackles on the year as a true freshman in 2016.

**PERSONAL:** Attended Mansfield Summit High School in Arlington, Texas. Was a second-team all-state on offense and All-District 14-5A on both offense and defense as the Jaguars finished 10-2 and were Bi-District champions. Dual regional qualifier in shot and discus and a regional qualifier in power lifting as a junior. Majored in kinesiology at Rice.

## MYLES ADAMS' NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS						FUMBLES				ST						MISC	
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A		
2020	Panthers	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0				
Went from Carolina to Seattle.																													
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0				
2020	TOTAL	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0				
2021	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0				
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0				



43

LINEBACKER

AARON DONKOR

Height: 6-1

Weight: 240

College:

Arkansas State

Season:

Rookie

Born:

March 21, 1995

Hometown:

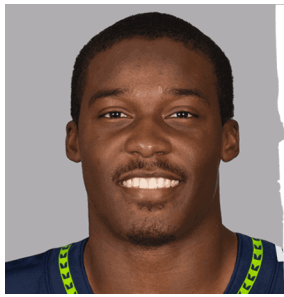
Goettingen, Germany

**TRANSACTIONS:**

05/04/21: Allocated to Seattle by the NFL International Player Pathway Program  
 08/31/21: Released by Seattle  
 09/01/21: Signed to Seattle's PS

**PERSONAL:** A native of Germany, played with the German Football

League's Dusseldorf Panthers in 2016. In 2017, joined the New Mexico Military Institute. Saw action in 12 games over two seasons and accumulated 32 tackles, 12.5 sacks, 4.5 tackles for loss, two fumble recoveries and one forced fumble. Transferred to Arkansas State for his remaining eligibility and posted 25 tackles during the 2019 season. Also played basketball for BG Gottingen in Germany.



13

WIDE RECEIVER

PHILLIP DORSETT II

Height: 5-10 Weight: 192  
 College: Miami  
 Seasons: NFL : 7th, Seahawks 2nd  
 Born: January 5, 1993  
 Hometown: Ft. Lauderdale, Fla.  
 Pronunciation: dor-SET

**2021 SEASON:**

10/07 vs. LAR: Elevated from practice squad and saw first action with the Seahawks.

**TRANSACTIONS:**

04/30/15: Drafted by Indianapolis (1st, 29th overall)  
 09/02/17: Traded to New England  
 03/19/19: Re-signed with New England  
 03/30/20: Signed by Seattle as a UFA  
 09/22/20: Placed on IR (foot)  
 03/22/21: Signed by Jacksonville as a UFA  
 08/31/21: Released by Jacksonville  
 09/01/21: Signed to Jacksonville's PS  
 09/25/21: Elevated from PS  
 09/27/21: Reverted back to PS  
 09/28/21: Released by Jacksonville  
 09/29/21: Signed to Seattle's PS  
 10/07/21: Gameday activation  
 10/08/21: Reverted to Seattle's PS  
 10/16/21: Gameday activation  
 10/18/21: Reverted to Seattle's PS

**NFL CAREER HIGHLIGHTS:**

• Dorsett started four of 14 games played for New England in 2019, catching

29 passes for 397 yards and a career-high five touchdowns. He was a first-round pick out of Miami in 2015 and spent his first two seasons in Indianapolis before being traded to New England in 2017. Has 124 career receptions for 1,634 yards and 11 touchdowns in 71 games played with 15 starts.

• Was a part of New England's Super Bowl LIII winning team following the 2018 season.

**COLLEGE:** Played in 45 games with 30 starts at Miami and tallied 121 receptions for 2,132 yards and 17 touchdowns, with a long of 79t yards. His 23.3 yards per catch average in his final two collegiate seasons was the highest in the FBS. In 2014, his 24.2 yard per catch average ranked second in the nation while his 10 touchdowns led the conference. Started all 13 games for the Hurricanes at wide receiver in 2014, earning second-team All-ACC honors after posting 36 catches for 871 yards (24.2 avg.) and 10 touchdowns.

**PERSONAL:** Attended St. Thomas Aquinas High in Ft. Lauderdale, Fla. and helped lead his team to an undefeated season his senior year, winning the Florida 5-A football championship, as well as finishing first in the Powerade Fab 50 ESPN Rise national poll (top ranked high school program in the country). As a senior, tallied 35 catches for 806 yards and 12 touchdowns. Listed as a three-star prospect by Rivals.com and ESPNU. As a junior, had 30 catches for 594 yards and nine touchdowns.

**REGULAR SEASON COMPARISON: RECEIVING - NEW ORLEANS SAINTS**

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
10/25/15	IND vs. NO	L	P	1	8	8.0	0	8	2	3
<b>TOTALS</b>		<b>1/0</b>	<b>1/0</b>	<b>3</b>	<b>68</b>	<b>22.7</b>	<b>0</b>	<b>38</b>	<b>3</b>	<b>14</b>

**PHILLIP DORSETT II'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2015	Colts	11	0	18	225	12.5	35t	1	3	17	5.7	11	0
2016	Colts	15	7	33	528	16.0	64t	2	2	10	5.0	7	0
2017	Patriots	15	2	12	194	16.2	39	0	1	7	7.0	7	0
Went from New England to Indianapolis.													
2017	Colts	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2017	TOTAL	15	2	12	194	16.2	39	0	1	7	7.0	7	0
2018	Patriots	16	2	32	290	9.1	20	3	4	29	7.3	17	0
2019	Patriots	14	4	29	397	13.7	58t	5	3	21	7.0	9	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2021	Jaguars	1	0	0	0	0.0	0	0	0	0	0.0	0	0
Went from Jacksonville to Seattle.													
2021	Seahawks	2	0	1	3	3.0	3	0	0	0	0.0	0	0
2021	TOTAL	3	0	1	3	3.0	3	0	0	0	0.0	0	0
<b>NFL TOTALS</b>		<b>74</b>	<b>15</b>	<b>125</b>	<b>1,637</b>	<b>13.1</b>	<b>64T</b>	<b>11</b>	<b>13</b>	<b>84</b>	<b>6.5</b>	<b>17</b>	<b>0</b>

**PHILLIP DORSETT II'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Patriots	2	0	2	50	25.0	31	0	0	0	0.0	0	0
2018	Patriots	3	0	5	70	14.0	29t	2	0	0	0.0	0	0
2019	Patriots	1	1	1	6	6.0	6	0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
<b>NFL TOTALS</b>		<b>6</b>	<b>1</b>	<b>8</b>	<b>126</b>	<b>15.8</b>	<b>31</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>

# **PHILLIP DORSETT II'S SINGLE-GAME HIGHS: RUSHING/RECEIVING**

<b>Rush Attempts</b>	2 vs. New York Jets, Sep 22, 2019 ...2 more at 2.	<b>Kickoff Return Yards</b>	12 vs. Jacksonville Jaguars, Oct 04, 2015
<b>Rushing Yards</b>	16 vs. New York Jets, Dec 30, 2018	<b>Longest Kickoff Return</b>	12 vs. Jacksonville Jaguars, Oct 04, 2015
<b>Longest Runs</b>	17 vs. Buffalo Bills, Dec 23, 2018	<b>Fair Catches</b>	1 vs. Kansas City Chiefs, Oct 30, 2016 ...1 more at 1.
<b>Receptions</b>	7 vs. Houston Texans, Sep 09, 2018	<b>Punt Return Yards</b>	1 at Buffalo Bills, Sep 13, 2015
<b>Receiving Yards</b>	95 vs. Pittsburgh Steelers, Sep 08, 2019	<b>Longest Punt Return</b>	1 at Buffalo Bills, Sep 13, 2015
<b>Longest Receptions</b>	64t at Jacksonville Jaguars, Oct 02, 2016	<b>Punt Returns</b>	2 at Buffalo Bills, Sep 13, 2015
<b>Receiving TDs</b>	2 vs. Pittsburgh Steelers, Sep 08, 2019	<b>Miscellaneous Tackles</b>	1 vs. Miami Dolphins, Sep 30, 2018 ...3 more at 1.
<b>All-Purpose Yards</b>	95 vs. Pittsburgh Steelers, Sep 08, 2019	<b>Most TDs</b>	2 vs. Pittsburgh Steelers, Sep 08, 2019
<b>Kickoff Returns</b>	1 vs. Jacksonville Jaguars, Oct 04, 2015		

## **ADDITIONAL STATS**

Kickoff Returns: 2015 (1 for 12 yards); Career: 1 for 12 yards.

Punt Returns: 2015 (2 for 1 yard, 0.5 avg., long of 1 yard); Career: 2 for 1 yard, 0.5 avg., long of 1 yard

## **PHILLIP DORSETT II'S 2021 GXG REGULAR-SEASON STATISTICS (JAGUARS/SEAHAWKS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Texans							PRACTICE SQUAD					L	21-37
09/19	Broncos							PRACTICE SQUAD					L	13-23
09/26	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	L	19-31
								Went from <b>Jaguars</b> to <b>Seahawks</b> .						
10/03	at 49ers							PRACTICE SQUAD					W	28-21
10/07	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers							PRACTICE SQUAD					L	20-23+
<b>2021 TOTALS</b>	<b>2-0</b>		<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>1-5</b>	

+ - Overtime

## **PHILLIP DORSETT II'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons							ON INACTIVE LIST					W	38-25
09/20	Patriots							ON INACTIVE LIST					W	35-30
09/27	Cowboys							INJURED RESERVE					W	38-31
10/04	at Dolphins							INJURED RESERVE					W	31-23
10/11	Vikings							INJURED RESERVE					W	27-26
10/25	at Cardinals							INJURED RESERVE					L	34-37+
11/01	49ers							INJURED RESERVE					W	37-27
11/08	at Bills							INJURED RESERVE					L	34-44
11/15	at Rams							INJURED RESERVE					L	16-23
11/19	Cardinals							INJURED RESERVE					W	28-21
11/30	at Eagles							INJURED RESERVE					W	23-17
12/06	Giants							INJURED RESERVE					L	12-17
12/13	Jets							INJURED RESERVE					W	40-3
12/20	at Washington							INJURED RESERVE					W	20-15
12/27	Rams							INJURED RESERVE					W	20-9
01/03	at 49ers							INJURED RESERVE					W	26-23
<b>2020 TOTALS</b>	<b>0-0</b>		<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>12-4</b>	

+ - Overtime

## PHILLIP DORSETT II'S 2019 GXG REGULAR-SEASON STATISTICS (PATRIOTS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Steelers	P	4	95	23.8	58t	2	0	0	0.0	0	0	W	33-3
09/15	at Dolphins	P	3	39	13.0	18	0	0	0	0.0	0	0	W	43-0
09/22	Jets	P	6	53	8.8	25t	1	2	12	6.0	7	0	W	30-14
09/29	at Bills	P	2	10	5.0	5	0	1	9	9.0	9	0	W	16-10
10/06	at Washington	P	0	0	0.0	0	0	0	0	0.0	0	0	W	33-7
10/10	Giants						INACTIVE						W	35-14
10/21	at Jets	S	3	46	15.3	26t	1	0	0	0.0	0	0	W	33-0
10/27	Browns	S	3	43	14.3	33	0	0	0	0.0	0	0	W	27-13
11/03	at Ravens	S	2	13	6.5	7	0	0	0	0.0	0	0	L	20-37
11/17	at Eagles	S	3	33	11.0	15t	1	0	0	0.0	0	0	W	17-10
11/24	Cowboys						INACTIVE						W	13-9
12/01	at Texans	P	2	15	7.5	9	0	0	0	0.0	0	0	L	22-28
12/08	Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-23
12/15	at Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-13
12/21	Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-17
12/29	Dolphins	P	1	50	50.0	50	0	0	0	0.0	0	0	L	24-27
2019 TOTALS		14-4	29	397	13.7	58T	5	3	21	7.0	9	0	12-4	

## PHILLIP DORSETT II'S 2018 GXG REGULAR-SEASON STATISTICS (PATRIOTS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/09	Texans	P	7	66	9.4	14	1	0	0	0.0	0	0	W	27-20
09/16	at Jaguars	S	5	44	8.8	19	0	0	0	0.0	0	0	L	20-31
09/23	at Lions	S	0	0	0.0	0	0	0	0	0.0	0	0	L	10-26
09/30	Dolphins	P	4	55	13.8	20	1	0	0	0.0	0	0	W	38-7
10/04	Colts	P	3	25	8.3	16	0	0	0	0.0	0	0	W	38-24
10/14	Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	W	43-40
10/21	at Bears	P	1	8	8.0	8	0	0	0	0.0	0	0	W	38-31
10/29	at Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	W	25-6
11/04	Packers	P	3	30	10.0	17	0	0	0	0.0	0	0	W	31-17
11/11	at Titans	P	2	18	9.0	11	0	0	0	0.0	0	0	L	10-34
11/25	at Jets	P	2	10	5.0	7	0	0	0	0.0	0	0	W	27-13
12/02	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-10
12/09	at Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	L	33-34
12/16	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-17
12/23	Bills	P	0	0	0.0	0	0	2	13	6.5	17	0	W	24-12
12/30	Jets	P	5	34	6.8	9t	1	2	16	8.0	11	0	W	38-3
2018 TOTALS		16-2	32	290	9.1	20	3	4	29	7.3	17	0	11-5	

## PHILLIP DORSETT II'S 2017 GXG REGULAR-SEASON STATISTICS (COLTS/PATRIOTS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	at Rams		DID NOT PLAY										L	9-46
Went from <b>Colts</b> to <b>Patriots</b> .														
09/17	at Saints	P	3	68	22.7	38	0	1	7	7.0	7	0	W	36-20
09/24	Texans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	36-33
10/01	Panthers	P	1	17	17.0	17	0	0	0	0.0	0	0	L	30-33
10/05	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	19-14
10/15	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-17
10/22	Falcons	S	0	0	0.0	0	0	0	0	0.0	0	0	W	23-7
10/29	Chargers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	21-13
11/12	at Broncos	S	2	16	8.0	11	0	0	0	0.0	0	0	W	41-16
11/19	at Raiders	P	0	0	0.0	0	0	0	0	0.0	0	0	W	33-8
11/26	Dolphins	P	1	39	39.0	39	0	0	0	0.0	0	0	W	35-17
12/03	at Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-3
12/11	at Dolphins		DID NOT PLAY (NON-INJURY)										L	20-27
12/17	at Steelers	P	1	4	4.0	4	0	0	0	0.0	0	0	W	27-24
12/24	Bills	P	1	24	24.0	24	0	0	0	0.0	0	0	W	37-16
12/31	Jets	P	3	26	8.7	11	0	0	0	0.0	0	0	W	26-6
2017 TOTALS		14-2	12	194	16.2	39	0	1	7	7.0	7	0	13-3	

**PHILLIP DORSETT II'S 2016 GXG REGULAR-SEASON STATISTICS (COLTS)**

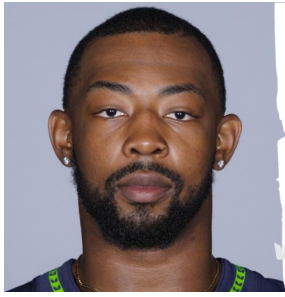
DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/11	Lions	P	4	94	23.5	51	0	0	0	0.0	0	0	L	35-39
09/18	at Broncos	P	1	30	30.0	30	0	0	0	0.0	0	0	L	20-34
09/25	Chargers	S	3	27	9.0	18	0	0	0	0.0	0	0	W	26-22
10/02	at Jaguars	S	1	64	64.0	64t	1	1	3	3.0	3	0	L	27-30
10/09	Bears	S	2	26	13.0	21	0	0	0	0.0	0	0	W	29-23
10/16	at Texans	S	2	12	6.0	6	0	0	0	0.0	0	0	L	23-26+
10/23	at Titans						INACTIVE						W	34-26
10/30	Chiefs	P	5	33	6.6	13	0	0	0	0.0	0	0	L	14-30
11/06	at Packers	P	2	28	14.0	15	0	0	0	0.0	0	0	W	31-26
11/20	Titans	P	1	50	50.0	50	0	0	0	0.0	0	0	W	24-17
11/24	Steelers	S	3	31	10.3	16	0	0	0	0.0	0	0	L	7-28
12/05	at Jets	P	0	0	0.0	0	0	1	7	7.0	7	0	W	41-10
12/11	Texans	P	3	19	6.3	8	0	0	0	0.0	0	0	L	17-22
12/18	at Vikings	S	1	50	50.0	50t	1	0	0	0.0	0	0	W	34-6
12/24	at Raiders	P	1	8	8.0	8	0	0	0	0.0	0	0	L	25-33
01/01	Jaguars	S	4	56	14.0	21	0	0	0	0.0	0	0	W	24-20
<b>2016 TOTALS</b>		<b>15-7</b>	<b>33</b>	<b>528</b>	<b>16.0</b>	<b>64T</b>	<b>2</b>	<b>2</b>	<b>10</b>	<b>5.0</b>	<b>7</b>	<b>0</b>	<b>8-8</b>	

+- Overtime

**PHILLIP DORSETT II'S 2015 GXG REGULAR-SEASON STATISTICS (COLTS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Bills	P	2	45	22.5	29	0	0	0	0.0	0	0	L	14-27
09/21	Jets	P	1	25	25.0	25	0	0	0	0.0	0	0	L	7-20
09/27	at Titans	P	2	43	21.5	35t	1	0	0	0.0	0	0	W	35-33
10/04	Jaguars	P	2	7	3.5	6	0	1	4	4.0	4	0	W	16-13+
10/08	at Texans	P	1	9	9.0	9	0	0	0	0.0	0	0	W	27-20
10/18	Patriots	P	2	30	15.0	17	0	0	0	0.0	0	0	L	27-34
10/25	Saints	P	1	8	8.0	8	0	0	0	0.0	0	0	L	21-27
11/02	at Panthers						INACTIVE						L	26-29+
11/08	Broncos						INACTIVE						W	27-24
11/22	at Falcons						INACTIVE						W	24-21
11/29	Buccaneers						INACTIVE						W	25-12
12/06	at Steelers						INACTIVE						L	10-45
12/13	at Jaguars	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-51
12/20	Texans	P	1	1	1.0	1	0	0	0	0.0	0	0	L	10-16
12/27	at Dolphins	P	2	29	14.5	22	0	1	2	2.0	2	0	W	18-12
01/03	Titans	P	4	28	7.0	11	0	1	11	11.0	11	0	W	30-24
<b>2015 TOTALS</b>		<b>11-0</b>	<b>18</b>	<b>225</b>	<b>12.5</b>	<b>35T</b>	<b>1</b>	<b>3</b>	<b>17</b>	<b>5.7</b>	<b>11</b>	<b>0</b>	<b>8-8</b>	

+- Overtime



# 75 | TACKLE GREG EILAND

Height: 6-8      Weight: 321  
College:      Mississippi State  
Season:      Rookie  
Born:      February 1, 1998  
Hometown:      Philadelphia, Miss.  
Pronunciation:      eye-LAND

## TRANSACTIONS:

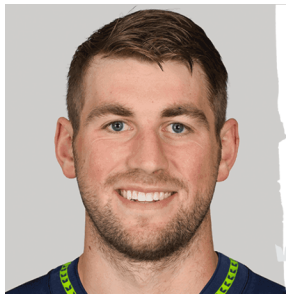
05/13/21: Signed by Seattle as a UDFA  
08/31/21: Released by Seattle  
09/01/21: Signed to Seattle's PS

**COLLEGE:** Started 34 of 47 career games for Bulldogs, playing left tackle, left guard and right tackle during his career. Started at least eight games his final three seasons at Mississippi State.

**PERSONAL:** Prepped at Philadelphia High and was a three-star standout offensive lineman per ESPN, Rivals and 247Sports. Ranked the no. 20 player in Mississippi by ESPN. Helped high school to consecutive Mississippi High School Activities Association Class 3A playoff appearances as a junior and senior. As a senior, paved the way for 2,761 rushing yards. Also lettered in baseball. Majored in industrial technology with a concentration in industrial automation.

## GREG EILAND'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2021	Seahawks	0	0
NFL TOTALS		0	0



# 9 | QUARTERBACK DANNY ETLING

**Height:** 6-3      **Weight:** 220  
**College:** Louisiana State  
**Seasons:** NFL : 4th, Seahawks 2nd  
**Born:** July 22, 1994  
**Hometown:** Terre Haute, Ind.

## TRANSACTIONS:

04/28/18: Drafted by New England (7th round, 219th overall)  
 09/01/18: Released by New England  
 09/02/18: Signed to New England's PS  
 08/13/19: Released by New England  
 08/14/19: Signed to Atlanta's PS  
 10/26/19: Signed to active roster  
 10/28/19: Released by Atlanta  
 10/29/19: Signed to Atlanta's PS  
 08/17/20: Released by Atlanta  
 08/18/20: Claimed off waivers by Seattle  
 09/05/20: Waived by Seattle  
 09/06/20: Signed to Seattle's PS  
 08/01/21: Released by Seattle  
 08/02/21: Claimed off waivers by Minnesota  
 08/23/21: Released by Minnesota  
 10/13/21: Signed to Seattle's PS

## NFL CAREER HIGHLIGHTS:

• Spent majority of career on New England's and Atlanta's practice squad. Dressed, but did not play, vs. Seattle in Week 8 of the 2019 season.  
**COLLEGE:** Spent his freshman and sophomore season's (2014-2015) at Purdue where he started in a total of 12 games and had 16 touchdowns. Transferred to LSU for his junior and senior seasons (2016-2017) where he started in 23 games, passed for 4,586 yards and 27 touchdowns. Ranked among the Top 10 quarterbacks in LSU history for passing yards per game (No. 3 at 191.1 yards per game), completion percentage (No. 6 at 59.7 percent), passing yards (No. 8 at 4,586), and completions (No. 9 at 325). Was named to the SEC Community Service team (2016), SEC Academic Honor Roll (2016), Vice-Chair of the SEC Football Leadership Council (2017), SEC Football Scholar-Athlete of the Year (2017), CoSIDA Academic All-District (2017).  
**PERSONAL:** Attended Terre Haute Sough Vigo High School. Achieved Eagle Scout ranking through Boy Scouts program. Graduated from LSU with a 3.9 GPA and degree in mass communications.

## DANNY ETLING'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

DATE	TEAM	GP	GS	PASSING											RUSHING				
				ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2018	Patriots	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2019	Falcons	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2021	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
<b>TOTALS</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>

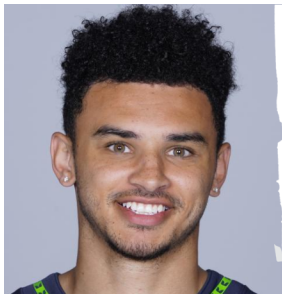
## DANNY ETLING'S NFL POSTSEASON PASSING/RUSHING STATISTICS

DATE	TEAM	GP	GS	PASSING											RUSHING				
				ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2018	Patriots	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
<b>TOTALS</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>

## DANNY ETLING'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING					SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	
09/12	at Colts								NOT ON ROSTER									W	28-16
09/19	Titans								NOT ON ROSTER									L	30-33+
09/26	at Vikings								NOT ON ROSTER									L	17-30
10/03	at 49ers								NOT ON ROSTER									W	28-21
10/07	Rams								NOT ON ROSTER									L	17-26
10/17	at Steelers								PRACTICE SQUAD									L	20-23+
<b>2021 TOTALS</b>		<b>0-0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0/0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2-4</b>	

+ - Overtime



17

WIDE RECEIVER

AARON FULLER

Height: 5-11

Weight: 188

College:

Washington

Seasons:

NFL : 2nd, Seahawks 2nd

Born:

September 30, 1997

Hometown:

McKinney, Texas

**TRANSACTIONS:**

05/01/20: Signed by Seattle as a UDFA

09/05/20: Waived by Seattle

09/06/20: Signed to Seattle's PS

08/31/21: Released by Seattle

09/01/21: Signed to Seattle's PS

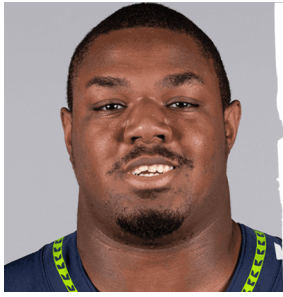
**COLLEGE:** Started 24 of 54 games played for the Huskies during his four-year career. Recorded 159 receptions for 2,051 yards, good for seventh in Washington history in both categories, and 13 touchdowns in his career. Also returned 48 punts for 390 yards with one touchdown. Started eight of

13 games as a senior and recorded career-highs in receptions (59) and touchdowns (6), with 702 yards.

**PERSONAL:** Attended Lovejoy High and was a first-team All-District 10-5A and first-team All-Collin County at wide receiver as a senior in 2015. Also named second-team All-Collin County as a return specialist. Played receiver and cornerback for the Leopards and his team went 8-4 and advanced to the second round of the 5A D2 playoffs in 2015. As a senior, caught 86 passes for 1,178 yards and 14 touchdowns while also rushing for two other scores and returning two punts for touchdowns. He ran the 100, 200 and 400 meters and also participated in long jump I high school, winning the district and area titles in the 400 meters as a junior.

**AARON FULLER'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2021	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0	0	0.0	0	0	0	0	0.0	0	0



# 60 | GUARD PHIL HAYNES

Height: 6-4      Weight: 322  
College:      Wake Forest  
Seasons:      NFL : 3rd, Seahawks 3rd  
Born:      October 19, 1995  
Hometown:      Raleigh, N.C.

## TRANSACTIONS:

- 05/27/19: Drafted by Seattle (4th round, 124th overall)
- 08/31/19: Placed on PUP (sports hernia)
- 11/05/19: Activated to 53-man roster from PUP
- 09/07/20: Placed on IR (hip)
- 11/18/20: Activated from IR
- 12/24/20: Placed on IR (groin)
- 09/01/21: Released by Seattle
- 09/02/21: Signed to Seattle's PS

## NFL CAREER HIGHLIGHTS:

- Opened 2020 season spending the first nine games on injured reserve (hip). Played in two games but returned to injured reserve (groin) late in the season.
- Spent the first nine games of rookie season on the PUP list, then was inactive for six games and dressed, but did not play, in the season finale.

Made NFL debut on field goal unit in the wild card round and saw extensive action at left guard in the divisional round at Green Bay in place of Jamarco Jones (concussion).

**COLLEGE:** Was a mainstay on the two most prolific offensive teams in Wake Forest history. Helped the Demon Deacon offense set school records for total yards and scoring in 2017 and records for 500-yard total offense games and most 50-point scoring games in 2018. Started 47 career games including the final 22 contests. Served as team captain in 2018. Rated the No. 48 player in the ACC by the ACC Sports Journal. Started all 13 games as a senior. Led all offensive linemen with 24 knockdown blocks. On the field for 1,066 snaps in 2018, the fifth-most on the team.

**PERSONAL:** Spent his first three seasons at North Raleigh Christian and his senior year at Virginia Episcopal School in Lynchburg. Earned his degree from Raleigh Enloe High. Primarily a basketball player, he was a late comer to football. Was a defensive end in high school. Son of Betty Capers. Majored in communications.

## PHIL HAYNES' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	0	0
2020	Seahawks	2	0
2021	Seahawks	0	0
NFL TOTALS		2	0

## PHIL HAYNES' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	2	0
2020	Seahawks	0	0
NFL TOTALS		2	0



# 38 | CORNERBACK GAVIN HESLOP

Height: 6-0 Weight: 197  
College: Stony Brook  
Seasons: NFL : 2nd, Seahawks 2nd  
Born: November 13, 1997  
Hometown: Yonkers, N.Y.  
Pronunciation: HEH-slop

## TRANSACTIONS:

05/04/20: Signed by Seattle as a UDFA  
09/05/20: Waived by Seattle  
09/06/20: Signed to Seattle's PS  
08/31/21: Released by Seattle  
09/07/21: Signed to Seattle's PS

## NFL CAREER HIGHLIGHTS:

• Was a practice squad elevation for at Miami (10/4) and dressed, but did not play. Spent the other 15 games on Seattle's practice squad.

**COLLEGE:** Earned third-team All-CAA Football honors during his senior-captain season as he collected 52 tackles, 8.5 tackles for loss, 1.5 sacks, a pair of blocked kicks, three forced fumbles and three fumble recoveries,

returning one for a touchdown. During his collegiate career, Heslop started 37 consecutive games and recorded 138 total tackles, with 21.0 tackles for loss and a pair of fumble returns for touchdowns.

**PERSONAL:** A 2015 graduate of Archbishop Stepinac High, he was a NYSSWA first-team All-New York State selection and first team All-Catholic High School Football League. Was a member of CHSFL AAA Championship team, the school's first title since 1955, and was the championship game's offensive MVP. His 68-yard interception return helped Stepinac beat St. Anthony's for the first time in 31 years. Recorded 60 tackles, three interceptions, three sacks and rushed for 440 yards and six touchdowns in his final season. Cousin, Doug Hogue, played for the Detroit Lions (2011-12) and the Carolina Panthers (2012).

## GAVIN HESLOP'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

## GAVIN HESLOP'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0



# 62 | DEFENSIVE TACKLE JARROD HEWITT

Height: 6-1 Weight: 290  
College: Virginia Tech  
Season: Rookie  
Born: November 3, 1997  
Hometown: Venice, Fla.

## TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA  
08/31/21: Released by Seattle  
09/01/21: Signed to Seattle's PS

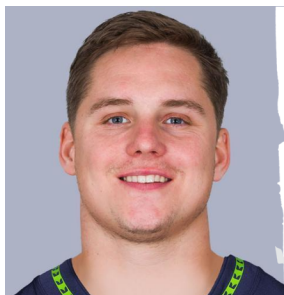
**COLLEGE:** Started 33 of 45 games played for the Hokies, totaling 92 tackles (42 solo) and 9.5 sacks in his career. Was named third-team All-ACC his senior season after starting 10 of 11 games and posting 31 tackles (13 solo)

and a career-high 5.5 sacks, good for third on the team.

**PERSONAL:** Attended Venice High and was a two-time Florida 7A first-team all-state performer, and earned the Herald Tribune Player of the Year Award. Rated a three-star recruit by 247Sports, ESPN and Scout, and rated the no. 9 defensive tackle in the state of Florida by Scout. Registered 105 tackles (22 solo) and 10 sacks as a senior and 112 tackles (74 solo) and 12 sacks as a junior. Majored in property management.

## JARROD HEWITT'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2021	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0



49

TIGHT END

RYAN IZZO

Height: 6-5

Weight: 255

College:

Florida State

Seasons:

NFL : 4th, Seahawks 1st

Born:

December 21, 1995

Hometown:

Sparta, N.J.

## TRANSACTIONS:

04/28/18: Drafted by New England (7th round, 250th overall)  
 09/02/18: Placed on IR (ankle)  
 12/10/20: Placed on IR (neck)  
 03/18/21: Traded to Houston  
 08/31/21: Released by Houston  
 09/03/21: Signed to the N.Y. Giants PS  
 09/21/21: Released by the N.Y. Giants PS  
 09/29/21: Signed to Seattle's PS

## NFL CAREER HIGHLIGHTS:

• A seventh-round pick of the Patriots in 2018, Izzo appeared in 18 games over the past two seasons, starting 18, including 12 starts last year, and he has 19 career receptions for 313 yards and one touchdown. Was traded from New England to Houston in March of 2021, then waived prior to the start of the season. He then signed to the New York Giants' practice squad at the start of 2021, and was released in late September before signing with Seattle.

**COLLEGE:** Played three seasons (2015-17) at Florida State after redshirting his freshman season (2014). Appeared in 41 games (37 starts) in his collegiate career and totaled 54 career receptions for 761 yards (18.6 avg.) and six touchdowns. Had his best season as a junior (2017) when he logged career highs in receptions (20), receiving yards (317), touchdowns (three) and yards per reception (15.9). Finished with 19 catches for 227 yards (11.9 avg.) and a touchdown in his sophomore season (2016). Also blocked for unanimous All-American RB Dalvin Cook and an offense that ranked third in the ACC at 466.2 yards per game. Appeared in all 13 games (11 starts) as a freshman (2015) and led all Seminole tight ends in receptions (14), yards (210) and touchdowns (two). Played in two games before redshirting his first season (2014).

**PERSONAL:** Attended Pope John XXIII High School in Sparta, N.J. Captured All-West Jersey first-team, All-Non-Public second-team and All-State third-team honors in 2013 when he tallied 766 receiving yards and seven touchdowns. Also played basketball for Pope John and nabbed All-West Jersey second-team honors in 2012-13.

## RYAN IZZO'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Patriots	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2019	Patriots	6	4	6	114	19.0	41	1	0	0	0.0	0	0
2020	Patriots	12	12	13	199	15.3	50	0	0	0	0.0	0	0
2021	Texans	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		18	16	19	313	16.5	50	1	0	0	0.0	0	0

## RYAN IZZO'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2018	Patriots	0	0	0.0	0	0	0	0	0	0.0	0	0
2019	Patriots	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	Patriots	0	0	0.0	0	0	0	0	0	0.0	0	0
2021	Texans	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0.0	0	0	0	0	0	0.0	0	0

## RYAN IZZO'S SINGLE-GAME HIGHS: RECEIVING

**Receptions** 2 at Houston Texans, Nov 22, 2020  
 ...4 more at 2.

**Receiving Yards** 59 at Houston Texans, Nov 22, 2020

**Longest Receptions** 50 at Houston Texans, Nov 22, 2020

**Receiving TDs** 1 at Washington, Oct 06, 2019

**All-Purpose Yards** 59 at Houston Texans, Nov 22, 2020

**Miscellaneous Tackles** 1 at Kansas City Chiefs, Oct 05, 2020

**Most TDs** 1 at Washington, Oct 06, 2019

## RYAN IZZO'S 2021 GXG REGULAR-SEASON STATISTICS (TEXANS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	Jaguars												W	37-21
09/19	at Browns												L	21-31
09/23	Panthers												L	9-24
10/03	at Bills												L	0-40
10/10	Patriots												L	22-25
10/17	at Colts												L	3-31
2021 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	1-5	

**RYAN IZZO'S 2020 GXG REGULAR-SEASON STATISTICS (PATRIOTS)**

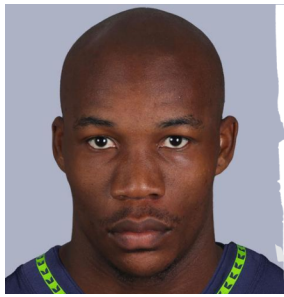
DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	Dolphins	S	1	25	25.0	25	0	0	0	0.0	0	0	W	21-11
09/20	at Seahawks	S	2	19	9.5	16	0	0	0	0.0	0	0	L	30-35
09/27	Raiders	S	0	0	0.0	0	0	0	0	0.0	0	0	W	36-20
10/05	at Chiefs	S	0	0	0.0	0	0	0	0	0.0	0	0	L	10-26
10/18	Broncos	S	3	38	12.7	16	0	0	0	0.0	0	0	L	12-18
10/25	49ers	S	1	8	8.0	8	0	0	0	0.0	0	0	L	6-33
11/01	at Bills	S	2	24	12.0	15	0	0	0	0.0	0	0	L	21-24
11/09	at Jets	S	0	0	0.0	0	0	0	0	0.0	0	0	W	30-27
11/15	Ravens	S	1	20	20.0	20	0	0	0	0.0	0	0	W	23-17
11/22	at Texans	S	2	59	29.5	50	0	0	0	0.0	0	0	L	20-27
11/29	Cardinals	S	0	0	0.0	0	0	0	0	0.0	0	0	W	20-17
12/06	at Chargers	S	1	6	6.0	6	0	0	0	0.0	0	0	W	45-0
12/10	at Rams												L	3-24
12/20	at Dolphins												L	12-22
12/28	Bills												L	9-38
01/03	Jets												W	28-14
2020 TOTALS		12-12	13	199	15.3	50	0	0	0	0.0	0	0	7-9	

**RYAN IZZO'S 2019 GXG REGULAR-SEASON STATISTICS (PATRIOTS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/08	Steelers	S	1	3	3.0	3	0	0	0	0.0	0	0	W	33-3
09/15	at Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	43-0
09/22	Jets	S	1	41	41.0	41	0	0	0	0.0	0	0	W	30-14
09/29	at Bills	S	0	0	0.0	0	0	0	0	0.0	0	0	W	16-10
10/06	at Washington	P	2	39	19.5	29	1	0	0	0.0	0	0	W	33-7
10/10	Giants	S	2	31	15.5	20	0	0	0	0.0	0	0	W	35-14
10/21	at Jets												W	33-0
10/27	Browns												W	27-13
11/03	at Ravens												L	20-37
11/17	at Eagles												W	17-10
11/24	Cowboys												W	13-9
12/01	at Texans												L	22-28
12/08	Chiefs												L	16-23
12/15	at Bengals												W	34-13
12/21	Bills												W	24-17
12/29	Dolphins												L	24-27
2019 TOTALS		6-4	6	114	19.0	41	1	0	0	0.0	0	0	12-4	

**RYAN IZZO'S 2018 GXG REGULAR-SEASON STATISTICS (PATRIOTS)**

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/09	Texans												W	27-20
09/16	at Jaguars												L	20-31
09/23	at Lions												L	10-26
09/30	Dolphins												W	38-7
10/04	Colts												W	38-24
10/14	Chiefs												W	43-40
10/21	at Bears												W	38-31
10/29	at Bills												W	25-6
11/04	Packers												W	31-17
11/11	at Titans												L	10-34
11/25	at Jets												W	27-13
12/02	Vikings												W	24-10
12/09	at Dolphins												L	33-34
12/16	at Steelers												L	10-17
12/23	Bills												W	24-12
12/30	Jets												W	38-3
2018 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	11-5	



30

CORNERBACK

MICHAEL JACKSON

Height: 6-1

Weight: 210

College:

Miami

Seasons:

NFL : 3rd, Seahawks 1st

Born:

January 10, 1997

Hometown:

Birmingham, Ala.

## TRANSACTIONS:

04/27/19: Drafted by Dallas (5th round, 158th overall)  
 08/31/19: Released by Dallas  
 09/02/19: Signed to Dallas PS  
 10/30/19: Signed to Detroit's active roster  
 08/09/20: Traded to New England  
 09/03/20: Released by New England  
 09/28/20: Signed to New England's PS  
 01/02/21: Signed to active roster  
 08/31/21: Released by New England  
 09/02/21: Signed to Seattle's PS

## NFL CAREER HIGHLIGHTS:

• Has spent the majority of career on the practice squads of Dallas and New England. Signed off the Cowboys practice squad by Detroit and played one game for the Lions in 2019 and saw action in one game for New England in 2020.

**COLLEGE:** Appeared in 51 games with 23 starts over four seasons at Miami and recorded 97 tackles, four interceptions, 11 passes defended and 3.5 sacks. Earned All-ACC Honorable Mention honors as a senior in 2018 after starting all 13 games and registering 42 tackles, 2.5 sacks and six passes defended.

**PERSONAL:** Attended Spain Park (Ala.) High School, where he was a three-star recruit. Has one son, Michael Antwan Jackson, Jr.

## MICHAEL JACKSON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

			TACKLES									INTERCEPTIONS						FUMBLES				ST						MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A		
2019	Cowboys	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Went from Dallas to Detroit.																													
2019	Lions	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2019	TOTAL	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2020	Patriots	1	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2021	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		2	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		

## MICHAEL JACKSON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles

1 vs. New York Jets, Jan 03, 2021



88

WIDE RECEIVER

CADE JOHNSON

Height: 5-10

Weight: 184

College:

South Dakota State

Season:

Rookie

Born:

April 10, 1998

Hometown:

Papillion, Neb.

## TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA  
 08/31/21: Released by Seattle  
 09/01/21: Signed to Seattle's PS

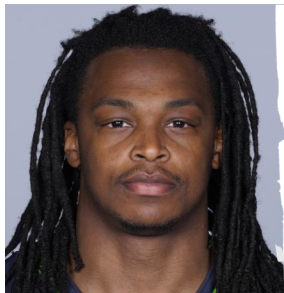
**COLLEGE:** Opted out of North Dakota State's spring 2021 season to declare for the NFL Draft. Was a 2019 FCS All-American, Johnson had 72 receptions for 1,222 yards and eight touchdowns. His best collegiate season was 2018, when he had 1,332 yards and 17 touchdowns on 67 receptions. Holds three school records; single-season touchdown receptions (17 in 2018), single-season kickoff return yards (839 in 2017) and single-game touchdown

receptions (4 in 2018, shares record with three other players). Left school ranked third in career touchdown receptions (28), fifth in receiving yards (2,872) and sixth in receptions (162).

**PERSONAL:** Earned all-state honors in both football and basketball at Bellevue West High School. Set school receiving records with 43 catches for 1,061 yards and 16 touchdowns during his senior season, adding 240 return yards and four interceptions. Also played on a state championship basketball team as a sophomore. Father, Clester, was a member of the 1994 and 1995 Nebraska national championship teams. Brother, Keagan, plays for the University of Iowa. Majored in consumer affairs.

## CADE JOHNSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2021	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0	0	0.0	0	0	0	0	0.0	0	0



# 34 | RUNNING BACK

## JOSH JOHNSON

Height: 5-9 Weight: 209  
College: Louisiana-Monroe  
Season: Rookie  
Born: December 26, 1997  
Hometown: Huntsboro, Ala.

### TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA  
08/31/21: Released by Seattle  
09/01/21: Signed to Seattle's PS

**COLLEGE:** Slowed by a hamstring injury, played in eight of 10 games for Louisiana-Monroe in 2020, rushing 88 times for 321 yards and four touchdowns. Closed out his career ranked among ULM's all-time leaders in rushing average (fourth with 5.48), rushing yards (12th with 1,688) and rushing touchdowns (12th with 16). He also had 31 career receptions for 175 yards (5.6 avg.) and one score. In 2019, Johnson ranked second in the Sun Belt Conference and 13th in the NCAA Football Bowl Subdivision in rushing, averaging 108.2 yards per game. An All-Sun Belt second-team selection as a junior, he also finished among the NCAA FBS Top 20 in yards per carry (10th at 6.46) and rushing yards (T18th with 1,298). His 1,298 rushing yards ranked as the fourth-highest single-season total in ULM history. He was stopped for

a loss only nine times in 201 rushing attempts and recorded seven 100-yard rushing games in 2019 while becoming ULM's first 1,000-yard rusher since Frank Goodin in 2009. Spent 2017 freshman year at Coahoma Community College (Clarksdale, Miss.), averaging 122.3 yards that ranked fifth in the NJCAA in rushing. Earned MACJC all-state first-team honors and selected team offensive MVP. Attended Mississippi Gulf Coast Community College in 2016 but did not participate in football.

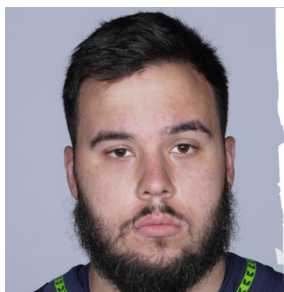
**PERSONAL:** Was a two-year starter at Opelika High, helping the Bulldogs to a combined record of 21-3. Was a Class 6A first-team all-state selection by the Alabama Sports Writers Association as a senior. Rushed 202 times for 1,340 yards and 24 touchdowns in 2015. Posted seven 100-yard rushing games as a senior and scored at least one touchdown in 12 of 13 games. Produced 15 100-yard rushing games and scored multiple touchdowns in 16 of 24 career games. Earned a bachelor's degree in criminal justice from ULM in May 2020.

### JOSH JOHNSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RUSHING							RECEIVING				
		GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2021	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0	0	0.0	0	0	0	0	0.0	0	0

### JOSH JOHNSON'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2021	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0.0	0	0	0	0	0	0.0	0	0



# 62 | GUARD

## PIER-OLIVIER LESTAGE

Height: 6-3 Weight: 312  
College: Montreal  
Season: Rookie  
Born: August 4, 1997  
Hometown: Saint Eustache, Quebec  
Pronunciation: pee-AIR oh-LIV-ee-EER luh-S

### TRANSACTIONS:

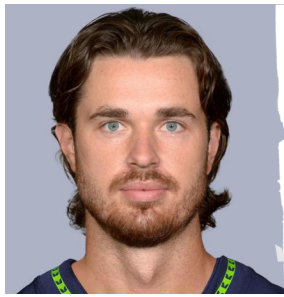
05/13/21: Signed by Seattle as a UDFA  
08/31/21: Released by Seattle  
09/01/21: Signed to Seattle's PS

**PERSONAL:** Played three seasons (2017-19) for the University of Montreal

Carabins, with the 2020 season cancelled due to the COVID-19 pandemic. Was named to the RSEQ's all-star first-team and U SPORTS all-star second-team after the 2019 season, as he helped his team to the Vanier Cup championship game, where Montreal fell to Calgary. In May 2021, he was selected in the second-round (10th overall) in the CFL Draft.

### PIER-OLIVIER LESTAGE'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2021	Seahawks	0	0
NFL TOTALS		0	0



9

QUARTERBACK

JAKE LUTON

Height: 6-6

Weight: 224

College:

Oregon State

Seasons:

NFL : 2nd, Seahawks 1st

Born:

April 11, 1996

Hometown:

Marysville, Wash.

Pronunciation:

LOOT-in

## TRANSACTIONS:

04/25/20: Drafted by Jacksonville (6th round, 189th overall)  
 08/31/21: Released by Jacksonville  
 09/02/21: Signed by Seattle as a FA  
 09/28/21: Released by Seattle  
 09/29/21: Signed to Seattle's PS  
 10/16/21: Gameday activation  
 10/18/21: Reverted to Seattle's PS

## NFL CAREER HIGHLIGHTS:

• Started three games during his rookie campaign for Jacksonville in 2020, completing 60 of 110 passes for 624 yards and two touchdowns. Made his NFL debut vs. Houston (11/8) and completed 26 of 38 passes for 304 yards and two total touchdowns (one rushing, one passing). His 306-yard

performance marked the most passing yards by a rookie quarterback in their debut in franchise history. His 13-yard rushing touchdown joined quarterbacks Jonathan Quinn (1998) and Byron Leftwich (2003) as the only rookie quarterbacks in franchise history to throw and rush for a touchdown in the same game.

**COLLEGE:** Completed his Oregon State career by playing in 23 games for the Beavers, including 21 starts, after spending seasons at Ventura Community College (2016) and Idaho (2015). Concluded his career ranked fifth at Oregon State with 42 career touchdowns passes and seventh with 5,227 passing yards.

**PERSONAL:** Attended Marysville-Pilchuck High School and led the Tomahawks to the Wesco 3A league championship as a senior. Was a three-year starter at quarterback and also earned three letters at pitcher in baseball.

## JAKE LUTON'S NFL REGULAR SEASON PASSING STATISTICS

DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE
2020	Jaguars	3	3	110	60	54.5	624	5.7	2	6	73t	7	52	54.5
2021	Seahawks	1	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
TOTALS		4	3	110	60	54.5	624	5.7	2	6	73T	7	52	54.5

## JAKE LUTON'S NFL REGULAR SEASON RUSHING STATISTICS

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
2020	Jaguars	1	13	13.0	13t	1
2021	Seahawks	0	0	0.0	0	0
TOTALS		1	13	13.0	13T	1

## JAKE LUTON'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

				PASSING											RUSHING				
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2020	Jaguars	3	3	110	60	54.5	624	5.7	2	6	73t	7	52	54.5	1	13	13.0	13t	1
2021	Seahawks	1	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
TOTALS		4	3	110	60	54.5	624	5.7	2	6	73T	7	52	54.5	1	13	13.0	13T	1

## JAKE LUTON'S SINGLE-GAME HIGHS: QUARTERBACK

Pass Attempts	38 vs. Houston Texans, Nov 08, 2020	Passer Rating	90.2 vs. Houston Texans, Nov 08, 2020
Pass Completions	26 vs. Houston Texans, Nov 08, 2020	Rush Attempts	1 vs. Houston Texans, Nov 08, 2020
Yards Passing	304 vs. Houston Texans, Nov 08, 2020	Rushing Yards	13 vs. Houston Texans, Nov 08, 2020
TD Passes	1 at Green Bay Packers, Nov 15, 2020	Longest Runs	13t vs. Houston Texans, Nov 08, 2020
	...1 more at 1.	Rushing TDs	1 vs. Houston Texans, Nov 08, 2020
Long Passes	73t vs. Houston Texans, Nov 08, 2020		
Completion Percentage	68.4 vs. Houston Texans, Nov 08, 2020		

## JAKE LUTON'S 300-YARD PASSING GAMES (1): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
11/08/20	TEXANS	26	304	11.7	73t	1

# JAKE LUTON'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

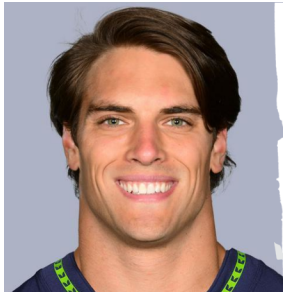
DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/12	at Colts																	W	28-16
09/19	Titans																	L	30-33+
09/26	at Vikings																	L	17-30
10/03	at 49ers																	W	28-21
10/07	Rams																	L	17-26
10/17	at Steelers																	L	20-23+
2021 TOTALS		0-0	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	2-4	

+ - Overtime

# JAKE LUTON'S 2020 GXG REGULAR-SEASON STATISTICS (JAGUARS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/13	Colts																	W	27-20
09/20	at Titans																	L	30-33
09/24	Dolphins																	L	13-31
10/04	at Bengals																	L	25-33
10/11	at Texans																	L	14-30
10/18	Lions																	L	16-34
10/25	at Chargers																	L	29-39
11/08	Texans	S	38	26	304	68.4	8.0	11.7	1	1	73t	2/16	90.2	1	13	13t	1	L	25-27
11/15	at Packers	S	35	18	169	51.4	4.8	9.4	1	1	21	3/18	62.7	0	0	0	0	L	20-24
11/22	Steelers	S	37	16	151	43.2	4.1	9.4	0	4	19	2/18	15.5	0	0	0	0	L	3-27
11/29	Browns																	L	25-27
12/06	at Vikings																	L	24-27+
12/13	Titans																	L	10-31
12/20	at Ravens																	L	14-40
12/27	Bears																	L	17-41
01/03	at Colts																	L	14-28
2020 TOTALS		3-3	110	60	624	54.5	5.7	10.4	2	6	73T	7/52	54.5	1	13	13T	1	1-15	

+ - Overtime



# 58 | LINEBACKER TANNER MUSE

Height: 6-2      Weight: 227  
College:      Clemson  
Seasons:      NFL : 2nd, Seahawks 1st  
Born:      September 6, 1996  
Hometown:      Belmont, N.C.

## TRANSACTIONS:

04/24/20: Drafted by Las Vegas (3rd round, 100th overall)  
09/07/20: Placed on injured reserve (toe)  
09/06/21: Released by Las Vegas  
09/08/21: Signed to Seattle's PS

## NFL CAREER HIGHLIGHTS:

- Spent his rookie campaign on injured reserve after suffering a foot injury prior to the regular season.

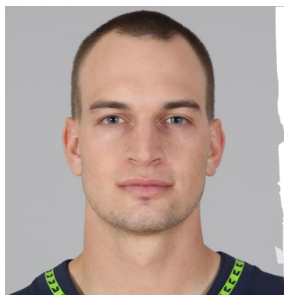
**COLLEGE:** Spent five years at Clemson from 2015-19, appearing in 59 games with 39 starts as a safety. Finished his collegiate career with 192 career tackles (105 solo), four sacks, seven interceptions, including one returned for a touchdown, 15 passes defended, one forced fumble and one fumble recovery returned for a TD. Left Clemson tied for second for the most career games played (59) in school history. As a senior in 2019, named a Thorpe Award semifinalist, presented annually to the nation's top defensive back. Earned third-team All-American and first-team All-ACC honors. Voted as a permanent team captain...Started in all 15 games, recording 55 tackles

(37), two sacks, four interceptions and five passes defended. Started in all 15 games as a junior in 2018. Finished with 76 tackles, two sacks, two interceptions and five passes defended. As a sophomore in 2017, appeared in 14 games with nine starts. Finished the season with 64 tackles, four pass defended and one fumble return for a touchdown. In 2016, played in 15 games and shared Special Teams Defensive Player of the Year honors. Finished with 24 tackles and one interception. Tied for team lead with 10 special teams tackles. Redshirted as a true freshman in 2015.

**PERSONAL:** Attended South Point High School in Belmont, N.C. Rated the No. 17 player in North Carolina by Rivals.com. Had eight interceptions in his last three seasons. Totaled 150 tackles and four interceptions, while adding 1,292 yards on 90 carries and seven receptions for 150 yards as a senior. Named first-team all-state as a defensive player. Was a Shrine Bowl selection. Recorded 47 tackles along with 400 rushing yards and five touchdowns as a junior. Also played baseball, recording .474 batting average with five home runs and 33 RBIs as a junior centerfielder. Helped his team advance to the second round of the state tournament as a senior. Earned his degree in parks, recreation and tourism management.

## TANNER MUSE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES				ST						MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A		
2020	Raiders	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2021	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		



11

WIDE RECEIVER

CODY THOMPSON

Height: 6-2

Weight: 205

College:

Toledo

Seasons:

NFL : 3rd, Seahawks 3rd

Born:

January 11, 1996

Hometown:

Huron, Ohio

**2021 SEASON:**

09/26 at Min: Played in first career-game and saw action on special teams. Was a gameday activation.

**TRANSACTIONS:**

05/06/19: Signed by Kansas City as a UDFA  
 08/31/19: Released by Kansas City  
 09/01/19: Signed to Kansas City's PS  
 10/29/19: Released by Kansas City  
 10/30/19: Signed to Seattle's PS  
 11/05/19: Released by Seattle  
 01/08/20: Signed to Seattle's PS  
 09/05/20: Waived by Seattle  
 09/06/20: Signed to Seattle's PS  
 08/31/21: Released by Seattle  
 09/01/21: Signed to Seattle's PS  
 09/25/21: Gameday activation  
 09/27/21: Reverted to Seattle's PS  
 10/02/21: Gameday activation

10/04/21: Reverted to Seattle's PS

**NFL CAREER HIGHLIGHTS:**

- Spent time on Kansas City and Seattle's practice squads.

**COLLEGE:** Played in 56 games at Toledo finishing his collegiate career with 3,312 receiving yards on 181 receptions and 30 touchdowns. Holds Toledo record with 30 career touchdown receptions, ranks second on UT's career receiving list with 3,312 yards behind Eric Page's all-time record of 3,446 yards and second all-time in yards per catch (18.3). Led the team with 10 touchdown grabs and was second on the team with 48 receptions his senior year. In 2016, named First-team All-MAC selection and had a school-record 1,269 receiving yards.

**PERSONAL:** Played quarterback at Huron (Ohio) High School. and threw for 1,883 yards and 17 touchdowns as a senior, adding 1,139 rushing yards and 22 scores. Named second-team all-conference, second-team all-district, and academic all-conference. Also served as the team's punter, averaging 44.6 yards per punt as a senior. Was an honorable mention all-district player in basketball as a junior.

**CODY THOMPSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Chiefs	0	0	0	0	0.0	0	0	0	0	0.0	0	0
Went from Kansas City to Seattle.													
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
Went from Seattle to Cincinnati.													
2019	Bengals	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2019	TOTAL	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2021	Seahawks	2	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		2	0	0	0	0.0	0	0	0	0	0.0	0	0

**CODY THOMPSON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0	0	0.0	0	0	0	0	0.0	0	0

# SEAHAWKS

2021

## RESERVE- INJURED







55

LINEBACKER

BEN BURR-KIRVEN

Height: 6-0

Weight: 230

College:

Washington

Seasons:

NFL : 3rd, Seahawks 3rd

Born:

September 8, 1997

Hometown:

Menlo Park, Calif.

## TRANSACTIONS:

04/27/19: Drafted by Seattle (5th round, 142nd overall)

08/23/21: Placed on IR (knee)

## NFL CAREER HIGHLIGHTS:

- A core special teams player, finished tied for fourth on the team with five special teams tackles in 2020.

- Played in 16 games as a rookie, primarily on special teams and was second on the team with eight special teams tackles (three solo). Played sparingly at linebacker in two games and saw his most playing time late in the game at Carolina (12/15/19) in place of Bobby Wagner (ankle).

**COLLEGE:** Played in 53 games with 22 starts. Started all 14 games his senior season. Led the nation in tackles in 2018 with 176. In his career, recorded 338 tackles (190 solo), 11.5 TFLs, 4.0 sacks, four interceptions, 16 passes defended, six forced fumbles, and three fumble recoveries. Among many honors, was selected All Pac-12 first-team and was named the Pac 12

Scholar of the Year for football and was also the Pat Tillman Pac 12 Defensive Player of the Year. Started all 14 games and finished the year leading NCAA-FBS with 176 total tackles, in addition to 5.5 TFLs, 2.0 sacks, 2 INTs, 8 passes defended, 4 forced fumbles and 3 fumble recoveries.

**PERSONAL:** Named the MaxPreps All Northern California Defensive Player of the Year and Division III State Player of the Year as a senior in 2014. Led the Gators to a 13-0 record, the PAL Bay Division title and the CIF Central Coast Section Open Division crown in 2014, leading the team in tackles, with 116, despite missing much of the first half of the season due to an Achilles tendon injury suffered during track season. Also rushed for 1,086 yards on 106 carries, had 224 receiving yards and scored 19 touchdowns. As a junior, helped Sacred Heart to a 13-2 record, its first Northern California Division III title, and its first berth in the Division III championship game. Notched 204 total tackles (136 solo), six sacks and four interceptions while rushing for 451 yards and 11 TDs. Also was a sprinter on the track team, running the anchor leg on a 4x100 team that set a school record.

## BEN BURR-KIRVEN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS						FUMBLES				ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	
2019	Seahawks	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	8	3	5	1	0		
2020	Seahawks	16	0	3	3	0	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	5	4	1	0	0		
2021	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		32	0	3	3	0	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	13	7	6	1	0		

## BEN BURR-KIRVEN'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES					ST					
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR			
2019	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
NFL TOTALS		3	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			

## BEN BURR-KIRVEN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 3 vs. New York Jets, Dec 13, 2020

Tackles For Loss 1 vs. New York Jets, Dec 13, 2020

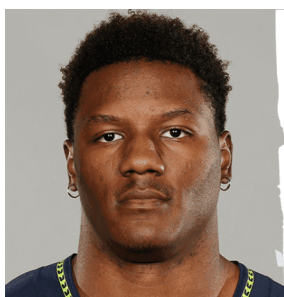
Special Teams Tackles

2 vs. New York Jets, Dec 13, 2020

...1 more at 2.

Special Teams Forced Fumbles

1 vs. Cincinnati Bengals, Sep 08, 2019



32

RUNNING BACK

CHRIS CARSON

Height: 5-11

Weight: 222

College:

Oklahoma State

Seasons:

NFL : 5th, Seahawks 5th

Born:

September 16, 1994

Hometown:

Lilburn, Ga.

## 2021 SEASON:

10/07 vs. LAR: Inactive (neck).

09/26 at Min: Rushed for 80 yards, including a 30-yard TD run, the longest touchdown of his career.

09/19 vs. Ten: Tied a career high with two rushing TDs and moved past Ricky Watters for sixth-place on Seattle's all-time rushing TD list with 23.

09/12 at Ind: Led team with 91 rushing yards and added 26 receiving yards.

## TRANSACTIONS:

04/29/17: Drafted by Seattle (7th round, 249th overall)

10/02/17: Placed on IR (leg)

12/24/19: Placed on IR (hip)

03/27/21: Re-signed with Seattle

10/15/21: Placed on IR (neck)

#### NFL CAREER HIGHLIGHTS:

- His twelve 100-yard games since 2018 rank fifth in the NFL.
- Started all 12 games played in 2020, missing four games midseason due to a foot injury. Posted a career-high 4.8 yards per carry average with 681 yards on only 141 carries. Tied career-high with 37 receptions for career-highs in yards (287) and touchdowns (4). Was one of three players (Kareem Hunt, Alvin Kamara) with four-plus rush touchdowns (5) and four-plus receiving touchdowns (4).
- Started all 15 games played and rushed for a career-high 1,230 yards (5th NFL) and seven touchdowns in 2019, including six 100-yard games, giving him twelve 100-yard games since 2018 (2nd NFL, Ezekiel Elliott). He became the sixth Seattle running back to produce back-to-back 1,000-yard seasons in franchise history and first since Marshawn Lynch (2011-14).
- Led the NFL's top-ranked rushing attack with 1,151 yards (5th NFL) and nine touchdowns in 2018, becoming Seattle's first 1,000-yard rusher since 2014 (Marshawn Lynch) and only the sixth player in franchise history to accomplish that feat. He was also one of four backs (Saquon Barkley, Ezekiel Elliott, Todd Gurley) with at least six 100-yard games during the season.
- As a rookie, started three of four games to begin the year before a leg injury vs. Indianapolis landed him on injured reserve for the remainder of the season.
- Drafted with the 31st pick in the seventh round (249th overall) of the 2017 NFL Draft. Second of two seventh-round picks in 2017. Third player selected

out of Oklahoma State in club history (Last: Russell Okung, 2010).

**COLLEGE:** In two seasons at Oklahoma State, played in 21 games, rushing 213 times for 1,076 yards for a 5.1 avg. and 13 TDs. Was selected the 2016 Thurman Thomas Award (Team's outstanding offensive player) and was 2016 Team Captain as voted by teammates. Was OSU's second leading rusher as a senior with 559 yards on 82 carries (6.8 yards per attempt) despite missing four games early in the season due to injury. His nine rushing touchdowns led the team. Averaged 92.8 rushing yards per game in his final four games of the season and added five rushing touchdowns during that span. Added 13 catches for 128 yards on the year. Had a career-high 146 rushing yards in OSU's win over TCU. Scored three touchdowns against Kansas - two rushing and one receiving. As a junior led OSU in rushing with 131 attempts and 517 yards. Added 170 receiving yards on 17 catches. Started nine times in his first year with the program and played in every game but one, which he missed due to injury. Played for coach Troy Morrell at Butler C.C. Ran for 994 yards and nine touchdowns on 139 attempts during his final junior college season. Also made 12 receptions for 63 yards and two scores. Totaled 611 yards and eight touchdowns on 109 rushing attempts as a freshman. Also caught seven passes for 94 yards. A late addition to the 2015 signing class who was previously committed to Georgia.

**PERSONAL:** Played for coach Cecil Flowe at Parkview High School. Totaled 1,146 rushing yards and 17 rushing touchdowns on 219 attempts as a senior. Also caught 15 passes for 122 yards and a score. Named all-district as a senior. Also played basketball and competed in track and field. Signed with Georgia out of high school. Born in Biloxi, Miss. Son of Dina and Dorian Rowe. Majored in university studies/education.

#### REGULAR SEASON COMPARISON: RECEIVING/RUSHING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	NO.	RUSHING				TD	NO.	RECEIVING				TGTS	YAC
					YDS.	AVG.	LG	TD			YDS.	AVG.	LG	TD		
9/22/19	SEA vs. NO	L	S	15	52	3.5	22	0		1	-2	-2.0	-2	0	1	4
<b>TOTALS</b>		<b>0/1</b>	<b>1/1</b>	<b>15</b>	<b>52</b>	<b>3.5</b>	<b>22</b>	<b>0</b>		<b>1</b>	<b>-2</b>	<b>-2.0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>4</b>

#### CHRIS CARSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					TD	RECEIVING				
				NO.	YDS.	AVG.	LG	TD		NO.	YDS.	AVG.	LG	TD
2017	Seahawks	4	3	49	208	4.2	30	0		7	59	8.4	10t	1
2018	Seahawks	14	14	247	1,151	4.7	61	9		20	163	8.2	27	0
2019	Seahawks	15	15	278	1,230	4.4	59	7		37	266	7.2	21	2
2020	Seahawks	12	12	141	681	4.8	29t	5		37	287	7.8	29	4
2021	Seahawks	4	4	54	232	4.3	33	3		6	29	4.8	16	0
<b>NFL TOTALS</b>		<b>49</b>	<b>48</b>	<b>769</b>	<b>3,502</b>	<b>4.6</b>	<b>61</b>	<b>24</b>		<b>107</b>	<b>804</b>	<b>7.5</b>	<b>29</b>	<b>7</b>

#### CHRIS CARSON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					TD	RECEIVING				
				NO.	YDS.	AVG.	LG	TD		NO.	YDS.	AVG.	LG	TD
2018	Seahawks	1	1	13	20	1.5	5	0		2	-1	-0.5	7	0
2019	Seahawks	0	0	0	0	0.0	0	0		0	0	0.0	0	0
2020	Seahawks	1	1	16	77	4.8	14	0		1	5	5.0	5	0
<b>NFL TOTALS</b>		<b>2</b>	<b>2</b>	<b>29</b>	<b>97</b>	<b>3.3</b>	<b>14</b>	<b>0</b>		<b>3</b>	<b>4</b>	<b>1.3</b>	<b>7</b>	<b>0</b>

#### CHRIS CARSON'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

<b>Rush Attempts</b>	32 vs. Dallas Cowboys, Sep 23, 2018	<b>Receiving TDs</b>	2 at Atlanta Falcons, Sep 13, 2020
<b>Rushing Yards</b>	133 at Carolina Panthers, Dec 15, 2019	<b>All-Purpose Yards</b>	159 at Cleveland Browns, Oct 13, 2019
<b>Longest Runs</b>	61 vs. Arizona Cardinals, Dec 30, 2018	<b>Miscellaneous Tackles</b>	1 vs. Arizona Cardinals, Dec 30, 2018
<b>Rushing TDs</b>	2 vs. Tennessee Titans, Sep 19, 2021 ...3 more at 2.	<b>Most TDs</b>	2 vs. Tennessee Titans, Sep 19, 2021 ...5 more at 2.
<b>Receptions</b>	6 vs. Minnesota Vikings, Oct 11, 2020 ...3 more at 6.	<b>Rushing Average</b>	7.3 at Denver Broncos, Sep 09, 2018
<b>Receiving Yards</b>	45 vs. New York Giants, Dec 06, 2020 ...1 more at 45.	<b>Receiving Average</b>	15.0 vs. New York Giants, Dec 06, 2020
<b>Longest Receptions</b>	29 at San Francisco 49ers, Jan 03, 2021		

# CHRIS CARSON'S 100-YARD RUSHING GAMES (12): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
12/15/19	at Panthers	24	133	5.5	23	2
10/13/19	at Browns	24	124	5.2	25	1
12/30/18	CARDINALS	19	122	6.4	61	1
12/16/18	at 49ers	22	119	5.4	26	1
10/03/19	RAMS	27	118	4.4	14	0
10/07/18	RAMS	19	116	6.1	21	0
12/23/18	CHIEFS	27	116	4.3	17	2
11/03/19	BUCCANEERS	16	105	6.6	59	0
10/28/18	at Lions	25	105	4.2	12	1
09/29/19	at Cardinals	22	104	4.7	12	0
09/23/18	COWBOYS	32	102	3.2	13	1
12/02/19	VIKINGS	23	102	4.4	25	1

## CHRIS CARSON'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	S	16	91	5.7	33	0	3	26	8.7	16	0	W	28-16
09/19	Titans	S	13	31	2.4	8	2	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	S	12	80	6.7	30t	1	2	2	1.0	5	0	L	17-30
10/03	at 49ers	S	13	30	2.3	8	0	1	1	1.0	1	0	W	28-21
10/07	Rams												L	17-26
10/17	at Steelers												L	20-23+
2021 TOTALS			4-4	54	232	4.3	33	3	6	29	4.8	16	0	2-4

+ - Overtime

## CHRIS CARSON'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons	S	6	21	3.5	11	0	6	45	7.5	19t	2	W	38-25
09/20	Patriots	S	17	72	4.2	13	0	3	36	12.0	18t	1	W	35-30
09/27	Cowboys	S	14	64	4.6	23	0	3	12	4.0	6	0	W	38-31
10/04	at Dolphins	S	16	80	5.0	18	2	3	20	6.7	11	0	W	31-23
10/11	Vikings	S	8	52	6.5	29t	1	6	27	4.5	13	0	W	27-26
10/25	at Cardinals	S	5	34	6.8	10	0	1	7	7.0	7	0	L	34-37+
11/01	49ers												W	37-27
11/08	at Bills												L	34-44
11/15	at Rams												L	16-23
11/19	Cardinals												W	28-21
11/30	at Eagles	S	8	41	5.1	16t	1	2	18	9.0	12	0	W	23-17
12/06	Giants	S	13	65	5.0	11	0	3	45	15.0	28t	1	L	12-17
12/13	Jets	S	12	76	6.3	28	1	3	22	7.3	9	0	W	40-3
12/20	at Washington	S	15	63	4.2	13	0	2	6	3.0	3	0	W	20-15
12/27	Rams	S	16	69	4.3	15	0	3	10	3.3	6	0	W	20-9
01/03	at 49ers	S	11	44	4.0	9	0	2	39	19.5	29	0	W	26-23
2020 TOTALS			12-12	141	681	4.8	29T	5	37	287	7.8	29	4	12-4

+ - Overtime

**CHRIS CARSON'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/08	Bengals	S	15	46	3.1	21	1	6	34	5.7	10t	1	W	21-20
09/15	at Steelers	S	15	60	4.0	21	0	3	27	9.0	10	0	W	28-26
09/22	Saints	S	15	52	3.5	22	0	1	-2	-2.0	-2	0	L	27-33
09/29	at Cardinals	S	22	104	4.7	12	0	4	41	10.3	17	0	W	27-10
10/03	Rams	S	27	118	4.4	14	0	1	5	5.0	5t	1	W	30-29
10/13	at Browns	S	24	124	5.2	25	1	4	35	8.8	21	0	W	32-28
10/20	Ravens	S	21	65	3.1	9	0	3	9	3.0	10	0	L	16-30
10/27	at Falcons	S	20	90	4.5	19	1	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	S	16	105	6.6	59	0	2	28	14.0	15	0	W	40-34+
11/11	at 49ers	S	25	89	3.6	9	1	3	12	4.0	5	0	W	27-24+
11/24	at Eagles	S	8	26	3.3	6	0	4	31	7.8	13	0	W	17-9
12/02	Vikings	S	23	102	4.4	25	1	1	7	7.0	7	0	W	37-30
12/08	at Rams	S	15	76	5.1	13	0	3	15	5.0	5	0	L	12-28
12/15	at Panthers	S	24	133	5.5	23	2	1	4	4.0	4	0	W	30-24
12/22	Cardinals	S	8	40	5.0	16	0	1	20	20.0	20	0	L	13-27
12/29	49ers												L	21-26
INJURED RESERVE														
2019 TOTALS		15-15	278	1,230	4.4	59	7	37	266	7.2	21	2	11-5	

+ - Overtime

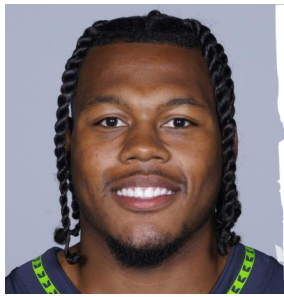
**CHRIS CARSON'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/09	at Broncos	S	7	51	7.3	24	0	3	28	9.3	14	0	L	24-27
09/17	at Bears	S	6	24	4.0	9	0	0	0	0.0	0	0	L	17-24
09/23	Cowboys	S	32	102	3.2	13	1	2	22	11.0	19	0	W	24-13
09/30	at Cardinals												W	20-17
10/07	Rams	S	19	116	6.1	21	0	1	11	11.0	11	0	L	31-33
10/14	at Raiders	S	14	59	4.2	21	0	0	0	0.0	0	0	W	27-3
10/28	at Lions	S	25	105	4.2	12	1	2	19	9.5	17	0	W	28-14
11/04	Chargers	S	8	40	5.0	15	0	0	0	0.0	0	0	L	17-25
11/11	at Rams												L	31-36
11/15	Packers	S	17	83	4.9	15	1	0	0	0.0	0	0	W	27-24
11/25	at Panthers	S	16	55	3.4	16	1	2	8	4.0	6	0	W	30-27
12/02	49ers	S	13	69	5.3	23	0	3	39	13.0	27	0	W	43-16
12/10	Vikings	S	22	90	4.1	11	1	0	0	0.0	0	0	W	21-7
12/16	at 49ers	S	22	119	5.4	26	1	6	29	4.8	10	0	L	23-26+
12/23	Chiefs	S	27	116	4.3	17	2	0	0	0.0	0	0	W	38-31
12/30	Cardinals	S	19	122	6.4	61	1	1	7	7.0	7	0	W	27-24
2018 TOTALS		14-14	247	1,151	4.7	61	9	20	163	8.2	27	0	10-6	

+ - Overtime

**CHRIS CARSON'S 2017 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/10	at Packers	S	6	39	6.5	30	0	1	10	10.0	10	0	L	9-17
09/17	49ers	P	20	93	4.7	16	0	1	7	7.0	7	0	W	12-9
09/24	at Titans	S	11	34	3.1	7	0	2	18	9.0	10t	1	L	27-33
10/01	Colts	S	12	42	3.5	11	0	3	24	8.0	9	0	W	46-18
10/22	at Giants												W	24-7
10/29	Texans												W	41-38
11/05	Washington												L	14-17
11/09	at Cardinals												W	22-16
11/20	Falcons												L	31-34
11/26	at 49ers												W	24-13
12/03	Eagles												W	24-10
12/10	at Jaguars												L	24-30
12/17	Rams												L	7-42
12/24	at Cowboys												W	21-12
12/31	Cardinals												L	24-26
2017 TOTALS		4-3	49	208	4.2	30	0	7	59	8.4	10T	1	8-7	



# 1 | WIDE RECEIVER DEE ESKRIDGE

**Height:** 5-9      **Weight:** 190  
**College:** Western Michigan  
**Season:** Rookie  
**Born:** March 23, 1997  
**Hometown:** Bluffton, Ind.

## 2021 SEASON:

10/03 at SF: Inactive (concussion).  
 09/26 at Min: Inactive (concussion).  
 09/19 vs. Ten: Inactive (concussion).  
 09/12 at Ind: Saw action in first NFL game, recording one catch for six yards and rushed two times for 22 yards. Left game in the 4th quarter with a concussion.

## TRANSACTIONS:

04/30/21: Drafted by Seattle (2nd round, 56th overall)  
 10/07/21: Placed on IR (concussion)

**COLLEGE:** Eskridge had 25 catches for 660 yards and seven touchdowns as a senior in just five games, averaging 26.4 yards per reception, and in his career had 113 catches for 2,136 yards and 14 scores in 44 games. He also averaged 28.8 yards per kick return in 2020 and had a 100-yard return

touchdown. Returned to a full-time receiver in 2020, earning first-team All-MAC honors on offense and as a kick returner while also being named the MAC Special Teams Player of the Year. He led the FBS with 213 all-purpose yards per game, ranked fourth with 130.7 receiving yards per game and 23.1 yards per reception (34 receptions, 784 yards, eight touchdowns). In 2019, started two games each at wide receiver and cornerback but his season was cut short due to a clavicle injury and redshirted the season. Recorded 14 tackles and four passes defended during his time on defense.

**PERSONAL:** Attended Bluffton High and was a three-star prospect, according to 247Sports.com and ESPN.com. Ranked the No. 23 prospect in Indiana by 247Sports.com. Was Bluffton High School's all-time leader in touchdowns and a 2015 Indiana All-State Honorable Mention selection by the Associated Press, running for 1,020 yards and 16 touchdowns. Also participated in track, winning the 100 meters, 200 meters and long jump at the Marion boys track regional in 2015 and 2016. Also won 60-meter dash indoor in 2015. Majored in recreation/sport management.

## DEE ESKRIDGE'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2021	Seahawks	1	0	1	6	6.0	6	0	2	22	11.0	13	0
NFL TOTALS		1	0	1	6	6.0	6	0	2	22	11.0	13	0

## DEE ESKRIDGE'S NFL REGULAR SEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2021	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0.0	0	0	0	0	0	0.0	0	0

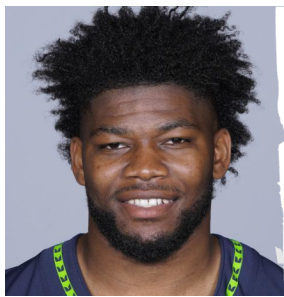
## DEE ESKRIDGE'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

<b>Rush Attempts</b>	2 at Indianapolis Colts, Sep 12, 2021	<b>Receiving Yards</b>	6 at Indianapolis Colts, Sep 12, 2021
<b>Rushing Yards</b>	22 at Indianapolis Colts, Sep 12, 2021	<b>Longest Receptions</b>	6 at Indianapolis Colts, Sep 12, 2021
<b>Longest Runs</b>	13 at Indianapolis Colts, Sep 12, 2021	<b>All-Purpose Yards</b>	28 at Indianapolis Colts, Sep 12, 2021
<b>Receptions</b>	1 at Indianapolis Colts, Sep 12, 2021		

## DEE ESKRIDGE'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	P	1	6	6.0	6	0	2	22	11.0	13	0	W	28-16
09/19	Titans												L	30-33+
09/26	at Vikings												L	17-30
10/03	at 49ers												W	28-21
10/07	Rams												L	17-26
10/17	at Steelers												L	20-23+
2021 TOTALS		1-0	1	6	6.0	6	0	2	22	11.0	13	0	2-4	

+ - Overtime



# 20 | RUNNING BACK RASHAAD PENNY

Height: 5-11    Weight: 220  
College: San Diego State  
Seasons: NFL : 4th, Seahawks 4th  
Born: February 2, 1996  
Hometown: Norwalk, Calif.

## 2021 SEASON:

09/26 at Min: Inactive (calf).  
09/19 vs. Ten: Inactive (calf).  
09/12 at Ind: Left the game in the first half due to injury (calf).

## TRANSACTIONS:

04/26/18: Drafted by Seattle (1st round, 27th overall)  
12/14/19: Placed on IR (knee)  
09/05/20: Placed on PUP (knee)  
12/19/20: Activated from PUP  
10/02/21: Placed on IR (calf)

## NFL CAREER HIGHLIGHTS:

- Spent 13 weeks on the physically unable to perform list and made his return from a torn ACL at Washington (12/20/20). Saw action in three games and was inactive for the wild card game vs. the L.A. Rams.
- Was unable to finish his 2019 season after a knee injury in Week 14 landed him on injured reserve. Had 65 rushes for 370 yards (5.7 avg.) and three touchdowns on the season, in addition to a receiving touchdown.
- Scored a career-long 58-yard TD run in Week 12 of 2019 at Philadelphia, when he also rushed for a career-long 129 yards on 14 carries (9.2 avg.).

