2025 SEAHAWKS

WEEKLY MEDIA GUIDE

NEWS RELEASE

SEAHAWKS MEET THE SAINTS FOR THE THIRD TIME IN THE LAST FIVE SEASONS

2025 SCHEDULE

PRESEASON (1-1-1)

Day	Date	Opponent	W/L	Score
Thu.	8/7	Las Vegas	T	23-23
Fri.	8/15	Kansas City	W	33-16
Sat.	8/23	at Green Bay	L	20-7

REGULAR SEASON (1-1)

Day	Date	Opponent	Time (PT)	TV
Sun.	9/7	San Francisco	L	17-13
Sun.	9/14	at Pittsburgh	W	31-17
Sun.	9/21	New Orleans	1:05 p.m.	CBS
Thu.	9/25	at Arizona	5:15 p.m.	Prime
Sun.	10/5	Tampa Bay*	1:05 p.m.	CBS
Sun.	10/12	at Jacksonville*	10:00 a.m.	FOX
Mon.	10/20	Houston	7:00 p.m.	ESPN
Sun.	10/26	Bye Week		
Sun.	11/2	at Washington*	5:20 p.m.	NBC
Sun.	11/9	Arizona*	1:05 p.m.	CBS
Sun.	11/16	at L.A. Rams*	1:05 p.m.	FOX
Sun.	11/23	at Tennessee*	10:00 a.m.	FOX
Sun.	11/30	Minnesota*	1:05 p.m.	FOX
Sun.	12/7	at Atlanta*	10:00 a.m.	FOX
Sun.	12/14	Indianapolis*	1:25 p.m.	CBS
Thu.	12/18	L.A. Rams*	5:15 p.m.	Prime
TBD	TBD	at Carolina	TBD	TBD
TBD	TBD	at San Francisco	TBD	TBD

* Game subject to NFL Flexible Scheduling

TABLE OF CONTENTS

Page	Note
2	What to Look for
3	Series vs. New Orleans
4-6	Team Notes
7-12	Player Notes
13-14	2025 Statistics
15-18	Transactions, Participation Chart, How Built
19-21	Rosters
22	Depth Chart, Pronunciation Guide

0-2

vs.

1-1

The Seahawks face the Saints for the third time in the last five seasons as they host New Orleans this Sunday. Kickoff is set for 1:05 p.m. (PT).

This will be the 17th meeting between the two teams, with New Orleans leading the series, 10-6. The Saints are currently on a four-game winning streak since 2016, with Seattle's last win coming on December 2, 2013, a 34-7 victory at Lumen Field.

Seattle's scoring defense (17.0 ppg) ranks tied for seventh in the NFL, and its four interceptions ranks tied for second in the NFL.

BROADCAST INFORMATION

TV Network

CBS | NFL
(channel 7 in Seattle)

Andrew Catalon (play-by-play)
Charles Davis (analyst)
Jason McCourty (analyst)
AJ Ross (sidelines)

Seahawks Radio Network

Seattle SPORTS 710AM
97.3FM KIRO NEWSRADIO
SiriusXM

Steve Raible (play-by-play)
Dave Wyman (analyst)
Jen Mueller (sidelines)

Channel 81 or 226

THIS WEEK'S SCHEDULE

Wednesday, September 17
- Noon — Head Coach Mike Macdonald press conference
- 12:15 p.m. — Selected players press conferences; open locker room
- 1:10 p.m. — Practice

Thursday, September 18
- Noon — QB Sam Darnold press conference
- 12:15 p.m. — Selected players press conferences; open locker room
- 1:10 p.m. — Practice
- 3:20 p.m. — Coordinators, assistant coaches available

Friday, September 19
- 11:25 a.m. — Practice
- 1:20 p.m. — Coach Macdonald available; open locker room

Saturday, September 20
- No media availability

Sunday, September 21
- 1:05 p.m. — Saints vs. Seahawks

Monday, September 22
- TBD

WHAT TO LOOK FOR

TEAM

* Has won a franchise-record seven consecutive road games. Seattle tied the franchise record for best road record last season (7-1).

MICHAEL DICKSON

* His 48.2 punt average ranks fourth in NFL history.

* Needs 42 punts to pass Rick Tuten for second-place on Seattle's all-time punts list with 555.

JASON MYERS

* Needs 25 points scored to pass Steven Hauschka for second-place on Seattle's all-time points scored list with 760.

* Needs 14 field goals made to pass Steven Hauschka for first-place on Seattle's all-time field goals made list with 176.

* Ranks second in franchise history in field goals made (162), ranks third in points scored (735) and third in field goal percentage (86.2, 162 for 188).

JARRAN REED

* Needs 1.0 sack to pass Frank Clark for 10th-place on Seattle's all-time sacks list with 35.5.

JAXON SMITH-NJIGBA

* Needs three receptions to pass Koren Robinson for fourth-place, and six receptions to pass Darrell Jackson for third-place for the most receptions in a player's first three seasons in franchise history with 183 and 186, respectively.

* Needs 100 receiving yards to become the second player in franchise history (DK Metcalf) to record three consecutive 100-yard games.

* Needs 65 receptions to pass Koren Robinson for 10th-place on Seattle's all-time receptions list with 245 (currently ranks 19th).

* Needs nine touchdowns to pass Bobby Engram and Jimmy Graham for 10th-place on Seattle's all-time receiving touchdowns list with 19 (currently ranks tied for 30th).

KENNETH WALKER III

* Needs 777 yards to pass Sherman Smith for ninth-place on Seattle's all-time rushing yards list with 3,430.

* Needs four touchdowns to pass Sherman Smith for fifth-place on Seattle's all-time rushing touchdowns list with 29.

* One of five running backs with eight-plus scrimmage touchdowns in each of the last three seasons (2022-24).

SEAHAWKS TOP 50 PLAYERS LIST

To celebrate and honor the Seahawks' 50th season, a list of Top 50 Players in franchise history was voted on by fans, media members and internal stakeholders following the 2024 season.

SERIES VS. NEW ORLEANS

REGULAR SEASON: SAINTS LEAD 10-6

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
October 25, 2021	L		13-10	68,563
October 9, 2022	L	@	39-32	70,003

+Husky Stadium

Record in Seattle 4-5
- Kingdome 1-2
- Husky Stadium 1-0
- Lumen Field 2-3

Record at New Orleans 2-5
- Caesars Superdome 2-5

Current Streaks . . . . . New Orleans has won four in a row

Longest Win Streaks
- Seahawks 3, 2000-04
- Saints 4, 2016-

Last Game Played in...
- Seattle . . . . . Saints 13, Seahawks 10 (10/25/21)
- New Orleans . . . . . Saints 39, Seahawks 32 (10/9/22)

Total Points in Series
- Seahawks 379 (23.7)
- Saints 351 (21.9)

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

Combined Points
- Highest . . . . . 78 (Saints win 51-27 on 11/21/76)
- Lowest . . . . . 23 (Saints win 13-10 on 10/25/21)

Shutouts
- Seahawks . . . . . None
- Saints . . . . . None

Mike Macdonald vs. Saints (Regular Season) 0-0
- With Seattle 0-0
- Playoffs 0-0

Kellen Moore vs. Seahawks (Regular Season) 0-0
- With New Orleans 0-0
- Playoffs 0-0

HEAD-TO-HEAD COMPARISON

2025 REGULAR SEASON	SEAHAWKS	SAINTS
Record	1-1	0-2
Total Yards Gained	625	622
Total Offense (NFL Rank)	312.5 (19)	311.0 (20)
Rush Offense	100.5 (19)	114.0 (T13)
Pass Offense	212.0 (16)	197.0 (22)
Points Per Game	22.0 (T16)	17.0 (26)
Total Yards Allowed	651	620
Total Defense	325.5 (18)	310.0 (14)
Rush Defense	95.5 (11)	111.5 (T17)
Pass Defense	230.0 (21)	198.5 (T13)
Points Allowed/Game	17.0 (T7)	23.0 (T17)
Possession Avg.	26:40	27:45
Sacked/Yds. Lost	3/21	4/27
Sacks Made/Yds. Lost	4/32	8/45
Interceptions By	4	0
Penalties/Yds.	6/40	20/134
Punts/Avg.	9/48.2	8/46.6
Turnover Differential	0 (T16)	0 (T16)

2025 STAT LEADERS

	SEAHAWKS	SAINTS
Rushing	Kenneth Walker III	Alvin Kamara
	125 (23-5.4-1)	144 (32-4.5-1)
Passing	Sam Darnold	Spencer Rattler
	445 (56-38-2-2-88.8)	421 (80-52-3-0-90.7)
Receiving	Jaxon Smith-Njigba	Juwan Johnson
	17 (227-13.4-0)	125 (13-9.6-1)
Scoring	five tied	four tied
(Non kicker)	6	6
Sacks	Byron Murphy II	Carl Granderson
	1.5	3.5
Int.	four tied	n/a
	1	-
Punting	Michael Dickson	Kai Kroeger
	48.2/41.7 net (4 In 20)	46.6/40.3 net (3 In 20)
Kicking	Jason Myers	Blake Grupe
	14 (3/4 FG, 5/5 PAT)	10 (2/4 FG, 4/4 PAT)

TOP SINGLE-GAME PERFORMANCES

	SEAHAWKS	SAINTS
Rushing	Shaun Alexander	Taysom Hill
Yards	28-135-4.8-2	9-112-12.4-3
	9/12/04	10/9/22
Passing	Russell Wilson	Drew Brees
Yards	50-32-406-2-0	43-29-382-4-2
	9/22/19	11/21/10
Receiving	Brian Blades	Alvin Kamara
Yards	12-160-13.3-2	10-128-12.8-1
	9/1/91	10/25/21

TEAM NOTES

.662

Best Winning % following in-season loss since 2012 (51-26)

24

Double-digit losses since Week 10 of 2011 (Fewest in NFL)

134-79-1

2nd-best record in the NFL since 2012, and one of four teams with 130 wins over that span.

92-19

Record when winning the turnover battle since 2010

17-26-1

Franchise overtime record

60

2nd-most road wins in the NFL since 2013

80-43

6th-best home record in the NFL since 2010

Seattle has a 28-11 record in its last 39 10 a.m. (PT) kickoff starts. It has won 20 of its last 25 early kickoffs while also posting a 20-7 record, including playoffs, in the eastern time zone since 2018.

11

NUMBER OF ROOKIES ON 53-MAN ROSTER (T4TH NFL)

SEAHAWKS SCORE ON OWN KICKOFF

Seattle became the sixth team in NFL history, third since the 1970 merger (1984, 2017 seasons), to record a kick-off recovery in the end zone. George Holani fell on the ball after Pittsburgh failed to field the kickoff.

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

TEAM NOTES

PRIME-TIME RECORD SINCE 2010

11-7-1
Sunday nights

14-5
Monday nights

0-1
Tuesday nights

11-6
Thursday nights

36-19-1
Second-best prime-time record in NFL since 2010

24-9
Home record in prime-time games since 2010

.698
Best all-time winning % in Monday Night Football history (30-13)

182
Consecutive sell outs of Lumen Field (including playoffs, and this week vs. NO)

69,190
Largest home attendance in franchise history (vs. Phi, 11/20/16)

290
Opponent false starts since Lumen Field opened in 2002 (1st NFL)

12 FLAG RAISERS ON THE TOYOTA FAN DECK

2025 SEASON

8/7	Las Vegas - High School Girls Flag Football Teams
8/15	Kansas City - Seahawks Legend Curt Warner
9/7	San Francisco - Legends Steve Largent & Jim Zorn
9/21	New Orleans -
10/5	Tampa Bay -
10/20	Houston -
11/9	Arizona -
11/30	Minnesota -
12/14	Indianapolis -
12/18	L.A. Rams -

TEAM NOTES

2025 FLIGHT TIMES

Seattle to Green Bay - 2:53
Green Bay to Seattle - 3:45
Seattle to Pittsburgh - 3:55
Pittsburgh to Seattle - 4:01
Seattle to Arizona -
Arizona to Seattle -
Seattle to Jacksonville -
Jacksonville to Seattle -
Seattle to Washington -
Washington to Seattle -
Seattle to L.A. Rams -
L.A. Rams to Seattle -
Seattle to Tennessee -
Tennessee to Seattle -
Seattle to Atlanta -
Atlanta to Seattle -
Seattle to Carolina -
Carolina to Seattle -
Seattle to San Francisco -
San Francisco to Seattle -

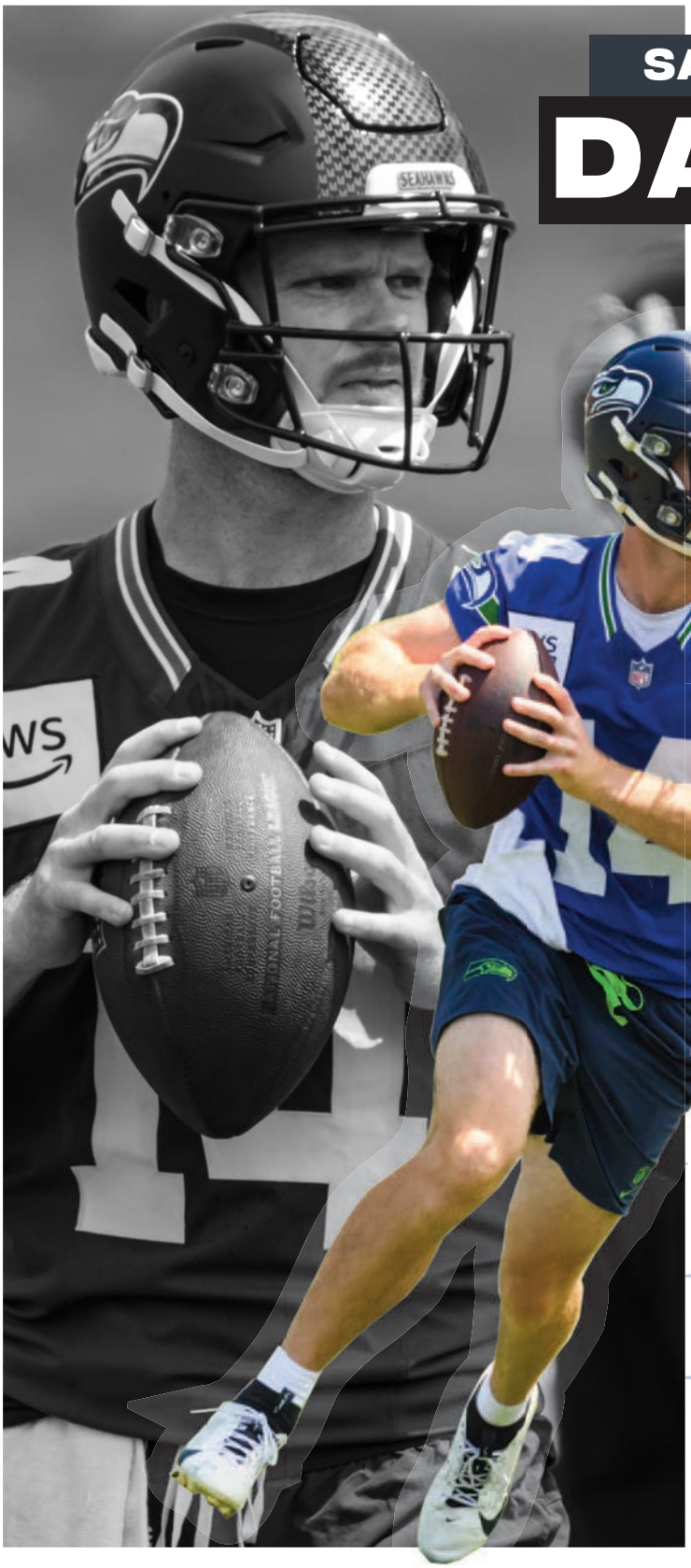
Mike Macdonald

Led Seattle to 10 wins in 2024, the most by a first-year head coach in franchise history.

2023 PFWA Assistant Coach of the Year

In 2023, led the Baltimore Ravens defense to rank first in the NFL in points allowed (16.5), sacks (60), sack yards (435), takeaways (31), point differential (+203) and turnover margin (+12).

PLAYER NOTES



SAM DARNOLD

PRO BOWL 2024

SINGLE-SEASON CAREER-HIGHS IN 2024

361
COMPLETIONS (9TH NFL)

4,319
PASSING YDS (5TH NFL)

35
PASSING TDS (5TH NFL)

66.29
COMPLETION PERCENTAGE

102.5
PASSER RATING (6TH NFL)

PFWA
MOST IMPROVED PLAYER

* BECAME MINNESOTA'S FIFTH 4,000-YARD PASSER IN CLUB HISTORY
* SET VIKINGS RECORD WITH 13 GAMES WITH 100+ PASSER RATING
* LED MINNESOTA TO TEAM RECORD 14 WINS

PLAYER NOTES

LEONARD WILLIAMS

PRO BOWL 2016

PRO BOWL 2024

92

YARD-INTERCEPTION RETURN FOR A TOUCHDOWN AT N.Y. JETS (12/1/24), THE LONGEST PICK-SIX BY A DEFENSIVE LINEMAN IN NFL HISTORY

17.84

MPH REACHED ON INTERCEPTION RETURN AT N.Y. JETS (12/1/24)

28

QB HITS IN 2024 (1ST NFC, T3RD NFL)

8.5

SACKS OVER THE LAST SEVEN GAMES IN 2024, ALONG WITH 39 TACKLES, 12 TACKLES FOR LOSS, 14 QUARTERBACK HITS, 1 INTERCEPTION RETURNED 92 YARDS FOR A TOUCHDOWN, ONE BLOCKED PAT

1ST

PLAYER SINCE 1982 WITH MULTIPLE SACKS, A PICK-SIX AND BLOCKED KICK IN A SINGLE GAME (AT N.Y. JETS, 12/1/24)

PLAYER NOTES

JAXON SMITH-NJIGBA

PRO BOWL 2024

SINGLE-SEASON CAREER-HIGHS IN 2024

100
RECEPTIONS (T9TH NFL)

1,130
RECEIVING YARDS (12TH NFL)

6
RECEIVING TOUCHDOWNS

2025 SEASON

17
RECEPTIONS (2ND NFL)

227
RECEIVING YARDS (2ND NFL)

EIGHTH PLAYER IN NFL HISTORY WITH 150 RECEPTIONS, 1,700 YARDS, AND 10 TOUCHDOWNS BEFORE HIS 23RD BIRTHDAY.

PLAYER NOTES

COOPER KUPP

AP 1ST TEAM 2021

PRO BOWL 2021

2021 MVP

2021 RECEIVING TRIPLE CROWN

BECAME 4TH PLAYER IN NFL HISTORY (JERRY RICE, STERLING SHARPE, STEVE SMITH) TO ACCOMPLISH FEAT

145

RECEPTIONS

1,947

RECEIVING YARDS

16

RECEIVING TOUCHDOWNS

33

MOST RECEPTIONS IN A SINGLE POSTSEASON (2021)

RAMS RANKS

634

RECEPTIONS (3RD)

7,776

RECEIVING YARDS (4TH)

57

RECEIVING TDS (3RD)

PLAYER NOTES

#9 KENNETH WALKER III

3
CAREER-HIGH RUSHING TOUCHDOWNS AT DETROIT (9/30/24), BECOMING FIRST SEAHAWKS PLAYER TO HAVE AT LEAST THREE SINCE MARSHAWN LYNCH (4) VS. N.Y. GIANTS (11/9/14)

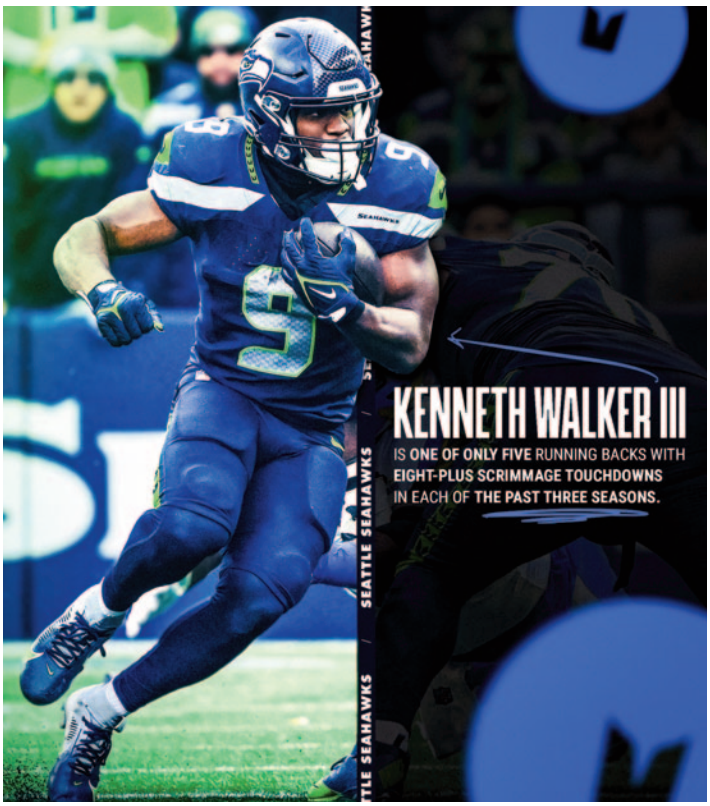
25
CAREER RUSHING TOUCHDOWNS (6TH IN FRANCHISE HISTORY)

8
CAREER 100-YARD RUSHING GAMES

2nd
ROOKIE IN FRANCHISE HISTORY WITH 1,000 RUSHING YARDS (CURT WARNER, 1983)

8
TOTAL TOUCHDOWNS IN 2024 (7 RUSH, 1 PASS)

7
CAREER MULTI-TOUCHDOWN GAMES (LAST: AT ATLANTA, 10/20/24)



COOPER KUPP

IS ONE OF THREE PLAYERS (DAVANTE ADAMS & JUSTIN JEFFERSON) WITH 25-PLUS GAMES (26) WITH FIVE-PLUS CATCHES & 100-PLUS RECEIVING YARDS SINCE 2020.

#26 ZACH CHARBONNET

193
CAREER-HIGH TOTAL YARDS (AT ARIZONA, 12/8/24)

134
SINGLE-GAME CAREER-HIGH RUSH YARDS; FIRST-CAREER 100-YARD GAME (AT ARIZONA, 12/8/24)

59
SINGLE-GAME CAREER-HIGH RECEIVING YARDS (AT ARIZONA, 12/8/24)

2
CAREER-HIGH TYING RUSHING TOUCHDOWNS (AT ARIZONA, 12/8/24)

8
CAREER-HIGH RUSHING TOUCHDOWNS IN 2024

569
CAREER-HIGH RUSHING YARDS IN 2024

PLAYER NOTES

DEVON WITHERSPOON

IS ONE OF THREE PLAYERS SINCE 2023 WITH 25-PLUS PASSES DEFENSED & 15-PLUS TACKLES FOR LOSS

#21 DEVON WITHERSPOON

15
TACKLES FOR LOSS SINCE 2023 (T6TH NFL)

97t
SECOND-LONGEST INTERCEPTION RETURN IN FRANCHISE HISTORY (AT NYG, 10/2/23)

PRO BOWL 2023
PRO BOWL 2024

BECAME THE FIFTH PLAYER IN SEAHAWKS HISTORY TO BEGIN CAREER WITH CONSECUTIVE PRO BOWL NOMINATIONS.

#27 RIQ WOOLEN

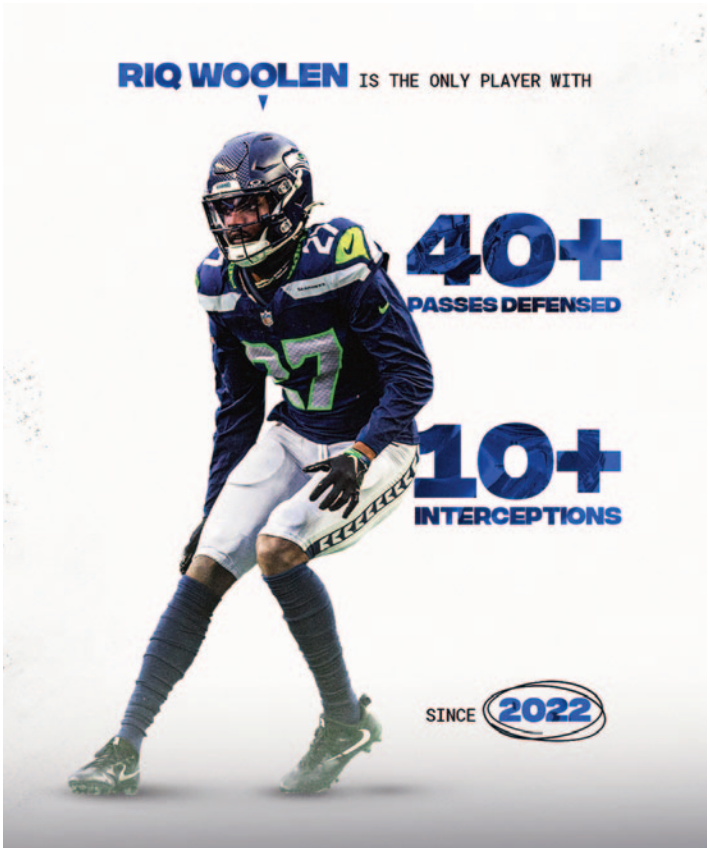
42
PASSES DEFENSED SINCE 2022 (6TH NFL)

11
INTERCEPTIONS SINCE 2022 (T5TH NFL)

FIRST SEATTLE DEFENSIVE ROOKIE NAMED TO PRO BOWL SINCE LB LOFA TATUPU (2005)

NAMED NFL DEFENSIVE ROOKIE OF THE MONTH FOR OCTOBER 2022

PRO BOWL 2022



PLAYER NOTES

JULIAN LOVE

BECAME THE FIRST SEAHAWKS PLAYER SINCE 2000 TO RECORD 10 TACKLES, 1.0 SACK AND A BLOCKED FIELD GOAL IN A SINGLE-GAME (VS. SF, 9/7).

#20 JULIAN LOVE

2
LEAGUE-LEADING BLOCKED FIELD GOALS SINCE 2024

106
TEAM-LEADING TACKLES IN 2024

PRO BOWL 2023

3
INTERCEPTIONS IN 2024 (T1ST ON TEAM)

12
PASSES DEFENSED IN 2024 (2ND ON TEAM)

- SINCE 2000, BECAME THE THIRD SEAHAWKS PLAYER TO RECORD A BLOCKED FG IN BACK-TO-BACK SEASONS (CRAIG TERRILL, RED BRYANT).

#5 JASON MYERS

6
CAREER GAME-WINNING FIELD GOALS

35
SINGLE-SEASON FRANCHISE RECORD FOR FIELD GOALS MADE (2023)

26
CONSECUTIVE GAMES WITH A FIELD GOAL MADE, 2022-23, FRANCHISE RECORD

27
FIELD GOALS MADE FROM 50+, 1ST FRANCHISE HISTORY

9
FIELD GOALS MADE FROM 50+ LAST SEASON (CAREER-HIGH AND FRANCHISE RECORD)

162
MADE FIELD GOALS, 3RD FRANCHISE HISTORY

86.2%
FIELD GOAL %, 3RD FRANCHISE HISTORY

61
LONGEST FIELD GOAL MADE IN FRANCHISE HISTORY (AT L.A. RAMS, 11/15/20)

59
SECOND-LONGEST FIELD GOAL MADE IN FRANCHISE HISTORY (AT ATLANTA, 10/20/24)

37
MOST CONSECUTIVE FIELD GOALS MADE, 6TH NFL HISTORY (2019-21)

PRO BOWL 2018

PRO BOWL 2022

#4 MICHAEL DICKSON

48.2
CAREER PUNT AVERAGE (4TH IN NFL HISTORY)

50.0
FRANCHISE RECORD SINGLE-SEASON PUNT AVG. (2023)

PRO BOWL 2018

AP 1ST TEAM 2018

2025 NATIONAL FOOTBALL LEAGUE

SEATTLE SEAHAWKS: WON 1, LOST 1

DATE	RESULT	OPPONENT	TIME/ATTEND
W1- 9/7	L 13-17	SAN FRANCISCO	68,752
W2- 9/14	W 31-17	at Pittsburgh	66,347
W3- 9/21		NEW ORLEANS	4:05pm ET
W4- 9/25		at Arizona	8:15pm ET
W5- 10/5		TAMPA BAY	4:05pm ET
W6- 10/12		at Jacksonville	1:00pm ET
W7- 10/20		HOUSTON	10:00pm ET
W9- 11/2		at Washington	8:20pm ET
W10- 11/9		ARIZONA	4:05pm ET
W11- 11/16		at Los Angeles Rams	4:05pm ET
W12- 11/23		at Tennessee	1:00pm ET
W13- 11/30		MINNESOTA	4:05pm ET
W14- 12/7		at Atlanta	1:00pm ET
W15- 12/14		INDIANAPOLIS	4:25pm ET
W16- 12/18		LOS ANGELES RAMS	8:15pm ET
W17- 12/28		at Carolina	1:00pm ET
W18- 1/4		at San Francisco	1:00pm ET

TEAM TOTALS	TEAM	OPPONENTS
FIRST DOWNS	35	37
Rushing	14	13
Passing	19	21
Penalty	2	3
3rd Downs	9-24 (37.5%)	12-29 (41.4%)
4th Downs	1-2 (50.0%)	3-4 (75.0%)
AVG. POSSESSION PER 60 MINS	26:40	33:21
TOTAL NET YARDS	625	651
Avg. Per Game	312.5	325.5
Total Plays	114	131
Avg. Per Play	5.5	5.0
NET YARDS RUSHING	201	191
Avg. Per Game	100.5	95.5
Attempts	55	57
NET YARDS PASSING	424	460
Avg. Per Game	212.0	230.0
Sacked/Yards Lost	3/21	4/32
Gross Yards	445	492
Att-Comp	38-56 (67.9%)	46-70 (65.7%)
Had Intercepted	2	4
PUNTS/AVERAGE	9/48.2	6/52.8
PUNTS/NET AVERAGE	9/41.7	6/42.5
PENALTIES/YARDS	6/40	11/76
FUMBLES/LOST	3/2	1/0
TOUCHDOWNS	5	3
Rushing	2	0
Passing	2	3
Returns	1	0

SCORE BY PERIOD	Q1	Q2	Q3	Q4	OT	TOT
TEAM	7	10	7	20	0	44
OPPONENTS	13	8	0	13	0	34

TOUCHDOWNS

SCORING	TOT	RU	PA	RT	XPK	XP2	FG	SAF	PTS
Myers	0	0	0	0	5/5	0	3/4	0	14
Barner	1	0	1	0	0/0	0	0/0	0	6
Charbonnet	1	1	0	0	0/0	0	0/0	0	6
Holani	1	0	0	1	0/0	0	0/0	0	6
Horton	1	0	1	0	0/0	0	0/0	0	6
Walker	1	1	0	0	0/0	0	0/0	0	6
Defensive 2-Pt Runback:	TM- 0; OPP- 0								
Safety On Try After TD:	TM- 0; OPP- 0								
TEAM	5	2	2	1	5/5	0-0	3/4	0	44
OPPONENTS	3	0	3	0	2/2	1-1	4/6	0	34

SACKS

Murphy- 1.5; Love- 1.0; Ja. Reed- 1.0; Williams- 0.5; TM- 4.0; OPP- 3.0

FUMBLES/LOST

Smith-Njigba- 2/1; Darnold- 1/1; TM- 3/2; OPP- 1/0

RUSHING	ATT	YDS	AVG	LONG	TD
Walker	23	125	5.4	20	1
Charbonnet	27	57	2.1	7	1
Darnold	2	14	7.0	9	0
Barner	2	4	2.0	2	0
Milroe	1	1	1.0	1	0
TEAM	55	201	3.7	20	2
OPPONENTS	57	191	3.4	13	0

RECEIVING	REC	YDS	AVG	LONG	TD
Smith-Njigba	17	227	13.4	43	0
Kupp	9	105	11.7	17	0
Arroyo	3	38	12.7	24	0
Horton	2	32	16.0	21t	1
Barner	3	26	8.7	19	1
Walker	4	17	4.3	13	0
TEAM	38	445	11.7	43	2
OPPONENTS	46	492	10.7	65	3

INTERCEPTIONS	INT	YDS	AVG	LONG	TD
Bryant	1	28	28.0	28	0
E. Jones	1	7	7.0	7	0
Jobe	1	0	0.0	0	0
Kendrick	1	0	0.0	0	0
TEAM	4	35	8.8	28	0
OPPONENTS	2	43	21.5	41	0

PUNTING	TOT	YDS	AVG	NET	TB	IN20	LONG	BLK
Dickson	9	434	48.2	41.7	1	4	58	0
TEAM	9	434	48.2	41.7	1	4	58	0
OPPONENTS	6	317	52.8	42.5	1	2	64	0

PUNT RETURNS	RET	FC	YDS	AVG	LONG	TD
Horton	3	2	42	14.0	22	0
TEAM	3	2	42	14.0	22	0
OPPONENTS	4	2	39	9.8	18	0

KICKOFF RETURNS	RET	YDS	AVG	LONG	TD
Holani	5	133	26.6	32	0
C. White	2	59	29.5	36	0
TEAM	7	192	27.4	36	0
OPPONENTS	6	118	19.7	24	0

FIELD GOALS	<20	20-29	30-39	40-49	50+	TOT
Myers	0/0	0/0	1/2	1/1	1/1	3/4
TEAM	0/0	0/0	1/2	1/1	1/1	3/4
OPPONENTS	0/0	0/1	1/2	3/3	0/0	4/6

FIELD GOAL ATTEMPTS

Myers: W1-48G,37G; W2-36N,54G

TEAM: W1-48G,37G; W2-36N,54G; W3-; W4-; W5-; W6-; W7-; W9-; W10-; W11-; W12-; W13-; W14-; W15-; W16-; W17-; W18-

OPPONENTS: W1-27N,36B,32G; W2-48G,48G,45G; W3-; W4-; W5-; W6-; W7-; W9-; W10-; W11-; W12-; W13-; W14-; W15-; W16-; W17-; W18-

PASSING	ATT	COMP	YDS	COMP%	YDS/ATT	TD	TD%	INT	INT%	LONG	SAC/LST	RATING
Darnold	56	38	445	67.9	7.95	2	3.6	2	3.6	43	3/21	88.8
TEAM	56	38	445	67.9	7.95	2	3.6	2	3.6	43	3/21	88.8
OPPONENTS	70	46	492	65.7	7.03	3	4.3	4	5.7	65	4/32	76.6

DEFENSIVE STATS

	Total	Solo	Assist	Sacks	Yards	TFL	QH	Int	PD	FF	FR
Jones IV, E.	18	11	7	0	0	1	0	1	2	0	0
Knight, T.	15	9	6	0	0	0	0	0	0	0	0
Love, J.	12	9	3	1.0	12.0	1	1	0	1	0	0
Bryant, C.	11	8	3	0	0	0	0	1	1	0	0
Williams, L.	11	5	6	0.5	3.0	1	3	0	0	0	0
Murphy II, B.	11	4	7	1.5	12.0	1	3	0	0	0	0
Lawrence, D.	9	2	7	0	0	2	1	0	0	0	0
Reed, J.	8	5	3	1.0	5.0	1	3	0	0	0	0
Witherspoon, D.	8	7	1	0	0	1	0	0	0	0	0
Woolen, R.	7	6	1	0	0	0	0	0	1	0	0
Jobe, J.	6	4	2	0	0	0	0	1	2	0	0
Hall, D.	3	1	2	0	0	0	4	0	0	0	0
Mafe, B.	3	1	2	0	0	0	0	0	0	0	0
Nwosu, U.	2	2	0	0	0	0	0	0	0	0	0
Bell, D.	1	1	0	0	0	0	0	0	0	0	0
Emmanwori, N.	1	1	0	0	0	1	0	0	0	0	0
Kendrick, D.	1	1	0	0	0	0	0	1	2	0	0
Morris, M.	1	1	0	0	0	0	0	0	0	0	0
Okada, T.	1	1	0	0	0	0	0	0	0	0	0
Thomas, D.	1	0	1	0	0	0	0	0	0	0	0

SPECIAL TEAMS TACKLES

	Total	Solo	Assist	FF	FR	Blocks
Russell, B.	3	2	1	0	0	0
Saubert, E.	3	2	1	0	0	0
Surratt, C.	2	0	2	0	0	0
Barner, A.	1	1	0	0	0	0
Bryant, C.	1	0	1	0	0	0
Holani, G.	1	0	1	0	0	0
Morris, M.	1	1	0	0	0	0
Pritchett, N.	1	1	0	0	0	0
Thomas, D.	1	0	1	0	0	0
Young, D.	1	0	1	0	0	0
Love, J.	0	0	0	0	0	1

FUMBLES

	Fum	Lost	Own-Rec	O.B.
Smith-Njigba, J.	2	1	0	1
Darnold, S.	1	1	0	0

TRANSACTIONS

Jan. 1	Placed on injured reserve	TE Brady Russell
	Signed from practice squad	WR John Rhys Plumlee
Jan. 4	Elevated from practice squad	DT Quinton Bohanna
		TE Tyler Mabry
	Placed on injured reserve	CB Josh Jobe
		T Abraham Lucas
	Signed from practice squad	CB Artie Burns
		NT Brandon Pili
Jan. 6	Reverted to practice squad	DT Quinton Bohanna
		TE Tyler Mabry
	Signed to future 2025 contract	DT Quinton Bohanna
		CB Ryan Cooper
		LB Michael Dowell
		CB Tyler Hall
		C Mike Novitsky
		DE Kenneth Odumegwu
		S Ty Okada
		WR Cornell Powell
		LB Jamie Sheriff
		LB Tyreke Smith
		CB Damarion Williams
Jan. 17	Signed to future 2025 contract	CB JT Woods
Jan. 26	Named offensive coordinator	Klint Kubiak
Feb. 3	Signed to future 2025 contract	G Sala Aumavae-Laulu
Feb. 5	Named defensive asst./special teams coach	Neiko Thorpe
Feb. 11	Named offensive line coach	John Benton
	Named offensive assistant	Michael Byrne
	Named quarterbacks coach	Andrew Janocko
Feb. 18	Named run game coord./sr. offensive advisor	Rick Dennison
	Named run game specialist/asst. off. line coach	Justin Outten
Feb. 21	Released	CB Ryan Cooper
		WR Cornell Powell
March 4	Released	T George Fant
		S Rayshawn Jenkins
		LB Dre'Mont Jones
		DT Roy Robertson-Harris
March 5	Released	WR Tyler Lockett
March 6	Re-signed	CB Josh Jobe
March 10	Re-signed	DT Jarran Reed
March 11	Re-signed	LB Ernest Jones IV
March 13	Traded to Pittsburgh	WR DK Metcalf
		2025 sixth-round pick
	Acquired from Pittsburgh	2025 second-round pick
		2025 seventh-round pick
	Traded to Las Vegas	QB Geno Smith
	Acquired from Las Vegas	2025 third-round pick
	Signed	QB Sam Darnold
		G/T Josh Jones
		DE DeMarcus Lawrence
		WR Marquez Valdes-Scantling
March 14	Re-signed	WR Cody White
March 18	Signed	WR Cooper Kupp
March 19	Signed	CB Shemar Jean-Charles
March 21	Re-signed	LB Josh Ross
	Signed	WR River Cracraft
March 24	Signed	S D'Anthony Bell
		TE Eric Saubert
March 25	Signed	WR Steven Sims
April 9	Re-signed	TE Brady Russell
April 15	Signed	QB Drew Lock
April 23	Released	NT Cameron Young
April 29	Released	LB Michael Dowell
		QB Jaren Hall
		C Mike Novitsky
		DE Kenneth Odumegwu
May 2	Signed	CB Zy Alexander
		WR Tyrone Broden
		LB Seth Coleman
		LB Jalan Gaines
		LB Jared Ivey
		DE T.J. Jackson
		TE Nick Kallerup
		T Amari Kight
		TE Marshall Lang
		C Federico Maranges
		LB Connor O'Toole
		DT DeMeco Roland
		NT J.R. Singleton
		NT Bubba Thomas
		CB Isas Waxter
		LB Jackson Woodard
		RB Jacardia Wright
May 6	Released	DE T.J. Jackson
		LB Jackson Woodard
May 12	Released	WR River Cracraft
	Signed	G Bryce Cabeldue
		WR Montorie Foster Jr.
		WR Tory Horton
		LB D'Eryk Jackson
		RB Damien Martinez
		DE Rylie Mills
		FB Robbie Ouzts
		T/G Mason Richman
		WR Ricky White III
		G Grey Zabel
May 20	Released	G Sala Aumavae-Laulu
	Signed	WR Nate McCollum
		QB Jalen Milroe
May 29	Released	DT DeMeco Roland
	Signed	DT Anthony Campbell
June 4	Released	WR Nate McCollum
	Signed	TE Mitch Van Vooren
June 6	Released	TE Mitch Van Vooren
June 10	Re-signed	P Michael Dickson
June 16	Signed	T Luke Felix-Fualalo
July 2	Signed	CB Shaquill Griffin
July 18	Signed	S Nick Emmanwori
July 19	Signed	TE Elijah Arroyo
July 20	Released	TE Noah Fant
July 21	Waived/non-football injury	CB Zy Alexander
	Signed	CB Kam Alexander
		NT Justin Rogers
July 28	Placed on injured reserve	RB Kenny McIntosh
	Signed	RB Donovan Kaufman
July 29	Released	NT Justin Rogers
	Signed	DT Thor Griffith
July 30	Signed contract extension	Pres. of FB Ops./GM John Schneider
July 31	Released	DT Thor Griffith
	Signed	CB Keydrain Calligan
Aug. 4	Placed on injured reserve	S AJ Finley
	Released	LB Seth Coleman
	Signed	LB Michael Dowell
		LS Zach Triner

TRANSACTIONS

Aug. 5	Released	RB Donovan Kaufman
	Signed	RB Anthony Tyus III
Aug. 6	Released	WR Montorie Foster Jr.
	Signed	LB Seth Coleman
Aug. 11	Released	CB Kam Alexander
	Signed	LB Alphonzo Tuputala
Aug. 14	Released	LB Michael Dowell
	Signed	FB Wesley Steiner
Aug. 26	Traded to Atlanta	T Michael Jerrell
	Acquired from Atlanta	2027 conditional draft pick
	Veteran contract terminated	NT Quinton Bohanna
		CB Shemar Jean-Charles
		LS Zach Triner
		WR Marquez Valdes-Scantling
	Released/injury settlement	CB Tyler Hall
		WR Steven Sims
		CB Isas Waxter
	Waived/injured	WR John Rhys Plumlee
		FB Wesley Steiner
	Placed on reserve/non-football injury	DT Johnathan Hankins
		DE Rylie Mills
	Placed on injured reserve	G Christian Haynes
	Released	WR Tyrone Broden
		CB Keydrain Calligan
		DT Anthony Campbell
		LB Seth Coleman
		T Luke Felix-Fualalo
		DE Jalan Gaines
		LB D'Eryk Jackson
		T Amari Kight
		TE Marshall Lang
		G Sataoa Laumea
		C Federico Maranges
		RB Damien Martinez
		LB Patrick O'Connell
		NT Brandon Pili
		S Jerrick Reed II
		LB Josh Ross
		LB Jamie Sheriff
		DT J.R. Singleton
		LB Tyreke Smith
		DT Bubba Thomas
		LB Alphonzo Tuputala
		RB Anthony Tyus III
		WR Ricky White III
		CB Damarion Williams
		RB Jacardia Wright
Aug. 27	Released	CB Shaquill Griffin
	Claimed off waivers	CB Derion Kendrick
	Signed to practice squad	NT Quinton Bohanna
		WR Tyrone Broden
		DT Anthony Campbell
		DE Jalan Gaines
		CB Shemar Jean-Charles
		T Amari Kight
		G Sataoa Laumea
		C Federico Maranges
		RB Damien Martinez
		LB Patrick O'Connell
		NT Brandon Pili
		S Jerrick Reed II
		LB Jamie Sheriff
		DT J.R. Singleton
Aug. 27	Signed to practice squad (cont.)	RB Anthony Tyus III
		WR Ricky White III
		RB Jacardia Wright
Aug. 28	Released from practice squad	DT Anthony Campbell
		LB Jalan Gaines
		RB Anthony Tyus III
	Signed to practice squad	CB Shaquill Griffin
		WR Courtney Jackson
		LB Chris Paul Jr.
	Released	S D'Anthony Bell
	Signed	LB Chazz Surratt
Sept. 1	Released from practice squad	G Sataoa Laumea
	Signed to practice squad	S D'Anthony Bell
Sept. 2	Released from practice squad	CB Shemar Jean-Charles
		T Amari Kight
		RB Damien Martinez
	Signed to practice squad	DT Anthony Campbell
		LB Jalan Gaines
		G Sataoa Laumea
Sept. 4	Signed contract extension	T Abraham Lucas
Sept. 6	Elevated from practice squad	DT Quinton Bohanna
		CB Shaquill Griffin
Sept. 8	Reverted to practice squad	DT Quinton Bohanna
		CB Shaquill Griffin
Sept. 11	Released	WR Cody White
	Signed from practice squad	CB Shaquill Griffin
	Signed to practice squad	WR Cody White
Sept. 13	Elevated from practice squad	S D'Anthony Bell
		DT Brandon Pili
Sept. 15	Reverted to practice squad	S D'Anthony Bell
		DT Brandon Pili

(4,111th transaction since 2010)

PARTICIPATION CHART

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	2025			
Date	**9/7**	**9/14**	**9/21**	**9/25**	**10/5**	**10/12**	**10/20**	**11/2**	**11/9**	**11/16**	**11/23**	**11/30**	**12/7**	**12/14**	**12/18**			**G**	**S**	**IN**	**DNP**
Game	**SF**	**@Pit**	**NO**	**@Ari**	**TB**	**@Jac**	**Hou**	**@Was**	**Ari**	**@LAR**	**@Ten**	**Min**	**@Atl**	**Ind**	**LAR**	**@Car**	**@SF**				
Arroyo, E.	te	TE																2	1	0	0
Barner, A.	TE	TE																2	2	0	0
Bell, D.	ps	S																1	1	0	0
Bobo, J.	in	wr																1	0	1	0
Bohanna, Q.	dt	ps																1	0	0	0
Bradford, A.	RG	RG																2	2	0	0
Bryant, C.	S	S																2	2	0	0
Cabeldue, B.	dnp	sub																1	0	0	1
Charbonnet, Z.	rb	rb																2	0	0	0
Cross, C.	LT	LT																2	2	0	0
Darnold, S.	QB	QB																2	2	0	0
Dickson, M.	p	p																2	0	0	0
Emmanwori, N.	s	in																1	0	0	1
Griffin, S.	dnp	cb																1	0	0	1
Hall, D.	lb	lb																2	0	0	0
Holani, G.	sub	sub																2	0	0	0
Horton, T.	wr	wr																2	0	0	0
Ivey, J.	in	in																0	0	2	0
Jobe, J.	cb	CB																2	1	0	0
Jones IV, E.	LB	LB																2	2	0	0
Jones, J.	t	sub																2	0	0	0
Kallerup, N.	in	in																0	0	2	0
Kendrick, D.	sub	cb																2	0	0	0
Knight, T.	LB	LB																2	2	0	0
Kupp, C.	WR	WR																2	2	0	0
Lawrence, D.	LB	LB																2	2	0	0
Lock, D.	dnp	dnp																0	0	0	2
Love, J.	S	S																2	2	0	0
Lucas, A.	RT	RT																2	2	0	0
Mafe, B.	LB	LB																2	2	0	0
Milroe, J.	qb	in																1	0	1	0
Morris, M.	de	de																2	0	0	0
Murphy II, B.	DT	DT																2	2	0	0
Myers, J.	k	k																2	0	0	0
Nwosu, U.	in	lb																1	0	1	0
Okada, T.	s	s																2	0	0	0
Oluwatimi, O.	dnp	c																1	0	0	1
O'Toole, C.	in	in																0	0	2	0
Ouzts, R.	FB	fb																2	1	0	0
Pili, B.	ps	dt																1	0	0	0
Pritchett, N.	sub	cb																2	0	0	0
Reed, J.	DT	dt																2	1	0	0
Richman, M.	in	in																0	0	2	0
Russell, B.	sub	sub																2	0	0	0
Saubert, E.	te	te																2	0	0	0
Smith-Njigba, J.	WR	WR																2	2	0	0
Stoll, C.	ls	ls																2	0	0	0
Sundell, J.	C	C																2	2	0	0
Surratt, C.	sub	sub																2	0	0	0
Thomas, D.	lb	lb																2	0	0	0
Walker III, K.	RB	RB																2	2	0	0
White, C.	wr	ps																1	0	0	0
Williams, L.	DE	DE																2	2	0	0
Witherspoon, D.	CB	in																1	1	1	0
Woolen, R.	CB	CB																2	2	0	0
Young, D.	in	wr																1	0	1	0
Zabel, G.	LG	LG																2	2	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

HOW BUILT

Year	By Draft	Trade/Waivers/Practice Squad
2025	G Grey Zabel (1)	CB Derion Kendrick (W)
	S Nick Emmanwori (2a)	
	TE Elijah Arroyo (2b)	
	QB Jalen Milroe (3)	
	WR Tory Horton (5b)	
	FB Robbie Ouzts (5c)	
	G Bryce Cabeldue (6)	
	T/G Mason Richman (7b)	
2024	DT Byron Murphy II (1)	LB Ernest Jones IV (T)
	LB Tyrice Knight (4a)	
	TE AJ Barner (4b)	
	CB Nehemiah Pritchett (5)	
2023	CB Devon Witherspoon (1a)	TE Brady Russell (PS)
	WR Jaxon Smith-Njigba (1b)	LB Drake Thomas (W)
	LB Derick Hall (2a)	DE Leonard Williams (T)
	RB Zach Charbonnet (2b)	
	G Anthony Bradford (4a)	
	DE Mike Morris (5a)	
	C Olu Oluwatimi (5b)	
2022	T Charles Cross (1)	
	LB Boye Mafe (2a)	
	RB Kenneth Walker III (2b)	
	T Abraham Lucas (3)	
	CB Coby Bryant (4)	
	CB Riq Woolen (5a)	
	WR Dareke Young (7b)	
2018	P Michael Dickson (5c)	
2017	CB Shaquill Griffin (3a)	
2016	DE Jarran Reed (2)	

Free Agents

2025
QB Sam Darnold (UFA)
LB Jared Ivey
G/T Josh Jones (UFA)
TE Nick Kallerup
WR Cooper Kupp
LB DeMarcus Lawrence (UFA)
QB Drew Lock (UFA)
LB Connor O'Toole
TE Eric Saubert
LB Chazz Surratt

2024
RB George Holani
CB Josh Jobe
C Jalen Sundell

2023
WR Jake Bobo
S Julian Love (UFA)
S Ty Okada
LS Chris Stoll

2022
LB Uchenna Nwosu (UFA)

2019
K Jason Myers (UFA)

By Experience

LB	DeMarcus Lawrence	12
K	Jason Myers	11
DE	Leonard Williams	11
NT	Jarran Reed	10
CB	Shaquill Griffin	9
WR	Cooper Kupp	9
QB	Sam Darnold	8
P	Michael Dickson	8
LB	Uchenna Nwosu	8
TE	Eric Saubert	8
QB	Drew Lock	7
S	Julian Love	7
T	Josh Jones	6
LB	Ernest Jones IV	5
S	D'Anthony Bell	4
S	Coby Bryant	4
T	Charles Cross	4
CB	Josh Jobe	4
CB	Derion Kendrick	4
T	Abraham Lucas	4
LB	Boye Mafe	4
CB	Riq Woolen	4
RB	Kenneth Walker III	4
WR	Dareke Young	4
WR	Jake Bobo	3
G	Anthony Bradford	3
RB	Zach Charbonnet	3
LB	Derick Hall	3
DE	Mike Morris	3
S	Ty Okada	3
C	Olu Oluwatimi	3
FB	Brady Russell	3
WR	Jaxon Smith-Njigba	3
LS	Chris Stoll	3
LB	Drake Thomas	3
CB	Devon Witherspoon	3
TE	AJ Barner	2
RB	George Holani	2
LB	Tyrice Knight	2
DT	Byron Murphy II	2
CB	Nehemiah Pritchett	2
C	Jalen Sundell	2
TE	Elijah Arroyo	R
G	Bryce Cabeldue	R
S	Nick Emmanwori	R
WR	Tory Horton	R
LB	Jared Ivey	R
TE	Nick Kallerup	R
QB	Jalen Milroe	R
LB	Connor O'Toole	R
FB	Robbie Ouzts	R
T/G	Mason Richman	R
G	Grey Zabel	R

2025 Seattle Seahawks Alphabetical Roster (Updated 9/11/25)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
18	Arroyo, Elijah	TE	6-5	254	4/5/2003	22	R	Miami	Frisco, Texas	D2(b)-'25
88	Barner, AJ	TE	6-6	251	5/3/2002	23	2	Michigan	Aurora, Ohio	D4(b)-'24
23	Bell, D'Anthony	S	6-1	211	10/17/1996	28	4	West Florida	Covington, Ga.	FA-'25
19	Bobo, Jake	WR	6-4	211	8/4/1998	27	3	Duke	Belmont, Mass.	FA-'23
75	Bradford, Anthony	G	6-4	335	4/28/2001	24	3	Louisiana State	Muskegon, Mich.	D4(a)-'23
8	Bryant, Coby	S	6-1	205	3/29/1999	26	4	Cincinnati	Cleveland, Ohio	D4-'22
77	Cabeldue, Bryce	G	6-4	308	9/4/2001	24	R	Kansas	Clovis, N.M.	D6-'25
26	Charbonnet, Zach	RB	6-1	220	1/8/2001	24	3	UCLA	Camarillo, Calif.	D2(b)-'23
67	Cross, Charles	T	6-5	317	11/25/2000	24	4	Mississippi State	Laurel, Miss.	D1-'22
14	Darnold, Sam	QB	6-3	225	6/5/1997	28	8	USC	San Clemente, Calif.	UFA(Min)-'25
4	Dickson, Michael	P	6-2	208	1/4/1996	29	8	Texas	Sydney, Australia	D5(c)-'18
3	Emmanwori, Nick	S	6-3	220	2/7/2004	21	R	South Carolina	Irmo, S.C.	D2(a)-'25
24	Griffin, Shaquill	CB	6-0	198	7/20/1995	30	9	Central Florida	St. Petersburg, Fla.	D3(a)-'17
58	Hall, Derick	LB	6-3	260	3/19/2001	24	3	Auburn	Gulfport, Miss.	D2(a)-'23
36	Holani, George	RB	5-10	208	12/16/1999	25	2	Boise State	Bellflower, Calif.	FA-'24
15	Horton, Tory	WR	6-2	196	11/29/2002	22	R	Colorado State	Fresno, Calif.	D5(b)-'25
51	Ivey, Jared	LB	6-6	274	12/5/2001	23	R	Mississippi	Suwanee, Ga.	FA-'25
29	Jobe. Josh	CB	5-11	190	4/9/1998	27	4	Alabama	Miami, Fla.	FA-'24
13	Jones IV, Ernest	LB	6-2	233	11/22/1999	25	5	South Carolina	Waycross, Ga.	T(Ten)-'24
74	Jones, Josh	G/T	6-7	339	6/22/1997	28	6	Houston	Richmond, Texas	UFA(Bal)-'25
89	Kallerup, Nick	TE	6-5	266	3/27/2001	24	R	Minnesota	Wayzata, Minn.	FA-'25
1	Kendrick, Derion	CB	6-0	205	8/24/2000	25	4	Georgia	Rock Hill, S.C.	W(LAR)-'25
48	Knight, Tyrice	LB	6-0	233	12/20/1999	25	2	Texas-El Paso	Lakeland, Fla.	D4(a)-'24
10	Kupp, Cooper	WR	6-2	207	6/15/1993	32	9	Eastern Washington	Yakima, Wash.	FA-'25
0	Lawrence, DeMarcus	LB	6-3	254	4/28/1992	33	12	Boise State	Aiken, S.C.	UFA(Dal)-'25
2	Lock, Drew	QB	6-4	228	11/10/1996	28	7	Missouri	Columbia, Mo.	UFA(NYG)-'25
20	Love, Julian	S	5-11	195	3/19/1998	27	7	Notre Dame	Westchester, Ill.	UFA(NYG)-'23
72	Lucas, Abraham	T	6-6	322	10/15/1998	26	4	Washington State	Everett, Wash.	D3-'22
53	Mafe, Boye	LB	6-4	261	11/30/1998	26	4	Minnesota	Minnetonka, Minn.	D2(a)-'22
6	Milroe, Jalen	QB	6-2	216	12/13/2002	22	R	Alabama	Katy, Texas	D3-'25
94	Morris, Mike	DE	6-6	306	4/22/2001	24	3	Michigan	Belle Glade, Fla.	D5(a)-'23
91	Murphy II, Byron	DT	6-0	306	9/8/2002	23	2	Texas	DeSoto, Texas	D1-'24
5	Myers, Jason	K	5-10	190	5/12/1991	34	11	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
7	Nwosu, Uchenna	LB	6-2	265	12/28/1996	28	8	USC	Carson, Calif.	UFA(LAC)-'22
39	Okada, Ty	S	5-11	200	6/4/1999	25	3	Montana State	Woodbury, Minn.	FA-'23
55	Oluwatimi, Olu	C	6-2	309	8/5/1999	26	3	Michigan	Upper Marlboro, Md.	D5(b)-'23
57	O'Toole, Connor	LB	6-3	248	8/27/2002	23	R	Utah	Albuquerque, N.M.	FA-'25
40	Ouzts, Robbie	FB	6-3	274	9/6/2002	23	R	Alabama	Rock Hill, S.C.	D5(c)-'25
28	Pritchett, Nehemiah	CB	6-0	190	2/11/2001	24	2	Auburn	Jackson, Ala.	D5-'24
90	Reed, Jarran	NT	6-3	315	12/16/1992	32	10	Alabama	Goldsboro, N.C.	D2-'16
78	Richman, Mason	T/G	6-5	307	5/7/2002	23	R	Iowa	Leawood, Kan.	D7(b)-'25
38	Russell, Brady	FB	6-3	250	8/31/1998	27	3	Colorado	Fort Collins, Colo.	PS(Phi)-'23
81	Saubert, Eric	TE	6-5	248	5/9/1994	31	8	Drake	Chicago, Ill.	FA-'25
11	Smith-Njigba, Jaxon	WR	6-0	202	2/14/2002	23	3	Ohio State	Rockwall, Texas	D1(b)-'23
41	Stoll, Chris	LS	6-2	255	8/3/1998	27	3	Penn State	Westerville, Ohio	FA-'23
61	Sundell, Jalen	C	6-5	301	10/18/1999	25	2	North Dakota State	Maryville, Mo.	FA-'24
42	Thomas, Drake	LB	5-11	228	2/25/2000	25	3	North Carolina State	Raleigh, N.C.	W(Las)-'23
9	Walker III, Kenneth	RB	5-9	216	10/20/2000	24	4	Michigan State	Arlington, Tenn.	D2(b)-'22
99	Williams, Leonard	DE	6-5	310	6/20/1994	31	11	USC	Daytona Beach, Fla.	T(NYG)-'23
21	Witherspoon, Devon	CB	6-0	185	12/11/2000	24	3	Illinois	Pensacola, Fla.	D1(a)-'23
27	Woolen, Riq	CB	6-4	210	5/2/1999	26	4	Texas-San Antonio	Forth Worth, Texas	D5(a)-'22
83	Young, Dareke	WR	6-2	225	6/4/1999	26	4	Lenior-Rhyne	Raleigh, N.C.	D7(b)-'22
76	Zabel, Grey	G	6-6	316	3/30/2002	23	R	North Dakota State	Pierre, S.D.	D1-'25

Head Coach: Mike Macdonald, Aden Durde (Defensive Coordinator), Jay Harbaugh (Special Teams Coordinator), Klint Kubiak (Offensive Coordinator), John Benton (Offensive Line), Mack Brown (Tight Ends), Josh Bynes (Defensive Asst./LBs), Michael Byrne (Offensive Asst.), Rob Caprice (Defensive Intern), Rick Dennison (Run Game Coordinator/Senior Offensive Advisor), Devin Fitzsimmons (Asst. Special Teams), Leslie Frazier (Assistant Head Coach), Thomas Garcia (Strength & Cond. Asst.), Justin Hinds (Defensive Line), Jeff Howard (Safeties), Frisman Jackson (Wide Receivers), Andrew Janocko (Quarterbacks), Ivan Lewis (Dir. of Player Performance & Development), Quinshon Odom (Offensive Asst./QC-Off. Line), Tim Ojeda (Strength & Cond. Asst.), Kirk Olivadotti (Inside Linebackers), Justin Outten (Run Game Specialist/Asst. Offensive Line), Chris Partridge (Outside Linebackers), Jake Peetz (Offensive Passing Game Coordinator), Mark Philipp (Strength & Cond. Asst.), Kennedy Polamalu (RBs), Tyson Prince (Off. Asst./QBs), Karl Scott (Defensive Passing Game Coordinator/DBs), Neiko Thorpe (Defenive Asst./DBs), Danny van Dijk (Head Strength & Cond.), Jamie Yanchar (Strength & Cond. Asst.).

2025 Seattle Seahawks Numerical Roster (updated 9/11/25)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
0	DeMarcus Lawrence	LB	6-3	254	4/28/1992	33	12	Boise State	Aiken, S.C.	UFA(Dal)-'25
1	Derion Kendrick	CB	6-0	205	8/24/2000	25	4	Georgia	Rock Hill, S.C.	W(LAR)-'25
2	Drew Lock	QB	6-4	228	11/10/1996	28	7	Missouri	Columbia, Mo.	UFA(NYG)-'25
3	Nick Emmanwori	S	6-3	220	2/7/2004	21	R	South Carolina	Irmo, S.C.	D2(a)-'25
4	Michael Dickson	P	6-2	208	1/4/1996	29	8	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	34	11	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
6	Jalen Milroe	QB	6-2	216	12/13/2002	22	R	Alabama	Katy, Texas	D3-'25
7	Uchenna Nwosu	LB	6-2	265	12/28/1996	28	8	USC	Carson, Calif.	UFA(LAC)-'22
8	Coby Bryant	S	6-1	205	3/29/1999	26	4	Cincinnati	Cleveland, Ohio	D4-'22
9	Kenneth Walker III	RB	5-9	216	10/20/2000	24	4	Michigan State	Arlington, Tenn.	D2(b)-'22
10	Cooper Kupp	WR	6-2	207	6/15/1993	32	9	Eastern Washington	Yakima, Wash.	FA-'25
11	Jaxon Smith-Njigba	WR	6-0	202	2/14/2002	23	3	Ohio State	Rockwall, Texas	D1(b)-'23
13	Ernest Jones IV	LB	6-2	233	11/22/1999	25	5	South Carolina	Waycross, Ga.	T(Ten)-'24
14	Sam Darnold	QB	6-3	225	6/5/1997	28	8	USC	San Clemente, Calif.	UFA(Min)-'25
15	Tory Horton	WR	6-2	196	11/29/2002	22	R	Colorado State	Fresno, Calif.	D5(b)-'25
18	Elijah Arroyo	TE	6-5	254	4/5/2003	22	R	Miami	Frisco, Texas	D2(b)-'25
19	Jake Bobo	WR	6-4	211	8/4/1998	27	3	Duke	Belmont, Mass.	FA-'23
20	Julian Love	S	5-11	195	3/19/1998	27	7	Notre Dame	Westchester, Ill.	UFA(NYG)-'23
21	Devon Witherspoon	CB	6-0	185	12/11/2000	24	3	Illinois	Pensacola, Fla.	D1(a)-'23
24	Shaquill Griffin	CB	6-0	198	7/20/1995	30	9	Central Florida	St. Petersburg, Fla.	D3(a)-'17
26	Zach Charbonnet	RB	6-1	220	1/8/2001	24	3	UCLA	Camarillo, Calif.	D2(b)-'23
27	Riq Woolen	CB	6-4	210	5/2/1999	26	4	Texas-San Antonio	Forth Worth, Texas	D5(a)-'22
28	Nehemiah Pritchett	CB	6-0	190	2/11/2001	24	2	Auburn	Jackson, Ala.	D5-'24
29	Josh Jobe	CB	5-11	190	4/9/1998	27	4	Alabama	Miami, Fla.	FA-'24
36	George Holani	RB	5-10	208	12/16/1999	25	2	Boise State	Bellflower, Calif.	FA-'24
38	Brady Russell	FB	6-3	250	8/31/1998	27	3	Colorado	Fort Collins, Colo.	PS(Phi)-'23
39	Ty Okada	S	5-11	200	6/4/1999	25	3	Montana State	Woodbury, Minn.	FA-'23
40	Robbie Ouzts	FB	6-3	274	9/6/2002	23	R	Alabama	Rock Hill, S.C.	D5(c)-'25
41	Chris Stoll	LS	6-2	255	8/3/1998	27	3	Penn State	Westerville, Ohio	FA-'23
42	Drake Thomas	LB	5-11	228	2/25/2000	25	3	North Carolina State	Raleigh, N.C.	W(Las)-'23
44	Chazz Surratt	LB	6-2	233	2/16/1997	28	5	North Carolina	Denver, N.C.	FA-'25
48	Tyrice Knight	LB	6-0	233	12/20/1999	25	2	Texas-El Paso	Lakeland, Fla.	D4(a)-'24
51	Jared Ivey	LB	6-6	274	12/5/2001	23	R	Mississippi	Suwanee, Ga.	FA-'25
53	Boye Mafe	LB	6-4	261	11/30/1998	26	4	Minnesota	Minnetonka, Minn.	D2(a)-'22
55	Olu Oluwatimi	C	6-2	309	8/5/1999	26	3	Michigan	Upper Marlboro, Md.	D5(b)-'23
57	Connor O'Toole	LB	6-3	248	8/27/2002	23	R	Utah	Albuquerque, N.M.	FA-'25
58	Derick Hall	LB	6-3	260	3/19/2001	24	3	Auburn	Gulfport, Miss.	D2(a)-'23
61	Jalen Sundell	C	6-5	301	10/18/1999	25	2	North Dakota State	Maryville, Mo.	FA-'24
67	Charles Cross	T	6-5	317	11/25/2000	24	4	Mississippi State	Laurel, Miss.	D1-'22
72	Abraham Lucas	T	6-6	322	10/15/1998	26	4	Washington State	Everett, Wash.	D3-'22
74	Josh Jones	G/T	6-7	339	6/22/1997	28	6	Houston	Richmond, Texas	UFA(Bal)-'25
75	Anthony Bradford	G	6-4	335	4/28/2001	24	3	Louisiana State	Muskegon, Mich.	D4(a)-'23
76	Grey Zabel	G	6-6	316	3/30/2002	23	R	North Dakota State	Pierre, S.D.	D1-'25
77	Bryce Cabeldue	G	6-4	308	9/4/2001	24	R	Kansas	Clovis, N.M.	D6-'25
78	Mason Richman	T/G	6-5	307	5/7/2002	23	R	Iowa	Leawood, Kan.	D7(b)-'25
81	Eric Saubert	TE	6-5	248	5/9/1994	31	8	Drake	Chicago, Ill.	FA-'25
83	Dareke Young	WR	6-2	225	6/4/1999	26	4	Lenior-Rhyne	Raleigh, N.C.	D7(b)-'22
88	AJ Barner	TE	6-6	251	5/3/2002	23	2	Michigan	Aurora, Ohio	D4(b)-'24
89	Nick Kallerup	TE	6-5	266	3/27/2001	24	R	Minnesota	Wayzata, Minn.	FA-'25
90	Jarran Reed	NT	6-3	315	12/16/1992	32	10	Alabama	Goldsboro, N.C.	D2-'16
91	Byron Murphy II	DT	6-0	306	9/8/2002	23	2	Texas	DeSoto, Texas	D1-'24
94	Mike Morris	DE	6-6	306	4/22/2001	24	3	Michigan	Belle Glade, Fla.	D5(a)-'23
99	Leonard Williams	DE	6-5	310	6/20/1994	31	11	USC	Daytona Beach, Fla.	T(NYG)-'23
Injured Reserve										
25	Kenny McIntosh	RB	6-0	211	3/3/2000	25	3	Georgia	Fort Lauderdale, Fla.	D7-'23
30	AJ Finley	S	6-2	202	9/14/2001	24	3	Mississippi	Mobile, Ala.	W(LAC)-'24
64	Christian Haynes	G	6-3	317	4/13/2000	25	2	Connecticut	Bowie, Md.	D3-'24
Reserve/Non-Football Injury										
97	Johnathan Hankins	NT	6-3	335	3/30/1992	33	13	Ohio State	Dearborn Heights, Mich.	UFA(Dal)-'24
98	Rylie Mills	DE	6-5	296	8/20/2001	24	R	Notre Dame	Lake Bluff, Ill.	D5(a)-'25
Practice Squad										
22	Damien Martinez	RB	6-0	217	1/31/2004	21	R	Miami	Lewisville, Texas	D7(a)-'25
23	D'Anthony Bell	S	6-1	211	10/17/1996	28	4	West Florida	Covington, Ga.	FA-'25
31	Jacardia Wright	RB	6-0	218	9/26/2000	24	R	Missouri State	Decatur, Ill.	FA-'25
32	Jerrick Reed II	S	5-9	197	8/7/2000	25	3	New Mexico	Olive Branch, Miss.	D6-'23
34	Shemar Jean-Charles	CB	5-10	184	6/20/1998	27	5	Appalachian State	Miramar, Fla.	UFA(NO)-'25
49	Chris Paul Jr.	LB	6-1	235	11/4/2004	20	R	Mississippi	Cordele, Miss.	FA-'25
50	Jamie Sheriff	LB	6-1	254	8/18/2000	25	2	South Alabama	Terry, Miss.	FA-'24
52	Patrick O'Connell	LB	6-1	231	12/31/1998	26	3	Montana	Kalispell, Mont.	FA-'23
62	Federico Maranges	C	6-3	302	10/5/2001	23	R	Florida Atlantic	Dorado, Puerto Rico	FA-'25
70	J.R. Singleton	NT	6-1	299	2/13/2002	23	R	Iowa State	Gurnee, Ill.	FA-'25
79	Amari Kight	T	6-6	299	12/21/2000	24	R	Central Florida	Birmingham, Ala.	FA-'25
82	Cody White	WR	6-3	227	11/28/1998	26	6	Michigan State	Novi, Mich.	FA-'23
84	Courtney Jackson	WR	5-11	183	3/13/2001	24	R	Arkansas State	Monroeville, Pa.	FA-'25
85	Tyrone Broden	WR	6-5	194	2/26/2001	24	R	Arkansas	Detroit, Mich.	FA-'25
86	Ricky White III	WR	6-1	181	2/6/2002	23	R	UNLV	Marietta, Ga.	D7(c)-'25
92	Quinton Bohanna	NT	6-4	355	3/16/1999	25	5	Kentucky	Memphis, Tenn.	FA-'24
95	Brandon Pili	NT	6-3	334	4/2/1999	26	3	USC	Anchorage, Alaska	W(Mia)-'24

2025 Seattle Seahawks Positional Roster (updated 9/11/25)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
1	Derion Kendrick	CB	6-0	205	8/24/2000	25	4	Georgia	Rock Hill, S.C.	W(LAR)-'25
21	Devon Witherspoon	CB	6-0	185	12/11/2000	24	3	Illinois	Pensacola, Fla.	D1(a)-'23
24	Shaquill Griffin	CB	6-0	198	7/20/1995	30	9	Central Florida	St. Petersburg, Fla.	D3(a)-'17
27	Riq Woolen	CB	6-4	210	5/2/1999	26	4	Texas-San Antonio	Forth Worth, Texas	D5(a)-'22
28	Nehemiah Pritchett	CB	6-0	190	2/11/2001	24	2	Auburn	Jackson, Ala.	D5-'24
29	Josh Jobe	CB	5-11	190	4/9/1998	27	4	Alabama	Miami, Fla.	FA-'24
3	Nick Emmanwori	S	6-3	220	2/7/2004	21	R	South Carolina	Irmo, S.C.	D2(a)-'25
8	Coby Bryant	S	6-1	205	3/29/1999	26	4	Cincinnati	Cleveland, Ohio	D4-'22
20	Julian Love	S	5-11	195	3/19/1998	27	7	Notre Dame	Westchester, Ill.	UFA(NYG)-'23
39	Ty Okada	S	5-11	200	6/4/1999	25	3	Montana State	Woodbury, Minn.	FA-'23
94	Mike Morris	DE	6-6	306	4/22/2001	24	3	Michigan	Belle Glade, Fla.	D5(a)-'23
99	Leonard Williams	DE	6-5	310	6/20/1994	31	11	USC	Daytona Beach, Fla.	T(NYG)-'23
90	Jarran Reed	NT	6-3	315	12/16/1992	32	10	Alabama	Goldsboro, N.C.	D2-'16
91	Byron Murphy II	DT	6-0	306	9/8/2002	23	2	Texas	DeSoto, Texas	D1-'24
0	DeMarcus Lawrence	LB	6-3	254	4/28/1992	33	12	Boise State	Aiken, S.C.	UFA(Dal)-'25
7	Uchenna Nwosu	LB	6-2	265	12/28/1996	28	8	USC	Carson, Calif.	UFA(LAC)-'22
13	Ernest Jones IV	LB	6-2	233	11/22/1999	25	5	South Carolina	Waycross, Ga.	T(Ten)-'24
42	Drake Thomas	LB	5-11	228	2/25/2000	25	3	North Carolina State	Raleigh, N.C.	W(Las)-'23
44	Chazz Surratt	LB	6-2	233	2/16/1997	28	5	North Carolina	Denver, N.C.	FA-'25
48	Tyrice Knight	LB	6-0	233	12/20/1999	25	2	Texas-El Paso	Lakeland, Fla.	D4(a)-'24
51	Jared Ivey	LB	6-6	274	12/5/2001	23	R	Mississippi	Suwanee, Ga.	FA-'25
53	Boye Mafe	LB	6-4	261	11/30/1998	26	4	Minnesota	Minnetonka, Minn.	D2(a)-'22
57	Connor O'Toole	LB	6-3	248	8/27/2002	23	R	Utah	Albuquerque, N.M.	FA-'25
58	Derick Hall	LB	6-3	260	3/19/2001	24	3	Auburn	Gulfport, Miss.	D2(a)-'23
55	Olu Oluwatimi	C	6-2	309	8/5/1999	26	3	Michigan	Upper Marlboro, Md.	D5(b)-'23
61	Jalen Sundell	C	6-5	301	10/18/1999	25	2	North Dakota State	Maryville, Mo.	FA-'24
74	Josh Jones	G/T	6-7	339	6/22/1997	28	6	Houston	Richmond, Texas	UFA(Bal)-'25
75	Anthony Bradford	G	6-4	335	4/28/2001	24	3	Louisiana State	Muskegon, Mich.	D4(a)-'23
76	Grey Zabel	G	6-6	316	3/30/2002	23	R	North Dakota State	Pierre, S.D.	D1-'25
77	Bryce Cabeldue	G	6-4	308	9/4/2001	24	R	Kansas	Clovis, N.M.	D6-'25
67	Charles Cross	T	6-5	317	11/25/2000	24	4	Mississippi State	Laurel, Miss.	D1-'22
72	Abraham Lucas	T	6-6	322	10/15/1998	26	4	Washington State	Everett, Wash.	D3-'22
78	Mason Richman	T/G	6-5	307	5/7/2002	23	R	Iowa	Leawood, Kan.	D7(b)-'25
2	Drew Lock	QB	6-4	228	11/10/1996	28	7	Missouri	Columbia, Mo.	UFA(NYG)-'25
6	Jalen Milroe	QB	6-2	216	12/13/2002	22	R	Alabama	Katy, Texas	D3-'25
14	Sam Darnold	QB	6-3	225	6/5/1997	28	8	USC	San Clemente, Calif.	UFA(Min)-'25
9	Kenneth Walker III	RB	5-9	216	10/20/2000	24	4	Michigan State	Arlington, Tenn.	D2(b)-'22
26	Zach Charbonnet	RB	6-1	220	1/8/2001	24	3	UCLA	Camarillo, Calif.	D2(b)-'23
36	George Holani	RB	5-10	208	12/16/1999	25	2	Boise State	Bellflower, Calif.	FA-'24
38	Brady Russell	FB	6-3	250	8/31/1998	27	3	Colorado	Fort Collins, Colo.	PS(Phi)-'23
40	Robbie Ouzts	FB	6-3	274	9/6/2002	23	R	Alabama	Rock Hill, S.C.	D5(c)-'25
18	Elijah Arroyo	TE	6-5	254	4/5/2003	22	R	Miami	Frisco, Texas	D2(b)-'25
81	Eric Saubert	TE	6-5	248	5/9/1994	31	8	Drake	Chicago, Ill.	FA-'25
88	AJ Barner	TE	6-6	251	5/3/2002	23	2	Michigan	Aurora, Ohio	D4(b)-'24
89	Nick Kallerup	TE	6-5	266	3/27/2001	24	R	Minnesota	Wayzata, Minn.	FA-'25
10	Cooper Kupp	WR	6-2	207	6/15/1993	32	9	Eastern Washington	Yakima, Wash.	FA-'25
11	Jaxon Smith-Njigba	WR	6-0	202	2/14/2002	23	3	Ohio State	Rockwall, Texas	D1(b)-'23
15	Tory Horton	WR	6-2	196	11/29/2002	22	R	Colorado State	Fresno, Calif.	D5(b)-'25
19	Jake Bobo	WR	6-4	211	8/4/1998	27	3	Duke	Belmont, Mass.	FA-'23
83	Dareke Young	WR	6-2	225	6/4/1999	26	4	Lenior-Rhyne	Raleigh, N.C.	D7(b)-'22
4	Michael Dickson	P	6-2	208	1/4/1996	29	8	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	34	11	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
41	Chris Stoll	LS	6-2	255	8/3/1998	27	3	Penn State	Westerville, Ohio	FA-'23

UNOFFICIAL DEPTH CHART

OFFENSE

WR	10	Cooper Kupp	19	Jake Bobo			
LT	67	Charles Cross	74	Josh Jones	78	Mason Richman	
LG	76	Grey Zabel	61	Jalen Sundell	77	Bryce Cabeldue	
C	61	Jalen Sundell	55	Olu Oluwatimi			
RG	75	Anthony Bradford	61	Jalen Sundell			
RT	72	Abraham Lucas	74	Josh Jones			
TE	88	AJ Barner	81	Eric Saubert	18	Elijah Arroyo	
					89	Nick Kallerup	
WR	11	Jaxon Smith-Njigba	15	Tory Horton	83	Dareke Young	
QB	14	Sam Darnold	2	Drew Lock	6	Jalen Milroe	
FB	40	Robbie Ouzts	38	Brady Russell			
RB	9	Kenneth Walker III	26	Zach Charbonnet	36	George Holani	

DEFENSE

DT	90	Jarran Reed					
NT	91	Byron Murphy II					
DE	99	Leonard Williams	94	Mike Morris			
RUSH	0	DeMarcus Lawrence	58	Derick Hall	51	Jared Ivey	
MLB	13	Ernest Jones IV	44	Chazz Surratt			
WLB	48	Tyrice Knight	42	Drake Thomas			
SLB	7	Uchenna Nwosu OR	53	Boye Mafe OR	58	Derick Hall	
					57	Connor O'Toole	
CB	21	Devon Witherspoon	29	Josh Jobe	24	Shaquill Griffin	
CB	27	Riq Woolen	28	Nehemiah Pritchett	1	Derion Kendrick	
S	8	Coby Bryant	39	Ty Okada			
S	20	Julian Love	3	Nick Emmanwori			

SPECIALISTS

K	5	Jason Myers					
P	4	Michael Dickson					
H	4	Michael Dickson					
PR	15	Tory Horton	19	Jake Bobo			
KR	36	George Holani	83	Dareke Young			
LS	41	Chris Stoll					

( ) injured; Underline: Rookie

PRONUNCIATION GUIDE

Bryce Cabeldue... KAY-bul-dew
Zach Charbonnet... SHAR-buh-nay
Nick Emmanwori... EE-man-WORE-ee
George Holani... ho-LAH-nee
Nick Kallerup... CAL-err-up
Tyrice Knight... TY-rees
Boye Mafe... boy-YAY mah-fay
Uchenna Nwosu... oo-CHEH-nuh new-OH-soo
Ty Okada... oh-KAH-duh
Olu Oluwatimi... OH-loo OH-loo-wah-TIMM-ee
Robbie Ouzts... OOTS
Jarran Reed... JARE-in
Eric Saubert... SAW-bert
Jaxon Smith-Njigba... in-JIGG-buh
Chris Stoll... stole
Jalen Sundell... sun-DELL
Devon Witherspoon... DEV-in
Riq Woolen... reek
Dareke Young... duh-REEK
Grey Zabel... ZAY-bull

GAME SUMMARIES

17

WEEK 1

San Francisco 49ers 17, Seattle Seahawks 13

68,752 Lumen Field Sep 7, 2025

13

San Francisco 49ers	7	0	0	10	17
Seattle Seahawks	0	10	0	3	13

SCORING DRIVES

TEAM	QTR	TIME	SCORING PLAY	SF	SEA
49ers	1	03:43	G.Kittle 5 yd. pass from B.Purdy (J.Moody kick) (14-95, 8:22)	7	0
Seahawks	2	13:38	Z.Charbonnet 1 yd. run (J.Myers kick) (10-69, 5:05)	7	7
Seahawks	2	00:02	J.Myers 48 yd. Field Goal (8-50, 0:55)	7	10
49ers	4	09:42	J.Moody 32 yd. Field Goal (11-52, 5:08)	10	10
Seahawks	4	03:24	J.Myers 37 yd. Field Goal (8-34, 3:42)	10	13
49ers	4	01:34	J.Tonges 4 yd. pass from B.Purdy (J.Moody kick) (7-68, 1:50)	17	13

SAN FRANCISCO 49ERS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Brock Purdy	35	26	277	1/12	2	45	2	92.2
Total	**35**	**26**	**277**	**1/12**	**2**	**45**	**2**	**92.2**

RUSHING	ATT	YDS	AVG	LG	TD
Christian McCaffrey	22	69	3.1	13	0
Brian Robinson Jr.	9	33	3.7	9	0
Brock Purdy	5	17	3.4	9	0
Total	**36**	**119**	**3.3**	**13**	**0**

RECEIVING	NO	YDS	AVG	LG	TD
Christian McCaffrey	9	73	8.1	25	0
Ricky Pearsall	4	108	27.0	45	0
George Kittle	4	25	6.3	11	1
Jake Tonges	3	15	5.0	9	1
Kyle Juszczyk	2	32	16.0	25	0
Jauan Jennings	2	16	8.0	11	0
Luke Farrell	1	4	4.0	4	0
Brian Robinson Jr.	1	4	4.0	4	0
Total	**26**	**277**	**10.7**	**45**	**2**

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Fred Warner	8	4	4	0.0	0.0	0
Nick Bosa	6	6	0	1.0	4.0	0
Marques Sigle	6	5	1	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Jake Moody	1-3	33.3	27LU, 36B, 32G
Total	**1-3**	**33.3**	

SEATTLE SEAHAWKS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Sam Darnold	23	16	150	1/4	0	40	0	87.2
Total	**23**	**16**	**150**	**1/4**	**0**	**40**	**0**	**87.2**

RUSHING	ATT	YDS	AVG	LG	TD
Zach Charbonnet	12	47	3.9	7	1
Kenneth Walker III	10	20	2.0	8	0
Sam Darnold	2	14	7.0	9	0
AJ Barner	1	2	2.0	2	0
Jalen Milroe	1	1	1.0	1	0
Total	**26**	**84**	**3.2**	**9**	**1**

RECEIVING	NO	YDS	AVG	LG	TD
Jaxon Smith-Njigba	9	124	13.8	40	0
Kenneth Walker III	3	4	1.3	5	0
Cooper Kupp	2	15	7.5	9	0
Elijah Arroyo	1	7	7.0	7	0
AJ Barner	1	0	0.0	0	0
Total	**16**	**150**	**9.4**	**40**	**0**

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Julian Love	10	8	2	1.0	12.0	0
Devon Witherspoon	8	7	1	0.0	0.0	0
Ernest Jones IV	8	3	5	0.0	0.0	1

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Jason Myers	2-2	100.0	48G, 37G
Total	**2-2**	**100.0**	

Team Statistics	49ers	Seahawks
First Downs	24	14
3rd-Down Eff. (Made/Att/Pct)	7/14/50%	3/10/30%
4th-Down Eff. (Made/Att/Pct)	2/2/100%	0/0/0%
Total Net Yards	384	230
Total Plays	72	50
Yards Per Play	5.3	4.6
Rushes/Net Yards	36/119	26/84
Net Passing	265	146
Pass Attempts/Completions	35/26	23/16
Had Intercepted	2	0
Sacked/Yards Lost	1/12	1/4
Punts/Average	2/48.0	5/51.8
Penalties/Yards	9/61	4/30
Fumbles/Lost	1/0	3/2
Possession Time	37:58	22:02

GAME SUMMARIES

31

WEEK 2

Seattle Seahawks 31, Pittsburgh Steelers 17

66,347 Acrisure Stadium Sep 14, 2025

17

Seattle Seahawks	7	0	7	17	— 31
Pittsburgh Steelers	6	8	0	3	— 17

SCORING DRIVES

TEAM	QTR	TIME	SCORING PLAY	SEA	PIT
Seahawks	1	10:29	T.Horton 21 yd. pass from S.Darnold (J.Myers kick) (8-65, 4:31)	7	0
Steelers	1	04:47	C.Boswell 48 yd. Field Goal (10-46, 5:42)	7	3
Steelers	1	02:13	C.Boswell 48 yd. Field Goal (6-14, 2:20)	7	6
Steelers	2	01:09	D.Metcalf 2 yd. pass from A.Rodgers (A.Rodgers-D.Washington pass) (6-21, 2:20)	7	14
Seahawks	3	06:10	A.Barner 7 yd. pass from S.Darnold (J.Myers kick) (9-80, 5:01)	14	14
Seahawks	4	12:46	J.Myers 54 yd. Field Goal (10-55, 3:47)	18	14
Steelers	4	07:49	C.Boswell 45 yd. Field Goal (9-45, 4:57)	18	17
Seahawks	4	03:41	K.Walker 19 yd. run (J.Myers kick) (7-73, 4:08)	25	17

SEATTLE SEAHAWKS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Sam Darnold	33	22	295	2/17	2	43	2	89.8
Total	**33**	**22**	**295**	**2/17**	**2**	**43**	**2**	**89.8**

RUSHING	ATT	YDS	AVG	LG	TD
Kenneth Walker III	13	105	8.1	20	1
Zach Charbonnet	15	10	0.7	6	0
AJ Barner	1	2	2.0	2	0
Total	**29**	**117**	**4.0**	**20**	**1**

RECEIVING	NO	YDS	AVG	LG	TD
Jaxon Smith-Njigba	8	103	12.9	43	0
Cooper Kupp	7	90	12.9	17	0
Tory Horton	2	32	16.0	21t	1
Elijah Arroyo	2	31	15.5	24	0
AJ Barner	2	26	13.0	19	1
Kenneth Walker III	1	13	13.0	13	0
Total	**22**	**295**	**13.4**	**43**	**2**

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Ernest Jones IV	10	8	2	0.0	0.0	0
Tyrice Knight	8	5	3	0.0	0.0	0
Byron Murphy II	5	2	3	1.5	12.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Jason Myers	1-2	50.0	36LU, 54G
Total	**1-2**	**50.0**	

PITTSBURGH STEELERS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Aaron Rodgers	33	18	203	3/20	1	65	2	58.0
Mason Rudolph	2	2	12	0/0	0	6	0	91.7
Total	**35**	**20**	**215**	**3/20**	**1**	**65**	**2**	**61.0**

RUSHING	ATT	YDS	AVG	LG	TD
Jaylen Warren	14	48	3.4	9	0
Kenneth Gainwell	5	20	4.0	13	0
Aaron Rodgers	1	3	3.0	3	0
Kaleb Johnson	1	1	1.0	1	0
Total	**21**	**72**	**3.4**	**13**	**0**

RECEIVING	NO	YDS	AVG	LG	TD
Jaylen Warren	4	86	21.5	65	0
Jonnu Smith	4	27	6.8	10	0
Pat Freiermuth	3	31	10.3	20	0
DK Metcalf	3	20	6.7	9	1
Kenneth Gainwell	3	16	5.3	6	0
Calvin Austin III	1	22	22.0	22	0
Roman Wilson	1	7	7.0	7	0
Connor Heyward	1	6	6.0	6	0
Total	**20**	**215**	**10.8**	**65**	**1**

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Payton Wilson	9	7	2	1.0	8.0	0
Chuck Clark	8	6	2	0.0	0.0	0
Juan Thornhill	7	5	2	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Chris Boswell	3-3	100.0	48G, 48G, 45G
Total	**3-3**	**100.0**	

Team Statistics	Seahawks	Steelers
First Downs	21	13
3rd-Down Eff. (Made/Att/Pct)	6/14/43%	5/15/33%
4th-Down Eff. (Made/Att/Pct)	1/2/50%	1/2/50%
Total Net Yards	395	267
Total Plays	64	59
Yards Per Play	6.2	4.5
Rushes/Net Yards	29/117	21/72
Net Passing	278	195
Pass Attempts/Completions	33/22	35/20
Had Intercepted	2	2
Sacked/Yards Lost	2/17	3/20
Punts/Average	4/43.8	4/55.3
Penalties/Yards	2/10	2/15
Fumbles/Lost	0/0	0/0
Possession Time	31:17	28:43

SEAHAWKS GAME-BY-GAME

	9/7 SF	9/14 at Pit	9/21 N.O.	9/25 at Ari	10/5 TB	10/12 at Jax	10/20 Hou	11/2 at Wsh	11/9 Ari	11/16 at LAR	11/23 at Ten	11/30 Min	12/7 at Atl	12/14 Ind	12/18 LAR	TBD at Car	TBD at SF
Points	13	31															
1 Qtr	0	7															
2 Qtr	10	0															
3 Qtr	0	7															
4 Qtr	3	17															
OT	-	-															
First Down	14	21															
Rush	6	8															
Pass	6	13															
Penalty	2	0															
3rd Down Eff	3-10	6-14															
Percent	30.0	42.9															
4th Down Eff	0-0	1-2															
Percent	0.0	50.0															
Total Net Yds	230	395															
Plays	50	64															
Avg	4.6	6.2															
Net Yds Rush	84	117															
Plays	26	29															
Avg	3.2	4.0															
Net Yds Pass	146	278															
Sack/loss	1-4	2-17															
Gross Yds	150	295															
Att/Comp	23/16	33/22															
Int	0	2															
Avg	6.1	7.9															
Punts/Avg	5/51.8	4/43.8															
Blocked	0	0															
Punt Ret/Yds	1/12	2/30															
Kickoff Ret/Yds	2/59	5/133															
Int Ret/Yds	2/7	2/28															
Penalties/Yds	4/30	2/10															
Fumbles/Lost	3/2	0/0															
Touchdowns	1	4															
Rush	1	1															
Pass	0	2															
Returns	0	1															
Defense	0	0															
Safeties	0	0															
1 Pt PAT/Att	1/1	4/4															
2 Pt PAT/Att	0/0	0/0															
FG/Att	2/2	1/2															
Time of Poss	22:02	31:17															
Take/Give Ratio	2/2	2/2															
Avg Drive Start	SEA31	SEA29															

OPPONENT GAME-BY-GAME

	9/7 SF	9/14 at Pit	9/21 N.O.	9/25 at Ari	10/5 TB	10/12 at Jax	10/20 Hou	11/2 at Wsh	11/9 Ari	11/16 at LAR	11/23 at Ten	11/30 Min	12/7 at Atl	12/14 Ind	12/18 LAR	TBD at Car	TBD at SF
Points	17	17															
1 Qtr	7	6															
2 Qtr	0	8															
3 Qtr	0	0															
4 Qtr	10	3															
OT	-	-															
First Down	24	13															
Rush	7	6															
Pass	15	6															
Penalty	2	1															
3rd Down Eff	7-14	5-15															
Percent	50.0	33.3															
4th Down Eff	2-2	1-2															
Percent	100.0	50.0															
Total Net Yds	384	267															
Plays	72	59															
Avg	5.3	4.5															
Net Yds Rush	119	72															
Plays	36	21															
Avg	3.3	3.4															
Net Yds Pass	265	195															
Sack/loss	1-12	3-20															
Gross Yds	277	215															
Att/Comp	35/26	35/20															
Int	2	2															
Avg	7.4	5.1															
Punts/Avg	2/48.0	4/55.3															
Blocked	0	0															
Punt Ret/Yds	4/39	0/0															
Kickoff Ret/Yds	2/40	4/78															
Int Ret/Yds	0/0	2/43															
Penalties/Yds	9/61	2/15															
Fumbles/Lost	1/0	0/0															
Touchdowns	2	1															
Rush	0	0															
Pass	2	1															
Returns	0	0															
Defense	0	0															
Safeties	0	0															
1 Pt PAT/Att	2/2	0/0															
2 Pt PAT/Att	0/0	1/1															
FG/Att	1/3	3/3															
Time of Poss	37:58	28:43															
Take/Give Ratio	2/2	2/2															
Avg Drive Start	SF25	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
9/7	Seattle	10	4	1	2	2	5	0	2	0	0	13	1.30	0.300
	San Francisco	11	4	2	3	1	2	0	2	0	2	17	1.55	0.273
9/14	Seattle	11	3	3	2	1	4	0	2	0	0	24	2.18	0.455
	at Pittsburgh	12	4	1	3	3	4	0	2	0	2	17	1.42	0.333
9/21	Seattle													
	New Orleans													
9/25	Seattle													
	at Arizona													
10/5	Seattle													
	Tampa Bay													
10/12	Seattle													
	at Jacksonville													
10/20	Seattle													
	Houston													
11/2	Seattle													
	at Washington													
11/9	Seattle													
	Arizona													
11/16	Seattle													
	at L.A. Rams													
11/23	Seattle													
	at Tennessee													
11/30	Seattle													
	Minnesota													
12/7	Seattle													
	at Atlanta													
12/14	Seattle													
	Indianapolis													
12/18	Seattle													
	L.A. Rams													
12/27	Seattle													
	at Carolina													
1/4	Seattle													
	at San Francisco													
Totals	**Seahawks**	**21**	**7**	**4**	**4**	**3**	**9**	**0**	**4**	**0**	**0**	**37**	**1.76**	**0.381**
	Opponents	**23**	**8**	**3**	**6**	**4**	**6**	**0**	**4**	**0**	**4**	**34**	**1.48**	**0.304**

DRIVE BREAKDOWN

Seahawks Longest Drives

Most Plays

Date	Opponent	# of Plays	Net Yards	Time	Result
09/14/25	at Pittsburgh	**11**	53	5:08	Missed FG
09/07/25	San Francisco	**10**	69	5:05	TD
09/14/25	at Pittsburgh	**10**	55	3:47	FG
09/14/25	at Pittsburgh	**9**	80	5:01	TD
09/07/25	San Francisco	**8**	50	0:55	FG
09/07/25	San Francisco	**8**	34	3:42	FG
09/14/25	at Pittsburgh	**8**	65	4:31	TD

Most Net Yards

Date	Opponent	Net Yards	# of Plays	Time	Result
09/14/25	at Pittsburgh	**80**	9	5:01	TD
09/14/25	at Pittsburgh	**73**	7	4:08	TD
09/07/25	San Francisco	**69**	10	5:05	TD
09/14/25	at Pittsburgh	**65**	8	4:31	TD
09/14/25	at Pittsburgh	**55**	10	3:47	FG

Longest Time of Possession

Date	Opponent	Time	Net Yards	# of Plays	Result
09/14/25	at Pittsburgh	**5:08**	53	11	Missed FG
09/07/25	San Francisco	**5:05**	69	10	TD
09/14/25	at Pittsburgh	**5:01**	80	9	TD
09/14/25	at Pittsburgh	**4:31**	65	8	TD
09/14/25	at Pittsburgh	**4:08**	73	7	TD

Opponents Longest Drives

Most Plays

Date	Team	# of Plays	Net Yards	Time	Result
09/07/25	San Francisco	**14**	95	8:22	TD
09/07/25	San Francisco	**14**	57	8:21	Blocked FG
09/07/25	San Francisco	**12**	58	5:09	Missed FG
09/07/25	San Francisco	**11**	52	5:08	FG
09/14/25	at Pittsburgh	**10**	46	5:42	FG

Most Net Yards

Date	Team	Net Yards	# of Plays	Time	Result
09/07/25	San Francisco	**95**	14	8:22	TD
09/07/25	San Francisco	**68**	7	1:50	TD
09/14/25	at Pittsburgh	**66**	4	1:58	INT
09/07/25	San Francisco	**58**	12	5:09	Missed FG
09/07/25	San Francisco	**57**	14	8:21	Blocked FG

Longest Time of Possession

Date	Team	Time	Net Yards	# of Plays	Result
09/07/25	San Francisco	**8:22**	95	14	TD
09/07/25	San Francisco	**8:21**	57	14	Blocked FG
09/14/25	at Pittsburgh	**5:42**	46	10	FG
09/07/25	San Francisco	**5:09**	58	12	Missed FG
09/07/25	San Francisco	**5:08**	52	11	FG

INSIDE THE 20

SEAHAWKS 2025 REGULAR SEASON INSIDE 20 EFFICIENCY

SEAHAWKS

Date	Opponent	Pos	TD	FG	FGA	INT	Fum	Dwns	Drive Ends		Pts	TD%	Score Pct.	Pts/Poss
									Half	Game				
09/07	San Francisco	3	1	1	1	0	1	0	0	0	10	33.3	66.7	3.3
09/14	at Pittsburgh	3	2	0	1	0	0	0	0	0	14	66.7	66.7	4.7
09/21	New Orleans	--	--	--	--	--	--	--	--	--	--	--	--	--
09/25	at Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
10/05	Tampa Bay	--	--	--	--	--	--	--	--	--	--	--	--	--
10/12	at Jacksonville	--	--	--	--	--	--	--	--	--	--	--	--	--
10/20	Houston	--	--	--	--	--	--	--	--	--	--	--	--	--
11/02	at Washington	--	--	--	--	--	--	--	--	--	--	--	--	--
11/09	Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
11/16	at L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
11/23	at Tennessee	--	--	--	--	--	--	--	--	--	--	--	--	--
11/30	Minnesota	--	--	--	--	--	--	--	--	--	--	--	--	--
12/07	at Atlanta	--	--	--	--	--	--	--	--	--	--	--	--	--
12/14	Indianapolis	--	--	--	--	--	--	--	--	--	--	--	--	--
12/18	L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
12/27	at Carolina	--	--	--	--	--	--	--	--	--	--	--	--	--
01/04	at San Francisco	--	--	--	--	--	--	--	--	--	--	--	--	--
	TOTALS	**6**	**3**	**1**	**2**	**0**	**1**	**0**	**0**	**0**	**24**	**50.0**	**66.7**	**4.0**

OPPONENT 2025 REGULAR SEASON INSIDE 20 EFFICIENCY

OPPONENT

Date	Opponent	Pos	TD	FG	FGA	INT	Fum	Dwns	Drive Ends		Pts	TD%	Score Pct.	Pts/Poss
									Half	Game				
09/07	San Francisco	5	2	1	3	0	0	0	0	0	17	40.0	60.0	3.4
09/14	at Pittsburgh	2	1	0	0	1	0	0	0	0	8	50.0	50.0	4.0
09/21	New Orleans	--	--	--	--	--	--	--	--	--	--	--	--	--
09/25	at Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
10/05	Tampa Bay	--	--	--	--	--	--	--	--	--	--	--	--	--
10/12	at Jacksonville	--	--	--	--	--	--	--	--	--	--	--	--	--
10/20	Houston	--	--	--	--	--	--	--	--	--	--	--	--	--
11/02	at Washington	--	--	--	--	--	--	--	--	--	--	--	--	--
11/09	Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
11/16	at L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
11/23	at Tennessee	--	--	--	--	--	--	--	--	--	--	--	--	--
11/30	Minnesota	--	--	--	--	--	--	--	--	--	--	--	--	--
12/07	at Atlanta	--	--	--	--	--	--	--	--	--	--	--	--	--
12/14	Indianapolis	--	--	--	--	--	--	--	--	--	--	--	--	--
12/18	L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
12/27	at Carolina	--	--	--	--	--	--	--	--	--	--	--	--	--
01/04	at San Francisco	--	--	--	--	--	--	--	--	--	--	--	--	--
	TOTALS	**7**	**3**	**1**	**3**	**1**	**0**	**0**	**0**	**0**	**25**	**42.9**	**57.1**	**3.6**

THIRD DOWN EFFICIENCY + THIRD DOWN EFFICIENCY - OPPONENTS

SEAHAWKS 2025 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**
09/07	San Francisco	2 / 2	0 / 1	0 / 1	1 / 1	0 / 1	0 / 0	0 / 1	0 / 1	0 / 0	0 / 2	3 / 10
09/14	at Pittsburgh	1 / 1	0 / 0	0 / 0	1 / 1	0 / 0	1 / 2	0 / 2	0 / 1	1 / 1	2 / 6	6 / 14
09/21	New Orleans											
09/25	at Arizona											
10/05	Tampa Bay											
10/12	at Jacksonville											
10/20	Houston											
11/02	at Washington											
11/09	Arizona											
11/16	at L.A. Rams											
11/23	at Tennessee											
11/30	Minnesota											
12/07	at Atlanta											
12/14	Indianapolis											
12/18	L.A. Rams											
12/27	at Carolina											
01/04	at San Francisco											
	TOTALS	**3 / 3**	**0 / 1**	**0 / 1**	**2 / 2**	**0 / 1**	**1 / 2**	**0 / 3**	**0 / 2**	**1 / 1**	**2 / 8**	**9 / 24**
		100.0%	**0.0%**	**0.0%**	**100.0%**	**0.0%**	**50.0%**	**0.0%**	**0.0%**	**100.0%**	**25.0%**	**37.5%**
		3RD & 1-3: 3 / 5 = 60.0%			**3RD & 4-6: 3 / 5 = 60.0%**			**3RD & 7-10+: 3 / 14 = 21.4%**				

OPPONENT 2025 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**
09/07	San Francisco	2 / 2	0 / 3	1 / 1	1 / 1	1 / 2	0 / 0	1 / 1	1 / 2	0 / 0	0 / 2	7 / 14
09/14	at Pittsburgh	2 / 2	3 / 5	0 / 0	0 / 1	0 / 0	0 / 1	0 / 1	0 / 0	0 / 2	0 / 3	5 / 15
09/21	New Orleans											
09/25	at Arizona											
10/05	Tampa Bay											
10/12	at Jacksonville											
10/20	Houston											
11/02	at Washington											
11/09	Arizona											
11/16	at L.A. Rams											
11/23	at Tennessee											
11/30	Minnesota											
12/07	at Atlanta											
12/14	Indianapolis											
12/18	L.A. Rams											
12/27	at Carolina											
01/04	at San Francisco											
	TOTALS	**4 / 4**	**3 / 8**	**1 / 1**	**1 / 2**	**1 / 2**	**0 / 1**	**1 / 2**	**1 / 2**	**0 / 2**	**0 / 5**	**12 / 29**
		100.0%	**37.5%**	**100.0%**	**50.0%**	**50.0%**	**0.0%**	**50.0%**	**50.0%**	**0.0%**	**0.0%**	**41.4%**
		3RD & 1-3: 8 / 13 = 61.5%			**3RD & 4-6: 2 / 5 = 40.0%**			**3RD & 7-10+: 2 / 11 = 18.2%**				

PASSER RATING

DATE	TEAMS	ATTEMPTS	COMPLETIONS	PCT.	YARDS	TD	INT	RATING
9/7	Seattle	23	16	70%	150	0	0	87.2
	San Francisco	35	26	74%	277	2	2	92.2
9/14	Seattle	33	22	67%	295	2	2	89.8
	at Pittsburgh	35	20	57%	215	1	2	61.0
9/21	Seattle							
	New Orleans							
9/25	Seattle							
	at Arizona							
10/5	Seattle							
	Tampa Bay							
10/12	Seattle							
	at Jacksonville							
10/20	Seattle							
	Houston							
11/2	Seattle							
	at Washington							
11/9	Seattle							
	Arizona							
11/16	Seattle							
	at L.A. Rams							
11/23	Seattle							
	at Tennessee							
11/30	Seattle							
	Minnesota							
12/7	Seattle							
	at Atlanta							
12/14	Seattle							
	Indianapolis							
12/18	Seattle							
	L.A. Rams							
12/27	Seattle							
	at Carolina							
1/4	Seattle							
	at San Francisco							
2025 Totals	**Seahawks**	**56**	**38**	**68%**	**445**	**2**	**2**	**88.8**
	Opponents	**70**	**46**	**66%**	**492**	**3**	**4**	**76.6**

SUPERLATIVES

Overall	1-1
Home	0-1
Road	1-0
By Month	
September	1-1
October	0-0
November	0-0
December	0-0
January	0-0
Turf	
Artificial	0-1
Natural	1-0
Indoors	0-0
Vs. AFC	1-0
North	1-0
West	0-0
East	0-0
South	0-0
Vs. NFC	0-1
North	0-0
West	0-1
East	0-0
South	0-0

When Leading at Halftime	0-1
When Trailing at Halftime	1-0
When Leading After 3 Quarters	0-1
When Trailing After 3 Quarters	0-0
When Tied After 3 Quarters	1-0
When Scoring...	
First	1-0
Less than 20	0-1
20+	1-0
When Outrushing Opponents	1-0
When + in Time of Possession	1-0
When - in Time of Possession	0-1
When = in Time of Possession	0-0
When + in Takeaway/Giveaway	0-0
When - in Takeaway/Giveaway	0-0
When = in Takeaway/Giveaway	1-1
With a 100-Yard Rusher	1-0
With a 100-Yard Receiver	1-1
With a 300-Yard Passer	0-0
Versus a 100-Yard Rusher	0-0
Versus a 100-Yard Receiver	0-1
Versus a 300-Yard Passer	0-0

WEEKLY TEAM RANKINGS

NFL

	OFFENSE			DEFENSE		
WEEK	TOTAL	RUSH	PASS	TOTAL	RUSH	PASS
1	29	20	25	25	21T	26
2	19	19	16	18	11	21
3						
4						
5						
6						
7						
--						
9						
10						
11						
12						
13						
14						
15						
16						
17						

T = Tied for position *Italics = Bye week*

NFC

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

INDIVIDUAL HIGHS

SCORING

POINTS *(non kicker)*

SEA:	6	4 times (Last: A. Barner/T. Horton/K. Walker III at PIT)	09/14
Opponents:	6	2 times (Last: D. Metcalf at PIT)	09/14

LONGEST TD

SEA:	21	T. Horton at Pittsburgh	09/14
Opponents:	5	G. Kittle vs. San Francisco	09/07

RUSHING

ATTEMPTS

SEA:	15	Z. Charbonnet at Pittsburgh	09/14
Opponents:	22	C. McCaffrey vs. San Francisco	09/07

YARDS

SEA:	105	K. Walker III at Pittsburgh	09/14
Opponents:	69	C. McCaffrey vs. San Francisco	09/07

LONGEST, NO TD

SEA:	20	K. Walker III at Pittsburgh	09/14
Opponents:	13	K. Gainwell at Pittsburgh	09/14

TOUCHDOWNS

SEA:	1	2 times (Last: K. Walker III at PIT)	09/14
Opponents:		None	

LONGEST TD

SEA:	19	K. Walker III at Pittsburgh	09/14
Opponents:		None	

PASSING

ATTEMPTS

SEA:	33	S. Darnold at Pittsburgh	09/14
Opponents:	35	B. Purdy vs. San Francisco	09/07

COMPLETIONS

SEA:	22	S. Darnold at Pittsburgh	09/14
Opponents:	26	B. Purdy vs. San Francisco	09/07

YARDS

SEA:	295	S. Darnold at Pittsburgh	09/14
Opponents:	277	B. Purdy vs. San Francisco	09/07

COMPLETIONS PCT.

