

SEATTLE SEAHAWKS

October 9, 2012

Seahawks No. 1 Defense Faces Patriots No. 1 Offense at CenturyLink Field

2012 SCHEDULE

Preseason (4-0)

Day	Date	Opponent	Time (PT)	TV
Sat.	8/11	Tennessee	W	27-17
Sat.	8/18	at Denver	W	30-10
Fri.	8/24	at Kansas City	W	44-14
Thu.	8/30	Oakland	W	21-3

Regular Season (3-2)

Day	Date	Opponent	Time (PT)	TV
Sun.	9/9	at Arizona	L	20-16
Sun.	9/16	Dallas	W	27-7
Mon.	9/24	Green Bay	W	14-12
Sun.	9/30	at St. Louis	L	19-13
Sun.	10/7	at Carolina	W	16-12
Sun.	10/14	New England	1:05 p.m.	CBS
Thu.	10/18	at San Francisco	5:20 p.m.	NFLN
Sun.	10/28	at Detroit	10:00 a.m.	FOX
Sun.	11/4	Minnesota	1:05 p.m.	FOX
Sun.	11/11	N.Y. Jets	1:05 p.m.	CBS
Sun.	11/18	Bye Week		
Sun.	11/25	at Miami*	10:00 a.m.	FOX
Sun.	12/2	at Chicago*	10:00 a.m.	FOX
Sun.	12/9	Arizona*	1:25 p.m.	FOX
Sun.	12/16	at Buffalo* (in Toronto)	1:05 p.m.	FOX
Sun.	12/23	San Francisco*	1:25 p.m.	FOX
Sun.	12/30	St. Louis Rams*	1:25 p.m.	FOX

*Game time subject to NFL Flexible Scheduling

ON THE AIR

Kickoff:	Sunday, October 14 1:05 p.m. (PT)
Records:	Seahawks (3-2) Patriots (3-2)
TV:	CBS (channel 7 in Seattle) Ian Eagle (play-by-play) Dan Fouts (commentary)
Radio:	710 ESPN Radio & 97.3 FM Steve Raible (play-by-play) Warren Moon (commentary) Jen Mueller (sidelines)
Next Week's Opponents:	Seattle at San Francisco, Oct. 18 Candlestick Park New England vs. N.Y. Jets, Oct. 21 Gillette Stadium

SEAHAWKS VS. PATRIOTS



The Seahawks begin a stretch of three games in 15 days beginning with the New England Patriots at CenturyLink Field this Sunday. Kickoff is slated for 1:05 p.m. (PT).



The game will be televised on CBS (channel 7 in Seattle) and broadcast on 710 ESPN Radio and 97.3 FM in Seattle. On CBS, Ian Eagle will serve as the play-by-play man, joined in the booth by former NFL quarterback Dan Fouts. On 710 ESPN Radio and 97.3 FM is former Seahawks receiver Steve Raible in his 31st year of broadcasting, joined by Hall of Famer Warren Moon with Jen Mueller on the sidelines.

It will be New England's second trip to the Pacific Northwest since the 1993 season and will be the 16th meeting between the two teams in the regular season. The Patriots leads the series 8-7.

Under the league's scheduling rotation introduced after realignment in 2002, the two teams will play every four years with New England winning in 2004 and 2008.

The series began in 1977, with the teams playing 13 times in 17 years, including two matchups in 1993 and six straight road games with Seattle heading to Massachusetts from 1986-93.

THIS WEEK'S SCHEDULE

Tuesday, October 9

Players day off

Wednesday, October 10

8:10 a.m.	Patriots player conference call
8:25 a.m.	Patriots Head Coach Bill Belichick conference call
12:10 p.m.	Head Coach Pete Carroll press conference Open locker room
1:30 p.m.	Practice* Bevell, coaches available after practice

Thursday, October 11

12:10 p.m.	Open locker room QB Russell Wilson media availability
1:30 p.m.	Practice* Bradley, coaches available after practice

Friday, October 12

11:30 a.m.	Practice* Carroll, coaches, players available after practice
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Saturday, October 13

No player availability

Sunday, October 14

1:05 p.m.	Seahawks vs. Patriots CenturyLink Field
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Monday, October 15

3:00 p.m.	Coach Carroll press conference
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*TV cameras may shoot the first 5-10 minutes of practice



Seahawks vs. Patriots October 14, 2012 1:05 p.m. PT

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NFL STANDINGS

AFC East	W	L	T	PCT.	NFC East	W	L	T	PCT.
New England	3	2	0	.600	Philadelphia	3	2	0	.600
N.Y. Jets	2	3	0	.400	N.Y. Giants	3	2	0	.600
Buffalo	2	3	0	.400	Dallas	2	2	0	.500
Miami	3	3	0	.400	Washington	2	3	0	.400

AFC North	W	L	T	PCT.	NFC North	W	L	T	PCT.
Baltimore	4	1	0	.800	Minnesota	4	1	0	.800
Cincinnati	3	2	0	.600	Chicago	4	1	0	.800
Pittsburgh	2	2	0	.500	Green Bay	2	3	0	.400
Cleveland	0	5	0	.000	Detroit	1	3	0	.250

AFC South	W	L	T	PCT.	NFC South	W	L	T	PCT.
Houston	5	0	0	1.000	Atlanta	5	0	0	1.000
Indianapolis	2	2	0	.500	Tampa Bay	1	3	0	.250
Jacksonville	1	4	0	.200	Carolina	1	4	0	.200
Tennessee	1	4	0	.200	New Orleans	1	4	0	.200

AFC West	W	L	T	PCT.	NFC West	W	L	T	PCT.
San Diego	3	2	0	.600	Arizona	4	1	0	.800
Denver	2	3	0	.400	San Francisco	4	1	0	.800
Oakland	1	3	0	.250	St. Louis	3	2	0	.600
Kansas City	1	4	0	.200	Seattle	3	2	0	.600

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RARE COMPANY

Eleven quarterbacks were taken in the 2012 NFL Draft; four in the first round, one in the second round (Brock Osweiler - Denver), with Seattle selecting Russell Wilson with the 75th overall pick in the third round.

Five of those rookie quarterbacks started Kickoff Weekend for their respective teams, but one, however, was drafted in the third-round or later; Seattle's Wilson.

It is the most rookie quarterbacks to start a team's opening game since at least 1950. The previous high was three in 1968 (Dan Darragh - Buffalo, Greg Landry - Detroit, Dewey Warren - Cincinnati) and 1969 (Greg Cook - Cincinnati, James Harris - Buffalo, Roger Staubach, Dallas).

Wilson became the sixth rookie quarterback drafted in the third round or later to start a season opener since 1970, and first since 2005.

Starting Rookie QBs in Week 5

Player	Att	Comp	Pct	Yds	TD	Int	Rtg
Ryan Tannehill, Mia (W)	26	17	65.4	223	0	0	92.3
Brandon Weeden, Cle (L)	35	22	62.9	291	2	2	84.3
Robert Griffin III, Was (L)	15	10	66.7	91	0	0	82.9
Russell Wilson, Sea (W)	25	19	76.0	221	1	2	82.3
Andrew Luck, Ind (W)	55	31	56.4	362	2	1	81.0

Rookie QBs Drafted in 3rd Round or Later to Start Opener

Year	Player	Team	Rd.	Overall
1973	Joe Ferguson	Buffalo	3	57
1977	Randy Hedberg	Tampa Bay	8	196
1982	Mike Pagel	Baltimore	4	84
2001	Chris Weinke	Carolina	4	106
2005	Kyle Orton	Chicago	4	106
2012	Russell Wilson	Seattle	3	75

RAISIN' 12

Just before every kickoff at CenturyLink Field, fans turn their attention to the 300 level of the south endzone with anticipation to see who is going to raise the team's signature 12 flag and turn CenturyLink Field in to a frenzy. From former Seahawks greats, to local celebrities and sports personalities, the flag has become a love affair for Seahawks supporters all over the Northwest and the spirit of community that the organization and fans share. Who will raise it next?

2012 Flag Raisers

Tennessee - Steve August	Minnesota -
Oakland - 2012 Olympians	N.Y. Jets -
Dallas - Shawn Springs	Arizona-
Green Bay - Trent Dilfer	San Francisco -
New England-	St. Louis -



Seahawks vs. Patriots October 14, 2012 1:05 p.m. PT

THIS WEEK VS. NEW ENGLAND

REGULAR SEASON RESULTS

<u>Patriots Lead 8-7</u>				
October 9, 1977	L	@	31-0	45,929
September 21, 1980	L		37-31	61,035
December 19, 1982	L		16-0	53,457
December 18, 1983	W		24-6	59,688
September 16, 1984	L	@	38-23	43,140
November 17, 1985	L		20-13	60,345
September 21, 1986	W	@	38-31	58,977
December 4, 1988	L	@	13-7	59,068
September 24, 1989	W	@	24-3	48,025
October 7, 1990	W	@	33-20	39,735
September 20, 1992	W	@	10-6	42,327
September 19, 1993	W	@	17-14	50,392
October 24, 1993	W		10-9	56,526
October 17, 2004	L	@	30-20	68,756
December 7, 2008	L		24-21	68,077

<u>Record in Seattle</u>	2-4
Kingdome	2-3
Husky Stadium	0-0
CenturyLink Field	0-1

<u>Record at New England</u>	5-4
Foxboro Stadium	5-3
Gillette Stadium	0-1

Current Streaks New England has won two in a row

<u>Longest Win Streaks</u>	
Seahawks	5, 1989-93
Patriots	3, 1977-82

<u>Last Game Played in...</u>	
Seattle	Patriots 24, Seahawks 21 (12/7/08)
New England	Patriots 30, Seahawks 20 (10/17/04)

<u>Total Points in Series</u>	
Seahawks	271 (18.1)
Patriots	298 (19.9)

<u>Largest Margin of Victory</u>	
Seahawks	21 points, 24-3 (9/24/89)
Patriots	31 points, 31-0 (10/9/77)

<u>Combined Points</u>	
Highest	69 (Seattle win 38-31 on 9/21/86)
Lowest	16 twice (last: Seattle win 10-6 on 9/20/92)

<u>Shutouts</u>	
Seahawks	None
Patriots	31-0 on 10/9/77 & 16-0 on 12/19/82

<u>Pete Carroll vs. Patriots</u> (Regular Season)	1-1
With Seattle	0-0
With N.Y. Jets	1-1
Playoffs	0-0