- Finished third on the team in rushing his rookie season with 85 attempts for 419 yards and one 100-yard rushing game.

**COLLEGE:** Did not miss a game at San Diego State, playing in all 54 games with 18 starts. For his career, recorded 3,656 yards rushing on 488 carries (7.5 avg.) and 38 rushing TDs, in addition to 479 receiving yards and 6 receiving TDs. Finished his career tied for the most career kick return touchdowns (7) and return (KR/PR) touchdowns (8) in NCAA FBS history. Four of his seven kick return touchdowns went for 100 yards which was just one shy of tying a NCAA FBS record. Averaged 7.49 yards per carry, the third-best mark in NCAA FBS play since 1996 (min. 400 att.).

**PERSONAL:** A three-time letter-winner at Norwalk High School in Norwalk, Calif. Rushed for 2,504 yards and 41 touchdowns on 216 carries as a senior. Also caught 21 passes for 665 yards and 10 touchdowns. Racked up 3,416 all-purpose yards. Over his career, amassed 5,124 rushing yards on 496 carries (10.33 avg.). Scored 103 touchdowns, including 80 on the ground. Made 68 tackles on defense as a senior and 90 overall. Was named the Suburban League MVP as a senior, while earning first-team all-Suburban League honors his final three years. Named first-team all-state. Rashaad Armein Penny was born Feb. 2, 1996, in Norwalk, Calif. Son of Robert and Desiree. Majored in interdisciplinary studies.

## RASHAAD PENNY'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	14	0	85	419	4.9	38	2	9	75	8.3	24	0
2019	Seahawks	10	0	65	370	5.7	58t	3	8	83	10.4	30	1
2020	Seahawks	3	0	11	34	3.1	7	0	0	0	0.0	0	0
2021	Seahawks	1	0	2	8	4.0	4	0	0	0	0.0	0	0
NFL TOTALS		28	0	163	831	5.1	58T	5	17	158	9.3	30	1

## RASHAAD PENNY'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	1	0	4	29	7.3	28	0	0	0	0.0	0	0
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		1	0	4	29	7.3	28	0	0	0	0.0	0	0

## RASHAAD PENNY'S NFL REGULAR SEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2018	Seahawks	8	140	17.5	23	0	0	0	0	0.0	0	0
2019	Seahawks	3	44	14.7	21	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2021	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		11	184	16.7	23	0	0	0	0	0.0	0	0

## RASHAAD PENNY'S NFL POSTSEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2018	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2019	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0.0	0	0	0	0	0	0.0	0	0

# RASHAAD PENNY'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

<b>Rush Attempts</b>	15 vs. Minnesota Vikings, Dec 02, 2019	<b>Receiving TDs</b>	1 vs. Minnesota Vikings, Dec 02, 2019
<b>Rushing Yards</b>	129 at Philadelphia Eagles, Nov 24, 2019	<b>All-Purpose Yards</b>	129 at Philadelphia Eagles, Nov 24, 2019
<b>Longest Runs</b>	58t at Philadelphia Eagles, Nov 24, 2019	<b>Kickoff Returns</b>	3 at Arizona Cardinals, Sep 30, 2018
<b>Rushing TDs</b>	1 vs. Minnesota Vikings, Dec 02, 2019 ...4 more at 1.	<b>Kickoff Return Yards</b>	65 at Arizona Cardinals, Sep 30, 2018
<b>Receptions</b>	4 vs. Minnesota Vikings, Dec 02, 2019 ...1 more at 4.	<b>Longest Kickoff Return</b>	23 at Arizona Cardinals, Sep 30, 2018 ...1 more at 23.
<b>Receiving Yards</b>	35 at Denver Broncos, Sep 09, 2018	<b>Most TDs</b>	2 vs. Minnesota Vikings, Dec 02, 2019
<b>Longest Receptions</b>	30 vs. Los Angeles Rams, Oct 03, 2019	<b>Rushing Average</b>	9.3 vs. San Francisco 49ers, Dec 02, 2018

# RASHAAD PENNY'S 100-YARD RUSHING GAMES (2): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
11/24/19	at Eagles	14	129	9.2	58t	1
11/11/18	at Rams	12	108	9.0	38	1

# RASHAAD PENNY'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/12	at Colts	P	2	8	4.0	4	0	0	0	0.0	0	0	W	28-16
09/19	Titans												L	30-33+
09/26	at Vikings												L	17-30
10/03	at 49ers												W	28-21
10/07	Rams												L	17-26
10/17	at Steelers												L	20-23+
<b>2021 TOTALS</b>		<b>1-0</b>	<b>2</b>	<b>8</b>	<b>4.0</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>2-4</b>	

+ - Overtime

# RASHAAD PENNY'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons												W	38-25
09/20	Patriots												W	35-30
09/27	Cowboys												W	38-31
10/04	at Dolphins												W	31-23
10/11	Vikings												W	27-26
10/25	at Cardinals												L	34-37+
11/01	49ers												W	37-27
11/08	at Bills												L	34-44
11/15	at Rams												L	16-23
11/19	Cardinals												W	28-21
11/30	at Eagles												W	23-17
12/06	Giants												L	12-17
12/13	Jets												W	40-3
12/20	at Washington	P	2	6	3.0	6	0	0	0	0.0	0	0	W	20-15
12/27	Rams	P	3	9	3.0	6	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	P	6	19	3.2	7	0	0	0	0.0	0	0	W	26-23
<b>2020 TOTALS</b>		<b>3-0</b>	<b>11</b>	<b>34</b>	<b>3.1</b>	<b>7</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0</b>	<b>12-4</b>	

+ - Overtime

**RASHAAD PENNY'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

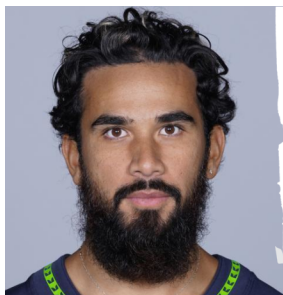
DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/08	Bengals	P	6	18	3.0	5	0	0	0	0.0	0	0	W	21-20
09/15	at Steelers	P	10	62	6.2	37t	1	1	3	3.0	3	0	W	28-26
09/22	Saints						INACTIVE						L	27-33
09/29	at Cardinals						INACTIVE						W	27-10
10/03	Rams	P	6	18	3.0	8	0	2	31	15.5	30	0	W	30-29
10/13	at Browns						INACTIVE						W	32-28
10/20	Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-30
10/27	at Falcons	P	8	55	6.9	17	0	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	P	4	12	3.0	6	0	0	0	0.0	0	0	W	40-34+
11/11	at 49ers	P	2	2	1.0	2	0	0	0	0.0	0	0	W	27-24+
11/24	at Eagles	P	14	129	9.2	58t	1	0	0	0.0	0	0	W	17-9
12/02	Vikings	P	15	74	4.9	13	1	4	33	8.3	13t	1	W	37-30
12/08	at Rams	P	0	0	0.0	0	0	1	16	16.0	16	0	L	12-28
12/15	at Panthers						INJURED RESERVE						W	30-24
12/22	Cardinals						INJURED RESERVE						L	13-27
12/29	49ers						INJURED RESERVE						L	21-26
<b>2019 TOTALS</b>		<b>10-0</b>	<b>65</b>	<b>370</b>	<b>5.7</b>	<b>58T</b>	<b>3</b>	<b>8</b>	<b>83</b>	<b>10.4</b>	<b>30</b>	<b>1</b>	<b>11-5</b>	

+ - Overtime

**RASHAAD PENNY'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)**

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/09	at Broncos	P	7	8	1.1	5	0	4	35	8.8	15	0	L	24-27
09/17	at Bears	P	10	30	3.0	10	0	0	0	0.0	0	0	L	17-24
09/23	Cowboys	P	3	5	1.7	5	0	0	0	0.0	0	0	W	24-13
09/30	at Cardinals	P	9	49	5.4	15	0	0	0	0.0	0	0	W	20-17
10/07	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	31-33
10/14	at Raiders	P	9	43	4.8	13	0	2	27	13.5	24	0	W	27-3
10/28	at Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-14
11/04	Chargers	P	4	11	2.8	9	0	3	13	4.3	6	0	L	17-25
11/11	at Rams	P	12	108	9.0	38	1	0	0	0.0	0	0	L	31-36
11/15	Packers	P	8	46	5.8	30	0	0	0	0.0	0	0	W	27-24
11/25	at Panthers	P	4	4	1.0	2	0	0	0	0.0	0	0	W	30-27
12/02	49ers	P	7	65	9.3	20t	1	0	0	0.0	0	0	W	43-16
12/10	Vikings	P	8	44	5.5	17	0	0	0	0.0	0	0	W	21-7
12/16	at 49ers						INACTIVE						L	23-26+
12/23	Chiefs						INACTIVE						W	38-31
12/30	Cardinals	P	4	6	1.5	3	0	0	0	0.0	0	0	W	27-24
<b>2018 TOTALS</b>		<b>14-0</b>	<b>85</b>	<b>419</b>	<b>4.9</b>	<b>38</b>	<b>2</b>	<b>9</b>	<b>75</b>	<b>8.3</b>	<b>24</b>	<b>0</b>	<b>10-6</b>	

+ - Overtime



15

WIDE RECEIVER

JOHN URSUA

Height: 5-9

Weight: 182

College:

Hawaii

Seasons:

NFL : 3rd, Seahawks 3rd

Born:

January 17, 1994

Hometown:

Kailua-Kona, Hawaii

Pronunciation:

err-SOO-uh

**TRANSACTIONS:**

04/27/19: Drafted by Seattle (7th round, 236th overall)

09/08/20: Waived by Seattle

09/09/20: Signed to Seattle's PS

08/23/21: Placed on IR (knee)

**NFL CAREER HIGHLIGHTS:**

- Has seen action in three games, all in 2019. Spent the 2020 season on the practice squad.

**COLLEGE:** Played in 33 games in his career and recorded 189 receptions for 2,662 yards (14.1 avg.), 24 receiving TDs, and two rushing TDs. Named to the All Mountain West First Team as a RS Junior in 2018. Led the nation in receiving touchdowns with 16. Also had one rushing score at Army (Sept. 15). Ranked fifth nationally in receiving yards (1,343) and eighth in receiving yards per game (103.3). Mountain West leader in receiving TDs, receiving yards, receiving yards per game, and total touchdowns. In 2017, played in

six games before suffering a season ending injury vs. San José State. Entered that game leading the nation in receiving yards per game (130.6) and second in receptions per game (9.2). Finished the year with 47 receptions, 667 yards, and 5 TDs while averaging 14.2 yards per catch.

**PERSONAL:** Prior To UH, served a two year church mission in Paris, France. A 2012 graduate of Cedar High School in Saratoga, Utah. Earned a total of 12 varsity letters in football, baseball and track and field. Named Region 9 Offensive Most Valuable Player in his senior season, throwing for 1,005 yards and 10 touchdowns, and rushing for 1,539 and 16 touchdowns as quarterback at Cedar High School. Named all Valley Offensive Most Valuable Player and received class 4A all state honorable mention as a junior at Westlake High School, where he threw for 1,478 yards and 21 touchdowns, rushing for 723 yards with 14 touchdowns. Born in Kailua Kona, Hawai'i. Nickname is "J Dub". Majored in human development and family studies. Speaks both French and Hawaiian. Has two older brothers and two older sisters. Parents are Larry and Laurie Ursua of Kailua Kona, Hawai'i.

**JOHN URSUA'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	3	0	1	11	11.0	11	0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2021	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		3	0	1	11	11.0	11	0	0	0	0.0	0	0

**JOHN URSUA'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS**

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		1	0	0	0	0.0	0	0	0	0	0.0	0	0

**JOHN URSUA'S SINGLE-GAME HIGHS: RECEIVING**

**Receptions** 1 vs. San Francisco 49ers, Dec 29, 2019  
**Receiving Yards** 11 vs. San Francisco 49ers, Dec 29, 2019

**Longest Receptions** 11 vs. San Francisco 49ers, Dec 29, 2019  
**All-Purpose Yards** 11 vs. San Francisco 49ers, Dec 29, 2019



39

CORNERBACK

NIGEL WARRIOR

Height: 6-1

Weight: 197

College:

Tennessee

Seasons:

NFL : 2nd, Seahawks 1st

Born:

December 14, 1997

Hometown:

College Park, Ga.

**TRANSACTIONS:**

05/05/20: Signed by Baltimore as an UDFA  
 09/05/20: Released by Baltimore  
 09/22/20: Signed to Baltimore's PS  
 08/31/21: Released by Baltimore  
 09/01/21: Claimed by Seattle off waivers  
 09/07/21: Placed on IR

**NFL CAREER HIGHLIGHTS:**

- Spent the 2020 season on Baltimore's practice squad.

**COLLEGE:** Played in 49 games (38 starts) at safety for the Vols, collecting 239 tackles (144 solo), 7.5 tackles for loss, 18 passes defended, five interceptions, 1.0 sack and three forced fumbles. As a senior (2019), started all 13 games at safety, en route to earning AP All-SEC first-team honors, All-SEC second-team honors (voted by the coaches) and PFF College All-SEC

second-team honors. Tied for the SEC lead in interceptions (4) and ranked third on the team with 70 tackles (39 solo), adding two tackles for loss and nine passes defended. In 2018, was voted a team captain and started all 12 games at safety, ranking second on the Vols with 64 tackles (41 solo). Started all 12 games as a sophomore and finished second on the team and 13th in the SEC in tackles (83). As a freshman, played in all 12 games (one start) at safety...Had 22 tackles (19 solo) and one tackle for loss, earning SEC All-Freshman honors.

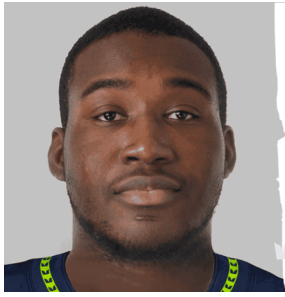
**PERSONAL:** Prepped at Peachtree Ridge (Suwanee, Ga.) High. As a senior in 2016, recorded 30 tackles and three interceptions, earning U.S. Army All-American and Class 5A first-team All-State honor... Father, Dale Carter, was a two-time All-American defensive back at Tennessee from 1990-91. He became a four-time Pro Bowler with the Kansas City Chiefs and ended his 14-year NFL career with the Baltimore Ravens (2004-05). Majored in sociology at Tennessee.

**NIGEL WARRIOR'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

				TACKLES								INTERCEPTIONS						FUMBLES				ST						MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A		
2020	Ravens	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2021	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		

**NIGEL WARRIOR'S NFL POSTSEASON DEFENSIVE STATISTICS**

				TACKLES								INTERCEPTIONS						FUMBLES				ST						MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A		
2020	Ravens	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		



48

DEFENSIVE END

MARCUS WEBB

Height: 6-2

Weight: 247

College:

Troy

Seasons:

NFL : 1st, Seahawks 1st

Born:

September 4, 1997

Hometown:

Decatur, Ala.

## TRANSACTIONS:

05/04/20: Signed by Seattle as a UDFA

08/15/20: Waived/non-football injury by Seattle

05/13/21: Signed by Seattle as a FA

05/27/21: Placed on IR

Played 48 games for the Trojans and had 77 tackles (31 solo), 20.5 tackles for loss, 11.5 sacks and two blocked kicks in his career (2016-19). Earned his third straight All-Sun Belt honor in 2019 as he was named to the third-

team after he finished fifth in the league with 6.0 sacks. He was named the Sun Belt Defensive Player of the Week following a three-sack performance against Georgia Southern; the total ranks as the third-most in a game in Troy history. Was an honorable mention All-Sun Belt selection in 2017 and 2018. At Austin High, named to the AL.com Huntsville All-Metro first-team after recording 91 tackles, 23 tackles for loss and 22 sacks as a senior. Helped lead Austin to an 11-4 record and a trip to the Alabama 6A State semifinals. Rated among the top 100 players in Alabama by 247 Sports. Majored in criminal justice.

## MARCUS WEBB'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES				ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2021	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0



# 3 | QUARTERBACK RUSSELL WILSON

**Height:** 5-11    **Weight:** 215  
**College:** Wisconsin  
**Seasons:** NFL : 10th, Seahawks 10th  
**Born:** November 29, 1988  
**Hometown:** Richmond, Va.



**AP**  
2ND TEAM

## '19 2021 SEASON:

Leads the NFL with a 125.3 passer rating.

10/17 at PIT: Missed first-career game (right finger), ending his consecutive games started streak, the sixth-longest in NFL history. His 149 consecutive games played ranks second in franchise history (Jon Ryan - 159).

10/07 vs. LAR: Left game due to injury (right finger). Exited the game early in the fourth quarter and did not return.

10/03 at SF: Won his 100th game, becoming the second QB in NFL history to win 100 games in their first 10 seasons. Recorded a passer rating of 116.0 and joined John Hadl (1973) & Milt Plum (1960) as the only players in NFL history w/ a rating of 110-or-higher and no int. in each of his team's first four games of a season.

09/12 at Ind: Tossed four TDs, his 11th-career game with 4+ TD passes and 0 INT - the most by a player in his first 10 seasons in NFL history. His 152.3 passer rating was the second highest of his career and third best in club history.

## TRANSACTIONS:

04/27/12: Drafted by Seattle (3rd round, 75th overall)

07/31/15: Signed multi-year contract extension with Seattle

04/17/19: Signed multi-year contract extension with Seattle

10/15/21: Placed on IR (finger)

## NFL CAREER HIGHLIGHTS:

- Has started every game played with 160 straight (144 regular season, 16 postseason). His regular season starts are the second-longest active streak in the NFL. His career passer rating (101.7), home rating (104.8) and road rating (98.6) all rank fourth in NFL history.

- Has 35 fourth-quarter victories when trailing or tied in the fourth quarter, the most in the NFL since 2012 (regular season & postseason).

- Ranks second for the most passing touchdowns in a player's first nine seasons in NFL history with 267 (Peyton Manning, 275). Is the only quarterback in NFL history with a winning record in each of his first nine seasons. Is the NFL's all-time winningest quarterback in a player's first nine seasons with 98. Is the NFL's all-time winningest quarterback in a player's first nine seasons, including postseason, with 107. Is the NFL's all-time winningest quarterback at home in a player's first nine seasons with 55.

- Joined Peyton Manning (2012-14) as the only quarterbacks in NFL history with 30-plus pass touchdowns & a 100-plus passer rating in three consecutive seasons (2018-20). Joined Kurt Warner, Tom Brady and Drew Brees as the only non-first-round quarterbacks to throw 40 passing touchdowns in a single season in NFL history. Joined Drew Brees (nine consecutive seasons) and Brett Favre (five) as the only players with 30 touchdown passes in at least four consecutive seasons in NFL history. Joined Peyton Manning as the only players in NFL history to record at least 3,000 passing yards and 20 touchdowns in each of their first nine seasons.

- Owns 26 major franchise records for a quarterback: Career (101.7), single-season (110.9 in 2018) and single-game (158.3) passer rating; Career (33,946), single-season (4,219 in 2016) and single-game (452) most passing yards; Career (267), single-season (40 in 2020) and single-game (5) most touchdown passes; Career (2,820) and single-season completions (384 in

2020); Career (4,335) passing attempts; Career (65.05), single-season (68.82 in 2020) and single-game (88.57) completion percentage; Career (20) and single-season (5) 300-yard passing games; Most consecutive passes without an interception (220 from 2018-19); Career (803), single-season (118 in 2014) and single-game (14) rushing attempts by a quarterback; Career (4,506), single-season (849 in 2014) and single-game (122) rushing yards by a quarterback; Owns the top-16 rushing yard games by a quarterback; 11 NFC Player of the Week awards are the most in club history.

- In Week 1 at Atlanta (9/13/20), became the second quarterback in NFL history (HOF Steve Young) to record 30,000 passing yards and 4,000 rushing yards in a career, becoming the fifth quarterback to reach 4,000 yards. Also completed 31 of 35 attempts for an 88.57 completion percentage, the third-highest in NFL history (min. 30 att.).

- Broke his own club records in a season for most touchdowns (career-high 40), completions (career-high 384) and completion percentage (career-high 68.82), helping lead team to franchise-record 459 points scored.

- Was the fourth-fastest quarterback to 100 combined wins (regular & postseason) after Week 5's win vs. Minnesota (10/11) and became the first player in franchise history to have five touchdown passes in consecutive weeks, becoming the fifth player in NFL history to accomplish that feat.

- In 2019, set career-low with five interceptions, while passing for over 4,000 yards for the third time in his career. Joined Peyton Manning as the only quarterbacks in NFL history to pass for at least 3,000 yards and 20 touchdowns in each of their first eight seasons.

- In 2018, broke his own franchise record with a career-high 35 touchdown passes, bringing his career total to 196, which is the most in club history, and third most in the NFL in a quarterback's first seven seasons.

- In 2017, led the NFL and tied his franchise-record with 34 touchdown passes, and set a career-high with 553 attempts. Threw 19 touchdown passes in the fourth quarter in 2017, an NFL record. Became the first quarterback in NFL history with at least 30 touchdown passes and 500 rushing yards in multiple seasons.

- Set career-highs in 2016 in attempts (546), completions (353) and yards (4,219).

- In 2015, became first Seahawks quarterback to lead the NFL in passer rating (110.1). Set club single-season records for passing yards (4,024), touchdowns (34) and completion percentage (68.1). Became first player in NFL history to pass for more than 4,000 yards, rush for more than 500 yards and have 30 or more touchdown passes. Was selected to his fourth consecutive Pro Bowl in as many years in the league.

- Started all 16 games in 2014, completing 285 of 452 passes (63.1%) for a career-high 3,475 yards, a passer rating of 95.0, 20 touchdowns and a career-low seven interceptions. Also set career-high in rushes (118), rushing yards (849) and rushing touchdowns (six).

- Became the third youngest quarterback in NFL history to win the Super Bowl, leading the team to a 43-8 win over the Denver Broncos in Super Bowl XLVIII, completing 18 of 25 (72.0%) passes for 206 yards, two touchdowns and a 123.1 passer rating.

- Started all 16 games in his second season, completing 257 of 407 passes (63.1%) with career highs in yards (3,357) and passer rating (101.2), tying a career high with 26 touchdowns, and a career-low nine interceptions. Added one rushing touchdown while setting career-highs with 96 rushes for 539 yards.

- Tied Peyton Manning's 1998 record for most touchdown passes by a rookie (26) in 2012. Became the first rookie in NFL history to lead his team to an undefeated home record. Set a club record with a 100.0 passer rating - second-best ever by a rookie and 64.1 completion percentage was third all-time.

- Set an all-time NFL record for a rookie at Miami with 16 consecutive completions. That game also marked his third-consecutive game with a 125.0 or better passer rating, also a record for a rookie. Became the first player in NFL history to record three rushing touchdowns and pass for a touchdown in the first half of a game (at Buffalo, 12/16). Set franchise record for most rushing yards in a season by a quarterback (489), most rushing yards in a game (92) and most rushing touchdowns in a game (3) by a quarterback at Buffalo.

- Started all 16 games as a rookie, completing 252 of 393 passes (64.1%) for 3,118 yards and 26 TDs and a 100.0 passer rating. Also ran 94 times for 489 yards with four touchdowns.

**HONORS:** 2020: Pro Bowl, Walter Payton NFL Man of the Year, NFC Offensive Player of the Month for September, NFC Offensive Player of the Week vs. Atlanta (9/13/20), NFC Offensive Player of the Week vs. Dallas (9/27/20). 2019: Pro Bowl, Associated Press Second-Team All-Pro, NFC Offensive Player of the Week at Pittsburgh (9/15/19), NFC Offensive Player of the Week vs. Tampa Bay (11/3/19). 2018: Pro Bowl. 2017: Pro Bowl, NFC Offensive Player of the Week vs. Philadelphia (12/03/18), NFC Offensive Player of the Week vs. Houston (10/29/17). 2015: Pro Bowl, NFC Offensive Player of the Week vs. Steelers (11/29/15). 2014: Pro Bowl, NFC Offensive Player of the Week at Redskins (10/6/14), NFC Offensive Player of the Week at Cardinals (12/21/14). 2013: NFC Pro Bowl, NFC Offensive Player of the Week vs. Saints (12/2/13). 2012: Pro Bowl, Pepsi Max NFL Rookie of the Year, Sports Illustrated Offensive Rookie of the Year.

**COLLEGE:** Wilson started 50 consecutive games, throwing 379 consecutive passes without an interception to establish an NCAA Football Bowl Sub-division record. Completed 907 of 1,489 passes (60.9%) for 11,720 yards, 109 touchdowns and 29 interceptions. Rushed 441 times for 1,421 yards (3.2 avg.) and 23 touchdowns, becoming the fifth player in the NCAA FBS ranks to rush for over 1,000 yards and throw for over 5,000 yards in a career. During his 36-game career at North Carolina State, Wilson connected on 682 of 1,180 passes (57.8%) for 8,545 yards, 76 touchdowns and 25 interceptions, as he piled up 9,628 yards in total offense and was responsible for 93 touchdowns, in addition to rushing 362 times for 1,083

yards (2.9 avg.) and 17 scores. Finished his Wolfpack career ranking second in school annals for pass attempts and touchdown passes, and third for pass completions, pass completion percentage and yards in total offense. His eight 300-yard passing games in 2010 rank second on the NC State season-record chart, while his total of 12 300-yard efforts for the Wolfpack rank second on the career list. Set NC State season-records with 308 pass completions in 2009, ranking second with 527 pass attempts, 3,563 yards passing and 3,998 yards in total offense in 2010, along with 31 touchdown tosses in 2009. His 28 touchdown throws in 2010 rank third and his 3,287 yards in total offense in 2009 rank fourth on the State annual record chart. His five touchdown passes vs. Florida State in 2009 tied the Wolfpack single-game record. In just one season at Wisconsin, Wilson connected on 225 of 309 passes (72.8%) for 3,175 yards, 33 touchdowns and only four interceptions, adding 79 carries for 338 yards (4.2 avg.) and six scores, compiling an NCAA record 191.7 pass efficiency rating and gaining 3,513 yards in total offense, along with being responsible for 39 touchdowns.

**PERSONAL:** Attended Collegiate High in Richmond, playing football and baseball. Earned all-state, all-region and all-district honors, in addition to being named the 2005 Richmond Times-Dispatch Player of the Year as a junior. That season, Wilson threw for 3,287 yards and 40 touchdowns while rushing for another 634 yards and 15 scores. The Cougars won the state title, as the team compiled a perfect 11-0 record. In 2006, was featured in Sports Illustrated's "Faces in the Crowd" for his state title game performance after completing 21-37 passes for 291 yards and two touchdowns while rushing 30 times for 223 yards and three more scores in a 38-17 win. Passed for 3,009 yards, 34 touchdowns and just seven interceptions as a senior. Also rushed for 1,132 yards, adding 18 more scores while again earning all-state, all-conference and conference player of the year accolades. On the baseball diamond, the shortstop batted .467 as a senior, enticing the Colorado Rockies to begin following him to North Carolina State and drafting him in the fourth round of the 2010 major league baseball draft. Communications major. His father, the late Harrison Wilson, III, played football and baseball at Dartmouth and was on the San Diego Chargers preseason squad. His older brother, Harrison, IV, played football and baseball at Richmond. Married to wife, Ciara, with three children.

#### REGULAR SEASON COMPARISON: PASSING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	C	ATT	YDS.	AVG.	TD	LG	INT	SK	SKYD	RTG
12/2/13	SEA vs. NO	W	S	22	30	310	10.3	3	60	0	1	8	139.6
10/30/16	SEA @ NO	L	S	22	34	253	7.4	0	27	1	1	11	74.8
9/22/19	SEA vs. NO	L	S	32	50	406	8.1	2	54	0	0	0	102.6
<b>TOTALS</b>		<b>1/2</b>	<b>3/3</b>	<b>76</b>	<b>114</b>	<b>969</b>	<b>8.5</b>	<b>5</b>	<b>60</b>	<b>1</b>	<b>2</b>	<b>19</b>	<b>--</b>

#### RUSSELL WILSON'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

DATE	TEAM	GP	GS	PASSING											RUSHING				
				ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2012	Seahawks	16	16	393	252	64.1	3,118	7.9	26	10	67	33	203	100.0	94	489	5.2	25t	4
2013	Seahawks	16	16	407	257	63.1	3,357	8.2	26	9	80t	44	272	101.2	96	539	5.6	27	1
2014	Seahawks	16	16	452	285	63.1	3,475	7.7	20	7	80t	42	242	95.0	118	849	7.2	55	6
2015	Seahawks	16	16	483	329	68.1	4,024	8.3	34	8	80t	45	265	110.1	103	553	5.4	24	1
2016	Seahawks	16	16	546	353	64.7	4,219	7.7	21	11	59	41	293	92.6	72	259	3.6	18	1
2017	Seahawks	16	16	553	339	61.3	3,983	7.2	34	11	74t	43	322	95.4	95	586	6.2	31	3
2018	Seahawks	16	16	427	280	65.6	3,448	8.1	35	7	66	51	355	110.9	67	376	5.6	40	0
2019	Seahawks	16	16	516	341	66.1	4,110	8.0	31	5	60t	48	319	106.3	75	342	4.6	21	3
2020	Seahawks	16	16	558	384	68.8	4,212	7.5	40	13	62	47	301	105.1	83	513	6.2	38	2
2021	Seahawks	5	5	125	90	72.0	1,196	9.6	10	1	69t	13	92	125.3	17	68	4.0	16t	1
<b>TOTALS</b>		<b>149</b>	<b>149</b>	<b>4,460</b>	<b>2,910</b>	<b>65.2</b>	<b>35,142</b>	<b>7.9</b>	<b>277</b>	<b>82</b>	<b>80T</b>	<b>407</b>	<b>2,664</b>	<b>102.3</b>	<b>820</b>	<b>4,574</b>	<b>5.6</b>	<b>55</b>	<b>22</b>

# RUSSELL WILSON'S NFL POSTSEASON PASSING/RUSHING STATISTICS

				PASSING											RUSHING				
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2012	Seahawks	2	2	62	39	62.9	572	9.2	3	1	34	7	48	102.4	15	127	8.5	28	1
2013	Seahawks	3	3	68	43	63.2	524	7.7	3	0	51	7	22	101.6	11	42	3.8	16	0
2014	Seahawks	3	3	72	41	56.9	724	10.1	6	5	63t	10	58	90.3	17	86	5.1	17	1
2015	Seahawks	2	2	74	44	59.5	508	6.9	4	3	35	7	54	81.4	8	53	6.6	14	0
2016	Seahawks	2	2	60	40	66.7	449	7.5	4	2	42	6	31	97.2	9	46	5.1	14	0
2018	Seahawks	1	1	27	18	66.7	233	8.6	1	0	53	1	7	105.9	3	14	4.7	7	1
2019	Seahawks	2	2	61	39	63.9	602	9.9	2	0	53t	6	19	107.4	16	109	6.8	22	0
2020	Seahawks	1	1	27	11	40.7	174	6.4	2	1	51t	5	32	72.1	4	50	12.5	23	0
TOTALS		16	16	451	275	61.0	3,786	8.4	25	12	63T	49	271	95.3	83	527	6.3	28	3

## ADDITIONAL STATS

**Receiving:** 2014 (1 for 17 yards); 2016 (2 for 14 yards, 7.0 avg., 15 long (TD), 1 TD); **Career:** (3 for 31 yards, 10.3 avg., 17 long, 1 TD)

## RUSSELL WILSON'S SINGLE-GAME HIGHS: QUARTERBACK

<b>Pass Attempts</b>	50 at Arizona Cardinals, Oct 25, 2020 ...1 more at 50.	<b>Passer Rating</b>	158.3 at Detroit Lions, Oct 28, 2018
<b>Pass Completions</b>	33 at Arizona Cardinals, Oct 25, 2020	<b>Rush Attempts</b>	14 vs. New York Giants, Nov 09, 2014
<b>Yards Passing</b>	452 vs. Houston Texans, Oct 29, 2017	<b>Rushing Yards</b>	122 at Washington Football Team, Oct 06, 2014
<b>TD Passes</b>	5 vs. Dallas Cowboys, Sep 27, 2020 ...4 more at 5.	<b>Longest Runs</b>	55 at Arizona Cardinals, Dec 21, 2014
<b>Long Passes</b>	80t vs. Pittsburgh Steelers, Nov 29, 2015 ...2 more at 80.	<b>Rushing TDs</b>	3 at Buffalo Bills, Dec 16, 2012
<b>Completion Percentage</b>	88.6 at Atlanta Falcons, Sep 13, 2020	<b>Rushing Average</b>	15.1 at St. Louis Rams, Oct 19, 2014

## RUSSELL WILSON'S 300-YARD PASSING GAMES (21): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/29/17	TEXANS	26	452	17.4	66	4
09/22/19	SAINTS	32	406	12.7	54	2
11/08/20	at Bills	28	390	13.9	55t	2
10/25/20	at Cardinals	33	388	11.8	47t	3
11/03/19	BUCCANEERS	29	378	13.0	53t	5
09/24/17	at Titans	29	373	12.9	46	4
10/04/20	at Dolphins	24	360	15.0	57	2
12/24/16	CARDINALS	29	350	12.1	42t	4
11/13/16	at Patriots	25	348	13.9	39	3
11/29/15	STEELERS	21	345	16.4	80t	5
09/19/21	TITANS	22	343	15.6	68t	2
12/21/14	at Cardinals	20	339	17.0	80t	2
11/25/18	at Panthers	22	339	15.4	54	2
10/22/17	at Giants	27	334	12.4	38t	3
09/13/20	at Falcons	31	322	10.4	38t	4
09/08/13	at Panthers	25	320	12.8	43t	1
09/27/20	COWBOYS	27	315	11.7	62	5
10/19/14	at Rams	23	313	13.6	49	2
12/02/13	SAINTS	22	310	14.1	60	3
10/02/16	at Jets	23	309	13.4	42t	3
09/15/19	at Steelers	29	300	10.3	30	3

## RUSSELL WILSON'S 300-YARD PASSING GAMES (3): POSTSEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/13/13	at Falcons	24	385	16.0	34	2
01/17/16	at Panthers	31	366	11.8	33t	3
01/05/20	at Eagles	18	325	18.1	53t	1

# RUSSELL WILSON'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/12	at Colts	S	23	18	254	78.3	11.0	14.1	4	0	69t	3/13	152.3	5	9	11	0	W	28-16
09/19	Titans	S	31	22	343	71.0	11.1	15.6	2	0	68t	3/23	128.8	3	16	12	0	L	30-33+
09/26	at Vikings	S	32	23	298	71.9	9.3	13.0	1	0	39	2/15	111.2	3	7	4	0	L	17-30
10/03	at 49ers	S	23	16	149	69.6	6.5	9.3	2	0	28	3/20	116.0	4	26	16t	1	W	28-21
10/07	Rams	S	16	11	152	68.8	9.5	13.8	1	1	29	2/21	93.8	2	10	7	0	L	17-26
10/17	at Steelers		INJURED RESERVE															L	20-23+
2021 TOTALS		5-5	125	90	1,196	72.0	9.6	13.3	10	1	69T	13/92	125.3	17	68	16T	1	2-4	

+ - Overtime

# RUSSELL WILSON'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/13	at Falcons	S	35	31	322	88.6	9.2	10.4	4	0	38t	3/23	143.1	3	29	28	0	W	38-25
09/20	Patriots	S	28	21	288	75.0	10.3	13.7	5	1	54t	2/13	132.1	5	39	21	0	W	35-30
09/27	Cowboys	S	40	27	315	67.5	7.9	11.7	5	0	62	4/20	130.7	6	22	13	0	W	38-31
10/04	at Dolphins	S	34	24	360	70.6	10.6	15.0	2	1	57	2/17	112.4	4	5	8	0	W	31-23
10/11	Vikings	S	32	20	217	62.5	6.8	10.9	3	1	39	4/27	100.7	5	58	19	0	W	27-26
10/25	at Cardinals	S	50	33	388	66.0	7.8	11.8	3	3	47t	2/16	84.4	6	84	34	0	L	34-37+
11/01	49ers	S	37	27	261	73.0	7.1	9.7	4	0	46t	2/12	128.3	6	23	21	0	W	37-27
11/08	at Bills	S	41	28	390	68.3	9.5	13.9	2	2	55t	5/28	94.6	2	5	4	1	L	34-44
11/15	at Rams	S	37	22	248	59.5	6.7	11.3	0	2	39	6/28	57.0	8	60	15	0	L	16-23
11/19	Cardinals	S	28	23	197	82.1	7.0	8.6	2	0	25t	3/15	119.8	10	42	10	0	W	28-21
11/30	at Eagles	S	31	22	230	71.0	7.4	10.5	1	0	52	2/5	102.9	6	12	10	0	W	23-17
12/06	Giants	S	43	27	263	62.8	6.1	9.7	1	1	28t	5/47	78.0	7	45	19	0	L	12-17
12/13	Jets	S	27	21	206	77.8	7.6	9.8	4	1	20	0/0	122.6	1	-1	-1	0	W	40-3
12/20	at Washington	S	27	18	121	66.7	4.5	6.7	1	1	15	0/0	73.2	6	52	38	0	W	20-15
12/27	Rams	S	32	20	225	62.5	7.0	11.3	1	0	45	5/28	93.9	3	9	6	1	W	20-9
01/03	at 49ers	S	36	20	181	55.6	5.0	9.1	2	0	29	2/22	87.8	5	29	16	0	W	26-23
2020 TOTALS		16-16	558	384	4,212	68.8	7.5	11.0	40	13	62	47/301	105.1	83	513	38	2	12-4	

+ - Overtime

# RUSSELL WILSON'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/08	Bengals	S	20	14	195	70.0	9.8	13.9	2	0	44t	4/35	134.4	4	8	5	0	W	21-20
09/15	at Steelers	S	35	29	300	82.9	8.6	10.3	3	0	30	4/26	131.0	6	22	15	0	W	28-26
09/22	Saints	S	50	32	406	64.0	8.1	12.7	2	0	54	0/0	102.6	7	51	18	2	L	27-33
09/29	at Cardinals	S	28	22	240	78.6	8.6	10.9	1	0	32	4/15	114.3	2	7	5	0	W	27-10
10/03	Rams	S	23	17	268	73.9	11.7	15.8	4	0	40t	1/6	151.8	8	32	12	0	W	30-29
10/13	at Browns	S	33	23	295	69.7	8.9	12.8	2	0	30	3/11	117.6	9	31	16t	1	W	32-28
10/20	Ravens	S	41	20	241	48.8	5.9	12.1	1	1	48	1/0	65.2	3	27	11	0	L	16-30
10/27	at Falcons	S	20	14	182	70.0	9.1	13.0	2	0	23	2/11	131.7	4	4	5	0	W	27-20
11/03	Buccaneers	S	43	29	378	67.4	8.8	13.0	5	0	53t	3/31	133.7	1	21	21	0	W	40-34+
11/11	at 49ers	S	34	24	232	70.6	6.8	9.7	1	1	28	5/43	86.9	6	53	18	0	W	27-24+
11/24	at Eagles	S	25	13	200	52.0	8.0	15.4	1	1	38	6/26	75.4	3	15	16	0	W	17-9
12/02	Vikings	S	31	21	240	67.7	7.7	11.4	2	1	60t	2/14	98.9	4	13	7	0	W	37-30
12/08	at Rams	S	36	22	245	61.1	6.8	11.1	0	1	35	5/43	69.8	5	28	17	0	L	12-28
12/15	at Panthers	S	26	20	286	76.9	11.0	14.3	2	0	58	2/12	137.7	3	-1	1	0	W	30-24
12/22	Cardinals	S	31	16	169	51.6	5.5	10.6	1	0	23	5/36	78.6	2	2	6	0	L	13-27
12/29	49ers	S	40	25	233	62.5	5.8	9.3	2	0	24	1/10	95.1	8	29	5	0	L	21-26
2019 TOTALS		16-16	516	341	4,110	66.1	8.0	12.1	31	5	60T	48/319	106.3	75	342	21	3	11-5	

+ - Overtime

# RUSSELL WILSON'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING										RUSHING					W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/09	at Broncos	S	33	19	298	57.6	9.0	15.7	3	2	66	6/56	92.7	2	5	5	0	L	24-27
09/17	at Bears	S	36	22	226	61.1	6.3	10.3	2	1	34	6/24	86.1	3	17	9	0	L	17-24
09/23	Cowboys	S	26	16	192	61.5	7.4	12.0	2	0	52t	2/10	109.8	2	-1	0	0	W	24-13
09/30	at Cardinals	S	26	19	172	73.1	6.6	9.1	0	0	30	2/12	90.5	4	21	10	0	W	20-17
10/07	Rams	S	21	13	198	61.9	9.4	15.2	3	0	44	2/15	132.5	0	0	0	0	L	31-33
10/14	at Raiders	S	23	17	222	73.9	9.7	13.1	3	1	42	1/8	125.4	6	20	9	0	W	27-3
10/28	at Lions	S	17	14	248	82.4	14.6	17.7	3	0	45	2/11	158.3	2	15	11	0	W	28-14
11/04	Chargers	S	39	26	235	66.7	6.0	9.0	2	1	42	4/33	89.2	5	41	16	0	L	17-25
11/11	at Rams	S	26	17	176	65.4	6.8	10.4	3	0	29	4/35	123.2	9	92	21	0	L	31-36
11/15	Packers	S	31	21	225	67.7	7.3	10.7	2	0	34	3/20	110.3	5	17	12	0	W	27-24
11/25	at Panthers	S	31	22	339	71.0	10.9	15.4	2	0	54	2/17	128.3	3	4	7	0	W	30-27
12/02	49ers	S	17	11	185	64.7	10.9	16.8	4	0	52t	3/22	140.9	4	14	7	0	W	43-16
12/10	Vikings	S	20	10	72	50.0	3.6	7.2	0	1	14	2/12	37.9	7	61	40	0	W	21-7
12/16	at 49ers	S	31	23	237	74.2	7.6	10.3	2	0	35t	3/20	117.3	5	15	5	0	L	23-26+
12/23	Chiefs	S	29	18	271	62.1	9.3	15.1	3	0	45	3/17	127.2	8	57	26	0	W	38-31
12/30	Cardinals	S	21	12	152	57.1	7.2	12.7	1	1	37	6/43	75.9	2	-2	1	0	W	27-24
2018 TOTALS		16-16	427	280	3,448	65.6	8.1	12.3	35	7	66	51/355	110.9	67	376	40	0	10-6	

+ - Overtime

# RUSSELL WILSON'S 2017 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING										RUSHING					W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/10	at Packers	S	27	14	158	51.9	5.9	11.3	0	0	34	3/23	69.7	2	40	29	0	L	9-17
09/17	49ers	S	39	23	198	59.0	5.1	8.6	1	0	22	3/17	80.9	12	34	11	0	W	12-9
09/24	at Titans	S	49	29	373	59.2	7.6	12.9	4	0	46	1/9	110.3	7	26	11	0	L	27-33
10/01	Colts	S	26	21	295	80.8	11.3	14.0	2	2	41	3/12	107.5	4	38	23t	1	W	46-18
10/08	at Rams	S	37	24	198	64.9	5.4	8.3	1	1	21	3/19	76.2	5	16	9	0	W	16-10
10/22	at Giants	S	39	27	334	69.2	8.6	12.4	3	0	38t	1/13	121.1	2	10	7	0	W	24-7
10/29	Texans	S	41	26	452	63.4	11.0	17.4	4	1	66	2/6	123.2	4	30	21	0	W	41-38
11/05	Washington	S	45	24	297	53.3	6.6	12.4	2	2	30t	2/8	70.3	10	77	13	0	L	14-17
11/09	at Cardinals	S	32	22	238	68.8	7.4	10.8	2	0	54	5/26	111.2	5	19	10	0	W	22-16
11/20	Falcons	S	42	26	258	61.9	6.1	9.9	2	1	29t	3/30	85.2	7	86	17	1	L	31-34
11/26	at 49ers	S	34	20	228	58.8	6.7	11.4	2	1	26	0/0	86.4	7	25	11	1	W	24-13
12/03	Eagles	S	31	20	227	64.5	7.3	11.4	3	0	47	2/18	118.6	6	31	10	0	W	24-10
12/10	at Jaguars	S	31	17	271	54.8	8.7	15.9	3	3	74t	2/11	76.9	5	50	19	0	L	24-30
12/17	Rams	S	30	14	142	46.7	4.7	10.1	1	0	26t	7/71	71.8	5	39	15	0	L	7-42
12/24	at Cowboys	S	21	14	93	66.7	4.4	6.6	2	0	20	3/33	107.8	9	29	14	0	W	21-12
12/31	Cardinals	S	29	18	221	62.1	7.6	12.3	2	0	29t	3/26	108.5	5	36	31	0	L	24-26
2017 TOTALS		16-16	553	339	3,983	61.3	7.2	11.7	34	11	74T	43/322	95.4	95	586	31	3	9-7	

# RUSSELL WILSON'S 2016 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING										RUSHING					W/L/T	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/11	Dolphins	S	43	27	258	62.8	6.0	9.6	1	1	24	3/18	77.5	4	16	9	0	W	12-10
09/18	at Rams	S	35	22	254	62.9	7.3	11.5	0	0	53	2/15	84.7	5	14	8	0	L	3-9
09/25	49ers	S	23	15	243	65.2	10.6	16.2	1	0	59	2/17	114.9	1	3	3	0	W	37-18
10/02	at Jets	S	32	23	309	71.9	9.7	13.4	3	0	42t	2/21	133.5	5	-5	2	0	W	27-17
10/16	Falcons	S	37	25	270	67.6	7.3	10.8	0	0	25	1/9	88.8	6	7	6	0	W	26-24
10/23	at Cardinals	S	37	24	225	64.9	6.1	9.4	0	0	31	1/20	81.5	1	-2	-2	0	T	6-6+
10/30	at Saints	S	34	22	253	64.7	7.4	11.5	0	1	27	1/11	74.8	3	11	5	0	L	20-25
11/07	Bills	S	26	20	282	76.9	10.8	14.1	2	0	50	4/37	137.0	3	10	8	1	W	31-25
11/13	at Patriots	S	37	25	348	67.6	9.4	13.9	3	0	39	3/24	124.6	3	6	6	0	W	31-24
11/20	Eagles	S	31	18	272	58.1	8.8	15.1	1	0	44	1/0	97.8	8	19	7	0	W	26-15
11/27	at Buccaneers	S	33	17	151	51.5	4.6	8.9	0	2	21	6/33	38.8	8	80	17	0	L	5-14
12/04	Panthers	S	36	26	277	72.2	7.7	10.7	1	1	40	3/21	92.0	3	29	18	0	W	40-7
12/11	at Packers	S	39	22	240	56.4	6.2	10.9	1	5	31	3/22	43.7	4	19	8	0	L	10-38
12/15	Rams	S	26	19	229	73.1	8.8	12.1	3	1	57t	2/2	122.1	6	12	9	0	W	24-3
12/24	Cardinals	S	45	29	350	64.4	7.8	12.1	4	0	42t	6/37	117.8	10	36	15	0	L	31-34
01/01	at 49ers	S	32	19	258	59.4	8.1	13.6	1	0	42	1/6	95.6	2	4	4	0	W	25-23
2016 TOTALS		16-16	546	353	4,219	64.7	7.7	12.0	21	11	59	41/293	92.6	72	259	18	1	10-5-1	

+ - Overtime

# RUSSELL WILSON'S 2015 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/13	at Rams	S	41	32	251	78.0	6.1	7.8	1	1	23	6/32	90.1	8	31	10	0	L	31-34+
09/20	at Packers	S	30	19	206	63.3	6.9	10.8	2	1	32	2/1	91.8	10	78	17	0	L	17-27
09/27	Bears	S	30	20	235	66.7	7.8	11.8	1	0	30t	4/23	101.4	6	28	13	0	W	26-0
10/05	Lions	S	26	20	287	76.9	11.0	14.4	1	0	50	6/52	125.0	10	40	15	0	W	13-10
10/11	at Bengals	S	23	15	213	65.2	9.3	14.2	1	1	46	4/16	91.4	3	21	9	0	L	24-27+
10/18	Panthers	S	30	18	241	60.0	8.0	13.4	1	0	45	4/22	96.7	8	53	24	0	L	23-27
10/22	at 49ers	S	24	18	235	75.0	9.8	13.1	1	2	43t	5/23	84.5	7	20	9	0	W	20-3
11/01	at Cowboys	S	30	19	210	63.3	7.0	11.1	1	1	22t	0/0	81.2	6	32	10	0	W	13-12
11/15	Cardinals	S	32	14	240	43.8	7.5	17.1	1	1	40	2/12	67.2	6	52	20	0	L	32-39
11/22	49ers	S	29	24	260	82.8	9.0	10.8	3	0	31t	2/7	138.5	9	30	8	0	W	29-13
11/29	Steelers	S	30	21	345	70.0	11.5	16.4	5	0	80t	2/9	147.9	4	14	10	0	W	39-30
12/06	at Vikings	S	27	21	274	77.8	10.1	13.0	3	0	53t	1/8	146.0	9	51	14	1	W	38-7
12/13	at Ravens	S	32	23	292	71.9	9.1	12.7	5	0	49t	0/0	139.6	1	6	6	0	W	35-6
12/20	Browns	S	30	21	249	70.0	8.3	11.9	3	0	39	2/8	128.3	5	46	16	0	W	30-13
12/27	Rams	S	41	25	289	61.0	7.0	11.6	2	1	28	4/36	88.4	6	38	20	0	L	17-23
01/03	at Cardinals	S	28	19	197	67.9	7.0	10.4	3	0	36	1/16	123.7	5	13	9	0	W	36-6
2015 TOTALS			16-16	483	329	4,024	68.1	8.3	12.2	34	8	80T	45/265	110.1	103	553	24	1	10-6

+ - Overtime

# RUSSELL WILSON'S 2014 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/04	Packers	S	28	19	191	67.9	6.8	10.1	2	0	33t	1/0	110.9	7	29	13	0	W	36-16
09/14	at Chargers	S	25	17	202	68.0	8.1	11.9	2	0	32	2/22	119.1	2	18	13	0	L	21-30
09/21	Broncos	S	34	24	258	70.6	7.6	10.8	2	1	39t	3/20	99.9	9	40	9	0	W	26-20+
10/06	at Washington	S	24	18	201	75.0	8.4	11.2	2	0	36	3/23	127.3	11	122	29	1	W	27-17
10/12	Cowboys	S	28	14	126	50.0	4.5	9.0	0	1	53	2/0	47.6	2	12	9t	1	L	23-30
10/19	at Rams	S	36	23	313	63.9	8.7	13.6	2	0	49	3/21	110.1	7	106	52	1	L	26-28
10/26	at Panthers	S	32	20	199	62.5	6.2	10.0	1	1	23t	1/8	77.5	6	35	15	0	W	13-9
11/02	Raiders	S	35	17	179	48.6	5.1	10.5	0	0	39	1/2	63.9	8	31	19	0	W	30-24
11/09	Giants	S	17	10	172	58.8	10.1	17.2	0	2	60	2/12	53.7	14	107	26	1	W	38-17
11/16	at Chiefs	S	32	20	178	62.5	5.6	8.9	2	0	27	2/10	98.2	8	71	14	0	L	20-24
11/23	Cardinals	S	22	17	211	77.3	9.6	12.4	1	0	48	7/42	121.6	10	73	40	0	W	19-3
11/27	at 49ers	S	22	15	236	68.2	10.7	15.7	1	0	63	4/14	118.8	7	35	12	0	W	19-3
12/07	at Eagles	S	37	22	263	59.5	7.1	12.0	2	0	25	2/11	99.3	10	48	26t	1	W	24-14
12/14	49ers	S	24	12	168	50.0	7.0	14.0	1	1	47	5/30	69.4	5	27	19	0	W	17-7
12/21	at Cardinals	S	31	20	339	64.5	10.9	17.0	2	0	80t	1/10	122.9	6	88	55	1	W	35-6
12/28	Rams	S	25	17	239	68.0	9.6	14.1	0	1	38	3/17	81.9	6	7	6	0	W	20-6
2014 TOTALS			16-16	452	285	3,475	63.1	7.7	12.2	20	7	80T	42/242	95.0	118	849	55	6	12-4

+ - Overtime

# RUSSELL WILSON'S 2013 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/08	at Panthers	S	33	25	320	75.8	9.7	12.8	1	0	43t	2/20	115.7	5	7	7	0	W	12-7
09/15	49ers	S	19	8	142	42.1	7.5	17.8	1	1	51	4/24	63.9	10	33	11	0	W	29-3
09/22	Jaguars	S	21	14	202	66.7	9.6	14.4	4	1	30	2/8	117.5	2	14	10	0	W	45-17
09/29	at Texans	S	23	12	123	52.2	5.3	10.3	0	1	24	5/32	49.7	10	77	25	0	W	23-20+
10/06	at Colts	S	31	15	210	48.4	6.8	14.0	2	1	28t	2/5	78.7	13	102	22	0	L	28-34
10/13	Titans	S	31	23	257	74.2	8.3	11.2	0	0	55	2/4	98.5	10	61	23	0	W	20-13
10/17	at Cardinals	S	29	18	235	62.1	8.1	13.1	3	0	32	3/26	122.1	8	29	11	0	W	34-22
10/28	at Rams	S	18	10	139	55.6	7.7	13.9	2	0	80t	7/48	117.6	3	16	17	0	W	14-9
11/03	Buccaneers	S	26	19	217	73.1	8.3	11.4	2	2	28	0/0	91.3	6	36	16	1	W	27-24+
11/10	at Falcons	S	26	19	287	73.1	11.0	15.1	2	0	46	1/8	134.6	3	20	10	0	W	33-10
11/17	Vikings	S	18	13	230	72.2	12.8	17.7	2	0	44	1/6	151.4	2	14	12	0	W	41-20
12/02	Saints	S	30	22	310	73.3	10.3	14.1	3	0	60	1/8	139.6	8	47	15	0	W	34-7
12/08	at 49ers	S	25	15	199	60.0	8.0	13.3	1	1	39t	2/21	81.9	1	2	2	0	L	17-19
12/15	at Giants	S	27	18	206	66.7	7.6	11.4	1	1	30	4/29	86.3	8	50	16	0	W	23-0
12/22	Cardinals	S	27	11	108	40.7	4.0	9.8	1	1	28	4/19	49.6	2	32	27	0	L	10-17
12/29	Rams	S	23	15	172	65.2	7.5	11.5	1	0	47t	4/14	102.1	5	-1	8	0	W	27-9
2013 TOTALS			16-16	407	257	3,357	63.1	8.2	13.1	26	9	80T	44/272	101.2	96	539	27	1	13-3

+ - Overtime

# RUSSELL WILSON'S 2012 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING					SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	
09/09	at Cardinals	S	34	18	153	52.9	4.5	8.5	1	1	27	3/14	62.5	8	20	5	0	L	16-20
09/16	Cowboys	S	20	15	151	75.0	7.6	10.1	1	0	22t	2/18	112.7	4	28	14	0	W	27-7
09/24	Packers	S	21	10	130	47.6	6.2	13.0	2	0	41t	1/19	99.3	3	18	12	0	W	14-12
09/30	at Rams	S	25	17	160	68.0	6.4	9.4	0	3	17	2/20	45.8	7	14	8	0	L	13-19
10/07	at Panthers	S	25	19	221	76.0	8.8	11.6	1	2	30	2/9	82.3	5	12	9	0	W	16-12
10/14	Patriots	S	27	16	293	59.3	10.9	18.3	3	0	51	2/10	133.7	5	17	9	0	W	24-23
10/18	at 49ers	S	23	9	122	39.1	5.3	13.6	0	1	36	2/7	38.7	3	10	9	0	L	6-13
10/28	at Lions	S	35	25	236	71.4	6.7	9.4	2	1	19	0/0	96.8	1	9	9	0	L	24-28
11/04	Vikings	S	24	16	173	66.7	7.2	10.8	3	0	23	1/8	127.3	9	27	13	0	W	30-20
11/11	Jets	S	19	12	188	63.2	9.9	15.7	2	0	38t	4/22	131.0	7	34	18	0	W	28-7
11/25	at Dolphins	S	27	21	224	77.8	8.3	10.7	2	0	32	2/8	125.9	5	38	20	0	L	21-24
12/02	at Bears	S	37	23	293	62.2	7.9	12.7	2	0	49	2/10	104.9	9	71	13	0	W	23-17+
12/09	Cardinals	S	13	7	148	53.8	11.4	21.1	1	1	67	1/7	88.0	3	12	6	0	W	58-0
12/16	at Bills	S	23	14	205	60.9	8.9	14.6	1	0	44	2/9	104.4	9	92	25t	3	W	50-17
12/23	49ers	S	21	15	171	71.4	8.1	11.4	4	1	43	1/1	115.3	6	29	9	0	W	42-13
12/30	Rams	S	19	15	250	78.9	13.2	16.7	1	0	49	6/41	136.3	10	58	15	1	W	20-13
<b>2012 TOTALS</b>		<b>16-16</b>	<b>393</b>	<b>252</b>	<b>3,118</b>	<b>64.1</b>	<b>7.9</b>	<b>12.4</b>	<b>26</b>	<b>10</b>	<b>67</b>	<b>33/203</b>	<b>100.0</b>	<b>94</b>	<b>489</b>	<b>25T</b>	<b>4</b>	<b>11-5</b>	

+ - Overtime



**COACHES**





# PETE CARROLL

EXECUTIVE VP OF FOOTBALL OPERATIONS & HEAD COACH

SEAHAWKS EXPERIENCE 12TH YEAR | NFL EXPERIENCE 28TH YEAR

## CARROLL'S COACHING CAREER

1974-76	University of the Pacific	Graduate Assistant
1977	University of Arkansas	Graduate Assistant
1978	Iowa State	Secondary
1979	Ohio State	Secondary
1980-82	North Carolina State	Defensive Coordinator/Secondary
1983	University of the Pacific	Asst. Head Coach/Offensive Coord.
1984	Buffalo Bills	Defensive Backs
1985-89	Minnesota Vikings	Defensive Backs
1990-93	N.Y. Jets	Defensive Coordinator
1994	N.Y. Jets	Head Coach
1995-96	San Francisco 49ers	Defensive Coordinator
1997-99	New England Patriots	Head Coach
2001-09	USC	Head Coach
2010-	Seattle Seahawks	Executive V.P. & Head Coach

Named head coach on January 11, 2010, Pete Carroll became the eighth head coach in Seahawks history after one of the most successful runs in USC history in the college ranks. He brings 27 years of NFL experience and 19 years of collegiate experience to Seattle.

Carroll's overall head coaching record is 147-98-1 in the regular season and 11-10 in the postseason in his 16 years of NFL head coaching. In 2016, he became the 39th head coach in NFL history with 100 wins in the regular season.

In his tenure as head coach in Seattle, Carroll and Executive VP/General Manager John Schneider constructed the best teams in Seahawks history over the past 10 seasons with a 100-49-1 record, back-to-back Super Bowl appearances in 2013-14, posted 10-plus wins in five consecutive seasons (2012-16) for the first time in franchise history, including eight of the last nine seasons, and won five NFC West Division titles.

Seattle has advanced to the divisional round in seven of Carroll's 11 seasons as coach, winning two NFC Championships and one Super Bowl, while claiming the No. 1 seed in the NFC twice, and for the third time in franchise history (2005 under Mike Holmgren, 2013-14).

Seattle led the NFL in scoring defense for four consecutive seasons from 2012-15, becoming the first defense in the Super Bowl era to accomplish the feat. Cleveland led the league in scoring defense for a record five-straight seasons from 1953-57 in 12-game seasons.

Carroll continues to grow the team through his strong philosophy of preaching competition and taking care of the football.

Helping that cause, 26 draft choices since 2017 remain with the team to build a strong foundation of continuity, combining the young talent of LB Jordyn Brooks, RB Chris Carson, TE Will Dissly, DT Poona Ford, G Damien Lewis, and WR DK Metcalf with veterans including All-Pro S Jamal Adams, All-Pro T Duane Brown, Pro Bowl S Quandre Diggs, Pro Bowl DE Carlos Dunlap II, All-Pro RS Tyler Lockett, All-Pro LB Bobby Wagner, and All-Pro QB Russell Wilson.

In a year with limited or no fans at games around the league due to the COVID-19 pandemic, the 2020 Seahawks concluded the season with a 12-4 record and champions of the NFC West. It was the 11th division title in franchise history and fifth under Carroll, tying Mike Holmgren for the most by a Seattle head coach. It was the 14th time in the last 18 seasons that Seattle qualified for the postseason and ninth time in Carroll's 11 seasons as head coach. The Seahawks scored a franchise-record 459 points while winning 12 or more games for the fifth time in club history.

Carroll's 2019 team held a 10-2 record through the first three quarters of the season but went an uncharacteristic 1-3 to finish the year and slipped to

the no. 5 seed in the NFC playoffs, winning the Wild Card Game and advancing to the Divisional Round for the seventh time in the last 10 seasons, while appearing in the postseason for the eighth time. Posting a franchise-best 7-1 road record, Seattle reached 10 wins for the seventh time in the last eight seasons, something accomplished only five times in franchise history from 1976-2011. The Seahawks became the second team in NFL history to win 10 one-score games in a single season, joining the 1978 Oilers (10-6 record) and Carroll earned his 100th regular season win in franchise history, extending his own franchise record.

The 2018 Seahawks exceeded everyone's expectations but their own as they won 10 games for the sixth time in the last seven seasons and advancing to the Wild Card playoffs. After a 4-5 start to the season, Seattle became the 28th team with a losing record after nine games to advance to the postseason, scoring the second-most points in franchise history (428) and leading the NFL with a rushing attack that accumulated 2,560 yards, the third-most in franchise history, marking the top-three rushing seasons all under Carroll (2012, 2014, 2018).

## CARROLL VS. THE NFL

	Team	Regular Season	Post-season	Total
AMERICAN FOOTBALL CONFERENCE	Baltimore Ravens	3-1	---	3-1
	Buffalo Bills	7-4	---	7-4
	Cincinnati Bengals	1-2	---	1-2
	Cleveland Browns	3-2	---	3-2
	Denver Broncos	3-4	1-0	4-4
	Houston Texans	2-0	---	2-0
	Indianapolis Colts	8-3	---	8-3
	Jacksonville Jaguars	2-1	0-1	2-2
	Kansas City Chiefs	2-3	---	2-3
	L.A./San Diego Chargers	2-3	---	2-3
	Miami Dolphins	5-6	1-0	6-6
	New England Patriots	4-1	0-1	4-2
	New York Jets	5-4	---	5-4
	Oakland Raiders	2-1	---	2-1
	Pittsburgh Steelers	3-3	0-1	3-4
	Houston Oilers/Tennessee Titans	2-3	---	2-3
NATIONAL FOOTBALL CONFERENCE	Arizona Cardinals	14-9-1	---	14-9-1
	Atlanta Falcons	4-3	0-2	4-5
	Carolina Panthers	7-1	1-1	8-2
	Chicago Bears	5-2	0-1	5-3
	Dallas Cowboys	6-2	0-1	6-3
	Detroit Lions	2-2	1-0	3-2
	Green Bay Packers	3-5	1-1	4-6
	L.A./St. Louis Rams	11-13	0-1	11-14
	Minnesota Vikings	7-2	1-0	8-2
	New Orleans Saints	2-3	2-0	4-3
	New York Giants	5-2	---	5-2
	Philadelphia Eagles	6-1	1-0	7-1
	San Francisco 49ers	17-7	1-0	18-7
	Seattle Seahawks	0-0	---	0-0
	Tampa Bay Buccaneers	2-3	---	2-3
	Washington Redskins	2-2	1-0	3-2
Career Totals		147-98-1	11-10	158-108-1

Seattle concluded the 2017 season with a 9-7 record and a second-place finish in the NFC West. Despite injuries on the defensive side of the ball to DE Cliff Avril, S Kam Chancellor, CB Richard Sherman and missing its top-two running backs in Carson and C.J. Prosise, Seattle entered the final-quarter of the season with an 8-4 record and remained in the hunt for an NFC West title and a shot at winning 10 games for the sixth-consecutive season.

The Seahawks won their 10th division title in franchise history in 2016 with a 10-5-1 record. Seattle's defense finished in the top-5 for the fifth-consecutive season (2012-16), an impressive feat during an era of unprecedented scoring and yardage numbers in NFL history.

Seattle's NFL-record streak of not losing by more than 10 points in 85 regular season games (95 games including playoffs) ended at Green Bay (12/11/16), and its NFL-record streak of 88 regular season games (98 games including playoffs) where it has led or been within one score in the fourth quarter came to an end at Tampa Bay (11/27/16).

After beginning the 2015 season 0-2, 2-4 and 4-5, the Seahawks became the 22nd team with a losing record after nine games to advance to the post-season, winning six of their last seven games to post a 10-6 record and finishing in the top-10 in defense for a franchise-record fifth-consecutive season (2011-15). Seattle defeated the Vikings in Minnesota in the Wild Card round but dropped a 31-24 decision at Carolina in the divisional round.

Seattle's defense finished 2015 ranked second (291.8 ypg) while the offense ranked fourth in the NFL (378.6 ypg), setting the franchise-record with 6,058 yards. It was the fourth time in franchise history, first since 2005, with a top-five offense.

The team won its ninth division title in club history in 2014, third under Carroll, after winning the NFC West with a 12-4 record. Seattle fell to New England, 28-24, in Super Bowl XLIX in Glendale, Ariz., in a season that saw it begin 3-3 but finish the season with a 9-1 record and the No. 1 seed in the NFC for the second consecutive season.

The Seahawks also became the fourth team in NFL history to lead the league in fewest points and yards allowed in back-to-back seasons (2013-14), and first since the 1985-86 Chicago Bears. The Seahawks led the league in defense for the second straight year while the offense had the No. 1-ranked rushing attack with a franchise-record 2,762 yards and ranked in the top-10 in offense (ninth overall) for the first time since the 2007 season.

Carroll led Seattle to its first Super Bowl title in franchise history with a 43-8 victory over the Denver Broncos in Super Bowl XLVIII in New York/New Jersey on February 2, 2014, after a franchise-best 13-3 regular season record, and joined Jimmy Johnson and Barry Switzer as the only coaches to win a college football national title and a Super Bowl in their career.

Carroll and Schneider constructed one of the best defenses in the last 12 years at the time, leading them to the NFL title. The Seahawks defense ranked first overall in the NFL in total defense (273.6 ypg), passing defense (172.0 ypg), points allowed (14.4 ppg), takeaways (39), interceptions (28), turnover differential (+20) and opponent quarterback rating (63.4).

The youngest Super Bowl-winning roster in NFL history (26 years, 162 days) was led by second-year QB Wilson, who became the third-youngest quarterback to win the title game (25 years, 65 days).

In 2012, Carroll led Seattle to the NFC Divisional Playoff posting the fourth-best record in franchise history (11-5). Seattle won its first postseason road game since 1983 with a Wild Card Game victory at Washington.

One of the youngest teams in the NFL to end the season for the second-consecutive year (second overall, third-youngest defensive starters, fourth-youngest offensive starters), Seattle started 4-4 but went on to finish the season 7-1 led by rookie Wilson and the league's fourth-ranked defense, that also led the league allowing 245 points (15.3 ppg).

Carroll's 2011 squad also ranked as one of the youngest in the NFL; beginning the season with the second-youngest roster in Week 1, once having the third-youngest offensive line during the season and ending the year with the second-youngest starting defensive unit in the league.

He saw his 2011 defense improve weekly, ending the season ranked ninth in the league in total defense, just the sixth time Seattle had boasted a top-10 defense and first since 1997. His offense switched gears from a quick-strike, no-huddle group to a grind-it-out ground game led by RB Marshawn Lynch over the last half of the season. That offensive mentality helped Seattle rank fifth in the NFL with 1,212 rush yards over the last nine games of the season.

Always competing, the Seahawks jumped out to a 4-2 record to begin the 2010 season and parlayed that in to the club's fifth NFC West title in the past seven seasons, punctuating the season with a 41-36 victory over the defending Super Bowl Champion New Orleans Saints at Lumen Field in the Wild Card Game.



Carroll returned to the NFL after spending nine years (2001-09) as head coach at USC, where he won seven consecutive Pac-10 titles (2002-08), two national championships (2003-04) and led the Trojans to a 97-19 record. He reached a bowl in each of his nine seasons and won seven. His 88 victories from 2001 to 2008 tied Bob Pruett of Marshall for most by a Division I coach in their first eight seasons since 1900 (Penn's George Woodruff - 102). He reached 50 career USC wins faster than any head coach in Trojans history. From 2002-08, his teams appeared in an NCAA-record seven consecutive BCS bowls, recorded at least 11 victories seven times (an NCAA record) and finished ranked in the AP Top 4. USC was the AP's No. 1 team for a national-record 33 straight polls (including two preseason polls) and was ranked in the AP Top 10 for a school-record 63 consecutive games. His teams were ranked in the AP Top 25 for 102 consecutive games, a school record. In 2009, he was named Coach of the Decade by Lindy's.

Also under Carroll, USC was the first school to have three Heisman Trophy winners in a four-year span (Carson Palmer, Matt Leinart, Reggie Bush). He also coached winners of the Walter Camp, Chuck Bednarik, Johnny Unitas, Doak Walker and John Mackey Awards. Carroll produced 34 All-American first-teamers and 53 NFL draft picks (including 14 first-rounders, with a No. 1 selection in Carson Palmer and a No. 2 in Reggie Bush). His USC program had the nation's most draftees in 2006, 2008 and 2009.

USC posted a 12-1 record in 2008 and advanced to its fourth-consecutive Rose Bowl, defeating Penn State, 38-24, to become the first team to win three straight Rose Bowls. In the polls, the Trojans finished ranked second by USA Today and third by AP. USC finished first in scoring defense (9.8 ppg, its finest in 41 years), surrendering just 14 touchdowns in 2008.

In 2007, USC went 11-2 and finished second in the USA Today poll and third in the AP poll, for its sixth AP Top 4 ranking in a row. Its 49-17 win over Illinois in the Rose Bowl equaled the most points ever in the bowl game. Five players were named All-American first-teamers.

USC posted an 11-2 mark in 2006, finished No. 4 in the final polls and shared the Pac-10 title at 7-2 to capture an unprecedented fifth straight conference crown. Five Trojans were All-American first teamers and Carroll was named the 2006 Pac-10 Coach of the Year (for the third time).

His Trojans held AP's No. 1 ranking for the entire regular season in 2005. USC went 12-1 overall to advance to the BCS Championship Game in the Rose Bowl. The Trojans, who finished second in both polls, boasted a school-record six All-American first-teamers, including Heisman Trophy-winning tailback Reggie Bush. He was the 2005 Pac-10 Co-Coach of the Year, as well as the American Football Coaches Association Division I-A Region 5 Coach of the Year.

In 2004, he guided No. 1-ranked USC to its second consecutive national championship with a convincing win over Oklahoma in the BCS Championship Game in the Orange Bowl. USC became only the second team ever to hold its AP preseason No. 1 ranking all the way through a season. It was

only the 10th time that a team won back-to-back AP crowns. His team was 13-0 (a school-record for wins) and went 8-0 in the Pac-10. A school-record six Trojans were named All-American first teamers.

The Trojans won the AP national championship, its first national crown since 1978, and entered the Rose Bowl also ranked No. 1 in the USA Today/ESPN poll, in 2003. USC was 12-1 overall and finished the season ranked second. USC's 534 points was a Pac-10 record. Five Trojans were first-team All-Americans. For this, Carroll was named the 2003 American Football Coaches Association Division I-A Coach of the Year, Home Depot National Coach of the Year, Maxwell Club College Coach of the Year, ESPN.com National Coach of the Year, Pigskin Club of Washington D.C. Coach of the Year and All-American Football Foundation Frank Leahy Co-Coach of the Year. He also was the Pac-10 Co-Coach of the Year.

In 2002, USC posted its first 11-win season since 1979 and its highest ranking (No. 4) since 1988. Heisman Trophy-winning quarterback Carson Palmer and safety Troy Polamalu were first team All-Americans.

Carroll was named USC's head football coach on December 15, 2000, and in his first season, led the Trojans to the Las Vegas Bowl and a 6-6 record.

He began his NFL career as defensive backs coach for Buffalo (1984) and

Minnesota (1985-89) before becoming the N.Y. Jets defensive coordinator (1990-93) and head coach (1994). He spent two years as San Francisco's defensive coordinator (1995-96), leading the league in total defense in 1995, before leading New England to a 27-21 record and two playoff appearances as head coach (1997-99).

Carroll spent the 2000 season as a consultant for pro and college teams, doing charitable work for the NFL and writing a column on pro football for CNN.com.

He began his coaching career at the collegiate level, serving as a graduate assistant at his alma mater, Pacific, for three years (1974-76), working with the wide receivers and secondary. He then spent a season as a graduate assistant working with the secondary at Arkansas (1977) under Lou Holtz as the Razorbacks won the 1978 Orange Bowl, and then a season each as an assistant in charge of the secondary at Iowa State (1978) and at Ohio State (1979). He next spent three seasons (1980-82) as the defensive coordinator and secondary coach at North Carolina State, before returning to Pacific in 1983 as the assistant head coach and offensive coordinator.

Carroll was a two-time (1971-72) All-Pacific Coast Conference free safety at Pacific and earned his bachelor's degree in 1973 in business administration. He received his secondary teaching credential and a master's degree in physical education from Pacific in 1976. He was inducted into the Pacific Athletic Hall of Fame in 1995.

He was a three-sport (football, basketball and baseball) standout at Redwood High in Larkspur, Calif., earning the school's Athlete of the Year award as a senior. He played quarterback, wide receiver and defensive back. He was inducted into the inaugural Redwood High Athletic Hall of Fame in 2009. He then played football at Marin Junior College in Kentfield, Calif., from 1969-70 before transferring to Pacific.

Carroll's passion for working with people goes beyond the football field and into the community. Throughout his career he founded and championed philanthropic efforts in Seattle, Los Angeles, and around the country. While at USC, he started A Better L.A. and in Seattle he created A Better Seattle. Both worked with community-based street outreach teams serving youth impacted by gangs and the juvenile justice system. Carroll also spearheaded efforts to bring the youth empowerment and education program WE Day to the United States. Resulting in WE Days being held across the country. Today, Carroll continues his philanthropic efforts by supporting organizations and causes addressing social justice and education.

Carroll is also the founder of Amplify Voices, a media production and marketing company dedicated to championing diverse and caring voices. He launched the podcast Amplify Voices: Conversations from the Heart in June of 2021 in partnership with Cadence13. Through 2021 and beyond, Amplify Voices will develop and produce a series of engaging content initiatives, including podcasts, books, live events, documentaries and social media campaigns, with the aim of imparting Carroll's legacy of caring leadership while spotlighting some of the most inspiring and influential voices today.

Carroll was born on September 15 in San Francisco. He and his wife, Glenna, who played volleyball at Pacific, have three children, sons Brennan, married to Amber, who played tight end at Delaware and Pittsburgh, Nate, married to Anna, and daughter Jaime, married to Mike, who played on the Women of Troy's volleyball team that competed in the 2000 NCAA Final Four. The couple also has seven grandchildren.

CARROLL'S HEAD COACHING RECORD						
Year	Team	W	L	T	Pct.	Finish
1994	N.Y. Jets	6	10	0	.375	5th, AFC East
1997	New England	10	6	0	.625	1st, AFC East
Wild Card victory vs. Miami, 17-3 Divisional Playoff loss at Pittsburgh, 7-6						
1998	New England	9	7	0	.563	4th, AFC East
Wild Card loss at Jacksonville, 25-10						
1999	New England	8	8	0	.500	14th, AFC East
2010	Seattle	7	9	0	.438	1st, NFC West
Wild Card victory vs. New Orleans, 41-36 Divisional Playoff loss at Chicago, 35-24						
2011	Seattle	7	9	0	.438	3rd, NFC West
2012	Seattle	11	5	0	.688	2nd, NFC West
Wild Card victory at Washington, 24-14 Divisional Playoff loss at Atlanta, 30-28						
2013	Seattle	13	3	0	.813	1st, NFC West
Divisional Playoff victory vs. New Orleans, 23-15 NFC Championship victory vs. San Francisco, 23-17 Super Bowl XLVIII victory vs. Denver, 43-8						
2014	Seattle	12	4	0	.750	1st, NFC West
Divisional Playoff victory vs. Carolina, 31-17 NFC Championship victory vs. Green Bay, 28-22 (ot) Super Bowl XLIX loss vs. New England, 28-24						
2015	Seattle	10	6	0	.625	2nd, NFC West
Wild Card victory at Minnesota, 10-9 Divisional Playoff loss at Carolina, 31-24						
2016	Seattle	10	5	1	.656	1st, NFC West
Wild Card victory vs. Detroit, 26-6 Divisional Playoff loss at Atlanta, 36-20						
2017	Seattle	9	7	0	.563	2nd, NFC West
2018	Seattle	10	6	0	.625	2nd, NFC West
Wild Card loss at Dallas, 24-22						
2019	Seattle	11	5	0	.688	2nd, NFC West
Wild Card victory at Philadelphia, 17-9 Divisional Playoff loss at Green Bay, 28-23						
2020	Seattle	12	4	0	.750	1st, NFC West
Wild Card loss vs. L.A. Rams, 30-20						
2021	Seattle	2	4	0	.333	
Reg. Season (16 Yrs.)		147	98	1	.600	
Postseason (11 Yrs.)		11	10	0	.524	
Combined Record		158	108	1	.594	

ALL-TIME SEAHAWKS COACHING RECORDS								
		Regular Season				Postseason		
		W	L	T	Pct.	W	L	Pct.
1976-82*	Jack Patera	35	59	0	.372	---	---	---
1982	Mike McCormack	4	3	0	.571	---	---	---
1983-91	Chuck Knox	80	63	0	.559	3	4	.429
1992-94	Tom Flores	14	34	0	.291	---	---	---
1995-98	Dennis Erickson	31	33	0	.484	---	---	---
1999-08	Mike Holmgren	86	74	0	.538	4	6	.400
2009	Jim Mora	5	11	0	.313	---	---	---
2010-	Pete Carroll	114	67	1	.629	10	8	.556

\*Patera was replaced by Mike McCormack after two games of the 1982 season.