SEA:	69.6	S. Darnold vs. San Francisco	09/07
Opponents:	100	M. Rudolph at Pittsburgh	09/14

LONGEST, NO TD

SEA:	43	S. Darnold at Pittsburgh	09/14
Opponents:	65	A. Rodgers at Pittsburgh	09/14

PASSER RATING

SEA:	89.8	S. Darnold at Pittsburgh	09/14
Opponents:	92.2	B. Purdy vs. San Francisco	09/07

TOUCHDOWNS

SEA:	2	S. Darnold at Pittsburgh	09/14
Opponents:	2	B. Purdy vs. San Francisco	09/07

LONGEST TD

SEA:	21	S. Darnold at Pittsburgh	09/14
Opponents:	5	B. Purdy vs. San Francisco	09/07

INTERCEPTIONS

SEA:	2	S. Darnold at Pittsburgh	09/14
Opponents:	2	2 times (Last: A. Rodgers at PIT)	09/14

RECEIVING

RECEPTIONS

SEA:	9	J. Smith-Njigba vs. San Francisco	09/07
Opponents:	9	C. McCaffrey vs. San Francisco	09/07

YARDS

SEA:	124	J. Smith-Njigba vs. San Francisco	09/07
Opponents:	108	R. Pearsall vs. San Francisco	09/07

LONGEST, NO TD

SEA:	43	J. Smith-Njigba at Pittsburgh	09/14
Opponents:	65	J. Warren at Pittsburgh	09/14

TOUCHDOWNS

SEA:	1	2 times (Last: A. Barner/T. Horton at Pittsburgh)	09/14
Opponents:	1	2 times (Last: D. Metcalf at PIT)	09/14

LONGEST TD

SEA:	21	T. Horton at Pittsburgh	09/14
Opponents:	5	G. Kittle vs. San Francisco	09/07

INTERCEPTIONS

INTERCEPTIONS

SEA:	1	3 times (Last: C. Bryant/D. Kendrick at PIT)	09/14
Opponents:	1	2 times (Last: N. Herbig/J. Ramsey at Pittsburgh)	09/14

YARDS

SEA:	28	C. Bryant at Pittsburgh	09/14
Opponents:	41	N. Herbig at Pittsburgh	09/14

LONGEST

SEA:	28	C. Bryant at Pittsburgh	09/14
Opponents:	41	N. Herbig at Pittsburgh	09/14

TOUCHDOWNS

SEA:		None	
Opponents:		None	

PUNT RETURNS

RETURNS

SEA:	2	T. Horton at Pittsburgh	09/14
Opponents:	4	S. Moore vs. San Francisco	09/07

FAIR CATCHES

SEA:	1	2 times (Last: T. Horton at PIT)	09/14
Opponents:	2	C. Austin III at Pittsburgh	09/14

YARDS

SEA:	30	T. Horton at Pittsburgh	09/14
Opponents:	39	S. Moore vs. San Francisco	09/07

LONGEST

SEA:	22	T. Horton at Pittsburgh	09/14
Opponents:	18	S. Moore vs. San Francisco	09/07

TOUCHDOWNS

SEA:		None	
Opponents:		None	

KICKOFF RETURNS

RETURNS

SEA:	5	G. Holani at Pittsburgh	09/14
Opponents:	3	K. Johnson at Pittsburgh	09/14

YARDS

SEA:	133	G. Holani at Pittsburgh	09/14
Opponents:	58	K. Johnson at Pittsburgh	09/14

LONGEST

SEA:	36	C. White vs. San Francisco	09/07
Opponents:	24	2 times (Last: K. Johnson at PIT)	09/14

TOUCHDOWNS

SEA:		None	
Opponents:		None	

GAME-BY-GAME STARTERS

2025 REGULAR SEASON												
OFFENSE												
DATE	OPPONENT	WR	LT	LG	C	RG	ROT	TE	WR	QB	F	RB
9/7	San Francisco	C. Kupp	C. Cross	G. Zabel	J. Sundell	A. Bradford	A. Lucas	A. Barner	J. Smith-Njigba	S. Darnold	R. Ouzts	K. Walker III
9/14	at Pittsburgh	C. Kupp	C. Cross	G. Zabel	J. Sundell	A. Bradford	A. Lucas	A. Barner/ E. Arroyo	J. Smith-Njigba	S. Darnold		K. Walker III
9/21												
9/25												
10/5												
10/12												
10/20												
11/2												
11/9												
11/16												
11/23												
11/30												
12/7												
12/14												
12/18												
12/27												
1/4												

2025 REGULAR SEASON												
DEFENSE												
DATE	OPPONENT	DT	NT	DE	RUSH	MLB	WLB	SLB	CB	CB	S	S
9/7	San Francisco	J. Reed	B. Murphy II	L. Williams	D. Lawrence	E. Jones IV	T. Knight	B. Mafe	D. Witherspoon	R. Woolen	C. Bryant	J. Love
9/14	at Pittsburgh		B. Murphy II	L. Williams	D. Lawrence	E. Jones IV	T. Knight	B. Mafe	J. Jobe	R. Woolen	C. Bryant	J. Love/ D. Bell
9/21												
9/25												
10/5												
10/12												
10/20												
11/2												
11/9												
11/16												
11/23												
11/30												
12/7												
12/14												
12/18												
12/27												
1/4												

Rookies underlined.

GAME-BY-GAME CAPTAINS

2025 Regular Season

Date	Opponent				
9/7	San Francisco	QB Sam Darnold	DE Leonard Williams	FB Brady Russell	
9/14	at Pittsburgh	RB Zach Charbonnet	T Charles Cross	S Julian Love	TE AJ Barner
9/21	New Orleans				
9/25	at Arizona				
10/5	Tampa Bay				
10/12	at Jacksonville				
10/20	Houston				
11/2	at Washington				
11/9	Arizona				
11/16	at Los Angeles Rams				
11/23	at Tennessee				
11/30	Minnesota				
12/7	at Atlanta				
12/14	Indianapolis				
12/18	Los Angeles Rams				
12/27	at Carolina				
1/4	at San Francisco				

TOP PERFORMANCES

2025 REGULAR SEASON BIG YARDAGE GAMES

100-YARD RUSHERS

DATE	OPPONENT	PLAYER	ATT.	YDS.	AVG.	LG	TD
9/14	at Steelers	Kenneth Walker III	13	105	8.1	20	1

100-YARD PASS RECEIVERS

DATE	OPPONENT	PLAYER	REC.	YDS.	AVG.	LG	TD
9/7	vs. 49ers	Jaxon Smith-Njigba	9	124	13.8	40	0
9/14	at Steelers	Jaxon Smith-Njigba	8	103	12.9	43	0

2025 OPPONENTS BIG YARDAGE GAMES

100-YARD PASS RECEIVERS

DATE	OPPONENT	PLAYER	REC.	YDS.	AVG.	LG	TD
9/7	vs. 49ers	Ricky Pearsall	4	108	27.0	45	0

TAKEAWAY/GIVEAWAY CHART

DATE	OPPONENT	SEA +/- RATIO	SEATTLE TAKEAWAYS	POINTS OFF TAKEAWAYS	SEATTLE GIVEAWAYS	POINTS OFF GIVEAWAYS
09/07	San Francisco	0	2 (0 FUM, 2 INT)	3	2 (2 FUM, 0 INT)	3
09/14	at Pittsburgh	0	2 (0 FUM, 2 INT)	0	2 (0 FUM, 2 INT)	11
09/21		--	--	--	--	--
09/25		--	--	--	--	--
10/05		--	--	--	--	--
10/12		--	--	--	--	--
10/20		--	--	--	--	--
11/02		--	--	--	--	--
11/09		--	--	--	--	--
11/16		--	--	--	--	--
11/23		--	--	--	--	--
11/30		--	--	--	--	--
12/07		--	--	--	--	--
12/14		--	--	--	--	--
12/18		--	--	--	--	--
12/27		--	--	--	--	--
01/04		--	--	--	--	--
TOTALS		**0**	**4 (0 FUM, 4 INT)**	**3**	**4 (2 FUM, 2 INT)**	**14**

THE LAST TIME

BY SEAHAWKS		BY OPPONENT
	PASSING	
43 att., Geno Smith vs. Minnesota, 12/22/24	40 PASS ATTEMPTS	41 att., Jimmy Garoppolo @ L.A. Rams, 01/05/25
52 att., Geno Smith vs. San Francisco, 10/10/24	50 PASS ATTEMPTS	58 att., Andy Dalton vs. Carolina, 09/24/23
314 yards, Geno Smith vs. Minnesota, 12/22/24	300 YARDS PASSING	334 yards, Jimmy Garoppolo @ L.A. Rams, 01/05/25
406 yards, Russell Wilson vs. New Orleans, 09/22/19	400 YARDS PASSING	415 yards, Josh Allen @ Buffalo, 11/08/20
3 tds, Geno Smith: (25, 18, 4) vs. Minnesota, 12/22/24	THREE TOUCHDOWN PASSES	3 tds, Sam Darnold: (5, 14, 39) vs. Minnesota, 12/22/24
4 tds, Geno Smith: (4, 20, 4, 16) @ L.A. Rams, 01/05/25	FOUR TOUCHDOWN PASSES	4 tds, Jared Goff: (32, 3, 4, 2) @ Detroit, 10/02/22
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
2 ints, Geno Smith vs. Minnesota, 12/22/24	TWO INTERCEPTIONS THROWN	2 ints, Kyler Murray @ Arizona, 12/08/24
3 ints, Geno Smith vs. L.A. Rams, 11/03/24	THREE INTERCEPTIONS THROWN	3 ints, Tim Boyle vs. Detroit, 01/02/22
4 ints, Matt Hasselbeck @ San Francisco, 12/12/10	FOUR INTERCEPTIONS THROWN	4 ints, Carson Palmer vs. Arizona, 12/22/13
5 ints, Russell Wilson @ Green Bay, 12/11/16	FIVE INTERCEPTIONS THROWN	5 ints, Eli Manning @ N.Y. Giants, 12/15/13
	RUSHING	
134 yards, Zach Charbonnet @ Arizona, 12/08/24	100 YARDS RUSHING	111 yards, James Cook vs. Buffalo, 10/27/24
209 yards, Thomas Rawls vs. San Francisco, 11/22/15	200 YARDS RUSHING	229 yards, Josh Jacobs vs. Las Vegas, 11/27/22
140 yards/107 yards, Marshawn Lynch/Russell Wilson vs. N.Y. Giants, 11/09/14	TWO 100-YARD RUSHERS	112 yards/103 yards, Taysom Hill/Alvin Kamara @ New Orleans, 10/09/22
2 tds, Zach Charbonnet: (1, 51) @ Arizona, 12/08/24	TWO TOUCHDOWNS RUSHING	2 tds, James Cook: (2, 7) vs. Buffalo, 10/27/24
3 tds, Kenneth Walker III: (1, 1, 21) @ Detroit, 09/30/24	THREE TOUCHDOWNS RUSHING	3 tds, Taysom Hill: (8, 9, 60) @ New Orleans, 10/09/22
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
* 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	33 att., Josh Jacobs vs. Las Vegas, 11/27/22
40 att., Shaun Alexander vs. Green Bay, 11/27/06	40 RUSHING ATTEMPTS	* Never Has Happened *
213 yards, Seattle 37, L.A. Chargers 23 @ L.A. Chargers, 10/23/22	200 YARDS RUSHING (TEAM)	228 yards, San Francisco 36, Seattle 24 vs. San Francisco, 10/10/24
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, Jaxon Smith-Njigba @ San Francisco, 11/17/24	100 YARDS RECEIVING	144 yards, Justin Jefferson vs. Minnesota, 12/22/24
200 yards, Tyler Lockett @ Arizona, 10/25/20	200 YARDS RECEIVING	224 yards, DeAndre Hopkins vs. Houston, 10/29/17
129 yards/117 yards, DK Metcalf/Jaxon Smith-Njigba @ New England, 09/15/24	TWO 100-YARD RECEIVERS	149 yards/126 yards, Deebo Samuel Sr./Brandon Aiyuk @ San Francisco, 12/10/23
2 tds, Jaxon Smith-Njigba: (24, 14) vs. L.A. Rams, 11/03/24	TWO TOUCHDOWN RECEPTIONS	2 tds, Justin Jefferson: (14, 39) vs. Minnesota, 12/22/24
3 tds, DK Metcalf: (73, 1, 3) @ Dallas, 11/30/23	THREE TOUCHDOWN RECEPTIONS	3 tds, Antonio Gates: (8, 8, 21) @ San Diego, 09/14/14
* Never Has Happened *	FOUR TOUCHDOWN RECEPTIONS	4 tds, Marcus Robinson: (13, 50, 25, 9) @ Baltimore, 11/23/03
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
10 , Jaxon Smith-Njigba vs. Green Bay, 12/15/24	10 OR MORE RECEPTIONS	10 , Justin Jefferson vs. Minnesota, 12/22/24
	COMBINED YARDS	
151 yards/320 yards, Rashaad Penny/Geno Smith @ Detroit, 10/02/22	100-YARD RUSHER AND 300-YARD PASSER	145 yards/368 yards, Christian McCaffrey/Brock Purdy @ San Francisco, 12/10/23
180 yards/363 yards, Jaxon Smith-Njigba/Geno Smith vs. L.A. Rams, 11/03/24	100-YARD RECEIVER AND 300-YARD PASSER	149/126 yards/368 yards, Deebo Samuel Sr./Brandon Aiyuk/Brock Purdy @ San Francisco, 12/10/23
151 yards/149 yards, Rashaad Penny/DK Metcalf @ Detroit, 10/02/22	100-YARD RUSHER AND 100-YARD RECEIVER	111 yards/107 yards, James Cook/Khalil Shakir vs. Buffalo, 10/27/24
151 yards/320 yards/149 yards, Rashaad Penny/Geno Smith DK Metcalf @ Detroit, 10/02/22	100-YARD RUSHER, 300-YARD PASSER, 100-YARD RECEIVER	145 yards/368 yards/149 yards, Christian McCaffrey/Brock Purdy Deebo Samuel Sr. @ San Francisco, 12/10/23
105 yards/152/123 yards, Chris Carson/Tyler Lockett/DK Metcalf vs. Tampa Bay, 11/03/19	100-YARD RUSHER/TWO 100-YARD RECEIVERS	145 yards/149/126 yards, Christian McCaffrey/Deebo Samuel Sr./Brandon Aiyuk @ San Francisco, 12/10/23
129/117 yards/327 yards, DK Metcalf/Jaxon Smith-Njigba/Geno Smith @ New England, 09/15/24	TWO 100-YARD RECEIVERS/300-YARD PASSER	149/126 yards/368 yards, Deebo Samuel Sr./Brandon Aiyuk/Brock Purdy @ San Francisco, 12/10/23

THE LAST TIME

DEFENSE

92 yards, Leonard Williams: (7:53) (Shotgun) 8-A.Rodgers pass short right intended for 5-G.Wilson INTERCEPTED by 99-L.Williams at SEA 8. 99-L.Williams for 92 yards, TOUCHDOWN. @ N.Y. Jets, 12/01/24	INTERCEPTED PASS RETURNED FOR A TOUCHDOWN	99 yards, Kamren Kinchens: (11:17) (Shotgun) 7-G.Smith pass short left intended for 11-J.Smith-Njigba INTERCEPTED by 26-K.Kinchens [0-B.Young] at LA -3. 26-K.Kinchens to SEA 1 for 102 yards. FUMBLES, and recovers at SEA -8. TOUCHDOWN. vs. L.A. Rams, 11/03/24
36 yards, Derick Hall: (12:59) (Shotgun) 18-K.Cousins sacked at ATL 45 for -7 yards (53-B.Mafe). FUMBLES (53-B.Mafe) [53-B.Mafe], RECOVERED by SEA-58-D.Hall at ATL 36. 58-D.Hall for 36 yards, TOUCHDOWN. @ Atlanta, 10/20/24	FUMBLE RETURNED FOR A TOUCHDOWN	16 yards, Zach Allen: (14:55) (Shotgun) 3-R.Wilson sacked at SEA 16 for -9 yards (55-C.Jones). FUMBLES (55-C.Jones) [55-C.Jones], RECOVERED by ARZ-94-Z.Allen at SEA 16. 94-Z.Allen for 16 yards, TOUCHDOWN. @ Arizona, 01/09/22
Dre'Mont Jones: (2:05) 16-J.Goff sacked in End Zone for -4 yards, SAFETY (55-D.Jones). @ Detroit, 09/30/24	SAFETY SCORED	(11:28) (Shotgun) 7-G.Smith pass incomplete short left to 14-D.Metcalf (6-P.Locke). PENALTY on SEA-75-A.Bradford, Offensive Holding, 1 yard, enforced in End Zone, SAFETY - No Play. vs. Denver, 09/08/24
Seattle 26, Chicago 0 vs. Chicago, 09/27/15	SHUTOUT	Green Bay 17, Seattle 0 @ Green Bay, 11/14/21
2.0 sk, Leonard Williams @ L.A. Rams, 01/05/25	TWO SACK GAME	2.0 sk, Andrew Van Ginkel vs. Minnesota, 12/22/24
3.0 sk, Carlos Dunlap II @ L.A. Rams, 12/21/21	THREE SACK GAME	3.0 sk, Dexter Lawrence II vs. N.Y. Giants, 10/06/24
4.0 sk, Chris Clemons vs. Green Bay, 09/24/12	FOUR SACK GAME	4.0 sk, Chandler Jones vs. Arizona, 12/22/19
Byron Maxwell: (-2, 6)/Richard Sherman: (0, 1) @ N.Y. Giants, 12/15/13	TWO INTERCEPTIONS EACH BY TEAMMATES	* Never Has Happened *
2 fr, Michael Jackson vs. Denver, 09/12/22	TWO OPPONENT FUMBLE RECOVERIES	2 fr, DeForest Buckner @ San Francisco, 11/11/19
2 ints, Julian Love vs. Philadelphia, 12/18/23	TWO INTERCEPTIONS	2 ints, Kamren Kinchens vs. L.A. Rams, 11/03/24
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
20 yards, Kansas City 42, Seattle 24 vs. Kansas City, 11/28/10	LESS THAN 25 RUSHING YARDS	13 yards, Seattle 27, L.A. Rams 9 vs. St. Louis, 12/29/13
32 yards, Buffalo 31, Seattle 10 vs. Buffalo, 10/27/24	LESS THAN 50 RUSHING YARDS	49 yards, Seattle 16, Arizona 6 vs. Arizona, 11/24/24
84 yards, Seattle 30, L.A. Rams 25 @ L.A. Rams, 01/05/25	LESS THAN 100 RUSHING YARDS	59 yards, Minnesota 27, Seattle 24 vs. Minnesota, 12/22/24
21 yards, Philadelphia 27, Seattle 3 vs. Philadelphia, 09/23/01	LESS THAN 50 NET PASSING YARDS	48 yards, Seattle 26, Chicago 0 vs. Chicago, 09/27/15
95 yards, L.A. Rams 30, Seattle 13 vs. L.A. Rams, 09/10/23	LESS THAN 100 NET PASSING YARDS	76 yards, Seattle 6, Chicago 3 @ Chicago, 12/26/24
125 yards, Seattle 38, Minnesota 7 @ Minnesota, 12/06/15	LESS THAN 150 YARDS NET OFFENSE	136 yards, Seattle 21, Dallas 12 @ Dallas, 12/24/17
179 yards, Seattle 6, Chicago 3 @ Chicago, 12/26/24	LESS THAN 200 YARDS NET OFFENSE	151 yards, Baltimore 37, Seattle 3 @ Baltimore, 11/05/23
179 yards, Seattle 6, Chicago 3 @ Chicago, 12/26/24	LESS THAN 300 YARDS NET OFFENSE	265 yards, Seattle 6, Chicago 3 @ Chicago, 12/26/24
1 to, Seattle 6, Chicago 3 @ Chicago, 12/26/24	FORCED AT LEAST ONE TURNOVER	1 to, Seattle 30, L.A. Rams 25 @ L.A. Rams, 01/05/25
2 to, Seattle 30, Arizona 18 @ Arizona, 12/08/24	FORCED TWO+ TURNOVERS	2 to, Minnesota 27, Seattle 24 vs. Minnesota, 12/22/24
3 to, Seattle 34, Atlanta 14 @ Atlanta, 10/20/24	FORCED THREE TURNOVERS	3 to, L.A. Rams 26, Seattle 20 vs. L.A. Rams, 11/03/24
4 to, Buffalo 44, Seattle 34 @ Buffalo, 11/08/20	FORCED FOUR TURNOVERS	4 to, Seattle 32, Cleveland 28 @ Cleveland, 10/13/19
6 to, Green Bay 38, Seattle 10 @ Green Bay, 12/11/16	FORCED FIVE+ TURNOVERS	5 to, Seattle 17, Philadelphia 9 @ Philadelphia, 11/24/19

THE LAST TIME

SPECIAL TEAMS

97 yards, Laviska Shenault Jr.: 35-M.Wright kicks 62 yards from SF 35 to SEA 3. 1-L.Shenault for 97 yards, TOUCHDOWN. vs. San Francisco, 10/10/24	KICKOFF RETURNED FOR A TOUCHDOWN	99 yards, Kene Nwangwu: 5-J.Myers kicks 64 yards from SEA 35 to NYJ 1. 34-K.Nwangwu for 99 yards, TOUCHDOWN. @ N.Y. Jets, 12/01/24
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 Harty: (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
Riq Woolen: (5:39) 9-R.Gould 20 yard field goal is BLOCKED (27-T.Woolen), Center-46-T.Pepper, Holder-18-M.Wishnowsky, RECOVERED by SEA-30-M.Jackson at SEA 14. 30-M.Jackson for 86 yards, TOUCHDOWN. @ San Francisco, 09/18/22	BLOCKED FIELD GOAL RETURNED FOR A TOUCHDOWN	Isaiah Simmons: (1:05) 5-J.Myers 47 yard field goal is BLOCKED (19-I.Simmons), Center-41-C.Stoll, Holder-4-M.Dickson, RECOVERED by NYG-88-B.Ford-Wheaton at NYG 40. 88-B.Ford-Wheaton for 60 yards, TOUCHDOWN. vs. N.Y. Giants, 10/06/24
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
56 yards, Jason Myers: (3:27) 5-J.Myers 56 yard field goal is GOOD, Center-41-C.Stoll, Holder-4-M.Dickson. @ L.A. Rams, 01/05/25	MADE FIELD GOAL OF 50 YARDS OR LONGER	58 yards, Joshua Karty: (:03) 16-J.Karty 58 yard field goal is GOOD, Center-47-A.Ward, Holder-42-E.Evans. @ L.A. Rams, 01/05/25
47 yards, Jason Myers: (1:05) 5-J.Myers 47 yard field goal is BLOCKED (19-I.Simmons), Center-41-C.Stoll, Holder-4-M.Dickson, RECOVERED by NYG-88-B.Ford-Wheaton at NYG 40. 88-B.Ford-Wheaton for 60 yards, TOUCHDOWN. vs. N.Y. Giants, 10/06/24	BLOCKED FIELD GOAL	48 yards, Joey Slye: (3:59) 13-J.Slye 48 yard field goal is BLOCKED (20-J.Love), Center-49-J.Cardona, Holder-17-B.Baringer. @ New England, 09/15/24
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	Ty Zentner: (8:52) 46-T.Zentner punt is BLOCKED by 82-C.White, Center-47-A.Ward, recovered by LA-84-H.Long at LA 19. vs. L.A. Rams, 11/03/24
Anders Carlson [Leonard Williams blocked]: 18-A.Carlson extra point is Blocked (99-L.Williams), Center-42-T.Hennessy, Holder-6-T.Morstead. DEFENSIVE TWO-POINT ATTEMPT. 21-D.Witherspoon recovered the blocked kick. ATTEMPT FAILS. @ N.Y. Jets, 12/01/24	POINT AFTER TOUCHDOWN BLOCKED	Jason Myers [Quinnen Williams blocked]: 5-J.Myers extra point is Blocked (95-Q.Williams), Center-41-C.Stoll, Holder-4-M.Dickson. DEFENSIVE TWO-POINT ATTEMPT. 52-S.Eguavoen recovered the blocked kick. ATTEMPT FAILS. @ N.Y. Jets, 12/01/24
Jason Myers: 5-J.Myers extra point is No Good, Wide Left, Center-41-C.Stoll, Holder-4-M.Dickson. vs. Arizona, 11/24/24	MISSED POINT AFTER TOUCHDOWN ATTEMPT	Jason Myers: 5-J.Myers extra point is Blocked (97-M.Hoecht), Center-41-C.Stoll, Holder-4-M.Dickson. vs. L.A. Rams, 11/03/24
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	Godwin Igwebuike: 6-R.Patterson kicks onside 9 yards from DET 35 to DET 44, impetus ends at DET 44. RECOVERED by DET-35-G.Igwebuike. The Replay Official reviewed the kick touched ruling, and the play was Upheld. The ruling on the field stands. vs. Detroit, 01/02/22
3 fg, Jason Myers: (20, 36, 35) @ Arizona, 12/08/24	THREE FIELD GOALS	3 fg, Brandon McManus: (39, 21, 23) vs. Green Bay, 12/15/24
4 fg, Jason Myers: (37, 36, 22, 32) vs. L.A. Rams, 01/08/23	FOUR FIELD GOALS	4 fg, Joshua Karty: (37, 58, 57, 38) @ L.A. Rams, 01/05/25
5 fg, Jason Myers: (45, 43, 33, 45, 43) vs. Washington, 11/12/23	FIVE FIELD GOALS	5 fg, Jason Sanders: (41, 29, 45, 43, 29) @ Miami, 10/04/20
56 yards, Jason Myers: (3:27) 5-J.Myers 56 yard field goal is GOOD, Center-41-C.Stoll, Holder-4-M.Dickson. @ L.A. Rams, 01/05/25	50+ YARD FIELD GOAL	58 yards, Joshua Karty: (7:33) 16-J.Karty 38 yard field goal is GOOD, Center-47-A.Ward, Holder-42-E.Evans. @ L.A. Rams, 01/05/25
61 yards, Jason Myers: (:29) 5-J.Myers 39 yard field goal is GOOD, Center-69-T.Ott, Holder-4-M.Dickson. @ L.A. Rams, 11/15/20	60+ YARD FIELD GOAL	61 yards, Ka'imi Fairbairn: (:04) 7-K.Fairbairn 61 yard field goal is GOOD, Center-46-J.Weeks, Holder-11-C.Johnston. @ Houston, 12/12/21
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

409 yards, Seattle 409, Arizona 356 @ Arizona, 12/08/24	400 TOTAL YARDS OF OFFENSE	403 yards, L.A. Rams 403, Seattle 336 @ L.A. Rams, 01/05/25
516 yards, Seattle 516, Detroit 389 @ Detroit, 09/30/24	500 TOTAL YARDS OF OFFENSE	527 yards, San Francisco 527, Seattle 324 @ San Francisco, 12/10/23
ST: (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.DEF: (12:08) (Shotgun) R.Wilson pass short left to J.Graham for 7 yards, TOUCHDOWN [A.Ogletree].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: (:42) (Shotgun) T.Bridgewater pass short right to A.Kamara for 29 yards, TOUCHDOWN.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: (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
Geno Smith: TWO-POINT CONVERSION ATTEMPT. 7-G.Smith pass to 16-T.Lockett is complete. ATTEMPT SUCCEEDS. @ Arizona, 01/07/24	MADE TWO-POINT CONVERSION	Kyler Murray: TWO-POINT CONVERSION ATTEMPT. 1-K.Murray rushes left end. ATTEMPT SUCCEEDS. @ Arizona, 12/08/24
Geno Smith: TWO-POINT CONVERSION ATTEMPT. 7-G.Smith pass to 11-J.Smith-Njigba is incomplete. ATTEMPT FAILS. @ L.A. Rams, 01/05/25	FAILED TWO-POINT CONVERSION	Jimmy Garoppolo: TWO-POINT CONVERSION ATTEMPT. 11-J.Garoppolo pass to 15-D.Robinson is incomplete. ATTEMPT FAILS. @ L.A. Rams, 01/05/25
Seattle 48, Detroit 45 @ Detroit, 10/02/22	40 POINTS	Detroit 42, Seattle 29 @ Detroit, 09/30/24
Seattle 51, Detroit 29 vs. Detroit, 01/02/22	50 POINTS	Seattle 7, Dallas 51 @ Dallas, 11/27/80
Seattle 23, New England 20 @ New England, 09/15/24	OVERTIME WIN	L.A. Rams 26, Seattle 20 vs. L.A. Rams, 11/03/24
L.A. Rams 26, Seattle 20 vs. L.A. Rams, 11/03/24	OVERTIME LOSS	Seattle 23, New England 20 @ New England, 09/15/24
Arizona 6, Seattle 6 @ Arizona, 10/23/16	OVERTIME TIE	Arizona 6, Seattle 6 @ Arizona, 10/23/16
Seattle 21, N.Y. Giants 0 vs. N.Y. Giants, 09/24/06	20 FIRST-QUARTER POINTS	N.Y. Giants 21, Seattle 0 vs. N.Y. Giants, 11/07/10
Seattle 21, Detroit 7 vs. Detroit, 01/02/22	20 SECOND-QUARTER POINTS	L.A. Rams 21, Seattle 0 vs. L.A. Rams, 12/17/17
Seattle 21, Minnesota 6 vs. Minnesota, 10/11/20	20 THIRD-QUARTER POINTS	Jacksonville 21, Seattle 10 @ Jacksonville, 12/10/17
Seattle 20, San Francisco 14 @ San Francisco, 01/03/21	20 FOURTH-QUARTER POINTS	Detroit 22, Seattle 10 @ Detroit, 10/02/22
Seattle 26, Chicago 0 vs. Chicago, 09/27/15	SHUTOUT AT HOME	* Never Has Happened *
Seattle 23, N.Y. Giants 0 @ N.Y. Giants, 12/15/13	SHUTOUT ON THE ROAD	Green Bay 17, Seattle 0 @ Green Bay, 11/14/21
Seattle 19, L.A. Rams 16 vs. L.A. Rams, 01/08/23	OVERTIME WIN AT HOME	L.A. Rams 26, Seattle 20 vs. L.A. Rams, 11/03/24
Seattle 23, New England 20 @ New England, 09/15/24	OVERTIME WIN ON THE ROAD	Pittsburgh 23, Seattle 20 @ Pittsburgh, 10/17/21
3 td, Minnesota 27, Seattle 24 (13:41) (Shotgun) G.Smith pass deep right to D.Metcalf for 25 yards, TOUCHDOWN. (:24) (Shotgun) G.Smith pass deep right to J.Smith-Njigba for 18 yards, TOUCHDOWN. (4:26) (Shotgun) G.Smith pass short middle to A.Barner for 4 yards, TOUCHDOWN. vs. Minnesota, 12/22/24	THREE TOTAL TOUCHDOWNS	3 td, Minnesota 27, Seattle 24 (8:09) S.Darnold pass short middle to J.Addison for 5 yards, TOUCHDOWN. (5:54) (Shotgun) S.Darnold pass short right to J.Jefferson for 14 yards, TOUCHDOWN. PENALTY on MIN-J.Jefferson, Taunting, 15 yards, enforced between downs. (3:58) S.Darnold pass deep left to J.Jefferson for 39 yards, TOUCHDOWN [D.Jones]. vs. Minnesota, 12/22/24
4 td, Seattle 30, L.A. Rams 25 (5:24) (Shotgun) G.Smith pass short right to J.Bobo for 4 yards, TOUCHDOWN. (12:55) (Shotgun) G.Smith pass deep middle to D.Metcalf for 20 yards, TOUCHDOWN. (3:05) G.Smith pass short middle to A.Barner for 4 yards, TOUCHDOWN. (3:24) (Shotgun) G.Smith pass short middle to N.Fant for 16 yards, TOUCHDOWN. @ L.A. Rams, 01/05/25	FOUR TOTAL TOUCHDOWNS	4 td, Buffalo 31, Seattle 10 (4:54) A.Anderson reported in as eligible. J.Allen pass short right to K.Coleman for 2 yards, TOUCHDOWN. (:25) (Shotgun) J.Allen pass short left to D.Kincaid for 12 yards, TOUCHDOWN. (2:01) J.Cook left end for 2 yards, TOUCHDOWN. (11:23) J.Cook up the middle for 7 yards, TOUCHDOWN. vs. Buffalo, 10/27/24
11 pen, Minnesota 27, Seattle 24 vs. Minnesota, 12/22/24	10 PENALTIES	12 pen, Seattle 26, N.Y. Jets 21 @ N.Y. Jets, 12/01/24
0 to, Seattle 30, L.A. Rams 25 @ L.A. Rams, 01/05/25	NO TURNOVERS	0 to, Minnesota 27, Seattle 24 vs. Minnesota, 12/22/24
41:56 TOP, Seattle 24, Philadelphia 14 @ Philadelphia, 12/07/14	OVER 40:00 TIME OF POSSESSION (NON-OT)	40:04 TOP, Baltimore 37, Seattle 3 @ Baltimore, 11/05/23
@ Arizona, 12/08/24	NO SACKS/NO INTERCEPTIONS ALLOWED	vs. Green Bay, 12/15/24
(7, 10, 7, 6 Points), Seattle 30, L.A. Rams 25 @ L.A. Rams, 01/05/25	SCORE TOUCHDOWN IN EACH QUARTER	(7, 7, 10, 7 Points), Buffalo 31, Seattle 10 vs. Buffalo, 10/27/24
31 (first half), Seattle 51, Detroit 29 vs. Detroit, 01/02/22	30 ONE-HALF POINTS	30 (second half), Seattle 48, Detroit 45 @ Detroit, 10/02/22
Seattle 34, Atlanta 14 @ Atlanta, 10/20/24	WON GAME BY 20+ POINTS	Buffalo 31, Seattle 10 vs. Buffalo, 10/27/24

PLAYERS

67 | CHARLES CROSS
TACKLE 2022-

18 | TIGHT END
ELIJAH ARROYO

Height: 6-5 **Weight:** 254
College: Miami
Season: Rookie
Born: April 5, 2003
Hometown: Frisco, Texas

2025 SEASON:

09/14/25 at Pit: Made first-career start, and finished with two catches for 31 yards.

TRANSACTIONS:

04/25/25: Drafted by Seattle (2nd round, 50th overall)

COLLEGE: Spent four seasons at Miami (2021-24) and started all 13 games and earning second-team All-ACC recognition his final season. Ranked fifth on team in catches (35), fourth on team in receiving yards (590) and third in touchdown catches (7) as key member of nation's most explosive offenses. Battled through injuries in 2022-23 and played in 12 games with one start his true freshman season with five catches for 86 yards and one touchdown.

PERSONAL: A consensus four-star prospect by 247Sports, ESPN and Rivals, and ranked the No. 4 tight end nationally and No. 21 player in Texas by 247Sports. Had over 1,200 yards and 17 receiving touchdowns in two varsity season. As a senior, caught 28 passes for 635 yards and 12 touchdowns and caught 48 passes for 648 yards and five touchdowns in junior season.

ELIJAH ARROYO'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2025	Seahawks	2	1	3	38	12.7	24	0	0	0	0.0	0	0
NFL TOTALS		**2**	**1**	**3**	**38**	**12.7**	**24**	**0**	**0**	**0**	**0.0**	**0**	**0**

ELIJAH ARROYO'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2025	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**

ELIJAH ARROYO'S SINGLE-GAME HIGHS: RECEIVING

Receptions	2 at Pittsburgh Steelers, Sep 14, 2025	**All-Purpose Yards**	31 at Pittsburgh Steelers, Sep 14, 2025
Receiving Yards	31 at Pittsburgh Steelers, Sep 14, 2025	**Scrimmage Yards**	31 at Pittsburgh Steelers, Sep 14, 2025
Longest Receptions	24 at Pittsburgh Steelers, Sep 14, 2025		

ELIJAH ARROYO'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/07	49ers	P	1	7	7.0	7	0	0	0	0.0	0	0	L	13-17
09/14	at Steelers	S	2	31	15.5	24	0	0	0	0.0	0	0	W	31-17
2025 TOTALS		**2-1**	**3**	**38**	**12.7**	**24**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-1**	

88 | TIGHT END
AJ BARNER

Height: 6-6 **Weight:** 251
College: Michigan
Seasons: NFL : 2nd, Seahawks 2nd
Born: May 3, 2002
Hometown: Aurora, Ohio

2025 SEASON:

09/14/25 at Pit: Hauled in 5th career TD pass and first of 2025.

TRANSACTIONS:

04/27/24: Drafted by Seattle (4th round, 121st overall)

NFL CAREER HIGHLIGHTS:

• Recorded a reception in 13 consecutive games in 2024, the longest streak by a rookie tight end in franchise history (Weeks 3-16). Set a career-high and tied for the team lead with five receptions for 34 yards and one touchdown at the L.A. Rams (1/5/25).

COLLEGE: Started 18 of 45 games played with Indiana (2020-22) and Michigan (2023). As a graduate student on the national champion Michigan team, started seven of 15 games and recorded 22 receptions for 249 yards and one touchdown. Was a semifinalist for the John Mackey Award and was an All-Big 10 honorable mention. Earned three letters while at Indiana, starting 11 of 30 games. Recorded 42 receptions for 361 yards and four scores. Was a two-time Academic All-Big Ten honoree, and studied management while with the Hoosiers.

PERSONAL: Prepped at Aurora High and part of a team that went 13-1 and advanced to the state semifinal game. Also played linebacker. Had 15

catches for 123 yards with four touchdowns and tallied 124 tackles on defense. Earned a three-star rating by Rivals. Was the Northeast Ohio Division III Defensive Player of the Year.

AJ BARNER'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2024	Seahawks	17	6	30	245	8.2	20	4	0	0	0.0	0	0
2025	Seahawks	2	2	3	26	8.7	19	1	2	4	2.0	2	0
NFL TOTALS		**19**	**8**	**33**	**271**	**8.2**	**20**	**5**	**2**	**4**	**2.0**	**2**	**0**

ADDITIONAL STATS

Special Teams Tackles: 2024 (2); 2025 (1); **Career**: 3.

AJ BARNER'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Longest Runs 2 at Pittsburgh Steelers, Sep 14, 2025
...1 more at 2.

Receptions 5 at Los Angeles Rams, Jan 05, 2025

Receiving Yards 34 at Los Angeles Rams, Jan 05, 2025
...1 more at 34.

Receiving Average 6.8 at Los Angeles Rams, Jan 05, 2025
...1 more at 6.8.

Longest Receptions 20 vs. Buffalo Bills, Oct 27, 2024

Receiving TDs 1 at Pittsburgh Steelers, Sep 14, 2025
...4 more at 1.

All-Purpose Yards 34 at Los Angeles Rams, Jan 05, 2025
...1 more at 34.

Most TDs 1 at Pittsburgh Steelers, Sep 14, 2025
...4 more at 1.

Scrimmage Yards 34 at Los Angeles Rams, Jan 05, 2025
...1 more at 34.

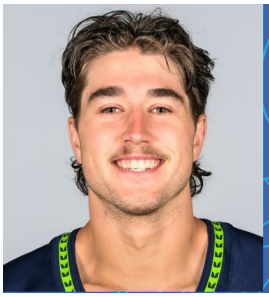
AJ BARNER'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/07	49ers	S	1	0	0.0	0	0	1	2	2.0	2	0	L	13-17
09/14	at Steelers	S	2	26	13.0	19	1	1	2	2.0	2	0	W	31-17
2025 TOTALS		**2-2**	**3**	**26**	**8.7**	**19**	**1**	**2**	**4**	**2.0**	**2**	**0**	**1-1**	

AJ BARNER'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-20
09/15	at Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-20+
09/22	Dolphins	S	3	13	4.3	8	0	0	0	0.0	0	0	W	24-3
09/30	at Lions	P	2	27	13.5	18	1	0	0	0.0	0	0	L	29-42
10/06	Giants	P	1	13	13.0	13	0	0	0	0.0	0	0	L	20-29
10/10	49ers	S	1	13	13.0	13	0	0	0	0.0	0	0	L	24-36
10/20	at Falcons	P	1	5	5.0	5	0	0	0	0.0	0	0	W	34-14
10/27	Bills	P	2	34	17.0	20	0	0	0	0.0	0	0	L	10-31
11/03	Rams	S	4	27	6.8	10	0	0	0	0.0	0	0	L	20-26+
11/17	at 49ers	S	2	15	7.5	9	0	0	0	0.0	0	0	W	20-17
11/24	Cardinals	S	3	19	6.3	11	0	0	0	0.0	0	0	W	16-6
12/01	at Jets	P	2	14	7.0	12t	1	0	0	0.0	0	0	W	26-21
12/08	at Cardinals	P	1	13	13.0	13	0	0	0	0.0	0	0	W	30-18
12/15	Packers	P	1	5	5.0	5	0	0	0	0.0	0	0	L	13-30
12/22	Vikings	S	2	13	6.5	9	1	0	0	0.0	0	0	L	24-27
12/26	at Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	W	6-3
01/05	at Rams	P	5	34	6.8	10	1	0	0	0.0	0	0	W	30-25
2024 TOTALS		**17-6**	**30**	**245**	**8.2**	**20**	**4**	**0**	**0**	**0.0**	**0**	**0**	**10-7**	

+ - Overtime



19 | WIDE RECEIVER
JAKE BOBO

Height: 6-4	**Weight: 211**
College:	**Duke**
Seasons:	**NFL : 3rd, Seahawks 3rd**
Born:	**August 4, 1998**
Hometown:	**Belmont, Mass.**

2025 SEASON:

09/07/25 vs. SF: Inactive (concussion).

TRANSACTIONS:

05/10/23: Signed by Seattle as a UDFA

NFL CAREER HIGHLIGHTS:

• Scored second NFL touchdown vs. Arizona (10/22/23) while finishing with a career-high 61 receiving yards. Along with Jaxon Smith-Njigba, became the first pair of rookie wide receivers to record a touchdown reception in the same game in franchise history.

• A week after recording his first NFL catch at Detroit (9/17/23), posted his first-career touchdown reception vs. Carolina (9/24/23). Recorded first rushing touchdown vs. Cleveland (10/29/23).

COLLEGE: Began his college career at Duke where he appeared in 43 games and made 24 starts in his career for the Blue Devils. Enrolled at UCLA in January of 2022 after graduating from Duke and participated in 2022 spring ball. Started all 13 games in 2022 and led the Bruin team with 57 catches during the season (19th on the UCLA single-season list) and had 817 receiving yards which rates 17th on the all-time UCLA single-season list in that category. Named honorable mention All-Pac-12 by the league coaches and second-team all-conference by Pro Football Focus. Named a first-team selection to the 2022 CSC Academic All-America football team. Selected to the 2022 College Sports Communicators (CSC) Academic All-District team. Earned a spot on the Spring 2022 Athletic Director's Honor Roll. Named to the 2022 Pac-12 Fall Academic Honor Roll. Started all 11 games for Duke in 2021. Was an Academic All-ACC selection. Honored as a CoSIDA Academic All-District choice. Recipient of the Clarkston Hines Award, an honor presented to Duke's top receiver.

PERSONAL: Majored in economics at Duke. Son of Casey and Mike Bobo. Father earned three letters (1989-91) in football at Dartmouth College and served as team captain in 1991. Mother played ice hockey at Dartmouth. Grandfather, Keith Bobo, lettered three seasons (1971-73) in football at SMU and was a 12th-round selection of the Dallas Cowboys in the 1974 NFL Draft. Lettered four years at Belmont Hill School under coach Chris Butler. Three-star prospect according to ESPN.com, Rivals.com and 247Sports.com. Consensus top-six prospect in Massachusetts according to 247Sports.com (No. 4), Rivals.com (No. 4) and ESPN.com (No. 6). Three-time first team All-Independent School League (ISL) selection. As a senior, caught 34 passes for 514 yards and five TDs. In junior season, totaled 31 receptions for 632 yards and 10 TDs. During junior year, helped Belmont Hill to a 7-2 record including a 41-24 win over Wilbraham & Monson Academy in the Kevin Fleming Bowl to capture the New England Prep School championship. Also earned Boston Herald All-Scholastic honors following junior season. As a sophomore, caught 30 passes for 652 yards and five TDs. Also lettered in basketball and track and field, earning All-ISL honors in both sports.

JAKE BOBO'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2023	Seahawks	17	0	19	196	10.3	31	2	1	3	3.0	3t	1
2024	Seahawks	17	3	13	107	8.2	15	1	0	0	0.0	0	0
2025	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**35**	**3**	**32**	**303**	**9.5**	**31**	**3**	**1**	**3**	**3.0**	**3T**	**1**

ADDITIONAL STATS

Special Teams Tackles: 2024 (6); **Career**: 6.

JAKE BOBO'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. Cleveland Browns, Oct 29, 2023	**Longest Receptions**	31 vs. Arizona Cardinals, Oct 22, 2023
Rushing Yards	3 vs. Cleveland Browns, Oct 29, 2023	**Receiving TDs**	1 vs. Arizona Cardinals, Oct 22, 2023
Longest Runs	3t vs. Cleveland Browns, Oct 29, 2023		...1 more at 1.
Rushing TDs	1 vs. Cleveland Browns, Oct 29, 2023	**All-Purpose Yards**	61 vs. Arizona Cardinals, Oct 22, 2023
Receptions	4 vs. Arizona Cardinals, Oct 22, 2023	**Special Teams Tackles**	1 vs. San Francisco 49ers, Oct 10, 2024
Receiving Yards	61 vs. Arizona Cardinals, Oct 22, 2023		...2 more at 1.
Receiving Average	15.3 vs. Arizona Cardinals, Oct 22, 2023	**Most TDs**	1 at Los Angeles Rams, Jan 05, 2025
			...3 more at 1.
		Miscellaneous Tackles	1 vs. Cleveland Browns, Oct 29, 2023
			...1 more at 1.

JAKE BOBO'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/07	49ers					ON INACTIVE LIST							L	13-17
09/14	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-17
2025 TOTALS		**1-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-1**	

JAKE BOBO'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-20
09/15	at Patriots	P	2	15	7.5	9	0	0	0	0.0	0	0	W	23-20+
09/22	Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-3
09/30	at Lions	P	3	30	10.0	11	0	0	0	0.0	0	0	L	29-42
10/06	Giants	P	1	3	3.0	3	0	0	0	0.0	0	0	L	20-29
10/10	49ers	S	2	18	9.0	11	0	0	0	0.0	0	0	L	24-36
10/20	at Falcons	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-14
10/27	Bills	P	1	15	15.0	15	0	0	0	0.0	0	0	L	10-31
11/03	Rams	S	0	0	0.0	0	0	0	0	0.0	0	0	L	20-26+
11/17	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-17
11/24	Cardinals	P	1	8	8.0	8	0	0	0	0.0	0	0	W	16-6
12/01	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-21
12/08	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-18
12/15	Packers	P	1	8	8.0	8	0	0	0	0.0	0	0	L	13-30
12/22	Vikings	P	1	6	6.0	6	0	0	0	0.0	0	0	L	24-27
12/26	at Bears	S	0	0	0.0	0	0	0	0	0.0	0	0	W	6-3
01/05	at Rams	P	1	4	4.0	4t	1	0	0	0.0	0	0	W	30-25
2024 TOTALS		**17-3**	**13**	**107**	**8.2**	**15**	**1**	**0**	**0**	**0.0**	**0**	**0**	**10-7**	

+ - Overtime

JAKE BOBO'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-30
09/17	at Lions	P	1	3	3.0	3	0	0	0	0.0	0	0	W	37-31+
09/24	Panthers	P	1	5	5.0	5t	1	0	0	0.0	0	0	W	37-27
10/02	at Giants	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-3
10/15	at Bengals	P	2	43	21.5	23	0	0	0	0.0	0	0	L	13-17
10/22	Cardinals	P	4	61	15.3	31	1	0	0	0.0	0	0	W	20-10
10/29	Browns	P	2	23	11.5	15	0	1	3	3.0	3t	1	W	24-20
11/05	at Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	3-37
11/12	Commanders	P	2	13	6.5	11	0	0	0	0.0	0	0	W	29-26
11/19	at Rams	P	1	8	8.0	8	0	0	0	0.0	0	0	L	16-17
11/23	49ers	P	1	6	6.0	6	0	0	0	0.0	0	0	L	13-31
11/30	at Cowboys	P	1	9	9.0	9	0	0	0	0.0	0	0	L	35-41
12/10	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-28
12/18	Eagles	P	1	4	4.0	4	0	0	0	0.0	0	0	W	20-17
12/24	at Titans	P	1	8	8.0	8	0	0	0	0.0	0	0	W	20-17
12/31	Steelers	P	1	4	4.0	4	0	0	0	0.0	0	0	L	23-30
01/07	at Cardinals	P	1	9	9.0	9	0	0	0	0.0	0	0	W	21-20
2023 TOTALS		**17-0**	**19**	**196**	**10.3**	**31**	**2**	**1**	**3**	**3.0**	**3T**	**1**	**9-8**	

+ - Overtime

75 | GUARD
ANTHONY BRADFORD

Height: 6-4	**Weight: 335**
College:	**Louisiana State**
Seasons:	**NFL : 3rd, Seahawks 3rd**
Born:	**April 28, 2001**
Hometown:	**Muskegon, Mich.**

TRANSACTIONS:

04/29/23: Drafted by Seattle (4th round, 108th overall)
11/27/24: Placed on IR (ankle)

NFL CAREER HIGHLIGHTS:

• Started all 11 games played at right guard before being placed on injured reserve (ankle).

• Started 10 of 14 games played during his rookie season in 2023.

COLLEGE: Started 17 of 29 games played for LSU over his four-year career (12 at right guard, five at left tackle). Played in 13 games with 12 starts (11 at RG, 1 at LT) in 2022. Played in six games with five starts in 2021 (one at right guard, four at left tackle). Member of LSU's national championship team in 2019.

PERSONAL: Was a four-star recruit at Muskegon High and a top-15 offensive guard prospect nationally. Helped team win three state titles in Michigan and helped lead Muskegon to a 27-game winning streak. Won the "Big Man Bench" at the Rivals 100 Five-Star Challenge in the summer of 2018, pumping out 31 reps in the 225-pound bench press.

ANTHONY BRADFORD'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2023	Seahawks	14	10
2024	Seahawks	11	11
2025	Seahawks	2	2
NFL TOTALS		**27**	**23**

8 | SAFETY
COBY BRYANT

Height: 6-1 **Weight:** 205
College: Cincinnati
Seasons: NFL : 4th, Seahawks 4th
Born: March 29, 1999
Hometown: Cleveland, Ohio

2025 SEASON:

09/14/25 at Pit: Intercepted his fourth-career pass.

TRANSACTIONS:

04/30/22: Drafted by Seattle (4th round, 109th overall)
10/13/23: Placed on IR (toe)
11/23/23: Activated from reserve

NFL CAREER HIGHLIGHTS:

• Tied for team lead with three interceptions in 2024. Took over starting duties early in the season and made 11 starts. Named NFC Defensive Player of the Week 12 after posting six tackles, one pass defensed, and his first-career pick-six, which he returned 69 yards.

• Missed time during the 2023 season due to injury (toe).

• Tied for third in the NFL with four forced fumbles in 2022, becoming the first player with four forced fumbles in his first six career games since 2000. Played in all 17 games and was part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

HONORS: 2024: NFC Defensive Player of the Week 12.

COLLEGE: Played five seasons, serving four years as a starter and appearing in 63 games with 172 tackles, 45 passes defensed and 10 interceptions. Named the Jim Thorpe Award winner as the nation's top defensive back in 2021. Named an AAC first team selection in 2020 and 2021, AFCA first-team All American and Walter Camp first-team All American. Was a team captain as a senior who won the the Jim Thorpe Award, just the second non Power 5 player to win the award and first from Cincinnati. Led by Bryant, Cincinnati had the nation's best pass defense, finishing No. 1 in the country in pass efficiency defense (103.37), No. 2 in passing yards allowed (169.2), No. 3 in interceptions (19) and No. 4 in opponent completion percentage (54.0). Produced team high 11 pass breakups, which ranked third in the AAC. He added 46 tackles and three interceptions while forcing three fumbles. His 74 yard pick six against UCF was UC's only one of the season and longest since James Wiggins against SMU in 2018.

PERSONAL: Attended Glenville High and was a three star prospect by Rivals.com and Scout.com. Scout ranked him as one of the top three cornerbacks in Ohio in the 2017 class. Named honorable mention 2016 Associated Press All Northeast Lakes District Division II. Helped lead the Tarblooders to a 7-0 record in Senate League play in 2016. Played both cornerback and safety as a junior, totaling 50 tackles, five passes defensed and an interception. Coached by Ted Ginn Sr. Brother, Christian, played defensive back at Ohio State (2010-14) and played for the St. Louis Rams (2015) and Arizona Cardinals (2016).

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
10/9/22	SEA @ NO	L	P	2	1	1	0.0	0.0	0	0	0	1	0	1	0
TOTALS		**0/1**	**1/0**	**2**	**1**	**1**	**0.0**	**0.0**	**0**	**0**	**0**	**1**	**0**	**1**	**0**

COBY BRYANT'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
2022	Seahawks	17	6	70	52	18	4	15	2.0	9.0	4	0	0	0	0	4	4	0	0	0	0	0	0	0	0	0	0
2023	Seahawks	9	2	16	12	4	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	2	2	0	1	0	0	0
2024	Seahawks	17	11	68	45	23	1	1	0.0	0.0	2	3	87	69t	1	6	1	0	0	0	5	3	2	0	0	0	0
2025	Seahawks	2	2	11	8	3	0	0	0.0	0.0	0	1	28	28	0	1	0	0	0	0	1	0	1	0	0	0	0
NFL TOTALS		**45**	**21**	**165**	**117**	**48**	**5**	**16**	**2.0**	**9.0**	**7**	**4**	**115**	**69T**	**1**	**11**	**5**	**0**	**0**	**0**	**8**	**5**	**3**	**1**	**0**	**0**	**0**

COBY BRYANT'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
2022	Seahawks	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
NFL TOTALS		**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**

COBY BRYANT'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	11 at Atlanta Falcons, Oct 20, 2024	**Tackles For Loss**	1 at San Francisco 49ers, Nov 17, 2024
Solo Tackles	7 vs. Green Bay Packers, Dec 15, 2024		...4 more at 1.
	...2 more at 7.	**Interceptions**	1 at Pittsburgh Steelers, Sep 14, 2025
Passes Defensed	1 at Pittsburgh Steelers, Sep 14, 2025		...3 more at 1.
	...10 more at 1.	**Interception Return Yards**	69 vs. Arizona Cardinals, Nov 24, 2024
Forced Fumbles	1 at Arizona Cardinals, Dec 08, 2024	**Special Teams Tackles**	2 vs. New York Giants, Oct 06, 2024
	...4 more at 1.		

77 | GUARD
BRYCE CABELDUE

Height: 6-4	**Weight: 308**
College:	**Kansas**
Season:	**Rookie**
Born:	**September 4, 2001**
Hometown:	**Clovis, N.M.**
Pronunciation:	**KAY-bul-dew**

TRANSACTIONS:

04/26/25: Drafted by Seattle (6th round, 192nd overall)

COLLEGE: Will be a guard in the NFL, but played right tackle for the Jayhawks, starting 12 games in 2024 on his way to All-Big 12 honorable mention honors. A four-year starter at Kansas, Cabeldue started 45 games over the past four seasons.

PERSONAL: Prepped at Clovis High, helping lead the Wildcats to the district championship in 2019. Earned all-state first-team honors on offense as a senior. Also named all-state second-team on defense. Picked up Most Improved Player honors for Clovis in 2018. Also lettered in basketball and baseball. Helped lead the Wildcats to the 2019 district basketball title as a junior, on his way to honorable mention all-district honors. Earned all-district honors in baseball as a junior.

BRYCE CABELDUE'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2025	Seahawks	1	0
NFL TOTALS		**1**	**0**

26 | RUNNING BACK
ZACH CHARBONNET

Height: 6-1	**Weight: 220**
College:	**UCLA**
Seasons:	**NFL : 3rd, Seahawks 3rd**
Born:	**January 8, 2001**
Hometown:	**Camarillo, Calif.**
Pronunciation:	**SHAR-buh-nay**

2025 SEASON:

09/07/25 vs. SF: Led team with 47 rushing yards and punched in his first TD of 2025 (10th career).

TRANSACTIONS:

04/28/23: Drafted by Seattle (2nd round, 52nd overall)

NFL CAREER HIGHLIGHTS:

• Played in all 17 games with six starts in place of an injured Kenneth Walker III in 2024, rushing for a career-high 569 yards with nine total touchdowns (8-R, 1-P). Filling in for Walker (calf) at Arizona (12/8/824), set career-highs in yards (134), attempts (22), rushing average (6.1), longest rush (51t), and tied career-high in rushing touchdowns (2).

• Scored first NFL touchdown at Dallas (11/30/23), while setting career highs in rushing yards (60), carries (19) and long reception (39).

COLLEGE: Started 27 of 40 games played for UCLA (2021-22) and Michigan (2019-20) during his college career. Carried 566 times for 3,422 yards with 39 touchdowns. Was a two-time 1,000 yard rusher for the Bruins, recording 27 touchdowns his final two years, including a career-high 1,379 rushing yards in 2022. Started all 10 games played his senior season and led the nation in all-purpose yards per game (168.0) and topped the Pac-12 in rushing yards per game (135.9, 4th FBS). Became the ninth Bruin to record back-to-back 1,000-yard seasons Was the second Bruin to rush for at least 150 yards in three straight games. Named first-team All-Pac-12 by the league coaches and Pro Football Focus. Was a semifinalist for the Doak Walker Award and a second-team AP All-American (All-Purpose).

PERSONAL: Attended Oaks Christian School. Named a 247Sports four-star recruit, ranked No. 26 overall player in the country, the no. 3 running back, and the No. 4 player in California. An ESPN four-star prospect, ranked no. 105 overall and the No. 6 running back in the country and No. 14 player in California. Was invited to play in the 2019 Under Armour All-American Game. Helped school to four straight league championships. Finished his career with 577 carries for 4,741 yards and 62 total touchdowns. As a senior, rushed 215 times for 1,795 yards and 17 touchdowns; also added three interceptions on defense. Majored in political science.

ZACH CHARBONNET'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2023	Seahawks	16	2	108	462	4.3	23	1	33	209	6.3	39	0
2024	Seahawks	17	6	135	569	4.2	51t	8	42	340	8.1	32	1
2025	Seahawks	2	0	27	57	2.1	7	1	0	0	0.0	0	0
NFL TOTALS		**35**	**8**	**270**	**1,088**	**4.0**	**51T**	**10**	**75**	**549**	**7.3**	**39**	**1**

ADDITIONAL STATS

Special Teams Tackles: 2023 (1); 2024 (1); **Career**: 2.

ZACH CHARBONNET'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	22 at Arizona Cardinals, Dec 08, 2024	**Receiving Average**	8.4 at Arizona Cardinals, Dec 08, 2024
Rushing Yards	134 at Arizona Cardinals, Dec 08, 2024	**Longest Receptions**	39 at Dallas Cowboys, Nov 30, 2023
Rushing Average	6.8 vs. Green Bay Packers, Dec 15, 2024	**All-Purpose Yards**	193 at Arizona Cardinals, Dec 08, 2024
Longest Runs	51t at Arizona Cardinals, Dec 08, 2024	**Most TDs**	2 at Arizona Cardinals, Dec 08, 2024
Rushing TDs	2 at Arizona Cardinals, Dec 08, 2024		...1 more at 2.
	...1 more at 2.	**Miscellaneous Tackles**	1 vs. Miami Dolphins, Sep 22, 2024
Receptions	7 at Arizona Cardinals, Dec 08, 2024	**Scrimmage Yards**	193 at Arizona Cardinals, Dec 08, 2024
Receiving Yards	59 at Arizona Cardinals, Dec 08, 2024		

ZACH CHARBONNET'S 100-YARD RUSHING GAMES (1): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
12/08/24	at Cardinals	22	134	6.1	51t	2

ZACH CHARBONNET'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

				RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/07	49ers	P	12	47	3.9	7	1	0	0	0.0	0	0	L	13-17
09/14	at Steelers	P	15	10	0.7	6	0	0	0	0.0	0	0	W	31-17
2025 TOTALS		**2-0**	**27**	**57**	**2.1**	**7**	**1**	**0**	**0**	**0.0**	**0**	**0**	**1-1**	

ZACH CHARBONNET'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos	P	8	12	1.5	6	0	2	29	14.5	30t	1	W	26-20
09/15	at Patriots	S	14	38	2.7	9	1	5	31	6.2	9	0	W	23-20+
09/22	Dolphins	S	18	91	5.1	13	2	3	16	5.3	8	0	W	24-3
09/30	at Lions	P	2	15	7.5	12	0	5	39	7.8	16	0	L	29-42
10/06	Giants	P	2	11	5.5	9	0	3	19	6.3	8	0	L	20-29
10/10	49ers	P	5	20	4.0	9	0	1	15	15.0	15	0	L	24-36
10/20	at Falcons	P	7	14	2.0	7	0	1	-5	-5.0	-5	0	W	34-14
10/27	Bills	P	3	4	1.3	3	1	3	20	6.7	12	0	L	10-31
11/03	Rams	P	2	8	4.0	6	0	2	25	12.5	24	0	L	20-26+
11/17	at 49ers	P	4	3	0.8	2	0	2	2	1.0	7	0	W	20-17
11/24	Cardinals	P	6	22	3.7	12	0	0	0	0.0	0	0	W	16-6
12/01	at Jets	P	4	28	7.0	11	1	2	13	6.5	7	0	W	26-21
12/08	at Cardinals	S	22	134	6.1	51t	2	7	59	8.4	20	0	W	30-18
12/15	Packers	S	8	54	6.8	24t	1	1	12	12.0	12	0	L	13-30
12/22	Vikings	P	1	-1	-1.0	-1	0	2	14	7.0	13	0	L	24-27
12/26	at Bears	S	15	57	3.8	11	0	3	19	6.3	11	0	W	6-3
01/05	at Rams	S	14	59	4.2	12	0	0	32	0.0	32	0	W	30-25
2024 TOTALS		**17-6**	**135**	**569**	**4.2**	**51T**	**8**	**42**	**340**	**8.1**	**32**	**1**	**10-7**	

+ - Overtime

ZACH CHARBONNET'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Rams	P	3	11	3.7	9	0	0	0	0.0	0	0	L	13-30
09/17	at Lions	P	4	16	4.0	9	0	2	14	7.0	9	0	W	37-31+
09/24	Panthers	P	9	46	5.1	12	0	1	-1	-1.0	-1	0	W	37-27
10/02	at Giants	P	5	31	6.2	15	0	1	9	9.0	9	0	W	24-3
10/15	at Bengals	P	2	5	2.5	3	0	2	14	7.0	10	0	L	13-17
10/22	Cardinals						ON INACTIVE LIST						W	20-10
10/29	Browns	P	5	53	10.6	21	0	2	11	5.5	7	0	W	24-20
11/05	at Ravens	P	4	8	2.0	4	0	1	5	5.0	5	0	L	3-37
11/12	Commanders	P	6	44	7.3	12	0	4	18	4.5	6	0	W	29-26
11/19	at Rams	P	15	47	3.1	11	0	6	22	3.7	9	0	L	16-17
11/23	49ers	S	14	47	3.4	10	0	4	11	2.8	7	0	L	13-31
11/30	at Cowboys	S	19	60	3.2	14	1	1	39	39.0	39	0	L	35-41
12/10	at 49ers	P	9	44	4.9	23	0	1	4	4.0	4	0	L	16-28
12/18	Eagles	P	4	16	4.0	6	0	0	0	0.0	0	0	W	20-17
12/24	at Titans	P	2	0	0.0	3	0	1	-4	-4.0	-4	0	W	20-17
12/31	Steelers	P	2	2	1.0	4	0	5	39	7.8	15	0	L	23-30
01/07	at Cardinals	P	5	32	6.4	14	0	2	28	14.0	15	0	W	21-20
2023 TOTALS		**16-2**	**108**	**462**	**4.3**	**23**	**1**	**33**	**209**	**6.3**	**39**	**0**	**9-8**	

+ - Overtime

67 | TACKLE
CHARLES CROSS

Height: 6-5	**Weight: 317**
College:	**Mississippi State**
Seasons:	**NFL : 4th, Seahawks 4th**
Born:	**November 25, 2000**
Hometown:	**Laurel, Miss.**

TRANSACTIONS:

04/28/22: Drafted by Seattle (1st round, 9th overall)

NFL CAREER HIGHLIGHTS:

• Started all 17 games at left tackle in 2024 and has made 31 consecutive starts dating back to 2023.

• Started all 14 games played at left tackle in 2023, missing three due to injury (toe).

• Started all 17 games played at left tackle in 2022. Along with Abraham Lucas, became the first rookie duo to start a team's first 15 games at tackle since the 1970 merger. Part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

COLLEGE: Started all 22 games played in his career and was a 2021 first-team All-American by ESPN and Sporting News, a 2021 first-team All-SEC by conference coaches, Associated Press and PFF, and a 2021 second-team All-SEC by Phil Steele. Started 12 games at left tackle in 2021 and earned the top PFF pass blocking grade in the SEC for the season (84.9). Finished second in the SEC in run blocking grade (87.2) and overall offense grade (86.7) per PFF. Allowed just two sacks on 919 pass blocking snaps and did not allow a QB hit all season. Blocked for Will Rogers to lead the SEC in passing yards per game (364.5) and as he threw for 4,739 passing yards, the third most in SEC single season history

PERSONAL: Prepped at Laurel High School under head coach Todd Breland. Five star offensive tackle per Rivals and 247Sports. Four-star recruit by ESPN. Listed as the No. 1 prospect in the state of Mississippi by both 247Sports and Rivals. Top-20 prospect nationally by 247Sports (No. 8) and Rivals (No. 17). Ranked No. 84 in the ESPN 300. Standout performer in the U.S. Army All-American Bowl. Clarion Ledger Dandy Dozen selection as a senior. Named first-team all-state by the Mississippi Association of Coaches and first-team Class 5A All-Region 3 as a senior. Competed in the Mississippi/Alabama All-Star Game as a senior. Majored in business administration.

CHARLES CROSS' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2022	Seahawks	17	17
2023	Seahawks	14	14
2024	Seahawks	17	17
2025	Seahawks	2	2
NFL TOTALS		**50**	**50**

CHARLES CROSS' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2022	Seahawks	1	1
NFL TOTALS		**1**	**1**

14 | QUARTERBACK
SAM DARNOLD

Height: 6-3	**Weight: 225**
College:	**USC**
Seasons:	**NFL : 8th, Seahawks 1st**
Born:	**June 5, 1997**
Hometown:	**San Clemente, Calif.**

PRO BOWL '24

2025 SEASON:

• Threw his 100th career TD pass (at Pit, 9/14/25).

09/14/25 at Pit: Threw 100th career TD pass while completing 22 of 33 passes for 295 yards and two TDs. Helped lead Seattle to an opening drive TD, the Seahawks' first since Week 14, 2023 (22 games).

TRANSACTIONS:

04/26/18: Drafted by N.Y. Jets (1st round, 3rd overall)
04/06/21: Traded to Carolina
11/12/21: Placed on IR (shoulder)
12/25/21: Activated from reserve
09/01/22: Placed on IR (ankle)
11/07/22: Activated from reserve
03/17/23: Signed by San Francisco as a UFA
03/15/24: Signed by Minnesota as a UFA
03/13/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Voted to the Pro Bowl in his only season in Minnesota in 2024, recording single-season career-highs in games started (17), completions (361, 9th NFL), attempts (545, 8th NFL), completion percentage (66.29), passing yards (4,319, 5th NFL), passing touchdowns (35, 5th NFL) and passer rating (102.5, 6th NFL).

• Became the Vikings fifth 4,000-yard passer all-time, joining Kirk Cousins, Brett Favre, Daunte Culpepper and Warren Moon. Finished the 2024 regular season with 4,319 passing yards, the third-most yards by a Vikings QB in a season in franchise history, trailing only Daunte Culpeper in 2004 (4,717 passing yards) and Kirk Cousins in 2022 (4,547). Tied with Kirk Cousins for the second-most passing touchdowns in a season in franchise history with 35, trailing only Daunte Culpepper (39) and his six games with three-plus touchdown passes tied for the third-most games in a season in franchise history (Cousins & Culpepper).

• Became the first quarterback in Vikings history to post a 100-plus passer rating in each of the team's first four games to start a season, tying the longest streak among all quarterbacks league wide since 1970. With a career-high and franchise-record 157.9 passer rating against Atlanta, he set the team record for the most games with a 100.0-plus passer rating in Vikings history with his 11th such performance. Ended the season with 13 total. Also vs. Atlanta, became the first quarterback in team history to have at least 20 completions, multiple passing touchdowns and no interceptions in four-straight games.

• His 14 wins as starting quarterback in 2024 are a Vikings' franchise record, and he became the first quarterback in NFL history to record 14 wins in his first season with a team since 1950.

• In 2023, his lone season with the San Francisco 49ers, he appeared in 10 contests with one start, serving as backup quarterback.

• With the Carolina Panthers (2021-22), started 17 of the 18 games he appeared in and recorded 3,670 passing yards with 16 touchdowns and 16 interceptions. Also scored seven touchdowns on the ground, rushing for 328 yards on 74 attempts.

• In three seasons with the New York Jets (2018-20), started all 38 games played and threw for 8,097 yards with 45 touchdowns and 39 interceptions. Added 417 rushing yards and five touchdowns on 114 carries.

HONORS: 2024: NFC Pro Bowl, PFWA Most Improved Player, NFC Offensive Player of the Month for September, NFC Offensive Player of the Week 14; 2019: AFC Offensive Player of the Week 6.

COLLEGE: Played two seasons at USC after redshirting in 2015, appearing in 27 games from 2016-17. Totaled 7,229 passing yards, 57 touchdowns and 22 interceptions. Also ran for 332 yards and seven touchdowns. In 2017, threw for over 4,000 yards and earned MVP honors in the Pac-12 Championship Game win over Stanford, helping the Trojans advance to 2017 Cotton Bowl. Only USC quarterback in history to have back-to-back five passing touchdown games (Arizona and California in 2016). In 2016, ranked ninth nationally in passing efficiency (161.1), 10th in completion percentage (67.2%) and 13th in passing touchdowns (31). Following the 2016 season, was named the Pac-12 Freshman Offensive Player of the Year, Rose Bowl Offensive Player of the Game and was the Archie Griffin Award winner, given to college football's most valuable player.

PERSONAL: Went 15-3 as a starter in his three-year prep career at San Clemente High. As a senior, completed 213 of 314 passes (67.8%) for 2,996 yards with 39 touchdowns and eight interceptions. Added 785 rushing yards and 13 touchdowns on 125 carries. His passing yards, passing touchdowns, completions and total yards (3,770) were all single-season school records. Helped San Clemente advance to the 2014 CIF Southwest Division championship game his senior year. Completed 29-of-46 passes (63.0%) for 337 yards and four touchdowns and ran for 322 yards on 35 carries with five touchdowns as a junior in 2013 before he broke his foot in the third game of the season. As a sophomore in 2012, hit 40-of-60 passes (66.7%) for 411 yards and three touchdowns and ran for 143 yards and one touchdown on 37 carries. Also caught nine passes for 153 yards and a touchdown. Also played defense as a sophomore, recording 27 tackles, 2.0 sacks, one interception and three passes defensed. Also played baseball and basketball. Father, Mike, played football (guard) at Redlands and mother, Chris, played volleyball at Long Beach City College. Sister, Franki, played volleyball at Rhode Island (2012-15). Grandfather, Dick Hammer, played basketball at USC and was a member of the USA's 1964 Olympic volleyball team. He was also an original Marlboro Man actor and Captain Hammer on the 1970s show Emergency! Grandmother, Betty Hammer, played volleyball (including training with the U.S. National Team) and softball. Uncle, Dan Hammer, played volleyball at Long Beach State (1980-81). His cousin, Allie Hammer, played volleyball at Irvine Valley College (2009-10) and American (2010-11), his cousin, Michele Hammer, played volleyball at Chapman (2012-15) and his cousin, A.J. Hammer, played volleyball at Concordia (2015-17). Majored in communications at USC.

REGULAR SEASON COMPARISON: PASSING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	C	ATT	YDS.	AVG.	TD	LG	INT	SK	SKYD	RTG
9/19/21	CAR vs. NO	W	S	26	38	305	8.0	2	32	1	2	11	99.1
1/2/22	CAR @ NO	L	S	17	26	132	5.1	0	21	1	7	42	61.7
1/8/23	CAR @ NO	W	S	5	15	43	2.9	0	21	2	2	11	2.8
TOTALS		**2/1**	**3/3**	**48**	**79**	**480**	**6.1**	**2**	**32**	**4**	**11**	**64**	--

SAM DARNOLD'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
2018	Jets	13	13	414	239	57.7	2,865	6.9	17	15	76t	30	204	77.6	44	138	3.1	28	1
2019	Jets	13	13	441	273	61.9	3,024	6.9	19	13	92t	33	212	84.3	33	62	1.9	24	2
2020	Jets	12	12	364	217	59.6	2,208	6.1	9	11	69t	35	234	72.7	37	217	5.9	46t	2
2021	Panthers	12	11	406	243	59.9	2,527	6.2	9	13	63	35	204	71.9	48	222	4.6	30	5
2022	Panthers	6	6	140	82	58.6	1,143	8.2	7	3	52	10	78	92.6	26	106	4.1	26	2
2023	49ers	10	1	46	28	60.9	297	6.5	2	1	48	6	40	85.1	21	15	0.7	9	1
2024	Vikings	17	17	545	361	66.2	4,319	7.9	35	12	97t	48	335	102.5	67	212	3.2	19	1
2025	Seahawks	2	2	56	38	67.9	445	7.9	2	2	43	3	21	88.8	2	14	7.0	9	0
TOTALS		**85**	**75**	**2,412**	**1,481**	**61.4**	**16,828**	**7.0**	**100**	**70**	**97T**	**200**	**1,328**	**84.0**	**278**	**986**	**3.5**	**46T**	**14**

SAM DARNOLD'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
2023	49ers	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2024	Vikings	1	1	40	25	62.5	245	6.1	1	1	26t	9	82	77.6	4	19	4.8	17	0
TOTALS		**1**	**1**	**40**	**25**	**62.5**	**245**	**6.1**	**1**	**1**	**26T**	**9**	**82**	**77.6**	**4**	**19**	**4.8**	**17**	**0**

SAM DARNOLD'S SINGLE-GAME HIGHS: QUARTERBACK

Pass Attempts	48 at Cincinnati Bengals, Dec 01, 2019
Pass Completions	33 vs. Green Bay Packers, Dec 29, 2024
Yards Passing	377 vs. Green Bay Packers, Dec 29, 2024
TD Passes	5 vs. Atlanta Falcons, Dec 08, 2024
Long Passes	97t vs. San Francisco 49ers, Sep 15, 2024
Completion Percentage	82.4 vs. Indianapolis Colts, Nov 03, 2024
Passer Rating	157.9 vs. Atlanta Falcons, Dec 08, 2024
Rush Attempts	8 at Tennessee Titans, Nov 17, 2024
	...3 more at 8.
Rushing Yards	84 vs. Denver Broncos, Oct 01, 2020
Rushing Average	8.3 at Atlanta Falcons, Oct 31, 2021
Longest Runs	46t vs. Denver Broncos, Oct 01, 2020
Rushing TDs	2 at Dallas Cowboys, Oct 03, 2021
	...1 more at 2.

SAM DARNOLD'S 300-YARD PASSING GAMES (11): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
12/29/24	PACKERS	33	377	11.4	37	3
12/08/24	FALCONS	22	347	15.8	52t	5
01/01/23	at Buccaneers	23	341	14.8	47	3
12/23/18	PACKERS	24	341	14.2	33t	3
10/13/19	COWBOYS	23	338	14.7	92t	2
09/16/18	DOLPHINS	25	334	13.4	44	1
11/24/24	at Bears	22	330	15.0	69	2
11/24/19	RAIDERS	20	315	15.8	69	2
09/19/21	SAINTS	26	305	11.7	32	2
09/23/21	at Texans	23	304	13.2	30	0
10/03/21	at Cowboys	26	301	11.6	55	2

SAM DARNOLD'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

				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
09/07	49ers	S	23	16	150	69.6	6.5	9.4	0	0	40	1/4	87.2	2	14	9	0	L	13-17
09/14	at Steelers	S	33	22	295	66.7	8.9	13.4	2	2	43	2/17	89.8	0	0	0	0	W	31-17
2025 TOTALS		**2-2**	**56**	**38**	**445**	**67.9**	**7.9**	**11.7**	**2**	**2**	**43**	**3/21**	**88.8**	**2**	**14**	**9**	**0**	**1-1**	

SAM DARNOLD'S 2024 GXG REGULAR-SEASON STATISTICS (VIKINGS)

			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
09/08	at Giants	S	24	19	208	79.2	8.7	10.9	2	1	44	1/7	113.2	3	3	3	0	W	28-6
09/15	49ers	S	26	17	268	65.4	10.3	15.8	2	1	97t	3/10	109.1	5	32	18	0	W	23-17
09/22	Texans	S	28	17	181	60.7	6.5	10.6	4	0	28	4/25	119.2	0	0	0	0	W	34-7
09/29	at Packers	S	28	20	275	71.4	9.8	13.8	3	1	31	2/21	123.4	7	15	12	0	W	31-29
10/06	Jets	S	31	14	179	45.2	5.8	12.8	0	1	27	4/32	50.3	5	11	10	0	W	23-17
10/20	Lions	S	27	22	259	81.5	9.6	11.8	1	1	51	4/15	103.5	4	39	19	0	L	29-31
10/24	at Rams	S	25	18	240	72.0	9.6	13.3	2	0	27	3/28	128.8	3	6	5	0	L	20-30
11/03	Colts	S	34	28	290	82.4	8.5	10.4	3	2	41	4/30	107.1	4	14	11	0	W	21-13
11/10	at Jaguars	S	38	24	241	63.2	6.3	10.0	0	3	28	1/8	48.2	7	28	11	0	W	12-7
11/17	at Titans	S	32	20	246	62.5	7.7	12.3	2	0	47t	2/10	107.0	8	18	6	1	W	23-13
11/24	at Bears	S	34	22	330	64.7	9.7	15.0	2	0	69	3/16	116.1	2	-1	1	0	W	30-27+
12/01	Cardinals	S	31	21	235	67.7	7.6	11.2	2	0	30	5/30	111.6	4	22	12	0	W	23-22
12/08	Falcons	S	28	22	347	78.6	12.4	15.8	5	0	52t	4/29	157.9	4	7	5	0	W	42-21
12/16	Bears	S	40	24	231	60.0	5.8	9.6	1	1	21	2/16	74.1	0	0	0	0	W	30-12
12/22	at Seahawks	S	35	22	246	62.9	7.0	11.2	3	0	39t	3/29	112.3	5	11	9	0	W	27-24
12/29	Packers	S	43	33	377	76.7	8.8	11.4	3	1	37	1/5	116.1	3	-3	-1	0	W	27-25
01/05	at Lions	S	41	18	166	43.9	4.0	9.2	0	0	31	2/24	55.5	3	10	9	0	L	9-31
2024 TOTALS		**17-17**	**545**	**361**	**4,319**	**66.2**	**7.9**	**12.0**	**35**	**12**	**97T**	**48/335**	**102.5**	**67**	**212**	**19**	**1**	**14-3**	

+ - Overtime

SAM DARNOLD'S 2023 GXG REGULAR-SEASON STATISTICS (49ERS)

			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 Steelers	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	2	-2	-1	0	W	30-7
09/17	at Rams							DID NOT PLAY (NON-INJURY)										W	30-23
09/21	Giants	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	1	-1	-1	0	W	30-12
10/01	Cardinals	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	1	-1	-1	0	W	35-16
10/08	Cowboys	P	1	1	1	100.0	1.0	1.0	0	0	1	0/0	79.2	1	-1	-1	0	W	42-10
10/15	at Browns							DID NOT PLAY (NON-INJURY)										L	17-19
10/23	at Vikings							DID NOT PLAY (NON-INJURY)										L	17-22
10/29	Bengals							DID NOT PLAY (NON-INJURY)										L	17-31
11/12	at Jaguars	P	2	1	6	50.0	3.0	6.0	0	0	6	0/0	56.2	3	-3	-1	0	W	34-3
11/19	Buccaneers							DID NOT PLAY (NON-INJURY)										W	27-14
11/23	at Seahawks							DID NOT PLAY (NON-INJURY)										W	31-13
12/03	at Eagles	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	1	-1	-1	0	W	42-19
12/10	Seahawks							DID NOT PLAY (NON-INJURY)										W	28-16
12/17	at Cardinals	P	3	2	20	66.7	6.7	10.0	0	0	17	0/0	85.4	2	-2	-1	0	W	45-29
12/25	Ravens	P	14	8	81	57.1	5.8	10.1	1	1	24	2/20	67.9	1	9	9	0	L	19-33
12/31	at Commanders	P	0	0	0	0.0	0.0	0.0	0	0	0	1/6	0.0	2	-2	-1	0	W	27-10
01/07	Rams	S	26	16	189	61.5	7.3	11.8	1	0	48	3/14	96.5	7	19	9	1	L	20-21
2023 TOTALS		**10-1**	**46**	**28**	**297**	**60.9**	**6.5**	**10.6**	**2**	**1**	**48**	**6/40**	**85.1**	**21**	**15**	**9**	**1**	**12-5**	

SAM DARNOLD'S 2022 GXG REGULAR-SEASON STATISTICS (PANTHERS)

			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
09/11	Browns								INJURED RESERVE									L	24-26
09/18	at Giants								INJURED RESERVE									L	16-19
09/25	Saints								INJURED RESERVE									W	22-14
10/02	Cardinals								INJURED RESERVE									L	16-26
10/09	49ers								INJURED RESERVE									L	15-37
10/16	at Rams								INJURED RESERVE									L	10-24
10/23	Buccaneers								INJURED RESERVE									W	21-3
10/30	at Falcons								INJURED RESERVE									L	34-37+
11/06	at Bengals								DID NOT PLAY									L	21-42
11/10	Falcons								INACTIVE									W	25-15
11/20	at Ravens								DID NOT PLAY (NON-INJURY)									L	3-13
11/27	Broncos	S	19	11	164	57.9	8.6	14.9	1	0	52	0/0	103.8	3	3	2t	1	W	23-10
12/11	at Seahawks	S	24	14	120	58.3	5.0	8.6	1	0	18	2/15	85.4	4	30	26	0	W	30-24
12/18	Steelers	S	23	14	225	60.9	9.8	16.1	1	0	45	4/37	108.1	2	2	3	0	L	16-24
12/24	Lions	S	22	15	250	68.2	11.4	16.7	1	0	47	0/0	121.4	6	19	13	1	W	37-23
01/01	at Buccaneers	S	37	23	341	62.2	9.2	14.8	3	1	47	2/15	108.1	5	20	11	0	L	24-30
01/08	at Saints	S	15	5	43	33.3	2.9	8.6	0	2	21	2/11	2.8	6	32	13	0	W	10-7
2022 TOTALS		**6-6**	**140**	**82**	**1,143**	**58.6**	**8.2**	**13.9**	**7**	**3**	**52**	**10/78**	**92.6**	**26**	**106**	**26**	**2**	**7-10**	

+ - Overtime

SAM DARNOLD'S 2021 GXG REGULAR-SEASON STATISTICS (PANTHERS)

			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
09/12	Jets	S	35	24	279	68.6	8.0	11.6	1	0	57t	1/9	102.0	5	-1	5t	1	W	19-14
09/19	Saints	S	38	26	305	68.4	8.0	11.7	2	1	32	2/11	99.1	1	7	7	0	W	26-7
09/23	at Texans	S	34	23	304	67.6	8.9	13.2	0	0	30	3/14	95.7	8	11	5t	2	W	24-9
10/03	at Cowboys	S	39	26	301	66.7	7.7	11.6	2	2	55	5/35	85.5	6	35	14	2	L	28-36
10/10	Eagles	S	37	21	177	56.8	4.8	8.4	1	3	25	3/19	44.5	2	10	5	0	L	18-21
10/17	Vikings	S	41	17	207	41.5	5.0	12.2	1	1	41	4/19	55.6	4	48	30	0	L	28-34+
10/24	at Giants	S	25	16	112	64.0	4.5	7.0	0	1	21	3/12	57.4	0	0	0	0	L	3-25
10/31	at Falcons	S	24	13	129	54.2	5.4	9.9	0	0	23	0/0	69.6	8	66	20	0	W	19-13
11/07	Patriots	S	33	16	172	48.5	5.2	10.8	0	3	33	1/10	26.3	3	9	4	0	L	6-24
11/14	at Cardinals								INJURED RESERVE									W	34-10
11/21	Football Team								INJURED RESERVE									L	21-27
11/28	at Dolphins								INJURED RESERVE									L	10-33
12/12	Falcons								INJURED RESERVE									L	21-29
12/19	at Bills								INJURED RESERVE									L	14-31
12/26	Buccaneers	P	32	15	190	46.9	5.9	12.7	0	0	63	4/21	65.9	1	11	11	0	L	6-32
01/02	at Saints	S	26	17	132	65.4	5.1	7.8	0	1	21	7/42	61.7	2	7	6	0	L	10-18
01/09	at Buccaneers	S	42	29	219	69.0	5.2	7.6	2	1	20	2/12	87.3	8	19	6	0	L	17-41
2021 TOTALS		**12-11**	**406**	**243**	**2,527**	**59.9**	**6.2**	**10.4**	**9**	**13**	**63**	**35/204**	**71.9**	**48**	**222**	**30**	**5**	**5-12**	

+ - Overtime

SAM DARNOLD'S 2020 GXG REGULAR-SEASON STATISTICS (JETS)

			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
09/13	at Bills	S	35	21	215	60.0	6.1	10.2	1	1	69t	3/13	75.3	1	6	6	0	L	17-27
09/20	49ers	S	32	21	179	65.6	5.6	8.5	1	0	30t	1/6	90.5	2	7	8	0	L	13-31
09/27	at Colts	S	29	17	168	58.6	5.8	9.9	1	3	28	2/17	47.0	5	20	8	0	L	7-36
10/01	Broncos	S	42	23	230	54.8	5.5	10.0	0	0	35	6/54	70.5	6	84	46t	1	L	28-37
10/11	Cardinals								ON INACTIVE LIST									L	10-30
10/18	at Dolphins								ON INACTIVE LIST									L	0-24
10/25	Bills	S	23	12	120	52.2	5.2	10.0	0	2	22	6/29	31.1	0	0	0	0	L	10-18
11/01	at Chiefs	S	30	18	133	60.0	4.4	7.4	0	0	27	1/5	70.6	4	21	6	0	L	9-35
11/09	Patriots								ON INACTIVE LIST									L	27-30
11/22	at Chargers								ON INACTIVE LIST									L	28-34
11/29	Dolphins	S	27	16	197	59.3	7.3	12.3	0	2	37	3/24	51.0	2	9	5	0	L	3-20
12/06	Raiders	S	23	14	186	60.9	8.1	13.3	2	1	25	3/16	97.4	3	26	17	1	L	28-31
12/13	at Seahawks	S	26	14	132	53.8	5.1	9.4	0	0	34	3/16	68.1	1	3	3	0	L	3-40
12/20	at Rams	S	31	22	207	71.0	6.7	9.4	1	0	24	2/11	99.8	5	18	12	0	W	23-20
12/27	Browns	S	32	16	175	50.0	5.5	10.9	2	0	30t	2/16	87.4	7	20	11	0	W	23-16
01/03	at Patriots	S	34	23	266	67.6	7.8	11.6	1	2	53	3/27	76.3	1	3	3	0	L	14-28
2020 TOTALS		**12-12**	**364**	**217**	**2,208**	**59.6**	**6.1**	**10.2**	**9**	**11**	**69T**	**35/234**	**72.7**	**37**	**217**	**46T**	**2**	**2-14**	

SAM DARNOLD'S 2019 GXG REGULAR-SEASON STATISTICS (JETS)

			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
09/08	Bills	S	41	28	175	68.3	4.3	6.3	1	0	19	4/20	84.9	1	0	0	0	L	16-17
09/16	Browns								ON INACTIVE LIST									L	3-23
09/22	at Patriots								ON INACTIVE LIST									L	14-30
10/06	at Eagles								ON INACTIVE LIST									L	6-31
10/13	Cowboys	S	32	23	338	71.9	10.6	14.7	2	1	92t	2/12	113.8	5	1	3	0	W	24-22
10/21	Patriots	S	32	11	86	34.4	2.7	7.8	0	4	20	1/13	3.6	2	-1	0	0	L	0-33
10/27	at Jaguars	S	30	21	218	70.0	7.3	10.4	2	3	24t	8/51	73.3	1	-1	-1	0	L	15-29
11/03	at Dolphins	S	39	27	260	69.2	6.7	9.6	1	1	22	3/22	85.4	2	1	1	0	L	18-26
11/10	Giants	S	30	19	230	63.3	7.7	12.1	1	0	47	2/12	97.9	3	25	24	1	W	34-27
11/17	at Redskins	S	30	19	293	63.3	9.8	15.4	4	1	45	2/8	121.2	2	-3	-1	0	W	34-17
11/24	Raiders	S	29	20	315	69.0	10.9	15.8	2	0	69	1/2	127.8	4	16	8	1	W	34-3
12/01	at Bengals	S	48	28	239	58.3	5.0	8.5	0	0	20	4/30	71.4	2	9	7	0	L	6-22
12/08	Dolphins	S	36	20	270	55.6	7.5	13.5	2	1	39	1/8	86.6	3	3	4	0	W	22-21
12/12	at Ravens	S	32	18	218	56.3	6.8	12.1	2	1	41	1/11	85.2	1	11	11	0	L	21-42
12/22	Steelers	S	26	16	183	61.5	7.0	11.4	1	0	32	2/9	95.5	4	3	4	0	W	16-10
12/29	at Bills	S	36	23	199	63.9	5.5	8.7	1	1	24	2/14	76.0	3	-2	0	0	W	13-6
2019 TOTALS		**13-13**	**441**	**273**	**3,024**	**61.9**	**6.9**	**11.1**	**19**	**13**	**92T**	**33/212**	**84.3**	**33**	**62**	**24**	**2**	**7-9**	

SAM DARNOLD'S 2018 GXG REGULAR-SEASON STATISTICS (JETS)

			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 Lions	S	21	16	198	76.2	9.4	12.4	2	1	41t	2/18	116.8	6	-1	6	0	W	48-17
09/16	Dolphins	S	41	25	334	61.0	8.1	13.4	1	2	44	3/14	74.6	2	1	1	0	L	12-20
09/20	at Browns	S	31	15	169	48.4	5.5	11.3	0	2	25	2/8	38.2	0	0	0	0	L	17-21
09/30	at Jaguars	S	34	17	167	50.0	4.9	9.8	1	0	42	3/23	74.0	2	8	5	0	L	12-31
10/07	Broncos	S	22	10	198	45.5	9.0	19.8	3	1	76t	1/9	98.1	3	5	3	0	W	34-16
10/14	Colts	S	30	24	280	80.0	9.3	11.7	2	1	32t	2/13	113.9	6	8	6	0	W	42-34
10/21	Vikings	S	42	17	206	40.5	4.9	12.1	1	3	35	3/14	34.4	6	18	10	1	L	17-37
10/28	at Bears	S	29	14	153	48.3	5.3	10.9	1	0	29	1/3	75.8	5	22	13	0	L	10-24
11/04	at Dolphins	S	39	21	229	53.8	5.9	10.9	0	4	28	4/27	31.8	0	0	0	0	L	6-13
11/11	Bills								ON INACTIVE LIST									L	10-41
11/25	Patriots								ON INACTIVE LIST									L	13-27
12/02	at Titans								ON INACTIVE LIST									L	22-26
12/09	at Bills	S	24	16	170	66.7	7.1	10.6	1	1	37	0/0	83.7	4	10	9	0	W	27-23
12/15	Texans	S	38	24	253	63.2	6.7	10.5	2	0	26	3/25	100.0	6	35	14	0	L	22-29
12/23	Packers	S	35	24	341	68.6	9.7	14.2	3	0	33t	2/18	128.4	3	4	3	0	L	38-44+
12/30	at Patriots	S	28	16	167	57.1	6.0	10.4	0	0	25	4/32	74.6	1	28	28	0	L	3-38
2018 TOTALS		**13-13**	**414**	**239**	**2,865**	**57.7**	**6.9**	**12.0**	**17**	**15**	**76T**	**30/204**	**77.6**	**44**	**138**	**28**	**1**	**4-12**	

+ - Overtime

4 | PUNTER
MICHAEL DICKSON

Height: 6-2	**Weight:** 208
College:	Texas
Seasons:	NFL : 8th, Seahawks 8th
Born:	January 4, 1996
Hometown:	Sydney, Australia

AP 1ST TEAM '18

PRO BOWL '18

2025 SEASON:

• Dickson's 48.2 career punt average ranks fourth in NFL history and 42.9 career net average ranks first in franchise history.