<u>Bill Belichick vs. Seahawks</u> (Regular Season)	3-1
With Cleveland	1-1
With New England	2-0
Playoffs	0-0

ON PAPER

<u>2012 Regular Season</u>	<u>Seahawks</u>	<u>Patriots</u>
Record	3-2	3-2
Total Yards Gained	1,436	2,197
Total Offense (NFL Rank)	287.2 (27)	439.4 (1)
Rush Offense	140.2 (7)	165.4 (3)
Pass Offense	147.0 (31)	274.0 (9)
Points Per Game	17.2 (28)	33.0 (1)
Total Yards Allowed	1,293	1,869
Total Defense	258.6 (1)	373.8 (22)
Rush Defense	66.6 (3)	82.2 (8)
Pass Defense	192.0 (5)	291.6 (30)
Points Allowed/Game	14.0 (2)	22.6 (17)
Possession Avg.	32:02	32:04
Sacked/Yds. Lost	10/80	12/80
Sacks Made/Yds. Lost	16/93	9/31
Interceptions By	3	6
Penalties/Yds.	44/363	28/232
Punts/Avg.	21/48.9	20/37.3
Turnover Differential	-1 (T17)	+10 (T1)

2012 STAT LEADERS

	<u>Seahawks</u>	<u>Patriots</u>
Rushing	Marshawn Lynch 508 (113-4.5-2)	Stevan Ridley 490 (102-4.8-4)
Passing	Russell Wilson 815 (125-79-5-6-75.3)	Tom Brady 1,450 (185-124-8-1-102.8)
Receptions	Sidney Rice 199 (17-11.7-1)	Wes Welker 484 (38-12.7-1)
Scoring (Non kicker)	Golden Tate 18	Stevan Ridley 24
Sacks	Chris Clemons 5.5	Chandler Jones 3.0
Int.	Richard Sherman 2	McCourty & Wilson 2
Punting	Jon Ryan 48.9/43.1 net (8 In20)	Zoltan Mesko 39.3/34.2 net (11 In20)
Kicking	Steven Hauschka 38 (10/11 FG, 8/8 PAT)	Stephen Gostkowski 51 (11/14 FG, 18/18 PAT)

SERIES LEADERS

	<u>Seahawks</u>	<u>Patriots</u>
Rushing	Chris Warren	John Stephens
Yards	36-174-4.5-1 9/19/93	31-121-3.9-0 12/4/88
Passing	Matt Hasselbeck	Tony Eason
Yards	50-27-349-0-2 10/17/04	45-26-414-3-0 9/21/86
Receiving	Koren Robinson	Stanley Morgan
Yards	9-150-16.7-0 10/17/04	7-161-23.0-3 9/21/86



Seahawks vs. Patriots October 14, 2012 1:05 p.m. PT

LAST TIME VS. NEW ENGLAND

New England Patriots 24, Seattle Seahawks 21
Sunday, December 7, 2008 - CenturyLink Field

The Seahawks could not hold on to a 21-13 lead and slipped to the New England Patriots 24-21. Seattle jumped to a 7-0 lead after former Patriot wide receiver Deion Branch hauled in a 14-yard pass from Seneca Wallace for the game's first score. The Patriots tacked on a late first-quarter field goal, a 50-yarder by Steven Gostkowski. Seattle marched right back down the field and scored when Wallace connected with tight end John Carlson on a 10-yard scoring pass. The Patriots returned the favor when their tight end Ben Watson pulled in a Matt Cassel 2-yard TD pass to pull within 14-10 at the half. In the third quarter, another Gostkowski field goal brought the Patriots to within 14-13, but Seattle came back with another Wallace-to-Branch TD pass and catch, this a 14-yarder set up by an earlier 63-yard Wallace-to-Branch pitch and catch. With the Seahawks leading 21-13 early in the fourth quarter, a third Gostkowski brought the Patriots to within 21-16. The Patriots, facing a fourth-and-goal from the 1-yard line, handed the ball to Sammy Morris who dove over the top for a touchdown. Following a successful 2-point conversion, the Patriots had the lead 24-21 with 2:44 to play. Following the kickoff, a Seneca Wallace 23-yard scramble gave the Seahawks a first down at the New England 43 followed by running play that lost 1 yard bring the clock to the two-minute warning. On second down, an all-out blitz by the Patriots forced the first sack allowed by the Seahawks all day causing a fumble which was recovered by New England. Wallace passed tied a career high with three TD passes and posting a 128.9 rating. With his eight catches on the day, Carlson tied a club record for most receptions in a season with 46. The Seahawks' offensive line was with out starters Walter Jones, Mike Wahle and Chris Spencer.

NE	3	7	3	11	—	24
Seattle	7	7	7	0	—	21

					NE	Sea
SEA 1	5:25	Branch 14 pass Wallace (Mare kick) (13-87, 5:35)			0	7
NE 1	0:48	Gostkowski 50 FG (9-48, 4:37)			3	7
SEA 2	12:30	Carlson 10 pass Wallace (Mare kick) (9-74, 3:18)			3	14
NE 2	9:09	Watson 2 pass Cassel (Gostkowski kick) (6-43, 3:21)			10	14
NE 3	2:40	Gostkowski 42 FG (12-56, 4:43)			13	14
SEA 3	0:41	Branch 4 pass Wallace (Mare kick) (3-62, 1:59)			13	21
NE 4	12:19	Gostkowski 27 FG (10-68, 3:22)			16	21
NE 4	2:44	Morris 1 run (Cassel to Welker pass) (14-71, 6:03)			24	21
Att. 68,077						

Team Statistics

	New England	Seattle
Total First Downs	22	18
Third Down Eff.	10-18-56%	7-12-58%
Total Net Yards	344	339
Total Off. Plays	72	55
Avg. per Play	4.8	6.2
Net Yards Rushing	84	134
Total Rushing Plays	25	26
Net Yards Passing	260	205
Times Sacked/Yards Lost	3/8	1/7
Pass Atts-Comps-Ints	44-26-0	28-20-0
Punts-No. and Avg.	3-40.3	5-39.4
Penalties-No. and Yards	1-15	5-39
Fumbles-No. and Lost	1-0	2-1
Touchdowns	2	3
Field Goals Made-Att	3-3	0-0
Time of Possession	33:55	26:05

NEON LEON

Kick returner Leon Washington got off to fast start in Week 1 at Arizona (9/9), returning one punt return for 52 yards and a kickoff return for 83 yards, helping set up Seattle scores.

He ranks second in the NFL with a 34.3 kickoff return average.

He became the first player in NFL history to return three kickoffs for touchdowns in two different seasons (2007, 2010) after he lit up CenturyLink Field vs. the Chargers (9/26/10), becoming the 10th player in NFL history, first in Seahawks history, to return two kickoffs for touchdowns in a single game. His two returns, 101 and 99 yards, are the two longest in Seahawks history. He is also the third player in NFL history with two touchdowns of 99+ yards in the same game. His third came at San Francisco (12/12/10) on a 92-yard return.

His 253 total kickoff return yardage vs. San Diego is also a franchise record, while his 63.3 yard average (4 for 253 yards) ranks fourth in NFL history (min. 3 att.), and highest since 1960.

The seventh-year veteran has seven career kickoff touchdowns that ranks second all-time in NFL history (8 - Josh Cribbs, Cle). His career-long 84-yard punt return vs. Carolina (12/5/10) ranks as the sixth-longest in Seahawks history.

Most Kickoff Return Touchdowns, NFL History

No.	Player	Team
8	Josh Cribbs	Cle
7	Leon Washington	NYJ, Sea
6	Dante Hall	KC, StL
	Mel Gray	NO, Det, Hou, Ten, Phi
	Travis Williams	GB, L.A. Rams
	Gale Sayers	Chi
	Ollie Matson	Chicago Cardinals, L.A. Rams, Det, Phi

Highest Kickoff Return Avg./Game (min. 3), NFL History

Avg.	Player	Game	Ret
73.50	Wally Triplett	Det vs LA (10/29/50)	4-294
67.33	Lenny Lyles	SF vs. Bal (12/18/60)	3-202
65.33	Ken Hall	Hou vs. N.Y. Titans (10/23/60)	3-196
63.33	Leon Washington	Sea vs. SD (9/26/10)	4-253

Longest Kickoff Returns, Seattle History

	Player	Opponent
101	Leon Washington	vs. San Diego (9/26/10)
99	Leon Washington	vs. San Diego (9/26/10)
97	Maurice Morris	at St. Louis (10/20/02)
	James Jefferson	vs. Kansas City (10/8/89)
94	Zachary Dixon	vs. St. Louis (11/13/83)

Most Kickoff Return Yards/Game, Seattle History

	Player	Opponent
253	Leon Washington	vs. San Diego (9/26/10)
231	Maurice Morris	at St. Louis (10/20/02)
222	Leon Washington	at San Francisco (12/12/10)



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BATTLE IN SEATTLE

It's not the Thrilla in Manila, but it's an early season battle of heavyweights on each side of the ball as the Seahawks No. 1-ranked defense takes on the Patriots No.-1 ranked offense this weekend.

The last time there was a matchup of two No. 1's in Week 6 or later was on December 9, 2007 in Week 14. New England's No. 1 offense defeated Pittsburgh's No. 1 defense, 34-13, in Foxborough.

	Pittsburgh	New England
Total First Downs	19	21
Total Net Yards	349	421
Total Off. Plays	67	55
Net Yards Rushing	181	22
Total Rushing Plays	32	9
Net Yards Passing	168	399
Pass Atts-Comps-Ints	32-19-0	46-32-0
Touchdowns	1	4
Time of Possession	34:43	25:17

TAKING SHAPE

Seattle's starting defensive squad boasts three Pro Bowlers, a double-digit sack artist and the conference's leading interior tackler over the past two seasons.

The group finished in the top 10 in overall defense in 2011 and is currently the top-ranked overall defense with the third-ranked run defense.

With 10 of 11 starters returning (LB David Hawthorne signed with New Orleans in free agency), Seattle's defense aims to be the best in the NFL.

All this coming from a group with the sixth-youngest starters in the NFL, after ending last season as the second-youngest.

Youngest Starting Defensive Units, Most Recent Game

Team	Years	Days
Tennessee	25	119
Dallas	26	100
St. Louis	26	133
New England	26	143
Kansas City	26	145
Seattle	26	169
Tampa Bay	26	169

YOUNG GUNS

In Year 3 of their program, Pete Carroll and John Schneider are continuing to build the team in their vision, and with this, have turned one of the more veteran rosters in the NFL into the third-youngest roster entering Week 6.