# SHANE WALDRON

OFFENSIVE COORDINATOR

NFL EXPERIENCE: 8th YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

## WALDRON'S COACHING CAREER

2005-07	Notre Dame	Graduate Assistant
2008	New England Patriots	Quality Control
2009	New England Patriots	Tight Ends
2010	Hartford Colonials (UFL)	Wide Receivers
2011	Buckingham Browne & Nichols HS	Offensive Coordinator
2012-13	University of Massachusetts	Recruiting Coordinator/TEs
2014-15	University of Massachusetts	Offensive Line
2016	Washington Football Team	Quality Control/Offense
2017	Los Angeles Rams	Tight Ends
2018	Los Angeles Rams	Pass Game Coord./TEs
2019-20	Los Angeles Rams	Pass Game Coordinator
2021-	Seattle Seahawks	Offensive Coordinator

Shane Waldron joined the Seahawks staff on January 29, 2021, as offensive coordinator. He spent the previous four seasons with the Los Angeles Rams, including the last three as passing game coordinator.

The 2020 season saw QB Jared Goff pass for a career-high 67.03 completion percentage (370 for 552) and over 3,900 yards for the third-consecutive season, missing his third-straight 4,000-yard season by 48 yards.

Waldron was influential in the continued growth of Goff during the 2019 campaign. Goff became the first quarterback in franchise history to post consecutive seasons with over 4,000 passing yards. Goff finished the season third in the NFL in passing with 4,638 yards and threw for 20-plus touchdowns for the third-consecutive season. WRs Cooper Kupp and Robert Woods finished with 1,161 and 1,134 receiving yards, respectively. It marked the first time the Rams had consecutive seasons with multiple receivers totaling over 1,000 receiving yards since a run of four-straight seasons from 1999-2002.

In 2018, Waldon helped lead a Rams passing attack that finished among the top-10 in passing yards per attempt (4th), passing yards per game (5th) and touchdowns (T8th) and saw Goff set career-bests across the stat sheet.

Under Waldron's guidance in 2017, the tight end duo of Tyler Higbee and Gerald Everett combined for 539 yards, three touchdowns and averaged

13.1 yards per reception. Everett recorded a 69-yard reception in his second game as a professional which tied for the second-longest reception by a tight end during the 2017 season.

Previously, Waldron served as the Washington Football Team's offensive quality control coach for the 2016 season. That season, Washington's offense broke the franchise record for total net yards in a single season (6,454), surpassing the previous team record set in 1989. That same team averaged 403.4 yards per game, becoming the first team in franchise history to average 400 yards per game. In the NFL rankings, Washington ranked third in total offense.

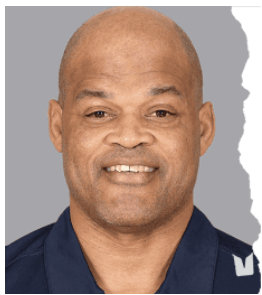
Prior to joining the Washington Football Team, Waldron spent four seasons at UMass, serving as the Minutemen's Recruiting Coordinator/Tight Ends coach from 2012-13 and offensive line coach from 2014-15. Waldron helped guide tight end Rob Blanchflower to a seventh-round selection by the Pittsburgh Steelers in the 2014 NFL Draft after Blanchflower set the school record for most career receiving yards by a tight end.

In 2011, Waldron served as the offensive coordinator at Buckingham Browne & Nichols High School (Mass.) and also as a Northeast Sports Consultant. A year earlier, he served as wide receivers coach for the Hartford Colonials of the United Football League.

Before his stint in the UFL, Waldron worked with the New England Patriots in various capacities across five seasons with the franchise. Beginning in 2002, Waldron served as an operations intern for two seasons before being promoted to the title of an operations assistant in 2004, when he handled special teams quality control duties in addition to overseeing the completion of weekly game plans. After three years coaching at Notre Dame, Waldron returned to New England in 2008 to serve as an offensive quality control coach and later served as the tight ends coach in 2009. That year the tight end duo of Benjamin Watson and Chris Baker combined for 546 yards, seven touchdowns and averaged 12.7 yards per reception.

Waldron spent the 2005-07 seasons as an offensive graduate assistant at Notre Dame. With the Irish, he helped guide two of the most explosive offenses in school history, as both the 2005 and 2006 units averaged at least 31 points per game.

A native of Portland, Ore., Waldron is a 2002 graduate of Tufts University, where he was a three-year letterman playing for Bill Samko. He is married to Meghan with two daughters, Lainey and Rylee.



# KEN NORTON, JR.

DEFENSIVE COORDINATOR

NFL EXPERIENCE: 12th YEAR

SEAHAWKS EXPERIENCE: 9th YEAR

## NORTON, JR.'S COACHING CAREER

2004	USC	Defensive Asst./LBs
2005-08	USC	Linebackers
2009	USC	Asst. Head Coach/Defense/LBs
<b>2010-14</b>	<b>Seattle Seahawks</b>	<b>Linebackers</b>
2015-17	Oakland Raiders	Defensive Coordinator
<b>2018-</b>	<b>Seattle Seahawks</b>	<b>Defensive Coordinator</b>

Hired on January 16, 2018, Ken Norton, Jr. enters his 12th season in the NFL coaching ranks after retiring from the league in 2000, after 13 years as one of the premiere linebackers in the game. He re-joined Seattle after serving as its linebackers coach for five seasons (2010-14) and three as the defensive coordinator for the Oakland Raiders (2015-17).

Last season, Norton's defense saw three players named to the Pro Bowl (Jamal Adams, Quandre Diggs, and Bobby Wagner), while Wagner (1st team) and Adams (2nd team) were named AP All-Pro. Adams led the Seahawks with 9.5 sacks in only 12 games, the most ever by a defensive back since sacks became an official stat in 1982. Seattle's defense finished the season strong, ranking first in the NFL allowing 16.0 PPG in its last eight games, while leading the league with 37 sacks the final 10 weeks.

In 2019, Norton's second season leading Seattle's defense saw the unit rank third in the NFL in takeaways (32), while Bobby Wagner recorded the second-most tackles in franchise history with 159 (1st in NFL), trailing his own franchise record of 167. It was Wagner's eighth-consecutive 100-tackle season, extending his franchise record. Wagner was named AP First-Team All-Pro and voted starter to the Pro Bowl. CB Shaquill Griffin made his first Pro Bowl as an injury replacement.

In his first season back with Seattle in 2018, he was reunited with Bobby Wagner who produced one of his best seasons, tallying 138 tackles (3rd NFL), marking the seventh-consecutive season with 100-plus stops, and returning one interception a franchise-record 98 yards for a touchdown. DE Frank Clark also had a career-year with a career-high 13.0 sacks (7th NFL) and 27 quarterback hits. His sack total was the most by a Seahawks player since Patrick Kerney led the NFC with 14.5 in 2007.

Also in 2018, his defensive unit ranked no. 1 in the NFL in short yardage, fourth in redzone defense, fifth in third-down conversions and led the NFL with a +15 takeaway/giveaway ratio, while leading the NFL with 14 fumble recoveries.

In 2016, Norton, Jr. led a defense that helped the Raiders post 12 wins and return to the postseason for the first time since 2002. The defensive unit produced the AP Defensive Player of the Year in DE Khalil Mack and two Pro Bowlers (Mack and S Reggie Nelson). Oakland ranked second in the NFL with 30 turnovers, posting 16 interceptions and 14 fumble recoveries. In crunch time, the Raiders allowed only three points inside the game's final three minutes, the fewest in the NFL. Mack's eight-game sack streak during the regular season tied an NFL record, and he came away with a sack-fumble in three consecutive games during that stretch. Mack's season earned him numerous individual accolades, including his second Pro Bowl nod, two AFC Defensive Player of the Week honors and the AFC Defensive Player of the Month for November. The defense also received solid contributions at all levels, including Nelson (team-leading five interceptions), LB Bruce Irvin (seven sacks and six forced fumbles) and LB Malcolm Smith (team-leading 115 tackles).

In 2014, Norton, Jr. helped the Seahawks win the NFC title for the second straight year and an appearance in Super Bowl XLIX. Seattle's defense finished the year as the league's top-ranked defense by a large margin, surrendering only 267.1 yards per game (Detroit was second at

300.9 ypg). Norton, Jr.'s linebacking corps led the way, as LBs Wright and Wagner led the team in tackles with 107 and 104, respectively. Wagner became just the sixth player in franchise history to record three straight seasons of at least 100 tackles. Wagner was also selected to his first Pro Bowl in 2014.

He earned his fourth Super Bowl ring (first as coach) in 2013 as Seattle defeated Denver, 43-8, in Super Bowl XLVIII. Wagner again led the way with a team-high 119 tackles (71 solo) despite missing two games (ankle). He became just the third player in franchise history (Terry Beeson, Lofa Tatupu) to begin his Seattle career with back-to-back 100-tackle seasons. Wagner led the team with 10 tackles (five solo) in the Super Bowl and tied (Kam Chancellor) for the team-lead in postseason tackles with 34 (17 solo).

Norton, Jr.'s corps boasted the Super Bowl XLVIII MVP in Malcolm Smith. Smith tallied nine tackles (five solo), returned an interception 69 yards for a touchdown and a 22-0 lead in the second quarter and picked up one fumble recovery in the 35-point win, the third-largest winning margin in Super Bowl history.

In his first two seasons, Norton, Jr. helped David Hawthorne to his third-consecutive 100-tackle season, becoming the fifth player in Seahawks history to accomplish that feat. He also oversaw the development of 2011 fourth-round pick Wright in a starting role beginning Week 3 of the season with Wright finishing fifth on the team with 61 tackles (46 solo) and 2.0 sacks in only 12 games started. Wright followed that with a stellar sophomore season with a career-high 96 tackles (66 solo) in 2012.

In 2012, Norton saw another rookie emerge in second-round draft choice Wagner. Under his guidance, the defensive signal-caller finished second in the AP Defensive Rookie of the Year voting after recording 140 tackles (86 solo), ranking first in Seattle history in tackles among rookies (2nd NFL among rookies, 7th overall). He also led all rookie linebackers (T4th NFL among all rookies) with three interceptions.

Norton, Jr. spent six seasons coaching linebackers for USC from 2004-09, and defeated Oklahoma to win the 2004 national championship. In 2009, he added the title of assistant head coach of the defense. He spent his first year at USC as a graduate assistant (helping with the linebackers) after joining the Trojans staff in February of 2004.

His linebacking corps at USC is a Who's Who of drafted NFL linebackers; Brian Cushing, Jarvis Jones, Clay Matthews and Keith Rivers (first-round), Rey Maualuga and Lofa Tatupu (second-round), Kaluka Maiava (fourth-round) and Super Bowl MVP Smith (seventh-round) are among the standouts that Norton coached and recruited to USC.

In 2008, Maualuga was named first-team All-American, Pac-10 Defensive Player of the Year, made his third consecutive All-Pac-10 first team and was USC's first-ever winner of the Bednarik Award. He also was a finalist for the Lombardi, Butkus and Nagurski Awards. Fellow linebacker Cushing was also a Butkus Award finalist and won All-Pac-10 first-team honors. Following the season, Cushing was an NFL first-round pick, as was Super Bowl XLV winner Matthews.

In 2007, Rivers was an All-American first teamer and was a first-round NFL draft pick following the season, while linebacker Thomas Williams was a fifth-round NFL selection. In 2006 and 2007, Rivers and Maualuga made the All-Pac-10 first team. Linebackers Dallas Sartz (fifth round) and Oscar Lua (seventh round) were selected in the 2007 NFL Draft.

In 2004, linebackers Tatupu and Matt Grootegeod were named All-American first teamers (Grootegeod also was a Butkus Award finalist and Tatupu was Seattle's second-round pick).

Norton, Jr. spent 13 years playing in the NFL, first with the Dallas Cowboys for six seasons (1988-93) and then seven years with the San Francisco 49ers (1994-2000). The All-Pro and Pro Bowl selection is the only

player in history to play on three consecutive Super Bowl-winning teams (the Cowboys in 1992 and 1993 and the 49ers in 1994). He is one of 22 people in NFL history to win a Super Bowl as both a player and coach.

He was coached by the legendary Tom Landry in 1988 while his Dallas teammates included Ed "Too Tall" Jones, Randy White and Herschel Walker. Other Hall of Fame teammates include: Troy Aikman, Charles Haley, Michael Irvin, Terrell Owens, Jerry Rice, Emmitt Smith and Steve Young.

After retiring from the NFL, he was a radio and television commentator and analyst, including appearances on the NFL Network, where he was an original host with Rich Eisen and Seth Joyner. He also served as the defensive coordinator at Hamilton High in Los Angeles in 2003.

He was the Cowboys second-round NFL draft pick in 1988 after earning All-American honors at UCLA in 1987. He lettered four seasons (1984-87) with the Bruins and was a finalist for the 1987 Butkus Award. He earned his bachelor's degree in sociology from UCLA in 1998.

Born on September 29, 1966, he and his wife, Angela, have three children, daughters Brittney and Sabrina, and son Ken III.

His late father is the former world heavyweight boxing champion and played football and basketball at Northeast Missouri State. Norton Sr. broke Muhammad Ali's jaw on March 31, 1973 at the San Diego Sports Arena in a match that Norton was victorious.

Norton Jr. also has three brothers, Keith, Kenejon and Brandon, and one sister, Kenisha.



# LARRY IZZO

## SPECIAL TEAMS COORDINATOR

NFL EXPERIENCE: 11th YEAR

SEAHAWKS EXPERIENCE: 4th YEAR

### IZZO'S COACHING CAREER

2011-15	N.Y. Giants	Asst. Special Teams
2016-17	Houston Texans	Special Teams Coordinator
2018-20	Seattle Seahawks	Asst. Special Teams
2021-	Seattle Seahawks	Special Teams Coordinator

Hired on February 27, 2018, Larry Izzo begins his fourth season on the Seahawks staff, and first as special teams coordinator, after spending seven seasons coaching with the N.Y. Giants and Houston following a 14-year playing career.

Last season, Izzo's special teams unit had a spectacular season, finishing second in Rick Gosselin's annual special teams rankings, a list kept for the last 42 seasons. Kicker Jason Myers connected on all 24 field goals, finishing 2020 having made 35-consecutive dating back to 2019, a franchise-record. Punter Michael Dickson ranked second in the NFL with a 49.6 punting average and ranked in the top-five in average, net average, and punts landing inside the 20. Long snapper Tyler Ott and special teamer Nick Bellore were voted to their first Pro Bowls.

In 2019, the Seahawks special teams units forced three takeaways and blocked three kicks, while punter Michael Dickson tied Jeff Feagles and Jon Ryan for the franchise-record for most punts landing inside the 20 in a single season with 34.

In 2018, Seattle's special teams included the second-oldest kicker in the league (Sebastian Janikowski) and one of the youngest punters in the league (rookie Michael Dickson). Janikowski went on to become the third player since 1970 to kick three game-winning field goals with no time left on the clock in a season in what was his 19th, and final, season in the NFL. Dickson set the franchise single-season punt average (48.2) and net average (42.5) records while becoming the first rookie punter to be named first-team AP All-Pro since Oakland's Shane Lechler in 2000 and the first Seattle punter to make the Pro Bowl since Rick Tuten in 1994, and the first rookie punter since the Los Angeles Rams' Dale Hatcher in 1985 to be selected to a Pro Bowl.

In Izzo's first season with Houston in 2016, K Nick Novak turned in one of the best seasons in franchise history. Novak tied for second in the NFL with 35 field goals made, which marked his career high and the most in a single season in Texans history.

Izzo joined the Texans after spending five seasons (2011-15) as the assistant special teams coach with the N.Y. Giants, where he was a part of the team's Super Bowl XLVI victory in 2011. In 2015, the Giants finished second in the Dallas Morning News' annual comprehensive ranking of the league's special teams. The unit ranked fifth in opponent kickoff return

average (20.3) and tied for first in field goal percentage (93.8). New York was also seventh in the NFL in punt return average (10.2) and 10th in kickoff return average (24.9). The Giants' kickoff team allowed an average return of just 18.3 yards in 2014, which ranked second in the NFL.

In 2012, the special teams made significant contributions to the Giants' winning season and finished seventh in the Dallas Morning News' annual ranking. The Giants led the NFL with five special teams takeaways and their average drive start following a kickoff was at the 25.2-yard line, which led the NFL. The Giants also averaged 26.2 yards per kickoff return, which placed them seventh in the NFL.

In 2011, Izzo's first season with the Giants, he won his fourth Super Bowl ring and first as a coach. He also helped develop a group of rookies who quickly became outstanding special teams players, including Mark Herzlich, Spencer Paysinger, Tyler Sash and Jacquian Williams.

In his 14-year NFL career (1996-2009), Izzo played for three teams, including the Miami Dolphins (1996-2000), New England Patriots (2001-08) and New York Jets (2009). He was a three-time Super Bowl champion with New England (2001, 2003 and 2004) and a three-time Pro Bowler (2000, 2002 and 2004). He is one of 22 people in NFL history to win a Super Bowl as both a player and coach.

He was also credited with 275 special teams tackles in 200 regular season games and 23 more in 21 postseason games. Izzo never played on a team with a losing record and his teams participated in the playoffs nine times, reaching five AFC Championship Games and four Super Bowls. His teammates selected him as a special teams captain nine times, including eight with the Patriots.

Izzo, who is considered one of the best special teams players in NFL history, began his career in 1996 as an undrafted free agent with the Miami Dolphins. He made such a rapid and positive impact that in the preseason, Head Coach Jimmy Johnson said only two players were guaranteed to make the team – future Hall of Fame QB Dan Marino and Izzo.

Izzo, who is from Fort Belvoir, Va., was a four-year letterman and three-year starter at Rice University, where he played linebacker and finished fourth in school history with 301 tackles, including a record 46 for losses. As a senior captain, he had 121 tackles and was named a consensus first-team All-Southwest Conference selection. He graduated in 2002 with a degree in business.

In 2005, Izzo and Warrick Dunn participated in a USO tour to visit troops stationed overseas. They began their trip at Bagram Air Base in Afghanistan, where they helped open the Pat Tillman USO Center, then spent time with troops in Baghdad, Kuwait and Qatar.

Born on September 26, 1974, he and his wife, Mara, have two sons, Boston and Hawk.



# DAVE CANALES

## OFFENSIVE PASSING GAME COORDINATOR

NFL EXPERIENCE: 12th YEAR

SEAHAWKS EXPERIENCE: 12th YEAR

### CANALES' COACHING CAREER

2004-05	Carson (Calif.) High School	Frosh/Soph Head Coach
2006-07	El Camino College	Tight Ends/Special Teams
2008	El Camino College	Quarterbacks
2010-12	Seattle Seahawks	Quality Control/Offense
2013-14	Seattle Seahawks	Asst. QBs/Offensive QC
2015-17	Seattle Seahawks	Wide Receivers
2018-19	Seattle Seahawks	Quarterbacks
2020-	Seattle Seahawks	Offensive Passing Game Coordinator

Named to Seattle's coaching staff on February 4, 2010, Dave Canales entered the NFL after one season as USC's offensive administrative assistant in 2009.

Canales enters his second season as the Seahawks offensive passing game coordinator after spending two years as the team's quarterbacks coach (2018-19) and three years as the wide receivers coach (2015-2017).

Last season, Seattle's passing attack saw QB Russell Wilson set single-season franchise records in touchdown passes (40), completions (384), and completion percentage (68.8), while WRs Tyler Lockett and DK Metcalf gave the Seahawks two 1,000-yard receivers in a season for the second time in franchise history (Brian Blades & Joey Galloway). Lockett set a club record with 100 catches and Metcalf established a franchise mark for most receiving yards (1,303).

In Canales' 11 years with the Seahawks, he has played a variety of

instrumental roles in helping the team to nine playoff appearances. He served as assistant quarterbacks coach for two years, during the Super Bowl XLVIII championship season and the 2014 NFC Championship season. He was the quality control/offense coach the previous three years working with wide receivers and quarterbacks (2010-2012).

At USC in 2009, he was an assistant strength coach, video assistant and worked with quarterbacks, during a year that the Trojans won the Emerald Bowl.

He came to USC from El Camino (Calif.) College, where he was the tight ends coach and special teams coordinator, coaching quarterbacks in his final season (2006-08). The Warriors football team won the California Community College State Championship in 2006 and won the Mission Conference twice during his tenure.

It was during his time at El Camino College that Canales forged an invaluable relationship with Pete Carroll and the USC staff through working as a part-time coach at the annual Pete Carroll football camps.

Canales began his career as the head frosh/soph football coach and offensive coordinator at his alma mater Carson High from 2004-05. The Colts won the Marine League championship both seasons.

He played wide receiver at Azusa Pacific University from 1999-2003 and was a two-time captain. He earned his degree in business administration in 2003.

Canales was a three-sport athlete at Carson High playing football, baseball and track. He was recognized as a scholar-athlete with a 4.08 GPA.

Born on May 7, 1981, in Harbor City, Calif., David and his wife, Lizzy, have four children, Ashby, Benjamin, Beatrice and Amaya.



# NATE CARROLL

## WIDE RECEIVERS

NFL EXPERIENCE: 11th YEAR

SEAHAWKS EXPERIENCE: 11th YEAR

### CARROLL'S COACHING CAREER

2011-12	Seattle Seahawks	Defensive Assistant
2013	Seattle Seahawks	Offensive Assistant
2014-17	Seattle Seahawks	Asst. Wide Receivers
2018-	Seattle Seahawks	Wide Receivers

Named to the Seahawks staff on July 26, 2010, Nate Carroll moved in to the coaching ranks in 2011 after spending the 2010 season as a personnel assistant in the scouting department.

With Dave Canales assuming quarterback coaching duties in 2018, Carroll leads the wide receivers room for a fourth year after being an assistant the previous four seasons (2014-17).

Last season, Tyler Lockett and DK Metcalf etched their names in the club's record books after becoming the second pair of 1,000-yard receivers in Seahawks history (Brian Blades and Joey Galloway in 1995). Lockett set a team record with 100 catches and 1,054 yards, the sixth player in club history to register back-to-back 1,000-yard seasons. Metcalf was voted to the Pro Bowl and named to the Associated Press All-Pro Team (second

team), after setting a club record for most receiving yards in a season with 1,303. The duo gave Seattle two receivers with 10-plus touchdowns in a season for the second time in franchise history (Steve Largent and Daryl Turner in 1984).

Seattle's wide receivers in 2019 were led by a fifth-year veteran in Tyler Lockett and rookie in DK Metcalf. Lockett set a career-high with 1,057 yards and became the eighth player in franchise history to record a 1,000-yard season and first since Doug Baldwin in 2016. Metcalf moved directly in to the starting lineup and recorded the second-most receptions (58) by a rookie in franchise history and his receptions and 900 yards ranked second and third, respectively, in the NFL among rookie wide receivers. His 160 yards at Philadelphia in the Wild Card Game set the franchise postseason record and was the most receiving yards in a playoff game by a rookie in NFL history. His two-game postseason total of 219 yards are the third-most among rookies in NFL history.

With Baldwin slowed by injuries in 2018, it was Lockett who led the group with career-highs in catches (57), yards (965) and touchdowns (10, 6th NFL), while Baldwin was second on the team with 50 catches for 618 yards. When QB Russell Wilson targeted Lockett, he was 57 for 70 (81.4%) for 965 yards with 10 touchdowns and zero interceptions, good for a perfect 158.3

passer rating, a feat last accomplished in the 2009 season.

In 2017, Baldwin led the team for the fourth-consecutive season in catches and yards, with 75 receptions for 991 yards while adding eight touchdowns. He was also named to the Pro Bowl for the second year in a row.

Baldwin earned his first Pro Bowl appearance in 2016 after tying the franchise record with a career-high 94 receptions along with a career-high 1,128 yards, becoming the fifth player in franchise history to record back-to-back 1,000-yard seasons.

In 2015, Seattle's receivers helped Wilson lead the NFL with a 110.1 rating. Baldwin became Seattle's first 1,000-yard receiver since Bobby Engram in 2007 and led the NFL with 14 touchdown receptions, also a franchise-record. Jermaine Kearse recorded career-highs in receptions, yards and touchdowns while Lockett's 51 receptions tied Baldwin for the fifth-most in franchise history by a rookie.

Carroll moved in to a new role in 2013 as an offensive assistant, working alongside wide receivers coach Kippy Brown during Seattle's Super Bowl-XLVIII winning season. Brown's group helped Wilson become the first quarterback in NFL history with a 100-plus passer rating in each of his first two seasons (2012-13).

In his first two seasons on the Seahawks coaching staff as a defensive assistant, Carroll's primary responsibilities included video study of opponents, self-scouting, playbook production and assisting several coaches and defensive coordinator Gus Bradley.

A graduate of USC, he earned his degree in psychology in 2010. Carroll was a three-sport star at Peninsula High in Palos Verdes, Calif., earning Athlete of the Year honors in 2006, passing on playing college football to attend USC.

Born on March 24, 1987, in Edina, Minn., Nate is the youngest son of head coach Pete Carroll. Married to Anna, the couple has two sons.



# AARON CURRY

DEFENSIVE ASSISTANT/LINEBACKERS

NFL EXPERIENCE: 3rd YEAR

SEAHAWKS EXPERIENCE: 3rd YEAR

## CURRY'S COACHING CAREER

2019	Seattle Seahawks	Coaching Assistant
2020-	Seattle Seahawks	Defensive Assistant/Linebackers

Aaron Curry officially joined the Seahawks coaching staff on March 11, 2020 after spending the 2019 as a coaching assistant.

Curry was the fourth overall selection by the Seahawks in the 2009 NFL Draft and played four seasons in the NFL. He played in 35 games with Seattle (2009-11) and 13 with the Oakland Raiders (2011-12), tallying 203 tackles (163 solo), 5.5 sacks, 12 passes defended, four forced fumbles and four fumble recoveries, returning two for touchdowns.

Born on April 6, 1986, Curry started 49 of 51 games at Wake Forest was the recipient of the 2008 Butkus Award, given to the nation's top linebacker.



# ANDRE CURTIS

## DEFENSIVE PASSING GAME COORDINATOR

NFL EXPERIENCE: 16th YEAR

SEAHAWKS EXPERIENCE: 7th YEAR

### CURTIS' COACHING CAREER

2000-03	Virginia Military Institute	Linebackers
2004-05	Georgia Southern	Defensive Ends
2006-08	N.Y. Giants	Quality Control/Defense
2009-11	St. Louis Rams	Defensive Backs/Safeties
2012-14	New Orleans Saints	Asst. Secondary
<b>2015</b>	<b>Seattle Seahawks</b>	<b>Asst. Secondary/Safeties</b>
<b>2016-17</b>	<b>Seattle Seahawks</b>	<b>Defensive Backs</b>
<b>2018-</b>	<b>Seattle Seahawks</b>	<b>Defensive Passing Game Coordinator</b>

Hired by the Seahawks on March 25, 2015, Curtis joins his fourth NFL team after spending three seasons (2012-14) with the New Orleans Saints as assistant secondary coach.

Last season, S Jamal Adams and S Quandre Diggs represented the Seahawks secondary in the Pro Bowl. Adams set the NFL record for most sacks by a defensive back in a season and became the first defensive back to lead his team in sacks since 2011 (NO Roman Harper, 7.5). Diggs led the team with five interceptions (T4th NFL), the most since Earl Thomas recorded five in 2015. In total, Seattle intercepted 14 passes, helping Seattle rank tied for 10th in the NFL with 22 takeaways.

The 2019 season saw CB Shaquill Griffin earn his first Pro Bowl appearance as an injury replacement as he posted a career-high 65 tackles (45 solo) and 13 passes defended (14th NFL), CB Tre Flowers record a career-high three interceptions and the mid-season acquisition of S Quandre Diggs in a trade with Detroit. Diggs presence was immediately felt with veteran leadership and three interceptions, returning one for a touchdown.

By the end of the 2018 season, Seattle's secondary saw three new starters in the backfield in Flowers, S Bradley McDougald and S Tedric Thompson, teaming with CB Griffin. The secondary began the season with one player recording two interceptions in each of their first three games (McDougald at Denver, Griffin at Chicago, Earl Thomas vs. Dallas), the last time a team had a two-interception player in the first three games of a

season was the 1976 Washington Redskins.

In 2017, S Thomas returned from a broken leg suffered in 2016 and was named All-Pro for the fifth time and a Pro Bowler for the sixth time in his career after recording 88 tackles (56 solo) and two interceptions, returning one for a touchdown. With Thomas' return, the group lost S Kam Chancellor (neck) and CB Richard Sherman (Achilles) for a majority of the season but saw the emergence of rookie CB Griffin, who became a 10-game starter at right corner.

Sherman earned his fourth Pro Bowl nod with a team-leading four interceptions in 2016. He has 32 in his career and ranks fourth in franchise history, tied with Hall of Famer Kenny Easley.

In his first season with Seattle in 2015, the Seahawks secondary boasted three Pro Bowlers in Chancellor, Sherman and Thomas for the third-consecutive season as they helped Seattle rank second in total defense (291.8 ypg) and second in pass defense (210.3 ypg) in the NFL.

In New Orleans, Curtis worked with S Kenny Vaccaro and CB Keenan Lewis. Vaccaro was a PFWA All-Rookie selection as he led the secondary with 93 tackles while Lewis led the team with a career-high four interceptions in 2013.

Curtis was a defensive quality control coach for the N.Y. Giants from 2006-08 and the defensive backs/safeties coach for the St. Louis Rams from 2009-11 before joining the Saints. In 2011, the Rams finished seventh in the NFL in pass defense (206.7 ypg).

Prior to the NFL, he coached defensive ends at Georgia Southern (2004-05) and linebackers at his alma mater, Virginia Military Institute, from 2000-03.

While on the VMI staff, Curtis worked in the N.Y. Jets training camp in 2002, and in 2003, was with the Tampa Bay Buccaneers as a part of the NFL's Bill Walsh Minority Coaching Fellowship.

Curtis was a four-year letterwinner as a linebacker at VMI from 1996-99. He started 31 consecutive games and finished his career with 354 tackles, while earning second-team All-Southern Conference honors in 1998.

Curtis is a native of Beaverdam, Va. and has a bachelor's degree in economics and business from VMI.



# AUSTIN DAVIS

## QUARTERBACKS

NFL EXPERIENCE: 3rd YEAR

SEAHAWKS EXPERIENCE: 3rd YEAR

### DAVIS' COACHING CAREER

2019	Seattle Seahawks	Offensive Assistant
2020-	Seattle Seahawks	Quarterbacks

Austin Davis joined the NFL coaching ranks on February 22, 2019, after a seven-year NFL career playing for five teams. He enters his second year as quarterbacks coach after one year as an offensive assistant for Seattle.

In Davis' first season as quarterbacks coach, Russell Wilson continued to elevate his command of the offense, throwing for more than 4,000 yards for the fourth time in his career and setting franchise records for touchdown passes (40), completions (384) and completion percentage (68.8) in 2020.

Wilson earned NFC Offensive Player of the Month for September and was voted to his eighth Pro Bowl. Wilson finished 2020 with 267 career touchdown passes, second only to Peyton Manning for most touchdown passes through a player's first nine seasons.

Davis, who served as Russell Wilson's backup in 2017, spent the 2018 season with the Tennessee Titans.

He started 10 of 16 career games played for St. Louis, Cleveland, Denver, Seattle and Tennessee, completing 236 of 378 passes for 2,548 yards, with 13 touchdowns and 12 interceptions.

He was drafted by the Boston Red Sox in the 2012 MLB Draft in the 31st round. His brother, Bo, played for the San Diego Padres.

Davis was born on June 2, 1989.



# ANDY DICKERSON

## RUN GAME COORDINATOR

NFL EXPERIENCE: 16th YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

### DICKERSON'S COACHING CAREER

2003	Tufts University	Graduate Assistant
2006-08	New York Jets	Coaching Asst./Def. Quality Control
2009	Cleveland Browns	Quality Control/Defense
2010	Cleveland Browns	Assistant Offensive Line
2011	New York Jets	Coaching Assistant
2012-20	St. Louis/L.A. Rams	Assistant Offensive Line
2021-	Seattle Seahawks	Run Game Coordinator

Andy Dickerson joined the team on January 29, 2021, as the Seahawks run game coordinator. He spent the previous nine seasons with the Rams after serving in similar roles with the Cleveland Browns and New York Jets.

The Rams continued to rank in the top-10 in fewest sacks allowed in 2020, as the offensive line allowed the sixth-fewest (25) in the NFL. The o-line also helped RB Cam Akers to a successful rookie season. Akers finished the second half of the season with 110 carries for 477 yards and two touchdowns, plus a 171-yard performance that was the second-most by a Rams running back in franchise history.

Dickerson was influential in the success of L.A.'s ever-changing offensive line in 2019, which was forced to make adjustments throughout the season due to injury. Despite losing two starters, the unit went on to not allow a sack in a franchise-best six games while also allowing the fewest sacks in the league (22).

With the assistance of Dickerson in 2018, the Rams' offensive line was amongst the best in the league and featured the same starting five for all 16 games and three postseason games during Los Angeles' run to Super Bowl LIII.

Third-year QB Jared Goff was provided the time to throw for career highs in yards (4,688), touchdowns (32) and passer rating (101.1) in L.A.'s No. 2 ranked offense. For the second consecutive season, the Rams' O-line also ranked in the top 10 for fewest sacks allowed.

In 2017, the offensive line paved the way for one of the biggest offensive turnarounds in NFL history, helping the team improve from the 32nd-ranked scoring offense in 2016 to the league's top-scoring team the following year.

During the 2017 campaign, the offensive line provided time for Goff to have a break-out campaign and allowed RB Todd Gurley II to lead the league in total touchdowns (19) and scrimmage yards (2,093) en route to earning AP Offensive Player of the Year accolades.

Dickerson helped coach an offensive line that protected QB Case Keenum, who set career-highs in attempts, completions, completion percentage, passing yards and passing touchdowns in 2016.

For the third-consecutive year, the Rams boasted one of the NFL's top rookie runners in 2015. The Rams offensive line blocked for Offensive Rookie of the Year and rookie Pro Bowler Gurley to rush for 1,106 yards, which placed him third in the NFL in rushing yards. The Rams finished seventh in the NFL in rushing offense and allowed the fewest sacks in the league (18).

With the help of the St. Louis offensive line, RB Tre Mason finished second among all rookies and led the Rams with 765 rushing yards in 2015. As a team, St. Louis averaged 102.2 rushing yards per game, giving them at least 100 yards per game in each of Dickerson's three seasons with the Rams.

In 2013, St. Louis averaged 21.8 points per game, the club's highest point total since 2006, and the team's offensive line had a great impact on the team's play. RB Zac Stacy rushed for 973 yards, third-most by a rookie in team history. Over the last 11 games, only six NFL backs rushed for more yards than Stacy. In the passing game, the Rams allowed 36 sacks in 2014, the eighth lowest total in the NFL.

In his first season with the Rams, Dickerson helped guide an offensive line that allowed just 35 sacks after giving up 55 the previous year. St. Louis' offensive line was forced to deal with its share of adversity as nine different linemen started at least one game. The unit led the league in sacks allowed after seeing significant action from five rookies.

Dickerson spent the 2011 season with the Jets as a coaching assistant. He first broke into coaching as a member of their staff from 2006-08, with

coaching assistant and defensive quality control responsibilities. He also spent two years with the Cleveland Browns, serving as assistant offensive line coach in 2010 and defensive quality control in 2009.

Before joining the Jets staff, Dickerson worked in the operations department of the New England Patriots, first as an intern in 2004 and then on a full-time basis the following year. He began his NFL career with the Washington Football Team as a training camp intern in 2003 before

spending that season as a graduate assistant on the offensive staff at Tufts University.

Dickerson played collegiate football at Tufts from 1999-2002. He also performed in the shot put, discus and hammer throw on the school's track & field squad. Before that, he was a three-sport captain in football, wrestling, and track and field at Tower Hill School in his hometown of Wilmington, Del.



# THOMAS GARCIA

## STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 3rd YEAR

SEAHAWKS EXPERIENCE: 3rd YEAR

### GARCIA'S COACHING CAREER

2019-	Seattle Seahawks	Strength & Conditioning Asst.
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Thomas Garcia enters his third season in the Seahawks strength & conditioning department after spending his first six seasons with the club serving as a sport science specialist.

For the 2017-18 seasons, Garcia assisted the medical staff in the team's return-to-play process, developing end-stage rehabilitation strength programs and assisting in on-field conditioning programs for players

returning to competition. Being dual credentialed as an ATC/CSCS and experienced in sport science has allowed Garcia to have a unique perspective in athletic development and performance.

His role is the re-conditioning and performance coordinator within the strength & conditioning program. He will assist in the planning and implementation of all re-conditioning needs for players in the end stages of rehabilitation using sports performance data to objectively evaluate progression and management. Garcia will also assist in the planning and implementation of all alternative on-field conditioning and weight room modifications and needs for injured or limited players.



# JOHN GLENN

## LINEBACKERS

NFL EXPERIENCE: 10th YEAR

SEAHAWKS EXPERIENCE: 10th YEAR

### GLENN'S COACHING CAREER

2006-08	North Carolina Wesleyan College	Linebackers
2010-11	University of Washington	Quality Control
2012-13	Seattle Seahawks	Coaching Asst./Special Teams
2014-15	Seattle Seahawks	Quality Control/Defense
2016	Seattle Seahawks	Defensive Assistant
2017	Seattle Seahawks	Asst. Linebackers
2018-	Seattle Seahawks	Linebackers

Hired on February 14, 2012, to be the team's special teams coaching assistant, Glenn moved to new roles in 2014 as quality control/defense coach, defensive assistant in 2016, assistant linebackers coach in 2017, and now leading the linebackers, being promoted before the 2018 season.

Glenn supports Ken Norton, Jr., who was named defensive coordinator in 2018.

Last season, Bobby Wagner became the first player in franchise history to record nine-consecutive 100-tackle seasons. Wagner was voted to the Pro Bowl for the seventh time and selected to the Associated Press All-Pro Team first team. It was Wagner's fifth year in a row and sixth time in his career being named to the first-team (second-team in 2015; seven total), adding to a total that was already the most in franchise history.

In 2019, Glenn's linebackers saw career years, as Bobby Wagner recorded the second-most tackles in franchise history with 159 (1st in NFL), trailing his own franchise record of 167, and K.J. Wright posted a career-high 132 tackles, the fifth 100-tackle season of his career.

He entered the league after spending two seasons (2010-11) as the University of Washington's quality control coach.

Glenn was a three-year letterwinner at linebacker and a starter on East Stroudsburg University's 2004 and 2005 NCAA playoff teams. He was also a two-year letterwinner in basketball in 2001-02 and 2002-03.

Born on July 20, 1981 in Scranton, Pa., Glenn and his wife, Leigh, have two sons, Nate and Luke.



# CLINT HURTT

ASSISTANT HEAD COACH-DEFENSE/DEFENSIVE LINE

NFL EXPERIENCE: 8th YEAR

SEAHAWKS EXPERIENCE: 5th YEAR

## HURTT'S COACHING CAREER

2001-02	University of Miami	Strength & Cond. (volunteer)
2003-04	University of Miami	Graduate Assistant
2005	Florida International	Defensive Line
2006	University of Miami	Defensive Line
2007-09	University of Miami	Defensive Line/Recruiting Coord.
2010	Louisville	Defensive Line/Recruiting Coord.
2011-13	Louisville	Assoc. Head Coach/DL/Rec. Coord.
2014	Chicago Bears	Asst. Defensive Line
2015-16	Chicago Bears	Outside Linebackers
2017	Seattle Seahawks	Defensive Line
2018-	Seattle Seahawks	Asst. Head Coach/Defensive Line

Hired on March 16, 2017, Clint Hurtt joined Seattle after two years as the Chicago Bears outside linebackers coach (2015-16) and one year as the Bears assistant defensive line coach (2014).

Seattle's defensive line was boosted by the mid-season addition of Carlos Dunlap II in 2020, helping the Seahawks register an NFL-best 37.0 sacks over the final 10 regular season games. Dunlap II ranked fourth on the team with 5.0 sacks and third with 12 quarterback hits despite only playing only eight games.

In 2019, Jadeveon Clowney ranked 9th in the NFL with 16 tackles for a loss, and he scored two defensive touchdowns (one INT, one FR) while Rasheem Green led the team with 4.0 sacks.

Seattle's defensive line in 2018 saw a breakout year from DT Jarran Reed, as he posted career-highs in sacks (10.5, 3rd among NFL interior linemen), tackles (50) and quarterback hits (24). His 10.5 sacks were the third-most by a DT in franchise history, trailing only Hall of Famers Cortez Kennedy (14.0) and John Randle (11.0). Added to DE Frank Clark's career-

high 13.0 sacks, the 23.5 combined sacks ranked fifth in the NFL and seventh in franchise history.

Hurtt's defensive line in 2017 was led by DE Michael Bennett (8.5 sacks) and DE Clark (9.0 sacks) for the second-consecutive season, as the two combined for 17.5 sacks, the fifth-most by a defensive end tandem in the NFL. Clark's total was one-off his career-high set in 2016.

Hurtt's 2015 linebacker corps of Lamarr Houston (career-high 8.0 sacks), Willie Young (6.5) and Pernell McPhee (6.0) were the only trio of linebackers in the NFL to have at least six sacks each. Hurtt helped both Houston and Young transition from ends in a 4-3 base defense to 3-4 outside linebackers.

In 2014, Young led the team with a career-high 10.0 sacks after totaling just six sacks in his first four seasons in the league with the Detroit Lions.

Prior to joining the Bears in 2014, Hurtt spent 13 years in the collegiate ranks coaching 14 NFL Draft picks during that time. From 2010-13, he worked as Louisville's defensive line coach/recruiting coordinator, adding the title of associate head coach from 2011-13. In 2013, Louisville's defense was tops in the nation in sacks (3.31), total defense (251.5 ypg), rushing defense (80.7 ypg) and third down defense (27.0%) and second in scoring defense (12.2 points per game).

Hurtt came to Louisville from Miami, his alma mater, where he worked as the team's defensive line coach from 2006-09, adding the title of recruiting coordinator in 2007. It was his second stint at his alma mater after beginning his coaching career as a volunteer strength and conditioning coach from 2001-02 before working as a graduate assistant with the Hurricanes from 2003-04.

In between stints at Miami, Hurtt spent the 2005 season at Florida International University as the Golden Panthers defensive line coach.

Hurtt was a three-year letterman at Miami (1997, 1999-2000) before his career ended prior to the 2001 season due to injury.

Born on November 7, 1978, Hurtt and his wife, Tanisha, have a daughter, Taylor, and son, Clayton.



# BRAD IDZIK

QUALITY CONTROL-OFFENSE/ASSISTANT QUARTERBACKS

NFL EXPERIENCE: 3rd YEAR

SEAHAWKS EXPERIENCE: 3rd YEAR

## IDZIK'S COACHING CAREER

2014-18	Stanford University	Graduate Assistant
2019-20	Seattle Seahawks	Asst. Wide Receivers
2021-	Seattle Seahawks	Quality Control-Off./Assistant QBs

Brad Idzik joined the Seahawks staff on February 22, 2019, after five seasons as an offensive graduate assistant at Stanford University (2014-18).

Idzik attended Wake Forest, where he graduated in 2014 with a degree in mathematical business. He also minored in global trade & commerce after a sabbatical term studying politics and economics at Cambridge.

Idzik transferred to Wake Forest in 2011 following his freshman year at Lehigh. As a flanker on the Wake Forest football team, he made his collegiate debut in 2012 at Notre Dame.

He is the son of John Idzik, who served as Seattle's vice president of football administration from 2007 to 2012 before becoming the general manager of the New York Jets in 2013. He served as the special assistant to the general manager for the Jacksonville Jaguars from 2015-20. John played college football at Dartmouth while Idzik's grandfather, John Sr., was the head football coach at the University of Detroit in the 1960s and also held assistant coaching positions in the NFL, CFL and college football.

Idzik was born on October 20, 1991.



# KERRY JOSEPH

ASSISTANT WIDE RECEIVERS

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

## JOSEPH'S COACHING CAREER

2016-17	McNeese State	Co-Offensive Coordinator/WRs
2018	McNeese State	Co-Offensive Coordinator/QBs
2019	SE Louisiana State	Passing Game Coordinator/RBs
2020	Seattle Seahawks	Offensive Assistant/Running Backs
2021-	Seattle Seahawks	Assistant Wide Receivers

Kerry Joseph joined the Seahawks coaching staff on July 27, 2020, following four years coaching at the college level and a 19-year professional football career (1996-2014). He most recently served as the passing game coordinator/running backs coach for SE Louisiana State (2019).

Joseph opened his coaching career at his alma mater, McNeese State, where he spent three seasons as co-offensive coordinator (2016-18). In 2016 and 2017, his duties included working with the team's wide receivers, while he coached quarterbacks in 2018. He also served training camp internships with the New Orleans Saints and Tampa Bay Buccaneers.

A native of New Iberia, La., he joined the coaching ranks after a near two-decade professional career that saw him play in the NFL, CFL, NFL Europe and World League.

He spent the majority of his NFL career with the Seattle Seahawks (1998-01), playing in 56 games with 14 starts at safety from 1998-01. He posted 143 tackles, one sack and three interceptions in his four-year NFL career.

Following his time in the NFL, Joseph spent his playing career in Canada, excelling as a quarterback. During the 2007 season as a member of the CFL's Saskatchewan Roughriders, he was named the CFL's Outstanding Player, helping the Roughriders to their third Grey Cup in club history.

As a quarterback at McNeese State from 1992-95, Joseph led the Cowboys to 41 wins and three Southland Conference titles as a starter. During his time under center, McNeese won its first playoff game in school history (1992) and advanced to the national semifinals for the first time in 1995.

The Southland Conference and Louisiana Player of the Year as a senior, Joseph helped that 1995 Cowboys squad to a 13-1 record, as McNeese spent the majority of the season ranked No. 1 nationally. A 2012 Southland Conference Hall of Honor inductee and a member of the McNeese Sports Hall of Fame, Joseph threw for 7,874 yards and a school record 67 touchdown passes during his four years in Lake Charles.

Joseph was born on October, 4, 1973.



# KELI'I KEKUEWA

ASSISTANT OFFENSIVE LINE

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

## KEKUEWA'S COACHING CAREER

2015-16	Wake Forest	Offensive Line/Tight Ends
2017	University of Minnesota	Offensive Line/Tight Ends
2018	Henderson State	Offensive Line/Tight Ends
2019	Notre Dame	Graduate Assistant
2020	Seattle Seahawks	Offensive Assistant
2021-	Seattle Seahawks	Assistant Offensive Line

Kekuewa, who goes by the nickname "Chief," joined the staff on March 11, 2020, after spending the 2019 season as Notre Dame's offensive staff as a graduate assistant.

He began his coaching career at Wake Forest (2015-16) before moving on to the University of Minnesota (2017) and Henderson State University

(2018), working mainly with the offensive line and tight ends at each program.

Kekuewa played two seasons at Bowling Green, starting all 27 games during the 2012-13 seasons. An All-Mid-American Conference center, Kekuewa was a key part of the Falcons' offensive unit that averaged over 34 points per game. BGSU finished 10-4 in 2013 including a win in the MAC Championship Game over Northern Illinois and a bowl bid to the Little Caesars Pizza Bowl.

The Keeau, Hawaii native was an Academic All-MAC selection in 2013. He spent his first two seasons at Arizona Western Junior College where he led the Matadors to an 11-1 record and a berth in the National Junior College Athletic Association championship game.

Born on December 2, 1992, he graduated from Bowling Green in May of 2014 with a degree in environmental studies and earned his masters in liberal studies from Wake Forest in December of 2016.



# DAMIONE LEWIS

## DEFENSIVE ASSISTANT/DEFENSIVE LINE

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

### LEWIS' COACHING CAREER

2020-	Seattle Seahawks	Defensive Assistant/Defensive Line
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Lewis joined the Seahawks coaching staff on March 11, 2020. He most recently served as the Assistant Athletic Director of Football/Player Development for Florida International University for the 2019 season.

He played 10 seasons in the NFL, starting 65 of 101 games after being the 12<sup>th</sup> overall selection by the St. Louis Rams in the 2001 NFL Draft. He played for St. Louis (2001-05), Carolina (2006-09) and Houston (2010) and recorded 261 tackles (190 solo), 23.5 sacks, 15 passes defended, four forced fumbles and five fumble recoveries in his career.

Born on March 1, 1978, Lewis majored in sociology at the University of Miami.



# IVAN LEWIS

## HEAD STRENGTH & CONDITIONING

NFL EXPERIENCE: 5th YEAR

SEAHAWKS EXPERIENCE: 3rd YEAR

### LEWIS' COACHING CAREER

2002-03	University of San Diego	Strength & Conditioning Asst.
2004-05	San Diego Chargers	Strength & Conditioning Intern
2006-08	USC	Strength & Conditioning Asst.
2009-13	University of Washington	Head Strength & Conditioning
2014-18	USC	Head Strength & Conditioning
2019-	Seattle Seahawks	Head Strength & Conditioning

Ivan Lewis was announced as the head strength & conditioning coach on February 22, 2019 after five seasons (2014-18) at USC in the same capacity.

Lewis helped return USC to a Rose Bowl championship in 2016 and a Pac-12 Championship following the 2017 season.

Prior to USC, he spent five seasons in the Pacific Northwest (2009-13) as the head strength & conditioning coach at the University of Washington.

He worked directly with the Huskies football team and was named the

2013 Samson Equipment/American Football Monthly FBS Strength and Conditioning Coach of the Year.

He went to UW after three seasons (2006-08) as an assistant at USC under Chris Carlisle and helped the Trojans win three Pac-10 championships and Rose Bowls during his tenure.

Lewis began his NFL career with the San Diego Chargers (2004-05) interning in the strength department under the guidance of Dave Redding and Matt Schiotz, after spending two years (2002-03) at the University of San Diego, where he worked with the football team and other sports.

He was an assistant football coach and strength & conditioning coach at Mt. Si High School in Snoqualmie (Wash.) in 2000 and 2001.

He is a Certified Strength and Conditioning Specialist (CSCS) and is certified by USA Weightlifting (USAW).

Lewis graduated from Idaho in 2000 with a bachelor's degree in education and earned a master's degree in leadership studies, with a coaching emphasis, from San Diego in 2003.

He was born on September 14, 1978. He and his wife, Lauralee, have one daughter, Dakota, and one son, D'Angelo.



# PAT MCPHERSON

**TIGHT ENDS**

**NFL EXPERIENCE: 24th YEAR**

**SEAHAWKS EXPERIENCE: 12th YEAR**

## MCPHERSON'S COACHING CAREER

1994-97	Bellarmine College Prep	Linebackers/Running Backs
1996	San Francisco 49ers	Quality Control/Defense (volunteer)
1998	Denver Broncos	Defensive Assistant
1999-02	Denver Broncos	Offensive Assistant
2003-06	Denver Broncos	Quarterbacks
2007-08	Denver Broncos	Tights Ends
2010-	Seattle Seahawks	Tight Ends

Named to his position on February 4, 2010, McPherson joined Seattle after 11 years with the Denver Broncos, most recently serving as their tight ends coach from 2007-08. Before being named to that position, he spent four years (2003-06) as quarterbacks coach for the Broncos and also served as an offensive assistant (1999-2002) and defensive assistant (1998).

In 2020, three different tight ends recorded at least 20 receptions for more than 200 yards. Will Dissly (24-251), Jacob Hollister (25-209), and Greg Olsen (24-239) helped the tight end group register 75 catches for 715 yards and six touchdowns. Dissly played in 16 games (10 starts) for the first time in his career. Olsen finished his career with 8,683 yards, fifth most by a tight end in NFL history.

McPherson's tight ends were again tested for depth in 2019 as Will Dissly again suffered a season-ending injury, this time an achilles, but not before logging 23 catches for 262 yards and four touchdowns. Jacob Hollister emerged as one of Russell Wilson's go-to targets by the end of the year and recorded career-highs in receptions (41), yards (349), and touchdowns (3) while playing in just 11 games with three starts. Luke Willson made a return to the Seahawks tight ends room, signing as a free agent during the season and adding eight catches for 79 yards.

McPherson's group's depth was tested in 2018 as fourth-round draft choice Will Dissly saw his season cut short due to a knee injury and offseason acquisition Ed Dickson sidelined for half of the season, leading tight end Nick Vannett to start nine of 15 games played and posting career-highs in catches (29), yards (269) and touchdowns (3). Dissly did make his mark in limited time, becoming the first rookie tight end in NFL history to start his career with at least one touchdown and more than 40 yards receiving in back-to-back games during Weeks 1-2. Also, his 66-yard reception at Denver was the longest reception by a Seahawks rookie since Darrell Jackson (71 yards) in 2000.

Jimmy Graham enjoyed another Pro Bowl year in 2017 and re-wrote franchise records by a tight end in club history. It was Graham's fifth trip to the annual all-star game after hauling in 10 touchdown receptions, the second-most in the NFL and the most among tight ends in franchise history in a single-season. With 57 receptions for 520 yards and 10 touchdowns, those totals helped Graham become the franchise's all-time leader by a tight end in catches (170), yards (2,048) and touchdowns (18).

In 2016, McPherson helped Graham return from a torn patellar tendon and turn in a Pro Bowl season as he ranked second on the team with 65 receptions for 923 yards with six touchdowns.

Graham joined McPherson's group in 2015 but saw his season cut short after 11 games and 48 receptions for 605 yards and two touchdowns.

In their Super Bowl XLVIII winning season, Zach Miller and Luke Willson

combined for 53 receptions for 659 and six touchdowns, with a career-high tying five coming from Miller.

In 2012, Miller and Anthony McCoy each had three touchdowns while Miller hauled in 38 passes for 396 yards and McCoy had career-highs in catches (18), yards (291) and touchdowns.

In Denver, McPherson's promotion to quarterbacks coach in 2003 coincided with the Broncos signing of Jake Plummer. Plummer's 39-15 regular-season record (.722) from 2003-06 with McPherson as his position coach marked the fourth-best winning percentage among all NFL signal callers. In addition, Plummer concluded his career with Denver as its all-time leader in passer rating (84.3).

In 2004, Plummer set a Broncos single-season record for passing yards (4,089) while tying the team's record for most touchdown passes (27) in a season and directing the AFC's No. 3 pass offense (249.9 ypg). Additionally, the signal-caller posted 499 passing yards against the Falcons (10/31/04) for the highest single-game total in franchise history.

Plummer took his game to new levels under McPherson in 2005, leading Denver to a 13-3 record, an AFC West title and a berth in the AFC Championship Game while throwing for 3,366 yards.

McPherson in 2006 helped ease rookie quarterback Jay Cutler's transition into the NFL as the first-round draft choice started Denver's final five games and made league history in the process. Cutler became the first rookie in NFL history and one of only two players in league annals to throw at least two touchdown passes in each of his first four games.

McPherson was hired by the Broncos following a four-year coaching stint at his high school alma mater, Bellarmine College Prep in San Jose, Calif. In addition to football, his duties included teaching English, algebra and physical fitness at the school.

During his tenure at Bellarmine, the football team compiled a record of 35-11, won three consecutive league titles and made one section championship appearance. He also gained valuable coaching experience volunteering with the San Francisco 49ers in 1996, serving in a defensive quality control capacity.

McPherson holds a bachelor's degree in English and an MBA from Santa Clara, where he captained the football team and was voted Most Inspirational Player as an inside linebacker during his senior season of 1992. He began his collegiate career in 1987 at UCLA, where he received the Charles Pike Award, which recognizes the school's outstanding freshman football player. McPherson signed with the 49ers as a rookie free agent in 1993.

His father, Bill McPherson, coached in the NFL for 21 years and worked as a personnel consultant for the San Francisco 49ers before retiring in February 2005.

McPherson was an all-state and All-America inside linebacker at Bellarmine College Prep and earned Scholar-Athlete of the Year honors as a senior. In April 2004, McPherson was inducted into Bellarmine's Athletic Hall of Fame.

McPherson worked with the National Multiple Sclerosis Society in Santa Clara, Calif., in 1994, organizing and implementing the chapter's largest fund-raising event, the 1994 MS Walk.

He was born on April 15, 1969, in Santa Clara, Calif. and has two sons, Jackson and Grayson.



# CHAD MORTON

## RUNNING BACKS

NFL EXPERIENCE: 13th YEAR

SEAHAWKS EXPERIENCE: 8th YEAR

### MORTON'S COACHING CAREER

2009	Green Bay Packers	Coaching Administrator
2010-13	Green Bay Packers	Special Teams Assistant
2014	Seattle Seahawks	Asst. Special Teams
2015-16	Seattle Seahawks	Asst. RBs/Asst. Special Teams
2017-	Seattle Seahawks	Running Backs

Hired on March 17, 2014, as assistant special teams coach, Morton joined the Seahawks after spending five seasons in the same role with the Green Bay Packers. In 2015, he began work with the running backs, and took charge of the running backs room in 2017.

Last season, Chris Carson was one of only three players (Kareem Hunt, Alvin Kamara) with four-plus touchdowns (5) and four-plus receiving touchdowns (4) despite playing only 12 games. Carson also set career highs in yards per attempt (4.8), catches (37), and receiving yards (287). Carlos Hyde, DeeJay Dallas and Travis Homer all played significant roles and Rashaad Penny returned to the field (at Washington, 12/20) for the first time in more than a year after suffering an ACL injury on 12/8/19.

In 2019, Chris Carson ranked 5th in the NFL in rushing yards with a career-high of 1,230 - his second consecutive 1,000 yard season - and added seven rushing touchdowns. He also recorded 37 receptions for 266 yards and three TDs before injuring his hip in week 16 and being placed on injured reserve. Morton's group also lost Rashaad Penny and C.J. Prosise to IR, forcing sixth-round pick Travis Homer to step up at the end of the season, in addition to the team re-signing Marshawn Lynch in week 17, who ended up scoring a touchdown in week 17 vs. the 49ers and then three more touchdowns in the playoffs.

In 2018, returning from a broken leg suffered in his rookie season, RB Chris Carson became Seattle's first 1,000-yard rusher since 2014 and just the sixth player in franchise history to accomplish the feat with a career-high 1,151 yards (5th NFL). Seattle's ground game ranked no. 1 in the league (160.0 ypg), rushing for 2,560 yards (third-most in franchise history) and was the fourth team in NFL history to have a 1,000-yard rusher (Carson) and three 300-yard rushers (Mike Davis, Rashaad Penny, QB Russell Wilson), becoming the first team since the 2001 Steelers.

In 2015, Morton helped the emergence of rookie Tyler Lockett become a first-team AP All-Pro as a return specialist. Lockett became the second

player in NFL history (Hall of Famer Gale Sayers) to return a punt and kickoff for touchdowns and have five receiving touchdowns in a single-season. Lockett returned a kickoff 105 yards for a franchise-record and his 1,915 combined yards are the fourth-most in a season in franchise history, and his 139 punt return yards at Arizona set the club record.

Morton's contributions in Green Bay affected various aspects of the return game, where Randall Cobb was named a first alternate for the Pro Bowl as a kick returner in 2013. Cobb became the first player in NFL history to have 900-plus kickoff return yards (964) and receiving yards (954) in the same season.

Cobb was also named a Pro Bowl alternate and to the Pro Football Weekly/PFWA All-Rookie team for his efforts as the team's primary returner in 2011. He finished with 34 kickoff returns for 941 yards and a touchdown, and finished the season ranked second in the NFL (first among rookies) with a 27.7 average.

A seven-year NFL veteran as a player, Morton was a running back and kick/punt returner who began his career with New Orleans in 2000 as a fifth-round draft pick. Serving primarily as a returner as a pro, Morton tallied 5,401 career kickoff-return yards and three kick-return scores, as well as 1,431 career punt-return yards and one score, in 93 career games. He was selected as a Pro Bowl alternate as a returner in 2002 and 2005.

He is the only player in NFL history to return a kickoff for a touchdown in regulation and overtime in the same game (at Buffalo, 9/8/02) and joins Chicago's Dave Williams (at Detroit, 11/27/80) as the only players in NFL history to return a kickoff for a touchdown in overtime. In 2000 with the Saints, Morton tied the NFL single-game playoff record with 13 receptions against the Minnesota Vikings.

Morton was an All-Pac-10 selection at Southern California, where he served as the team's primary running back his final two seasons. He led the team with 1,141 yards and 15 touchdowns on 262 carries as a senior, and he ranks 12th on the Trojans' all-time rushing list with 2,511 career yards. He graduated from USC with a degree in sociology.

Born on April 4, 1977, in Torrance, Calif., Morton attended South High School, where he played running back and also ran track. His older brother, Johnnie, played wide receiver for 12 seasons (1994-2005) in the NFL, including eight with the Detroit Lions.

Morton and his wife, Tamra, have two sons, Avery and Aiden, and two daughters, Alexis and Ariella.



# MARK PHILIPP

## STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 3rd YEAR

SEAHAWKS EXPERIENCE: 3rd YEAR

### PHILIPP'S COACHING CAREER

2009-12	Oregon State	Strength & Conditioning Asst.
2013-14	USC	Strength & Conditioning Asst.
2015-17	University of Nebraska	Head Strength & Conditioning
2018	USC	Strength & Conditioning Asst.
2019-	Seattle Seahawks	Strength & Conditioning Asst.

Mark Philipp was announced as strength & conditioning assistant for the Seahawks on February 22, 2019, after spending one season at USC (2018) under current Seattle head strength coach Ivan Lewis.

Prior to USC, he spent three seasons (2015-17) serving as Nebraska's head football strength coach. Philipp assumed the role in January of 2015, shortly after Mike Riley was hired as the Cornhuskers head football coach. Philipp had previously worked with Riley as an assistant strength and conditioning coach at Oregon State.

Philipp made a strong impact on the Nebraska program. In 2016, the Huskers outstanding strength & conditioning was evident as Nebraska ranked among the nation's best teams in the fourth quarter.

A certified strength and conditioning specialist, Philipp is also a certified Level 1 Club Coach by USA Weightlifting, in addition to being certified in functional movement screening.

Philipp joined Nebraska after spending two years as an assistant strength & conditioning coach at USC. He was responsible for the design, implementation and supervision of the strength training, agility, speed work, conditioning and testing for the women's lacrosse team, while also assisting with all aspects of strength & conditioning for the football, women's basketball and sand volleyball programs.

Known for his contagious enthusiasm, Philipp was an assistant strength & conditioning coach at Oregon State from 2009-12. He spent four seasons working with coach Riley's football team, helping the Beavers to a pair of bowl appearances. In his final season, Philipp played a role in Oregon State finishing with a No. 20 national ranking. In addition to assisting with the football team, Philipp was in charge of coordinating the strength & conditioning programs for the Beavers men's basketball, wrestling, softball, women's volleyball, women's swimming and diving and women's golf teams.

While in Corvallis, Philipp also served as an assistant strength & conditioning coach for the Corvallis Knights baseball team for three summers, in addition to working as the director of strength & conditioning for the Oregon State Weight Lifting Camp from 2010 to 2013.

Philipp earned his bachelor's degree from Southern Illinois University in 2006, where he was a member of the football team. Philipp served as team captain in 2005, and he was twice named the defensive powerlifting champion.

He was born on November 12, 1982 in San Bernardino, Calif.



# DESHAWN SHEAD

## DEFENSIVE ASSISTANT/DEFENSIVE BACKS

NFL EXPERIENCE: 1st YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

### SHEAD'S COACHING CAREER

2021-	Seattle Seahawks	Defensive Assistant/DBs
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DeShawn Shead joined Seattle as a defensive assistant on February 24, 2021, after an eight-year career in the NFL (Seattle Seahawks, 2012-17; Detroit Lions, 2018; New Orleans Saints, 2019). Shead was a part of Seattle's Super Bowl XLVIII-winning team during the 2013 season.

He was originally signed by Seattle as an undrafted free agent out of Portland State in 2012. In seven seasons with Seattle (2012-17) and Detroit

(2018), Shead played in 66 contests with 22 starts at cornerback and one at strong safety, recording career totals of 146 tackles (108 solo) one sack, two interceptions, 23 passes defended, three forced fumbles, 25 special teams tackles, one blocked punt and one special teams forced fumble. In 10 postseason contests with three starts for the Seahawks, he had 11 tackles (seven solo), four passes defended and five special teams tackles. He signed with New Orleans in December of 2019, but did not play in a game.

Proposed to his wife, Jessica, following the Seahawks overtime victory vs. the Denver Broncos at Lumen Field on September 21, 2014. They have two children, Savannah and Carson.



# CARL SMITH

ASSOCIATE HEAD COACH

NFL EXPERIENCE: 32nd YEAR

SEAHAWKS EXPERIENCE: 9th YEAR

## SMITH'S COACHING CAREER

1971	Cal Poly-SLO	Graduate Assistant
1972	University of Colorado	Graduate Assistant
1973	University of Colorado	Linebackers
1974	University of Louisiana-Lafayette	Defensive Line
1975-76	University of Louisiana-Lafayette	Defensive Backs
1977-78	University of Louisiana-Lafayette	
1979-80	Lamar University	Offensive Coordinator/Quarterbacks
1981	Lamar University	Offensive Coordinator/Off. Line
1982	North Carolina State	Offensive Coordinator/Quarterbacks
1983	Philadelphia Stars (USFL)	Tight Ends/Special Teams
1984-85	Philadelphia/Baltimore Stars (USFL)	Quarterbacks/Wide Receivers
1986-96	New Orleans Saints	Offensive Coordinator/Quarterbacks
1997	New England Patriots	Assistant Head Coach/Quarterbacks
1998-99	New England Patriots	Tight Ends
2001-03	Cleveland Browns	Quarterbacks
2004	USC	Quarterbacks
2005-06	Jacksonville Jaguars	Offensive Coordinator
2007-08	Bartram Trail High School	Quarterbacks
2009-10	Cleveland Browns	Quarterbacks
2011-17	Seattle Seahawks	Quarterbacks
2018	Seattle Seahawks	Associate Head Coach
2019	Houston Texans	Quarterbacks
2020	Houston Texans	Offensive Consultant
2021-	Seattle Seahawks	Associate Head Coach

Carl Smith re-joined the Seattle staff on February 24, 2021, and enters his 32nd season as an NFL assistant coach. He returns after two years away from the Seahawks as he served as an assistant coach with the Houston Texans. He owns more than 42 years of overall coaching experience and has been a part of six division titles, two conference championships and won a Super Bowl.

As offensive consultant for Houston in 2020, Smith watched the league's fourth-ranked passing attack led by three-time Pro Bowler QB Deshaun Watson. Watson had a career-year in attempts (544), completions (382), completion percentage (70.22), yards (4,823), touchdowns (33), fewest interceptions (7) and passer rating (112.4). He also added 444 rushing yards, the second-most of his career. With his play, Watson qualified for the all-time NFL passer rating rankings and places second in NFL history in passer rating (104.5), home passer rating (106.8) and road passer rating (102.1).

In 2019, the Texans went 10-6 and captured the AFC South title. With Smith on staff, Watson directed a Texans offense that tied the team record for most total touchdowns scored (46) in a single season in team history (2009, 2012) and set franchise records for highest redzone touchdown percentage (64.2) and fewest three-and-outs (24). He was named to a second consecutive Pro Bowl after a stellar season that saw him win AFC Offensive Player of the Month in October and a franchise-record three player of the week awards.

Watson logged five games with over 250 passing yards and 40 rushing yards on the season, which led the NFL and tied Randall Cunningham (five in 1988) for the most in a season in NFL history. In Week 5 vs. Atlanta, Watson posted the highest quarterback rating by a player in a game in franchise

history (158.3) and set a single-game career high with 426 passing yards. As a team, Houston scored the second-most points in a game (53) in franchise history and scored over 50 points for just the second time. His performance made him the first player to throw for at least 400 yards and five touchdowns with five-or-fewer incompletions in a single game in NFL history. He also tallied a franchise-record seven rushing touchdowns in 2019, which only trailed Bills QB Josh Allen among quarterbacks.

Smith previously served as the associate head coach of the Seattle Seahawks in 2018 after spending the prior seven seasons as the Seahawks quarterbacks coach (2011-17).

From 2012-17, Smith mentored Seahawks QB Russell Wilson to become one of the most successful quarterbacks in the NFL, winning Super Bowl XLVIII as the third-youngest starting quarterback in NFL history. Smith guided Wilson to 73 victories (regular season and postseason), which marks the most victories in a player's first six seasons in league history. Under Smith, Wilson threw the third-most touchdown passes (161) in a player's first six seasons in NFL history, trailing only Dan Marino and Peyton Manning.

Wilson became the first player in NFL history to record a 100.0 passer rating in each of his first two seasons in the league, and broke his own franchise record (101.2 rating in 2013) with a league-leading 110.1 passer rating in 2015. Wilson also became the first quarterback in NFL history with a winning record in each of his first six seasons.

In 2016, Wilson tied his career high and a Seahawks franchise record with 34 touchdown passes and had a hand in 37 of Seattle's 38 offensive touchdowns while being named to his fifth-career Pro Bowl. Wilson led Seattle to another double-digit win season while setting career highs in attempts (546), completions (franchise-record 353) and yards (franchise-record 4,219).

Wilson finished the final seven games of the 2015 season with a 132.8 rating and became the only player in NFL history to pass for at least 24 touchdowns and have one or fewer interceptions in a seven-game span in a single-season. He became the first player in league history with 4,000 passing yards, 30 touchdown passes and 500 rushing yards in a single season.

Prior to joining the Seahawks, Smith spent two seasons as the Cleveland Browns quarterbacks coach from 2009-10, which marked his second stint with the Browns, having coached quarterbacks in Cleveland from 2001-03.

He spent 13 seasons as an offensive coordinator, last leading the Jacksonville Jaguars offense from 2005-06. In 2006, Jacksonville's offense ranked 10th in the NFL in total offense and third in rushing yards per game with an average of 158.8. In 2005, the Jaguars scored 361 points, 100 more than the previous season, and finished with a 12-4 record.

Prior to his time in Jacksonville, Smith worked with Seahawks Head Coach Pete Carroll in 2004 at the University of Southern California, where he mentored Heisman Trophy winner Matt Leinart and helped the Trojans win the National Championship.

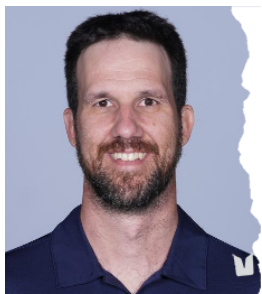
Smith served as the assistant head coach/quarterbacks coach for the New England Patriots in 1997. Under Smith's tutelage, Patriots QB Drew Bledsoe completed more than 60 percent of his passes, threw for more than 3,700 yards and set career highs in touchdown passes (28) and passer rating (87.7) as he was voted to the Pro Bowl in 1997. Smith would later transition to the Patriots tight ends coach from 1998-99.

Smith began his NFL coaching career with the New Orleans Saints in 1986, serving as offensive coordinator/quarterbacks coach for 11 seasons. During that time, the franchise recorded its first-ever winning season, earned its first playoff berth, won its first division title and qualified for the postseason on four occasions.

Prior to the NFL, Smith was an assistant at the collegiate level for 12

seasons, with the final six as an offensive coordinator.

Smith lettered in football as a defensive back at California Poly-San Luis Obispo from 1969-70 after transferring from Bakersfield College where he played quarterback from 1966-67. He earned his bachelor's (1971) and master's (1972) degrees in physical education from Cal Poly.



# TRACY SMITH

ASSISTANT SPECIAL TEAMS

NFL EXPERIENCE: 13th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

## SMITH'S COACHING CAREER

2004	Stephen F. Austin	Tight Ends/Video Coordinator
2005	LSU	Graduate Assistant/Offense
2006-08	Utah State	Tight Ends
2009-10	Cleveland Browns	Special Teams Assistant
2011	Seattle Seahawks	Coaching Assistant
2012-14	San Francisco 49ers	Special Teams Assistant
2015-17	Oakland Raiders	Assistant Special Teams
2018-19	Houston Texans	Assistant Special Teams Coordinator
2020	Houston Texans	Special Teams Coordinator
2021-	Seattle Seahawks	Assistant Special Teams

Tracy Smith re-joined the Seahawks staff on February 24, 2021, as assistant special teams coach after spending three seasons with Houston (2018-20), serving as the special teams coordinator for the Texans during the 2020 season. Smith was previously with Seattle in 2011 as a coaching assistant.

With Smith's help, the 2019 Texans turned in one of the best all-around special teams performances in team history. Behind standout coverage units, the Texans led the NFL and set the single-season franchise record in opponent punt return average, allowing just 3.4 yards per return, and also led the league in opponent field position after kickoffs. P Bryan Anger finished second in the NFL in net punting average (44.5) and led the NFL in percentage of punts pinned inside the 20-yardline (53.3 percent) and tied for the longest punt in franchise history with a 71-yarder in Week 4. Houston also had multiple field goal blocks in a season for the fourth time in team history (2003, 2011, 2013), tying the club record.

In Smith's first season in Houston in 2018, the Texans made a big leap in a number of special teams categories. Houston led the NFL in opponent starting field position with an average of the 25.5-yardline after finishing 26th in 2017. The Texans also ranked second in the NFL in starting field position (31.3) in 2018 after ranking 32nd the previous season. K Ka'imi Fairbairn led the NFL and set single-season franchise records in points scored (150) and field goals made (37). He became the first kicker to hit game-winning field goals in overtime in consecutive games (Weeks 4-5) since David Akers in 2000.

Smith spent three seasons coaching the Oakland Raiders (2015-17), with the special teams unit ranking fourth in punts inside of the 20-yard line (102), fifth in punting average (46.6), fifth in net punting average (41.3), eighth in kickoff return yards (2,540), ninth in punt returns (110) and 10th in punting yards (10,904) over that span.

In 2017, the Raiders finished fifth in the NFL in punting average (47.4) and seventh in opponent kickoff return average (19.9). K Giorgio Tavecchio

A native of Wasco, Calif., Smith and his wife, Dianne, have three sons, Tracy, Tyler and Nicholas, two grandsons, Troy and Bo, and a granddaughter, Lane. Smith's son, Tracy, serves as Seattle's assistant special teams coach.

became the first player to hit two 50-plus yard field goals on his debut in NFL history, earning AFC Special Teams Player of the Week in Week 1.

In 2016, Raiders K Sebastian Janikowski kicked three field goals of 50-or-more yards to become the NFL's all-time leader with 55 field goals at that distance. Janikowski also concluded the season with 414 career field goals, the ninth-most in NFL history, and moved into 10th on the NFL's all-time scoring list with 1,799 points scored. Smith also helped P Marquette King earn Associated Press All-Pro second-team honors after recording 81 punts for 3,937 yards (48.6 avg.) while placing 34 punts inside the 20-yard line.

In his first season in Oakland, Smith helped the special teams unit lead the league in kickoff return yards (1,268) and total return yards (1,540). The Raiders allowed only 22.7 yards per kickoff return, improving from 32nd in the league in 2014 to 13th in 2015. The team also blocked five combined extra points and field goals that season, tied for the most by any NFL team since 1995, and King set a franchise record by pinning 40 of his 83 punts inside of the 20-yard line.

Prior to joining the Raiders, Smith spent 2012-14 with the San Francisco 49ers, helping produce one of the top units in the NFL. During that time span, the 49ers ranked in the top 10 in field goals made (ninth, 86) and opponents punt return average (ninth, 8.3). San Francisco also ranked in the top five in net punting average (fourth, 41.3) and gross punting average (third, 47.5).

The 2013 49ers special teams unit ranked second in the NFL according to Rick Gosselin's annual special teams rankings. K Phil Dawson set a franchise record with 27 consecutive field goals made while producing a career-best 140 points, 44 extra points made and 32 field goals made.

The 49ers fielded one of the strongest special teams units in the NFL in 2012. P Andy Lee led the NFL with a 43.2 net punting average while also ranking fifth in the league with a 48.0 punting average on his way to All-Pro honors.

Smith spent the 2011 season with the Seattle Seahawks as a coaching assistant. Prior to joining Seattle, Smith's first NFL experience came with the Cleveland Browns in 2010, where he helped Cleveland lead the NFL in kickoff coverage, finish fifth in punt coverage and sent KR Josh Cribbs to the Pro Bowl.

Before making the jump to the NFL, Smith coached tight ends at Utah State from 2006-08 and spent the 2005 season as the offensive graduate assistant at LSU, working with the team's quarterbacks.

Smith's first job in football came at Stephen F. Austin in 2004, where he worked with the tight ends in addition to serving as the team's video coordinator.

A native of Beaumont, Texas, Smith received a bachelor's degree in business while working for the athletic department's video staff at LSU. His father, Carl, is Seattle's associate head coach. Smith has a son, Troy, and he and his wife, Megan, are parents of one daughter, Lane, and a son, Bo.



# MIKE SOLARI

OFFENSIVE LINE

NFL EXPERIENCE: 33rd YEAR

SEAHAWKS EXPERIENCE: 6th YEAR

## SOLARI'S COACHING CAREER

1976-77	Mission Bay High School	Offensive Line
1978	Mira Costa Junior College	Offensive Line
1979	U.S. International	Offensive Line
1980	Boise State	Offensive Line
1981-82	University of Cincinnati	Offensive Line
1983-85	University of Kansas	Offensive Line
1986	University of Pittsburgh	Offensive Coord./Off. Line
1987-88	Dallas Cowboys	Asst. Off. Line/Special Teams
1989	Phoenix Cardinals	Offensive Line
1990-91	University of Alabama	Offensive Line
1997-05	Kansas City Chiefs	Offensive Line
2006-07	Kansas City Chiefs	Offensive Coordinator
<b>2008-09</b>	<b>Seattle Seahawks</b>	<b>Offensive Line</b>
2010-14	San Francisco 49ers	Offensive Line
2015	Green Bay Packers	Asst. Offensive Line
2016-17	N.Y. Giants	Offensive Line
<b>2018-</b>	<b>Seattle Seahawks</b>	<b>Offensive Line</b>

Mike Solari returned to Seattle in 2018 where he coached the offensive line from 2008-09 after spending two years with the N.Y. Giants (2016-17). A line coach for most of his career, Solari has also coached tight ends and special teams, and been an offensive coordinator.

In Solari's 22 seasons serving as an NFL team's primary offensive line coach, his players combined for 25 Pro Bowl appearances and at least one of his players was selected to the Pro Bowl in 15 of those seasons.

Last season, Solari was able to mix youthful talent and veteran experience to build a cohesive unit that helped Seattle finish the season ranked in the top-10 in rushing yards per attempt (6th) and points per game (28.7) while scoring the most points in a season in franchise history (459).