TRANSACTIONS:

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

NFL CAREER HIGHLIGHTS:

• His 49.4 punt average in 2024 ranks third in franchise history for a single season. Facing Buffalo (10/27/24), set a franchise record with a 61.3 punting average (four punts for 245 yards). Finished with the third-best net average of his career (52.5), while adding the third-longest punt (68 yards).

• Set a single-season franchise record with a 50.0-yard punt average in 2023. Set career high with a 59.0 average on four punts, including a career-long 73-yarder vs. L.A. Rams (9/10/23). At Dallas (11/30/23), joined Dallas punter Bryan Anger as Seattle and Dallas became the sixth game (five regular season, one postseason) in NFL history without a punt.

• Ranked second in the NFL with a 44.4 net punting average in 2022, and passed Rick Tuten for second place on Seattle's all-time punts inside the 20 list.

• Led the NFL in 2021 with a club-record 40 punts downed inside the 20 and passed Jeff Feagles for third-place on Seattle's all-time punts inside the 20 list with 134.

• In 2020, 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.

HONORS: 2025: Named to the Top 50 Players in franchise history; 2020: NFC Special Teams Player of the Week 2 & 15. 2018: Associated Press First-Team All-Pro, Sporting News All-Pro, PFWA All-NFL Team, PFWA All-Rookie Team, NFC Pro Bowl, NFC Special Teams Player of the Month for November, NFC Special Teams Player of the 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	I20	LG
9/22/19	SEA vs. NO	L	P	4	165	41.3	0	1	59
10/25/21	SEA vs. NO	L	P	5	242	48.4	1	3	65
10/9/22	SEA @ NO	L	P	5	233	46.6	0	2	55
TOTALS		**0/3**	**3/0**	**14**	**640**	**45.7**	**1**	**6**	**65**

MICHAEL DICKSON'S NFL REGULAR SEASON PUNTING STATISTICS

DATE	TEAM	GP	NO.	YDS.	AVG.	OPP. RET.	OPP. YDS.	NET YDS.	NET AVG.	TB	IN20	LG	BK
2018	Seahawks	16	78	3,759	48.2	36	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	17	83	3,895	46.9	32	234	3,461	41.7	10	40	68	0
2022	Seahawks	17	66	3,199	48.5	35	207	2,932	44.4	3	22	68	0
2023	Seahawks	17	66	3,303	50.0	34	232	2,911	44.1	8	25	73	0
2024	Seahawks	17	76	3,756	49.4	31	284	3,292	43.3	9	31	68	0
2025	Seahawks	2	9	434	48.2	4	39	375	41.7	1	4	58	0
NFL TOTALS		**118**	**513**	**24,715**	**48.2**	**234**	**1,712**	**22,063**	**42.9**	**47**	**216**	**73**	**1**

MICHAEL DICKSON'S NFL POSTSEASON PUNTING STATISTICS

DATE	TEAM	GP	NO.	YDS.	AVG.	OPP. RET.	OPP. YDS.	NET YDS.	NET 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
2022	Seahawks	1	4	194	48.5	1	16	178	44.5	0	1	60	0
NFL TOTALS		**5**	**26**	**1,325**	**51.0**	**9**	**111**	**1,154**	**44.4**	**3**	**9**	**71**	**0**

ADDITIONAL STATS

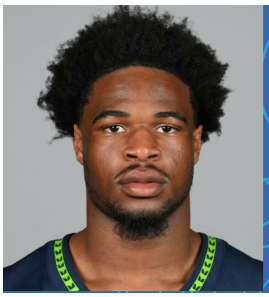
Rushing: 2018 (Rushed once for 9 yards). **Career:** Rushed once for 9 yards.
Special Teams Tackles: 2020 (1), 2024 (1); **Career: 2.**

MICHAEL DICKSON'S SINGLE-GAME HIGHS: PUNTER

Punts	8 at Washington Football Team, Nov 29, 2021 ...5 more at 8.	**Inside the 20**	5 at Philadelphia Eagles, Nov 24, 2019
Gross Punting Yards	426 at San Francisco 49ers, Dec 16, 2018	**Rush Attempts**	1 vs. Arizona Cardinals, Oct 16, 2022 ...2 more at 1.
Gross Punting Avg	61.3 vs. Buffalo Bills, Oct 27, 2024	**Rushing Yards**	9 at Detroit Lions, Oct 28, 2018
Net Punting Yards	392 at Washington Football Team, Nov 29, 2021	**Longest Runs**	9 at Detroit Lions, Oct 28, 2018
Net Punting Avg	57.5 at Denver Broncos, Sep 09, 2018	**Special Teams Tackles**	1 at San Francisco 49ers, Jan 03, 2021
Longest Punts	73 vs. Los Angeles Rams, Sep 10, 2023		

MICHAEL DICKSON'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT		NO.	YDS.	AVG.	OPP. RET.	OPP. YDS.	NET YDS.	AVG	TB	IN20	LG	BK	W/L	SCORE
09/07	49ers	P	5	259	51.8	4	39	220	44.0	0	2	58	0	L	13-17
09/14	at Steelers	P	4	175	43.8	0	0	155	38.8	1	2	52	0	W	31-17
2025 TOTALS		**2**	**9**	**434**	**48.2**	**4**	**39**	**375**	**41.7**	**1**	**4**	**58**	**0**	**1-1**	



3 | SAFETY
NICK EMMANWORI

Height: 6-3 **Weight: 220**
College: South Carolina
Season: Rookie
Born: February 7, 2004
Hometown: Irmo, S.C.
Pronunciation: EE-man-WOR-ee

2025 SEASON:

09/07/25 vs. SF: Left game in first quarter due to injury (ankle) and did not return.

09/14/25 at Pit: Inactive (ankle).

TRANSACTIONS:

04/25/25: Drafted by Seattle (2nd round, 35th overall)

COLLEGE: Three-year player who began his career as a Freshman All-American in 2022 and capped his career as a first-team All-American in 2024. Appeared in 37 games with 36 starts over a three-year career and credited with 244 career tackles and six interceptions, returning two for touchdowns. Earned first-team All-America honors according to AP, Sporting News, Reese's Senior Bowl and College FB Nation, and was a second-team selection by FAA, SI.com, CBS Sports and Phil Steele. Was a unanimous first-team All-SEC selection. Was a finalist for the 2024 Blanchard-Rogers Trophy, a semifinalist for the Jim Thorpe Award. College Football Nation selected him as its Safety of the Year, SEC Player of the Year, SEC Defensive Player of the Year and SEC Safety of the Year. Started all 13 games during his junior year and led the team with 88 tackles (57 solo) and 3.0 tackles for loss. Had four interceptions, tying for fourth in the SEC. One of three players in the country to return two interceptions for touchdowns and ranked eighth in the nation with 107 interception return yards.

PERSONAL: Graduated from Irmo (S.C.) High School in 2022. Played all over on defense, but primarily at middle linebacker. Earned first-team All-State 4A honors and led the Yellow Jackets to the semifinals as a senior. Selected for the Shrine Bowl and the Touchstone Energy Cooperatives Bowl. Credited with 232 tackles, four sacks and eight forced fumbles as a senior. Was an all-state selection as a junior when he collected 100 tackles, eight tackles for loss, two interceptions, a forced fumble and three sacks in nine games. Ranked as the sixth-best player in the Palmetto State by Rivals and 247Sports.

NICK EMMANWORI'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
2025	Seahawks	1	0	1	1	0	1	2	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**	**1**	**1**	**0**	**1**	**2**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

24 | CORNERBACK
SHAQUILL GRIFFIN

Height: 6-0	**Weight: 198**
College:	**Central Florida**
Seasons:	**NFL : 9th, Seahawks 5th**
Born:	**July 20, 1995**
Hometown:	**St. Petersburg, Fla.**
Pronunciation:	**shuh-KEEL**

PRO BOWL '19

2025 SEASON:

09/07/25 vs. SF: Activated from the practice squad (standard elevation) but did not play.

TRANSACTIONS:

04/28/17: Drafted by Seattle (3rd round, 90th)
03/06/21: Signed by Jacksonville as a UFA
05/22/23: Signed by Houston as a UFA
11/29/23: Released by Houston
11/30/23: Signed by Carolina as a UFA
03/20/24: Signed by Minnesota as a UFA
07/02/25: Signed by Seattle as a UFA
08/27/25: Released by Seattle
08/28/25: Signed to Seattle's PS
09/06/25: Gameday activation
09/08/25: Reverted to Seattle's PS
09/11/25: Signed to active roster

NFL CAREER HIGHLIGHTS:

• Played in all 17 games with Minnesota in 2024, making three starts, and recorded 41 total tackles, including one for loss, two interceptions and six passes defensed.

• Played with Houston and Carolina in 2023, starting six of the 10 games he played while with Houston, registering 33 total tackles, one interception and four passes defensed; also played three games with Carolina, including one start, six total tackles and a pass defensed.

• Was voted a team captain in his first season with Jacksonville (2021) totalling 49 total tackles (36 solo), seven passes defensed and one forced fumble started all five games he appeared in, in 2022, registering 29 total tackles, including three for loss, and four passes defensed.

• Started all 14 games played in 2019 and was named to his first Pro Bowl as an injury replacement after recording 65 tackles (45 solo) and 13 passes defensed on the season.

• Started 11 of 15 games played his rookie season and recorded his first-career interception vs. Arizona (12/31/17).

COLLEGE: In four seasons, Griffin played in 46 career games and totaled 125 tackles, 36 passes defended and seven interceptions. He also ran two picks back for touchdowns and blocked one kick as a Knight.

PERSONAL: Coached by Cory Moore at Lakewood High, which advanced to the 2012 5A regional semifinals. Received three stars from Rivals and ESPN. Ranked as the No. 57 cornerback in the nation by Rivals, and No. 104 by ESPN. Earned a spot on the 2012 class 5A all-state first team. Recorded three interceptions with 44 tackles, 12 break ups, three forced fumbles and scored five touchdowns for the Spartans in 2012. With twin brother Shaquem, started their own track club in St. Petersburg. Was born a minute before Shaquem, who he played with at Central Florida.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC		
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
9/22/19	SEA vs. NO	L	S	2	1	1	0.0	0.0	0	0	1	0	0	0	0
10/15/23	HST vs. NO	W	S	6	4	2	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**1/1**	**2/2**	**8**	**5**	**3**	**0.0**	**0.0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**

SHAQUILL GRIFFIN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

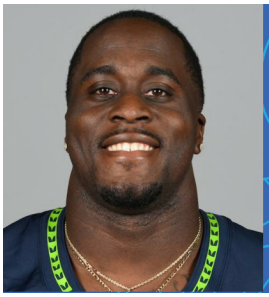
				TACKLES								INTERCEPTIONS					FUMBLES				ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2017	Seahawks	15	11	58	50	8	2	7	1.0	5.0	1	1	0	0	0	15	0	0	0	0	1	0	1	0	0
2018	Seahawks	16	16	62	55	7	3	6	0.0	0.0	0	2	8	8	0	8	0	0	0	0	0	0	0	0	0
2019	Seahawks	14	14	65	45	20	2	2	0.0	0.0	0	0	0	0	0	13	0	0	0	0	0	0	0	0	0
2020	Seahawks	12	12	63	53	10	2	2	0.0	0.0	0	3	20	16	0	12	0	0	0	0	0	0	0	0	0
2021	Jaguars	14	14	49	36	13	0	0	0.0	0.0	2	0	0	0	0	7	1	0	0	0	0	0	0	0	0
2022	Jaguars	5	5	29	23	6	3	4	0.0	0.0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0
2023	Texans	10	6	33	24	9	0	0	0.0	0.0	0	1	0	0	0	4	0	0	0	0	0	0	0	0	0
2023	Panthers	3	1	6	5	1	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
2023	TOTAL	13	7	39	29	10	0	0	0.0	0.0	0	1	0	0	0	5	0	0	0	0	0	0	0	0	0
2024	Vikings	17	3	41	33	8	1	2	0.0	0.0	0	2	28	28	0	6	0	0	0	0	0	0	0	0	0
2025	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		**107**	**82**	**406**	**324**	**82**	**13**	**23**	**1.0**	**5.0**	**3**	**9**	**56**	**28**	**0**	**70**	**1**	**0**	**0**	**0**	**1**	**0**	**1**	**0**	**0**

SHAQUILL GRIFFIN'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
2018	Seahawks	1	1	4	4	0	0	0	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	7	5	2	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
2020	Seahawks	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
2022	Jaguars	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
2024	Vikings	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
NFL TOTALS		**5**	**4**	**13**	**11**	**2**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

SHAQUILL GRIFFIN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	11 vs. Dallas Cowboys, Sep 27, 2020
Solo Tackles	11 vs. Dallas Cowboys, Sep 27, 2020
Sacks	1.0 at Dallas Cowboys, Dec 24, 2017
Passes Defensed	3 at Green Bay Packers, Sep 29, 2024 ...5 more at 3.
Forced Fumbles	1 vs. Buffalo Bills, Nov 07, 2021
Tackles For Loss	2 at Indianapolis Colts, Oct 16, 2022
Interceptions	2 at Chicago Bears, Sep 17, 2018
Interception Return Yards	16 at Miami Dolphins, Oct 04, 2020
Special Teams Tackles	1 at Tennessee Titans, Sep 24, 2017



58 | LINEBACKER
DERICK HALL

Height: 6-3	**Weight: 260**
College:	**Auburn**
Seasons:	**NFL : 3rd, Seahawks 3rd**
Born:	**March 19, 2001**
Hometown:	**Gulfport, Miss.**

TRANSACTIONS:

04/28/23: Drafted by Seattle (2nd round, 37th overall)

NFL CAREER HIGHLIGHTS:

• Set career highs in tackles (36), sacks (8.0), quarterback hits (20), forced fumbles (2), fumble recoveries (1), and scored his first NFL touchdown (36-yard fumble recovery at Atlanta, 10/20/24) in 2024.

• During his rookie year in 2023, posted 30 tackles (15 solo), five quarterback hits and added eight special teams tackles (5th on team).

COLLEGE: Was a two-year starter his final two seasons for the Tigers and started 31 of 47 games played in his career. Totaled 147 tackles (98 solo), 29.5 tackles for loss, 19.0 sacks and five forced fumbles. In his final season, was named first-team All-SEC by the coaches. Won the national Freddie Solomon Community Spirit Award. Posted a career-high 9.0 sacks in 2021 when he was named second-team All-SEC, and had 6.5 in 2022.

PERSONAL: Attended Gulfport High. Recorded 83 tackles as a senior for the Admirals. Played in the Under Armour All-American Game, named to the Sun-Herald All-South Mississippi first-team and rated among the top 10 prospects in the state of Mississippi. Also played basketball and was a state finalist in the 200 meters in track. Enjoys fishing and hunting. Born four months premature, and was not breathing. “He was actually born dead,” said his mother, Stacy Gooden. Was so small, he could fit in her hand. On life support for a week, had bleeding in his brain. Had severe asthma, and was hospitalized for weeks at a time. Still has smaller lungs than expected for someone his age but no longer relies on a rescue inhaler. Majored in business.

DERICK HALL'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
2023	Seahawks	17	0	30	15	15	3	4	0.0	0.0	5	0	0	0	0	1	0	0	0	0	8	3	5	0	0	0	0
2024	Seahawks	17	14	36	20	16	6	46	8.0	41.0	20	0	0	0	0	0	2	1	1	36	1	0	1	0	0	0	0
2025	Seahawks	2	0	3	1	2	0	0	0.0	0.0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**36**	**14**	**69**	**36**	**33**	**9**	**50**	**8.0**	**41.0**	**29**	**0**	**0**	**0**	**0**	**1**	**2**	**1**	**1**	**36**	**9**	**3**	**6**	**0**	**0**	**0**	**0**

DERICK HALL'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	6 vs. New York Giants, Oct 06, 2024	**Fumble Recoveries**	1 at Atlanta Falcons, Oct 20, 2024
Solo Tackles	4 vs. New York Giants, Oct 06, 2024	**Tackles For Loss**	1 at Chicago Bears, Dec 26, 2024
	...1 more at 4.		...8 more at 1.
Sacks	2.0 vs. Miami Dolphins, Sep 22, 2024	**Special Teams Tackles**	1 at Los Angeles Rams, Jan 05, 2025
Passes Defensed	1 vs. Carolina Panthers, Sep 24, 2023		...8 more at 1.
Forced Fumbles	1 vs. Miami Dolphins, Sep 22, 2024	**Longest Opp Fumble Return**	36 at Atlanta Falcons, Oct 20, 2024

36 | RUNNING BACK
GEORGE HOLANI

Height: 5-10	**Weight: 208**
College:	**Boise State**
Seasons:	**NFL : 2nd, Seahawks 2nd**
Born:	**December 16, 1999**
Hometown:	**Bellflower, Calif.**
Pronunciation:	**ho-LAH-nee**

2025 SEASON:

• Recovered a kickoff in the end zone (at Pit, 09/14/25), marking the sixth time in NFL history and third since the 1970 merger (1984, 2017 seasons), to record a kickoff recovery in the end zone.

TRANSACTIONS:

05/03/24: Signed by Seattle as a UDFA
08/27/24: Released by Seattle
08/28/24: Signed to Seattle's PS
09/14/24: Gameday Activation
09/16/24: Reverted to Seattle's PS
09/24/24: Placed on PS/IR (ankle)
11/27/24: Restored to PS
12/07/24: Gameday Activation
12/09/24: Reverted to Seattle's PS
12/14/24: Gameday Activation
12/16/24: Reverted to Seattle's PS
12/26/24: Signed to active roster

NFL CAREER HIGHLIGHTS:

• Spent time on Seattle's practice squad a majority of the 2024 season, being elevated three times, before signing to the team's active roster. Played in five games primarily on special teams.

COLLEGE: Started 36 of 48 games played for the Broncos, and was the Mountain West Conference Freshman of the Year in 2019. Also a two-time All-Mountain West second-team selection and a three-time Academic All Mountain West selection (2021-23). Finished career with 3,596 rushing yards (fifth in program history), 685 career rushing attempts (fifth in program history). Started seven of eight games during his injury-shortened final season in 2023. Finished third in the Mountain West with 1,157 rushing yards and third with 13 total touchdowns after starting all 13 games played in 2022. Was named to the All-Mountain West second-team and Freshman of the Year in 2019 after playing in all 14 games and starting the final seven. Finished the season with 1,014 yards, scoring 10 total touchdowns on the year (seven rush, three receiving), and caught 26 passes for 206 yards.

PERSONAL: Prepped at St. John Bosco High and was a four-star recruit according to ESPN and 247Sports. Rated No. 17 nationally at his position by 247Sports, and No. 24 by ESPN. Rushed 136 times for 1,172 (8.6 avg.) yards and 18 touchdowns as a senior. Also caught 13 passes for 238 yards and seven scores. As a junior, picked up 1,152 yards and 14 touchdowns on 167 carries en route to All-CIF Southern Section Division I and first-team All-Trinity League honors.

GEORGE HOLANI'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2024	Seahawks	5	0	3	10	3.3	8	0	1	-1	-1.0	-1	0
2025	Seahawks	2	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**7**	**0**	**3**	**10**	**3.3**	**8**	**0**	**1**	**-1**	**-1.0**	**0**	**0**

GEORGE HOLANI'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2024	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2025	Seahawks	5	133	26.6	32	0	0	0	0	0.0	0	0
NFL TOTALS		**5**	**133**	**26.6**	**32**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

GEORGE HOLANI'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	3 vs. Green Bay Packers, Dec 15, 2024	**Kickoff Return Yards**	133 at Pittsburgh Steelers, Sep 14, 2025
Rushing Yards	10 vs. Green Bay Packers, Dec 15, 2024	**Longest Kickoff Return**	32 at Pittsburgh Steelers, Sep 14, 2025
Longest Runs	8 vs. Green Bay Packers, Dec 15, 2024	**Kickoff Return Average**	26.6 at Pittsburgh Steelers, Sep 14, 2025
All-Purpose Yards	133 at Pittsburgh Steelers, Sep 14, 2025	**Scrimmage Yards**	10 vs. Green Bay Packers, Dec 15, 2024
Kickoff Returns	5 at Pittsburgh Steelers, Sep 14, 2025		

ADDITIONAL STATS

Special Teams Tackles: 2024 (1); **Career**: 1.

GEORGE HOLANI'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/07	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-17
09/14	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-17
2025 TOTALS		**2-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-1**	

GEORGE HOLANI'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos						PRACTICE SQUAD						W	26-20
09/15	at Patriots						PRACTICE SQUAD						W	23-20+
09/22	Dolphins						PRACTICE SQUAD						W	24-3
09/30	at Lions						PRACTICE SQUAD/INJURED RESERVE						L	29-42
10/06	Giants						PRACTICE SQUAD/INJURED RESERVE						L	20-29
10/10	49ers						PRACTICE SQUAD/INJURED RESERVE						L	24-36
10/20	at Falcons						PRACTICE SQUAD/INJURED RESERVE						W	34-14
10/27	Bills						PRACTICE SQUAD/INJURED RESERVE						L	10-31
11/03	Rams						PRACTICE SQUAD/INJURED RESERVE						L	20-26+
11/17	at 49ers						PRACTICE SQUAD/INJURED RESERVE						W	20-17
11/24	Cardinals						PRACTICE SQUAD/INJURED RESERVE						W	16-6
12/01	at Jets						PRACTICE SQUAD						W	26-21
12/08	at Cardinals						PRACTICE SQUAD						W	30-18
12/15	Packers	P	3	10	3.3	8	0	0	0	0.0	0	0	L	13-30
12/22	Vikings						PRACTICE SQUAD						L	24-27
12/26	at Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	W	6-3
01/05	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-25
2024 TOTALS		**3-0**	**3**	**10**	**3.3**	**8**	**0**	**0**	**0**	**0.0**	**0**	**0**	**10-7**	

+ - Overtime

GEORGE HOLANI'S 2025 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
09/07	49ers	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	13-17
09/14	at Steelers	P	5	133	26.6	32	0	0	0	0	0.0	0	0	W	31-17
2025 TOTALS		**2-0**	**5**	**133**	**26.6**	**32**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-1**	

GEORGE HOLANI'S 2024 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	Broncos						PRACTICE SQUAD						W	26-20
09/15	at Patriots						PRACTICE SQUAD						W	23-20+
09/22	Dolphins						PRACTICE SQUAD						W	24-3
09/30	at Lions						PRACTICE SQUAD/INJURED RESERVE						L	29-42
10/06	Giants						PRACTICE SQUAD/INJURED RESERVE						L	20-29
10/10	49ers						PRACTICE SQUAD/INJURED RESERVE						L	24-36
10/20	at Falcons						PRACTICE SQUAD/INJURED RESERVE						W	34-14
10/27	Bills						PRACTICE SQUAD/INJURED RESERVE						L	10-31
11/03	Rams						PRACTICE SQUAD/INJURED RESERVE						L	20-26+
11/17	at 49ers						PRACTICE SQUAD/INJURED RESERVE						W	20-17
11/24	Cardinals						PRACTICE SQUAD/INJURED RESERVE						W	16-6
12/01	at Jets						PRACTICE SQUAD						W	26-21
12/08	at Cardinals						PRACTICE SQUAD						W	30-18
12/15	Packers	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	13-30
12/22	Vikings						PRACTICE SQUAD						L	24-27
12/26	at Bears	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	6-3
01/05	at Rams	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	30-25
2024 TOTALS		**3-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**10-7**	

+ - Overtime

15 | WIDE RECEIVER
TORY HORTON

Height: 6-2	**Weight: 196**
College:	**Colorado State**
Season:	**Rookie**
Born:	**November 29, 2002**
Hometown:	**Fresno, Calif.**

2025 SEASON:

• 10th player in franchise history to record a touchdown on his first career catch.

09/14/25 at Pit: Hauled in first-career TD pass, a 21-yarder on Seattle's opening drive. This was Seattle's first opening drive TD since Week 14, 2023 (22 games). Horton became the 10th player in franchise history to record a touchdown on his first career catch.

TRANSACTIONS:

04/26/25: Drafted by Seattle (5th round, 166th overall)

COLLEGE: Two-time team captain (2023-24) for Colorado State, where he spent three seasons and starting 29 of 30 games played. Started in five of the first six games of the season of 2024 before suffering a leg injury that cut his season short. Finished his career 30 yards shy of the all-time receiving record at Colorado State and 35 yards off the Mountain West record. In 2023, led the team with 96 receptions for 1,136 yards and eight touchdowns. Recorded 10 total touchdowns including one passing and one punt return touchdown. Had a season best of 227 yards and three touchdowns in a win against Utah Tech. In his first season in Forth Collins, finished with 71 catches for 1,131 and eight touchdowns. Before Colorado State, spent two seasons at Nevada where he appeared in 21 games and totaled 72 receptions for 995 yards and 10 touchdowns.

PERSONAL: Prepped at Washington Union where he was a three-sport standout in football, basketball, and baseball. Named league MVP and first team selection as a senior. Sister, Jeane, plays volleyball professionally overseas after a highly decorated, All-American career at UTEP. Brother, Tyler, was a two-time, first-team All-Mountain West cornerback at Boise State.

TORY HORTON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2025	Seahawks	2	0	2	32	16.0	21t	1	0	0	0.0	0	0
NFL TOTALS		**2**	**0**	**2**	**32**	**16.0**	**21T**	**1**	**0**	**0**	**0.0**	**0**	**0**

TORY HORTON'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2025	Seahawks	0	0	0.0	0	0	3	2	42	14.0	22	0
NFL TOTALS		**0**	**0**	**0.0**	**0**	**0**	**3**	**2**	**42**	**14.0**	**22**	**0**

TORY HORTON'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Receptions	2 at Pittsburgh Steelers, Sep 14, 2025	**Punt Return Yards**	30 at Pittsburgh Steelers, Sep 14, 2025
Receiving Yards	32 at Pittsburgh Steelers, Sep 14, 2025	**Longest Punt Return**	22 at Pittsburgh Steelers, Sep 14, 2025
Longest Receptions	21t at Pittsburgh Steelers, Sep 14, 2025	**Punt Returns**	2 at Pittsburgh Steelers, Sep 14, 2025
All-Purpose Yards	62 at Pittsburgh Steelers, Sep 14, 2025	**Most TDs**	1 at Pittsburgh Steelers, Sep 14, 2025
Fair Catches	1 at Pittsburgh Steelers, Sep 14, 2025	**Scrimmage Yards**	32 at Pittsburgh Steelers, Sep 14, 2025
	...1 more at 1.		

TORY HORTON'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/07	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-17
09/14	at Steelers	P	2	32	16.0	21t	1	0	0	0.0	0	0	W	31-17
2025 TOTALS		**2-0**	**2**	**32**	**16.0**	**21T**	**1**	**0**	**0**	**0.0**	**0**	**0**	**1-1**	

TORY HORTON'S 2025 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
09/07	49ers	P	0	0	0.0	0	0	1	1	12	12.0	12	0	L	13-17
09/14	at Steelers	P	0	0	0.0	0	0	2	1	30	15.0	22	0	W	31-17
2025 TOTALS		**2-0**	**0**	**0**	**0.0**	**0**	**0**	**3**	**2**	**42**	**14.0**	**22**	**0**	**1-1**	

51 | LINEBACKER
JARED IVEY

Height: 6-6	**Weight: 274**
College:	**Mississippi**
Season:	**Rookie**
Born:	**December 5, 2001**
Hometown:	**Suwanee, Ga.**

TRANSACTIONS:

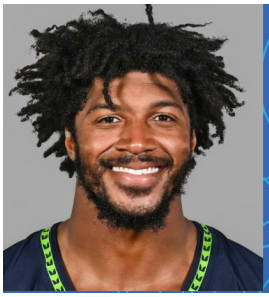
05/02/25: Signed by Seattle as a UDFA

COLLEGE: Wrapped up Ole Miss career with 125 total tackles (56 solo), 26.5 tackles for loss (153 yards), 16.0 sacks (115 yards), 17 quarterback hurries, five fumble recoveries, four pass breakups, three forced fumbles and one defensive touchdown in 38 games played and 30 starts. Finished Ole Miss career ninth in total sacks (16.0), and tied for 16th in total tackles for loss (26.5). Played in 12 games and started in 11 for the Rebels, helped anchor the best rush defense in the nation and one of the best defenses in Ole Miss history. Contributed to team school records in sacks (52) and tackles for loss (120), which both led the nation. Named third-team All-SEC in 2024 and first-team All-SEC and was the Peach Bowl Defensive MVP in 2023. Played in all 13 games with 12 starts as a key member of Mississippi's defensive line. Led team with 11.5 tackles for loss and tied for team lead with 5.5 sacks. Combined with his time at Georgia Tech, owns a total career line of 165 tackles (80 solo), 33.5 tackles for loss, 17.5 sacks, 22 quarterback hurries, five passes defensed, five fumble recoveries, four forced fumbles and one defensive touchdown in 58 games played and 43 starts.

PERSONAL: Played three positions in high school for Loreauville; quarterback, wide receiver and free safety. Was the lead-off hitter on baseball team, playing the outfield and helped his team to the Class 2A state title as a sophomore. Graduated from LSU in December of 2024 with a degree in sport administration.

JARED IVEY'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
2025	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**



29 | CORNERBACK
JOSH JOBE

Height: 5-11 **Weight:** 190
College: Alabama
Seasons: NFL : 4th, Seahawks 2nd
Born: April 9, 1998
Hometown: Miami, Fla.

2025 SEASON:

09/07/25 vs. SF: Recorded first interception of 2025 (second career).

05/06/22: Signed by Philadelphia as a UDFA
08/27/24: Released by Philadelphia
08/29/24: Signed to Seattle's PS
10/19/24: Gameday activation
10/21/24: Reverted to Seattle's PS
10/26/24: Gameday activation
10/28/24: Reverted to Seattle's PS
11/02/24: Gameday activation
11/04/24: Reverted to Seattle's PS
11/11/24: Signed to active roster
01/04/25: Placed on IR (knee)
03/06/25: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Made a career-high six starts in 2024, in 10 games played, and recorded his first-career interception off Josh Allen. It was Allen's first interception in his previous 301 pass attempts. Also recorded a career-high seven passes defensed.

• Recorded 16 tackles (14 solo) and four passes defensed in 17 games, with three starts, in 2023. Played in a team-high 323 special teams snaps while ranking second on the Eagles in special teams tackles (6).

• A member of the Eagles' Super Bowl LVII roster in 2022.

COLLEGE: Played four seasons at Alabama (2018-21), recording 129 tackles (95 solo), 19 passes defensed, three interceptions, 2.0 sacks, two forced fumbles and one fumble recovery in 51 career games. Helped the Crimson Tide clinch the SEC Championship during his senior season in 2021. Contributed to Alabama's CFP National Championship-winning campaign as a junior in 2020, recording career highs with 55 tackles (39 solo), 11 passes defensed, 2.0 sacks and two forced fumbles en route to Pro Football Focus honorable mention All-America accolades.

PERSONAL: Grew up in Miami, Fla., where he originally attended Christopher Columbus High School. Moved to Connecticut prior to his senior year and played his final season at Cheshire Academy.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
1/1/23	PHI vs. NO	L	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**0/1**	**1/0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JOSH JOBE'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
2022	Eagles	11	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
2023	Eagles	17	3	16	14	2	0	0	0.0	0.0	0	0	0	0	0	4	0	0	0	0	6	6	0	1	0	0	0
2024	Seahawks	10	6	37	29	8	0	0	0.0	0.0	0	1	33	33	0	7	0	0	0	0	0	0	0	0	0	0	0
2025	Seahawks	2	1	6	4	2	0	0	0.0	0.0	0	1	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**40**	**10**	**59**	**47**	**12**	**0**	**0**	**0.0**	**0.0**	**0**	**2**	**33**	**33**	**0**	**13**	**0**	**0**	**0**	**0**	**7**	**6**	**1**	**1**	**0**	**0**	**0**

JOSH JOBE'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
2022	Eagles	3	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
2023	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		**4**	**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**

JOSH JOBE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 7 vs. Minnesota Vikings, Dec 22, 2024
...1 more at 7.

Solo Tackles 7 vs. Minnesota Vikings, Dec 22, 2024

Passes Defensed 2 at Atlanta Falcons, Oct 20, 2024
...1 more at 2.

Interceptions 1 vs. San Francisco 49ers, Sep 07, 2025
...1 more at 1.

Interception Return Yards 33 vs. Buffalo Bills, Oct 27, 2024

74 | GUARD/TACKLE
JOSH JONES

Height: 6-7 **Weight:** 339
College: Houston
Seasons: NFL : 6th, Seahawks 1st
Born: June 22, 1997
Hometown: Richmond, Texas

TRANSACTIONS:

04/24/20: Drafted by Arizona (3rd round, 72nd overall)
08/24/23: Traded to Houston
03/13/24: Signed by Baltimore as a UFA
03/12/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• In 2024, he saw action in 16 games for Baltimore, mostly on special teams, but also saw time blocking for an offense that ranked No. 1 in the NFL in yards per game (424.9), yards per play (6.8 – third-best single-season mark in NFL history), red zone efficiency (74.2%) and No. 3 in points per game (30.5), while setting a franchise single-season record with 7,224 net yards.

• Appeared in 13 games (three starts) with the Texans in 2023, while also seeing action in both playoff contests. He protected on a line that helped rookie QB C.J. Stroud finish the regular season as the NFL's leader in passing yards per game (273.9) and touchdowns-to-interception ratio (4.60). Helped the offense post the fewest giveaways in the league (14) and tally the second-most pass plays over 25 yards (41). Also saw snaps on special teams, helping the unit finish first in Rick Gosselin's NFL Special Teams Rankings for the second consecutive season.

• Saw time in all 17 games (nine starts at left tackle) with the Cardinals in 2022 and started nine of the last 10 contests of the season. He played in the Cardinals 29-23 overtime victory at Las Vegas marking the franchise's first-ever win after trailing by 20-plus points.

• In 2020, Jones played in 13 games on offense and special teams during his rookie campaign with the Cardinals. He helped the offensive unit finish Top 10 in total offense (384.6, 6th NFL), rushing yards per game (139.8, 7th NFL), rushing touchdowns (22, 4th NFL) and offensive touchdowns (49, 10th NFL). He blocked for a unit that posted 6,153 yards of total offense and 410 points (third and fifth-most, respectfully, in franchise history) and made his NFL debut in Week 2 vs. Washington.

COLLEGE: Started all 45 games he appeared in at left tackle for Houston (2016-19), earning American Athletic second-team all-conference honors in 2019. Was named a team captain as a senior. Jones allowed just 18 pressures while playing 1,282 pass-blocking snaps in his final three seasons.

PERSONAL: Graduated with a degree in kinesiology fitness and sport from the University of Houston. He has a tattoo of the Houston Astros logo, his favorite baseball team. He is an avid movie fan and would be a film editor or cameraman if he worked in the film industry. His favorite movies are Inception and Friday Night Lights.

JOSH JONES' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2020	Cardinals	13	0
2021	Cardinals	17	12
2022	Cardinals	17	9
2023	Texans	13	3
2024	Ravens	16	0
2025	Seahawks	2	0
NFL TOTALS		**78**	**24**

JOSH JONES' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2021	Cardinals	1	0
2023	Texans	2	0
2024	Ravens	2	0
NFL TOTALS		**5**	**0**

13 | LINEBACKER
ERNEST JONES IV

Height: 6-2	**Weight: 233**
College:	**South Carolina**
Seasons:	**NFL : 5th, Seahawks 2nd**
Born:	**November 22, 1999**
Hometown:	**Waycross, Ga.**

2025 SEASON:

09/07/25 vs. SF: Recorded first interception of 2025, sixth-career, and second in a Seattle uniform. Finished second on the team with eight tackles (3 solo).

09/14/25 at Pit: Led Seattle with 10 tackles (9 solo).

TRANSACTIONS:

04/30/21: Drafted by L.A. Rams (3rd round, 103rd overall)
12/28/21: Placed on IR (ankle)
08/27/24: Traded to Tennessee
10/24/24: Traded to Seattle

NFL CAREER HIGHLIGHTS:

• After being acquired in a midseason trade, played in 10 games with Seattle in 2024, leading, or tying, for the team in tackles seven times. Also played six games for Tennessee, and posted 100 tackles for the third-consecutive season.

• In his first start for the Seahawks vs. Buffalo (10/27/24), tied career-high with 15 tackles.

• Jones spent his first three seasons with the L.A. Rams (2021-23) before being traded to Tennessee prior to the 2024 season. Before joining Seattle he played in 52 games with 38 starts, collecting 360 tackles (201 solo), 5.5 sacks, three interceptions, 14 passes defensed and one forced fumble.

• Set the Rams single-season franchise record with 145 tackles in 2023, incuding a career-high 4.5 sacks.

• Super Bowl LVI champion.

COLLEGE: In three seasons at South Carolina (2018-20), became a Butkus Award semifinalist after recording 199 tackles in just 26 career games. He made 21 starts with 10.5 tackles for loss, a pair of sacks, two interceptions, five passes defensed, six quarterback hurries, three forced fumbles and two fumble recoveries. As a junior in 2020, Jones played middle linebacker and was the vocal leader of the defense at South Carolina. He was named one of four team captains and earned fourth-team All-SEC honors from Phil Steele. He started each of the first nine games and led the team in tackles for the second- consecutive year with 86 stops. He notched a career-best 19 tackles at LSU, the most tackles in a game by a Gamecock since Roy Hart had 19 stops at Nebraska in 1987.

PERSONAL: Jones graduated from Ware County High School in December of 2017 where he logged 112 total tackles (70 solo) and six tackles for loss as a senior for the Gators. He also accounted for 2.0 sacks, three forced fumbles and five quarterback hurries in his final campaign. Jones was a first-team all-state Class AAAAA selection and was the 59th-ranked outside linebacker prospect in the country and 84th-best overall prospect in Georgia, according to 247 Sports national composite rankings. He was named to the PrepStar All-Southeast Region team. Majored in public health.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/20/22	LA @ NO	L	S	3	0	3	0.0	0.0	0	0	0	0	0	0	0
12/21/23	LA vs. NO	W	S	7	4	3	1.0	6.0	0	2	2	1	0	0	0
TOTALS		**1/1**	**2/2**	**10**	**4**	**6**	**1.0**	**6.0**	**0**	**2**	**2**	**1**	**0**	**0**	**0**

ERNEST JONES IV'S NFL REGULAR SEASON DEFENSIVE STATISTICS

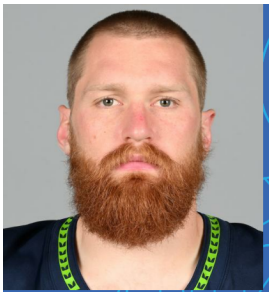
				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2021	Rams	15	7	58	33	25	1	1	1.0	4.0	3	2	50	31	0	4	0	0	0	0	3	3	0	0	0	0	0
2022	Rams	17	11	113	65	48	4	14	0.0	0.0	1	1	0	0	0	2	1	0	0	0	1	1	0	0	0	0	0
2023	Rams	15	15	145	74	71	14	35	4.5	19.5	6	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0
2024	Titans	6	5	44	29	15	3	4	0.0	0.0	1	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	10	10	92	49	43	1	2	0.5	3.5	2	1	12	12	0	2	1	0	0	0	0	0	0	0	0	0	0
2024	TOTAL	16	15	136	78	58	4	6	0.5	3.5	3	1	12	12	0	4	1	0	0	0	0	0	0	0	0	0	0
2025	Seahawks	2	2	18	11	7	1	1	0.0	0.0	0	1	7	7	0	2	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**65**	**50**	**470**	**261**	**209**	**24**	**57**	**6.0**	**27.0**	**13**	**5**	**69**	**31**	**0**	**18**	**2**	**0**	**0**	**0**	**4**	**4**	**0**	**0**	**0**	**0**	**0**

ERNEST JONES IV'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
2021	Rams	2	1	9	6	3	2	10	1.0	7.0	3	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2023	Rams	1	1	9	4	5	1	6	2.0	21.0	2	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**3**	**2**	**18**	**10**	**8**	**3**	**16**	**3.0**	**28.0**	**5**	**0**	**0**	**0**	**0**	**1**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ERNEST JONES IV'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	15 vs. Buffalo Bills, Oct 27, 2024 ...2 more at 15.	**Tackles For Loss**	3 vs. Philadelphia Eagles, Oct 08, 2023 ...1 more at 3.
Solo Tackles	10 vs. Green Bay Packers, Sep 22, 2024 ...1 more at 10.	**Interceptions**	1 vs. San Francisco 49ers, Sep 07, 2025 ...4 more at 1.
Sacks	0.5 vs. Jacksonville Jaguars, Dec 05, 2021 ...1 more at 0.5.	**Interception Return Yards**	31 at Arizona Cardinals, Dec 13, 2021
Passes Defensed	2 vs. San Francisco 49ers, Sep 07, 2025 ...1 more at 2.	**Special Teams Tackles**	1 vs. Detroit Lions, Oct 24, 2021 ...2 more at 1.
Forced Fumbles	1 vs. Green Bay Packers, Dec 15, 2024 ...1 more at 1.		



89 | TIGHT END
NICK KALLERUP

Height: 6-5 **Weight: 266**
College: **Minnesota**
Season: **Rookie**
Born: **March 27, 2001**
Hometown: **Wayzata, Minn.**
Pronunciation: **CAL-err-up**

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Saw time in 39 games in his six-year career for the Gophers. Played in all 13 games with seven starts during his senior season. Recorded nine catches for 117 yards. Blocked for an offense that averaged 26.2 points per game, one that rushed for 115.6 yards per game and threw for 222.2 yards per game. A five-time Academic All-Big 10 selection (2020-24).

PERSONAL: Attended Wayzata High School. As a senior, made 34 receptions for 647 yards and scored seven touchdowns. Named first-team USA Today all-state, first-team all-conference, first-team KARE 11 All-Metro and Star Tribune All-Metro first-team. As a junior, started nine game at offensive tackle.

NICK KALLERUP'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	**TEAM**	**GP**	**GS**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**
2025	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**

NICK KALLERUP'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/07	49ers		ON INACTIVE LIST										L	13-17
09/14	at Steelers		ON INACTIVE LIST										W	31-17
2025 TOTALS		**0-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-1**	

1 | CORNERBACK
DERION KENDRICK

Height: 6-0	**Weight: 205**
College:	**Georgia**
Seasons:	**NFL : 4th, Seahawks 1st**
Born:	**August 24, 2000**
Hometown:	**Rock Hill, S.C.**
Pronunciation:	**DARE-ee-ON**

2025 SEASON:

09/14/25 at Pit: Picked off his second-career pass.

TRANSACTIONS:

04/30/22: Drafted by L.A. Rams (6th round, 212th overall)
08/27/24: Placed on IR (knee)
06/13/25: Released by L.A. Rams
06/17/25: Re-signed by L.A. Rams
08/26/25: Released by L.A. Rams
08/27/25: Claimed off waivers by Seattle

NFL CAREER HIGHLIGHTS:

• Missed the 2024 season due to a torn ACL.

• Appeared in 32 games with 18 starts for the L.A. Rams from 2022-24, recording 92 tackles (77 solo), one interception, 14 passes defended and three tackles for loss.

COLLEGE: Started his college career at Clemson after being a top 30 overall recruit and top-five receiver prospect nationally, winning two national championships (2018, 2021). After his third season, transferred to Georgia and played in all 15 games as a wide receiver and on special teams in the Cotton Bowl and National Championship Game. In 2019, transitioned to cornerback where he earned the starting role. Was credited with 51 tackles, six pass breakups, and two interceptions. Was a reserve receiver in 15 games as a true freshman, earning a spot on the All-ACC second-team.

PERSONAL: Before his collegiate career, was awarded the Gatorade Player of the Year in South Carolina. Was rated No. 26 in the nation by 247Sports, No.30 player by Rivals, and No. 62 player by ESPN prior to starting his collegiate career. Attended South Pointe High School where he led his team to win the state title for four consecutive years. Was the recipient of the Don Leebern, Jr., and Don Leebern III Football Scholarship. In 2018, played for the U.S. Army All-American Game and was a finalist for the Army Player of the Year Award. Majored in parks, recreation, and tourism.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/20/22	LA @ NO	L	P	2	1	1	0.0	0.0	0	0	0	0	0	0	0
12/21/23	LA vs. NO	W	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**1/1**	**2/0**	**2**	**1**	**1**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

DERION KENDRICK'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
2022	Rams	15	6	43	36	7	0	0	0.0	0.0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
2023	Rams	17	12	49	41	8	3	8	0.0	0.0	0	1	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
2024	Rams	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
2025	Seahawks	2	0	1	1	0	0	0	0.0	0.0	0	1	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**34**	**18**	**93**	**78**	**15**	**3**	**8**	**0.0**	**0.0**	**0**	**2**	**0**	**0**	**0**	**16**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

DERION KENDRICK'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
2023	Rams	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
2024	Rams	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		**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**

DERION KENDRICK'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	10 vs. Seattle Seahawks, Dec 04, 2022	**Tackles For Loss**	1 vs. Cleveland Browns, Dec 03, 2023
Solo Tackles	9 at Arizona Cardinals, Sep 25, 2022		...2 more at 1.
Passes Defensed	3 vs. Seattle Seahawks, Nov 19, 2023	**Interceptions**	1 at Pittsburgh Steelers, Sep 14, 2025
			...1 more at 1.

48 | LINEBACKER
TYRICE KNIGHT

Height: 6-0	**Weight: 233**
College:	**Texas-El Paso**
Seasons:	**NFL : 2nd, Seahawks 2nd**
Born:	**December 20, 1999**
Hometown:	**Lakeland, Fla.**
Pronunciation:	**TY-rees**

TRANSACTIONS:

04/27/24: Drafted by Seattle (4th round, 118th overall)

NFL CAREER HIGHLIGHTS:

• Took over starting duties mid-way through the 2024 season. Led the team in tackles on three occasions and tallied a career-high 12 at Arizona (12/8/24).

COLLEGE: Started 43 of 45 games over his four seasons at UTEP (2020-23), earning first-team Conference USA honors in 2023 and second-team Conference USA honors in 2022. Led the conference with a career-high 140 tackles, 4.5 sacks, 15 tackles for loss and seven passes defensed during that 2023 campaign. Started all 12 games at linebacker in 2022 and tied for the team lead with 95 total tackles. Added 6.5 tackles for loss, one sack, one interception, five passes defensed, and a fumble recovery returned for a 13-yard touchdown. Spent the 2018-19 seasons at Independence Community College. Played in 10 games for the Pirates in 2019, while ranking second on the team with 58 total tackles.

PERSONAL: Graduated from Lake Gibson High in 2018. Earned all-state honors during his prep days with the Braves. Recorded 200 tackles, 10 tackles for loss, two interceptions, and forced three fumbles in his high school career.

TYRICE KNIGHT'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
2024	Seahawks	16	9	87	42	45	3	11	1.5	9.5	4	0	0	0	0	2	0	1	0	-2	0	0	0	0	0	0	0
2025	Seahawks	2	2	15	9	6	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		**18**	**11**	**102**	**51**	**51**	**3**	**11**	**1.5**	**9.5**	**4**	**0**	**0**	**0**	**0**	**2**	**0**	**1**	**0**	**-2**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

TYRICE KNIGHT'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Arizona Cardinals, Dec 08, 2024	**Passes Defensed**	2 at Arizona Cardinals, Dec 08, 2024
Solo Tackles	7 at Detroit Lions, Sep 30, 2024	**Fumble Recoveries**	1 at New York Jets, Dec 01, 2024
Sacks	1.0 vs. Arizona Cardinals, Nov 24, 2024	**Tackles For Loss**	1 at Arizona Cardinals, Dec 08, 2024
			...2 more at 1.

10 | WIDE RECEIVER
COOPER KUPP

Height: 6-2	**Weight: 207**
College:	**Eastern Washington**
Seasons:	**NFL : 9th, Seahawks 1st**
Born:	**June 15, 1993**
Hometown:	**Yakima, Wash.**

AP 1ST TEAM '21 | OFFENSIVE PLAYER OF THE YEAR '21 | PRO BOWL '21 | '21 | MVP '21

TRANSACTIONS:

04/28/17: Drafted by L.A. Rams (3rd round, 69th overall)
11/19/18: Placed on IR (knee)
09/12/20: Re-signed by L.A. Rams
03/16/21: Re-signed by L.A. Rams
06/09/22: Re-signed by L.A. Rams
11/17/22: Placed on IR (ankle)
06/13/23: Re-signed by L.A. Rams
09/09/23: Placed on IR (hamstring)
10/07/23: Activated from reserve
03/12/25: Released by L.A. Rams
03/18/25: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

• Tallied 67 receptions for 710 yards and six touchdowns in 2024. He became the first player in NFL history to record 600-plus receptions, 7,500-plus receiving yards and 50-plus touchdown receptions in a player's first 100 career games. In Week 13, Kupp recorded the most receptions (625) in a player's first 100 games. He also climbed to third in Rams history in receiving touchdowns (57) and receptions (634) in franchise history. Ranks second in Rams history with eight games of 100 yards and at least two touchdowns, third with 36 100-yard games and fourth with 7,776 yards.

• Named the Rams nominee for the Walter Payton NFL Man of the Year Award in 2023.

• During the Rams Super Bowl-winning season in 2021, became the fourth player in NFL history (Jerry Rice, Sterling Sharpe, Steve Smith) to win the Receiving Triple Crown, as he led the league with 145 receptions, 1,947 yards and 16 touchdowns. His reception and yardage totals rank second in NFL history for a single-season.

• His eight-catch, 92-yard and two-touchdown performance in Super Bowl LVI vs. Cincinnati, including the game-winning touchdown late in the fourth quarter, earned him Super Bowl LVI MVP honors. He also earned first-team AP All-Pro, Pro Bowl and AP Offensive Player of the Year honors in 2021. In the Rams' four postseason wins in 2021, he set a postseason record in receptions (33) for 478 yards and six touchdowns. His postseason receiving yards rank second behind Larry Fitzgerald when he recorded 564 receiving yards and seven touchdowns in 2018.

• Led the Rams in receptions (94) and was second in receiving yards (1,161) in 2019. His 2019 campaign marked his first regular season with over 1,000 receiving yards.

• Led the Rams in receiving yards (869) and ranked second in receptions (62) in his rookie season of 2017.

HONORS: 2021: Super Bowl LVI MVP, AP All-Pro (first-team), AP Offensive Player of the Year, NFC Pro Bowl; 2017: PFWA All-Rookie Team.

COLLEGE: Was a consensus FCS All-American for four-straight seasons and earned First-Team All-America honors on all eight 2016 teams announced. He had a total of 30 All-America honors in four seasons (all first-team, including nine in 2013, six in 2014, seven in 2015 and eight in 2016). He earned 14 different national player of the year accolades and was a three-time Academic All-America selection. In 2016, Kupp became the first wide receiver and just the fourth player overall in the 54-year history of the Big Sky Conference to earn First-Team All-Big Sky honors four seasons. In 2015, Kupp became only the second wide receiver in 42 years to capture the Big Sky Conference Offensive MVP Award, then became one of only 10 repeat winners in league history in 2016. Kupp was also a two-time team co-captain, honored four times on the Big Sky Conference All-Academic team and was twice selected as an Academic All-Star by the FCS Athletic Director's Association. He was honored as Big Sky Conference Player of the Week six times in his career – four times on offense and twice on special teams. He established 15 FCS, 11 Big Sky and 26 EWU records in his illustrious 52-game Eastern career (all as a starter), and added a collegiate all-division mark. His 6,464 yards, 428 receptions, 73 touchdown catches, 124.3 average yards per game and 1.40 average touchdowns per game were all FCS records

PERSONAL: Attended Davis High School where he was a two-way all-state selection and earned First-Team 4A All-State honors as a defensive back and honorable mention accolades as a wide receiver from the Associated Press. Kupp finished his senior season with 60 receptions for 1,059 yards (17.7 avg.) and 18 touchdowns. He scored 22 total touchdowns to set a school record. His parents are Craig and Karin Kupp, who were both inducted into the Pacific Lutheran University Hall of Fame in 2003. His father was a fifth-round draft pick by the New York Giants in 1990 and played in 1991 for the Phoenix Cardinals and the Dallas Cowboys. His grandfather, Jake Kupp, was an offensive lineman for the University of Washington and was drafted by the Dallas Cowboys in the 1964 NFL Draft and played from 1964-75 with stints with the Washington, New Orleans Saints and Atlanta Falcons. He was named to the NFL All-Rookie team and was inducted into the New Orleans Saints Hall of Fame in 1991. Cooper earned his bachelor's degree in economics. He and his wife, Anna, have three sons.

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	8	116	14.5	0	53	11	52
11/4/18	LA @ NO	L	S	5	89	17.8	1	41t	6	50
9/15/19	LA vs. NO	W	S	5	120	24.0	0	66	9	78
12/21/23	LA vs. NO	W	S	6	52	8.7	0	12	12	33
12/1/24	LA @ NO	W	S	3	17	5.7	0	7	6	1
TOTALS		**4/1**	**5/4**	**27**	**394**	**14.6**	**1**	**66**	**44**	**214**

COOPER KUPP'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Rams	15	6	62	869	14.0	64	5	0	0	0.0	0	0
2018	Rams	8	8	40	566	14.2	70t	6	4	25	6.3	12	0
2019	Rams	16	14	94	1,161	12.4	66	10	2	4	2.0	6	0
2020	Rams	15	12	92	974	10.6	55t	3	4	33	8.3	16	0
2021	Rams	17	17	145	1,947	13.4	59	16	4	18	4.5	18	0
2022	Rams	9	9	75	812	10.8	75t	6	9	52	5.8	20t	1
2023	Rams	12	12	59	737	12.5	62t	5	1	-3	-3.0	-3	0
2024	Rams	12	11	67	710	10.6	69t	6	2	10	5.0	9	0
2025	Seahawks	2	2	9	105	11.7	17	0	0	0	0.0	0	0
NFL TOTALS		**106**	**91**	**643**	**7,881**	**12.3**	**75T**	**57**	**26**	**139**	**5.3**	**20T**	**1**

COOPER KUPP'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Rams	1	0	8	69	8.6	15	1	0	0	0.0	0	0
2018	Rams	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Rams	1	1	4	78	19.5	44	0	0	0	0.0	0	0
2021	Rams	4	4	33	478	14.5	70t	6	2	5	2.5	7	0
2023	Rams	1	1	5	27	5.4	7	0	0	0	0.0	0	0
2024	Rams	2	1	6	90	15.0	30	0	0	0	0.0	0	0
NFL TOTALS		**9**	**7**	**56**	**742**	**13.3**	**70T**	**7**	**2**	**5**	**2.5**	**7**	**0**

COOPER KUPP'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	3 at Tampa Bay Buccaneers, Nov 06, 2022
Rushing Yards	20 at Arizona Cardinals, Sep 25, 2022
Longest Runs	20t at Arizona Cardinals, Sep 25, 2022
Rushing TDs	1 at Arizona Cardinals, Sep 25, 2022
Receptions	14 at Detroit Lions, Sep 08, 2024 ...1 more at 14.
Receiving Yards	220 vs. Cincinnati Bengals, Oct 27, 2019
Receiving Average	31.4 vs. Cincinnati Bengals, Oct 27, 2019
Longest Receptions	75t vs. Dallas Cowboys, Oct 09, 2022
Receiving TDs	2 vs. Atlanta Falcons, Sep 18, 2022 ...7 more at 2.
All-Purpose Yards	220 vs. Cincinnati Bengals, Oct 27, 2019
Kickoff Returns	1 at Houston Texans, Oct 31, 2021 ...1 more at 1.
Kickoff Return Yards	12 at Seattle Seahawks, Oct 07, 2021
Longest Kickoff Return	12 at Seattle Seahawks, Oct 07, 2021
Fair Catches	4 vs. Dallas Cowboys, Sep 13, 2020
Punt Return Yards	20 at Washington Football Team, Oct 11, 2020
Longest Punt Return	10 at Washington Football Team, Oct 11, 2020
Punt Returns	4 at Washington Football Team, Oct 11, 2020
Punt Return Average	5.0 at Washington Football Team, Oct 11, 2020
Most TDs	2 vs. Atlanta Falcons, Sep 18, 2022 ...7 more at 2.
Miscellaneous Tackles	2 vs. Seattle Seahawks, Oct 08, 2017
Longest Own Fumble Return	7 at Tampa Bay Buccaneers, Nov 06, 2022
Scrimmage Yards	220 vs. Cincinnati Bengals, Oct 27, 2019

COOPER KUPP'S 100-YARD RECEIVING GAMES (34): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/27/19	BENGALS	7	220	31.4	65t	1
09/19/21	at Colts	9	163	18.1	44	2
09/27/18	VIKINGS	9	162	18.0	70t	2
10/24/21	LIONS	10	156	15.6	59	2
10/15/23	CARDINALS	7	148	21.1	49	1
11/23/20	at Buccaneers	11	145	13.2	37	0
12/21/21	SEAHAWKS	9	136	15.1	42	2
10/17/21	at Giants	9	130	14.4	30	2
12/05/21	JAGUARS	8	129	16.1	43	1
09/08/22	BILLS	13	128	9.8	28	1
11/06/22	at Buccaneers	8	127	15.9	69t	1
10/09/22	COWBOYS	7	125	17.9	75t	1
12/13/21	at Cardinals	13	123	9.5	44	1
11/15/21	at 49ers	11	122	11.1	29	0
10/03/22	at 49ers	14	122	8.7	18	0
09/29/19	BUCCANEERS	9	121	13.4	29t	1
09/15/19	SAINTS	5	120	24.0	66	0
10/08/23	EAGLES	8	118	14.8	39	0
01/09/22	49ERS	7	118	16.9	46	1
12/10/17	EAGLES	5	118	23.6	64	1
10/03/19	at Seahawks	9	117	13.0	26	1
11/26/17	SAINTS	8	116	14.5	53	0
10/31/21	at Texans	7	115	16.4	52	1
12/10/23	at Ravens	8	115	14.4	34	1
12/17/23	COMMANDERS	8	111	13.9	62t	1
09/08/24	at Lions	14	110	7.9	21	1
11/01/20	at Dolphins	11	110	10.0	22	0
12/26/21	at Vikings	10	109	10.9	37	0
09/12/21	BEARS	7	108	15.4	56t	1
09/18/22	FALCONS	11	108	9.8	20	2
09/27/20	at Bills	9	107	11.9	20	1
11/17/24	at Patriots	6	106	17.7	69t	2
11/03/24	at Seahawks	11	104	9.5	23	0
09/22/19	at Browns	11	101	9.2	22	2

COOPER KUPP'S 100-YARD RECEIVING GAMES (2): POSTSEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/23/22	at Buccaneers	9	183	20.3	70t	1
01/30/22	49ERS	11	142	12.9	25	2

COOPER KUPP'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/07	49ers	S	2	15	7.5	9	0	0	0	0.0	0	0	L	13-17
09/14	at Steelers	S	7	90	12.9	17	0	0	0	0.0	0	0	W	31-17
2025 TOTALS		**2-2**	**9**	**105**	**11.7**	**17**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-1**	

COOPER KUPP'S 2024 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	at Lions	S	14	110	7.9	21	1	2	10	5.0	9	0	L	20-26+
09/15	at Cardinals	S	4	37	9.3	24	0	0	0	0.0	0	0	L	10-41
09/22	49ers						ON INACTIVE LIST						W	27-24
09/29	at Bears						ON INACTIVE LIST						L	18-24
10/06	Packers						ON INACTIVE LIST						L	19-24
10/20	Raiders						ON INACTIVE LIST						W	20-15
10/24	Vikings	S	5	51	10.2	27	1	0	0	0.0	0	0	W	30-20
11/03	at Seahawks	S	11	104	9.5	23	0	0	0	0.0	0	0	W	26-20+
11/11	Dolphins	P	7	80	11.4	19	0	0	0	0.0	0	0	L	15-23
11/17	at Patriots	S	6	106	17.7	69t	2	0	0	0.0	0	0	W	28-22
11/24	Eagles	S	8	60	7.5	27t	1	0	0	0.0	0	0	L	20-37
12/01	at Saints	S	3	17	5.7	7	0	0	0	0.0	0	0	W	21-14
12/08	Bills	S	5	92	18.4	37	1	0	0	0.0	0	0	W	44-42
12/12	at 49ers	S	0	0	0.0	0	0	0	0	0.0	0	0	W	12-6
12/22	at Jets	S	3	24	8.0	12	0	0	0	0.0	0	0	W	19-9
12/28	Cardinals	S	1	29	29.0	29	0	0	0	0.0	0	0	W	13-9
01/05	Seahawks						ON INACTIVE LIST						L	25-30
2024 TOTALS		**12-11**	**67**	**710**	**10.6**	**69T**	**6**	**2**	**10**	**5.0**	**9**	**0**	**10-7**	

+ - Overtime

COOPER KUPP'S 2023 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	at Seahawks						DID NOT PLAY						W	30-13
09/17	49ers						DID NOT PLAY						L	23-30
09/25	at Bengals						INJURED RESERVE						L	16-19
10/01	at Colts						INJURED RESERVE						W	29-23+
10/08	Eagles						INJURED RESERVE						L	14-23
10/15	Cardinals						INJURED RESERVE						W	26-9
10/22	Steelers						INJURED RESERVE						L	17-24
10/29	at Cowboys						INJURED RESERVE						L	20-43
11/05	at Packers						INJURED RESERVE						L	3-20
11/19	Seahawks						INJURED RESERVE						W	17-16
11/26	at Cardinals						INJURED RESERVE						W	37-14
12/03	Browns						INJURED RESERVE						W	36-19
12/10	at Ravens						INJURED RESERVE						L	31-37+
12/17	Commanders						INJURED RESERVE						W	28-20
12/21	Saints	S	6	52	8.7	12	0	1	-3	-3.0	-3	0	W	30-22
12/31	at Giants	S	4	27	6.8	8	1	0	0	0.0	0	0	W	26-25
01/07	at 49ers						ON INACTIVE LIST						W	21-20
2023 TOTALS		**2-2**	**10**	**79**	**7.9**	**12**	**1**	**1**	**-3**	**-3.0**	**-3**	**0**	**10-7**	

+ - Overtime

COOPER KUPP'S 2022 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Bills	S	13	128	9.8	28	1	0	0	0.0	0	0	L	10-31
09/18	Falcons	S	11	108	9.8	20	2	0	0	0.0	0	0	W	31-27
09/25	at Cardinals	S	4	44	11.0	14	0	1	20	20.0	20t	1	W	20-12
10/03	at 49ers	S	14	122	8.7	18	0	0	0	0.0	0	0	L	9-24
10/09	Cowboys	S	7	125	17.9	75t	1	1	4	4.0	4	0	L	10-22
10/16	Panthers	S	7	80	11.4	22	0	2	17	8.5	13	0	W	24-10
10/30	49ers	S	8	79	9.9	23	1	2	10	5.0	5	0	L	14-31
11/06	at Buccaneers	S	8	127	15.9	69t	1	3	1	0.3	5	0	L	13-16
11/13	Cardinals	S	3	-1	-0.3	2	0	0	0	0.0	0	0	L	17-27
11/20	at Saints						INJURED RESERVE						L	20-27
11/27	at Chiefs						INJURED RESERVE						L	10-26
12/04	Seahawks						INJURED RESERVE						L	23-27
12/08	Raiders						INJURED RESERVE						W	17-16
12/19	at Packers						INJURED RESERVE						L	12-24
12/25	Broncos						INJURED RESERVE						W	51-14
01/01	at Chargers						INJURED RESERVE						L	10-31
01/08	at Seahawks						INJURED RESERVE						L	16-19+
2022 TOTALS		**9-9**	**75**	**812**	**10.8**	**75T**	**6**	**9**	**52**	**5.8**	**20T**	**1**	**5-12**	

+ - Overtime

COOPER KUPP'S 2021 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Bears	S	7	108	15.4	56t	1	0	0	0.0	0	0	W	34-14
09/19	at Colts	S	9	163	18.1	44	2	1	-5	-5.0	-5	0	W	27-24
09/26	Buccaneers	S	9	96	10.7	22	2	0	0	0.0	0	0	W	34-24
10/03	Cardinals	S	5	64	12.8	35	0	0	0	0.0	0	0	L	20-37
10/07	at Seahawks	S	7	92	13.1	33	0	0	0	0.0	0	0	W	26-17
10/17	at Giants	S	9	130	14.4	30	2	0	0	0.0	0	0	W	38-11
10/24	Lions	S	10	156	15.6	59	2	0	0	0.0	0	0	W	28-19
10/31	at Texans	S	7	115	16.4	52	1	0	0	0.0	0	0	W	38-22
11/07	Titans	S	11	95	8.6	17	0	0	0	0.0	0	0	L	16-28
11/15	at 49ers	S	11	122	11.1	29	0	0	0	0.0	0	0	L	10-31
11/28	at Packers	S	7	96	13.7	22	0	0	0	0.0	0	0	L	28-36
12/05	Jaguars	S	8	129	16.1	43	1	0	0	0.0	0	0	W	37-7
12/13	at Cardinals	S	13	123	9.5	44	1	0	0	0.0	0	0	W	30-23
12/21	Seahawks	S	9	136	15.1	42	2	1	1	1.0	1	0	W	20-10
12/26	at Vikings	S	10	109	10.9	37	0	1	4	4.0	4	0	W	30-23
01/02	at Ravens	S	6	95	15.8	24	1	0	0	0.0	0	0	W	20-19
01/09	49ers	S	7	118	16.9	46	1	1	18	18.0	18	0	L	24-27+
2021 TOTALS		**17-17**	**145**	**1,947**	**13.4**	**59**	**16**	**4**	**18**	**4.5**	**18**	**0**	**12-5**	

+ - Overtime

COOPER KUPP'S 2020 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	Cowboys	P	4	40	10.0	15	0	0	0	0.0	0	0	W	20-17
09/20	at Eagles	S	5	81	16.2	24	0	2	19	9.5	15	0	W	37-19
09/27	at Bills	S	9	107	11.9	20	1	0	0	0.0	0	0	L	32-35
10/04	Giants	S	5	69	13.8	55t	1	1	-2	-2.0	-2	0	W	17-9
10/11	at Football Team	S	5	66	13.2	49	0	0	0	0.0	0	0	W	30-10
10/18	at 49ers	S	3	11	3.7	7	0	0	0	0.0	0	0	L	16-24
10/26	Bears	S	6	43	7.2	13	0	1	16	16.0	16	0	W	24-10
11/01	at Dolphins	S	11	110	10.0	22	0	0	0	0.0	0	0	L	17-28
11/15	Seahawks	S	5	50	10.0	31	0	0	0	0.0	0	0	W	23-16
11/23	at Buccaneers	S	11	145	13.2	37	0	0	0	0.0	0	0	W	27-24
11/29	49ers	S	2	41	20.5	33	0	0	0	0.0	0	0	L	20-23
12/06	at Cardinals	P	8	73	9.1	15	0	0	0	0.0	0	0	W	38-28
12/10	Patriots	P	5	33	6.6	20	1	0	0	0.0	0	0	W	24-3
12/20	Jets	S	5	39	7.8	16	0	0	0	0.0	0	0	L	20-23
12/27	at Seahawks	S	8	66	8.3	12	0	0	0	0.0	0	0	L	9-20
01/03	Cardinals						NOT ON ROSTER						W	18-7
2020 TOTALS		**15-12**	**92**	**974**	**10.6**	**55T**	**3**	**4**	**33**	**8.3**	**16**	**0**	**10-6**	

COOPER KUPP'S 2019 GXG REGULAR-SEASON STATISTICS (RAMS)

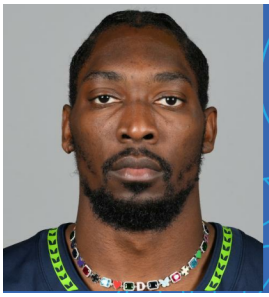
			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	at Panthers	S	7	46	6.6	10	0	0	0	0.0	0	0	W	30-27
09/15	Saints	S	5	120	24.0	66	0	1	6	6.0	6	0	W	27-9
09/22	at Browns	S	11	101	9.2	22	2	0	0	0.0	0	0	W	20-13
09/29	Buccaneers	S	9	121	13.4	29t	1	1	-2	-2.0	-2	0	L	40-55
10/03	at Seahawks	P	9	117	13.0	26	1	0	0	0.0	0	0	L	29-30
10/13	49ers	S	4	17	4.3	6	0	0	0	0.0	0	0	L	7-20
10/20	at Falcons	S	6	50	8.3	17	0	0	0	0.0	0	0	W	37-10
10/27	Bengals	S	7	220	31.4	65t	1	0	0	0.0	0	0	W	24-10
11/10	at Steelers	S	0	0	0.0	0	0	0	0	0.0	0	0	L	12-17
11/17	Bears	S	3	53	17.7	50	0	0	0	0.0	0	0	W	17-7
11/25	Ravens	S	6	35	5.8	9	0	0	0	0.0	0	0	L	6-45
12/01	at Cardinals	S	6	65	10.8	27	1	0	0	0.0	0	0	W	34-7
12/08	Seahawks	P	4	45	11.3	21	1	0	0	0.0	0	0	W	28-12
12/15	at Cowboys	S	6	41	6.8	11	1	0	0	0.0	0	0	L	21-44
12/21	at 49ers	S	4	31	7.8	22t	1	0	0	0.0	0	0	L	31-34
12/29	Cardinals	S	7	99	14.1	24	1	0	0	0.0	0	0	W	31-24
2019 TOTALS		**16-14**	**94**	**1,161**	**12.4**	**66**	**10**	**2**	**4**	**2.0**	**6**	**0**	**9-7**	

COOPER KUPP'S 2018 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	at Raiders	S	5	52	10.4	12	1	2	16	8.0	12	0	W	33-13
09/16	Cardinals	S	6	63	10.5	29	0	0	0	0.0	0	0	W	34-0
09/23	Chargers	S	4	71	17.8	53t	1	1	-3	-3.0	-3	0	W	35-23
09/27	Vikings	S	9	162	18.0	70t	2	0	0	0.0	0	0	W	38-31
10/07	at Seahawks	S	6	90	15.0	27	1	0	0	0.0	0	0	W	33-31
10/14	at Broncos	S	0	0	0.0	0	0	1	12	12.0	12	0	W	23-20
10/21	at 49ers						INACTIVE						W	39-10
10/28	Packers						INACTIVE						W	29-27
11/04	at Saints	S	5	89	17.8	41t	1	0	0	0.0	0	0	L	35-45
11/11	Seahawks	S	5	39	7.8	25	0	0	0	0.0	0	0	W	36-31
11/19	Chiefs						DID NOT PLAY						W	54-51
12/02	at Lions						INJURED RESERVE						W	30-16
12/09	at Bears						INJURED RESERVE						L	6-15
12/16	Eagles						INJURED RESERVE						L	23-30
12/23	at Cardinals						INJURED RESERVE						W	31-9
12/30	49ers						INJURED RESERVE						W	48-32
2018 TOTALS		**8-8**	**40**	**566**	**14.2**	**70T**	**6**	**4**	**25**	**6.3**	**12**	**0**	**13-3**	

COOPER KUPP'S 2017 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/10	Colts	P	4	76	19.0	28	1	0	0	0.0	0	0	W	46-9
09/17	Redskins	P	3	33	11.0	17	0	0	0	0.0	0	0	L	20-27
09/21	at 49ers	P	2	17	8.5	13	0	0	0	0.0	0	0	W	41-39
10/01	at Cowboys	P	5	60	12.0	24	1	0	0	0.0	0	0	W	35-30
10/08	Seahawks	P	3	44	14.7	19	0	0	0	0.0	0	0	L	10-16
10/15	at Jaguars	P	2	35	17.5	22	0	0	0	0.0	0	0	W	27-17
10/22	Cardinals	P	4	51	12.8	18t	1	0	0	0.0	0	0	W	33-0
11/05	at Giants	S	3	54	18.0	35	0	0	0	0.0	0	0	W	51-17
11/12	Texans	P	6	47	7.8	19	0	0	0	0.0	0	0	W	33-7
11/19	at Vikings	S	6	64	10.7	23	0	0	0	0.0	0	0	L	7-24
11/26	Saints	P	8	116	14.5	53	0	0	0	0.0	0	0	W	26-20
12/03	at Cardinals	S	5	68	13.6	25	0	0	0	0.0	0	0	W	32-16
12/10	Eagles	S	5	118	23.6	64	1	0	0	0.0	0	0	L	35-43
12/17	at Seahawks	S	2	21	10.5	15	0	0	0	0.0	0	0	W	42-7
12/24	at Titans	S	4	65	16.3	34	1	0	0	0.0	0	0	W	27-23
12/31	49ers		DID NOT PLAY (NON-INJURY)										L	13-34
2017 TOTALS		**15-6**	**62**	**869**	**14.0**	**64**	**5**	**0**	**0**	**0.0**	**0**	**0**	**11-5**	



0 | LINEBACKER
DEMARCUS LAWRENCE

Height: 6-3 **Weight:** 254
College: Boise State
Seasons: NFL : 12th, Seahawks 1st
Born: April 28, 1992
Hometown: Aiken, S.C.

2025 SEASON:

09/07/25 vs. SF: Made Seattle debut and led team with two TFLs.

TRANSACTIONS:

05/09/14: Drafted by Dallas (2nd round, 34th overall)
09/03/14: Placed on IR (foot)
11/01/14: Activated from reserve
09/03/16: Suspended by Commissioner-Less than One Year
10/03/16: Suspension Lifted by Commissioner
03/08/18: Signed Franchise Tag tender
04/09/19: Signed Franchise Tag tender
09/12/20: Re-signed by Dallas
09/16/21: Placed on IR (foot)
12/02/21: Activated from reserve
03/15/22: Re-signed by Dallas
03/15/23: Re-signed by Dallas
10/01/24: Placed on IR (foot)
03/13/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Was named to his second-consecutive Pro Bowl in 2023, fourth total, after starting all 17 games for the second straight season. Registered 57 tackles (second-most of his career), six tackles for loss (tied for second on the team), 47 quarterback pressures (second-most of his career and second on the team), a career-best six pass breakups, 4.0 sacks and a forced fumble.

• In 2023, named the Cowboys Walter Payton NFL Man of the Year nominee.

• Compiled two tackles, a sack and three quarterback pressures against the N.Y. Giants (11/12/23) to surpass 300 tackles for his career.

• Started every game for the third time of his career in 2022, first since 2019, and contributed a career-high 61 tackles, six tackles for loss, 6.0 sacks, 45 pressures, three forced fumbles and two recoveries, returning one for a touchdown, to earn his third Pro Bowl selection.

• Played in his 100th career game, named a team captain and tallied four tackles, one for a loss, two hurries, a pass breakup and a forced fumble, the 16th of his career (third in team history), at the N.Y. Giants (12/19/21).

• Picked off his second career pass, returning it 40 yards for his first career touchdown against Washington (12/26/21). Also added a sack, two hurries and a breakup.

• Started 15 games in 2020 and led the team in sacks (6.5), tackles for loss (eight), pressures (37) and forced fumbles (four, tied for the most in his career) while finishing eighth with 52 tackles.

• Selected to his second straight Pro Bowl in 2018, starting 15 of 16 games played and leading the team in sacks (10.5), tackles for loss (12) and hurries (39) while adding 47 tackles (seventh on the team), one interception, two forced fumbles and a fumble recovery.

• Named to his first-career Pro Bowl in 2017 after tying for second in the NFL with a career-best 14.5 sacks and team-leading 52 pressures, the most by a Cowboys defender in a single season since Charles Haley had 52 in 1994.

• Named NFC Defensive Player of the Month for September with a league-best 6.5 sacks in the first three games in 2017.

• Was named NFC Defensive Player of the Week after his career-best 3.0-sack performance at Arizona (9/25/17). Became just the third NFL player (Mark Gastineau, 1984, and Kevin Greene, 1998) to have three multi-sack games in each of the first three games of a season.

• Extended his sack streak to six games at San Francisco (10/22/17), becoming the ninth player in NFL history to record a sack in each of the first six games of the season. Forced and recovered a fumble on the sack to go with three tackles and a pressure.

HONORS: 2023: NFC Pro Bowl; 2022: NFC Pro Bowl; 2018: NFC Pro Bowl; 2017: AP All-Pro (second-team), NFC Pro Bowl; 2017: NFC Defensive Player of the Month for September, NFC Defensive Player of the Week 3.

COLLEGE: Was first-team All-Mountain West and was named Boise State's Most Valuable Defensive Player, ranking third on the team with 72 tackles and forced three fumbles after starting each of his 12 games played as a junior. As a sophomore he started each of his 11 games played during his debut season with the Broncos and was named the team's Most Outstanding Defensive Lineman after transferring from Butler Community College. Named first-team All-Mountain West after recording team highs with 13 tackles for loss and 9.5 sacks, while also leading all Bronco defensive lineman with 48 tackles. Earned second-team NJCAA All-America honors and was named first-team All-Jayhawk Conference, finishing with 69 tackles and team highs with 21 tackles for loss and 12.0 sacks at Butler Community College.

PERSONAL: Attended Attended Silver Bluff High in Aiken, S.C. and was a North-South All-Star selection his senior year after playing tight end, offensive tackle and defensive end for the Bulldogs. Recorded 97 tackles and 3.0 sacks from the defensive tackle position during as a senior. Lawrence has three children, and he and his wife, Sasha, were married in the spring of 2019. Majored in communications.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC		
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
10/4/15	DAL @ NO	L	S	4	2	2	1.0	9.0	0	0	0	3	0	0	0
11/29/18	DAL vs. NO	W	S	4	2	2	0.0	0.0	0	0	0	1	0	0	0
9/29/19	DAL @ NO	L	S	3	1	2	1.0	1.0	0	0	0	0	0	0	0
12/2/21	DAL @ NO	W	S	3	1	2	0.0	0.0	0	0	2	4	0	0	0
9/15/24	DAL vs. NO	L	S	3	0	3	0.0	0.0	0	0	0	2	0	0	0
TOTALS		**2/3**	**5/5**	**17**	**6**	**11**	**2.0**	**10.0**	**0**	**0**	**2**	**10**	**0**	**0**	**0**

DEMARCUS LAWRENCE'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
2014	Cowboys	7	0	11	6	5	1	4	0.0	0.0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2015	Cowboys	16	13	56	28	28	8	16	8.0	71.0	31	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2016	Cowboys	9	3	8	5	3	3	15	1.0	8.0	13	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2017	Cowboys	16	16	43	24	19	6	11	14.5	160.0	52	0	0	0	0	1	4	2	0	0	0	0	0	0	0	0	0
2018	Cowboys	16	15	47	26	21	12	21	10.5	74.0	39	1	13	13	0	2	2	1	0	5	0	0	0	0	0	0	0
2019	Cowboys	16	16	40	25	15	9	26	5.0	24.0	36	0	0	0	0	3	2	2	0	0	0	0	0	0	0	0	0
2020	Cowboys	16	15	52	30	22	8	21	6.5	42.0	37	0	0	0	0	2	4	1	0	0	0	0	0	0	0	0	0
2021	Cowboys	7	7	18	14	4	2	4	3.0	24.0	16	1	40	40t	1	5	2	0	0	0	0	0	0	0	0	0	0
2022	Cowboys	17	17	61	49	12	6	9	6.0	35.0	45	0	0	0	0	3	3	2	1	19	0	0	0	0	0	0	0
2023	Cowboys	17	17	57	29	28	6	18	4.0	25.0	47	0	0	0	0	6	1	0	0	0	0	0	0	0	0	0	0
2024	Cowboys	4	4	13	4	9	1	2	3.0	20.0	8	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2025	Seahawks	2	2	9	2	7	2	3	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**143**	**125**	**415**	**242**	**173**	**64**	**150**	**61.5**	**483.0**	**331**	**2**	**53**	**40T**	**1**	**22**	**21**	**8**	**1**	**24**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

DEMARCUS LAWRENCE'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
2014	Cowboys	2	0	3	3	0	0	0	2.0	21.0	1	0	0	0	0	0	1	2	0	0	0	0	0	0	0	0	0
2016	Cowboys	1	0	3	2	1	1	5	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Cowboys	2	2	8	6	2	2	5	0.0	0.0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Cowboys	1	1	2	1	1	2	2	0.0	0.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	Cowboys	2	2	5	3	2	1	4	1.0	6.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Cowboys	1	1	6	1	5	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		**9**	**6**	**27**	**16**	**11**	**6**	**16**	**3.0**	**27.0**	**13**	**0**	**0**	**0**	**0**	**0**	**1**	**2**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

DEMARCUS LAWRENCE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 at Buffalo Bills, Dec 17, 2023
Solo Tackles	7 at Buffalo Bills, Dec 17, 2023
	...1 more at 7.
Sacks	3.0 at New York Giants, Sep 26, 2022
	...2 more at 3.0.
Passes Defensed	2 at Washington Commanders, Jan 07, 2024
	...3 more at 2.
Forced Fumbles	1 at Cleveland Browns, Sep 08, 2024
	...20 more at 1.
Fumble Recoveries	1 at Los Angeles Rams, Oct 09, 2022
	...6 more at 1.
Tackles For Loss	5 at Washington Redskins, Oct 21, 2018
Interceptions	1 vs. Washington Football Team, Dec 26, 2021
	...1 more at 1.
Interception Return Yards	40 vs. Washington Football Team, Dec 26, 2021
Longest Opp Fumble Return	5 at Carolina Panthers, Sep 09, 2018

2 | QUARTERBACK
DREW LOCK

Height: 6-4 **Weight:** 228
College: Missouri
Seasons: NFL : 7th, Seahawks 3rd
Born: November 10, 1996
Hometown: Columbia, Mo.

TRANSACTIONS:

04/26/19: Drafted by Denver (2nd Round, 42nd overall)
09/02/19: Placed on IR (thumb)
11/30/19: Activated from IR
03/16/22: Traded to Seattle
03/20/23: Re-signed by Seattle
03/14/24: Signed by N.Y. Giants as a UFA
04/15/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• In 2024, went 17-of-23 (73.9%) for 309 yards, 4 touchdowns, zero interceptions, a career-high passer rating of 155.3 and scored one rushing touchdown in Week 17 against Indianapolis (12/29). Became the fifth player in NFL history to have 300-plus passing yards, 4-plus passing touchdowns, one-plus rushing touchdowns and a passer rating higher than 155, joining Josh Allen (10/1/23 vs. Miami), Drew Brees (12/29/13 vs. Tampa Bay), Ryan Fitzpatrick (9/9/18 at New Orleans) and Aaron Rodgers (10/20/19 vs. Oakland).

• Lock (vs. Philadelphia, 12/18), and Geno Smith (at Tennessee, 12/24) helped Seattle become just the second team in NFL history to have two different quarterbacks throw a game-winning touchdown pass in the final minute of regulation in back-to-back games (Miami, 1999).

• Dressed, but did not play, during his first season in Seattle in 2022.

• Started 21 of 24 games played for Denver, completing 421 of 710 passes (59.3%) for 4,740 yards with 25 touchdowns and 20 interceptions (79.3 rating) to go along with 285 rushing yards on 72 attempts (4.0 avg.) with five rushing scores during his career.

• Started Denver's final five games in 2019 after spending the first 11 games of the season on injured reserve. Finished his rookie season with a 4-1 record to match John Elway for the most wins by a rookie quarterback in team history.

• Became the first NFL rookie in the Super Bowl era to pass for 300 yards and three touchdowns in his first career road start, earning NFL Rookie of the Week honors.

COLLEGE: Started 46 of 50 games during his collegiate career, completing 883 of 1,553 passes (56.9%) for 12,193 yards with 99 touchdowns and 39 interceptions in addition to rushing for 437 yards and nine scores. Threw for the second-most passing yards (12,193) and third-most touchdowns (99) in Southeastern Conference history during his four-year career at Missouri. Ended his career at Mizzou ranked second in career passing yards and touchdowns, while setting 10 of the top-25 single-game passing yardage marks in school history. Finished his senior season with career-best marks in completion percentage (62.9), interceptions (8), completions (275), rushing yards (175) and rushing touchdowns (6). Accounted for 34 total touchdowns (28 passing, 6 rushing). Did not throw an interception in six of his final seven games as a Tiger and had just two interceptions on his final 214 pass attempts on the season. Led the NCAA (FBS) and set the Southeastern Conference and Missouri records for passing touchdowns (44) while helping the Tigers reach a bowl game after starting the season 1-5. Finished the campaign with 242 of 419 passing (57.8%) for 3,964 yards with 44 touchdowns and 13 interceptions. Took over as Mizzou's starting quarterback over the final eight games while playing in all 12 games as a true freshman. Was the first Mizzou true freshman to start at quarterback since 1995.

PERSONAL: Threw for 63 touchdowns and 12 interceptions between his junior and senior seasons at Lee's Summit (Mo.) High School. Chosen as the Kansas City Star All-Metro Player of the Year after throwing for 2,731 yards and 28 touchdowns as a senior. Received numerous Division-I basketball scholarship offers.