Youngest 53-man Roster, Most Recent Game

Team	Yrs.	Days
St. Louis	25	321
Miami	26	66
Seattle	26	103
Cleveland	26	104
Minnesota	26	107

ZODIAC RE-ALIGNMENT

Right defensive end Chris Clemons is excelling in Pete Carroll's defensive scheme playing the 'Leo' position. Born in October, this Scorpio leads the team with 5.5 sacks (3rd NFC, T6th NFL).

Clemons tied the NFL record for most sacks in a first-half by tying the Seahawks record and setting a career-high with 4.0 vs. Green Bay (9/24) on Monday Night Football.

Along with his 4.0 sacks, Bruce Irvin and Brandon Mebane each added 2.0 of their own, totaling 8.0 first-half sacks, ranking second in NFL history. Its the most Seattle sacks in one game since posting 8.0 vs. San Francisco (9/14/08) and most in the first-half in team history. Seattle had 8.0 sacks in the second-half vs. the Buffalo Bills on December 8, 1996.

He also leads the team with nine quarterback hits.

2012 NFL Sack Leaders

Player	No.
1. DE J.J. Watt, Hou	8.5
2. LB Clay Matthews, GB	8.0
3. DT Geno Atkins, Cin	6.0
LB Justin Houston, KC	6.0
DE Robert Quinn, StL	6.0
6. DE Chris Clemons, Sea	5.5

Most Sacks in the First-Half, NFL History

No.	Player	Opponent	Date
4.0	Chris Clemons, Sea	vs. Green Bay	9/24/12
	Derrick Thomas, KC	vs. San Diego	11/8/92

Most Team Sacks in the First-Half, NFL History

No.	Team	Opponent	Date
9.0	N.Y. Giants	vs. Chicago	10/2/10
8.0	Seattle	vs. Green Bay	9/24/12
7.0	Denver	vs. N.Y. Jets	9/1/96
	Seattle	vs. Oakland	11/6/06

Most Sacks in a Single-Game, Seahawks History

No.	Player	Opponent	Date
4.0	Chris Clemons	vs. Green Bay	9/24/12
	Darryl Tapp	vs. St. Louis	10/21/07
	Michael Sinclair	vs. Denver	9/8/96
	Michael McCrary	vs. Oakland	12/22/96
	Jacob Green	vs. N.Y. Giants	10/19/86

"C" - HAWKS

In a vote by players, three first-year Seahawks captains were named team captains for the 2011 season. Fullback Michael Robinson is a two-time special teams captain.

2012 Seahawks Captains

Offense	Defense	Special Teams
C Max Unger	DE Red Bryant	LB Heath Farwell
		FB Mike Robinson



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BRUUUUUUUCE

The chorus of Bruuuuuuuce throughout CenturyLink Field and Bank of America Stadium in Charlotte last week can only mean one thing: rookie Bruce Irvin has just made a game-changing play.

This could not be more evident than his career-high tying 2.0-sack performance at Carolina (10/7) with his final sack forcing Cam Newton to fumble leading to a Seattle recovery to seal the win.

Despite playing in only 45.2% of the defensive snaps this season (140 of 310), Irvin leads all rookies with 4.5 sacks (T5th NFC, T12th NFL).

2012 NFL Rookie Sack Leaders

Player	No.
1. DE Bruce Irvin, Sea	4.5
2. DE Chandler Jones, NE	3.0
3. DE Frank Alexander, Car	2.5
4. DT Mike Martin, Ten	2.0
DE Shea McClellin, Chi	2.0

LIVIN' ON THE EDGE

Highly unlikely these two guys listen to the 1993 Aerosmith hit, Livin' on the Edge, but Chris Clemons and Bruce Irvin make opposing tackles dread lining up across from them this season.

The two have combined for 10.0 sacks this season, ranking first in the NFC (2nd NFL).

Most Sacks, NFL Defensive End Tandems

J.J. Watt & Antonio Smith, Hou	10.5
Chris Clemons & Bruce Irvin, Sea	10.0
Robert Quinn & Chris Long, StL	9.0
Cameron Wake & Jared Odrick, Mia	7.5
Charles Johnson & Frank Alexander, Car	6.0
Julius Peppers & Corey Wootton, Chi	6.0

AHEAD OF THE CURVE

One of Pete Carroll's main offseason priorities was to improve the pass rush on opposing quarterbacks.

Carroll and John Schneider have seem to have done just that with the free agent acquisition of Jason Jones and drafted rookies Bruce Irvin with the 15th overall pick and Bobby Wagner in the second-round (47th overall).

Seattle has 16.0 sacks through five games and did not reach 16.0 sacks until Game 10 at St. Louis (11/20/11) last season.

Sacks Through First Five Games

Year	Sacks
2011	8.0
2012	16.0

UPON FURTHER REVIEW

Opponents have scored 70 total points against Seattle this season, but if you scratch the surface, one will find that Seattle's defensive unit has allowed only 54 points to lead the league.

The unit has also not allowed a touchdown in the last 128 minutes since Green Bay's Cedric Benson scored in Week 3.

Points Allowed by Defensive Unit/NFL

Team	Points	Avg.
Seattle	54	10.8
Houston	57	11.4
Chicago	57	11.4
San Francisco	60	12.0
Arizona	78	15.6

On the other side of the ball, Seattle had a string of six consecutive games with 100 or more team rushing yards heading in to Carolina (10/7), tying for the seventh-long streak in franchise history.

Seattle stood at 117 rushing yards with :59 remaining in the game, but took a safety on a -18 yard rush by Jon Ryan to take time off the clock and to set itself up with better field position for Ryan's free kick, and finished the day with 98 team rushing yards.

SACK ATTACK

In 2011, Seattle had 33.0 sacks, and through five games in 2012, it has nearly reached half that mark thanks to rookies Bruce Irvin and Bobby Wagner.

Led by Chris Clemons 5.5 sacks, Irvin and Wagner have combined for 6.0 sacks, with free agent addition Jason Jones adding 1.5 and veterans Brandon Mebane and Alan Branch combining for 3.0 sacks.

The Seahawks 16.0 sacks rank fourth in the NFC (T5th NFC).

2012 NFL Team Sack Leaders

Team	No.
1. Chicago Bears	18.0
Green Bay Packers	18.0
Cincinnati Bengals	18.0
4. Arizona Cardinals	17.0
5. Seattle Seahawks	16.0
Houston Texans	16.0
7. St. Louis Rams	15.0
Miami Dolphins	15.0
9. Minnesota Vikings	14.0
Denver Broncos	14.0
Carolina Panthers	14.0



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DANGERUSS WILSON

True to his word about preaching competition to make the Seahawks the most competitive team possible, Pete Carroll announced on August 26 that rookie Russell Wilson will be the opening day starter at Arizona (9/9).

After completing 40 of 63 passes for 536 yards with five touchdowns and one interception for a 110.3 passer rating (6th NFC, 7th NFL) in the preseason, and rushing 10 times for 150 yards (T8th NFC) with one touchdown, Wilson produced and showed he can play at the NFL level.

"It's been a very exciting competition that's gone on, and Russell has taken full advantage of his opportunities and done everything we could ask for on the field," Carroll said after the announcement. "And more you guys can know, what he's done off the field in meeting rooms and with our players and how he's represented himself, he's earned this job."

Wilson ranked in the NFL's top-10 in passer rating and fourth-quarter passer rating (9th, 112.8), while ranking in the NFC's top-10 in rushing (T8th, 150 yards) and third-down passer rating (8th, 95.5). He put points on the board in 13 of his 21 drives started, with two missed field goals.

Russell Wilson - Drives Started/Preseason

	Drives	TD	FG	Punt	Turnover	Missed FG
vs. Tenn (8/11)	6	2	1	2	1	0
at Den (8/18)	5	3	0	2	0	0
at KC (8/24)	7	3	3	0	0	1
Oak (8/30)	3	0	1	1	0	1
Totals	21	8	5	5	1	2

NFC Passer Rating Leaders/ Preseason

Player	Att	Comp	Pct	Yds	TD	Int	Rating
Tony Romo	32	21	65.6	303	2	0	117.1
Matt Stafford	37	26	70.3	360	3	1	116.9
Sam Bradford	51	30	58.8	398	5	0	116.3
Matt Ryan	60	45	75.0	549	3	1	112.4
Drew Brees	47	32	68.1	357	3	0	111.7
Russell Wilson	63	40	63.5	536	5	1	110.3

TOP O' THE CHARTS

The Seahawks defense ranks in the top-five in many statistical categories in 2012.

Category	Rank	Yards
Yards per Game	1	258.6
Yards per Play	1	4.39
Rush Yards per Game	3	66.6
Rush Yards per Attempt	4	3.23
Pass Yards per Game	5	192.0
Pass Yards per Play	1	6.02
Yards Allowed on 1st Downs	3	4.40

Category	Rank	No.
1st Downs per Game	5	17.0
Total Points Allowed (70)	2	14.0
Points Allowed by Defensive Unit (54)	1	10.8

BUILDING BLOCKS

Of the 53 players currently on the active roster for Week 6, only seven were with the team in 2009. In all, 16 Seahawks are in their first season with the club, 18 are in their second and 12 in their third season - or 87% of the roster - who have been with Pete Carroll and John Schneider since they have put this competitive roster together. Marcus Trufant and Leroy Hill remain from the team's run to Super Bowl XL in 2005.

Trufant is the longest-tenured original Seahawks player in his 10th season, and most veteran player on the team. Seattle has 16 players with 6+ years of NFL experience.

Acquired via:

Draft: 26
Free agents: 16
Unrestricted free agents: 5
Trades: 4
Waivers: 1
Practice squad: 1

Remaining players from Tim Ruskell/Bob Ferguson era:

2009: Max Unger
2008: Red Bryant (4th round), Jon Ryan (free agent)
2007: Brandon Mebane (3rd round)
2006: Ben Obomanu (7th round)
2005: Leroy Hill (3rd round)
2003: Marcus Trufant (1st round)

WHEN LIFE HANDS YOU CLEMONS...

It's time to enjoy a nice cool glass of Clemonade.

Since arriving in Seattle via trade with Philadelphia in March of 2010, defensive end Chris Clemons has been heating up as one of the most productive sack leaders in the NFL.

He has 27.5 sacks in 37 games played for Seattle, ranking as one of the most productive streaks in franchise history. His 11.0 double-digit sacks in back-to-back seasons (2010-11) are the first for Seattle since Michael Sinclair posted double-digit sacks of 12.0 and 16.5 in 1997 and 1998.