In 2019, despite losing its top three running backs by the end of the season, Seattle's offense finished the season ranked in the top 10 in rushing yards per game (4th - 137.5), total yards per game (8th - 374.4), points per game (9th - 25.3) and rushing yards per attempt (10th - 4.6). Solari's line helped Chris Carson become the sixth player in franchise history to have back-to-back 1,000-yard rushing seasons, as he rushed for a career-high 1,230 yards, which ranked 5th in the NFL.

In 2018, the line was led by second-team All-Pro T Duane Brown as Seattle led the NFL in rushing with 2,560 yards, the third-most in franchise history, and helped second-year RB Chris Carson become Seattle's first 1,000-yard rusher since 2014, becoming the sixth player in franchise history to accomplish the feat with a career-high 1,151 yards. The Seahawks also became the fourth team in NFL history to have a 1,000-yard rusher (Carson) and three 300-yard rushers (Mike Davis, Rashaad Penny, QB Russell Wilson), becoming the first team to do so since the 2001 Steelers.

Injuries forced Solari to use seven different starting offensive line combinations in 2016, but still only allowed 22 sacks – five fewer than the Giants surrendered in 2015 – and the third-lowest total in the league after Oakland (18) and Pittsburgh (21).

Solari spent the 2015 season as the Green Bay Packers' assistant offensive line coach.

From 2010-14, he coached the San Francisco 49ers' offensive line. During that period, he helped the 49ers rank fifth in the NFL in rushing (132.1 yards per game) and sixth in yards-per-carry (4.47). San Francisco finished

among the NFL's top five rushing teams in each of Solari's final three seasons there. During Solari's tenure with the 49ers, which included three consecutive NFC Championship Game appearances (2011-13) and a berth in Super Bowl XLVII, at least one of his linemen was selected to the Pro Bowl in four of his five seasons. Tackle Joe Staley earned Pro Bowl recognition four times (2011-14), while guard Mike Iupati was voted to play in the game three times (2012-14). In 2014, Solari's line helped the 49ers rank fourth in the NFL in rushing yards (136.0 yards a game), rushing average (4.63 yards a carry) and 10-yard runs (62).

In 2013, San Francisco ranked third in the NFL with 2,201 rushing yards, first in 20-yard runs (20) and fourth in rushing touchdowns (18). Staley was named second-team AP All-Pro and was selected to his third straight Pro Bowl. In 2012, San Francisco was one of just three teams to start the same five offensive linemen for every regular-season game, and each of the five starters was selected to the Pro Bowl as either a participant or an alternate. The 49ers ranked fourth in the league in rushing yards (2,491), and Solari's line earned the Madden Most Valuable Protectors Award.

Prior to joining the 49ers, Solari coached the offensive line for the Seahawks in 2008-09. Under Solari's direction, tackle Walter Jones was named to the Pro Bowl in 2008, Jones' final NFL season. Jones was inducted into the Pro Football Hall of Fame in 2014.

Solari was with the Kansas City Chiefs from 1997-2007, serving as the offensive line coach for his first nine seasons with the club (1997-2005) and as the offensive coordinator for the final two years (2006-07). He was one of just six assistant coaches in team history to record more than a decade of service with the franchise. In Solari's nine seasons tutoring the offensive line, the Chiefs ranked first in the NFL over that span in rushing touchdowns (191), fourth in rushing yards (126.8 yards per game), third in scoring (25.0 points per game) fifth in total offense (356.1 yards per game) and sixth in sacks allowed (278).

Solari's lines helped the Chiefs finish in the top five in the league in total offense in five consecutive seasons (2001-05), the only NFL club to accomplish that feat over that span, including No. 1 rankings in 2004 and 2005. At least one of Solari's linemen was named to the Pro Bowl in all nine of his seasons tutoring the group in Kansas City, including a trio of Pro Bowlers in 2004-05 in guards Will Shields and Brian Waters and tackle Willie Roaf. The Chiefs became the first club to accomplish that feat since Dallas had three linemen selected to the Pro Bowl each season from 1992-95.

Following their careers, Roaf and Shields were inducted in to the Pro Football Hall of Fame.

Solari did his first stint on the 49ers' staff from 1992-96, when he served as the team's tight ends/assistant offensive line coach. He was instrumental in the development of tight end Brent Jones, who was named to the Pro Bowl in four consecutive seasons (1992-95) and earned second-team All-Pro recognition in 1993-94. During Solari's tenure, the 49ers played in three straight NFC Championship Games (1992-94), and defeated the San Diego Chargers in Super Bowl XXIX.

Solari coached on Gene Stallings' staff at the University of Alabama from 1990-91, tutoring the offensive line and helping the Crimson Tide to an 11-1 record and a No. 5 ranking in the final AP poll in 1991. Solari also worked on Stallings' staff with the Phoenix Cardinals in 1989, when he helped guide tackle Luis Sharpe to a Pro Bowl selection.

Solari began his NFL coaching career with the Dallas Cowboys in 1987, serving as assistant offensive line/special teams coach for two seasons.

Solari's coaching career began in 1977 at Mission Bay (Calif.) High, followed by stints at Mira Costa Junior College (1978) and U.S. International (1979). He helped lead Boise State University to the NCAA Division I-AA Championship in 1980 and also coached on the collegiate level at the University of Cincinnati (1981-82), University of Kansas (1983-85) and

University of Pittsburgh (1986) before entering the NFL.

As a player, Solari was a two-time letterman as an offensive lineman (1975-76) at San Diego State University, where he was a teammate of former

Chiefs head coach Herm Edwards and former Bears head coach John Fox. Solari began his collegiate career at the College of San Mateo (1973-74).

Born on January 16, 1955, Solari was born in Daly City, Calif. He and his wife, Patti, have three children, Tamara, Stephanie and Michael.



# GRANT STEEN

## STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 3rd YEAR

SEAHAWKS EXPERIENCE: 3rd YEAR

### STEEN'S COACHING CAREER

2009-13	University of Hawaii-Manoa	Strength & Conditioning Asst.
2013	University of Washington	Strength & Conditioning Asst.
2014-15	USC	Strength & Conditioning Asst.
2016	Stanford University	Strength & Conditioning Asst.
2019-	Seattle Seahawks	Strength & Conditioning Asst.

Grant Steen was hired on February 22, 2019, as the Seahawks strength & conditioning assistant coach.

He joined the Seahawks after two years at EXOS human performance in Florida and has also spent time with the University of Minnesota (2017), Stanford (2016), at USC with Seahawks head strength coach Ivan Lewis (2014-15), the University of Washington (2013) and the University of Hawaii-Manoa as a strength & conditioning assistant (2009-13).

At USC, Steen served as the football program's assistant strength and conditioning coach. He was responsible for the design and implementation of a comprehensive performance training program including all aspects of strength, power, speed, agility, plyometrics, position specific drills and position specific conditioning. Steen helped develop a corrective exercise

protocol for injured players, and implemented recovery and regeneration modalities for all in-season and off-season training.

He is a certified strength and conditioning specialist (CSCS) by the National Strength and Conditioning Association (NSCA), is Sports Performance Certified by United States Weightlifting (USAW), and also a member of the Collegiate Strength & Conditioning Coaches Association (CSCCa).

During his playing career at the University of Iowa, the Hawkeyes were 31-18 and won the 2002 Big Ten title. He helped lead the Hawkeyes to two bowl games. Steen also established a single-game record with three interceptions in a 2002 win at Indiana, tying the NCAA record for linebackers.

After earning All-Big Ten honors at Iowa as a junior in 2002 and 2003 as an outside linebacker, Steen went to two training camps with the New England Patriots (2004-05), and played professionally with the Montreal Alouettes (2005-06) and Arizona Rattlers (2007).

Steen earned a bachelor's degree from Iowa in 2003 and a master's degree in education administration from Hawaii in 2013.

He was born on October 22, 1980, and he and his wife, Rebekah, have one son, Levi.



# DANNY VAN DIJK

## STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 3rd YEAR

SEAHAWKS EXPERIENCE: 3rd YEAR

### VAN DIJK'S COACHING CAREER

2015-18	USC	Strength & Conditioning Asst.
2019-	Seattle Seahawks	Strength & Conditioning Asst.

Van Dijk was hired on March 1, 2019, as a strength & conditioning assistant following four seasons at USC (2015-2018) with current Seattle head strength coach Ivan Lewis.

Whilst at USC, he served as a strength & conditioning coach and sport science coordinator for the Trojans football team. He was responsible for devising and coordinating strategies for assessing and enhancing student-athlete readiness, performance and recovery as part of a comprehensive sports performance program.

Van Dijk planned and implemented all strength and reconditioning programs for injured athletes during end stages of rehabilitation utilizing objective, historical and evidence based data and protocols. He also formulated all alternative on and off-field conditioning and weight room modifications for injured and limited athletes as well as working with the

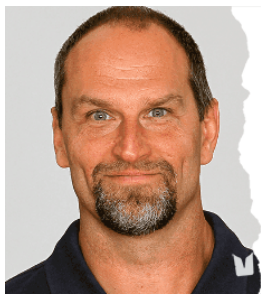
Trojan quarterbacks.

A native of Sydney, Australia, van Dijk was the head of strength & performance for the Eastern Suburbs Rugby Union Football Club and an assistant strength & conditioning coach for the New South Wales Waratahs Rugby Union Academy prior to his time at USC.

He is a certified strength & conditioning specialist (CSCS) and a registered strength & conditioning coach (RSCC) by the National Strength & Conditioning Association (NSCA), is Sports Performance Coach certified by United States Weightlifting (USAW), is certified in the Functional Movement Screen (FMS) assessment by Functional Movement Systems and also a member of the Collegiate Strength & Conditioning Coaches Association (CSCCa).

Van Dijk earned his bachelor's degree in physical education from the Australian College of Physical Education in 2009 and his master's degree in exercise science with an emphasis in strength & conditioning from Edith Cowan University in 2013.

He was born on November 20, 1987. His wife, Alyssa, is a physical education teacher and lacrosse coach.



# JAMIE YANCHAR

**STRENGTH & CONDITIONING ASSISTANT**

**NFL EXPERIENCE: 12th YEAR**

**SEAHAWKS EXPERIENCE: 12th YEAR**

## YANCHAR'S COACHING CAREER

1985-91	University of Louisville	Graduate Assistant/Part-time Asst.
1986-88	Cleveland Browns	Volunteer/Part-time Strength Asst.
1990-91	Louisville Icehawks (ECHL)	Strength Consultant
1991-04	USC	Asst. Strength & Conditioning
1992-95	L.A. Rams	Asst. Strength Coach (volunteer)
1993-95	L.A. Lakers (NBA)	Strength Consultant
1993-96	The Mighty Ducks of Anaheim (NHL)	Strength & Conditioning Coord.
1997-99	L.A. Sparks (WNBA)	Strength Consultant
2005-09	USC	Head Asst., Strength & Cond.
<b>2010-</b>	<b>Seattle Seahawks</b>	<b>Strength &amp; Conditioning Asst.</b>

Hired on February 4, 2010, Jamie Yanchar joined the Seahawks after 19 years of service in southern California, working with L.A.'s professional sports teams, including 19 years in USC's strength program.

Yanchar, who helped Seattle win Super Bowl XLVIII after 2013 and a

return trip to Super Bowl XLIX, works alongside strength head man Ivan Lewis helping implement a regimen of mobility, stability, strength and power.

In his time at USC, he was responsible for designing and implementing strength and conditioning programs for baseball, football, women's tennis and volleyball.

He also contributed to USC's national championship teams in men's and women's water polo, women's track & field, men's tennis, women's volleyball, and back-to-back national football titles, as well as being a part of 13 college football bowl teams, with five Rose Bowl appearances.

Along with his USC duties, Yanchar worked for the L.A. Rams (1992-95) in a volunteer strength role, the L.A. Lakers (1993-95) as a strength consultant, the NHL's Mighty Ducks of Anaheim (1993-96) and the WNBA's L.A. Sparks (1997-99).

He first broke in to the NFL as a volunteer with the Cleveland Browns during his time as a graduate assistant at his alma mater, Louisville, where he earned his degree in exercise science in 1987. Yanchar earned his masters two years later in athletic management.

Born on December 29, 1963, in Cleveland, Ohio, he and his wife, Stephanie, have one son, Tjaden.



LUMEN  
FIELD



**FRONT  
OFFICE**



# JODY ALLEN

**CHAIR, SEAHAWKS; TRUSTEE OF PAUL G. ALLEN TRUST**

Jody Allen is Chair of the Seattle Seahawks and a proud 12 herself, recognizing the team's role as a powerful catalyst for civic pride. She is also chair of Vulcan Inc., which she co-founded with brother Paul G. Allen in 1986. For decades, they worked side-by-side across a range of business and philanthropic initiatives. She led development of Lumen Field and Lumen Field Event Center, as well as the Moda Center, home of the Portland Trail Blazers of which she is also chair.

Jody is also co-founder, board chair, and president of the Paul G. Allen Family Foundation, chair and founding director of MoPOP, Seattle's acclaimed museum of popular culture, and chair of the board of the Allen Institute, which works to solve some of the biggest mysteries of bioscience. As trustee of the Paul G. Allen Trust, Jody works to ensure Paul's vision is realized for generations to come.



# BERT KOLDE

**VICE CHAIR, SEATTLE SEAHAWKS & PORTLAND TRAIL BLAZERS**

Bert Kolde is Vice Chair of the Seattle Seahawks and the Portland Trail Blazers and is Executive Vice President of Sports Strategy and Operations at Vulcan Inc., where he oversees the long-term strategy and business operations of the teams and their affiliates.

Kolde has been on the Seahawks leadership team for over 20 years. He played an instrumental role in Paul Allen's purchase of the

Seahawks, spearheading the legislation and referendum that led to the development of Lumen Field. Bert works closely with Jody Allen on all Seahawks-related matters.

Kolde grew up in Seattle and earned a degree in finance from Washington State University and received his MBA from the University of Washington. Bert and his wife Alison have four sons.

## SEATTLE SEAHAWKS BOARD OF DIRECTORS



**JODY ALLEN**



**BERT KOLDE**



**CHRIS MCGOWAN**

## SEAHAWKS AMBASSADORS



**JACOB GREEN**



**STEVE LARGENT**



**GARY WRIGHT**



**JOHN NORDSTROM**

In 2009, the Seahawks formed a group of team ambassadors. This group has a close and personal affiliation with the franchise linking the past with the present. The members advise Seahawks ownership and management as to the direction of the franchise as it relates to the fans and the community. Current members are Seahawks Ring of Honor members Jacob Green and Steve Largent. John Nordstrom also serves as an ambassador and is a family member of the Seahawks original ownership group. Gary Wright, a well-respected member of Seahawks management for 32 years (1976-2009), was added in 2012. The late Cortez Kennedy also served as an ambassador.



# CHRIS MCGOWAN

**CHIEF EXECUTIVE OFFICER, VULCAN SPORTS & ENTERTAINMENT**

Chris McGowan serves as Chief Executive Officer of Vulcan Sports & Entertainment (VSE), where he is responsible for business operations of VSE sports franchises and facilities, including the Portland Trail Blazers (NBA) and Seattle Seahawks (NFL). Chris also serves as VSE representative for the ownership stake in the Seattle Sounders (MLS).

Named Trail Blazers and Rose Quarter President & Chief Executive Officer in October 2012, McGowan, 47, moved to the Pacific Northwest from Los Angeles-based Anschutz Entertainment Group (AEG), where he was recognized by the Sports Business Journal in its exclusive "Forty Under 40" list in 2012. McGowan spent 16 years with AEG, including a final assignment as Chief Operating Officer of AEG Sports, before becoming one of the NBA's youngest CEOs. Prior to ending his time with AEG Sports, McGowan was a part of a Stanley Cup Championship run for the L.A. Kings in the National Hockey League; an MLS Cup title for the L.A. Galaxy and played an important role in opening one of the country's most iconic sports and entertainment venues – Staples Center.

Retaining his current responsibilities as President and CEO of the Portland Trail Blazers and Rose Quarter, McGowan oversees the day-to-day operations of the Trail Blazers and Rose Quarter including arena operations, ticket sales and service, corporate partnerships, premium seating, analytics, marketing, corporate communications, broadcasting, social responsibility, digital, finance and human resources. Since joining the organization, the Trail Blazers and Rose Quarter have seen dramatic increases in all key revenue areas including ticket sales, sponsorship, retail, arena operations, and food and beverage.

In 2020, McGowan spearheaded the initiative to fight racial injustice and expand diversity, equity and inclusion efforts in the community. Under his guidance, the Trail Blazers launched the Racial Injustice Initiative, consisting of an organization-wide commitment to fight racism with the creation of the Racial Injustice Fund of the Trail Blazers Foundation. The Fund, seeded by \$200,000 in donations from the company, employees, players and coaches and continually funded by donations from fans and partners, will support nonprofit organizations advocating for racial justice and police reform at the local and national level.

In 2013, McGowan led a business restructuring to self-operate the Moda Center, Veterans Memorial Coliseum and Rose Quarter campus. Through a significant partnership with Live Nation and event ticketing systems under Ticketmaster, McGowan has driven an unprecedented variety of events to the Rose Quarter, including Paul McCartney, Justin Timberlake, Elton John, Katy Perry, Garth Brooks, Taylor Swift, Bruno Mars, Billy Joel, the 2019 NCAA Women's Regional Basketball Tournament, the 2015 NCAA Men's Basketball Tournament, and PK80 Invitational – a groundbreaking college basketball tournament featuring 16 of the country's top teams in a double-bracket format honoring the 80th birthday of Nike co-founder Phil Knight in 2017.

In August 2013, McGowan and his team negotiated a community partnership with Moda Health that included naming rights to the Moda Center. Together, Moda and the Trail Blazers have energized

Portland's hub for sports and entertainment, creating an urban showcase for healthy, active living. Chicago-based Performance Health joined the Trail Blazers and Moda's focus on active lifestyles with its Biofreeze product as the team's first-ever jersey patch branding sponsor beginning with the 2018-19 NBA season.

McGowan has piloted major venue and technological improvements to the Rose Quarter campus and Trail Blazers Practice Facility, including \$16 million in capital improvements. This includes the refurbishment of 1,800 seats in the Kuni Lexus Club Level; renovation of 44 of the arena's private suites; construction of 24 theatre-style premium boxes called Studio Suites; opening of an exclusive "speakeasy-style" club called Oro Fino; the creation of a glass-enclosed bar on the arena's top level named The Pines and Dr. Jack's bar on the Rose Quarter campus.

He has taken advantage of Portland's thriving food culture by bringing local fare and some of the city's popular restaurants to Moda Center, including Killer Burger, Salt & Straw, Sizzle Pie, Daddy D's and Tamale Boy. In 2013, McGowan signed Levy as the Rose Quarter's food and beverage partner for award-winning culinary vision, hospitality and customer service. A new agreement with Levy subsidiary Rank + Rally also oversees the Trail Blazers retail store, Rip City Clothing Co.

Under McGowan's leadership, the organization's charitable giving has increased annually thanks to new funding sources, including proceeds from the Trail Blazers specialty license plates for Oregon vehicles. During the 2019-2020 season, the team's cash grants and donations exceeded \$1.186M benefitting schools and nonprofits in Oregon and Southwest Washington.

Sports Business Journal recognized McGowan's accomplishments at AEG Sports by naming him to their exclusive "Forty Under 40" list in March 2012. In 2017, McGowan was honored as one of the "Business Executives of the Year" by the Portland Business Journal. McGowan volunteers as a board member of Doernbecher Children's Hospital Foundation; Oregon Sports Authority; and the Trail Blazers Foundation.

In 2017, McGowan's role expanded when he was named President of Vulcan Arts + Entertainment. In this role, he focused on driving a comprehensive strategy for development, sales, and marketing across a portfolio of consumer-facing entities, including h Club London, h Club LA, Cinerama and Seattle Art Fair. Vulcan Arts + Entertainment also advanced the activities of the Museum of Pop Culture (MoPOP), Flying Heritage & Combat Armor Museum, and Living Computers: Museum + Labs.

In 2018, McGowan was named to the additional role of CEO of Vulcan Sports & Entertainment, where his responsibilities expanded further into the professional sports franchises and entertainment properties in the Vulcan portfolio. McGowan manages a cross-functional executive team in both Portland and Seattle in leading these business operations.

McGowan earned his bachelor's degree in International Relations from the University of Delaware in 1996, where he was captain of the soccer team. Chris, his wife Susan, and their two sons, Ryan (18) and Kyle (16), reside in Southwest Portland.



# CHUCK ARNOLD

**PRESIDENT, SEAHAWKS AND FIRST & GOAL INC.**

Named president of the Seattle Seahawks and First & Goal Inc. on September 24, 2018, Chuck Arnold is responsible for all financial and business operations, sales and marketing, and administration for the Seahawks. As president of First & Goal Inc., Arnold directs the management of Lumen Field, Lumen Field Event Center, and WAMU Theater. Arnold is in his 28th season with the organization and fourth as team president, after serving as the team's COO from 2013-18. In April 2021, the team announced his extension as president through 2027.

Under Arnold's leadership, the Seahawks brand continues to be one of the strongest in the NFL. The team has set franchise records for new season tickets sold, overall season ticket base, average attendance and group sales, including its current streak of 146 consecutive home game sellouts. The team has had a season ticket renewal rate of more than 97-percent on average over the past eight-plus years, as well as 12,000 members on the team's official Blue Pride season ticket wait list and close to 85,000 on the Blue Pride notification list.

The team consistently ranks in the NFL's top 10 in numerous categories, including local and national fanbase, fan experience, retail, and digital engagement. In 2020, nine Seahawks games were in the top-100 most-watched TV programs nationally, and the team ranked sixth in the NFL in local TV ratings.

Arnold's commitment to making an impact off the field continues

to be one of the organization's top areas of focus. The club supports nearly 2,500 charities around the Pacific Northwest and beyond and uses its unique and powerful platform to support community programs around the region.

In light of COVID-19's impact on the community, Arnold led the Seahawks and FGI to support numerous COVID-related efforts including utilizing Lumen Field's vast stadium and event center space to host an army field hospital and blood donation center. The stadium's kitchens also made more than 120,000 emergency meals that were distributed throughout the Seattle area. In March 2021, Lumen Field opened the country's largest civilian-led vaccination site in partnership with the City of Seattle.

Lumen Field continues to be one of the toughest places for opposing teams to play and has one of the best in-stadium fan experiences in the NFL. Arnold's vision to create memorable experiences and cultivate genuine relationships with the 12s has led the team to consistently rank in the top-five in the NFL's Voice of the Fan Survey, including the No. 1 overall ranking in 2013 and 2016.

Arnold's passion to give back has led him to serve several organizations, including being a member of the Washington Chapter of the American Cancer Society's CEO's Against Cancer, Bellevue Club Swim Team Board, WSU Marketing Advisory Board, Boeing Classic Advisory Board, and a Host Co-Chair for One Love.





# JOHN SCHNEIDER

## EXECUTIVE VP/GENERAL MANAGER

John Schneider enters his 12th season as General Manager of the Seattle Seahawks, having been named to the position on January 19, 2010. Schneider added the distinction of Executive Vice President in 2013. In his role, he manages all aspects of the Seahawks roster and draft process while working collaboratively with Executive VP/Head Coach Pete Carroll in all facets of the football operations department. Schneider begins his 29th season working in the professional ranks.

Schneider's philosophy is one primarily focused on building through the draft while making strategic acquisitions via trade and free agency that foster a competitive culture through a mix of youthful play-makers and veteran leadership. He continues to build and maintain a younger roster that breeds a sustained winning atmosphere. The signs of that philosophy have been evident during the last decade-plus, advancing to the Divisional Playoffs or better seven times. He has constructed a team that appeared in back-to-back Super Bowls and won Super Bowl XLVIII, the first NFL title in franchise history. The 2013 championship was won with the youngest 53-man roster to ever win a Super Bowl. He was named Sports Illustrated's Executive of the Year for 2012 after the Seahawks made the playoffs and just missed playing for the NFC Championship.

Together with Carroll, the Seahawks have compiled the fourth-best record in the NFL since 2010 with a 112-63-1 mark. The club posted 10-plus wins in five-consecutive seasons (2012-16) for the first time in franchise history, including eight of the last nine seasons, and won five NFC West Division titles.

Schneider has continued to turn the roster over since 2010, totaling more than 2,600 transactions prior to the 2021 season, helping to cultivate depth on one of the NFL's most talented rosters.

He has shown a willingness and creativity to acquire extra draft picks and young talent via trade and free agency throughout the years. Presented with two of the top 14 picks in the 2010 NFL Draft, he was able to acquire what many considered the best tackle prospect in Pro Bowler Russell Okung and a starting free safety with the selection of three-time first-team All-Pro Earl Thomas.

He orchestrated 13 trades during his inaugural season as general manager and 11 trades each in 2017 and 2019 to build draft capital and add veteran leadership. His trades have netted game-changing veterans and young talent in Jamal Adams, Duane Brown, Chris Carson, Kam Chancellor, Chris Clemons, Jadeveon Clowney, Michael Dickson, Quandre Diggs, Carlos Dunlap II, Jimmy Graham, Percy Harvin, Bruce Irvin, Tyler Lockett, Marshawn Lynch, DK Metcalf, Jarran Reed, Richard Sherman, Golden Tate and Bobby Wagner.

Without a Pro Bowl selection on the roster from 2009-10, Schneider's roster has seen 25 different players selected from 2011-20: Russell Wilson (8), Wagner (7), Thomas (6), Chancellor (4), Lynch (4), Sherman (4), Michael Bennett (3), Doug Baldwin (2), Graham (2), Max Unger (2), Adams, Cliff Avril, Nick Bellore, Brown, Brandon Browner, Dickson, Diggs, Shaquill Griffin, Lockett, Metcalf, Okung, Tyler Ott, Michael Robinson, Leon Washington and K.J. Wright. His roster has also included 15 first-team All-Pro selections since 2012. All of these players, except Unger, were added via draft, trade and free agency after Schneider took over.

Before joining the Seahawks, Schneider produced eight successful seasons with the Green Bay Packers. Originally joining the Packers on March 1, 2002, as a personnel analyst to the general manager, he was

promoted in May of 2008 to director of football operations. In his role, Schneider served as strategic counsel to General Manager Ted Thompson, addressing and evaluating the needs of the team in both free agency and in the draft while incorporating long-range planning processes that examined the Packers' roster, as well as the rosters of all NFL teams.

Before rejoining the Packers in 2002, he spent three seasons with the Kansas City Chiefs (1997-99), one year with the Seahawks (2000) and a year with the Washington Football Team (2001) as vice president of player personnel.

Schneider, a native of De Pere, Wis., first learned the tools of his trade with the Packers, beginning as an intern during the summer of 1992 under then-Executive Vice President/General Manager Ron Wolf. After graduating from the University of St. Thomas in St. Paul, Minn., Schneider returned to Green Bay, serving as pro personnel assistant for four years (1993-96) and played an integral role in the signing of several free agents who would help make up the team that won Super Bowl XXXI in New Orleans.

Schneider moved on to the Kansas City Chiefs in 1997 as director of pro personnel. It was in Kansas City that Schneider first worked with Marty Schottenheimer, whom he would later join in Washington. With the Chiefs, Schneider oversaw the scouting of all players with pro playing experience, including NFL Europa and the CFL, as well as the NFL. He also conducted advance scouting of all Kansas City opponents and was responsible for free agent acquisition.

In 2000, he subsequently signed on as director of player personnel for the Seahawks, joining Thompson and Mike Holmgren, with whom he had worked in Green Bay.

Schneider joined Schottenheimer in Washington in 2001 as vice president of player personnel, overseeing all aspects of the player personnel department, including college scouting, the college draft, pro scouting, free agency and day-to-day player personnel evaluations and operations. His duties included assembling and managing Washington's scouting staff, a process which involved the hiring of 15 personnel staff members and implementation of a new scouting system. In his role, Schneider advised Schottenheimer on all personnel matters.

In 2012, John and his wife Traci launched "Ben's Fund." Named after their oldest son, "Ben's Fund" provides grants to young adults and families in order to help cover costs associated with medical bills, therapies and numerous other aspects of supporting a child, or children, on the autism spectrum. With the support of team and community, they have partnered to raise more than \$4.5 million for "Ben's Fund" in 10 years.

Schneider serves as the chair of the College Relations Committee, and is also on the GM Advisory Committee and the CEC Working Group. He also serves on the board of directors for InitiativeOne, a transformative leadership organization.

Schneider earned a degree in history and also studied education at St. Thomas, playing football for one year before a shoulder injury cut short his career.

Born on May 25, 1971, Schneider attended De Pere's Abbot Penning High School and finished as one of the school's all-time leading rushers. He and Traci have two sons, Ben, 19, and Jack, 17.

## SENIOR MANAGEMENT



**ED GOINES**

**CHIEF LEGAL OFFICER**

Ed Goines is entering his eighth season with the Seahawks in 2021, having recently added the title of Chief Legal Officer. As Chief Legal Officer, Goines administers the corporate legal affairs for the Seahawks and First & Goal Inc./Lumen Field and is responsible for managing the organization's government relations strategy and policies. Goines works closely with the organization's business partners and was instrumental in securing an agreement with Lumen Technologies for renaming the city's stadium to Lumen Field (formerly CenturyLink Field). During the worldwide COVID-19 pandemic, Goines worked with local, state and federal government leaders and public health officials across a range of significant projects, including transforming Lumen Field into a U.S. Army Corps of Engineers temporary medical facility, negotiating a state order permitting the safe return of player training, practice and spectator-less sporting events at Lumen Field, establishing protocols for the safe and orderly return-to-workplace for coaching and football operations staff, negotiating an agreement to transform Lumen Field Event Center into the largest civilian-operated vaccination site in the U.S., and establishing protocols for the safe and orderly return of spectators to Lumen Field. Prior to his work with the Seahawks, Goines was Assistant Chief Counsel for The Walt Disney Company. Before Disney, he served as General Counsel and Vice President of Business Affairs for the San Francisco 49ers. His work in the entertainment and sports fields also includes serving as in-house legal counsel for Major League Soccer, Ticketmaster, and Mattel. Goines began his law career as an associate in the Los Angeles office of Baker & Hostetler. A graduate of University of California, Berkeley, School of Law in 1992, he obtained a bachelor's degree from Stanford University in 1988. Goines was born and raised in Hot Springs, Arkansas.



**CINDY KELLEY**

**CHIEF HUMAN RESOURCES OFFICER**

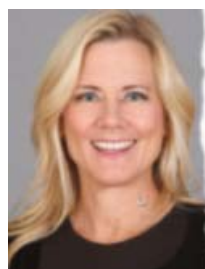
Entering her 39th season with the club in 2021, Cindy Kelley was promoted to senior vice president in 2015. She served as vice president between 2011-2015, after spending 13 seasons as Director of Human Resources. She oversees this area for both the Seahawks and First & Goal, Inc. She began her career in 1983 in the finance department before managing the daily operation of the Kirkland office facility in the 1990s. Kelley is responsible for leading all human resources functions and developing strategies that meet the goals and objectives of the organization including: policies and procedures, talent and diversity recruiting strategies, workplace culture, benefits, compliance, training, compensation, labor relations, employee relations, performance management, safety, and strategic planning. She also oversees administration, corporate hospitality and security. Born in Wichita, Kan., she is a graduate of Interlake High in Bellevue and earned her degree in communications from Washington State University.



**DAVE PEARSON**

**CHIEF COMMUNICATIONS OFFICER**

Dave Pearson, in his 33rd NFL season and 24th with the Seahawks, was promoted to the team's senior management group in 2015. Originally joining the Seahawks as director of public relations in 1998, he added the day-to-day oversight of the team's broadcast department in 2004. He was promoted to vice president of communications and broadcasting on April 29, 2008. Pearson is responsible for managing the public image and overall communications strategy for the Seahawks while serving as the liaison for local and national media outlets and broadcast partners. He also oversees all radio broadcasts, preseason telecasts, team-produced radio and television shows, publications and content on the team's 70-plus digital platforms. As chief communications officer, he also assumes various responsibilities revolving around game day operations at Lumen Field. Under his direction, Seattle's communications department has been nominated by the Pro Football Writers of America for the coveted Pete Rozelle Award six times and won the award in 2007. The Seahawks' broadcasting and digital content teams have won more than 10 Northwest Region Emmy Awards. After beginning his career in 1989 as an intern in the Seahawks public relations department, the Tacoma, Wash., native worked for the Houston Oilers two seasons (1990-91). From 1992-93 he was the assistant PR director for the Los Angeles Rams before returning to Houston as PR director prior to the 1994 season where he would help manage the team's transition to Tennessee. Pearson earned a degree in media relations and interpersonal communications from Pacific Lutheran University. He and his wife, Beth, have two children, Allie and Chase, and reside in Kirkland.



**KAREN SPENCER**

**CHIEF FINANCIAL OFFICER**

Karen Spencer is responsible for the financial oversight of the Seahawks and First & Goal Inc. She is charged with establishing budgets, forecasting and managing cash flow. She also oversees the teams' financial reporting, analytics and technology departments. Spencer represents the club at NFL owners meetings alongside President Chuck Arnold. She also serves as treasurer on the Seattle Seahawks Charitable Foundation and the Seattle Seahawks Women's Association. Spencer originally joined the Seahawks in 1991 as a staff accountant and was promoted to her current position in May 2009. In 1990, Spencer was loaned to the Seahawks from the public accounting firm Arthur Andersen & Company to assist in the Seahawks accounting department before being hired full time the following year. Promoted to controller in 1997, Spencer was promoted to Finance Director of the Seahawks in 2003 and added the same responsibility for First & Goal Inc., in 2005. She was selected to attend the Inaugural Stanford Executive Education NFL Program for Managers in 2003. In 2015, Spencer was named one of Sports Business Journal's Game

Changers, women who are recognized for making their mark in the Sports Industry. In 2018 Spencer was recognized as one of the Puget Sound Business Journal's CFOs of the Year. She is a member of the Seattle University's Master in Sport Business Leadership Advisory Board as well as the NFL's Club Technology Advisory Board. Spencer grew up in the North Seattle area before moving overseas where she lived in Tehran, Iran, from 1974-78. She returned to the states and graduated from Seattle's Nathan Hale High School at the age of 16 and went on to earn a B.A. in Accounting from Seattle University. She lives in Maple Valley, Wash., along the Cedar River with her husband Phil, and their dogs.



**AMY SPRANGERS**  
CHIEF REVENUE OFFICER

Entering her 21st season with the club, Amy Sprangers serves as the Seahawks Chief Revenue Officer. In her role, Amy leads revenue generation across sponsorship, ticketing, suites, and local media rights. She leads passionate, high performing, revenue-driven teams that cultivate authentic, innovative, impactful partnerships and measurably grow both the Seahawks' business and that of its partners. Amy joined the Seahawks organization in 2001 as a Director of Corporate Partnerships, where she was part of the management team that opened Lumen Field. In 2004, she was promoted to Managing Director of Suite Sales & Service where she led an expansion of premium suite inventory, adding a total of 40 new suite locations. She was named Vice President of Corporate Partnerships & Suites in 2014, and led a team that set franchise records for full season suites sold, ranking 12th in the NFL in suite revenue despite being 25th in inventory.

In 2018, Amy was promoted to Senior Vice President of Revenue, adding season tickets to her management responsibilities and now overseeing a team that enters the 2021 season with 146 consecutive sellouts and a 97-percent season ticket renewal rate on average over the past eight-plus years. Her teams have driven impressive revenue growth, including 41% and 72% increases for corporate partnerships and suites, respectively. Additionally, her teams have cultivated activation strategies that have resulted in steady increases in brand engagements for the team's corporate partners each year. Notably, Amy led the naming rights extension negotiation for CenturyLink Field in 2017 and later the 2020 rebrand to Lumen Field, one of the top three busiest stadiums in the NFL, typically hosting more than 300 event days and over 2.4 million visitors annually.

Amy is actively involved in the sports business landscape and frequently speaks on the topic of women in leadership. In 2021 she participated in a National Women's History Month panel for the Seattle chapter of Women in Sports & Events (WISE), where she spoke about her career in sports. In 2019, she was featured by the YWCA as a part of their "Washington Women Who Dare" series, where she highlighted the importance of championing leaders, representation at all levels, and her vision for women and girls in Washington. Amy also moderated soccer star Abby Wambach's 2019 book tour stop in Seattle, where they spoke about inspiring women to unleash their full potential. In May 2019, she was recognized by the American Lung Association and Seattle Mother's Council with an "Outstanding Mother Award," which honors working mothers who balance high-profile careers with work in the community. In September 2019, Amy was named to Sports Business Journal's Game Changers list, which recognizes women in senior leadership roles across sports for their success and accomplishments within the industry.

A Seattle native, Amy is a graduate of the University of Washington with a degree in speech communications. Amy and her husband, Todd, live in Seattle with their four children, sons Peyton and Jake, and twin girls, Sydney and Sloane.



**DAVID YOUNG**  
CHIEF OPERATING OFFICER

David Young enters his 18th NFL season and 13th overall with the Seahawks in 2021. As Chief Operating Officer for the Seahawks, Young is responsible for the leadership of several lines of business including Marketing, Retail Operations, Game Presentation, Community Engagement, First & Goal Inc. and First & Goal Hospitality.

The Seahawks brand continues to be among the strongest in professional sports and Young oversees a marketing team that is responsible for growing and evolving the Seahawks brand both locally and nationally. The Seahawks rank seventh in the NFL in total fanbase, with 7.4 million fans nationally, and fourth in the league in local fanbase with 3.4 million fans in the state of Washington.

Continually enhancing the guest experience has also been a focus for Young throughout his career. Young guided the development and implementation of First & Goal Hospitality (FGH) which launched in March 2017, and oversees all food and beverage service at Lumen Field. In 2018, FGH scored the highest ever rating for F&B at Lumen Field in the annual NFL Voice of the Fan Survey. Under Young's leadership food and beverage options have been greatly expanded throughout the stadium with the introduction of innovative grab & go locations and the Stadium Street Market featuring a rotating menu of unique items from Seattle chef and food truck participants.

Already one of the busiest event venues in the nation, the variety and number of events have also grown in each year at Lumen Field and Event Center during Young's tenure, including a threefold increase in concerts held each year in the Washington Music Theater. In total, the Lumen Field event complex manages more than 300 event days and 2.4 million attendees annually. Lumen Field has also continued to set high standards for sustainability becoming the first Smart Catch certified stadium and maintaining an average waste diversion rate greater than 96% over the last several years. Lumen Field has earned a variety of recognition, including "Seattle Business Magazine Community Impact Award for Sustainability" in 2019 and "Environment Protection Agency Very Large Business Partner of the Year Award" 2020.

In light of COVID-19's impact on the community, Young led the stadium's efforts to support numerous community programs in 2020 including utilizing the vast stadium and event center space to host an army field hospital, blood donation center, and make more than 120,000 emergency meals that were distributed throughout the Seattle area. He also oversaw the stadium's partnership with King County Elections to host a voter resource center, as well as the opening of the country's largest civilian-led COVID-19 community vaccination site at the Lumen Field Event Center in partnership with the City of Seattle, which opened in March 2021.

Young rejoined the organization after working as the Vice President of Stadium Operations with the Kansas City Chiefs from 2010-14. Prior to his time with the Chiefs, he spent six years with the Seattle Seahawks and First & Goal Inc. (2004-10) as the Assistant General Manager and Director of Guest Services. Young began his career at the Walt Disney World Resort in Florida as an Operations Manager. The Woodland, Wash. native earned a degree in communications from the University of Washington. He and his wife, Ali, live in Snoqualmie, Wash. with their children, Ella and Owen.



**SARITA CARTER**  
VP/HUMAN RESOURCES

Sarita Carter is entering her 33rd season with the Seattle Seahawks in 2021. She was promoted to Vice President of Human Resources in May 2021 after spending 19 seasons in the Human Resources department. Her career started in 1988 as the Front Desk Receptionist and later worked in Community Relations prior to joining the Human Resources department where she has been the Managing Director since 2016. She is responsible for the day-to-day human resources functions for the Seahawks and First & Goal Inc. including; employee relations & engagement, benefits administration, performance management, recruiting & onboarding, HRIS, compliance, training, policies and strategic planning. She also oversees the hospitality department and office administrative staff. Sarita serves on the Seattle Leadership Council for UNCF. Born in Seattle, Wash., she is a graduate of Cleveland High in Seattle and earned her degree in Business Administration from Central Washington University. She and her husband Bryan reside in Federal Way, Wash. and have two sons, Bryan Jr. (BJ) and Isaiah, and daughter Deneya.



**ALLEN CISIJA**  
VP/GENERAL COUNSEL

Alen Cisija (he/him) joined the Seahawks in 2018 and is a trusted advisor to the Seahawks and Lumen Field personnel and senior leadership. He counsels clients on a variety of transactions and oversees litigation and organizational compliance with NFL rules and regulations. Most recently, Alen helped lead the efforts that transformed the Lumen Field Event Center into a temporary hospital and mass vaccination site in response to the COVID-19 pandemic. Prior to the Seahawks, Alen was an associate at Covington & Burling in Washington, DC, where he represented the NFL in litigating player grievances and several leading video game publishers in esports transactions. Before Covington, Alen worked at the NFL Management Council in New York. Alen is a graduate of the University of Michigan Law School and Oberlin College. In his free time, he enjoys skiing, playing soccer, and exploring the Pacific Northwest. He serves as a Special Advisor to the Washington State Football Coalition. He resides in Seattle with his fiancée, Carly. Alen was born and raised in Sarajevo, Bosnia and Herzegovina.



**JEFF DUNN**  
VP/BUSINESS STRATEGY & ANALYTICS

Jeff Dunn joined the Seahawks in 2013 and was promoted to Vice President of Business Strategy & Analytics in June 2014. In this role, he provides strategic and analytical support to each department of the Seahawks business operations. He also leads special strategic initiatives including major stadium capital projects. Dunn serves on the Board of Trustees of Alex's Army Childhood Cancer Foundation and the PNW Regional Advisory Board of the One Love Foundation. Dunn is the former Chairman of the Make-A-Wish Alaska & Washington Board of Trustees and served on the Board of Directors of the Portland Trail Blazers from 2011-2018. Prior to joining the Seahawks, Dunn worked in the private equity investment group of Vulcan Capital for nine years. After graduating from the McIntire School of Commerce at the University of Virginia in 2001, he started his career as an investment banking analyst with Greenhill & Co. in New York City. He resides in Mercer Island with his wife, Dawn, and two children, Emily and Luke.



**MIKE FLOOD**  
VP/COMMUNITY OUTREACH

Mike Flood joined the Seahawks on July 1, 1997. He helped spearhead the statewide campaign that resulted in the passage of Referendum 48 to build the new football/soccer stadium and exhibition center. A Seattle native, Mike received a B.A. in Industrial Education from Washington State University and a Master's Degree in Education from the University of North Carolina. He owned and operated an agricultural flying service in Fort Scott, Kansas, and served as a pilot in the Coast Guard flying C130s, Dassault Falcon jets, and H60 Jayhawk helicopters. He also managed Search and Rescue Operations, Public Relations, Finance and Administration. Flood retired as a Commander in 1996 after 20 years in the service. He serves on the boards of the King County Municipal League, Camp Patriot, and the Washington State Leadership Board. Mike has been awarded the Outstanding Service to Veterans from the Washington Department of Veterans Affairs, Person of the Year from the United Negro College Fund, and "I Care About Kids" award from Mentoring Works Washington.



## PETER FONFARA

VP/FINANCE

Fonfara is entering his 10th season with the Seahawks after initially joining the team in 2012 as Director of Finance. Most recently he was Managing Director of Finance before being promoted to Vice President of Finance in May 2021. In his role, Fonfara oversees the Seahawks and First & Goal Inc. finance teams and manages the team's financial and accounting policies, systems and processes, treasury management, and ongoing financial modeling and budgeting of Football Northwest LLC and First & Goal Inc. He is also responsible for ensuring operational efficiency as well as providing accurate and reliable financial information for the team's ownership, senior management, the National Football League, and the Public Stadium Authority. Prior to the Seahawks, he worked as an auditor for Deloitte. He currently serves on the board for Big Brothers Big Sisters of Puget Sound and the Downtown Seattle Association. A graduate of Gonzaga University, he lives in Mercer Island, Wash. with his wife Margo.



## MAURICE KELLY

VP/PLAYER ENGAGEMENT

Maurice Kelly enters his sixth season with the team. In his role, Kelly is responsible for providing club personnel, players and families with programs that foster personal and professional growth while serving as a conduit between players and management. Kelly has been responsible for developing programs designed to assist players in making a smooth transition into and out of professional football in such areas as financial education, career internship programs, continuing education, community outreach initiatives, player insurance/benefit management and relocation. Kelly originally joined the Seahawks administrative team in 2005 as director of player development and was later promoted to senior director in 2012. A former player, he played two seasons in the NFL, both with the Seahawks from 2000-01. He played in 24 games with three starts as a safety. Before joining the NFL, Kelly was a standout safety in the CFL as a three-time all-star (1997-99), including All-CFL in 1999. He and his wife, Dionne, have one son, Miles.



## ZACH HENSLEY

VP/OPERATIONS & GENERAL  
MANAGER OF LUMEN FIELD

Zach Hensley originally joined the Seahawks family in 2015 as Managing Director of Guest Experience at Lumen Field. He was promoted to Vice President of Operations and General Manager of Lumen Field in 2021. In his position, Hensley oversees and directs all event bookings and all front and back of house operations including event sales and business development, ticket operations, traffic, parking, security, guest services, facility operations, project development, housekeeping, sustainability, labor analytics, field operations, conversion, and event operations for Lumen Field, Lumen Field Event Center, and WAMU Theater. Hensley has more than 20 years of experience in stadium operations, hospitality, and customer service. Prior to joining the Seahawks, Hensley was involved in project management, planning, concept design, food service design and while managing multiple facilities throughout his career including Levi's Stadium and the KFC Yum Center in 2010. During his career, he has provided operational guidance for the Seahawks, Seattle Sounders FC, San Francisco 49ers, Kansas City Chiefs, Kansas City Royals, the University of Louisville, Super Bowls, NHL All Star Games, NCAA Football Championships, WrestleMania, NHL Stadium Series and NCAA Final Four Championships. He resides in Bellevue with his wife, Valerie, and two children, Emma and Chase.



## CHRIS LAWRENCE

VP/TICKET SALES & SERVICE

Chris Lawrence is in his 23rd season with the organization and third as Vice President for Ticketing Sales & Service, which encompasses sales and operations of suites, ticketing, and premium seating products. Starting with the Seahawks as a Ticket Sales Representative then as the Customer Relationship Manager overseeing season ticket renewals, customer service initiatives and ticket holder engagement, Lawrence has played a key role in building and expanding the team's ticketing services. During his 10th season, Lawrence was promoted to Director of Ticket Sales & Service where he was responsible for managing all general and Club ticket sales initiatives and customer service campaigns while adding oversight of ticket operations to his responsibilities. Lawrence also contributed to the launch of Sounders FC Major League Soccer franchise, managing the ticketing efforts that led to 22,000 season tickets being sold in the club's inaugural season (2009), and setting MLS and Open Cup sales and attendance records from 2009-2013. In 2013, Lawrence was named Ticket Executive of the Year by Major League Soccer for his outstanding efforts and contributions. During Lawrence's tenure with the organization, the Seahawks have set franchise records for new season tickets sold, overall season ticket base, average attendance, and group sales. The Seahawks have averaged more than 97 percent in season ticket renewals over the last eight seasons. Entering the 2021 season, the team has sold out 146 consecutive games, has 12,000 members on the team's Blue Pride season ticket wait list and close to 85,000 fans on the Blue Pride notification list. Lawrence is a graduate of College of Communication at Washington State University and holds a degree in Public Relations. He resides in University Place with his wife Amy and two children, Emma and Ainsley.



## JEFF RICHARDS

**VP/MARKETING & COMMUNITY  
ENGAGEMENT**

Jeff Richards begins his sixth season as a member of the Seahawks senior management team, serving in the role of Vice President of Marketing & Community Engagement. Richards is responsible for growing, evolving and communicating the Seahawks family of brands, as well as leading the team's community engagement efforts and youth and high school football programs. Through data-driven fan and community engagement strategies, Richards leads cross-organizational groups to help internal and external partners connect with the NFL's sixth largest fan base (via 2020 ESPN Sports Poll).

His oversight in the area of fan engagement includes marketing, design, gameday entertainment, digital and social media, video production and fan engagement. The Seahawks brand continues to grow in strength, diversity and numbers, holding a top-five NFL ranking in BrandIndex, national and international size, total social media audience and engagement, digital traffic, broadcast ratings and percent youth and female fans. Richards has also helped shape and lead one of the most exciting, entertaining and loud gameday fan experiences in North American sports. Seahawks gamedays at Lumen Field have become a bucket list sports experience for fans across the globe, thanks in large part to the passion of the 12s.

The Seahawks community impact is felt from Seattle to Spokane, Portland to Anchorage and across the country, and has community ambassadors in regions across the globe doing good work in the name of the team. The Seahawks focus the majority of community impact efforts in five key areas – Youth Empowerment, Social Justice, the PNW Military Community, the Future of Football and supporting the charitable work done by the team's players, coaches and Legends community. In 2020, over \$1M was donated by the Seahawks organization and its players to a wide variety of Pacific Northwest causes like the Black Future Co-Op Fund, All In WA's Digital Equity Initiative, Creative Justice, InvestED, Minority Veterans of America, King County Boys & Girls Clubs and more.

Before joining the Seahawks and Sounders FC as director of marketing in 2011, Richards served as marketing manager for the Seattle Mariners and began his career at his alma mater of Seattle Pacific University as director of promotions and game day programming before working as a ticket office assistant in the athletics department at the University of Washington. After graduating with a Bachelor of Arts in Psychology, while minoring in Business Administration, he earned a Master of Sports Administration degree from Seattle Pacific.

Richards and his wife, Stephanie, live in Issaquah with their two children, Bennett and Blakely. Richards serves on the Board of Commissioners for the Seattle Sports Commission and is on the Board of Directors for InvestED, a Washington state non-profit that provides funding to more than 660 secondary schools, helping students pay for everything from ASB cards and college application fees to access to technology for learning, athletic shoes, winter coats and more.



## CHIP SUTTLES

**VP/TECHNOLOGY**

Chip Suttles is entering his tenth season with the Seahawks as Vice President of Technology. He is the voice in guiding the values and mission related to the technology needs of the Seahawks and First & Goal Inc. He is responsible for aligning cutting edge technology with the overall business strategy of the organization -- by modernizing technology, his team aims to enhance the performance of the organization, improve the customer/fan experience, and drive increased revenue. His areas of focus include maintaining and optimizing the IT infrastructure, investing in the modernization of stadium technology, supporting player performance analytics, and enhancing the organizations' mobile phone applications. Suttles joined the Seahawks after working for the Vancouver Canucks as Director of Technology in 2010-2011. Prior to his two seasons with the Canucks, Suttles worked as the Director of Broadcast Integration for the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games (VANOC). Working with VANOC marked Suttles' fourth time participating in the Olympic Games. He had previously served in various technology roles in support of the Olympic Games in Torino, Salt Lake City, and Atlanta. Suttles and his wife, Lauren, have two sons and a daughter. Suttles was the recipient of a 2020 Seattle CIO of the Year ORBIE Award for executive technology leadership. He enjoys participating in a variety of recreational sports and actively supports his community's local youth football organization, which he helped co-found in 2015.



## KAREN WILKINS-MICKEY

**VP/DIVERSITY, EQUITY & INCLUSION**

Karen Wilkins-Mickey (she/her) joined the Seahawks in January 2021 and brings over 20 years of DEI leadership experience to the team. In her role, Karen leads the Seahawks' overall DEI strategy, and acts as a liaison for the team, its senior management group, players and the community to drive strategic DEI initiatives and programs. She also oversees the team's internal DEI Council, represents the team for NFL social justice initiatives, and acts as an internal consultant to department leaders across the team's football and business operations to ensure diversity, equity and inclusion are part of the decision-making process throughout the organization. Prior to the Seahawks, Karen was Director of Diversity & Inclusion for Alaska Airlines, and has previously held diversity and inclusion leadership roles within Expedia Group and Microsoft. She recently completed

the first McKinsey Black Executive Leadership Program and is a founding member of the DEI Community of Practice, which is a growing network of professionals committed to establishing and enhancing diversity, equity and inclusion practices within Seattle-area organizations. She was recently appointed to the Leadership Council for UNCF, which supports a goal of providing every local minority student with the funds they need to support their college education. She was honored in 2018 by the Seattle Mariners as part of African American Heritage Day, where she was recognized for her contributions to the Northwest community. She is also a Certified Diversity Recruiter. A native of New York City, Karen has Bachelor's Degree in Communications from California State University Chico. She lives in Bothell, Wash. with her husband Korey and two teenage children, Kyra and Kaden.



**LISA YOUNG**

**VP/CORPORATE PARTNERSHIPS**

Lisa Young joined the Seahawks in 2005 and has since worked her way up through the organization's partnerships department over the years, including her most recent role as Managing Director of Corporate Partnerships. She was promoted to Vice President of Corporate Partnerships in May 2021. In her role, Young oversees all business operations for the team's Corporate Partnerships group, including all departmental sales, as well as activation strategy and execution. Prior to the Seahawks, she started her career in advertising at a boutique firm in San Diego. A graduate of Washington State University, Young lives in Woodinville, Wash. with her husband Jeremy and two children, Caroline and Harrison.

maintain one of the most competitive rosters in the NFL. He originally joined the Seahawks as assistant director of pro personnel on February 5, 2010. Before joining Seattle, Kirchner played an important role in helping turn the Panthers around from a 1-15 record to Super Bowl XXXVIII participants in just two years through key free agent acquisitions such as Jake Delhomme and Stephen Davis. Kirchner spent eight seasons in Carolina as a pro scout where they had one Super Bowl appearance, two conference championship appearances and won two division titles. Before his time with the Panthers, he spent one year as the college scouting coordinator for the Washington Football Team. During his senior year in college (spring of 2000) he volunteered with the Kansas City Chiefs at the NFL Scouting Combine in Indianapolis. From there, he joined the Seahawks as an intern splitting time between the public relations and college scouting departments. He also interned with the Minnesota Twins in 1999. A native of Minnesota, he graduated with a degree in business management from St. John's (Minn.) University, where he played quarterback for two years. Kirchner and his wife, Jessica, have two sons, Carter and Landon.



**ALONZO HIGHSMITH**

**SENIOR EXECUTIVE ADVISOR TO THE GENERAL MANAGER**

Alonzo Highsmith joined the Seahawks as personnel executive on June 12, 2020, and enters 2021 as the senior executive advisor to general manager John Schneider. Highsmith served as vice president of personnel for the Cleveland Browns from 2018-19. Prior to joining the Browns, he spent 19 seasons in the Green Bay Packers player personnel department following a six-year playing career in the NFL. Highsmith joined the Packers as a college scout in 1999 and spent 13 years on the college scouting staff. He was promoted to senior personnel executive in 2012 and remained in that role through the 2017 season. During his time in Green Bay, the Packers earned 13 trips to the playoffs, nine NFC North division titles and a victory in Super Bowl XLV. From 1999-17, Green Bay won 304 games, fourth-most in the NFL during that span. The Packers also ranked second in the NFL with an average of 25.3 points per game from 1999-17. As a running back, Highsmith was the third overall pick by the Houston Oilers in the 1987 draft. He spent his first three seasons (1987-89) with Houston, starting 40 consecutive games, before being traded to Dallas. He spent a year and a half (1990-91) with the Cowboys before finishing his career with Tampa Bay (1991-92). He retired after the 1992 season following a series of knee injuries. He appeared in 65 regular season games and rushed for 1,195 yards on 283 carries with seven touchdowns. He added 42 receptions for 428 yards and three touchdowns. Following his NFL playing career, Highsmith spent four years as a professional heavyweight boxer. He compiled a 27-1-1 career record. A four-year letterman at the University of Miami, Highsmith helped the Hurricanes capture the 1983 national championship. He led the team in rushing his sophomore and senior seasons and earned a degree in business administration. Highsmith is married to his wife, Denise, and has five children, Alonzo, A.J., Jordan, Jasmine and Brandon.

## FOOTBALL OPERATIONS



**TRENT KIRCHNER**

**VP/PLAYER PERSONNEL**

Trent Kirchner begins his second season as VP/Player Personnel, following five seasons (2015-19) as co-director of player personnel and two seasons as the Seahawks pro personnel director (2013-14). With the departure of Scott Fitterer to the Carolina Panthers, Kirchner directs both the college scouting and pro personnel departments to manage and strengthen all aspects of the Seahawks roster. In his previous role as pro personnel director, he oversaw NFL free agency, the advance scouting of Seahawks' upcoming opponents, evaluation of NFL practice squads, as well as the scouting of all professional leagues including the Canadian Football League and the Arena Football Leagues. During the season, he coordinated free agent tryouts, monitored NFL transactions and assisted in the recruiting and signing of all free agent players. Since the 2010 season, Kirchner and the pro scouting staff have made more than 2,600 player transactions to help



## MATT BERRY

**DIRECTOR OF COLLEGE SCOUTING**

Matt Berry begins his 14th season with Seattle and seventh as director of college scouting in 2021. In his role, he coordinates the Seahawks' entire college scouting operation and compiles all of the information required to set the draft board. He is responsible for the evaluation of all draft eligible players nationally, oversight of the Seahawks college scouting staff and works closely with GM John Schneider and the Seahawks coaching staff regarding the NFL Draft and college free agency. After serving 2014 as a national scout, he served the previous six seasons (2008-13) as a regional scout combining the southwestern states in search of talent. Berry spent five seasons with the Atlanta Falcons before joining Seattle and served his final three seasons as the Falcons' south-central scout. A native of Nashville, Tenn., he holds a bachelor of arts degree in history from Davidson College (N.C.), where he played both baseball and football. Berry was a four-year starter on a Wildcat football team that had the most successful run in school history, including a 17-game winning streak. He is married to professional runner and triathlete, Desiree. They have three children and live in the Seattle area.



## NOLAN TEASLEY

**DIRECTOR OF PRO PERSONNEL**

Nolan Teasley begins his fourth season as director of pro personnel in 2021 after spending 2017 as assistant director of pro personnel and 2014-16 as a pro personnel scout with the Seahawks. He originally joined the Seahawks in 2013 as an intern in the team's scouting department. In his role, Teasley is involved in the club's NFL draft process throughout and provides input and analysis on draft weekend. He also helps direct a department that evaluates talent from NFL rosters and practice squads, along with talent from other football leagues including the CFL. He and the pro scouting staff are integral in the team's strategy for attacking unrestricted free agency, the undrafted free agent process following the NFL Draft and year-round trade analysis. Among his other duties, he scouts future opponents, coordinates free agent visits and tryouts, and monitors NFL transactions. Before joining the Seahawks, Teasley worked in corporate marketing for six years. A 2007 graduate from Central Washington University with a degree in public relations, he was a running back on the Wildcats football team. Originally hailing from Ellensburg, Wash., Teasley and his wife, Morgan, live in Gig Harbor with their three sons, Cruz, Jax and Jude.



## AARON HINELINE

**ASSISTANT DIRECTOR OF COLLEGE SCOUTING**

Aaron Hinline enters his 16th season with the Seahawks, 12th as a college scout, and second as the assistant director of college scouting. He is responsible for the evaluation of all draft eligible players in the Southeast region, along with assisting in the Southwest. While serving in the pro personnel department in his first four years with the team, Hinline helped provide weekly advances for upcoming opponents as well as assisting in the evaluation and writing of player reports on potential talent in free agency, the Canadian Football League and the Arena Football League. He performed administrative duties for the director of pro personnel, helped coordinate free agent tryouts, and worked on various projects for the vice president of player personnel and head coach. Hinline lettered in football, track, and wrestling at Woodinville (Wash.) High School. He earned his Bachelor's Degree in Exercise Science from Central Washington University where he was a four-year starter at fullback. He became a graduate assistant at Central for one season, where he coached the running backs and implemented their strength and conditioning program before joining the Seahawks in 2006. He is married to Gentry and they have two daughters, Peyton and Harper, and a son, Grady.



## WILLIE SCHNEIDER

**ASSISTANT DIRECTOR OF PRO PERSONNEL**

Willie Schneider joined the Seahawks scouting department in 2017 as a pro personnel scout after originally joining the team as a scouting intern in 2014. He was promoted to assistant director of pro personnel in 2019. In his role, he assists in the scouting of future opponents, coordinates free agent visits and tryouts, and monitors NFL transactions. Before joining the Seahawks, Schneider worked at ETS Elite Sports Performance in St. Paul as a performance specialist. A graduate from the University of St. Thomas (Minn.) with a Business Leadership and Management degree, Schneider was a four-year starter at fullback and played in the 2012 NCAA Division III National Championship game. Originally from St. Paul, Minn., he is married to Hillary and they live in West Seattle.



## STEVE HUTCHINSON

**FOOTBALL CONSULTANT**

Steve Hutchinson serves as a football consultant for the Seahawks working alongside both the college and pro personnel departments in talent evaluation. A former first-round draft choice by the Seahawks in 2001, Hutchinson spent 12 seasons in the NFL playing for Seattle (2001-05), Minnesota (2006-11) and Tennessee (2012). He was elected to the Pro Football Hall of Fame in 2020, earned seven-straight Pro Bowl berths (2004-2010) and was a first-team All-Pro selection five times (2003, 2005, 2007-09). He was named All-NFC six times (2003-07, 2009) and is a member of the NFL's All-Decade Team of the 2000s. He was a four-year letterman at Michigan and two-time captain. Became the second player in Michigan history to garner first team All-Big Ten Conference honors four times. Named first team All-American following his junior and senior seasons, and earned freshman All-American accolades in 1997. Married to Landyn, they have a daughter Lily, and son Luke.



## JASON BARNES

**PERSONNEL EXECUTIVE**

Jason Barnes enters his 16th season with the Seahawks in 2021, and 13th working with the college scouting department after working with pro scouting the first three years. In the pro department, Barnes helped scout future Seahawks' opponents and assess talent in all professional leagues including the NFL, the Canadian Football League and the Arena Football League. He lined up at wide receiver four seasons (2000-04) at Ball State University where he received a B.A. in criminal justice. A Fort Wayne, Ind., native, he attended Southside High School where he was a four-year starter in football and three-year starter in basketball. Earned all-state honors following his senior season as a cornerback, and was selected to play in the Indiana North South All-State All-Star Game. Was also all-conference in basketball. Is married to Kristin, and has two sons Chase and Christopher and three daughters Jordyn, Jayah and Jenae.



## TODD BRUNNER

**AREA SCOUT (NORTHEAST)**

Todd Brunner joined the Seahawks as an area scout in 2012 and covers the northeast region. He served the same role with the San Francisco 49ers from 2001-11. Prior to joining the 49ers, he spent two seasons as an area scout with the Cleveland Browns, where he combed the Northeast region in 1999-2000 for college talent. Brunner joined the Browns from the Philadelphia Eagles where he spent four seasons (1994-97) as an area scout covering the Northeast. He joined the Eagles as a scouting intern in 1992 and worked as a scouting assistant in 1993. Brunner attended Lehigh (Pa.) University and lettered two years in football. As a junior, he led the team in special teams tackles, and as a senior quarterback, tied or broke 14 school passing records. Following his football career at Lehigh, Brunner spent one season as a graduate assistant at Temple, in 1991, and earned his master's degree. He comes from a football family as his father John coached at Temple, Villanova, Princeton and in the NFL ranks with Detroit, Green Bay, Tampa Bay and Minnesota, before scouting for the 49ers for 12 seasons. Brother, Scott, spent time in the NFL with the N.Y. Giants. Born in Middletown, N.Y., he attended Lawrence (N.J.) High School and was inducted into their High School Athletics Hall of Fame in 2012. He and his wife, Nancy, reside in Robbinsville, N.J., with their daughter, Annie Elizabeth, and son, Chad Joseph.



## RYAN FLORENCE

**AREA SCOUT (SOUTHWEST)**

Ryan Florence enters his eighth season with the Seahawks. He begins his first season as an area scout in 2021 after previously serving as an NFS Scout covering the Mid-Atlantic Region. Originally joining the Seahawks as an intern in 2014, he was promoted to a National Football Scouting (NFS) role in 2017. Florence spent the 2014-16 seasons as a scouting and player personnel assistant with Seattle where he helped with advance opponent scouting, free agent and practice squad evaluations in the NFL and CFL. Prior to the Seahawks, Florence was a recruiting graduate assistant helping Gary Pinkel's Missouri coaching staff to develop and implement the Tigers' recruiting plans along with scouting evaluations, video preparation and recruiting operations. Florence helped Mizzou post a program-record 12 wins and claim both the SEC East title and a Cotton Bowl victory en route to a No. 5 final AP ranking in 2013. He earned a B.A. in Organizational Communication from William Jewell College in Liberty, Mo., where he was a three-year starter at cornerback. He went on to earn an M.S. in Administrative Studies and Sports Management from Missouri State and added a M.Ed. in Educational and Counseling Psychology from the University of Missouri. Originally from Columbia, Mo., Florence and his wife, Jacqueline, live in the greater Kansas City area with their two sons, Kohen and Kyle.



**JOSH GRAFF**  
**AREA SCOUT (WEST)**

Josh Graff enters his ninth full-time season with the Seahawks, 11th overall. He begins his fifth season as an area scout in 2021 after previously serving four years as an insert scout for National Football Scout-ing covering the Mid-Atlantic Region for NFS. Graff spent the 2011-12 seasons as a scouting and personnel intern with Seattle where he helped coordinate player tryouts, monitor the waiver wire, advance weekly opponents, free agent and practice squad evaluations in the NFL and CFL. Graff originally began his career with Seattle as an intern in the team's equipment room in 2010. Before joining the Seahawks, he worked in 2009 as an intern in the Miami Dolphins equipment room. A local multi-sport talent from Mill Creek, Wash., he was part of an Archbishop Murphy High School football program that won 39-consecutive games and captured state titles in baseball and soccer. Graff graduated with a degree in Human Resource Management from the University of Idaho. He resides in Denver, Colo.



**KIRK PARRISH**  
**PERSONNEL  
 COORDINATOR/MIDLANDS SCOUT**

Kirk Parrish enters his 23rd year with the Seahawks. He is responsible for maintaining the day-to-day operations of the scouting department, including organizing all college prospect information (scouting database/player reports/draft boards), managing university relations, and serving as the liaison between the front office and on-the-road scouting staff. He is also the club contact for the NFL Combine and collegiate All-Star Games. As a scout, he covers Iowa, Minnesota, Montana, Nebraska, North Dakota, South Dakota, and Wisconsin – and evaluates other draft-eligible players in the Pacific Northwest. Prior to joining the Seahawks, Parrish was the administrative assistant/football operations at Texas A&M University from 1997-99. During that time, the Aggies won the Big XII Conference championship and played in the Sugar Bowl and Cotton Bowl. Parrish coached tight ends and quarterbacks at the University of San Diego from 1995-96. Prior to USD, he was a football graduate assistant at Washington State University from 1992-94, where he earned a Ph.D. in educational administration in 2003, and a Master's Degree in athletic administration in 1993. His research focused on the career paths of NCAA Division I-A (FBS) athletic directors. Parrish earned his BA in education from Central Washington University where he was a quarterback for the Wildcat football program. His father, Jerry Parrish, is a member of the Seahawks' High School Coaches Mentorship Academy, Washington State Football Coaches Hall of Fame (North Kitsap H.S.), and Pacific Northwest Football Hall of Fame. He and his wife, Carol, reside in Bothell, Wash. They have a daughter, Jill, and a son, Jay.



**D.J. HORD**  
**PRO PERSONNEL SCOUT**

D.J. Hord was named a pro personnel scout in 2019 after originally joining the team as a pro scouting intern in 2017. In his role, he assists in the scouting of future opponents, coordinates free agent visits and tryouts, and monitors NFL transactions. Before joining the Seahawks, Hord served at the University of Northern Iowa as director of football operations from 2013-17. There, he served in many capacities including the pro scouting liaison, team travel, coordinated recruiting activities and on-campus visits and worked closely with the school's compliance office. He worked as a graduate assistant from 2012-13 working with wide receivers and returners at Northern Iowa. He attended Notre Dame where he played wide receiver while earning his degree, followed by earning a masters degree from Northern Iowa. He attended Rockhurst High School in Kansas City, Mo.



**ARMANI PEREZ**  
**PRO SCOUTING PERSONNEL  
 ASSISTANT**

Perez enters his third season with the Seahawks, first in a full-time roll as pro scouting personnel assistant, after spending two seasons (2019-20) as a scouting intern. He is responsible for scouting future opponents, writing pro and draft prospect evaluation reports from college, NFL, CFL, XFL and The Spring League, coordinating free agent workouts and monitoring pro transactions. Perez joined Seattle after serving the University of Arkansas as director of off-campus recruiting in the spring of 2019. He spent four years (2015-19) at Louisiana Tech, with the last three as director of recruiting, where he served as an NFL liaison and was responsible for initial identification and evaluation of prospective student-athletes. While attending Florida State, where he earned his degree in business & sport management in 2014, he was a recruiting assistant from 2013-15. Perez lettered in football at Columbus High School in Miami and is married to wife, Macy.



**SAM RAMSDEN**  
**VP/HEALTH & PLAYER  
 PERFORMANCE**

Sam Ramsden begins his 23rd year with the Seahawks in 2021 and his 10th in the role of director of health and player performance. His responsibilities include collaborating with the strength and conditioning, medical, sports science and nutrition staffs as well as researching and developing emerging and advanced technologies that will lead to better player durability and improved on-field performance. As a conduit to the head coach and general manager, Rams-

den is charged with communicating daily all aspects of the current roster and potential roster additions in terms of overall player health, availability and readiness. Ramsden's primary area of expertise for much of his 20-plus seasons in the NFL has been centered on the physical rehabilitation and conditioning of professional football players. Ramsden originally joined the Seahawks as an associate athletic trainer in February of 1999. He was promoted to head athletic trainer in 2004 and was responsible for coordinating the overall healthcare provided for the Seahawks' players and staff. Before Seattle, he served six seasons with the Green Bay Packers as an assistant athletic trainer and was a member of the Super Bowl XXXI championship team. As a student athletic trainer at the University of Wisconsin-La Crosse, Ramsden worked with several intercollegiate sports teams before joining the Packers staff. He received a bachelor's degree in physical education with an emphasis in athletic training from the La Crosse school in 1992. A La Crescent, Minn. native, he and his wife, Lisa, together with their two sons, Henry and Lachlan, live near Fall City, Wash.



**DAVID STRICKLIN**  
HEAD ATHLETIC TRAINER

David Stricklin is the Seahawks head athletic trainer and enters his 13th season with the team. Promoted to head athletic trainer in 2019, he served as assistant athletic trainer from 2010-18, and was a season-long assistant in 2005. In his role, Stricklin is responsible for the oversight of healthcare provided for Seahawks players, coaches and football support staff. This includes but is not limited to player medical appointments with physicians and imaging, management of the medical staff including team physicians, athletic trainers, physical therapists, chiropractors and any other ancillary healthcare providers. He also manages players' practice and game status as related to injuries and illnesses. He is responsible for ensuring all medical staff is compliant with the most up to date emergency management for on-field injuries, current injury rehabilitation and treatment methods, and any other NFL mandated protocols such as concussion and mental health. Stricklin holds numerous professional licenses and certifications, including a Washington State Athletic Trainers License. Before joining the Seahawks, Stricklin served as an assistant athletic trainer for football and head athletic trainer for Oregon State's nationally ranked baseball program from 2006-10. He was a graduate assistant athletic trainer for the Beavers from 2003-05 after spending the summer of 2002 as an athletic training intern with the San Francisco 49ers. Stricklin earned a Bachelor of Science—Exercise Science degree from Central Washington University and a Masters of Science—Sports Medicine degree, along with a certificate in healthcare administration, from Oregon State University. Married to Courtney, they have two daughters, Olivia and Avery, with a golden retriever, Caylis.



**MATT CAPURRO**  
DIRECTOR OF TEAM OPERATIONS

Matt Capurro enters his 18th NFL season in 2021 and his 12th with the Seahawks. Capurro works directly with Head Coach Pete Carroll and is responsible for coordinating the team's daily operations, including overseeing player and staff communications and managing the year-round football schedule, which includes the off-season program, OTA days, mini-camps and training camp. Prior to joining the Seahawks, Capurro spent one season with the USC Trojans (2009) and six seasons with the Oakland Raiders (2003-2008). In 2009 with the Trojans, as director of football operations, he coordinated all of the team's daily operations, managed the year-round football calendar, coordinated all travel logistics for home and away games, directed USC football camps and clinics, and served as liaison for the football department within the athletic department. In his six seasons with the Raiders, Capurro spent five seasons (2004-08) as the assistant to the head coach where he coordinated all the day-to-day operations, and spent his first season (2003) as a coaches assistant. During that span, he worked for Bill Callahan, Norv Turner, Art Shell, Lane Kiffin and Tom Cable. Prior to that, Capurro was a football operations intern for the Raiders for five years (1998-2002) under Jon Gruden and Bill Callahan. He earned his bachelor's degree in Business Administration from the University of San Francisco in 2003. He lettered in football and baseball at St. Vincent High School in Petaluma (Calif.) Married to wife, Emily, they have two daughters, Gianna and Cecilia.



**ANDREA VANDERWOUDE**  
TEAM PERFORMANCE DIETITIAN

Andrea Vanderwoude enters her third season with the Seahawks in 2021. Prior to joining Seattle, and after completion of the Gatorade Sports Nutrition Immersion Intern (GSNI) program, she served as the Sports Dietitian for the University of Southern California football team from 2016-18. She completed her undergraduate degree in Nutrition and Dietetics from the University of Idaho followed by her Master's in Sports Nutrition from the University of Colorado—Colorado Springs where she worked with athletes at the University of Colorado and The United States Olympic Training Center. Upon completion of her Master's Degree, she was selected for the GSNI program, which places selected dietitians at top sports nutrition facilities within the United States. Vanderwoude is a Registered Dietitian (RD/RDN) and board-Certified Specialist in Sports Dietetics (CSSD) through the Academy of Nutrition and Dietetics (AND). Additionally, she has spent time conducting scientific research and believes in a personalized nutrition approach for athletes to help meet their physical requirements.



**HISTORY**

# SERIES BREAKDOWN

Due to the 2002 new alignment plan, division records were reset. Division records from 1976-2001 may be found at the end of this section.

\* Overtime

## NFC WEST (70-45-1)

### ARIZONA CARDINALS (22-21-1)

9/12/76	—	L		24-30	58,441
11/13/83	—	L	@	28-33	33,280
9/17/89	—	L		24-34	60,444
12/19/93	—	*L		27-30	45,737
10/29/95	—	*L	@	14-20	39,600
9/13/98	—	W		33-14	57,678
9/15/02	—	L		13-24	63,104
11/10/02	—	W	@	27-6	29,252
9/14/03	—	W	@	38-0	23,127
12/21/03	—	W		28-10	64,899
10/24/04	—	L	@	17-25	35,695
12/26/04	—	W		24-21	65,825
9/25/05	—	W		37-12	64,843
11/6/05	—	W	@	33-19	43,542
9/17/06	—	W		21-10	67,470
12/10/06	—	L	@	21-27	63,603
9/16/07	—	L	@	20-23	64,542
12/9/07	—	W		42-21	68,193
11/16/08	—	L		20-26	67,616
12/28/08	—	L	@	21-34	63,874
10/18/09	—	L		3-27	67,588
11/15/09	—	L	@	20-31	62,278
10/24/10	—	W		22-10	67,132
11/14/10	—	W	@	36-18	61,904
9/25/11	—	W		13-10	66,199
1/1/12	—	*L	@	20-23	61,798
9/9/12	—	L	@	16-20	60,032
12/9/12	—	W		58-0	67,685
10/17/13	—	W	@	34-22	61,200
12/22/13	—	L		10-17	68,266
11/23/14	—	W		19-3	68,327
12/21/14	—	W	@	35-6	63,806
11/15/15	—	L		32-39	69,005
1/3/16	—	W	@	36-6	74,287
10/23/16	—	*T	@	6-6	65,089
12/24/16	—	L		31-34	69,050
11/9/17	—	W	@	22-16	64,639
12/31/17	—	L		24-26	69,078
9/30/18	—	W	@	20-17	61,845
12/30/18	—	W		27-24	68,990
9/29/19	—	W	@	27-10	60,500
12/22/19	—	L		13-27	69,022
10/25/20	—	*L	@	34-37	1,200
11/19/20	—	W		28-21	0

Franchise moved from St. Louis to Arizona in 1988.

Points: Arizona 869 (19.8), Seattle 1,098 (25.0)

### LOS ANGELES RAMS (25-21)

10/31/76	—	L	@	6-45	52,035
11/4/79	—	L		0-24	62,048
9/23/85	—	L		24-35	63,292
10/23/88	—	L	@	10-31	57,033
12/22/91	—	W		23-9	51,100
10/19/97	—	W	@	17-9	64,819
9/10/00	—	L	+	34-37	64,869
10/20/02	—	L	@	20-37	65,931
12/22/02	—	W		30-10	63,953
9/21/03	—	W		24-23	65,841
12/14/03	—	L	@	22-27	66,152
10/10/04	—	*L		27-33	66,940
11/14/04	—	L	@	12-23	66,044
10/9/05	—	W	@	37-31	65,707
11/13/05	—	W		31-16	67,192
10/15/06	—	W	@	30-28	65,592
11/12/06	—	W		24-22	68,175
10/21/07	—	W		33-6	68,164
11/25/07	—	W	@	24-19	65,423
9/21/08	—	W		37-13	68,012
12/14/08	—	W	@	23-20	56,123

9/13/09	—	W		28-0	67,610
11/29/09	—	W	@	27-17	47,475
10/3/10	—	L	@	3-20	52,326
1/2/11	—	W		16-6	67,325
11/20/11	—	W	@	24-7	56,400
12/12/11	—	W		30-13	66,577
9/30/12	—	L	@	13-19	53,193
12/30/12	—	W		20-13	67,936
10/28/13	—	W	@	14-9	55,966
12/29/13	—	W		27-9	68,264
10/19/14	—	L	@	26-28	57,855
12/28/14	—	W		20-6	68,453
9/13/15	—	*L	@	31-34	51,792
12/27/15	—	L		17-23	69,080
9/18/16	—	L	@	3-9	91,046
12/15/16	—	W		24-3	69,067
10/08/17	—	W	@	16-10	60,745
12/17/17	—	L		7-42	69,077
10/7/18	—	L		31-33	68,893
11/11/18	—	L	@	31-36	72,755
10/3/19	—	W		30-29	68,988
12/8/19	—	L	@	12-28	71,501
11/15/20	—	L	@	16-23	0
12/27/20	—	W		20-9	0
10/7/21	—	L		17-26	68,747

Moved from Los Angeles to St. Louis in 1995. Moved from St. Louis to Los Angeles in 2016.