REGULAR SEASON COMPARISON: PASSING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	C	ATT	YDS.	AVG.	TD	LG	INT	SK	SKYD	RTG
11/29/20	DEN vs. NO	L	0	0	0	0	0.0	0	0	0	0	0	0.0
12/8/24	NYG vs. NO	L	S	21	49	227	4.6	0	23	1	2	14	48.6
TOTALS		**0/2**	**2/2**	**21**	**49**	**227**	**4.6**	**0**	**23**	**1**	**2**	**14**	--

DREW LOCK'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
2019	Broncos	5	5	156	100	64.1	1,020	6.5	7	3	48	5	26	89.7	18	72	4.0	12	0
2020	Broncos	13	13	443	254	57.3	2,933	6.6	16	15	92t	19	123	75.4	44	160	3.6	16	3
2021	Broncos	6	3	111	67	60.4	787	7.1	2	2	44	9	52	80.4	10	53	5.3	23t	2
2022	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2023	Seahawks	4	2	76	48	63.2	543	7.1	3	3	51	6	26	81.2	5	14	2.8	11	0
2024	Giants	8	5	181	107	59.1	1,071	5.9	6	5	59t	12	88	75.5	18	133	7.4	28	2
2025	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
TOTALS		**36**	**28**	**967**	**576**	**59.6**	**6,354**	**6.6**	**34**	**28**	**92T**	**51**	**315**	**78.8**	**95**	**432**	**4.5**	**28**	**7**

DREW LOCK'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
2022	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**

DREW LOCK'S SINGLE-GAME HIGHS: QUARTERBACK

Pass Attempts	49 vs. New Orleans Saints, Dec 08, 2024	**Passer Rating**	155.3 vs. Indianapolis Colts, Dec 29, 2024
Pass Completions	26 vs. Los Angeles Chargers, Nov 01, 2020	**Rush Attempts**	7 at Atlanta Falcons, Nov 08, 2020
Yards Passing	339 vs. Las Vegas Raiders, Jan 03, 2021	**Rushing Yards**	59 vs. New Orleans Saints, Dec 08, 2024
TD Passes	4 vs. Indianapolis Colts, Dec 29, 2024	**Rushing Average**	6.7 at Atlanta Falcons, Nov 08, 2020
	...1 more at 4.	**Longest Runs**	28 at Dallas Cowboys, Nov 28, 2024
Long Passes	92t vs. Las Vegas Raiders, Jan 03, 2021	**Rushing TDs**	2 vs. Kansas City Chiefs, Jan 08, 2022
Completion Percentage	81.5 at Houston Texans, Dec 08, 2019		

DREW LOCK'S 300-YARD PASSING GAMES (4): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/03/21	RAIDERS	25	339	13.6	92t	2
11/08/20	at Falcons	25	313	12.5	41	2
12/08/19	at Texans	22	309	14.0	48	3
12/29/24	COLTS	17	309	18.2	59t	4

DREW LOCK'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			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**
09/07	49ers		DID NOT PLAY (NON-INJURY)															L	13-17
09/14	at Steelers		DID NOT PLAY (NON-INJURY)															W	31-17
2025 TOTALS		**0-0**	**0**	**0**	**0**	**0.0**	**0.0**	**0.0**	**0**	**0**	**0**	**0/0**	**0.0**	**0**	**0**	**0**	**0**	**1-1**	

DREW LOCK'S 2024 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**
09/08	Vikings		DID NOT PLAY (NON-INJURY)															L	6-28
09/15	at Commanders	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	L	18-21
09/22	at Browns		DID NOT PLAY (NON-INJURY)															W	21-15
09/26	Cowboys		DID NOT PLAY (NON-INJURY)															L	15-20
10/06	at Seahawks		DID NOT PLAY (NON-INJURY)															W	29-20
10/13	Bengals		DID NOT PLAY (NON-INJURY)															L	7-17
10/20	Eagles	P	8	3	6	37.5	0.8	2.0	0	0	5	1/6	45.8	1	13	13	0	L	3-28
10/28	at Steelers		DID NOT PLAY (NON-INJURY)															L	18-26
11/03	Commanders		DID NOT PLAY (NON-INJURY)															L	22-27
11/10	at Panthers		DID NOT PLAY (NON-INJURY)															L	17-20+
11/24	Buccaneers	P	1	1	3	100.0	3.0	3.0	0	0	3	0/0	79.2	0	0	0	0	L	7-30
11/28	at Cowboys	S	32	21	178	65.6	5.6	8.5	0	1	18	6/47	66.9	4	57	28	1	L	20-27
12/08	Saints	S	49	21	227	42.9	4.6	10.8	0	1	23	2/14	48.6	5	59	25	0	L	11-14
12/15	Ravens		INACTIVE															L	14-35
12/22	at Falcons	S	39	22	210	56.4	5.4	9.5	1	2	21	3/21	58.7	1	1	1	0	L	7-34
12/29	Colts	S	23	17	309	73.9	13.4	18.2	4	0	59t	0/0	155.3	5	0	5t	1	W	45-33
01/05	at Eagles	S	29	22	138	75.9	4.8	6.3	1	1	45t	0/0	82.3	2	3	3	0	L	13-20
2024 TOTALS		**8-5**	**181**	**107**	**1,071**	**59.1**	**5.9**	**10.0**	**6**	**5**	**59T**	**12/88**	**75.5**	**18**	**133**	**28**	**2**	**3-14**	

+ - Overtime

DREW LOCK'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			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	Rams							DID NOT PLAY (NON-INJURY)										L	13-30
09/17	at Lions							DID NOT PLAY (NON-INJURY)										W	37-31+
09/24	Panthers							DID NOT PLAY (NON-INJURY)										W	37-27
10/02	at Giants	P	6	2	63	33.3	10.5	31.5	0	0	51	0/0	73.6	1	11	11	0	W	24-3
10/15	at Bengals							DID NOT PLAY (NON-INJURY)										L	13-17
10/22	Cardinals							DID NOT PLAY (NON-INJURY)										W	20-10
10/29	Browns							DID NOT PLAY (NON-INJURY)										W	24-20
11/05	at Ravens							DID NOT PLAY (NON-INJURY)										L	3-37
11/12	Commanders							DID NOT PLAY (NON-INJURY)										W	29-26
11/19	at Rams	P	6	2	3	33.3	0.5	1.5	0	1	4	0/0	2.8	0	0	0	0	L	16-17
11/23	49ers							DID NOT PLAY (NON-INJURY)										L	13-31
11/30	at Cowboys							DID NOT PLAY (NON-INJURY)										L	35-41
12/10	at 49ers	S	31	22	269	71.0	8.7	12.2	2	2	31t	4/15	92.0	3	5	3	0	L	16-28
12/18	Eagles	S	33	22	208	66.7	6.3	9.5	1	0	34	2/11	94.0	1	-2	-2	0	W	20-17
12/24	at Titans							DID NOT PLAY (NON-INJURY)										W	20-17
12/31	Steelers							DID NOT PLAY (NON-INJURY)										L	23-30
01/07	at Cardinals							DID NOT PLAY (NON-INJURY)										W	21-20
2023 TOTALS		**4-2**	**76**	**48**	**543**	**63.2**	**7.1**	**11.3**	**3**	**3**	**51**	**6/26**	**81.2**	**5**	**14**	**11**	**0**	**9-8**	

+ - Overtime

DREW LOCK'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			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
09/12	Broncos							DID NOT PLAY (NON-INJURY)										W	17-16
09/18	at 49ers							DID NOT PLAY (NON-INJURY)										L	7-27
09/25	Falcons							DID NOT PLAY (NON-INJURY)										L	23-27
10/02	at Lions							DID NOT PLAY (NON-INJURY)										W	48-45
10/09	at Saints							DID NOT PLAY (NON-INJURY)										L	32-39
10/16	Cardinals							DID NOT PLAY (NON-INJURY)										W	19-9
10/23	at Chargers							DID NOT PLAY (NON-INJURY)										W	37-23
10/30	Giants							DID NOT PLAY (NON-INJURY)										W	27-13
11/06	at Cardinals							DID NOT PLAY (NON-INJURY)										W	31-21
11/13	at Buccaneers							DID NOT PLAY (NON-INJURY)										L	16-21
11/27	Raiders							DID NOT PLAY (NON-INJURY)										L	34-40+
12/04	at Rams							DID NOT PLAY (NON-INJURY)										W	27-23
12/11	Panthers							DID NOT PLAY (NON-INJURY)										L	24-30
12/15	49ers							DID NOT PLAY (NON-INJURY)										L	13-21
12/24	at Chiefs							DID NOT PLAY (NON-INJURY)										L	10-24
01/01	Jets							DID NOT PLAY (NON-INJURY)										W	23-6
01/08	Rams							DID NOT PLAY (NON-INJURY)										W	19-16+
2022 TOTALS		**0-0**	**0**	**0**	**0**	**0.0**	**0.0**	**0.0**	**0**	**0**	**0**	**0/0**	**0.0**	**0**	**0**	**0**	**0**	**9-8**	

+ - Overtime

DREW LOCK'S 2021 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			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
09/12	at Giants							DID NOT PLAY (NON-INJURY)										W	27-13
09/19	at Jaguars							DID NOT PLAY (NON-INJURY)										W	23-13
09/26	Jets							DID NOT PLAY (NON-INJURY)										W	26-0
10/03	Ravens	P	21	12	113	57.1	5.4	9.4	0	1	32	3/15	52.3	0	0	0	0	L	7-23
10/10	at Steelers							DID NOT PLAY (NON-INJURY)										L	19-27
10/17	Raiders							DID NOT PLAY (NON-INJURY)										L	24-34
10/21	at Browns							DID NOT PLAY (NON-INJURY)										L	14-17
10/31	Football Team							DID NOT PLAY (NON-INJURY)										W	17-10
11/07	at Cowboys							DID NOT PLAY										W	30-16
11/14	Eagles							DID NOT PLAY										L	13-30
11/28	Chargers	P	7	4	26	57.1	3.7	6.5	0	1	12	1/0	25.6	0	0	0	0	W	28-13
12/05	at Chiefs							DID NOT PLAY (NON-INJURY)										L	9-22
12/12	Lions							DID NOT PLAY (NON-INJURY)										W	38-10
12/19	Bengals	P	12	6	88	50.0	7.3	14.7	1	0	25t	1/9	102.1	1	-2	-2	0	L	10-15
12/26	at Raiders	S	22	15	153	68.2	7.0	10.2	0	0	40	2/13	87.9	2	10	5	0	L	13-17
01/02	at Chargers	S	25	18	245	72.0	9.8	13.6	1	0	44	1/10	116.2	3	10	6	0	L	13-34
01/08	Chiefs	S	24	12	162	50.0	6.8	13.5	0	0	31	1/5	71.9	4	35	23t	2	L	24-28
2021 TOTALS		**6-3**	**111**	**67**	**787**	**60.4**	**7.1**	**11.7**	**2**	**2**	**44**	**9/52**	**80.4**	**10**	**53**	**23T**	**2**	**7-10**	

DREW LOCK'S 2020 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			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
09/14	Titans	S	33	22	216	66.7	6.5	9.8	1	0	31	0/0	95.0	3	5	3	0	L	14-16
09/20	at Steelers	S	5	1	20	20.0	4.0	20.0	0	0	20	1/8	43.8	0	0	0	0	L	21-26
09/27	Buccaneers							ON INACTIVE LIST										L	10-28
10/01	at Jets							INACTIVE										W	37-28
10/18	at Patriots	S	24	10	189	41.7	7.9	18.9	0	2	41	2/25	34.9	5	-1	3	0	W	18-12
10/25	Chiefs	S	40	24	254	60.0	6.4	10.6	0	2	27	3/20	57.7	3	8	4	1	L	16-43
11/01	Chargers	S	41	26	248	63.4	6.0	9.5	3	1	43	2/5	94.4	2	-1	1	0	W	31-30
11/08	at Falcons	S	48	25	313	52.1	6.5	12.5	2	1	41	1/11	77.9	7	47	16	1	L	27-34
11/15	at Raiders	S	47	23	257	48.9	5.5	11.2	1	4	27	2/10	37.3	2	7	5	0	L	12-37
11/22	Dolphins	S	30	18	270	60.0	9.0	15.0	0	1	61	0/0	75.7	2	23	14	0	W	20-13
12/06	at Chiefs	S	28	15	151	53.6	5.4	10.1	2	2	37	0/0	63.2	2	9	8	0	L	16-22
12/13	at Panthers	S	27	21	280	77.8	10.4	13.3	4	0	49t	1/11	149.5	6	4	6	0	W	32-27
12/19	Bills	S	32	20	132	62.5	4.1	6.6	1	0	19	3/17	81.8	5	37	14	0	L	19-48
12/27	at Chargers	S	47	24	264	51.1	5.6	11.0	0	2	27	2/1	50.3	5	15	6	1	L	16-19
01/03	Raiders	S	41	25	339	61.0	8.3	13.6	2	0	92t	2/15	103.6	2	7	5	0	L	31-32
2020 TOTALS		**13-13**	**443**	**254**	**2,933**	**57.3**	**6.6**	**11.5**	**16**	**15**	**92T**	**19/123**	**75.4**	**44**	**160**	**16**	**3**	**5-10**	

DREW LOCK'S 2019 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			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
09/09	at Raiders							DID NOT PLAY										L	16-24
09/15	Bears							DID NOT PLAY										L	14-16
09/22	at Packers							DID NOT PLAY										L	16-27
09/29	Jaguars							DID NOT PLAY										L	24-26
10/06	at Chargers							DID NOT PLAY										W	20-13
10/13	Titans							DID NOT PLAY										W	16-0
10/17	Chiefs							DID NOT PLAY										L	6-30
10/27	at Colts							INJURED RESERVE										L	13-15
11/03	Browns							INJURED RESERVE										W	24-19
11/17	at Vikings							INJURED RESERVE										L	23-27
11/24	at Bills							INJURED RESERVE										L	3-20
12/01	Chargers	S	28	18	134	64.3	4.8	7.4	2	1	33	0/0	84.5	3	15	8	0	W	23-20
12/08	at Texans	S	27	22	309	81.5	11.4	14.0	3	1	48	1/8	136.0	3	15	11	0	W	38-24
12/15	at Chiefs	S	40	18	208	45.0	5.2	11.6	0	1	43	2/9	50.8	2	3	3	0	L	3-23
12/22	Lions	S	33	25	192	75.8	5.8	7.7	1	0	20	0/0	99.6	4	10	10	0	W	27-17
12/29	Raiders	S	28	17	177	60.7	6.3	10.4	1	0	19	2/9	90.9	6	29	12	0	W	16-15
2019 TOTALS		**5-5**	**156**	**100**	**1,020**	**64.1**	**6.5**	**10.2**	**7**	**3**	**48**	**5/26**	**89.7**	**18**	**72**	**12**	**0**	**7-9**	

20 | SAFETY
JULIAN LOVE

Height: 5-11	**Weight: 195**
College:	**Notre Dame**
Seasons:	**NFL : 7th, Seahawks 3rd**
Born:	**March 19, 1998**
Hometown:	**Westchester, Ill.**

PRO BOWL '23

2025 SEASON:

• Became the first Seahawks player since 2000 to record 10 tackles, 1.0 sack, and a blocked field goal in a single game (vs. SF, 9/7).

• One of three Seattle players to record a blocked field goal in consecutive seasons (Craig Terrill, 2005-06; Red Bryant, 2011-12).

09/07/25 vs. SF: Led team with 10 tackles, 1.0 sack, and blocked his second-career FG.

TRANSACTIONS:

04/27/19: Drafted by the N.Y. Giants (4th round, 108th overall)
03/17/23: Signed by Seattle as UFA

NFL CAREER HIGHLIGHTS:

• One of two defensive backs (Kevin Byard) in the NFL with 100 tackles in each of the last three seasons.

• In 2024, tied for team lead with three interceptions and led team with 106 tackles. At New England (9/15/24), blocked first-career field goal in the fourth quarter, keeping Seattle within three points before the Seahawks tied the game on the ensuing drive, and eventually won in overtime.

• Set career-highs in 2023 with four interceptions, two interceptions in a single-game, 10 passes defensed, and a team-leading 13 special teams tackles (T2nd NFL). Finished the year ranking third on the team in tackles (110), named NFC Defensive Player of the Week 15 and selected to the NFC roster for the Pro Bowl Games.

• Prior to joining Seattle, Love played in 64 regular season games with 32 starts and one postseason game which he started. Totals include 268 tackles (179 solo), 13 tackles for loss, five interceptions, 18 passes defensed, one forced fumble, two fumble recoveries and 1.5 sacks. Postseason totals include 12 tackles (10 solo) in two games.

• Posted career-highs in tackles (116), sacks (1.0) and interceptions (2) as a full-time starter for the Giants in 2022.

• In 2021, played in all 17 games with five starts and recorded a career-high seven passes defensed, two quarterback hits, one fumble recovery and a half-sack. Tallied 56 tackles (32 solo), one interception and one tackle for loss. His 10 special teams tackles were the second-most on the team, was the only NFL player with at least 50 tackles, 10 special teams tackles and one interception..

• As a rookie in 2019, played in 15 games, including starts at strong safety in each of the final five games, made his NFL debut at Dallas (9/8).

HONORS: 2023: NFC Defensive Player of the Week 15.

COLLEGE: In three seasons at Notre Dame, Love played in 38 games with 34 starts…Set the school record with 44 pass breakups. Totaled 176 tackles (126 solo), 6 tackles for loss, 5 interceptions, including two he returned for touchdowns, one forced fumble, and 4 fumble recoveries. As a junior in 2018, started all 13 games and was one of 3 finalists for the Jim Thorpe Award, which is presented to the nation's best defensive back. Registered 63 tackles (49 solo), one interception, a team-high 15 pass breakups, and 3 fumble recoveries. Broke the Notre Dame record for career pass breakups with his 33rd vs. Stanford. In 2017, started all 13 games, registered a career-high 68 tackles (45 solo), the top total among any non-linebacker on the team. Led team in passes defensed (23), interceptions (3) and interception return yards (153). Love's school record 20 pass breakups shattered the previous school record of 13 set by Clarence Ellis in 1969. Became the 8th player in Notre Dame history to return two interceptions for touchdowns in a season (59 yards at Michigan State and 69 yards vs. N.C. State). As a freshman in 2016, played in 12 games with starts in the final eight games. Registered 45 tackles (32 solo), two tackles for loss, one interception, four pass breakups, one forced fumble, and one fumble recovery. Led all Fighting Irish freshmen in games started and tackles.

PERSONAL: Love and his wife, Julia, have been together since high school. They own a pet bernedoodle named Leo. Management consulting major. In his junior and senior seasons (2014-15) at Nazareth Academy (La Grange, Ill.), Love helped lead the football team to records of 14-0 and 12-2 and Illinois High School Association Class 5A championships. In 2015, he was an Illinois High School Coaches Association Class 5A All-Illinois first team. As a senior, he registered 92 tackles, 19 stops for loss, 3 forced fumbles and one fumble recovery for 54 yards, rushed for 1,067 yards and 18 touchdowns on 104 carries (10.3-yard avg.), and caught 29 passes for 662 yards (22.8-yard avg.) and 7 scores. In his junior season, he collected 41 tackles, one stop for loss and had a 93-yard interception return touchdown. Also rushed for 541 yards and 8 touchdowns on 46 carries (11.8-yard avg.). Had two 100-yard rushing games and a career-long run of 74 yards. Caught 14 passes for 375 yards (26.8-yard avg.) and 4 scores, including a season-long 65-yarder. Returned six kickoffs for 130 yards (21.7-yard avg.) and 11 punts for 242 yards (22.0-yard avg.), including a 73-yard return.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC		
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
10/3/21	NYG @ NO	W	P	6	1	5	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**1/0**	**1/0**	**6**	**1**	**5**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JULIAN LOVE'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	Giants	15	5	35	28	7	5	7	0.0	0.0	1	1	30	30	0	3	1	0	0	0	2	2	0	0	0	0	0
2020	Giants	16	6	61	45	16	1	1	0.0	0.0	0	1	13	13	0	3	0	0	0	0	3	2	1	0	0	0	0
2021	Giants	17	5	56	32	24	1	2	0.5	2.5	2	1	0	0	0	7	0	1	0	0	10	4	6	0	0	0	0
2022	Giants	16	16	116	74	42	6	18	1.0	9.0	1	2	44	27	0	5	0	1	0	0	8	5	3	1	0	0	0
2023	Seahawks	17	12	110	78	32	1	1	0.0	0.0	0	4	7	7	0	10	2	1	0	3	13	7	6	0	0	0	0
2024	Seahawks	17	17	106	77	29	3	4	0.0	0.0	0	3	33	26	0	12	2	1	0	6	3	3	0	0	0	0	0
2025	Seahawks	2	2	12	9	3	1	12	1.0	12.0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**100**	**63**	**496**	**343**	**153**	**18**	**45**	**2.5**	**23.5**	**5**	**12**	**127**	**30**	**0**	**41**	**5**	**4**	**0**	**9**	**39**	**23**	**16**	**1**	**0**	**0**	**0**

JULIAN LOVE'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
2022	Giants	2	2	12	10	2	2	4	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**2**	**2**	**12**	**10**	**2**	**2**	**4**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ADDITIONAL STATS

Blocked Field Goals: 2024 (1); 2025 (1); **Career**: 2.

JULIAN LOVE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	14 vs. Dallas Cowboys, Sep 26, 2022	**Tackles For Loss**	2 vs. Carolina Panthers, Sep 18, 2022
Solo Tackles	11 vs. Washington Commanders, Dec 04, 2022		...2 more at 2.
Sacks	1.0 vs. San Francisco 49ers, Sep 07, 2025	**Interceptions**	2 vs. Philadelphia Eagles, Dec 18, 2023
	...1 more at 1.0.	**Interception Return Yards**	30 at Chicago Bears, Nov 24, 2019
Passes Defensed	3 at Los Angeles Rams, Jan 05, 2025	**Special Teams Tackles**	3 at Los Angeles Rams, Nov 19, 2023
Forced Fumbles	1 at New York Jets, Dec 01, 2024		...1 more at 3.
	...4 more at 1.	**Special Teams Forced Fumbles**	1 at Green Bay Packers, Oct 09, 2022
Fumble Recoveries	1 vs. Green Bay Packers, Dec 15, 2024	**Longest Opp Fumble Return**	3 at Detroit Lions, Sep 17, 2023
	...3 more at 1.		

72 | TACKLE
ABRAHAM LUCAS

Height: 6-6	**Weight: 322**
College:	**Washington State**
Seasons:	**NFL : 4th, Seahawks 4th**
Born:	**October 15, 1998**
Hometown:	**Everett, Wash.**

TRANSACTIONS:

04/29/22: Drafted by Seattle (3rd round, 72nd overall)
09/13/23: Placed on IR (knee)
11/30/23: Activated from reserve
08/27/24: Placed on reserve/physically unable to perform
11/13/24: Activated from reserve
01/04/25: Placed on IR (abdomen)
09/04/25: Signed three-year contract extension

NFL CAREER HIGHLIGHTS:

• Returned from injury in 2024 to start seven games at right tackle. Was part of an offensive line that helped the Seahawks rush for 176 yards at Arizona (12/8/24), the most since the final week of 2022. The line also did not allow a sack for the first time since Week 18, 2023, at Arizona.

• Second NFL season in 2023 was cut short due to injury and limited him to six games (knee).

• Started 16 games at right tackle in 2022. Along with Charles Cross, became the first rookie duo to start a team's first 15 games at tackle since the 1970 merger. Part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

COLLEGE: Was a four-year starter at right tackle, starting 42 consecutive games, and swas the first Cougars offensive lineman in program history to earn All-Pac-12 Conference honors four times and was a three-time Outland Trophy Watch List selection. The Everett, Wash. native earned All-Pac-12 second-team accolades his first three seasons, was a Freshman All-American in 2018 and capped his career earning All-America Honorable Mention from Phil Steele and first-team All-Pac-12 accolades this past season. In 2021, Lucas was rated the third-best pass-blocking offensive tackle in the country and best in the Pac-12 by PFF College after not allowing a sack in 477 snaps and was later selected to play in the Reece's Senior Bowl. Lucas is the fourth Cougars offensive lineman drafted in the last seven seasons and is the highest Cougar draft pick since offensive lineman Andre Dillard was selected No. 22 overall by the Philadelphia Eagles in the 2019 NFL Draft. Lucas is the first Cougar drafted by the Seahawks since cornerback Marcus Trufant was selected No. 11 overall in the 2003 NFL Draft.

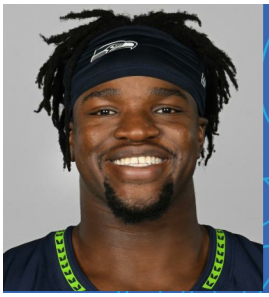
PERSONAL: Attended Archbishop Murphy High. As a senior, named All-USA Washington second-team by The USA Today, also received a vote as Seattle Times 2A State Player of the Year. In eight games, made 31 tackles including 15 sacks. As a junior, helped Archbishop to the 2A semifinals, made 36 tackles including 15 for loss. Rated a three-star prospect by ESPN.com, Rivals.com and Scout.com. Rated the No.52 offensive tackle in the country and eighth overall prospect in Washington by ESPN.com. Also lettered four years in basketball, two-time All-Cascade selection, averaged 16 ppg and 14 rpg as a senior. One of seven children. Grandfather, William Collier, played baseball at Seattle University.

ABRAHAM LUCAS' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2022	Seahawks	16	16
2023	Seahawks	6	6
2024	Seahawks	7	7
2025	Seahawks	2	2
NFL TOTALS		**31**	**31**

ABRAHAM LUCAS' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2022	Seahawks	1	1
NFL TOTALS		**1**	**1**



53 | LINEBACKER
BOYE MAFE

Height: 6-4 **Weight: 261**
College: Minnesota
Seasons: NFL : 4th, Seahawks 4th
Born: November 30, 1998
Hometown: Minnetonka, Minn.
Pronunciation: boy-YAY mah-fay

TRANSACTIONS:

04/29/22: Drafted by Seattle (2nd round, 40th overall)

NFL CAREER HIGHLIGHTS:

• Posted 6.0 sacks in 2024 and teamed with LB Derick Hall for a defensive touchdown at Atlanta (10/20/24). Mafe sacked Falcons QB Kirk Cousins and Hall was there to scoop up the loose ball, returning it 36 yards for a score.

• In 2023, led club with a career-high nine sacks, and registered at least 1.0 sack in seven-consecutive games, the longest streak in franchise history.

• Played in all 17 games (three starts) during rookie campaign in 2022, tallying 38 tackles and 3.5 sacks. Part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

COLLEGE: Played in 42 career games with 14 starts and made 87 tackles (59 solo), 19.5 tackles for loss and 15 sacks (ninth all-time in school history). Also forced three fumbles and broke up three passes. Named All-Big Ten second-team by the media in 2021, All-Big Ten third-team by conference coaches in 2021, All-Big Ten honorable mention in 2020 and was Academic All-Big Ten in 2020 and 2021. Started nine of 13 games his senior year and posted 34 tackles (26 solo) and led team in tackles for loss (10) and sacks (7). Forced one fumble.

PERSONAL: Attended Hopkins High School. As a senior, made 78 tackles, 10 tackles for loss and four sacks. Named to the 2016 Vikings MFCA All-Star Team and earned KARE 11 All-Metro Defense honors. Received all-state second-team defense honors. As a junior, recorded 40 tackles, three tackles for loss and one sack. Scout and 247 Sports gave him three stars, while Rivals gave him two. Scout ranked him the No. 1 defensive end in Minnesota, the no. 76 player at his position and as the No. 108 prospect in the Midwest. 247 Sports and Rivals both ranked him as the No. 5 recruit in Minnesota. Also lettered in track and field.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
10/9/22	SEA @ NO	L	S	2	2	0	0.0	0.0	0	0	0	1	0	0	0
TOTALS		**0/1**	**1/1**	**2**	**2**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**

BOYE MAFE'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
2022	Seahawks	17	3	38	27	11	3	10	3.0	8.0	4	0	0	0	0	0	0	0	0	0	3	1	2	0	0	0	0
2023	Seahawks	16	16	52	35	17	9	63	9.0	65.0	16	0	0	0	0	6	1	2	0	3	0	0	0	0	0	0	0
2024	Seahawks	15	11	40	25	15	8	64	6.0	59.0	12	0	0	0	0	3	1	0	0	0	0	0	0	0	0	0	0
2025	Seahawks	2	2	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
NFL TOTALS		**50**	**32**	**133**	**88**	**45**	**20**	**137**	**18.0**	**132.0**	**32**	**0**	**0**	**0**	**0**	**9**	**2**	**2**	**0**	**3**	**3**	**1**	**2**	**0**	**0**	**0**	**0**

BOYE MAFE'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
2022	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	0	0
NFL TOTALS		**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**

BOYE MAFE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 vs. Cleveland Browns, Oct 29, 2023	**Fumble Recoveries**	1 at Baltimore Ravens, Nov 05, 2023
Solo Tackles	5 at Tennessee Titans, Dec 24, 2023		...1 more at 1.
	...1 more at 5.	**Tackles For Loss**	2 vs. Denver Broncos, Sep 08, 2024
Sacks	2.0 at Tennessee Titans, Dec 24, 2023		...1 more at 2.
Passes Defensed	2 at San Francisco 49ers, Nov 17, 2024	**Special Teams Tackles**	2 at Detroit Lions, Oct 02, 2022
Forced Fumbles	1 at Atlanta Falcons, Oct 20, 2024	**Longest Opp Fumble Return**	3 vs. Cleveland Browns, Oct 29, 2023
	...1 more at 1.		

6 | QUARTERBACK
JALEN MILROE

Height: 6-2	**Weight: 216**
College:	**Alabama**
Season:	**Rookie**
Born:	**December 13, 2002**
Hometown:	**Katy, Texas**

TRANSACTIONS:

04/25/25: Drafted by Seattle (3rd round, 92nd overall)

COLLEGE: Selected a team captain for a second consecutive year in 2024. Averaged 199.8 yards per game in his career to rank third in Alabama history behind only Bryce Young and Tua Tagovailoa. Accumulated 7,593 career total yards to rank fifth in program history, and recorded 78 career touchdowns (45 passing, 33 rushing) to rank fourth in Crimson Tide history. Finished with 6,016 passing yards and 45 passing touchdowns, the seventh-most in program history for both categories. Totaled 33 career rushing touchdowns to tie for eighth in Alabama history. Received the William V. Campbell Trophy, college football's top academic award. In his final season in 2024, recorded 36 total touchdowns (16 passing, 20 rushing) to tie for fourth in a single season at Alabama. Milroe averaged 15.2 yards per completion in 2023, which ranked seventh among FBS quarterbacks, threw 23 touchdowns passes against six interceptions, and was a finalist for the Manning Award (nation's top quarterback), while also leading the team with 12 rushing touchdowns.

PERSONAL: One of the top dual-threat quarterbacks in the nation and a consensus four-star prospect at Tompkins High School. Ranked 81st nationally on the 247Composite where he was the No. 4 dual-threat quarterback and the No. 13 player in the state of Texas. Selected to the Under Armour All-America Game roster. Led his team to a 9-0 record in 2020 with 1,136 passing yards and 13 touchdowns while rushing for 259 yards and four scores. As a junior in 2019, he passed for 2,689 yards and 29 touchdowns while rushing for 300 yards and seven scores.

JALEN MILROE'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
2025	Seahawks	1	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	1	1	1.0	1	0
TOTALS		**1**	**0**	**0**	**0**	**0.0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**1**	**1**	**1.0**	**1**	**0**

JALEN MILROE'S SINGLE-GAME HIGHS: QUARTERBACK

Longest Runs	1 vs. San Francisco 49ers, Sep 07, 2025

JALEN MILROE'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			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
09/07	49ers	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	1	1	1	0	L	13-17
09/14	at Steelers		ON INACTIVE LIST															W	31-17
2025 TOTALS		**1-0**	**0**	**0**	**0**	**0.0**	**0.0**	**0.0**	**0**	**0**	**0**	**0/0**	**0.0**	**1**	**1**	**1**	**0**	**1-1**	

94 | DEFENSIVE END
MIKE MORRIS

Height: 6-6	**Weight: 306**
College:	**Michigan**
Seasons:	**NFL : 3rd, Seahawks 3rd**
Born:	**April 22, 2001**
Hometown:	**Belle Glade, Fla.**

TRANSACTIONS:

04/29/23: Drafted by Seattle (5th round, 151st overall)
09/20/23: Placed on IR (shoulder)

NFL CAREER HIGHLIGHTS:

• Played in 16 games in a reserve role along the defensive line and on special teams.

• Was placed on injured reserve (shoulder) following Week 1 vs. the L.A. Rams.

COLLEGE: Was a three-year letterman, three-time Academic All-Big Ten (2020-22), 2022 Second-Team All-American, 2022 All-Big Ten first team, 2022 Big Ten Defensive Lineman of the Year, 2022 Richard Katcher Award winner as UM's top defensive lineman or outside linebacker and a 2022 Bednarik Award semifinalist. Appeared in 27 games with 16 starts during his career. Registered 40 tackles, 12.0 tackles for loss, 8.0 sacks, one interception and three pass breakups.

PERSONAL: Attended American Heritage High. Registered 89 tackles as a senior, including 25 tackles for loss, five sacks, two forced fumbles, two fumble recoveries and blocked a punt which he returned for a touchdown. Recorded 84 tackles, 31 tackles for loss, and four sacks as a junior. Tallied 13 sacks as a freshman. Was a 247Sports three-star, the No. 390 prospect nationally, and the No. 48 player in Florida. Palm Beach all-county honoree (2015-18) and a member of Palm Beach Post and Sun-Sentinel Super 11 lists in 2018. Was a two-time all-area first team (2017-18). Son of Mike Morris Sr. and Melanie Balen-Morris, Father was an offensive lineman at Florida State. Majored in communications and media.

MIKE MORRIS' 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
2023	Seahawks	1	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	0	0
2024	Seahawks	15	0	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	2	1	1	0	0	0	0
2025	Seahawks	2	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0
NFL TOTALS		**18**	**0**	**7**	**5**	**2**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**3**	**2**	**1**	**0**	**0**	**0**	**0**

MIKE MORRIS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	3 vs. Los Angeles Rams, Sep 10, 2023	**Special Teams Tackles**	1 at Pittsburgh Steelers, Sep 14, 2025
Solo Tackles	2 vs. Los Angeles Rams, Sep 10, 2023		...2 more at 1.

91 | DEFENSIVE TACKLE
BYRON MURPHY II

Height: 6-0 **Weight:** 306
College: Texas
Seasons: NFL : 2nd, Seahawks 2nd
Born: September 8, 2002
Hometown: DeSoto, Texas

2025 SEASON:

09/14/25 at Pit: Led Seattle with career highs in sacks (1.5), and QB hits (3).

TRANSACTIONS:

04/25/24: Drafted by Seattle (1st round, 16th overall)

NFL CAREER HIGHLIGHTS:

• Started nine of 14 games played during his rookie season of 2024. Tallied 0.5 sack at New England (9/15/24) and career-high six tackles vs. the L.A. Rams (11/3/24).

COLLEGE: Was a three-year defensive lineman who played in 39 games with 16 starts. Named a 2023 second-team All-American by the Associated Press and Sporting News, while being the Big 12 Defensive Lineman of the Year. Earned honorable mention Big 12 Defensive Freshman of the Year in 2021, and selected to the Academic All-Big 12 first-team in 2022. Was a second-team AP All-American and the Big 12 Conference Defensive Lineman of the Year following his junior year in 2023. A first-team All-Big 12 selection, Murphy started all 14 games, compiling 29 tackles, 8.5 tackles for loss and 4.5 sacks while also scoring two touchdowns on offense, one rushing and one receiving.

PERSONAL: An all-state and two-time all-district honoree and four-year varsity letterman at DeSoto High School. Ranked as the No. 20 defensive tackle and No. 44 player in the state of Texas by 247Sports, the No. 27 defensive tackle and No. 48 player in the state, per Rivals and slotted at No. 33 among his position and No. 75 in the state of Texas by ESPN ... ranked the No. 2 defensive tackle and No. 36 overall in the state by Dave Campbell's Texas Football. Chosen first-team All-District 11-6A after compiling 79 tackles, 22 tackles for loss, 14 sacks, 14 pressures, one fumble recovery and one forced fumble as a senior. Helped DeSoto to an 10-2 overall record, including a 5-1 district mark, and an appearance in the 6A Division 1 quarterfinals in 2020. Selected first-team 6A All-State by the Associated Press and honorable mention by the Texas Sports Writers Association in 2019. Majored in sport management.

BYRON MURPHY II'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
2024	Seahawks	14	9	36	12	24	2	3	0.5	4.5	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2025	Seahawks	2	2	11	4	7	1	9	1.5	12.0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**16**	**11**	**47**	**16**	**31**	**3**	**12**	**2.0**	**16.5**	**5**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

BYRON MURPHY II'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 6 vs. San Francisco 49ers, Sep 07, 2025
...1 more at 6.

Solo Tackles 3 vs. Buffalo Bills, Oct 27, 2024

Sacks 1.5 at Pittsburgh Steelers, Sep 14, 2025

Tackles For Loss 1 at Pittsburgh Steelers, Sep 14, 2025
...2 more at 1.

5 | KICKER
JASON MYERS

Height: 5-10	**Weight: 190**
College:	**Marist**
Seasons:	**NFL : 11th, Seahawks 7th**
Born:	**May 12, 1991**
Hometown:	**Chula Vista, Calif.**

PRO BOWL '18 PRO BOWL '22

2025 SEASON:

• Ranks second in club history in field goals made (162), third in points scored (735), and third in field goal percentage (86.2%, 162 for 188).

09/14/25 at Pit: Connected from 54 yards and extended his franchise record with 27 field goals made from 50+ yards.

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
01/18/23: Signed contract extension

NFL CAREER HIGHLIGHTS:

• Six career game-winning kicks.

• Made a franchise record and career-high nine 50-yard field goals in 2024, and ranks first in franchise history in 50-yard field goals made (26). Attempted the longest field goal in franchise history (62, SH) at Detroit (9/30/24), and converted a 59-yarder at Atlanta (10/20/24), the second-longest field goal of his career and club history.

• During the 2023 season, made a career-high 35 field goals, setting Seattle's single-season record. Made every PAT (33 for 33) for the first time in his career. Tied (Olindo Mare) the franchise record with five made field goals in a single-game vs. Carolina (9/24/23) and vs. Washington (11/12/23), also joining Mare as the only Seahawks kickers to make five field goals in a game twice in one season.

• Made a field goal in 26 consecutive games dating back to 2022, the longest streak in franchise history, before being snapped at Dallas (11/30/23).

• Myers connected on a franchise-record tying (Todd Peterson) 34 of 37 field goal attempts (.919, 6th NFL) in 2022, and along with his 41 PATs, led the league with a career-high 143 points. Finished regular season with at least one field in 15-consecutive games, the second-longest streak in franchise history. Also had a streak of 24 consecutive field goals made during the season. Was voted to the Pro Bowl and named to the inaugural NFLPA All-Pro Team and to the PFWA All-NFC Team.

• Facing San Francisco (12/15/22), Myers tied Steven Hauschka's 2015 franchise record for most 50 yarders in a single season with six.

• Made a franchise-record 37 consecutive field goals from 11/11/19 - 9/26/21. It was tied for the fifth-longest streak in NFL history at the time. At Minnesota (9/26/21), connected on a 53-yard field goal, extending his franchise-record to 37-consecutive field goals made but the steak ended on a 44-yard attempt (WL) later in the game.

• 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.).

• 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).

• 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 (81.0%) 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.

HONORS: 2023: NFC Special Teams Player of the Week 10; 2022: NFLPA All-Pro, PFWA All-NFL Team, NFC Pro Bowl. 2018: AFC Pro Bowl.

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 two daughters.

REGULAR SEASON COMPARISON: KICKING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	FGM	FGA	PCT	LONG	XPM	XPA	PTS	1-19	20-29	30-39	40-49	50+	KO	TB
12/27/15	JAX @ NO	L	P	0	0	0%	0	1	1	1	0-0	0-0	0-0	0-0	0-0	5	3
9/22/19	NO @ SEA	L	P	0	0	0%	0	3	3	3	0-0	0-0	0-0	0-0	0-0	4	0
10/25/21	NO @ SEA	L	P	1	3	33.3%	50	1	1	4	0-0	0-0	0-0	0-0	1-1	3	2
10/9/22	SEA @ NO	L	P	2	2	100%	56	2	3	8	0-0	0-0	1-1	0-0	0-0	7	2
TOTALS		**0/4**	**4/0**	**3**	**5**	**60%**	**56**	**7**	**8**	**16**	**0-0**	**0-0**	**1-1**	**0-0**	**1-1**	**19**	**7**

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	17	17	23	73.9	53	44	47	93.6	0	95
2022	Seahawks	17	34	37	91.9	56	41	42	97.6	0	143
2023	Seahawks	17	35	42	83.3	55	33	33	100.0	0	138
2024	Seahawks	17	26	30	86.7	59	37	40	92.5	1	115
2025	Seahawks	2	3	4	75.0	54	5	5	100.0	0	14
NFL TOTALS		**156**	**259**	**303**	**85.5**	**61**	**355**	**385**	**92.2**	**4**	**1,132**

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
2022	Seahawks	1	1	1	100.0	56	2	2	100.0	0	5
NFL TOTALS		**4**	**5**	**7**	**71.4**	**56**	**8**	**8**	**100.0**	**1**	**23**

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	2-2	100.0	9-11	81.8	3-5	60.0	3-5	60.0
2022	Seahawks	0-0	0.0	9-9	100.0	15-16	93.8	4-6	66.7	6-6	100.0
2023	Seahawks	0-0	0.0	8-8	100.0	11-12	91.7	12-14	85.7	4-8	50.0
2024	Seahawks	0-0	0.0	4-4	100.0	6-6	100.0	7-8	87.5	9-12	75.0
2025	Seahawks	0-0	0.0	0-0	0.0	1-2	50.0	1-1	100.0	1-1	100.0
NFL TOTALS		**0-0**	**0.0**	**55-56**	**98.2**	**86-94**	**91.5**	**75-89**	**84.3**	**43-64**	**67.2**

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
2022	Seahawks	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0	1-1	100.0
NFL TOTALS		**0-0**	**0.0**	**0-0**	**0.0**	**0-1**	**0.0**	**2-2**	**100.0**	**3-4**	**75.0**

ADDITIONAL STATS

Special Teams Tackles: 2019 (2), 2020 (2), 2021 (4), 2022 (3), 2024 (1); **Career**: 12.

JASON MYERS' SINGLE-GAME HIGHS: KICKER

Field Goals Made 7 vs. Indianapolis Colts, Oct 14, 2018

Field Goal Attempts 7 vs. Indianapolis Colts, Oct 14, 2018

Longest Field Goals Made 61 at Los Angeles Rams, Nov 15, 2020

Longest Field Goal Attempts 62 at Detroit Lions, Sep 30, 2024

PATs Made 6 at Detroit Lions, Oct 02, 2022
...3 more at 6.

PAT Attempts 7 vs. Indianapolis Colts, Dec 13, 2015

Points 24 vs. Indianapolis Colts, Oct 14, 2018

Special Teams Tackles 1 vs. San Francisco 49ers, Dec 15, 2022
...14 more at 1.

Kickoff Average 68.0 vs. Miami Dolphins, Sep 20, 2015

Extra Point Attempt Percentage 100.0 at Dallas Cowboys, Nov 30, 2023
...8 more at 100.0.

Field Goal Percentage 100.0 vs. Washington Commanders, Nov 12, 2023
...7 more at 100.0.

Touchbacks 9 at Detroit Lions, Sep 10, 2018
...2 more at 9.

JASON MYERS' 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			FIELD GOALS				EXTRA POINTS						
DATE	OPPONENT		FGM	FGA	PCT	LG	XP	XPA	PCT	BLK	PTS	W/L	SCORE
09/07	49ers	P	2	2	100.0	48	1	1	100.0	0	7	L	13-17
09/14	at Steelers	P	1	2	50.0	54	4	4	100.0	0	7	W	31-17
2025 TOTALS		**2**	**3**	**4**	**75.0**	**54**	**5**	**5**	**100.0**	**0**	**14**	**1-1**	

7 | LINEBACKER
UCHENNA NWOSU

Height: 6-2	**Weight: 265**
College:	**USC**
Seasons:	**NFL : 8th, Seahawks 4th**
Born:	**December 28, 1996**
Hometown:	**Carson, Calif.**
Pronunciation:	**oo-CHEH-nuh new-OH-soo**

2025 SEASON:

09/07/25 vs. SF: Inactive (knee).

09/14/25 at Pit: Made season debut and recorded two stops.

TRANSACTIONS:

04/27/18: Drafted by L.A. Chargers (2nd round, 48th overall)
03/16/22: Signed by Seattle as UFA
10/26/23: Placed on IR (pec)
10/10/24: Placed on IR (thigh)
12/05/24: Activated from reserve

NFL CAREER HIGHLIGHTS:

• Returning from thigh injury suffered in 2023, 2024 season was limited to six games and two starts.

• Was named the Seahawks 2024 nominee for the Walter Payton NFL Man of the Year Award.

• Tied career-high with 2.0 sacks and forced second fumble of 2023 at the N.Y. Giants (9/24/23). Part of defensive unit that set a franchise record with 11.0 sacks at New York. It was the sixth time since sacks became an official stat in 1982 that a team had four players with 2.0 sacks each in a single game. Season was cut short to six games due to injury (pec).

• In his first season with Seattle in 2022, led team with career-high 26 quarterback hits (T9th NFL) and tied (Darrell Taylor) for team-lead with career-high 9.5 sacks.

• Earned NFC Defensive Player of the Week 1 honors after posting seven tackles (three solo), 1.0 sack, two quarterback hits, one pass defensed, and forced a fumble at Seattle's 1-yard line vs. Denver (9/12/22). Was part of a defense that held Denver without a touchdown on three different possessions inside their own 10-yard line.

• Had a career-year in 2021, starting 15 of 17 games played for the Chargers. Set career-highs with 39 tackles (24 solo), 5.0 sacks, eight tackles for loss, one interception, four passes defensed, two forced fumbles, one fumble recovery and 17 quarterback hits.

• Was named the Chargers Walter Payton NFL Man of the Year Award nominee in 2019.

HONORS: 2022: NFC Defensive Player of the Week 1.

COLLEGE: Played four seasons (2014-17) at Southern California, playing 52 career games with 28 starts. Recorded 168 tackles, 20.5 tackles for loss, 12.5 sacks, 20 passes defensed, one interception, a forced fumble and a recovery. Named first-team All-Pacific-12 by The Associated Press and the Pac-12 coaches before being invited to the Reese's Senior Bowl after his senior campaign. Also recognized as a first-team All-American by Sports On Earth. In 2017 as a senior, started all 14 games while posting career highs with 75 tackles, 11.5 tackles for loss and 9.5 sacks. Added 13 passes defensed, an interception and a fumble recovery. With 13 deflections, set the most in a single season by a Trojan since 2003. Named Southern California's Co-Most Valuable player and Co-Lifter of the Year as a senior. As a junior, named the team's John McKay Award winner, which is given annually to the Trojan underclassman with the most competitive spirit.

PERSONAL: Played at Narbonne High in Harbor City, Calif., earning PrepStar All-West and first-team All-L.A. City Division I honors. Named first-team All-South Bay by the South Bay Daily Breeze and first-team All-Marine League as a senior in 2013. Closed out his senior campaign with 121 tackles, three interceptions, 12 passes defensed, a forced fumble and a recovery. Lettered three years in football and four in basketball, becoming a starter on the basketball team as a sophomore. Given name is Anon Uchenna Nwosu Jr. of Nigerian descent. Family friends with former All-Pro CB Nnamdi Asomugha. Active in personal and L.A. Chargers community initiatives, earning recognition for his efforts on and off the field in the 2019 season from the Los Angeles Sports Council as the Mayor's Community Athlete of the Year. Earned a degree in political science from Southern California.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
10/12/20	LAC @ NO	L	S	3	2	1	1.0	7.0	0	1	0	2	0	0	0
10/9/22	SEA @ NO	L	S	5	3	2	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**0/2**	**2/2**	**8**	**5**	**3**	**1.0**	**7.0**	**0**	**1**	**0**	**2**	**0**	**0**	**0**

UCHENNA NWOSU'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	Chargers	16	3	18	12	6	3	13	3.5	15.5	10	0	0	0	0	1	0	0	0	0	10	6	4	0	0	0	0
2019	Chargers	16	3	27	21	6	5	19	2.0	18.0	7	0	0	0	0	1	1	0	0	0	4	2	2	0	0	0	0
2020	Chargers	13	4	30	17	13	5	25	4.5	26.0	11	0	0	0	0	2	0	0	0	0	3	3	0	0	0	0	0
2021	Chargers	17	15	40	24	16	8	32	5.0	36.0	17	1	2	2	0	4	2	1	0	0	0	0	0	0	0	0	0
2022	Seahawks	17	17	66	42	24	12	56	9.5	62.5	26	0	0	0	0	4	3	2	0	4	0	0	0	0	0	0	0
2023	Seahawks	6	6	16	12	4	4	17	2.0	14.0	6	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	6	2	14	8	6	1	14	1.0	14.0	5	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2025	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	0	0
NFL TOTALS		**92**	**50**	**213**	**138**	**75**	**38**	**176**	**27.5**	**186.0**	**82**	**1**	**2**	**2**	**0**	**13**	**8**	**3**	**0**	**4**	**17**	**11**	**6**	**0**	**0**	**0**	**0**

UCHENNA NWOSU'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
2018	Chargers	2	0	5	4	1	1	1	1.0	18.0	0	0	0	0	0	0	1	0	0	0	2	1	1	0	0	0	0
2022	Seahawks	1	1	3	3	0	3	5	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**3**	**1**	**8**	**7**	**1**	**4**	**6**	**1.0**	**18.0**	**1**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**2**	**1**	**1**	**0**	**0**	**0**	**0**

UCHENNA NWOSU'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	7 vs. Denver Broncos, Sep 12, 2022 ...1 more at 7.
Solo Tackles	6 at Las Vegas Raiders, Jan 09, 2022
Sacks	2.0 at New York Giants, Oct 02, 2023 ...4 more at 2.0.
Passes Defensed	2 vs. Kansas City Chiefs, Dec 16, 2021 ...1 more at 2.
Forced Fumbles	1 at New York Giants, Oct 02, 2023 ...7 more at 1.
Fumble Recoveries	1 vs. New York Jets, Jan 01, 2023 ...2 more at 1.
Tackles For Loss	4 at Las Vegas Raiders, Jan 09, 2022
Interceptions	1 vs. Kansas City Chiefs, Dec 16, 2021
Interception Return Yards	2 vs. Kansas City Chiefs, Dec 16, 2021
Special Teams Tackles	2 vs. San Francisco 49ers, Sep 30, 2018 ...1 more at 2.
Longest Opp Fumble Return	4 vs. New York Jets, Jan 01, 2023

57 | LINEBACKER
CONNOR O'TOOLE

Height: 6-3 **Weight: 248**
College: **Utah**
Season: **Rookie**
Born: **August 27, 2002**
Hometown: **Albuquerque, N.M.**

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA

COLLEGE: Played in 44 career games with 16 starts at defensive end, after beginning his career at Utah as a wide receiver, switching to defense in the spring of 2022. During his final season in 2024, played in eight games with six starts at defensive end. Named to the Academic All-Big 12 Team. Totaled 22 tackles, five tackles for loss, 2.5 sacks and one forced fumble via a strip-sack. Finished defensive career with 104 tackles, 15 tackles for loss and 8.5 sacks in his career.

PERSONAL: Three-star recruit on 247Sports and Rivals, and rated the No. 1 recruit in the state of New Mexico out of La Cueva High. Was two-time first-team all-state and the Albuquerque Journal Metro Male Athlete of the Year as a junior for 2018-19. Missed five games his senior season due to injury, finishing with 39 receptions with 683 yards and eight receiving touchdowns. Had 43 catches for 867 yards with eight touchdowns, adding 20 carries for 211 yards and three rushing touchdowns as a junior, also had 12 tackles (four tackles for loss, and 2.0 sacks) and a blocked extra point his junior year. Helped La Cueva win the state championship in 2018. Also competed in track & field, earning Albuquerque Journal Track Athlete of the Year in 2019 after qualifying for the state meet in five events, winning the 300-meter hurdles and finishing second in the 100 meter dash.

CONNOR O'TOOLE'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
2025	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**

39 | SAFETY
TY OKADA

Height: 5-11 **Weight:** 200
College: Montana State
Seasons: NFL : 3rd, Seahawks 3rd
Born: June 4, 1999
Hometown: Woodbury, Minn.
Pronunciation: oh-KAH-duh

TRANSACTIONS:

05/10/23: Signed by Seattle as a UDFA
08/29/23: Released by Seattle
08/30/23: Signed to Seattle's PS
11/18/23: Gameday activation
11/20/23: Reverted to Seattle's PS
12/18/23: Gameday activation
12/19/23: Reverted to Seattle's PS
12/23/23: Gameday activation
12/25/23: Reverted to Seattle's PS
12/30/23: Signed to active roster
08/27/24: Released by Seattle
08/28/24: Signed to Seattle's PS
10/10/24: Gameday activation
10/11/24: Reverted to Seattle's PS
10/16/24: Signed to active roster
10/24/24: Released by Seattle
10/25/24: Signed to Seattle's PS
11/16/24: Gameday activation
11/18/24: Reverted to Seattle's PS
11/30/24: Gameday activation
12/02/24: Reverted to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Saw time in four games in 2024, primarily on special teams.

• Played in five games during his rookie season of 2023. Was on Seattle's practice for a majority of the season, but saw action in four-straight games on special teams to end the season.

COLLEGE: Earned Second Team All-Big Sky honors in two consecutive seasons (2021, 2022). Started all 14 games in 2022, finishing third on the team with 72 total tackles (45 solo), including six for a loss, and three sacks. Recorded a team-high nine pass breakups. Named the team captain and Joe Tiller Coaches Choice Defensive MVP. Set career highs in tackles with 78 and interceptions with two in 2021. Awarded the College Sports Madness Big Sky Player of the Week for his performance against UNC (10 tackles, two for a loss, one interception) in 2021.

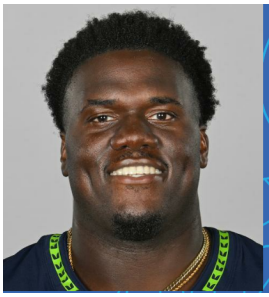
PERSONAL: A standout athlete at East Ridge High, where he was District Offensive Player of the Year as a senior quarterback. Also all-conference in baseball and wrestling.

TY OKADA'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
2023	Seahawks	5	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
2024	Seahawks	4	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0
2025	Seahawks	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
NFL TOTALS		**11**	**0**	**3**	**2**	**1**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**2**	**0**	**2**	**0**	**0**	**0**	**0**

TY OKADA'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 2 at San Francisco 49ers, Nov 17, 2024
Special Teams Tackles 1 at Arizona Cardinals, Jan 07, 2024



55 | CENTER
OLU OLUWATIMI

Height: 6-2 **Weight:** 309
College: Michigan
Seasons: NFL : 3rd, Seahawks 3rd
Born: August 5, 1999
Hometown: Upper Marlboro, Md.
Pronunciation: OH-loo OH-loo-wah-TIMM-ee

2025 SEASON:

09/14/25 at Pit: Played nine plays at center late in the fourth quarter after Jalen Sundell left the game due to cramping.

TRANSACTIONS:

04/29/23: Drafted by Seattle (5th round, 154th overall)

NFL CAREER HIGHLIGHTS:

• Started the final eight games of the season at center, playing in 12 total in 2024. Part of an offensive line that helped the Seahawks rush for 176 yards at Arizona (12/8/24), the most since the final week of 2022. The line also did not allow a sack for the first time since Week 18, 2023, at Arizona..

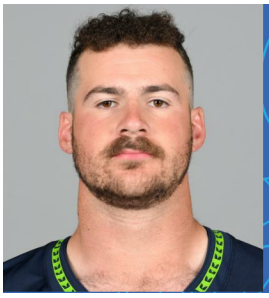
• Saw action at center on four occasions in 2023; three were in-game due to injury, and made first-career start vs. Arizona (10/2/23) in place of Evan Brown.

COLLEGE: Started 49 of 50 games played for Michigan (2022) and Virginia (2019-21). Began collegiate career at Air Force, but did not play. Won the Rimington Trophy, Outland Trophy and was named a second-team AP All-American following the 2022 season, allowing no sacks in 410 pass-block snaps. Named second-team All-ACC at Virginia (2021) and was honorable mention All-ACC in 2019.

PERSONAL: Played offensive line at DeMatha Catholic, twice being named all-conference and team captain. Named an Eastbay Freshman All-American, while playing varsity at Archbishop Carroll. Majored in economics.

OLU OLUWATIMI'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2023	Seahawks	16	1
2024	Seahawks	12	8
2025	Seahawks	1	0
NFL TOTALS		**29**	**9**



40 | FULLBACK
ROBBIE OUZTS

Height: 6-3 **Weight:** 274
College: Alabama
Season: Rookie
Born: September 6, 2002
Hometown: Rock Hill, S.C.
Pronunciation: OOTS

TRANSACTIONS:

04/26/25: Drafted by Seattle (5th round, 175th overall)

COLLEGE: A four-year tight end/H-back at Alabama, Ouzts started 16 of 51 games in his career. In 2024, saw time in 13 games with six starts on the year. Totaled eight receptions for 108 yards and two touchdowns on the season, and was named an offensive (power) player of the week by the Alabama coaches for his efforts against South Carolina.

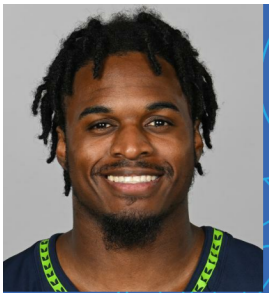
PERSONAL: A coveted tight end prospect out of Rock Hill High. Was a consensus top-eight player in the state of South Carolina by all major sites. ESPN.com ranked him as the No. 11 tight end nationally, and also tabbed the No. 5 player regardless of position in South Carolina by ESPN. Rivals.com listed him as the No. 8 player in South Carolina. Had 11 catches for 154 yards in 2020 after recording 32 receptions for 465 yards as a junior in 2019.

ROBBIE OUZTS' NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2025	Seahawks	2	1	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**2**	**1**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

ROBBIE OUZTS' SINGLE-GAME HIGHS: RUSHING/RECEIVING

Miscellaneous Tackles	1 at Pittsburgh Steelers, Sep 14, 2025



28 | CORNERBACK
NEHEMIAH PRITCHETT

Height: 6-0 **Weight:** 190
College: Auburn
Seasons: NFL : 2nd, Seahawks 2nd
Born: February 11, 2001
Hometown: Jackson, Ala.

TRANSACTIONS:

04/27/24: Drafted by Seattle (5th round, 136th overall)

NFL CAREER HIGHLIGHTS:

• Played in 10 games with one start early in the 2024 season. In that start at Atlanta (10/20/24), posted a career-high five tackles.

COLLEGE: Started 40 of 54 games played in his five-year college career (2019-23). Totaled 115 tackles (81 solo), three interceptions, 26 passes defensed, becoming a full-time starter for his final four seasons.

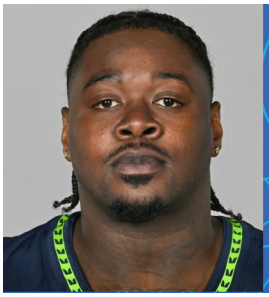
PERSONAL: Attended Jackson High School and was a Class ASWA first-team all-state, also a consensus three-star athlete. Rated the No. 19 (Rivals and 24/7) and 25th (ESPN) prospect from the state of Alabama. Also played baseball and was a Class 5A first-team all-state outfielder. In May of 2023, was a graduate of the College of Education.

NEHEMIAH PRITCHETT'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
2024	Seahawks	10	1	10	7	3	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	2	1	1	0	0	0	0
2025	Seahawks	2	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
NFL TOTALS		**12**	**1**	**10**	**7**	**3**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**	**3**	**2**	**1**	**0**	**0**	**0**	**0**

NEHEMIAH PRITCHETT'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	5 at Atlanta Falcons, Oct 20, 2024	**Passes Defensed**	1 vs. New York Giants, Oct 06, 2024
Solo Tackles	4 at Atlanta Falcons, Oct 20, 2024		



90 | NOSE TACKLE
JARRAN REED

Height: 6-3	**Weight: 315**
College:	**Alabama**
Seasons:	**NFL : 10th, Seahawks 8th**
Born:	**December 16, 1992**
Hometown:	**Goldsboro, N.C.**
Pronunciation:	**JARE-in**

2025 SEASON:

09/14/25 at Pit: Tallied first sack of 2025.

TRANSACTIONS:

04/29/16: Drafted by Seattle (2nd round, 49th overall)
08/31/19: Suspended by Commissioner-Less than One Year
10/14/19: Suspension Lifted by Commissioner
03/16/20: Signed contract extension
03/26/21: Released by Seattle
03/31/21: Signed by Kansas City as a FA
03/23/22: Signed by Green Bay as a UFA
03/16/23: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• 50th player in franchise history to play in 100 games as a member of the Seahawks.

• Played in all 17 games with eight starts in 2024, recorded 4.5 sacks and 15 quarterback hits (second-most of career).

• Started all 16 games played in 2023 for Seattle and tallied a career-high 54 tackles (27 solo). Blocked his first-career field goal vs. the L.A. Rams (9/10/23) and led the team with 2.0 sacks, three quarterback hits and tied a career-high with eight tackles vs. Carolina (9/24/23).

• Following a season each with Kansas City (2021) and Green Bay (2022), where he started 31 of 34 games played, with 5.0 sacks and 26 quarterback hits combined.

• Started all 16 games for second time in his career with 6.5 sacks and 14 quarterback hits in 2020. Posted career-high 2.5 sacks at Buffalo (11/8/20).

• Started all 16 games in 2018 for first time in his career and finished second on the team with a career-high 10.5 sacks. It was the third-most sacks by a defensive tackle in a single-season in franchise history (Hall of Famers Cortez Kennedy, John Randle). Set career-high with 50 tackles.

• Started six of 15 games played during his rookie season of 2016.

COLLEGE: Chose to return for his senior season after an outstanding junior campaign. A junior college transfer who arrived in January of 2014 and bolstered the Alabama defensive front. Made 28 career starts in Tuscaloosa, playing in 29 career games. In his two seasons, recorded 112 tackles (49 solo), 2.0 sacks, 11 tackles for loss, one fumble recovery and seven passes defensed. Came to Alabama as one of the top junior college defensive linemen in the country after spending two seasons at East Mississippi Community College.

PERSONAL: Spent the 2011 season at Hargrave Military Academy after graduating from Goldsboro High. As a senior at Goldsboro in 2010, recorded 118 tackles with four sacks while causing a fumble, recovering a fumble and blocking a kick. Chose Alabama over Tennessee, Florida, Mississippi State, Arkansas, Ole Miss, Nebraska and Kentucky.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC		
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
10/30/16	SEA @ NO	L	P	3	1	2	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**0/1**	**1/0**	**3**	**1**	**2**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JARRAN REED'S 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
2016	Seahawks	15	6	34	13	21	1	1	1.5	3.5	4	0	0	0	0	3	0	0	0	0	0	0	0	0	0
2017	Seahawks	15	15	45	23	22	4	8	1.5	7.5	8	0	0	0	0	1	1	0	0	0	0	0	0	0	0
2018	Seahawks	16	16	50	34	16	12	77	10.5	74.0	24	0	0	0	0	0	0	2	0	2	0	0	0	0	0
2019	Seahawks	10	10	27	10	17	0	0	2.0	19.0	8	0	0	0	0	1	1	0	0	0	0	0	0	0	0
2020	Seahawks	16	16	38	20	18	5	24	6.5	35.0	14	0	0	0	0	1	1	0	0	0	0	0	0	0	0
2021	Chiefs	17	17	43	23	20	2	15	2.5	16.0	12	0	0	0	0	1	2	1	0	10	0	0	0	0	0
2022	Packers	17	14	52	29	23	5	16	2.5	20.5	14	0	0	0	0	0	1	2	0	0	0	0	0	0	0
2023	Seahawks	16	16	54	27	27	7	42	7.0	46.0	12	0	0	0	0	2	1	1	0	0	0	0	0	0	0
2024	Seahawks	17	8	45	21	24	5	43	4.5	46.0	15	0	0	0	0	2	1	0	0	0	0	0	0	0	0
2025	Seahawks	2	1	8	5	3	1	5	1.0	5.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**141**	**119**	**396**	**205**	**191**	**42**	**231**	**39.5**	**272.5**	**114**	**0**	**0**	**0**	**0**	**11**	**8**	**6**	**0**	**12**	**0**	**0**	**0**	**0**	**0**

JARRAN REED'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
2016	Seahawks	2	2	3	3	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Seahawks	1	1	4	2	2	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	3	2	1	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	1	5	4	1	3	18	2.0	15.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Chiefs	3	3	13	5	8	1	5	1.0	5.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**9**	**9**	**28**	**16**	**12**	**4**	**23**	**3.0**	**20.0**	**6**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

Blocked Field Goals: 2022 (1); **Career:** 1.

JARRAN REED'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 vs. Carolina Panthers, Sep 24, 2023 ...1 more at 8.	**Forced Fumbles**	1 vs. Minnesota Vikings, Dec 22, 2024 ...7 more at 1.
Solo Tackles	7 at New York Giants, Oct 22, 2017	**Fumble Recoveries**	1 at Detroit Lions, Sep 17, 2023 ...5 more at 1.
Sacks	2.0 vs. Carolina Panthers, Sep 24, 2023 ...5 more at 2.0.	**Tackles For Loss**	2 at Dallas Cowboys, Nov 30, 2023 ...7 more at 2.
Passes Defensed	2 vs. Miami Dolphins, Sep 11, 2016	**Longest Opp Fumble Return**	10 vs. Pittsburgh Steelers, Dec 26, 2021

78 | TACKLE/GUARD
MASON RICHMAN

Height: 6-5 **Weight: 307**
College: **Iowa**
Season: **Rookie**
Born: **May 7, 2002**
Hometown: **Leawood, Kan.**

TRANSACTIONS:

04/26/25: Drafted by Seattle (7th round, 234th overall)

COLLEGE: Started 52 of 55 games played in his career at Iowa, holding down the left tackle position for the Hawkeyes. In his final year of 2-24, was an honorable mention All-Big Ten by the coaches and media. Part of offensive line that was recognized as a semifinalist for the Joe Moore Award. Started at left tackle in all 13 games marking his 52nd career and 43rd consecutive start. Had the most career starts by an offensive lineman in the Kirk Ferentz era. Paved the way for an offense rushing for 200-plus yards in eight games, which is the most since 2015. The team's 197.2 rushing yards per game ranked third in the Big Ten and 24th nationally, and was the most for the program since 2002.

PERSONAL: Earned first-team all-state honors as a senior at Blue Valley High and was a finalist for Class 6A Defensive Player of the Year. Named second-team all-conference as a junior. Earned three letters in football while helping team advance to state playoffs in three straight seasons. Named team captain as a senior. Recorded 48 tackles in nine games as a senior, with 12 tackles for loss, three sacks and 12 pressures, in addition to five blocked kicks and recorded one safety. Also lettered in basketball. Majored in sport and recreation management.

MASON RICHMAN'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2025	Seahawks	0	0
NFL TOTALS		**0**	**0**

38 | FULLBACK
BRADY RUSSELL

Height: 6-3 **Weight:** 250
College: Colorado
Seasons: NFL : 3rd, Seahawks 3rd
Born: August 31, 1998
Hometown: Fort Collins, Colo.

TRANSACTIONS:

05/05/23: Signed by Philadelphia as a UDFA
08/29/23: Released by Philadelphia
08/30/23: Signed to Philadelphia's PS
09/07/23: Released by Philadelphia
09/08/23: Signed to Philadelphia's PS
09/20/23: Signed to Seattle's active roster
01/02/25: Placed on IR (foot)

NFL CAREER HIGHLIGHTS:

• Led the Seahawks with 10 special teams tackles in 2024.

• Saw action primarily on special teams in 2023, finishing sixth on the team with seven special teams tackles.

COLLEGE: Enjoyed a five-year collegiate career at Colorado (2018-22). A team captain who finished his time with the Buffaloes with 799 yards and three touchdowns on 67 receptions (10.2 avg.) in 49 games (37 starts). Honored on the All-Pac-12, John Mackey Award and East-West Shrine Game 1,000 preseason watch lists in 2022. During the 2021 season, became the first tight end in Colorado history to lead the team in both catches (25) and yards (307) in 15 years.

PERSONAL: Has several military ties with his immediate family. Originally born on Camp Pendleton Marine Corps Base, where his father, Randy, was stationed. His brother, Tyler, also served in the Naval Academy. Comes from a family of athletes as well. His father, and uncle, Marc Booth, played football at Arkansas, and his brother was an indoor and outdoor high jumper at Navy. His uncle, Matt Russell, who currently serves as the Eagles senior personnel director/advisor to the general manager, was an All-American linebacker at Colorado who was chosen by Detroit in the 4th round (130th overall) of the 1997 NFL Draft.

BRADY RUSSELL'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

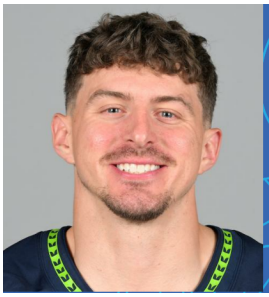
				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2023	Seahawks	15	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	Seahawks	11	0	0	0	0.0	0	0	0	0	0.0	0	0
2025	Seahawks	2	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**28**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

BRADY RUSSELL'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
2023	Seahawks	15	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	7	5	2	0	0	0	0
2024	Seahawks	11	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	10	6	4	0	0	0	0
2025	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	3	2	1	0	0	0	0
NFL TOTALS		**28**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**20**	**13**	**7**	**0**	**0**	**0**	**0**

BRADY RUSSELL'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Special Teams Tackles 2 at Pittsburgh Steelers, Sep 14, 2025
...3 more at 2.



81 | TIGHT END
ERIC SAUBERT

Height: 6-5	**Weight: 248**
College:	**Drake**
Seasons:	**NFL : 8th, Seahawks 1st**
Born:	**May 9, 1994**
Hometown:	**Chicago, Ill.**
Pronunciation:	**SAW-bert**

TRANSACTIONS:

04/29/17: Drafted by Atlanta (5th round, 174th overall)
08/13/19: Traded to New England
08/31/19: Released by New England
09/02/19: Signed to Oakland's PS
11/30/19: Signed to Chicago's active roster
09/16/20: Released by Chicago
09/19/20: Signed to Jacksonville's PS
11/21/20: Signed to active roster
05/03/21: Signed by Denver as a FA
05/05/22: Re-signed by Denver
03/17/23: Signed by Miami as a UFA
08/29/23: Placed on IR
09/06/23: Waived/injury settlement by Miami
10/24/23: Signed to Dallas' PS
10/31/23: Signed to Houston's active roster
04/08/24: Signed by San Francisco as a UFA
08/27/24: Released by San Francisco
08/29/24: Signed by San Francisco as a FA
03/12/25: Contract expired
03/24/25: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Played in 17 games with six starts and tallied 15 receptions for 148 yards and one touchdown in 2022.

• Appeared in 14 games in his rookie season (2017).

COLLEGE: Appeared in 41 games (37 starts) in five seasons (2012-16) at Drake and registered 190 receptions for 2,253 yards and 21 touchdowns. As a senior in 2016, appeared in 11 games (10 starts) and registered 56 receptions for 776 yards and 10 touchdowns. In 2015, started all 11 games and registered 55 receptions for 580 yards and seven touchdowns. As a sophomore, appeared in eight games (seven starts) and registered 32 receptions for 348 yards and two touchdowns. In 2013 as a redshirt freshman, appeared in 11 games (nine starts) and registered 47 receptions for 549 yards. and two touchdowns.

PERSONAL: Two-sport athlete in high school, competing in football and basketball at Hoffman Estates High. Earned a degree in actuarial sciences from Drake and was a Drake Presidential Scholarship recipient. Born in Chicago. Saubert is a dog lover and has a Husky named Abe.

REGULAR SEASON COMPARISON: RECEIVING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
9/23/18	ATL vs. NO	L	P	0	0	0	0	0	0	0
11/22/18	ATL @ NO	L	P	0	0	0	0	0	0	0
TOTALS		**0/2**	**2/0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ERIC SAUBERT'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Falcons	14	0	0	0	0.0	0	0	0	0	0.0	0	0
2018	Falcons	16	1	5	48	9.6	17	0	0	0	0.0	0	0
2019	Raiders	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2019	Bears	2	0	2	21	10.5	11	0	0	0	0.0	0	0
2019	TOTAL	2	0	2	21	10.5	11	0	0	0	0.0	0	0
2020	Bears	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Jaguars	1	1	3	16	5.3	9	0	0	0	0.0	0	0
2020	TOTAL	2	1	3	16	5.3	9	0	0	0	0.0	0	0
2021	Broncos	17	4	8	47	5.9	11	1	0	0	0.0	0	0
2022	Broncos	17	6	15	148	9.9	25	1	0	0	0.0	0	0
2023	Cowboys	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2023	Texans	9	1	3	12	4.0	5	0	0	0	0.0	0	0
2023	TOTAL	10	1	3	12	4.0	5	0	0	0	0.0	0	0
2024	49ers	17	3	11	97	8.8	20	1	0	0	0.0	0	0
2025	Seahawks	2	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**97**	**16**	**47**	**389**	**8.3**	**25**	**3**	**0**	**0**	**0.0**	**0**	**0**

ERIC SAUBERT'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Falcons	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2023	Texans	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**

ERIC SAUBERT'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Receptions	5 vs. Indianapolis Colts, Oct 06, 2022
Receiving Yards	36 vs. Indianapolis Colts, Oct 06, 2022
Receiving Average	10.0 at Kansas City Chiefs, Jan 01, 2023
Longest Receptions	25 at Las Vegas Raiders, Oct 02, 2022
Receiving TDs	1 vs. Houston Texans, Sep 18, 2022
	...1 more at 1.
All-Purpose Yards	36 vs. Indianapolis Colts, Oct 06, 2022
Kickoff Returns	1 at Baltimore Ravens, Dec 04, 2022
	...1 more at 1.
Kickoff Return Yards	15 at Jacksonville Jaguars, Oct 30, 2022
Longest Kickoff Return	15 at Jacksonville Jaguars, Oct 30, 2022
Special Teams Tackles	2 vs. San Francisco 49ers, Sep 07, 2025
	...1 more at 2.
Most TDs	1 vs. Houston Texans, Sep 18, 2022
	...1 more at 1.
Miscellaneous Tackles	1 at Los Angeles Rams, Dec 25, 2022
	...3 more at 1.
Scrimmage Yards	36 vs. Indianapolis Colts, Oct 06, 2022

ERIC SAUBERT'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/07	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-17
09/14	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-17
2025 TOTALS		**2-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-1**	

ERIC SAUBERT'S 2024 GXG REGULAR-SEASON STATISTICS (49ERS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/09	Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	32-19
09/15	at Vikings	P	2	26	13.0	14	0	0	0	0.0	0	0	L	17-23
09/22	at Rams	S	2	41	20.5	20	0	0	0	0.0	0	0	L	24-27
09/29	Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-13
10/06	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	L	23-24
10/10	at Seahawks	S	0	0	0.0	0	0	0	0	0.0	0	0	W	36-24
10/20	Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	L	18-28
10/27	Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-24
11/10	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-20
11/17	Seahawks	S	1	7	7.0	7	0	0	0	0.0	0	0	L	17-20
11/24	at Packers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-38
12/01	at Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-35
12/08	Bears	P	1	4	4.0	4	0	0	0	0.0	0	0	W	38-13
12/12	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	6-12
12/22	at Dolphins	P	1	2	2.0	2t	1	0	0	0.0	0	0	L	17-29
12/30	Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	L	34-40
01/05	at Cardinals	P	4	17	4.3	11	0	0	0	0.0	0	0	L	24-47
2024 TOTALS		**17-3**	**11**	**97**	**8.8**	**20**	**1**	**0**	**0**	**0.0**	**0**	**0**	**6-11**	

ERIC SAUBERT'S 2023 GXG REGULAR-SEASON STATISTICS (COWBOYS/TEXANS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/10	at Giants						NOT ON ROSTER						W	40-0
09/17	Jets						NOT ON ROSTER						W	30-10
09/24	at Cardinals						NOT ON ROSTER						L	16-28
10/01	Patriots						NOT ON ROSTER						W	38-3
10/08	at 49ers						NOT ON ROSTER						L	10-42
10/16	at Chargers						NOT ON ROSTER						W	20-17
10/29	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	43-20
							Went from **Cowboys** to **Texans**.							
11/05	Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	39-37
11/12	at Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-27
11/19	Cardinals						ON INACTIVE LIST						W	21-16
11/26	Jaguars	P	0	0	0.0	0	0	0	0	0.0	0	0	L	21-24
12/03	Broncos	P	1	5	5.0	5	0	0	0	0.0	0	0	W	22-17
12/10	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	L	6-30
12/17	at Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	19-16+
12/24	Browns	P	0	0	0.0	0	0	0	0	0.0	0	0	L	22-36
12/31	Titans	P	1	2	2.0	2	0	0	0	0.0	0	0	W	26-3
01/06	at Colts	S	1	5	5.0	5	0	0	0	0.0	0	0	W	23-19
2023 TOTALS		**10-1**	**3**	**12**	**4.0**	**5**	**0**	**0**	**0**	**0.0**	**0**	**0**	**12-5**	

+ - Overtime

ERIC SAUBERT'S 2022 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Seahawks	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-17
09/18	Texans	S	1	22	22.0	22t	1	0	0	0.0	0	0	W	16-9
09/25	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	11-10
10/02	at Raiders	S	1	25	25.0	25	0	0	0	0.0	0	0	L	23-32
10/06	Colts	P	5	36	7.2	10	0	0	0	0.0	0	0	L	9-12+
10/17	at Chargers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-19+
10/23	Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	L	9-16
10/30	at Jaguars	P	0	0	0.0	0	0	0	0	0.0	0	0	W	21-17
11/13	at Titans	P	1	12	12.0	12	0	0	0	0.0	0	0	L	10-17
11/20	Raiders	S	2	16	8.0	9	0	0	0	0.0	0	0	L	16-22+
11/27	at Panthers	S	0	0	0.0	0	0	0	0	0.0	0	0	L	10-23
12/04	at Ravens	S	0	0	0.0	0	0	0	0	0.0	0	0	L	9-10
12/11	Chiefs	P	1	2	2.0	2	0	0	0	0.0	0	0	L	28-34
12/18	Cardinals	P	1	5	5.0	5	0	0	0	0.0	0	0	W	24-15
12/25	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	14-51
01/01	at Chiefs	P	3	30	10.0	24	0	0	0	0.0	0	0	L	24-27
01/08	Chargers	S	0	0	0.0	0	0	0	0	0.0	0	0	W	31-28
2022 TOTALS		**17-6**	**15**	**148**	**9.9**	**25**	**1**	**0**	**0**	**0.0**	**0**	**0**	**5-12**	

+ - Overtime

ERIC SAUBERT'S 2021 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Giants	P	1	7	7.0	7	0	0	0	0.0	0	0	W	27-13
09/19	at Jaguars	P	1	7	7.0	7	0	0	0	0.0	0	0	W	23-13
09/26	Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-0
10/03	Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	7-23
10/10	at Steelers	S	0	0	0.0	0	0	0	0	0.0	0	0	L	19-27
10/17	Raiders	S	3	23	7.7	11	0	0	0	0.0	0	0	L	24-34
10/21	at Browns	S	1	3	3.0	3	0	0	0	0.0	0	0	L	14-17
10/31	Football Team	P	0	0	0.0	0	0	0	0	0.0	0	0	W	17-10
11/07	at Cowboys	S	1	6	6.0	6	0	0	0	0.0	0	0	W	30-16
11/14	Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-30
11/28	Chargers	P	1	1	1.0	1t	1	0	0	0.0	0	0	W	28-13
12/05	at Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	L	9-22
12/12	Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-10
12/19	Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-15
12/26	at Raiders	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-17
01/02	at Chargers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-34
01/08	Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-28
2021 TOTALS		**17-4**	**8**	**47**	**5.9**	**11**	**1**	**0**	**0**	**0.0**	**0**	**0**	**7-10**	

ERIC SAUBERT'S 2020 GXG REGULAR-SEASON STATISTICS (BEARS/JAGUARS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	at Lions					ON INACTIVE LIST							W	27-23
						Went from **Bears** to **Jaguars**.								
11/22	Steelers					PRACTICE SQUAD							L	3-27
						Went from **Jaguars** to **Bears**.								
12/27	at Jaguars	P	0	0	0.0	0	0	0	0	0.0	0	0	W	41-17
2020 TOTALS		**1-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**2-1**	

ERIC SAUBERT'S 2019 GXG REGULAR-SEASON STATISTICS (RAIDERS/BEARS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/09	Broncos						PRACTICE SQUAD						W	24-16
09/15	Chiefs						PRACTICE SQUAD						L	10-28
09/22	at Vikings						PRACTICE SQUAD						L	14-34
09/29	at Colts						PRACTICE SQUAD						W	31-24
10/06	Bears						PRACTICE SQUAD						W	24-21
10/20	at Packers						PRACTICE SQUAD						L	24-42
10/27	at Texans						PRACTICE SQUAD						L	24-27
11/03	Lions						PRACTICE SQUAD						W	31-24
11/07	Chargers						PRACTICE SQUAD						W	26-24
11/17	Bengals						PRACTICE SQUAD						W	17-10
11/24	at Jets						PRACTICE SQUAD						L	3-34
							Went from **Raiders** to **Bears**.							
12/05	Cowboys						INACTIVE						W	31-24
12/15	at Packers						INACTIVE						L	13-21
12/22	Chiefs	P	1	11	11.0	11	0	0	0	0.0	0	0	L	3-26
12/29	at Vikings	P	1	10	10.0	10	0	0	0	0.0	0	0	W	21-19
2019 TOTALS		**2-0**	**2**	**21**	**10.5**	**11**	**0**	**0**	**0**	**0.0**	**0**	**0**	**8-7**	

ERIC SAUBERT'S 2018 GXG REGULAR-SEASON STATISTICS (FALCONS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/06	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	L	12-18
09/16	Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-24
09/23	Saints	P	0	0	0.0	0	0	0	0	0.0	0	0	L	37-43+
09/30	Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	L	36-37
10/07	at Steelers	P	1	8	8.0	8	0	0	0	0.0	0	0	L	17-41
10/14	Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-29
10/22	Giants	P	1	8	8.0	8	0	0	0	0.0	0	0	W	23-20
11/04	at Redskins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-14
11/11	at Browns	P	1	17	17.0	17	0	0	0	0.0	0	0	L	16-28
11/18	Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	L	19-22
11/22	at Saints	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-31
12/02	Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-26
12/09	at Packers	P	2	15	7.5	8	0	0	0	0.0	0	0	L	20-34
12/16	Cardinals	S	0	0	0.0	0	0	0	0	0.0	0	0	W	40-14
12/23	at Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-10
12/30	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-32
2018 TOTALS		**16-1**	**5**	**48**	**9.6**	**17**	**0**	**0**	**0**	**0.0**	**0**	**0**	**7-9**	

+ - Overtime

ERIC SAUBERT'S 2017 GXG REGULAR-SEASON STATISTICS (FALCONS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	at Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-17
09/17	Packers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-23
09/24	at Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-26
10/01	Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-23
10/15	Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-20
10/22	at Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	L	7-23
10/29	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	25-20
11/05	at Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-20
11/12	Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-7
11/20	at Seahawks	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-31
11/26	Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-20
12/03	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	L	9-14
12/07	Saints						INACTIVE						W	20-17
12/18	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-21
12/24	at Saints						INACTIVE						L	13-23
12/31	Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	22-10
2017 TOTALS		**14-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**10-6**	

11 | WIDE RECEIVER
JAXON SMITH-NJIGBA

Height: 6-0	**Weight: 202**
College:	**Ohio State**
Seasons:	**NFL : 3rd, Seahawks 3rd**
Born:	**February 14, 2002**
Hometown:	**Rockwall, Texas**
Pronunciation:	**in-JIGG-buh**

PRO BOWL '24

2025 SEASON:

09/07/25 vs. SF: Finished with nine receptions (fourth highest of career), for 124 yards (second most of career). Added a 40-yard reception (third longest of career) late in the fourth quarter.

09/14/25 at Pit: Back-to-back 100-yard games while leading Seattle in recieving for the second-consecutive game (8 catches for 103 yards). It marked his fifth career 100-yard game. Became the first Seattle receiver since Sean Dawkins in 1999 to have 100+ receiving yards in Pittsburgh.

TRANSACTIONS:

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

NFL CAREER HIGHLIGHTS:

• Eighth player in NFL history with 150 receptions, 1,700 yards, and 10 touchdowns before his 23rd birthday.

• Tied franchise record with 100 receptions (9th NFL) in 2024, and 10th player in franchise history with 1,000 receiving yards in a season and set single-season career-highs in catches (100), receiving yards (1,130), and touchdowns (6).

• His 367 receiving yards in Weeks 9-12 in 2024 are the third-most over a three-game span in franchise history (Steve Largent, 393 in 1984; Tyler Lockett, 368 in 2020-21).

• Hauled in a career-high 180 receiving yards vs. the L.A. Rams (11/3/24), on seven receptions with two touchdowns, matching John L. Williams for the fourth-highest receiving total in franchise history behind Steve Largent (261), Tyler Lockett (200) and Largent again (191). Largent, Lockett and Smith-Njigba are the only pass-catchers in franchise history with at least 180 yards and multiple touchdown reception in a single game.

• At New England (9/15/24), set career-high in receptions (12) for 117 yards. Seahawks pass-catchers had recorded 10-catch, 100-yard games 21 times in franchise history, but DK Metcalf (10 for 129) and Smith-Njigba (12 for 117) are the first Seahawks duo to accomplish that feat in the same contest.

• In 2023, his 63 receptions were the second-most receptions by a rookie in franchise history, and along with Tyler Lockett and DK Metcalf, gave Seattle three receivers with 60-plus catches in a season for the first time in franchise history.

• Only rookie since 1960 with two game-winning touchdown receptions in the final minute of the fourth quarter (vs. Cleveland, 10/29; vs. Philadelphia, 12/18). Along with Jake Bobo, vs. Arizona (10/22/23) became the first pair of rookie wide receivers to record a touchdown reception in the same game in franchise history.

HONORS: 2024: NFC Pro Bowl.

COLLEGE: Started 16 of 23 games during his Ohio State career, recording 110 receptions for 1,698 yards and 10 touchdowns. Only played three games during his junior season after suffering a hamstring injury. Enjoyed a breakout 2021 season when he led Ohio State with school-record totals of 95 receptions (fifth-most in Big Ten history) and 1,606 receiving yards (breaking 20-year-old Big Ten receiving yards record (1,545 yards in 2001 by Wisconsin's Lee Evans), on a team that featured first-round NFL Draft picks Garrett Wilson (No. 10 overall to the Jets) and Chris Olave (No. 11 overall to New Orleans). Set Rose Bowl records with 347 receiving yards and a school-record 15 receptions, with three touchdowns and was named offensive player of the game. The 347 receiving yards was also an all-time bowl game record, school single-game record, the second-most in Big Ten history and the fifth-highest total in NCAA Division I history. On the strength of his 2021 season, he finished 18th at Ohio State in career receptions (110) and 21st in receiving yards (1,698). Named third-team AP All-American and third-team all-Big Ten Conference in 2021.

PERSONAL: Attended Rockwall High. Finished the recruiting cycle with a five-star ranking and was a top 50-ranked player nationally according to 247Sports.com. Named the Texas 6A State Player of the Year and was the No. 5-ranked player overall in the state of Texas. Compiled 5,346 career receiving yards and 82 touchdowns in 44 games. In 13 games as a senior, had 104 catches for 2,094 yards and 35 touchdowns. Majored in health sciences.

JAXON SMITH-NJIGBA'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2023	Seahawks	17	3	63	628	10.0	35	4	0	0	0.0	0	0
2024	Seahawks	17	16	100	1,130	11.3	46	6	5	26	5.2	8	0
2025	Seahawks	2	2	17	227	13.4	43	0	0	0	0.0	0	0
NFL TOTALS		**36**	**21**	**180**	**1,985**	**11.0**	**46**	**10**	**5**	**26**	**5.2**	**8**	**0**

JAXON SMITH-NJIGBA'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2023	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2024	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2025	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**

JAXON SMITH-NJIGBA'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Longest Runs	8 at San Francisco 49ers, Nov 17, 2024	**Receiving TDs**	2 vs. Los Angeles Rams, Nov 03, 2024
Receptions	12 at New England Patriots, Sep 15, 2024	**All-Purpose Yards**	180 vs. Los Angeles Rams, Nov 03, 2024
Receiving Yards	180 vs. Los Angeles Rams, Nov 03, 2024	**Most TDs**	2 vs. Los Angeles Rams, Nov 03, 2024
Receiving Average	25.7 vs. Los Angeles Rams, Nov 03, 2024	**Miscellaneous Tackles**	1 at San Francisco 49ers, Dec 10, 2023
Longest Receptions	46 vs. Arizona Cardinals, Nov 24, 2024		...1 more at 1.
	...1 more at 46.		

JAXON SMITH-NJIGBA'S 100-YARD RECEIVING GAMES (5): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
11/03/24	RAMS	7	180	25.7	46	2
09/07/25	49ERS	9	124	13.8	40	0
09/15/24	at Patriots	12	117	9.8	24	0
11/17/24	at 49ers	10	110	11.0	20	0
09/14/25	at Steelers	8	103	12.9	43	0

JAXON SMITH-NJIGBA'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/07	49ers	S	9	124	13.8	40	0	0	0	0.0	0	0	L	13-17
09/14	at Steelers	S	8	103	12.9	43	0	0	0	0.0	0	0	W	31-17
2025 TOTALS		**2-2**	**17**	**227**	**13.4**	**43**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-1**	

JAXON SMITH-NJIGBA'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/08	Broncos	S	2	19	9.5	10	0	0	0	0.0	0	0	W	26-20
09/15	at Patriots	S	12	117	9.8	24	0	0	0	0.0	0	0	W	23-20+
09/22	Dolphins	S	3	39	13.0	18	0	0	0	0.0	0	0	W	24-3
09/30	at Lions	S	8	51	6.4	11	0	0	0	0.0	0	0	L	29-42
10/06	Giants	S	4	31	7.8	15	1	0	0	0.0	0	0	L	20-29
10/10	49ers	S	5	53	10.6	19	0	0	0	0.0	0	0	L	24-36
10/20	at Falcons	S	3	9	3.0	5	0	0	0	0.0	0	0	W	34-14
10/27	Bills	S	6	69	11.5	18	0	0	0	0.0	0	0	L	10-31
11/03	Rams	S	7	180	25.7	46	2	0	0	0.0	0	0	L	20-26+
11/17	at 49ers	P	10	110	11.0	20	0	1	8	8.0	8	0	W	20-17
11/24	Cardinals	S	6	77	12.8	46	1	0	0	0.0	0	0	W	16-6
12/01	at Jets	S	4	74	18.5	25	0	1	5	5.0	5	0	W	26-21
12/08	at Cardinals	S	5	82	16.4	24	1	1	4	4.0	4	0	W	30-18
12/15	Packers	S	10	83	8.3	25	0	0	0	0.0	0	0	L	13-30
12/22	Vikings	S	8	95	11.9	25	1	1	5	5.0	5	0	L	24-27
12/26	at Bears	S	3	32	10.7	19	0	0	0	0.0	0	0	W	6-3
01/05	at Rams	S	4	9	2.3	7	0	1	4	4.0	4	0	W	30-25
2024 TOTALS		**17-16**	**100**	**1,130**	**11.3**	**46**	**6**	**5**	**26**	**5.2**	**8**	**0**	**10-7**	

+ - Overtime

JAXON SMITH-NJIGBA'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Rams	P	3	13	4.3	10	0	0	0	0.0	0	0	L	13-30
09/17	at Lions	P	5	34	6.8	16	0	0	0	0.0	0	0	W	37-31+
09/24	Panthers	P	1	10	10.0	10	0	0	0	0.0	0	0	W	37-27
10/02	at Giants	P	3	5	1.7	3	0	0	0	0.0	0	0	W	24-3
10/15	at Bengals	P	4	48	12.0	18	0	0	0	0.0	0	0	L	13-17
10/22	Cardinals	S	4	63	15.8	28t	1	0	0	0.0	0	0	W	20-10
10/29	Browns	P	3	36	12.0	19	1	0	0	0.0	0	0	W	24-20
11/05	at Ravens	P	6	63	10.5	35	0	0	0	0.0	0	0	L	3-37
11/12	Commanders	S	4	53	13.3	20	0	0	0	0.0	0	0	W	29-26
11/19	at Rams	P	3	40	13.3	32	0	0	0	0.0	0	0	L	16-17
11/23	49ers	P	2	41	20.5	34	0	0	0	0.0	0	0	L	13-31
11/30	at Cowboys	P	7	62	8.9	18	0	0	0	0.0	0	0	L	35-41
12/10	at 49ers	S	4	25	6.3	11	0	0	0	0.0	0	0	L	16-28
12/18	Eagles	P	4	48	12.0	29t	1	0	0	0.0	0	0	W	20-17
12/24	at Titans	P	6	61	10.2	20	0	0	0	0.0	0	0	W	20-17
12/31	Steelers	P	1	12	12.0	12t	1	0	0	0.0	0	0	L	23-30
01/07	at Cardinals	P	3	14	4.7	7	0	0	0	0.0	0	0	W	21-20
2023 TOTALS		**17-3**	**63**	**628**	**10.0**	**35**	**4**	**0**	**0**	**0.0**	**0**	**0**	**9-8**	

+ - Overtime

41 | LONG SNAPPER
CHRIS STOLL

Height: 6-2	**Weight: 255**
College:	**Penn State**
Seasons:	**NFL : 3rd, Seahawks 3rd**
Born:	**August 3, 1998**
Hometown:	**Westerville, Ohio**
Pronunciation:	**stole**

TRANSACTIONS:

05/10/23: Signed by Seattle as a UDFA

NFL CAREER HIGHLIGHTS:

• Served as Seattle's long snapper and converted every snap for the past two seasons.

COLLEGE: Played in 48 games as Penn State's long snapper. Named the winner of the Patrick Mannelly Award, given to the nation's top long snapper in 2022. Earned the Big Ten Sportsmanship Award. Former run-on and earned a scholarship during preseason camp in 2020.

PERSONAL: A three-time letterman for head coach Ryan Wiggins at St. Francis DeSales High School. Helped the Stallions to a 31-9 record in his career. Two-time Prokicker.com All-America long snapper selection as a junior and senior.

CHRIS STOLL'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP
2023	Seahawks	17
2024	Seahawks	17
2025	Seahawks	2
NFL TOTALS		**36**

61 | CENTER
JALEN SUNDELL

Height: 6-5	**Weight: 301**
College:	**North Dakota State**
Seasons:	**NFL : 2nd, Seahawks 2nd**
Born:	**October 18, 1999**
Hometown:	**Maryville, Mo.**
Pronunciation:	**sun-DELL**

2025 SEASON:

09/07/25 vs. SF: Made first career start at center.

09/14/25 at Pit: Started at center and left the game late in the fourth quarter due to cramping.

TRANSACTIONS:

07/23/24: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

• Saw time as an extra tackle in goal-line situations and on special teams in 2024.

COLLEGE: Started 40 of 57 games in his career. In 2024 as a senior, earned first-team AFCA FCS All-American honors after starting all 15 games at left tackle. During that season, Sundell helped pave the way for an offense that ranked fourth in the FCS with an average of 237.3 rushing yards per game while leading the nation in rushing touchdowns (47) and offensive touchdowns (69). Prior to moving to left tackle, Sundell was a three-year starter at center.

PERSONAL: Was a four-year letterman at Maryville High School and a two-time all-conference tackle and defensive end. Named the 2017 Class 3 Offensive Player of the Year as the Spoofhounds went 13-2 and won the state championship. Was an all-district and all-state first team selection in 2016 and 2017.Also played basketball and was the founder and president of Maryville High's bass fishing club team. Graduated from NDSU in December 2021 with a bachelor's degree in criminal justice. Sister, Serena, is a senior basketball player at Kansas State. Father, Robert, played basketball for Northwest Missouri State, and mother, Korena, played basketball at Missouri-Rolla.

JALEN SUNDELL'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2024	Seahawks	12	0
2025	Seahawks	2	2
NFL TOTALS		**14**	**2**

44 | LINEBACKER
CHAZZ SURRATT

Height: 6-2	**Weight: 233**
College:	**North Carolina**
Seasons:	**NFL : 5th, Seahawks 1st**
Born:	**February 16, 1997**
Hometown:	**Denver, N.C.**
Pronunciation:	**sir-ROT**

TRANSACTIONS:

04/30/21: Drafted by Minnesota (3rd round, 78th overall)
08/30/22: Released by Minnesota
09/01/22: Signed to N.Y. Jets PS
05/28/25: Signed by San Francisco as a FA
08/26/25: Released by San Francisco
08/28/25: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

• Saw his most time on defense in his career in 2024 with the N.Y. Jets, starting five of 17 games played.

• Has played in 41 career games with Minnesota (2021) and the N.Y. Jets (2022-24), primarily on special teams, recording 18 career special teams tackles.

COLLEGE: Surratt started his football career on the offensive side of the ball playing quarterback during his first two seasons at North Carolina. He transitioned to linebacker in 2019 where he made his debut at the position against the University of South Carolina where he posted a team-high 12 tackles, 1.0 sack and 1 PD. That same season, he led the team in tackles for loss (15.0) and earned First-Team All-ACC honors. Appeared in 34 games with 18 starts over four years (2017-20) at North Carolina and registered 207 tackles, 22.5 tackles for loss, 12.5 sacks, eight passes defensed, two interceptions, two forced fumbles and two fumble recoveries. Before moving to the defensive side of the ball, as a sophomore in 2018, appeared in one game and recorded nine carries for 69 yards and one touchdown. In 2017, appeared in nine games with seven starts, and completed 107 of his 183 passing attempts for 1,342 yards with eight touchdowns, and added 85 carries for 210 yards and five touchdowns.

PERSONAL: Named Parade All-America and Parade National Player of the Year as a senior at East Lincoln High. Named The Associated Press offensive player of the year in North Carolina. Gatorade state player of the year. Two-time first-team AP all-state selection. MaxPreps national small schools player of the year. Broke the state record for career total yards with 16,593 and also owns the state record for touchdowns with 229 career scores. Threw for 3,536 yard and 51 touchdowns and 10 interceptions during his senior season. Also ran for 1,345 yards and 15 scores. Led East Lincoln to 30 straight wins. Broke the state record for total offense held previously by Charlotte Independence quarterback and three-time state champion Chris Leak. Named the 2014 and 2015 North Carolina Prep Player of the Year (the only two-time winner).

CHAZZ SURRATT'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	Vikings	9	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
2022	Vikings	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
2022	Jets	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	0	0
2022	TOTAL	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	0	0
2023	Jets	14	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	7	6	1	0	0	0	0
2024	Jets	17	5	18	13	5	2	6	0.0	0.0	1	0	0	0	0	0	0	0	0	0	10	5	5	0	0	0	0
2025	49ers	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		**42**	**5**	**19**	**13**	**6**	**2**	**6**	**0.0**	**0.0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**18**	**12**	**6**	**0**	**0**	**0**	**0**

CHAZZ SURRATT'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	5 at New England Patriots, Oct 27, 2024	**Tackles For Loss**	2 at New England Patriots, Oct 27, 2024
Solo Tackles	5 at New England Patriots, Oct 27, 2024	**Special Teams Tackles**	4 vs. Indianapolis Colts, Nov 17, 2024

42 | LINEBACKER
DRAKE THOMAS

Height: 5-11	**Weight: 228**
College:	**North Carolina State**
Seasons:	**NFL : 3rd, Seahawks 3rd**
Born:	**February 25, 2000**
Hometown:	**Raleigh, N.C.**

TRANSACTIONS:

05/12/23: Signed by Las Vegas as a UDFA
08/29/23: Released by Las Vegas
08/30/23: Claimed off waivers by Seattle
11/06/23: Placed on IR (knee)

NFL CAREER HIGHLIGHTS:

• Played in all 17 games in 2024 and finished second on the team with nine special teams tackles.

• Played seven games for Seattle in 2023, mostly on special teams. Suffered a knee injury at Baltimore (11/5/23) and missed the rest of the season.

COLLEGE: Played four years at North Carolina State, seeing action in 47 career games. Totals include 293 tackles (136 solo), 46 tackles for loss, 19 sacks, four interceptions and 13 passes defensed. In 2022, played in 13 games and set career highs with 101 tackles (50), 7.5 sacks and 19 tackles for loss. Led the ACC in tackles for loss. Named first-team All-ACC by the Associated Press and second-team All-ACC by coaches. In 2021, played in 12 games and led the team with 100 tackles (48 solo). Added 13.5 tackles for loss, six sacks, three interceptions and five passes defensed. Named first-team All-ACC by the Associated Press.

PERSONAL: Attended Heritage High School in Wake Forest, N.C. Played middle linebacker and running back. Finished high school career as the school's all-time leading tackler with 393 stops (203 solo). Eclipsed the 100-tackle mark in each of his final three prep seasons. As a running back, totaled 139 career carries for 908 yards and 11 touchdowns. As a senior, racked up 123 tackles, three sacks and two interceptions. Rushed for 280 yards on 50 carries with seven touchdowns. Led team to North Carolina 4A state playoffs. Ranked as the No. 19 recruit in North Carolina and the No. 22 inside linebacker in the nation by Rivals.com. Also played high school baseball.

DRAKE THOMAS' 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
2023	Seahawks	7	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0
2024	Seahawks	17	0	4	0	4	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	9	3	6	0	0	0	0
2025	Seahawks	2	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0
NFL TOTALS		**26**	**0**	**7**	**1**	**6**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**	**11**	**3**	**8**	**0**	**0**	**0**	**0**

DRAKE THOMAS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	2 vs. Miami Dolphins, Sep 22, 2024	**Passes Defensed**	1 vs. Miami Dolphins, Sep 22, 2024
	...1 more at 2.	**Special Teams Tackles**	2 at Los Angeles Rams, Jan 05, 2025
Solo Tackles	1 at Baltimore Ravens, Nov 05, 2023		...1 more at 2.

9 | RUNNING BACK
KENNETH WALKER III

Height: 5-9	**Weight: 216**
College:	**Michigan State**
Seasons:	**NFL : 4th, Seahawks 4th**
Born:	**October 20, 2000**
Hometown:	**Arlington, Tenn.**

2025 SEASON:

• Passed Maurice Morris for 10th-place on Seattle's all-time rushing yards list (at Pittsburgh, 09/14/25).

09/14/25 at Pit: Led Seattle with 105 rushing yards on 13 carries, his first 100-yard game since Week 1, 2024. Scored his first TD of the season on a game-clinching 19-yard score on third-and-goal, giving Seattle a 31-17 win over the Steelers. Passed Maurice Morris for 10th-place on Seattle's all-time rushing yards list.

TRANSACTIONS:

04/29/22: Drafted by Seattle (2nd round, 41st overall)
12/26/24: Placed on IR (ankle)

NFL CAREER HIGHLIGHTS:

• Ranks tied for sixth in franchise history with 24 rushing touchdowns.

• Started all 11 games played in 2024. Rushed for 103 yards on 20 carries with one touchdown vs. Denver (9/8/24), his seventh-career 100-yard game. Walker's touchdown, along with Geno Smith's 34-yard run and Zach Charbonnet's 30-yard touchdown catch, marked the first time since Week 7 of the 2022 season that the offense has scored three or more touchdowns of 20-plus yards in a game.

• At Detroit (9/30/24), rushed 12 times for 80 yards and a career-high three rushing touchdowns. It was the first time a Seattle player had at least three rushing touchdowns since Marshawn Lynch (4 vs. N.Y. Giants, 11/9/14).

• Rushed a season-high 26 times for 105 yards vs. Arizona (10/22/23), his lone 100-yard effort of the season, and sixth of his career.

• Became the first rookie since 2018 (Saquon Barkley) to have three straight 100-yard rushing games (Weeks 16-18, 2022). Led all rookies with 1,050 rushing yards, led the NFL with 354 yards over the final three weeks of the regular season, ranked tied for first in the NFL with nine touchdowns by a rookies (first among running backs), and ranked tied for second in the NFL with 10 rushes of at least 20 yards. Finished second in AP Offensive Rookie of the Year voting.

• Became the second rookie in franchise history with 1,000 rushing yards (Curt Warner, 1983), posting 1,050 in 2022, and ranked second in franchise history with five 100-yard rushing games by a rookie. Also became the third Seattle rookie (Curt Warner, Joey Galloway) to eclipse 1,000 scrimmage yards in a season (1,215). Part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

• Named NFL Offensive Rookie of the Month for October. Along with CB Tariq Woolen (NFL Defensive Rookie of the Month for October), became the first teammates to win the award in the same month since it began in 1996.