Clemons ranks fourth among defensive ends and ranks tied for sixth in the NFL in sacks since the beginning of 2010 on a list that includes six 2012 Pro Bowlers.

NFL Sack Leaders Since 2010

Player	No.
1. *LB DeMarcus Ware, Dal	40.0
2. *DE Jared Allen, Min	36.0
3. *DE Jason Babin, Ten/Phi	33.0
4. *LB Tamba Hali, KC	29.5
5. DE Cameron Wake, Mia	28.0
6. DE Chris Clemons, Sea	27.5
*LB Clay Matthews, GB	27.5
8. DE John Abraham, Atl	25.5
DE Robert Mathis, Ind	25.5
10. *LB Terrell Suggs, Bal	25.0

* 2012 Pro Bowler



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VOLUME 12

Seahawks fans have become known as the loudest in the NFL and are proud of the role they play in helping the team win on the field. In 2005, Seattle led the NFL in opponent false start penalties at CenturyLink Field with 24, including 11 versus the N.Y. Giants. In 2006, Seattle once again led the NFL in that category with 26 in their eight home games. Seattle's total of 112 since 2005, is tops in the NFL.

Opponent False Start Penalties at Home (2005-current)

	Games	Penalties	Average
Seattle Seahawks	58	112	1.93
Minnesota Vikings	57	109	1.91
Detroit Lions	58	101	1.74
St. Louis Rams	59	98	1.66

CANDY MAN

Known for loving his Skittles given to him by his mama before Pop Warner games, Delisa Lynch would say, "Here Marshawn, come and get you power pellets. Eat 'em up, baby. They're going to make you run fast and they're going to make you play good."

In the days since, Marshawn Lynch has the production line busy since Week 4 vs. Atlanta (10/2/11), as he scored in 11 consecutive games (Weeks 4-16), a Seahawks record.

He has rushed for 100 yards in eight of his last 14 games and last season he set a career-high with 13 total touchdowns (career-high and tied for third in the NFL with 12 rush, one rec.).

He is the NFL's most productive rusher, totaling 1,449 yards on the ground since Week 9 of 2011.

Most Rushing Yards Since Week 9 of 2011, NFL

Player	Att.	Yds.	Avg.	TD
Marshawn Lynch, Sea	324	1,449	4.5	11
Ray Rice, Bal	257	1,294	5.0	10
Maurice Jones-Drew, Jac	261	1,274	4.9	6
Arian Foster, Hou	275	1,224	4.5	11

Marshawn Lynch's Last 14 Ballgames

Game	Rushing					Receiving				
	Att.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD
at Dal (11/6)	23	135	5.9	29	1	1	8	8.0	8	0
Bal (11/13)	32	109	3.4	8	1	5	58	11.6	23	0
StL (11/20)	27	88	3.3	12	1	2	1	0.5	5	0
Was (11/27)	24	111	4.6	12	0	1	20	20.0	20t	1
Phi (12/1)	22	148	6.7	40t	2	0	0	0.0	0	0
StL (12/12)	23	115	5.0	16t	1	2	8	4.0	4	0
at Chi (12/18)	20	42	2.1	15	2	2	5	2.5	3	0
SF (12/24)	21	107	5.1	18	1	2	24	12.0	20	0
at Ari (1/1/12)	19	86	4.5	18	0	2	5	2.5	3	0
at Ari (9/9)	21	85	4.0	11	0	2	12	6.0	7	0
Dal (9/16)	26	122	4.7	36	1	0	0	0.0	0	0
GB (9/24)	25	98	3.9	9	0	1	1	1.0	1	0
at StL (9/30)	20	118	5.9	18t	1	4	37	9.3	16	0
at Car (10/7)	21	85	4.0	14	0	1	9	9.0	9	0
Totals	324	1,449	4.5	40t	11	25	188	7.5	20t	1

SPECIAL D

Last year's Seahawks defense, with the second-youngest starters in the league, went down as one of the best in franchise history.

With nine of its 11 starters starting at least 14 games, Seattle finished ranked ninth in the NFL allowing 332.2 yards per game, ranking in the top-10 for only the sixth time in its 36-year history, and for the first time since 1997.

Seattle's highest-ranking defense finished sixth overall in 1984, allowing 310.2 yards per game.

Top 10 Seattle Defenses/Avg. Yards Allowed, NFL

Year	Rank	Yards/Game
1984	6	310.2
1991	8	293.9
1997	8	303.1
1990	9	288.1
2011	9	332.2
1992	10	286.4

MT. RUSH MORE

Last season, Seattle re-committed to its ground attack beginning in Week 9 at Dallas (11/6/11), and has strung together a streak of 12 of its last 14 games with 100 or more team rushing yards.

Seattle just concluded a six-game streak with 100-plus yards ranking as the seventh-longest in franchise history, that included a season-high 182 yards vs. Dallas (9/16). Seattle reached its longest streak of 12 during the 1978-79 seasons.

Since Week 9 of 2011, Seattle's 1,913 yards ranks sixth in the NFL, just 14 yards behind the Kansas City Chiefs.

Marshawn Lynch has reached 100 yards in eight of the last 14 games, carrying a career-high 32 times vs. Baltimore (11/13/11) and rushing for a season-high 122 yards vs. Dallas (9/16).

His 508 yards this season leads the NFC (3rd NFL).

Most Team Rushing Yards Since Week 9 of 2011

Team	Att.	Yds.	Avg.	TD
Denver	491	2,257	4.6	13
San Francisco	445	2,060	4.6	14
Houston	456	2,028	4.4	18
Carolina	359	1,941	5.4	22
Kansas City	450	1,927	4.3	6
Seattle	471	1,913	4.1	13

KING ME

In the 10 seasons since re-alignment in 2002, Seattle is tied for third in the NFL with five division titles and tied for sixth with six playoff appearances.

Team	Division Titles	Playoff Berths
New England	8	8
Indianapolis	7	9
Seattle	5	6
Green Bay	5	7
Pittsburgh	5	7



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POINTLESS

Opponents have found it difficult to score against an ever-improving defense through the first five games of the season.

Seattle's tall, strong and fast defense is becoming one of the best in the NFL, ranking first overall (258.6 yards/game), first in yards per play (4.39), third against the run (66.6 yards/game), fourth in rush yards per attempt (3.23) and third in yards allowed on first-down plays (4.40).

The squad finished seventh in the NFL last season allowing 19.7 points per game and currently ranks second the NFL allowing 14.0 points per game.

Total Points Allowed per Game/NFL

Team	Points	Avg.
San Francisco	68	13.6
Seattle	70	14.0
Chicago	71	14.2
Houston	73	14.6
Arizona	78	15.6

RED ALERT: BLOCK PARTY

The Seahawks have a force in the middle on their kick-block unit in the form of 323-pound defensive tackle Red Bryant.

Bryant set a franchise-record with two blocked field goal attempts at Cleveland (10/23/11). He added another vs. Washington (11/27/11), as well as blocking a Redskins PAT, the first for Seattle since the 1995 season, becoming the first player in club history to accomplish that feat and first in the NFL since Cleveland's Shaun Rogers vs. Cincinnati on October 4, 2009. He owns the club record with four blocked kicks in a single-season (2011).

The son-in-law of Ring of Honor member Jacob Green, Bryant ranks second with three blocked field goals in his career.

Most Blocked Field Goals, Club History

8	Joe Nash	1982-96
	Craig Terrill	2004-10
3	Red Bryant	2008-
2	four tied	

Most Blocked Kicks (FGs & PATs), Season

4	Red Bryant	2011
3	three tied	

LYNCH PIN

Seattle's offense relies on a strong running game to aid in the development of rookie quarterback Russell Wilson, who owns an 75.3 passer rating, good for third among the five rookie starters.

Lynch leads the NFC (3rd NFL) with 508 rushing yards.

NFL Leading Rushers

Player	Att.	Yds.	Avg.	TD
Jamaal Charles, KC	102	551	5.4	2
Arian Foster, Hou	132	532	4.0	5
Marshawn Lynch, Sea	113	508	4.5	2
Alfred Morris, Was	100	491	4.9	4

BUFFET LINE

DeMarco Murray, Steven Jackson and Cam Newton have been just a few names on Sunday's menu for Seattle's defensive line this season.

Led by Red Bryant at left defensive end, Brandon Mebane and Alan Branch in the trenches, along with Chris Clemons, this four-some, along with Bruce Irvin and Clinton McDonald have eaten up opponents. The Seahawks rank fourth in the NFL in opponent rush yards per attempt, allowing only 3.23 yards per carry.

Seattle's defensive line has also helped the Seahawks rank third in the NFL against the run this season, allowing 66.6 yards per game.

NFL, Opponent Rush Yards/Attempt

Team	Att.	Yds.	Avg.
Miami	115	307	2.67
Minnesota	123	393	3.20
Tampa Bay	92	295	3.21
Seattle	103	333	3.23
New England	121	411	3.40

SPECIAL DELIVERY

Seattle's kickoff coverage team has excelled under Seahawks coach Brian Schneider. Thanks to stalwarts and captains Michael Robinson and Heath Farwell, Chris Maragos and long-time contributor Ben Obomanu, the Seahawks kick coverage unit ranks third in the NFL with opponents starting at their own 19.4 yard line.

NFL Avg. Drive Start - Kicking Team

Team	KO	TB	I20	Avg. Start
N.Y. Jets	21	8	7	18.0
Washington	27	18	6	19.2
Seattle	21	10	6	19.4
Chicago	31	21	6	19.6
Cleveland	23	7	7	19.7

On the flipside, thanks to Leon Washington's big day at Arizona (9/9) with three returns for 133 yards (44.3 avg.) and his 34.3 season average (2nd NFL), Seattle ranks first in the league in starting its own drives at the 27.8 yard line.

NFL Avg. Drive Start - Receiving Team

Team	KO	TB	I20	Avg. Start
Seattle	17	9	2	27.8
Minnesota	22	7	3	27.1
San Francisco	16	4	2	25.6
Cleveland	27	7	8	24.4
N.Y. Jets	27	12	6	24.4

Seattle's special teams also blocked a punt and returned it for a touchdown vs. Dallas (9/16). It was the second time in six games that Seattle had blocked a punt and returned it for a score.



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BANG BANG MEBANE

For the man they call Bang Bang, defensive tackle Brandon Mebane provided pop in the interior defensive line last season, ranking first in the NFC (6th NFL) with 56 tackles (40 solo) among interior linemen.