Points: L.A. 950 (20.6), Seattle 991 (21.5)

### SAN FRANCISCO 49ERS (28-17)

9/26/76	—	L		21-37	59,108
10/7/79	—	W	@	35-24	44,592
11/25/85	—	L	@	6-19	57,482
9/25/88	—	L		7-38	63,382
12/8/91	—	L		22-24	56,711
12/21/97	—	W		38-9	66,253
10/14/02	—	L		21-28	66,420
12/01/02	—	L	@	24-31	67,594
10/12/03	—	W		20-19	66,437
12/27/03	—	W	@	24-17	67,840
9/26/04	—	W		34-0	66,709
11/7/04	—	W	@	42-27	64,423
11/20/05	—	W	@	27-25	63,590
12/11/05	—	W		41-3	66,690
11/19/06	—	L	@	14-20	68,367
12/14/06	—	L		14-24	67,650
9/30/07	—	W	@	23-3	67,651
11/12/07	—	W		24-0	68,331
9/14/08	—	*L		30-33	67,951
10/26/08	—	W	@	34-13	67,504
10/23/09	—	L	@	10-23	69,732
12/6/09	—	W		20-17	67,761
9/12/10	—	W		31-6	67,044
12/12/10	—	L	@	21-40	69,732
9/11/11	—	L	@	17-33	69,732
12/24/11	—	L		17-19	66,697
10/18/12	—	L	@	6-13	69,732
12/23/12	—	W		42-13	68,161
9/15/13	—	W		29-3	68,338
12/8/13	—	L	@	17-19	69,732
11/27/14	—	W	@	19-3	70,799
12/14/14	—	W		17-7	68,526
10/22/15	—	W	@	20-3	70,799
11/22/15	—	W		29-13	68,993
9/25/16	—	W		37-18	69,010
1/1/17	—	W	@	25-23	70,178
9/17/17	—	W		12-9	68,729
11/26/17	—	W	@	24-13	70,134
12/2/18	—	W		43-16	69,009
12/16/18	—	*L	@	23-26	68,836
11/11/19	—	*W	@	27-24	71,404
12/29/19	—	L		21-26	69,162
11/1/20	—	W		37-27	0
1/3/21	—	#W	@	26-23	0
10/3/21	—	W	@	28-21	68,912

# Played at State Farm Stadium in Glendale, Arizona.

Points: San Francisco 832 (18.4), Seattle 1,099 (24.4)

## NFC EAST (23-17)

### DALLAS COWBOYS (9-10)

10/3/76	—	L		13-28	62,027
11/27/80	—	L	@	7-51	57,540
12/4/83	—	L		10-35	63,352
11/27/86	—	W	@	31-14	58,020
10/11/92	—	L	@	0-27	62,311
11/22/98	—	L	@	22-30	64,142
12/16/01	—	W	+	29-3	63,366
10/27/02	—	W	@	17-14	63,854
12/6/04	—	L		39-43	68,093
10/23/05	—	W		13-10	67,046
11/27/08	—	L	@	9-34	63,253
11/1/09	—	L	@	17-38	80,886
11/6/11	—	L	@	13-23	81,510
9/16/12	—	W		27-7	68,008
10/12/14	—	L		30-23	68,432
11/1/15	—	W	@	13-12	91,486
12/24/17	—	W	@	21-12	92,150
9/23/18	—	W		24-13	69,047
9/27/20	—	W		38-31	0

Points: Dallas 455 (23.9), Seattle 366 (19.3)

### NEW YORK GIANTS (9-10)

11/28/76	—	L	@	16-28	65,111
12/7/80	—	L		21-27	51,617
10/18/81	—	L		0-32	56,134
12/11/83	—	W	@	17-12	48,942
10/19/86	—	W		17-12	62,282
11/19/89	—	L	@	3-15	75,014
10/25/92	—	L	@	10-23	67,399
11/5/95	—	W		30-28	42,100
12/23/01	—	L	@	24-27	78,119
9/22/02	—	L	@	6-9	78,551
11/27/05	—	*W		24-21	67,102
9/24/06	—	W		42-30	68,161
10/5/08	—	L	@	6-44	79,529
11/7/10	—	L		7-41	67,287
10/9/11	—	W	@	36-25	78,650
12/15/13	—	W	@	23-0	79,691
11/9/14	—	W		38-17	68,352
10/22/17	—	W	@	24-7	78,527
12/6/20	—	L		12-17	0

Points: N.Y. Giants 415 (21.8), Seattle 356 (18.7)

### PHILADELPHIA EAGLES (11-7)

12/12/76	—	L	@	10-27	37,949
11/2/80	—	L		20-27	61,047
11/23/86	—	W		24-20	55,786
9/10/89	—	L	@	7-31	64,287
12/13/92	—	*L		17-20	47,492
12/3/95	—	W		26-14	39,893
9/6/98	—	W	@	38-0	66,418
9/23/01	—	L	+	3-27	62,826
12/8/02	—	L		20-27	59,862
12/5/05	—	W	@	42-0	67,637
12/2/07	—	W	@	28-24	68,445
11/2/08	—	L		7-26	68,055
12/1/11	—	W		31-14	67,039
12/7/14	—	W	@	24-14	69,596
11/20/16	—	W		26-15	69,190
12/3/17	—	W		24-10	69,075
11/24/19	—	W		17-9	69,796
11/30/20	—	W	@	23-17	0

Points: Philadelphia 322 (17.9), Seattle 377 (20.9)

### WASHINGTON FOOTBALL TEAM (6-12)

9/19/76	—	L	@	7-31	53,174
9/28/80	—	W	@	14-0	53,263
9/25/83	—	L		17-27	60,718
9/28/86	—	L	@	14-19	54,157
12/23/89	—	L		0-29	60,294
11/8/92	—	L		3-16	53,616
9/4/94	—	W	@	28-7	52,930
11/19/95	—	W	@	27-20	51,298

## SERIES BREAKDOWN, continued

9/20/98	—	W		24-14	63,336
11/04/01	—	L	@	14-27	82,352
11/3/02	—	L		3-14	64,325
11/9/03	—	L	@	20-27	80,728
10/2/05	—	*L	@	17-20	90,215
11/23/08	—	L		17-20	67,771
11/27/11	—	L		17-23	66,007
10/6/14	—	W	@	27-17	79,522
11/5/17	—	L		14-17	68,927
12/20/20	—	W	@	20-15	0

Points: Washington 343 (19.1), Seattle 283 (15.7)

### NFC NORTH (23-15)

#### CHICAGO BEARS (11-5)

12/5/76	—	L		7-34	60,510
11/5/78	—	W	@	31-29	50,697
12/12/82	—	W		20-14	52,826
9/23/84	—	W		38-9	61,520
12/20/87	—	W	@	34-21	62,518
9/9/90	—	L	@	0-17	64,400
9/19/99	—	W	@	14-13	66,944
10/19/03	—	W		24-17	65,671
10/1/06	—	L	@	6-37	62,225
11/18/07	—	W		30-23	68,249
9/27/09	—	L		19-25	67,938
10/17/10	—	W	@	23-20	62,137
12/18/11	—	W	@	38-14	61,542
12/2/12	—	*W	@	23-17	62,264
9/27/15	—	W		26-0	69,002
9/17/18	—	L	@	17-24	57,960

Points: Chicago 314 (19.6), Seattle 350 (21.9)

#### DETROIT LIONS (9-5)

10/24/76	—	L		14-41	61,280
9/24/78	—	W		28-16	56,781
12/2/84	—	W		38-17	62,441
10/18/87	—	W	@	37-14	8,310
12/30/90	—	W		30-10	50,681
10/17/93	—	L	@	10-30	60,801
10/17/96	—	L	@	16-17	51,194
9/12/99	—	L		20-28	66,238
11/16/03	—	W		35-14	65,865
9/10/06	—	W	@	9-6	60,535
11/8/09	—	W		32-20	67,003
10/28/12	—	L	@	24-28	63,497
10/5/15	—	W		13-10	69,005
10/28/18	—	W	@	28-14	65,237

Points: Detroit 265 (18.9), Seattle 334 (23.9)

#### GREEN BAY PACKERS (8-11)

10/10/76	—	L	@	20-27	54,983
10/15/78	—	L	@	28-45	52,712
11/1/81	—	L	@	24-34	49,467
10/21/84	—	W	@	30-24	52,286
11/15/87	—	W		24-13	60,963
12/9/90	—	W	@	20-14	52,015
9/29/96	—	L		10-31	59,973
11/1/99	—	W	@	27-7	59,869
10/5/03	—	L	@	13-35	70,365
1/1/06	—	L	@	17-23	69,928
11/27/06	—	W		34-24	68,256
10/12/08	—	L		17-27	68,302
12/27/09	—	L	@	10-48	70,429
9/24/12	—	W		14-12	68,218
9/4/14	—	W		36-16	68,424
9/20/15	—	L	@	17-27	78,433
12/11/16	—	L	@	38-10	78,057
9/10/17	—	L	@	9-17	78,381
11/15/18	—	W		27-24	69,007

1981 & 1999 games played in Green Bay. 1976, 1978, 1984 & 1990 games played in Milwaukee. Games since 2003 played in Green Bay.

Points: Green Bay 486 (25.6), Seattle 387 (20.4)

### MINNESOTA VIKINGS (12-6)

11/14/76	—	L	@	21-27	45,087
10/8/78	—	W		29-28	62,031
9/30/84	—	W	@	20-12	57,171
11/1/87	—	W		28-17	61,134
11/18/90	—	L		21-24	59,735
11/10/96	—	W		42-23	50,794
9/29/02	—	W		48-23	65,212
12/7/03	—	L	@	7-34	63,968
12/12/04	—	W	@	27-23	64,110
10/22/06	—	L		13-31	68,118
11/22/09	—	L	@	9-35	63,854
11/4/12	—	W		30-20	67,584
11/17/13	—	W		41-20	68,235
12/6/15	—	W	@	38-7	52,430
12/10/18	—	W		21-7	69,007
12/2/19	—	W		37-30	69,080
10/11/20	—	W		27-26	0
9/26/21	—	L	@	17-30	66,729

Points: Minnesota 417 (23.1), Seattle 476 (26.4)

### NFC SOUTH (23-14)

#### ATLANTA FALCONS (12-6)

11/7/76	—	W		30-13	57,985
10/29/79	—	W	@	31-28	52,566
10/13/85	—	W		30-26	60,430
10/2/88	—	W	@	31-20	28,619
12/15/91	—	L	@	13-26	53,834
11/30/97	—	L		17-24	52,584
12/03/00	—	W	@	30-10	44,680
12/15/02	—	*W	@	30-24	69,551
1/2/05	—	W		28-26	66,740
9/18/05	—	W		21-18	66,030
12/30/07	—	L	@	41-44	64,925
12/19/10	—	L		18-34	67,101
10/2/11	—	L		28-30	66,266
11/10/13	—	W	@	33-10	70,309
10/16/16	—	W		26-24	69,071
11/20/17	—	L		31-34	69,026
10/27/19	—	W	@	27-20	71,483
9/13/20	—	W	@	38-25	0

Points: Atlanta 436 (24.2), Seattle 500 (27.8)

#### CAROLINA PANTHERS (8-3)

10/08/00	—	L	@	3-26	72,192
10/31/04	—	W		23-17	66,214
12/16/07	—	L	@	10-13	73,421
12/5/10	—	W		31-14	66,577
10/7/12	—	W	@	16-12	72,676
9/8/13	—	W	@	12-7	73,294
10/26/14	—	W	@	13-9	74,042
10/18/15	—	L		23-27	69,020
12/4/16	—	W		40-7	69,104
11/25/18	—	W	@	30-27	74,002
12/15/19	—	W	@	30-24	72,544

Points: Carolina 183 (16.6), Seattle 231 (21.0)

#### NEW ORLEANS SAINTS (6-8)

11/21/76	—	L		27-51	61,865
11/18/79	—	W		38-24	60,055
11/10/85	—	W	@	27-3	47,365
10/16/88	—	L		19-20	63,569
9/1/91	—	L	@	24-27	68,492
11/16/97	—	*L	@	17-20	50,493
9/17/00	—	W	+	20-10	59,513
9/7/03	—	W		27-10	52,250
9/12/04	—	W	@	21-7	64,900
10/14/07	—	L		17-28	68,296
11/21/10	—	L	@	19-34	70,015
12/2/13	—	W		34-7	68,387
10/30/16	—	L	@	20-25	73,188
9/22/19	—	L		27-33	69,005

Points: New Orleans 299 (21.4), Seattle 337 (24.1)

#### TAMPA BAY BUCCANEERS (9-5)

10/17/76	—	W	@	13-10	43,812
10/16/77	—	W		30-23	54,783
11/20/94	—	W		22-21	37,466
9/22/96	—	W	@	17-13	30,212
11/28/99	—	L		3-16	66,314
9/19/04	—	W	@	10-6	65,089

12/31/06	—	W	@	23-7	65,660
9/9/07	—	W		20-6	68,044
10/19/08	—	L	@	10-20	64,811
12/20/09	—	L		7-24	67,011
12/26/10	—	L	@	15-38	46,576
11/3/13	—	*W		27-24	67,873
11/27/16	—	L	@	5-14	63,674
11/3/19	—	W		40-34	68,948

Points: Tampa Bay 256 (18.3), Seattle 242 (17.3)

### AFC WEST (9-11)

#### DENVER BRONCOS (19-35)

10/2/77	—	L		13-24	53,108
10/1/78	—	L	@	7-28	74,989
10/29/78	—	*L		17-20	62,948
9/23/79	—	L	@	34-37	74,879
12/8/79	—	W		28-23	60,038
11/23/80	—	L	@	20-36	73,274
12/21/80	—	L		17-25	51,853
9/13/81	—	W		13-10	58,513
12/13/81	—	L	@	13-23	74,527
11/21/82	—	W	@	17-10	73,916
1/2/83	—	W		13-11	43,145
11/6/83	—	W		27-19	61,189
11/20/83	—	L	@	27-38	74,710
11/25/84	—	W	@	27-24	74,922
12/15/84	—	L		14-31	64,411
10/20/85	—	*L	@	10-13	74,899
12/20/85	—	L		24-27	56,283
10/26/86	—	L	@	13-20	76,089
12/20/86	—	W		41-16	63,697
9/13/87	—	L	@	17-40	75,999
12/13/87	—	W		28-21	61,759
9/4/88	—	W	@	21-14	75,986
12/11/88	—	W		42-14	62,839
10/22/89	—	*L		21-24	62,353
11/26/89	—	L	@	14-41	75,117
9/23/90	—	*L	@	31-34	75,290
12/23/90	—	W		17-12	55,845
9/15/91	—	L	@	10-16	74,152
11/24/91	—	W		13-10	60,430
11/30/92	—	*W		16-13	51,612
12/20/92	—	L	@	6-10	72,570
10/31/93	—	L	@	17-28	73,644
11/28/93	—	L		9-17	57,812
10/9/94	—	L	+	9-16	63,872
11/13/94	—	L	@	10-17	71,290
10/1/95	—	W		27-10	49,914
12/10/95	—	W	@	31-27	71,488
9/8/96	—	L		20-30	43,671
12/1/96	—	L	@	7-34	74,982
9/7/97	—	L		14-35	55,859
11/2/97	—	L	@	27-30	74,212
10/11/98	—	L		16-21	66,258
12/27/98	—	L	@	21-28	74,057
11/14/99	—	W		20-17	66,314
12/19/99	—	*L	@	30-36	65,987
11/26/00	—	L	+	31-38	68,661
12/10/00	—	L	@	24-31	75,218
10/14/01	—	W	+	34-21	61,837
12/09/01	—	L	@	7-20	74,524
11/17/02	—	L		9-31	65,495
12/03/06	—	W	@	23-20	76,146
9/19/10	—	L	@	14-31	75,130
9/21/14	—	*W		26-20	68,447
9/9/18	—	L	@	24-27	76,761

Points: Denver 1,269 (23.5), Seattle 1,061 (19.6)

#### KANSAS CITY CHIEFS (19-33)

12/11/77	—	W	@	34-31	22,562
11/19/78	—	W	@	13-10	32,252
12/17/78	—	W		23-19	58,490
9/30/79	—	L		6-24	61,169
12/2/79	—	L	@	21-37	42,160
9/14/80	—	W	@	17-16	42,403

## SERIES BREAKDOWN, continued

11/9/80	—	L	30-31	58,976
9/27/81	—	L	14-20	59,255
11/22/81	—	L @	13-40	49,002
9/4/83	—	L @	13-17	42,531
11/27/83	—	*W	51-48	56,795
11/4/84	—	W	45-0	61,396
12/9/84	—	L @	7-34	34,855
9/29/85	—	L @	7-28	50,485
12/1/85	—	W	26-6	52,655
9/14/86	—	W	23-17	61,068
11/9/86	—	L @	7-27	53,268
9/20/87	—	W	43-14	61,667
12/27/87	—	L @	20-41	20,370
9/11/88	—	W	31-10	61,512
11/20/88	—	L @	24-27	33,152
10/8/89	—	L	16-20	60,715
11/5/89	—	L @	10-20	54,489
10/21/90	—	W	19-7	60,358
11/11/90	—	W @	17-16	71,285
9/22/91	—	L @	13-20	71,789
12/1/91	—	L	6-19	57,248
9/13/92	—	L @	7-26	75,125
11/22/92	—	L	14-24	49,867
12/5/93	—	L	16-31	58,551
1/2/94	—	L @	24-34	72,136
10/23/94	—	L @	23-38	78,847
11/27/94	—	W	10-9	54,120
9/3/95	—	L	10-34	47,564
12/24/95	—	L @	3-26	75,784
9/15/96	—	L	17-35	39,970
10/17/96	—	L @	16-34	76,057
9/28/97	—	*L @	17-20	77,877
11/23/97	—	L	14-19	66,264
10/4/98	—	L @	6-17	66,418
11/8/98	—	W	24-12	66,251
11/21/99	—	W @	31-19	78,714
12/26/99	—	W	23-14	66,332
10/02/00	—	L @	17-24	82,893
10/29/00	—	L +	19-24	62,141
11/25/01	—	L @	7-19	77,357
1/06/02	—	W +	21-18	58,460
11/24/02	—	W	39-22	56,250
10/29/06	—	L @	28-35	77,645
11/28/10	—	L	24-42	66,370
11/16/14	—	L @	24-20	76,463
12/23/18	—	W	38-31	69,067

Points: Kansas City 1,230 (23.7), Seattle 1,017 (19.6)

### LAS VEGAS RAIDERS (25-28)

11/6/77	—	L @	7-44	50,929
10/22/78	—	W	27-7	62,529
11/26/78	—	W @	17-16	52,978
9/16/79	—	W	27-10	61,602
12/16/79	—	W @	29-24	53,177
10/26/80	—	L @	14-33	50,185
11/17/80	—	L	17-19	60,480
9/20/81	—	L @	10-20	45,725
11/29/81	—	L	31-32	57,147
12/5/82	—	L @	23-28	42,170
10/16/83	—	W	38-36	60,697
10/30/83	—	W @	34-21	49,708
10/7/84	—	L @	14-28	77,904
11/12/84	—	W	17-14	64,011
11/3/85	—	W	33-3	64,060
12/15/85	—	L @	3-13	77,425
10/12/86	—	L @	10-14	70,635
12/8/86	—	W	37-0	62,923
10/25/87	—	W @	35-13	52,735
11/30/87	—	L	14-37	62,802
11/28/88	—	W	35-27	62,641
12/18/88	—	W @	43-37	61,127
10/1/89	—	W @	24-20	44,319
12/17/89	—	W	23-17	61,076
9/16/90	—	L	13-17	61,889
10/14/90	—	L @	17-24	50,624
10/13/91	—	*L	20-23	61,974

11/17/91	—	L @	7-31	49,317
10/18/92	—	L	0-19	56,904
11/15/92	—	L @	3-20	46,862
9/12/93	—	L	13-17	58,836
12/12/93	—	L @	23-27	38,161
9/11/94	—	W @	38-9	47,319
12/11/94	—	L	16-17	53,301
10/8/95	—	L @	14-34	50,213
12/17/95	—	W	44-10	58,428
11/24/96	—	L	21-27	47,506
12/22/96	—	W @	28-21	33,455
10/26/97	—	W	45-34	66,264
12/14/97	—	W @	22-21	40,124
11/1/98	—	L	18-31	66,246
11/15/98	—	L @	17-20	51,527
10/3/99	—	W	22-21	66,400
12/5/99	—	L @	21-30	44,716
10/22/00	—	L @	3-31	57,490
12/16/00	—	W +	27-24	68,681
9/30/01	—	L @	14-38	54,629
11/11/01	—	W +	34-27	67,231
9/8/02	—	L @	17-31	53,260
11/6/06	—	W	16-0	67,816
10/31/10	—	L @	3-33	35,721
11/2/14	—	W	30-24	68,337
10/14/18	—	W @#	27-3	84,922

Franchise moved from Oakland to Los Angeles in 1982. Moved back to Oakland in 1995. Moved to Las Vegas in 2020. 2018 game was played in London's Wembley Stadium.

Points: Oakland 1,177 (22.2), Seattle 1,135 (21.4)

### LOS ANGELES CHARGERS (26-25)

11/27/77	—	L	28-30	55,338
9/3/78	—	L	20-24	55,778
12/10/78	—	L @	10-37	49,975
9/2/79	—	L	16-33	62,287
10/14/79	—	L @	10-20	50,077
9/7/80	—	L	13-34	62,042
12/13/80	—	L @	14-21	49,980
10/4/81	—	L @	10-24	51,463
11/16/81	—	W	44-23	58,628
9/18/83	—	W	34-31	61,714
10/9/83	—	L @	21-28	49,132
9/9/84	—	W	31-17	61,314
10/29/84	—	W @	24-0	53,974
9/15/85	—	W @	49-35	54,420
10/6/85	—	W	26-21	61,300
10/6/86	—	W	33-7	63,207
12/14/86	—	W @	34-24	47,096
11/22/87	—	W	34-3	62,444
9/18/88	—	L @	6-17	44,449
10/30/88	—	W	17-14	59,641
10/15/89	—	W @	17-16	50,079
10/29/89	—	W	10-7	59,961
11/4/90	—	L	14-31	59,646
11/25/90	—	*W @	13-10	50,097
10/27/91	—	W	20-9	58,025
11/10/91	—	L @	14-17	43,597
10/4/92	—	L @	6-17	36,783
12/27/92	—	L	14-31	49,324
9/5/93	—	L @	12-18	58,039
10/3/93	—	W	31-14	54,778
9/18/94	—	L +	10-24	65,536
10/30/94	—	L @	15-35	59,001
9/10/95	—	L @	10-14	54,420
10/22/95	—	L	25-35	45,821
9/1/96	—	L @	7-29	58,780
10/27/96	—	W	32-13	38,143
9/21/97	—	W	26-22	51,110
11/9/97	—	W @	37-31	64,616
10/25/98	—	W @	27-20	58,512
12/13/98	—	W	38-17	62,690
10/17/99	—	L @	10-13	59,432
12/12/99	—	L	16-19	66,318
9/24/00	—	W @	20-12	47,233
11/05/00	—	W +	17-15	59,884
12/2/01	—	*W +	13-10	55,466
12/30/01	—	W @	25-22	51,412
12/29/02	—	*W @	31-28	52,159
12/24/06	—	L	17-20	68,174

9/26/10	—	W	27-20	67,106
9/14/14	—	L @	21-30	67,916
11/4/18	—	L	17-25	68,989

Points: L.A. 1,067 (20.9), Seattle 1,066 (20.9)

Franchise moved from San Diego to Los Angeles in 2017.

## AFC EAST (12-8)

### BUFFALO BILLS (8-6)

10/30/77	—	W	56-17	61,180
10/14/84	—	W	31-28	59,034
11/6/88	—	L	3-13	61,074
12/4/89	—	W	17-16	57,682
10/15/95	—	L @	21-27	74,362
12/1/96	—	W	26-18	41,373
10/24/99	—	W	26-16	66,301
12/23/00	—	L +	23-42	61,025
11/18/01	—	W @	23-20	60,836
11/28/04	—	L	9-38	66,271
9/7/08	—	L @	10-34	71,194
12/16/12	—	W %@	50-17	40,770
11/7/16	—	W	31-25	69,084
11/8/20	—	L @	34-44	0

Points: Buffalo 355 (25.6), Seattle 360 (25.7)

### MIAMI DOLPHINS (5-8)

10/23/77	—	L @	13-31	29,855
9/9/79	—	L @	10-19	56,233
10/4/87	—	W	24-20	19,448
12/16/90	—	L @	17-24	57,851
9/27/92	—	L	17-19	59,374
10/6/96	—	W @	22-15	59,539
9/3/00	—	L @	0-23	72,949
10/28/01	—	L +	20-24	59,108
11/21/04	—	W	24-17	66,644
11/9/08	—	L @	19-21	64,862
11/25/12	—	L @	21-24	51,295
9/11/16	—	W	12-10	69,012
10/4/20	—	W @	31-23	12,369

Points: Miami 247 (20.6), Seattle 199 (16.6)

### NEW ENGLAND PATRIOTS (10-8)

10/9/77	—	L @	0-31	45,929
9/21/80	—	L	31-37	61,035
12/19/82	—	L	0-16	53,457
12/18/83	—	W	24-6	59,688
9/16/84	—	L @	23-38	43,140
11/17/85	—	L	13-20	60,345
9/21/86	—	W @	38-31	58,977
12/4/88	—	L @	7-13	59,068
9/24/89	—	W @	24-3	48,025
10/7/90	—	W @	33-20	39,735
9/20/92	—	W @	10-6	42,327
9/19/93	—	W @	17-14	50,392
10/24/93	—	W	10-9	56,526
10/17/04	—	L @	20-30	68,756
12/7/08	—	L	21-24	68,077
10/14/12	—	W	24-23	68,137
11/13/16	—	W @	31-24	66,829
9/20/20	—	W	35-30	0

Points: New England 375 (20.8), Seattle 361 (20.1)

### NEW YORK JETS (12-8)

11/13/77	—	W @	17-0	43,973
9/17/78	—	W @	24-17	46,911
11/26/79	—	W	30-7	59,977
10/19/80	—	W @	27-17	52,496
10/25/81	—	W @	19-3	49,678
12/6/81	—	W	27-23	53,105
9/11/83	—	W @	17-10	50,066
10/27/85	—	L @	14-17	69,320
11/28/86	—	L	7-38	62,497

### NEW YORK JETS, CONTINUED

11/9/87	—	L @	14-30	60,452
9/8/91	—	W	20-13	56,770
11/26/95	—	L	10-16	41,160
8/31/97	—	L	3-41	53,893

## SERIES BREAKDOWN, continued

12/6/98	—	L	@	31-32	72,200
1/2/00	—	L	@	9-19	78,154
12/19/04	—	L	@	14-37	77,894
12/21/08	—	W		13-3	68,181
11/11/12	—	W		28-7	67,841
10/2/16	—	W	@	27-17	78,160
12/13/20	—	W		40-3	0

Points: N.Y. Jets 350 (17.5), Seattle 391 (19.6)

### AFC NORTH (11-10)

#### BALTIMORE RAVENS (3-3)

12/27/97	—	L	@	24-31	54,395
11/23/03	—	*L	@	41-44	69,477
12/23/07	—	W		27-6	68,164
11/13/11	—	W		22-17	66,522
12/13/15	—	W	@	35-6	71,179
11/20/19	—	L	@	16-30	69,012

Points: Baltimore 134 (22.3), Seattle 165 (27.5)

#### CINCINNATI BENGALS (10-10)

9/25/77	—	L	@	20-42	45,579
9/6/81	—	L	@	21-27	41,177
12/26/82	—	L	@	10-24	55,330
11/18/84	—	W	@	26-6	50,280
9/8/85	—	W	@	28-24	51,625
11/16/86	—	L	@	7-34	54,410
10/11/87	—	L		10-17	31,739
12/10/89	—	W	@	24-17	54,744
10/1/90	—	W		31-16	60,135
10/6/91	—	W	@	13-7	60,010
9/6/92	—	L		3-21	57,350
9/26/93	—	W	@	19-10	46,880
11/06/94	—	*L		17-20	46,630
9/17/95	—	W		24-21	39,492
11/7/99	—	W		37-20	66,303
10/26/03	—	L	@	24-27	52,131
9/23/07	—	W		24-21	68,110
10/30/11	—	L		12-34	66,004
10/11/15	—	*L	@	24-27	65,004
09/08/19	—	W		21-20	68,710

Points: Cincinnati 435 (21.8), Seattle 395 (19.8)

#### CLEVELAND BROWNS (13-6)

12/18/77	—	W		20-19	61,583
12/3/78	—	W		47-24	62,262
11/11/79	—	W	@	29-24	72,440
10/12/80	—	L		3-27	61,366
12/20/81	—	W		42-21	51,435
9/12/82	—	L		7-21	55,907
10/2/83	—	W	@	24-9	75,446
9/3/84	—	W		33-0	59,540
12/8/85	—	W		31-13	58,477
10/9/88	—	W	@	16-10	78,605
11/12/89	—	L		7-17	58,978
11/14/93	—	W		22-5	54,622
12/24/94	—	L	@	9-35	54,180
9/9/01	—	W	@	9-6	72,318
11/30/03	—	W		34-7	64,680
11/4/07	—	*L	@	30-33	72,927
10/23/11	—	L	@	3-6	66,350
12/20/15	—	W		30-13	69,002
10/13/19	—	W	@	32-28	67,431

Franchise suspended in 1996 and re-activated in 1999.

Points: Cleveland 318 (16.7), Seattle 428 (22.5)

#### PITTSBURGH STEELERS (10-9)

12/4/77	—	L	@	20-30	45,429
9/10/78	—	L	@	10-21	48,277
11/8/81	—	W		24-21	59,058
11/28/82	—	W		16-0	55,553
10/23/83	—	L		21-27	61,615
9/7/86	—	W		30-0	61,146
12/6/87	—	L	@	9-13	48,881

10/20/91	—	W	@	27-7	54,678
12/6/92	—	L	@	14-20	47,015
12/26/93	—	W		16-6	51,814
9/25/94	—	W	+	30-13	59,637
9/27/98	—	L	@	10-13	58,413
9/26/99	—	W	@	29-10	57,881
11/02/03	—	W		23-16	66,507
10/7/07	—	L	@	0-21	64,478
9/18/11	—	L	@	0-24	63,663
11/29/15	—	W		39-30	69,055
9/15/19	—	W	@	28-26	65,063
10/17/21	—	L	@	20-23	60,821

Points: Pittsburgh 321 (16.9), Seattle 366 (19.3)

### AFC SOUTH (10-8)

#### HOUSTON TEXANS (3-1)

10/16/05	—	W		42-10	66,196
12/13/09	—	L	@	7-34	70,380
9/29/13	—	*W	@	23-20	71,756
10/29/17	—	W		41-38	69,025

Points: Houston 102 (25.5), Seattle 113 (28.3)

#### INDIANAPOLIS COLTS (6-7)

9/18/77	—	L		14-29	58,991
11/12/78	—	L		14-17	61,905
9/29/91	—	W		31-3	56,656
10/2/94	—	L	@	15-17	49,876
12/4/94	—	L		19-31	39,574
9/14/97	—	W	@	31-3	49,194
12/20/98	—	W		27-23	58,703
10/15/00	—	L	+	24-37	63,593
12/24/05	—	W		28-13	67,855
10/4/09	—	L	@	17-34	66,112
10/6/13	—	L	@	28-34	66,608
10/1/17	—	W		46-18	68,872
9/12/21	—	W	@	28-16	63,347

Franchise moved from Baltimore to Indianapolis in 1984.

Points: Indianapolis 275 (21.2), Seattle 322 (24.8)

#### JACKSONVILLE JAGUARS (5-3)

11/12/95	—	W	@	47-30	71,290
12/15/96	—	L	@	13-20	66,134
11/12/00	—	W	@	28-21	68,063
10/07/01	—	W	+	24-15	54,524
9/11/05	—	L	@	14-26	65,204
10/11/09	—	W		41-0	67,228
9/22/13	—	W		45-17	68,087
12/10/17	—	L	@	24-30	64,431

Points: Jacksonville 159 (19.9), Seattle 236 (29.5)

#### TENNESSEE TITANS (10-7)

11/20/77	—	L		10-22	61,519
10/21/79	—	W		34-14	60,705
10/5/80	—	W	@	26-7	46,860
10/11/81	—	L	@	17-35	42,671
9/19/82	—	L	@	21-23	43,117
11/13/88	—	W		27-24	60,446
12/2/90	—	*W		13-10	57,592
11/7/93	—	L	@	14-24	50,447
12/11/94	—	W	@	16-14	31,453
11/3/96	—	W		23-16	36,320
10/5/97	—	W		16-13	49,897
11/29/98	—	W		20-18	59,048
12/18/05	—	W	@	28-24	69,149
1/3/10	—	L		13-17	67,002
10/13/13	—	W		20-13	68,127
9/24/17	—	L	@	27-33	69,127
9/19/21	—	L		30-33	68,585

Franchise moved from Houston in 1997 and changed name from Oilers to Titans in 1999.

Points: Tennessee 340 (20.0), Seattle 355 (20.9)

## RECORD VS. DIVISION (1976-2001)

### AFC EAST (26-27)

Buffalo (6-3)  
Indianapolis (3-5)  
Miami (2-6)  
New England (7-6)  
New York Jets (8-7)

### AFC CENTRAL (29-17)

Baltimore (0-1)  
Cleveland (10-4)  
Cincinnati (8-7)  
Jacksonville (3-1)  
Tennessee (8-4)

### AFC WEST (80-110)

Denver (17-32)  
Kansas City (17-30)  
Oakland (22-26)  
San Diego (24-22)

### NFC EAST (13-27)

Arizona (1-5)  
Dallas (2-5)  
New York Giants (3-6)  
Philadelphia (3-5)  
Washington (4-6)

### NFC CENTRAL (21-13)

Chicago (5-2)  
Detroit (4-4)  
Green Bay (4-4)  
Minnesota (4-2)  
Tampa Bay (4-1)

### NFC WEST (12-16)

Atlanta (5-2)  
Carolina (0-1)  
New Orleans (3-4)  
St. Louis (2-5)  
San Francisco (2-4)



# YEARLY RESULTS

Year	W	L	T	Pct.	Pts.	Opp.	Finish	Home	Road	Div.	AFC	NFC	Post.
1976	2	12	0	.143	229	429	*5th	1-6-0	1-6-0	0-4-0	1-0-0	1-12-0	---
1977	5	9	0	.357	282	373	*4th	3-4-0	2-5-0	1-3-0	4-9-0	1-0-0	---
1978	9	7	0	.563	345	358	3rd	5-3-0	4-4-0	4-4-0	6-6-0	3-1-0	---
1979	9	7	0	.563	378	372	3rd	5-3-0	4-4-0	3-5-0	6-6-0	3-1-0	---
1980	4	12	0	.250	291	408	5th	0-8-0	4-4-0	1-7-0	3-9-0	1-3-0	---
1981	6	10	0	.375	322	388	5th	5-3-0	1-7-0	2-6-0	6-8-0	0-2-0	---
1982	4	5	0	.444	127	147	+10th	3-2-0	1-3-0	2-1-0	3-5-0	1-0-0	---
1983	9	7	0	.563	403	397	2nd	5-3-0	4-4-0	5-3-0	8-4-0	1-3-0	2-1
1984	12	4	0	.750	418	282	2nd	7-1-0	5-3-0	6-2-0	8-4-0	4-0-0	1-1
1985	8	8	0	.500	349	303	3rd	5-3-0	3-5-0	4-4-0	6-6-0	2-2-0	---
1986	10	6	0	.625	366	293	3rd	7-1-0	3-5-0	5-3-0	7-5-0	3-1-0	---
1987	9	6	0	.600	371	314	^2nd	6-2-0	3-4-0	4-3-0	5-6-0	4-0-0	0-1
1988	9	7	0	.563	339	329	1st	5-3-0	4-4-0	6-2-0	8-4-0	1-3-0	0-1
1989	7	9	0	.438	241	327	4th	3-5-0	4-4-0	4-4-0	7-5-0	0-4-0	---
1990	9	7	0	.563	306	286	3rd	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	---
1991	7	9	0	.438	276	261	4th	5-3-0	2-6-0	2-6-0	6-6-0	1-3-0	---
1992	2	14	0	.125	140	312	5th	1-7-0	1-7-0	1-7-0	2-10-0	0-4-0	---
1993	6	10	0	.375	280	314	5th	4-4-0	2-6-0	1-7-0	6-8-0	0-2-0	---
1994	6	10	0	.375	287	323	5th	3-5-0	3-5-0	2-6-0	4-10-0	2-0-0	---
1995	8	8	0	.500	363	366	3rd	5-3-0	3-5-0	3-5-0	5-7-0	3-1-0	---
1996	7	9	0	.438	317	376	5th	4-4-0	3-5-0	2-6-0	5-7-0	2-2-0	---
1997	8	8	0	.500	365	362	3rd	4-4-0	4-4-0	4-4-0	6-6-0	2-2-0	---
1998	8	8	0	.500	372	310	3rd	6-2-0	2-6-0	3-5-0	5-7-0	3-1-0	---
1999	9	7	0	.563	338	298	1st	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	0-1
2000	6	10	0	.375	320	405	4th	3-5-0	3-5-0	3-5-0	4-8-0	2-2-0	---
2001	9	7	0	.563	301	324	2nd	6-2-0	3-5-0	5-3-0	8-4-0	1-3-0	---
2002	7	9	0	.438	355	369	3rd	3-5-0	4-4-0	2-4-0	2-2-0	5-7-0	---
2003	10	6	0	.625	404	327	2nd	8-0-0	2-6-0	5-1-0	2-2-0	8-4-0	0-1
2004	9	7	0	.563	371	373	1st	5-3-0	4-4-0	3-3-0	1-3-0	8-4-0	0-1
2005	13	3	0	.813	452	271	1st	8-0-0	5-3-0	6-0-0	3-1-0	10-2-0	2-1
2006	9	7	0	.563	335	341	1st	5-3-0	4-4-0	3-3-0	2-2-0	7-5-0	1-1
2007	10	6	0	.625	393	291	1st	7-1-0	3-5-0	5-1-0	2-2-0	8-4-0	1-1
2008	4	12	0	.250	294	392	3rd	2-6-0	2-6-0	3-3-0	1-3-0	3-9-0	---
2009	5	11	0	.313	280	390	3rd	4-4-0	1-7-0	3-3-0	1-3-0	4-8-0	---
2010	7	9	0	.438	310	407	1st	5-3-0	2-6-0	4-2-0	1-3-0	6-6-0	1-1
2011	7	9	0	.438	321	315	3rd	4-4-0	3-5-0	3-3-0	1-3-0	6-6-0	---
2012	11	5	0	.688	412	245	2nd	8-0-0	3-5-0	3-3-0	3-1-0	8-4-0	1-1
2013	13	3	0	.813	417	231	1st	7-1-0	6-2-0	4-2-0	3-1-0	10-2-0	3-0
2014	12	4	0	.750	394	254	1st	7-1-0	5-3-0	5-1-0	2-2-0	10-2-0	2-1
2015	10	6	0	.625	423	277	2nd	5-3-0	5-3-0	3-3-0	3-1-0	7-5-0	1-1
2016	10	5	1	.656	354	292	1st	7-1-0	3-4-1	3-2-1	4-0-0	6-5-1	1-1
2017	9	7	0	.563	366	332	2nd	4-4-0	5-3-0	4-2-0	2-2-0	7-5-0	---
2018	10	6	0	.625	428	347	2nd	6-2-0	4-4-0	3-3-0	2-2-0	8-4-0	0-1
2019	11	5	0	.688	405	398	2nd	4-4-0	7-1-0	3-3-0	3-1-0	8-4-0	1-1
2020	12	4	0	.750	459	371	1st	7-1-0	5-3-0	4-2-0	3-1-0	9-3-0	0-1
2021	2	4	0	.333	140	149		0-2-0	2-2-0	1-1-0	1-2-0	1-2-0	---
	<b>369</b>	<b>344</b>	<b>1</b>	<b>.517</b>	<b>15,439</b>	<b>15,115</b>		<b>217-140-0</b>	<b>152-204-1</b>	<b>151-158-1</b>	<b>185-197-0</b>	<b>184-147-1</b>	<b>17-18</b>

\* Seahawks were placed in the NFC West for scheduling purposes in 1976 and played every NFC team and the Tampa Bay Buccaneers. In 1977, Seattle was placed in the AFC West and played every AFC team and Tampa Bay. Seattle moved back to the NFC West in 2002.

+ Conference finish. Schedule shortened to nine games because of players' strike.

^ Schedule shortened to 15 games because of players' strike. Game 2 (at San Diego) was cancelled and games 3-5 were played with replacement players.

	Total	— Regular Season —		OT	Post-season	Pre-season
		Home	Road			
Arizona	22-21-1	12-11	10-10-1	0-4-1	0-0	9-5
Arizona	22-19-1	12-10	10-9-1	0-4-1	0-0	7-2
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2
Atlanta	12-6	5-4	7-2	1-0	0-2	2-0
Baltimore	3-3	2-1	1-2	0-1	0-0	0-0
Buffalo	8-6	6-3	2-3	0-0	0-0	2-0
Carolina	8-3	3-1	5-2	0-0	2-1	0-0
Chicago	11-5	5-2	6-3	1-0	0-2	3-1
Cincinnati	10-10	5-4	5-6	0-2	0-1	1-0
Cleveland	13-6	8-3	5-3	0-1	0-0	0-0
Dallas	9-10	5-4	4-6	0-0	1-1	4-2
Denver	19-35	14-13	5-22	2-5	2-0	4-11
Detroit	9-5	6-2	3-3	0-0	1-0	5-2
Green Bay	8-11	5-2	3-9	0-0	1-3	3-2
Houston	3-1	2-0	1-1	1-0	0-0	5-2
Indianapolis	6-7	4-4	2-3	0-0	0-0	8-10
Indianapolis	6-5	4-2	2-3	0-0	0-0	7-10
Baltimore	0-2	0-2	0-0	0-0	0-0	1-0
Jacksonville	5-3	3-0	2-3	0-0	0-0	0-0
Kansas City	19-33	14-12	5-21	1-1	0-0	7-1
L.A. Chargers	26-25	16-11	10-14	3-0	0-0	12-5
Los Angeles	0-1	0-1	0-0	0-0	0-0	3-1
San Diego	26-24	16-10	10-14	3-0	0-0	9-4
L.A. Rams	25-21	16-8	9-13	0-2	0-2	2-6
Los Angeles	5-11	4-5	1-6	0-0	0-1	2-6
St. Louis	20-10	12-3	8-7	0-2	0-1	0-0
Miami	5-8	3-2	2-6	0-0	1-2	0-1
Minnesota	12-6	9-2	3-4	0-0	1-0	8-9
New England	10-8	4-4	6-4	0-0	0-1	1-1
New Orleans	6-8	4-4	2-4	0-1	2-0	3-0
N.Y. Giants	9-10	5-4	4-6	1-0	0-0	0-0
N.Y. Jets	12-8	6-3	6-5	0-0	0-0	0-0
Las Vegas	25-28	15-10	10-18	0-1	1-1	13-6
Oakland	14-14	9-4	5-11	0-0	0-0	13-5
Los Angeles	11-14	6-6	5-7	0-1	1-1	0-0
Las Vegas	0-0	0-0	0-0	0-0	0-0	0-1
Philadelphia	11-7	5-5	6-2	0-1	1-0	0-0
Pittsburgh	10-9	7-1	3-8	0-1	0-1	0-0
San Francisco	28-17	15-8	13-9	1-2	1-0	13-15
Tampa Bay	9-5	5-2	4-3	2-0	0-0	3-0
Tennessee	10-7	7-3	3-4	1-1	0-1	3-0
Tennessee	4-3	3-2	1-1	0-1	0-0	2-0
Houston	6-4	4-1	2-3	1-0	0-1	1-0
Washington	6-12	1-7	5-5	0-1	3-0	0-0
<b>TOTALS</b>	<b>369-344-1</b>	<b>217-140</b>	<b>152-204-1</b>	<b>14-24-1</b>	<b>17-18</b>	<b>108-77</b>

# RECORD BY MONTH

## REGULAR SEASON

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Record
1976		0-3	1-4	1-3	0-2		2-12
1977		0-2	2-3	1-3	2-1		5-9
1978		2-2	2-3	3-1	2-1		9-7
1979		1-4	3-1	3-1	2-1		9-7
1980		2-2	2-2	0-5	0-3		4-12
1981		1-3	1-3	2-3	2-1		6-10
1982		0-2		2-0	1-3	1-0	4-5
1983		2-2	3-2	2-2	2-1		9-7
1984		4-1	3-1	4-0	1-2		12-4
1985		2-2	2-2	2-2	2-2		8-8
1986		3-1	2-2	2-3	3-0		10-6
1987		1-1	3-1	3-2	2-2		9-6
1988		2-2	3-2	2-2	2-1		9-7
1989		1-2	3-2	0-4	3-1		7-9
1990		0-3	3-1	2-2	4-1		9-7
1991		2-3	3-1	1-2	1-3		7-9
1992		1-3	0-4	1-3	0-4		2-14
1993		2-2	2-2	1-2	1-3	0-1	6-10
1994		3-1	0-4	2-2	1-3		6-10
1995		1-2	1-4	3-1	3-1		8-8
1996		1-4	2-1	2-2	2-2		7-9
1997	0-1	2-2	3-0	1-4	2-1		8-8
1998		3-1	1-2	2-3	2-2		8-8
1999		2-1	2-1	4-1	1-3	0-1	9-7
2000		2-2	0-5	2-1	2-2		6-10
2001		1-2	2-1	2-2	3-2	1-0	9-7
2002		1-3	1-2	2-2	3-2		7-9
2003		3-0	2-2	3-2	2-2		10-6
2004		3-0	1-3	2-2	2-2	1-0	9-7
2005		2-1	3-1	4-0	4-0	0-1	13-3
2006		3-0	1-3	3-1	2-3		9-7
2007		3-1	1-2	3-1	3-2		10-6
2008		1-2	1-3	0-5	2-2		4-12
2009		1-2	1-2	2-3	1-3	0-1	5-11
2010		2-1	2-2	1-3	1-3	1-0	7-9
2011		1-2	1-3	2-2	3-1	0-1	7-9
2012		2-2	2-2	2-1	5-0		11-5
2013		4-0	3-1	3-0	3-2		13-3
2014		2-1	2-2	4-1	4-0		12-4
2015		1-2	2-2	3-1	3-1	1-0	10-6
2016		2-1	2-1-1	3-1	2-2	1-0	10-5-1
2017		1-2	4-0	2-2	2-3		9-7
2018		2-2	2-1	2-2	4-1		10-6
2019		3-1	3-1	3-0	2-3		11-5
2020		3-0	2-1	3-2	3-1	1-0	12-4
2021		1-2	1-2				2-4
<b>Total</b>	<b>0-1</b>	<b>82-80</b>	<b>86-90-1</b>	<b>97-87</b>	<b>97-81</b>	<b>7-5</b>	<b>369-344-1</b>

## INCLUDING PLAYOFFS

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan./Feb.	Record	Post.
1976		0-3	1-4	1-3	0-2		2-12	
1977		0-2	2-3	1-3	2-1		5-9	
1978		2-2	2-3	3-1	2-1		9-7	
1979		1-4	3-1	3-1	2-1		9-7	
1980		2-2	2-2	0-5	0-3		4-12	
1981		1-3	1-3	2-3	2-1		6-10	
1982		0-2		2-0	1-3	1-0	4-5	
1983		2-2	3-2	2-2	4-1*	0-1*	11-8*	2-1
1984		4-1	3-1	4-0	2-3*		13-5*	1-1
1985		2-2	2-2	2-2	2-2		8-8	
1986		3-1	2-2	2-3	3-0		10-6	
1987		1-1	3-1	3-2	2-2	0-1*	9-7*	0-1
1988		2-2	3-2	2-2	2-2*		9-8*	0-1
1989		1-2	3-2	0-4	3-1		7-9	
1990		0-3	3-1	2-2	4-1		9-7	
1991		2-3	3-1	1-2	1-3		7-9	
1992		1-3	0-4	1-3	0-4		2-14	
1993		2-2	2-2	1-2	1-3	0-1	6-10	
1994		3-1	0-4	2-2	1-3		6-10	
1995		1-2	1-4	3-1	3-1		8-8	
1996		1-4	2-1	2-2	2-2		7-9	
1997	0-1	2-2	3-0	1-4	2-1		8-8	
1998		3-1	1-2	2-3	2-2		8-8	
1999		2-1	2-1	4-1	1-3	0-2*	9-8*	0-1
2000		2-2	0-5	2-1	2-2		6-10	
2001		1-2	2-1	2-2	3-2	1-0	9-7	
2002		1-3	1-2	2-2	3-2		7-9	
2003		3-0	2-2	3-2	2-2	0-1*	10-7*	0-1
2004		3-0	1-3	2-2	2-2	1-1*	9-8*	0-1
2005		2-1	3-1	4-0	4-0	2-2*	15-4*	2-1
2006		3-0	1-3	3-1	2-3	1-1*	10-8*	1-1
2007		3-1	1-2	3-1	3-2	1-1*	11-7*	1-1
2008		1-2	1-3	0-5	2-2		4-12	
2009		1-2	1-2	2-3	1-3	0-1	5-11	
2010		2-1	2-2	1-3	1-3	2-1*	8-10*	1-1
2011		1-2	1-3	2-2	3-1	0-1	7-9	
2012		2-2	2-2	2-1	5-0	1-1	12-6*	1-1
2013		4-0	3-1	3-0	3-2	3-0*	16-3*	3-0
2014		2-1	2-2	4-1	4-0	2-1*	14-5*	2-1
2015		1-2	2-2	3-1	3-1	2-1*	11-7*	1-1
2016		2-1	2-1-1	3-1	2-2	2-1*	11-6-1*	1-1
2017		1-2	4-0	2-2	2-3		9-7	
2018		2-2	2-1	2-2	4-1	0-1*	10-7*	0-1
2019		3-1	3-1	3-0	2-3	1-1*	12-6*	1-1
2020		3-0	2-1	3-2	3-1	1-1*	12-5*	0-1
2021		1-2	1-2				2-4	
<b>Total</b>	<b>0-1</b>	<b>82-80</b>	<b>86-90-1</b>	<b>97-87</b>	<b>100-83*</b>	<b>21-21*</b>	<b>386-362-1*</b>	<b>17-18</b>

\* includes playoffs

# PRIMETIME RECORD (65-35-1)

## MONDAY NIGHT FOOTBALL (27-10)

Date	W/L	Score	Opponent
October 29, 1979	W	31-28	at Atlanta
November 26, 1979	W	30-7	vs. N.Y. Jets
November 17, 1980	L	19-17	vs. Oakland
November 16, 1981	W	44-23	vs. San Diego
October 29, 1984	W	24-0	at San Diego
November 12, 1984	W	17-14	at L.A. Raiders
September 23, 1985	L	35-24	vs. L.A. Rams
November 25, 1985	L	19-6	at San Francisco
October 6, 1986	W	33-7	vs. San Diego
December 8, 1986	W	37-0	vs. L.A. Raiders
November 9, 1987	L	30-14	at N.Y. Jets
November 30, 1987	L	37-14	vs. L.A. Raiders
November 28, 1988	W	35-27	vs. L.A. Raiders
December 4, 1989	W	17-16	vs. Buffalo
October 1, 1990	W	31-16	vs. Cincinnati
November 30, 1992	W	16-13 (OT)	vs. Denver
November 1, 1999	W	27-7	at Green Bay
October 2, 2000	L	24-17	at Kansas City
October 14, 2002	L	28-21	vs. San Francisco
December 6, 2004	L	43-39	vs. Dallas
December 5, 2005	W	42-0	at Philadelphia
November 6, 2006	W	16-0	vs. Oakland
November 27, 2006	W	34-24	vs. Green Bay
November 12, 2007	W	24-0	vs. San Francisco
December 12, 2011	W	30-13	vs. St. Louis
September 24, 2012	W	14-12	vs. Green Bay
October 28, 2013	W	14-9	at St. Louis
December 2, 2013	W	34-7	vs. New Orleans
October 6, 2014	W	27-17	at Washington
October 5, 2015	W	13-10	vs. Detroit
November 7, 2016	W	31-25	vs. Buffalo
November 20, 2017	L	34-31	vs. Atlanta
September 17, 2018	L	24-17	at Chicago
December 10, 2018	W	21-7	vs. Minnesota
November 11, 2019	W	27-24 (OT)	at San Francisco
December 2, 2019	W	37-30	vs. Minnesota
November 30, 2020	W	23-17	at Philadelphia

## THURSDAY-SUNDAY NIGHT (38-25-1)

Date	Network	W/L	Score	Opponent
Thursday, November 27, 1980*	NBC	L	51-7	at Dallas
Friday, December 20, 1985	ABC	L	27-24	vs. Denver
Thursday, November 27, 1986*	NBC	W	31-14	at Dallas
Sunday, December 13, 1987	ESPN	W	28-21	vs. Denver
Sunday, December 11, 1988	ESPN	W	42-14	vs. Denver
Sunday, December 17, 1989	ESPN	W	23-17	vs. L.A. Raiders
Sunday, November 25, 1990	ESPN	W	13-10	at San Diego
Sunday, December 23, 1990	ESPN	W	17-12	vs. Denver
Sunday, October 13, 1991	ESPN	L	23-20	vs. L.A. Raiders
Sunday, December 22, 1991	ESPN	W	23-9	vs. L.A. Rams
Sunday, November 22, 1992	ESPN	L	24-14	vs. Kansas City
Sunday, September 12, 1993	TNT	L	17-13	vs. L.A. Raiders
Sunday, December 18, 1994	ESPN	L	17-16	vs. L.A. Raiders
Sunday, December 17, 1995	ESPN	W	44-10	vs. L.A. Raiders
Thursday, October 17, 1996	TNT	L	34-16	at Kansas City
Sunday, December 15, 1996	ESPN	L	20-13	at Jacksonville

## THURSDAY-SUNDAY NIGHT, CONTINUED

Date	Network	W/L	Score	Opponent
Sunday, December 21, 1997	ESPN	W	38-9	vs. San Francisco
Sunday, October 4, 1998	ESPN	L	17-6	at Kansas City
Sunday, November 1, 1998	ESPN	L	31-18	vs. Oakland
Sunday, October 2, 1999	ESPN	W	22-21	vs. Oakland
Sunday, November 14, 1999	ESPN	W	20-17	vs. Denver
Saturday, December 23, 2000	ESPN	L	42-23	vs. Buffalo
Sunday, November 11, 2001	ESPN	W	34-27	vs. Oakland
Sunday, December 9, 2001	ESPN	L	20-7	at Denver
Sunday, September 29, 2002	ESPN	W	48-23	vs. Minnesota
Sunday, October 12, 2003	ESPN	W	20-19	vs. San Francisco
Sunday, October 16, 2005	ESPN	W	42-10	vs. Houston
Sunday, October 1, 2006	NBC	L	37-6	at Chicago
Sunday, December 3, 2006	NBC	W	23-20	at Denver
Thursday, December 14, 2006	NFLN	L	24-14	vs. San Francisco
Sunday, October 14, 2007	NBC	L	28-17	vs. New Orleans
Sunday, October 19, 2008	NBC	L	20-10	at Tampa Bay
Thursday, November 27, 2008*	FOX	L	34-9	at Dallas
Sunday, January 2, 2011	NBC	W	16-6	vs. St. Louis
Thursday, December 1, 2011	NFLN	W	31-14	vs. Philadelphia
Thursday, October 18, 2012	NFLN	L	13-6	at San Francisco
Sunday, December 23, 2012	NBC	W	42-13	vs. San Francisco
Sunday, September 15, 2013	NBC	W	29-3	vs. San Francisco
Thursday, October 17, 2013	NFLN	W	34-22	at Arizona
Thursday, September 4, 2014	NBC	W	36-16	vs. Green Bay
Thursday, November 27, 2014*	NBC	W	19-3	at San Francisco
Sunday, December 21, 2014	NBC	W	35-6	at Arizona
Sunday, September 20, 2015	NBC	L	27-17	at Green Bay
Thursday, October 22, 2015	NFLN	W	20-3	at San Francisco
Sunday, November 15, 2015	NBC	L	39-32	vs. Arizona
Sunday, October 23, 2016	NBC	T	6-6 (OT)	at Arizona
Sunday, November 13, 2016	NBC	W	31-24	at New England
Sunday, December 4, 2016	NBC	W	40-7	vs. Carolina
Thursday, December 15, 2016	NBC/NFLN	W	24-3	vs. L.A. Rams
	Twitter			
Sunday, October 1, 2017	NBC	W	46-18	vs. Indianapolis
Thursday, November 9, 2017	NBC/NFLN	W	22-16	at Arizona
	Amazon			
Sunday, December 3, 2017	NBC	W	24-10	vs. Philadelphia
Sunday, October 14, 2018^	FOX	W	27-3	at Oakland
Thursday, November 15, 2018	FOX/NFLN			
	Amazon	W	27-24	vs. Green Bay
Sunday, December 23, 2018	NBC	W	38-31	vs. Kansas City
Thursday, October 3, 2019	FOX/NFLN	W	30-29	vs. L.A. Rams
	Amazon			
Sunday, December 8, 2019	NBC	L	28-12	at L.A. Rams
Sunday, December 29, 2019	NBC	L	26-21	vs. San Francisco
Sunday, September 20, 2020	NBC	W	35-30	vs. New England
Sunday, October 11, 2020	NBC	W	27-26	vs. Minnesota
Sunday, October 25, 2020	NBC	L	37-34 (OT)	at Arizona
Thursday, November 19, 2020	FOX/NFLN	W	28-21	vs. Arizona
	Amazon			
Thursday, October 7, 2021	FOX/NFLN	L	26-17	vs. L.A. Rams
	Amazon			
Sunday, October 17, 2021	NBC	L	23-20 (OT)	at Pittsburgh

\*Thanksgiving Day Game, ^ NFL London Series

## ATTENDANCE TOP 10

### HOME ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	69,190	Philadelphia	Lumen Field	Nov. 20, 2016	W	26-15
2	69,162	San Francisco	Lumen Field	Dec. 29, 2019	L	26-21
3	69,104	Carolina	Lumen Field	Dec. 4, 2016	W	40-7
4	69,084	Buffalo	Lumen Field	Nov. 7, 2016	W	31-25
5	69,080	St. Louis	Lumen Field	Dec. 27, 2015	L	23-17
	69,080	Minnestoa	Lumen Field	Dec. 2, 2019	W	37-30
7	69,078	Arizona	Lumen Field	Dec. 31, 2017	L	26-24
8	69,077	L.A. Rams	Lumen Field	Dec. 17, 2017	L	42-7
9	69,075	Philadelphia	Lumen Field	Dec. 3, 2017	W	24-10
10	69,071	Atlanta	Lumen Field	Oct. 16, 2016	W	26-24

### ROAD ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	94,327*	Dallas	AT&T Stadium	Jan. 5, 2019	L	24-22
2	92,150	Dallas	AT&T Stadium	Dec. 24, 2017	W	21-12
3	91,486	Dallas	AT&T Stadium	Nov. 1, 2015	W	13-12
4	91,046	L.A. Rams	Memorial Coliseum	Sept. 18, 2016	L	9-3
5	90,215	Washington	FedEx Field	Oct. 2, 2005	L	20-17^
6	88,734*	L.A. Raiders	Memorial Coliseum	Jan. 8, 1983	L	30-14
7	84,325*	Washington	FedEx Field	Jan. 6, 2013	W	24-14
8	82,893	Kansas City	Arrowhead Stadium	Oct. 2, 2000	L	24-17
9	82,352	Washington	FedEx Field	Nov. 4, 2001	L	27-14
10	81,510	Dallas	Cowboys Stadium	Nov. 6, 2011	L	23-13

\* Playoff game; ^Overtime

### NEUTRAL SITE ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	84,922*	Oakland	Wembley Stadium	Oct. 14, 2018	W	27-3
2	82,529^	Denver	MetLife Stadium	Feb. 2, 2014	W	43-8
3	70,288!	New England	Univ. of Phoenix Stad.	Feb. 1, 2015	L	28-24
4	68,206#	Pittsburgh	Ford Field	Feb. 5, 2006	L	23-10

\* NFL London Series, ^ Super Bowl XLVIII,

! Super Bowl XLIX, # Super Bowl XL

## WEATHER TOP 10

### COLDEST GAMES

	Temp.	Opponent	Date	W/L	Score
1	-6*%	at Minnesota	January 10, 2016	W	10-9
2	16	at Denver	December 3, 2006	W	23-20
3	18	at Green Bay	December 27, 2009	L	48-10
4	20*	at Green Bay	January 4, 2004	L	33-27^
5	21	at Kansas City	November 16, 2014	L	24-20
6	22	at Denver	December 10, 2000	L	31-24
7	24*	at Chicago	Jananuary 16, 2011	L	35-24
8	26	at Green Bay	December 11, 2016	L	38-10
	26	at Pittsburgh	December 6, 1992	L	20-14
10	27	at Denver	December 19, 1999	L	36-30^

\* Playoff game; % Third-coldest game in NFL history; ^Overtime

### WARMEST GAMES

	Temp.	Opponent	Date	W/L	Score
1	98	at Arizona	September 14, 2003	W	38-0
2	95	at N.Y. Jets	September 11, 1983	W	17-10
3	94	at Kansas City	September 4, 1987	L	17-13
	94	at San Diego	September 14, 2014	L	30-21
5	93	at Philadelphia	September 10, 1989	L	31-7
6	91	at Denver	September 19, 2010	L	31-14
7	89	at Miami	September 3, 2000	L	23-0
8	88	at L.A. Rams	September 18, 2016	L	9-3
	88	at Cincinnati	September 8, 1985	W	28-24
	88	at Tampa Bay	September 19, 2004	W	10-6
	88	at Tennessee	September 24, 2017	L	33-27

# RECORD BY STARTING QUARTERBACK

## BY YEAR

Year	Quarterback	Record
1976	Jim Zorn	2-12
1977	Jim Zorn	4-6
	Steve Myer	1-3
1978	Jim Zorn	9-7
1979	Jim Zorn	9-7
1980	Jim Zorn	4-12
1981	Jim Zorn	4-9
	Dave Krieg	2-1
1982	Jim Zorn	4-3
	Dave Krieg	0-2
1983	Jim Zorn	4-4
	Dave Krieg	5-3
1984	Dave Krieg	12-4
1985	Dave Krieg	8-8
1986	Dave Krieg	10-4
	Gale Gilbert	0-2
1987	Dave Krieg	7-5
	Jeff Kemp	1-0
	Bruce Mathison	1-1
1988	Dave Krieg	6-3
	Kelly Stouffer	3-3
	Jeff Kemp	0-1
1989	Dave Krieg	7-7
	Kelly Stouffer	0-2
1990	Dave Krieg	9-7
1991	Dave Krieg	4-5
	Jeff Kemp	2-3
	Dan McGwire	1-0
	Kelly Stouffer	0-1
1992	Stan Gelbaugh	0-8
	Kelly Stouffer	2-5
	Dan McGwire	0-1
1993	Rick Mirer	6-10
1994	Rick Mirer	5-8
	Dan McGwire	1-2
1995	Rick Mirer	7-6
	John Friesz	1-2
1996	Rick Mirer	2-7
	John Friesz	4-2
	Stan Gelbaugh	1-0

1997	Warren Moon	7-7
	John Friesz	0-1
	Jon Kitna	1-0
1998	Warren Moon	4-6
	Jon Kitna	3-2
	John Friesz	1-0
1999	Jon Kitna	8-7
	Glenn Foley	1-0
2000	Jon Kitna	6-6
	Brock Huard	0-4
2001	Matt Hasselbeck	5-7
	Trent Dilfer	4-0
2002	Matt Hasselbeck	5-5
	Trent Dilfer	2-4
2003	Matt Hasselbeck	10-6
2004	Matt Hasselbeck	7-7
	Trent Dilfer	2-0
2005	Matt Hasselbeck	13-3
2006	Matt Hasselbeck	7-5
	Seneca Wallace	2-2
2007	Matt Hasselbeck	10-6
2008	Seneca Wallace	3-5
	Matt Hasselbeck	1-6
	Charlie Frye	0-1
2009	Matt Hasselbeck	5-9
	Seneca Wallace	0-2
2010	Matt Hasselbeck	6-8
	Charlie Whitehurst	1-1
2011	Tarvaris Jackson	7-7
	Charlie Whitehurst	0-2
2012	Russell Wilson	11-5
2013	Russell Wilson	13-3
2014	Russell Wilson	12-4
2015	Russell Wilson	10-6
2016	Russell Wilson	10-5-1
2017	Russell Wilson	9-7
2018	Russell Wilson	10-6
2019	Russell Wilson	11-5
2020	Russell Wilson	12-4
2021	Russell Wilson	2-3

## BY COMBINED WINS

Quarterback	Combined Record	Regular Season	Postseason
Russell Wilson	109-55-1	100-48-1	9-7
Matt Hasselbeck	74-68	69-62	5-6
Dave Krieg	73-53	70-49	3-4
Jim Zorn	40-60	40-60	
Rick Mirer	20-31	20-31	
Jon Kitna	18-16	18-15	0-1
Warren Moon	11-13	11-13	
Trent Dilfer	8-4	8-4	
Tarvaris Jackson	7-7	7-7	
John Friesz	6-5	6-5	
Seneca Wallace	5-9	5-9	
Kelly Stouffer	5-11	5-11	
Jeff Kemp	3-4	3-4	
Dan McGwire	2-3	2-3	
Glenn Foley	1-0	1-0	
Bruce Mathison	1-1	1-1	
Steve Myer	1-3	1-3	
Charlie Whitehurst	1-3	1-3	
Stan Gelbaugh	1-8	1-8	
Charlie Frye	0-1	0-1	
Geno Smith	0-1	0-1	
Gale Gilbert	0-2	0-2	
Brock Huard	0-4	0-4	

# PRESEASON RESULTS

## 1976 • PRESEASON (1-5)

Sun.	8/1	L	27-20	San Francisco 49ers	60,825
Sat.	8/7	L	27-16	Chicago Bears (Spokane, Washington)	14,484
Sat.	8/14	L	16-13	Los Angeles Rams	62,532
Sat.	8/21	L	52-7	at Denver Broncos	22,887
Sun.	8/29	W	17-16	San Diego Chargers	59,092
Sat.	9/4	L	45-28	at Oakland Raiders	51,487

## 1977 • PRESEASON (3-3)

Sun.	8/7	W	34-24	at San Francisco 49ers	38,024
Sat.	8/13	W	23-17 (OT)	Dallas Cowboys	58,789
Thurs.	8/18	W	12-10	Oakland Raiders	62,187
Sat.	8/27	L	16-14	Detroit Lions	56,345
Fri.	9/2	L	27-10	Denver Broncos	54,916
Sun.	9/11	L	38-20	at San Diego Chargers	27,505

## 1978 • PRESEASON (3-1)

Fri.	8/4	W	17-9	San Diego Chargers	58,853
Sat.	8/12	W	20-6	at San Francisco 49ers	36,069
Thurs.	8/17	L	26-7	Los Angeles Rams	63,235
Thurs.	8/24	W	16-7	Chicago Bears	54,844

## 1979 • PRESEASON (3-1)

Thurs.	8/2	W	12-9 (OT)	Minnesota Vikings	60,881
Sun.	8/12	W	27-17	Dallas Cowboys	59,960
Sat.	8/18	L	21-17	at Los Angeles Rams	46,083
Fri.	8/24	W	55-20	San Francisco 49ers	59,941

## 1980 • PRESEASON (3-1)

Thurs.	8/7	W	14-10	Atlanta Falcons	59,555
Mon.	8/18	L	24-7	Miami Dolphins	59,550
Sat.	8/23	W	10-7	at San Francisco 49ers	41,841
Fri.	8/29	W	30-23	New England Patriots	56,947

## 1981 • PRESEASON (1-3)

Wed.	8/5	L	27-24 (OT)	San Francisco 49ers	56,958
Fri.	8/14	L	30-21	St. Louis Cardinals	55,520
Sat.	8/22	L	24-17	at San Francisco 49ers	37,563
Fri.	8/28	W	31-17	Baltimore Colts	55,794

## 1982 • PRESEASON (1-3)

Fri.	8/13	W	14-0	St. Louis Cardinals	55,575
Sat.	8/21	L	7-3	at Minnesota Vikings	57,880
Sat.	8/28	L	23-13	at Los Angeles Rams	54,537
Fri.	9/3	L	17-13	San Francisco 49ers	57,839

## 1983 • PRESEASON (2-2)

Fri.	8/5	L	10-7	at Denver Broncos	53,887
Fri.	8/12	W	38-21	Green Bay Packers	54,443
Fri.	8/19	L	19-17	Minnesota Vikings	54,402
Sat.	8/27	W	20-6	at San Francisco 49ers	47,074

## 1984 • PRESEASON (4-1)

Sat.	7/28	W	38-0	Tampa Bay Buccaneers (Hall of Fame Game, Canton, Ohio)	22,250
Sat.	8/4	W	7-3	Buffalo Bills	53,360
Sat.	8/11	W	28-24	at Detroit Lions	41,414
Fri.	8/17	W	17-7	St. Louis Cardinals	53,772
Fri.	8/24	L	17-7	at San Francisco 49ers	49,219

## 1985 • PRESEASON (2-2)

Sat.	8/10	L	19-7	at Indianapolis Colts	60,014
Fri.	8/16	W	28-3	Detroit Lions	57,751
Sat.	8/24	W	27-10	at Minnesota Vikings	56,562
Fri.	8/30	L	23-21	San Francisco 49ers	60,403

## 1986 • PRESEASON (2-2)

Fri.	8/8	W	21-14	Indianapolis Colts	55,443
Fri.	8/15	L	30-27 (OT)	at Detroit Lions	37,875
Fri.	8/22	W	27-17	Minnesota Vikings	57,730
Fri.	8/29	L	21-10	at San Francisco 49ers	52,419

## 1987 • PRESEASON (2-2)

Thurs.	8/13	L	23-14	at Los Angeles Rams	57,772
Sat.	8/22	L	28-21	at St. Louis Cardinals	25,309
Fri.	8/28	W	38-10	Detroit Lions	59,695
Fri.	9/4	W	34-10	San Francisco 49ers	59,653

## 1988 • PRESEASON (3-1)

Thurs.	8/4	W	21-14	Phoenix Cardinals	54,778
Thurs.	8/11	W	16-13 (OT)	at Detroit Lions	37,993
Fri.	8/19	W	30-13	Buffalo Bills	57,000
Fri.	8/26	L	27-21	at San Francisco 49ers	53,357

## 1989 • PRESEASON (3-1)

Fri.	8/11	W	16-10 (OT)	at Phoenix Cardinals	37,158
Sat.	8/19	L	17-12	New England Patriots (at St. Louis, Missouri)	48,746
Fri.	8/25	W	13-7	Detroit Lions	55,829
Fri.	9/1	W	28-17	San Francisco 49ers	58,641

## 1990 • PRESEASON (4-1)

Sat.	8/4	L	10-7	Denver Broncos (American Bowl, Tokyo, Japan)	48,827
Sat.	8/11	W	34-9	at Phoenix Cardinals	31,316
Fri.	8/17	W	13-10	Indianapolis Colts	52,475
Fri.	8/24	W	10-3	Tampa Bay Buccaneers	52,301
Fri.	8/31	W	30-10	at San Francisco 49ers	55,269

## 1991 • PRESEASON (2-2)

Sat.	8/3	L	31-13	Phoenix Cardinals	49,448
Sat.	8/10	W	17-7	at Indianapolis Colts	47,943
Sat.	8/17	W	23-7	at Los Angeles Rams	47,834
Fri.	8/23	L	28-16	San Francisco 49ers	54,111

## 1992 • PRESEASON (2-2)

Thurs.	8/6	L	21-7	Los Angeles Rams	52,360
Sat.	8/15	W	27-10	at Indianapolis Colts	43,272
Sat.	8/22	W	17-10	Phoenix Cardinals	51,007
Fri.	8/29	L	24-17	at San Francisco 49ers	52,822

## 1993 • PRESEASON (2-2)

Sat.	8/7	L	16-13 (OT)	Indianapolis Colts	45,055
Sat.	8/14	L	23-10	at Minnesota Vikings	42,240
Sat.	8/21	W	30-0	San Francisco 49ers	51,086
Sat.	8/28	W	20-10	at Houston Oilers	43,678

## 1994 • PRESEASON (2-2)

Fri.	8/5	L	13-9	at Indianapolis Colts	40,469
Sat.	8/13	W	29-6	Tampa Bay Buccaneers*	43,633
Sat.	8/20	W	30-19	Minnesota Vikings*	45,497
Fri.	8/26	L	13-9	at San Francisco 49ers	54,004

## 1995 • PRESEASON (2-2)

Sat.	8/5	W	34-20	St. Louis Rams	35,607
Sat.	8/12	L	20-17	Indianapolis Colts	38,006
Sun.	8/20	W	24-19	at New Orleans Saints	38,228
Fri.	8/26	L	17-7	at San Francisco 49ers	53,280

## 1996 • PRESEASON (3-1)

Sat.	8/3	W	19-17	Atlanta Falcons	30,284
Thurs.	8/8	W	24-19	at Oakland Raiders	38,219
Sat.	8/17	L	15-13	at Indianapolis Colts	38,930
Fri.	8/23	W	20-3	San Francisco 49ers	38,144

# PRESEASON RESULTS, continued

## 1997 • PRESEASON (3-2)

Sat.	7/26	L	28-26	Minnesota Vikings (Hall of Fame Game, Canton, Ohio)	23,846
Sat.	8/2	W	34-6	Arizona Cardinals	49,445
Sat.	8/9	L	21-17	at San Francisco	50,153
Sat.	8/16	W	45-3	Indianapolis Colts	52,844
Fri.	8/22	W	31-28	at Cincinnati Bengals	43,637

## 1998 • PRESEASON (4-1)

Sat.	7/31	W	20-19	at Dallas Cowboys	59,357
Sat.	8/8	W	24-21	Indianapolis Colts	52,645
Sat.	8/15	L	24-21	San Francisco 49ers (American Bowl, Vancouver, B.C.)	45,202
Sat.	8/22	W	31-24	at Arizona Cardinals	32,683
Fri.	8/28	W	21-20	San Francisco 49ers	57,014

## 1999 • PRESEASON (1-3)

Sat.	8/14	L	24-10	Buffalo Bills	66,285
Thurs.	8/19	L	24-23	at San Francisco 49ers	66,193
Sat.	8/28	W	41-7	Arizona Cardinals	66,277
Thurs.	9/2	L	31-28	at Indianapolis Colts	41,074

## 2000 • PRESEASON (2-2)

Sat.	8/5	W	28-16	Indianapolis Colts*	68,578
Sat.	8/12	L	21-3	at Arizona Cardinals	34,774
Sat.	8/19	W	25-21	San Francisco 49ers*	68,579
Thurs.	8/24	L	20-0	at Oakland Raiders	32,012

## 2001 • PRESEASON (2-2)

Sat.	8/11	L	28-21	at Indianapolis Colts	45,089
Sat.	8/18	L	16-13 (OT)	Arizona Cardinals*	47,553
Sat.	8/25	W	28-18	at San Francisco 49ers	63,887
Sat.	9/1	W	28-14	New Orleans Saints*	68,665

## 2002 • PRESEASON (1-3)

Sat.	8/10	L	28-10	Indianapolis Colts	52,902
Fri.	8/16	L	24-14	at San Diego Chargers	N/A
Sat.	8/24	W	17-14	Kansas City Chiefs	49,036
Thurs.	8/29	L	31-0	at Denver Broncos	71,755

## 2003 • PRESEASON (2-2)

Sat.	8/9	W	20-7	San Diego Chargers	37,763
Fri.	8/15	L	21-7	at Indianapolis Colts	37,469
Sat.	8/23	W	42-31	Kansas City Chiefs	39,833
Fri.	8/29	L	20-3	at Denver Broncos	73,038

## 2004 • PRESEASON (3-1)

Mon.	8/16	W	21-3	at Green Bay Packers	69,718
Sat.	8/21	L	19-3	Denver Broncos	48,090
Fri.	8/27	W	26-20	at San Diego Chargers	35,536
Thurs.	9/2	W	23-21	Minnesota Vikings	50,198

## 2005 • PRESEASON (2-2)

Sat.	8/12	W	34-15	at New Orleans Saints	38,529
Mon.	8/22	L	18-10	Dallas Cowboys	47,641
Fri.	8/26	W	23-17	at Kansas City Chiefs	74,158
Fri.	9/2	L	23-21	Minnesota Vikings	63,746

## 2006 • PRESEASON (2-2)

Fri.	8/12	L	13-3	Dallas Cowboys	66,304
Sun.	8/20	W	30-17	at Indianapolis Colts	56,596
Sat.	8/26	L	31-20	at San Diego Chargers	51,878
Thurs.	8/31	W	30-7	Oakland Raiders	67,158

## 2007 • PRESEASON (3-1)

Sun.	8/12	W	24-16	at San Diego Chargers	57,500
Sat.	8/18	L	48-13	at Green Bay Packers	69,761
Sat.	8/25	W	30-13	Minnesota Vikings	66,723
Thurs.	8/30	W	19-14	Oakland Raiders	66,700

## 2008 • PRESEASON (3-1)

Fri.	8/8	W	34-17	at Minnesota Vikings	62,545
Sat.	8/18	W	29-26	Chicago Bears	67,360
Mon.	8/25	L	18-17	at San Diego Chargers	52,763
Fri.	8/29	W	23-16	Oakland Raiders	67,163

## 2009 • PRESEASON (4-0)

Sat.	8/15	W	20-14	at San Diego Chargers	58,373
Sat.	8/22	W	27-13	Denver Broncos	67,052
Sat.	8/29	W	14-10	at Kansas City Chiefs	66,553
Thurs.	9/3	W	31-21	Oakland Raiders	66,697

## 2010 • PRESEASON (1-3)

Sat.	8/14	W	20-18	Tennessee Titans	65,352
Sat.	8/21	L	27-24	Green Bay Packers	65,586
Sat.	8/28	L	24-13	at Minnesota Vikings	63,550
Thurs.	9/2	L	27-24	at Oakland Raiders	

## 2011 • PRESEASON (2-2)

Thurs.	8/11	W	24-17	at San Diego Chargers	55,318
Sat.	8/20	L	20-7	Minnesota Vikings	65,599
Sat.	8/27	L	23-20	at Denver Broncos	72,347
Fri.	9/2	W	20-3	Oakland Raiders	65,418

## 2012 • PRESEASON (4-0)

Sat.	8/11	W	27-17	Tennessee Titans	65,589
Sat.	8/18	W	30-10	at Denver Broncos	74,012
Fri.	8/24	W	44-14	at Kansas City Chiefs	63,870
Thurs.	8/30	W	21-3	Oakland Raiders	66,157

## 2013 • PRESEASON (4-0)

Thurs.	8/8	W	31-10	at San Diego Chargers	54,709
Sat.	8/17	W	40-10	Denver Broncos	67,635
Fri.	8/23	W	17-10	at Green Bay	74,030
Thurs.	8/29	W	22-6	Oakland Raiders	67,341

## 2014 • PRESEASON (2-2)

Thurs.	8/7	L	21-16	at Denver Broncos	75,583
Fri.	8/15	W	41-14	San Diego Chargers	67,615
Fri.	8/22	W	34-6	Chicago Bears	67,608
Thurs.	8/28	L	41-31	at Oakland Raiders	50,831

## 2015 • PRESEASON (2-2)

Fri.	8/14	L	22-20	Denver Broncos	68,677
Fri.	8/21	L	14-13	at Kansas City Chiefs	71,915
Sat.	8/29	W	16-15	at San Diego Chargers	58,556
Thurs.	9/3	W	31-21	Oakland Raiders	68,032

## 2016 • PRESEASON (3-1)

Sat.	8/13	W	17-16	at Kansas City Chiefs	69,816
Thurs.	8/18	L	18-11	Minnesota Vikings	68,469
Thurs.	8/25	W	27-17	Dallas Cowboys	68,505
Thurs.	9/1	W	23-21	at Oakland Raiders	53,473

## 2017 • PRESEASON (4-0)

Sun.	8/13	W	48-17	at L.A. Chargers	21,054
Fri.	8/18	W	20-13	Minnesota Vikings	68,550
Fri.	8/25	W	26-13	Kansas City	68,541
Thurs.	8/31	W	17-13	at Oakland Raiders	53,812

## 2018 • PRESEASON (0-4)

Thurs.	8/9	L	19-17	Indianapolis Colts	68,418
Sat.	8/18	L	24-14	at L.A. Chargers	23,211
Fri.	8/24	L	21-20	at Minnesota Vikings	66,676
Thurs.	8/30	L	30-19	Oakland Raiders	68,554

## 2019 • PRESEASON (3-1)

Thurs.	8/8	W	22-14	Denver Broncos	68,295
Sun.	8/18	L	25-19	at Minnesota Vikings	66,636
Sat.	8/24	W	23-15	at L.A. Chargers	23,377
Thurs.	8/29	W	17-15	Oakland Raiders	68,461

## 2020 • PRESEASON (0-0)

No games played due to the COVID-19 pandemic.