• Posted the second-fastest ball-carrier speed in the NFL, clocking 22.09 mph during his 74-yard touchdown run at the L.A. Chargers (10/23/22). Rushed for a career-high 167 rushing yards and two touchdowns in that Chargers game. Was the first Seahawks rookie with 150-plus rushing yards and two-plus rushing touchdowns since Curt Warner vs. Kansas City (11/27/83). With touchdown runs of 69 and 74 yards in 2022, Walker became the first rookie with two 65-yard touchdown runs since Saquon Barkley in 2018. His 265 rushing yards in his first two career starts were the most in franchise history.

HONORS: 2023: NFC Offensive Player of the Week 3; 2022: PFWA All-Rookie Team, NFL Rookie of the Month for October.

COLLEGE: Finished sixth overall in Heisman Trophy voting. 2021 Walter Camp National Player of the Year, 2021 Doak Walker award winner, 2021 consensus All-American as unanimous first-team selection (AFCA, AP, Sporting News, FWAA, Walter Camp, ESPN.com, CBS Sports, Pro Football Focus and The Athletic), 2021 Big Ten Co-Offensive Player of the Year (AP), 2021 Big Ten Ameche-Dayne Running Back of the Year, 2021 first-team All-Big Ten (coaches & media) and 2021 Maxwell Award finalist. Transfer from Wake Forest and joined the Spartan program in January 2021. Made an immediate impact in one record-breaking season in East Lansing. Played in a total of 32 collegiate games (20 at Wake Forest from 2019-20, 12 at Michigan State in 2021). Rushed for 2,794 yards and 35 touchdowns on 480 carries in his career (1,158 yards and 17 touchdowns at Wake Forest in 2020-21; 1,636 yards and 18 touchdowns at MSU in 2021). Finished his collegiate career with 3,069 all-purpose yards (1,344 at Wake Forest; 1,725 at MSU) and 36 total touchdowns (17 rushing at Wake Forest; 18 rushing and one receiving at MSU). Had 13 100-yard rushing games in career (two at Wake Forest in 2019; three at Wake Forest in 2020; eight at Michigan State in 2021). Won the Big Ten rushing title, averaging 136.3 yards per game, and finished the season ranked No. 2 in the FBS and No. 1 in the Power 5 in rushing yards per game (136.3) and total rushing yards (1,636). Started all 12 games in the regular season but opted out of the Chick-fil-A Peach Bowl to prepare for the NFL Draft. Ranked among MSU's single-season leaders in rushing yards per game (third with 136.3 ypg), rushing yards (fourth with 1,636), points (fourth with 114), total touchdowns (fourth with 19), rushing touchdowns (tied for fifth with 18), all-purpose yards (10th with 1,725), rushing average (10th with 6.22 avg.) and carries (11th with 263).

PERSONAL: Attended Arlington High School in Tennessee near Memphis, rushing for 3,485 yards on 493 carries, including 13 100-yard games, with 41 touchdowns in his prep career. Also had 64 catches for 1,058 yards and 16 touchdowns. Rushed for 1,403 yards as a senior with 27 touchdowns despite missing three games. Nominated for the Tennessee Sports Writers Association all-state team. Named first-team all-region at running back and kick returner. Rushed for 1,205 yards and 17 touchdowns as a junior with seven 100-yard games, Named first-team All-Region 7-6A at running back and second team as a kick returner. Majored in communications.

REGULAR SEASON COMPARISON: RECEIVING - NEW ORLEANS SAINTS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
10/9/22	SEA @ NO	L	P	0	0	0	0	0	0	0
TOTALS		**0/1**	**1/0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

KENNETH WALKER III'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2022	Seahawks	15	11	228	1,050	4.6	74t	9	27	165	6.1	33	0
2023	Seahawks	15	15	219	905	4.1	45	8	29	259	8.9	64t	1
2024	Seahawks	11	11	153	573	3.7	28	7	46	299	6.5	21	1
2025	Seahawks	2	2	23	125	5.4	20	1	4	17	4.3	13	0
NFL TOTALS		**43**	**39**	**623**	**2,653**	**4.3**	**74T**	**25**	**106**	**740**	**7.0**	**64T**	**2**

KENNETH WALKER III'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2022	Seahawks	1	1	15	63	4.2	9	1	1	3	3.0	3	0
NFL TOTALS		**1**	**1**	**15**	**63**	**4.2**	**9**	**1**	**1**	**3**	**3.0**	**3**	**0**

KENNETH WALKER III'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts 29 vs. Los Angeles Rams, Jan 08, 2023
Rushing Yards 167 at Los Angeles Chargers, Oct 23, 2022
Rushing Average 11.0 at New Orleans Saints, Oct 09, 2022
Longest Runs 74t at Los Angeles Chargers, Oct 23, 2022
Rushing TDs 3 at Detroit Lions, Sep 30, 2024
Receptions 8 vs. Minnesota Vikings, Dec 22, 2024
...1 more at 8.
Receiving Yards 64 vs. Washington Commanders, Nov 12, 2023
Receiving Average 19.7 vs. Carolina Panthers, Sep 24, 2023
Longest Receptions 64t vs. Washington Commanders, Nov 12, 2023
Receiving TDs 1 at Atlanta Falcons, Oct 20, 2024
...1 more at 1.
All-Purpose Yards 167 at Los Angeles Chargers, Oct 23, 2022
Most TDs 3 at Detroit Lions, Sep 30, 2024
Miscellaneous Tackles 1 vs. Buffalo Bills, Oct 27, 2024
...4 more at 1.
Scrimmage Yards 167 at Los Angeles Chargers, Oct 23, 2022

KENNETH WALKER III'S 100-YARD RUSHING GAMES (8): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
10/23/22	at Chargers	23	167	7.3	74t	2
01/01/23	JETS	23	133	5.8	60	0
01/08/23	RAMS	29	114	3.9	20	0
11/06/22	at Cardinals	26	109	4.2	15	2
12/24/22	at Chiefs	26	107	4.1	20	0
10/22/23	CARDINALS	26	105	4.0	25	0
09/14/25	at Steelers	13	105	8.1	20	1
09/08/24	BRONCOS	20	103	5.2	23t	1

KENNETH WALKER III'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

				RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/07	49ers	S	10	20	2.0	8	0	3	4	1.3	5	0	L	13-17
09/14	at Steelers	S	13	105	8.1	20	1	1	13	13.0	13	0	W	31-17
2025 TOTALS		**2-2**	**23**	**125**	**5.4**	**20**	**1**	**4**	**17**	**4.3**	**13**	**0**	**1-1**	

KENNETH WALKER III'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/08	Broncos	S	20	103	5.2	23t	1	2	6	3.0	8	0	W	26-20
09/15	at Patriots						ON INACTIVE LIST						W	23-20+
09/22	Dolphins						ON INACTIVE LIST						W	24-3
09/30	at Lions	S	12	80	6.7	28	3	4	36	9.0	13	0	L	29-42
10/06	Giants	S	5	19	3.8	7	0	7	57	8.1	17	0	L	20-29
10/10	49ers	S	14	32	2.3	8	1	8	37	4.6	11	0	L	24-36
10/20	at Falcons	S	14	69	4.9	20t	1	2	24	12.0	17t	1	W	34-14
10/27	Bills	S	9	12	1.3	5	0	4	33	8.3	17	0	L	10-31
11/03	Rams	S	25	83	3.3	10	0	3	24	8.0	18	0	L	20-26+
11/17	at 49ers	S	14	54	3.9	11	1	2	5	2.5	5	0	W	20-17
11/24	Cardinals	S	16	41	2.6	14	0	4	52	13.0	21	0	W	16-6
12/01	at Jets	S	16	49	3.1	11	0	2	-3	-1.5	1	0	W	26-21
12/08	at Cardinals						ON INACTIVE LIST						W	30-18
12/15	Packers						INACTIVE						L	13-30
12/22	Vikings	S	8	31	3.9	11	0	8	28	3.5	8	0	L	24-27
12/26	at Bears						DID NOT PLAY						W	6-3
01/05	at Rams						INJURED RESERVE						W	30-25
2024 TOTALS		**11-11**	**153**	**573**	**3.7**	**28**	**7**	**46**	**299**	**6.5**	**21**	**1**	**10-7**	

+ - Overtime

KENNETH WALKER III'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/10	Rams	S	12	64	5.3	15	0	4	3	0.8	6	0	L	13-30
09/17	at Lions	S	17	43	2.5	14	2	1	11	11.0	11	0	W	37-31+
09/24	Panthers	S	18	97	5.4	36	2	3	59	19.7	36	0	W	37-27
10/02	at Giants	S	17	79	4.6	31	1	0	0	0.0	0	0	W	24-3
10/15	at Bengals	S	19	62	3.3	21	1	3	27	9.0	15	0	L	13-17
10/22	Cardinals	S	26	105	4.0	25	0	2	6	3.0	6	0	W	20-10
10/29	Browns	S	8	66	8.3	45	0	1	4	4.0	4	0	W	24-20
11/05	at Ravens	S	9	16	1.8	6	0	1	1	1.0	1	0	L	3-37
11/12	Commanders	S	19	63	3.3	13	0	1	64	64.0	64t	1	W	29-26
11/19	at Rams	S	4	18	4.5	6	0	1	-2	-2.0	-2	0	L	16-17
11/23	49ers						INACTIVE						L	13-31
11/30	at Cowboys						INACTIVE						L	35-41
12/10	at 49ers	S	8	21	2.6	12	0	4	33	8.3	27	0	L	16-28
12/18	Eagles	S	19	86	4.5	23t	1	3	26	8.7	15	0	W	20-17
12/24	at Titans	S	16	54	3.4	24	0	1	2	2.0	2	0	W	20-17
12/31	Steelers	S	10	53	5.3	13t	1	3	22	7.3	11	0	L	23-30
01/07	at Cardinals	S	17	78	4.6	16	0	1	3	3.0	3	0	W	21-20
2023 TOTALS		**15-15**	**219**	**905**	**4.1**	**45**	**8**	**29**	**259**	**8.9**	**64T**	**1**	**9-8**	

+ - Overtime

KENNETH WALKER III'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/12	Broncos					ON INACTIVE LIST							W	17-16
09/18	at 49ers	P	4	10	2.5	8	0	2	5	2.5	3	0	L	7-27
09/25	Falcons	P	3	19	6.3	21	0	3	14	4.7	6	0	L	23-27
10/02	at Lions	P	8	29	3.6	13	0	1	-5	-5.0	-5	0	W	48-45
10/09	at Saints	P	8	88	11.0	69t	1	0	0	0.0	0	0	L	32-39
10/16	Cardinals	S	21	97	4.6	34	1	2	13	6.5	7	0	W	19-9
10/23	at Chargers	S	23	167	7.3	74t	2	0	0	0.0	0	0	W	37-23
10/30	Giants	S	18	51	2.8	16t	1	1	1	1.0	1	0	W	27-13
11/06	at Cardinals	S	26	109	4.2	15	2	3	20	6.7	13	0	W	31-21
11/13	at Buccaneers	S	10	17	1.7	5	0	6	55	9.2	23	0	L	16-21
11/27	Raiders	S	14	26	1.9	14t	2	1	13	13.0	13	0	L	34-40+
12/04	at Rams	S	3	36	12.0	30	0	0	0	0.0	0	0	W	27-23
12/11	Panthers					ON INACTIVE LIST							L	24-30
12/15	49ers	S	12	47	3.9	15	0	4	32	8.0	33	0	L	13-21
12/24	at Chiefs	S	26	107	4.1	20	0	2	-2	-1.0	0	0	L	10-24
01/01	Jets	S	23	133	5.8	60	0	1	9	9.0	9	0	W	23-6
01/08	Rams	S	29	114	3.9	20	0	1	10	10.0	10	0	W	19-16+
2022 TOTALS		**15-11**	**228**	**1,050**	**4.6**	**74T**	**9**	**27**	**165**	**6.1**	**33**	**0**	**9-8**	

+ - Overtime

99 | DEFENSIVE END
LEONARD WILLIAMS

Height: 6-5	**Weight: 310**
College:	**USC**
Seasons:	**NFL : 11th, Seahawks 3rd**
Born:	**June 20, 1994**
Hometown:	**Daytona Beach, Fla.**

PRO BOWL '16 PRO BOWL '24

TRANSACTIONS:

04/30/15: Drafted by N.Y. Jets (1st round, 6th overall)
10/29/19: Traded to N.Y. Giants
04/23/20: Franchise Player Signing
03/18/21: Signed contract extension
11/01/23: Traded to Seattle
03/13/24: Re-signed with Seattle

NFL CAREER HIGHLIGHTS:

• Finished 2024 ranked first among NFL interior linemen in both sacks (11.0, second-most in career) and tackles for loss (career-high 16). Became the first Seattle player since Frank Clark and Jarran Reed in 2018 with double-digit sacks, and was one of two players (Myles Garrett) with two-plus sacks and three-plus tackles for loss in three games this season. Led the NFC (T3rd NFL) with 28 quarterback hits.

• Named NFC Defensive Player of the Month for December/January, the first Seattle player to be named Player of the Month since Geno Smith in October of 2022, and the first Seahawks defensive player since Cliff Avril in 2016.

• At the N.Y. Jets (12/1/24), became the first player since 1982 with multiple sacks (2.0), an interception-return touchdown (92 yards, longest return by a defensive lineman in NFL history), and a blocked kick in a single-game. Reached a top speed of 17.84 mph on his touchdown return.

• Missing both team's bye weeks after being traded from the N.Y. Giants to Seattle in 2023, became the first player to play 18 games in a season since Tony Kostos and Cookie Tackwell in 1930.

• Following his trade to Seattle in 2023, started all 10 games played, totaled 41 tackles, 4.0 sacks and 11 quarterback hits. In eight games with seven starts for the N.Y. Giants, tallied 21 tackles (13 solo), 1.5 sacks and five quarterback hits.

• Entering the 2023 season, played in 131 regular-season games with 122 starts for the Giants and Jets, including 60 games with 52 starts for the Giants. Career totals include 469 tackles (237 solo), 39.5 sacks, 162 quarterback hits, 59 tackles for loss, six forced fumbles, four fumble recoveries, nine passes defensed, one interception and one blocked field goal. In two postseason games with the Giants, he has six tackles (two solo), two quarterback hits and one pass defensed.

• In 2020, Williams had the most productive season of his career while playing in all 16 games with 12 starts. His team-leading and career-high 11.5 sacks were the most by a Giants' player since Jason Pierre-Paul's 14.5 in 2014 and were 7.5 more than any of his teammates. He was third in the NFL with 30 quarterback hits and tied for sixth with 14 tackles for loss. He was also named NFC Defensive Player of the Week twice.

• In his lone Pro Bowl season in 2016, Williams started all 16 games and recorded 68 tackles (36 solo), 7.0 sacks, 11 tackles for loss, two forced fumbles and 19 quarterback hits.

• He was named to the PFWA All-Rookie Team in 2015 after posting 63 tackles (29 solo), 3.0 sacks, 21 quarterback hits and seven tackles for loss in 16 games (15 starts).

HONORS: 2024: NFC Pro Bowl, NFC Defensive Player of the Month for December/January, NFC Defensive Player of the Week 13, PFWA All-NFC Team; 2016: NFC Pro Bowl; 2015: PFWA All-Rookie Team.

COLLEGE: Played in 39 games with 35 starts at USC, totaling 218 tackles (111 solo), 21.0 sacks, 36.5 tackles for loss, four forced fumbles, five fumble recoveries, two interceptions and seven passes defensed. In his final season in 2014, started all 13 games and finished with 80 tackles (48 solo), 7.0 sacks, 9.5 tackles for loss, one forced fumble, three fumble recoveries, one interception and three passes defensed. Named first-team All-Pac 12 and first-team All-America. In 2013, started all 13 games and recorded 74 tackles (32 solo), 6.0 sacks, 13.5 tackles for loss, one forced fumble, and two fumble recoveries. Named first-team All-Pac-12 and first-team All-American. As a freshman in 2012, played in 13 games with nine starts and registered 64 tackles (31 solo), 8.0 sacks, 13.5 tackles for loss, two forced fumbles, one interception and four passes defensed. Named Pac-12 Defensive Freshman of the Year.

PERSONAL: Born in Bakersfield, Calif. Attended Mainland High in Daytona Beach, Fla. Named all-state Class 6A first-team by the Associated Press after his senior year at Mainland. Selected to the 2012 Under Armour All-American Game. Was also a standout in the weight throw for Mainland's track team.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC		
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
12/17/17	NYJ @ NO	L	S	5	3	2	0.0	0.0	1	0	1	0	0	0	0
10/3/21	NYG @ NO	W	S	7	1	6	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**1/1**	**2/2**	**12**	**4**	**8**	**0.0**	**0.0**	**1**	**0**	**1**	**0**	**0**	**0**	**0**

LEONARD WILLIAMS' 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
2015	Jets	16	15	63	29	34	7	18	3.0	16.0	21	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Jets	16	16	68	36	32	11	42	7.0	48.0	19	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
2017	Jets	16	16	47	22	25	3	8	2.0	12.0	25	1	6	6	0	1	0	0	0	0	0	0	0	0	0	0	0
2018	Jets	16	16	42	27	15	11	54	5.0	43.5	20	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2019	Jets	7	7	20	8	12	0	0	0.0	0.0	5	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2019	Giants	8	5	26	13	13	2	1	0.5	5.0	11	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0
2019	TOTAL	15	12	46	21	25	2	1	0.5	5.0	16	0	0	0	0	3	1	0	0	0	0	0	0	0	0	0	0
2020	Giants	16	12	57	29	28	14	99	11.5	101.5	30	0	0	0	0	1	0	1	0	0	0	0	0	0	0	0	0
2021	Giants	17	17	81	34	47	5	23	6.5	38.5	14	0	0	0	0	2	2	1	0	0	0	0	0	0	0	0	0
2022	Giants	12	12	45	26	19	5	18	2.5	19.0	12	0	0	0	0	0	1	2	0	0	0	0	0	0	0	0	0
2023	Giants	8	7	21	13	8	1	9	1.5	12.0	5	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2023	Seahawks	10	10	41	24	17	9	51	4.0	28.0	11	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2023	TOTAL	18	17	62	37	25	10	60	5.5	40.0	16	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	16	16	64	37	27	16	77	11.0	71.5	28	1	92	92t	1	3	0	0	0	0	0	0	0	0	0	0	0
2025	Seahawks	2	2	11	5	6	1	3	0.5	3.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**160**	**151**	**586**	**303**	**283**	**85**	**403**	**55.0**	**398.0**	**204**	**2**	**98**	**92T**	**1**	**14**	**6**	**4**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

LEONARD WILLIAMS' 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
2022	Giants	2	2	6	2	4	0	0	0.0	0.0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**2**	**2**	**6**	**2**	**4**	**0**	**0**	**0.0**	**0.0**	**2**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

LEONARD WILLIAMS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	10 vs. Indianapolis Colts, Dec 05, 2016	**Fumble Recoveries**	1 vs. Baltimore Ravens, Oct 16, 2022
Solo Tackles	5 at Chicago Bears, Dec 26, 2024		...2 more at 1.
	...8 more at 5.	**Tackles For Loss**	3 at Chicago Bears, Dec 26, 2024
Sacks	3.0 vs. Dallas Cowboys, Jan 03, 2021		...3 more at 3.
Passes Defensed	2 vs. Minnesota Vikings, Oct 21, 2018	**Interceptions**	1 at New York Jets, Dec 01, 2024
Forced Fumbles	1 vs. Houston Texans, Nov 13, 2022		...1 more at 1.
	...5 more at 1.	**Interception Return Yards**	92 at New York Jets, Dec 01, 2024

21 | CORNERBACK
DEVON WITHERSPOON

Height: 6-0	**Weight: 185**
College:	**Illinois**
Seasons:	**NFL : 3rd, Seahawks 3rd**
Born:	**December 11, 2000**
Hometown:	**Pensacola, Fla.**
Pronunciation:	**DEV-in**

PRO BOWL '23 PRO BOWL '24

2025 SEASON:

09/14/25 at Pit: Inactive (knee).

TRANSACTIONS:

04/27/23: Drafted by Seattle (1st round, 5th overall)

NFL CAREER HIGHLIGHTS:

• Selected to the 2025 Pro Bowl Games, becoming the fifth Seahawks player to begin career with consecutive Pro Bowl nominations.

• Named to the NFC Pro Bowl in 2023 and ranked fifth in the NFL with 16 passes defensed. Named NFC Defensive Player of the Week 4 and NFL Defensive Rookie of the Month for October.

• Since sacks became an official statistic in 1982, became the 27th player with 2.0-plus sacks and a pick-six in a regular or postseason game at the N.Y. Giants (10/2/23), and just the third rookie to accomplish that feat. His 97-yard touchdown return off Daniel Jones was the second-longest interception return in franchise history. Also part of a defensive unit that set the franchise record with 11.0 sacks at the Giants.

HONORS: 2025: Named to the Top 50 Players in franchise history; 2024: NFC Pro Bowl; 2023: NFC Pro Bowl, PFWA All-Rookie Team, NFC Defensive Player of the Week 4, NFL Defensive Player of the Month for October.

COLLEGE: Started 32 of 42 games played during collegiate career and was a two-time All-Big Ten selection. Started 12 games during senior season in 2022, named first-team AP All-American, Big Ten Conference Defensive Back of the Year, first-team All-Big Ten Conference and was a Jim Thorpe Award finalist. Tied for eighth in the FBS with 17 passes defensed, helping Illini lead the FBS in scoring defense (12.8 ppg allowed). Committed to Illinois four days before camp in 2019.

PERSONAL: Pensacola Defensive Player of the Year as a senior after posting seven interceptions. Recorded four interceptions as a junior, which was his first year playing football. Lettered in basketball and track. Class 3A runner-up in the 4x100 relay. Originally committed to Hutchinson Community College in Kansas. Nickname is "Spoon." Did not play football until his junior year of high school because he was focused on basketball, and his dream was to play in the NBA. Only tried out for football because his mother wanted him to. One of his favorite football players growing up was 2023 Pro Football Hall of Famer Darrelle Revis. Majored in communications.

DEVON WITHERSPOON'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
2023	Seahawks	14	13	79	56	23	8	31	3.0	19.0	4	1	97	97t	1	16	1	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	17	17	98	66	32	6	17	1.0	0.0	1	0	0	0	0	9	1	0	0	0	0	0	0	0	0	0	0
2025	Seahawks	1	1	8	7	1	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		**32**	**31**	**185**	**129**	**56**	**15**	**49**	**4.0**	**19.0**	**5**	**1**	**97**	**97T**	**1**	**25**	**2**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

DEVON WITHERSPOON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	11 at Arizona Cardinals, Jan 07, 2024 ...1 more at 11.	**Forced Fumbles**	1 vs. Los Angeles Rams, Nov 03, 2024 ...1 more at 1.
Solo Tackles	8 vs. Carolina Panthers, Sep 24, 2023	**Tackles For Loss**	3 at Chicago Bears, Dec 26, 2024 ...1 more at 3.
Sacks	2.0 at New York Giants, Oct 02, 2023		
Passes Defensed	3 at San Francisco 49ers, Nov 17, 2024 ...2 more at 3.	**Interceptions**	1 at New York Giants, Oct 02, 2023
		Interception Return Yards	97 at New York Giants, Oct 02, 2023

27 | CORNERBACK
RIQ WOOLEN

Height: 6-4	**Weight: 210**
College:	**Texas-San Antonio**
Seasons:	**NFL : 4th, Seahawks 4th**
Born:	**May 2, 1999**
Hometown:	**Forth Worth, Texas**
Pronunciation:	**reek**

PRO BOWL '22

TRANSACTIONS:

04/30/22: Drafted by Seattle (5th round, 153rd overall)

NFL CAREER HIGHLIGHTS:

• Tied for team lead with three interceptions and led team with 14 passes defensed (T10th NFL) in 2024.

• Collected his third interception of the season at Chicago (12/26/24). It was Caleb Williams first pick in his last 354 attempts, the fourth-longest streak in NFL history.

• Named to the NFC Pro Bowl Games roster in 2022. Became the first Seattle defensive rookie to be named to the Pro Bowl since LB Lofa Tatupu in 2005. Part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

• Tied for first in the NFL with six interceptions, the most interceptions by a rookie in franchise history.

• Became the first rookie since 2000 and first player since 2016 (Marcus Peters) with at least six interceptions and three fumble recoveries in a single season, and became the third rookie (Jairus Byrd, Joe Haden) since 2000, and the seventh player in franchise history with an interception in four consecutive games (vs. Atl, at Det, at NO, vs. Ari). Was also the first rookie since 1970 to record both an interception and opponent fumble recovery in consecutive games.

• Named NFL Defensive Rookie of the Month for October. Along with RB Kenneth Walker III (NFL Offensive Rookie of the Month for October), became the first teammates to win the award in the same month since it began in 1996.

• At Detroit (10/2/22), intercepted second-career pass and returned it 40 yards for his first-career touchdown.

• At San Francisco (9/18/22), blocked first-career field goal, leading to an 86-yard touchdown return by Michael Jackson. It was Seattle's first blocked field goal returned for a touchdown since vs. San Francisco (12/23/12). The score-return yardage is the fourth-longest in NFL history.

HONORS: 2022: PFWA All-Rookie Team, NFC Pro Bowl, NFL Defensive Rookie of the Month for October, NFC Defensive Player of the Week 6.

COLLEGE: Played 41 games with 22 starts, posting 62 tackles, two interceptions and nine passes defensed. Began career as a wide receiver. Played 20 games as a receiver before moving to defense in 2019 and recorded 24 receptions for 263 yards with one touchdown. Earned honorable mention All-Conference USA recognition in the secondary following his senior season. Clocked a 4.26 40-yard dash —the fourth-fastest time in NFL Combine history — and reached 42 inches in the vertical jump on March 6, 2022. Received invitations to play in the Reese's Senior Bowl, East-West Shrine Bowl and NFLPA Collegiate Bowl. Started all nine games in which he was available, posted 25 total tackles, 17 solo stops, 2.5 tackles for loss, five pass breakups, one interception and a quarterback hurry. Helped lead a defense that forced 25 turnovers (10th/FBS) and yielded only 114.7 rushing yards per game (14th/FBS). Landed at No. 6 out of 101 players on Bruce Feldman's Freaks List after posting testing numbers that included 11 feet, five inches in the broad jump and a time of 4.34 seconds in the 40-yard dash in which he hit 23.33 miles per hour.

PERSONAL: Attended Arlington Heights High and had a team-leading 31 receptions for 536 yards (17.3 avg.) and 10 touchdowns en route to first-team All-District 7-5A honors as a senior. Helped lead the team to an 11-1 record as a junior. Also an all-district performer in basketball who was tabbed Newcomer of the Year as a junior. Member of the track & field team. Earned his bachelor's degree in multidisciplinary studies in May 2021.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
10/9/22	SEA @ NO	L	S	4	3	1	0.0	0.0	1	0	1	0	0	0	1
TOTALS		**0/1**	**1/1**	**4**	**3**	**1**	**0.0**	**0.0**	**1**	**0**	**1**	**0**	**0**	**0**	**1**

RIQ WOOLEN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

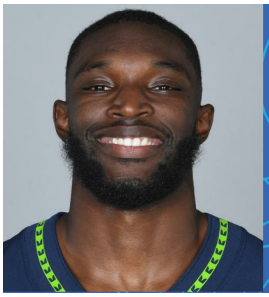
				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	17	17	63	46	17	1	2	0.0	0.0	0	6	47	40t	1	16	0	3	0	7	0	0	0	0	0	0	0
2023	Seahawks	16	15	53	42	11	1	5	0.0	0.0	0	2	0	0	0	11	0	2	0	1	0	0	0	0	0	0	0
2024	Seahawks	15	14	46	32	14	0	0	0.0	0.0	0	3	11	7	0	14	1	0	0	0	0	0	0	0	0	0	0
2025	Seahawks	2	2	7	6	1	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		**50**	**48**	**169**	**126**	**43**	**2**	**7**	**0.0**	**0.0**	**0**	**11**	**58**	**40T**	**1**	**42**	**1**	**5**	**0**	**8**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

RIQ WOOLEN'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
2022	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
NFL TOTALS		**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**

RIQ WOOLEN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 at Arizona Cardinals, Dec 08, 2024 ...1 more at 8.	**Tackles For Loss**	1 vs. Cleveland Browns, Oct 29, 2023 ...1 more at 1.
Solo Tackles	8 at Dallas Cowboys, Nov 30, 2023	**Interceptions**	1 at Chicago Bears, Dec 26, 2024 ...10 more at 1.
Passes Defensed	3 vs. Minnesota Vikings, Dec 22, 2024 ...1 more at 3.	**Interception Return Yards**	40 at Detroit Lions, Oct 02, 2022
Forced Fumbles	1 at New York Jets, Dec 01, 2024	**Longest Opp Fumble Return**	7 at New Orleans Saints, Oct 09, 2022
Fumble Recoveries	1 at San Francisco 49ers, Dec 10, 2023 ...4 more at 1.	**Longest Own Fumble Return**	1 vs. New York Jets, Jan 01, 2023



83 | WIDE RECEIVER
DAREKE YOUNG

Height: 6-2	**Weight: 225**
College:	**Lenior-Rhyne**
Seasons:	**NFL : 4th, Seahawks 4th**
Born:	**June 4, 1999**
Hometown:	**Raleigh, N.C.**
Pronunciation:	**duh-REEK**

2025 SEASON:

09/07/25 vs. SF: Inactive (hamstring).

TRANSACTIONS:

04/30/22: Drafted by Seattle (7th round, 233rd overall)
09/04/23: Placed on IR (groin)
11/11/23: Activated from IR

NFL CAREER HIGHLIGHTS:

• Played in 14 games primarily on special teams and posted a career-high seven tackles.

• Saw first action of 2023 vs. Cleveland (10/29/23) on special teams and at wide receiver after being activated from injured reserve (11/11/23). Battled injury throughout season, playing only six games.

• Tied for fourth on the team with seven special teams tackles. Part of Seattle's productive rookie class which finished second in the NFL with a combined 4,868 offensive and defensive snaps played.

COLLEGE: After COVID-19 wiped out Lenoir-Rhyne's 2020 season, in an abbreviated 2021 spring season, Young had 14 catches for 218 yards and two touchdowns. A knee injury limited him to five games as a senior, but in those games he had 303 yards and four touchdowns on 25 catches, giving him 1,176 yards and 16 touchdowns on 73 career catches in 43 career games played. Young also finished his college career with 88 rush attempts for 658 yards and eight touchdowns Against Tusculum in the SAC Championship, Young went off for nine catches and 166 yards with one touchdown. The 166 yards represented the 10th most in a single game in the 101-year history of LR Football and the fourth-most in the NCAA Era (1993-current).

PERSONAL: Attended Middle Creek High. Recorded 29 catches, 502 yards and five touchdowns and only had three losses in his career. Earned Academic All-Conference honors.

DAREKE YOUNG'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2022	Seahawks	13	0	2	24	12.0	12	0	0	0	0.0	0	0
2023	Seahawks	6	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	Seahawks	14	0	0	0	0.0	0	0	0	0	0.0	0	0
2025	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**34**	**0**	**2**	**24**	**12.0**	**12**	**0**	**0**	**0**	**0.0**	**0**	**0**

DAREKE YOUNG'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2022	Seahawks	1	0	1	11	11.0	11	0	0	0	0.0	0	0
NFL TOTALS		**1**	**0**	**1**	**11**	**11.0**	**11**	**0**	**0**	**0**	**0.0**	**0**	**0**

ADDITIONAL STATS

Special Teams Tackles: 2023 (1); 2024 (7); **Career**: 8.

DAREKE YOUNG'S SINGLE-GAME HIGHS: RECEIVING

Receptions	2 vs. Los Angeles Rams, Jan 08, 2023	**All-Purpose Yards**	24 vs. Los Angeles Rams, Jan 08, 2023
Receiving Yards	24 vs. Los Angeles Rams, Jan 08, 2023	**Special Teams Tackles**	3 vs. New York Giants, Oct 30, 2022
Longest Receptions	12 vs. Los Angeles Rams, Jan 08, 2023		
	...1 more at 12.		

DAREKE YOUNG'S 2025 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/07	49ers					ON INACTIVE LIST							L	13-17
09/14	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-17
2025 TOTALS		**1-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-1**	

DAREKE YOUNG'S 2024 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-20
09/15	at Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-20+
09/22	Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-3
09/30	at Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	L	29-42
10/06	Giants	P	0	0	0.0	0	0	0	0	0.0	0	0	L	20-29
10/10	49ers						INACTIVE						L	24-36
10/20	at Falcons	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-14
10/27	Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-31
11/03	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	20-26+
11/17	at 49ers						ON INACTIVE LIST						W	20-17
11/24	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	16-6
12/01	at Jets						ON INACTIVE LIST						W	26-21
12/08	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-18
12/15	Packers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-30
12/22	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-27
12/26	at Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	W	6-3
01/05	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-25
2024 TOTALS		**14-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**10-7**	

+ - Overtime

DAREKE YOUNG'S 2023 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Rams						INJURED RESERVE						L	13-30
09/17	at Lions						INJURED RESERVE						W	37-31+
09/24	Panthers						INJURED RESERVE						W	37-27
10/02	at Giants						INJURED RESERVE						W	24-3
10/15	at Bengals						INJURED RESERVE						L	13-17
10/22	Cardinals						INJURED RESERVE						W	20-10
10/29	Browns						INJURED RESERVE						W	24-20
11/05	at Ravens						INJURED RESERVE						L	3-37
11/12	Commanders	P	0	0	0.0	0	0	0	0	0.0	0	0	W	29-26
11/19	at Rams						ON INACTIVE LIST						L	16-17
11/23	49ers						INACTIVE						L	13-31
11/30	at Cowboys						INACTIVE						L	35-41
12/10	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-28
12/18	Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-17
12/24	at Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-17
12/31	Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	23-30
01/07	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	21-20
2023 TOTALS		**6-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**9-8**	

+ - Overtime

DAREKE YOUNG'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	17-16
09/18	at 49ers						ON INACTIVE LIST						L	7-27
09/25	Falcons						ON INACTIVE LIST						L	23-27
10/02	at Lions						ON INACTIVE LIST						W	48-45
10/09	at Saints						ON INACTIVE LIST						L	32-39
10/16	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	19-9
10/23	at Chargers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	37-23
10/30	Giants	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-13
11/06	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-21
11/13	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-21
11/27	Raiders	P	0	0	0.0	0	0	0	0	0.0	0	0	L	34-40+
12/04	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-23
12/11	Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-30
12/15	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-21
12/24	at Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-24
01/01	Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-6
01/08	Rams	P	2	24	12.0	12	0	0	0	0.0	0	0	W	19-16+
2022 TOTALS		**13-0**	**2**	**24**	**12.0**	**12**	**0**	**0**	**0**	**0.0**	**0**	**0**	**9-8**	

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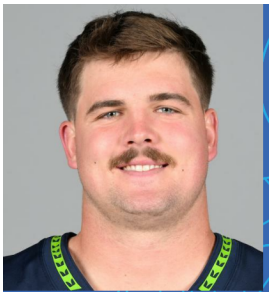


76 | GUARD
GREY ZABEL

Height: 6-6 **Weight: 316**
College: North Dakota State
Season: Rookie
Born: March 30, 2002
Hometown: Pierre, S.D.
Pronunciation: ZAY-bull

TRANSACTIONS:

04/24/25: Drafted by Seattle (1st round, 18th overall)

COLLEGE: Two-time NCAA Division I FCS national champion with title wins over Montana State in 2021 and 2024, and part of two Missouri Valley Football Conference championships in 2021 and 2024. Played 62 career games, starting 41, and the final 36 consecutive games of his career. Saw time at left tackle, right tackle, left guard and right guard. Was a first-team FCS All-American at left tackle as a senior in 2024. In 2024, started all 16 games at left tackle as the Bison won their 10th NCAA Division I FCS national championship with a 14-2 overall record and won the Missouri Valley Football Conference with a 7-1 mark. Provided protection for senior quarterback Cam Miller, who set NDSU records for passing completions and yards, and was runner-up for the Walter Payton Award honoring the FCS offensive player of the year.

PERSONAL: Attended T.F. Riggs (S.D.) High, where he played football, basketball and baseball. Starter on three straight state championship teams that went a combined 31-5 overall. Named team captain his senior year, was a two-time all-state performer and also played defense, finishing his prep career with 84 tackles, 25 tackles for loss and 14 sacks. Majored in agribusiness and minored in economics and precision agriculture. Father, Mark, played football at Northern State (S.D.) and mother, Tanna, was on the track and basketball teams.

GREY ZABEL'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2025	Seahawks	2	2
NFL TOTALS		**2**	**2**

2025 SEAHAWKS

PRACTICE SQUAD

23 | SAFETY
D'ANTHONY BELL

Height: 6-1 **Weight: 211**
College: **West Florida**
Seasons: **NFL : 4th, Seahawks 1st**
Born: **October 17, 1996**
Hometown: **Covington, Ga.**

2025 SEASON:

09/14/25 at Pit: Activated from the practice squad (standard elevation) and made one tackle.

TRANSACTIONS:

05/13/22: Signed by Cleveland as a UDFA
03/12/25: Contract expired
03/24/25: Signed by Seattle as a FA
08/28/25: Released by Seattle
09/01/25: Signed to Seattle's PS
09/13/25: Gameday Activation
09/15/25: Reverted to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Appeared in all 17 games with four starts for the Browns in 2023, recording 23 tackles, two interceptions and four passes defensed. Finished tied for second on team with two interceptions.
• Played in 16 games with two starts during rookie campaign, totaling six tackles in 2022. Added eight special teams stops finishing second on team.
• First undrafted rookie free agent to make Browns' initial 53-man roster during Andrew Berry's and Kevin Stefanski's tenures.

COLLEGE: Transferred to West Florida in January 2019 after a season at Butler Community College. Prior to Butler Community College, spent a year at Albany State. Won a National Championship with West Florida in 2019. As a senior, recorded two interceptions and four pass breakups to go along with 54 tackles and two forced fumbles.

PERSONAL: A native of Covington, Ga. and prepped at Alcovy High School. Spent time at four different colleges (Albany State, Iowa Central Community College, Butler Community College and West Florida) and took a season off from football in 2017 to work in construction.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
12/24/22	CLV vs. NO	L	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0
11/17/24	CLV @ NO	L	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**0/2**	**2/0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

D'ANTHONY BELL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

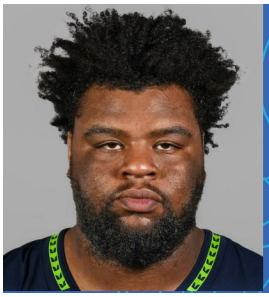
				TACKLES							INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Browns	16	2	6	4	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	8	8	0	0	0	0	0
2023	Browns	17	4	23	21	2	4	7	0.0	0.0	1	2	8	6	0	4	1	0	0	0	5	4	1	0	0	0	0
2024	Browns	17	1	4	3	1	1	1	0.0	0.0	1	0	0	0	0	0	0	0	0	0	15	7	8	0	0	0	0
2025	Seahawks	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	0	0
NFL TOTALS		**51**	**8**	**34**	**29**	**5**	**5**	**8**	**0.0**	**0.0**	**2**	**2**	**8**	**6**	**0**	**4**	**1**	**0**	**0**	**0**	**28**	**19**	**9**	**0**	**0**	**0**	**0**

D'ANTHONY BELL'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
2023	Browns	1	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	0	0
NFL TOTALS		**1**	**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**	**0**	**0**

D'ANTHONY BELL'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	5 at Cincinnati Bengals, Jan 07, 2024 ...2 more at 5.	**Tackles For Loss**	2 vs. New York Jets, Dec 28, 2023
Solo Tackles	5 at Cincinnati Bengals, Jan 07, 2024 ...1 more at 5.	**Interceptions**	1 at Cincinnati Bengals, Jan 07, 2024 ...1 more at 1.
Passes Defensed	2 at Houston Texans, Dec 24, 2023	**Interception Return Yards**	6 vs. Chicago Bears, Dec 17, 2023
Forced Fumbles	1 at Houston Texans, Dec 24, 2023	**Special Teams Tackles**	2 vs. Miami Dolphins, Dec 29, 2024 ...5 more at 2.



92 | NOSE TACKLE
QUINTON BOHANNA

Height: 6-4	**Weight: 355**
College:	**Kentucky**
Seasons:	**NFL : 5th, Seahawks 2nd**
Born:	**March 16, 1999**
Hometown:	**Memphis, Tenn.**
Pronunciation:	**bo-HAN-uh**

2025 SEASON:

09/07/25 vs. SF: Activated from the practice squad (standard elevation) and played 10 defensive snaps.

TRANSACTIONS:

05/01/21: Drafted by Dallas (6th round, 192nd overall)
08/29/23: Released by Dallas
08/31/23: Signed to Detroit's PS
12/13/23: Signed to Tennessee's active roster
08/27/24: Released by Tennessee
09/04/24: Signed to Seattle's PS
09/17/24: Released by Seattle
09/27/24: Signed to Seattle's PS
09/30/24: Gameday activation
10/01/24: Reverted to Seattle's PS
11/29/24: Released by Seattle
12/03/24: Signed to Seattle's PS
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS
09/06/25: Gameday activation
09/08/25: Reverted to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Signed by Seattle early in 2024, Bohanna spent the majority of the season on the practice squad.

• Spent time with the Cowboys, Lions and Titans over three seasons (2021-23). In two seasons with the Cowboys, Bohanna appeared in 27 games with 10 starts while playing for then defensive line coach Aden Durde, who is now Seattle's defensive coordinator. Bohanna appeared in six games in 2021 with three starts, splitting time between Detroit and Tennessee.

COLLEGE: As a senior team captain at Kentucky, earned second-team All-SEC honors, playing in eight games and posting 10 tackles, three hurries, two tackles for loss and two breakups in 2020. In his career, played 45 games (31 starts) at Kentucky (2017-20), recording 59 tackles (25 solo), 9.0 tackles for loss, four pass defenses, three quarterback hurries and 2.0 sacks.

PERSONAL: Logged 91 tackles, 24 tackles for loss, and 19 sacks as a senior at Cordova High School. Selected for the Autozone Liberty Bowl High School All-Star Game following his senior season. Majored in information communication technology at Kentucky.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
12/2/21	DAL @ NO	W	P	1	0	1	0.0	0.0	0	0	0	0	0	0	0
12/3/23	DET @ NO	W	S	3	2	1	0.0	0.0	0	1	0	0	0	0	0
TOTALS		**2/0**	**2/1**	**4**	**2**	**2**	**0.0**	**0.0**	**0**	**1**	**0**	**0**	**0**	**0**	**0**

QUINTON BOHANNA'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	Cowboys	14	1	12	3	9	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	Cowboys	13	9	20	6	14	3	2	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Lions	3	2	6	3	3	2	12	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Titans	3	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
2023	TOTAL	6	3	10	5	5	2	12	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2024	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
2025	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
NFL TOTALS		**35**	**13**	**42**	**14**	**28**	**5**	**14**	**0.0**	**0.0**	**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

QUINTON BOHANNA'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
2021	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
2022	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
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**

QUINTON BOHANNA'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 4 at Green Bay Packers, Nov 13, 2022

Solo Tackles 2 at New Orleans Saints, Dec 03, 2023
...3 more at 2.

Tackles For Loss 1 at New Orleans Saints, Dec 03, 2023
...4 more at 1.

85 | WIDE RECEIVER
TYRONE BRODEN

Height: 6-5 **Weight:** 194
College: Arkansas
Season: Rookie
Born: February 26, 2001
Hometown: Detroit, Mich.
Pronunciation: BRO-din

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS

COLLEGE: Started 34 of 57 career games played for Bowling Green (2019-22) and Arkansas (2023-24). Saw time in 25 games with 13 starts for the Razorbacks, collecting 30 receptions for 306 yards and four touchdowns in his two seasons. His most productive two seasons at Bowling Green were his final two (2021-22), where he recorded a career-high in receptions (36) and yards (team-leading 596) in 2021 and receiving touchdowns (team-leading 7) in 2022.

PERSONAL: Helped lead West Bloomfield High to a 9-3 mark as a senior. Listed as the no. 56 recruit on Detroit News' Blue Chip List. Earned Oakland Activities Association Red All-League honors. A three-star recruit according to 247Sports and the no. 51 athlete in the state of Michigan.Was the tallest wide receiver in the nation in 2022, sharing that distinction with three other players.

TYRONE BRODEN'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2025	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**

TYRONE BRODEN'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2025	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**

84 | WIDE RECEIVER
COURTNEY JACKSON

Height: 5-11 **Weight:** 183
College: Arkansas State
Season: Rookie
Born: March 13, 2001
Hometown: Monroeville, Pa.

TRANSACTIONS:

05/09/25: Signed by Denver as a UDFA
08/26/25: Released by Denver
08/28/25: Signed to Seattle's PS

COLLEGE: Appeared in 62 games with 33 starts) over six seasons at Syracuse University (2019-22) and Arkansas State (2023-24), totaling 144 receptions for 1,845 yards (12.8 avg.) with 13 touchdowns. Also rushed seven times for 26 yards, Appeared in 13 games with 11 starts during the 2024 season at Arkansas State, totaling 42 receptions for 494 yards with two touchdowns. Totaled 689 yards with seven touchdowns on 39 catches in 13 games with 10 starts during the 2023 season, earning Sun Belt Conference honorable mention accolades. Started eight of 12 games played in 2021, leading Syracuse with 37 receptions for 389 yards with three touchdowns along with four rushes for 23 yards (5.8 avg.).

PERSONAL: Attended Gateway High School in Monroeville, Pa., earning All-WPIAL 5a Big East Conference First Team honors three times. Was also named an all-state selection twice and was a "Fabulous 22" honoree from the Pittsburgh Post-Gazette. Finished his career with 153 receptions for 3,015 yards (19.7 avg.) with 47 touchdowns. Participated in track & field while also earning first-team all-conference honors on the basketball team.

COURTNEY JACKSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2025	Broncos	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**

COURTNEY JACKSON'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2025	Broncos	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**

34 | CORNERBACK
SHEMAR JEAN-CHARLES

Height: 5-10	**Weight: 184**
College:	**Appalachian State**
Seasons:	**NFL : 5th, Seahawks 1st**
Born:	**June 20, 1998**
Hometown:	**Miramar, Fla.**
Pronunciation:	**SHUH-mar zhon CHAR-uhls**

TRANSACTIONS:

05/01/21: Drafted by Green Bay (5th round, 178th overall)
08/29/23: Released by Green Bay
08/31/23: Signed to San Francisco's PS
11/11/23: Signed to active roster
11/23/23: Released by San Francisco
11/29/23: Signed to New Orleans PS
01/04/24: Signed to active roster
04/15/24: Re-signed by New Orleans
08/27/24: Released by New Orleans
09/11/24: Signed to New Orleans PS
10/15/24: Released by New Orleans
10/22/24: Signed to New Orleans PS
11/02/24: Signed to active roster
03/19/25: Signed by Seattle as a UFA
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS
09/02/25: Released by Seattle
09/03/25: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Has played in 28 career games, recording three solo tackles and 12 special teams stops.

• Played in eight games total (five in San Francisco, three in New Orleans) in 2023, recording one solo tackle and three special teams stops, all with the 49ers.

• Played 14 regular season games for Green Bay and posted two solo defensive tackles and six special teams stops in 2021.

COLLEGE: Played in 50 games with 25 starts for Appalachian State, registering 97 tackles, 33 passes defensed, two interceptions and two forced fumbles. Started all 12 games at corner in 2020 and led the nation with 17 passes defensed. Also registered 37 tackles (24 solo), a forced fumble and an interception. Named a first-team All-American by the Walter Camp Football Foundation and second-team All-American by The Sporting News and PFF College. Earned first team All-Sun Belt honors, was named PFF's Sun Belt Player of the Year and was a semifinalist for the Bednarik Award (nation's top defender) and the Thorpe Award (nation's top defensive back). Named ESPN's No. 3 breakout player in 2020. According to PFF, recorded a higher forced-incompletion rate (34.6 pct.) than catch rate allowed (32.7 pct.). Targeted 35 times in single coverage and allowed only five catches while forcing 18 incompletions, according to PFF. Part of the only FBS team that allowed its opponents to complete less than 50 percent of its passes (47.9 pct.). In 2019, appeared in all 14 games and made 13 starts at corner. Named third-team All-Sun Belt by PFF College. He tied for eighth on team with career-high 45 tackles (30 solo) and was No. 2 on team with 10 passes defensed (tied for tenth in the SBC), also recording a forced fumble, an interception and a stop for loss. Tallied multiple passes defensed in three games.

PERSONAL: Named second-team All-Broward County by the Miami Herald as a senior at Miramar (Fla.) High. Selected to represent Broward County in the 2015 Dade vs. Broward All-Star game. Was part of the Appalachian State Black Student Athletes Association and the Unity Council. Graduated with a degree in business marketing and business management.

SHEMAR JEAN-CHARLES' 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	Packers	14	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	6	3	3	0	0	0	0
2022	Packers	6	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	3	2	1	0	0	0	0
2024	Saints	9	2	10	5	5	0	0	0.0	0.0	0	1	0	0	0	2	0	0	0	0	4	1	3	0	0	0	0
2024	49ers	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
2024	TOTAL	9	2	10	5	5	0	0	0.0	0.0	0	1	0	0	0	2	0	0	0	0	4	1	3	0	0	0	0
2025	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		**29**	**2**	**12**	**7**	**5**	**0**	**0**	**0.0**	**0.0**	**0**	**1**	**0**	**0**	**0**	**2**	**0**	**0**	**0**	**0**	**13**	**6**	**7**	**0**	**0**	**0**	**0**

SHEMAR JEAN-CHARLES' 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
2021	Packers	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
2023	49ers	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		**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**

SHEMAR JEAN-CHARLES' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 1 at Jacksonville Jaguars, Nov 12, 2023
...2 more at 1.

Solo Tackles 1 at Jacksonville Jaguars, Nov 12, 2023
...2 more at 1.

Special Teams Tackles 2 at Cleveland Browns, Oct 15, 2023

79 | TACKLE
AMARI KIGHT

Height: 6-6	**Weight: 299**
College:	**Central Florida**
Season:	**Rookie**
Born:	**December 21, 2000**
Hometown:	**Birmingham, Ala.**

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS
09/02/25: Released by Seattle
09/03/25: Signed to Seattle's PS

COLLEGE: Started all 12 games played at right tackle for the Knights in 2024. In his first season at Central Florida, helped the Knights rank fourth nationally in rushing offense (228.2 ypg) and eighth in total offense (487.0 ypg). Spent first four seasons of college career at Alabama (2019-22), primarily in a backup role.

PERSONAL: Consensus four-star offensive tackle and one of top players in Alabama at Thompson High School. Rated the no. 8 offensive tackle and No. 30 player in the nation by ESPN, and listed as fourth-ranked player in Alabama by ESPN.com. Selected to play in Under Armour All-America Game following his senior season. Anchored the offensive line at Thompson to help the Warriors finish runner-up as senior in the 2018 Alabama Class 7A playoffs.

AMARI KIGHT'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2025	Seahawks	0	0
NFL TOTALS		**0**	**0**

62 | CENTER
FEDERICO MARANGES

Height: 6-3	**Weight: 302**
College:	**Florida Atlantic**
Season:	**Rookie**
Born:	**October 5, 2001**
Hometown:	**Dorado, Puerto Rico**
Pronunciation:	**muh-rang-HESS**

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS

COLLEGE: A two-time team captain for the Owls (2023-24) who played his final two seasons at center after beginning his career at guard, starting 21 games at center and playing in 44 games in his career. In 2023, Florida Atlantic was one of nine teams nationally to start the same offensive line in every game.

PERSONAL: Prepped at Columbus High, where he joined the program after moving to Miami following Hurricane Maria in 2017. Advanced to the 2018 8A State Championship game and finished his senior year with a 14-1 record. Ranked as the no. 73 guard in the nation and 190th overall in the state of Florida by Scout.com. Held the highest GPA among those participating in the North-South Dade All-Star Game. Double major in neuroscience & biology, with a minor in psychology, and working towards his master's in biomedical sciences. Following playing career, would like to become an orthopedic surgeon.

FEDERICO MARANGES' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2025	Seahawks	0	0
NFL TOTALS		**0**	**0**

22 | RUNNING BACK
DAMIEN MARTINEZ

Height: 6-0 **Weight:** 217
College: Miami
Season: Rookie
Born: January 31, 2004
Hometown: Lewisville, Texas

TRANSACTIONS:

04/26/25: Drafted by Seattle (7th round, 223rd overall)
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS
09/02/25: Released by Seattle
09/03/25: Signed to Seattle's PS

COLLEGE: Delivered impressive first season with Hurricanes, posting first 1,000-yard campaign by Miami running back since 2016. Served as one of offense's top contributors and earned All-ACC Honorable Mention recognition. Rushed for 1,002 yards and 10 touchdowns. Caught 17 passes totaling 204 receiving yards, leading team with 1,206 all-purpose yards. Saw action in all 13 games with 10 starts and averaged 6.3 yards per carry. Spent first two seasons of career (2022-23) at Oregon State, where he delivered dominant freshman and sophomore campaigns. Selected to All-Pac 12 first-team in both seasons and was semifinalist for Doak Walker Award in 2023. Racked up 2,167 yards on 355 attempts in his two seasons, averaging 6.1 yards per carry and totaling 16 rushing scores. Had six 100-yard rushing performances in 2023. Selected to 247Sports True Freshman All-America Team in 2022, when he had 982 yards on 161 carries with seven touchdowns. Ranked fourth nationally among all freshmen in rushing yards and had six consecutive 100-yard games.

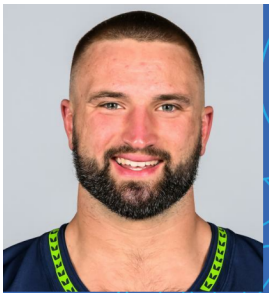
PERSONAL: Three-star prospect by 247Sports and Rivals coming out of Lewisville High. The two-time team captain was named all-state and all-district running back, earning district offensive player of the year honors. Had 1,712 yards with 26 touchdowns in final season, leading Lewisville to 11-2 record. Scored 31 touchdowns with 2,010 rushing yards as junior. Also competed in track & field.

DAMIEN MARTINEZ'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2025	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**

DAMIEN MARTINEZ'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2025	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**



52 | LINEBACKER
PATRICK O'CONNELL

Height: 6-1	**Weight: 231**
College:	**Montana**
Seasons:	**NFL : 3rd, Seahawks 3rd**
Born:	**December 31, 1998**
Hometown:	**Kalispell, Mont.**

TRANSACTIONS:

05/10/23: Signed by Seattle as a UDFA
08/29/23: Released by Seattle
08/30/23: Signed to Seattle's PS
12/09/23: Gameday activation
12/11/23: Reverted to Seattle's PS
12/30/23: Signed to active roster
08/27/24: Released by Seattle
08/28/24: Signed to Seattle's PS
09/21/24: Gameday activation
09/23/24: Reverted to Seattle's PS
11/16/24: Gameday activation
11/18/24: Reverted to Seattle's PS
11/23/24: Gameday activation
11/25/24: Reverted to Seattle's PS
11/27/24: Signed to active roster
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Saw action in five games on special teams in 2024; three as a practice squad elevation prior to being signed to the active roster in November.

• Spent majority of 2023 season on Seattle's practice squad. Made his NFL debut vs. Pittsburgh (12/31/23) on special teams.

COLLEGE: Completed a storied career at the University of Montana, finishing with a career total of 242 tackles, 45 tackles for loss, 28.5 sacks, two interceptions, five forced fumbles, and four fumble recoveries. His 28.5 sacks rank sixth in school history and his 45 tackles for loss are the fourth most in the program's history. Given the team's defensive MVP award in 2022 after making 73 tackles, 14 tackles for loss, and eight sacks. Named second-team All-America by STATS and Phil Steele following his senior season. Also, presented with the team's Tony Barbour Award, given annually to the player "who best exemplifies outstanding practice habits and makes an unselfish contribution to the betterment of the Grizzly Football Team. Was named the 2022 Big Sky Preseason Defensive Player of the Year after his 2021 season where he made 105 tackles, 21.5 tackles for loss, and a team leading 14 sacks. Awarded first team All-Big Sky honors at linebacker after the 2021 and 2022 seasons.

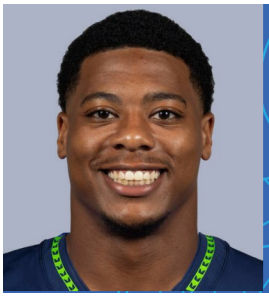
PERSONAL: Played in five state title games (three football, one baseball, and one basketball) in high school. Won the 2014 state football championship and was a member of the 2017 basketball state championship team. Football and basketball team captain as a senior and three-time baseball team captain. Selected to Montana-North Dakota and Montana East West all-star football games. First team all-state linebacker and fullback and the Montana Defense most valuable player. Posted 135 tackles with two interceptions, 18 tackles for loss, and four sacks as a senior. First team all-conference football player as a senior in 2016 and second team selection as a junior. Three-sport athlete who hit .484 with 60 RBIs and 76 hit. First team all-state baseball player. All-conference first team selection in baseball as a junior and senior.

PATRICK O'CONNELL'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
2023	Seahawks	1	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
2024	Seahawks	5	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	2	0	2	0	0	0	0
2025	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		**6**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**3**	**0**	**3**	**0**	**0**	**0**	**0**

PATRICK O'CONNELL'S SINGLE-GAME HIGHS: DEFENSIVE

Special Teams Tackles	2 at San Francisco 49ers, Nov 17, 2024



49 | LINEBACKER
CHRIS PAUL JR.

Height: 6-1	**Weight: 235**
College:	**Mississippi**
Season:	**Rookie**
Born:	**November 4, 2004**
Hometown:	**Cordele, Ga.**

TRANSACTIONS:

04/26/25: Drafted by L.A. Rams (5th round, 172nd overall)
08/26/25: Released by L.A. Rams
08/28/25: Signed to Seattle's PS

COLLEGE: As a redshirt junior at Ole Miss in 2024, played in 12 games with 11 starts and helped anchor the best rush defense in the nation and one of the best defenses in program history. Finished the season as the team leader with 88 tackles (50 solo) and ranked fourth among Rebels with 11.0 tackles for loss. Also notched 3.5 sacks, four passes defensed, one interception and one fumble recovery. Finished the regular season ranked eighth in the SEC with 7.3 tackles per game and was Pro Football Focus' no.7 overall defender in the SEC in defensive grade (87.2) and tackling grade (85.9). Before his time at Ole Miss, appeared in 28 games with 11 starts at Arkansas and was a key contributor in his three seasons with the Razorbacks. Notched 137 tackles (68 solo), 15.0 tackles for loss, 6.0 sacks, one forced fumble and one pass defensed during his time at Arkansas. Earned Freshman All-America Second-Team honors and was on the Freshman All-SEC team.

PERSONAL: Was a consensus three-star prospect coming out of Crisp County High according to 247Sports, Rivals and ESPN where he played linebacker and running back at Crisp County High School. As a senior, notched 91 tackles in 11 games and added 20.0 tackles for loss, 2.5 sacks, one forced fumble and one blocked punt. On offense, he recorded eight rushes for 67 yards and a touchdown to go along with four catches for 57 yards and one touchdown. As a junior, tallied 157 tackles, 10.0 tackles for loss and 4.5 sacks to help lead Crisp County to an 11-4 record. He also added 13 rushes for 113 yards and three touchdowns along with 10 catches for 112 yards and two touchdowns. He registered 92 tackles, 12.0 tackles for loss, 6.5 sacks, and reached the state championship game his sophomore season. Nickname is "Pooh". Majored in sociology.

CHRIS PAUL JR.'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
2025	Rams	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**

95 | NOSE TACKLE
BRANDON PILI

Height: 6-3	**Weight: 334**
College:	**USC**
Seasons:	**NFL : 3rd, Seahawks 2nd**
Born:	**April 2, 1999**
Hometown:	**Anchorage, Alaska**
Pronunciation:	**PEE-lee**

2025 SEASON:

09/14/25 at Pit: Activated from the practice squad (standard elevation) and saw time at NT and on special teams.

TRANSACTIONS:

05/12/23: Signed by Miami as a UDFA
11/04/23: Released by Miami
11/07/23: Signed to Miami's PS
11/09/24: Released by Miami
11/11/24: Claimed off waivers by Seattle
11/16/24: Released by Seattle
11/18/24: Signed to Seattle's PS
01/04/25: Signed to active roster
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS
09/13/25: Gameday Activation
09/15/25: Reverted to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Signed to Seattle's practice squad in November 2024 and signed to the active roster in Week 18 but was inactive for the season finale.

• Appeared in 12 games over two seasons (2023-24) with the Dolphins, recording four tackles.

COLLEGE: Pili appeared in 52 career games (2017-22), recording 74 tackles, 3.5 sacks and four passes defensed, earning All-Pac-12 honorable mention honors as a freshman.

PERSONAL: Played defensive end at Westview High in Portland, Ore. after playing three seasons at Dimond High in Alaska. Also participated in wrestling and as a thrower on the track & field team. Majored in non-governmental organizations & social change.

BRANDON PILI'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
2023	Dolphins	4	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
2024	Dolphins	8	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
2025	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
NFL TOTALS		**13**	**0**	**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**

BRANDON PILI'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
2023	Dolphins	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**

BRANDON PILI'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 2 vs. Denver Broncos, Sep 24, 2023

Solo Tackles 1 vs. Arizona Cardinals, Oct 27, 2024
...1 more at 1.

32 | SAFETY
JERRICK REED II

Height: 5-9 **Weight:** 197
College: New Mexico
Seasons: NFL : 3rd, Seahawks 3rd
Born: August 7, 2000
Hometown: Olive Branch, Miss.

TRANSACTIONS:

04/29/23: Drafted by Seattle (6th round, 198th overall)
11/23/23: Placed on IR (knee)
08/27/24: Placed on reserve/physically unable to perform
10/26/24: Activated from reserve
12/14/24: Placed on IR (quadriceps)
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• 2024 season was cut short to just five games after beginning the year on PUP and then landing on injured reserve (quadriceps) in mid-December.

• Despite missing seven games in 2023 (knee), ranked tied for third on team with nine special teams tackles.

HONORS: 2023: PFWA All-Rookie Team.

COLLEGE: Started 36 of 41 games played during his four-year career at New Mexico (2019-22), totaling 267 tackles (164 solo), 8.5 tackles for loss, and seven interceptions. Named honorable mention All-Mountain West after the 2021 season and first-team following the 2020 season, when he led the conference with four. Helped Northwest Mississippi Community College to an 8-2 record in 2018.

PERSONAL: Lettered in football at Olive Branch High. As a senior, had 99 tackles and seven for loss as Olive Branch went 12-2 and advanced to the third round of the 6A state playoffs. Also added seven interceptions for 271 yards and eight kickoff returns for 120 yards. Named first-team all-state by The Clarion Ledger. Majored in construction management.

JERRICK REED II'S NFL REGULAR SEASON DEFENSIVE STATISTICS

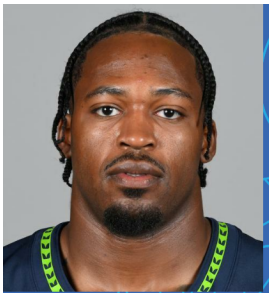
			TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2023	Seahawks	10	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	9	7	2	0	0	0	0
2024	Seahawks	5	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	3	2	1	0	0	0	0
2025	Seahawks	0	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		**15**	**0**	**2**	**2**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**12**	**9**	**3**	**0**	**0**	**0**	**0**

JERRICK REED II'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 1 at Baltimore Ravens, Nov 05, 2023
...1 more at 1.

Solo Tackles 1 at Baltimore Ravens, Nov 05, 2023
...1 more at 1.

Special Teams Tackles 2 vs. Los Angeles Rams, Nov 03, 2024
...3 more at 2.



50 | LINEBACKER
JAMIE SHERIFF

Height: 6-1 **Weight:** 254
College: South Alabama
Seasons: NFL : 2nd, Seahawks 2nd
Born: August 18, 2000
Hometown: Terry, Miss.

TRANSACTIONS:

08/06/24: Signed by Seattle as a FA
08/27/24: Released by Seattle
08/28/24: Claimed off waivers by Carolina
09/09/24: Released by Carolina
09/13/24: Signed to Seattle's PS
10/10/24: Gameday activation
10/11/24: Reverted to Seattle's PS
10/30/24: Released by Seattle
11/06/24: Signed to Seattle's PS
11/20/24: Placed on PS/IR
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Made Seattle debut on special teams vs. San Francisco (10/10/24) as a practice squad standard elevation.

COLLEGE: An undrafted rookie out of the University of South Alabama, took part in Seattle's rookie minicamp in May 2024 as a tryout player. In three seasons at South Alabama, Sheriff appeared in 37 games, recording 109 tackles, 17 tackles for loss and 10 sacks. He capped his college career by earning Defensive MVP honors in the 68 Ventures Bowl, South Alabama's first bowl win in program history. Began collegiate career at Mississippi Gulf Coast Community College, where he helped the Bulldogs go 12-0 while winning the National Junior College Athletic Association national championship his sophomore season.

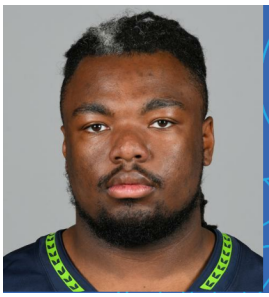
PERSONAL: As a senior at Terry High, had 60 total tackles, with seven of those for a loss including five sacks, two forced fumbles, a fumble recovery and three safeties.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
9/8/24	CAR @ NO	L	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**0/1**	**1/0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JAMIE SHERIFF'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
2024	Panthers	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
2024	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
2024	TOTAL	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
2025	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**	**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**



70 | NOSE TACKLE
J.R. SINGLETON

Height: 6-1 **Weight:** 299
College: Iowa State
Season: Rookie
Born: February 13, 2002
Hometown: Gurnee, Ill.

TRANSACTIONS:

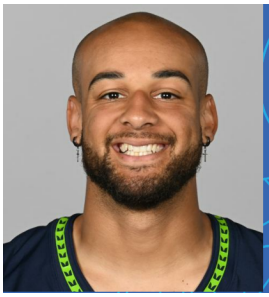
05/02/25: Signed by Seattle as a UDFA
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS

COLLEGE: Spent four seasons at Iowa State and served as co-captain and earned honorable mention All-Big 12 by the coaches in 2024. Played in 13 games, making 12 starts. Had career-best 32 tackles, including five for a loss. Led team with career-high 4.0 sacks and also had seven quarterback hurries.

PERSONAL: Prepped at Warren Township High. Was a three-star recruit by 247Sports, Rivals and ESPN. Ranked as the 56th best defensive tackle and the 12th best player in Illinois by 247Sports. Also a top-25 player in Illinois by Rivals and ESPN. Was a IHSFCA Class 8A First-Team All-State selection and Lake County Player of the Year in 2019. Helped team go 13-1 as a senior, racking up 43 tackles, 23 tackles for loss and 14.0 sacks, helping team make the Class 8A state championship game. Led a defense in 2019 that allowed just 52 points, posted six shutouts, allowed just 115.0 yards per game and 38.5 rushing yards per game. Majored in entrepreneurship.

J.R. SINGLETON'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**
2025	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**



82 | WIDE RECEIVER
CODY WHITE

Height: 6-3 **Weight: 227**
College: **Michigan State**
Seasons: **NFL : 6th, Seahawks 3rd**
Born: **November 28, 1998**
Hometown: **Novi, Mich.**

2025 SEASON:

09/07/25 vs. SF: Career high 36-yard kickoff return.

TRANSACTIONS:

04/30/20: Signed by Kansas City as a UDFA
07/26/20: Waived/non-football injury
08/11/20: Signed by N.Y. Giants as a FA
08/16/20: Released by N.Y. Giants
08/23/20: Signed by Denver as a FA
09/05/20: Released by Denver
09/24/20: Signed to Pittsburgh's PS
08/31/21: Released by Pittsburgh
09/01/21: Signed to Pittsburgh's PS
10/09/21: Signed to active roster
08/30/22: Released by Pittsburgh
08/31/22: Signed to Pittsburgh's PS
08/21/23: Waived/injured
08/25/23: Waived/injury settlement
10/18/23: Signed to Seattle's PS
10/24/23: Released by Seattle
11/27/23: Signed to Seattle's PS
08/27/24: Released by Seattle
08/28/24: Signed to Seattle's PS
11/02/24: Gameday activation
11/04/24: Reverted to Seattle's PS
11/16/24: Signed to active roster
03/14/25: Re-signed by Seattle
09/11/25: Released by Seattle
09/11/25: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Began the 2024 season on Seattle's practice squad until signing to the active roster in November. Played in four games. Blocked his first-career punt vs. the L.A. Rams (11/3/24) and added two catches for 44 yards. It was the first blocked punt by a Seattle player since Ryan Neal (vs. N.Y. Giants, 12/6/20).

• Began the 2021 season on Pittsburgh's practice squad but was signed to the active roster mid-season and played in 15 games, recording five receptions for 33 yards.

• Signed with Pittsburgh as an undrafted rookie in 2020 and spent three seasons with the Steelers (2020-22). Spent the majority of the 2020 and 2022 seasons on the practice squad.

COLLEGE: Three-year letterwinner that played in 35 career games, including 26 starts, at Michigan State. Finished his career ranked seventh in Michigan State history with 143 receptions, 12th with 1,967 receiving yards and tied for 16th with 12 touchdown catches. Compiled 2,115 all-purpose yards (1,967 receiving; 85 punt return; 63 rushing), and had five-career 100-yard receiving outings.

PERSONAL: Played a multitude of positions at Walled Lake Western, including wide receiver, quarterback, running back, safety, cornerback, punter, placekicker and return specialist. Was the winner of the Michigan Mr. Football Award. Selected to the Detroit Free Press and Detroit News All-State Dream Teams. His father, Sheldon, is the Director of Pro Scouting for the Steelers and previously worked 19 seasons in the front office with the Detroit Lions. He played defensive back in the NFL for six seasons (1988-93).

CODY WHITE'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2021	Steelers	15	0	5	33	6.6	11	0	0	0	0.0	0	0
2022	Steelers	1	1	1	2	2.0	2	0	0	0	0.0	0	0
2023	Steelers	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	Seahawks	4	0	2	44	22.0	28	0	0	0	0.0	0	0
2025	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**21**	**1**	**8**	**79**	**9.9**	**28**	**0**	**0**	**0**	**0.0**	**0**	**0**

CODY WHITE'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2021	Steelers	0	0	0.0	0	0	0	0	0	0.0	0	0
2022	Steelers	0	0	0.0	0	0	0	0	0	0.0	0	0
2023	Steelers	0	0	0.0	0	0	0	0	0	0.0	0	0
2024	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2025	Seahawks	2	59	29.5	36	0	0	0	0	0.0	0	0
NFL TOTALS		**2**	**59**	**29.5**	**36**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

ADDITIONAL STATS

Special Teams Tackles: 2021 (4); 2025 (1); **Career**: 4.
Blocked Punt: 2024 (1); **Career**: 1.

CODY WHITE'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Receptions	3 at Kansas City Chiefs, Dec 26, 2021	**Kickoff Returns**	2 vs. San Francisco 49ers, Sep 07, 2025
Receiving Yards	44 vs. Los Angeles Rams, Nov 03, 2024	**Kickoff Return Yards**	59 vs. San Francisco 49ers, Sep 07, 2025
Receiving Average	5.3 at Kansas City Chiefs, Dec 26, 2021	**Longest Kickoff Return**	36 vs. San Francisco 49ers, Sep 07, 2025
Longest Receptions	28 vs. Los Angeles Rams, Nov 03, 2024	**Special Teams Tackles**	2 vs. Chicago Bears, Nov 08, 2021
All-Purpose Yards	59 vs. San Francisco 49ers, Sep 07, 2025		

CODY WHITE'S 2025 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**
09/07	49ers	P	2	59	29.5	36	0	0	0	0	0.0	0	0	L	13-17
09/14	at Steelers							PRACTICE SQUAD						W	31-17
2025 TOTALS		**1-0**	**2**	**59**	**29.5**	**36**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-1**	

86 | WIDE RECEIVER
RICKY WHITE III

Height: 6-1 **Weight:** 181
College: UNLV
Season: Rookie
Born: February 6, 2002
Hometown: Marietta, Ga.

TRANSACTIONS:

04/26/25: Drafted by Seattle (7th round, 238th overall)
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS

COLLEGE: Named Mountain West Special Teams Player of the Year after blocking four kicks in 2024 and named first-team All-Mountain West as a wide receiver. Was the first Rebels receiver to earn first-team All-Mountain West in multiple seasons since UNLV Athletics Hall of Fame member Ryan Wolfe did it three times (2006, 08-09), and became the first receiver to post more than one 1,000-yard receiving season. In 2023, named third-team All-American by the Associated Press, becoming just the second UNLV wide receiver to appear on an AP team in history and first since 1981. Shattered a four-decade-old school record for receiving yards (1,491) in a season and tied the UNLV mark for receptions in season with 88. Was the first Rebel ever to post five consecutive games with at least 100 receiving yards, and his seven 100-yard games on the year ranked second in school history. Spent two seasons at Michigan State, recording 10 receptions for 223 yards during his true freshman season in 2020.

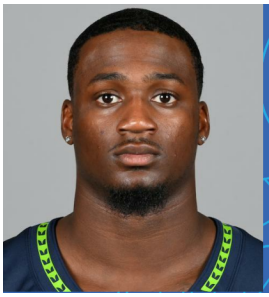
PERSONAL: A 2020 graduate of Marietta High. Helped his squad to the Georgia Class7A state championship in 2019 after he recorded 97 catches for 1,319 yards and 16 touchdowns as a senior as Marietta went 13-2. Recorded five receptions for 72 yards, including a 21-yard touchdown, in the state title game victory over Lowndes. Named to the Marietta Daily Journal All-County First Team for a second straight season in 2019. Started prep career at Wheeler High. Posted 55 catches for 1,066 yards and 13 touchdowns as a junior in 2018 and earned first-team all-region 2-7A. Also lettered basketball. Born in Dayton, Ohio, and has 11 siblings. Majored in human services.

RICKY WHITE III'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2025	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**

RICKY WHITE III'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2025	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**



31 | RUNNING BACK
JACARDIA WRIGHT

Height: 6-0 **Weight:** 218
College: Missouri State
Season: Rookie
Born: September 26, 2000
Hometown: Decatur, Ill.
Pronunciation: juh-CAR-dee-AY

TRANSACTIONS:

05/02/25: Signed by Seattle as a UDFA
08/26/25: Released by Seattle
08/27/25: Signed to Seattle's PS

COLLEGE: Played in 32 games during his Missouri State career (2022-24), earning second-team All-Missouri Valley Conference honors his final two seasons, and was named to the MVC All-Newcomer Team in 2022. In 2024, averaged 104.3 all-purpose yards per game, which ranked 42nd nationally and third in the MVC. Ranked second in MVC in scoring (8.0), fifth in rushing touchdowns (14), eighth in total rushing yards (824), eighth in rushing yards per game (68.7), and ninth in rushing yards per carry (4.53). His touchdown total ranked 14th nationally. Started all 12 games with a touchdown in 11 straight contests. Finished with 182 carries for 824 yards and 14 rushing touchdowns. Also logged 35 pass receptions for 403 yards and two touchdowns. Began career at Kansas State (2019-21).

PERSONAL: Prepped at St. Teresa High. Was rated the 119th-best athlete in the Class of 2019 by 247Sports, while ESPN viewed him as the 107th-best safety and 35th-best player in the state of Illinois. Rushed for 8,821 yards and 133 touchdowns during his high school career, both ranking as the second-best mark in Illinois high school history. Was a three-time Macon County Football Player of the Year and was an all-state first-team selection at defensive back in 2018, and second-team honoree as a running back in 2017. Majored in sociology.

JACARDIA WRIGHT'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2025	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**

JACARDIA WRIGHT'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2025	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**

2025 SEAHAWKS

RESERVED/INJURED

30 | SAFETY
AJ FINLEY

Height: 6-2	**Weight: 202**
College:	**Mississippi**
Seasons:	**NFL : 3rd, Seahawks 2nd**
Born:	**September 14, 2001**
Hometown:	**Mobile, Ala.**

TRANSACTIONS:

05/12/23: Signed by L.A. Chargers as a UDFA
09/23/23: Released by L.A. Chargers
09/26/23: Signed to L.A. Chargers PS
09/30/23: Signed to active roster
11/25/24: Released by L.A. Chargers
11/26/24: Claimed off waivers by Seattle
08/04/25: Placed on IR (knee)

NFL CAREER HIGHLIGHTS:

• Saw time in four games for Seattle in 2024, primarily on special teams, recording one tackle.

• Appeared in 12 games as a rookie with the Chargers in 2023, and 10 this season in 2024 before being waived, playing a total of 370 snaps on special teams and 69 snaps on defense.

COLLEGE: Over four seasons at Mississippi, saw action in 48 games from 2018-22, starting all 13 at safety in 2022, leading the Rebels in interceptions each of his final two seasons. As a senior in 2022, led the team with 46 solo tackles, helping the Rebels start the season 7-0 and ranked No. 7 in the country. As a true freshman in 2019, ranked second in the Southeastern Conference in fumble recoveries (two), appearing in all 12 games as a defensive back in a reserve role, while also contributing on special teams.

PERSONAL: Was a unanimous three-star prospect by ESPN, Rivals and 247Sports. Rated the No. 21 prospect in Alabama in 2019 class by Rivals). Registered six interceptions from the safety position as a senior. Helped lead St. Paul's Episcopal School to three-straight Alabama 5A State Championships from 2015-17. Led the Saints in rushing during his junior season, logging over 1,200 yards. Full name is Allister Edward Finley, Jr. Graduated with a bachelor's in finance in December 2022.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
10/27/24	LAC vs. NO	W	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**1/0**	**1/0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

AJ FINLEY'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
2023	Chargers	12	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	3	1	2	1	0	0	0
2024	Chargers	10	0	6	4	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	4	2	2	0	0	0	0
2024	Seahawks	4	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
2024	TOTAL	14	0	6	4	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	5	2	3	0	0	0	0
2025	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		**26**	**0**	**6**	**4**	**2**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**8**	**3**	**5**	**1**	**0**	**0**	**0**

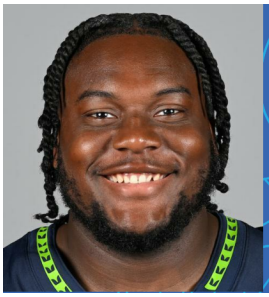
AJ FINLEY'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 2 at Denver Broncos, Oct 13, 2024
...1 more at 2.

Solo Tackles 2 vs. Kansas City Chiefs, Sep 29, 2024

Special Teams Tackles 2 vs. New Orleans Saints, Oct 27, 2024

Special Teams Forced Fumbles 1 vs. Buffalo Bills, Dec 23, 2023



64 | GUARD
CHRISTIAN HAYNES

Height: 6-3	**Weight: 317**
College:	**Connecticut**
Seasons:	**NFL : 2nd, Seahawks 2nd**
Born:	**April 13, 2000**
Hometown:	**Bowie, Md.**

TRANSACTIONS:

04/26/24: Drafted by Seattle (3rd round, 81st overall)
08/26/25: Placed on IR (pec)

NFL CAREER HIGHLIGHTS:

• Played in 16 games as a rookie in a reserve role at guard and special teams.

COLLEGE: Started 50 of 51 games played for Connecticut, including 49 in a row, from 2018-23, missing the 2020 season due to the COVID-19 pandemic. Was a two-year captain in a vote by his teammates. Named to the Associated Press and College Football Network All-American teams (third-team offense) following his 2023 season. Accepted an invitation to play in the 2024 Reese's Senior Bowl. Anchored a UConn offensive line that allowed just 12 sacks on the season, ranking ninth in FBS among the nation's leaders. Started all 13 games at guard in 2022. Became just the third Husky in the FBS era to earn All-American honors after being named to the Sporting News and Associated Press All-American teams. Helped lead an offensive line that fueled a rushing attack that averaged 194.9 yards per game as the Huskies went over 200-yards plus rushing in six games and three-straight to close out the regular season.

PERSONAL: Lettered three seasons at Bowie High School. Started three seasons on the offensive line. Was a two-time captain and honored as the team MVP his senior season (2017). Played in the Maryland Crab Bowl, an annual All-Star Game that showcases the best talent in the Mid-Atlantic region. Lettered in wrestling for one season. Majored in human development and family sciences, and earned his master's in sport management.

CHRISTIAN HAYNES' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2024	Seahawks	16	0
2025	Seahawks	0	0
NFL TOTALS		**16**	**0**

25 | RUNNING BACK
KENNY McINTOSH

Height: 6-0 **Weight: 211**
College: Georgia
Seasons: NFL : 3rd, Seahawks 3rd
Born: March 3, 2000
Hometown: Ft. Lauderdale, Fla.

TRANSACTIONS:

04/29/23: Drafted by Seattle (7th round, 237th overall)
09/09/23: Placed on IR (knee)
11/11/23: Activated from IR
07/28/25: Place on IR (knee)

NFL CAREER HIGHLIGHTS:

• Saw increased play time in 2024 as the season progressed, carrying the ball 31 times for 172 yards (5.5 avg.).

• Suffered a knee injury in 2023 training camp and was limited to three games his rookie season.

COLLEGE: Started 15 of 49 games played for the Bulldogs, leading the back-to-back national champions in rushing yards (829) and tying for the team-lead with 10 rushing touchdowns. Started 14 of 15 games played in his final season. Ranked third among FBS running backs with 504 receiving yards. Recorded a career-high 143 rush yards vs Kentucky. Was one of two players with 500-plus rush yds and 500-plus rec yds in 2022 (Evan Hull, Northwestern). Was the only FBS running back in the PFF era (since 2014) with 75-plus career targets and no drops.

PERSONAL: Attended University School. Was a 247Sports.com four-star prospect, ranked as the #179 overall prospect nationally, the no 10 running back prospect nationally and the no 25 prospect in Florida. As a senior, recorded 1,345 rushing yards on 199 carries, with 19 rushing touchdowns and accumulated 1,261 yards rushing and 14 touchdowns in his junior campaign. Earned consecutive selections to the Miami Herald All-Broward Class 5A-Independent first-team as a junior and sophomore. Named to the MaxPreps 2015 Freshman All-American First Team defense as a defensive back. Older brothers, RJ and Deon, played collegiately at Miami and Notre Dame and Washington State, respectively. RJ played two seasons with the N.Y. Giants (2018-19). Majored in communication studies.

KENNY MCINTOSH'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2023	Seahawks	3	0	0	0	0.0	0	0	0	0	0.0	0	0
2024	Seahawks	17	0	31	172	5.5	25	0	3	22	7.3	15	0
2025	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**20**	**0**	**31**	**172**	**5.5**	**25**	**0**	**3**	**22**	**7.3**	**15**	**0**

ADDITIONAL STATS

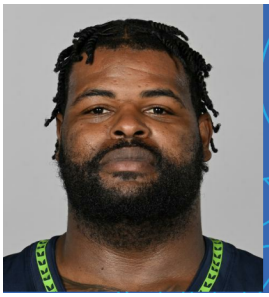
Special Teams Tackles: 2024 (3); **Career**: 3.

KENNY MCINTOSH'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	7 at Los Angeles Rams, Jan 05, 2025 ...2 more at 7.	**All-Purpose Yards**	120 vs. Minnesota Vikings, Dec 22, 2024
		Kickoff Returns	3 vs. Minnesota Vikings, Dec 22, 2024
Rushing Yards	49 at Los Angeles Rams, Jan 05, 2025	**Kickoff Return Yards**	91 vs. Minnesota Vikings, Dec 22, 2024
Rushing Average	7.0 at Los Angeles Rams, Jan 05, 2025	**Longest Kickoff Return**	36 vs. Minnesota Vikings, Dec 22, 2024
Longest Runs	25 at Chicago Bears, Dec 26, 2024	**Kickoff Return Average**	30.3 vs. Minnesota Vikings, Dec 22, 2024
Receptions	2 at Arizona Cardinals, Dec 08, 2024	**Special Teams Tackles**	1 at New York Jets, Dec 01, 2024 ...1 more at 1.
Receiving Yards	7 at Arizona Cardinals, Dec 08, 2024		
Longest Receptions	15 vs. Minnesota Vikings, Dec 22, 2024	**Scrimmage Yards**	49 at Los Angeles Rams, Jan 05, 2025

2025 SEAHAWKS

RESERVE/NFI



97 | DEFENSIVE TACKLE
JOHNATHAN HANKINS

Height: 6-3 **Weight:** 335
College: Ohio State
Seasons: NFL : 13th, Seahawks 2nd
Born: March 30, 1992
Hometown: Dearborn Heights, Mich.

TRANSACTIONS:

04/26/13: Drafted by N.Y. Giants (2nd round, 49th overall)
11/10/15: Placed on IR (pec)
04/14/17: Signed with Indianapolis as a UFA
03/17/18: Released by Indianapolis
09/13/18: Signed with Oakland as a FA
03/14/19: Re-signed with Oakland
03/22/21: Re-signed with Las Vegas
04/04/22: Re-signed with Las Vegas
10/25/22: Traded to Dallas
12/14/22: Placed on IR (shoulder)
04/04/23: Re-signed with Dallas
03/19/24: Signed by Seattle as a UFA
05/07/25: Re-signed by Seattle
08/26/25: Placed on non-football injury list

NFL CAREER HIGHLIGHTS:

• Hankins, who signed with the Seahawks as a free agent in 2024, is heading into his 13th season in the NFL, having come into the league as a second-round pick in 2013. He started eight games last season and appeared in all 17, recording 30 tackles, one sack, five tackles for loss and his first career interception.

• In 2021, started all 14 games he appeared in, recording 38 tackles and one pass defensed, missing three games due to injury.

• Started all 16 games for the fourth time in his career in 2020, and finished with 48 tackles, one sack and one fumble recovery.

• Started all 16 games and compiled 50 tackles, 1.5 sacks and one pass defensed in 2019.

• Started all 16 games for the second time in his career and registered 43 tackles, eight tackles for loss, 3.0 sacks, one forced fumble and one blocked field goal (2016).

• Started all 16 games in 2014 for the first time in his career, posting a career-high 51 tackles, 7.0 sacks, three passes defensed and one forced fumble.

• Recorded a career-high 2.5 sacks, also recording one forced fumble against Washington (12/14/14).

COLLEGE: Played three seasons at Ohio State, starting 25-of-38 contests and recorded 138 tackles, 5.0 sacks, 16.5 tackles for loss and one fumble recovery. As a junior in 2013, started every game for the Buckeyes and was named second-team All-American and was an All-Big Ten Conference selection after finishing with 55 tackles.

PERSONAL: Attended Southeastern High School in Dearborn Heights, Mich., where he was a two-time all-state selection and four-year starter. As a senior, led his team to an 11-1 record and division championship after posting 85 tackles and 12.0 sacks on the season. Majored in criminology at Ohio State. Married to wife, Mahsa.

REGULAR SEASON COMPARISON: DEFENSIVE - NEW ORLEANS SAINTS

				TACKLES									MISC		
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/1/15	NYG @ NO	L	S	7	5	2	0.0	0.0	0	0	0	1	0	0	0
9/18/16	NYG vs. NO	W	S	4	3	1	0.0	0.0	0	1	0	2	0	0	0
9/21/20	LV vs. NO	W	S	2	1	1	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**2/1**	**3/3**	**13**	**9**	**4**	**0.0**	**0.0**	**0**	**1**	**0**	**3**	**0**	**0**	**0**

JOHNATHAN HANKINS' 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
2013	Giants	11	0	16	9	7	2	2	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2014	Giants	16	16	51	30	21	8	37	7.0	53.0	13	0	0	0	0	3	1	0	0	0	0	0	0	0	0	0	0
2015	Giants	9	9	30	21	9	1	0	0.0	0.0	2	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0
2016	Giants	16	16	43	29	14	8	6	3.0	16.5	10	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2017	Colts	15	15	44	24	20	4	7	2.0	3.0	5	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0
2018	Raiders	15	14	36	21	15	4	9	0.0	0.0	2	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0
2019	Raiders	16	16	50	28	22	7	13	1.5	7.5	6	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2020	Raiders	16	16	48	27	21	1	9	1.0	9.0	4	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
2021	Raiders	14	14	38	15	23	1	1	0.0	0.0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2022	Raiders	5	1	10	1	9	0	0	0.0	0.0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2022	Cowboys	5	3	12	11	1	1	3	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	TOTAL	10	4	22	12	10	1	3	0.0	0.0	3	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2023	Cowboys	14	14	31	12	19	0	0	3.0	18.0	3	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2024	Seahawks	17	8	30	15	15	5	13	1.0	8.0	2	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2025	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		**169**	**142**	**439**	**243**	**196**	**42**	**100**	**18.5**	**115.0**	**54**	**1**	**0**	**0**	**0**	**13**	**3**	**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JOHNATHAN HANKINS' 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	Giants	1	1	3	2	1	1	1	1.0	1.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Raiders	1	1	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
2022	Cowboys	2	0	4	3	1	0	0	1.0	9.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2023	Cowboys	1	1	4	1	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		**5**	**3**	**14**	**7**	**7**	**1**	**1**	**2.0**	**10.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JOHNATHAN HANKINS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	9 vs. Indianapolis Colts, Oct 28, 2018
Solo Tackles	7 at Buffalo Bills, Dec 10, 2017
Sacks	2.5 vs. Washington Redskins, Dec 14, 2014
Passes Defensed	2 at San Francisco 49ers, Oct 08, 2023
Forced Fumbles	1 at Cleveland Browns, Nov 27, 2016
	...2 more at 1.
Fumble Recoveries	2 vs. Cleveland Browns, Sep 30, 2018
Tackles For Loss	3 vs. Baltimore Ravens, Oct 16, 2016
	...1 more at 3.

98 | DEFENSIVE END
RYLIE MILLS

Height: 6-5	**Weight: 296**
College:	**Notre Dame**
Season:	**Rookie**
Born:	**August 20, 2001**
Hometown:	**Lake Bluff, Ill.**

TRANSACTIONS:

04/26/25: Drafted by Seattle (5th round, 142nd overall)
08/26/25: Placed on non-football injury list

COLLEGE: Mills ranked tied for ninth all-time in career sacks at Notre Dame with 17.0, and was the 14th Notre Dame player to record 15.0 or more sacks in his career. Was a 2024 team captain for the Fighting Irish that reached the national title game and was named second team All-American by ESPN and The Sporting News. Posted the best game of his career in the dominant 52-3 win over Florida State in 2024, posting 3.0 sacks and five tackles. Started 35 games and appeared in 39 over the past three seasons, recording 108 tackles, 13.5 sacks and 20 tackles for loss over that span, including 7.5 sacks and 8.5 tackles for loss last in his final season.

PERSONAL: A four-star recruit by 247Sports, Rivals and ESPN.com coming out of Lake Forest High. Was ranked the no. 161 overall player nationally, no. 9 strong-side defensive end nationally and no. 3 player from Illinois by Rivals. In just seven games in 2019, posted 45 tackles, 14 tackles for loss and five sacks. Was named to the 2019 News-Gazette All-State football team. Also participated in track & field, competing in the shot put and discus. Enrolled early at Notre Dame, beginning in the spring semester of 2020.

RYLIE MILLS' 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
2025	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**

COACHES

MIKE MACDONALD

HEAD COACH

Seahawks Experience 2nd Year | NFL Experience 11th Year

MACDONALD'S COACHING CAREER

2008-09	Cedar Shoals (Ga.) H.S.	Linebackers & Running Backs
2010	University of Georgia	Student Assistant
2011-13	University of Georgia	Graduate Assistant
2014	Baltimore Ravens	Coaching Intern (Defense)
2015-16	Baltimore Ravens	Defensive Assistant
2017	Baltimore Ravens	Defensive Backs
2018-20	Baltimore Ravens	Linebackers
2021	University of Michigan	Defensive Coordinator
2022-23	Baltimore Ravens	Defensive Coordinator
2024-	**Seattle Seahawks**	**Head Coach**

Mike Macdonald was named the ninth head coach in Seattle Seahawks history on January 31, 2024.

Macdonald joined Seattle after spending nine of 10 seasons (2014–23) with the Baltimore Ravens, serving the last two seasons as defensive coordinator. He spent the 2021 season as the University of Michigan's defensive coordinator. Prior to his time with the Wolverines, Macdonald spent seven seasons (2014–20) in Baltimore, serving as linebackers coach (2018–20), defensive backs coach (2017), defensive assistant (2015–16), and defensive coaching intern (2014).

In Macdonald's first season as head coach, Seattle finished second in the NFC West with a 10-7 record, marking the Seahawks' 14th double-digit win season in franchise history and the ninth time reaching 10 wins in the last 13 seasons. Macdonald became the winningest first-year head coach in franchise history, surpassing Chuck Knox and Mike Holmgren, each with nine wins. Seattle tied the franchise record (2019 season) with six consecutive road wins and matched the best road record in club history at 7-1. The team concluded the season by winning six of its final eight games, led by a defense that ranked fourth in the NFL in yards allowed (304.8), fifth in points per game (18.4), fifth in first downs allowed (18.1), and sixth in pass defense (205.0) during Weeks 11-18.

Before arriving in Seattle, Macdonald served as the defensive coordinator for the Baltimore Ravens, where he spent nine of 10 seasons from 2014-23. In 2023, he was named the PFWA Assistant Coach of the Year after leading one of the most dominant defensive units in NFL history. That Ravens defense became the first to finish a season ranked No. 1 in points allowed per game (16.5), sacks (60), and takeaways (31, tied). It also led the league in point differential (+203) and turnover margin (+12, tied). The unit was anchored by four AP All-Pros—safety Kyle Hamilton, defensive tackle Justin Madubuike, and linebackers Patrick Queen and Roquan Smith. Madubuike led all interior linemen with 13.0 sacks, and safety Geno Stone ranked second in the NFL with seven interceptions.

MACDONALD VS. THE NFL

	Team	Regular Season	Post-season	Total
AMERICAN FOOTBALL CONFERENCE	Baltimore Ravens	0-0	---	0-0
	Buffalo Bills	0-1	---	0-1
	Cincinnati Bengals	0-0	---	0-0
	Cleveland Browns	0-0	---	0-0
	Denver Broncos	1-0	---	1-0
	Houston Texans	0-0	---	0-0
	Indianapolis Colts	0-0	---	0-0
	Jacksonville Jaguars	0-0	---	0-0
	Kansas City Chiefs	0-0	---	0-0
	Los Angeles Chargers	0-0	---	0-0
	Las Vegas Raiders	0-0	---	0-0
	Miami Dolphins	1-0	---	1-0
	New England Patriots	1-0	---	1-0
	New York Jets	1-0	---	1-0
	Pittsburgh Steelers	1-0	---	1-0
	Tennessee Titans	0-0	---	0-0
NATIONAL FOOTBALL CONFERENCE	Arizona Cardinals	2-0	---	2-0
	Atlanta Falcons	1-0	---	1-0
	Carolina Panthers	0-0	---	0-0
	Chicago Bears	1-0	---	1-0
	Dallas Cowboys	0-0	---	0-0
	Detroit Lions	0-1	---	0-1
	Green Bay Packers	0-1	---	0-1
	Los Angeles Rams	1-1	---	1-1
	Minnesota Vikings	0-1	---	0-1
	New Orleans Saints	0-0	---	0-0
	New York Giants	0-1	---	0-1
	Philadelphia Eagles	0-0	---	0-0
	San Francisco 49ers	1-2	---	1-2
	Seattle Seahawks	0-0	---	0-0
	Tampa Bay Buccaneers	0-0	---	0-0
	Washington Commanders	0-0	---	0-0
	Career Totals	**11-8**	**—-**	**11-8**

MACDONALD'S HEAD COACHING RECORD

Year	Team	W	L	T	Pct.	Finish
2024	Seattle	10	7	0	.588	2nd, NFC West
2025	Seattle	1	1	0	.500	
Reg. Season (2 Yrs.)		**11**	**8**	**0**	**.579**	
Postseason		**0**	**0**	**0**	**.000**	
Combined Record		**11**	**8**	**0**	**.579**	

After one season at Michigan, Macdonald returned to the Ravens as their defensive coordinator in 2022, where he found immediate success. That year, Baltimore ranked third in scoring defense (18.5 ppg), third in run defense (92.1 ypg), third in red zone defense (46.4%), and fourth in third-down defense (34.9%).

While leading the defense at Michigan in 2021, Macdonald's unit posted the nation's No. 8 scoring defense (17.4 ppg), ranked 20th in yards allowed per game (330.9), and finished 11th in red zone defense (45.7%). He played an instrumental role in the breakout season of No. 2 overall pick DE Aidan Hutchinson, who earned first-team All-America honors and was a Heisman Trophy finalist after recording a career-high and single-season school record 14.0 sacks.

From 2018-20, Macdonald led a Ravens linebacking corps that helped Baltimore produce the NFL's No. 1 overall defense (307.8 ypg) over that span, while also allowing the league's fewest points per game (18.2). LBs Matthew Judon (2019-20) and C.J. Mosley (2018) earned Pro Bowl honors under Macdonald's tutelage.

In 2020, Baltimore allowed the NFL's second-fewest points (18.9) and seventh-fewest yards (329.8 ypg). The Ravens also had the league's No. 2 third-down defense (34.0%) and produced an NFL-high 25 forced fumbles.