In the last two seasons, Mebane ranks first in the NFC (3rd NFL) with 74 tackles (51 solo).

Most Tackles Since 2011, NFL Interior Linemen

Player	Comb	Tkl	Ast
DT Ahtyba Rubin, Cle	103	70	33
DT Domata Peko, Cin	82	41	41
DT Brandon Mebane, Sea	74	51	23
DT Jurrell Casey, Ten	71	52	19
NT Sione Pouha, NYJ	66	48	18
DT Vince Wilfork, NE	66	38	28
DT Phil Taylor, Cle	59	37	22
NT Antonio Garay, SD	57	37	20

FOR PETE'S SAKE

During Bing Training Camp, Pete Carroll articulated his philosophy to the team again and again in meetings. Repetition, as Carroll says, is an important method of learning, so it never hurts to lay out the principles and philosophies of the team another time.

He's now given the same speech many times to these Seahawks but it still carries a freshness to it every time as he goes through the cornerstones of the organization:

Philosophy: It's all about the ball • "You win by taking care of the football," Carroll said.

Central theme: Competition • "Practice is everything, it's where we make us," Carroll said.

Three rules: Always protect the team; no whining, no complaining, no excuses; be early

Style: Great effort, great enthusiasm, great toughness and play smart

HOME COOKIN'

One thing that has been a constant through the early days of the Kingdome through the championship years of CenturyLink Field is that the 12th Man has given that extra edge for the Seahawks when playing in the Puget Sound.

Seattle has the NFC's second-best home record since moving to the NFC in 2002 with a 53-29 record, joining only Green Bay, Atlanta, Philadelphia and Chicago with 50+ wins over that span.

NFC Best Home Record Since 2002

Team	Record	Pct.
Green Bay	57-26	.687
Seattle	53-29	.646
Atlanta	52-30	.634
Philadelphia	52-30	.634
Chicago	51-31	.622

LOOKING FOR TWO

With the Seahawks trip to Super Bowl XL and NFC West crowns from 2004-07 and 2010, Seattle's fans do not want to miss out on seeing their team in action. Since 2003, all but one game has sold out, giving the team 80 consecutive sell outs through Week 6 of the 2012 season, including playoffs.

GREEN BAY GREAT

Following four seasons as Aaron Rodgers backup in Green Bay, free agent addition Matt Flynn will back up Russell Wilson in 2012.

He played in 34 games with two starts for the Packers, with his second start coming in the 2011 season finale vs. Detroit. In that game, he eclipsed the franchise's single-game passing yardage and touchdown pass records after completing 31 of 44 passes for 480 yards and six touchdowns with one interception.

In his two career starts, Flynn completed 55 of 81 passes for 731 yards with nine touchdowns and two interceptions for a 123.0 passer rating.

Most Passing Yards in a Single-Game, Green Bay History

Player	Yards	Opponent
Matt Flynn	480	vs. Detroit (1/1/12)
Lynn Dickey	418	at Tampa Bay (10/12/80)
Don Horn	410	vs. St. Louis Cardinals (12/21/69)

Most Passing TDs in a Single-Game, Green Bay History

Player	TD	Opponent
Matt Flynn	6	vs. Detroit (1/1/12)
four players tied	5	
last time: Brett Favre at Carolina (9/27/98)		

RUNNIN' WILD

Led by Marshawn Lynch's 1,449 yards since Week 9 of 2011, Seattle's rushing attack coached by Tom Cable has dug in and become one of the most productive lines in Seattle history.

The Seahawks rushed for 100-plus yards as a team for six consecutive games, ending at Carolina (10/7), tying for the seventh-longest in franchise history, and have a streak of 100-plus in 12 of their last 14 contests.

Consecutive Games with 100 Yards Rushing, Team

No.	Years
12	Last three games of 1978, first nine of 1979
9	Last eight games of 1977, first game of 1978
7	1978
	Last four games of 1987, first three of 1988
	1996
	Last four games of 1997, first three of 1998
6	Last four games of 2002, first two of 2003
	2011
	Last two games of 2011, first four of 2012



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KICK IN THE PANTS

Seattle kicker Steven Hauschka took little time to enter his name in Seattle's record book as he kicked a franchise-tying and career-high five field goals of 22, 38, 39, 35 and 30 yards vs. Baltimore (11/13/11) to help in Seattle's 22-17 win last season. He joins Norm Johnson (twice), Todd Peterson and Olindo Mare (twice) in his accomplishment.

Hauschka also holds Seattle's longest attempt (61 vs. Atlanta, 10/2) in franchise history.

He also converted at least one field goal in 14 straight games (2011-12), surpassing Todd Peterson (1997-98) for the longest streak in franchise history.

DELTA DELTA DELTA

Tucked away in the corner of the country, Seattle's road trips are some of the longest in the nation. The team strives to offer first-class amenities and that has not changed this season as Seattle has signed on with Delta Airlines as its 2012 official charter.

The Boeing 767 aircraft will carry the Seahawks "around the world" (a trip around the world is 25,000 miles) as they travel the second-most miles, 26,200, according to the NFL. Oakland tops the list with 28,692 miles traveled followed by Seattle and San Diego).

2012 Total Miles Traveled

(preseason & regular season)

1. Oakland	28,692
2. Seattle	26,200
3. San Diego	25,766
4. San Francisco	24,110
5. St. Louis	23,570

TIME TRAVELERS

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

2012 Flight Times

Seattle to Denver - 2:01	Seattle to San Francisco -
Denver to Seattle - 2:21	San Francisco to Seattle -
Seattle to Kansas City - 2:44	Seattle to Detroit -
Kansas City to Seattle - 3:21	Detroit to Seattle -
Seattle to Arizona - 2:19	Seattle to Miami -
Arizona to Seattle - 2:23	Miami to Seattle -
Seattle to St. Louis - 3:22	Seattle to Chicago -
St. Louis to Seattle - 3:51	Chicago to Seattle -
Seattle to Carolina - 4:06	Seattle to Toronto -
Carolina to Seattle - 5:02	Toronto to Seattle -

CARROLL'S COACHING RECORD

Year	Team	W	L	T	Pct.	Finish
1994	N.Y. Jets	6	10	0	.375	5th, AFC East
1997	New England	10	6	0	.625	1st, AFC East
<i>Wild Card victory vs. Miami, 17-3</i>						
<i>Divisional Playoff loss at Pittsburgh, 7-6</i>						
1998	New England	9	7	0	.563	4th, AFC East
<i>Wild Card loss at Jacksonville, 25-10</i>						
1999	New England	8	8	0	.500	T4th, AFC East
2010	Seattle	7	9	0	.438	1st, NFC West
<i>Wild Card victory vs. New Orleans, 41-36</i>						
<i>Divisional Playoff loss at Chicago, 35-24</i>						
2011	Seattle	7	9	0	.438	3rd, NFC West
2012	Seattle	3	2	0	.600	
Reg. Season (7 Yrs.)		50	51	0	.495	
Postseason (3 Yrs.)		2	3	0	.400	
Combined Record		52	54	0	.491	

LISTEN ON YOUR TRANSISTOR

The Seahawks Radio Network can be found on News Talk 97.3 KIRO FM and 710 ESPN Seattle, the flagship station for the 2011 season. Wall-to-wall coverage begins each game day with the "Pregame Huddle" hosted by Dori Monson and former Seahawks Paul Moyer, Sam Adkins and Dave Wyman. Steve Raible and Warren Moon follow with the call of the game in the regular season, and the broadcast day concludes with a postgame show featuring interviews with Seahawks players.

Washington			Alaska		
City	Station	Frequency	City	Station	Frequency
Aberdeen	KWOK	1490 AM	Anchorage	KUDO	1080 AM
Bellingham	KPUG	1170 AM	Cordova	KLAM	1450 AM
Centralia	KMNT	104.3 FM	Juneau	KINY	800 AM
Colfax	KMAX	840 AM	Idaho		
Colville	KCRK	92.1 FM	Coeur d'Alene	KVNI	1080 AM
Ellensburg	KXLE	1240 AM	Lewiston	KCLK	1430 AM
Grand Coulee	KEYG	98.5 FM	St. Maries	KOFE	1240 AM
Longview	KEDO	1400 AM	Oregon		
Moses Lake	KBSN	1470 AM	Astoria	KCRX	102.3 FM
Mt. Vernon	KBRC	1430 AM	Bend	KWLZ	96.5 FM
Omak	KNCW	92.7 FM	Klamath Falls	KLAD	960 AM
Port Angeles	KONP	1450 AM	La Grande	KUBQ	98.7 FM
Seattle	ESPN	710 AM	Lebanon	KGAL	1580 AM
Seattle	KIRO	97.3 FM	Newport	KCUP	1230 AM
Shelton	KMAS	1030 AM	Ontario	KSRV	1380 AM
Spokane	KXLY	920 AM	Pendleton	KTIX	1240 AM
Tri-Cities	KONA	610 AM	Portland	GAME	750 AM
Walla Walla	KUJ	1420 AM	The Dalles	KODL	1440 AM
Wenatchee	KPQ	560 AM	British Columbia		
Yakima	KIT	1280 AM	Vancouver	TEAM	1040 AM
Yakima	KQMY	99.3 FM			
Montana					
Kalispell	KSAM	1240 AM			
Missoula	KGRZ	1450 AM			
Missoula	KYLT	1340 AM			



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NEW LOOK SEAHAWKS

The Seattle Seahawks unveiled a new logo and colors on April 3 in conjunction with a Nike launch held in New York City. While other teams underwent limited change, Seattle and Nike teamed up to alter the team's color scheme and jersey make-up, focusing on the team's fan base, the 12th Man, and its Pacific Northwest heritage.

*Colors: Wolf Grey, College Navy, Action Green

*Modified color scheme mirrors the Pacific Northwest wilderness; blue waters, snow-capped mountains, green lush landscape

*Jersey incorporates graphics inspired by northwest coastal Indian art

*Broad chest graphic outlining the shoulders echoes the stance of a Thunderbird Totem. The Seahawks mark above the heart honors the team.