## 2021 • PRESEASON (1-2)

Sat.	8/14	L	20-7	at Las Vegas Raiders	50,101
Sat.	8/21	L	30-3	Denver Broncos	68,027
Sat.	8/28	W	27-0	L.A. Chargers	68,003

## GAMES PLAYED

Player, Seasons	No.
1 Joe Nash, 1982-96	218
2 Mack Strong, 1994-07	201
3 Steve Largent, 1976-89	200
4 Walter Jones, 1997-2009	180
5 Jacob Green, 1980-91	178
6 Jeff Bryant, 1982-93	175
7 Eugene Robinson, 1985-95	170
8 Cortez Kennedy, 1990-00	167
9 Dave Brown, 1976-86	159
Jon Ryan, 2008-17	159

## GAMES STARTED

Player, Seasons	No.
1 Steve Largent, 1976-89	197
2 Walter Jones, 1997-2009	180
3 Jacob Green, 1980-91	176
4 Joe Nash, 1982-96	169
5 Jeff Bryant, 1982-93	167
6 Dave Brown, 1976-86	159
7 Cortez Kennedy, 1990-00	153
8 Eugene Robinson, 1985-95	152
9 Russell Wilson, 2012-	149
10 Chris Gray, 1998-08	145

## POINTS SCORED

Player, Seasons	No.
1 Norm Johnson, 1982-90	810
2 Steven Hauschka, 2011-16	759
3 Shaun Alexander, 2000-07	672
4 Steve Largent, 1976-89	608
5 Josh Brown, 2003-07	571
6 Todd Peterson, 1995-99	555
7 Marshawn Lynch, 2010-15, 19	398
8 Curt Warner, 1983-89	372
9 John Kasay, 1991-94	341
10 Efren Herrera, 1978-81	331

## TOTAL TOUCHDOWNS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	112
2 Steve Largent, 1976-89	101
3 Marshawn Lynch, 2010-15, 19	66
4 Curt Warner, 1983-89	62
5 Doug Baldwin, 2011-18	49
6 Chris Warren, 1990-97	48
7 Darrell Jackson, 2000-06	47
8 Tyler Lockett, 2015-	44
9 Joey Galloway, 1995-99	42
10 Sherman Smith, 1976-82	38

## FIELD GOALS

Player, Seasons	No.
1 Steven Hauschka, 2011-16	175
2 Norm Johnson, 1982-90	159
3 Todd Peterson, 1995-99	126
4 Josh Brown, 2003-07	116
5 John Kasay, 1991-94	82
6 Olindo Mare, 2008-10	73
7 Efren Herrera, 1978-81	64
8 Rian Lindell, 2000-02	58
9 Jason Myers, 2019-	52
10 Sebastian Janikowski, 2018	22

## FIELD GOAL ATTEMPTS

Player, Seasons	No.
1 Norm Johnson, 1982-90	228
2 Steven Hauschka, 2011-16	197
3 Todd Peterson, 1995-99	154
4 Josh Brown, 2003-07	145
5 John Kasay, 1991-94	105
6 Efren Herrera, 1978-81	92

## FIELD GOAL ATTEMPTS, CONTINUED

7 Olindo Mare, 2008-10	83
8 Rian Lindell, 2000-02	78
9 Jason Myers, 2019-	59
10 John Leypoldt, 1976-77	30

## POINT AFTER TOUCHDOWNS

Player, Seasons	No.
1 Norm Johnson, 1982-90	333
2 Steven Hauschka, 2011-16	234
3 Josh Brown, 2003-07	223
4 Todd Peterson, 1995-99	177
5 Efren Herrera, 1978-81	139
6 Jason Myers, 2019-	106
7 Rian Lindell, 2000-02	96
8 John Kasay, 1991-94	95
9 Olindo Mare, 2008-10	89
10 John Leypoldt, 1976-78	52

## PAT ATTEMPTS

Player, Seasons	No.
1 Norm Johnson, 1982-90	338
2 Steven Hauschka, 2011-16	246
3 Josh Brown, 2003-07	224
4 Todd Peterson, 1995-99	177
5 Efren Herrera, 1978-81	148
6 Jason Myers, 2019	115
7 John Kasay, 1991-94	97
8 Rian Lindell, 2000-02	96
9 Olindo Mare, 2008-10	89
10 John Leypoldt, 1976-78	59

## RUSHING ATTEMPTS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	2,176
2 Curt Warner, 1983-89	1,649
3 Chris Warren, 1990-97	1,559
4 Marshawn Lynch, 2010-15, 19	1,469
5 John L. Williams, 1986-93	1,148
6 Ricky Watters, 1998-01	994
7 Russell Wilson, 2012-	820
8 Sherman Smith, 1976-82	810
9 Chris Carson, 2017-	769
10 Maurice Morris, 2002-08	604

## RUSHING YARDS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	9,429
2 Chris Warren, 1990-97	6,706
3 Curt Warner, 1983-89	6,705
4 Marshawn Lynch, 2010-15, 19	6,381
5 John L. Williams, 1986-93	4,579
6 Russell Wilson, 2012-	4,574
7 Ricky Watters, 1998-01	4,009
8 Chris Carson, 2017-	3,502
9 Sherman Smith, 1976-82	3,429
10 Maurice Morris, 2002-08	2,612

## RUSHING TOUCHDOWNS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	100
2 Marshawn Lynch, 2010-15, 19	58
3 Curt Warner, 1983-89	55
4 Chris Warren, 1990-97	44
5 Sherman Smith, 1976-82	28
6 Chris Carson, 2017-	24
7 Ricky Watters, 1998-01	22
Russell Wilson, 2012-	22
9 Derrick Fenner, 1989-91	19
David Sims, 1977-79	19

## PASSING ATTEMPTS

Player, Seasons	No.
1 Russell Wilson, 2012-	4,460
2 Matt Hasselbeck, 2001-10	4,250
3 Dave Krieg, 1980-91	3,576
4 Jim Zorn, 1976-84	2,992
5 Rick Mirer, 1993-96	1,523
6 Jon Kitna, 1997-00	1,128
7 Warren Moon, 1997-98	786
8 Seneca Wallace, 2003-09	556
9 Tarvaris Jackson, 2011, 2013-15	470
10 Kelly Stouffer, 1988-92	437

## PASSING COMPLETIONS

Player, Seasons	No.
1 Russell Wilson, 2012-	2,910
2 Matt Hasselbeck, 2001-10	2,559
3 Dave Krieg, 1980-91	2,096
4 Jim Zorn, 1976-84	1,593
5 Rick Mirer, 1993-96	814
6 Jon Kitna, 1997-00	658
7 Warren Moon, 1997-98	458
8 Seneca Wallace, 2003-09	333
9 Tarvaris Jackson, 2011, 2013-15	286
10 John Friesz, 1995-98	228

## PASSING YARDS

Player, Seasons	No.
1 Russell Wilson, 2012-	35,142
2 Matt Hasselbeck, 2001-10	29,434
3 Dave Krieg, 1980-91	26,132
4 Jim Zorn, 1976-84	20,122
5 Rick Mirer, 1993-96	9,094
6 Jon Kitna, 1997-00	7,552
7 Warren Moon, 1997-98	5,310
8 Seneca Wallace, 2003-09	3,547
9 Tarvaris Jackson, 2011, 2013-15	3,279
10 John Friesz, 1995-98	2,971

## TOUCHDOWN PASSES

Player, Seasons	No.
1 Russell Wilson, 2012-	277
2 Dave Krieg, 1980-91	195
3 Matt Hasselbeck, 2001-10	174
4 Jim Zorn, 1976-84	107
5 Jon Kitna, 1997-00	49
6 Rick Mirer, 1993-96	41
7 Warren Moon, 1997-98	36
8 Seneca Wallace, 2003-09	25
9 John Friesz, 1995-98	16
10 Tarvaris Jackson, 2011, 2013-15	15

## PASSES HAD INTERCEPTED

Player, Seasons	No.
1 Dave Krieg, 1980-91	148
2 Jim Zorn, 1976-84	133
3 Matt Hasselbeck, 2001-10	128
4 Russell Wilson, 2012-	82
5 Rick Mirer, 1993-96	56
6 Jon Kitna, 1997-00	45
7 Warren Moon, 1997-98	24
8 Kelly Stouffer, 1988-92	19
9 Jeff Kemp, 1987-91	18
10 Trent Dilfer, 2001-04	14
Steve Myer, 1976-79	14
Seneca Wallace, 2003-09	14

## TIMES SACKED

Player, Seasons	No.
1 Russell Wilson, 2012-	407
2 Dave Krieg, 1980-91	341
3 Matt Hasselbeck, 2001-10	307
4 Jim Zorn, 1976-84	201
5 Rick Mirer, 1993-96	138
6 Jon Kitna, 1997-00	79
7 Warren Moon, 1997-98	52
8 Kelly Stouffer, 1988-92	50
9 Seneca Wallace, 2003-09	43
Tarvaris Jackson, 2011, 2013-15	43

## QUARTERBACK RATING (MINIMUM 100 ATTEMPTS)

Player, Seasons	No.
1 Russell Wilson, 2012-	102.3
2 Seneca Wallace, 2003-09	83.1
3 Dave Krieg, 1980-91	82.3
4 Matt Hasselbeck, 2001-10	82.2
5 Warren Moon, 1997-98	81.3
6 Tarvaris Jackson, 2011, 2013-15	81.0
7 Brock Huard, 1999-01	80.1
8 John Friesz, 1995-98	78.3
9 Jon Kitna, 1997-00	76.3
10 Trent Dilfer, 2001-04	72.5

## PASS RECEPTIONS

Player, Seasons	No.
1 Steve Largent, 1976-89	819
2 Brian Blades, 1988-98	581
3 Doug Baldwin, 2011-18	493
4 John L. Williams, 1986-93	471
5 Darrell Jackson, 2000-06	441
6 Tyler Lockett, 2015-	403
7 Bobby Engram, 2001-08	399
8 Joey Galloway, 1995-99	v 283
9 Koren Robinson, 2001-04, 08	244
10 Sam McCullum, 1976-81	232

## RECEIVING YARDS

Player, Seasons	No.
1 Steve Largent, 1976-89	13,089
2 Brian Blades, 1988-98	7,620
3 Doug Baldwin, 2011-18	6,563
4 Darrell Jackson, 2000-06	6,445
5 Tyler Lockett, 2015-	5,317
6 Bobby Engram, 2001-08	4,859
7 Joey Galloway, 1995-99	4,457
8 John L. Williams, 1986-93	4,151
9 Koren Robinson, 2001-04, 08	3,567
10 Sam McCullum, 1976-81	3,409

## RECEIVING TOUCHDOWNS

Player, Seasons	No.
1 Steve Largent, 1976-89	100
2 Doug Baldwin, 2010-18	49
3 Darrell Jackson, 2000-06	47
4 Tyler Lockett, 2015-	40
5 Joey Galloway, 1995-99	37
6 Daryl Turner, 1984-87	36
7 Brian Blades, 1988-98	34
8 Sam McCullum, 1976-81	21
9 Bobby Engram, 2001-08	18
Jimmy Graham, 2015-17	18

## INTERCEPTIONS

Player, Seasons	No.
1 Dave Brown, 1976-86	50
2 Eugene Robinson, 1985-95	42
3 John Harris, 1978-85	41
4 Kenny Easley, 1981-87	32
Richard Sherman, 2011-17	32
6 Earl Thomas, 2010-18	28

## INTERCEPTIONS, CONTINUED

7 Marcus Trufant, 2003-12	21
8 Darryl Williams, 1996-99	20
Shawn Springs, 1997-03	20
10 Keith Simpson, 1978-85	19

## INTERCEPTION RETURN YARDS

Player, Seasons	No.
1 Dave Brown, 1976-86	643
2 Eugene Robinson, 1985-95	586
3 Kenny Easley, 1981-87	538
4 John Harris, 1978-85	425
5 Earl Thomas, 2010-18	417
6 Darryl Williams, 1996-99	402
7 Richard Sherman, 2011-17	395
8 Marcus Trufant, 2003-12	370
9 Keith Simpson, 1978-85	338
10 Brandon Browner, 2011-13	308

## INTERCEPTION RETURN FOR TD

Player, Seasons	No.
1 Dave Brown, 1976-86	5
2 Keith Simpson, 1978-85	3
Kenny Easley, 1981-87	3
Willie Williams, 1997-03	3
Josh Wilson, 2007-09	3
6 John Harris, 1978-85	2
Jacob Green, 1980-91	2
Terry Taylor, 1984-88, 1994	2
Darryl Williams, 1996-99	2
Darrin Smith, 1998-99	2
Shawn Springs, 1997-03	2
Reggie Tongue, 2000-03	2
Anthony Simmons, 1998-04	2
Lofa Tatupu, 2005-10	2
Marcus Trufant, 2003-12	2
Brandon Browner, 2011-13	2
Richard Sherman, 2011-17	2
Bruce Irvin, 2012-15	2
Earl Thomas, 2010-18	2
Justin Coleman, 2017-18	2

## PUNTS

Player, Seasons	No.
1 Jon Ryan, 2008-17	770
2 Rick Tuten, 1991-97	554
3 Jeff Feagles, 1998-02	385
4 Jeff West, 1981-85	299
5 Herman Weaver, 1977-80	257
6 Michael Dickson, 2018-	246
7 Ruben Rodriguez, 1987-89	192
8 Ryan Plackemeier, 2006-08	181
9 Tom Rouen, 2003-05	154
10 Rick Engles, 1976-77	84

## PUNTING YARDS

Player, Seasons	No.
1 Jon Ryan, 2008-17	34,492
2 Rick Tuten, 1991-97	24,266
3 Jeff Feagles, 1998-02	16,225
4 Jeff West, 1981-85	11,518
5 Michael Dickson, 2018-	11,682
6 Herman Weaver, 1977-80	10,182
7 Ruben Rodriguez, 1987-89	7,733
8 Ryan Plackemeier, 2006-08	7,664
9 Tom Rouen, 2003-05	6,394
10 Rick Donnelly, 1990-91	3,227

## INSIDE THE 20

Player, Seasons	No.
1 Jon Ryan, 2008-17	276
2 Rick Tuten, 1991-97	147
3 Jeff Feagles, 1998-02	133
4 Michael Dickson, 2018-	108
5 Jeff West, 1981-85	73
6 Tom Rouen, 2003-05	59
7 Ryan Plackemeier, 2006-08	57
8 Herman Weaver, 1977-80	48
Ruben Rodriguez, 1987-89	48
10 Rick Donnelly, 1990-91	19

## TOUCHBACKS

Player, Seasons	No.
1 Jon Ryan, 2008-17	60
2 Rick Tuten, 1991-97	45
3 Jeff Feagles, 1998-02	30
4 Jeff West, 1981-85	28
5 Michael Dickson, 2018-	22
6 Ryan Plackemeier, 2006-08	21
7 Herman Weaver, 1977-80	20
8 Ruben Rodriguez, 1987-89	17
9 Tom Rouen, 2003-05	11
10 Rick Donnelly, 1990-91	9

## HAD BLOCKED

Player, Seasons	No.
1 Herman Weaver, 1977-80	6
2 Jon Ryan, 2008-17	5
3 Rick Engles, 1976-77	3
4 Kyle Richardson, 1997	2
Rick Tuten, 1991-97	2
Jeff Feagles, 1998-02	2
Tom Rouen, 2003-05	2
Michael Dickson, 2018-	2
8 Ruben Rodriguez, 1987-89	1
Donnie Jones, 2004	1
Ken Walter, 2004	1

## PUNT RETURNS

Player, Seasons	No.
1 Tyler Lockett, 2015-	144
2 Nate Burleson, 2006-09	125
3 Leon Washington, 2010-12	104
4 Chris Warren, 1990-97	94
5 Bobby Joe Edmonds, 1986-88	89
6 Joey Galloway, 1995-99	79
7 Paul Johns, 1981-84	74
8 Charlie Rogers, 1999-01	73
9 Bobby Engram, 2001-08	70
10 Golden Tate, 2010-13	68

## FAIR CATCHES

Player, Seasons	No.
1 Tyler Lockett, 2015-	94
2 Bobby Engram, 2001-08	70
3 Chris Warren, 1990-97	60
4 Leon Washington, 2010-12	41
5 Charlie Rogers, 1999-01	40
6 Kelvin Martin, 1993-94	35
7 Jimmy Williams, 2005-06	31
8 Bobby Joe Edmonds, 1986-88	26
9 Paul Johns, 1981-84	23
Joey Galloway, 1995-99	23
Bryan Walters, 2012-14	23

## PUNT RETURN YARDS

Player, Seasons	No.
1 Nate Burleson, 2006-09	1,288
2 Tyler Lockett, 2015-	1,071
3 Leon Washington, 2010-12	1,069
4 Bobby Joe Edmonds, 1986-88	1,010
5 Charlie Rogers, 1999-01	925
6 Paul Johns, 1981-84	843
7 Joey Galloway, 1995-99	823
8 Chris Warren, 1990-97	819
9 Golden Tate, 2010-13	787
10 Bobby Engram, 2001-08	773

## PUNT RETURN TD

Player, Seasons	No.
1 Joey Galloway, 1995-99	4
2 Paul Johns, 1981-84	2
Bobby Engram, 2001-08	2
Nate Burleson, 2006-09	2
5 Will Lewis, 1980-81	1
Bobby Joe Edmonds, 1986-88	1
Chris Warren, 1990-97	1
Charlie Rogers, 1999-01	1
Tyler Lockett, 2015-	1

## CAREER TOP 10

### KICKOFF RETURNS

Player, Seasons	No.
1 Steve Broussard, 1995-98	165
2 Charlie Rogers, 1999-01	134
3 Maurice Morris, 2002-08	129
4 Leon Washington, 2010-12	127
<b>Tyler Lockett, 2015-</b>	<b>127</b>
6 Bobby Joe Edmonds, 1986-88	101
7 Josh Wilson, 2007-09	94
8 Chris Warren, 1990-97	86
9 Randall Morris, 1984-88	82
10 Al Hunter, 1977-80	78

### KICKOFF RETURN YARDS

Player, Seasons	No.
1 Steve Broussard, 1995-98	3,900
2 Leon Washington, 2010-12	3,329
3 Charlie Rogers, 1999-01	3,214
<b>4 Tyler Lockett, 2015-</b>	<b>3,188</b>
5 Maurice Morris, 2002-08	2,843
6 Josh Wilson, 2007-09	2,350
7 Bobby Joe Edmonds, 1986-88	2,228
8 Chris Warren, 1990-97	1,794
9 Al Hunter, 1977-80	1,717
10 Josh Scobey, 2005-07	1,641

### KICKOFF RETURN TD

Player, Seasons	No.
1 Leon Washington, 2010-12	4
<b>2 Tyler Lockett, 2015-</b>	<b>2</b>
3 Zachary Dixon, 1983-84	1
James Jefferson, 1989-93	1
Jon Vaughn, 1993-94	1
Steve Broussard, 1995-98	1
Charlie Rogers, 1999-01	1
Maurice Morris, 2002-08	1
Nate Burleson, 2006-09	1
Josh Wilson, 2007-09	1

### FUMBLES

Player, Seasons	No.
1 Dave Krieg, 1980-91	108
<b>2 Russell Wilson, 2012-</b>	<b>82</b>
3 Matt Hasselbeck, 2001-10	55
4 Jim Zorn, 1976-84	48
5 Jon Kitna, 1997-00	38
6 Curt Warner, 1983-89	36
7 Shaun Alexander, 2000-07	31
8 Chris Warren, 1990-97	26
9 Rick Mirer, 1993-96	24
10 Sherman Smith, 1976-82	22

### OWN FUMBLE RECOVERIES

Player, Seasons	No.
<b>1 Russell Wilson, 2012-</b>	<b>32</b>
2 Dave Krieg, 1980-91	27
3 Jon Kitna, 1997-00	20
4 Matt Hasselbeck, 2001-10	14
5 Curt Warner, 1983-89	13
Shaun Alexander, 2000-07	13
7 Jim Zorn, 1976-84	12
8 Chris Warren, 1990-97	10
9 John L. Williams, 1986-93	9
10 Sherman Smith, 1976-82	7
Edwin Bailey, 1981-91	7
Rick Mirer, 1993-96	7

### FORCED FUMBLES

Player, Seasons	No.
1 Jacob Green, 1980-91	28
2 Michael Sinclair, 1991-01	25
3 Rufus Porter, 1988-94	14
4 Bruce Scholtz, 1982-88	13
Joe Nash, 1982-96	13
Cortez Kennedy, 1990-00	13
Cliff Avril, 2013-17	13

### FORCED FUMBLES, CONTINUED

8 Jeff Bryant, 1982-93	12
9 Keith Butler, 1978-87	11
Keith Simpson, 1978-85	11
Chad Brown, 1997-04	11
K.J. Wright, 2011-20	11

### FUMBLE RECOVERIES

Player, Seasons	No.
1 Jacob Green, 1980-91	17
2 Eugene Robinson, 1985-95	14
3 Chad Brown, 1997-04	13
4 Dave Brown, 1976-86	11
John Harris, 1978-85	11
Jeff Bryant, 1982-93	11
7 Kenny Easley, 1981-87	9
Greg Gaines, 1981, 1983-88	9
Shelton Robinson, 1982-85	9
Terry Wooden, 1990-96	9
Michael Sinclair, 1991-01	9
K.J. Wright, 2011-20	9

### FUMBLE RETURN YARDS

Player, Seasons	No.
1 Chad Brown, 1997-04	96
2 Michael Sinclair, 1991-01	94
3 Corey Harris, 1995-96	85
Shawn Springs, 1997-03	85
5 Antonio Edwards, 1993-97	83
<b>6 Bobby Wagner, 2012-</b>	<b>82</b>
7 Jacob Green, 1980-91	79
Nick Reed, 2009	79
9 Carlton Gray, 1993-96	62
John Harris, 1978-85	62

### FUMBLE RETURN TD

Player, Seasons	No.
1 Chad Brown, 1997-04	3
<b>Bobby Wagner, 2012-</b>	<b>3</b>
3 Jacob Green, 1980-91	2
Shelton Robinson, 1982-85	2
Michael Sinclair, 1991-01	2
6 31 tied with	1
(last: Justin Coleman in 2018)	

### TACKLES

Player, Seasons	No.
<b>1 Bobby Wagner, 2012-</b>	<b>1,283</b>
2 Eugene Robinson, 1985-95	984
3 K.J. Wright, 2011-20	934
4 Keith Butler, 1978-87	813
5 Joe Nash, 1982-96	779
6 Chad Brown, 1997-04	744
7 Jacob Green, 1980-91	718
8 Jeff Bryant, 1982-93	689
9 Dave Brown, 1976-86	684
10 Cortez Kennedy, 1990-00	668

### QUARTERBACK SACKS

Player, Seasons	No.
1 Jacob Green, 1980-91	116.0
2 Michael Sinclair, 1991-01	73.5
3 Jeff Bryant, 1982-93	63.0
4 Cortez Kennedy, 1990-00	58.0
5 Chad Brown, 1997-04	48.0
6 Joe Nash, 1982-96	47.5
7 Michael Bennett, 2009, 2013-17	39.0
8 Chris Clemons, 2010-13	38.0
9 Rufus Porter, 1988-94	37.5
10 Frank Clark, 2015-18	35.0

### YARDS LOST ON SACKS

Player, Seasons	No.
1 Jacob Green, 1980-91	753.0
2 Jeff Bryant, 1982-93	469.0
3 Michael Sinclair, 1991-01	417.0
4 Cortez Kennedy, 1990-00	392.0
5 Joe Nash, 1982-96	312.0
Rufus Porter, 1988-94	312.0
7 Chris Clemons, 2010-13	290.0
8 Chad Brown, 1997-04	284.5
9 Michael Bennett, 2009, 2013-17	255.0
10 Cliff Avril, 2013-17	225.5

### BLOCKED PUNTS RETURNED FOR TOUCHDOWNS

Player, Seasons	No.
1 Steve Raible, 1976-81	1
Autry Beamon, 1977-79	1
Jessie Green, 1979-80	1
Eric Lane, 1981-87	1
Sam Merriman, 1983-87	1
Paul Moyer, 1983-89	1
Terry Taylor, 1984-88, 1994	1
Eugene Robinson, 1985-95	1
Alex Bannister, 2001-05	1
Earl Thomas, 2010-18	1
Michael Robinson, 2010-13	1
Malcolm Smith, 2011-14	1
Mike Morgan, 2011-16	1

### BLOCKED PUNTS

Player, Seasons	No.
1 Kerry Justin, 1978-83, 1986-87	3
2 Don Dufek, 1976-77, 1979	2
Sam Merriman, 1983-87	2
Fredd Young, 1984-87	2
Patrick Hunter, 1986-94	2
Doug Baldwin, 2011-18	2
6 19 tied with	1

### BLOCKED PAT'S

Player, Seasons	No.
1 Mike White, 1981-82	3
2 Jeff Bryant, 1982-93	2
Jacob Green, 1980-91	2
Joe Nash, 1982-96	2
5 Dennis Boyd, 1977-79, 1981-82	1
Brian Fiones, 1981-82	1
Terry Wooden, 1990-96	1
Red Bryant, 2008-13	1
Jeremy Lane, 2012-17	1
<b>Tre Flowers, 2018-</b>	<b>1</b>

### BLOCKED FIELD GOALS

Player, Seasons	No.
1 Joe Nash, 1982-96	8
Craig Terrill, 2004-10	8
3 Red Bryant, 2008-13	4
4 Jeff Bryant, 1982-93	3
5 Dennis Boyd, 1977-79, 1981-82	2
Jacob Green, 1980-91	2
Mike White, 1981-82	2
<b>Bobby Wagner, 2012-</b>	<b>2</b>
<b>Rasheem Green, 2018-</b>	<b>2</b>
10 19 players tied with	1

### BLOCKED FIELD GOALS RETURNED FOR TOUCHDOWN

Player, Seasons	No.
1 Byron Walker, 1982-86	1
Vernon Dean, 1988	1
Robert Blackmon, 1990-96	1
Shawn Springs, 1997-03	1
Richard Sherman, 2011-17	1

### RETURN TOUCHDOWNS

(TDs scored via Interception, Punt, Kickoff, Fumble, Blocked Punt, or Blocked FG)

Player, Seasons	No.
1 Dave Brown, 1976-86	5
2 Jacob Green, 1980-91	4
Joey Galloway, 1995-99	4
Shawn Springs, 1997-03	4
Willie Williams, 1997-03	4
Josh Wilson, 2007-09	4
Leon Washington, 2010-12	4
Earl Thomas, 2010-18	4
<b>Bobby Wagner, 2012-</b>	<b>4</b>
10 Kenny Easley, 1981-87	3
Keith Simpson, 1978-86	3
Terry Taylor, 1984-88, 1994	3
Chad Brown, 1997-04	3
Nate Burleson, 2006-09	3
Richard Sherman, 2011-17	3
<b>Tyler Lockett, 2015-</b>	<b>3</b>
Justin Coleman, 2017-18	3

# YEARLY LEADERS

## TOUCHDOWNS

		G	Tot.	Rush	Rec.	Ret.	PAT	Pts.
1976	Sherman Smith	12	5	4	1	0	0/0	30
1977	Steve Largent	14	10	0	10	0	0/0	60
1978	David Sims	12	15*	14*	1	0	0/0	90*
1979	Sherman Smith	16	15	11	4	0	0/0	90
1980	Jim Jodat	16	6	5	1	0	0/0	36
1981	Steve Largent	16	10	1	9	0	0/0	60
1982	Steve Largent	8	3	0	3	0	0/0	18
1983	Curt Warner	16	14+	13	1	0	0/0	84
1984	Steve Largent	16	12	0	12	0	0/0	72
1985	Daryl Turner	16	13	0	13*	0	0/0	78
1986	Curt Warner	16	13	13+	0	0	0/0	78
1987	Curt Warner	12	10	8	2	0	0/0	60
1988	Curt Warner	16	12	10	2	0	0/0	72
1989	John L. Williams	15	7	1	6	0	0/0	42
1990	Derrick Fenner	16	15+	14+	1	0	0/0	90
1991	John L. Williams	16	5	4	1	0	0/0	30
1992	Tommy Kane	11	3	0	3	0	0/0	18
	Chris Warren	16	3	3	0	0	0/0	18
	John L. Williams	16	3	1	2	0	0/0	18
1993	Chris Warren	14	7	7	0	0	0/0	42
1994	Chris Warren	16	11	9	2	0	1/1	68
1995	Chris Warren	16	16	15+	1	0	0/1	96
1996	Lamar Smith	16	8	8	0	0	3/3	54
	Joey Galloway	16	8	0	7	1	0/0	48
1997	Joey Galloway	15	12	0	12+	0	0/0	72
1998	Joey Galloway	16	12	0	10+	2	0/0	72
1999	Derrick Mayes	16	10	0	10	0	0/0	60
2000	Ricky Watters	16	9	7	2	0	0/0	54
2001	Shaun Alexander	16	16	14+	2	0	0/0	96+
2002	Shaun Alexander	16	18^	16^	2	0	0/0	108^
2003	Shaun Alexander	16	16	14	2	0	0/0	96
2004	Shaun Alexander	16	20*	16^	4	0	0/0	120*
2005	Shaun Alexander	16	28*	27*	1	0	0/0	168*
2006	Darrell Jackson	13	10	0	10	0	0/0	60
2007	Nate Burleson	16	11	0	9	2	0/0	66
2008	T.J. Duckett	16	8	8	0	0	0/0	48
2009	John Carlson	16	7	0	7	0	0/0	42
2010	Marshawn Lynch	12	6	6	0	0	0/0	36
2011	Marshawn Lynch	15	13	12	1	0	0/0	78
2012	Marshawn Lynch	16	12	11	1	0	0/0	72
2013	Marshawn Lynch	16	14	12*	2	0	0/0	84
2014	Marshawn Lynch	16	17*	13*	4	0	0/0	102*
2015	Doug Baldwin	16	14*	0	14*	0	0/0	84*
2016	Doug Baldwin	16	7	0	7	0	0/0	42
2017	Jimmy Graham	16	10	0	10^	0	0/0	62
2018	Tyler Lockett	16	10	0	10	0	0/0	62
2019	Chris Carson	15	9	7	2	0	0/0	54
2020	Tyler Lockett	16	10	0	10	0	0/0	60
	DK Metcalf	16	10	0	10	0	0/0	60

\* Led NFL; + Led AFC; ^ Led NFC

## KICK SCORING, CONTINUED

		G	PATs	FGs	Pts.
2001	Rian Lindell	16	33-33	20-32	93
2002	Rian Lindell	16	38-38	23-29	107
2003	Josh Brown	16	48-48	22-30	114
2004	Josh Brown	16	40-40	23-25	109
2005	Josh Brown	16	56-57	18-25	110
2006	Josh Brown	16	36-36	25-31	111
2007	Josh Brown	16	43-43	28-34	127
2008	Olindo Mare	16	30-30	24-27	102
2009	Olindo Mare	16	28-28	24-26	100
2010	Olindo Mare	16	31-31	25-30	106
2011	Steven Hauschka	16	34-34	25-30	109
2012	Steven Hauschka	16	46-48	24-27	118
2013	Steven Hauschka	16	44-44	33-35	143^
2014	Steven Hauschka	16	41-41	31-37	134
2015	Steven Hauschka	16	40-44	29-31	127
2016	Steven Hauschka	16	29-35	33-37	128
2017	Blair Walsh	16	37-38	21-29	100
2018	Sebastian Janikowski	16	48-51	22-27	114
2019	Jason Myers	16	40-44	23-28	109
2020	Jason Myers	16	49-53	24-24	121

^ Led NFC

## RUSHING

		G	Att.	Yds.	Avg.	LG	TD
1976	Sherman Smith	12	119	537	4.5	53t	4
1977	Sherman Smith	14	163	763	4.7	39	4
1978	Sherman Smith	12	165	805	4.9	67t	6
1979	Sherman Smith	16	194	775	4.0	41t	11
1980	Jim Jodat	16	155	632	4.1	26	5
1981	Theotis Brown	10	141	531	3.8	43t	6
1982	Sherman Smith	9	63	202	3.2	19	0
1983	Curt Warner	16	335+	1449+	4.3	60	13
1984	David Hughes	16	94	327	3.3	15	1
1985	Curt Warner	16	291	1094	3.8	38t	8
1986	Curt Warner	16	319+	1481+	4.6	60t	13+
1987	Curt Warner	12	234	985	4.2	57t	8
1988	Curt Warner	16	266	1025	3.9	29t	10
1989	Curt Warner	16	194	631	3.3	34	3
1990	Derrick Fenner	16	215	859	4.0	36t	14*
1991	John L. Williams	16	188	741	3.9	42	4
1992	Chris Warren	16	223	1017	4.6	52	3
1993	Chris Warren	14	273	1072	3.9	45t	7
1994	Chris Warren	16	333	1545+	4.6+	41	9
1995	Chris Warren	16	310	1346	4.3	52	15+
1996	Chris Warren	14	203	885	4.2	51	5
1997	Chris Warren	15	200	847	4.2	36t	4
1998	Ricky Watters	16	319	1239	3.9	39t	9
1999	Ricky Watters	16	325	1210	3.7	45	5
2000	Ricky Watters	16	278	1242	4.5	55t	7
2001	Shaun Alexander	16	309	1318	4.3	88t	14+
2002	Shaun Alexander	16	295	1175	4.0	58	16^
2003	Shaun Alexander	16	326	1435	4.4	55	14
2004	Shaun Alexander	16	353	1696^	4.8^	44	16^
2005	Shaun Alexander	16	370	1880*	5.1	88t	27!*
2006	Shaun Alexander	10	252	896	3.6	33t	7
2007	Shaun Alexander	13	207	716	3.5	25	4
2008	Julius Jones	15	158	698	4.4	33	2
2009	Julius Jones	14	177	633	3.7	62t	2
2010	Marshawn Lynch	12	165	573	3.5	39	6
2011	Marshawn Lynch	15	285	1204	4.2	47	12
2012	Marshawn Lynch	16	315	1590	5.0	77t	11
2013	Marshawn Lynch	16	301	1257	4.2	43	12*
2014	Marshawn Lynch	16	280	1306	4.7	79t	13*
2015	Thomas Rawls	13	147	830	5.6*	69t	4
2016	Christine Michael	9	117	469	4.0	41t	6
2017	Russell Wilson	16	95	586	6.2	31	3
2018	Chris Carson	14	247	1151	4.7	61	9
2019	Chris Carson	15	278	1230	4.4	59	7
2020	Chris Carson	12	141	681	4.8	29t	5

! NFL single-season record; \* Led NFL; + Led AFC; ^ Led NFC

## KICK SCORING

		G	PATs	FGs	Pts.
1976	John Leypoldt	11	19-22	8-12	43
1977	John Leypoldt	14	33-37	9-18	60
1978	Efren Herrera	16	40-44	13-21	79
1979	Efren Herrera	16	43-46	19-23	100
1980	Efren Herrera	16	33-33	20-31	93
1981	Efren Herrera	12	23-25	12-17	59
1982	Norm Johnson	9	13-14	10-14	43
1983	Norm Johnson	16	49-50	18-25	103
1984	Norm Johnson	16	50-51	20-24	110
1985	Norm Johnson	16	40-41	14-25	82
1986	Norm Johnson	16	42-42	22-35*	108
1987	Norm Johnson	13	40-40	15-20	85
1988	Norm Johnson	16	39-39	22-28	105
1989	Norm Johnson	16	27-27	15-25	72
1990	Norm Johnson	16	33-34	23-32	102
1991	John Kasay	16	27-28	25-31	102
1992	John Kasay	16	14-14	14-22	56
1993	John Kasay	16	29-29	23-28	98
1994	John Kasay	16	25-26	20-24	85
1995	Todd Peterson	16	40-40	23-28	109
1996	Todd Peterson	16	27-27	28-34	111
1997	Todd Peterson	16	37-37	22-28	103
1998	Todd Peterson	16	41-41	19-24	98
1999	Todd Peterson	16	32-32	34-40	134
2000	Rian Lindell	12	25-25	15-17	70

## PASSING

		G/S	Att.	Comp.	Yds.	Pct.	TD	Int.	Rate
1976	Jim Zorn	14/14	439*	208	2571	47.3	12	27	49.5
1977	Jim Zorn	10/10	251	104	1683	41.4	16	19	54.3
1978	Jim Zorn	16/16	443+	248+	3283+	56.0	15	20	72.2
1979	Jim Zorn	16/16	505	285	3661	56.4	20	18	77.7
1980	Jim Zorn	16/16	488	276	3346	56.6	17	20	72.3
1981	Jim Zorn	13/13	397	236	2788	59.4	13	9	82.3
1982	Jim Zorn	9/7	245	126	1540	51.4	7	11	62.0
1983	Dave Krieg	9/8	243	147	2139	60.5	18	11	95.0

# YEARLY LEADERS

## PASSING, CONTINUED

		G/S	Att.	Comp.	Yds.	Pct.	TD	Int.	Rate
1984	Dave Krieg	16/16	480	276	3671	57.5	32	24	83.3
1985	Dave Krieg	16/16	532	285	3602	53.6	27	20	76.2
1986	Dave Krieg	15/15	375	225	2921	60.0	21	11	91.0
1987	Dave Krieg	12/12	294	178	2131	60.5	23	15	87.6
1988	Dave Krieg	9/9	228	134	1741	58.8	18	8*	94.6
1989	Dave Krieg	15/14	499	286	3309	57.3	21	20	74.8
1990	Dave Krieg	16/16	448	265	3194	59.2	15	20	73.6
1991	Dave Krieg	10/9	285	187	2080	65.6*	11	12	82.5
1992	Stan Gelbaugh	10/8	255	121	1307	47.5	6	11	52.9
1993	Rick Mirer	16/16	486	274	2833	56.4	12	17	67.0
1994	Rick Mirer	13/13	381	195	2151	51.2	11	7*	70.2
1995	Rick Mirer	15/13	391	209	2564	53.5	13	20+	63.7
1996	John Friesz	8/6	211	120	1629	56.9	8	4	86.4
1997	Warren Moon	15/14	528	313	3678	59.3	25	16	83.7
1998	Warren Moon	10/10	258	145	1632	56.2	11	8	76.6
1999	Jon Kitna	15/15	495	270	3346	54.5	23	16	77.7
2000	Jon Kitna	15/12	418	259	2658	62.0	18	19	75.6
2001	Matt Hasselbeck	13/12	321	176	2023	54.8	7	8	70.9
2002	Matt Hasselbeck	16/10	419	267	3075	63.7^	15	10	87.8
2003	Matt Hasselbeck	16/16	513	313	3841	61.0	26	15	88.8
2004	Matt Hasselbeck	14/14	474	279	3382	58.9	22	15	83.1
2005	Matt Hasselbeck	16/16	449	294	3459	65.5	24^	9	98.2^
2006	Matt Hasselbeck	12/12	371	210	2442	56.6	18	15	76.0
2007	Matt Hasselbeck	16/16	562	352	3966	62.6	28	12	91.4
2008	Seneca Wallace	10/8	242	141	1532	58.3	11	3	87.0
2009	Matt Hasselbeck	14/14	488	293	3029	60.0	17	17	75.1
2010	Matt Hasselbeck	14/14	444	266	3001	59.9	12	17	73.2
2011	Tarvaris Jackson	15/14	450	271	3091	60.2	14	13	79.2
2012	Russell Wilson	16/16	393	252	3118	64.1	26	10	100.0
2013	Russell Wilson	16/16	407	257	3357	63.1	26	9	101.2
2014	Russell Wilson	16/16	452	285	3475	63.1	20	7	95.0
2015	Russell Wilson	16/16	483	329	4024	68.1	34	8	110.1*
2016	Russell Wilson	16/16	546	353	4219	64.7	21	11	92.6
2017	Russell Wilson	16/16	553	339	3983	61.3	34*	11	95.4
2018	Russell Wilson	16/16	427	280	3448	65.6	35	7	110.9
2019	Russell Wilson	16/16	516	341	4110	66.0	31	5	106.3
2020	Russell Wilson	16/16	558	384	4212	68.8	40	13	105.1

\* Led NFL; ^ Led NFC; + Led AFC

## RECEIVING

		G	No.	Yds.	Avg.	LG	TD
1976	Steve Largent	14	54	705	13.0	45	4
1977	Steve Largent	14	33	643	19.4	74t	10
1978	Steve Largent	16	71+	1168	16.5	57t	8
1979	Steve Largent	15	66	1237+	18.7	55t	9
1980	Steve Largent	16	66	1064	16.1	67t	6
1981	Steve Largent	16	75	1224	16.3	57t	9
1982	Steve Largent	8	34	493	14.5	45	3
1983	Steve Largent	15	72	1074	14.9	46t	11
1984	Steve Largent	16	74	1164	15.7	65t	12
1985	Steve Largent	16	79	1287+	16.3	43	6
1986	Steve Largent	16	70	1070	15.3	38t	9
1987	Steve Largent	13	58	912	15.7	55t	8
1988	John L. Williams	16	58	651	11.2	75t	3
1989	Brian Blades	16	77	1063	13.8	60t	5
1990	John L. Williams	16	73	699	9.6	60	0
1991	Brian Blades	16	70	1003	14.3	52	2
1992	John L. Williams	16	74	556	7.5	27t	2
1993	Brian Blades	16	80	945	11.8	41	3
1994	Brian Blades	16	81	1086	13.4	41	4
1995	Brian Blades	16	77	1001	13.0	49	4
1996	Joey Galloway	16	57	987	17.3	65t	7
1997	Joey Galloway	15	72	1049	14.6	53t	12+
1998	Joey Galloway	16	65	1047	16.1	81t	10+
1999	Derrick Mayes	16	62	829	13.4	43t	10
2000	Sean Dawkins	16	63	731	11.6	40	5
	Ricky Watters	16	63	613	9.7	59	2
2001	Darrell Jackson	16	70	1081	15.4	64	8
2002	Koren Robinson	16	78	1240	15.9	83	5
2003	Darrell Jackson	16	68	1137	16.7	80t	9
2004	Darrell Jackson	16	87	1199	13.8	56t	7
2005	Bobby Engram	13	67	778	11.6	56	3
2006	Darrell Jackson	13	63	956	15.2	72t	10
2007	Bobby Engram	16	94	1147	12.2	49	6
2008	John Carlson	16	55	627	11.4	33	5
2009	T.J. Houshmandzadeh	16	79	911	11.5	53	3
2010	Mike Williams	14	65	751	11.6	68	2
2011	Doug Baldwin	16	51	788	15.5	55t	4
2012	Sidney Rice	16	50	748	15.0	46t	7
2013	Golden Tate	16	64	898	14.0	80t	5
2014	Doug Baldwin	16	66	825	12.5	49	3
2015	Doug Baldwin	16	78	1069	13.7	80t	14*
2016	Doug Baldwin	16	94	1128	12.0	59	7

## RECEIVING, CONTINUED

		G	No.	Yds.	Avg.	LG	TD
2017	Doug Baldwin	16	75	991	13.2	54	8
2018	Tyler Lockett	16	57	965	16.9	52t	10
2019	Tyler Lockett	16	82	1057	12.9	44t	8
2020	Tyler Lockett	16	100	1054	10.5	47t	10

\* Led NFL; + Led AFC; ^ Led NFC

## RECEIVING YARDS

		G	Yds.	No.	Avg.	LG	TD
1976	Steve Largent	14	705	54	13.0	45	4
1977	Steve Largent	14	643	33	19.4	74t	10
1978	Steve Largent	16	1168	71+	16.5	57t	8
1979	Steve Largent	15	1237+	66	18.7	55t	9
1980	Steve Largent	16	1064	66	16.1	67t	6
1981	Steve Largent	16	1224	75	16.3	57t	9
1982	Steve Largent	8	493	34	14.5	45	3
1983	Steve Largent	15	1074	72	14.9	46t	11
1984	Steve Largent	16	1164	74	15.7	65t	12
1985	Steve Largent	16	1287+	79	16.3	43	6
1986	Steve Largent	16	1070	70	15.3	38t	9
1987	Steve Largent	13	912	58	15.7	55t	8
1988	Brian Blades	16	682	40	17.1	55t	8
1989	Brian Blades	16	1063	77	13.8	60	5
1990	Tommy Kane	16	776	52	14.9	63	4
1991	Brian Blades	16	1003	70	14.3	52	2
1992	John L. Williams	16	556	74	7.5	27t	2
1993	Brian Blades	16	945	80	11.8	41	3
1994	Brian Blades	16	1086	81	13.4	45	4
1995	Joey Galloway	16	1037	67	15.5	59	7
1996	Joey Galloway	16	987	57	17.3	65t	7
1997	Joey Galloway	15	1049	72	14.6	53t	12+
1998	Joey Galloway	16	1047	65	16.1	81t	10+
1999	Sean Dawkins	16	992	58	17.1	45t	7
2000	Sean Dawkins	16	731	63	11.6	40	5
2001	Darrell Jackson	16	1081	70	15.4	64	8
2002	Koren Robinson	16	1240	78	15.9	83	5
2003	Darrell Jackson	16	1137	68	16.7	80t	9
2004	Darrell Jackson	16	1199	87	13.8	56t	7
2005	Bobby Engram	13	778	67	11.6	56	3
2006	Darrell Jackson	13	956	63	15.2	72t	10
2007	Bobby Engram	16	1147	94	12.2	49	6
2008	John Carlson	16	627	55	11.4	33	5
2009	T.J. Houshmandzadeh	16	911	79	11.5	53	3
2010	Mike Williams	14	751	65	11.6	68	2
2011	Doug Baldwin	16	788	51	15.5	55t	4
2012	Sidney Rice	16	748	50	15.0	46t	7
2013	Golden Tate	16	898	64	14.0	80t	5
2014	Doug Baldwin	16	825	66	12.5	49	3
2015	Doug Baldwin	16	1069	78	13.7	80t	14*
2016	Doug Baldwin	16	1128	94	12.0	59	7
2017	Doug Baldwin	16	991	75	13.2	54	8
2018	Tyler Lockett	16	965	57	16.9	52t	10
2019	Tyler Lockett	16	1057	82	12.9	44t	8
2020	DK Metcalf	16	1303	83	15.7	62	10

\* Led NFL; + Led AFC

## INTERCEPTIONS

		G	No.	Yds.	Avg.	LG	TD
1976	Dave Brown	14	4	70	17.5	34	0
	Rolly Woolsey	14	4	19	4.7	13	0
1977	Autry Beamon	14	6	36	6.0	16	0
1978	Cornell Webster	15	5	9	1.8	14	0
1979	Dave Brown	16	5	46	9.2	32t	1
1980	Dave Brown	16	6	32	5.3	24	0
	John Harris	16	6	28	4.7	15	0
1981	John Harris	16	10+	155	15.5	42t	2+
1982	Kenny Easley	8	4	48	12.0	44	0
	John Harris	9	4	33	8.3	18	0
1983	Kenny Easley	16	7	96	13.2	38	0
1984	Kenny Easley	16	10+	126	12.6	58t	2*
1985	John Harris	16	7	20	2.9	17	0
1986	Dave Brown	16	5	58	11.6	24	1
1987	Kenny Easley	12	4	47	11.8	22	0
1988	Paul Moyer	16	6	79	13.2	34	0
1989	Eugene Robinson	16	5	24	4.8	20	0
1990	Eugene Robinson	16	3	89	29.7	39	0
	Dwayne Harper	16	3	69	23.0	47	0
1991	Eugene Robinson	16	5	56	11.2	27	0
1992	Eugene Robinson	16	7	126	18.0	49	0
1993	Eugene Robinson	16	9*	80	8.9	28	0
1994	Patrick Hunter	5	3	85	28.3	51	0
	Terry Wooden	16	3	78	26.0	69t	1
	Orlando Watters	16	3	39	13.0	18	1
	Eugene Robinson	13	3	18	6.0	18	0
1995	Robert Blackmon	13	5	46	9.2	21	0
1996	Darryl Williams	16	5	148	29.6	79	1
1997	Darryl Williams	16	8+	172	21.5	44	1
1998	Shawn Springs	16	7	142	20.3	56t	2#
1999	Shawn Springs	16	5	77	15.4	42	0
	Willie Williams	16	5	43	8.6	40t	1
2000	Jay Bellamy	16	4	132	33.0	84t	1
	Willie Williams	16	4	74	18.5	69t	1

# YEARLY LEADERS

## INTERCEPTIONS, CONTINUED

		G	No.	Yds.	Avg.	LG	TD
2001	Willie Williams	16	4	24	6.0	24	0
2002	Reggie Tongue	16	5	118	23.6	46t	1
2003	Reggie Tongue	14	4	11	2.8	10	0
2004	Ken Lucas	16	6!	46	7.7	25	1
2005	Michael Boulware	16	4	107	26.8	40	0
2006	Ken Hamlin	16	3	63	21.0	37	0
2007	Marcus Trufant	16	7	150	21.4	84t	1
2008	Josh Wilson	16	4	135	33.8	75t	1
2009	David Hawthorne	16	3	9	3.0	5	0
	Deon Grant	16	3	7	2.3	7	0
2010	Earl Thomas	16	5	68	13.6	34	0
2011	Brandon Browner	16	6	220	36.7	94t	2*
2012	Richard Sherman	16	8	57	7.1	29	1
2013	Richard Sherman	16	8*	125	15.6	58t	1
2014	Richard Sherman	16	4	81	20.3	53	0
2015	Earl Thomas	16	5	67	13.4	32	0
2016	Richard Sherman	16	4	37	9.3	31	0
2017	Justin Coleman	16	2	58	29.0	30t	2
	Richard Sherman	9	2	20	10.0	19	0
	Earl Thomas	14	2	97	48.5	78t	1
	Bobby Wagner	16	2	7	3.5	7	0
2018	Bradley McDougald	16	3	39	13.0	39	0
	Earl Thomas	4	3	25	8.3	25	0
2019	Quandre Diggs	6	3	99	33.0	55t	1
	K.J. Wright	16	3	10	3.3	11	0
	Tre Flowers	15	3	0	0.0	0	0
2020	Quandre Diggs	16	5!	57	11.4	32	0

\* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC

## PUNTING

		G	No.	Yds.	Avg.	Net	LG	TB	I20	Blk.
1976	Rick Engles	14	80	3067	38.3	29.9	55	3	13	2
1977	Herman Weaver	13	58	2293	39.5	31.8	59	4	10	1
1978	Herman Weaver	16	66	2440	37.0	29.5	59	6	13	0
1979	Herman Weaver	16	66	2651	40.2	33.4	60	3	11	3
1980	Herman Weaver	16	67	2798	41.8	31.6	62	7	14	2
1981	Jeff West	15	66	2578	39.1	36.1+	56	2	16	0
1982	Jeff West	9	48	1835	38.2	36.7	52	3	8	0
1983	Jeff West	16	79	3115	39.5	34.6	56	10	25	0
1984	Jeff West	16	95	3567	37.5	33.3	60	10	24	0
1985	Dave Finzer	12	68	2766	40.7	34.6	61	6	12	0
1986	Vince Gamache	16	79	3048	38.6	33.0	55	7	10	0
1987	Ruben Rodriguez	12	47	1880	40.0	34.0	63	5	17	0
1988	Ruben Rodriguez	16	70	2858	40.8	36.8	68	4	14	0
1989	Ruben Rodriguez	16	75	2995	39.9	32.9	59	8	17	1
1990	Rick Donnelly	16	67	2722	40.6	34.4	54	8	18	0
1991	Rick Tuten	10	49	2106	43.0	36.9	60	3	8	0
1992	Rick Tuten	16	108*	4760*	44.1	38.7	65	8	29*	0
1993	Rick Tuten	16	90	4007	44.5	37.3	64	7	21	1
1994	Rick Tuten	16	91	3905	42.9	36.7	64	7	33	0
1995	Rick Tuten	16	83	3735	45.0*	36.5	73*	8	21	0
1996	Rick Tuten	16	85	3746	44.1	34.5	66	7	21	1
1997	Rick Tuten	11	48	2007	41.8	36.4	65	5	15	0
1998	Jeff Feagles	16	81	3570	44.1	36.5	59	12	27	0
1999	Jeff Feagles	16	84	3425	40.8	35.2	59	5	34	0
2000	Jeff Feagles	16	74	2960	40.0	36.9	57	2	24	1
2001	Jeff Feagles	16	85	3730	43.9	36.4	68	7	26	1
2002	Jeff Feagles	16	61	2542	41.7	37.0	58	4	22	0
2003	Tom Rouen	16	67	2762	41.2	37.1	61	3	29	2
2004	Tom Rouen	4	26	1093	42.0	37.8	60	1	10	0
	Donnie Jones	6	26	988	38.0	32.2	51	2	6	1
2005	Tom Rouen	12	61	2539	41.6	35.0	62	7	20	0
2006	Ryan Plackemeier	16	84	3778	45.0	37.3	72	15	25	0
2007	Ryan Plackemeier	16	86	3436	40.0	34.3	62	6	30	0
2008	Jon Ryan	15	78	3557	45.6	37.9	63	12	22	1
2009	Jon Ryan	16	88	4068	46.2	38.7	70	9	28	0
2010	Jon Ryan	16	78	3254	41.7	37.3	63	1	27	0
2011	Jon Ryan	16	95	4431	46.6	39.3	77	8	34*	0
2012	Jon Ryan	16	65	2963	45.6	40.8	73	3	30	0
2013	Jon Ryan	16	74	3159	42.7	39.2	69	5	28	2
2014	Jon Ryan	16	61	2688	44.1	38.3	66	6	28	1
2015	Jon Ryan	16	68	3105	45.7	37.9	73	7	24	0
2016	Jon Ryan	16	71	3126	44.0	39.3	64	3	26	1
2017	Jon Ryan	16	92	4141	45.0	38.8	74	6	29	0
2018	Michael Dickson	16	78	3759	48.2	42.5	69	5	28	1
2019	Michael Dickson	16	74	3341	45.1	40.9	63	5	34^	0
2020	Michael Dickson	16	61	3028	49.6^	44.4	67	6	32*	0

\* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC; ^ Led NFC

## PUNT RETURNS

		G	No.	FC	Yds.	Avg.	LG	TD
1976	Lyle Blackwood	11	19	2	132	6.9	26	0
1977	Walter Packer	10	20	0	131	6.5	31	0
1978	Rufus Crawford	16	34	4	284	8.4	22	0
1979	Tony Green	11	16	3	121	7.6	30	0

## PUNT RETURNS, CONTINUED

		G	No.	FC	Yds.	Avg.	LG	TD
1980	Will Lewis	16	41	9	349	8.5	75t	1
1981	Paul Johns	16	16	4	177	11.1	34	0
1982	Paul Johns	9	19	10	210	11.1	37	0
1983	Paul Johns	11	28	5	316	11.3	75t	1*
1984	Kenny Easley	16	16	5	194	12.1	42	0
1985	Paul Skansi	12	31	7	312	10.1	32	0
1986	Bobby Joe Edmonds	15	34	14	419	12.3*	75t	1+
1987	Bobby Joe Edmonds	11	20	4	251	12.6+	40	0
1988	Bobby Joe Edmonds	16	35	8	340	9.7	41	0
1989	David Hollis	10	18	7	164	9.1	21	0
1990	Chris Warren	16	28	16	269	9.6	39	0
1991	Chris Warren	16	32	19	298	9.3	59t	1*
1992	Chris Warren	16	34	25	252	7.4	16	0
1993	Kelvin Martin	16	32	15	270	8.4	33	0
1994	Kelvin Martin	16	33	20	280	8.5	23	0
1995	Joey Galloway	16	36	12	360	10.0	89t*	1
1996	Joey Galloway	16	15	5	158	10.5	88t+	1+
1997	Ronnie Harris	13	21	12	144	6.9	19	0
1998	Joey Galloway	16	25	5	251	10.0	74t	2@
1999	Charlie Rogers	12	22	18	318	14.5*	94t*	1
2000	Charlie Rogers	15	26	12	363	14.0	43	0
2001	Charlie Rogers	13	25	10	244	9.8	34	0
2002	Bobby Engram	15	21	23	224	10.7	61t	1
2003	Bobby Engram	16	31	22	320	10.3	83t	1
2004	Maurice Morris	15	15	4	75	5.0	22	0
2005	Jimmy Williams	14	24	22	139	5.8	24	0
2006	Nate Burleson	16	34	7	322	9.5	90t	1
2007	Nate Burleson	16	58	8	658	11.3	94t	1
2008	Justin Forsett	11	23	9	227	9.9	29	0
2009	Nate Burleson	13	30	3	254	8.5	29	0
2010	Leon Washington	16	22	8	249	11.3	84	0
2011	Leon Washington	16	41	16	464	11.3	37	0
2012	Leon Washington	16	41	17	356	8.7	52	0
2013	Golden Tate	16	51	14	585	11.5	71	0
2014	Bryan Walters	13	27	23	207	7.7	21	0
2015	Tyler Lockett	16	40	21	379	9.5	66	1
2016	Tyler Lockett	15	29	22	243	8.4	62	0
2017	Tyler Lockett	16	36	21	237	6.6	27	0
2018	Tyler Lockett	16	25	20	143	5.7	19	0
2019	Tyler Lockett	16	13	10	66	5.1	20	0
2020	David Moore	16	12	14	111	9.3	20	0

\* Led NFL; @ Tied NFL; + Led AFC; # Tied AFC

## KICKOFF RETURNS

		G	No.	Yds.	Avg.	LG	TD
1976	Oliver Ross	10	30	655	21.8	45	0
1977	Al Hunter	12	36	820	22.7	41	0
1978	Al Hunter	16	16	385	24.1	38	0
1979	Tony Green	11	20	437	21.9	31	0
1980	Will Lewis	16	25	585	23.4	54	0
1981	Will Lewis	10	20	378	18.9	36	0
1982	Horace Ivory	6	10	224	22.4	30	0
1983	Zachary Dixon	13	49*	1448*	23.4	94t	1*
1984	David Hughes	16	17	348	20.5	38	0
1985	Randall Morris	16	31	636	20.5	58	0
1986	Bobby Joe Edmonds	15	34	764	22.5	46	0
1987	Bobby Joe Edmonds	11	27	564	20.9	43	0
1988	Bobby Joe Edmonds	16	40	900	22.5	65	0
1989	James Jefferson	16	22	511	23.2	97t+	1*
1990	Chris Warren	16	23	478	20.8	71	0
1991	Chris Warren	16	35	792	22.6	55	0
1992	Chris Warren	16	28	524	18.7	34	0
1993	Michael Bates	16	30	602	20.1	46	0
1994	Michael Bates	15	26	508	19.5	38	0
1995	Steve Broussard	15	43	1062	24.7	70	0
1996	Steve Broussard	12	43	979	22.8	86	0
1997	Steve Broussard	16	50	1076	21.5	43	0
1998	Steve Broussard	15	29	781	26.9	90t	1
1999	Ahman Green	14	36	818	22.7	54	0
2000	Charlie Rogers	15	66	1629	24.7	81t	1
2001	Charlie Rogers	13	50	1120	22.4	64	0
2002	Maurice Morris	11	34	821	24.1	97t	1
2003	Maurice Morris	16	47	1007	21.4	56	0
2004	Maurice Morris	15	47	994	21.1	34	0
2005	Josh Scobey	16	59	1326	22.5	53	0
2006	Nate Burleson	16	26	643	24.7	50	0
2007	Nate Burleson	16	27	590	21.9	91t	1
2008	Josh Wilson	16	69	1753	25.4	61	0
2009	Justin Forsett	16	18	432	24.0	46	0
2010	Leon Washington	16	57	1461	25.6	101t	3*
2011	Leon Washington	16	43	1084	25.2	54	0
2012	Leon Washington	16	27	784	29.0	98t	1
2013	Jermaine Kearse	15	13	283	21.8	40	0
2014	Paul Richardson	15	16	376	23.5	47	0
2015	Tyler Lockett	16	33	852	25.8	105t	1
2016	Tyler Lockett	15	23	606	26.3	46	0
2017	Tyler Lockett	16	37	949	25.6	99t	1
2018	Tyler Lockett	16	19	493	25.9	84	0
2019	Tyler Lockett	16	14	279	19.9	33	0
2020	Travis Homer	9	12	291	24.3	44	0

# DEFENSIVE STATISTICS

## TACKLES

Includes solo and assists

		G	No.
1976	Dave Brown	14	111
1977	Terry Beeson	14	134
1978	Terry Beeson	16	153
1979	Terry Beeson	16	114
1980	Michael Jackson	15	136
1981	Michael Jackson	16	140
1982	Michael Jackson	8	64
1983	Bruce Scholtz	16	104
1984	Shelton Robinson	16	93
1985	Fredd Young	16	118
1986	Fredd Young	15	121
1987	Fredd Young	13	101
1988	Eugene Robinson	16	114
1989	Eugene Robinson	16	102
1990	Nesby Glasgow	16	83
1991	Terry Wooden	16	100
1992	Eugene Robinson	16	94
1993	Eugene Robinson	16	111
1994	Rod Stephens	16	128
1995	Terry Wooden	16	135
1996	Dean Wells	16	107
1997	Chad Brown	15	104
1998	Chad Brown	16	150
1999	Chad Brown	15	117
2000	Anthony Simmons	16	147
2001	Anthony Simmons	16	123
2002	Reggie Tongue	16	93
2003	Anthony Simmons	13	100
2004	Marcus Trufant	16	93
2005	Lofa Tatupu	16	105
2006	Lofa Tatupu	16	123
2007	Lofa Tatupu	16	109
2008	Lofa Tatupu	15	94
2009	David Hawthorne	16	116
2010	David Hawthorne	16	105
2011	David Hawthorne	15	115
2012	Bobby Wagner	16	140
2013	Bobby Wagner	14	119
2014	K.J. Wright	16	107
2015	K.J. Wright	16	116
2016	Bobby Wagner	16	167*
2017	Bobby Wagner	16	133
2018	Bobby Wagner	15	138
2019	Bobby Wagner	16	159*
2020	Bobby Wagner	16	138

\*Led NFL

## SACKS

		G	No.
1976	Steve Niehaus	14	9.5
1977	Alden Roche	12	3.5
1978	Bill Gregory	16	9.0
1979	Manu Tuiaosopo	16	8.0
1980	Jacob Green	14	6.5
1981	Jacob Green	16	12.0
1982	Jeff Bryant	9	3.0
	Jacob Green	9	3.0
1983	Jacob Green	16	16.0
1984	Jeff Bryant	16	14.5
1985	Jacob Green	16	13.5
1986	Jacob Green	16	12.0
1987	Jacob Green	12	9.5
1988	Jacob Green	16	9.0
1989	Rufus Porter	16	10.5
1990	Jacob Green	16	12.5
1991	Rufus Porter	15	10.0
1992	Cortez Kennedy	16	14.0
1993	Michael Sinclair	9	8.0
1994	Michael Sinclair	12	4.5
1995	Antonio Edwards	13	6.5
	Cortez Kennedy	16	6.5
1996	Michael McCrary	16	13.5+
1997	Michael Sinclair	16	12.0
1998	Michael Sinclair	16	16.5*
1999	Phillip Daniels	16	9.0
2000	Chad Brown	16	6.0
	Lamar King	14	6.0
2001	John Randle	15	11.0
2002	John Randle	12	7.0
2003	Chike Okeafor	16	8.0

## SACKS, CONTINUED

		G	No.
2004	Chike Okeafor	16	8.5
2005	Bryce Fisher	16	9.0
2006	Julian Peterson	16	10.0
2007	Patrick Kerney	16	14.5^
2008	Brandon Mebane	16	5.5
	Darryl Tapp	16	5.5
2009	Patrick Kerney	14	5.0
2010	Chris Clemons	16	11.0
2011	Chris Clemons	16	11.0
2012	Chris Clemons	16	11.5
2013	Michael Bennett	16	8.5
2014	Michael Bennett	16	7.0
2015	Michael Bennett	16	10.0
2016	Cliff Avril	16	11.5
2017	Frank Clark	16	9.0
2018	Frank Clark	16	13.0
2019	Rasheem Green	16	4.0
2020	Jamal Adams	12	9.5

\* Led NFL; ^ Led AFC; ^ Led NFC

## SPECIAL TEAMS TACKLES

		G	No.
1976	Don Dufek	14	15
1977	Peter Cronan	14	11
	Charles McShane	14	11
	Cornell Webster	15	12
1978	Don Dufek	13	18
1979	Don Dufek	8	13
1980	Don Dufek	8	13
1981	Mike Tice	16	11
1982	Eric Lane	9	6
	Ken McAlister	9	6
1983	Don Dufek	14	18
1984	Sam Merriman	16	21
1985	John Kaiser	16	14
1986	Eric Lane	15	16
1987	David Hollis	11	10
1988	Rufus Porter	16	16

## SPECIAL TEAMS TACKLES, CONTINUED

		G	No.
1989	Rufus Porter	16	13
1990	James Jones	16	15
1991	David Daniels	16	12
	Rod Stephens	16	12
	Chris Warren	16	12
1992	Tracy Johnson	16	18
1993	Michael Bates	16	22
1994	Dean Wells	15	16
1995	Mack Strong	16	19
1996	Jay Bellamy	16	34
1997	Tim Hauck	16	22
1998	Kerry Joseph	16	14
1999	James Logan	16	18
2000	Isaiah Kacyvenski	16	15
2001	Isaiah Kacyvenski	16	21
2002	Terreal Bierria	14	16
2003	Alex Bannister	16	18
2004	Niko Koutouvides	16	16
2005	Josh Scobey	16	23
2006	Kevin Bentley	14	14
	Niko Koutouvides	16	14
2007	Niko Koutouvides	15	20
2008	Jordan Babineaux	14	14
	C.J. Wallace	12	14
2009	Lance Laury	16	21
2010	Matt McCoy	14	19
2011	Heath Farwell	11	21
2012	Heath Farwell	16	15
2013	Jeremy Lane	14	13
2014	Jeron Johnson	15	8
2015	Kelcie McCray	16	12
2016	Neiko Thorpe	15	9
2017	Neiko Thorpe	14	10
2018	Justin Coleman	16	12
	Barkevious Mingo	16	12
2019	Ugo Amadi	16	10
2020	Cody Barton	16	16^

^ Led NFC





**RECORDS**

# TEAM RECORDS - REGULAR SEASON

## ATTENDANCE

### ATTENDANCE

#### Largest Single-Season Regular-Season Home Totals

552,588	2016 (69,074)
552,162	2015 (69,020)
552,009	2018 (69,001)

#### Largest Single-Game Regular-Season – Lumen Field (2002-)

69,190	vs. Philadelphia 11/20/2016
69,162	vs. San Francisco 12/29/2019
69,104	vs. Carolina 12/4/2016

#### Largest Single-Game Regular-Season – Kingdome (1976-99)

66,400	vs. Oakland 10/3/1999
66,332	vs. Kansas City 12/26/1999
66,318	vs. San Diego 12/12/1999

#### Largest Single-Game Regular-Season – Husky Stadium (2000-01)

68,681	vs. Oakland 12/16/2000
68,661	vs. Denver 11/26/2000
67,231	vs. Oakland 11/11/2001

#### Largest Single-Game Regular – Season Road Attendance

92,150	at Dallas 12/24/2017
91,486	at Dallas 11/1/2015
91,046	at L.A. Rams 9/18/2016

## GAMES WON-LOST

### GAMES WON

#### Most Games Won, Season

13	2005, 2013
12	1984, 2014, 2020
11	2012, 2019

#### Most Consecutive Games Won

11	2005
9	2012-13
8	1984

#### Most Consecutive Games Without Defeat

11	2005
9	2012-13
8	1984

#### Most Consecutive Games Won, One Season

11	2005
8	1984
7	2013

#### Most Consecutive Games Won, Start of Season

5	2020
4	2013
3	1986, 1998, 2003, 2004, 2006

#### Most Consecutive Games Won, End of Season

6	2014
5	1986, 2012
4	2020

#### Most Consecutive Home Games Won

14	2012-13
12	2004-06
10	2002-04

#### Most Consecutive Road Games Won

6	2019
5	1979-80, 2005, 2015
4	1984, 2012-13, 2017, 2020-21

#### Most Shutout Games Won or Tied, Season

3	1984
2	1986, 2009
1	12 Times (Last: 2015)

#### Most Consecutive Shutout Games Won or Tied, Season

2	1984
1	17 Times (Last: 2015)

#### Most Consecutive Overtime Games Won, Season

2	1990, 2019 (Ties NFL record)
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### GAMES LOST

#### Most Games Lost, Season

14	1992
12	1976, 1980, 2008
11	2009

#### Most Consecutive Games Lost

10	1980-81
9	1976-77
8	1992

#### Most Consecutive Games Lost, One Season

9	1980
8	1992
6	1994, 2008

#### Most Consecutive Games Lost, Start of Season

5	1976
4	1977
3	1990, 1996, 2002

#### Most Consecutive Games Lost, End of Season

9	1980
5	1976
4	1992, 2009

#### Most Consecutive Home Games Lost

8	1980
5	1992, 2008
4	1976, 1976-77

#### Most Consecutive Road Games Lost

8	1976-77, 1980-81
7	1992-93
6	2003, 2008-09

#### Most Shutout Games Lost or Tied, Season

2	1992
1	9 Times (Last: 2011)

#### Most Consecutive Shutout Games, Lost or Tied, Season

2	1992
1	9 Times (Last: 2011)

#### Most Consecutive Overtime Games Lost, Season

1	24 Times (Last: 2021)
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## SCORING

### POINTS

#### Most Points, Season

459	2020
452	2005
428	2018

#### Fewest Points, Season

127	1982 (9 games)
140	1992 (NFL record for 16-game season)
229	1976 (14 games)

#### Most Points, Game

58	vs. Arizona 12/9/2012
56	vs. Buffalo 10/30/1977
51	vs. Kansas City 11/27/1983 (OT)

#### Fewest Points, Game

0	11 Times (Last: at Pittsburgh 9/18/2011)
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#### Most Points, Both Teams, Game

99	Seattle (51) vs. Kansas City (48) 11/27/1983 (OT)
85	Seattle (41) at Baltimore (44) 11/23/2003 (OT)
	Seattle (41) at Atlanta (44) 12/30/2007
84	Seattle (49) vs. San Diego (35) 9/15/1985

#### Fewest Points, Both Teams, Game

9	Seattle (3) at Cleveland (6) 10/23/2011
12	Seattle (3) at L.A. Rams (9) 9/18/2016
	Seattle (6) at Arizona (6) 10/23/2016
14	Seattle (14) vs. Washington (0) 9/28/1980

#### Most Points, Shutout Victory, Game

58	vs. Arizona 12/9/2012
45	vs. Kansas City 11/4/1984
42	at Philadelphia 12/5/2005

#### Fewest Points, Shutout Victory, Game

14	vs. Washington 9/28/1980
16	vs. Pittsburgh 11/28/1982
	vs. Oakland 11/6/2006
17	vs. N.Y. Jets 11/13/1977

#### Most Points Overcome to Win Game

21	vs. Tampa Bay 11/3/2013 (Trailed 21-0, Won 27-24 in OT)
20	at Denver 12/10/1995 (Trailed 20-0, Won 31-27)
18	vs. Pittsburgh 11/8/1981 (Trailed 21-3, Won 24-21)
	at Oakland 12/14/1997 (Trailed 21-3, Won 22-21)

#### Most Points, Each Half

1st:	45, vs. Minnesota 9/29/2002
	42, vs. Buffalo 10/30/1977
	38, vs. Arizona 12/9/2012
2nd:	36, vs. Indianapolis 10/1/2017
	35, vs. San Diego 9/15/1985
	34, vs. Kansas City 11/27/1983

#### Most Points, One Quarter

31	vs. Minnesota, 9/29/2002 (2nd)
28	5 Times (Last: vs. Arizona 12/9/2012 [2nd])

#### Most Points, Each Quarter

1st:	21, vs. Cincinnati 9/6/1981
	vs. Detroit 10/18/1987
	vs. N.Y. Giants 11/5/1995
	vs. N.Y. Giants 9/24/2006
2nd:	31, vs. Minnesota 9/29/2002
	28, vs. Buffalo 10/30/1977
	vs. Kansas City 11/4/1984
	vs. Kansas City 9/11/1988
	vs. Arizona 12/9/2012
3rd:	28, vs. San Diego 9/15/1985
	22, vs. Indianapolis 10/1/2017
	21, vs. Chicago 9/23/1984
	vs. Carolina 12/5/2010
	vs. Minnesota 10/11/2020
4th:	24, vs. New England 9/21/1986
	22, vs. Dallas 12/6/2004
	21, vs. Detroit 9/24/1978
	at Denver 12/10/1995
	at San Diego 12/29/2002
	vs. N.Y. Giants 11/9/2014
	at Arizona 12/21/2014
	vs. Arizona 12/24/2016
OT:	6, at Atlanta 12/15/2002
	at Chicago 12/2/2012
	vs. Denver 9/21/2014
	vs. Tampa Bay 11/3/2019
	3, 10 Times (Last: at Arizona 10/23/2016)

#### Most Consecutive Games Scoring

164	2011-present
121	1992-99
115	2000-07

# TEAM RECORDS - REGULAR SEASON

## TOUCHDOWNS

### Most Touchdowns, Season

57	2005
55	2020
52	2018

### Fewest Touchdowns, Season

14	1982 (9 games)
	1992
28	1989

### Most Touchdowns, Game

8	vs. Buffalo 10/30/1977
7	vs. San Diego 9/15/1985
	vs. Arizona 12/9/2012
6	17 Times (Last: vs. San Francisco 12/2/2018)

### Most Touchdowns, Both Teams, Game

13	Seattle (6) vs. Kansas City (7) 11/27/1983 (OT)
12	Seattle (7) vs. San Diego (5) 9/15/1985
10	8 Times (Last: Seattle [5] vs. Houston [5] 10/29/2017)

### Most Consecutive Games Scoring Touchdowns

69	2017-present
58	2012-16
48	1982-85

## POINTS AFTER TOUCHDOWN

### Most Points After Touchdown, Season

56	2005
50	1984
49	1983, 2020

### Fewest Points After Touchdown, Season

13	1982 (9 games)
14	1992
25	1994

### Most Points After Touchdown, Game

8	vs. Buffalo 10/30/1977
7	vs. San Diego 9/15/1985
	vs. Arizona 12/9/2012
6	13 Times (Last: vs. Jacksonville 9/22/2013)

### Most Points After Touchdown, Both Teams, Game

12	Seattle (6) vs. Kansas City (6) 11/27/1983 (OT)
10	5 Times (Last: Seattle [5] vs. Houston [5] 10/29/2017)

## TWO-POINT CONVERSIONS (ADOPTED IN 1994)

### Most Two-Point Conversion Attempts, Season

6	1994, 1996, 1997
5	2015, 2017
4	1998, 2000

### Most Two-Point Conversion Attempts, Game

2	at Kansas City 10/23/1994
	vs. San Diego 10/22/1995
	vs. Oakland 10/26/1997
	vs. Oakland 12/16/2000
	vs. Arizona 11/15/2015
	vs. Pittsburgh 11/29/2015
	vs. Washington 11/5/2017