The Ravens upheld their strong defensive tradition in 2019, allowing the NFL's third-fewest points (17.6) and fourth-fewest yards (300.6 ypg). Baltimore also ranked fifth against the run (93.4 ypg) and sixth in pass defense (207.2 ypg), en route to a franchise-best 14–2 record and a second-straight AFC North Division title. In 2018, the Ravens boasted the NFL's No. 1 defense, allowing just 292.9 yards per game and the second-fewest points per game (17.9).

Before joining Baltimore in 2014, Macdonald spent four seasons (2010-13) at the University of Georgia, first as a student assistant (2010), then three years as a graduate assistant, working primarily with the linebackers. He helped mentor LB Ramik Wilson, who earned first-team All-SEC honors after leading the conference with 133 total tackles, including 11 for loss.

While attending Georgia, Macdonald began his coaching career at Cedar Shoals High School, coaching linebackers and running backs under head coach Xarvia Smith—his former coach at Centennial High School in Roswell, Ga.

Macdonald graduated summa cum laude with a finance degree from Georgia's Terry College of Business in 2010 and earned his master's degree in sports management from Georgia in 2013 while serving as safeties and defensive quality control coach for the Bulldogs.

A two-sport athlete (football and baseball) at Centennial High, Macdonald and his wife, Stephanie, were married in 2021 and have one son, Jack.

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	---	---	---
2010-23	Pete Carroll	137	89	1	.606	10	9	.526
2024-	Mike Macdonald	11	8	0	.579	---	---	---

*Patera was replaced by Mike McCormack after two games of the 1982 season.

ADEN DURDE

DEFENSIVE COORDINATOR

NFL EXPERIENCE: 9th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

(AD-in DUR-tee)

DURDE'S COACHING CAREER

2011-16	London Warriors	Defensive Coordinator
2016	Atlanta Falcons	Coaching Intern
2018-19	Atlanta Falcons	Defensive Assistant
2020	Atlanta Falcons	Outside Linebackers
2021-23	Dallas Cowboys	Defensive Line
2024-	**Seattle Seahawks**	**Defensive Coordinator**

Aden Durde joined the Seahawks coaching staff as defensive coordinator on February 13, 2024, following three seasons (2021-23) as the Cowboys defensive line coach. He returned to Dallas in 2021 after beginning his NFL coaching career there during training camp as a Bill Walsh NFL Diversity Coaching Fellowship intern in 2014 and 2015.

In his first season as defensive coordinator, Durde helped the development of a Seattle defensive unit that finished strong, ranking fifth in points allowed per game (18.4), fourth in yards allowed per game (304.8), fifth in first downs (18.1), and sixth in pass defense (205.0) during Weeks 11-18. DE Leonard Williams was selected to the Pro Bowl and led all NFL interior linemen in sacks (11.0, T10th NFL) and tackles for loss (career-high 16), becoming the first Seattle player to reach double-digit sacks since 2018. CB Devon Williams became the fifth Seahawks player to begin his career with consecutive Pro Bowl nominations.

In 2023, Durde saw second-team AP All-Pro LB Micah Parsons set a career-high with 14.0 sacks and join Hall of Famer Reggie White as the only players since 1982 to record 13.0 or more sacks in each of their first three NFL seasons. In three seasons under Durde, Parsons 40.5 sacks made him the fifth player since 1982 to record at least 40 sacks in his first three seasons, joining Reggie White (52.0), Derrick Thomas (43.5), Aldon Smith (42.0) and Dwight Freeney (40.0). Parsons was also a three-time Pro Bowler and three-time AP All-Pro (first-team in 2021-22).

Durde's guidance of the defensive line saw continued success in 2022 as the unit contributed 44 of the defense's 54 sacks on the season, including Parsons 13.5 sacks as the linebacker played the vast majority of his snaps as an edge rusher on the line in his second season. Parsons joined Aldon Smith and Reggie White as the only players since 1982 with 13.0-plus sacks in both of their first two seasons. The defensive line also realized career seasons from Dorance Armstrong, who tallied a career-best 8.5 sacks, and Osa Odighizuwa, who had 4.0 sacks and an additional five tackles for loss. Overall, Dallas' 54 sacks ranked third in the NFL in 2022 and were the most by a Cowboys defense since 59 sacks in 2008. The unit also forced the fourth-most negative plays in 2022 with 115.

In his first season at the helm of the defensive line, Durde's unit produced 23 sacks and pressured opposing quarterbacks on 237-of-684 opponent dropbacks, the third-most in the league in 2021, per Pro Football Focus. With a foot injury to DeMarcus Lawrence, rookie Parsons accumulated a franchise rookie record 13.0 sacks.

Prior to Dallas, Durde spent four seasons with the Atlanta Falcons under Dan Quinn, where he was first a coaching intern (2016), then a defensive assistant (2018-19) and finally the outside linebackers coach (2020).

In 2020, two Falcons linebackers surpassed the century mark in tackles - Foye Oluokun (team and career-high 116) and Deion Jones (105), while Jones' career-high 4.5 sacks also led all team defenders. Additionally, Durde filled in as the team's defensive line coach at Minnesota (10/18/20) when both of the Falcons two defensive line coaches did not travel for the game due to COVID-19 restrictions. In 2019, Durde assisted in overseeing a defensive line unit that was anchored by Grady Jarrett and Tyeler Davison.

Durde joined the Falcons after serving as the head of football development at NFLUK, where he helped guide the International Player Pathway program. Working with Super Bowl champion and former Falcon Osi Umenyiora, Durde helped four international players, tight end Alex Gray (Atlanta), defensive end Alex Jenkins (New Orleans), defensive end Efe Obada (Washington), and linebacker Eric Nzeocha (Tampa Bay) transition to practice squads in 2017.

Prior to his work with NFLUK, Durde spent training camp with the Falcons as part of the Bill Walsh NFL Diversity Coaching Fellowship in 2016. He also worked as a coaching intern for the NFL's fellowship program with the Cowboys during training camp in 2014 and 2015. Durde also served as the defensive coordinator of the London Warriors for six seasons (2011-16).

He played linebacker in NFL Europe for six years with the Scottish Claymores and Hamburg Sea Devils and was a member of Hamburg's 2007 NFL Europa World Bowl XV Championship team, the final championship in the European league history. He also spent time on the practice squads of the Carolina Panthers (2005) and Kansas City Chiefs (2008).

Born on July 10, 1979, in North London, England, Durde and his wife, Kate, have two sons, Kane and Dylan.

JAY HARBAUGH

SPECIAL TEAMS COORDINATOR

NFL EXPERIENCE: 5th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

HARBAUGH'S COACHING CAREER

2008-11	Oregon State	Undergraduate Assistant
2012-14	Baltimore Ravens	Offensive Quality Control
2015-16	University of Michigan	Tight Ends/Asst. Special Teams
2017-18	University of Michigan	Running Backs/Asst. Special Teams
2019-20	University of Michigan	Running Backs/Special Teams Coordinator
2021	University of Michigan	Tight Ends/Special Teams Coordinator
2022-23	University of Michigan	Safeties/Special Teams Coordinator
2024-	**Seattle Seahawks**	**Special Teams Coordinator**

Jay Harbaugh joined the Seahawks staff as special teams coordinator on February 13, 2024, after spending nine seasons with the University of Michigan.

In Harbaugh's first year in Seattle, kicker Jason Myers connected on 26 of 30 field goal attempts and set a career-high and franchise-record nine field goals from 50-plus yards. Punter Michael Dickson recorded a 49.4 punt average, ranking third in franchise history for a single season. Core special teamer Brady Russell led the club with 10 tackles despite missing six games due to injury.

During his time at Michigan, Harbaugh served as a special teams coach from 2015-19 before being named special teams coordinator before the 2020 season. Harbaugh also led the tight ends (2015-16, 21), running backs (2017-20), and safeties (2022-23). He was part of a coaching staff that topped 10 wins six times and made three consecutive College Football Playoff appearances from 2021-23, winning the national championship in 2023.

Harbaugh coached a top-20 NCAA-ranked kickoff coverage unit in five of his eight seasons at Michigan including the top-ranked unit in 2017 and the No. 5 unit in 2023. U-M has had a top-25 kick return unit four times (third, 2015; 11th, 2019; 24th, 2020; ninth, 2023). He helped nine Wolverine specialists attain 21 more All-Big Ten honors with one consensus All-American in kicker Jake Moody. In 2021, the Wolverines set school records for net punting and the kickoff unit ranked first nationally (12.4 yards per return attempt). Michigan's special teams unit ranked No. 1 in 2021 and No. 2 in 2019, according to Football Outsiders. Harbaugh was named the Special Teams Coordinator of the Year by FootballScoop.com in 2021.

Under Harbaugh, Moody became the program's first-ever winner and two-time finalist of the Lou Groza Award, and the Big Ten's Bakken-Andersen Big Ten Kicker of the Year, an award he won twice (2021-22). Moody owns Michigan records for career points, field goals, and 40-plus field goals, among others, in addition to a number of single-season records set in 2022.

Two Michigan punters were named semifinalists for the Ray Guy Award: Brad Robbins (2021-22) and Will Hart (2018), who was named a second-team All-American and won the Big Ten's Eddleman-Fields Punter of the Year Award. Hart and Robbins rank one-two in U-M history in single-season and career net punt average. Hart was named a second-team All-American by Sports Illustrated in 2018, ranked as a Ray Guy Award semifinalist and also won the Big Ten's Eddleman-Fields Punter of the Year Award.

In the return game, Donovan Peoples-Jones was a freshman All-American punt returner in 2017, and Jabrill Peppers was the No. 5-ranked individual return man in the nation in 2016. Giles Jackson matched the program record for kickoff return touchdowns with two through his sophomore season (2020), and Khaleke Hudson blocked five punts during his career - a Michigan record. A.J. Henning was twice named an All-Big Ten return man (second team, third team).

While leading the safeties, Harbaugh helped Michigan's pass defense finish No. 5 in pass efficiency defense and No. 20 in pass defense in 2022. U-M held teams to 16.1 points per game (No. 7 NCAA) and safeties Rod Moore and Makari Paige were All-Big Ten honorable mention honorees.

In 2021, Harbaugh's tight end group totaled 57 receptions, led by Erick All, whose 38 catches were the second-most on the roster. The tight end group under Harbaugh was multiple and versatile, a key piece to the Big Ten's best-rushing offense (214.4 yards per game). All was honorable mention All-Big Ten.

In 2019, Harbaugh saw running backs Zach Charbonnet and Hassan Haskins combine for more than 1,300 yards and 15 touchdowns, including a freshman-record 11 scores from Charbonnet. Haskins earned All-Big Ten honorable mention honors and Charbonnet's 726 yards on the ground were the third-most by any freshman in Michigan history, and his four multi-touchdown games were a freshman record as well.

Taking over the running backs room in 2017, Harbaugh helped lead a Michigan ground attack that included three running backs who averaged 5.0 yards per carry or better and each ran for over 500 yards for the first time since 1991. Karan Higdon was a Maxwell Award and Doak Walker Award semifinalist in 2018, as well as a first-team All-Big Ten selection, while becoming Michigan's first 1,000-yard back since 2011.

Harbaugh coached four running backs and tight ends to five All-Big Ten honors, including three first-team accolades. He mentored Michigan's most accomplished tight end, Jake Butt, during the 2015 and 2016 seasons. Butt became Michigan's all-time leader in tight end receptions (138) and yards (1,646). Butt won two Kwalick-Clark Tight End of the Year Awards as the Big Ten's best tight end, was a consensus first-team All-American both years, and won the 2016 John Mackey Award winner as the nation's top tight end.

Prior to arriving in Ann Arbor, Harbaugh spent three seasons working for the Baltimore Ravens, including the 2014 season as an offensive quality control coach, where his work focused on statistical analysis, self-scouting reports and breakdowns of opposing defenses. In 2014, the Ravens posted a record of 11-7, including a wild card playoff game win at Pittsburgh. His previous work included working with the video staff and the weight room staff and was part of the coaching staff that won Super Bowl XLVII under his uncle John Harbaugh.

Harbaugh spent four seasons as an undergraduate assistant at Oregon State under head coach Mike Riley. He performed a number of duties for the Beavers during his time in Corvallis and worked with the special teams units for all four seasons. The Beavers played in two bowls during Harbaugh's tenure (2008-2011), including a win in the 2008 Sun Bowl. He also interned for the San Francisco 49ers in the scouting department during the summer of 2011.

A native of San Diego, Calif., Harbaugh earned a bachelor's degree in sociology from Oregon State. He is the son of former Michigan head coach and current L.A. Chargers coach, Jim Harbaugh.

He and his wife, Brhitney, have two children, Jacob, and Norma.

KLINT KUBIAK

OFFENSIVE COORDINATOR

NFL EXPERIENCE: 12th YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

KUBIAK'S COACHING CAREER

2010-11	Offensive Quality Control	Texas A&M
2012	Graduate Assistant/Inside Wide Receivers	Texas A&M
2013-14	Quality Control/Assistant Wide Receivers	Minnesota Vikings
2015	Wide Receivers	University of Kansas
2016-18	Offensive Assistant/Quarterbacks	Denver Broncos
2019-20	Quarterbacks	Minnesota Vikings
2021	Offensive Coordinator	Minnesota Vikings
2022	Offensive Passing Game Coordinator/QBs	Denver Broncos
2023	Offensive Passing Game Specialist	San Francisco 49ers
2024	Offensive Coordinator	New Orleans Saints
2025-	**Offensive Coordinator**	**Seattle Seahawks**

Klint Kubiak joined the Seahawks staff on January 26, 2025, after one season serving in the same capacity for the New Orleans Saints. It will be his 12th season as an NFL assistant and 16th overall in the coaching ranks.

It was an injury-plagued offense for Kubiak in 2024 as the Saints utilized three starting quarterbacks. Starter Derek Carr was limited to 10 games, with backups Spencer Rattler and Jake Haener starting the remaining seven games. No. 1 WR Chris Olave, a 1,000-yard receiver in each of his first two seasons, saw his third season cut to eight games and 32 receptions for 400 yards. Kubiak relied on RB Alvin Kamara, who set a career-high with 950 yards on 228 carries, the second-most of his career, while adding six rushing touchdowns. Kamara also led the team in receptions (68) for 543 yards, second-most on the team, with two touchdowns.

As the San Francisco 49ers offensive passing game specialist in 2023, Kubiak played a pivotal role in the planning and tutelage within the passing game of the 49ers. San Francisco finished the regular season ranked second in the NFL in total offense (398.4 ypg), including fourth in net passing yards per game (257.9). It finished first in the league in red zone touchdown percentage (67.2), fourth in third down conversion percentage (47.5) and were tied for the sixth-fewest turnovers in the NFL. Pro Bowl QB Brock Purdy completed 308 of 444 (69.4%) passes for 4,280 yards with 21 touchdowns and 11 interceptions for a league-best 113.0 passer rating, and an NFL-best 123.8 in the fourth quarter. Including Purdy, five offensive 49ers were selected to the Pro Bowl and four as Associated Press All-Pros (TE George Kittle, FB Kyle Juszczyk, RB Christian McCaffrey and T Trent Williams).

In 2022, Kubiak, served as offensive passing game coordinator/quarterbacks coach for the Denver Broncos, after coaching three seasons with the Minnesota Vikings (2019-21), the first two seasons as quarterbacks coach and one year as offensive coordinator.

In 2021, the Vikings offense finished 12th in the NFL in total offense (362.8 ypg.) and 11th in net passing yards per game (249.3), while tying for the fewest interceptions (7) and total giveaways (13). WR Justin Jefferson finished with 108 receptions for 1,616 yards with 10 touchdowns, finishing ranked in the top-10 in all three major receiving categories, earning AP All-Pro honors. QB Kirk Cousins added the third season of his career with 4,000-or-more passing yards and 30-or-more touchdown passes, as he was named to his third Pro Bowl. Pro Bowl RB Dalvin Cook carried 249 times for 1,259 yards with six touchdowns and caught 34 passes for 224 yards.

Under Kubiak's tutelage in 2020, Cousins passed for 4,265 yards with 35 touchdowns, a 67.6 completion percentage and 105.0 passer rating, while the Vikings ranked fourth in the NFL in total offense. Cousins became the first Vikings signal-caller to record a 100+ passer rating in consecutive seasons (105.0), his second-highest of his career behind his 107.4 in 2019, which also came with Kubiak's tutoring. Working with Kubiak in 2019, Cousins also posted 3,602 passing yards and 26 touchdowns with only six interceptions, as he was named to the Pro Bowl.

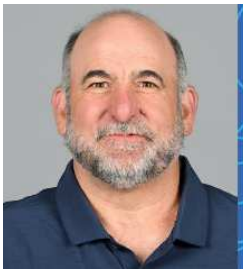
During the three-season period that Kubiak was on the Vikings offensive staff from 2019-21, Cousins started all 47 games, passing for at least 26 touchdowns and had a 100.0 passer rating each season. Under Kubiak's guidance over the three seasons, Cousins ranked fourth in the NFL in passer rating (105.0), fifth in touchdown passes (94), sixth in passing yards (12,089) and seventh in completion percentage (67.6).

Kubiak served as offensive assistant/quarterbacks coach in his first coaching stint with the Broncos from 2016-18. In 2018, he helped Denver QB Case Keenum throw for 18 touchdowns and a career-high 3,890 yards. Kubiak started his NFL coaching career with the Vikings as a quality control/assistant wide receivers coach from 2013-14.

In addition to his NFL experience, Kubiak coached four years at the collegiate level with Texas A&M and Kansas. He served as an offensive quality control coach (2010-11) and graduate assistant/inside wide receivers coach (2012) for Texas A&M, earning his master's degree in human resource development. Kubiak coached wide receivers for the Jayhawks in 2015.

Kubiak was a four-year letterman at Colorado State. He played safety for the Rams and was named a team captain as a senior, while earning an invite to play in the East-West Shrine Game.

He is the oldest son of Gary Kubiak, who played quarterback for the Denver Broncos for nine seasons (1983-91), was a long-time NFL assistant coach, the Houston Texans head coach (2006-13), and Super Bowl 50-winning head coach for the Broncos (2015-16). He has two brothers, Klay, the San Francisco 49ers offensive passing game specialist, and Klein, who serves as a national scout/special projects for the Dallas Cowboys.



JOHN BENTON

OFFENSIVE LINE

NFL EXPERIENCE: 21st YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

BENTON'S COACHING CAREER

1987-90	Colorado State	Graduate Assistant
1990-94	California University (Pa.)	Offensive Line
1995-99	Colorado State	Offensive Line
2000-03	Colorado State	Co-Offensive Coordinator/Off. Line
2004-05	St. Louis Rams	Offensive Line
2006-13	Houston Texans	Offensive Line
2014-15	Miami Dolphins	Offensive Line
2016	Jacksonville Jaguars	Asst. Offensive Line
2017-20	San Francisco 49ers	Offensive Line
2021-22	New York Jets	Offensive Line/Run Game Coordinator
2024	New Orleans Saints	Offensive Line
2025-	**Seattle Seahawks**	**Offensive Line**

John Benton joined the Seahawks staff as offensive line coach on February 11, 2025. Benton, a 37-year veteran in the coaching ranks, including 20 in the NFL, spent the 2024 season in the same role with the New Orleans Saints. Of the NFL offensive lines he has directed since 2004, seven of them finished in the Top 10 in the NFL in rushing yards per game.

As part of offensive coordinator Kilnt Kubiak's offensive scheme with the New Orleans Saints in 2024, Benton coached an offensive line that helped two-time All-Pro running back Alvin Kamara reach a career-high in rushing yards (950) on 228 carries (4.2 avg.) along with six touchdowns and catching a club-best 68 passes for 573 yards (8.0 avg.) and two touchdowns. That offensive line featured rookie left tackle Taliese Fuaga, the 14th overall pick in the 2024 NFL Draft out of Oregon State. Fuaga was an anchor on the Saints offensive line in his rookie campaign, seamlessly moving over to the left tackle position for his first NFL season, starting all 17 games for an offense that saw improvements in every rushing metric.

Benton spent the 2021 and 2022 seasons as the offensive line coach and run game coordinator of the New York Jets. In 2022, Benton's position group showcased their depth and versatility as nine different starters formed seven different combinations, with the Jets improving their win total by three games. Before suffering a season-ending knee injury in Week 7, rookie running back Breece Hall developed and shined behind the Jets offensive line, carrying 80 times for 463 yards (5.8 avg.) with four touchdowns and catching 19 passes for 218 yards with one touchdown. Entering the starting lineup in Week 5 after recovering from an injury, starting left tackle Duane Brown did not give up a sack in 12 contests.

In his first season with the Jets, Benton's group had 11 different players see time, including nine different starters that formed seven different combinations. Improving in the system over the course of the season in both the run and pass game, the line helped pave the way for the Jets to average 5.2 yards per carry, the second-best average in the league over the final eight weeks. In pass protection, the line improved their pressure allowed percentage from 32.4 to 25.6 over Weeks 11-18, a top half percentage in that span. The line's depth and versatility was on full display in Weeks 16 & 17, as Benton's group – dealing with injuries and COVID - blocked for consecutive games of 150-plus rushing yards and one-or-fewer sacks allowed, only the third team in the league with consecutive such games and the first time the Jets did so in back-to-back weeks since 2015. Over those weeks, only two players, Dan Feeney and Morgan Moses – neither Kickoff Weekend starters – started and finished both games, while the Jets used 10 different linemen and seven different starters. Selected in the first round of the 2021 draft following a trade up, rookie left guard Alijah Vera-Tucker allowed just two sacks, the second fewest among all rookies (w/ 500 snaps according to Pro Football Focus) and was named to the PFWA All-Rookie team. Following the loss of second-year standout left tackle Mekhi Becton in Week 1, right tackle George Fant switched to the left side for the remainder of the season and allowed pressure on just 3.2% of his snaps, third-best among all tackles (w/ 400+ pass block snaps according to Pro Football Focus) and the best among left tackles. Additionally, Fant finished with the lowest pressure rate allowed of any Jets tackle since 2006. Another second-year free agent signing, Connor McGovern, was graded as PFF's number nine overall center in 2021.

Over Benton's four seasons in San Francisco (2017-20) as the offensive line coach, the 49ers produced the fourth most rushing yards in the league, with top ten rushing offenses in each of his last three seasons, including the league's number one rushing attack in 2019 as they advanced to Super Bowl LIV. Additionally, in his time with San Francisco, three different tailbacks – Raheem Mostert, Jeffrey Wilson and Matt Breida – all averaged over 4.4 yards per carry on at least 200 attempts, one of only two teams in the league with at least three such players. The line protected quarterback Jimmy Garoppolo, as he finished fourth in yards per attempt (8.2), fifth in completion percentage (67.5%) and ninth in passer rating (98.6) among signal-callers with at least 25 starts since 2018.

Prior to his time in San Francisco, Benton spent a season in Jacksonville (2016) as an assistant offensive line coach. The Jaguars offensive line allowed 34 sacks, 17 fewer than the previous season (51 sacks allowed).

Benton spent two years with the Miami Dolphins (2014-15) as offensive line coach. In his first season with the Dolphins, running back Lamar Miller and quarterback Ryan Tannehill became the first players in team history to register 1,000 yards rushing and 4,000 yards passing in the same season. Additionally, center Mike Pouncey was a two-time Pro Bowler in his two seasons under Benton, while tackle Brendan Albert was also selected.

The offensive line coach with Houston for eight seasons (2006-13), Benton's line helped pave the way for the Texans to finish top-10 in rushing yards in four different seasons, including the 2010 NFL rushing title by Arian Foster (1,616 yards). Foster, a three-time Pro Bowl selection while running behind Benton's lines, averaged 85.8 yards per game, including 94.8 yards per game from 2010-12. Additionally, Benton's eight seasons with the Texans produced five of the top-10 point totals in franchise history, five of the top-10 passing seasons and five of the top-10 rushing seasons, while three different offensive linemen – Brown, center Chris Myers and guard Wade Smith – each earned their first Pro Bowl selections under him.

Benton's first position in the NFL came as the offensive line coach with the St. Louis Rams (2004-05), as the line, anchored by All-Pro tackle Orlando Pace, helped Stephen Jackson rush for the first 1,000-yard season of his career.

Prior to the NFL, Benton coached 17 years at the collegiate level. He began his coaching career as a graduate assistant at his alma mater, Colorado State (1987-90), before moving on to California University (Pa.) from 1990-94, where he served as offensive line coach/recruiting coordinator. He returned to Colorado State in 1995, spending nine years as offensive line coach (1995-99) and co-offensive coordinator (2000-03).

A four-year starter as an offensive lineman at Colorado State (1983-86), the Durango, Colo. native earned honorable mention All-WAC honors during his junior and senior seasons as well as being named conference All-Academic as a senior.

Benton and his wife, Nicole, have two daughters, Gabrielle and Paige.

MACK BROWN

TIGHT ENDS

NFL EXPERIENCE: 7th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

BROWN'S COACHING CAREER

2010	William Jewell College	Wide Receivers
2011	Lawrence (Kan.) H.S.	Offensive Coordinator/Quarterbacks
2012	University of Missouri	Recruiting Asst./Offensive QC/Grad. Asst.
2013-14	University of Missouri	Offensive Graduate Assistant/Tight Ends
2015	Missouri State	Wide Receivers
2016	Missouri State	Co-Offensive Coordinator/Quarterbacks
2017-18	Missouri State	Offensive Coordinator/Quarterbacks
2019-20	N.Y. Jets	Defensive Assistant
2021-23	N.Y. Jets	Offensive Assistant
2024-	**Seattle Seahawks**	**Tight Ends**

The Seahawks hired Mack Brown as tight ends coach on February 22, 2024. Brown previously spent five seasons with the N.Y. Jets; three as an offensive assistant, after two seasons as a defensive assistant.

Last season, Brown was instrumental in the development of rookie AJ Barner, who finished the season with 30 receptions for 245 yards, while making six starts. Barner recorded a catch in 13 consecutive games, the longest streak by a rookie tight end in franchise history. Noah Fant tallied 500 receiving yards for the fourth time in his career despite missing three games.

In 2023, Brown was part of a staff that helped RB Breece Hall accumulate a team-high 1,585 yards from scrimmage, the most by a Jet since Curtis Martin's franchise-record 1,942 in 2004. Hall passed another milestone with 190 total yards vs. the Patriots, the fourth time in his career he has reached that mark in a single-game. Those four games with more than 190 total yards rank first in Jets history over a two-year span. TE Jack Conklin reached career-highs in receptions (61) and yards (621). WR Garrett Wilson finished his sophomore season with 1,042 receiving yards, three touchdowns and a career-high 95 receptions. He became the first Jets receiver in franchise history to start a career with consecutive 1,000-yard seasons.

Brown worked primarily with the wide receivers in 2022, including serving as the interim wide receivers coach for the last three games. Wilson led all rookies in receptions (83) and receiving yards (1,103), earning AP NFL Offensive Rookie of the Year honors, edging out Seahawks RB Kenneth Walker III.

In 2021, his first on the offensive side with the Jets, Brown worked primarily with the wide receivers as five different Jets receivers caught at least 25 passes, the only such team in the league, while four had multiple touchdown receptions. Following the season, in the 2022 Senior Bowl, Brown coached wide receivers on the National Team.

Working primarily with the linebackers in his first two seasons (2019-20), New York's defense allowed just 99.5 rushing yards per game, the fourth-best average in the league.

Prior to joining the Jets, Brown spent the previous three seasons as the offensive coordinator/quarterbacks coach at Missouri State, helping the Bears increase their scoring average in consecutive seasons.

Before Missouri State, Brown served on the staff at Missouri, starting as a recruiting assistant before adding the role of offensive quality control/graduate assistant. He began his coaching career as an assistant coach at William Jewell College, before moving on as the offensive coordinator and quarterbacks coach at Lawrence (Kan.) High School.

As a quarterback at Baker University, Brown was a first-team All-HAAC performer in 2008 and a three-time NAIA Academic All-American, helping lead the Wildcats to their first NAIA playoff berth in 15 years. He finished with school records for most passing yards in a career, season, and single-game.

Brown completed a master's degree in health, physical education, and recreation from Emporia State in 2011. He and his wife, Amanda, have one son, Reed, and one daughter, Quinn.

JOSH BYNES

DEFENSIVE ASSISTANT/LINEBACKERS

NFL EXPERIENCE: 2nd YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

BYNES' COACHING CAREER

2024-	**Seattle Seahawks**	**Defensive Assistant/Linebackers**

Hired as a defensive assistant/linebackers coach by the Seahawks on February 22, 2024, Bynes enters his second season as an NFL coach.

Bynes retired from his NFL playing career in December 2023 after beginning his career as an undrafted rookie in 2011 and played from 2011-22, spending six seasons with the Ravens in three separate stints: 2011-13, 2019, 2021-22. He also played for Detroit (2014-16), Arizona (2017-18), and Cincinnati (2020). Bynes finished his career with 138 games played, including 82 starts, and was a member of the Ravens' Super Bowl XLVII winning team.

Playing in 14 games (12 starts) in 2021, Bynes registered 76 tackles (third most on the team), a career-high six tackles for loss, 2.0 sacks and four quarterback hits for the NFL's No. 1 rushing defense (84.5 ypg). In 2020, he started all 16 games for the first time in his career with Cincinnati and tallied a career-high 99 tackles with five tackles for loss and 1.0 sack. In 2019, he totaled 45 tackles, 1.0 sack, two interceptions and four passes defensed, helping Baltimore's defense rank No. 3 in points (17.6) and No. 4 in yards allowed (300.6).

Bynes attended Auburn and appeared in 43 career games with the Tigers, recording 238 tackles (127 solo), seven interceptions, 19 passes defensed, two forced fumbles and two fumble recoveries. He led the team in tackles in both 2009 and 2010 and started 35 consecutive games dating back to his sophomore year. Totaling 73 tackles, three interceptions, five passes defensed and one forced fumble, he helped lead Auburn to a National Championship as a senior in 2010.

Bynes has three children, Josh Jr., Jase, and Jordy.

MICHAEL BYRNE

OFFENSIVE ASSISTANT

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

BYRNE'S COACHING CAREER

2010-11	Texas A&M	Football Operations/Senior Offensive Intern
2012	West Texas A&M	Running Backs
2013-15	Texas A&M	Graduate Assistant/Assistant RBs
2016	Rudder High School	Co-Offensive Coordinator
2017-18	Vandegrift High School	Co-Offensive Coordinator
2019	Pacific Lutheran University	Defensive Assistant
2020	Pacific Lutheran University	Offensive Assistant
2021	Pacific Lutheran University	Director of Football Analytics
2024	New Orleans Saints	Coaching Assistant
2025-	**Seattle Seahawks**	**Offensive Assistant**

On February 11, 2025, Michael Byrne was hired by the Seahawks as an offensive assistant. Byrne's coaching experience includes coaching at all three NCAA divisions along with time at the high school level.

Most recently, Byrne spent the 2024 season with Klint Kubiak and the Saints as a coaching assistant. Prior to that, Byrne worked for Pro Football Focus as an analyst, and previously held the title of director of football analytics at Pacific Lutheran University in 2021, offensive assistant in 2020, and defensive assistant in 2019.

Byrne spent the 2017-18 seasons as the co-offensive coordinator at Vandegrift High School in Austin, Texas, helping Vandegrift make two trips to the state playoffs and winning the district title in 2018. Prior to Vandegrift, Byrne spent one season as the co-offensive coordinator at Rudder High School in Bryan, Texas in 2016.

Byrne worked for Texas A&M on two separate occasions; first as a football operations/senior offensive intern in 2010-11 and then graduate assistant/assistant running backs coach from 2013-15. The Aggies earned three bowl bids (Chick-Fil-A, Liberty, and Music City) while ranking fourth in the FBS in total offense in 2014, amassing 538.4 yards per game.

Between his A&M stops, he spent the 2012 season at West Texas A&M University as the program's running backs coach. He helped guide the Buffaloes to the Lone Star Conference Championship and a spot in the NCAA Division II Tournament semifinals.

Byrne earned a bachelor of arts in history from PLU in 2009 while earning a masters of science in sport management from Texas A&M in 2012. Byrne started his college career at FCS Iona College, earning MAAC Academic All-Conference honors before transferring to PLU to finish his playing career where he was a two-year starter, team captain, and All-Northwest Conference selection at quarterback in 2008.

ROB CAPRICE

DEFENSIVE INTERN

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

CAPRICE'S COACHING CAREER

2021-23	University of Tennessee	Defensive Graduate Assistant
2024-	**Seattle Seahawks**	**Defensive Intern**

The Seahawks hired Rob Caprice on February 22, 2024, after spending three seasons (2021-23) at the University of Tennessee aiding the defensive staff.

Caprice was part of the winningest three-year (2021-23) stretch at Tennessee in two decades, winning 27 games, including the 2022 Orange Bowl over ACC champion Clemson and 2024 Citrus Bowl over Big Ten West champion Iowa. Tennessee secured back-to-back top-20 poll finishes for the first time since 2003-04, ranking No. 6 in 2022 and No. 17 in 2023.

From 2021-23, Tennessee racked up 297.0 tackles for loss, which led the SEC during that span. Since the start of the 2022 season, Tennessee allowed just 3.24 yards per rush. That figure was the eighth-best mark in the nation and led the SEC.

The 2023 season saw the Vols defense finish in the top 25 nationally in six different major categories; scoring defense (22nd; 20.3), yards per play(19th; 4.97), defensive touchdowns (1st; 5), rushing defense (19th; 113.7), tackles for loss (6th; 101) and sacks (9th; 41).

RICK DENNISON

RUN GAME COORDINATOR/SENIOR OFFENSIVE ADVISOR

NFL EXPERIENCE: 29th YEAR **SEAHAWKS EXPERIENCE: 1st YEAR**

DENNISON'S COACHING CAREER

1992-94	Suffield (Conn.) Academy	Assistant Coach
1995-96	Denver Broncos	Offensive Assistant
1997-00	Denver Broncos	Special Teams
2001-05	Denver Broncos	Offensive Line
2006-08	Denver Broncos	Offensive Coordinator
2009	Denver Broncos	Offensive Line
2010-13	Houston Texans	Offensive Coordinator
2014	Baltimore Ravens	Quarterbacks
2015-16	Denver Broncos	Offensive Coordinator
2017	Buffalo Bills	Offensive Coordinator
2018	New York Jets	Offensive Line
2019	Minnesota Vikings	Offensive Line
2020	Minnesota Vikings	Offensive Line/Run Game Coordinator
2021	Minnesota Vikings	Senior Offensive Advisor
2024	New Orleans Saints	Senior Offensive Assistant
2025-	**Seattle Seahawks**	**Run Game Coord./Sr. Offensive Advisor**

Rick Dennison joined the Seahawks staff on February 18, 2025, bringing a wealth of offensive experience as run game coordinator/senior offensive advisor. Dennison has been part of 13 playoff appearances, five division titles, and three Super Bowl victories - Super Bowl XXXII, XXXIII and 50.

Dennison has been part of 12 seasons of 10-plus wins under his belt. His 17 seasons in Denver resulted in three Super Bowl titles, eight playoff appearances, four AFC West titles and eight seasons of 10-plus wins while only experiencing two losing seasons.

Dennison has coached 18 different Pro Bowl players across seven different positions, including six offensive linemen. Of those six, five made their first Pro Bowl appearance under him, while three made all their trips with him as their coach. In Dennison's time as an offensive line coach and offensive coordinator, his rushing offenses have averaged 2,056 yards a season (128.1 ypg.) and 4.4 yards per carry, while producing 14.8 touchdowns a season.

Dennison served as offensive line coach/run game coordinator with the Minnesota Vikings from 2019-20 and as senior offensive advisor in 2021. In 2019, the 28 sacks (12 fewer than the 40 given up in 2018) that the Vikings surrendered was tied for the fifth-lowest total in the NFL and tied for the eighth-lowest total in franchise history, paving the way for a rushing attack that gained 2,133 yards (6th NFL). Blocking behind Dennison's offensive line from 2019-20, RB Dalvin Cook ranked first in the NFC and second in the NFL in both rushing yards (3,851) and rushing touchdowns (35) and was selected to the Pro Bowl both seasons. In 2019, Cook (1,135 yards) became the franchise's first 1,000-yard rusher since Adrian Peterson in 2015. Cook's 1,557 rushing yards in 2020 ranked second in the NFL and produced a balanced offensive attack that ranked fourth in the league in net yards per game. The no. 4 ranking in total offense was a 12-spot jump from 2018 and the highest ranking for the club since 2004.

Prior to joining the Vikings, Dennison served on the staffs of the New York Jets (2018), Buffalo Bills (2017), Baltimore Ravens (2014), Houston Texans (2010-13) and two stints with the Denver Broncos (1995-09, 15-16) in a variety of roles.

In 2018, Dennison's lone season as the Jets offensive line coach/run game coordinator, the group allowed 10 fewer sacks (37) than it did in 2017, protecting QB Sam Darnold as he set team rookie records for touchdown passes (17) and gross passing yards per game (220.4).

In 2017, Dennison was offensive coordinator for the Bills, helping a Buffalo offense that ranked sixth in rushing as both RB LeSean McCoy and G Richie Incognito received Pro Bowl recognition.

In his return to Denver as the offensive coordinator in 2015, Dennison oversaw the Broncos offense as the team navigated a difficult schedule to finish with a 12-4 record, the AFC West Division title and the No. 1 seed in the AFC. Despite mid-season injury to Hall of Fame QB Peyton Manning, Dennison helped the Broncos go 5-2 in QB Brock Osweiler's first seven career starts before Manning returned in Week 17. The offense went on to commit just three turnovers during the postseason to help secure a Super Bowl 50 victory over Carolina.

Following Manning's retirement, Dennison coached first-year starting QB Trevor Siemian in 2016, a seventh-round draft pick (#250) in the 2015 NFL Draft. In 14 games Siemian went 289-for-486 for 3,401 yards, 18 touchdowns and 10 interceptions.

In Dennison's lone season with Baltimore (2014) and only season coaching quarterbacks, Joe Flacco established career-highs in passing yards (3,986) and touchdown passes (27) and posted a combined eight games with a passer rating above 100.0 while being sacked just 19 times - 29 fewer than the previous year.

In Houston (2010-13), Texans running backs produced an NFL-best 29 individual 100-yard rushing performances, including 24 by Arian Foster, who was named an AP All-Pro selection three times in his four years under Dennison. During the 2012 season, seven of Houston's 11 starters on offense were Pro Bowlers.

His first stint as an offensive coordinator came with the Broncos (2006-08). The offense ranked seventh in the NFL (350.5 yards per game) as Dennison oversaw one of just two units in the league to rank in the top-10 in both passing and rushing. He previously worked as the offensive line coach (2001-05) and special teams coach (1997-00). From 2001-05 Denver led the NFL in rushing in that five-season span, averaging 145.6 yards per game on the ground and 2,328 yards per season on average.

During his tenure as special teams coach in Denver the club won consecutive Super Bowls, topping Green Bay for the Super Bowl XXXII title and following it up in John Elway's final game with a Super Bowl XXXIII victory over Atlanta. Dennison originally joined the Denver staff in 1995 after spending the previous three years coaching at the high school level for Suffield (Conn.) Academy. He worked for two years in Denver as an offensive assistant (1995-96) before being promoted to special teams coach in 1997.

Undrafted out of Colorado State University, Dennison played nine seasons at linebacker for the Broncos, appearing in 128 games (52 starts) and totaling 514 tackles, 6.5 sacks, four interceptions, six forced fumbles and three fumble recoveries. He participated in three Super Bowls as a player and was the team's recipient of the Ed Block Courage Award in 1989.

At Colorado State, he earned three varsity letters and was named a second-team Academic All-American as a senior. Dennison earned two degrees in civil engineering; first his bachelor's in 1979 and later his master's degree in 1982.

A native of Kalispell, Mont., Dennison attended Rocky Mountain High School in Fort Collins, Colo., lettering in football, basketball and baseball.

Dennison and his wife, Shannon, have three sons, Joseph, Steven and Trey, and twin daughters, Abrynn and Allie. His son, Joseph, is married to Hayley, and the couple has three sons.

DEVIN FITZSIMMONS

ASSISTANT SPECIAL TEAMS

NFL EXPERIENCE: 11th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

FITZSIMMONS' COACHING CAREER

2005	Shaw University	Quarterbacks
2006	Bucknell University	Assistant Wide Receivers
2007-08	Kansas State	Coord. of Football Ops/Graduate Assistant
2009	University of Virginia	Graduate Assistant
2010	University of Richmond	Tight Ends
2011	Indianapolis Colts	Offensive Quality Control
2012	Rutgers University	Offensive Assistant
2013	University of Delaware	Special Teams Coordinator/Tight Ends
2014	Detroit Lions	Assistant Special Teams
2015	Detroit Lions	Assistant Special Teams/Tight Ends
2016-18	Detroit Lions	Assistant Special Teams
2019-20	Vanderbilt University	Special Teams Coordinator/Tight Ends
2021-22	Arizona Cardinals	Assistant Special Teams
2023	Carolina Panthers	Assistant Special Teams
2024-	**Seattle Seahawks**	**Assistant Special Teams**

Devin Fitzsimmons joined the Seahawks staff as assistant special teams coach on February 15, 2024. He spent the 2023 season with the Carolina Panthers as special teams assistant after serving in the same role with Arizona (2021-22).

Last season, Fitzsimmons helped kicker Jason Myers set a career-high and franchise-record nine field goals from 50-plus yards, while connecting on 26 of 30 field goal attempts. Punter Michael Dickson recorded a 49.4 punt average, ranking third in franchise history for a single season.

As a special teams assistant in 2023, Fitzsimmons helped coach Carolina's kick return unit to the second-best return average in the NFL, averaging 27.2 yards per return. Raheem Blackshear, who served as the unit's primary returner boasted a 27.8-yard kick return average that ranked third-best in the NFL amongst players with at least 10 returns.

With Arizona (2021), Fitzsimmons helped specialists, kicker Matt Prater and punter Andy Lee, post record-breaking seasons. Prater finished with 137 points, the second-highest total in Cardinals history and tied for the fourth-highest total in the NFL. Lee finished third in the league and established a franchise single-season record with a 49.0-yard punting average.

Fitzsimmons was the special teams coordinator/tight ends coach at Vanderbilt (2019-20) and served as assistant special teams coach with Detroit (2014-18). In 2015 following head coaching changes, Fitzsimmons served as the Lions tight end coach for the final eight games of the season. In that span, the tight ends combined for 32 catches, 316 yards, and four touchdowns.

During his five seasons with the Lions, Prater, then with Detroit, converted 86.3 percent of his kicks (132 for 153) and was selected to the Pro Bowl (2016), while punter Sam Martin averaged at least 43.0 yards per punt each year during Fitzsimmons' tenure. Long snapper Don Muhlbach earned Pro Bowl honors (2018), while returner Jamal Agnew earned first-team All-Pro recognition (2017) after posting a league-leading 15.4-yard punt return average and two punt return touchdowns.

Fitzsimmons was the special teams coordinator and tight ends coach at Delaware (2013) and an offensive assistant at Rutgers (2012), before his start in the NFL as an offensive quality control coach with Indianapolis (2011).

Starting his coaching career at Shaw University in Raleigh, N.C. (2005), Fitzsimmons served as the wide receivers coach at his alma mater, Bucknell (2006), before working on the collegiate level at Kansas State (2007-08), Virginia (2009), and Richmond (2010).

A Folsom, La. native, Fitzsimmons played quarterback and wide receiver at Bucknell and earned a bachelor's degree in history. Fitzsimmons and his wife, Katie have a son, Liam, and daughter, Nora.

LESLIE FRAZIER

ASSISTANT HEAD COACH

NFL EXPERIENCE: 26th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

FRAZIER'S COACHING CAREER

1988-96	Trinity International University	Head Coach
1997-98	Illinois	Defensive Backs
1999-02	Philadelphia Eagles	Defensive Backs
2003-04	Cincinnati Bengals	Defensive Coordinator
2005	Indianapolis Colts	Defensive Assistant
2006	Indianapolis Colts	Asst. to the Head Coach/DBs
2007	Minnesota Vikings	Defensive Coordinator
2008-10	Minnesota Vikings	Asst. Head Coach/Def. Coord.
2010	Minnesota Vikings	Interim Head Coach
2011-13	Minnesota Vikings	Head Coach
2014-15	Tampa Bay Buccaneers	Defensive Coordinator
2016	Baltimore Ravens	Secondary
2017-19	Buffalo Bills	Defensive Coordinator
2020-22	Buffalo Bills	Asst. Head Coach/Def. Coord.
2024-	**Seattle Seahawks**	**Assistant Head Coach**

Leslie Frazier joined the Seahawks staff as assistant head coach on February 13, 2024, and enters his 26th season as an NFL coach in 2025. He did not coach in the NFL in 2023 after spending six seasons with the Buffalo Bills as defensive coordinator (2017-19) and assistant head coach/defensive coordinator (2020-22).

In his six seasons as coordinator, his units ranked in the top-six in yards per game four times and in the top-two three times in points per game, finishing the season ranked first in the NFL in both yards allowed (272.8) and points allowed (17.0 ppg) in 2021.

Prior to serving one season (2016) as Baltimore's secondary coach, Frazier served as the Tampa Bay Buccaneers defensive coordinator from 2014-15. He helped Tampa rank 10th in yards per game in 2015, and to 36 sacks in 2014, the most in 10 seasons.

He was head coach of the Minnesota Vikings from 2010-13 (interim for part of 2010) and their defensive coordinator from 2007-10. He was 21-32-1 as a head coach and led the Vikings to the postseason with a 10-6 record in 2012, when running back Adrian Peterson was named the NFL MVP. As the defensive coordinator, Frazier's squad finished in the top-10 three times (2008-10) in yards allowed, during his seven seasons in Minnesota, the Vikings pass rush tallied the NFL's most sacks (297) and second-most forced fumbles (114). In 2008, Minnesota's defense ranked No. 6 overall and No. 1 against the run, making the Vikings the first team since the 1970 merger to lead the league in rushing defense for three-straight seasons (2006-08). The team finished second against the run in 2009.

Frazier helped Indianapolis win Super Bowl XLI following the 2006 season while serving as the assistant to the head coach/defensive backs coach under Tony Dungy.

Frazier also served as the Cincinnati Bengals defensive coordinator from 2003-04. He originally entered the NFL as a coach in 1999, working with defensive backs for the Philadelphia Eagles (1999-02). During Frazier's time with Philadelphia, he helped DB Troy Vincent (four) and S Brian Dawkins (three) earn multiple Pro Bowl honors.

At the age of 29, Frazier became the first-ever head coach for the Trinity International University football program. From 1988-96, he turned the team into a consistent contender, claiming two Northern Illinois Intercollegiate Conference titles twice. The school named its football field in Frazier's honor in 1997 as a tribute to his outstanding impact.

He played six seasons as a defensive back for the Chicago Bears (1981-86), and started on the historic 1985 Super Bowl XX championship team. Led Chicago in interceptions three consecutive seasons (1983-85), finishing his pro career with 20 interceptions for 343 yards with two touchdowns. He is one of 28 individuals to win a Super Bowl as both a player and a coach.

He was an All-American defensive back and baseball standout at Alcorn State University while majoring in business administration. In 2007, Frazier was inducted into the SWAC Hall of Fame. In 2012, he was inducted into the Alcorn State Hall of Fame. In 2017, Frazier was inducted into the Mississippi Sports Hall of Fame, and in 2023 he was inducted into the Black College Football Hall of Fame.

Frazier attended S.D. Lee (Columbus, Miss.) High, where he was a standout football and baseball player. Frazier and his wife, Gale, have three children: Kieron, Chantel and Corey, who played defensive back at Rice.

THOMAS GARCIA

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 7th YEAR

SEAHAWKS EXPERIENCE: 7th YEAR

GARCIA'S COACHING CAREER

2019-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Thomas Garcia enters his seventh 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 duel 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.

JUSTIN HINDS

DEFENSIVE LINE

NFL EXPERIENCE: 4th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

HINDS' COACHING CAREER

2009	Rowan University	Assistant Defensive Line
2010	Plainfield High School	Assistant Coach
2011	Woodbridge High School	Assistant Coach
2012-13	Wagner College	Defensive Line/Outside Linebackers
2014	Mississippi State	Graduate Assistant
2015	University of Florida	Graduate Assistant
2016-17	Valdosta State	Defensive Line
2018	Lafayette College	Defensive Line
2019-20	Central Michigan	Defensive Line
2021	Western Carolina	Defensive Coordinator
2022-23	Chicago Bears	Assistant Defensive Line
2024-	**Seattle Seahawks**	**Defensive Line**

Justin Hinds was hired as the defensive line coach by the Seahawks on February 22, 2024. Hinds enters his 17th season in coaching in 2025 and served as an assistant defensive line coach for the Chicago Bears from 2022-23.

Last season, Hinds led a defensive line room that saw DE Leonard Williams become the first Seahawks player with double-digit sacks (11.0) since Frank Clark and Jarran Reed in 2018. Williams led all NFL interior linemen in sacks and tackles for loss (career-high 16). Reed finished second on the team with 15 quarterback hits and became the 50th player in franchise history to play in 100 games as a member of the Seahawks. Hinds also helped the development of rookie Byron Murphy II, who played in 14 games, while starting nine of the final 10 games.

In 2023, Hinds helped midseason acquisition Montez Sweat reach his first career Pro Bowl with a career-high 12.5 sacks. Sweat had at least 1.0 sack in each of his first four games with the Bears and posted 6.0 sacks in seven games with Chicago, including a career-high 2.5 at Cleveland.

In his first season with the Bears in 2022, Hinds helped defensive line coach Travis Smith and defensive coordinator Alan Williams in developing the youngest on-field roster in the NFL. Hinds was influential in the development and growth of defensive end Dominique Robinson, who played in all 17 games as a rookie.

Prior to his arrival in Chicago, Hinds served as a defensive coordinator at Western Carolina in 2021. Despite missing the postseason, Hinds' rejuvenated defense helped the Catamounts to a 4-1 record in their final five games to close out the season.

Hinds served as defensive line coach at Central Michigan (2019-20) where he mentored two All-MAC selections along the defensive line in 2020 in Troy Hairston II and Mohamed Diallo. Hairston was the MAC Co-Defensive Player of the Year in 2020 and led the MAC with 5.5 sacks and 12 tackles for loss. In 2019, Hinds helped the program that won one game in 2018 to an 8-6 finish, a MAC West Division title, and a berth in the New Mexico Bowl. The Chippewas also ranked second in the league in total defense.

Before Central Michigan, Hinds was the defensive line coach in 2018 at Lafayette College in Pennsylvania. The Leopards finished among the top 25 teams in the NCAA Football Championship Subdivision (FCS) in takeaways with 23, and they were second in the Patriot League with 15 interceptions.

Hinds helped cultivate similar success at Valdosta State. The Blazers program regularly ranked among the top teams in both the Gulf South Conference and NCAA Division II in interceptions, takeaways, first downs allowed, and third-down defense.

Hinds earned a Bachelor of Science degree from Rowan University and a master's degree from Wagner (N.Y.) College where he coached the defensive line and outside linebackers in 2012-13. Hinds was a two-time All-New Jersey Athletic Conference defensive lineman during a four-year career at Rowan and then served as a graduate assistant at Florida in 2015 after coaching the 2014 season as a graduate assistant at Mississippi State.

JEFF HOWARD

SAFETIES

NFL EXPERIENCE: 13th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

HOWARD'S COACHING CAREER

2007-08	Odessa Permian H.S.	Linebackers/Assistant Defensive Backs
2009-10	Odessa Permian H.S.	Defensive Coordinator
2011	Texas Tech	Defensive Quality Control
2012	Texas Tech	Defensive Backs
2013	Minnesota Vikings	Assistant to the Head Coach
2014-15	Minnesota Vikings	Defensive Assistant
2016-17	Minnesota VIkings	Defensive Assistant/Linebackers
2018-19	Minnesota Vikings	Assistant Defensive Backs
2020-22	Cleveland Browns	Pass Game Coordinator/Defensive Backs
2023	L.A. Chargers	Linebackers
2024-	**Seattle Seahawks**	**Safeties**

Jeff Howard joined the Seahawks coaching staff as safeties coach on February 22, 2024, after one season coaching linebackers for the L.A. Chargers, and three seasons (2020-22) as defensive pass game coordinator/defensive backs coach for the Cleveland Browns.

In 2024, S Julian Love finished sixth among safeties via PFF while recording his third consecutive 100-tackle season, making him one of only two defensive backs (Kevin Byard) to reach 100 tackles in each of the last three seasons. Howard helped the growth of S Coby Bryant who started the final 11 games of the season and tied for the team-lead with three interceptions. Bryant was named the NFC Defensive Player of the Week 12. S Rayshawn Jenkins returned a fumble 102 yards for a touchdown vs. the N.Y. Giants (10/6/24), the longest in club history.

In 2023, Howard's inside linebackers improved their missed tackle rate from 31st in the NFL in 2022 to second overall at 9.8% (PFF). Kenneth Murray Jr. tied his career-high with 107 tackles, and added 3.0 sacks, one interception, and seven tackles for loss, while veteran Eric Kendricks posted 117 tackles and 3.5 sacks.

With the Browns, Howard's secondary ranked tied for second in the NFL with 11 total red zone takeaways, tying for the most by any AFC team, as Cleveland's defense finished fifth in the league in passing defense in both 2021 and 2022.

In 2022, Howard aided in the development of rookie CB Martin Emerson Jr., who ranked third among rookies and tied for the team lead with 15 passes defensed. Under Howard's guidance, Emerson and CB Denzel Ward each totaled 15 passes defensed, as the Browns were one of two NFL teams to have multiple players notch 15 passes defensed on the season. S Grant Delpit enjoyed his best season, recording 100+ tackles and four interceptions, while S John Johnson III ended the season with 96 tackles.

Howard helped the Browns' defense finish the 2021 season by ranking in the top five in the NFL in total defense and pass defense. He coached Ward to earn his second career Pro Bowl selection, while also developing rookie CB Greg Newsome II, who was named to the PFWA's All-Rookie Team. Following the 2021 season, Howard was selected to serve as the defensive coordinator of the West team in the 2022 East-West Shrine Bowl.

In Howard's first season (2020) directing the secondary for Cleveland, the Browns made the playoffs for the first time since 2002 while finishing the year 11-5. The Browns defense led the NFL with six red-zone takeaways. Ward finished tied for second in the NFL with 18 passes defensed, despite playing in only 12 games.

Prior to his three seasons in Cleveland, Howard spent seven years (2013-19) as an assistant in Minnesota, steadily rising through the coaching ranks with the Vikings. In that time, Minnesota won two NFC North Division titles and advanced to the postseason three times. Howard started his tenure with the Vikings as assistant to the head coach in 2013, before transitioning to a defensive assistant role the following season.

Howard spent two seasons (2018-19) coaching Minnesota's defensive backs, specifically the safeties, helping the Vikings rank tied for sixth in the NFL with 51 total takeaways over the two-year stretch, including 29 interceptions. With Howard's assistance, S Anthony Harris earned first-team All-NFC recognition from the PFWA after totaling six interceptions in 2019, tying for the most in the league and becoming the first Viking to pace the league in interceptions since 2003. S Harrison Smith also received Pro Bowl honors in each of his two seasons with Howard assisting the secondary.

Working with the linebackers from 2016-17, the Vikings' defense ranked among the league's leaders, finishing third in the NFL in total defense in 2016 and first in the league in 2017. Anthony Barr was named to the Pro Bowl following each of the two seasons Howard worked with the linebackers.

Following his playing career, Howard entered the coaching ranks at the high school level, spending four years (2007-10) on the defensive coaching staff at Odessa Permian High in Odessa, Texas. After serving as assistant defensive backs/linebackers coach, Howard was promoted to Permian's defensive coordinator in 2009, a role he would hold for two seasons. Howard then transitioned to the collegiate level, joining Texas Tech's staff in 2011 as a defensive quality control coach and later being promoted to safeties coach in 2012.

An All-American linebacker at Eastern New Mexico University, Howard graduated with a degree in biology and chemistry. As a senior, he led the Greyhounds in tackles and scored two defensive touchdowns, earning an invitation to play in the Cactus Bowl, the NCAA Division-II all-star game. Howard was twice named All-Lone Star Conference South and earned Academic All-District recognition. He had his No. 3 jersey retired by Eastern New Mexico in 2006 and was inducted into the program's athletic Hall of Honors in 2011.

Howard and his wife, Laci, have four children, Natassja, Skylar, Grayson and Ryleigh.

FRISMAN JACKSON

WIDE RECEIVERS

NFL EXPERIENCE: 7th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

JACKSON'S COACHING CAREER

2008-09	Western Illinois	Wide Receivers
2010-11	Akron	Wide Receivers
2012	Northern Illinois	Wide Receivers
2013-14	North Carolina State	Wide Receivers
2015-16	Temple University	Off. Passing Game Coord./WRs
2017	Tennessee Titans	Wide Receivers
2018	Baylor University	Wide Receivers
2019	Baylor University	Offensive Passing Game Coordinator
2020	Carolina Panthers	Wide Receivers
2021	Carolina Panthers	Offensive Passing Game Coordinator
2022-23	Pittsburgh Steelers	Wide Receivers
2024-	**Seattle Seahawks**	**Wide Receivers**

Hired by Seattle on February 22, 2024, Frisman Jackson joined the Seahawks following two years (2022-23) as the Pittsburgh Steelers wide receivers coach.

Last season, Jackson led a wide receivers room that saw the breakout of Jaxon Smith-Njigba, who became the eighth player in NFL history with 150 receptions, 1,700 yards, and 10 touchdowns before his 23rd birthday. He tied a franchise record with 100 receptions and became the 10th player in franchise history with 1,000 receiving yards in a season. DK Metcalf finished with 66 receptions for 992 yards and five touchdowns, joining Randy Moss as the only players in NFL history with 50 catches, 900 yards, and five touchdowns in each of their first six seasons.

Jackson oversaw the development of 2022 second-round draft pick George Pickens, who had a breakout 2023 campaign with career-highs in receptions (63), yards (1,140), and receiving average (18.1). His average ranked first in the NFL. Pickens 801 receiving yards on 52 receptions in his first season ranked as the fifth-most by a Steelers rookie in franchise history.

Prior to Pittsburgh, he spent two seasons with the Carolina Panthers (2020-21). He was their offensive passing game coordinator in 2021 after he was promoted from wide receivers coach in 2020.

Under Jackson's mentorship, wide receiver DJ Moore caught 159 passes for 2,350 receiving yards and eight touchdowns combined in the last two seasons. His receiving yardage and 14.8 yard-average were the seventh and 10th-most in the NFL over the span.

Jackson spearheaded a record-breaking campaign for Carolina's pass-catchers in 2020. Moore (1,193) and Robby Anderson (1,096) were one of two wide receiver pairs in the NFL and just the fourth duo in Panthers history to each top 1,000 yards in the same season. Moore, who ranked third with an 18.1 receiving average, tied for the NFL lead with six receptions of at least 40 yards.

In addition, wide receiver Curtis Samuel had a career-high 851 receiving yards and a Carolina wide receiver-record 200 rushing yards in 2020, which helped the Panthers become the first team since Arizona in 2008 to have three wide receivers surpass 1,000 scrimmage yards in the same season.

Jackson went to Carolina in 2020 after spending the previous two seasons at Baylor, where he served as the Bears' wide receivers coach in 2018, before adding the title of passing game coordinator in 2019. Baylor wide receiver Denzel Mims finished the 2019 season ranked 12th in the nation in receiving touchdowns (12) and earned first-team All-Big 12 recognition. In 2018, Jackson assisted in transfer running back Jalen Hurd's transition to wide receiver and developed him into the team's leading wideout and the Big 12 Newcomer of the Year. Hurd was drafted in the third round of the 2019 NFL Draft by the 49ers.

Jackson spent the 2017 season as the wide receivers coach for the Tennessee Titans, where he helped lead Tennessee to the AFC divisional round.

Prior to Jackson's first year in the NFL, he spent two seasons as the wide receivers coach and passing game coordinator at Temple (2015-16). He helped the Owls achieve back-to-back bowl appearances, as well as the 2016 AAC Championship.

Jackson has also coached wide receivers at N.C. State (2013-14), Northern Illinois (2012), Akron (2010-11) and Western Illinois (2008-09).

As a player, Jackson spent four years in the NFL as a wide receiver for the Cleveland Browns (2002-05). Over that stretch, he appeared in 34 games, and caught 40 passes for 490 yards and one touchdown. Jackson played three seasons at Northern Illinois as a quarterback (1997-99), before finishing his college career as a wide receiver at Western Illinois (2001).

ANDREW JANOCKO

QUARTERBACKS

NFL EXPERIENCE: 13th YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

(juh-NO-co)

JANOCKO'S COACHING CAREER

2011	Rutgers	Graduate Assistant
2012-13	Tampa Bay Buccaneers	Offensive Assistant
2014	Mercyhurst University	Quarterbacks
2015-16	Minnesota Vikings	Quality Control/Offense
2017	Minnesota Vikings	Assistant Offensive Line
2018	Minnesota Vikings	Assistant Offensive Line
2019	Minnesota Vikings	Assistant Offensive Line
2020	Minnesota Vikings	Wide Receivers
2021	Minnesota Vikings	Quarterbacks
2022-23	Chicago Bears	Quarterbacks
2024	New Orleans Saints	Quarterbacks
2025-	**Seattle Seahawks**	**Quarterbacks**

Andrew Janocko (pronounced juh-NO-co) joined the Seahawks as quarterbacks coach on February 11, 2025, after spending one season with the New Orleans Saints in 2024.

Janocko has 14 years of coaching experience, including 12 in the NFL. He joined the Saints after spending two years as quarterbacks coach of the Chicago Bears (2022-23). In addition to his time in Chicago, Janocko also held several offensive roles in his time with the Minnesota Vikings (2015-21), coached quarterbacks at Mercyhurst University in Erie, Pa. (2014), spent two seasons with the Tampa Bay Buccaneers (2012-13) and was a graduate assistant at Rutgers University in 2011.

Janocko, like fellow coaches Klint Kubiak and John Benton spent the 2024 season with New Orleans. Janocko served as quarterbacks coach and helped Derek Carr complete 189 of 279 passes (67.7 pct.) for 2,145 yards, 15 touchdowns, only five interceptions and a 101.1 passer rating. Carr finished sixth in the NFL in third down passer rating (109.6) and 10th in the NFL in passer rating.

During his time in Chicago, Janocko was instrumental in the development of Bears signal-caller Justin Fields, who completed 419-of-688 (60.9%) passes for 4,804 yards with 33 touchdown passes, while carrying 284 times for 1,800 yards (6.3 avg.) with 12 touchdowns in 28 starts. In Week 14 of the 2023 season, Fields became the second-fastest quarterback in NFL history to reach 2,000 rushing yards in only 36 games and only the third signal-caller with at least 2,000 rushing yards in his first three seasons. In 2023, despite playing in two fewer games than 2022 due to injuries, Fields improved in most major passing categories, completing 227-of-370 (61.4%) passes for 2,562 yards with 16 touchdowns and an 86.3 passer rating, while carrying 124 times for 657 yards with four touchdowns. The Bears improved their victory total from three in 2022 to seven in 2023, as Fields won four of his final six starts.

Fields finished the 2022 season with eight rushing touchdowns and 1,143 rushing yards over 15 starts, becoming one of three quarterbacks in NFL history to rush for 1,000-or-more yards in a single season, joining Lamar Jackson and Michael Vick. Fields also completed 192-of-318 (60.4%) passes for 2,242 yards and 17 touchdowns on the season, while posting a passer rating of at least 92.0 in five of eight starts from Weeks 8-17.

Janocko spent seven seasons with the Minnesota Vikings, gaining experience coaching with the offensive line (2017-19), wide receivers coach (2020) and quarterbacks coach (2021).

In 2021, Janocko helped veteran QB Kirk Cousins throw for 4,221 yards with 33 touchdowns, seven interceptions and a 103.1 passer rating, as he was named to his third Pro Bowl. Cousins' passer rating was fourth-best in the NFL and he was one of only two quarterbacks in 2021 to throw for over 30 touchdowns with fewer than ten interceptions.

With Janocko as his position coach in 2020, first-round draft pick Justin Jefferson had one of the greatest seasons by a rookie receiver in NFL history. Jefferson set a league rookie receiving record with 1,400 yards and became the NFL's first rookie receiver to earn All-Pro honors since Randy Moss in 1998 and was tabbed to his first Pro Bowl. Additionally, Adam Thielen established a career high 14 touchdown catches.

In 2019, while assisting the offensive line, the Vikings allowed only 28 sacks, tying them for the fifth-fewest in the NFL. The mark also tied for the eighth-fewest sacks allowed in franchise history. The offensive line paved the way for Dalvin Cook to rush for 1,135 yards, the Vikings' first 1,000-yard rusher since Adrian Peterson did so in 2015.

In 2018, serving as co-offensive line coach with Saints tight ends coach Clancy Barone, the Vikings line protected Cousins, as he set a team record for completions (425), posted the second-best completion percentage mark in team history (70.1%) and threw for the second-most yards (4,298) in franchise history.

Serving as assistant offensive line coach in 2017, the Vikings line was pivotal to the team going 13-3, winning the NFC North title and advancing to the NFC Championship Game. The line paved the way for several offensive players to have career years, highlighted by QB Case Keenum. Cook set a team record for rookies with 288 yards in the opening three games of the season, but suffered a season-ending torn ACL injury in the fourth contest. The Vikings jumped from last in the NFL in rushing in 2016 to seventh in 2017 and climbed from No. 28 in total offense to No. 11. Janocko started his Vikings tenure as an offensive assistant from 2015-16.

Janocko arrived in Minnesota after coaching the quarterbacks at Division II Mercyhurst for one season in 2014. His first start in coaching came in 2011, when he was a graduate assistant at Rutgers, working with quarterbacks under Greg Schiano. After impressing Schiano, Janocko's first NFL coaching opportunity came in 2012 when then-Tampa Bay Head Coach Schiano offered him a position to serve as an offensive assistant for two seasons (2012-13).

A three-year letterman at Pitt, Janocko served as a backup quarterback and holder on special teams. Janocko spent his first two seasons as a walk-on before earning a scholarship his final two seasons. A three-time member of the Big East Conference All-Academic Team, he graduated from Pitt in 2010 with a degree in history and a minor in political science.

A native of Clearfield, Pa., Janocko was the starting quarterback at Clearfield Area High School, where his father, Tim, served as the head coach for 38 years. He led the school to a pair of district championships and was a two-time Pennsylvania Football News All-State honoree.

Janocko and his wife, Natalie, have a son, Noah, and a daughter, Isabella.

IVAN LEWIS

DIRECTOR OF PLAYER PERFORMANCE & DEVELOPMENT

NFL EXPERIENCE: 9th YEAR

SEAHAWKS EXPERIENCE: 7th 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
2019-24	**Seattle Seahawks**	**Head Strength & Conditioning**
2025-	**Seattle Seahawks**	**Director of Player Performance & Develop.**

Ivan Lewis enters his first season in his current role following six seasons as the head strength & conditioning coach after joining Seattle on February 22, 2019.

Before arriving in Seattle, Lewis spent five seasons (2014-18) at USC in the same capacity, helping the Trojans return 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, and has one daughter, Dakota, and one son, D'Angelo.

QUINSHON ODOM

OFFENSIVE ASSISTANT/QUALITY CONTROL-OL

NFL EXPERIENCE: 4th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

(QWIN-shawn OH-dum)

ODOM'S COACHING CAREER

2015	Eastern Kentucky University	Coaching Intern
2016-17	Vanderbilt	Offensive Graduate Assistant
2019-20	Vanderbilt	Offensive Quality Control
2021	University of Texas	Offensive Line Graduate Assistant
2022-23	Green Bay Packers	Coaching Assistant
2024-	**Seattle Seahawks**	**Offensive Assistant/Quality Control-OL**

Quinshon Odom joined the Seahawks staff on February 22, 2024, after two seasons as Green Bay's coaching assistant through the Bill Walsh Diversity Coaching Fellowship. He previously worked in Green Bay's player personnel department during the 2018 season.

Working with the offense in 2023, Green Bay was the third-least sacked team in the NFL (30), while Jordan Love ranked second in the NFL in touchdown passes (32) and seventh with 4,159 passing yards.

The 2022 season saw Odom focus his duties on offense, helping the Packers to a No. 5 ranking in the NFL in average time of possession (31:23). Green Bay also posted 175-plus rushing yards in five games last season, tied for No. 3 in the NFL behind only Chicago (eight) and Baltimore (seven). It was the most by the Packers in a season since 2013.

Odom spent 2021 as an offensive line graduate assistant at the University of Texas. In his lone season at Texas, the Longhorns' offensive line helped clear holes for RB Bijan Robinson, who led the team with 1,127 yards and 11 touchdowns on his way to earning first-team All-Big 12 honors from the media and coaches. Texas finished No. 2 in the Big 12 with an average of 199.3 rushing yards per game, and the line also helped protect QB Casey Thompson, who led the Big 12 with 24 touchdown passes on the season. OL Derek Kerstetter earned first-team All-Big 12 recognition from the league's coaches for his performance in 2021.

Prior to joining the Longhorns, Odom assisted with the Buffalo Bills running backs during their 2021 training camp as part of a Bill Walsh Diversity Coach Fellowship.

Odom coached at Vanderbilt, first as an offensive graduate assistant in 2016-17 and then as an offensive quality control coach in 2019-20. At Vanderbilt, Odom assisted in the development of RB Ke'Shawn Vaughn, who led the Commodores with 1,028 rushing yards and nine touchdowns on 198 carries (5.2 avg.) in 2019.

In 2015, Odom began his coaching career as an intern for the Eastern Kentucky football team.

Odom played quarterback at Shaw University (N.C.) from 2010-13, helping the Bears to a Central Intercollegiate Athletic Association title as a freshman. A team captain, Odom also was selected to the CIAA All-Academic Team in 2010 and served as the president of Shaw's student-athlete advisory committee during his senior year.

Born on August 22, 1991, in Lakeland, Fla., Odom earned a bachelor's degree in communications and journalism from Shaw in 2014. He also completed postgraduate degrees in sports management from Florida State in 2015, and liberal arts and science from Vanderbilt in 2017.

KIRK OLIVADOTTI

INSIDE LINEBACKERS

NFL EXPERIENCE: 23rd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

(ah-luh-vuh-DOT-ee)

OLIVADOTTI'S COACHING CAREER

1997	Maine Maritime Academy	Wide Receivers/Tight Ends
1998-99	Indiana State	Assistant Coach
2000-03	Washington Commanders	Def. QC/Assistant DBs
2004-05	Washington Commanders	Def. QC/Special Teams Asst.
2006	Washington Commanders	Def. Line Asst./Special Teams Asst.
2007-09	Washington Commanders	Linebackers
2010	Washington Commanders	Defensive Assistant
2011-13	University of Georgia	Inside Linebackers
2014-18	Washington Commanders	Inside Linebackers
2019-23	Green Bay Packers	Inside Linebackers
2024-	**Seattle Seahawks**	**Inside Linebackers**

Entering his 23rd season as a coach in the NFL, Kirk Olivadotti joined the Seahawks staff on February 13, 2024, after spending five seasons (2019-23) as the inside linebackers coach for the Green Bay Packers.

Olivadotti led a linebacker group that saw significant change during the 2024 season. Acquired on October 24, 2024, Ernest Jones IV played in 10 games for Seattle, leading the club in tackles seven times. He finished the season with 136 tackles, his third consecutive season with 100 tackles. Olivadotti aided the development of rookie Tyrice Knight, who started nine of 16 games and tallied 87 tackles.

In 2023, his unit helped Green Bay allow 20 or fewer points nine times during the regular season. LB Quay Walker led the team with 118 tackles and became one of three Packers since the merger (1970) with 100-plus tackles in both of his first two NFL seasons (Nick Barnett, 2003-04; A.J. Hawk, 2006-07).

In 2022, Olivadotti led the development of first-round selection LB Quay Walker as he was named to the PFWA's All-Rookie team, the first Green Bay inside linebacker to be selected to the team since A.J. Hawk in 2006. Walker led the Packers and ranked No. 2 among NFL rookies with 119 total tackles, the fifth most by a Green Bay rookie since 1975.

He helped guide LB De'Vondre Campbell to the best season of his career in 2021 as he was named first-team All-Pro by The Associated Press after he led the Packers defense with a career-high 145 tackles (101 solo). Campbell was the first Packers inside linebacker to earn first-team All-Pro honors since Ray Nitschke in 1966.

Olivadotti's first season in Green Bay in 2019, his linebackers helped Green Bay's defense finish No. 9 in the NFL in points allowed (19.6 ppg.), the first time the Packers had finished in the top 10 in the league in the category since 2010.

Prior to coming to Green Bay, he spent 16 seasons with the Washington Commanders (2000-10, 2014-18), helping Washington finish in the top-10 in the league in overall defense in eight seasons (2000-02, 2004-05, 2007-09). He is one of 11 members on the team's assistant coach honor roll, which recognizes coaches with 10-plus seasons of service as an assistant in Washington. He coached inside linebackers at the University of Georgia from 2011-13, including Alec Ogletree, who was selected by the St. Louis Rams in the first round (No. 30 overall) in the 2013 NFL Draft. He helped the Bulldogs win two SEC East titles and 30 games during his three seasons in Athens.

In 2015, Olivadotti coached a unit that helped Washington to an NFC East title despite featuring a rotating cast of players due to injuries. Keenan Robinson and Perry Riley Jr. began the season as the starters on the inside, but with both sustaining injuries, Olivadotti developed Compton into a reliable starter as he ranked No. 2 on the club with 93 tackles (51 solo).

In 2009, Olivadotti tutored a pair of linebackers to their first career Pro Bowls, with London Fletcher earning the honor for the first time in his 12 years in the league and Brian Orakpo becoming the first Washington defensive rookie to be selected since the 1970 AFL-NFL merger. Fletcher led the team with 172 tackles (108 solo), while Orakpo set a team rookie record with 11 sacks, which led all NFL rookies in 2009 and was tied for the most among NFC linebackers with Cowboys LB DeMarcus Ware.

In 2008, Olivadotti's linebackers played a pivotal role in Washington ranking No. 4 in the league in overall defense (288.8 ypg), No. 6 in points allowed (18.5 ppg) and No. 8 in rushing defense (95.4 ypg). In his first season as linebackers coach in 2007, the team finished No. 8 in the NFL in overall defense (305.3 ypg) and No. 4 in rushing defense (91.3 ypg) as the tandem of Fletcher (156) and Rocky McIntosh (105) finished as the team's top tacklers.

In 2006, Olivadotti served as defensive line assistant/special teams assistant for Washington. He also assisted with the special teams in 2004-05 in addition to working as a defensive quality control coach. Olivadotti served as a defensive quality control coach for his first four seasons (2000-03) with the team and also assisted with the defensive backs. He was a part of staffs that helped Washington rank No. 3 in the league in overall defense in 2004 (267.6 ypg, No. 4 in team history), No. 5 in 2002 (299.2 ypg) and No. 4 in 2000 (280.1 ypg).

Began his coaching career on the collegiate level in 1997 at Maine Maritime Academy as the wide receivers/tight ends coach for one season. Worked at Indiana State for two seasons (1998-99) as an assistant before making the transition to the NFL.

Olivadotti was a four-year letterwinner as a wide receiver at Purdue from 1993-96. His father, Tom, was a defensive assistant coach in the NFL for 21 seasons with the Cleveland Browns (1985-86), Miami Dolphins (1987-95), Minnesota Vikings (1996-99), N.Y. Giants (2000-03) and Houston Texans (2004-05). He also was the defensive coordinator for the University of Miami in 1983 when the Hurricanes won their first national title.

Born on January 1, 1974, in Wilmington, Del., Olivadotti earned his bachelor's degree in education and his master's degree in education administration, both from Purdue. He and his wife, Keely, have a daughter, Kasyn, and a son, Kruz.

JUSTIN OUTTEN

RUN GAME SPECIALIST/ASSISTANT OFFENSIVE LINE

NFL EXPERIENCE: 10th YEAR SEAHAWKS EXPERIENCE: 1st YEAR

OUTTEN'S COACHING CAREER

2007	Syracuse University	Graduate Assistant
2008-15	Westfield High School	Asst. Head Coach/Offensive Coord./Off. Line
2016	Atlanta Falcons	Offensive Intern
2017-18	Atlanta Falcons	Offensive Assistant
2019-21	Green Bay Packers	Tight Ends
2022	Denver Broncos	Offensive Coordinator
2023	Tennessee Titans	Run Game Coordinator/Running Backs
2024	Tennessee Titans	Tight Ends
2025-	**Seattle Seahawks**	**Run Game Specialist/Assistant Offensive Line**

Justin Outten was hired by the Seahawks on February 18, 2025 as run game specialist/assistant offensive line coach after spending the last two seasons (2023-24) with the Tennessee Titans and one season with the Denver Broncos (2022) as offensive coordinator. He also spent time coaching in the NFL with the Green Bay Packers (2019-21) and Atlanta Falcons (2016-18). For eight seasons (2008-15), he coached at Westfield High School in Houston after beginning his collegiate coaching career at Syracuse University (2007).

In 2024, Outten helped third-year tight end Chig Okonkwo produce his third season with at least 30 receptions, 400 receiving yards and one touchdown. Okonkwo finished the season as the club's second leading pass catcher with 52 receptions, 479 yards and two touchdowns on 70 targets.

In 2023, Outten's work with the Titans running backs helped Derrick Henry finish second in the NFL with 1,167 rushing yards. Henry started 17 games for the first time in his career and was selected to his fourth career Pro Bowl. His 12 rushing touchdowns tied for seventh in the league. Meanwhile, rookie Tyjae Spears' 838 scrimmage yards (453 rushing and 385 receiving) ranked seventh in franchise history among rookie running backs, and the total also placed fourth among rookie running backs in 2023 behind Atlanta's Bijan Robinson, Detroit's Jahmyr Gibbs and Miami's De'Von Achane. Spears became the franchise's first rookie running back with at least 50 receptions (52) since Sid Blanks in 1964 (56).

With Outten as offensive coordinator in Denver in 2022, the Broncos tied for fifth place in the NFL in completions of 25-plus yards (35), trailing only Kansas City (49), Philadelphia (38), Miami (37) and New England (36). Outten, who called plays for the Broncos during the last two games of the season, helped the offense post 471 total yards of offense in Week 18, which was the most by the team in a single game since the 2016 season.

With the Packers, Outten coached a tight end unit that collectively tallied 60-plus catches and 700-plus receiving yards in each of his three seasons. During his tenure in Green Bay, six different tight ends registered at least one touchdown reception, which tied for the second-most in the NFL during that span.

In 2020, Outten coached tight end Robert Tonyan, who recorded 52 receptions for 586 yards (11.3 avg.). Tonyan totaled 11 touchdown receptions to set the single-season franchise mark for the position and tied All-Pro Travis Kelce for the league lead at his position.

In his first season with Green Bay, Outten saw four tight ends (Jimmy Graham, Marcedes Lewis, Tonyan, Jace Sternberger) catch a touchdown pass (including playoffs), the most by a Packers' tight end unit since 2010. His tight end group helped the offense rank second in the league in giveaways (13), first in zero-turnover games (nine) and eighth in red-zone percentage (64.0).

During his three seasons with the Falcons, Outten served as an offensive intern (2016) and offensive assistant (2017-18), helping with the offensive line. During that span, Atlanta had four Pro Bowl selections among its offensive line, with center Alex Mack (2016-18) and tackle Jake Matthews (2018) becoming the first pair of Falcons offensive linemen since 1983 to be named to a Pro Bowl in the same year.

From 2016-18, Atlanta ranked in the top-10 in numerous offensive categories, including first in yards per play (6.26), third in total yards per game (389.9), third in passing yards per contest (278.5) and fourth in scoring offense (27.2). Following the 2018 season, Outten was promoted to assistant offensive line coach before joining the Packers.

Prior to Atlanta, Outten coached and was a special education teacher at Westfield High School. He served as assistant head coach, offensive coordinator and offensive line coach during his tenure. In his eight years at Westfield, Outten was part of a staff that helped 24 offensive linemen receive scholarships to play at the collegiate level.

A native of Doylestown, Pa., and graduate of Central Bucks High School West, Outten was a three-year letter winner at Syracuse. Over his final two seasons (2005-06), he appeared in all 23 games (22 starts) at center and was named team captain as a senior. He began his coaching career in 2007, serving as a graduate assistant for the Orange.

Outten graduated from Syracuse with a degree in childhood family studies, and he and his wife, Vanessa, have one daughter, Bella, and one son, Jayce.

CHRIS PARTRIDGE

OUTSIDE LINEBACKERS

NFL EXPERIENCE: 2nd YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

PARTRIDGE'S COACHING CAREER

2003-04	Paramus (N.J.) Catholic H.S.	Assistant Coach
2005	Lafayette College	Defensive Assistant/Secondary
2006-07	The Citadel	Defensive Line/Asst. Special Teams
2010-14	Paramus (N.J.) Catholic H.S.	Head Coach
2016-17	University of Michigan	Linebackers/Special Teams Coord.
2018-19	University of Michigan	Safeties/Special Teams Coord.
2020-22	University of Mississippi	Co-Defensive Coordinator/Safeties
2023	University of Michigan	Linebackers
2024-	**Seattle Seahawks**	**Outside Linebackers**

Chris Partridge joined the Seahawks staff as outside linebackers coach on February 22, 2024, following one season at the University of Michigan in the same capacity.

Last season, Partridge guided the development of second-year LB Derick Hall, who set career-highs in sacks (8.0), and quarterback hits (20). Boye Mafe finished with 6.0 sacks and 12 quarterback hits, and Uchenna Nwosu returned to the field and finished the season after missing the final 11 games of 2023 and parts of 2024 due to injury.

Partridge served five of his six seasons (2015-19, 23) as a coach for the Wolverines, after beginning his career in Ann Arbor as director of player personnel in 2015, serving as linebackers coach (2016-17) and safeties coach (2018-19), while also handling special teams coordinator duties (2016-19) during his tenure.

During Michigan's national championship 2023 season, two of his linebackers (Junior Colson, Michael Barrett) were All-Big Ten Conference selections as they helped Michigan's defense rank in the top-10 nationally in the following categories: red zone defense (sixth), rushing defense (sixth), interceptions (fourth), pass yards allowed (fourth), pass efficiency defense (third), total defense (second), defensive touchdowns (first), and scoring defense (first).

Partridge spent three (2020-22) seasons as the co-defensive coordinator/safeties coach at the University of Mississippi, and was the Rebels primary defensive play-caller in 2022. During his time in Oxford, Ole Miss tied the school record for most wins in a season with 10 during the 2021 season. The program also tied the record for the most players drafted with six during the 2022 NFL Draft, including four players on the defensive side of the ball.

He was named National Recruiter of the Year by Scout in 2016 and received the same honor from 247Sports in 2017. Partridge was ranked a top-five recruiter again in 2019 by 247Sports.

Partridge helped lead a defensive unit that ranked among the nation's best during his first stint on the UM staff. The Wolverines ranked first or second nationally in pass defense in each of his four seasons and helped make the defense one of the stoutest third-down units in the country over that span.

Under his direction, seven Wolverine defenders earned nine All-Big Ten accolades, including two first-team honors. He also helped Jabrill Peppers to a decorated season in 2016, when he was a consensus All-American at linebacker, won the Big Ten's Nagurski-Woodson Defensive Player of the Year, Butkus-Fitzgerald Linebacker of the Year, and Rodgers-Dwight Return Specialist of the Year awards, and finished fifth in the Heisman Trophy voting.

Michigan's special teams also saw an uptick under Partridge. Six individuals earned 10 All-Big Ten honors including 2018 second-team All-American punter Will Hart, who was also named the Big Ten's Eddleman-Fields Punter of the Year and set the single-season and single-game punting average records.

Partridge came to Ann Arbor after serving as head coach at New Jersey's Paramus Catholic High School. He grew a football program ranked 4,250th nationally and 112th in the state of New Jersey, to the top-ranked team in the state and No. 4 nationally by USA Today. He coached and mentored more than 30 Division I football players during that time, as well as various All-Americans.

Partridge earned his bachelor's degree in government and law from Lafayette College, where he also played linebacker, in 2003.

He and his wife, Marissa, have two daughters, Mia, and Gianna.

JAKE PEETZ

OFFENSIVE PASSING GAME COORDINATOR

NFL EXPERIENCE: 11th YEAR SEAHAWKS EXPERIENCE: 2nd YEAR

PEETZ'S COACHING CAREER

2006	Santa Barbara City College	Safeties/Special Teams Coord.
2007	UCLA	Defensive Assistant
2012	Jacksonville Jaguars	Assistant Quarterbacks
2013	University of Alabama	Offensive Analyst/Quarterbacks
2014	Washington Commanders	Asst. QBs/Off. Quality Control
2015	Oakland Raiders	Senior Offensive Assistant
2016	Oakland Raiders	Assistant Quarterbacks
2017	Oakland Raiders	Quarterbacks
2018	University of Alabama	Offensive Analyst
2019	Carolina Panthers	Running Backs
2020	Carolina Panthers	Quarterbacks
2021	LSU	Offensive Coord./Quarterbacks
2022	L.A. Rams	Offensive Assistant
2023	L.A. Rams	Pass Game Specialist
2024-	**Seattle Seahawks**	**Offensive Passing Game Coordinator**

Jake Peetz joined the Seahawks coaching staff on February 22, 2024, following two seasons with the L.A. Rams. Peetz enters his 14th season in the NFL and 11th in the coaching ranks.

Last season, Peetz oversaw a Seattle passing game which included Geno Smith's single-season franchise records for attempts (578, 4th NFL), completions (407, T2nd NFL), yards (4,320 4th NFL), and completion percentage (70.42, 5th NFL). He became the 20th quarterback in NFL history with a 70% completion percentage in a season. Peetz helped the growth of WR Jaxon Smith-Njigba, who became the eighth player in NFL history with 150 receptions, 1,700 yards, and 10 touchdowns before his 23rd birthday. He tied a franchise record with 100 receptions and became the 10th player in franchise history with 1,000 receiving yards in a season. DK Metcalf finished with 66 receptions for 992 yards and five touchdowns, joining Randy Moss as the only players in NFL history with 50 catches, 900 yards, and five touchdowns in each of their first six seasons.

Peetz aided the 2023 Rams passing attack that saw QB Matthew Stafford throw for nearly 4,000 yards and helped rookie WR Puka Nacua to a second-team AP All-Pro and Pro Bowl season. Nacua finished fourth in the NFL in receiving yards (1,486), ninth in receptions (105), and added five touchdowns. His receptions and receiving yards both set NFL rookie records, and he finished the season being named NFC Offensive Player of the Month for December/January.

In his first year with the Rams, Peetz provided general support for McVay on the offensive side of the ball and handled game management. With the help of Peetz, the Rams' offense finished the season with the best fourth-down conversion rate in the NFL, converting 15 of 19 fourth-down attempts after finishing 17th in this category in 2021. Peetz also played an instrumental role in onboarding the midseason acquisition of QB Baker Mayfield. He has also worked with Teddy Bridgewater (Panthers), Cam Newton (Panthers), Derek Carr (Raiders), Kirk Cousins (Commanders), Chad Henne (Jaguars), Blaine Gabbert (Jaguars), Tua Tagovailoa (Alabama), Jalen Hurts (Alabama) and Mac Jones (Alabama).

During his time as the offensive coordinator and quarterbacks coach at LSU in 2021, Peetz helped guide the Tigers to the No. 5 passing offense in the SEC. QB Max Johnson finished seventh in the conference with 2,815 passing yards, fifth in touchdown passes (27) and tallied the fifth-fewest interceptions (6). Johnson did not play in the team's bowl game appearance, and Peetz helped senior wide receiver Jontre Kirklin move to quarterback and throw for three touchdowns, which tied for the third-most in a bowl game for the Tigers.

In 2020, Peetz took over as quarterbacks coach for Carolina and helped QB Teddy Bridgewater achieve career highs in passing yards (3,733) and completion percentage (69.1).

In 2019, Peetz coached the running backs for the Panthers when Christian McCaffrey put together a record-breaking season. McCaffrey led the NFL in scrimmage yards (2,392) that season and became just the third player in NFL history with over 1,000 rushing yards and 1,000 receiving yards in the same season. He also set the NFL record for receptions by a running back with 116 in 2019, becoming only the second player in league history with 1,000 rushing yards and 100 receptions in the same season.

NFL stops for Peetz include the Oakland Raiders (2015-17), Washington Commanders (2014) and Jacksonville Jaguars (2012). Peetz spent the 2013 and 2018 seasons as an offensive analyst with the University of Alabama. He also coached at Santa Barbara City College in 2006 and at UCLA in 2007. He was a scout for the Jacksonville Jaguars from 2008-11 before moving to an on-field coaching position with the franchise in 2012.

Peetz coached quarterbacks in his final two seasons in Oakland (2016-17), serving as assistant quarterback coach in 2016 and quarterbacks coach in 2017. Raiders quarterback Derek Carr earned two of his three consecutive Pro Bowl selections working with Peetz. He originally joined the team as a senior offensive assistant in 2015, working primarily with the running backs. He helped Latavious Murray earn Pro Bowl honors after rushing for 1,066 yards and six touchdowns, the first 1,000-yard rushing season by a Raider since 2010.

Peetz spent one year with Washington as the offensive quality control/assistant wide receivers coach in 2014. In his one season working with Peetz, receiver DeSean Jackson led the NFL with an average of 20.9 yards per reception and led the team with 1,169 receiving yards.

Peetz played defensive back and long snapper at Nebraska from 2003-05. While at Nebraska, he was twice named to the Brook Berringer Citizenship Team for his extensive community outreach work. He graduated from Nebraska in exercise science in December of 2005.

Peetz and his wife Maggie have eight children; Gianna, Julia, John Robert, Emma, William, George, Andrew, and Ella Grace.

MARK PHILIPP

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 7th YEAR

SEAHAWKS EXPERIENCE: 7th 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.

KENNEDY POLAMALU

RUNNING BACKS

NFL EXPERIENCE: 15th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

POLAMALU'S COACHING CAREER

1991-93	UCLA	Graduate Assistant
1994-96	San Diego State	Special Teams/Running Backs
1997-98	Colorado	Running Backs
1999	San Diego State	Linebackers
2000	USC	Running Backs
2001	USC	Special Teams Coordinator
2002-03	USC	Special Teams Coordinator/Running Backs
2004	Cleveland Browns	Running Backs
2005-09	Jacksonville Jaguars	Running Backs
2010-12	USC	Offensive Coordinator/Running Backs
2014-15	UCLA	Running Backs
2016	UCLA	Offensive Coordinator
2017-21	Minnesota Vikings	Running Backs
2022-23	Las Vegas Raiders	Running Backs
2024-	**Seattle Seahawks**	**Running Backs**

Kennedy Polamalu was hired as running backs coach on February 22, 2024. He enters his 34th season in coaching at both the NFL and collegiate levels, and spent two seasons (2022-23) as running backs coach with the Las Vegas Raiders prior to joining the Seahawks.

Last season, Polamalu helped RB Zach Charbonnet set a career high in rushing yards (569) while leading the team in rushing touchdowns (8), and total touchdowns (9). Kenneth Walker III battled through injuries, playing in just 11 games, but finished with seven rushing touchdowns (eight total touchdowns). Polamalu helped the growth of Kenny McIntosh, who finished with a 5.5 rushing average.

In 2023, he helped RB Zamir White record two 100-yard rushing performances in two of his first four starts. White became the only player in Raiders history to record multiple 100-yard games in his first four starts.

In his first season with the Raiders in 2022, Polamalu led a running back unit that combined for 2,059 yards and 12 touchdowns, the most rushing yards in a single season for the Raiders since 2011 (2,110). Polamalu saw RB Josh Jacobs rush for a career-high 1,653 rushing yards to become just the third player in franchise history to win the league rushing title en route to first-team AP All-Pro honors and his second career Pro Bowl. His 1,653 rushing yards were the most in a single season since Marcus Allen rushed for 1,759 yards in his 1985 MVP season. Jacobs also recorded 93 rushing first downs, the most in the NFL.

Prior to arriving in Las Vegas, Polamalu spent five seasons as the running backs coach with the Minnesota Vikings. In 2021, Polamalu coached Vikings RB Dalvin Cook to his third-straight 1,000-season, as the veteran back totaled 1,159 yards on the ground to rank fifth in the NFL. Cook carried the ball 20 or more times in seven different games and totaled six touchdowns on the ground. Additionally, Polamalu aided RB Alexander Mattison in setting a career high with 491 rushing yards and Mattison combined with Cook to account for 66 receptions out of the backfield.

The 2020 Vikings offense established a balanced attack and Cook enjoyed a career-best 1,557 yards and 16 touchdowns on the ground. Cook earned a second-straight Pro Bowl berth and All-Pro accolades. Cook ranked second in the NFL in rushing and posted the third-best mark in team history despite missing two games. He ranked second in NFL scrimmage yards and broke the 100-yard rushing mark eight times. Cook's 16 rushing touchdowns tied for second in the NFL and ranked second in team history. His 108 points ranked tied for second in the NFL. The Vikings' fifth-ranked rushing attack helped the club rank No. 4 in the NFL in total offense, the highest ranking since 2004.

In 2019, Polamalu coached Cook to a breakout season as he was named as a Pro Bowl starter after leading all non-quarterbacks in fan voting. FB C.J. Ham also was named to the Pro Bowl. Cook finished the 2019 regular season with 1,135 rushing yards, 10th-most in the NFL, and became the eighth player in franchise history to eclipse 1,000 rushing yards in a single season. Cook also became one of nine players in NFL history to record 500-plus rushing yards and 200-plus receiving yards in the first five games of a season. He became the fifth player in NFL history to open a season with three consecutive games of 110-plus rushing yards and a rushing touchdown, joining Hall of Famers Jim Brown, Curtis Martin, O.J. Simpson and Emmitt Smith.

The 2018 backfield workload was split equally between veteran Latavius Murray and Cook as he returned from a knee injury suffered early in his rookie season. Cook posted 163 scrimmage yards with 136 yards and two touchdowns on the ground to earn his first NFC Offensive Player of the Week award.

In his first season with the Vikings in 2017, Cook set a team record for rookies with 288 yards in the opening three games of the season but was lost to injury for the season in the fourth game. Cook's production was replaced by the duo of Murray (842 yards, eight touchdowns) and Jerick McKinnon (574 yards, three touchdowns) who combined for 1,412 yards and 11 rushing touchdowns. Murray carried the load with a team-high 216 attempts and 842 yards.

Under Polamalu's guidance at UCLA, RB Paul Perkins became the first Bruin since DeShaun Foster (2000-01) to register consecutive 1,000-yard rushing seasons and the first running back in program history to record 80 career receptions. Perkins, who was selected by the New York Giants in the 2016 NFL Draft, earned second-team All-Pac-12 recognition after rushing for 1,343 yards and 14 touchdowns as a senior. In 2014, Perkins experienced a breakout campaign, becoming the second player in school history to lead the Pac-12 in rushing with 1,575 yards.

Prior to his second UCLA stint, Polamalu was the offensive coordinator and running backs coach at his alma mater, USC, from 2010-12. In Polamalu's system, QB Matt Barkley became the all-time leading passer in school and conference history, throwing for 12,327 yards and 116 touchdowns. In 2011, Barkley finished sixth in the Heisman voting after completing 308 of 445 passes for 3,528 yards, 39 touchdowns (school record) and a 69.2 percent completion rate (school record), leading the Trojans to a No. 6 finish in the AP poll.

Polamalu previously coached the running backs in Jacksonville (2005-09) and Cleveland (2004). The Jaguars totaled the third-most rushing yards (133.7 ypg) and second-most rushing touchdowns (95) in the league from 2005-09, and two Jacksonville running backs earned Pro Bowl nods during that span: Fred Taylor (2007) and Maurice Jones-Drew (2009). In his Pro Bowl season under Polamalu, Jones-Drew rushed for 1,391 yards (4th NFL) and 15 touchdowns (2nd NFL). With the Browns, they were one of seven NFL teams with multiple 500-yard rushers: Lee Suggs (744) and William Green (585).

Polamalu has deep roots at USC where he was a player and was involved in coaching or recruiting Heisman winners Carson Palmer, Matt Leinart and Reggie Bush. He also recruited the heralded 'Thunder and Lightning' backfield of Bush and Lendale White. He joined USC for the 2000-03 seasons, coaching running backs and special teams during that span. Prior to joining the USC coaching staff, Polamalu served as Colorado's running backs coach for two seasons (1997-98) between stints at San Diego State as the linebackers coach (1999) and running backs coach (1994-96).

A native of Manu'a, American Samoa, he attended Mater Dei High School in Santa Ana, Calif., where he was an All-American in football,

lettered in basketball and track, and served as the student body president. Polamalu played fullback and linebacker at USC from 1982-85, graduating with a bachelor's degree in history. His nephew, Troy Polamalu, played at USC and played 12 seasons in the NFL, winning two Super Bowls with the Pittsburgh Steelers and earning induction into the Pro Football Hall of Fame in 2020. Brother, Ao Polamalu, played football at Penn State and nephew, Nicky Sualua played running back at Ohio State before playing for the Bengals and Cowboys in the NFL. His great nephew, Isaiah Pola-Mao, currently plays safety for the Las Vegas Raiders. Polamalu and his wife, Stephanie, have six children, KC, Matthew, Tre, Sophia, Andrew and Xander, as well as a daughter-in-law, Theresa, and grandsons, Tre and Koa.

TYSON PRINCE

OFFENSIVE ASSISTANT/QUARTERBACKS

NFL EXPERIENCE: 3rd YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

PRINCE'S COACHING CAREER

2016-18	Michigan State	Student Assistant/WRs
2019	Fresno State	Graduate Assistant
2020	Detroit Lions	Offensive Quality Control
2021	Boise State	Graduate Assistant
2022	University of Washington	Offensive Quality Control
2023	Sacramento State	Offensive Passing Game Coord./WRs
2024-	**Seattle Seahawks**	**Assistant Wide Receivers**

Tyson Prince joined the Seahawks coaching staff on February 22, 2024, following one season (2023) as Sacramento State's wide receivers coach and passing game coordinator.