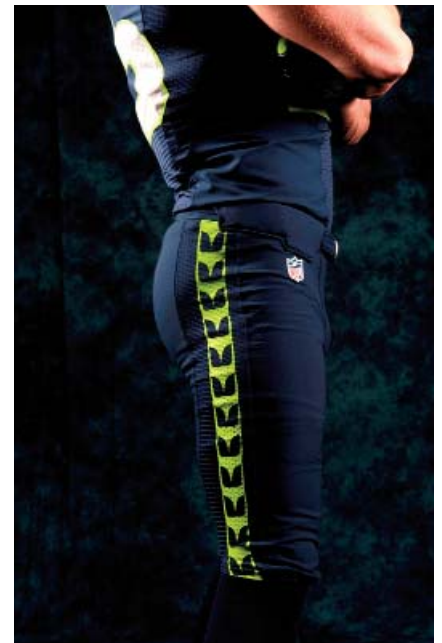
*Feather-pattern graphic on helmet, in numbers and on pants represents natural elements of the Pacific Northwest, again inspired by the coastal Indian art

*The 12 feathers on the pant leg stripe represent the 12th Man. They have been in the stands for decades, now on the field as well. 12 feathers are also featured on each side of the neckline and the 12th Man logo is sewn on the inside back collar of the jersey.

*The Seahawks logo on helmet is bigger and bolder, connecting at a point in the back of the helmet.

*Jerseys are now made with a hydrophobic material that repels water, maintaining the jerseys "clean" look, making them lighter and not bogged down with water weight, resulting in better performance.

*Nike uniform is 20% lighter, 50% stronger and provides more of a shrink-wrap fit than previous models.





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VIRGINIA MASON ATHLETIC CENTER

The Seattle Seahawks announced the completion of the Virginia Mason Athletic Center (VMAC) as the project was completed on-time with the first Seahawks employees staffing the building on August 4, 2008 after spending 22 years in Kirkland.

The state-of-the-art training facility is located on Lake Washington and is more than 225,000 sq. ft., second largest in the NFL. The site is bounded by Interstate 405 to the east, Lake Washington to the west, residential properties to the north and open land to the south. The building sits on 19-waterfront acres, compared to 10 acres in Kirkland.

VMAC was designed as a year-round training facility and superior work environment for Seahawks players, coaches and staff. The first class facility features approximately 50,000 sq. ft of training space including: brand new weight and training equipment, 146-person auditorium and a locker room with 80 custom lockers. A 30-foot training pool is equipped with the ability to video tape the players rehabbing while in the water, allowing for a more effective and efficient workout.

VMAC also features a player lounge which will allow players to relax in between practices and meetings. The lounge includes a projection television with XBOX, music ports and computers to check email and other web sites.

The move was necessary to accommodate growth in several key business segments. The new facility has tripled the floor space and provides increased production capacity. VMAC will allow the organization to work under one roof as the Kirkland front office, Corporate Sponsorships, Suites, Fan Development and the Sounders FC staff housed in Renton.

The building is equipped with a permanent indoor practice facility, an amenity that lacked at the Kirkland facility. The practice facility is more than 88,000 sq. ft. and 112 ft. high (95 ft. clear). The playing surface is the identical FieldTurf that is used at CenturyLink Field. VMAC will also feature three regulation size outdoor grass fields, and fans will be able to watch the team practice during training camp in 2012.

Football Operations and team practices began on Monday, August 18, 2008.



OLD VS. NEW

	Kirkland	VMAC
Site		
Facility (acres)	10 acres	19 acres
Practice Fields	2 natural grass 1 FieldTurf	3 natural grass 1 FieldTurf
Parking Spaces	141	265
Indoor Facility	None	112', 95' clear
Building	Square Footage Breakdown	
Locker Room	1,140	6,700
No. of Lockers (permanent)	71	80
No. of Lockers (temporary)	16	N/A
Weight Room	2,430	9,000
Training Room	1,836	4,300
Equipment Room	1,500	5,189
Team Room/Auditorium	2,160	2,550
Player Lounge	None	1,350
Team Dining	924	2,200
Kitchen	221	1,800
Draft Room	840	1,800
Media Room/Interview Rooms	576	2,000
Total Square Footage*	41,000+*	225,000*

*Includes other areas not listed above.

VMAC FACTS

Address: 12 Seahawks Way
Renton, WA 98056
425/203-8000

Design: The stack building concept creates a walkable space for players and maximizes the lake-front property.

Materials: The natural materials utilized throughout the facility are native to the Pacific Northwest, including timber, stone and Douglas Fir.

First Floor: Team area and auditorium, including locker room, lounge, training room, weight room, team meeting rooms and media production studios.

Second Floor: Seahawks football administration. Approximately 48,000 gross square feet of coaching and football personnel offices, draft room, dining room and weight room mezzanine.

Third Floor: Seahawks business offices

Employees: 175

Architect: Crawford Architects

General Contractor: Bayley Construction

Funding: Private

Property Owner: Port Quendall Company





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WIDE RECEIVERS

18, Sidney Rice, 6-4, 202, 6, South Carolina

Leads team in receptions (17) and yards (199) with one touchdown. Tallied a season-high five receptions for a season-high 67 yards at Carolina (10/7). Posted four catches for 41 yards at St. Louis (9/30). Had four catches for 36 yards and one touchdown at Arizona (9/9).

81, Golden Tate, 5-10, 202, 3, Notre Dame

Leads the team with career-high tying three receiving touchdowns. Caught his third touchdown of season, sixth-career, on three catches for 31 yards at Carolina (10/7). Set career-high with two touchdowns on three catches for 68 yards vs. Green Bay (9/24), including the game-winning 24-yard touchdown as time expired. Made season debut vs. Dallas (9/16) and had three receptions for 38 yards. Inactive (knee) at Arizona (9/9).

89, Doug Baldwin, 5-10, 189, 2, Stanford

Recorded a season-high with three catches for 37 yards at Carolina (10/7). In 2011, led the team in catches (51), yards (788) and receiving touchdowns (4), becoming the first undrafted rookie free agent to lead his team in those categories since Bill Groman of the Houston Oilers in 1960. Had a career-day at the N.Y. Giants (10/9/11) with eight receptions for 136 yards and the game-winning touchdown with 2:37 left to play. Those 136 yards are the most by an undrafted rookie free agent since Hank Baskett posted 177 yards with Philadelphia vs. Atlanta (12/31/06).

87, Ben Obomanu, 6-1, 204, 7, Auburn

A key performer on special teams, has three special teams tackles. Finished second on the team with a career-high 37 catches for 436 yards last season.

17, Braylon Edwards, 6-3, 214, 8, Michigan

Started in place of Tate (knee) at Arizona (9/9) and led team with five receptions and 43 receiving yards. Originally the third overall pick in the 2005 NFL Draft by the Cleveland Browns. Selected to the Pro Bowl after the 2007 season when he set the Browns single-season records for receiving yards (1,289) and touchdown receptions (16). Signed on July 31.

14, Charly Martin, 6-1, 212, 3, West Texas A&M

Has two catches for 25 yards this season.

TACKLES

68, Breno Giacomini, 6-7, 318, 5, Louisville

Starts at right tackle. Played in 15 games with eight starts at right tackle in 2011.

76, Russell Okung, 6-5, 310, 3, Oklahoma State

Starts at left tackle. Inactive (knee) vs. Dallas (9/16). Started 12 games in 2011 before landing on injured reserve (pec).

65, Frank Omiyale, 6-4, 315, 8, Tennessee Tech

Started vs. Dallas (9/16) in place of Okung and held DeMarcus Ware without a sack. Backs up both tackle spots. Played in every game since 2009, with 31 starts for Chicago.

CENTERS

60, Max Unger, 6-5, 305, 4, Oregon

Starts at center. Started all 15 games played at center in 2011.

61, Lemuel Jeanpierre, 6-3, 301, 3, South Carolina

Backs up Unger and can also play guard, where he started four games in 2011 at right guard.

GUARDS

67, Paul McQuistan, 6-6, 315, 7, Weber State

Moved over to right guard with the return of James Carpenter at left guard in Week 4. In 2011, played in all 16 games with 10 starts at three different positions (three at LG, three at RG and four at LT).

77, James Carpenter, 6-5, 321, 2, Alabama

Inactive for first three games of season (knee) but returned to starting lineup at left guard at St. Louis (9/30). Started all nine games played at right tackle in 2011.

74, John Moffitt, 6-4, 319, 2, Wisconsin

Has started two games at right guard this year and inactive for three. Started nine games at right guard until landing on injured reserve (knee) last season.

64, J.R. Sweezy, 6-5, 298, R, North Carolina State

Started at right guard at Arizona (9/9) and platooned with Moffitt to begin the season. Now sees time on PAT/FG units. Drafted with the first of two seventh round picks in April. Drafted as a guard but played defensive end in college. Has not played offense since Pee Wee League in the eighth grade.

TIGHT ENDS

86, Zach Miller, 6-5, 255, 6, Arizona State

Second on the team with 12 receptions and 150 yards. Tied season-high with three catches for 59 yards, the most yardage as a Seahawks player, at Carolina (10/7). Tied season-high with three catches for 32 yards at St. Louis (9/30). Tallied three catches for 40 yards at Arizona (9/9). Started all 15 games played in 2011 and finished with 25 catches for 233 yards.

85, Anthony McCoy, 6-5, 259, 3, USC

Caught a career-high five passes for 41 yards with his first-career touchdown vs. Dallas (9/16).

82, Evan Moore, 6-6, 250, 5, Stanford

Started in a two-tight end set at Carolina (10/7). Signed on September 2 after spending the last three seasons with the Cleveland Browns. Set career-highs in catches (34), yards (324) and touchdowns (4) in 2011.

QUARTERBACKS

3, Russell Wilson, 5-11, 206, R, Wisconsin

Only the third rookie quarterback to start for Seattle in club history (Jim Zorn, Rick Mirer). Set career-highs in completions (19 of 25), completion percentage (76.0%) and yards (221) with one touchdown and two picks for an 82.3 passer rating at Carolina (10/7). Was 10 of 21 for 130 yards with two touchdown passes vs. Green Bay (9/24), including the game-winning 24-yard touchdown pass to Golden Tate as time expired. Led Seattle to a win vs. Dallas (9/16) going 15 of 20 (75.0%) for 151 yards with one touchdown for a 112.7 passer rating. Completed 18 of 34 passes for 153 yards with one touchdown and one interception for a 62.5 passer rating at Arizona (9/9) in his NFL debut. Named the starter on August 26. In



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final season at Wisconsin, completed 225 of 309 passes (72.8%) for 3,175 yards with 33 touchdowns and only four interceptions, compiling an NCAA-record 191.7 passer rating and gaining 3,513 yards in total offense and being responsible for 39 total touchdowns. Seattle's third round draft pick (75th overall) in April's Draft.