### Most Two-Point Conversions Made, Season

4	1994, 1996
2	1998, 2004, 2010, 2017

### Most Two-Point Conversions Made, Game

2	at Kansas City 10/23/1994
1	Many Times

## FIELD GOALS

### Most Field Goals Attempted, Season

40	1999
37	2014, 2016

35 1986, 2013

### Fewest Field Goals Attempted, Season

14	1982 (9 games)
16	1976
18	1977

### Most Field Goals Attempted, Game

6	vs. Kansas City 9/20/1987
	vs. Pittsburgh 9/26/1999
	vs. San Diego 12/12/1999
	vs. Chicago 9/27/2009
	at Arizona 11/14/2010
5	11 Times (Last: vs. Arizona 11/23/2014)

### Most Field Goals Attempted, Both Teams, Game

10	Seattle (6) vs. San Diego (4) 12/12/1999
9	at Seattle (5) vs. Houston (4) 11/3/1996

### Most Field Goals, Season

34	1999
33	2013, 2016
31	2014

### Fewest Field Goals, Season

9	1976, 1977
10	1982 (9 games)

### Most Field Goals, Game

5	vs. Kansas City 9/20/1987
	vs. L.A. Raiders 12/18/1988
	vs. Pittsburgh 9/26/1999
	vs. Arizona 10/24/2010
	at Arizona 11/14/2010
	vs. Baltimore 11/13/2011
4	Many Times

### Most Field Goals, Both Teams, Game

8	Seattle (5) vs. L.A. Raiders (3) 12/18/1988
7	9 Times (Last: Seattle [3] vs. San Francisco [4] 9/14/2008)

### Most Consecutive Games Scoring Field Goals

21	2015-17
19	2002-03, 2015-16
15	1990-91

## SAFETIES

### Most Safeties, Season

4	1993 (Ties NFL record)
3	2020
2	2013, 2017

### Most Safeties, Game

1	Many Times (Last: vs. NYG 12/6/2020)
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### Most Safeties, Both Teams, Game

2	Seattle (0) vs. Denver (2) 1/2/1983
	Seattle (1) vs. Cleveland (1) 11/14/1993
1	Many Times (Last: Seattle [1] vs. NYG [0] 12/6/2020)

## POINTS ALLOWED

### Most Points Allowed, Season

429	1976
408	1980
407	2010

### Fewest Points Allowed, Season

147	1982 (9 games)
231	2013 (Led NFL)
245	2012 (Led NFL)
254	2014 (Led NFL)

### Most Points Allowed, Game

51	vs. New Orleans 11/21/1976
	at Dallas 11/27/1980
48	vs. Kansas City 11/27/1983 (OT)
	at Green Bay 12/27/2009

### Fewest Points Allowed, Game

0	19 Times (Last: vs. Chicago 9/27/2015)
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## TOUCHDOWNS ALLOWED

### Fewest Touchdowns Allowed, Season

18	1982 (9 games)
22	2013
24	2005
25	1991, 2012

### Most Touchdowns Allowed, Season

53	1976
48	1983
47	1980, 2010, 2019

### Fewest Touchdowns Allowed, Game

0	Many Times
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### Most Touchdowns Allowed, Game

7	at Dallas 11/27/1980
	vs. Kansas City 11/27/1983 (OT)
6	7 Times (Last: vs. Kansas City 11/28/2010)

# FIRST DOWNS

## FIRST DOWNS MADE

### Most Seasons Leading League

1	1978
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### Most First Downs, Season

361	2005
356	2020
347	2002

### Fewest First Downs, Season

159	1982 (9 games)
208	1992
238	1976

### Most First Downs, Game

34	vs. San Diego 11/22/1987
	at San Diego 12/29/2002 (OT)
33	vs. Kansas City 11/27/1983 (OT)
	at Arizona 10/25/2020 (OT)
32	vs. Kansas City 11/24/2002

### Fewest First Downs, Game

1	vs. L.A. Rams 11/4/1979
2	vs. New England 12/4/1988
6	3 Times (Last: at Dallas 10/11/1992)

### Most First Downs, Both Teams, Game

64	vs. Kansas City 11/24/2002 (Sea-32, KC-32)
	at Arizona 10/25/2020 (Sea-33, Ari-31) OT
62	vs. San Diego 9/15/1985 (Sea-30, SD-32)

## BY RUSHING

### Most First Downs, Rushing, Season

150	1978
144	2014
142	2005

### Fewest First Downs, Rushing, Season

51	1982 (9 games)
65	1999
75	1976

### Most First Downs, Rushing, Game

19	vs. San Diego 11/22/1987
	vs. Houston 10/16/2005
	vs. N.Y. Giants 11/9/2014
18	vs. Kansas City 11/27/1983 (OT)

### Fewest First Downs, Rushing, Game

0	at L.A. Rams 10/31/1976
	vs. L.A. Rams 11/4/1979
	vs. New England 12/4/1988

# TEAM RECORDS - REGULAR SEASON

vs. L.A. Raiders 10/18/1992  
vs. Arizona 10/18/2009

## BY PASSING

### Most First Downs, Passing, Season

224 2019  
216 2020  
207 2008

### Fewest First Downs, Passing, Season

89 1982 (9 games)  
114 1992  
116 1977

### Most First Downs, Passing, Game

23 vs. Tampa Bay 11/3/2019  
22 at Cleveland 11/4/2007  
21 vs. Denver 11/20/1983  
vs. Kansas City 11/24/2002  
vs. New Orleans 10/14/2007  
at Arizona 10/25/2020

### Fewest First Downs, Passing, Game

1 vs. L.A. Rams 11/4/1979  
vs. Oakland 12/22/1996  
2 6 Times (Last: vs. Philadelphia 11/2/2008)

## BY PENALTY

### Most First Downs, Penalty, Season

40 2018  
39 1978  
35 2002

### Fewest First Downs, Penalty, Season

10 1986  
14 1991  
15 2000

### Most First Downs, Penalty, Game

6 vs. N.Y. Jets 9/17/1978  
vs. San Diego 1 1/16/1981  
vs. San Diego 9/18/1994  
vs. San Francisco 12/2/2018

## FIRST DOWNS ALLOWED

### Most First Downs Allowed, Season

376 2020  
371 1981  
356 2002

### Fewest First Downs Allowed, Season

167 1982(9 games)  
247 1992  
262 1991

### Most First Downs Allowed, Game

33 vs. Tennessee 9/19/2021 (OT)  
32 at San Diego 9/15/1985  
vs. Kansas City 11/24/2002  
31 at Chicago 12/20/1987  
at Denver 12/1/1996  
at N.Y. Jets 12/6/1998  
at Denver 12/27/1998  
at Arizona 10/25/2020 (OT)

### Fewest First Downs Allowed, Game

6 vs. San Diego 11/22/1987  
vs. San Francisco 11/12/2007  
7 vs. Chicago 9/27/2015  
8 at N.Y. Jets 11/13/1977  
vs. San Francisco 12/11/2005  
at San Francisco 10/22/2015

## BY RUSHING

### Most First Downs Allowed, Rushing, Season

175 1981  
166 1976  
153 1978

### Fewest First Downs Allowed, Rushing, Season

70 2014  
71 2015  
78 2005, 2007

### Most First Downs Allowed, Rushing, Game

19 vs. New Orleans 11/21/1976  
18 3 Times (Last: at Kansas City 11/22/1981)

### Fewest First Downs Allowed, Rushing, Game

0 at Green Bay 12/9/1990  
at Baltimore 12/13/2015  
at Arizona 1/3/2016  
at N.Y. Giants 10/22/2017  
1 Many Times (Last: Cincinnati 9/8/2019)

## BY PASSING

### Most First Downs Allowed, Passing, Season

253 2020  
224 2019  
207 2008

### Fewest First Downs Allowed, Passing, Season

68 1982 (9 games)  
125 1977  
129 1992

### Most First Downs Allowed, Passing, Game

27 at San Diego 9/15/1985  
24 at Atlanta 10/27/2019  
23 at Atlanta 9/13/2020

### Fewest First Downs Allowed, Passing, Game

2 4 Times (Last: vs. Chicago 9/27/2015)

## BY PENALTY

### Most First Downs Allowed, Penalty, Season

45 2017  
43 2013  
40 2011

### Fewest First Downs Allowed, Penalty, Season

12 1991  
13 1982 (9 games)  
15 2006

### Most First Downs Allowed, Penalty, Game

7 at Kansas City 10/17/1996  
6 vs. Arizona 12/22/2013  
at Tennessee 9/24/2017  
at N.Y. Giants 10/22/2017  
at Arizona 11/9/2017  
vs. Tennessee 9/19/21 (OT)  
5 11 Times (Last: at San Francisco 12/16/2018 (OT))

## NET YARDS GAINED RUSH/PASS

## PLAYS

### Most Plays, Season

1,090 1985  
1,072 1978  
1,056 2007

### Fewest Plays, Season

589 1982 (9 games)  
869 1977  
882 1976

### Most Plays, Game

90 at San Diego 12/29/2002 (OT)  
85 vs. Kansas City 11/27/1983 (OT)  
vs. Green Bay 11/27/2006  
vs. Philadelphia 12/7/2014  
84 vs. Kansas City 9/29/1985  
vs. San Diego 11/22/1987

### Fewest Plays, Game

35 vs. L.A. Rams 11/4/1979  
37 vs. N.Y. Giants 11/7/2010  
39 at Tampa Bay 10/19/2008

## YARDS

### Most Net Yards Gained, Season

6,058 2015  
6,012 2014  
5,991 2019

### Fewest Net Yards Gained, Season

2,594 1982 (9 games)  
3,374 1992  
4,065 1976

### Most Net Yards Gained, Game

596 at Arizona 12/21/2014  
591 at San Diego 12/29/2002 (OT)  
572 at Arizona 10/25/2020

### Fewest Net Yards Gained, Game

-7 vs. L.A. Rams 11/4/1979(NFL record)  
62 at Dallas 10/11/1992  
65 vs. New England 12/4/1988

### Most Consecutive Games, 500 or More Yards Gained

2 2002

### Most Consecutive Games, 400 or More Yards Gained

5 2015  
4 1986  
3 2012, 2017, 2020

### Most Consecutive Games, 300 or More Yards Gained

23 2014-16  
15 2019-20  
13 2019

### Most Games 500 Yards or More, Season

3 2002  
2 1986, 2014  
1 Many Times

### Highest Average Gain, Season

5.89 2014 (1,021-6,012)  
5.85 2015 (1,035-6,058)  
5.80 2005 (1,020-5,915)

### Lowest Average Gain, Season

3.57 1992 (945-3,374)  
4.40 1982 (589-2,594 [9 games])  
4.55 1989 (1,010-4,596)

## OPPONENTS YARDS

### Fewest Yards Allowed, Season

2,794 1982 (9 games)  
4,274 2014  
4,378 2013

### Most Yards Allowed, Season

6,391 2000  
6,106 2019  
6,089 2020

### Fewest Yards Allowed, Game

113 vs. San Francisco 12/11/2005  
118 at Indianapolis 9/14/1997  
120 vs. Cleveland 9/3/1984

### Most Net Yards Allowed, Game

580 vs. San Francisco 9/25/1988  
579 vs. Buffalo 12/23/2000  
557 at San Diego 9/15/1985

# TEAM RECORDS - REGULAR SEASON

## OPPONENTS PLAYS

### Fewest Opponents Plays Allowed, Season

600	1982 (9 games)
924	2014
947	2015
950	1990

### Most Opponents Plays Allowed, Season

1,137	1998
1,126	1981
1,112	2020

### Fewest Opponents Plays Allowed, Game

39	vs. San Diego 11/22/1987
41	at Pittsburgh 10/20/1991
43	vs. L.A. Raiders 9/16/1990

### Most Opponents Plays Allowed, Game

95	vs. L.A. Rams 11/4/1979
	vs. Philadelphia 12/13/1992
90	at Arizona 10/23/2016
89	vs. Minnesota 9/29/2002

### Fewest Opp. Plays Allowed, Rushing, Season

337	1982 (9 games)
362	2015
366	2018

### Most Opponents Plays Allowed, Rushing, Season

614	1976
596	1977
588	1981

### Fewest Opponents Plays Allowed, Rushing, Game

10	at Green Bay 12/9/1990
12	vs. San Diego 11/22/1987
	vs. Minnesota 11/10/1996
	vs. San Francisco 12/6/2009
	vs. Baltimore 11/13/2011

### Most Opponents Plays Allowed, Rushing, Game

63	vs. L.A. Rams 11/4/1979
61	vs. Cincinnati 10/11/1987
60	2 Times (Last: vs. Pittsburgh 10/23/1983)

### Fewest Opponents Plays Allowed, Passing, Season

263	1982 (9 games)
367	1977
394	1976

### Most Opponents Plays Allowed, Passing, Season

674	2020
650	1998
633	1993

### Fewest Opponents Attempts Allowed, Passing, Game

9	at N.Y. Giants 10/25/1992
10	at New England 12/4/1988
11	vs. Cincinnati 10/11/1987

### Most Opponents Attempts Allowed, Passing, Game

63	at N.Y. Jets 12/6/1998
59	vs. Pittsburgh 11/29/2015
58	vs. New England 10/14/2012

## RUSHING

### ATTEMPTS

#### Most Rushing Attempts, Season

561	1978
546	1983
536	2012

#### Fewest Rushing Attempts, Season

227	1982 (9 games)
374	1976
385	2010

#### Most Rushing Attempts, Game

57	vs. N.Y. Jets 9/11/1983
56	vs. San Diego 9/18/1983
54	vs. San Diego 11/22/1987

#### Fewest Rushing Attempts, Game

7	vs. L.A. Raiders 11/17/1991
9	vs. Washington 12/23/1989
11	at Carolina 10/8/2000
	vs. Arizona 10/18/2009

## YARDS GAINED

#### Most Yards Gained Rushing, Season

2,762	2014
2,579	2012
2,560	2018

#### Fewest Yards Gained Rushing, Season

795	1982(9 games)
1,392	1989
1,408	1999

#### Most Yards Gained Rushing, Game

350	vs. N.Y. Giants 11/9/2014
320	vs. Houston 10/16/2005
319	vs. Oakland 11/11/2001

#### Fewest Yards Gained Rushing, Game

4	at Minnesota 11/22/2009
14	vs. Arizona 10/18/2009
20	vs. New England 12/4/1988
	vs. Kansas City 11/28/2010

## AVERAGE GAIN

#### Highest Average Gain, Rushing, Season

5.26	2014 (525-2,762)
4.81	2012 (536-2,579)
4.79	2018 (534-2,560)
	2020 (411-1,971)

#### Lowest Average Gain, Rushing, Season

3.32	1984 (495-1,645)
3.44	1989 (405-1,392)
3.45	1999 (408-1,408)

## TOUCHDOWNS

#### Most Touchdowns, Rushing, Season

29	2005
28	1978
24	1979

#### Fewest Touchdowns, Rushing, Season

4	1982 (9 games)
	1992, 2017
5	1989, 1999

#### Most Touchdowns, Rushing, Game

5	2005 vs. Houston 10/16/2005
	2014 vs. N.Y. Giants 11/9/2014
4	11 Times (Last: at Buffalo 12/16/2012)

## OPPONENT RUSHING

#### Most Yards Allowed Rushing, Season

2,876	1976
2,806	1981
2,513	1978

#### Fewest Yards Allowed, Rushing, Season

1,304	2014, 2015
1,461	1982 (9 games)
1,487	2016

#### Most Yards Allowed, Rushing, Game

356	vs. L.A. Raiders 11/30/1987
303	vs. L.A. Rams 11/4/1979
301	vs. Denver 11/26/2000

#### Fewest Yards Allowed, Rushing, Game

13	at Green Bay 12/9/1990
	vs. St. Louis 12/29/2013
15	vs. Minnesota 11/10/1996
17	vs. San Diego 11/22/1987
	vs. St. Louis 12/22/2002

#### Most Touchdowns Allowed, Rushing, Season

23	1979
22	2019
21	1977

#### Fewest Touchdowns Allowed, Rushing, Season

4	1991, 2013
5	2005
7	1990

#### Most Touchdowns Allowed, Rushing, Game

5	at Green Bay 12/27/2009
4	5 Times (Last: at Cleveland 11/4/2007)

## PASSING

### ATTEMPTS

#### Most Passes Attempted, Season

609	1997, 2009
590	2007
587	2002

#### Fewest Passes Attempted, Season

326	1982(9 games)
387	1977
405	1987, 2012

#### Most Passes Attempted, Game

61	vs. Kansas City 9/29/1985
55	at San Francisco 12/1/2002
53	at San Diego 12/29/2002 (OT)
	at Arizona 11/15/2009

#### Fewest Passes Attempted, Game

14	vs. Kansas City 12/11/1977
15	vs. N.Y. Jets 9/11/1983
	vs. Green Bay 11/15/1987
	vs. Pittsburgh 12/6/1987
16	4 Times (Last: vs. Philadelphia 12/1/2011)

#### Most Passes Attempted, Both Teams, Game

103	Seattle (53) at San Diego (50) 12/29/2002 (OT)
98	Seattle (50) at Arizona (48) 10/25/2020 (OT)
95	Seattle (47) at Cleveland (48) 11/4/2007

#### Fewest Passes Attempted, Both Teams, Game

30	Seattle (20) vs. New England (10) 12/4/1988
33	Seattle (15) vs. Pittsburgh (18) 12/6/1987
38	Seattle (23) vs. New England (15) 10/9/1977

## COMPLETIONS

#### Most Passes Completed, Season

388	2020
372	2009
371	2007

#### Fewest Passes Completed, Season

175	1977
176	1982(9 games)
229	1976

#### Most Passes Completed, Game

40	vs. Detroit 11/8/2009
36	at San Diego 12/29/2002 (OT)
33	vs. Atlanta 10/13/1985
	at Indianapolis 10/4/2009

# TEAM RECORDS - REGULAR SEASON

at Arizona 10/25/2020 (OT)

## Fewest Passes Completed, Game

2	vs. L.A. Rams 11/4/1979
4	vs. L.A. Raiders 10/16/1983
5	vs. New England 10/9/1977
	vs. Houston 11/20/1977
	at Oakland 12/22/1996

## Most Passes Completed, Both Teams, Game

68	Seattle (31) at Atlanta (37) 9/13/2020
67	Seattle (33) at Arizona (34) 10/25/2020 (OT)
64	Seattle (36) at San Diego (28) 12/29/2002 (OT)
	Seattle (33) at Indianapolis (31) 10/4/2009
	Seattle (27) vs. Dallas (37) 9/27/2020

## Fewest Passes Completed, Both Teams, Game

14	Seattle (5) vs. New England (9) 10/9/1977
	Seattle (9) vs. New England (5) 12/4/1988
17	Seattle (10) vs. Cleveland (7) 12/18/1977

## YARDS GAINED

### Most Net Yards Gained, Passing, Season

4,124	2016
4,078	2002
3,964	2007

### Fewest Net Yards Gained, Passing, Season

1,778	1992
1,799	1982(9 games)
2,328	1977

### Most Net Yards Gained, Passing, Game

446	vs. Houston 10/29/2017
428	at San Diego 12/29/2002
427	at San Francisco 12/1/2002

### Fewest Net Yards, Gained Passing, Game

-30	vs. L.A. Rams 11/4/1979
2	vs. L.A. Raiders 10/16/1983
13	at Oakland 12/22/1996

## TIMES SACKED

### Most Times Sacked, Season

67	1992
53	1985
51	1980, 2018

### Fewest Times Sacked, Season

21	1977
23	1979
27	2005

### Most Times Sacked, Game

9	vs. Kansas City 11/11/1990
8	vs. Cleveland 9/12/1982
	vs. Dallas 12/4/1983
	vs. Denver 11/26/1989
	at Denver 12/20/1992
	at Oakland 10/31/2010

## COMPLETION PERCENTAGE

### Highest Completion Percentage, Season

68.91	2020 (563-388)
68.10	2015 (489-333)
65.95	2019 (517-341)

### Lowest Completion Percentage, Season

45.22	1977 (387-175)
47.71	1976 (480-229)
48.32	1992 (476-230)

## TOUCHDOWNS

### Most Touchdowns, Passing, Season

40	2020
35	2018
34	2015, 2017

### Fewest Touchdowns, Passing, Season

9	1982 (9 games)
	1992
13	1976, 1993, 1994

### Most Touchdowns, Passing, Game

5	vs. Detroit 12/2/1984
	vs. San Diego 9/15/1985
	vs. L.A. Raiders 11/28/1988
	vs. Oakland 10/26/1997
	at Baltimore 11/23/2003 (OT)
	vs. N.Y. Giants 9/24/2006
	vs. Jacksonville 9/22/2013
	vs. Pittsburgh 11/29/2015
	at Baltimore 12/13/2015
	vs. Tampa Bay 11/3/2019
	vs. New England 9/20/2020
	vs. Dallas 9/27/2020

### Most Touchdowns, Passing, Both Teams, Game

10	Seattle (5) at San Diego (5) 9/15/1985
9	Seattle (5) at Baltimore (4) 11/23/2003 (OT)
8	Seattle (5) vs. N.Y. Giants (3) 9/24/2006
	Seattle (4) vs. Houston (4) 10/29/2017
	Seattle (5) vs. Dallas (3) 9/27/2020

## PASSES HAD INTERCEPTED

### Most Passes Had Intercepted, Season

32	1977
30	1976
26	1984, 1991

### Fewest Passes Had Intercepted, Season

6	2019
7	2014, 2018
8	2015

### Most Passes Had Intercepted, Game

6	vs. Detroit 10/24/76
	at Kansas City 12/9/84
5	4 Times (Last: at Green Bay 11/12/2016)

## OPPONENT PASSING

### Most Net Yards Allowed, Passing, Season

4,560	2020
4,223	2019
4,149	2008

### Fewest Net Yards Allowed, Passing, Season

1,333	1982 (9 games)
2,333	1977
2,524	1976

### Most Net Yards Allowed, Passing, Game

494	at San Diego 9/15/1985
480	vs. Pittsburgh 11/29/2015
461	vs. Dallas 9/27/2020

### Fewest Net Yards Allowed, Passing, Game

12	at Philadelphia 9/6/1998
15	vs. Kansas City 9/30/1979
23	at Indianapolis 9/14/1997

### Most Touchdowns Allowed, Passing, Season

33	1983
31	2010
28	1980

### Fewest Touchdowns Allowed, Passing, Season

4	1982
11	1992
14	2015

### Most Touchdowns Allowed, Passing, Game

5	at San Diego 9/15/1985
	vs. San Francisco 9/25/1988
	vs. N.Y. Jets 8/31/1997
	at Minnesota 11/22/2009
	at Tampa Bay 12/26/2010

4 Many Times (Last: vs. Houston 10/29/2017)

## PUNTING

## PUNTS

### Most Punts, Season

108	1992
95	1984, 2011
92	2017

### Fewest Punts, Season

49	1982 (9 games)
61	1987, 2002, 2020
62	2014

### Most Punts, Game

12	vs. Denver 11/28/1993
11	5 Times (Last: vs. Philadelphia 11/2/2008)

### Fewest Punts, Game

1	19 Times (Last: vs. Atlanta 11/20/2017)
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## AVERAGE YARDAGE

### Highest Average Distance, Punting, Season

49.64	2020 (61-3,028)
47.58	2018 (79-3,759)
46.64	2011 (95-4,431)

### Lowest Average Distance, Punting, Season

36.42	1978 (69-2,513)
37.40	1976 (82-3,067)
37.55	1984 (95-3,567)

## HAD BLOCKED

### Most Punts Had Blocked, Season

3	1979
2	1976, 1977, 1980, 1997, 2003, 2004, 2013

### Most Punts Had Blocked, Game

2	vs. Kansas City 9/30/1979
1	Many Times (Last: vs. Arizona 12/30/2018)

### Most Consecutive Punts Without A Block

612	1980-88
413	1989-93
408	2008-13

## INSIDE THE 20

### Most Punts Inside Opponents' 20-Yard Line, Season

34	1999, 2011, 2019
33	1994
32	2020

### Fewest Punts Inside Opponents' 20-Yard Line, Season

9	1982 (9 games)
10	1977, 1986
11	1979, 1991

### Most Punts Inside Opponents' 20-Yard Line, Game

7	vs. San Francisco 12/6/2009
6	vs. Minnesota 11/10/1996
	vs. Kansas City 12/26/1999
	at N.Y. Giants 12/23/2001
	at Chicago 10/17/2010
	at Miami 11/25/2012

## OPPONENTS PUNTING

### Fewest Opponent Punts, Season

50	1982 (9 games)
54	1977
55	1981

# TEAM RECORDS - REGULAR SEASON

## Most Opponent Punts, Season

97	1985
96	1992
93	2007

## Fewest Opponent Punts, Game

0	at Oakland 12/16/1979 vs. Oakland 12/5/1999 at N.Y. Jets 12/19/2004
1	Many Times (Last: at New Orleans 11/21/2010)

## Most Opponent Punts, Game

11	at Denver 10/25/1985 (OT) vs. Denver 11/30/1992 (OT)
10	7 Times (Last: vs. Chicago 9/27/2015)

## AVERAGE YARDAGE

### Highest Opponent Average, Punting, Season

47.22	2009 (82-3,872)
46.47	2007 (93-4,322)
46.09	2013 (82-3,779)

### Lowest Opponent Average, Punting, Season

35.00	1976 (65-2,275)
35.96	1977 (54-1,942)
37.37	1979 (70-2,616)

### Highest Opponent Average, Punting, Game (Min. 3)

59.6	at San Francisco 9/11/2011 (5-298)
58.3	at Pittsburgh 9/18/2011 (3-175)
56.8	at Tennessee 9/24/2017 (6-341)

### Lowest Opponent Average, Punting, Game (Min. 3)

17.3	vs. Buffalo 10/14/1984 (4-69)
21.7	vs. Dallas 10/12/2014 (3-65)
22.8	vs. N.Y. Jets 11/26/1979( 4-91)

## HAD BLOCKED

### Most Opponent Punts Blocked, Season

4	1984, 1986
2	1976, 1979, 1980, 1985, 2011, 2014

### Most Opponent Punts Blocked, Game

2	vs. Buffalo 10/14/1984 at New England 9/21/1986
1	Many Times

### Most Consecutive Opponent Punts Without A Block

574	2003-10
537	1994-01
279	1987-91

## INSIDE THE 20

### Most Opponent Punts Inside the Opponents' 20, Season

34	2016
31	2004
30	2010, 2012

### Fewest Opponent Punts Inside Opponents' 20, Season

10	1976, 1977, 1982 (9 games)
12	2020
13	1987

### Most Opponent Punts Inside Opponents' 20, Game

6	at L.A. Rams 9/18/2016
5	vs. Dallas 10/23/2005
4	Many Times (Last: vs. New Orleans 9/22/2019)

## PUNT RETURNS

### PUNT RETURNS

#### Most Punt Returns, Season

58	2007
53	1985
52	2013

#### Fewest Punt Returns, Season

21	1982 (9 games)
22	2020
23	2019

#### Most Punt Returns, Game

7	vs. Tampa Bay 10/17/1976 at N.Y. Jets 11/13/1977 vs. San Francisco 12/6/2009 at St. Louis 11/20/2011 at N.Y. Giants 12/15/2013
6	Many Times (Last: at N.Y. Giants 10/9/2011)

#### Fewest Punt Returns, Game

0	Many Times
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### FAIR CATCHES

#### Most Fair Catches, Season

28	2014, 2016
27	1992
26	2004

#### Fewest Fair Catches, Season

4	1977
5	1978
6	3 Times (Last: 1983)

#### Most Fair Catches, Game

6	at Arizona 12/21/2014 at L.A. Rams 9/18/2016
5	7 Times (Last: at San Francisco 11/26/2017)

### YARDS GAINED

#### Most Yards, Punt Returns, Season

658	2007
579	2013
484	1984

#### Fewest Yards, Punt Returns, Season

141	2019
143	2018
177	2005

#### Most Yards, Punt Returns, Game

139	at Arizona 1/3/2016
106	at Pittsburgh 9/26/1999
105	vs. N.Y. Giants 11/5/1995

#### Fewest Yards, Punt Returns, Game

-4	vs. San Francisco 12/2/2018
-3	at Washington 10/2/2005 (OT) vs. San Diego 9/21/1997 vs. L.A. Rams 10/7/2018

### AVERAGE YARDS RETURNING PUNTS

#### Highest Average, Punt Returns, Season

13.97	1999 (30-419)
12.80	2000 (30-384)
11.72	1986 (39-457)

#### Lowest Average, Punt Returns, Season

5.71	2005 (31-177)
5.72	2018 (25-143)
6.13	2019 (23-141)

### TOUCHDOWNS RETURNING PUNTS

#### Most Touchdowns, Punt Returns, Season

2	1998
1	13 Times (Last: 2015)

#### Most Touchdowns, Punt Returns, Game

1	15 Times (Last: at St. Louis 9/13/2015)
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### OPPONENT PUNT RETURNS

#### Fewest Opponent Punt Returns, Season

17	2002, 2014
19	1982 (9 games)
21	2013

#### Most Opponent Punt Returns, Season

56	1976, 1992
52	1996

#### Fewest Yards Allowed, Punt Returns, Season

69	1982 (9 games)
82	2013
140	2003

#### Most Yards Allowed, Punt Returns, Season

640	1996
549	1995
541	2011

#### Fewest Yards Allowed, Punt Returns, Game

-12	at L.A. Rams 10/23/1988
-5	at Green Bay 1/1/2006
-4	vs. Denver 11/30/1992 (OT)

#### Most Yards Allowed, Punt Returns, Game

184	at Baltimore 12/7/1997
136	vs. Cincinnati 10/30/2011
133	at Oakland 11/15/1998

### Seasons Leading League, Lowest Average Allowed, Punt Returns

1981, 1983, 1988, 2003

#### Lowest Average Allowed, Punt Returns, Season

3.63	1982 (19-69) (9 games)
3.90	2013 (21-82)
4.64	1981 (33-153) (Led NFL)

#### Highest Average Allowed, Punt Returns, Season

13.31	2015 (29-386)
12.31	1996 (52-640)
12.18	1997 (38-463)

#### Longest Return Allowed, Game

91	at N.Y. Jets 11/9/1987 (TD)
90	at St. Louis 10/19/2014 (TD)
89	at Baltimore 12/7/1997 (TD) at San Francisco 12/1/2002 (TD) at Chicago 10/17/2010 (TD)

### Most Touchdowns Allowed, Punt Returns, Season

2	1990, 1997, 2011
1	16 Times (Last: 2019)

#### Most Touchdowns Allowed, Punt Returns, Game

2	at Baltimore 12/7/1997
1	20 Times (Last: vs. New Orleans 9/22/2019)

## KICKOFF RETURNS

### KICKOFF RETURNS

#### Most Kickoff Returns, Season

80	2000
79	1976
77	2008

# TEAM RECORDS - REGULAR SEASON

## Fewest Kickoff Returns, Season

22	2019
28	2020
29	1982 (9 games) 2012, 2018

## Most Kickoff Returns, Game

9	vs. New Orleans 11/21/1976 vs. Kansas City 11/27/1983 (OT) Many Times (Last: vs. N.Y. Giants 11/7/2010)
8	Many Times (Last: vs. N.Y. Giants 11/7/2010)

## Fewest Kickoff Returns, Game

0	Many Times
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## YARDS GAINED

### Most Yards, Kickoff Returns, Season

1,948	2008
1,932	2000
1,620	1995

### Fewest Yards, Kickoff Returns, Season

432	2019
544	1982 (9 games)
629	2020

### Most Yards, Kickoff Returns, Game

268	vs. Indianapolis 10/15/2000
253	vs. San Diego 9/26/2010
251	vs. New Orleans 11/21/1976

### Fewest Yards, Kickoff Returns, Game

0	Many Times
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## AVERAGE YARDAGE

### Highest Average, Kickoff Returns, Season

27.14	2012 (29-787)
25.53	2015 (34-868)
25.30	2008 (77-1,948)

### Lowest Average, Kickoff Returns, Season

17.70	1992 (50-885)
18.52	1981 (69-1,278)
18.62	1993 (50-931)

## TOUCHDOWNS

### Most Touchdowns, Kickoff Returns, Season

3	2010
2	2007
1	9 Times (Last: 2017)

### Most Touchdowns, Kickoff Returns, Game

2	vs. San Diego 9/26/2010
1	at St. Louis 11/13/1983 vs. Kansas City 10/8/1989 at San Diego 10/30/1994 vs. Washington 9/20/1998 vs. Buffalo 12/23/2000 at St. Louis 10/20/2002 vs. St. Louis 10/21/2007 at St. Louis 11/25/2007 at San Francisco 12/12/2010 at Miami 11/25/2012 vs. Chicago 9/27/2015 vs. Arizona 12/31/2017

## OPPONENT KICKOFF RETURNS

### Fewest Opponent Kickoff Returns, Season

24	1982 (9 games), 2019
32	2016
36	1992

### Most Opponent Kickoff Returns, Season

82	2005
81	1999
79	2003

## Fewest Opponent Kickoff Returns, Game

0	Many Times (Last: at Oakland 10/14/2018)
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## Most Opponent Kickoff Returns, Game

10	vs. Kansas City 9/20/1987 vs. Oakland 10/26/1997
9	5 Times (Last: vs. Arizona 12/9/2012)

## YARDS GAINED

### Fewest Yards Allowed, Kickoff Returns, Season

361	1982 (9 games)
532	2019
654	2016

### Most Yards Allowed, Kickoff Returns, Season

1,802	2005
1,790	2007
1,779	1997

### Fewest Yards Allowed, Kickoff Returns, Game

0	Many Times
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### Most Yards Allowed, Kickoff Returns, Game

237	at Atlanta 12/30/2007
230	vs. Kansas City 9/20/1987
223	vs. Oakland 10/26/1997

### Longest Return Allowed, Game

102	at San Francisco 9/11/2011 (TD)
101	at Minnesota 12/6/2015 (TD)
99	vs. Kansas City 9/3/1995 (TD) at St. Louis 10/9/2005 (TD)

## AVERAGE YARDAGE

### Seasons Leading League, Lowest Average Allowed, Kickoff Returns

1982, 1983
------------

### Lowest Average Allowed, Kickoff Returns, Season

15.04	1982 (24-361) (Led NFL) (9 games)
16.14	1983 (59-952) (Led NFL)
16.66	1984 (67-1,116)

### Highest Average Allowed, Kickoff Returns, Season

26.02	2011 (48-1,249)
25.64	2008 (47-1,205)
25.55	2015 (42-1,073)

## TOUCHDOWNS

### Most TDs Allowed, Kickoff Returns, Season

2	1995, 2002
1	1978, 1987, 1993, 1997, 2001, 2005, 2011, 2015, 2018

### Most TDs Allowed, Kickoff Returns, Game

1	13 Times (Last: at San Francisco 12/16/2018)
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# FUMBLES

## FUMBLES

### Most Fumbles, Season

43	1989
41	1981
38	1980

### Fewest Fumbles, Season

14	2020
16	2012
18	2005, 2010, 2015, 2017, 2018

### Most Fumbles, Game

8	at Kansas City 11/5/1989 at Arizona 10/29/1995 (OT)
7	at Denver 11/20/1983

## FUMBLES LOST

### Most Fumbles Lost, Season

23	1981
20	1983
19	1978, 1994

### Fewest Fumbles Lost, Season

4	2018
5	2017, 2020
6	2016

### Most Fumbles Lost, Game

5	at Green Bay 10/15/1978 at Denver 12/13/1981
4	6 Times (Last: vs. Oakland 11/1/1998)

## FUMBLES RECOVERED

### Most Fumbles Recovered, Season, Own and Opponents

44	1983 (16 own, 28 opp)
41	1981 (14 own, 27 opp)
37	1987, 1989

### Fewest Fumbles Recovered, Season, Own & Opponents

14	2015
15	2008
16	2010

### Most Fumbles Recovered, Game, Own & Opponents

8	vs. Cleveland 12/20/1981 (1 own, 7 opp)
7	vs. Chicago 12/20/1987 (4 own, 3 opp) vs. San Diego 11/25/1990 (4 own, 3 opp)

### Most Own Fumbles Recovered, Season

24	1989
22	1980
19	2009

### Fewest Own Fumbles Recovered, Season

4	2008
6	2010, 2015
7	2012

### Most Opponents Fumbles Recovered, Season

28	1983
27	1981
25	1984

### Fewest Opponents Fumbles Recovered, Season

6	1999
8	1982, 2015, 2016, 2020
9	1995, 2011, 2017

### Most Opponents Fumbles Recovered, Game

7	vs. Cleveland 12/20/1981
6	at Oakland 12/22/1996
5	vs. L.A. Raiders 10/16/1983 vs. Cleveland 11/14/1993 vs. Kansas City 10/4/1998

## TOUCHDOWNS

### Most TDs, Opponent Fumbles Recovered, Season

3	1997, 2015
2	7 Times (Last: 2003)

### Most TDs, Fumbles Recovered, Game, Own and Opponents

2	at San Francisco 11/11/2019 (1 each) vs. Denver 11/26/2000 (2-opp)
1	Many Times

# TEAM RECORDS - REGULAR SEASON

## OPPONENT FUMBLES

### Fewest Opponent Fumbles, Season

17	1995, 1999
18	1982 (9 games) 2011, 2020
19	2016

### Most Opponent Fumbles, Season

47	1984
44	1983
43	1981

### Most Opponent Fumbles, Game

9	vs. Cleveland 12/20/1981 at Oakland 12/22/1996
7	4 Times (Last: vs. Miami 10/6/1996)

## TURNOVERS

### TURNOVERS (NUMBER OF TIMES LOSING BALL ON INTS AND FUMS)

#### Most Turnovers, Season

48	1976 (30 ints, 18 fums)
46	1977 (32 ints, 14 fums)
43	1991 (26 ints, 17 fums)

#### Fewest Turnovers, Season

11	2018 (7 ints, 4 fums)
14	2014 (7 ints, 7 fums)
16	2015 (8 ints, 8 fums)

#### Most Turnovers, Game

8	vs. Detroit 10/24/1976 (6 ints, 2 fums) at Denver 11/20/1983 (4 ints, 4 fums)
7	4 Times (Last: at Arizona 10/29/1995 [OT],[4 ints, 3 fums])

#### Most Turnovers, Both Teams, Game

14	Seattle (4) vs. Cleveland (10) 12/20/1981
11	Seattle (7) at Kansas City (4) 9/29/1985 Seattle (7) at Arizona (4) 10/29/1995 (OT) Seattle (3) vs. San Diego (8) 12/13/1998

#### Fewest Turnovers, Both Teams, Game

0	Many Times
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### TAKEAWAYS (NO. OF TIMES TAKING BALL FROM OPPT. ON INTS AND FUMBL)

#### Seasons Leading League in Most Takeaways

1984, 2013
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#### Fewest Opponent Turnovers, Season

19	2016 (11 ints, 8 fums)
20	2008 (9 ints, 11 fums)
21	1982 (13 ints, 8 fums) (9 games)

#### Most Opponent Turnovers, Season

63	1984 (38 ints, 25 fums) (2nd in NFL history)
54	1983 (26 ints, 28 fums)
48	1981 (21 ints, 27 fums)

#### Most Opponent Turnovers, Game

10	vs. Cleveland 12/20/1981 (3 ints, 7 fums)
8	4 Times (Last: vs. Arizona 12/9/2012 [7 int, 1 fum])

## PENALTIES

### PENALTIES

#### Fewest Penalties, Season

59	1982 (9 games) 2007
66	2001
76	1977

#### Most Penalties, Season

148	2017
138	2011

130	2014
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#### Fewest Penalties, Game

0	at Pittsburgh 12/6/1987 vs. Dallas 12/16/2001 vs. Baltimore 12/23/2007 at Miami 10/4/2020
1	13 Times (Last: vs. Minnesota 12/2/2019)

#### Most Penalties, Game

17	at Green Bay 10/21/1984
16	vs. Washington 11/5/2017
15	at Tampa Bay 10/17/1976 at San Diego 10/9/1983 at N.Y. Giants 10/22/2017

#### Fewest Penalties, Both Teams, Game

2	Seattle (1) at Oakland (1) 12/5/1999 Seattle (2) at Philadelphia (0) 12/2/2007
4	Seattle (2) at N.Y. Jets (2) 12/19/2004 Seattle (1) vs. Tampa Bay (3) 12/26/2010 Seattle (1) vs. Arizona (3) 12/30/2018 Seattle (1) vs. Minnesota (3) 12/2/2019

#### Most Penalties, Both Teams, Game

35	Seattle (15) vs. Tampa Bay (20) 10/17/1976
30	Seattle (13) at Kansas City (17) 11/8/1998
28	Seattle (17) at Green Bay (11) 10/21/1984

### YARDS PENALIZED

#### Fewest Yards Penalized, Season

428	2007
523	1982 (9 games)
579	2001

#### Most Yards Penalized, Season

1,342	2017
1,183	2013
1,179	1984

#### Fewest Yards Penalized, Game

0	at Pittsburgh 12/6/1987 vs. Dallas 12/16/2001 vs. Baltimore 12/23/2007 at Miami 10/4/2020
5	at Pittsburgh 9/27/1998 at Cleveland 9/9/2001 vs. Atlanta 1/2/2005

#### Most Yards Penalized, Game

148	at San Francisco 12/16/2018 (OT)
145	vs. Denver 12/8/1979
142	at Dallas 12/24/2017

#### Fewest Yards Penalized, Both Teams, Game

19	Seattle (14) at Oakland (5) 12/5/1999
25	Seattle (25) at Philadelphia (0) 12/2/2007
26	Seattle (10) vs. St. Louis (16) 9/10/2000

#### Most Yards Penalized, Both Teams, Game

310	Seattle (120) vs. Tampa Bay (190) 10/17/1976
273	Seattle (145) at Denver (128) 12/8/1979
249	Seattle (113) at Arizona (136) 11/15/2009

## TIME OF POSSESSION

### TIME OF POSSESSION

#### Highest Average Time of Possession, Season

32:11	2014
31:40	2015
31:36	2012

#### Lowest Average Time of Possession, Season

26:30	2008
26:59	1981
27:05	1998

#### Highest Time of Possession, Game

41:56	at Philadelphia 12/7/2014
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41:35	vs. San Diego 11/22/1987
40:21	vs. Denver 10/22/1989 (OT)

#### Lowest Time of Possession, Game

14:28	vs. L.A. Rams 11/4/1979
17:04	at Cleveland 10/23/2011
17:10	vs. San Francisco 9/25/1988 vs. Arizona 10/18/2009

### TIME OF POSSESSION ALLOWED

#### Lowest Average Time of Possession Allowed, Season

27:49	2014
28:20	2015
28:24	2012

#### Highest Average Time of Possession Allowed, Season

33:30	2008
33:01	1981
32:55	1998

#### Lowest Time of Possession Allowed, Game

18:04	at Philadelphia 12/7/2014
18:25	vs. San Diego 11/22/1987
20:05	at Pittsburgh 10/20/1991

#### Highest Time of Possession Allowed, Game

46:47	vs. Philadelphia 12/13/1992 (OT)
46:21	at Arizona 10/23/2016 (OT)
45:32	vs. L.A. Rams 11/4/1979

## INTERCEPTIONS

### INTERCEPTIONS

#### Seasons Leading League

1984 (38), 1999 (30), 2013 (28)
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#### Most Passes Intercepted By, Season

38	1984
30	1999
28	2013

#### Fewest Passes Intercepted By, Season

9	1989, 2008
11	2016
12	1990, 2006, 2010, 2018

#### Most Passes Intercepted By, Game

7	vs. San Diego 12/13/1998
6	vs. Kansas City 11/4/1984
5	at Houston 10/5/1980 at Pittsburgh 12/6/1992 at Pittsburgh 9/26/1999 vs. Arizona 12/9/2007 vs. Detroit 11/8/2009 at N.Y. Giants 12/15/2013

#### Most Consecutive Games, One or More Interceptions By

17	1983-84
12	2002-03
11	1993

### YARDS RETURNED

#### Most Yards, Returning Interceptions, Season

697	1984 (4th in NFL history)
462	2011
455	1998

#### Fewest Yards Returning Interceptions, Season

57	1989
72	2016
95	1980

#### Most Yards Returning Interceptions, Game

325	vs. Kansas City 11/4/1984 (NFL record)
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# TEAM RECORDS - REGULAR SEASON

148 at Philadelphia 12/5/2005  
146 vs. Philadelphia 12/1/2011

2 9 Times (Last: Seattle [2] at Chicago [0] 12/18/2011)

## TOUCHDOWNS

### Most TDs Returning Interceptions, Season

8 1998 (2nd in NFL history)  
7 1984 (3rd in NFL history)  
4 2011

### Most Touchdowns Returning Interceptions, Game

4 vs. Kansas City 11/4/1984 (NFL record)  
2 vs. Chicago 9/23/1984  
vs. Arizona 9/13/1998  
at Philadelphia 12/5/2005  
at Chicago 12/18/2011

### Most TDs Returning Interceptions, Both Teams, Game

4 Seattle (4) vs. Kansas City (0) 11/4/1984 (NFL record)

## SACKS

### SACKS

#### Most Sacks, Season

61 1985  
55 1984  
53 1998

#### Fewest Sacks, Season

17 1982 (9 games)  
18 1977  
25 1978

#### Most Sacks, Game

11 vs. L.A. Raiders 12/8/1986  
10 vs. Philadelphia 12/13/1992 (OT)  
9 4 Times (Last: vs. Oakland 11/6/2006)

### Most Opponent's Yards Lost Attempting to Pass, Season

464 1985  
398 1984  
351 1983

### Fewest Opponent's Yards Lost Attempting to Pass, Season

131 1977  
135 1982 (9 games)  
152 2000

### Most Opponent's Yards Lost Attempting to Pass, Game

89 vs. Philadelphia 12/13/1992 (OT)  
68 vs. L.A. Raiders 12/8/1986  
65 vs. L.A. Raiders 10/16/1983

# INDIVIDUAL RECORDS - REGULAR SEASON

## SERVICE

### SERVICE

#### Most Seasons

15	Joe Nash, 1982-96
14	Steve Largent, 1976-89
14	Mack Strong, 1994-07

#### Most Games Played

218	Joe Nash, 1982-96
201	Mack Strong, 1994-07
200	Steve Largent, 1976-89

#### Most Consecutive Games Played

159	Jon Ryan, 2008-17
149	Russell Wilson, 2012-21
135	Chris Gray, 1998-06

#### Most Games Started

197	Steve Largent, 1976-89
180	Walter Jones, 1997-08
176	Jacob Green, 1980-91

#### Most Consecutive Games Started

149	Russell Wilson, 2012-21
121	Chris Gray, 1999-06
106	Earl Thomas, 2010-16

## SCORING

### POINTS

#### Most Points, Career

810	Norm Johnson, 1982-90 (159 FG, 333 PAT)
759	Steven Hauschka, 2011-16 (175 FG, 234 PAT)
672	Shaun Alexander, 2000-07 (100-R, 12-P)

#### Most Points, Season

168	Shaun Alexander, 2005 (27-R, 1-P)
143	Steven Hauschka, 2013 (33 FG, 44 PAT)
134	Todd Peterson, 1999 (34 FG, 32 PAT)
	Steven Hauschka, 2014 (31 FG, 41 PAT)

#### Most Points, Rookie, Season

114	Josh Brown, 2003 (22 FG, 48 PAT)
102	John Kasay, 1991 (25 FG, 27 PAT)
84	Curt Warner, 1983 (14 TDs: 13-R, 1-P)

#### Most Points, Game

30	Shaun Alexander, vs. Minnesota 9/29/2002 (4-R, 1-P)
24	Daryl Turner, vs. San Diego 9/15/1985 (4-P)
	Curt Warner, vs. Denver 12/11/1988 (4-R)
	Shaun Alexander, vs. Arizona 9/25/2005 (4-R)
	Shaun Alexander, vs. Houston 10/16/2005 (4-R)
	Marshawn Lynch, vs. N.Y. Giants 11/9/2014 (4-R)

#### Most Consecutive Games Scoring

94	Steven Hauschka, 2011-16
80	Todd Peterson, 1995-99
68	Josh Brown, 2003-07

### TOUCHDOWNS

#### Most Touchdowns, Career

112	Shaun Alexander, 2000-07 (100-R, 12-P)
101	Steve Largent, 1976-89 (1-R, 100-P)
66	Marshawn Lynch, 2010-15, 2019 (58-R, 8-P)

#### Most Touchdowns, Season

28	Shaun Alexander, 2005 (27-R, 1-P)
20	Shaun Alexander, 2004 (16-R, 4-P)
18	Shaun Alexander, 2002 (16-R, 2-P)

#### Most Touchdowns, Rookie, Season

14	Curt Warner, 1983 (13-R, 1-P)
10	Daryl Turner, 1984 (10-P)
9	Joey Galloway, 1995 (1-R, 7-P, 1-PR)

#### Most Touchdowns, Game

5	Shaun Alexander, vs. Minnesota 9/29/2002 (4-R, 1-P)
4	Daryl Turner, vs. San Diego 9/15/1985 (4-P)
	Curt Warner, vs. Denver 12/11/1988 (4-R)
	Shaun Alexander, vs. Arizona 9/25/2005 (4-R)
	Shaun Alexander, vs. Houston 10/16/2005 (4-R)
	Marshawn Lynch, vs. N.Y. Giants 11/9/2014 (4-R)

#### Most Consecutive Games Scoring Touchdowns (in games played)

11	Marshawn Lynch, 2011
9	Shaun Alexander, 2005
8	David Sims, 1978

### OPPONENT INDIVIDUAL RECORDS

#### Most Points, Game

24	Terdell Middleton, at Green Bay 10/15/1978 (4 TD) (game played in Milwaukee)
	Roy Green, at St. Louis 11/13/1983 (4 TD)
	Marshall Faulk, at St. Louis 10/20/2002 (4 TD)
	Marcus Robinson, at Baltimore 11/23/2003 (4 TD)
	Willis McGahee, vs. Buffalo 11/28/2004 (4 TD)
	Larry Johnson, at Kansas City 10/29/2006 (4 TD)
	Jamal Lewis, at Cleveland 11/4/2007 (4 TD)
	Todd Gurley, vs. L.A. Rams 12/17/2017 (4 TD)

#### Most Touchdowns, Game

4	Terdell Middleton, at Green Bay 10/15/1978 (4-R) (game played in Milwaukee)
	Roy Green, at St. Louis 11/13/1983 (4-P)
	Marshall Faulk, at St. Louis 10/20/2002 (3-R, 1-P)
	Marcus Robinson, at Baltimore 11/23/2003 (4-P)
	Willis McGahee, vs. Buffalo 11/28/2004 (4-R)
	Larry Johnson, at Kansas City 10/29/2006 (3-R, 1-P)
	Jamal Lewis, at Cleveland 11/4/2007 (4-R)
	Todd Gurley, vs. L.A. Rams 12/17/2017 (4-R)
3	Many Times (Last: Derrick Henry, vs. Tennessee 9/19/2021 [3-R])

## POINTS AFTER TOUCHDOWN

### ATTEMPTS

#### Most Points After Touchdown Attempted, Career

339	Norm Johnson, 1982-90
246	Steven Hauschka, 2011-16
224	Josh Brown, 2003-07

#### Most Points After Touchdown Attempted, Season

57	Josh Brown, 2005
53	Jason Myers, 2020
51	Norm Johnson, 1984
	Sebastian Janikowski, 2018

#### Most Points After Touchdown Attempted, Game

8	John Leypoldt, vs. Buffalo 10/30/1977
7	Norm Johnson, vs. San Diego 9/15/1985
	Steven Hauschka, vs. Arizona 12/9/2012
6	Many Times (Last: Sebastian Janikowski, vs. San Francisco 12/2/2018)

### MADE

#### Most Points After Touchdown Made, Career

333	Norm Johnson, 1982-90
234	Steven Hauschka, 2011-16
223	Josh Brown, 2003-07

#### Most Points After Touchdown Made, Season

56	Josh Brown, 2005
50	Norm Johnson, 1984
49	Norm Johnson, 1983
	Jason Myers, 2020

#### Most Points After Touchdown Made, Game

8	John Leypoldt, vs. Buffalo 10/30/1977
7	Norm Johnson, vs. San Diego 9/15/1985

	Steven Hauschka, vs. Arizona 12/9/2012
6	Many Times (Last: Steven Hauschka, vs. Jacksonville 9/22/2013)

#### Most Consecutive Points After Touchdown Made

177	Todd Peterson, 1995-99
167	Norm Johnson, 1985-90
113	Josh Brown, 2003-05

### PERCENTAGE

#### Highest PAT %, Career (Min. 100 PATs)

100.0	Todd Peterson, 1995-99 (177-177)
99.55	Josh Brown, 2003-07 (223-224)
98.50	Norm Johnson, 1982-90 (333-338)

#### Most Points After Touchdown, No Misses, Season

48	Josh Brown, 2003
44	Steven Hauschka, 2013
43	Josh Brown, 2007

#### Most Points After Touchdown, No Misses, Game

8	John Leypoldt, vs. Buffalo 10/30/1977
7	Norm Johnson, vs. San Diego 9/15/1985
	Steven Hauschka, vs. Arizona 12/9/2012
6	13 Times (Last: Steven Hauschka, vs. Jacksonville 9/22/2013)

### OPPONENT INDIVIDUAL RECORDS

#### Most Points After Touchdown Attempted, Game

7	Rafael Septien, at Dallas 11/27/1980
	Nick Lowery, vs. Kansas City 11/27/1983
6	7 Times (Last: Ryan Succop, vs. Kansas City 11/28/2010)

#### Most Points After Touchdown, Game

7	Rafael Septien, at Dallas 11/27/1980
6	8 Times (Last: Ryan Succop, vs. Kansas City 11/28/2010 [6 att.])

#### Most Points After Touchdown, No Misses, Game

7	Rafael Septien, at Dallas 11/27/1980
6	7 Times (Last: Ryan Succop, vs. Kansas City 11/28/2010)

## FIELD GOALS

### ATTEMPTS

#### Most Field Goals Attempted, Career

228	Norm Johnson, 1982-90
197	Steven Hauschka, 2011-16
154	Todd Peterson, 1995-99

#### Most Field Goals Attempted, Season

40	Todd Peterson, 1999
37	Steven Hauschka, 2014
	Steven Hauschka, 2016
35	Norm Johnson, 1986
	Steven Hauschka, 2013

#### Most Field Goals Attempted, Game

6	Norm Johnson, vs. Kansas City 9/20/1987
	Todd Peterson, vs. San Diego 12/12/1999
	Todd Peterson, at Pittsburgh 9/26/1999
	Olindo Mare, vs. Chicago 9/27/2009
	Olindo Mare, at Arizona 11/14/2010
5	11 Times (Last: Steven Hauschka, vs. Arizona 11/23/2014)

### MADE

#### Most Field Goals Made, Career

175	Steven Hauschka, 2011-16
159	Norm Johnson, 1982-90
126	Todd Peterson, 1995-99

#### Most Field Goals Made, Season

34	Todd Peterson, 1999
33	Steven Hauschka, 2013
	Steven Hauschka, 2016
31	Steven Hauschka, 2014

# INDIVIDUAL RECORDS - REGULAR SEASON

## Most Field Goals Made, Rookie, Season

25	John Kasay, 1991
22	Josh Brown, 2003
15	Rian Lindell, 2000

## Most Field Goals Made, Game

5	Norm Johnson, vs. Kansas City 9/20/1987 Norm Johnson, vs. L.A. Raiders 12/18/1988 Todd Peterson, at Pittsburgh 9/26/1999 Olindo Mare, vs. Arizona 10/24/2010 Olindo Mare, at Arizona 11/14/2010 Steven Hauschka, vs. Baltimore 11/13/2011
4	Many Times (Last: Steven Hauschka, at San Francisco 1/1/2017)

## Most Field Goals Made, One Quarter

3	10 Times (Last: Steven Hauschka, at Indianapolis 10/6/2013, 3rd)
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## Most Consecutive Games Scoring Field Goals

19	Steven Hauschka, 2015-16
14	Steven Hauschka, 2011-12
12	Todd Peterson, 1997-98 Steven Hauschka, 2014

## Most Consecutive Field Goals Made

37	Jason Myers, 2019-21
30	Olindo Mare, 2009-10
22	Steven Hauschka, 2013

## Longest Field Goal Made

61	Jason Myers, at L.A. Rams 11/15/2020
58	Josh Brown, at Green Bay 10/5/2003 Steven Hauschka, at Carolina 10/26/2014
56	Sebastian Janikowski, at Chicago 9/17/2018

## Longest Field Goal Attempted

61	Steven Hauschka, vs. Atlanta 10/2/2011 Steven Hauschka, at Detroit 10/28/2012 Jason Myers, at L.A. Rams 11/15/2020
60	Efren Herrera, vs. Kansas City 11/9/1980

## PERCENTAGE

### Highest Field Goal %, Career (Min. 25 att.)

88.8	Steven Hauschka, 2011-16 (175-197)
88.1	Jason Myers, 2008-10 (52-59)
88.0	Olindo Mare, 2008-10 (73-83)

### Highest FG %, Season (Min. 1 att. per game)

100.0	Jason Myers, 2020 (24-24)
94.3	Steven Hauschka, 2013 (33-35)
93.6	Steven Hauschka, 2015 (29-31)

## Most Field Goals, No Misses, Game

5	Norm Johnson, vs. L.A. Raiders 12/18/1988 Olindo Mare, vs. Arizona 10/24/2010 Steven Hauschka, vs. Baltimore 11/13/2011
4	Many Times (Last: Steven Hauschka, at San Francisco 1/1/2017)

## 50-YARD FIELD GOALS

### Most Field Goal Attempts, 50+ Yards, Career

26	Norm Johnson, 1982-90
22	Josh Brown, 2003-07 Steven Hauschka, 2011-16

### Most Field Goals Made, 50 or More Yards, Career

15	Steven Hauschka, 2011-16
13	Josh Brown, 2003-07
10	Norm Johnson, 1982-90

### Most Field Goals Made, 50+ Yards, Season

6	Steven Hauschka, 2015 Norm Johnson, 1986 Josh Brown, 2005
3	John Kasay, 1993 Todd Peterson, 1998 Rian Lindell, 2000, 2001 Josh Brown, 2006, 2007 Olindo Mare, 2008

Steven Hauschka, 2013
Sebastian Janikowski, 2018

## Most Field Goals Made, 50 or More Yards, Game

2	Norm Johnson, vs. L.A. Raiders 12/8/1986 John Kasay, vs. San Diego 10/27/1991 Josh Brown, vs. Dallas 10/23/2005 Josh Brown, vs. San Francisco 12/11/2005 Josh Brown, at Atlanta 12/30/2007 Steven Hauschka, vs. Detroit 10/5/2015 Steven Hauschka, at Arizona 1/3/2016
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## OPPONENT INDIVIDUAL RECORDS

### ATTEMPTS

#### Most Field Goals Attempted, Game

6	Joe Danelo, vs. N.Y. Giants 10/18/1981 John Carney, at San Diego 9/5/1993 Doug Pelfrey, vs. Cincinnati 11/6/1994 (OT) Dan Bailey, at Dallas 12/24/2017
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### MADE

#### Most Field Goals Made, Game

6	Joe Danelo, vs. N.Y. Giants 10/18/1981 John Carney, at San Diego 9/5/1993 Doug Pelfrey, vs. Cincinnati 11/6/1994 (OT)
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#### Most Field Goals Made, One Quarter

3	Rich Karlis, at Denver 11/20/1983 (4th) Al Del Greco, at Houston 11/7/1993 (2nd) John Carney, vs. San Diego 9/21/1997 (2nd) David Akers, at San Francisco 9/1/2011 (2nd) Ryan Succup, at Tennessee 9/24/2017 (2nd) Dan Bailey, at Dallas 12/24/2017 (2nd)
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#### Longest Field Goal Made

60	Greg Zuerlein, at St. Louis 9/30/2012
58	Greg Zuerlein, at St. Louis 9/30/2012
57	Nick Lowery, at Kansas City 9/14/1980 Steve Cox, at Washington 9/28/1986

#### Longest Field Goal Attempted

66	Jason Elam, at Denver 12/10/1995
64	Jason Elam, at Denver 12/19/1999
61	Ali Haji-Sheikh, at N.Y. Giants 12/11/1983 Michael Husted, vs. Oakland 10/3/1999

## PERCENTAGE

### Most Field Goals Made, No Misses, Game

6	Joe Danelo, vs. N.Y. Giants 10/18/1981 John Carney, at San Diego 9/5/1993 Doug Pelfrey, vs. Cincinnati 11/6/1994 (OT)
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## 50-YARD FIELD GOALS

### Most Field Goals Made, 50 or More Yards, Game

3	Neil Rackers, at Arizona 10/24/2004
2	By 11 Players (Last: Zane Gonzalez, vs. Arizona 12/30/18)

## RUSHING

### ATTEMPTS

#### Most Attempts, Career

2,176	Shaun Alexander, 2000-07
1,649	Curt Warner, 1983-89
1,559	Chris Warren, 1990-97

#### Most Attempts, Season

370	Shaun Alexander, 2005
353	Shaun Alexander, 2004
335	Curt Warner, 1983

#### Most Attempts, Rookie, Season

335	Curt Warner, 1983
147	Thomas Rawls, 2015

129	John L. Williams, 1986
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## Most Attempts, Game

40	Shaun Alexander, vs. Green Bay 11/27/2006
36	Chris Warren, at New England 9/19/1993
35	Shaun Alexander, vs. Oakland 11/11/2001

## YARDS GAINED

### Most Yards Gained, Career

9,429	Shaun Alexander, 2000-07
6,706	Chris Warren, 1990-97
6,705	Curt Warner, 1983-89

### Most Yards Gained, Season

1,880	Shaun Alexander, 2005
1,696	Shaun Alexander, 2004
1,590	Marshawn Lynch, 2012

### Most Yards Gained, Rookie, Season

1,449	Curt Warner, 1983
830	Thomas Rawls, 2015
538	John L. Williams, 1986

### Most Yards Gained, Game

266	Shaun Alexander, vs. Oakland 11/11/2001
209	Thomas Rawls, vs. San Francisco 11/22/2015
207	Curt Warner, vs. Kansas City 11/27/1983 (OT)

### Most Seasons, 1,000 or More Yards Rushing

5	Shaun Alexander, 2001-05
4	Curt Warner, 1983, 1985, 1986, 1988 Chris Warren, 1992-95 Marshawn Lynch, 2011-14

### Most Games, 100 or More Yards Rushing, Career

37	Shaun Alexander, 2000-07
25	Marshawn Lynch, 2010-15, 2019-
24	Chris Warren, 1990-97

### Most Games, 100 or More Yards Rushing, Season

11	Shaun Alexander, 2005
10	Marshawn Lynch, 2012
8	Chris Warren, 1995

### Most Consecutive Games, 100+ Yards, Rushing

4	Shaun Alexander, 2005 Marshawn Lynch, 2012 (2 Times)
3	Shaun Alexander, 2004, 2005 Marshawn Lynch, 2011 Chris Carson, 2018, 2019
2	Many Players

### 2 or More with 100+ Yards Rushing, Game

1	Curt Warner 130 and John L. Williams 105 vs. L.A. Raiders 11/28/1988 Curt Warner 126 and John L. Williams 109 vs. Denver 12/11/1988 Shaun Alexander 141 and Maurice Morris 104 vs. Houston 10/16/2005 Marshawn Lynch 128 and Robert Turbin 108 vs. Arizona 12/9/2012 Marshawn Lynch 102 and Russell Wilson 102 at Indianapolis 10/6/2013 Marshawn Lynch 140 and Russell Wilson 107 vs. N.Y. Giants 11/9/2014
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### Longest Run From Scrimmage

88t	Shaun Alexander, vs. Oakland 11/11/2001 Shaun Alexander, at Arizona 11/6/2005
86t	Joey Galloway, at Jacksonville 11/12/1995

## AVERAGE GAIN

### Highest Average Gain, Career (Min. 100 att.)

5.6	Russell Wilson, 2012- (820-4,574)
5.5	Steve Broussard, 1995-98 (136-750)
5.1	Rashaad Penny, 2018- (163-831)

# INDIVIDUAL RECORDS - REGULAR SEASON

## Highest Average Gain, Season (Min. 100 att.)

7.2	Russell Wilson, 2014 (118-849)
5.7	Thomas Rawls, 2015 (147-830)
5.4	Justin Forsett, 2009 (114-619)

## Highest Average Gain, Game (Min. 10 att.)

11.6	Marshawn Lynch, vs. Arizona 12/9/2012 (11-128)
11.3	Marshawn Lynch, at Buffalo 12/16/2012 (10-113) Marshawn Lynch, at Arizona 12/21/2014 (10-113)
11.1	Russell Wilson, at Washington 10/6/2014 (11-122)

## TOUCHDOWNS

### Most Touchdowns, Career

100	Shaun Alexander, 2000-07
58	Marshawn Lynch, 2010-15, 2019-
55	Curt Warner, 1983-89

### Most Touchdowns, Season

27	Shaun Alexander, 2005
16	Shaun Alexander, 2002, 2004
15	Chris Warren, 1995

### Most Touchdowns, Rookie, Season

13	Curt Warner, 1983
5	David Sims, 1977
4	Sherman Smith, 1976 Jim Zorn, 1976 Russell Wilson, 2012 Thomas Rawls, 2015

### Most Touchdowns, Game

4	Curt Warner, vs. Denver 12/11/1988 Shaun Alexander, vs. Minnesota 9/29/2002 Shaun Alexander, vs. Arizona 9/25/2005 Shaun Alexander, vs. Houston 10/16/2005 Marshawn Lynch, vs. N.Y. Giants 11/9/2014
3	15 Times (Last: Russell Wilson, at Buffalo 12/16/12)

### Most Consecutive Games Rushing for Touchdown

9	Shaun Alexander, 2005
7	Chris Warren, 1993-94 David Sims, 1978
6	Shaun Alexander, 2003-04 Marshawn Lynch, 2011

## OPPONENT INDIVIDUAL RECORDS

## ATTEMPTS

### Most Attempts, Game

39	Earl Campbell, at Houston 10/11/1981 Larry Johnson, at Kansas City 10/29/2006
38	Edgerrin James, vs. Indianapolis 10/15/2000
37	Christian Okoye, at Kansas City 11/5/1989

## YARDS GAINED

### Most Yards Gained, Game

221	Bo Jackson, vs. L.A. Raiders 11/30/1987
219	Edgerrin James, vs. Indianapolis 10/15/2000
212	Frank Gore, at San Francisco 11/19/2006

### Most Games, 2 or More with 100+ Yards Rushing

1	Jim Otis 140 and Terry Metcalf 113 vs. St. Louis 9/12/1976 Tom Sullivan 121 and Mike Hogan 104 at Philadelphia 12/12/1976
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### Longest Run From Scrimmage

95t	Chester Taylor, vs. Minnesota 10/22/2006
91t	Bo Jackson, vs. L.A. Raiders 11/30/1987
84t	Ted McKnight, vs. Kansas City 9/30/1979

## AVERAGE GAIN

### Highest Average Gain, Game (Min. 10 att.)

12.9	Frank Gore, at San Francisco 9/20/2009 (16-207)
12.3	Bo Jackson, vs. L.A. Raiders 11/30/1987 (18-221)
12.3	Ted McKnight, vs. Kansas City 9/30/1979 (12-147)

## TOUCHDOWNS

### Most Touchdowns, Game

4	Terdell Middleton, at Green Bay (Milwaukee) 10/15/1978 Willis McGahee, vs. Buffalo 11/28/2004 Jamal Lewis, at Cleveland 11/4/2007
3	13 Times (Last: Derrick Henry, vs. Tennessee 09/19/2021)

## PASSING

## PASS RATING

### Highest Pass Rating, Career (Min. 500 att.)

102.3	Russell Wilson, 2012-
83.1	Seneca Wallace, 2003-09
82.3	Dave Krieg, 1980-91

### Highest Pass Rating, Season (Min. 160 att.)

110.9	Russell Wilson, 2018
110.1	Russell Wilson, 2015
106.3	Russell Wilson, 2019

### Highest Pass Rtg., Rookie, Season (Min. 100 att.)

100.0	Russell Wilson, 2012
69.2	Kelly Stouffer, 1988
67.0	Rick Mirer, 1993

### Passer Rating, Game (16 Attempts)

158.3	Russell Wilson, at Detroit, 10/28/18
153.3	Dave Krieg, at San Diego, 12/14/86
152.3	Russell Wilson, at Indianapolis, 9/12/21

## ATTEMPTS

### Most Passes Attempted, Career

4,460	Russell Wilson, 2012-
4,250	Matt Hasselbeck, 2001-10
3,576	Dave Krieg, 1980-91

### Most Passes Attempted, Season

562	Matt Hasselbeck, 2007
558	Russell Wilson, 2020
553	Russell Wilson, 2017

### Most Passes Attempted, Rookie, Season

486	Rick Mirer, 1993
439	Jim Zorn, 1976
393	Russell Wilson, 2012

### Most Passes Attempted, Game

55	Matt Hasselbeck, at San Francisco 12/1/2002
53	Matt Hasselbeck, at San Diego 12/29/2002 (OT)
52	Matt Hasselbeck, at Arizona 11/15/2009

## COMPLETIONS

### Most Passes Completed, Career

2,910	Russell Wilson, 2012-
2,559	Matt Hasselbeck, 2001-10
2,096	Dave Krieg, 1980-91

### Most Passes Completed, Season

384	Russell Wilson, 2020
353	Russell Wilson, 2016
352	Matt Hasselbeck, 2007

### Most Passes Completed, Rookie, Season

274	Rick Mirer, 1993
252	Russell Wilson, 2012
208	Jim Zorn, 1976

### Most Passes Completed, Game

39	Matt Hasselbeck, vs. Detroit 11/8/2009
36	Matt Hasselbeck, at San Diego 12/29/2002 (OT)
33	Dave Krieg, vs. Atlanta 10/13/1985 Seneca Wallace, vs. Indianapolis 10/4/2009 Russell Wilson, at Arizona 10/25/2020

### Most Consecutive Passes Completed, Game

17	Warren Moon, vs. Oakland 11/1/1998
16	Russell Wilson, at Miami 11/25/2012
15	Jim Zorn, vs. Cleveland 10/12/1980 Matt Hasselbeck, vs. Detroit 11/8/2009 Russell Wilson, at Oakland 10/14/2018 Russell Wilson, at Detroit 10/28/2018 Russell Wilson, vs. Minnesota 10/11/20

## COMPLETION PERCENTAGE

### Highest Completion %, Career (Min. 500 att.)

65.2	Russell Wilson, 2012- (4,460-2,910)
60.2	Matt Hasselbeck, 2001-10 (4,250-2,559)
59.9	Seneca Wallace, 2003-09 (556-333)

### Highest Completion %, Season (Min. 100 att.)

68.8	Russell Wilson, 2020 (558-384)
68.1	Russell Wilson, 2015 (483-329)
66.1	Russell Wilson, 2019 (516-341)

### Highest Comp. %, Rookie, Season (Qualifiers)

64.1	Russell Wilson, 2012 (393-252)
56.4	Rick Mirer, 1993 (486-274)
47.4	Jim Zorn, 1976 (439-208)

### Highest Completion %, Game (Min. 20 att.)

88.6	Russell Wilson at Atlanta 9/13/2020 (35-31)
86.4	Dave Krieg, vs. Denver 12/11/1988 (22-19)
84.0	Matt Hasselbeck, vs. San Francisco 12/11/2005 (25-21)

## YARDS GAINED

### Most Yards Gained, Career

35,142	Russell Wilson, 2012-
29,434	Matt Hasselbeck, 2001-10
26,132	Dave Krieg, 1980-91

### Most Yards Gained, Season

4,219	Russell Wilson, 2016
4,212	Russell Wilson, 2020
4,110	Russell Wilson, 2019

### Most Yards Gained, Rookie, Season

3,118	Russell Wilson, 2012
2,833	Rick Mirer, 1993
2,571	Jim Zorn, 1976

### Most Yards Gained, Game

452	Russell Wilson, vs. Houston 10/29/2017
449	Matt Hasselbeck, at San Diego 12/29/2002 (OT)
427	Matt Hasselbeck, at San Francisco 12/1/2002

### Most Seasons, 3,000 or More Yards Passing

9	Russell Wilson, 2012-
7	Matt Hasselbeck, 2002-05, 2007, 2009-10
4	Dave Krieg, 1984-85, 1989-90

### Most Consecutive Seasons, 3,000+ Yds. Passing

9	Russell Wilson, 2012-
4	Matt Hasselbeck, 2002-05
3	Jim Zorn, 1978-80

### Most Games, 400 or More Yards Passing, Career

4	Dave Krieg, 1980-91
3	Matt Hasselbeck, 2001-07
2	Russell Wilson, 2012-

### Most Games, 300 or More Yards Passing, Career

21	Russell Wilson, 2012-
19	Matt Hasselbeck, 2001-10
11	Dave Krieg, 1980-91

### Most Games, 300 or More Yards Passing, Season

5	Russell Wilson, 2020
4	Matt Hasselbeck, 2002, 2003
3	Jim Zorn, 1979 Dave Krieg, 1984 Matt Hasselbeck, 2004, 2007 Russell Wilson, 2016, 2017, 2019

# INDIVIDUAL RECORDS - REGULAR SEASON

## Most Consecutive Games, 300+ Yards Passing

2	Matt Hasselbeck, 6 Times Jim Zorn, 2 Times Russell Wilson, 3 Times
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## Longest Pass Completion

90t	Seneca Wallace (to Koren Robinson) vs. Philadelphia 11/2/2008
87t	Matt Hasselbeck (to Ben Obomanu) vs. Kansas City 11/28/2010
83	Trent Dilfer (to Koren Robinson) at St. Louis 10/20/2002

## AVERAGE GAIN

### Highest Average Gain, Career (Min. 300 att.)

7.9	Russell Wilson, 2012- (4,460-35,142)
7.3	Dave Krieg, 1980-91 (3,576-26,132)
7.2	Trent Dilfer, 2001-04 (356-2,560)

### Highest Average Gain, Season (Min. 100 att.)

8.8	Dave Krieg, 1983 (243-2,139)
8.3	Russell Wilson, 2015 (483, 4,024)
8.3	Trent Dilfer, 2001 (122-1,014)

### Highest Average Gain, Rookie, Season (Qualifiers)

7.9	Russell Wilson, 2012 (393-3,118)
5.9	Jim Zorn, 1976 (439-2,571)
5.8	Rick Mirer, 1993 (486-2,833)

### Highest Average Gain, Game (Min. 20 att.)

14.5	Dave Krieg, vs. San Diego 12/14/1986 (21-305)
13.3	Dave Krieg, vs. Kansas City 11/11/1990 (23-306)
12.9	Jim Zorn, vs. Buffalo 10/30/1977 (23-296)

## TOUCHDOWNS

### Most Touchdown Passes, Career

277	Russell Wilson, 2012-
195	Dave Krieg, 1980-91
174	Matt Hasselbeck, 2001-10

### Most Touchdown Passes, Season

40	Russell Wilson, 2020
35	Russell Wilson, 2018
34	Russell Wilson, 2015, 2017

### Most Touchdown Passes, Game

5	11 Times (Last: Russell Wilson, vs. Dallas 9/27/2020)
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### Most Games, 5 or More TD Passes, Career

5	Russell Wilson, 2012-
3	Dave Krieg, 1980-91
2	Matt Hasselbeck, 2001-10
1	Warren Moon, 1997-98

### Most Games, 4 or More TD Passes, Career

16	Russell Wilson, 2012-
7	Dave Krieg, 1980-91
5	Matt Hasselbeck, 2001-10

### Most Games, 5 or More TD Passes, Season

2	Russell Wilson, 2015, 2020
1	7 Times (Last: Russell Wilson, 2019)

### Most Games, 4 or More TD Passes, Season

5	Russell Wilson, 2020
3	Dave Krieg, 1985
2	Jim Zorn, 1977 Dave Krieg, 1988 Warren Moon, 1997 Russell Wilson, 2015, 2017, 2019

### Most Consecutive Games, 4 or More TD Passes

3	Russell Wilson, 2020
1	Many Times (Last: Russell Wilson, 2021)

### Most Consecutive Games with a Touchdown Pass

28	Dave Krieg, 1983-85
18	Russell Wilson, 2017-18

17	Russell Wilson, 2015-16
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## HIGHEST %, TOUCHDOWN-PASSES

### Highest %, TD Passes, Career (Min. 500 att.)

6.21	Russell Wilson, 2012- (4,460-277)
5.45	Dave Krieg, 1980-91 (3,576-195)
4.58	Warren Moon, 1997-98 (786-36)

### Highest %, TD Passes Season (Min. 100 att.)

8.20	Russell Wilson, 2018 (427-35)
7.89	Dave Krieg, 1988 (228-18)
7.82	Dave Krieg, 1987 (294-23)

### Highest %, TD Passes, Rookie, Season (Qual.)

6.62	Russell Wilson, 2012 (393-26)
2.73	Jim Zorn, 1976 (439-12)
2.47	Rick Mirer, 1993 (486-12)

## HAD INTERCEPTED

### Most Consecutive Passes Att., None Intercepted

220	Russell Wilson, 2018-19
202	Russell Wilson, 2016
197	Russell Wilson, 2016-17

### Most Passes Had Intercepted, Career

148	Dave Krieg, 1980-91
133	Jim Zorn, 1976-84
128	Matt Hasselbeck, 2001-10

### Most Passes Had Intercepted, Season

27	Jim Zorn, 1976
24	Dave Krieg, 1984
20	By 6 Players (Last: Rick Mirer, 1995)

### Most Passes Had Intercepted, Game

6	Jim Zorn, vs. Detroit 10/24/1976
5	Jim Zorn, vs. Kansas City 11/9/1980 Dave Krieg, at Kansas City 12/9/1984 Jon Kitna, vs. Tampa Bay 11/28/1999 Russell Wilson, at Green Bay 12/11/2016

### Most Attempts, No Interceptions, Game

50	Russell Wilson, vs. New Orleans 9/22/2019
49	Russell Wilson, at Tennessee 9/24/2017
47	Jim Zorn, vs. Kansas City 9/27/1981 Trent Dilfer, vs. Arizona 9/15/2002