Prince mentored a deep receiving corps in his first season at Sacramento State. Jared Gipson was named second-team All-Big Sky after catching 38 passes for 657 yards and four touchdowns. Carlos Hill also had a breakout year, leading the team with 51 receptions for 692 yards and five scores.

Prince served as an offensive quality control coach at the University of Washington during the 2022 season where he worked closely with the receivers. The Huskies finished the season with an 11-2 overall record and captured the Alamo Bowl title. During the year, the team averaged 515.8 yards of total offense per game, including 369.8 passing yards per game. The receiving corps was led by Jalen McMillan and Rome Odunze who each produced 1,000-yard seasons.

He began his coaching career at Michigan State as a student assistant working with the wide receivers from 2016-18. He then served as a graduate assistant at Fresno State in 2019 where he worked under Jeff Tedford and current Seahawks offensive coordinator Ryan Grubb. Prince moved to the NFL in 2020 where he was an offensive quality control coach with the Detroit Lions working with tight ends. He returned to the college ranks in 2021 as an offensive graduate assistant at Boise State.

Prince earned his bachelor's degree in kinesiology from Michigan State in 2019. His father, Robert, is currently the wide receivers coach for the Dallas Cowboys and was the Seahawks wide receivers coach in 2009. He is married to Cassi.

KARL SCOTT

DEFENSIVE PASSING GAME COORDINATOR/DEFENSIVE BACKS

NFL EXPERIENCE: 5th YEAR **SEAHAWKS EXPERIENCE: 4th YEAR**

SCOTT'S COACHING CAREER

2007	Delta State	Graduate Assistant
2008-11	Tusculum	Defensive Backs/Linebackers
2012-13	Southeastern Louisiana	Linebackers
2014	Southeastern Louisiana	Defensive Coordinator/DBs
2015	Louisiana Tech	Assistant Coach/Safeties
2016-17	Texas Tech	Secondary
2018-20	Alabama	Cornerbacks
2021	Minnesota Vikings	Defensive Backs
2022	**Seattle Seahawks**	**Defensive Passing Game Coordinator/DBs**
2023	**Seattle Seahawks**	**Defensive Passing Game Coord./Sr. Asst.**
2024-	**Seattle Seahawks**	**Defensive Passing Game Coordinator/DBs**

Hired on February 22, 2022, to be the team's defensive passing game coordinator/defensive backs coach, Karl Scott enters the 2024 season in that same role, serving in that capacity in two of his three Seahawks seasons. Scott served one season (2021) as the defensive backs coach with the Vikings in his inaugural season in the NFL. Prior to Minnesota, he served as Alabama's cornerbacks coach from 2018-20.

Scott took part in the 2024 Coach Accelerator program in May of 2024 at the NFL Spring League Meeting in Nashville, Tenn. The Accelerator serves as a platform for clubs and owners to engage with qualified coaching candidates from diverse backgrounds. Candidates can build relationships with club owners and executives and further develop and hone their leadership skills. The program has successfully contributed to an increase in diverse candidates being interviewed for open positions, and many past participants have been promoted and hired into more senior coaching positions.

Last season, Scott's defensive backs had another strong campaign as CB Devon Witherspoon became the fifth Seahawks player to begin his career with consecutive Pro Bowl nominations. CB Riq Woolen tied for the team lead with three interceptions and led Seattle with 14 passes defensed (T10th NFL).

For the second consecutive season, another of Scott's rookie cornerbacks was up for NFL Defensive Rookie of the Year consideration in 2023 fifth overall selection Devon Witherspoon. Witherspoon led all rookies with 16 passes defensed (5th NFL), was named NFC Player of the Week 4, NFL Defensive Rookie of the Month for October, named to the PFWA All-Rookie Team, and selected to the Pro Bowl Games. He returned an interception at the N.Y. Giants 97 yards for a touchdown, good for the second-longest interception return in franchise history, and sixth-longest return overall. In that same game, he recorded 2.0 sacks, becoming the third rookie since 1982 with 2.0 sacks and a pick-six in a regular or postseason game.

In 2022, Scott helped lead the rapid development of rookie cornerbacks Coby Bryant, Riq Woolen, and first-year starter Michael Jackson. Woolen set a rookie franchise record and tied for first in the NFL with six interceptions while being named to the NFC Pro Bowl Games roster. He became the first Seattle defensive rookie to be named to the Pro Bowl since 2005 (LB Lofa Tatupu). Woolen was also the first rookie since 2000 and first player since 2016 (Marcus Peters) with at least 15 passes defensed, six interceptions and three fumble recoveries in a single season. Quandre Diggs was named to the NFC Pro Bowl Games for the third consecutive season, while registering four interceptions and became the only player in the NFL to record at least three interceptions in each of the past six seasons (2017-22).

Under Scott's guidance, Seattle made improvements in the passing game in 2022, including completions allowed per game (31st in NFL in 2021 to 10th in 2022), passing yards allowed per game (31st to 13th), and passing first downs allowed (32nd to 15th).

Scott played a big role in helping Minnesota's Harrison Smith garner his sixth Pro Bowl selection in 2021. Under Scott's leadership, Smith also tied his career high in sacks with 3.0, while registering 114 tackles, seven passes defensed and one interception. With Xavier Woods playing on a one-year deal, Scott assisted Woods in revitalizing his career, tying for the team-lead in interceptions with three and being the only Viking to play 100% of the team's snaps in 2021.

In 2020, Scott helped Alabama to a National Championship as the defense allowed just 19.4 points per game, ranking 13th in the nation. The Crimson Tide ranked third in the SEC in pass defense and opposing quarterbacks completed just 58.1% of passes, throwing 12 interceptions. Alabama finished the 2020 season leading the SEC in pass efficiency defense and scoring defense. Under Scott, CB Patrick Surtain II led the SEC with 12 pass breakups, en route to unanimous All-America honors and being drafted in the first round (ninth overall).

Scott tutored 2020 second round NFL draftee (51st overall) Trevon Diggs on one side and Surtain II on the other while senior Shyheim Carter manned the star position in 2019. Under Scott's direction, Alabama ranked fourth nationally and first in the SEC in pass efficiency defense (109.75), finishing with 17 interceptions and 50 pass breakups.

In 2018, Scott was charged with replacing five starters in the secondary from the Tide's 2017 National Championship team with Minkah Fitzpatrick, Ronnie Harrison, Anthony Averett, Levi Wallace and Tony Brown all off to the NFL. Led by consensus All-America safety Deionte Thompson, the Tide allowed just 22 passing touchdowns while intercepting 15 passes. Surtain II earned freshman All-America honors with 37 tackles and an interceptions.

Scott spent the 2016-17 seasons as the secondary coach at Texas Tech before being named the defensive coordinator at Louisiana-Lafayette in late December of 2017. In 2017, his unit posted an impressive turnaround, helping produce 29 turnovers, including 14 interceptions. He mentored All-Big 12 selections in Jah'Shawn Johnson and Justus Parker.

Prior to his time at Texas Tech, Scott spent one season (2015) as the safeties coach at Louisiana Tech under head coach Skip Holtz. He helped the Bulldogs to a 9-4 record and a second-place finish in the Western Division of Conference USA. Louisiana Tech defeated Arkansas State in the New Orleans Bowl as the Bulldogs finished eighth nationally in defensive touchdowns after forcing 22 turnovers, including 13 interceptions.

Scott worked at Southeastern Louisiana for three years, serving as the defensive coordinator in 2014 and linebackers coach in 2012-13. During his tenure with the Lions, he helped lead the program to back-to-back Southland Conference Championships (2013-14) and two NCAA Football Championship Division playoff appearances.

His 2014 defense at Southeastern led the Southland Conference in total defense while ranking seventh in the FCS. The Lions also led the nation in pass efficiency defense (94.3), and ranked fifth in red zone defense, eighth in scoring defense (17.7 ppg) and 11th in turnovers (28).

Scott's linebackers unit was a key factor in Southeastern's 2013 Southland Conference championship campaign. His corps benefited from the emergence of Cqulin Hubert, who was named Southland Defensive Player of the Year after recording 90 tackles, including 11 tackles for loss.

Before his time at Southeastern Louisiana, Scott served as recruiting coordinator/defensive backs/linebackers coach for four years at Tusculum College from 2008-11.

He made an immediate impact at Tusculum, as he mentored two all-conference selections in Justin Scott and Jarvis Littlejohn. Scott collected all-region honors following the 2008 season, establishing new school records for single-season (22) and career (51) tackles for loss while finishing

the season with 113 tackles and 277 for his career.

Scott's coaching career began at Delta State as a graduate assistant in 2007. In his lone season at DSU, he helped lead the Statesman to a 10-2 record, a no. 10 final national ranking, Gulf South Conference championship and NCAA Division II playoff appearance.

A native of Houston, Scott played at McMurry University in Abilene, Texas, where he earned his degree in exercise and sports studies in 2007. Scott and his wife Taron have two daughters, Kina Bailey and Kari Mae.

THORPE'S COACHING CAREER

2022	**Seattle Seahawks**	**Coaching Intern**
2023	**Seattle Seahawks**	**Defensive Assistant**
2025-	**Seattle Seahawks**	**Defensive Assistant/Special Teams**

Neiko Thorpe re-joins Seattle's coaching staff after spending the 2024 season as the team's player engagement/football operations assistant. This will be his fourth season as a coach for Seattle; serving as a defensive assistant in 2023 and the 2022 season as a coaching intern.

Thorpe played in 88 games over nine seasons in the NFL after being originally signed by Kansas City as an undrafted free agent in 2012. He played for Kansas City (2012), Oakland (2014-15), and Seattle (2016-20). Thorpe became a key cog on Seattle's special teams unit and was named a captain three times (2018-20) by his teammates. For his career, Thorpe tallied 40 special teams tackles and two fumble recoveries on special teams.

Born on February 11, 1990, Thorpe played in 51 games at Auburn, helping the Tigers capture the 2010 BCS National Championship. Majored in philosophy.

VAN DIJK'S COACHING CAREER

2015-18	USC	Strength & Conditioning Asst.
2019-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Danny van Dijk was hired on March 1, 2019, as a strength & conditioning assistant following four seasons at USC (2015-2018). He is responsible for designing and implementing conditioning programs as well as working with the offensive skill players.

While at USC, van Dijk 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 the 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 and offensive skill players. Van Dijk also oversaw the freshman intake program.

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 is married to Alyssa, a physical education teacher and lacrosse coach. The couple has two children, DJ and Beau.

JAMIE YANCHAR

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 16th YEAR

SEAHAWKS EXPERIENCE: 16th 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.
2010-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Hired on February 4, 2010, Jamie Yanchar joined the Seahawks coaching staff after spending 20 years as an assistant strength & conditioning coach with the University of Southern California.

Yanchar, who helped Seattle win Super Bowl XLVIII after the 2013 season and make a return trip to Super Bowl XLIX, works alongside head strength & conditioning coach Ivan Lewis to implement a regimen of mobility, stability, strength, and power.

He is responsible for designing and implementing comprehensive strength training programs including all aspects of strength, power, speed, agility, plyometrics, position-specific conditioning and position-specific drills.

Yanchar is a certified strength and conditioning specialist (CSCS) by the National Strength and Conditioning Association (NSCA), a registered strength & conditioning coach emeritus (RSCC*E) by the National Strength & Conditioning Association (NSCA), and is certified in the functional movement screen (FMS) assessment by Functional Movement Systems.

During his time at USC, Yanchar oversaw the strength and conditioning efforts for baseball, football, women's tennis, and volleyball. Yanchar 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, including five Rose Bowl and two Orange 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).

Yanchar entered the NFL as a part-time assistant 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 master's degree two years later in athletic management.

Born on December 29, 1963, in Cleveland, Ohio, he and his wife, Stephanie, have one son, Tjaden.

FRONT OFFICE

JODY ALLEN

Chair

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 Vale Group, 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 Allen Family Philanthropies, founding director of MoPOP, Seattle's acclaimed museum of popular culture, co-founder and board chair of the Allen Institute, working to solve some of the biggest mysteries of bioscience, and a board member of the Allen Institute for Artificial Intelligence (Ai2). 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

Bert Kolde is Vice Chair of the Seattle Seahawks and the Portland Trail Blazers and oversees the long-term strategy and business operations of the teams and their affiliates.

Kolde has been on the Seahawks leadership team for over 25 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.

CHUCK ARNOLD

President, Seahawks and First & Goal Inc.

Named president of the Seattle Seahawks and First & Goal Inc. on September 24, 2018, Arnold is responsible for all financial and business operations, sales, marketing and administration for the Seahawks. As president of First & Goal Inc., he directs the management of Lumen Field, Lumen Field Event Center, and WAMU Theater. Arnold is entering his 32nd season with the Seahawks. Prior to being named president, he served as COO from 2013-18. In April 2021, the team announced his extension as president through 2027.

Under Arnold's leadership, the Seahawks organization continues to be one of the strongest in the NFL, setting franchise records for overall ticket, suite and sponsorship revenue, and maintaining a streak of 180 consecutive home game sellouts going into the 2025 season.

The team consistently ranks in the NFL's top 10 in numerous categories, including local and national fanbase, fan experience, retail, and digital engagement.

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 over 2,500 charities around the Pacific Northwest and beyond and uses its unique and powerful platform to support community programs around the region in areas including youth empowerment, the future of football, social justice, community response, and the military community.

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 10 of the NFL's Voice of the Fan Survey, including the No. 1 overall ranking in 2013 and 2016.

Beyond football, Lumen Field continues to be one the busiest sports & entertainment venues in the region, hosting more than two million guests each year. The venue has hosted numerous concerts with global musical artists including Beyoncé, Coldplay, Metallica, Rolling Stones, Taylor Swift, and U2, in addition to events such as Monster Jam, Supercross, corporate summits and flat shows. Showcasing its readiness to host high-profile international events, in 2022 Lumen Field was named a host venue for the 2026 FIFA World Cup. The venue is scheduled to host six matches, including one featuring

Continued on next page

CHUCK ARNOLD, CONTINUED

the U.S. Men's National Team, as part of the world's most premier international soccer tournament that will span matches across three countries. In advance of the 2026 FIFA World Cup, Lumen Field will also host six matches for FIFA's first-ever Club World Cup in 2025, featuring Seattle Sounders FC, Atlético de Madrid, Paris Saint-Germain, Botafogo, CA River Plate, Urawa Reds, and FC Internazionale.

In February 2025, Arnold was recognized by the Seattle Sports Commission as 2025 Sports Leader of the Year. He was also recognized by the Puget Sound Business Journal as a 2024 Director of the Year for his board of directors service.

Arnold is currently a member of the NFL Fan Engagement and Major Events Committee. He joined the Virginia Mason Franciscan Health Board of Directors in 2023 and serves on the BDA and Boeing Classic Advisory Boards. He is also a member of the Washington Chapter of the American Cancer Society's CEO's Against Cancer.

JOHN SCHNEIDER

President of Football Operations / General Manager

John Schneider enters his 16th season as general manager of the Seattle Seahawks, adding the title of president of football operations in January of 2024, managing all aspects of the Seahawks roster and draft process while overseeing the head coach hiring process that landed Pro Football Writers of America's 2023 Assistant Coach of the Year in Mike Macdonald. Macdonald led Seattle to a 10-7 record in 2024, marking the most wins by a first-year head coach in franchise history. Schneider joined the Seahawks on January 19, 2010, as general manager, and added executive vice president distinction in 2013.

Beginning his 33rd season working in the professional ranks in 2025, Schneider's philosophy of building through the draft while making strategic acquisitions via trade and free agency fosters a sustained championship caliber 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 Pete Carroll from 2010-23 and now Macdonald, the Seahawks compiled the sixth-best record in the NFL since 2010 with a 147-96-1 mark and is one of seven teams to win at least 140 games over that span. The club posted 10-plus wins in five-consecutive seasons (2012-16) for the first time in franchise history, including nine of the last 13 seasons, and won five NFC West Division titles.

Schneider has continued to turn the roster over since 2010, totaling more than 3,900 transactions prior to the 2025 season, helping to cultivate depth on one of the NFL's most talented rosters.

His three draft classes from 2022-24 have landed foundational players. Byron Murphy and Tyrice Knight, along with the acquisition of Ernest Jones IV in a midseason trade, led a defensive turnaround over the final half of the 2024 season. With an additional 2023 first-round selection (No. 5) acquired from Denver in the trade for Russell Wilson, Schneider selected Devon Witherspoon, who became Seattle's second AP Defensive Rookie of the Year nominee in as many years, and has been selected to the Pro Bowl in each of his first two seasons, becoming the fifth Seahawks player to accomplish that feat. Fellow rookie Jaxon Smith-Njigba (No. 20 overall), finished second in franchise history for most receptions by a rookie with 63 and then tied the franchise-record with 100 receptions in 2024.

He and his personnel department were awarded the 2022 Best Draft Award by Inside the League founder Neil Stratton at the 2023 NFL Combine, an award voted on by fellow scouts and personnel members. The 2022 class featured seven players who made significant contributions on offense, defense or special teams, including five starters: Coby Bryant, Charles Cross, Abraham Lucas, Kenneth Walker III and Riq Woolen. Woolen was a finalist for AP Defensive Rookie of the Year honors, while Walker was a finalist for AP Offensive Rookie of the Year. Lucas and Cross became the first rookie tackle duo to start a team's first 15 games since the 1970 merger, while Seattle ranked second in the NFL in games started by rookies (70) and offensive and defensive snaps played by rookies (4,868).

Schneider's 2012 draft class was regarded as a failure outside Seahawks headquarters but was one that produced potential Hall of Famers in Bobby Wagner, Russell Wilson, and integral pieces in draftees Bruce Irvin, Jeremy Lane and J.R. Sweezy helping lead Seattle to back-to-back Super Bowl appearances in 2013-14. A 2012 fifth-round pick (#147, LB Tank Carder) was also used in the 2010 trade when Seattle acquired Marshawn Lynch from Buffalo, solidifying Seattle's physical identity.

He has shown a willingness and creativity to acquire extra draft picks and young talent via trade and free agency since his inaugural season. 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 III.

He orchestrated 13 trades in 2010 as general manager, 12 in 2017 and 13 in 2019 to build draft capital and add veteran leadership. His trades have netted game-changing veterans and young talent in Duane Brown, Chris Carson, Kam Chancellor, Chris Clemons, Jadeveon Clowney, Charles Cross, Michael Dickson, Quandre Diggs, Jimmy Graham, Percy Harvin, Bruce Irvin, Ernest Jones IV, Tyler Lockett, Lynch, Boye Mafe, DK Metcalf, Jarran Reed, Richard Sherman, Golden Tate, Wagner, Leonard Williams and Witherspoon.

His roster has included 15 first-team All-Pro selections since 2012, and without a Pro Bowl selection on the roster from 2009-10, Schneider's roster has seen 32 different players selected from 2011-24: Wagner (9), Wilson (9), Thomas (6), Chancellor (4), Lynch (4), Sherman (4), Michael Bennett (3), Diggs (3), Doug Baldwin (2), Nick Bellore (2), Brown (2), Graham (2), Metcalf (2), Geno Smith (2), Max Unger (2), Devon Witherspoon (2), Jamal Adams, Cliff Avril, Brandon Browner, Dickson, Shaquill Griffin, Lockett, Julian Love, Jason Myers, Okung, Tyler Ott, Michael Robinson, Jaxon Smith-Njigba, Leon Washington, Leonard Williams, K.J. Wright and Woolen. All of these players, except Unger, were added via draft, trade or 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,

JOHN SCHNEIDER, CONTINUED

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 Commanders (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 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 the organization and community, they have partnered to raise more than $5.7 million for "Ben's Fund," awarding more than 3,900 grants in 14 years.

In addition to their fundraising efforts, the Schneiders spearheaded the opening of the "A-OK Sensory Room" at Lumen Field in 2019 in order to better support guests with sensory needs. In 2022, the room was renovated and re-dedicated as "Ben's Room." The space continues to offer guests at Lumen Field a safe and calming environment for those who need a respite from the noise and excitement that comes with the Seahawks gameday experience.

Schneider serves on the GM Advisory Committee and the Club Executive Committee Working Group. He 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 Pennings High School and finished as one of the school's all-time leading rushers. He and Traci have two sons, Ben, and Jack.

SENIOR MANAGEMENT

NOLAN TEASLEY

Assistant General Manager

Nolan Teasley begins his 13th season with the Seahawks, third as assistant general manager, following five seasons as director of pro personnel (2018-22), one season as assistant director of pro personnel (2017) and three seasons as a pro personnel scout (2014-16). He originally joined the Seahawks in 2013 as an intern in the team's scouting department. Within his role, Teasley oversees football operations while working collaboratively with President of Football Operations/General Manager John Schneider in all aspects of player acquisition via the draft, free agency and trade proposals. Helping manage the development of the current roster with the club's Performance team, Teasley helps with the implementation of the use of data within the scouting process, and manages the ongoing communication between the scouting, research, and analytics departments. He continues to be involved in the club's draft process throughout and evaluate talent from NFL rosters and practice squads throughout the year. In his previous role, he and the pro scouting staff were integral in the team's strategy for attacking unrestricted free agency, the undrafted free agent process and year-round trade analysis. Among his prior duties, he scouted future opponents, coordinated free agent visits and tryouts, and monitored NFL transactions. 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 four sons, Cruz, Jax, Jude and Nash.

JEFF DUNN

Chief Strategy Officer

Dunn joined the Seahawks in 2013 and was promoted to Chief Strategy Officer in April 2023. In his role, Dunn 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 the Seattle Sounders FC and the Board of Trustees of Alex's Army Childhood Cancer 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 2011–18. 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.

SENIOR MANAGEMENT

ED GOINES

Chief Legal Officer

Goines is entering his 17th NFL season and 12th overall with the Seahawks in 2025. As Chief Legal Officer, Goines oversees the corporate legal affairs and government relations strategy and policies for the Seahawks and First & Goal Inc./Lumen Field. Goines works closely with the organization's business leadership to strengthen relationships with corporate partners, and civic and community organizations throughout the Pacific Northwest. Goines works with local, state, and federal government leaders across a range of significant matters. He also works closely with human resources and DEI leadership to promulgate strong organizational policies, procedures and codes to support our workforce. 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, Ark.

CINDY KELLEY

Chief Human Resources Officer

Entering her 43rd season with the club in 2025, Cindy Kelley serves as Chief Human Resources Officer. She was previously Vice President of HR from 2011-20, 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 37th NFL season and 28th 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 in 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 gameday 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 has direct responsibility for the teams' financial reporting and treasury function. In addition, Spencer oversees the technology and Virginia Mason Athletic Center facilities departments. Spencer represents the club at NFL owners' meetings alongside Chair Jody Allen, Vice Chair Bert Kolde, and President Chuck Arnold. She serves as treasurer of the Seattle Seahawks Charitable Foundation. Spencer has been with the team 35 seasons and originally joined the Seahawks in 1991 as a staff accountant before she 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 then 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

KAREN SPENCER, CONTINUED

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. 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

In her 25th 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 Chief Revenue Officer, adding ticketing revenue to her leadership responsibilities, and overseeing a team that enters the 2025 season with 180 consecutive sellouts. Sponsorship revenue has increased +33% over the past five years and ranked 12th in the NFL for the 2021 season, despite only being the 14th ranked DMA in the NFL by market size. 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.

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 22nd NFL season and 17th overall with the Seahawks in 2025. As Chief Operating Officer for the Seahawks, Young is responsible for the leadership of several lines of business including the operation of Lumen Field, Lumen Field Event Center and the WAMU Theater, Seahawks Retail, Community Engagement and International Market Development.

Lumen Field continually ranks as one of the best stadiums in the country for fan experience and one of the busiest with over 2 million attendees and 300 event days annually. In 2023 Lumen Field was named Best NFL Stadium by USA Today and Best Live Music Venue by the Seattle Times. Under Young's leadership, maximizing event activity and innovating the fan experience have been top priorities. Young was a key member of the Seattle bid committee to bring the 2026 FIFA World Cup to Seattle. Fanovation™ is the Seahawks program of continual operational improvement directed at fan-centric innovations. One of these innovations has been a unique partnership with Amazon. As a result, Lumen Field has the highest number of concessions stands powered by Amazon Just Walk Out in all of sports. In 2023 Lumen Field piloted the first season-long Just Walk Out location for Retail.

The Seahawks are one of the top NFL brands internationally thanks to the 12s Everywhere fan engagement initiative. In 2025 the NFL awarded Global Marketing Program rights to the Seahawks in Australia and New Zealand to accompany existing marketing rights the Seahawks have enjoyed in Germany, Austria and Switzerland since 2024 and in Canada since 2022. Seahawks have long enjoyed a strong presence of 12s in the German speaking market and in the first full year of holding NFL Global Market Rights in Germany the Seahawks saw an increase of 16% in total German fanbase.

Under Young's leadership the Community Engagement team has deepened our commitment to the 12s throughout the region. Seahawks have supported Girls Flag Football through donations to high schools to fund the start of over 100 teams across the state of Washington. Through the Seahawks' efforts, Girls Flag Football has been sanctioned as a varsity sport in Hawaii, Alaska and Washington. Initiatives and projects across all six pillars of our Community Engagement program impact thousands of 12s around the region each year.

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.

MARIO BAILEY

VP/Community Engagement and Legends

Mario Bailey is entering his seventh season with the Seahawks and was promoted to Vice President of Community Engagement and Legends in June 2023. Bailey's career with the team started in 2018 as the Director of Legends and Community Engagement, followed by three years in Football Administration as the Director of Legends and Player Engagement. Prior to joining the Seahawks, Bailey held several roles working for King County that focused on youth and veteran services. Bailey also worked in the Seattle Public Schools as a School Success Coordinator and an Intervention Specialist. His passion for football and helping youth merged as he served as the head football coach at Seattle's Franklin High School, his alma mater, from 2004-08, and again for the 2017 season. Bailey attended the University of

Continued on next page

MARIO BAILEY, CONTINUED

Washington and played football for the Huskies from 1989-91. He was a consensus first-team All-American receiver and Pac-10 co-offensive player of the year as a senior in 1991. He helped lead the Huskies to a 12-0 record and the 1991 national championship. He finished his career as the school's leader for most touchdowns in a season (18) and a career (30). He was inducted into the University of Washington Hall of Fame in 2014. He was selected in the sixth-round (162nd overall) of the 1992 NFL Draft by the Houston Oilers. He continued his professional football career for 12 years, most notably in NFL Europe playing for the Frankfurt Galaxy from 1995-00, advancing to four World Bowls and winning two. Bailey serves on the Champions of Change Advisory Committee, 1861 NIL Foundation Board, Belong Partners Board, and Atlantic Street Center Board of Directors.

MATT BERRY

VP/Player Acquisition

Named to his current vice president role on February 10, 2025, Berry begins his 18th season in Seattle in 2025. He served the previous two seasons as senior director of player personnel (2023-24) and eight seasons as director of college scouting (2015-22). In his role, Berry works alongside VP/Player Personnel Trent Kirchner directing both the college scouting and pro personnel departments to manage and strengthen all aspects of the Seahawks roster, in addition to being heavily focused on the draft process, pre-draft meetings, and the evaluation of draft-eligible players nationally. In his eight years as director of college scouting, he coordinated the Seahawks entire college scouting operation and compiled all of the information required to set the draft board. He was responsible for the evaluation of all draft eligible players nationally, oversight of the Seahawks college scouting staff and worked closely with president of football operations/general manager John Schneider and the Seahawks coaching staff regarding the NFL Draft and college free agency. After serving 2014 as a national scout, Berry served the previous six seasons (2008-13) as a regional scout combing 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. The couple has three children and live in the Seattle area.

SARITA CARTER

VP/Human Resources

Sarita Carter is entering her 37th season with the Seattle Seahawks in 2025. 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, as well as the Seattle University – MBA Sports & Entertainment Management Advisory Board. She has also completed the McKinsey Black Executive Leadership Program. 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 three children and two grandsons.

ERIC ENGBERG

VP/Suites & Premium

Eric Engberg began his career with the Seahawks in 2003 in the ticket office, and has been in premium sales for the past 20 seasons. Most recently, he served as Managing Director of Suite & Premium Sales from 2017-25. As Vice President of Suites & Premium, Engberg leads the premium sales and service teams, overseeing revenue growth, product development, and innovation in suite and premium offerings. He is also responsible for delivering a best-in-class hospitality experience. A native of the Pacific Northwest, Engberg graduated cum laude from the University of Washington's Business School in 2002.

SENIOR MANAGEMENT

MIKE FLOOD

VP/Outreach & External Affairs

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. Mike retired as a Commander in 1996 after 20 years in the service. He 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, "I Care About Kids" award from Mentoring Works Washington, and the Seahawks Humanitarian Award.

ZACH HENSLEY

VP/Operations & General Manager of Lumen Field

Zach Hensley serves as the Vice President of Operations and General Manager for Lumen Field, Lumen Field Event Center, and WAMU Theater. He initially joined the Seahawks organization in 2015 as Managing Director of Guest Experience, before being promoted to his current position in 2020. In his current role, Hensley is responsible for overseeing and directing all aspects of business operations and strategic decision-making across these premier venues.

Under Hensley's leadership, Lumen Field has significantly enhanced its game day experience by introducing a variety of innovative features. These include a new communal field-view bar area beneath the Hawks Nest, thirteen Amazon Just Walk Out Markets, two Amazon Just Walk Out RFID retail locations, the T-Mobile Endzone Club, and the 1976 Club. These additions have helped elevate the fan experience, combining convenience, cutting-edge technology, and exclusive spaces for a premier event atmosphere.

With over 25 years of experience in stadium operations, hospitality, and customer service, Hensley has developed a distinguished career in managing and enhancing the operations of numerous high-profile facilities. He has played a pivotal role in project management, planning and concept design for the construction and opening of several major stadiums, including Levi's Stadium in 2014 and the KFC Yum! Center in 2010. Throughout his career, Hensley has provided operational leadership for a diverse range of organizations and events, including the Seattle Seahawks, Seattle Sounders FC, San Francisco 49ers, Kansas City Chiefs, Kansas City Royals, OL Reign, Seattle Sea Dragons, and the University of Louisville. His expertise has also contributed to the success of prestigious events such as Super Bowls, MLS Cups, MLS CONCACAF Champions League, NHL All-Star Games, NCAA Football Championships, WrestleMania, NHL Stadium Series, and NCAA Final Four Championships.

Zach serves on the Seattle Chamber of Commerce Board and the Stadium Managers Association Board of Directors.

He resides in Bellevue with his wife, Valerie, and two children, Emma, and Chase.

TYSON FLANDREAU

VP/Brand & Marketing

Flandreau joined the Seahawks in October of 2024 as the Vice President of Brand & Marketing. In his role, Flandreau is responsible for the development and implementation of strategies that elevate the Seahawks and Lumen Field brands locally, nationally, and globally. He is responsible for providing vision and leadership for the Marketing, Fan Engagement, Game Entertainment, Design and Content Production departments for the Seahawks and First and Goal Inc. Prior to the Seahawks, Flandreau was the Vice President of Marketing at Tommy Bahama where he drove brand growth and consumer engagement. A graduate of Washington State University, Flandreau resides with his wife, Michelle, in the Queen Anne neighborhood of Seattle.

PAIMON JABERI

VP/Business Strategy & Analytics

Entering his eighth season with the club, Paimon Jaberi serves as the Vice President of Business Strategy & Analytics. In his role, Paimon oversees the business strategy and analytics team, which provides strategic, analytical, and systems support to each department of the Seahawks' business operations. He is responsible for leading a best-in-class analytics function focused on driving the fan experience, revenue growth, operational efficiencies, and leveraging insights to shape the club's strategy. Paimon joined the Seahawks part-time in 2017 and became a Business Intelligence Analyst in 2018. He was promoted to director in 2021 before elevating to his current position of vice president in April of 2024. Paimon played football at Willamette University, earning a degree in Economics, and an MBA from the Atkinson Graduate School of Management. He is a native of Bainbridge Island, Wash.

SENIOR MANAGEMENT

MARISSA JOHN

VP/General Counsel

Marissa John joined the Seahawks in 2022, previously serving as Director of Legal Affairs. In her role as Vice President/General Counsel, John serves as a trusted advisor to senior leadership; provides legal counsel across a wide range of business matters; and oversees litigation and organizational compliance with NFL rules and regulations for both the Seattle Seahawks and Lumen Field. Prior to joining the Seahawks, she was Associate Corporate Counsel at Amazon and practiced at several national firms, advising clients in the sports and real estate sectors. She holds a B.S. in Psychology from the University of Central Florida, J.D. from Emory University School of Law, and an LL.M. in Sports Law from the University of Miami School of Law. A native of Long Island, N.Y., John currently resides in Bellevue with her amazing son, Cayden, and actively serves on multiple professional and civic boards, such as Uplift Northwest, BSP Seattle, the University of Miami's EASL Young Alumni Board and Emory University's Center for Transactional Law and Practice Advisory Board.

MAURICE KELLY

VP/Player Affairs

Maurice Kelly enters his 21st season with Seattle and 10th as a vice president, moving to his current role in 2023 after seven years (2016-22) as VP/Player Engagement. In his role, Kelly works with senior leadership at the club level to lead all player affairs, including Player Engagement and the Legends Community. He helps lead all strategies, initiatives, onboarding, transition, and developmental programming to ensure the best experience and community of care for players before, during, and after their NFL experience. As VP/Player Engagement, he was 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 football administration 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 at 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.

TRENT KIRCHNER

VP/Player Personnel

Trent Kirchner begins his sixth 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). 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 3,900 player transactions to help 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 it 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 Commanders. 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.

PETER FONFARA

VP/Finance

Fonfara is in his 14th season with the Seahawks after initially joining the team in 2012 as Director of Finance. He was 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 manage-

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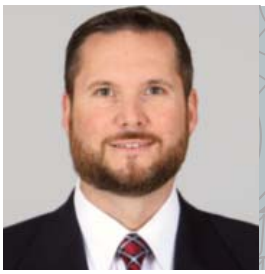
PETER FONFARA CONTINUED

ment, 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 Margot.

JOEY LAINE

VP/Football Administration

Joey Laine joined the Seahawks as vice president of football administration on April 1, 2024, bringing nearly two decades of NFL front office experience. He most recently served as the Green Bay Packers salary cap analyst in 2023. Laine spent seven seasons (2015-21) as the Chicago Bears director of football administration, working as the chief contract negotiator and overseeing the overall health of the club's salary cap and strategic planning, while ensuring CBA compliance. He also monitored league-wide transactions and analyzed statistical and market trends. Prior to his time in Chicago, Laine spent 10 seasons (2005-14) with the New Orleans Saints, including the last six seasons as the team's salary cap analyst/player personnel. In that role, Laine assisted with the daily management of the salary cap and player contract and salary analysis. He first joined the Saints in 2005 as a football operations intern before earning the role of player personnel assistant. Laine is a graduate of the University of New Orleans with a degree in business administration and earned his MBA from Tulane University.



CHRIS LAWRENCE

VP/Ticket Sales & Service

Chris Lawrence is in his 27th season with the organization and sixth as Vice President of Ticket Sales & Service. In his role, Lawrence oversees the team's ticket sales strategy and customer service operations. His leadership has contributed to a strong season ticket holder base, with the club entering the 2025 season at 180 consecutive sold-out games, 12,000 members on the team's Blue Pride season ticket wait list and 85,000 fans on the Blue Pride notification list. Lawrence started with the Seahawks as a Ticket Sales Representative and has since worked his way up through the organization, including playing a key role in building and expanding the team's ticketing strategy, and previously managing the team's suites and premium sales departments. During his tenure, the Seahawks have also set franchise records for new season tickets sold, overall season ticket base, average attendance, suite sales, and group sales. In 2009, he 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 and setting MLS and Open Cup sales and attendance records from 2009-13. In 2013, Lawrence was named Ticket Executive of the Year by Major League Soccer for his outstanding efforts and contributions. Lawrence is a graduate of 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.

KENTON OLSON

VP/Digital & Emerging Media

Kenton Olson has been with the Seahawks since 2007 and was previously the team's Director of Digital & Emerging Media from 2010-23. In his role as Vice President of Digital & Emerging Media, Olson oversees the digital content and platforms for the Seahawks, including all direct communication (email, push notifications, SMS, paid social media), organic social media, digital content, and digital platforms (websites, mobile app, connected television). Previously, Olson was the Director of Digital & Emerging Media for the Seattle Sounders, and served as Assistant Director of Marketing & Website Management for the University of Oregon. He currently serves as a Jury Panelist for the Clio Sports Awards. A native of Colorado, Olson is a graduate of the University of Oregon with a double major in Business Administration and Economics.

SAM RAMSDEN

VP/Player Performance

With over three decades of NFL experience, Sam Ramsden enters his 27th season with the Seahawks in 2025 and his fifth as Vice President of Player Performance. In this leadership role, Ramsden plays a key part in supporting player health and performance, with a strong focus on communication and collaboration across the organization. Ramsden oversees the full spectrum of player health and wellness services. He works in partnership with the strength & conditioning staff, athletic medicine providers, sport science and analytics experts, and performance dieticians. His role involves coordinating information and insights between these groups to ensure players are getting the best care and support possible. A central part of Ramsden's job is translating complex data and medical information into clear updates for coaches and football leadership. By keeping the general manager and head coach informed about player health, readiness, and availability, he helps guide strategic decisions on roster management and game preparation. His communication

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SAM RAMSDEN, CONTINUED

ensures that performance goals align with each player's physical status throughout the season. Ramsden also plays a leading role in educating players on self-care—emphasizing the importance of nutrition, sleep, hydration, and injury prevention. His ability to connect with athletes and explain how small daily habits contribute to long-term health is a key factor in the team's success. He has been instrumental in integrating cutting-edge technologies and sports science into daily routines, helping the Seahawks make smarter decisions about training, recovery, and injury prevention. His expertise in physical rehabilitation ensures that injured players return to the field safely and at full strength. During the COVID-19 pandemic, Ramsden served as the Seahawks' Infection Control Officer from 2020–22, coordinating protocols and communication across players, staff, and the team's leadership group. Ramsden began his Seahawks career in 1999 as an associate athletic trainer and was promoted to head athletic trainer in 2004. Before joining Seattle, he spent six seasons with the Green Bay Packers as an assistant athletic trainer and was part of their 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, have two sons, Henry and Lachlan.

WILLIAM SAGUILLA

VP/Football Finance

William Saguilla is entering his 28th season with the Seattle Seahawks and second as VP/Football Finance. He began his career with the team as a summer intern and officially joined the team's Finance department as a staff accountant in 1998. After spending 14 years in the Finance department, he transitioned to Football Administration in 2012. Saguilla plays the role of liaison between Finance and Football Operations with responsibilities that include managing all department budgets within Football Operations, assisting with Football Administration's day-to-day transactions and preparing player payroll and league salary cap reports. A graduate of the University of Washington, he resides in Renton with his wife, Jonah, and their two daughters, Isabelle and Amaya.

CHIP SUTTLES

VP/Technology

Chip Suttles is entering his 14th 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. As an IT professional for 32+ years, Suttles 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 and innovation of Lumen Field's stadium technology, supporting player performance analytics, and enhancing the organizations' mobile phone applications. He also oversees the IT Cyber Security tools and systems that help protect the organization's network(s). Suttles joined the Seahawks after working for the Vancouver Canucks as Director of Technology in 2010-11. Prior to his tenure 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 and currently serves on Seattle's InspireCIO Advisory Board. He proudly serves on the Customer Advisory Board for Lumen and Extreme Networks. He enjoys participating in a variety of recreational sports and actively supports his community's local youth & High School football foundation.

KAREN WILKINS-MICKEY

VP/Diversity, Equity & Inclusion

Karen Wilkins-Mickey (she/her) joined the Seahawks in January 2021 and brings over 20 years of Diversity Equity and Inclusion leadership experience to the team. In her role, Karen leads the Seahawks' overall Inclusion strategy, and acts as a liaison for the team, its senior management group, players, and the community to drive strategic initiatives and programs. She also oversees the team's six internal Employee Resource Groups, 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 pre-

Continued on next page

SENIOR MANAGEMENT

KAREN WILKINS-MICKEY, CONTINUED

viously held diversity and inclusion leadership roles within Expedia Group and Microsoft. She is an alumnus of the first McKinsey Black Executive Leadership Program and is a founding member of the Diversity 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 is on the Board of Special Olympics of Washington and the NW African American Museum. 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 and earned a certification in Diversity Equity and Inclusion through E-Cornell. In 2023, she was featured on the cover of CIO Views Magazine "Most Influential Women in Diversity & Inclusion" issue. A native of New York City, Karen has a bachelor's degree in communications from California State University Chico. She lives in Bothell, Wash. with her husband Korey and has two children in college, Kyra, and Kaden.

LISA YOUNG

VP/Corporate Partnerships

Lisa Young joined the Seahawks in 2005, steadily advancing within the organization's partnerships department. Young oversees all aspects of the team's Corporate Partnerships group. She also contributes to academia as an Adjunct Professor at Seattle University, teaching in the Albers School of Business & Economics, Sports & Entertainment MBA program. Before joining the Seahawks, Young initiated her career in advertising at a boutique firm in San Diego. A graduate of the WSU Murrow School of Communications, she resides in Woodinville, Wash., with her husband Jeremy and their two children, Caroline and Harrison.

FOOTBALL OPERATIONS

AARON HINELINE

Director of College Scouting

Aaron Hineline enters his 20th season with the Seahawks in 2025, his third as director, following two seasons as assistant director of college scouting (2021-22) and 11 seasons as an area scout (2010-20), covering the Midlands, Southwest and Southeast regions of the country. He began his Seahawks career as a pro personnel intern (2006-08). 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 president of football operations/GM John Schneider and the Seahawks coaching staff regarding the NFL Draft and college free agency. While serving in the pro personnel department in his first four years with the team, Hineline 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. Hineline 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 & conditioning program before joining the Seahawks in 2006. He is married to Gentrie, with two daughters, Peyton and Harper, and one son, Grady.

WILLIE SCHNEIDER

Director of Pro Personnel

Willie Schneider enters his 12th season overall with Seattle, third in the role of director, following four seasons as assistant director of pro personnel (2019-22) and two as a pro personnel scout (2017-18). He originally joined the Seahawks as a scouting intern in 2014. In his role, Schneider 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. 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. Originally from St. Paul, Minn., he is married to Hillary, and the couple has two daughters, Sadie and Charlotte.

FOOTBALL OPERATIONS

JASON BARNES

Assistant Director of College Scouting

Jason Barnes enters his 20th season with the Seahawks in 2025, and 17th working with the college scouting department after working three years with pro scouting (2006-08). He was promoted to his current role after two seasons (2021-22) as personnel executive following 12 seasons as an area scout, covering the Northeast (2009) and Midwest (2010-20). 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 five 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. He was also all-conference in basketball. Barnes and his wife, Kristin, have two sons, Chase and Christopher, and three daughters, Jordyn, Jayah and Jenae.

ARMANI PEREZ

Assistant Director of Pro Personnel

Armani Perez enters his fifth season with the Seahawks in 2025, second in his current role, after serving as the club's player personnel scout (2021-23) and scouting intern (2019-20). He is responsible for scouting future opponents, writing pro and draft prospect evaluation reports from college, NFL, CFL, UFL, 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 five 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.

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.

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 its 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.

FOOTBALL OPERATIONS

RYAN FLORENCE

Area Scout (Southwest)

Ryan Florence enters his 12th season with the Seahawks in 2025. He begins his fifth season as an area scout after previously serving as a National Football Scouting (NFS) scout covering the Mid-Atlantic Region. Originally joining the Seahawks as an intern in 2014, he was promoted to the 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 13th full-time season with the Seahawks, 16th overall, in 2025. He begins his ninth season as an area scout in 2025 after previously serving four years (2013-16) as a scout for National Football Scouting 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.

JACK GREEN

Area Scout (Midwest)

Jack Green enters his third season with the Seahawks in 2025, his first as a college area scout after spending 2024 as a scouting assistant and 2023 as a scouting intern, helping coordinate free agent tryouts, administrative draft process duties, and in-house evaluations of small-school prospects. His role as a scouting assistant included scouting upcoming opponents, providing weekly advance presentations to the coaching staff, and evaluating pro free agents as well as other spring-league prospects. He was also assigned with covering all schools in the Northern California/Nevada region for college prospects. Prior to joining the Seahawks in the summer of 2023, Green spent that spring as a graduate assistant at Ole Miss helping coach the offensive line and assisting the recruiting department. Originally from Brandon, Miss., he lettered in football at Brandon High School, and went on to play center at the University of South Alabama from 2019-21, and finished his career at the University of Central Arkansas in 2022 where he earned a bachelor's degree in business management, and later earned a Master's degree in Business Administration (MBA).

KIRK PARRISH

Sr. College Scouting Coordinator/Area Scout

Kirk Parrish enters his 27th year with the Seahawks in 2025. He is responsible for managing the day-to-day operations of the college scouting department, including organizing all college prospect information (scouting database/player reports/draft boards), handling 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 Illinois, Iowa, Kansas, Minnesota, Montana, Nebraska, North Dakota, South Dakota, and Wisconsin. 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 B.A. in education from Central Washington University, where he was a quarterback for the Wildcats football program. His father, Jerry Parrish, is a member of the Seahawks High School Coaches Mentorship Academy, WIAA Hall of Fame, Pacific Northwest Football Hall of Fame, and Washington State Football Coaches Hall of Fame (North Kitsap H.S.). He and his wife, Carol, reside in Bothell, Wash. They have a daughter, Jill, and a son, Jay.

FOOTBALL OPERATIONS

LAMAR CAMPBELL

Director of Personnel Development/Area Scout

LaMar Campbell is in his third season with the Seahawks and his first in his current role, following two years in player engagement (2023-24). With more than a decade of experience in the NFL as a player , scout, and executive, he has contributed to a variety of initiatives supporting player development, mental health, and organizational culture. His work reflects a strong commitment to helping athletes grow on and off the field. Before joining the Seahawks, Campbell spent five seasons with the Chicago Bears, serving as Vice President of Player Engagement in 2021after four years as Director (2017-20). In these executive roles, he helped lead the development of player engagement strategies, supervised staff, and consultants, and served on the NFL Office Steering Committee. He was also part of the Bears 2022 hiring committee for general manger and head coach. Campbell began his administrative career at his alma mater, the University of Wisconsin, where he served as Assistant Athletic Director of Engagement. There, he focused on the holistic development of student-athletes, emphasizing mental, emotional, and physical wellness. He also acted as a liaison between the athletic department and campus communications and assessed senior student-athletes as they prepared for life after college sports as an executive or in professional sports. He previously held the Big Ten Minority Internship in Wisconsin Office of Student Athlete Development. Campbell lettered in football, basketball and track at Strath Haven High School (Pa.) where he earned All-American honors in track & field. A two-time graduate of the University of Wisconsin-Madison, Campbell holds a B.S. in History and a MA in Organizational Leadership & Policy Analysis. He was a four-year letter winner as a safety for the Badgers and signed with the Detroit Lions as an undrafted free agent, spending eight seasons with the organization as both a player and scout.

AZZAAM KAPADIA

Player Personnel Assistant

Azzaam Kapadia begins his second full-season with the Seahawks in 2025, after serving as a scouting intern in 2023. As a pro personnel assistant, he evaluates talent from NFL rosters and practice squads, and other professional leagues (e.g. XFL, CFL), including identification of potential international prospects. Kapadia also writes scouting reports to assess a player's value and scheme fit and how to acquire them relative to the team's needs either through free agency, trade, or waiver wire pickups. He presents scouting reports on future opponents to the coaching staff through breaking down film and evaluating the opponents roster; coordinates free agent visits and tryouts throughout the year, while also assisting the college scouting department throughout the spring at all-star games, the NFL Combine, and Pro Days leading up to the draft, in addition to identifying potential undrafted prospects to add to the roster post-draft. Before joining the club in the summer of 2023, he served as a recruiting assistant for the University of Virginia football team while in school (2019-23) - responsible for initial identification and evaluation of prospective student athletes. He also led scouting efforts for the NCAA transfer portal to identify potential roster additions, and supported the video department in filming home and away games and breaking down film for the coaching staff. Additionally, he interned with the Indianapolis Colts as a football operations intern in summer of 2021, with Athletes First as a football intern in summer of 2022, and worked remotely with the Cleveland Browns during his senior year as a film analyst. Raised in Richmond, Va., he graduated from Virginia's McIntire School of Commerce in 2023, earning his degree in Business Management and Information Technology with a track in Business Analytics and a minor in Leadership.

BILL NAYES

Chief of Staff

Named to his current position on February 10, 2025, Nayes enters his 13th year with the Seahawks, most recently serving in the team's security department for four seasons (2021-24). As chief of staff, he works directly with head coach Mike Macdonald and is responsible for coordinating the team's day-to-day operations, including overseeing player and staff communications and managing the year-round football schedule, which includes the offseason program, OTA days, minicamps and training camp. Nayes returned to the Seahawks following four seasons with the L.A. Rams (2017-20), serving as assistant to the head coach Sean McVay from, coordinating the team schedule and managing all communication between coach McVay and football operations. Before joining the Rams, Nayes spent 2015-16 with the San Francisco 49ers in a similar role where he worked alongside head coach Jim Tomsula (2015) and head coach Chip Kelly (2016). This marked his second stint with the club. He previously held the same position with the 49ers from 2009-12, where he served under both Jim Harbaugh and Mike Singletary. Nayes spent two years (2013-14) at North Carolina State as assistant athletic director/director of football operations under head coach Dave Doeren. In that role, he was responsible for budgeting, team travel, camps, operational schedules and team bowl trips. He also served as a liaison between football and various departments and supervised office personnel. Prior to his time with San Francisco, Nayes served as assistant athletic director/director of football operations at his alma mater, the University of Wisconsin from 2006-09 for head coach Bret Bielema. Prior to Wisconsin, Nayes served as football operations coordinator/team travel with the Seattle Seahawks under head coach Mike Holmgren from 1999-06. During his eight years in Seattle, he was responsible for all aspects of the team's travel, including the budget, team charters, hotel accommodations, meal arrangements and ground transportation. Nayes also organized the Seahawks training camp and minicamps as well as the team's operational schedules. Nayes was originally hired full time by the Packers in 1997 after serving as a training camp intern during the summers of 1995 and 1996. He worked under Holmgren as an administrative assistant/football operations until 1999. His years of working in foot-

Continued on next page

BILL NAYES, CONTINUED

ball operations began at his alma mater as a student football manager for head coach Barry Alvarez, moving into a football operations assistant role upon graduation. Nayes has been a part of seven college bowl games, five international games, 11 NFL postseasons and five Super Bowls. Nayes graduated with a bachelor of science degree from the University of Wisconsin in 1994. He and his wife, Paige, have a daughter, Natalia, and a son, Joe.

ANDREA VANDERWOUDE

Director of Performance Nutrition

Andrea Vanderwoude enters her seventh season as director of performance nutrition with the Seahawks in 2025. 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.

DAVID STRICKLIN

Head Athletic Trainer

David Stricklin is the Seahawks head athletic trainer and enters his 17th 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 other ancillary healthcare providers. He also manages player's 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 Master's 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.

FRANCHISE HISTORY

LLOYD W. NORDSTROM

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 (82-56-1)

ARIZONA CARDINALS (29-22-1)

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
11/21/21	—	L		13-23	68,833
1/9/22	—	W	@	38-30	63,858
10/16/22	—	W		19-9	68,867
11/6/22	—	W	@	31-21	63,982
10/22/23	—	W		20-10	68,781
1/7/24	—	W	@	21-20	63,197
11/24/24	—	W		16-6	68,649
12/8/24	—	W	@	30-18	64,533

Franchise moved from St. Louis to Arizona in 1988.

Points: Arizona 1,006 (19.3), Seattle 1,286 (24.7)

LOS ANGELES RAMS (28-25)

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
12/21/21	—	L	@	10-20	71,565
12/4/22	—	W	@	27-23	71,802
1/8/23	—	*W		19-16	68,660
9/10/23	—	L		13-30	68,683
11/19/23	—	L	@	16-17	72,704
11/3/24	—	*L		20-26	68,632
01/05/25	—	W	@	30-25	72,610

Moved from Los Angeles to St. Louis in 1995. Moved from St. Louis to Los Angeles in 2016.

Points: L.A. 1,107 (20.8), Seattle 1,126 (21.2)

SAN FRANCISCO 49ERS (30-23)

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
12/5/21	—	W		30-23	68,758
9/18/22	—	L	@	7-27	71,597
12/15/22	—	L		13-21	68,957
11/23/23	—	L		13-31	68,702
12/10/23	—	L	@	16-28	71,816
10/10/24	—	L		24-36	68,768
11/17/24	—	W	@	20-17	71,751
9/7/25	—	L		13-17	68,752

Played at State Farm Stadium in Glendale, Arizona.

Points: San Francisco 1,032 (19.5), Seattle 1,235 (23.3)

SERIES BREAKDOWN, continued

NFC EAST (27-20)

DALLAS COWBOYS (9-11)

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		23-30	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
11/30/23	—	L	@	35-41	93,367

Points: Dallas 496 (24.8), Seattle 401 (20.1)

NEW YORK GIANTS (11-11)

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
10/30/22	—	W		27-13	68,921
10/2/23	—	W	@	24-3	78,507
10/06/24	—	L		20-29	68,306

Points: N.Y. Giants 460 (20.9), Seattle 427 (19.4)

PHILADELPHIA EAGLES (12-7)

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
12/18/23	—	W		20-17	68,758

Points: Philadelphia 339 (17.8), Seattle 407 (21.4)

WASHINGTON COMMANDERS (7-13)

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
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
11/29/21	—	L	@	15-17	52,680
11/12/23	—	W		29-26	68,721

Points: Washington 386 (19.3), Seattle 327 (16.4)

NFC NORTH (27-20)

CHICAGO BEARS (12-6)

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
12/26/21	—	L		24-25	68,492
12/26/24	—	W	@	6-3	56,346

Points: Chicago 342 (19.0), Seattle 380 (21.1)

DETROIT LIONS (12-6)

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
1/2/22	—	W		51-29	68,043
10/2/22	—	W	@	48-45	63,920
9/17/23	—	*W	@	37-31	66,434
9/30/24	—	L	@	29-42	66,658

Points: Detroit 412 (22.9), Seattle 499 (27.7)

GREEN BAY PACKERS (8-13)

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	@	10-38	78,057
9/10/17	—	L	@	9-17	78,381
11/15/18	—	W		27-24	69,007
11/14/21	—	L	@	0-17	78,235
12/15/24	—	L		13-30	68,766

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 533 (25.4), Seattle 400 (19.0)

MINNESOTA VIKINGS (12-7)

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
12/22/24	—	L		24-27	68,748

Points: Minnesota 444 (23.4), Seattle 500 (26.3)

SERIES BREAKDOWN, continued

NFC SOUTH (25-19)

ATLANTA FALCONS (13-7)

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
9/25/22	—	L		23-27	68,773
10/20/24	—	W	@	34-14	70,691

Points: Atlanta 477 (23.9), Seattle 560 (28.0)

CAROLINA PANTHERS (9-4)

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
12/11/22	—	L		24-30	68,672
9/24/23	—	W		37-27	68,699

Points: Carolina 240 (18.5), Seattle 292 (22.5)

NEW ORLEANS SAINTS (6-10)

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
10/25/21	—	L		10-13	68,563
10/9/22	—	L	@	32-39	70,003

Points: New Orleans 351 (21.9), Seattle 379 (23.7)

TAMPA BAY BUCCANEERS (9-6)

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
11/13/22	—	L	#@	16-21	69,811

#2022 game was played in Munich, Germany's Allianz Arena.

Points: Tampa Bay 277 (18.5), Seattle 258 (17.2)

AFC WEST (12-13)

DENVER BRONCOS (21-35)

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
9/12/22	—	W		17-16	68,695
9/8/24	—	W		26-20	68,714

Points: Denver 1,305 (23.3), Seattle 1,104 (19.7)

KANSAS CITY CHIEFS (19-34)

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
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		24-6	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		39-32	56,250
10/29/06	—	L	@	28-35	77,645
11/28/10	—	L		24-42	66,370
11/16/14	—	L	@	20-24	76,463
12/23/18	—	W		38-31	69,067
12/24/22	—	L	@	10-24	73,331

Points: Kansas City 1,264 (23.8), Seattle 1,025 (19.3)

LAS VEGAS RAIDERS (25-29)

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

SERIES BREAKDOWN, continued

LAS VEGAS RAIDERS (25-29) CONTINUED

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
11/27/22	—	*L		34-40	68,849

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: Las Vegas 1,217 (22.5), Seattle 1,169 (21.6)

LOS ANGELES CHARGERS (27-25)

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
10/23/22	—	W	@	37-23	70,240

Franchise moved from San Diego to Los Angeles in 2017.

Points: L.A. 1,090 (21.0), Seattle 1,103 (21.2)

AFC EAST (16-9)

BUFFALO BILLS (8-7)

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
10/27/24	—	L		10-31	68,704

Points: Buffalo 386 (25.7), Seattle 370 (24.7)

MIAMI DOLPHINS (6-8)

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
9/22/24	—	W		24-3	68,658

Points: Miami 273 (19.5), Seattle 254 (18.1)

NEW ENGLAND PATRIOTS (11-8)

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
9/15/24	—	*W	@	23-20	64,686

Points: New England 395 (20.8), Seattle 384 (20.2)

NEW YORK JETS (14-8)

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
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
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
1/1/23	—	W		23-6	68,827
12/1/24	—	W	@	26-21	81,084

Points: N.Y. Jets 377 (17.1), Seattle 440 (20.0)

SERIES BREAKDOWN, continued

AFC NORTH (13-13)

BALTIMORE RAVENS (3-4)

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
10/20/19	—	L		16-30	69,012
11/5/23	—	L	@	3-37	70,753

Points: Baltimore 171 (24.4), Seattle 168 (24.0)

CINCINNATI BENGALS (10-11)

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
10/15/23	—	L	@	13-17	66,385

Points: Cincinnati 452 (21.5), Seattle 408 (19.4)

CLEVELAND BROWNS (14-6)

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
10/29/23	—	W		24-20	68,807

Franchise suspended in 1996 and re-activated in 1999.

Points: Cleveland 338 (16.9), Seattle 452 (22.6)

PITTSBURGH STEELERS (11-10)

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
12/31/23	—	L		23-30	68,735
09/14/25	—	W	@	31-17	66,347

Points: Pittsburgh 368 (17.5), Seattle 420 (20.0)

AFC SOUTH (13-8)

HOUSTON TEXANS (4-1)

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
12/12/21	—	W	@	33-13	67,610

Points: Houston 115 (23.0), Seattle 146 (29.2)

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 (6-3)

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
10/31/21	—	W		31-7	67,243

Points: Jacksonville 166 (18.4), Seattle 267 (29.7)

TENNESSEE TITANS (11-7)

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
12/24/23	—	W	@	20-17	60,181

Franchise moved from Houston in 1997 and changed name from Oilers to Titans in 1999.

Points: Tennessee 357 (19.8), Seattle 375 (20.8)

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	1-3-0	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	5-3-0	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	7	10	0	.412	395	366	4th	3-5-0	4-5-0	3-3-0	3-2-0	4-8-0	---
2022	9	8	0	.529	407	401	2nd	5-4-0	4-4-0	4-2-0	3-2-0	6-6-0	0-1
2023	9	8	0	.529	364	402	3rd	5-3-0	4-5-0	2-4-0	2-3-0	7-5-0	---
2024	10	7	0	.588	375	368	2nd	3-6-0	7-1-0	4-2-0	4-1-0	6-6-0	---
2025	1	1	0	.500	44	34		0-1-0	1-0-0	0-1-0	1-0-0	0-1-0	---
	403	**374**	**1**	**.519**	**16,929**	**16,451**		**233-157-0**	**170-217-1**	**163-169-1**	**197-203-0**	**206-171-1**	**17-19**

* 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 canceled and games 3-5 were played with replacement players.

VS. THE NFL

	Total	— — Regular Season — — Home	Road	OT	Post-season	Pre-season
Arizona	29-22-1	15-12	14-10-1	0-4-1	0-0	9-5
Arizona	29-20-1	15-11	14-9-1	0-4-1	0-0	7-3
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2
Atlanta	13-7	5-5	8-2	1-0	0-2	2-0
Baltimore	3-4	2-1	1-3	0-1	0-0	0-0
Buffalo	8-7	6-4	2-3	0-0	0-0	2-1
Carolina	9-4	4-2	5-2	0-0	2-1	0-0
Chicago	12-6	5-3	7-3	1-0	0-2	3-2
Cincinnati	10-11	5-4	5-7	0-2	0-1	1-0
Cleveland	14-6	9-3	5-3	0-1	0-0	1-0
Dallas	9-11	5-4	4-7	0-0	1-1	5-3
Denver	21-35	16-13	5-22	2-5	2-0	4-11
Detroit	12-6	7-2	5-4	1-0	1-0	5-2
Green Bay	8-13	5-3	3-10	0-0	1-3	3-4
Houston	4-1	2-0	2-1	1-0	0-0	0-0
Indianapolis	6-7	4-4	2-3	0-0	0-0	9-10
Indianapolis	6-5	4-2	2-3	0-0	0-0	8-10
Baltimore	0-2	0-2	0-0	0-0	0-0	1-0
Jacksonville	6-3	4-0	2-3	0-0	0-0	0-0
Kansas City	19-34	14-12	5-22	1-1	0-0	8-1
Las Vegas	25-29	15-11	10-18	0-2	1-1	13-6-1
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	0-1	0-1	0-0	0-1	0-0	0-1-1
L.A. Chargers	27-25	16-11	11-14	3-0	0-0	14-5
Los Angeles	1-1	0-1	1-0	0-0	0-0	4-1
San Diego	26-24	16-10	10-14	3-0	0-0	10-4
L.A. Rams	28-25	17-10	11-15	1-3	0-2	2-6
Los Angeles	8-15	5-7	3-8	1-1	0-1	1-6
St. Louis	20-10	12-3	8-7	0-2	0-1	1-0
Miami	6-8	4-2	2-6	0-0	1-2	0-1
Minnesota	12-7	9-3	3-4	0-0	1-0	9-10
New England	11-8	4-4	7-4	1-0	0-1	1-1
New Orleans	6-10	4-5	2-5	0-1	2-0	3-0
N.Y. Giants	11-11	6-5	5-6	1-0	0-0	0-0
N.Y. Jets	14-8	7-3	7-5	0-0	0-0	0-0
Philadelphia	12-7	6-5	6-2	0-1	1-0	0-0
Pittsburgh	11-10	7-2	4-8	0-1	0-1	0-1
San Francisco	30-23	16-12	14-11	1-2	1-1	13-15
Tampa Bay	9-6	5-2	4-4	2-0	0-0	3-0
Tennessee	11-7	7-3	4-4	1-1	0-1	3-1
Tennessee	5-3	3-2	2-1	0-1	0-0	2-1
Houston	6-4	4-1	2-3	1-0	0-1	1-0
Washington	7-13	2-7	5-6	0-1	3-0	0-0
TOTALS	**403-374-1**	**233-157**	**170-217-1**	**17-26-1**	**17-19**	**113-85-1**

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	2-3	0-3	2-2	2-0	7-10
2022		1-2	4-1	1-2	1-3	2-0	9-8
2023		2-1	3-1	1-4	2-2	1-0	9-8
2024		3-1	1-3	2-1	3-2	1-0	10-7
2025		1-1					1-1
Total	**0-1**	**89-85**	**95-96-1**	**101-97**	**105-90**	**13-5**	**403-374-1**

INCLUDING PLAYOFFS

Yr.	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	2-3	0-3	2-2	2-0	7-10	
2022		1-2	4-1	1-2	1-3	2-1*	9-9*	0-1
2023		2-1	3-1	1-4	2-2	1-0	9-8	
2024		3-1	1-3	2-1	3-2	1-0	10-7	
2025		1-1					1-1	
Total	**0-1**	**89-85**	**95-96-1**	**101-97**	**108-92***	**27-22***	**420-393-1***	**17-19**

***** includes playoffs

PRIMETIME RECORD (68-44-1)

MONDAY NIGHT FOOTBALL (30-13)

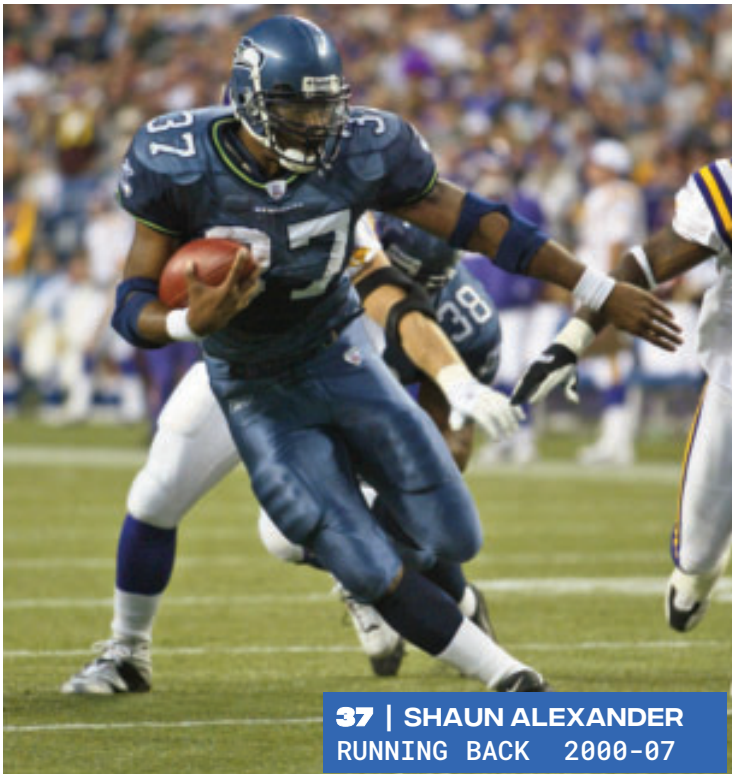
Date	W/L	Score	Opponent
October 29, 1979	W	31-28	at Atlanta
November 26, 1979	W	30-7	vs. N.Y. Jets
November 17, 1980	L	19-17	vs. Oakland
November 16, 1981	W	44-23	vs. San Diego
October 29, 1984	W	24-0	at San Diego
November 12, 1984	W	17-14	vs. L.A. Raiders
September 23, 1985	L	35-24	vs. L.A. Rams
November 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
October 25, 2021	L	13-10	vs. New Orleans
November 29, 2021	L	17-15	at Washington
September 12, 2022	W	17-16	vs. Denver
October 2, 2023	W	24-3	at N.Y. Giants
December 18, 2023	W	20-17	vs. Philadelphia
September 30, 2024	L	42-29	at Detroit

PRIMETIME RECORD (68-44-1)

THURSDAY-SUNDAY NIGHT (38-31-1)

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
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 Twitter	W	24-3	vs. L.A. Rams
Sunday, October 1, 2017	NBC	W	46-18	vs. Indianapolis
Thursday, November 9, 2017	NBC/NFLN Amazon	W	22-16	at Arizona
Sunday, December 3, 2017	NBC	W	24-10	vs. Philadelphia
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 Amazon	W	30-29	vs. L.A. Rams
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 Amazon	W	28-21	vs. Arizona
Thursday, October 7, 2021	FOX/NFLN Amazon	L	26-17	vs. L.A. Rams
Sunday, October 17, 2021	NBC	L	23-20 (OT)	at Pittsburgh
Tuesday, December 21, 2021	FOX	L	20-10	at L.A. Rams
Thursday, December 15, 2022	Amazon	L	21-13	vs. San Francisco
Thursday, November 23, 2023*	NBC	L	31-13	vs. San Francisco
Thursday, November 30, 2023	Amazon	L	41-35	at Dallas
Thursday, October 10, 2024	Amazon	L	36-24	vs. San Francisco
Sunday, December 15, 2024	NBC	L	30-13	vs. Green Bay
Thursday, December 26, 2024	Amazon	W	6-3	at Chicago

*Thanksgiving Day Game



37 | SHAUN ALEXANDER
RUNNING BACK 2000-07

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	Minnesota	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	93,367	Dallas	AT&T Stadium	Nov. 30, 2023	L	41-35
3	92,150	Dallas	AT&T Stadium	Dec. 24, 2017	W	21-12
4	91,486	Dallas	AT&T Stadium	Nov. 1, 2015	W	13-12
5	91,046	L.A. Rams	Memorial Coliseum	Sept. 18, 2016	L	9-3
6	90,215	Washington	FedEx Field	Oct. 2, 2005	L	20-17^
7	88,734*	L.A. Raiders	Memorial Coliseum	Jan. 8, 1983	L	30-14
8	84,325*	Washington	FedEx Field	Jan. 6, 2013	W	24-14
9	82,893	Kansas City	Arrowhead Stadium	Oct. 2, 2000	L	24-17
10	82,352	Washington	FedEx Field	Nov. 4, 2001	L	27-14

* 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	69,811+	Tampa Bay	Allianz Arena	Nov. 13, 2022	L	21-16
5	68,206#	Pittsburgh	Ford Field	Feb. 5, 2006	L	21-10
6	40,770<	Buffalo	Rogers Centre	Dec. 16, 2012	W	50-17

* NFL London Series, ^ Super Bowl XLVIII, + NFL Munich Series

! Super Bowl XLIX, # Super Bowl XL, < NFL Toronto Series

WEATHER TOP 10

COLDEST GAMES

	Temp.	Opponent	Date	W/L	Score
1	-6*%	at Minnesota	January 10, 2016	W	10-9
2	12	at Kansas City	December 24, 2022	L	24-10
3	16	at Denver	December 3, 2006	W	23-20
4	18	at Green Bay	December 27, 2009	L	48-10
5	20*	at Green Bay	January 4, 2004	L	33-27^
6	21	at Kansas City	November 16, 2014	L	24-20
7	22	at Denver	December 10, 2000	L	31-24
8	24*	at Chicago	January 16, 2011	L	35-24
9	25	vs. Chicago	December 26, 2021	L	25-24
10	26	at Green Bay	December 11, 2016	L	38-10
	26	at Pittsburgh	December 6, 1992	L	20-14

* 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
	88	at San Francisco	October 3, 2021	W	28-21

RECORD BY STARTING QB

BY YEAR

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	6-8
Geno Smith	1-2

2022	
Geno Smith	9-8

2023	
Geno Smith	8-7
Drew Lock	1-1

2024	
Geno Smith	10-7

2025	
Sam Darnold	1-1

BY COMBINED WINS

Quarterback	Combined Record	Regular Season	Postseason
Russell Wilson	113-60-1	104-53-1	9-7
Matt Hasselbeck	74-68	69-62	5-6
Dave Krieg	73-53	70-49	3-4
Jim Zorn	40-60	40-60	
Geno Smith	28-25	28-24	0-1
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	
Sam Darnold	1-1	1-1	
Drew Lock	1-1	1-1	
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	
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

PRESEASON RESULTS, continued

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

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 49ers	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

23 | MARCUS TRUFANT
CORNERBACK 2003-12

PRESEASON RESULTS, continued

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	23,957

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 Packers	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 Chiefs	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

2022 • PRESEASON (0-3)

Sat.	8/13	L	32-25	at Pittsburgh Steelers	48,197
Thurs.	8/18	L	27-11	Chicago Bears	68,305
Fri.	8/26	L	27-26	at Dallas Cowboys	81,598

2023 • PRESEASON (2-1)

Thurs.	8/10	W	24-13	Minnesota Vikings	68,179
Sat.	8/19	W	22-14	Dallas Cowboys	68,458
Sat.	8/26	L	19-15	at Green Bay Packers	72,105

2024 • PRESEASON (2-1)

Sat.	8/10	W	16-3	at Los Angeles Chargers	65,600
Sat.	8/17	L	16-15	at Tennessee Titans	60,200
Sat	8/24	W	37-34	Cleveland Browns	68,190

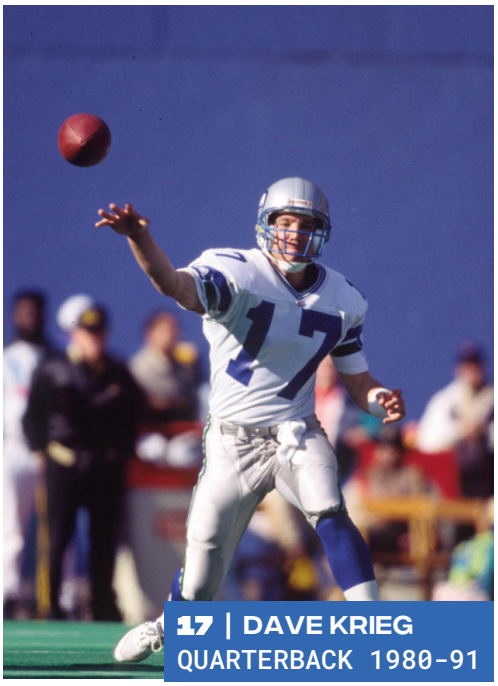
2025 • PRESEASON (1-1-1)

Thurs.	8/7	T	23-23	Las Vegas Raiders	68,425
Fri.	8/15	W	33-16	Kansas City Chiefs	68,614
Sat	8/23	L	20-7	at Green Bay Packers	71,819

*Game played at Husky Stadium

SEAHAWKS TOP 50 PLAYERS

89 | BRIAN BLADES
WIDE RECEIVER 1988-98



17 | DAVE KRIEG
QUARTERBACK 1980-91

60 | MAX UNGER
CENTER 2009-14

CAREER TOP 10

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	Bobby Wagner, 2012-21, 23	168
9	Cortez Kennedy, 1990-00	167
10	Tyler Lockett, 2015-24	161

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	Bobby Wagner, 2012-21, 23	167
	Jeff Bryant, 1982-93	167
7	Dave Brown, 1976-86	159
8	Russell Wilson, 2012-21	158
9	Cortez Kennedy, 1990-00	153
10	Eugene Robinson, 1985-95	152

POINTS SCORED

	Player, Seasons	No.
1	Norm Johnson, 1982-90	810
2	Steven Hauschka, 2011-16	759
3	**Jason Myers, 2019-**	**735**
4	Shaun Alexander, 2000-07	672
5	Steve Largent, 1976-89	608
6	Josh Brown, 2003-07	571
7	Todd Peterson, 1995-99	555
8	Tyler Lockett, 2015-24	398
	Marshawn Lynch, 2010-15, 19	398
10	Curt Warner, 1983-89	372

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	Tyler Lockett, 2015-24	65
5	Curt Warner, 1983-89	62
6	Doug Baldwin, 2011-18	49
7	DK Metcalf, 2019-24	48
	Chris Warren, 1990-97	48
9	Darrell Jackson, 2000-06	47
10	Joey Galloway, 1995-99	42

FIELD GOALS

	Player, Seasons	No.
1	Steven Hauschka, 2011-16	175
2	**Jason Myers, 2019-**	**162**
3	Norm Johnson, 1982-90	159
4	Todd Peterson, 1995-99	126
5	Josh Brown, 2003-07	116
6	John Kasay, 1991-94	82
7	Olindo Mare, 2008-10	73
8	Efren Herrera, 1978-81	64
9	Rian Lindell, 2000-02	58
10	Sebastian Janikowski, 2018	22

FIELD GOAL ATTEMPTS

	Player, Seasons	No.
1	Norm Johnson, 1982-90	228
2	Steven Hauschka, 2011-16	197
3	**Jason Myers, 2019-**	**188**
4	Todd Peterson, 1995-99	154
5	Josh Brown, 2003-07	145
6	John Kasay, 1991-94	105
7	Efren Herrera, 1978-81	92

FIELD GOAL ATTEMPTS, CONT.

8	Olindo Mare, 2008-10	83
9	Rian Lindell, 2000-02	78
10	John Leypoldt, 1976-77	30

POINT AFTER TOUCHDOWNS

	Player, Seasons	No.
1	Norm Johnson, 1982-90	333
2	**Jason Myers, 2019-**	**249**
3	Steven Hauschka, 2011-16	234
4	Josh Brown, 2003-07	223
5	Todd Peterson, 1995-99	177
6	Efren Herrera, 1978-81	139
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	**Jason Myers, 2019-**	**264**
3	Steven Hauschka, 2011-16	246
4	Josh Brown, 2003-07	224
5	Todd Peterson, 1995-99	177
6	Efren Herrera, 1978-81	148
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, 2012-21	846
8	Sherman Smith, 1976-82	810
9	Chris Carson, 2017-21	769
10	**Kenneth Walker III, 2022-**	**623**

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	Russell Wilson, 2012-21	4,689
6	John L. Williams, 1986-93	4,579
7	Ricky Watters, 1998-01	4,009
8	Chris Carson, 2017-21	3,502
9	Sherman Smith, 1976-82	3,429
10	**Kenneth Walker III, 2022-**	**2,653**

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	**Kenneth Walker III, 2022-**	**25**
7	Chris Carson, 2017-21	24
8	Russell Wilson, 2012-21	23
9	Ricky Watters, 1998-01	22
10	Derrick Fenner, 1989-91	19
	David Sims, 1977-79	19

PASSING ATTEMPTS

	Player, Seasons	No.
1	Russell Wilson, 2012-21	4,735
2	Matt Hasselbeck, 2001-10	4,250
3	Dave Krieg, 1980-91	3,576
4	Jim Zorn, 1976-84	2,990
5	Geno Smith, 2019-24	1,749
6	Rick Mirer, 1993-96	1,523
7	Jon Kitna, 1997-00	1,128
8	Warren Moon, 1997-98	786
9	Seneca Wallace, 2003-09	556
10	Tarvaris Jackson, 2011, 2013-15	470

PASSING COMPLETIONS

	Player, Seasons	No.
1	Russell Wilson, 2012-21	3,079
2	Matt Hasselbeck, 2001-10	2,559
3	Dave Krieg, 1980-91	2,096
4	Jim Zorn, 1976-84	1,593
5	Geno Smith, 2019-24	1,198
6	Rick Mirer, 1993-96	814
7	Jon Kitna, 1997-00	658
8	Warren Moon, 1997-98	458
9	Seneca Wallace, 2003-09	333
10	Tarvaris Jackson, 2011, 2013-15	286

PASSING YARDS

	Player, Seasons	No.
1	Russell Wilson, 2012-21	37,059
2	Matt Hasselbeck, 2001-10	29,434
3	Dave Krieg, 1980-91	26,132
4	Jim Zorn, 1976-84	20,122
5	Geno Smith, 2019-24	12,961
6	Rick Mirer, 1993-96	9,094
7	Jon Kitna, 1997-00	7,552
8	Warren Moon, 1997-98	5,310
9	Seneca Wallace, 2003-09	3,547
10	Tarvaris Jackson, 2011, 2013-15	3,279

TOUCHDOWN PASSES

	Player, Seasons	No.
1	Russell Wilson, 2012-21	292
2	Dave Krieg, 1980-91	195
3	Matt Hasselbeck, 2001-10	174
4	Jim Zorn, 1976-84	107
5	Geno Smith, 2019-24	76
6	Jon Kitna, 1997-00	49
7	Rick Mirer, 1993-96	41
8	Warren Moon, 1997-98	36
9	Seneca Wallace, 2003-09	25
10	John Friesz, 1995-98	16

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, 2012-21	87
5	Rick Mirer, 1993-96	56
6	Jon Kitna, 1997-00	45
7	Geno Smith, 2019-24	36
8	Warren Moon, 1997-98	24
9	Kelly Stouffer, 1988-92	19
10	Jeff Kemp, 1987-91	18

TIMES SACKED

	Player, Seasons	No.
1	Russell Wilson, 2012-21	427
2	Dave Krieg, 1980-91	341
3	Matt Hasselbeck, 2001-10	307
4	Jim Zorn, 1976-84	201
5	Geno Smith, 2019-24	141
6	Rick Mirer, 1993-96	138
7	Jon Kitna, 1997-00	79
8	Warren Moon, 1997-98	52
9	Kelly Stouffer, 1988-92	50
10	Seneca Wallace, 2003-09	43
	Tarvaris Jackson, 2011, 2013-15	43

CAREER TOP 10, continued

QUARTERBACK RATING (MINIMUM 350 ATTEMPTS)

	Player, Seasons	No.
1	Russell Wilson, 2012-21	101.8
2	Geno Smith, 2019-24	95.9
3	Seneca Wallace, 2003-09	83.1
4	Dave Krieg, 1980-91	82.3
5	Matt Hasselbeck, 2001-10	82.2
6	Warren Moon, 1997-98	81.3
7	Tarvaris Jackson, 2011, 2013-15	81.0
8	John Friesz, 1995-98	78.3
9	Jon Kitna, 1997-00	76.4
10	Trent Dilfer, 2001-04	73.7

PASS RECEPTIONS

	Player, Seasons	No.
1	Steve Largent, 1976-89	819
2	Tyler Lockett, 2015-24	661
3	Brian Blades, 1988-98	581
4	Doug Baldwin, 2011-18	493
5	John L. Williams, 1986-93	471
6	Darrell Jackson, 2000-06	441
7	DK Metcalf, 2019-24	438
8	Bobby Engram, 2001-08	399
9	Joey Galloway, 1995-99	283
10	Koren Robinson, 2001-04, 08	244

RECEIVING YARDS

	Player, Seasons	No.
1	Steve Largent, 1976-89	13,089
2	Tyler Lockett, 2015-24	8,594
3	Brian Blades, 1988-98	7,620
4	Doug Baldwin, 2011-18	6,563
5	Darrell Jackson, 2000-06	6,445
6	DK Metcalf, 2019-24	6,324
7	Bobby Engram, 2001-08	4,859
8	Joey Galloway, 1995-99	4,457
9	John L. Williams, 1986-93	4,151
10	Koren Robinson, 2001-04, 08	3,567

RECEIVING TOUCHDOWNS

	Player, Seasons	No.
1	Steve Largent, 1976-89	100
2	Tyler Lockett, 2015-24	61
3	Doug Baldwin, 2011-18	49
4	DK Metcalf, 2019-24	48
5	Darrell Jackson, 2000-06	47
6	Joey Galloway, 1995-99	37
7	Daryl Turner, 1984-87	36
8	Brian Blades, 1988-98	34
9	Sam McCullum, 1976-81	21
10	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
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

INTERCEPTION RETURN YDS, CONT.

7	Richard Sherman, 2011-17	395
8	Marcus Trufant, 2003-12	370
9	Keith Simpson, 1978-85	338
10	Quandre Diggs, 2019-23	315

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, 20, 22	2
	Earl Thomas, 2010-18	2
	Justin Coleman, 2017-18, 22	2

PUNTS

	Player, Seasons	No.
1	Jon Ryan, 2008-17	770
2	Rick Tuten, 1991-97	554
3	**Michael Dickson, 2018-**	**513**
4	Jeff Feagles, 1998-02	385
5	Jeff West, 1981-85	299
6	Herman Weaver, 1977-80	257
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	**Michael Dickson, 2018-**	**24,715**
3	Rick Tuten, 1991-97	24,266
4	Jeff Feagles, 1998-02	16,225
5	Jeff West, 1981-85	11,518
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	**Michael Dickson, 2018-**	**216**
3	Rick Tuten, 1991-97	147
4	Jeff Feagles, 1998-02	133
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	**Michael Dickson, 2018-**	**47**
	Rick Tuten, 1991-97	45
4	Jeff Feagles, 1998-02	30
5	Jeff West, 1981-85	28
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
8	Ruben Rodriguez, 1987-89	1
	Donnie Jones, 2004	1
	Ken Walter, 2004	1
	Michael Dickson, 2018-	**1**

PUNT RETURNS

	Player, Seasons	No.
1	Tyler Lockett, 2015-24	145
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, 2015-24	102
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	DeeJay Dallas, 2020-23	27
9	Bobby Joe Edmonds, 1986-88	26
10	David Moore, 2017-20	24

PUNT RETURN YARDS

	Player, Seasons	No.
1	Nate Burleson, 2006-09	1,288
2	Tyler Lockett, 2015-24	1,078
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, 2015-24	1

KICKOFF RETURNS

	Player, Seasons	No.
1	Steve Broussard, 1995-98	165
2	Charlie Rogers, 1999-01	134
3	Maurice Morris, 2002-08	129
4	Tyler Lockett, 2015-24	127
	Leon Washington, 2010-12	127
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

CAREER TOP 10, continued

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
4	Tyler Lockett, 2015-24	3,188
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
2	Tyler Lockett, 2015-24	2
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
	Travis Homer, 2019-22	1
	Laviska Shenault Jr., 2024	1

FUMBLES

	Player, Seasons	No.
1	Dave Krieg, 1980-91	108
2	Russell Wilson, 2012-21	87
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	Geno Smith, 2019-24	24
	Rick Mirer, 1993-96	24

OWN FUMBLE RECOVERIES

	Player, Seasons	No.
1	Russell Wilson, 2012-21	34
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	Geno Smith, 2019-24	10
	Chris Warren, 1990-97	10
10	John L. Williams, 1986-93	9

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
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

FUMBLE RECOVERIES, CONT.

4	Dave Brown, 1976-86	11
	John Harris, 1978-85	11
	Jeff Bryant, 1982-93	11
7	Bobby Wagner, 2012-21, 23	10
8	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	Rayshawn Jenkins, 2024	102
2	Chad Brown, 1997-04	96
3	Michael Sinclair, 1991-01	94
4	Corey Harris, 1995-96	85
	Shawn Springs, 1997-03	85
6	Antonio Edwards, 1993-97	83
7	Bobby Wagner, 2012-21, 23	82
8	Jacob Green, 1980-91	79
	Nick Reed, 2009	79
10	Carlton Gray, 1993-96	62
	John Harris, 1978-85	62

FUMBLE RETURN TD

	Player, Seasons	No.
1	Bobby Wagner, 2012-21, 23	3
	Chad Brown, 1997-04	3
3	Jacob Green, 1980-91	2
	Shelton Robinson, 1982-85	2
	Michael Sinclair, 1991-01	2
6	32 tied with	1
	(last: Derick Hall in 2024)	

TACKLES

	Player, Seasons	No.
1	Bobby Wagner, 2012-21, 23	1,564
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, 13-17	39.0
8	Chris Clemons, 2010-13	38.0
9	Rufus Porter, 1988-94	37.5
10	Frank Clark, 2015-18, 23	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	275.5
9	Michael Bennett, 2009, 13-17	255.0
10	**Jarran Reed, 2016-20, 23-**	**236.0**

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

BLOCKED PUNTS RETURNED FOR TOUCHDOWNS, CONT.

	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
7	20 tied with	1
	(last: Cody White in 2024)	

BLOCKED PATS

	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 Flones, 1981-82	1
	Terry Wooden, 1990-96	1
	Red Bryant, 2008-13	1
	Jeremy Lane, 2012-17	1
	Tre Flowers, 2018-2021	1
	Rasheem Green, 2018-21	1
	Leonard Williams, 2023-	**1**

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
	Bobby Wagner, 2012-21, 23	2
	Rasheem Green, 2018-21	2
	Julian Love, 2023-	**2**
10	21 tied with	1
	(last: Jarran Reed in 2023)	

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
	Michael Jackson, 2021-23	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
	Bobby Wagner, 2012-21, 23	4
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
	Tyler Lockett, 2015-24	3
	Justin Coleman, 2017-18, 22	3

SINGLE-GAME TOP 10

RUSHING ATTEMPTS

	Player, Game	Date
40	Shaun Alexander vs. Green Bay	11/27/06
36	Chris Warren at New England	9/19/93
35	Shaun Alexander vs. Oakland	11/11/01
33	Lamar Smith at Detroit	11/17/96
	Shaun Alexander vs Denver	10/14/01
	Shaun Alexander vs. St. Louis	11/13/05
32	Curt Warner vs Kansas City	11/27/83
	Ricky Watters vs. Indianapolis	12/20/98
	Shaun Alexander vs. Carolina	10/31/04
	Marshawn Lynch vs. Baltimore	11/13/11
	Chris Carson vs. Dallas	9/23/18

RUSHING YARDS

	Player, Game	Date
266	Shaun Alexander vs. Oakland	11/11/01
209	Thomas Rawls vs. San Francisco	11/22/15
207	Curt Warner vs. Kansas City	11/27/83
201	Shaun Alexander vs. Green Bay	11/27/06
195	Shaun Alexander vs. Carolina	10/31/04
192	Curt Warner vs. Denver	12/20/86
190	Rashaad Penny vs. Arizona	1/9/22
185	Chris Warren at Houston	12/11/94
178	Ricky Watters vs. Indianapolis	12/20/98
176	Shaun Alexander vs. Jacksonville	10/7/01
	Shaun Alexander at St. Louis	11/14/04

RUSHING TOUCHDOWNS

	Player, Game	Date
4	Curt Warner vs. Denver	12/11/88
	Shaun Alexander vs. Minnesota	9/29/02
	Shaun Alexander vs. Houston	10/16/05
	Shaun Alexander vs. Arizona	9/25/05
	Marshawn Lynch vs. N.Y. Giants	11/9/14
3	16 times (Last: K. Walker III at Det.,	9/30/24)

LONGEST RUSH

	Player, Game	Date
88t	Shaun Alexander vs. Oakland	11/11/01
	Shaun Alexander at Arizona	11/6/05
86t	Joey Galloway at Jacksonville	11/12/95
79t	Marshawn Lynch at Arizona	12/21/14
77t	Steve Broussard vs. Tennessee	10/5/97
	Marshawn Lynch at Detroit	10/28/12
75t	Tyler Lockett vs. Carolina	12/4/16
74t	Kenneth Walker III at LAC	10/23/22
73t	Travis Homer vs. San Francisco	12/5/21
72t	C.J. Prosise vs. Philadelphia	11/20/16

HIGHEST RUSH AVG. (MIN. 10 ATT.)

	Player, Game	Date
11.6	Marshawn Lynch vs. Arizona	12/9/12
11.3	Marshawn Lynch at Buffalo	12/16/12
	Marshawn Lynch at Arizona	12/21/14
11.1	Russell Wilson at Washington	10/6/14
9.2	Rashaad Penny at Philadelphia	11/24/19
9.0	Rashaad Penny at L.A. Rams	11/11/18
8.9	Sherman Smith vs. Atlanta	11/7/76
	Rashaad Penny at Detroit	10/2/22
8.8	Marshawn Lynch at Detroit	10/28/12
8.6	Lawrence McCutcheon at Dallas	11/27/80

PASS ATTEMPTS

	Player, Game	Date
56	Geno Smith at Detroit	9/30/24
55	Matt Hasselbeck at San Francisco	12/1/02
53	Matt Hasselbeck at San Diego	12/29/02
52	Geno Smith vs. San Francisco	10/10/24
	Matt Hasselbeck at Arizona	11/15/09
51	Dave Krieg vs. Atlanta	10/13/85
	Matt Hasselbeck vs Detroit	11/8/09

PASS ATTEMPTS, CONT.

	Player, Game	Date
50	Dave Krieg vs. Atlanta	12/15/84
	Jeff Kemp at Denver	9/15/91
	Matt Hasselbeck at New England	10/17/04
	Russell Wilson vs. New Orleans	9/22/19
	Russell Wilson at Arizona	10/25/20

PASSING COMPLETIONS

	Player, Game	Date
39	Matt Hasselbeck vs. Detroit	11/8/09
38	Geno Smith at Detroit	9/30/24
36	Matt Hasselbeck at San Diego	12/29/02
33	Dave Krieg vs. Atlanta	10/13/85
	Seneca Wallace at Indianapolis	10/4/09
	Russell Wilson at Arizona	10/25/20
	Geno Smith at New England	9/15/24
32	Matt Hasselbeck at New Orleans	11/21/10
	Russell Wilson at St. Louis	9/13/15
	Russell Wilson vs. New Orleans	9/22/19
	Geno Smith vs. Atlanta	9/25/22
	Geno Smith at Detroit	9/17/23

COMPLETION %

	Player, Game	Date
88.6	Russell Wilson vs. Atlanta	9/13/20
86.4	Matt Dave Krieg vs. Denver	12/11/88
84.0	Matt Hasselbeck vs. San Francisco	12/11/05
83.3	Matt Hasselbeck vs. Detroit	9/10/06
	Geno Smith vs. Jacksonville	10/31/21
82.9	Russell Wilson vs. Pittsburgh	9/15/19
82.8	Russell Wilson vs. San Francisco	11/22/15
82.1	Russell Wilson vs. Arizona	11/19/20
	Geno Smith vs. Denver	9/12/22
81.1	Russell Wilson vs. San Francisco	12/5/21

PASSING YARDS

	Player, Game	Date
452	Russell Wilson at Houston	10/29/17
449	Matt Hasselbeck at San Diego	12/29/02
427	Matt Hasselbeck at San Francisco	12/1/02
418	Dave Krieg at Denver	11/20/83
414	Matt Hasselbeck vs. Dallas	12/6/04
410	Dave Krieg at L.A. Raiders	12/18/88
409	Warren Moon vs. Oakland	10/26/97
406	Dave Krieg at L.A. Raiders	11/25/84
	Russell Wilson vs. New Orleans	9/22/19
405	Dave Krieg vs. Atlanta	10/13/85

PASSING TOUCHDOWNS

	Player, Game	Date
5	Dave Krieg vs. Detroit	12/2/84
	Dave Krieg at San Diego	9/15/85
	Dave Krieg vs. L.A. Raiders	11/28/88
	Warren Moon vs. Oakland	10/26/97
	Matt Hasselbeck at Baltimore	11/23/03
	Matt Hasselbeck vs. N.Y. Giants	9/24/06
	Russell Wilson vs. Pittsburgh	11/29/15
	Russell Wilson at Baltimore	12/13/15
	Russell Wilson vs. Tampa Bay	11/3/19
	Russell Wilson vs. New England	9/20/20
	Russell Wilson vs. Dallas	9/27/20

INTERCEPTIONS

	Player, Game	Date
6	Jim Zorn vs. Detroit	10/24/76
5	Jim Zorn vs. Kansas City	11/9/80
	Dave Krieg at Kansas City	12/9/84
	Jon Kitna vs. Tampa Bay	11/28/99
	Russell Wilson at Green Bay	12/11/16
4	13 times (Last: Hasselbeck at SF,	12/12/10)

PASSER RATING

	Player, Game	Date
158.3	Dave Krieg vs. Buffalo	11/24/94
	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
151.8	Russell Wilson vs. L.A. Rams	10/3/19
151.4	Russell Wilson vs. Minnesota	11/17/13
150.8	Jim Zorn vs. New Orleans	11/18/79
147.9	Russell Wilson vs. Pittsburgh	11/29/15
147.7	Matt Hasselbeck at Tennessee	12/18/05
146.0	Russell Wilson at Minnesota	12/6/15

LONGEST PASS COMPLETION

	Player, Game	Date
90t	Seneca Wallace to Koren Robinson vs. Philadelphia	11/2/08
87t	Matt Hasselbeck to Ben Obomanu vs. Kansas City	11/28/10
84t	Geno Smith to DK Metcalf vs. New Orleans	10/25/21
83	Trent Dilfer to Koren Robinson at St. Louis	10/20/02
81t	John Friesz to Joey Galloway at San Diego	10/25/98
80t	John Friesz to Brian Blades at Miami	10/6/96
	Trent Dilfer to Shaun Alexander vs Minnesota	9/29/02
	Matt Hasselbeck to Darrell Jackson at Baltimore	11/23/03
	Russell Wilson to Golden Tate at St. Louis	10/28/13
	Russell Wilson to Luke Willson at Arizona	12/21/14
	Russell Wilson to Doug Baldwin vs. Pittsburgh	11/29/15

RECEPTIONS

	Player, Game	Date
15	Steve Largent at Detroit	10/18/87
	Tyler Lockett at Arizona	10/25/20
14	Bobby Engram at Cleveland	11/4/07
13	Doug Baldwin vs. Arizona	12/24/16
	Tyler Lockett vs. Tampa Bay	11/3/19
12	David Hughes vs. Kansas City	9/27/81
	Steve Largent at Denver	11/25/84
	John L. Williams vs. L.A. Raiders	12/17/89
	Brian Blades at New Orleans	9/1/91
	DK Metcalf vs. San Francisco	11/1/20
	Tyler Lockett at San Francisco	1/3/21
	Tyler Lockett vs. Jacksonville	10/31/21
	Jaxon Smith-Njigba at NE	9/15/24

RECEIVING YARDS

	Player, Game	Date
261	Steve Largent at Detroit	10/18/87
200	Tyler Lockett at Arizona	10/25/20
191	Steve Largent at Denver	11/25/84
180	Jaxon Smith-Njigba vs. L.A. Rams	11/3/24
	John L. Williams at L.A. Raiders	12/18/88
178	Tyler Lockett vs. Tennessee	9/19/21
177	DK Metcalf at Philadelphia	11/30/20
174	Darrell Jackson vs. Arizona	9/15/02
173	Sam McCullum at Oakland	12/16/79
171	Doug Baldwin vs. Arizona	12/24/16
169	Steve Largent vs. N.Y. Jets	12/6/81

SINGLE-GAME TOP 10, continued

RECEIVING TOUCHDOWNS

	Player, Game	Date
4	Daryl Turner at San Diego	9/15/85
3	Steve Largent at St. Louis	11/13/83
	Steve Largent at San Diego	10/29/84
	Steve Largent at Detroit	10/18/87
	Joey Galloway vs. Oakland	10/26/97
	Doug Baldwin vs. Pittsburgh	11/29/15
	Doug Baldwin at Baltimore	12/13/15
	Doug Baldwin at New England	11/13/16
	Tyler Lockett vs. Dallas	9/27/20
	Tyler Lockett at Arizona	10/25/20
	DK Metcalf vs. Detroit	1/2/22
	DK Metcalf vs. Dallas	11/30/23

LONGEST RECEPTION

	Player, Game	Date
90t	Koren Robinson from Seneca Wallace vs. Philadelphia	11/2/08
87t	Ben Obomanu from Matt Hasselbeck vs. Kansas City	11/28/10
84t	DK Metcalf from Geno Smith vs. New Orleans	10/25/21
83	Koren Robinson from Trent Dilfer at St. Louis	10/20/02
81t	Joey Galloway from John Friesz at San Diego	10/25/98
80t	Brian Blades from John Friesz at Miami	10/6/96
	Shaun Alexander from Trent Dilfer vs. Minnesota	9/29/02
	Darrell Jackson from Matt Hasselbeck at Baltimore	11/23/03
	Golden Tate from Russell Wilson at St. Louis	10/28/13
80t	Luke Willson from Russell Wilson at Arizona	12/21/14
	Doug Baldwin from Russell Wilson vs. Pittsburgh	11/29/15

HIGHEST REC. AVG. (MIN. 5 REC.)