15, Matt Flynn, 6-2, 225, 5, LSU

Signed on March 18. Played in 34 games with two starts while with Green Bay, completing 82 of 132 attempts for 1,015 yards with nine touchdowns and five interceptions. Facing Detroit (1/1/12) in his second start, set the Packers mark for most passing yards in one game (480) and most touchdown passes in one game (6).

FULLBACKS

26, Michael Robinson, 6-1, 240, 7, Penn State

A 2012 Pro Bowl participant after helping Marshawn Lynch become Seattle's first 1,000-yard rusher since 2005 and reach 100 yards in eight of the last 14 games, dating back to 2011. A special teams captain for the second consecutive season, has three special teams tackles.

RUNNING BACKS

24, Marshawn Lynch, 5-11, 215, 6, California

Leads the NFC (3rd NFL) with 508 yards on 113 carries and ranks first in the NFC (4th NFL) with 567 yards from scrimmage (508 rush, 59 rec). His 25 first downs rank tied for seventh in the NFC. Is the NFL's most productive rusher, totaling 1,449 yards on the ground since Week 9 of 2011. Set a season-high with 118 yards on 20 carries with one touchdown at St. Louis (9/30) for his 14th career 100-yard game and 37th career rushing touchdown. Recorded his 13th career 100-yard game, first this season, with 112 yards on 26 carries with his first rushing touchdown of the season, 36th career. Rushed 21 times for 85 yards at Arizona (9/9).

22, Robert Turbin, 5-10, 222, R, Utah State

Backs up Lynch and has 17 carries for 71 yards this year. Set career-highs in carries (6) and yards (45) at St. Louis (9/30). Led the team in preseason with 165 yards rushing (4th NFC, 8th NFL) on 38 carries with one score. Finished college career with 3,315 yards and 40 touchdowns. Named the WAC Offensive Player of the Year after his senior season with 1,517 yards and 19 scores. Drafted with the first of two fourth round picks (106th overall) in April's draft.

33, Leon Washington, 5-8, 203, 7, Florida State

Ranks second in the NFL with a 34.3 kickoff return average. Returned a punt for 52 yards and a kickoff 83 yards to help set up Seattle scores at Arizona (9/9). Second all-time in NFL history with seven career kickoff return touchdowns (8, Josh Cribbs, Cle). Became the first player in NFL history to return three kickoffs for touchdowns in two different seasons (2007, 2010). Tallied two kickoff returns for touchdowns (101 and 99 yards) vs. San Diego (9/26/10). It was the 10th time in NFL history that a player has returned two kickoffs for touchdowns in the same game, and first in Seahawks history. His returns are the longest in franchise history. His 253 total kickoff return yardage is also a franchise record, while his 63.3 yard average (4 for 253 yards) is fourth in NFL his-

tory (min. 3 att.), and highest since 1960.

DEFENSIVE ENDS

91, Chris Clemons, 6-3, 254, 9, Georgia

His 27.5 sacks since 2010 (37 games) rank tied for sixth in the NFL. Leads the team with 5.5 sacks (3rd NFC, T6th NFL). Tied (Brandon Browner, Bobby Wagner) for the team-lead with six tackles (two solo) and tallied 0.5 sack at Carolina (10/7). Tied the NFL record for most sacks in a first-half by tying the Seahawks record and setting a career-high with 4.0 vs. Green Bay (9/24). Posted 1.0 sack at Arizona (9/9). He is the first Seattle player to post back-to-back seasons of double digit sacks since Michael Sinclair (1996-97) after recording 11.0 in each of his first two seasons with the team.

79, Red Bryant, 6-4, 323, 5, Texas A&M

Helps anchor a line that allows only 3.23 yards/carry this season, helping Seattle rank fourth in the NFL in opponent rush yards per attempt, and third against the run. Owns the Seattle record for most blocked kicks (FGs & PATs) in a season with four (3 blocked field goals, 1 blocked PAT). Blocked a field goal and PAT vs. Washington (11/27/11), recording the first blocked PAT for Seattle since the 1995 season, and first in the NFL since Cleveland's Shaun Rogers vs. Cincinnati on October 4, 2009.

51, Bruce Irvin, 6-3, 248, R, West Virginia

Second on the team with 4.5 sacks. Tied career-high with 2.0 sacks with his first-career forced fumble that was recovered by Alan Branch to seal the win at Carolina (10/7). Posted a career-high 2.0 sacks vs. Green Bay (9/24). Tallied his first-career sack vs. Dallas (9/16), splitting one with Jason Jones. His 22.5 sacks in two seasons at West Virginia ranked fifth in school history at the time of his departure. Ranked second in the nation with 14.0 sacks his junior year. Drafted 15th overall in April's draft.

90, Jason Jones, 6-5, 276, 5, Eastern Michigan

Recorded 1.0 sack at St. Louis (9/30). Split first sack of season with Irvin vs. Dallas (9/16). Versatile end who can also play tackle. Started 31 of 49 games played with Tennessee and had 179 tackles (103 solo) and 15.5 sacks. Signed on March 17.

98, Greg Scruggs, 6-3, 284, R, Louisville

Made NFL debut vs. Dallas (9/16). Played in 42 career games with 26 starts with 61 tackles and eight sacks in college. Drafted with the second of two seventh-round picks (232nd overall) in April's draft.

DEFENSIVE TACKLES

92, Brandon Mebane, 6-1, 311, 6, California

In the last two seasons, ranks first in the NFC (3rd NFL) with 74 tackles (51 solo). Posted a season-high five solo tackles at St. Louis (9/30). Recorded four tackles (three solo) and a career-high 2.0 sacks vs. Green Bay (9/24). Tallied four stops (two solo) and one fumble recovery at Arizona (9/9). Enters sixth season as starting tackle. Has started 73 of 79 career games with 217 stops (161 solo) and 12.0 sacks.

99, Alan Branch, 6-6, 325, 6, Michigan

Had two tackles and recovered his first-career fumble that sealed



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the win at Carolina (10/7). Tallied first sack of year, eighth career, at St. Louis (9/30). Had career-high three sacks last season, starting all 15 games played.

69, Clinton McDonald, 6-2, 297, 4, Memphis

Valuable backup who played 15 games with one start last season.

94, Jaye Howard, 6-3, 301, R, Florida

Has been declared inactive for every game this season. Drafted with the second of two fourth-round draft choices (114th overall). Played for former Seattle d-line coach Dan Quinn in college.

LINEBACKERS

56, Leroy Hill, 6-1, 238, 8, Clemson

Had season-high five tackles (two solo) vs. Green Bay (9/24). Collected three tackles (two solo) at Arizona (9/9). One of two Seahawks (Marcus Trufant) on the roster from Super Bowl XL. Started 82 of 89 games in his career.

54, Bobby Wagner, 6-0, 241, R, Utah State

Tied (Brandon Browner, Chris Clemons) for the team-lead with six tackles (three solo) and set career-high with 1.5 sacks at Carolina (10/7). Led the team in tackles with seven solo stops at St. Louis (9/30). Set career-high with eight tackles (five solo) vs. Green Bay (9/24). Had three tackles (one solo) in his NFL debut at Arizona (9/9). Three-time All-WAC first-team choice who started 46 of 48 career games. His 446 career tackles tied the school record and he was named the WAC Defensive Player of the Year in 2011. Drafted in the second-round (47th overall) of April's draft.

50, K.J. Wright, 6-4, 246, 2, Mississippi State

Leads the team with 34 tackles (26 solo). Posted a career-high 11 tackles (nine solo) vs. Green Bay (9/24). Led the team with nine tackles (five solo) and second career forced fumble at Arizona (9/9). Started 12 of 16 games in his rookie season and recorded 61 tackles (46 solo) and 2.0 sacks.

53, Malcolm Smith, 6-0, 226, 2, USC

With Hill ailing (calf), saw time at linebacker at St. Louis (9/30) in the nickel package. Blocked a punt that was picked up and returned three yards for a touchdown by Jeron Johnson vs. Dallas (9/16). A key special teams contributor, has two special teams tackles and a blocked punt on the season.

55, Heath Farwell, 6-0, 235, 8, San Diego State

Leads the team with five special teams tackles. In only 11 games last season, led the NFL with 21 special teams tackles (14 solo). Has 139 career special teams tackles in 87 career games played.

57, Mike Morgan, 6-3, 226, 2, USC

Has two special teams tackles this year. With Hill ailing (calf), saw time at linebacker at St. Louis (9/30) in the nickel package. Sees time primarily on special teams.

CORNERBACKS

39, Brandon Browner, 6-4, 221, 2, Oregon State

Tied (Chris Clemons, Bobby Wagner) for the team-lead with six tackles (four solo) and made a timely strip and fumble recovery, the firsts of his career, that led to a go-ahead score late in the third quarter at Carolina (10/7). Posted four solo tackles, first interception of the season and first forced fumble of career vs. Dallas

(9/16). Recorded four stops (two solo) at Arizona (9/9). A 2012 Pro Bowl participant. Led the team with 23 passes defended and six interceptions (T2nd NFC, T4th NFL) last season. Returned his first-career interception a Seahawks-record 94 yards for a touchdown at the N.Y. Giants (10/9/11).

25, Richard Sherman, 6-3, 195, 2, Stanford

Posted five solo stops and first forced fumble of the season, second career, at Carolina (10/7). Picked up his second interception of the season, sixth-career, at St. Louis (9/30), along with three solo tackles. Tallied four solo stops, two passes defended and an interception, fifth-career, at Arizona (9/9). Named to Pro Football Weekly's All-Rookie Team in 2011.

23, Marcus Trufant, 5-11, 197, 10, Washington State

Serves as the team's nickelback this season. Ranks fifth in Seahawks history with 21 interceptions and 10th with 612 tackles. Has started 124 of 129 games played in career. One of two players (Leroy Hill) remaining from Super Bowl XL squad.

41, Byron Maxwell, 6-1, 207, 2, Clemson

Saw first action of year vs. Dallas (9/16) but left in first-half (hamstring). Inactive for three games and returned at Carolina (10/7). Sees time mostly on special teams.

37, Jeremy Lane, 6-0, 190, R, Northwestern State (La.)

Sees time on special teams.

36, Danny Gorrer, 6-0, 180, 4, Texas A&M

Signed on September 18. Played in 14 career games with one start playing for St. Louis and Baltimore, collecting 10 tackles and five passes defended.