## LOWEST %, PASSES INTERCEPTED

### Lowest %, Passes Had Int., Career (Min. 400 att.)

1.84	Russell Wilson, 2012- (4,460-82)
2.52	Seneca Wallace, 2003-09 (556-14)
2.77	Tarvaris Jackson, 2011-15 (470-13)

### Lowest %, Passes Had Int., Season (Min. 100 att.)

0.97	Russell Wilson, 2019 (516-5)
1.24	Seneca Wallace, 2008 (242-3)
1.55	Russell Wilson, 2014 (452-7)

### Lowest %, Passes Had Int., Rookie, Season (Qualifiers)

2.54	Russell Wilson, 2012 (393-10)
3.50	Rick Mirer, 1993 (486-17)
6.15	Jim Zorn, 1976 (439-27)

## OPPONENT INDIVIDUAL RECORDS

### ATTEMPTS

#### Most Passes Attempted, Game

63	Vinny Testaverde, at N.Y. Jets 12/6/1998
58	Tom Brady, vs. New England 10/14/2012
57	Dak Prescott, vs. Dallas 9/27/2020

### COMPLETIONS

#### Most Passes Completed, Game

42	Vinny Testaverde, at N.Y. Jets 12/6/1998
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39	Matt Schaub, at Atlanta 10/27/2019
38	Dwayne Haskins Jr., at Washington 12/20/2020

### Highest Completion %, Game (Min. 20 att.)

88.00	Brett Favre, at Minnesota 11/22/2009 (25-22)
85.00	Austin Davis, at St. Louis 10/19/2014 (20-17)
83.87	Fran Tarkenton, at Minnesota 11/14/1976 (31-26)

## YARDS GAINED

### Most Yards Gained, Game

472	Dak Prescott, vs. Dallas 9/27/2020
460	Matt Schaub, at Atlanta 11/27/2019
456	Ben Roethlisberger, vs. Pittsburgh 11/29/2015

### Longest Pass Completion

99t	Stan Humphries (to Tony Martin) vs. San Diego 9/18/1994
92	Marc Wilson (to Marcus Allen) at L.A. Raiders 10/7/1984 Eric Zeier (to Derrick Alexander) at Baltimore 12/7/1997

## AVERAGE GAIN

### Highest Average Gain, Game (Min. 20 att.)

14.64	Doug Flutie, vs. Buffalo 12/23/2000 (25-366)
13.47	Ken O'Brien, vs. N.Y. Jets 11/2/1986 (32-431)
13.40	Deshaun Watson, vs. Houston 10/29/2017 (30-402)

## TOUCHDOWNS

### Most Touchdown Passes, Game

5	Neil O'Donnell, vs. N.Y. Jets 8/31/1997 Josh Freeman, at Tampa Bay 12/26/2010
4	Many Times (Last: Deshaun Watson, vs. Houston 10/29/2017)

## HAD INTERCEPTED

### Most Passes Had Intercepted, Game

5	Ken Stabler, at Houston 10/5/1980 Craig Whelihan, vs. San Diego 12/13/1998 Kurt Warner, vs. Arizona 12/9/2007 Matthew Stafford, vs. Detroit 11/8/2009 Eli Manning, at N.Y. Giants 12/15/2013
4	17 Times (Last: Carson Palmer, vs. Arizona 12/22/2013)

### Most Attempts, No Interceptions, Game

52	Ryan Leaf, vs. San Diego 10/25/1998
49	Carson Palmer, at Arizona 10/23/2016
47	Kerry Collins, at N.Y. Giants 12/23/2001 Drew Stanton, at Arizona 11/9/2017

# RECEIVING

## RECEPTIONS

### Most Pass Receptions, Career

819	Steve Largent, 1976-89
581	Brian Blades, 1988-98
493	Doug Baldwin, 2011-18

### Most Pass Receptions, Season

100	Tyler Lockett, 2020
94	Bobby Engram, 2007 Doug Baldwin, 2016
87	Darrell Jackson, 2004

### Most Pass Receptions, Rookie, Season

67	Joey Galloway, 1995
58	DK Metcalf, 2019
55	John Carlson, 2008

### Most Pass Receptions, Game

15	Steve Largent, vs. Detroit 10/18/1987 Tyler Lockett, at Arizona 10/25/2020
14	Bobby Engram, at Cleveland 11/4/2007
13	Doug Baldwin, vs. Arizona 12/24/2016

### Most Seasons, 80 or More Pass Receptions

2	Brian Blades, 1993-94
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# INDIVIDUAL RECORDS - REGULAR SEASON

	Tyler Lockett, 2019-20
1	Darrell Jackson, 2004
	Bobby Engram, 2007
	Doug Baldwin, 2016
	DK Metcalf, 2020

## Most Seasons, 70 or More Pass Receptions

6	Steve Largent, 1978, 1981, 1983-86
5	Brian Blades, 1989, 1991, 1993-95
3	John L. Williams, 1989-90, 1992
	Doug Baldwin, 2015-17

## Most Seasons, 50 or More Pass Receptions

10	Steve Largent, 1976, 1978-81, 1983-87
7	Doug Baldwin, 2011, 2013-18
6	John L. Williams, 1988-93
	Darrell Jackson, 2000-06

## Most Consecutive Games with a Pass Reception

177	Steve Largent, 1977-89
71	Joey Galloway, 1995-99
64	Doug Baldwin, 2014-17

## YARDS GAINED

### Most Yards Gained, Career

13,089	Steve Largent, 1976-89
7,620	Brian Blades, 1988-98
6,563	Doug Baldwin, 2011-18

### Most Yards Gained, Season

1,303	DK Metcalf, 2020
1,287	Steve Largent, 1985
1,240	Koren Robinson, 2002

### Most Yards, Rookie, Season

1,039	Joey Galloway, 1995
900	DK Metcalf, 2019
788	Doug Baldwin, 2011

### Most Yards Gained, Game

261	Steve Largent, vs. Detroit 10/18/1987
200	Tyler Lockett, at Arizona 10/25/2020
191	Steve Largent, vs. Denver 11/25/1984

### Most Games, 100+ Yards, Receiving, Career

40	Steve Largent, 1976-89
19	Darrell Jackson, 2000-06
17	Brian Blades, 1988-98

### Most Games, 100+ Yards, Receiving, Season

6	Steve Largent, 1979
5	Steve Largent, 1984
	Brian Blades, 1989
	Darrell Jackson, 2001, 2004
	Koren Robinson, 2002
	DK Metcalf, 2020

### Most Consecutive Games, 100+ Yards Receiving

2	19 Times (Last: Tyler Lockett, 2021) (2 times))
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### Longest Pass Reception

90t	Koren Robinson (from Seneca Wallace), vs. Philadelphia 11/2/2008
87t	Ben Obomanu (from Matt Hasselbeck), vs. Kansas City 11/28/2010
83	Koren Robinson (from Trent Dilfer), at St. Louis 10/20/2002

## AVERAGE PER RECEPTION

### Highest Avg. Per Reception, Career (Min. 100 rec.)

18.5	Daryl Turner, 1984-87 (101-1,872)
16.0	Steve Largent, 1976-89 (819-13,089)
15.8	Joey Galloway, 1995-99 (283-4,457)

### Highest Avg. Per Reception, Season (Min. 50 rec.)

18.7	Steve Largent, 1979 (66-1,237)
17.3	Joey Galloway, 1996 (57-987)
17.1	Sean Dawkins, 1999 (58-992)

### Highest Avg. Per Reception, Game (Min. 5 rec.)

31.8	Ben Obomanu, vs. Kansas City 11/28/2010 (5-159)
27.8	Steve Largent, vs. Oakland 9/16/1979 (5-139)
27.4	Joey Galloway, vs. Miami 10/6/1996 (5-137)

## TOUCHDOWNS

### Most Touchdowns, Career

100	Steve Largent, 1976-89
49	Doug Baldwin, 2011-18
47	Darrell Jackson, 2000-06

### Most Touchdowns, Season

14	Doug Baldwin, 2015
13	Darryl Turner, 1985
12	Steve Largent, 1984
	Joey Galloway, 1997

### Most Touchdowns, Rookie, Season

10	Daryl Turner, 1984
8	Brian Blades, 1988
7	Joey Galloway, 1995
	DK Metcalf, 2019

### Most Touchdowns, Game

4	Daryl Turner, vs. San Diego 9/15/1985
3	9 Times (Last: Tyler Lockett, at Arizona 10/25/2020)

### Most Consecutive Games with a Touchdown

5	Steve Largent, 1984
	Joey Galloway, 1998
	Doug Baldwin, 2015
4	9 Times (Last: DK Metcalf, 2019-20)

## OPPONENT INDIVIDUAL RECORDS

## RECEPTIONS

### Most Pass Receptions, Game

13	Wes Chandler, at San Diego 9/15/1985
	Tony Martin, at San Diego 9/10/1995
	Anquan Boldin, vs. Arizona 11/16/2008
	Larry Fitzgerald, vs. Arizona 10/18/2009
	Dwayne Bowe, vs. Kansas City 11/28/2010
	Logan Thomas, at Washington 12/20/2020
12	Gary Clark, vs. Phoenix 12/19/1993 (OT)
	T.J. Houshmandzadeh, vs. Cincinnati 9/23/2007
	Wes Welker, vs. New England 12/7/2008
	Mike Evans, vs. Tampa Bay 11/3/2019
	Zach Ertz, at Philadelphia 11/24/2019
	Robert Woods, vs. Los Angeles Rams 10/7/2021

## YARDS GAINED

### Most Yards Gained, Game

243	Wes Chandler, at San Diego 9/15/1985
224	DeAndre Hopkins, vs. Houston 10/29/2017
201	Markus Wheaton, vs. Pittsburgh 11/29/2015

### Longest Pass Reception

99t	Tony Martin (from Stan Humphries) vs. San Diego 9/18/1994
92	Marcus Allen (from Marc Wilson) at L.A. Raiders 10/7/1984
	Derrick Alexander (from Eric Zeier) at Baltimore 12/7/1997

### Games, 2 or More with 100+ Yards Receiving

1	20 Times (Last: Michael Gallup [138], Cedrick Wilson [107] vs. Dallas 9/27/2020)
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## AVERAGE PER RECEPTION

### Highest Avg. Per Reception, Game (Min. 5 rec.)

32.40	James Lofton, at Green Bay (Milwaukee) 10/21/1984 (5-162)
31.40	DeSean Jackson, at Washington 10/6/2014 (5-157)
30.60	Derrick Alexander, vs. Kansas City 10/2/2000 (5-153)

## TOUCHDOWNS

### Most Touchdowns, Game

4	Roy Green, at St. Louis 11/13/1983
	Marcus Robinson, at Baltimore 11/23/2003
3	8 Times (Last: Antonio Gates, at San Diego 9/14/2014)

## INTERCEPTIONS

## INTERCEPTIONS

### Most Interceptions By, Career

50	Dave Brown, 1976-86
42	Eugene Robinson, 1985-95
41	John Harris, 1978-85

### Most Interceptions By, Season

10	John Harris, 1981
	Kenny Easley, 1984
9	Eugene Robinson, 1993
8	Dave Brown, 1984
	Darryl Williams, 1997
	Richard Sherman, 2012, 2013

### Most Interceptions By, Rookie, Season

5	Michael Boulware, 2004
	Earl Thomas, 2010
4	John Harris, 1978
	Richard Sherman, 2011
3	By 6 Players (Last: Bobby Wagner, 2012)

### Most Interceptions By, Game

3	Kenny Easley, vs. San Diego 10/29/1984
	Eugene Robinson, at Pittsburgh 12/6/1992
	Darryl Williams, vs. San Diego 9/21/1997
	Lofa Tatupu, at Philadelphia 12/2/2007
	Marcus Trufant, vs. Arizona 12/9/2007

### Most Consecutive Games, Passes Intercepted

4	Cornell Webser, 1978-79
	John Harris, 1980
	Dave Brown, 1983-84
	Kenny Easley, 1984
	Eugene Robinson, 1991
	Brandon Browner, 2011
3	By 9 Players (Last: Darryl Williams, 1997)

## YARDS RETURNED

### Most Yards Returned, Career

643	Dave Brown, 1976-86
586	Eugene Robinson, 1985-95
538	Kenny Easley, 1981-87

### Most Yards Returned, Season

220	Brandon Browner, 2011
179	Dave Brown, 1984
172	Darryl Williams, 1997

### Most Yards Returned, Game

148	Dave Brown, vs. Kansas City 11/4/1984
125	Kenny Easley, vs. Cleveland 12/20/1981
100	Lofa Tatupu, at Philadelphia 12/2/2007

### Longest Return

98t	Bobby Wagner, vs. San Francisco 12/2/2018
94t	Brandon Browner, at N.Y. Giants 10/9/2011
91t	Sammy Green, vs. San Francisco 10/7/1979

## TOUCHDOWNS

### Most Touchdowns, Career

5	Dave Brown, 1976-86
3	Keith Simpson, 1978-85
	Kenny Easley, 1981-87
	Willie Williams, 1997-03
	Josh Wilson, 2007-10

### Most Touchdowns, Season

2	10 Times (Last: Justin Coleman, 2017)
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# INDIVIDUAL RECORDS - REGULAR SEASON

## Most Touchdowns, Game

2 Dave Brown, vs. Kansas City 11/4/1984 (NFL record)

## OPPONENT INDIVIDUAL RECORDS

## INTERCEPTIONS

### Most Interceptions By, Game

4 Deron Cherry, at Kansas City 9/29/1985 (NFL record)  
3 Tony Greene, vs. Buffalo 10/30/1977  
Steve Wilson, at Denver 11/20/1983

## YARDS RETURNED

### Most Yards Returned, Game

115 Fred Marion, vs. New England 11/17/1985  
102 Gary Barbaro, at Kansas City 12/11/1977  
93 Levi Johnson, vs. Detroit 10/24/1976

### Longest Return

102t Gary Barbaro, at Kansas City 12/11/1977  
90 Budda Baker, at Arizona 10/25/2020  
86t Patrick Willis, vs. San Francisco 9/14/2008

## TOUCHDOWNS

### Most Touchdowns, Game

1 Many Times (Last: Devin McCourty, vs. New England 9/20/2020)

## PUNTING

## PUNTS

### Most Punts, Career

770 Jon Ryan, 2008-17  
554 Rick Tuten, 1991-97  
385 Jeff Feagles, 1998-02

### Most Punts, Season

108 Rick Tuten, 1992  
95 Jeff West, 1984  
Jon Ryan, 2011  
92 Jon Ryan, 2017

### Most Punts, Rookie, Season

84 Ryan Plackemeier, 2006  
80 Rick Engles, 1976  
78 Michael Dickson, 2018

### Most Punts, Game

12 Rick Tuten, vs. Denver 11/28/1993  
11 By 5 Players (Last: Jon Ryan, vs. Philadelphia 11/2/2008)

### Longest Punt

77 Jon Ryan, at San Francisco 9/11/2011  
74 Jon Ryan, at San Francisco 11/26/2017  
73 Rick Tuten, at Buffalo 10/15/1995  
Jon Ryan, vs. Green Bay 9/24/2012  
Jon Ryan, at St. Louis 9/13/2015

## AVERAGE YARDAGE

### Highest Average, Career (Min. 100 punts)

47.5 Michael Dickson, 2018- (246-11,682)  
44.8 Jon Ryan, 2008-17 (770-34,492)  
43.8 Rick Tuten, 1991-97 (554-24,266)

### Highest Average, Season

49.6 Michael Dickson, 2020 (61-3,028)  
48.2 Michael Dickson, 2018 (78-3,759)  
46.6 Jon Ryan, 2011 (95-4,431)

### Highest Average, Rookie, Season

48.2 Michael Dickson, 2018 (78-3,759)  
45.0 Ryan Plackemeier, 2006 (84-3,778)  
40.0 Ruben Rodriguez, 1987 (47-1,880)

## Highest Average, Game (Min. 4 punts)

60.0 Jon Ryan, vs. New England 10/14/2012 (4-240)  
59.0 Michael Dickson, at Denver 9/9/2018 (6-354)  
55.2 Rick Tuten, vs. Denver 12/1/1996 (5-276)

## AVERAGE NET YARDAGE

### Highest Net Average, Career (Min. 100 punts)

42.2 Michael Dickson, 2018- (246-10,416)  
38.7 Jon Ryan, 2008-17 (775-30,018)  
36.8 Rick Tuten, 1991-97 (556-20,460)

### Highest Net Average, Season

44.4 Michael Dickson, 2020  
42.5 Michael Dickson, 2018  
40.9 Michael Dickson, 2019

### Highest Net Average, Game (Min. 4 punts)

57.5 Michael Dickson, at Denver 9/9/2018 (6-345)  
50.0 Michael Dickson, vs. L.A. Chargers 11/4/2018 (6-300)  
50.0 Michael Dickson, vs. New England 9/20/2020 (4-200)

## INSIDE THE 20

### Most Punts Inside the 20, Career

276 Jon Ryan, 2008-17  
147 Rick Tuten, 1991-97  
133 Jeff Feagles, 1998-02

### Most Punts Inside the 20, Season

34 Jeff Feagles, 1999  
Jon Ryan, 2011  
Michael Dickson, 2019  
33 Rick Tuten, 1994  
32 Michael Dickson, 2020

### Most Punts Inside the 20, Game

6 Rick Tuten, vs. Minnesota 11/10/1996  
Jeff Feagles, vs. Kansas City 12/26/1999  
Jeff Feagles, at N.Y. Giants 12/23/2001  
Jon Ryan, vs. San Francisco 12/6/2009  
Jon Ryan, at Chicago 10/17/2010  
Jon Ryan, at Miami 11/25/2012  
5 10 Times (Last: Michael Dickson, at Philadelphia 11/24/2019)

## TOUCHBACKS

### Most Touchbacks, Career

60 Jon Ryan, 2008-17  
45 Rick Tuten, 1991-97  
30 Jeff Feagles, 1998-2002

### Most Touchbacks, Season

15 Ryan Plackemeier, 2006  
12 Jeff Feagles, 1998  
Jon Ryan, 2008  
10 Jeff West, 1983  
Jeff West, 1984

### Most Touchbacks, Game

3 By 6 Players (Last: Jon Ryan, vs. Philadelphia 11/2/2008)

## HAD BLOCKED

### Most Punts Had Blocked, Career

6 Herman Weaver, 1977-80  
5 Jon Ryan, 2008-17  
3 Rick Engles, 1976-77

### Most Punts Had Blocked, Season

3 Herman Weaver, 1979  
2 5 Times (Last: Jon Ryan, 2013)

### Most Punts Had Blocked, Game

2 Herman Weaver, vs. Kansas City 9/30/1979  
1 Many Times (Last: Michael Dickson, vs. Arizona 12/30/2018)

## OPPONENT INDIVIDUAL RECORDS

## PUNTS

### Most Punts, Game

11 Chris Norman, at Denver 10/20/1985 (OT)  
Ruben Rodriguez, vs. Denver 11/30/1992 (OT)  
10 7 Times (Last: Pat O'Donnell, vs. Chicago 9/27/2015)

### Longest Punt

80 Donnie Jones, vs. St. Louis 10/21/2007  
72 Pat O'Donnell, vs. Chicago 9/27/2015  
71 Andy Lee, at San Francisco 9/30/2007

## AVERAGE YARDAGE

### Highest Average Punting, Game (Min. 4 punts)

59.60 Andy Lee, at San Francisco 9/11/2011 (5-298)  
56.83 Brett Kern, at Tennessee 9/24/2017 (6-1341)  
56.60 Chris Norman, vs. Denver 11/25/1984 (5-283)

## INSIDE THE 20

### Most Punts Inside the 20, Game

6 Johnny Hekker, at L.A. Rams 9/18/2016  
5 Mat McBriar, vs. Dallas 10/23/2005  
4 Many Times, (Last: Johnny Hecker vs. Los Angeles Rams 10/7/21)

## TOUCHBACKS

### Most Touchbacks, Game

3 Many Times (Last: Andy Lee, at San Francisco 9/30/2007)

## HAD BLOCKED

### Most Punts Had Blocked, Game

2 John Kidd, vs. Buffalo 10/14/1984  
Rich Camarillo, at New England 9/21/1986  
1 Many Times (Last: Ryan Quigley, at Arizona 10/23/2016)

## PUNT RETURNS

## PUNT RETURNS

### Most Punt Returns, Career

144 Tyler Lockett, 2015-  
125 Nate Burleson, 2006-09  
104 Leon Washington, 2010-12

### Most Punt Returns, Season

58 Nate Burleson, 2007  
51 Golden Tate, 2013  
41 Will Lewis, 1980  
Leon Washington, 2011  
Leon Washington, 2012

### Most Punt Returns, Rookie, Season

41 Will Lewis, 1980  
40 Tyler Lockett, 2015  
36 Joey Galloway, 1995

### Most Punt Returns, Game

7 Walter Packer, vs. N.Y. Jets 11/13/1977  
Nate Burleson, San Francisco 12/6/2009  
Leon Washington, at St. Louis 11/20/2011  
Golden Tate, at N.Y. Giants 12/15/2013  
6 6 Times (Last: Leon Washington, at N.Y. Giants 10/9/2011)

## FAIR CATCHES

### Most Fair Catches, Career

94 Tyler Lockett, 2015-  
70 Bobby Engram, 2001-07  
60 Chris Warren, 1990-97

# INDIVIDUAL RECORDS - REGULAR SEASON

## Most Fair Catches, Season

25	Chris Warren, 1992
23	Bobby Engram, 2002 Bryan Walters, 2014
22	Bobby Engram, 2003 Jimmy Williams, 2005 Tyler Lockett, 2016

## Most Fair Catches, Game

6	Bryan Walters, at Arizona 12/21/2014
5	James Jefferson, vs. Denver 10/22/1989 Chris Warren, vs. Pittsburgh 10/20/1991 Chris Warren, vs. Denver 11/30/1992 (OT) Charlie Rogers, vs. Buffalo 10/24/1999 Jimmy Williams, vs. Dallas 10/23/2005 Tyler Lockett, at San Francisco 11/26/2017

## YARDS GAINED

### Most Yards Gained, Career

1,288	Nate Burleson, 2006-09
1,071	Tyler Lockett, 2015-
1,069	Leon Washington, 2010-12

### Most Yards Gained, Season

658	Nate Burleson, 2007
585	Golden Tate, 2013
464	Leon Washington, 2011

### Most Yards Gained, Rookie, Season

419	Bobby Joe Edmonds, 1986
379	Tyler Lockett, 2015
360	Joey Galloway, 1995

### Most Yards Gained, Game

139	Tyler Lockett, at Arizona 1/3/2016
106	Charlie Rogers, at Pittsburgh 9/26/1999
105	Joey Galloway, vs. N.Y. Giants 11/5/1995

### Longest Punt Return

94t	Charlie Rogers, at Pittsburgh 9/26/1999 Nate Burleson, at Cleveland 11/4/2007
90t	Nate Burleson, vs. St. Louis 11/12/2006
89t	Joey Galloway, vs. N.Y. Giants 11/5/1995

## AVERAGE YARDAGE

### Highest Average, Career (Min. 50 ret.)

12.7	Charlie Rogers, 1999-01 (73-925)
11.6	Golden Tate, 2010-13 (68-787)
11.4	Paul Johns, 1981-84 (74-843)

### Highest Average, Season (Min. 1 ret. per game)

14.5	Charlie Rogers, 1999 (22-318)
14.0	Charlie Rogers, 2000 (26-363)
12.6	Golden Tate, 2010 (16-202)

### Highest Average, Rookie, Season (Qualifiers)

14.5	Charlie Rogers, 1999 (22-318)
12.6	Golden Tate, 2010 (16-202)
12.3	Bobby Joe Edmonds, 1986 (34-419)

### Highest Average, Game (Min. 3 ret.)

34.8	Tyler Lockett, at Arizona 1/3/2016 (4-139)
32.0	Paul Johns, vs. L.A. Raiders 10/16/1983 (3-96)
31.7	Nate Burleson, vs. St. Louis 11/12/2006 (3-95)

## TOUCHDOWNS

### Most Touchdowns, Career

4	Joey Galloway, 1995-98
2	Paul Johns, 1981-84 Bobby Engram, 2001-07 Nate Burleson, 2006-07

### Most Touchdowns, Season

2	Joey Galloway, 1998
1	13 Times (Last: Tyler Lockett, 2015)

### Most Touchdowns, Rookie, Season

1	Will Lewis, 1980
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Bobby Joe Edmonds, 1986
Joey Galloway, 1995
Charlie Rogers, 1999
Tyler Lockett, 2015

### Most Touchdowns, Game

1	By 15 Times (Last: Tyler Lockett, at St. Louis 9/13/2015)
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## OPPONENT INDIVIDUAL RECORDS

## PUNT RETURNS

### Most Punt Returns, Game

8	Vai Sikahema, vs. Philadelphia 12/13/1992
7	Rolland Lawrence, vs. Atlanta 11/7/1976 Pete Shaw, at N.Y. Giants 12/11/1983 Brian Mitchell, vs. Philadelphia 9/23/2001 Reno Mahe, at Philadelphia 12/5/2005 Pharoh Cooper, vs. L.A. Rams 12/17/2017

## FAIR CATCHES

### Most Fair Catches, Game

6	Greg Pruitt, at L.A. Raiders 10/7/1984 Patrick Peterson, vs. Arizona 12/22/2013
5	Greg Pruitt, vs. L.A. Raiders 11/12/1984 Emile Harry, at Kansas City 11/9/1986

## YARDS GAINED

### Most Yards Gained, Game

184	Jermaine Lewis, at Baltimore 12/7/1997
133	Desmond Howard, at Oakland 11/15/1998
128	Pharoh Cooper, vs. L.A. Rams 12/17/2017

### Longest Punt Return

91t	JoJo Townsell, vs. N.Y. Jets 11/9/1987
90t	Stedman Bailey, at St. Louis 10/19/2014
89t	Jermaine Lewis, at Baltimore 12/7/1997 Jimmy Williams, at San Francisco 12/1/2002 Devin Hester, at Chicago 10/17/2010

## AVERAGE YARDAGE

### Highest Average, Game (Min. 3 ret.)

36.8	Jermaine Lewis, at Baltimore 12/7/1997 (5-184)
32.7	David Meggett, at N.Y. Giants 11/19/1989 (3-98)
31.7	JoJo Townsell, at N.Y. Jets 11/9/1987 (3-95)

### Most Touchdowns, Game

2	Jermaine Lewis, at Baltimore 12/7/1997
1	20 Times (Last: Deonte Harris, vs. New Orleans 9/22/19)

# KICKOFF RETURNS

## KICKOFF RETURNS

### Most Kickoff Returns, Career

165	Steve Broussard, 1995-98
134	Charlie Rogers, 1999-2001
129	Maurice Morris, 2002-07

### Most Kickoff Returns, Season

69	Josh Wilson, 2008
66	Charlie Rogers, 2000
59	Josh Scobey, 2005

### Most Kickoff Returns, Game

8	Bobby Joe Edmonds, vs. L.A. Raiders 11/30/1987 Josh Wilson, at N.Y. Giants 10/5/2008
7	By 15 Players (Last: Leon Washington, at Tampa Bay 12/26/2010)

## YARDS GAINED

### Most Yards Gained, Career

3,900	Steve Broussard, 1995-98
3,329	Leon Washington, 2010-12
3,214	Charlie Rogers, 1999-2001

## Most Yards Gained, Season

1,753	Josh Wilson, 2008
1,629	Charlie Rogers, 2000
1,461	Leon Washington, 2010

## Most Yards Gained, Rookie, Season

852	Tyler Lockett, 2015
829	Rufus Crawford, 1978
821	Maurice Morris, 2002

## Most Yards Gained, Game

253	Leon Washington, vs. San Diego 9/26/2010
231	Maurice Morris, at St. Louis 10/20/2002
222	Leon Washington, at San Francisco 12/12/2010

## Longest Kickoff Return

105t	Tyler Lockett, vs. Chicago 9/27/2015
101t	Leon Washington, vs. San Diego 9/26/2010
99t	Leon Washington, vs. San Diego 9/26/2010 Tyler Lockett, vs. Arizona 12/31/2017

## HIGHEST AVERAGE

### Highest Average, Career (Min. 50 ret.)

26.2	Leon Washington, 2010-12 (127-3,329)
25.1	Tyler Lockett, 2015- (127-3,188)
25.0	Josh Wilson, 2007-08 (94-2,350)

### Highest Average, Season (Min. 1 ret. per game)

29.0	Leon Washington, 2012 (27-784)
26.9	Steve Broussard, 1998 (29-781)
26.4	Tyler Lockett, 2016 (23-606)

### Highest Average, Game (Min. 3 ret.)

63.3	Leon Washington, vs. San Diego 9/26/2010 (4-253)
44.3	Leon Washington, at Arizona 9/9/2012 (3-133)
42.8	Charlie Rogers, vs. Buffalo 12/23/2000 (4-171)

## TOUCHDOWNS

### Most Touchdowns, Career

4	Leon Washington, 2010-12
2	Tyler Lockett, 2015-
1	By 8 players

### Most Touchdowns, Season

3	Leon Washington, 2010
1	Zachary Dixon, 1983 James Jefferson, 1989 Jon Vaughn, 1994 Steve Broussard, 1998 Charlie Rogers, 2000 Maurice Morris, 2002 Nate Burleson, 2007 Josh Wilson, 2007 Leon Washington, 2012 Tyler Lockett, 2015, 2017

### Most Touchdowns, Rookie, Season

1	Maurice Morris, 2002 Josh Wilson, 2007 Tyler Lockett, 2015
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### Most Touchdowns, Game

2	Leon Washington, vs. San Diego 9/26/2010
1	By 10 Players (Last: Tyler Lockett, vs. Arizona 12/31/2017)

## COMBINED KICK RETURNS

### Most Combined Kick Returns, Career

271	Tyler Lockett, 2015- (144-P, 127-K)
231	Leon Washington, 2010-12 (104-P, 127-K)
207	Charlie Rogers, 1999-01 (73-P, 134-K)

### Most Combined Kick Returns, Season

92	Charlie Rogers, 2000 (26-P, 66-K)
85	Nate Burleson, 2007 (58-P, 27-K)
84	Leon Washington, 2011 (41-P, 43-K)

# INDIVIDUAL RECORDS - REGULAR SEASON

## Most Combined Kick Returns, Game

- 11 Bobby Joe Edmonds, at New England 9/21/1986 (5-P, 6-K)
- 10 By 4 Players (Last: Nate Burleson, vs. San Diego 12/24/2006 [5-P, 5-K])

## COMBINED YARDS GAINED

### Most Yards Returned, Career

- 4,398 Leon Washington, 2010-12 (1,069-P, 3,329-K)
- 4,259 Tyler Lockett, 2015- (1,071-P, 3,188-K)
- 4,139 Charlie Rogers, 1999-01 (925-P, 3,214-K)

### Most Yards Gained, Season

- 1,992 Charlie Rogers, 2000 (363-P, 1,629-K)
- 1,753 Josh Wilson, 2008 (0-P, 1,753-K)
- 1,710 Leon Washington, 2010 (249-P, 1,461-K)

### Most Yards Returned, Game

- 253 Leon Washington, vs. San Diego 9/26/2010 (253-K)
- 231 Maurice Morris, vs. St. Louis 10/20/2002 (231-K)
- 230 Leon Washington, at San Francisco 12/12/2010 (222-K, 8-P)

## COMBINED TOUCHDOWNS

### Most Touchdowns, Career

- 4 Joey Galloway, 1995-98 (4-P)
- Leon Washington, 2010-12 (4-K)
- 3 Nate Burleson, 2006-09 (2-P, 1-K)
- Tyler Lockett, 2015- (1-P, 2-K)
- 2 Paul Johns, 1981-84 (2-P)
- Charlie Rogers, 1999-01 (1-P, 1-K)
- Bobby Ingram, 2001-07 (2-P)

### Most Touchdowns, Season

- 3 Leon Washington, 2010 (3-K)
- 2 Joey Galloway, 1998 (2-P)
- Nate Burleson, 2007 (1-P, 1-K)
- Tyler Lockett, 2015 (1-P, 1-K)

### Most Touchdowns, Game

- 2 Leon Washington, vs. San Diego 9/26/2010
- 1 27 Times (Last: Tyler Lockett, vs. Arizona 12/31/2017)

## OPPONENT INDIVIDUAL RECORDS

## KICKOFF RETURNS

### Most Kickoff Returns, Game

- 10 Desmond Howard, vs. Oakland 10/26/1997
- 9 Paul Palmer, at Kansas City 9/20/1987
- 8 By 4 Players (Last: Derrick Williams, vs. Detroit 11/8/2009)

## YARDS GAINED

### Most Yards Gained, Game

- 223 Desmond Howard, vs. Oakland 10/26/1997
- 221 Paul Palmer, at Kansas City 9/20/1987
- 220 Terry Kirby, vs. Oakland 11/11/2001

### Longest Kickoff Return

- 102t Ted Ginn, at San Francisco 9/11/2011
- 101t Cordarrelle Patterson, at Minnesota 12/6/2015
- 99t Chris Johnson, at St. Louis 10/9/2005
- Tamarick Vanover, vs. Kansas City 9/3/1995

## HIGHEST YARDAGE

### Highest Average, Game (Min. 3 ret.)

- 48.3 Byron Hanspard, vs. Atlanta 11/30/1997 (3-145)
- 44.3 Paul Palmer, at Kansas City 12/27/1987 (3-133)
- 44.0 Ted Ginn, at San Francisco 9/11/2011 (4-176)

## TOUCHDOWNS

### Most Touchdowns, Game

- 1 By 13 Players (Last: Richie James, at San Francisco 12/16/2018 [OT])

## OPPONENT COMBINED KICK RETURNS

### Most Combined Kick Returns, Game

- 11 Vai Sikahema, vs. Philadelphia 12/13/1992 (OT)(8-P, 3-K)
- Johnny Bailey, vs. Phoenix 12/19/1993 (OT)(4-P, 7-K)
- Desmond Howard, vs. Oakland 10/26/1997(1-P, 10-K)
- Tamarick Vanover, vs. Kansas City 12/26/1999 (5-P, 6-K)

## COMBINED YARDS GAINED

### Most Yards Returned, Game

- 275 Jermaine Lewis, vs. Baltimore 12/7/1997 (184-P, 91-K)
- 268 Ted Ginn, at San Francisco 9/11/2011 (92-P, 176-K)
- 228 Glyn Milburn, at Denver 12/10/1995 (95-P, 133-K)

## TOUCHDOWNS

### Most Touchdowns, Game

- 2 Jermaine Lewis, at Baltimore 12/7/1997
- Ted Ginn, at San Francisco 9/11/2011
- 1 30 Times (Last: Richie James, at San Francisco 12/16/2018 [OT])

# FUMBLES

## FUMBLES

### Most Fumbles, Career

- 108 Dave Krieg, 1980-91
- 82 Russell Wilson, 2012-
- 55 Matt Hasselbeck, 2001-10

### Most Fumbles, Season

- 18 Dave Krieg, 1989
- 17 Jon Kitna, 2000
- 16 Dave Krieg, 1990

### Most Fumbles, Game

- 6 Dave Krieg, vs. Kansas City 11/5/1989
- 5 Dave Krieg, vs. San Diego 11/25/1990 (OT)
- 4 By 3 Players (Last: Jon Kitna, vs. Buffalo 12/23/2000)

## FUMBLES RECOVERED

### Most Fumbles Recovered, Career, Own and Opp.

- 33 Russell Wilson, 2012- (32-own, 1-opp)
- 27 Dave Krieg, 1980-91 (27-own)
- 20 Jon Kitna, 1997-2000 (20-own)

### Most Fumbles Recovered, Season, Own and Opp.

- 9 Dave Krieg, 1989 (9-own)
- Jon Kitna, 2000 (9-own)
- 6 Jon Kitna, 1999 (6-own)
- Russell Wilson, 2014 (6-own)
- Russell Wilson, 2017 (6-own)

### Most Fumbles Recovered, Game, Own and Opp.

- 3 Dave Krieg, vs. Chicago 12/20/1987 (3-own)
- Dave Krieg, vs. Kansas City 11/5/1989 (3-own)
- Darryl Williams, vs. Kansas City 10/4/1998 (3-opp)
- Jon Kitna, vs. Jacksonville 11/12/2000 (3-own)
- Matt Hasselbeck, vs. Houston 12/13/2009 (3-own)
- Russell Wilson, at Tennessee 9/24/2017 (3-own)

## OWN FUMBLES RECOVERED

### Most Own Fumbles Recovered, Career

- 32 Russell Wilson, 2012-
- 27 Dave Krieg, 1980-91
- 20 John Kitna, 1997-2000

### Most Own Fumbles Recovered, Season

- 9 Dave Krieg, 1989
- Jon Kitna, 2000
- 6 Jon Kitna, 1999
- Russell Wilson, 2014
- Russell Wilson, 2017

## Most Own Fumbles Recovered, Game

- 3 Dave Krieg, vs. Chicago 12/20/1987
- Dave Krieg, vs. Kansas City 11/5/1989
- Jon Kitna, vs. Jacksonville 11/12/2000
- Matt Hasselbeck, vs. Houston 12/13/2009
- Russell Wilson, at Tennessee 9/24/2017

## DEFENSE - FORCED FUMBLES

### Most Forced Fumbles, Career

- 28 Jacob Green, 1980-91
- 25 Michael Sinclair, 1991-2001
- 14 Rufus Porter, 1988-94
- 13 Joe Nash, 1982-96
- Bruce Scholtz, 1982-88
- Cortez Kennedy, 1990-00
- Cliff Avril, 2013-17

### Most Forced Fumbles, Season

- 7 Jacob Green, 1985
- Michael Sinclair, 1998
- 6 By 3 Players (Last: Michael Sinclair, 1997)

## DEFENSE - FUMBLES RECOVERED

### Most Fumbles Recovered, Career

- 17 Jacob Green, 1980-91
- 14 Eugene Robinson, 1985-95
- 13 Chad Brown, 1997-2004

### Most Fumbles Recovered, Season

- 5 Nesby Glasgow, 1989
- 4 Many Times (Last: Michael Sinclair, 2000)

### Most Fumbles Recovered, Game

- 3 Darryl Williams, at Kansas City 10/4/1998
- 2 18 Times (Last: Red Bryant, vs. San Diego 9/26/2010)

## DEFENSE - FUMBLE RETURN YARDS

### Longest Fumble Return

- 83t Antonio Edwards, at Denver 12/10/1995
- 79t Jacob Green, vs. N.Y. Jets 10/27/1985
- Nick Reed, vs. Jacksonville 10/11/2009
- 71 Shawn Springs, at Oakland 9/8/2002

## TOUCHDOWNS

### Most Touchdowns, Career (Total)

- 3 Chad Brown, 1997 (3-opp)
- Bobby Wagner, 2012- (3-opp)
- 2 Jacob Green, 1980-91 (2-opp)
- Shelton Robinson, 1982-85 (2-opp)
- Michael Sinclair, 1991-01 (2-opp)

### Most Touchdowns, Season (Total)

- 2 Shelton Robinson, 1983 (2-opp)
- Chad Brown, 1997 (2-opp)
- Bobby Wagner, 2015 (2-opp)

### Most Touchdowns, Game (Total)

- 1 Many Times (Last: Jadeveon Clowney, at San Francisco 11/11/2019)

## OPPONENT INDIVIDUAL RECORDS

## FUMBLES

### Most Fumbles, Game

- 5 Dave Walter, vs. Cincinnati 10/11/1987
- 4 4 Times (Last: Kurt Warner, vs. Arizona 9/17/2006)

## FORCED FUMBLES

### Most Forced Fumbles, Game

- 2 Many Times (Last: K'Waun Williams, at San Francisco 11/11/2019)

# INDIVIDUAL RECORDS - REGULAR SEASON

## FUMBLES RECOVERED

### Most Fumbles Recovered, Game

2 Many Times (Last: DeForest Buckner, at San Francisco 11/11/2019)

### Most Own Fumbles Recovered, Game

3 Craig Erickson, at Miami 10/6/1996  
Kurt Warner, vs. Arizona 9/17/2006  
2 Many Times

## FUMBLE RETURN YARDS

### Longest Fumble Return

89t Victor Adeyanju, vs. St. Louis 11/12/2006  
86t Derrick Thomas, vs. Kansas City 12/5/1993  
77t Jason McCourty, vs. Tennessee 10/13/2013

## TOUCHDOWNS

### Most Touchdowns, Game

1 Many Times (Last: DeForest Buckner, at San Francisco 11/11/2019)

## COMBINED NET YARDS

*Yards Gained via Rushing, Receiving, Interception Returns, Punt Returns, Kickoff Returns, and Fumble Returns*

## ATTEMPTS

### Most Attempts, Career

2,403 Shaun Alexander, 2000-07  
1,943 Chris Warren, 1990-97  
1,855 Curt Warner, 1983-89

### Most Attempts, Season

385 Shaun Alexander, 2005  
379 Curt Warner, 1983  
378 Shaun Alexander, 2004

### Most Attempts, Rookie, Season

379 Curt Warner, 1983  
162 John L. Williams, 1986  
161 Sherman Smith, 1976

### Most Attempts, Game

40 Shaun Alexander, vs. Green Bay 11/27/2006  
37 Shaun Alexander, vs. Oakland 11/11/2001  
Marshawn Lynch, vs. Baltimore 11/13/2011  
36 Chris Warren, at New England 9/19/1993  
Shaun Alexander, vs. Oakland 11/11/2001

## YARDS GAINED

### Most Yards Gained, Career

13,396 Steve Largent, 1976-89  
10,948 Shaun Alexander, 2000-07  
10,665 Chris Warren, 1990-97

### Most Yards Gained, Season

1,992 Charlie Rogers, 2000  
1,958 Shaun Alexander, 2005  
1,946 Nate Burleson, 2007

### Most Yards Gained, Rookie, Season

1,915 Tyler Lockett, 2015  
1,774 Curt Warner, 1983  
1,583 Joey Galloway, 1995

### Most Yards Gained, Game

281 Shaun Alexander, vs. Oakland 11/11/2001  
264 Maurice Morris, vs. St. Louis 10/20/2002  
261 Steve Largent, vs. Detroit 10/18/1987

## OPPONENT INDIVIDUAL RECORDS

## ATTEMPTS

### Most Attempts, Game

42 Earl Campbell, at Houston 10/11/1981  
41 Larry Johnson, at Kansas City 10/29/2006  
David Jonson, at Arizona 10/23/2016 (OT)  
39 Barry Foster, at Pittsburgh 12/6/1992  
Edgerrin James, vs. Indianapolis 10/15/2000  
Marshall Faulk, at St. Louis 10/20/2002  
Chris Johnson, vs. Tennessee 1/3/2010

## YARDS GAINED

### Most Yards Gained, Game

404 Glyn Milburn, at Denver 12/10/1995 (NFL record)  
308 Jermaine Lewis, vs. Baltimore 12/7/1997  
307 Priest Holmes, vs. Kansas City 11/24/2002

## TACKLES

## TACKLES

### Most Tackles, Career

1,283 Bobby Wagner, 2012-  
984 Eugene Robinson, 1985-95  
934 K.J. Wright, 2011-20

### Most Tackles, Season

167 Bobby Wagner, 2016  
159 Bobby Wagner, 2019  
153 Terry Beeson, 1978

### Most Tackles, Game

20 Bobby Wagner, vs. Tennessee 9/20/2021  
19 Bobby Wagner, vs. New Orleans 9/22/2019  
18 Terry Beeson, vs. Houston 11/20/1977  
Sammy Green, vs. Minnesota 10/8/1978

## OPPONENT INDIVIDUAL RECORDS

## TACKLES

### Most Tackles, Game

19 Randy Gradishar, vs. Denver 10/29/1978  
19 Paul Worrlow, at Atlanta 11/10/2013  
16 7 Times (Last: Novorro Bowman, vs. San Francisco 12/23/2012)

## SACKS

## SACKS

### Most Sacks, Career

\*97.5 Jacob Green, 1980-91  
73.5 Michael Sinclair, 1991-2001  
63.0 Jeff Bryant, 1982-93  
\*Unofficially 116.0. Sacks did not become official until 1982.

### Most Sacks, Season

16.5 Michael Sinclair, 1998  
16.0 Jacob Green, 1983  
14.5 Jeff Bryant, 1984  
Patrick Kerney, 2007

### Most Sacks, Game

4.0 Jacob Green, vs. N.Y. Giants 10/19/1986  
Michael Sinclair, vs. Denver 9/8/1996  
Michael McCrary, at Oakland 12/22/1996  
Darryl Tapp, vs. St. Louis 10/21/2007  
Chris Clemons, vs. Green Bay 9/24/2012

## OPPONENT INDIVIDUAL RECORDS

## SACKS

### Most Sacks, Game

7.0 Derrick Thomas, at Kansas City 11/11/1990 (NFL record)  
4.0 By 3 Players (Last: Leslie O'Neal, vs. San Diego 10/22/1995)

## BLOCKED KICKS

## BLOCKED PUNTS

### Most Blocked Punts, Career

3 Kerry Justin, 1978-83, 1986-87  
2 By 5 Players

### Most Blocked Punts, Season

2 By 4 Players (Last: Kerry Justin, 1986)

### Most Blocked Punts, Game

1 33 Times (Last: Ryan Neal, vs. New York Giants 12/6/2020)

## BLOCKED FIELD GOALS

### Most Blocked Field Goals, Career

8 Joe Nash, 1982-96  
Craig Terrill, 2004-10  
4 Red Bryant, 2008-12  
2 By 5 Players (Last: Rasheem Green, 2018- )

### Most Blocked Field Goals, Season

3 Joe Nash, 1989  
Craig Terrill, 2010  
Red Bryant, 2011  
2 Mike White, 1982  
Joe Nash, 1984  
Craig Terrill, 2006  
Rasheem Green, 2019

### Most Blocked Field Goals, Game

2 Red Bryant, at Cleveland 10/23/2011  
1 Many Times (Last: Rasheem Green, vs. Arizona 12/22/2019)

## BLOCKED PATS

### Most Blocked PATs, Career

3 Mike White, 1981-82  
2 By 3 Players

### Most Blocked PATs, Season

2 Mike White, 1981  
1 By 13 Players (Last: Tre Flowers, 2020)

### Most Blocked PATs, Game

1 13 Times (Last: Tre Flowers, vs. Dallas 9/27/2020)

## BLOCKED KICKS (FIELD GOALS AND PATS)

### Most Blocked Kicks, Career

10 Joe Nash, 1982-96 (8 FG, 2 PAT)  
8 Craig Terrill, 2004-10 (8 FG)  
5 Mike White, 1981-82 (2 FG, 3 PAT)  
Jeff Bryant, 1982-93 (3 FG, 2 PAT)  
Red Bryant, 2008-12 (4 FG, 1 PAT)

### Most Blocked Kicks, Season

4 Red Bryant, 2011 (3 FG, 1 PAT)  
3 Mike White, 1982 (2 FG, 1 PAT)  
Joe Nash, 1989 (3 FG)  
Craig Terrill, 2010 (3 FG)  
2 By 5 Players (Last: Rasheem Green, 2019)

### Most Blocked Kicks, Game

2 Red Bryant, at Cleveland 10/23/2011  
Red Bryant, vs. Washington 11/27/2011  
1 Many Times (Last: Tre Flowers, vs. Dallas 9/27/2020)

# INDIVIDUAL RECORDS - REGULAR SEASON

## BLOCKED KICK RETURNS

### Longest Return of Blocked Punt

32	Jessie Green, vs. N.Y. Jets 10/19/1980
26	Steve Raible, vs. Green Bay 10/10/1976
25t	Mike Morgan, vs. Dallas 10/12/2014

### Longest Return of Blocked Field Goal

90t	Richard Sherman, vs. San Francisco 12/23/2012
62	Paul Moyer, vs. Cleveland 10/9/1988
62t	Vernon Dean, vs. L.A. Rams 10/23/1988
61t	Robert Blackmon, vs. Houston 11/3/1996 Shawn Springs, at Green Bay 11/1/1999

## OPPONENT INDIVIDUAL RECORDS

## BLOCKED PUNTS

### Most Blocked Punts, Game

1	Many Times (Last: Cameron Malveaux, vs. Arizona 12/30/2018)
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## BLOCKED FIELD GOALS

### Most Blocked Field Goals, Game

1	Many Times (Last: Rodney Gunter, vs. Arizona 12/24/2016)
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## BLOCKED PATS

### Most Blocked PATs, Game

1	Many Times (Last: Chris Jones, at San Francisco 1/1/2017)
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## BLOCKED KICKS (FIELD GOALS AND PATS)

### Most Blocked Kicks, Game

1	Many Times (Last: Cameron Malveaux, vs. Arizona 12/30/2018)
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## BLOCKED KICK RETURNS

### Longest Return of Blocked Punt

28t	Andre King, vs. Cleveland 11/30/2003
23	Frank Duncan, vs. San Diego 9/7/1980
16t	Ed Reed, at Baltimore 11/23/2003

### Longest Return of Blocked Field Goal

61t	Delano Howell, at Indianapolis 10/6/2013
58t	Dave Waymer, vs. New Orleans 10/16/1988

## Touchdowns with Blocked Kick Recovery

1	Dave Waymer, vs. New Orleans 10/16/1988 (FG, 58 yds) Albert Lewis, at Kansas City 1/2/1994 (punt, 0 yds) Ed Reed, at Baltimore 11/23/2003 (punt, 16 yds) Andre King, vs. Cleveland 11/30/2003 (punt, 28 yds) Delano Howell, at Indianapolis 10/6/2013 (FG, 61 yds) Brice Butler, vs. Oakland 11/2/2014 (punt, 0 yds) Dennis Gardeck, vs. Arizona 12/30/2018 (punt, 0 yds)
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## SAFETIES

## SAFETIES

### Most Safeties, Career

2	Rod Stephens, 1989-94
1	Many Times

### Most Safeties, Season

2	Rod Stephens, 1993 (NFL record)
1	By Many Players (Last: Ryan Neal, 2020)

### Most Safeties, Game

1	By Many Players (Last: Ryan Neal, vs. New York Giants 12/6/2020)
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## OPPONENT INDIVIDUAL RECORDS

## SAFETIES

### Most Safeties, Game

1	Many Times (Last: Nate Hairston, vs. Indianapolis 10/1/2017)
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**ALL-TIME  
HONORS**

# ALL-TIME HONORS

## CAPTAINS

Offense	Defense	Special Teams
1976 Norm Evans, T	Mike Curtis, LB	Ed Bradley, LB
1977 Norm Evans, T	Eddie McMillan, S	Steve Preece, S
1978 Norm Evans, T	Dennis Boyd, DT	Autry Beamon, S
1979 Steve Largent, WR	Dennis Boyd, DE	Autry Beamon, S
1980 Steve Largent, WR	Keith Simpson, S	Don Dufek, S
1981 Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1982 Steve Largent, WR	Keith Simpson, CB	Eric Lane, RB
1983 Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1984 Charle Young, TE	Dave Brown, CB	Eric Lane, RB
1985 Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1986 Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1987 Steve Largent, WR	Kenny Easley, S	Paul Moyer, S
1988 Steve Largent, WR	Jacob Green, DE	Game-to-Game
	Eugene Robinson, S	
1989 Steve Largent, WR	Jacob Green, DE	Game-to-Game
1990 Dave Krieg, QB	Jacob Green, DE	Game-to-Game
1991 Dave Krieg, QB	Jacob Green, DE	Game-to-Game
1992 John L. Williams, FB	Eugene Robinson, S	James Jones, TE
1993 John L. Williams, FB	Eugene Robinson, S	Tracy Johnson, FB
		Trey Junkin, TE
		Tracy Johnson, FB
		Trey Junkin, TE
		Rick Tuten, P
1994 Ray Donaldson, C	Eugene Robinson, S	Jay Bellamy, S
		Jay Bellamy, S
1995 Rick Mirer, QB	Eugene Robinson, S	
1996 Rick Mirer, QB	Winston Moss, LB	
	Terry Wooden, LB	
1997 John Friesz, QB	Winston Moss, LB	
1998 Warren Moon, QB	Darryl Williams, S	
	Michael Sinclair, DE	
1999* Jon Kitna, QB	Chad Brown, LB	Fabien Bownes, WR
	<i>Ricky Waters, RB</i>	<i>Cortez Kennedy, DT</i>
		<i>James Logan, LB</i>
<b>Season captains discontinued in 1999 and 2000</b>		
2001 Matt Hasselbeck, QB	Chad Brown, LB	
	Robbie Tobeck, C	
	Ricky Watters, RB	
2002 Trent Dilfer, QB	Chad Brown, LB	
	Robbie Tobeck, C	
	Mack Strong, FB	
2003 Matt Hasselbeck, QB	John Randle, DT	Alex Bannister, WR
2004 Matt Hasselbeck, QB	Anthony Simmons, LB	Alex Bannister, WR
2005 Matt Hasselbeck, QB	Grant Wistrom, DE	Alex Bannister, WR
	Shaun Alexander, RB*	Josh Scobey, KR*
2006 Matt Hasselbeck, QB	Lofa Tatupu, LB	J.P. Darche, LS
	Walter Jones, T	Jimmy Williams, CB
2007 Matt Hasselbeck, QB	Lofa Tatupu, LB	Josh Brown, K
	Mack Strong, FB	Niko Koutouvides, LB
2008 Matt Hasselbeck, QB	Deon Grant, SS	Lance Laury, LB
	Walter Jones, T	D.D. Lewis, LB
2009 Matt Hasselbeck, QB	Lofa Tatupu, LB	Lance Laury, LB
	Walter Jones, T	Olindo Mare, K
2010 Matt Hasselbeck, QB	Lofa Tatupu, LB	Roy Lewis, CB
2011 Tarvaris Jackson, QB	Marcus Trufant, CB	M. Robinson, FB/ Leon Washington, RB
		Heath Farwell, LB
		M. Robinson, CB
		Heath Farwell, LB
		Steve Hauschka, K
		Jon Ryan, P
		Jon Ryan, P
		Jon Ryan, P
		DeShawn Shead, CB
		Jon Ryan, P
2012 Max Unger, C	Red Bryant, DE	Sebastian Janikowski, K
		Neiko Thorpe, CB
		Neiko Thorpe, CB
		Neiko Thorpe, CB
		Nick Bellore, FB/LB
2013 Russell Wilson, QB	Red Bryant, DE	
2014 Russell Wilson, QB	Kam Chancellor, S	
2015 Russell Wilson, QB	Bobby Wagner, LB	
2016 Russell Wilson, QB	Kam Chancellor, S	
2017 Russell Wilson, QB	K. Chancellor, S	
	B. Wagner, LB	
2018 Russell Wilson, QB	Bobby Wagner, LB	
2019 Russell Wilson, QB	Bobby Wagner, LB	
2020 Russell Wilson, QB	Bobby Wagner, LB	
2021 Russell Wilson, QB	Bobby Wagner, LB	

\* Playoff Captains

## RING OF HONOR

1989 Steve Largent	WR	2004 Dave Krieg	QB
1991 Jim Zorn	QB	2005 Chuck Knox	Head Coach
1992 Dave Brown	CB	2006 Cortez Kennedy	DT
1992 Pete Gross	Broadcaster	2014 Walter Jones	T
1994 Curt Warner	RB	2019 Paul G. Allen	Chairman
1995 Jacob Green	DE	2021 Mike Holmgren	Head Coach
2002 Kenny Easley	S	2021 Matt Hasselbeck	QB

## STEVE LARGENT AWARD

*(Presented to the player, or coach, who best exemplifies the spirit, dedication, and integrity of the Seahawks)*

1989 Steve Largent	WR	2005 Mack Strong	FB
1990 Jacob Green	DE	2006 Mack Strong	FB
1991 Rufus Porter	LB	2007 Bobby Engram	WR
1992 Jeff Bryant	DE	2008 Mike Holmgren	Coach
		2009 Matt Hasselbeck	QB
1993 Eugene Robinson	S	2010 Roy Lewis	CB
1994 Brian Blades	WR	2011 Red Bryant	DE
1995 Terry Wooden	LB	2012 Russell Wilson	QB
1996 Cortez Kennedy	DT	2013 Earl Thomas	S
1997 Winston Moss	LB	2014 Kam Chancellor	S
1998 Michael Sinclair	DE	2015 Richard Sherman	CB
1999 Chad Brown	LB	2016 Kam Chancellor	S
2000 Ricky Watters	RB	2017 Bobby Wagner	LB
2001 Mack Strong	FB	2018 Russell Wilson	QB
2002 Mack Strong	FB	2019 Russell Wilson	QB
2003 Trent Dilfer	QB	2020 K.J. Wright	LB
2004 Mack Strong	FB		

## MAN OF THE YEAR

1976 Norm Evans	T	2000 Jon Kitna	QB
1980 Jim Zorn	QB	2001 Brock Huard	QB
1981 Manu Tuiaosopo	DT	2002 Trent Dilfer	QB
1982 Dave Brown	CB	2003 Matt Hasselbeck	QB
1983 Paul Johns	WR	2004 Mack Strong	FB
1984 Jeff West	P	2005 Shaun Alexander	RB
1985 Mike Tice	TE	2006 Marcus Trufant	CB
1986 Mike Tice	TE	2007 Bobby Engram	WR
1987 Mike Tice	TE	2008 Patrick Kerney	DE
1988 Steve Largent	WR	2009 Josh Wilson	CB
1989 Norm Johnson	K	2010 Roy Lewis	CB
1990 Jacob Green	DE	2011 John Carlson	TE
1991 Eugene Robinson	S	2012 Russell Okung	T
1992 Eugene Robinson	S	2013 Doug Baldwin	WR
1993 Eugene Robinson	S	2014 Russell Wilson	QB
1994 Brian Blades	WR	2015 Richard Sherman	CB
1995 Eugene Robinson	S	2016 Cliff Avril	DE
1996 Todd Peterson	K	2017 Michael Bennett	DE
1997 Rick Tuten	P	2018 K.J. Wright	LB
1998 Sam Adams	DT	2019 Bobby Wagner	LB
1999 Jon Kitna	QB	2020 Russell Wilson	QB

## RETIRED JERSEYS

#12 Seattle's fans, the 12s (1984)	#96 DT Cortez Kennedy (2012)
#80 WR Steve Largent (1995)	#45 S Kenny Easley (2017)
#71 T Walter Jones (2010)	

## MARCUS NALLEY TROPHY

*(Most Valuable Player as voted by teammates)*

1976 Jim Zorn	QB	1988 John L. Williams	FB
1977 Steve Largent	WR	1989 Brian Blades	WR
1978 Jim Zorn	QB	1990 John L. Williams	FB
1979 Steve Largent	WR	1991 Eugene Robinson	S
1980 Sam McCullum	WR	1992 Cortez Kennedy	DT
1981 Steve Largent	WR	1993 Eugene Robinson	S
1982 Kenny Easley	S	1994 Chris Warren	RB
1983 Curt Warner	RB	1995 Chris Warren	RB
1984 Kenny Easley	S	1996 Cortez Kennedy	DT
1985 Steve Largent	WR	1997 Darryl Williams	S
1986 Curt Warner	RB	1998 Chad Brown	LB
1987 Steve Largent	WR	Discontinued in 1999	

# ALL-TIME HONORS

## AP ALL-PRO

	1st Team	2nd Team
1978		Steve Largent Jim Zorn
1979		Steve Largent
1983	Kenny Easley	Curt Warner
1984	Norm Johnson	Steve Largent
	Joe Nash	Dave Brown
	Kenny Easley	
1985	Steve Largent	
	Kenny Easley	
1986	Bobby Joe Edmunds	Curt Warner
1987	Fredd Young	Steve Largent Curt Warner
1992	Cortez Kennedy	
1993	Cortez Kennedy	Eugene Robinson
1994	Cortez Kennedy	Chris Warren Rick Tuten
1995		Chris Warren
1996		Cortez Kennedy
1998		Chad Brown
2001	Walter Jones	
2003	Steve Hutchinson	
2004	Walter Jones	Shaun Alexander Steve Hutchinson
2005	Shaun Alexander Steve Hutchinson Walter Jones Mack Strong	
2006		Walter Jones
2007	Walter Jones Patrick Kerney Lofa Tatupu	
2008		Walter Jones
2010		Leon Washington
2011		Earl Thomas
2012	Marshawn Lynch Richard Sherman Earl Thomas Max Unger	
2013	Richard Sherman Earl Thomas	Kam Chancellor
2014	Richard Sherman Earl Thomas Bobby Wagner	Kam Chancellor Marshawn Lynch
2015	Tyler Lockett	Richard Sherman Bobby Wagner
2016	Bobby Wagner	Tyler Lockett
2017	Bobby Wagner	Tyler Lockett Earl Thomas
2018	Michael Dickson Bobby Wagner	Duane Brown
2019	Bobby Wagner	Russell Wilson
2020	Bobby Wagner	Jamal Adams DK Metcalf

## PRO BOWL

Year	Player	Nominations
1978	Steve Largent, WR	1
1979	Steve Largent, WR	2
1981	Steve Largent, WR	3
1982	Kenny Easley, S	1
1983	Kenny Easley, S, starter	2
	Curt Warner, RB, starter	1
1984	Dave Brown, CB	1
	Kenny Easley, S, unanimous	3
	Norm Johnson, K	1
	Dave Krieg, QB	1
	Steve Largent, WR	4
	Joe Nash, DT, starter	1
	Fredd Young, special teams	1
1985	Kenny Easley, S, starter	4
	Steve Largent, WR, starter	5
	Fredd Young, special teams	2
1986	Bobby Joe Edmonds, KR	1
	Jacob Green, DE	1
	Steve Largent, WR, starter	6
	Curt Warner, RB, starter	2
	Fredd Young, LB, starter	3
1987	Kenny Easley, S, starter	5
	Jacob Green, DE	2
	Steve Largent, WR, starter	7
	Curt Warner, RB, starter	3
	Fredd Young, LB, starter	4

Year	Player	Nominations
1988	Dave Krieg, QB	2
	Rufus Porter, special teams	1
1989	Brian Blades, WR	1
	Dave Krieg, QB	3
	Rufus Porter, special teams	2
1990	John L. Williams, FB	1
1991	Cortez Kennedy, DT	1
	John L. Williams, FB	2
1992	Cortez Kennedy, DT, starter	2
	Eugene Robinson, S	1
1993	Cortez Kennedy, DT, starter	3
	Eugene Robinson, S	2
	Chris Warren, RB	1
1994	Cortez Kennedy, DT, starter	4
	Rick Tuten, P	1
	Chris Warren, RB	2
1995	Cortez Kennedy, DT	5
	Chris Warren, RB, starter	3
1996	Cortez Kennedy, DT, starter	6
	Michael Sinclair, DE	1
1997	Warren Moon, QB	1, 9 total
	Michael Sinclair, DE	2
	Darryl Williams, S, starter	1
1998	Chad Brown, LB, starter	1, 2 total
	Cortez Kennedy, DT	7
	Michael Sinclair, DE	3
	Shawn Springs, CB	1
1999	Chad Brown, LB	2, 3 total
	Walter Jones, T	1
2001	Cortez Kennedy, DT	8
	Walter Jones, T	2
	John Randle, DT, starter	1, 7 total
2002	Walter Jones, T, starter	3
2003	Shaun Alexander, RB	1
	Alex Bannister, ST	1
	Matt Hasselbeck, QB	1
	Steve Hutchinson, G	1
	Walter Jones, T	4
2004	Shaun Alexander, RB	2
	Steve Hutchinson, G	2
	Walter Jones, T	5
2005	Shaun Alexander, RB, starter	3
	Matt Hasselbeck, QB, starter	2
	Steve Hutchinson, G, starter	3
	Walter Jones, T, starter	6
	Mack Strong, FB, starter	1
	Lofa Tatupu, LB	1
2006	Robbie Tobeck, C	1
	Walter Jones, T	7
	Julian Peterson, LB	1, 3 total
	Mack Strong, FB	2
	Lofa Tatupu, LB	2
2007	Matt Hasselbeck, QB	3
	Walter Jones, T	8
	Patrick Kerney, DE	1, 2 total
	Julian Peterson, LB	2, 4 total
	Lofa Tatupu, LB	3
	Marcus Trufant, CB	1
2008	Walter Jones, T	9
	Julian Peterson, LB	3, 5 total
2011	Brandon Browner, CB	1
	Kam Chancellor, S	1
	Marshawn Lynch, RB	1, 2 total
	Michael Robinson, FB	1
	Earl Thomas, S, starter	1
2012	Marshawn Lynch, RB	2, 3 total
	Russell Okung, T, starter	1
	Earl Thomas, S, starter	2
	Max Unger, C, starter	1
	Leon Washington, RS/KR	1, 2 total
	Russell Wilson, QB	1
2013	Kam Chancellor, S	2
	Marshawn Lynch, RB	3, 4 total
	Richard Sherman, CB	1
	Earl Thomas, S	3
	Max Unger, C	2
	Russell Wilson, QB	2
2014	Kam Chancellor, S	3
	Marshawn Lynch, RB	4, 5 total
	Russell Okung, T	2
	Richard Sherman, CB	2
	Earl Thomas, S	4
	Bobby Wagner, LB	1
	Russell Wilson, QB	3
2015	Michael Bennett, DE	1
	Kam Chancellor, S	4
	Tyler Lockett, RS	1
	Richard Sherman, CB	3
	Earl Thomas, S	5
	Bobby Wagner, LB	2
	Russell Wilson, QB	4

Year	Player	Nominations
2016	Cliff Avril, DE	1
	Doug Baldwin, WR	1
	Michael Bennett, DE	2
	Jimmy Graham, TE	1, 4 total
	Richard Sherman, CB	4
	Bobby Wagner, LB	3
	K.J. Wright, LB	1
2017	Doug Baldwin, WR	2
	Michael Bennett, DE	3
	Duane Brown, T	1, 4 total
	Jimmy Graham, TE	2, 5 total
	Earl Thomas, S	6
	Bobby Wagner, LB	4
	Russell Wilson, QB	5
2018	Michael Dickson, P	1
	Bobby Wagner, LB	5
	Russell Wilson, QB	6
2019	Bobby Wagner, LB	6
	Russell Wilson, QB	7
	Shaquill Griffin, CB	1
2020	Jamal Adams, S	1, 3 total
	Nick Bellore, ST	1
	Quandre Diggs, S	1
	DK Metcalf, WR	1
	Tyler Ott, LS	1
	Bobby Wagner, LB	7
	Russell Wilson, QB	8

## PRO FOOTBALL HALL OF FAME

1984	Mike McCormack, Coach/President/GM, 1982-88
1990	Franco Harris, RB, 1984 (elected in first year of eligibility)
1995	Steve Largent, WR, 1976-89 (elected in first year of eligibility)
2004	Carl Eller, DE, 1979
2006	Warren Moon, QB, 1997-98 (elected in first year of eligibility)
2010	John Randle, DT, 2001-03 (elected in first year of eligibility)
2010	Jerry Rice, WR, 2004 (elected in first year of eligibility)
2012	Cortez Kennedy, DT, 1990-00
2014	Walter Jones, T, 1997-09 (elected in first year of eligibility)
2017	Kenny Easley, S, 1981-87
2019	Kevin Mawae, C, 1994-97
2020	Steve Hutchinson, G, 2001-05
	Edgerrin James, RB, 2009
2021	Tom Flores, President/GM/Head Coach, 1989-94

## NFL COACH OF THE YEAR

1978	Jack Patera (AP, The Sporting News, Washington DC Touchdown Club, Seattle Gold Helmet Committee)
1983	Chuck Knox (Vince Lombardi Committee, Seattle Gold Helmet Committee, Football News)
1984	Chuck Knox (AP, The Sporting News, Seattle Gold Helmet Committee)
1992	Tom Catlin, Assistant Head Coach/Defense (Sports Illustrated)

## NFL/NATIONAL HONORS

1976	Steve Niehaus, DT (NFC Defensive Rookie of the Year)
	Jim Zorn, QB (NFC Offensive Rookie of the Year)
1978	John Thompson, General Manager (The Sporting News NFL Executive of the Year)
1981	Kenny Easley, S (AFC Defensive Rookie of the Year)
1983	Kenny Easley, S (Football News AFC Defensive Player of the Year)
	Chuck Knox, Head Coach (UPI AFC Coach of the Year, Football News NFL Coach of the Year)
	Curt Warner, RB (UPI AFC Offensive Player of the Year, UPI AFC Rookie of the Year)

## NFL/NATIONAL HONORS, CONTINUED

- 1984 Kenny Easley, S (AP, Pro Football Weekly and Kansas City 101 Club NFL Defensive Player of the Year, NFL Alumni Association Defensive Back of the Year)  
Chuck Knox, Head Coach (Football Digest NFL Coach of the Year, UPI & PFWA AFC Coach of the Year)  
Fredd Young, LB (AFC Special Teams Player of the Year)
- 1985 Steve Largent, WR (NFL Alumni Association Wide Receiver of the Year)  
Fredd Young, LB (NFL Alumni Association Special Teams Player of the Year)  
Curt Warner, RB (Sports Illustrated Comeback Player of the Year)
- 1986 Bobby Joe Edmonds, KR (AFC Special Teams Player of the Year)  
Curt Warner, RB (UPI AFC Offensive Player of the Year)
- 1987 Curt Warner, RB (NFL Alumni Association Running Back of the Year)
- 1988 Steve Largent, WR (NFL Man of the Year)
- 1992 Cortez Kennedy, DT (AP, Pro Football Writers, NEA, College & Pro Football Newsweekly NFL Defensive Player of the Year)
- 1993 Rick Mirer, QB (NFL Offensive Rookie of the Year, UPI AFC Offensive Rookie of the Year)
- 1995 Eugene Robinson, S (Henry P. Iba Citizenship Award from the Tulsa Oklahoma Rotary Club)
- 2005 Shaun Alexander, RB (AP and Pro Football Weekly/PFWA Most Valuable Player, AP Offensive Player of the Year, The Sporting News, Maxwell Club and FedEx Ground Player of the Year)
- 2006 Josh Brown, K (Pro Football Weekly Golden Toe Award)
- 2012 Pete Carroll, Head Coach of the Year (Kansas City NFL 101 Club)  
Bruce Irvin, DE (Pro Football Weekly All-Rookie Team)  
Marshawn Lynch, RB (Pro Football Weekly All-NFL Team)  
Michael Robinson, FB (Sports Illustrated All-Pro)  
John Schneider, General Manager (Sports Illustrated Executive of the Year)  
Richard Sherman, CB (Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)  
Earl Thomas, S (Pro Football Weekly All-NFL Team, Sporting News All-Pro)  
Bobby Wagner, LB (Pro Football Weekly All-Rookie Team, Sports Illustrated Defensive Rookie of the Year)  
Russell Wilson, QB (Pepsi Max NFL Rookie of the Year, Sports Illustrated Offensive Rookie of the Year)
- 2013 Brandon Mebane, DT (Sports Illustrated All-Pro)  
Richard Sherman, CB (Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)  
Malcolm Smith, LB (Pete Rozelle Trophy - Super Bowl MVP)  
Earl Thomas, S (Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)
- 2014 Richard Sherman, CB (Kansas City 101 Club NFC Defensive Player of the Year, Sporting News All-Pro, PFWA All-NFL Team, Sports Illustrated MMQB All-Pro)  
Earl Thomas, S (Sporting News All-Pro, PFWA All-NFL Team)

- 2015 Michael Bennett, DE (Defensive Pro Bowl MVP)  
Tyler Lockett, WR/RS (PFWA All-Rookie Team)  
Thomas Rawls, RB (PFWA All-Rookie Team)  
Earl Thomas, S (Sporting News All-Pro)  
Russell Wilson, QB (Offensive Pro Bowl MVP)
- 2016 Cliff Avril, DE (PFWA All-NFC Team)  
Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFL Team, PFWA All-NFC Team)
- 2017 Ethan Pocic, G (PFWA All-Rookie Team)  
Earl Thomas, S (Sporting News All-Pro)  
Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFL Team)
- 2018 Michael Dickson, P (Sporting News All-Pro, PFWA All-NFL Team, PFWA All-Rookie Team)  
Shaquem Griffin, LB (Game Changer presented by Gillette)  
Bobby Wagner, LB (PFWA All-NFL Team)  
Seattle Seahawks (Celebration of the Year)
- 2019 Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFL Team)  
Seattle Seahawks (Celebration of the Year)
- 2020 Jamal Adams, S (PFWA All-NFC Team)  
Nick Bellore, FB (PFWA All-Special Teams Team)  
Damien Lewis, G (PFWA All-Rookie Team)  
Russell Wilson, QB (NFL Man of the Year)

## NFL ROOKIE OF THE MONTH

- 1997 Walter Jones, T (October)
- 2002 Rocky Bernard, DT (September)
- 2005 Lofa Tatupu, LB (December/January)
- 2012 Russell Wilson, QB (December)

## NFL PLAYER OF THE MONTH

- 1986 Curt Warner, RB (October)  
Dave Krieg, QB (December)
- 1989 John L. Williams, FB (December)
- 1996 Michael McCrary, DE (December)
- 1998 Chad Brown, LB (November)
- 1999 Jon Kitna, QB (October)  
Jeff Feagles, P (December)
- 2004 Matt Hasselbeck, QB (December)
- 2005 Shaun Alexander, RB (November)
- 2006 Ken Hamlin, FB (September)  
Nate Burleson ST/WR (November)
- 2007 Patrick Kerney, DE (November)
- 2013 Richard Sherman, CB (September)
- 2014 Jon Ryan, P (September)  
Bobby Wagner, LB (December)
- 2015 Tyler Lockett, RS (Sept. & December)
- 2016 Cliff Avril, DE (October)
- 2018 Michael Dickson, P (November)  
Chris Carson, RB (December)
- 2020 Russell Wilson, QB (September)

## NFL PLAYER OF THE WEEK

- 1984 Joe Nash, NT (Week 4), Kenny Easley, S (Week 9), Dave Brown, CB (Week 10),  
Dave Krieg, QB (Week 13)
- 1985 Dave Krieg, QB & Daryl Turner, WR (Week 2),  
Terry Taylor, CB (Week 9)
- 1986 Steve Largent, WR (Week 5), Jacob Green, DE (Week 12)
- 1987 Fredd Young, LB (Week 2), Steve Largent, WR (Week 6), Brian Bosworth, LB (Week 15)
- 1988 Jacob Green, DE (Week 2), Dave Krieg, QB (Week 16)
- 1989 Steve Largent, WR (Week 14)
- 1990 Dave Krieg, QB (Week 10), Nesby Glasgow, S (Week 12), DE Jacob Green (Week 17)
- 1991 Rufus Porter, LB (Week 13)
- 1992 Cortez Kennedy, DT (Week 3)

- 1993 Chris Warren, RB (Week 3), \*Rick Mirer, QB and P Rick Tuten (Week 5),  
Eugene Robinson (Week 11)
- 1994 Chris Warren, RB (Week 5), Robert Blackmon, S (Week 13)
- 1995 Joey Galloway,\* WR (Week 11), Robert Blackmon, S (Week 12),  
Todd Peterson, K (Week 14), Robert Blackmon, S (Week 15), Rick Tuten, P (Week 16)
- 1996 Cortez Kennedy, DT (Week 6), Darryl Williams, S (Week 9), Michael McCrary, Special Teams (Week 10), Rick Tuten, P (Week 15), Michael McCrary, DE (Week 17)
- 1997 Chad Brown, LB (Week 3), Darryl Williams, S (Week 4),  
Warren Moon, QB (Weeks 9 and 11)
- 1998 Jon Kitna, QB (Week 13)
- 1999 Charlie Rogers,\* PR, Special Teams (Week 3),  
Shawn Springs, CB (Week 8)
- 2000 Jon Kitna, QB (Week 11)
- 2001 Shaun Alexander, RB (Weeks 4 and 9), Charlie Rogers, KR, Special Teams (Week 16)
- 2002 Shaun Alexander, RB (Week 4), Matt Hasselbeck QB (Week 12),  
Ken Lucas CB (Week 15)
- 2003 Ken Hamlin,\* S (Week 2), Bobby Engram, WR, Special Teams (Week 11),  
Chad Brown, LB (Week 17)
- 2004 Tom Rouen, P (Week 2), Ken Lucas, CB (Week 3), Michael Boulware,\* S (Week 11), Darrell Jackson, WR (Week 14), Shaun Alexander, RB (Week 16)
- 2005 Shaun Alexander, RB (Weeks 3, 6, 9), Josh Brown, K (Week 7), Andre Dyson, CB (Week 13),  
Matt Hasselbeck, QB (Week 5)
- 2006 Josh Brown, K (Weeks 6 and 12)
- 2007 Lance Laury, LB/ST (Week 3), Nate Burleson, WR/ST (Week 7), Lofa Tatupu, LB (Week 13),  
Marcus Trufant, CB (Week 14)
- 2008 Josh Wilson; CB (Week 16)
- 2010 Leon Washington, KR (Week 3), Olindo Mare, K (Week 7), Jon Ryan, P (Week 17)
- 2011 Chris Clemons, DE (Week 11), David Hawthorne, LB (Week 13), Doug Baldwin\*, WR/ST (Week 14)
- 2012 Chris Clemons, DE (Week 3), Richard Sherman, CB (Week 10), Leon Washington, RB/ST (Week 12), Russell Wilson\*, QB (Week 13), Red Bryant, DE/ST (Week 16)
- 2013 Richard Sherman, CB (Week 2), Steven Hauschka, K (Week 4), Golden Tate, ST/WR (Week 9), Russell Wilson, QB (Week 13), Richard Sherman, CB (Week 15)
- 2014 Kam Chancellor, S (Week 3), Russell Wilson, QB (Week 5), Kam Chancellor, S (Week 12), Richard Sherman, CB (Week 13), Russell Wilson, QB (Week 16).
- 2015 Michael Bennett, DE (Week 7), Russell Wilson, QB (Week 12), Tyler Lockett,\* RS (Week 17).
- 2016 Jon Ryan, P (Week 4), Kam Chancellor, S (Week 10).
- 2017 Earl Thomas, S (Week 5), Russell Wilson, QB (Week 8), Tyler Lockett, KR (Week 11), Russell Wilson, QB (Week 13).
- 2018 Frank Clark, DE (Week 6), Michael Dickson\*, P (Week 8), Sebastian Janikowski, K (Week 12),  
Bobby Wagner, LB (Week 13).
- 2019 Russell Wilson, QB (Week 2), Russell Wilson, QB (Week 9), Jadeveon Clowney, DE (Week 10)
- 2020 Russell Wilson, QB (Week 1), Michael Dickson, P (Week 2), Russell Wilson, QB (Week 3), Bobby Wagner, LB (Week 8), Michael Dickson, P (Week 15)

\*Rookie