	Player, Game	Date
31.8	Ben Obomanu vs. Kansas City 5 for 159 yards	11/28/10
28.4	Tyler Lockett at Houston 5 for 142 yards	12/12/21
27.8	Steve Largent vs. Oakland 5 for 139 yards	9/16/79
27.4	Joey Galloway at Miami 5 for 137 yards	10/6/96
25.7	Jaxon Smith-Njigba vs. L.A. Rams 7 for 180 yards	11/3/24
	John L. Williams at L.A. Raiders 7 for 180 yards	12/18/88
25.5	Brian Blades vs N.Y. Giants 6 for 153 yards	11/5/95
25.4	Darrell Jackson vs. Arizona 5 for 127 yards	9/17/06
25.0	Darrell Jackson at Oakland 5 for 125 yards	9/30/01
24.2	Darrell Jackson vs Miami 5 for 121 yards	10/28/01
	Doug Baldwin vs. Pittsburgh 6 for 145 yards	11/29/15

MOST FIELD GOALS ATTEMPTED

	Player, Game	Date
6	Norm Johnson vs. Kansas City	9/20/87
	Todd Peterson at Pittsburgh	9/26/99
	Todd Peterson vs. San Diego	12/12/99
	Olindo Mare vs. Chicago	9/27/09
	Olindo Mare at Arizona	11/14/10
5	14 times (Last: J. Myers vs. Was,	11/12/23)

MOST FIELD GOALS MADE

	Player, Game	Date
5	Norm Johnson vs. Kansas City	9/20/87
	Norm Johnson at L.A. Raiders	12/18/88
	Todd Peterson at Pittsburgh	9/26/99
	Olindo Mare vs. Arizona	10/24/10
	Olindo Mare at Arizona	11/14/10
	Steven Hauschka vs. Baltimore	11/13/11
	Jason Myers vs. Carolina	9/24/23
	Jason Myers vs. Washington	11/12/23
4	28 times (Last: J. Myers vs Ari,	10/16/22)

LONGEST FIELD GOAL MADE

	Player, Game	Date
61	Jason Myers at L.A. Rams	11/15/20
59	Jason Myers at Atlanta	10/20/24
58	Josh Brown at Green Bay	10/5/03
	Steven Hauschka at Carolina	10/26/14
57	Jason Myers at San Francisco	11/17/24
56	Sebastian Janikowski at Chicago	9/17/18
	Jason Myers at Detroit	10/2/22
	Jason Myers at New Orleans	10/9/22
	Jason Myers vs. Miami	9/22/24
55	John Kasay at Kansas City	1/2/94
	Josh Brown vs. Dallas	10/23/05
	Jason Myers at Miami	10/4/20
	Jason Myers at Tampa Bay	11/13/22
	Jason Myers at Cincinnati	10/15/23

MOST PUNTS

	Player, Game	Date
12	Rick Tuten vs. Denver	11/28/93
11	Herman Weaver vs. L.A. Rams	11/4/79
	Vince Gamache at Kansas City	11/9/86
	Rick Tuten vs. Philadelphia	12/13/92
	Ryan Plackemeier at Buffalo	9/7/08
	Jon Ryan vs. Philadelphia	11/2/08
10	8 times (Last: Jon Ryan at Chi,	10/17/10)

MOST PUNTS INSIDE THE 20

	Player, Game	Date
6	Rick Tuten vs. Minnesota	11/10/96
	Jeff Feagles vs. Kansas City	12/26/99
	Jeff Feagles at N.Y. Giants	12/23/01
	Jon Ryan vs. San Francisco	12/6/09
	Jon Ryan at Chicago	10/17/10
	Jon Ryan at Miami	11/25/12
5	9 times (Last: M. Dickson at Phi,	11/24/19)

LONGEST PUNT

	Player, Game	Date
77	Jon Ryan at San Francisco	9/11/11
74	Jon Ryan at San Francisco	11/26/17
73	Rick Tuten at Buffalo	10/15/95
	Jon Ryan vs. Green Bay	9/24/12
	Jon Ryan at St. Louis	9/13/15
	Michael Dickson vs. L.A. Rams	9/10/23
72	Ryan Plackemeier vs. San Diego	12/24/06
71	Jon Ryan at St. Louis	11/20/11
70	Jon Ryan vs. St. Louis	9/13/09
	Jon Ryan at Dallas	11/6/11
	Jon Ryan vs. Detroit	10/5/15

MOST TACKLES

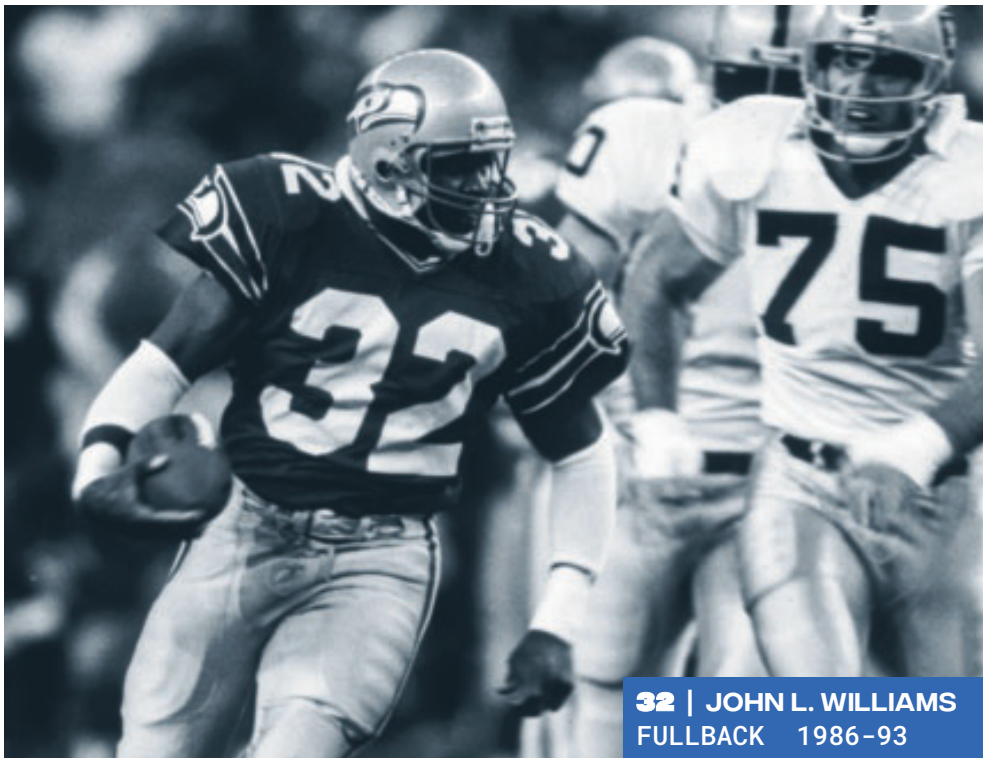
	Player, Game	Date
20	Bobby Wagner vs. Tennessee	9/19/21
	Jordyn Brooks at Arizona	1/9/22
19	Bobby Wagner vs. New Orleans	9/22/19
18	Terry Beeson vs. Houston	11/20/77
	Sammy Green vs. Minnesota	10/8/78
	Bobby Wagner vs. L.A. Rams	9/10/23
	Devin Bush vs. Pittsburgh	12/31/23
17	Isaiah Kacyvenski at Oakland	9/8/02
	Kam Chancellor vs. Arizona	11/15/15
	Bobby Wagner at N.Y. Giants	10/2/23
16	6 times (Last: J. Brooks vs. LV,	11/27/22)

MOST SACKS

	Player, Game	Date
4.0	Jacob Green vs. N.Y. Giants	10/19/86
	Michael Sinclair vs. Denver	9/8/96
	Michael McCrary at Oakland	12/22/96
	Darryl Tapp vs. St. Louis	10/21/07
	Chris Clemons vs. Green Bay	9/24/12
3.5	Jacob Green vs. L.A. Raiders	10/16/83
	Michael Bennett at San Francisco	10/22/15
3.0	25 times (Last: Dunlap II at LAR,	12/21/21)

MOST INTERCEPTIONS

	Player, Game	Date
3	Kenny Easley at San Diego	10/29/84
	Eugene Robinson at Pittsburgh	10/6/92
	Darryl Williams vs. San Diego	9/21/97
	Lofa Tatupu at Philadelphia	12/2/07
	Marcus Trufant vs. Arizona	12/9/07
2	66 times (Last: J. Love vs. Phi)	12/18/23)



32 | JOHN L. WILLIAMS
FULLBACK 1986-93

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
2021	DK Metcalf	17	12	0	12	0	0/0	72
2022	Tyler Lockett	16	9	0	9	0	0/0	54
	Kenneth Walker III	15	9	9	0	0	0/0	54
2023	Kenneth Walker III	15	9	8	1	0	0/0	54
2024	Zach Charbonnet	17	9	8	1	0	0/0	54

*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

KICK SCORING, CONT.

		G	PATs	FGs	Pts.
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
998	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
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
2021	Jason Myers	17	44-47	17-23	95
2022	Jason Myers	17	41-42	34^-37	143*
2023	Jason Myers	17	33-33	35-42*	138
2024	Jason Myers	17	37-40	26-30	115

* Led NFL, ^ 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

YEARLY LEADERS, continued

RUSHING, CONT.

		G	Att.	Yds.	Avg.	LG	TD
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
2021	Rashaad Penny	10	119	749	6.3*	62t	6
2022	Kenneth Walker III	15	228	1050	4.6	74t	9
2023	Kenneth Walker III	15	219	905	4.1	45	8
2024	Kenneth Walker III	11	153	573	3.7	28	7

! NFL single-season record; * Led NFL; + Led AFC; ^ Led NFC

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
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

PASSING, CONT.

		G/S	Att.	Comp.	Yds.	Pct.	TD	Int.	Rate
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
2021	Russell Wilson	14/14	400	259	3113	64.8	25	6	103.1
2022	Geno Smith	17/17	572	399	4282	69.8*	30^	11	100.9
2023	Geno Smith	15/15	499	323	3624	64.7	20	9	92.1
2024	Geno Smith	17/17	578	407	4320	70.4	21	15	93.2

* 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
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
2021	DK Metcalf	17	75	967	12.9	84t	12
2022	DK Metcalf	17	90	1048	11.6	54	6
2023	Tyler Lockett	17	79	894	11.3	37	5
2024	Jaxon Smith-Njigba	17	100	1130	11.3	46	6

* 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

YEARLY LEADERS, continued

RECEIVING YARDS, CONT.

		G	Yds.	No.	Avg.	LG	TD
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
2021	Tyler Lockett	16	1175	73	16.1	69t	8
2022	DK Metcalf	17	1048	90	11.6	54	6
2023	DK Metcalf	16	1114	66	16.9	73t	8
2024	Jaxon Smith-Njigba	17	1130	100	11.3	46	6

* 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

INTERCEPTIONS, CONT.

		G	No.	Yds.	Avg.	LG	TD
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
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
2021	Quandre Diggs	17	5	68	13.6	29	0
2022	Riq Woolen	17	6^	47	7.8	40t	1
2023	Julian Love	17	4	7	1.8	7	0
2024	Coby Bryant	17	3	87	29.0	69t	1
	Julian Love	17	3	33	11.0	26	0
	Riq Woolen	15	3	11	3.7	7	0

* Led NFL; ^ Tied 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

YEARLY LEADERS, continued

PUNTING, CONT.

		G	No.	Yds.	Avg.	Net	LG	TB	I20	Blk.
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
2021	Michael Dickson	17	83	3895	46.9	41.7	68	10	40*	0
2022	Michael Dickson	17	66	3199	48.5	44.4^	68	3	22	0
2023	Michael Dickson	17	66	3303	50.0	44.1	73	8	25	0
2024	Michael Dickson	17	76	3756	49.4	43.3	68	9	31	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
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

PUNT RETURNS, CONT.

		G	No.	FC	Yds.	Avg.	LG	TD
2019	Tyler Lockett	16	13	10	66	5.1	20	0
2020	David Moore	16	12	14	111	9.3	20	0
2021	Freddie Swain	17	22	22	189	8.6	22	0
2022	DeeJay Dallas	15	14	11	102	7.3	20	0
2023	DeeJay Dallas	17	25	16	265	10.6	32	0
2024	Dee Williams	12	15	21	111	7.4	23	0

* Led NFL; @ Tied NFL; + Led AFC; # Tied AFC; ^ Led NFC

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
2021	DeeJay Dallas	17	33	764	23.2	40	0
2022	DeeJay Dallas	15	12	270	22.5	30	0
2023	DeeJay Dallas	17	17	440	25.9	34	0
2024	Laviska Shenault Jr.	11	16	459	28.7	97t	1

* Led NFL; + Led AFC; ^ Led NFC; ! Tied NFC; @ Tied NFL

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
2021	Jordyn Brooks	17	183
2022	Jordyn Brooks	16	161
2023	Bobby Wagner	17	183*
2024	Julian Love	17	106

*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 Tuiasosopo	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

SACKS, CONT.

		G	No.
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
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
2021	Carlos Dunlap II	17	8.5
2022	Darrell Taylor	16	9.5
	Uchenna Nwosu	17	9.5
2023	Boye Mafe	16	9.0
2024	Leonard Williams	16	11.0

* 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
1978	Cornell Webster	15	12
1979	Don Dufek	13	18
1980	Don Dufek	8	13
1981	Mike Tice	16	11
1982	Eric Lane	9	6
	Ken McAlister	9	6

SPECIAL TEAMS TACKLES, CONT.

		G	No.
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
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
2021	Nick Bellore	17	15
2022	Nick Bellore	16	14
2023	Julian Love	17	13
2024	Brady Russell	11	10

TEAM JERSEY COMBO W/L RECORD SINCE 2012

College Navy/College Navy: 65-30; **White/College Navy:** 32-21; **Wolf Grey/Wolf Grey:** 13-2-1; **Action Green/Action Green:** 5-3; **Action Green/College Navy:** 3-1; **College Navy/Wolf Grey:** 8-7; **White/White:** 9-11; **White/Wolf Grey:** 6-10; **Royal Blue/Silver**: 2-2 **Overall:** 143-87-1

2012

Date	W/L	Score	Opponent	Jersey	Pants
9/9	L	20-16	at Arizona	White	Grey
9/16	W	27-7	Dallas	Navy	Navy
9/24	W	14-12	Green Bay	Navy	Navy
9/30	L	19-13	at St. Louis	White	Grey
10/7	W	16-12	at Carolina	Navy	Grey
10/14	W	24-23	New England	Navy	Navy
10/18	L	13-6	at San Francisco	White	Grey
10/28	L	28-24	at Detroit	White	Navy
11/4	W	30-20	Minnesota	Navy	Navy
11/11	W	28-7	N.Y. Jets	Navy	Navy
11/25	L	24-21	at Miami	Navy	Grey
12/2	W	23-17	at Chicago	White	White
12/9	W	58-0	Arizona	Navy	Navy
12/16	W	50-17	at Buffalo	Grey	Grey
12/23	W	42-13	San Francisco	Navy	Navy
12/30	W	20-13	St. Louis	Navy	Navy
1/6	W	24-14	at Washington	*White	White
1/13	L	30-28	at Atlanta	*White	White

* postseason

2013

Date	W/L	Score	Opponent	Jersey	Pants
9/8	W	12-7	at Carolina	Navy	Grey
9/15	W	29-3	San Francisco	Navy	Navy
9/22	W	45-17	Jacksonville	Navy	Navy
9/29	W	23-20	at Houston	Grey	Grey
10/6	L	34-28	at Indianapolis	White	White
10/13	W	20-13	Tennessee	Navy	Navy
10/17	W	34-22	at Arizona	Grey	Grey
10/28	W	14-9	at St. Louis	White	White
11/3	W	27-24	Tampa Bay	Navy	Navy
11/10	W	33-10	at Atlanta	White	Navy
11/17	W	41-20	Minnesota	Navy	Navy
12/2	W	34-7	New Orleans	Navy	Navy
12/8	L	19-17	at San Francisco	White	White
12/15	W	23-0	at N.Y. Giants	White	Navy
12/22	L	17-10	Arizona	Navy	Navy
12/29	W	27-9	St. Louis	Navy	Navy
1/11	W	23-15	New Orleans	*Navy	Navy
1/19	W	23-17	San Francisco	*Navy	Navy
2/2	W	43-8	Denver	*White	Navy

* postseason

2014

Date	W/L	Score	Opponent	Jersey	Pants
9/4	W	36-16	Green Bay	Navy	Navy
9/14	L	30-21	at San Diego	Navy	Grey
9/21	W	26-20	Denver (OT)	Navy	Navy
10/6	W	27-17	Washington	White	White
10/12	L	30-23	at Dallas	Navy	Navy
10/19	L	28-26	at St.Louis	White	Grey
10/26	W	13-9	at Carolina	Grey	Grey
11/2	W	30-24	at Oakland	Navy	Navy
11/9	W	38-17	N.Y. Giants	Navy	Navy
11/16	L	24-20	at Kansas City	White	Navy
11/23	W	19-3	at Arizona	Navy	Navy
11/27	W	19-3	at San Francisco	Grey	Grey
12/7	W	24-14	at Philadelphia	White	Navy
12/14	W	17-7	at San Francisco	Navy	Navy
12/21	W	35-6	at Arizona	White	Navy
12/28	W	20-6	St. Louis	Navy	Navy
1/10	W	31-17	Carolina	*Navy	Navy
1/18	W	28-22	Green Bay (OT)	*Navy	Navy
2/1	L	28-24	New England	*Navy	Navy

* postseason

2015

Date	W/L	Score	Opponent	Jersey	Pants
9/13	L	34-31	at St. Louis	White	Navy
9/20	L	27-17	at Green Bay	White	White
9/27	W	26-0	Chicago	Navy	Navy
10/5	W	13-10	Detroit	Navy	Navy
10/11	L	27-24	at Cincinnati	White	Navy
10/18	L	27-23	Carolina	Navy	Navy
10/22	W	20-3	at San Francisco	Grey	Grey
11/1	W	13-12	at Dallas	Navy	Navy
11/15	L	39-32	Arizona	Navy	Navy
11/22	W	29-13	San Francisco	Navy	Navy
11/29	W	39-30	at Pittsburgh	Navy	Navy
12/6	W	38-7	at Minnesota	White	Grey
12/13	W	35-6	Baltimore	White	Navy
12/20	W	30-13	Cleveland	Navy	Navy
12/27	L	23-17	St. Louis	Navy	Navy
1/3	W	36-6	at Arizona	Grey	Grey
1/10	W	10-9	at Minnesota	*White	Navy
1/17	L	31-24	at Carolina	*Navy	Grey

* postseason

2016

Date	W/L	Score	Opponent	Jersey	Pants
9/11	W	12-10	Miami	Navy	Navy
9/18	L	9-3	at L.A. Rams	White	Navy
9/25	W	37-18	San Francisco	Navy	Navy
10/2	W	27-17	at New York Jets	Navy	Navy
10/16	W	26-24	Atlanta	Navy	Navy
10/23	T	6-6	at Arizona (OT)	Grey	Grey
10/30	L	25-20	at New Orleans	White	White
11/7	W	31-25	Buffalo	Navy	Navy
11/13	W	31-24	at New England	White	Navy
11/20	W	26-15	Philadelphia	Navy	Navy
11/27	L	14-5	at Tampa Bay	White	Grey
12/4	W	40-7	Carolina	Navy	Navy
12/11	L	38-10	at Green Bay	Grey	Grey
12/15	W	24-3	L.A.Rams	Green	Green
12/24	L	34-31	Arizona (OT)	Navy	Navy
1/1	W	25-23	at San Francisco	White	Navy
1/7	W	26-6	Detroit	*Navy	Navy
1/14	L	36-20	at Atlanta	*White	Navy

* postseason

2017

Date	W/L	Score	Opponent	Jersey	Pants
9/10	L	17-9	at Green Bay	White	Navy
9/17	W	12-9	San Francisco	Navy	Navy
9/24	L	33-27	at Tennessee	White	Grey
10/1	W	46-18	Indianapolis	Navy	Navy
10/8	W	16-10	at L.A. Rams	White	White
10/22	W	24-7	at N.Y. Giants	Grey	Grey
10/29	W	41-38	Houston	Navy	Navy
11/5	L	17-14	Washington	Navy	Navy
11/9	W	22-16	at Arizona	Green	Green
11/20	L	34-31	Atlanta	Navy	Navy
11/26	W	24-13	at San Francisco	White	Navy
12/3	W	24-10	Philadelphia	Navy	Navy
12/10	L	30-24	at Jacksonville	White	Navy
12/17	L	42-7	L.A. Rams	Navy	Navy
12/24	W	21-12	at Dallas	Navy	Navy
12/31	L	26-24	Arizona	Navy	Navy

TEAM JERSEY COMBO, continued

2018

Date	W/L	Score	Opponent	Jersey	Pants
9/9	L	27-24	at Denver	White	Navy
9/17	L	24-7	at Chicago	White	White
9/23	W	24-13	Dallas	Navy	Navy
9/30	W	20-17	at Arizona	Grey	Grey
10/7	L	33-31	L.A. Rams	Navy	Navy
10/14	W	27-3	at Oakland	White	Navy
10/28	W	28-14	at Detroit	White	Navy
11/4	L	25-17	L.A. Chargers	Navy	Navy
11/11	L	36-31	at L.A. Rams	White	Grey
11/15	W	27-24	Green Bay	Navy	Navy
11/25	W	30-27	at Carolina	White	Navy
12/2	W	43-16	San Francisco	Navy	Navy
12/10	W	21-7	Minnesota	Green	Green
12/16	L	26-23	at San Francisco	White	Navy
12/23	W	38-31	Kansas City	Navy	Navy
12/30	W	27-24	Arizona	Navy	Navy
1/5	L	24-22	at Dallas	*Navy	Grey

* postseason

2019

Date	W/L	Score	Opponent	Jersey	Pants
9/8	W	21-20	Cincinnati	Navy	Navy
9/15	W	28-26	at Pittsburgh	White	Navy
9/22	L	33-27	New Orleans	Navy	Navy
9/29	W	27-10	at Arizona	Grey	Grey
10/3	W	30-29	L.A.Rams	Green	Green
10/13	W	32-28	at Cleveland	White	Navy
10/20	L	30-16	Baltimore	Navy	Navy
10/27	W	27-20	at Atlanta	White	Navy
11/3	W	40-34	Tampa Bay	Navy	Navy
11/11	W	27-24	at San Francisco	Grey	Grey
11/24	W	17-9	at Philadelphia	White	Navy
12/2	W	37-30	Minnesota	Green	Navy
12/8	L	28-12	at L.A.Rams	White	Navy
12/15	W	30-24	at Carolina	White	Navy
12/22	L	27-13	Arizona	Navy	Navy
12/29	L	26-21	San Francisco	Navy	Navy
1/5	W	17-9	at Philadelphia	*White	Navy
1/12	L	28-23	at Green Bay	*White	Navy

* postseason

2020

Date	W/L	Score	Opponent	Jersey	Pants
9/13	W	38-25	at Atlanta	White	White
9/20	W	35-30	New England	Navy	Navy
9/27	W	38-31	Dallas	Navy	Navy
10/4	W	31-23	at Miami	Navy	Grey
10/11	W	27-26	Minnesota	Green	Navy
10/25	L	37-34	at Arizona	Grey	Grey
11/1	W	37-27	San Francisco	Navy	Navy
11/8	L	44-34	at Buffalo	White	Grey
11/15	L	23-16	at L.A. Rams	White	Navy
11/19	W	28-21	Arizona	Green	Navy
11/30	W	23-17	at Philadelphia	White	Navy
12/6	L	17-12	N.Y. Giants	Navy	Navy
12/13	W	40-3	N.Y. Jets	Navy	Navy
12/20	W	20-15	at Washington	White	Navy
12/27	W	20-9	L.A. Rams	Navy	Navy
1/3	W	26-23	at SF (in Arizona)	Navy	Navy
1/9	L	30-20	L.A. Rams	*Navy	Navy

* postseason

2021

Date	W/L	Score	Opponent	Jersey	Pants
9/12	W	28-16	at Indianapolis	White	Navy
9/19	L	33-30	Tennessee (OT)	Navy	Navy
9/26	L	20-7	at Minnesota	White	Navy
10/3	W	28-21	at San Francisco	White	Navy
10/7	L	26-17	L.A. Rams	Green	Green

2021 cont.

Date	W/L	Score	Opponent	Jersey	Pants
10/17	L	23-20	at Pittsburgh (OT)	White	Navy
10/25	L	13-10	New Orleans	Navy	Navy
10/31	W	31-7	Jacksonville	Navy	Navy
11/14	L	17-0	at Green Bay	White	Navy
11/21	L	23-13	Arizona	Navy	Navy
11/29	L	17-15	at Washington	White	White
12/5	W	30-23	San Francisco	Navy	Grey
12/12	W	33-13	at Houston	White	Grey
12/21	L	20-10	at L.A. Rams	White	White
12/26	L	25-24	Chicago	Navy	Grey
1/2	W	26-23	Detroit	Navy	Navy
1/9	W	38-30	at Arizona	Grey	Grey

2022

Date	W/L	Score	Opponent	Jersey	Pants
9/12	W	17-16	Denver	Green	Green
9/18	L	27-7	at San Francisco	White	Navy
9/25	L	27-23	Atlanta	Navy	Navy
10/2	W	48-45	at Detroit	White	Navy
10/9	L	39-32	at New Orleans	White	White
10/16	W	19-9	Arizona	Navy	Navy
10/23	W	37-23	at L.A. Chargers	White	Grey
10/30	W	27-13	N.Y. Giants	Navy	Navy
11/6	W	31-21	at Arizona	Grey	Grey
11/13	L	21-16	vs. Tampa Bay	White	Navy
11/27	L	40-34	Las Vegas (OT)	Navy	Navy
12/5	W	27-23	at L.A. Rams	White	White
12/11	L	30-24	Carolina	Navy	Grey
12/15	L	21-13	San Francisco	Green	Navy
12/24	L	24-10	at Kansas City	White	Navy
1/1	W	23-6	N.Y. Jets	Navy	Grey
1/8	W	19-16	L.A. Rams (OT)	Navy	Navy
1/14	L	41-23	at San Francisco	*White	Grey

* postseason

2023

Date	W/L	Score	Opponent	Jersey	Pants
9/10	L	30-13	L.A. Rams	Navy	Navy
9/17	W	37-31	at Detroit (OT)	White	Navy
9/24	W	37-27	Carolina	White	Navy
10/2	W	24-3	at N.Y. Giants	White	White
10/15	L	17-13	at Cincinnati	White	Navy
10/22	W	20-10	Arizona	Navy	Grey
10/29	W	24-20	Cleveland	Royal Blue	Silver
11/5	L	37-3	at Baltimore	White	White
11/12	W	29-26	Washington	Navy	Grey
11/19	L	17-16	at L.A. Rams	White	Grey
11/23	L	31-13	San Francisco	Green	Green
11/30	L	41-35	at Dallas	Royal Blue	Silver
12/10	L	28-16	at San Francisco	White	Navy
12/18	W	20-17	Philadelphia	Navy	Navy
12/24	W	20-17	at Tennessee	White	Navy
12/31	L	30-23	Pittsburgh	Navy	Navy
1/7	W	21-20	at Arizona	White	Navy

TEAM JERSEY COMBO, continued

2024

Date	W/L	Score	Opponent	Jersey	Pants
9/8	W	26-20	Denver	Royal Blue	Silver
9/15	W	23-20	at New England (OT)	White	Navy
9/22	W	24-3	Miami	Navy	Navy
9/30	L	42-29	at Detroit	White	White
10/6	L	29-20	N.Y. Giants	Navy	Navy
10/10	L	36-24	San Francisco	Royal Blue	Silver
10/20	W	34-14	at Atlanta	White	Grey
10/27	L	31-10	Buffalo	Navy	Navy
11/3	L	26-20	L.A. Rams (OT)	Navy	Navy
11/17	W	20-17	at San Francisco	White	Navy
11/24	W	16-6	Arizona	Navy	Grey
12/1	W	26-21	at N.Y. Jets	White	Navy
12/8	W	30-18	at Arizona	White	Grey
12/15	L	30-13	Green Bay	Green	Green
12/22	L	27-24	Minnesota	Navy	Navy
12/26	W	6-3	at Chicago	White	Navy
1/5	W	30-25	at L.A. Rams	White	White

2025

Date	W/L	Score	Opponent	Jersey	Pants
9/7	L	17-13	San Francisco	Navy	Grey
9/14	W	31-17	at Pittsburgh	White	Grey

RECORDS

94 | CHAD BROWN
LINEBACKER 1997-04

TEAM RECORDS - REGULAR SEASON

ATTENDANCE

Largest Single-Season Regular-Season Home Totals

619,419	2022 (68,832 - 9 games)
617,945	2024 (68,661 - 9 games)
552,588	2016 (69,074 - 8 games)

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

93,367	at Dallas 11/30/2023
92,150	at Dallas 12/24/2017
91,486	at Dallas 11/1/2015

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, 2024

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

7	2024-25
6	2019
5	1979-80, 2005, 2015

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)

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, 2024

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	10 Times (Last: 2021)

Most Consecutive Shutout Games, Lost or Tied, Season

2	1992
1	10 Times (Last: 2021)

Most Consecutive Overtime Games Lost, Season

1	25 Times (Last: 2022)

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)
	vs. Detroit 1/2/2022

Fewest Points, Game

0	12 Times (Last: at Green Bay 11/14/2021)

Most Points, Both Teams, Game

99	Seattle (51) vs. Kansas City (48) 11/27/1983 (OT)
93	Seattle (48) at Detroit (45) 10/2/2022
85	Seattle (41) at Baltimore (44) 11/23/2003 (OT)
	Seattle (41) at Atlanta (44) 12/30/2007

Fewest Points, Both Teams, Game

9	Seattle (3) at Cleveland (6) 10/23/2011
	Seattle (6) at Chicago (3) 12/26/2024
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, 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
	at Detroit 9/17/2023
	3, 11 Times (Last: vs. L.A. Rams 1/8/2023)

GAMES

Most Consecutive Games Scoring

166	2011-21
121	1992-99
115	2000-07

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	19 Times (Last: at Detroit 10/2/2022)

TEAM RECORDS - REGULAR SEASON

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
Seattle (6) at Detroit (6) 10/2/2022
10 10 Times (Last: Seattle [4] vs. Detroit [6] 9/30/2024)

Most Consecutive Games Scoring Touchdowns

71 2017-21
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 15 Times (Last: at Detroit 10/2/2022)

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, 2023

Most Two-Point Conversions Made, Game

2 at Kansas City 10/23/1994
1 Many Times

FIELD GOALS

Most Field Goals Attempted, Season

42 2023
40 1999
37 2014, 2016, 2022

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 14 Times (Last: vs. Washington 11/12/2023)

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

35 2023
34 1999, 2022
33 2013, 2016

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
vs. Carolina 9/24/2023
vs. Washington 11/12/2023
4 Many Times (Last: 1/8/2023 vs L.A. Rams)

Most Field Goals, Both Teams, Game

8 Seattle (5) vs. L.A. Raiders (3) 12/18/1988
7 12 Times (Last: Seattle [5] vs. Washington [2] 11/12/2023)

Most Consecutive Games Scoring Field Goals

26 2022-23
21 2015-17
19 2002-03, 2015-16

SAFETIES

Most Safeties, Season

4 1993 (Ties NFL record)
3 2020
2 2013, 2017

Most Safeties, Game

1 Many Times (Last: at Detroit 9/30/2024)

Most Safeties, Both Teams, Game

2 Seattle (0) vs. Denver (2) 1/2/1983
Seattle (1) vs. Cleveland (1) 11/14/1993
Seattle (0) vs. Denver (2) 09/08/2024
1 Many Times (Last: Seattle [1] vs. SF [0] 12/5/2021)

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
42 at Detroit 9/30/2024

Fewest Points Allowed, Game

0 19 Times (Last: vs. Chicago 9/27/2015)

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 (Last: at Chicago 12/26/2024)

Most Touchdowns Allowed, Game

7 at Dallas 11/27/1980
vs. Kansas City 11/27/1983 (OT)
6 9 Times (Last: at Detroit 9/30/2024)

FIRST DOWNS

FIRST DOWNS MADE

Most Seasons Leading League

1 1978

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

38 at Detroit 9/30/2024
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)

Fewest First Downs, Game

1 vs. L.A. Rams 11/4/1979
2 vs. New England 12/4/1988
6 4 Times (Last: at Baltimore 11/5/2023)

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)
59 at Detroit 9/30/2024 (Sea-38, Det-21)

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
vs. L.A. Raiders 10/18/1992
vs. Arizona 10/18/2009

BY PASSING

Most First Downs, Passing, Season

224 2019
216 2020
211 2024

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
at Detroit 9/30/2024
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)

TEAM RECORDS - REGULAR SEASON

BY PENALTY

Most First Downs, Penalty, Season

40	2018
39	1978
35	2002, 2023

Fewest First Downs, Penalty, Season

10	1986
14	1991
15	2000

Most First Downs, Penalty, Game

7	vs. Denver 09/12/2022
6	vs. N.Y. Jets 09/17/1978
	vs. San Diego 01/16/1981
	vs. San Diego 09/18/1994
	vs. San Francisco 12/2/2018
	at Detroit 9/30/2024

FIRST DOWNS ALLOWED

Most First Downs Allowed, Season

400	2021
380	2023
376	2020

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)
	at Dallas 11/30/2023
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 09/27/2015
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
	vs. Arizona 11/24/2024
1	Many Times (Last: Cincinnati 9/8/2019)

BY PASSING

Most First Downs Allowed, Passing, Season

253	2020
240	2021
224	2019

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 9/19/2021 (OT)
	at San Francisco 9/18/2022
	at Dallas 11/30/2023
5	13 Times (Last: vs. L.A. Rams 11/3/2024)

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

3.6	1992 (945-3,374)
4.4	1982 (589-2,594 [9 games])
4.6	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

6,445	2021
6,391	2000
6,313	2023

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
576	vs. Las Vegas 11/27/2022 (OT)

OPPONENTS PLAYS

Fewest Opponents Plays Allowed, Season

600	1982 (9 games)
924	2014
947	2015
950	1990

Most Opponents Plays Allowed, Season

1,201	2021
1,147	2023
1,137	1998

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

TEAM RECORDS - REGULAR SEASON

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
658 2021
650 1998

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
vs. Carolina 9/24/2023

RUSHING

ATTEMPTS

Most Rushing Attempts, Season

561 1978
546 1983
536 2012

Fewest Rushing Attempts, Season

227 1982 (9 games)
374 1976
382 2023

Most Rushing Attempts, Game

57 vs. N.Y. Jets 9/11/1983
56 vs. San Diego 9/18/1983
54 vs. San Diego11/22/1987

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
vs. N.Y. Giants 10/6/2024

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

5.3 2014 (525-2,762)
5.0 2021 (413-2,074)
4.8 2012 (536-2,579)

Lowest Average Gain, Rushing, Season

3.3 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
2,554 2022

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

24 2023
23 1979
22 2019

Fewest Touchdowns Allowed, Rushing, Season

4 1991, 2013
5 2005
7 1990

Most Touchdowns Allowed, Rushing, Game

5 at Green Bay12/27/2009
4 5 Times (Last: at Cleveland 11/4/2007)

PASSING

ATTEMPTS

Most Passes Attempted, Season

609 1997, 2009
593 2024
590 2007

Fewest Passes Attempted, Season

326 1982 (9 games)
387 1977
405 1987, 2012

Most Passes Attempted, Game

61 vs. Kansas City 9/29/1985
56 at Detroit 9/30/2024
55 at San Francisco 12/1/2002

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

413 2024
399 2022
388 2020

Fewest Passes Completed, Season

175 1977
176 1982 (9 games)
229 1976

Most Passes Completed, Game

40 vs. Detroit 11/8/2009
38 at Detroit 9/30/2024
36 at San Diego 12/29/2002 (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

4,020 2024
4,124 2016
4,078 2002

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
54 2024
53 1985

Fewest Times Sacked, Season

21 1977
23 1979
27 2005

TEAM RECORDS - REGULAR SEASON

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
7	vs. 15 Times (Last: vs. Green Bay 12/15/2024)

COMPLETION PERCENTAGE

Highest Completion Percentage, Season

69.6	2022 (573-399), 2024 (593-413)
68.9	2020 (563-388)
68.1	2015 (489-333)

Lowest Completion Percentage, Season

45.2	1977 (387-175)
47.7	1976 (480-229)
48.3	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, 2021
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
4,513	2021
4,223	2019

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: at Detroit 10/2/2022)

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

0	at Detroit 10/2/2022
	at Dallas 11/30/2023
1	20 Times (Last vs. Detroit 1/2/2022)

AVERAGE YARDAGE

Highest Average Distance, Punting, Season

50.0	2023 (66-3,303)
49.6	2020 (61-3,028)
49.4	2024 (76-3756)

Lowest Average Distance, Punting, Season

36.4	1978 (69-2,513)
37.4	1976 (82-3,067)
37.6	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

40	2021
36	2024
34	1999, 2011, 2019

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

PUNTS

Fewest Opponent Punts, Season

50	1982 (9 games)
54	1977
55	1981

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
	at Dallas 11/30/2023
1	Many Times (Last: vs. Pittsburgh 12/31/2023)

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

48.0	2023 (60-2,879)
47.22	2009 (82-3,872)
47.19	2022 (62-2,926)

Lowest Opponent Average, Punting, Season

35.0	1976 (65-2,275)
36.0	1977 (54-1,942)
37.4	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)
57.0	at New England 9/15/2024 (6-342)

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, 2024
30	2010, 2012

TEAM RECORDS - REGULAR SEASON

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
	at Chicago 12/26/2024
4	Many Times (Last: vs. Minnesota 12/22/2024)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Season

58	2007
53	1985
52	2013

Fewest Punt Returns, Season

16	2022
21	1982 (9 games)
22	2020

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

FAIR CATCHES

Most Fair Catches, Season

29	2024
28	2014, 2016
27	1992

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

109	2022
141	2019
143	2018

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

14.0	1999 (30-419)
12.8	2000 (30-384)
11.7	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)

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

3.6	1982 (19-69) (9 games)
3.9	2013 (21-82)
4.6	1981 (33-153) (Led NFL)

Highest Average Allowed, Punt Returns, Season

13.3	2015 (29-386)
12.3	1996 (52-640)
12.2	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

Fewest Kickoff Returns, Season

22	2019
26	2023
28	2020

Most Kickoff Returns, Game

9	vs. New Orleans 11/21/1976
	vs. Kansas City 11/27/1983 (OT)
8	Many Times (Last: vs. N.Y. Giants 11/7/2010)

Fewest Kickoff Returns, Game

0	Many Times

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
266	vs. San Francisco 10/10/2024
253	vs. San Diego 9/26/2010

Fewest Yards, Kickoff Returns, Game

0	Many Times

AVERAGE YARDAGE

Highest Average, Kickoff Returns, Season

28.0	2024 (38-1065)
27.1	2012 (29-787)
26.2	2023 (26-680)

Lowest Average, Kickoff Returns, Season

17.7	1992 (50-885)
18.5	1981 (69-1,278)
18.6	1993 (50-931)

TOUCHDOWNS

Most Touchdowns, Kickoff Returns, Season

3	2010
2	2007
1	11 Times (Last: 2024)

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
	vs. Jacksonville 10/31/2021
	vs. San Francsico 10/10/2024

OPPONENT KICKOFF RETURNS

Fewest Opponent Kickoff Returns, Season

22	2023
24	1982 (9 games), 2019
32	2016

Most Opponent Kickoff Returns, Season

82	2005
81	1999
79	2003

Fewest Opponent Kickoff Returns, Game

0	Many Times (Last: at Arizona 12/8/2024)

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)

TEAM RECORDS - REGULAR SEASON

YARDS GAINED

Fewest Yards Allowed, Kickoff Returns, Season

361	1982 (9 games)
488	2023
532	2019

Most Yards Allowed, Kickoff Returns, Season

1,802	2005
1,790	2007
1,779	1997

Fewest Yards Allowed, Kickoff Returns, Game

0	Many Times

Most Yards Allowed, Kickoff Returns, Game

238	at N.Y. Jets 12/1/2024
237	at Atlanta 12/30/2007
230	vs. Kansas City 9/20/1987

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)
	at N.Y. Jets 12/1/2024 (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

27.85	2024 (40-1114)
26.02	2011 (48-1,249)
25.64	2008 (47-1,205)

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	14 Times (Last: at N.Y. Jets 12/1/2024)

FUMBLES

FUMBLES

Most Fumbles, Season

43	1989
41	1981
38	1980

Fewest Fumbles, Season

8	2023
14	2020
16	2012

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, 2023
6	2016, 2021

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

11	2023
14	2015
15	2008

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

3	2023
4	2008
6	2010, 2015

Most Opponents Fumbles Recovered, Season

28	1983
27	1981
25	1984

Fewest Opponents Fumbles Recovered, Season

6	1999
7	2021
8	1982, 2015, 2016, 2020, 2023

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	8 Times (Last: 2024)

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

OPPONENT FUMBLES

Fewest Opponent Fumbles, Season

15	2022
17	1995, 1999, 2023
18	1982 (9 games)
	2011, 2020

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)
13	2021 (7 ints, 6 fums)
14	2014 (7 ints, 7 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

TAKEAWAYS (NO. OF TIMES TAKING BALL FROM OPPT. ON INTS AND FUMBL

Seasons Leading League in Most Takeaways

1984, 2013

Fewest Opponent Turnovers, Season

18	2021 (11 ints, 7 fums)
19	2016 (11 ints, 8 fums), 2023 (11 ints, 8 fums)
20	2008 (9 ints, 11 fums)

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

Fewest Penalties, Season

59	1982 (9 games)
	2007
66	2001
76	1977

Most Penalties, Season

148	2017
138	2011
130	2014

Fewest Penalties, Game

0	at Pittsburgh 12/6/1987
	vs. Dallas 12/16/2001
	vs. Baltimore 12/23/2007
	at Miami 10/4/2020
	at Arizona 1/7/2024
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

TEAM RECORDS - REGULAR SEASON

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
	at Arizona 1/7/2024
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
257	Seattle (130) at Dallas (127) 11/30/2023

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

25:15	2021
26:30	2008
26:47	2023

Highest Time of Possession, Game

41:56	at Philadelphia 12/7/2014
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

34:45	2021
33:30	2008
33:13	2023

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)

Most Passes Intercepted By, Season

38	1984
30	1999
28	2013

Fewest Passes Intercepted By, Season

9	1989, 2008
11	2016, 2021, 2023
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
92	2021

Most Yards Returning Interceptions, Game

325	vs. Kansas City 11/4/1984 (NFL record)
148	at Philadelphia 12/5/2005
146	vs. Philadelphia 12/1/2011

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)
2	9 Times (Last: Seattle [2] at Chicago [0] 12/18/2011)

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
	at N.Y. Giants 10/2/2023
10	vs. Philadelphia 12/13/1992 (OT)

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
67	at New York Giants 10/2/2023

INDIVIDUAL RECORDS - REGULAR SEASON

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)
735	Jason Myers, 2019- (162 FG, 249 PAT)

Most Points, Season

168	Shaun Alexander, 2005 (27-R, 1-P)
143	Steven Hauschka, 2013 (33 FG, 44 PAT)
	Jason Myers, 2022 (34 FG, 41 PAT)
138	Jason Myers, 2023 (35 FG, 33 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)
	Kenneth Walker III, 2022 (9-R)

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)
3	Kenneth Walker III, vs. Detroit 9/30/2024 (3-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)
	Taysom Hill, at New Orleans 10/09/2022 (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)
	Taysom Hill, at New Orleans 10/09/2022 (3-R, 1-P)
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
264	Jason Myers, 2019-
246	Steven Hauschka, 2011-16

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: Jason Myers, at Detroit 10/2/2022)

MADE

Most Points After Touchdown Made, Career

333	Norm Johnson, 1982-90
249	Jason Myers, 2019-
234	Steven Hauschka, 2011-16

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: Jason Myers, at Detroit 10/2/2022)

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)
99.6	Josh Brown, 2003-07 (223-224)
98.5	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	15 Times (Last: Jason Myers, at Detroit 10/2/2022)

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	8 Times (Last: Jake Bates, at Detroit 9/30/2024)

Most Points After Touchdown, Game

7	Rafael Septien, at Dallas 11/27/1980
6	9 Times (Last: Jake Bates, at Detroit 9/30/24 [6 att.])

Most Points After Touchdown, No Misses, Game

7	Rafael Septien, at Dallas 11/27/1980
6	8 Times (Last: Jake Bates, at. Detroit 9/30/2024)

FIELD GOALS

ATTEMPTS

Most Field Goals Attempted, Career

228	Norm Johnson, 1982-90
197	Steven Hauschka, 2011-16
188	Jason Myers, 2019-

Most Field Goals Attempted, Season

42	Jason Myers, 2023
40	Todd Peterson, 1999
37	Steven Hauschka, 2014
	Steven Hauschka, 2016
	Jason Myers, 2022

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	14 Times (Last: Jason Myers, vs. Washington 11/12/2023)

MADE

Most Field Goals Made, Career

175	Steven Hauschka, 2011-16
162	Jason Myers, 2019-
159	Norm Johnson, 1982-90

Most Field Goals Made, Season

35	Jason Myers, 2023
34	Todd Peterson, 1999
	Jason Myers, 2022
33	Steven Hauschka, 2013
	Steven Hauschka, 2016

Most Field Goals Made, Rookie, Season

25	John Kasay, 1991
22	Josh Brown, 2003
15	Rian Lindell, 2000

INDIVIDUAL RECORDS - REGULAR SEASON

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
	Jason Myers, vs. Carolina 9/24/2023
	Jason Myers, vs. Washington 11/12/2023
4	Many Times (Last: Jason Myers, vs. L.A. Rams 1/8/2023)

Most Field Goals Made, One Quarter

3	11 Times (Last: Jason Myers, vs. Carolina 9/24/2023, 2nd)

Most Consecutive Games Scoring Field Goals

26	Jason Myers, 2022-23
19	Steven Hauschka, 2015-16
14	Steven Hauschka, 2011-12

Most Consecutive Field Goals Made

37	Jason Myers, 2019-21
30	Olindo Mare, 2009-10
24	Jason Myers, 2022

Longest Field Goal Made

61	Jason Myers, at L.A. Rams 11/15/2020
59	Jason Myers, at Atlanta 10/20/2024
58	Josh Brown, at Green Bay 10/5/2003
	Steven Hauschka, at Carolina 10/26/2014

Longest Field Goal Attempted

62	Jason Myers, at Detroit 9/30/2024
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
	Jason Myers, vs. Minnesota 12/22/2024

PERCENTAGE

Highest Field Goal %, Career (Min. 25 att.)

88.8	Steven Hauschka, 2011-16 (175-197)
88.0	Olindo Mare, 2008-10 (73-83)
86.2	Jason Myers, 2019- (162-188)

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
	Jason Myers, vs. Carolina 9/24/2023
	Jason Myers, vs. Washington 11/12/2023
4	Many Times (Last: Jason Myers, vs. Arizona 10/16/2022)

50-YARD FIELD GOALS

Most Field Goal Attempts, 50+ Yards, Career

38	Jason Myers, 2019-
26	Norm Johnson, 1982-90
22	Josh Brown, 2003-07
	Steven Hauschka, 2011-16

Most Field Goals Made, 50 or More Yards, Career

27	Jason Myers, 2019-
15	Steven Hauschka, 2011-16
13	Josh Brown, 2003-07

Most Field Goals Made, 50+ Yards, Season

9	Jason Myers, 2024
6	Steven Hauschka, 2015
	Jason Myers, 2022
5	Norm Johnson, 1986
	Josh Brown, 2005

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
	Jason Myers, at L.A. Rams 11/19/2023
	Jason Myers, at San Francisco 11/17/2024

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

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)

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)

Longest Field Goal Made

61	Ka'imi Fairbairn, at Houston 12/13/2021
60	Greg Zuerlein, at St. Louis 9/30/2012
58	Greg Zuerlein, at St. Louis 9/30/2012
	Joshua Karty, at L.A. Rams 1/5/2025

Longest Field Goal Attempted

66	Jason Elam, at Denver 12/10/1995
64	Jason Elam, at Denver 12/19/1999
	Brandon McManus, vs. Denver 09/12/2022
61	Ali Haji-Sheikh, at N.Y. Giants 12/11/1983
	Michael Husted, vs. Oakland 10/3/1999
	Ka'imi Fairbairn, at Houston 12/13/2021

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)

50-YARD FIELD GOALS

Most Field Goals Made, 50 or More Yards, Game

3	Neil Rackers, at Arizona 10/24/2004
2	By 12 Players (Last: Joshua Karty, at L.A. Rams 1/5/2025)

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
228	Kenneth Walker III, 2022
147	Thomas Rawls, 2015

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
1,050	Kenneth Walker III, 2022
830	Thomas Rawls, 2015

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
	Rashaad Penny, 2021
	Kenneth Walker III, 2022
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

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.)

5.7	Rashaad Penny, 2018-22 (337-1,918)
5.6	Russell Wilson, 2012-21 (845-4,689)
5.5	Steve Broussard, 1995-98 (136-750)

Highest Average Gain, Season (Min. 100 att.)

7.2	Russell Wilson, 2014 (118-849)
6.3	Rashaad Penny, 2021 (119-749)
5.7	Thomas Rawls, 2015 (147-830)

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)

INDIVIDUAL RECORDS - REGULAR SEASON

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
9	Kenneth Walker III, 2022
5	David Sims, 1977

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	16 Times (Last: Kenneth Walker III, at Detroit 9/30/24)

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

229	Josh Jacobs, vs. Las Vegas Raiders 11/27/2022 (OT)
221	Bo Jackson, vs. L.A. Raiders 11/30/1987
219	Edgerrin James, vs. Indianapolis 10/15/2000

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
	Taysom Hill 112 and Alvin Kamara 103 at New Orleans 10/9/2022

Longest Run From Scrimmage

95t	Chester Taylor, vs. Minnesota 10/22/2006
91t	Bo Jackson, vs. L.A. Raiders 11/30/1987
86t	Josh Jacobs vs. Las Vegas 11/27/2022 (OT)

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	14 Times (Last: Taysom Hill, at New Orleans 10/9/2022)

PASSING

PASS RATING

Highest Pass Rating, Career (Min. 500 att.)

101.8	Russell Wilson, 2012-21
95.9	Geno Smith, 2019-24
83.1	Seneca Wallace, 2003-09

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

4,735	Russell Wilson, 2012-21
4,250	Matt Hasselbeck, 2001-10
3,576	Dave Krieg, 1980-91

Most Passes Attempted, Season

578	Geno Smith, 2024
572	Geno Smith, 2022
562	Matt Hasselbeck, 2007

Most Passes Attempted, Rookie, Season

486	Rick Mirer, 1993
439	Jim Zorn, 1976
393	Russell Wilson, 2012

Most Passes Attempted, Game

56	Geno Smith, at Detroit 9/30/2024
55	Matt Hasselbeck, at San Francisco 12/1/2002
53	Matt Hasselbeck, at San Diego 12/29/2002 (OT)

COMPLETIONS

Most Passes Completed, Career

3,079	Russell Wilson, 2012-21
2,559	Matt Hasselbeck, 2001-10
2,096	Dave Krieg, 1980-91

Most Passes Completed, Season

407	Geno Smith, 2024
399	Geno Smith, 2022
384	Russell Wilson, 2020

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
38	Geno Smith, at Detroit 9/30/2024
36	Matt Hasselbeck, at San Diego 12/29/2002 (OT)

Most Consecutive Passes Completed, Game

17	Warren Moon, vs. Oakland 11/1/1998
16	Russell Wilson, at Miami 11/25/2012
	Geno Smith, vs. San Francisco 12/16/2022
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.)

68.5	Geno Smith, 2019-24 (1,749-1,198)
65.0	Russell Wilson, 2012-21 (4,735-3,079)
60.2	Matt Hasselbeck, 2001-10 (4,250-2,559)

Highest Completion %, Season (Min. 100 att.)

70.4	Geno Smith, 2024 (578-407)
69.8	Geno Smith, 2022 (572-399)
68.8	Russell Wilson, 2020 (558-384)

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

37,059	Russell Wilson, 2012-21
29,434	Matt Hasselbeck, 2001-10
26,132	Dave Krieg, 1980-91

Most Yards Gained, Season

4,320	Geno Smith, 2024
4,282	Geno Smith, 2022
4,219	Russell Wilson, 2016

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

10	Russell Wilson, 2012-21
7	Matt Hasselbeck, 2002-05, 2007, 2009-10
4	Dave Krieg, 1984-85, 1989-90

Most Consecutive Seasons, 3,000+ Yds. Passing

10	Russell Wilson, 2012-21
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, 2012-21

Most Games, 300 or More Yards Passing, Career

21	Russell Wilson, 2012-21
19	Matt Hasselbeck, 2001-10
13	Geno Smith, 2019-24

Most Games, 300 or More Yards Passing, Season

5	Russell Wilson, 2020
	Geno Smith, 2024
4	Matt Hasselbeck, 2002, 2003
	Geno Smith, 2022, 2023
3	Jim Zorn, 1979
	Dave Krieg, 1984
	Matt Hasselbeck, 2004, 2007
	Russell Wilson, 2016, 2017, 2019

Most Consecutive Games, 300+ Yards Passing

2	Matt Hasselbeck, 6 Times
	Jim Zorn, 2 Times
	Russell Wilson, 3 Times
	Geno Smith, 2 Times

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
84t	Geno Smith (to DK Metcalf) vs. New Orleans 10/25/2021

AVERAGE GAIN

Highest Average Gain, Career (Min. 300 att.)

7.8	Russell Wilson, 2012-21 (4,735-37,059)
7.4	Geno Smith, 2019-24 (1,749-12,961)
7.3	Dave Krieg, 1980-91 (3,576-26,132)

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)

INDIVIDUAL RECORDS - REGULAR SEASON

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

292	Russell Wilson, 2012-21
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)

Most Games, 5 or More TD Passes, Career

5	Russell Wilson, 2012-21
3	Dave Krieg, 1980-91
2	Matt Hasselbeck, 2001-10
1	Warren Moon, 1997-98

Most Games, 4 or More TD Passes, Career

17	Russell Wilson, 2012-21
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, 2021

Most Consecutive Games, 4 or More TD Passes

3	Russell Wilson, 2020
1	Many Times (Last: Geno Smith, 2024)

Most Consecutive Games with a Touchdown Pass

28	Dave Krieg, 1983-85
18	Russell Wilson, 2017-18
17	Russell Wilson, 2015-16

HIGHEST %, TOUCHDOWN-PASSES

Highest %, TD Passes, Career (Min. 500 att.)

6.2	Russell Wilson, 2012-21 (4,735-292)
5.5	Dave Krieg, 1980-91 (3,576-195)
4.6	Warren Moon, 1997-98 (786-36)

Highest %, TD Passes Season (Min. 100 att.)

8.2	Russell Wilson, 2018 (427-35)
7.9	Dave Krieg, 1988 (228-18)
7.8	Dave Krieg, 1987 (294-23)

Highest %, TD Passes, Rookie, Season (Qual.)

6.6	Russell Wilson, 2012 (393-26)
2.7	Jim Zorn, 1976 (439-12)
2.5	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.)

1.8	Russell Wilson, 2012-21 (4,735-87)
2.1	Geno Smith, 2019-24 (1,749-36)
2.5	Seneca Wallace, 2003-09 (556-14)

Lowest %, Passes Had Int., Season (Min. 100 att.)

1.0	Russell Wilson, 2019 (516-5)
1.2	Seneca Wallace, 2008 (242-3)
1.5	Russell Wilson, 2021 (400-6)

Lowest %, Passes Had Int., Rookie, Season (Qualifiers)

2.5	Russell Wilson, 2012 (393-10)
3.5	Rick Mirer, 1993 (486-17)
6.2	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
	Andy Dalton, vs. Carolina 9/24/2023
57	Dak Prescott, vs. Dallas 9/27/2020

COMPLETIONS

Most Passes Completed, Game

42	Vinny Testaverde, at N.Y. Jets 12/6/1998
39	Matt Schaub, at Atlanta 10/27/2019
38	Dwayne Haskins Jr., at Washington 12/20/2020

Highest Completion %, Game (Min. 20 att.)

88.0	Brett Favre, at Minnesota 11/22/2009 (25-22)
85.0	Austin Davis, at St. Louis 10/19/2014 (20-17)
83.9	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.)

14.6	Doug Flutie, vs. Buffalo 12/23/2000 (25-366)
13.6	Brock Purdy, at San Francisco 12/10/2023 (27-368)
13.5	Ken O'Brien, vs. N.Y. Jets 11/2/1986 (32-431)

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: Jared Goff, at Detroit 10/2/2022)

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

58	Andy Dalton, vs. Carolina 9/24/2023
52	Ryan Leaf, vs. San Diego 10/25/1998
49	Carson Palmer, at Arizona 10/23/2016

RECEIVING

RECEPTIONS

Most Pass Receptions, Career

819	Steve Largent, 1976-89
661	Tyler Lockett, 2015-24
581	Brian Blades, 1988-98

Most Pass Receptions, Season

100	Tyler Lockett, 2020
	Jaxon Smith-Njigba, 2024
94	Bobby Engram, 2007
	Doug Baldwin, 2016
90	DK Metcalf, 2022

Most Pass Receptions, Rookie, Season

67	Joey Galloway, 1995
63	Jaxon Smith-Njigba, 2023
58	DK Metcalf, 2019

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

3	Tyler Lockett, 2019-20, 2022
2	Brian Blades, 1993-94
	DK Metcalf, 2020, 2022
1	Darrell Jackson, 2004
	Bobby Engram, 2007
	Doug Baldwin, 2016
	Jaxon Smith-Njigba, 2024

Most Seasons, 70 or More Pass Receptions

6	Steve Largent, 1978, 1981, 1983-86
5	Brian Blades, 1989, 1991, 1993-95
	Tyler Lockett, 2019-23
3	John L. Williams, 1989-90, 1992
	Doug Baldwin, 2015-17
	DK Metcalf, 2020-22

Most Seasons, 50 or More Pass Receptions

10	Steve Largent, 1976, 1978-81, 1983-87
7	Doug Baldwin, 2011, 2013-18
	Tyler Lockett, 2015, 2018-23
6	John L. Williams, 1988-93
	Darrell Jackson, 2000-04, 2006

Most Consecutive Games with a Pass Reception

177	Steve Largent, 1977-89
81	Tyler Lockett, 2019-2024
71	Joey Galloway, 1995-99

YARDS GAINED

Most Yards Gained, Career

13,089	Steve Largent, 1976-89
8,594	Tyler Lockett, 2015-24
7,620	Brian Blades, 1988-98

Most Yards Gained, Season

1,303	DK Metcalf, 2020
1,287	Steve Largent, 1985
1,240	Koren Robinson, 2002

INDIVIDUAL RECORDS - REGULAR SEASON

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
18	Tyler Lockett, 2015-24

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
	Tyler Lockett, 2021

Most Consecutive Games, 100+ Yards Receiving

3	DK Metcalf, 2024
2	21 Times (Last: Jaxon Smith-Njigba, 2025)

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
84t	DK Metcalf (from Geno Smith), vs. New Orleans 10/25/2021

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)
28.4	Tyler Lockett, at Houston 12/12/2021 (5-142)
27.8	Steve Largent, vs. Oakland 9/16/1979 (5-139)

TOUCHDOWNS

Most Touchdowns, Career

100	Steve Largent, 1976-89
61	Tyler Lockett, 2015-24
49	Doug Baldwin, 2011-18

Most Touchdowns, Season

14	Doug Baldwin, 2015
13	Daryl Turner, 1985
12	Steve Largent, 1984
	Joey Galloway, 1997
	DK Metcalf, 2021

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	11 Times (Last: DK Metcalf, at Dallas 11/30/2023)

Most Consecutive Games with a Touchdown

6	Tyler Lockett, 2022
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. L.A. Rams 10/7/2021
	Austin Ekeler, at L.A. Chargers 10/23/2022
	CeeDee Lamb, at Dallas 11/30/2023
	Trey McBride, vs. Arizona 11/24/2024

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	22 Times (Last: Deebo Samuel [149], Brandon Aiyuk [126] vs. San Francisco 12/10/2023)

AVERAGE PER RECEPTION

Highest Avg. Per Reception, Game (Min. 5 rec.)

32.4	James Lofton, at Green Bay (Milwaukee) 10/21/1984 (5-162)
31.4	DeSean Jackson, at Washington 10/6/2014 (5-157)
30.6	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

6	Tariq Woolen, 2022
5	Michael Boulware, 2004
	Earl Thomas, 2010
4	John Harris, 1978
	Richard Sherman, 2011

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
	Tariq Woolen, 2022
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
97t	Devon Witherspoon, at N.Y. Giants 10/2/2023
94t	Brandon Browner, at N.Y. Giants 10/9/2011

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)

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
103	Kamren Kinchens, vs. L.A. Rams 11/3/2024
102	Gary Barbaro, at Kansas City 12/11/1977

Longest Return

103t	Kamren Kinchens, vs. L.A. Rams 11/3/2024
102t	Gary Barbaro, at Kansas City 12/11/1977
90	Budda Baker, at Arizona 10/25/2020

TOUCHDOWNS

Most Touchdowns, Game

1	Many Times (Last: Kamren Kinchens, vs. L.A. Rams 11/3/2024)

INDIVIDUAL RECORDS - REGULAR SEASON

PUNTING

PUNTS

Most Punts, Career

770	Jon Ryan, 2008-17
554	Rick Tuten, 1991-97
513	Michael Dickson, 2018-

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
	Michael Dickson, vs. L.A. Rams 9/10/2023

AVERAGE YARDAGE

Highest Average, Career (Min. 100 punts)

48.2	Michael Dickson, 2018- (513-24,715)
44.8	Jon Ryan, 2008-17 (770-34,492)
43.8	Rick Tuten, 1991-97 (554-24,266)

Highest Average, Season

50.0	Michael Dickson, 2023 (66-3,303)
49.6	Michael Dickson, 2020 (61-3,028)
49.4	Michael Dickson, 2024 (76-3756)

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)

61.3	Michael Dickson, vs. Buffalo 10/27/2024 (4-245)
60.0	Jon Ryan, vs. New England 10/14/2012 (4-240)
59.0	Michael Dickson, at Denver 9/9/2018 (6-354)
	Michael Dickson, vs. L.A. Rams 9/10/2023 (4-236)

AVERAGE NET YARDAGE

Highest Net Average, Career (Min. 100 punts)

42.9	Michael Dickson, 2018- (513-22,063)
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, 2022
44.1	Michael Dickson, 2023
43.3	Michael Dickson, 2024

Highest Net Average, Game (Min. 4 punts)

57.5	Michael Dickson, at Denver 9/9/2018 (6-345)
50.6	Michael Dickson, at Buccaneers 11/13/2022 (5-253)
50.0	Michael Dickson, vs. L.A. Chargers 11/4/2018 (6-300)
	Michael Dickson, vs. Philadelphia Eagles 12/18/2023 (5-250)

INSIDE THE 20

Most Punts Inside the 20, Career

276	Jon Ryan, 2008-17
216	Michael Dickson, 2018-
147	Rick Tuten, 1991-97

Most Punts Inside the 20, Season

40	Michael Dickson, 2021
34	Jeff Feagles, 1999
	Jon Ryan, 2011
	Michael Dickson, 2019
33	Rick Tuten, 1994

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
47	Michael Dickson, 2018-
45	Rick Tuten, 1991-97

Most Touchbacks, Season

15	Ryan Plackemeier, 2006
12	Jeff Feagles, 1998
	Jon Ryan, 2008
10	Jeff West, 1983
	Jeff West, 1984
	Michael Dickson, 2021

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
73	Bradley Pinion, vs. Atlanta 9/25/2022
72	Pat O'Donnell, vs. Chicago 9/27/2015

AVERAGE YARDAGE

Highest Average Punting, Game (Min. 4 punts)

59.6	Andy Lee, at San Francisco 9/11/2011 (5-298)
57.0	Bryce Baringer, at New England 9/15/2024 (6-342)
56.8	Brett Kern, at Tennessee 9/24/2017 (6-1341)

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
	Tory Taylor, at Chicago 12/26/2024
4	Many Times, (Last: Ryan Wright vs. Minnesota 12/22/2024)

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: Ty Zentner, vs. L.A. Rams 11/3/2024)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Career

145	Tyler Lockett, 2015-24
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

102	Tyler Lockett, 2015-24
70	Bobby Engram, 2001-07
60	Chris Warren, 1990-97

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
	Freddie Swain, 2021

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
1,078	Tyler Lockett, 2015-24
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

INDIVIDUAL RECORDS - REGULAR SEASON

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
	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)

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 9/22/2019)

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, 2015-24 (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)
47.3	Laviska Shenault Jr., vs. San Francisco 10/10/2024 (4-189)
44.3	Leon Washington, at Arizona 9/9/2012 (3-133)

TOUCHDOWNS

Most Touchdowns, Career

4	Leon Washington, 2010-12
2	Tyler Lockett, 2015-24
1	By 10 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
	Travis Homer, 2021

Most Touchdowns, Rookie, Season

1	Maurice Morris, 2002
	Josh Wilson, 2007
	Tyler Lockett, 2015

Most Touchdowns, Game

2	Leon Washington, vs. San Diego 9/26/2010
1	By 11 Players (Last: Laviska Shenault Jr., vs. San Francisco 10/10/2024)

COMBINED KICK RETURNS

Most Combined Kick Returns, Career

272	Tyler Lockett, 2015-24 (145-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)

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)
4,266	Tyler Lockett, 2015-24 (1,078-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, 2015-24 (1-P, 2-K)
2	Paul Johns, 1981-84 (2-P)
	Charlie Rogers, 1999-01 (1-P, 1-K)
	Bobby Engram, 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	28 Times (Last: Laviska Shenault Jr., vs. San Francisco 10/10/2024)

INDIVIDUAL RECORDS - REGULAR SEASON

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
	Kene Nwangwu, at N.Y. Jets 12/1/2024

HIGHEST YARDAGE

Highest Average, Game (Min. 3 ret.)

52.3	Kene Nwangwu, at N.Y. Jets 12/1/2024 (3-157)
48.3	Byron Hanspard, vs. Atlanta 11/30/1997 (3-145)
44.3	Paul Palmer, at Kansas City 12/27/1987 (3-133)

TOUCHDOWNS

Most Touchdowns, Game

1	By 15 Players (Last: Kene Nwangwu, at N.Y. Jets 12/1/2024)

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	32 Times (Last: Kene Nwangwu, at N.Y. Jets 12/1/2024)

FUMBLES

FUMBLES

Most Fumbles, Career

108	Dave Krieg, 1980-91
87	Russell Wilson, 2012-21
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.

35	Russell Wilson, 2012-21 (34-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)
	Geno Smith, 2024 (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

34	Russell Wilson, 2012-21
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
	Geno Smith, 2024

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

102t	Rayshawn Jenkins, vs. N.Y. Giants 10/6/2024
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

TOUCHDOWNS

Most Touchdowns, Career (Total)

3	Chad Brown, 1997 (3-opp)
	Bobby Wagner, 2012-21, 2023 (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: Derick Hall, at Atlanta 10/20/2024)

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)

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
	Colt McCoy, vs. Arizona 11/22/2021
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: Chris Banjo, vs. Arizona 10/16/2022)

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
228	Kenneth Walker III, 2022
162	John L. Williams, 1986

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

INDIVIDUAL RECORDS - REGULAR SEASON

YARDS GAINED

Most Yards Gained, Career

13,396	Steve Largent, 1976-89
13,125	Tyler Lockett, 2015-24
10,940	Shaun Alexander, 2000-07

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

Most Tackles, Career

1,564	Bobby Wagner, 2012-21, 2023
984	Eugene Robinson, 1985-95
934	K.J. Wright, 2011-20

Most Tackles, Season

183	Jordyn Brooks, 2021
	Bobby Wagner, 2023
170	Bobby Wagner, 2021
167	Bobby Wagner, 2016

Most Tackles, Game

20	Bobby Wagner, vs. Tennessee 9/20/2021
	Jordyn Brooks, at Arizona 1/9/2022
19	Bobby Wagner, vs. New Orleans 9/22/2019
18	Terry Beeson, vs. Houston 11/20/1977
	Sammy Green, vs. Minnesota 10/8/1978
	Bobby Wagner, vs. L.A. Rams 9/10/2023

OPPONENT INDIVIDUAL RECORDS

TACKLES

Most Tackles, Game

19	Randy Gradishar, vs. Denver 10/29/1978
	Paul Worrilow, at Atlanta 11/10/2013
18	Budda Baker, at Arizona 12/8/2024
16	7 Times (Last: Novorro Bowman, vs. San Francisco 12/23/2012)

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	34 Times (Last: Cody White, vs. L.A. Rams 11/3/2024)

BLOCKED FIELD GOALS

Most Blocked Field Goals, Career

8	Joe Nash, 1982-96
	Craig Terrill, 2004-10
4	Red Bryant, 2008-12
2	By 6 Players (Last: Julian Love, 2023-)

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: Julian Love, vs. San Francisco 9/7/2025)

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 14 Players (Last: Rasheem Green, 2021)

Most Blocked PATs, Game

1	15 Times (Last: Leonard Williams, at N.Y. Jets 12/1/2024)

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: Julian Love, vs. San Fancisco 9/7/2025)

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
86t	Michael Jackson, at San Francisco 09/18/2022
62	Paul Moyer, vs. Cleveland 10/9/1988
62t	Vernon Dean, vs. L.A. Rams 10/23/1988

OPPONENT INDIVIDUAL RECORDS

BLOCKED PUNTS

Most Blocked Punts, Game

1	Many Times (Last: Cameron Malveaux, vs. Arizona 12/30/2018)

BLOCKED FIELD GOALS

Most Blocked Field Goals, Game

1	Many Times (Last: Isaiah Simmons, vs. N.Y. Giants 10/6/2024)

BLOCKED PATS

Most Blocked PATs, Game

1	Many Times (Last: Quinnen Williams, at N.Y. Jets 12/1/2024)

BLOCKED KICKS (FIELD GOALS AND PATS)

Most Blocked Kicks, Game

1	Many Times (Last: Quinnen Williams, vs. N.Y. Jets 12/1/2024)

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)

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: Dre'Mont Jones, 2024)

Most Safeties, Game

1	By Many Players (Last: Dre'Mont Jones, vs. Detroit Lions 9/30/2024)

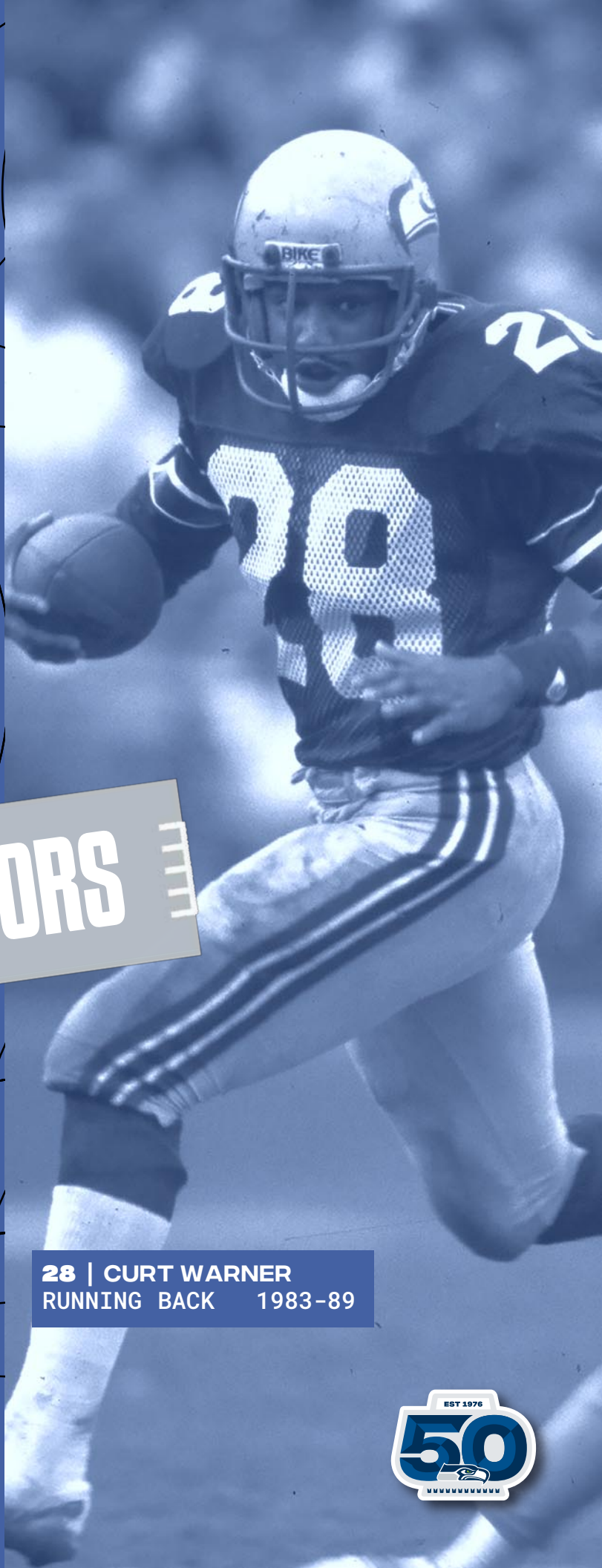
OPPONENT INDIVIDUAL RECORDS

SAFETIES

Most Safeties, Game

1	Many Times (Last: Zach Allen and Jonathon Cooper, vs. Denver Broncos 9/8/24)

ALL-TIME HONORS



28 | CURT WARNER
RUNNING BACK 1983-89

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	
1981	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1982	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
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 Curt Warner, RB	Kenny Easley, S	Paul Moyer, S
1988	Steve Largent, WR	Jacob Green, DE Eugene Robinson, S	Game-to-Game
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
1994	Ray Donaldson, C	Eugene Robinson, S	Tracy Johnson, FB Trey Junkin, TE
1995	Rick Mirer, QB	Eugene Robinson, S	Trey Junkin, TE
1996	Rick Mirer, QB Chris Warren, RB	Winston Moss, LB Terry Wooden, LB	Rick Tuten, P
1997	John Friesz, QB	Winston Moss, LB	Jay Bellamy, S
1998	Warren Moon, QB Kevin Glover, C	Darryl Williams, S Michael Sinclair, DE	Jay Bellamy, S
1999	Jon Kitna, QB *Ricky Watters, RB*	Chad Brown, LB *Cortez Kennedy, DT*	Fabien Bownes, WR *James Logan, LB*

Captains chosen by head coach Mike Holmgren; playoff captains in *italics.*

2000	No team-selected captains for the season.		
2001	Matt Hasselbeck, QB Robbie Tobeck, C Ricky Watters, RB	Chad Brown, LB Levon Kirkland, LB Marcus Robertson, S	
2002	Trent Dilfer, QB Robbie Tobeck, C Mack Strong, FB	Chad Brown, LB Chad Eaton, DT Marcus Robertson, S	
2003	Matt Hasselbeck, QB	John Randle, DT	Alex Bannister, WR
2004	Matt Hasselbeck, QB	Anthony Simmons, LB	Alex Bannister, WR
2005	Matt Hasselbeck, QB Shaun Alexander, RB*	Grant Wistrom, DE Lofa Tatupu, LB*	Alex Bannister, WR Josh Scobey, KR*
2006	Matt Hasselbeck, QB Walter Jones, T	Lofa Tatupu, LB Ken Hamlin, FS	J.P. Darche, LS Jimmy Williams, CB
2007	Matt Hasselbeck, QB Mack Strong, FB	Lofa Tatupu, LB Deon Grant, SS	Josh Brown, K Niko Koutouvides, LB
2008	Matt Hasselbeck, QB Walter Jones, T	Lofa Tatupu, LB Deon Grant, SS	Lance Laury, LB D.D. Lewis, LB
2009	Matt Hasselbeck, QB Walter Jones, T	Lofa Tatupu, LB Deon Grant, SS	Lance Laury, LB Olindo Mare, K
2010	Matt Hasselbeck, QB	Lofa Tatupu, LB	Roy Lewis, CB
2011	Tarvaris Jackson, QB	Marcus Trufant, CB	Michael Robinson, FB Leon Washington, RB
2012	Max Unger, C	Red Bryant, DE	Heath Farwell, LB Michael Robinson, FB
2013	Russell Wilson, QB	Red Bryant, DE	Heath Farwell, LB

* Playoff Captain

CAPTAINS, CONTINUED

	Offense	Defense	Special Teams
2014	Russell Wilson, QB	Kam Chancellor, S	Steven Hauschka, K Jon Ryan, P
2015	Russell Wilson, QB	Bobby Wagner, LB	Jon Ryan, P
2016	Russell Wilson, QB	Kam Chancellor, S	Jon Ryan, P DeShawn Shead, CB
2017	Russell Wilson, QB	Kam Chancellor, S Bobby Wagner, LB	Jon Ryan, P
2018	Russell Wilson, QB	Bobby Wagner, LB	S. Janikowski, K Neiko Thorpe, CB
2019	Russell Wilson, QB	Bobby Wagner, LB	Neiko Thorpe, CB
2020	Russell Wilson, QB	Bobby Wagner, LB	Neiko Thorpe, CB
2021	Russell Wilson, QB	Bobby Wagner, LB	Nick Bellore, LB
2022	Tyler Lockett, WR	Quandre Diggs, S Al Woods, NT	Nick Bellore, LB
2023	Tyler Lockett, WR Geno Smith, QB	Quandre Diggs, S Bobby Wagner, LB	Nick Bellore, LB Jason Myers, K
2024	Captains chosen weekly by head coach Mike Macdonald.		

STEVE LARGENT AWARD

(presented to the player, or coach, who best exemplifies the spirit, dedication, and integrity of the Seahawks)

1989	Steve Largent	WR	**2007**	Bobby Engram	WR
1990	Jacob Green	DE	**2008**	Mike Holmgren	Coach
1991	Rufus Porter	LB	**2009**	Matt Hasselbeck	QB
1992	Jeff Bryant	DE	**2010**	Roy Lewis	CB
	Joe Nash	DT	**2011**	Red Bryant	DE
1993	Eugene Robinson	S	**2012**	Russell Wilson	QB
1994	Brian Blades	WR	**2013**	Earl Thomas	S
1995	Terry Wooden	LB	**2014**	Kam Chancellor	S
1996	Cortez Kennedy	DT	**2015**	Richard Sherman	CB
1997	Winston Moss	LB	**2016**	Kam Chancellor	S
1998	Michael Sinclair	DE	**2017**	Bobby Wagner	LB
1999	Chad Brown	LB	**2018**	Russell Wilson	QB
2000	Ricky Watters	RB	**2019**	Russell Wilson	QB
2001	Mack Strong	FB	**2020**	K.J. Wright	LB
2002	Mack Strong	FB	**2021**	Tyler Lockett	WR
2003	Trent Dilfer	QB	**2022**	Tyler Lockett	WR
2004	Mack Strong	FB	**2023**	Bobby Wagner	LB
2005	Mack Strong	FB	**2024**	Tyler Lockett	WR
2006	Mack Strong	FB			

MAN OF THE YEAR

1976	Norm Evans	T	**2004**	Mack Strong	FB
1980	Jim Zorn	QB	**2005**	Shaun Alexander	RB
1981	Manu Tuiasosopo	DT	**2006**	Marcus Trufant	CB
1982	Dave Brown	CB	**2007**	Bobby Engram	WR
1983	Paul Johns	WR	**2008**	Patrick Kerney	DE
1984	Jeff West	P	**2009**	Josh Wilson	CB
1985	Mike Tice	TE	**2010**	Roy Lewis	CB
1986	Mike Tice	TE	**2011**	John Carlson	TE
1987	Mike Tice	TE	**2012**	Russell Okung	T
1988	Steve Largent*	WR	**2013**	Doug Baldwin	WR
1989	Norm Johnson	K	**2014**	Russell Wilson	QB
1990	Jacob Green	DE	**2015**	Richard Sherman	CB
1991	Eugene Robinson	S	**2016**	Cliff Avril	DE
1992	Eugene Robinson	S	**2017**	Michael Bennett	DE
1993	Eugene Robinson	S	**2018**	K.J. Wright	LB
1994	Brian Blades	WR	**2019**	Bobby Wagner	LB
1995	Eugene Robinson	S	**2020**	Russell Wilson*	QB
1996	Todd Peterson	K	**2021**	Tyler Lockett	WR
1997	Rick Tuten	P	**2022**	Tyler Lockett	WR
1998	Sam Adams	DT	**2023**	Bobby Wagner	LB
1999	Jon Kitna	QB	**2024**	Uchenna Nwosu	LB
2000	Jon Kitna	QB			
2001	Brock Huard	QB			
2002	Trent Dilfer	QB			
2003	Matt Hasselbeck	QB			

** Walter Payton NFL Man of the Year*

ALL-TIME HONORS, continued

RING OF HONOR

1989	Steve Largent	WR
1991	Jim Zorn	QB
1992	Dave Brown	CB
1992	Pete Gross	Broadcaster
1994	Curt Warner	RB
1995	Jacob Green	DE
2002	Kenny Easley	S
2004	Dave Krieg	QB
2005	Chuck Knox	Head Coach
2006	Cortez Kennedy	DT
2014	Walter Jones	T
2019	Paul G. Allen	Chairman
2021	Matt Hasselbeck	QB
2021	Mike Holmgren	Head Coach
2022	Shaun Alexander	RB

RETIRED JERSEYS

#12	Seattle's fans, the 12s	1984
#80	WR Steve Largent	1995
#71	T Walter Jones	2010
#96	DT Cortez Kennedy	2012
#45	S Kenny Easley	2017

BART STARR AWARD

(presented each year to the NFL player who best exemplifies outstanding character and leadership in the home, on the field and in the community)

1988	Steve Largent	WR
2002	Trent Dilfer	QB
2021	Russell Wilson	QB

ART ROONEY AWARD

(presented each year to the NFL player who best demonstrates the qualities of on-field sportsmanship, including fair play, respect for the game and opponents, and integrity in competition)

2023	Bobby Wagner	LB

MARCUS NALLEY TROPHY

(Most Valuable Player as voted by teammates)

1976	Jim Zorn	QB
1977	Steve Largent	WR
1978	Jim Zorn	QB
1979	Steve Largent	WR
1980	Sam McCullum	WR
1981	Steve Largent	WR
1982	Kenny Easley	S
1983	Curt Warner	RB
1984	Kenny Easley	S
1985	Steve Largent	WR
1986	Curt Warner	RB
1987	Steve Largent	WR
1988	John L. Williams	FB
1989	Brian Blades	WR
1990	John L. Williams	FB
1991	Eugene Robinson	S
1992	Cortez Kennedy	DT
1993	Eugene Robinson	S
1994	Chris Warren	RB
1995	Chris Warren	RB
1996	Cortez Kennedy	DT
1997	Darryl Williams	S
1998	Chad Brown	LB

Discontinued in 1999

AP ALL-PRO

	1st Team	2nd Team
1978		Steve Largent Jim Zorn
1979		Steve Largent
1983	Kenny Easley	Curt Warner
1984	Norm Johnson Joe Nash Kenny Easley	Steve Largent Dave Brown
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 Michael Sinclair
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
2021		Bobby Wagner
2023		Bobby Wagner

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
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
	Cortez Kennedy, DT	8
2001	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

ALL-TIME HONORS, continued

PRO BOWL, CONTINUED

Year	Player	Nominations
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
	Robbie Tobeck, C	1
2006	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
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
2021	Duane Brown, T	2, 5 total
	Quandre Diggs, S	2
	Bobby Wagner, LB	8
	Russell Wilson, QB	9
2022	Quandre Diggs, S	3
	Jason Myers, K	1, 2 total
	Geno Smith, QB	1
	Riq Woolen, CB	1
2023	Nick Bellore, ST	2
	Julian Love, S	1
	DK Metcalf, WR	2
	Geno Smith, QB	2
	Bobby Wagner, LB	9
	Devon Witherspoon, CB	1
2024	Jaxon Smith-Njigba, WR	1
	Leonard Williams, DE	1, 2 total
	Devon Witherspoon, CB	2

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

2024 Dwight Freeney, DE, 2017
Devin Hester, WR/KR, 2016

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)

2012 Pete Carroll, Head Coach of the Year (Kansas City NFL 101 Club)

NFL/NATIONAL HONORS

1976 Steve Niehaus, DT (NFC Defensive Rookie of the Year, PFWA All-Rookie Team)

Steve Largent, WR (PFWA All-Rookie Team)

Jim Zorn, QB (NFC Offensive Rookie of the Year, PFWA All-Rookie Team)

1977 Terry Beeson, LB (PFWA All-Rookie Team)

1978 John Thompson, General Manager (The Sporting News NFL Executive of the Year)

John Harris, S (PFWA All-Rookie Team)

1979 Manu Tuiasosopo, DT (PFWA All-Rookie Team)

1980 Jacob Green, DE (PFWA All-Rookie Team)

1981 Kenny Easley, S (AFC Defensive Rookie of the Year, PFWA All-Rookie Team)

1982 Pete Metzelaars, TE (PFWA All-Rookie Team)

1983 Kenny Easley, S (Football News AFC Defensive Player of the Year, PFWA All-NFL Team)

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, PFWA All-Rookie Team)

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, PFWA All-NFL Team)

Norm Johnson, K (PFWA All-NFL Team)

Chuck Knox, Head Coach (Football Digest NFL Coach of the Year, UPI & PFWA AFC Coach of the Year)

Daryl Turner, WR (PFWA All-Rookie Team)

Fredd Young, LB (AFC Special Teams Player of the Year)

1985 Kenny Easley, S (PFWA All-NFL Team)

Steve Largent, WR (NFL Alumni Association Wide Receiver of the Year, PFWA All-NFL Team)

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, PFWA All-NFL Team)

Curt Warner, RB (UPI AFC Offensive Player of the Year)

John L. Williams, FB (PFWA All-Rookie Team)

1987 Brian Bosworth, LB (PFWA All-Rookie Team)

Steve Largent, WR (PFWA All-NFL Team)

Ruben Rodriguez, P (PFWA All-Rookie Team)

Curt Warner, RB (NFL Alumni Association Running Back of the Year)

Fredd Young, LB (PFWA All-NFL Team)

ALL-TIME HONORS, continued

NFL/NATIONAL HONORS, CONTINUED

1988 Brian Blades, WR (PFWA All-Rookie Team)

Steve Largent, WR (NFL Man of the Year)

1989 Andy Heck, T (PFWA All-Rookie Team)

Travis McNeal, TE (PFWA All-Rookie Team)

1990 Robert Blackmon, S (PFWA All-Rookie Team)

Cortez Kennedy, DT (PFWA All-Rookie Team)

1992 Cortez Kennedy, DT (AP, PFWA, NEA, College & Pro Football Newsweekly NFL Defensive Player of the Year, PFWA All-AFC Team, PFWA All-NFL Team)

1993 Cortez Kennedy, DT (PFWA All-AFC Team, PFWA All-NFL Team)

Rick Mirer, QB (NFL Offensive Rookie of the Year, UPI AFC Offensive Rookie of the Year, PFWA All-Rookie Team)

Eugene Robinson, S (PFWA All-AFC Team, PFWA All-NFL Team)

1994 Sam Adams, DT (PFWA All-Rookie Team)

Cortez Kennedy, DT (PFWA All-AFC Team)

Kevin Mawae, C (PFWA All-Rookie Team)

Rick Tuten, P (PFWA All-AFC Team)

Chris Warren, RB (PFWA All-AFC Team)

1995 Joey Galloway, WR (PFWA All-Rookie Team)

Eugene Robinson, S (Henry P. Iba Citizenship Award from the Tulsa Oklahoma Rotary Club)

Chris Warren, RB (PFWA All-AFC Team)

1996 Cortez Kennedy, DT (PFWA All-AFC Team)

1997 Walter Jones, T (PFWA All-Rookie Team)

Michael Sinclair, DE (PFWA All-AFC Team)

Shawn Springs, CB (PFWA All-Rookie Team)

Darryl Williams, S (PFWA All-AFC Team)

1998 Chad Brown, LB (PFWA All-AFC Team, PFWA All-NFL Team)

Anthony Simmons, LB (PFWA All-Rookie Team)

Michael Sinclair, DE (PFWA All-AFC Team)

1999 Charlie Rogers, PR (PFWA All-Rookie Team, PFWA All-AFC Team, PFWA All-NFL Team)

2000 Darrell Jackson, WR (PFWA All-Rookie Team)

Jean Phillipe-Darche, LS (PFWA All-Rookie Team)

2001 Steve Hutchinson, G (PFWA All-Rookie Team)

John Randle, DT (PFWA All-AFC Team)

2002 Walter Jones, T (PFWA All-NFC Team, PFWA All-NFL Team)

2003 Alex Bannister, ST (PFWA All-NFC Team, PFWA All-NFL Team)

Josh Brown, K (PFWA All-Rookie Team)

Ken Hamlin, S (PFWA All-Rookie Team)

Steve Hutchinson, G (PFWA All-NFC Team, PFWA All-NFL Team)

Walter Jones, T (PFWA All-NFC Team)

Marcus Trufant, CB (PFWA All-Rookie Team)

2004 Shaun Alexander, RB (PFWA All-NFC Team, PFWA All-NFL Team)

Michael Boulware, S (PFWA All-Rookie Team)

Steve Hutchinson, G (PFWA All-NFC Team)

Walter Jones, T (PFWA All-NFC Team, PFWA All-NFL Team)

2005 Shaun Alexander, RB (AP Most Valuable Player, PFWA Most Valuable Player, AP Offensive Player of the Year, Sporting News Player of the Year, Maxwell Club Player of the Year, FedEx Ground Player of the Year, PFW/PFWA All-NFL Team, PFWA Offensive Player of the Year)

Matt Hasselbeck, QB (PFWA All-NFC Team)

Steve Hutchinson, G (PFWA All-NFC Team, PFWA All-NFL Team)

Walter Jones, T (PFWA All-NFC Team, PFWA All-NFL Team)

Chris Spencer, C (PFWA All-Rookie Team)

Lofa Tatupu, LB (PFWA All-Rookie Team)

2006 Josh Brown, K (Pro Football Weekly Golden Toe Award)

Walter Jones, T (PFWA All-NFC Team, PFWA All-NFL Team)

Ryan Plackemeier, P (PFWA All-Rookie Team)

2007 Walter Jones, T (PFWA All-NFC Team, PFWA All-NFL Team)

Patrick Kerney, DE (PFWA All-NFC Team, PFWA All-NFL Team)

Julian Peterson, LB (PFWA All-NFC Team)

Marcus Trufant, CB (PFWA All-NFC Team)

2008 John Carlson, TE (PFWA All-Rookie Team)

2010 Leon Washington, KR (PFWA All-NFC Team, PFWA All-NFL Team)

2011 Marshawn Lynch, RB (PFWA All-NFC Team)

Richard Sherman, CB (PFWA All-Rookie Team)

Earl Thomas, S (PFWA All-NFC Team)

2012 Bruce Irvin, DE (PFWA All-Rookie Team)

Marshawn Lynch, RB (PFWA All-NFC Team, PFWA All-NFL Team)

Russell Okung, T (PFWA All-NFC Team)

Michael Robinson, FB (Sports Illustrated All-Pro)

2012 John Schneider, General Manager (Sports Illustrated Executive of the Year)

Richard Sherman, CB (PFWA All-NFC Team, PFWA All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)

Earl Thomas, S (PFWA All-NFC Team, PFWA All-NFL Team, Sporting News All-Pro)

Bobby Wagner, LB (PFWA All-Rookie Team, Sports Illustrated Defensive Rookie of the Year)

Leon Washington, KR (PFWA All-NFC Team)

Russell Wilson, QB (Pepsi Max NFL Rookie of the Year, Sports Illustrated Offensive Rookie of the Year)

2013 Steven Hauschka, K (PFWA All-NFC Team)

Brandon Mebane, DT (Sports Illustrated All-Pro)

Richard Sherman, CB (PFWA All-NFC Team, PFWA All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)

Malcolm Smith, LB (Pete Rozelle Trophy - Super Bowl MVP)

Golden Tate, PR (PFWA All-NFC Team)

Earl Thomas, S (PFWA All-NFC Team, PFWA All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)

2014 Marshawn Lynch, RB (PFWA All-NFC Team)

Richard Sherman, CB (Kansas City 101 Club NFC Defensive Player of the Year, Sporting News All-Pro, PFWA All-NFC Team, PFWA All-NFL Team, Sports Illustrated MMQB All-Pro)

Earl Thomas, S (Sporting News All-Pro, PFWA All-NFC Team, PFWA All-NFL Team)

2015 Michael Bennett, DE (Defensive Pro Bowl MVP, PFWA All-NFC Team)

Tyler Lockett, KR/PR/ST (PFWA All-Rookie Team)

Thomas Rawls, RB (PFWA All-Rookie Team)

Earl Thomas, S (Sporting News All-Pro, PFWA All-NFC Team)

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, PFWA All-NFC Team)

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-NFC Team, PFWA All-Rookie Team

Shaquem Griffin, LB (Game Changer presented by Gillette)

Bobby Wagner, LB (PFWA All-NFC Team, PFWA All-NFL Team)

Seattle Seahawks (Celebration of the Year)

ALL-TIME HONORS, continued

NFL/NATIONAL HONORS, CONTINUED

2019 Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFC Team, PFWA All-NFL Team)
Russell Wilson, QB (PFWA All-NFC Team)
Seattle Seahawks (Celebration of the Year)

2020 Jamal Adams, S (PFWA All-NFC Team)
Nick Bellore, ST (PFWA All-NFC Team)
Damien Lewis, G (PFWA All-Rookie Team)
Russell Wilson, QB (Walter Payton NFL Man of the Year)

2021 Quandre Diggs, S (PFWA All-NFC Team)

2022 Jason Myers, K (Sporting News All-Pro, NFLPA All-Pro, PFWA All-NFC Team)
Geno Smith, QB (AP Comeback Player of the Year, PFWA Comeback Player of the Year, PFWA Most Improved Player of the Year)
Kenneth Walker III, RB (PFWA All-Rookie Team)
Riq Woolen, CB (PFWA All-Rookie Team)
Larry Bevans (NFL Fan of the Year)

2023 Jerrick Reed II, ST (PFWA All-Rookie Team)
Devon Witherspoon, CB (PFWA All-Rookie Team)

2024 Leonard Williams, DE (PFWA All-NFC Team)

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)
2022 Kenneth Walker III, RB (October)
Riq Woolen, CB (October)
2023 Devon Witherspoon, CB (October)

AFC/NFC 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)
2022 Geno Smith, QB (October)
2024 Leonard Williams, DE (December/January)

AFC/NFC 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 & P Rick Tuten (Week 5), Eugene Robinson, S (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, ST (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 (Week 9), Warren Moon, QB (Week 11)
1998 Jon Kitna, QB (Week 13)
1999 Charlie Rogers,* ST (Week 3), Shawn Springs, CB (Week 8)
2000 Jon Kitna, QB (Week 11)
2001 Shaun Alexander, RB (Week 4), Shaun Alexander, RB (Week 9), Charlie Rogers, ST (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, ST 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 (Week 3), Shaun Alexander, RB (Week 6), Josh Brown, K (Week 7), Shaun Alexander, RB (Week 9), Andre Dyson, CB (Week 13), Matt Hasselbeck, QB (Week 15)
2006 Josh Brown, K (Weeks 6 & 12)
2007 Lance Laury, ST (Week 3), Nate Burleson, ST (Week 7), Lofa Tatupu, LB (Week 13), Marcus Trufant, CB (Week 14)
2008 Josh Wilson, CB (Week 16)
2010 Leon Washington, ST (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,* ST (Week 14)
2012 Chris Clemons, DE (Week 3), Richard Sherman, CB (Week 10), Leon Washington, ST (Week 12), Russell Wilson,* QB (Week 13), Red Bryant, ST (Week 16)
2013 Richard Sherman, CB (Week 2), Steven Hauschka, K (Week 4), Golden Tate, ST (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,* ST (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, ST (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)
2021 Travis Homer, ST (Week 13), Rashaad Penny, RB (Week 17)
2022 Uchenna Nwosu, LB (Week 1), Geno Smith, QB (Week 4), Riq Woolen,* CB (Week 6), Will Dissly, ST (Week 8), Quandre Diggs, S (Week 18)
2023 Kenneth Walker III, RB (Week 3), Devon Witherspoon,* CB (Week 4), Jason Myers, K (Week 10), Julian Love, S (Week 15)
2024 Coby Bryant, S (Week 12), DE Leonard Williams, DE (Week 13)

* Rookie