SAFETIES

29, Earl Thomas, 5-10, 202, 3, Texas

Recorded a season-high five solo tackles at St. Louis (9/30). Tallied four tackles (two solo) and a forced fumble vs. Green Bay (9/24). Had three solo tackles at Arizona (9/9). Voted a starter for the 2012 Pro Bowl. Third on the team with career-high 92 tackles (67 solo) last season.

31, Kam Chancellor, 6-3, 232, 3, Virginia Tech

Second on the team with 32 tackles (26 solo). Tied career-high with 10 tackles (seven solo) vs. Green Bay (9/24). Led the team with nine tackles (seven solo) vs. Dallas (9/16). Recorded five solo stops at Arizona (9/9). A 2012 Pro Bowl participant. Second on the team with a career-high 94 tackles (73 solo), and third with 12 passes defended last season.

32, Jeron Johnson, 5-10, 212, 2, Boise State

Picked up a blocked punt caused by Malcolm Smith and returned it three yards for a touchdown vs. Dallas (9/16). Sees time at safety in the team's Bandit package. Has two special teams tackles.

42, Chris Maragos, 5-10, 200, 3, Wisconsin

A key contributor, has four special teams tackles.

27, Winston Guy, 6-1, 218, R, Kentucky

Played in 50 games with 34 starts at Kentucky, posting 283 tackles and five interceptions. Drafted with the second of two sixth-round picks (181st overall) in April's draft.



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SPECIALISTS

9, Jon Ryan, 6-0, 217, 7, Regina

His 48.9 yard punt average ranks third in the NFC (8th NFL) and his 43.1 net punting average ranks second in the NFC (4th NFL). Punted six times for 309 yards (season-high 51.5 avg.) with a 49.5 net avg., three landing inside the 20 and a season long of 73 vs. Green Bay (9/24).

4, Steven Hauschka, 6-4, 210, 5, North Carolina State

Has made 51 of 62 (.823) career field goal attempts. His franchise-long string of making at least one field goal in 14 consecutive games was snapped vs. Green Bay (9/24). Converted 10 of 11 field goal attempts and all eight PATs this season. Tied franchise-record with career-high five field goals (22, 38, 39, 35, 30) vs. Baltimore (11/13/11).

49, Clint Gresham, 6-3, 240, 3, Texas Christian

Handles snapping duties.

B W A G S

Seattle's second-round pick (47th overall) Bobby Wagner has come on strong over the last three games.

He has averaged seven tackles per game and played his best game at Carolina (10/7) when he recorded six tackles (three solo) and set a career-high with 1.5 sacks.

Wagner posted a career-high eight tackles (five solo) vs. Green Bay (9/24) on Monday Night Football.

SEATTLE SEAHAWKS / WEEK 5 / THROUGH MONDAY, OCTOBER 8, 2012

WON 3, LOST 2				* RUSHING				No.		Yds		Avg		Long		TD													
09/09	L	16-20	at Arizona	60,032	Lynch	113	508	4.5	36	2																			
09/16	W	27- 7	Dallas	68,008	Wilson	27	92	3.4	14	0																			
09/24	W	14-12	Green Bay	68,218	Turbin	17	71	4.2	13	0																			
09/30	L	13-19	at St. Louis	53,193	Washington	8	29	3.6	11	0																			
10/07	W	16-12	at Carolina	72,676	Obomanu	1	11	11.0	11	0																			
10/14			New England		Robinson	4	9	2.3	4	0																			
10/18			at San Francisco		Tate	1	-1	-1.0	-1	0																			
10/28			at Detroit		Ryan	1	-18	-18.0	-18	0																			
11/04			Minnesota		TEAM	172	701	4.1	36	2																			
11/11			New York Jets		OPPONENTS	103	333	3.2	23	2																			
11/25			at Miami		* RECEIVING	No.		Yds		Avg		Long		TD															
12/02			at Chicago		Rice	17	199	11.7	22	1																			
12/09			Arizona		Z. Miller	12	150	12.5	30	0																			
12/16			at Buffalo		Tate	10	144	14.4	41t	3																			
12/23			San Francisco		A. McCoy	8	70	8.8	22t	1																			
12/30			St. Louis		Lynch	8	59	7.4	16	0																			
			Sea.	Opp.	Baldwin	7	60	8.6	19	0																			
TOTAL FIRST DOWNS				88	85	Turbin	7	47	6.7	14	0																		
Rushing				38	18	Edwards	6	53	8.8	16	0																		
Passing				39	57	Martin	2	25	12.5	15	0																		
Penalty				11	10	Obomanu	1	8	8.0	8	0																		
3rd Down: Made/Att				21/64	24/62	Robinson	1	0	0.0	0	0																		
3rd Down Pct.				32.8	38.7	TEAM	79	815	10.3	41t	5																		
4th Down: Made/Att				3/7	1/2	OPPONENTS	98	1053	10.7	52	3																		
4th Down Pct.				42.9	50.0	* INTERCEPTIONS	No.		Yds		Avg		Long		TD														
POSSESSION AVG.				32:02	27:58	Sherman	2	29	14.5	29	0																		
TOTAL NET YARDS				1436	1293	Browner	1	35	35.0	35	0																		
Avg. Per Game				287.2	258.6	TEAM	3	64	21.3	35	0																		
Total Plays				307	294	OPPONENTS	6	86	14.3	34	1																		
Avg. Per Play				4.7	4.4	* PUNTING	No.		Yds		Avg		Net		TB		In		Lg		B								
NET YARDS RUSHING				701	333	Ryan	21	1027	48.9	43.1	2	8	73	0															
Avg. Per Game				140.2	66.6	TEAM	21	1027	48.9	43.1	2	8	73	0															
Total Rushes				172	103	OPPONENTS	28	1208	43.1	39.5	0	11	63	1															
NET YARDS PASSING				735	960	* PUNT RETURNS	Ret		FC		Yds		Avg		Long		TD												
Avg. Per Game				147.0	192.0	Washington	13	6	103	7.9	52	0																	
Sacked/Yards Lost				10/80	16/93	Browner	1	0	-1	-1.0	-1	0																	
Gross Yards				815	1053	TEAM	14	6	102	7.3	52	0																	
Att./Completions				125/79	175/98	OPPONENTS	11	2	82	7.5	18	0																	
Completion Pct.				63.2	56.0	* KICKOFF RETURNS	No.		Yds		Avg		Long		TD														
Had Intercepted				6	3	Washington	9	309	34.3	83	0																		
PUNTS/AVERAGE				21/48.9	28/43.1	Baldwin	1	3	3.0	3	0																		
NET PUNTING AVG.				21/43.1	28/39.5	TEAM	10	312	31.2	83	0																		
PENALTIES/YARDS				44/363	34/338	OPPONENTS	12	245	20.4	29	0																		
FUMBLES/BALL LOST				3/2	11/4	* FIELD GOALS	1-19	20-29	30-39	40-49	50+																		
TOUCHDOWNS				8	6	Hauschka	0/ 0	4/ 4	4/ 4	2/ 2	0/1																		
Rushing				2	2	TEAM	0/ 0	4/ 4	4/ 4	2/ 2	0/1																		
Passing				5	3	OPPONENTS	0/ 0	3/ 3	2/ 2	2/ 2	2/2																		
Returns				1	1	Hauschka: (50B, 27G, 47G, 39G)(21G, 25G)()(31G, 30G)																							
* SCORE BY PERIODS				Q1	Q2	Q3	Q4	OT	PTS	(22G, 36G, 44G)																			
TEAM				23	13	27	23	0	86	OPP: (21G, 31G)()(29G, 40G)(58G, 48G, 60G, 24G)(32G)																			
OPPONENTS				6	27	19	18	0	70																				
* SCORING				TD-Ru-Pa-Rt				K-PAT				FG				S				PTS									
Hauschka				0	0	0	0	8/ 8	10/11	0	38																		
Tate				3	0	3	0			0	18																		
Lynch				2	2	0	0			0	12																		
J. Johnson				1	0	0	1			0	6																		
A. McCoy				1	0	1	0			0	6																		
Rice				1	0	1	0			0	6																		
TEAM				8	2	5	1	8/ 8	10/11	0	86																		
OPPONENTS				6	2	3	1	5/ 5	9/ 9	1	70																		
2-Pt Conv: TM 0-0, OPP 0-1																													
SACKS: Clemons 5.5, Irvin 4.5, Mebane 2,																													
Jones 1.5, Wagner 1.5, Branch 1, TM 16,																													
OPP 10																													
FUM/LOST: Lynch 1/0, Washington 1/1,																													
Wilson 1/1																													
* PASSING				Att		Cmp		Yds		Cmp%		Yds/Att		TD		TD%		Int		Int%		Long		Sack/Lost		Rating			
Wilson				125		79		815		63.2		6.52		5		4.0		6		4.8		41t		10/		80		75.3	
TEAM				125		79		815		63.2		6.52		5		4.0		6		4.8		41t		10/		80		75.3	
OPPONENTS				175		98		1053		56.0		6.02		3		1.7		3		1.7		52		16/		93		72.4	



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DEFENSIVE STATISTICS

	Total	Solo	Assist	Sack	Yards	QH	Int	PD	FF	FR
Wright, K.	34	26	8	0	0	1	0	2	1	0
Chancellor, K.	32	26	6	0	0	0	0	3	0	0
Wagner, B.	28	19	9	1.5	9.0	3	0	0	0	0
Sherman, R.	20	18	2	0	0	0	2	7	1	0
Mebane, B.	18	12	6	2.0	10.0	3	0	3	0	1
Browner, B.	17	12	5	0	0	0	1	2	2	1
Hill, L.	16	9	7	0	0	1	0	0	0	0
Thomas, E.	15	13	2	0	0	1	0	2	1	0
Clemons, C.	14	9	5	5.5	30.0	9	0	4	1	0
Bryant, R.	9	6	3	0	0	0	0	1	0	0
McDonald, C.	9	6	3	0	0	0	0	1	0	0
Branch, A.	8	4	4	1.0	4.0	4	0	1	0	1
Trufant, M.	8	5	3	0	0	0	0	0	0	0
Irvin, B.	5	4	1	4.5	30.0	7	0	0	1	0
Jones, J.	3	1	2	1.5	10.0	2	0	2	0	0
Morgan, M.	2	2	0	0	0	0	0	0	0	0
Smith, M.	2	2	0	0	0	0	0	0	0	0
Johnson, J.	1	1	0	0	0	0	0	0	0	0
Maragos, C.	0	0	0	0	0	1	0	0	0	0

SPECIAL TEAMS TACKLES

	Total	Solo	Assist	FF	FR	Blocks
Farwell, H.	5	2	3	0	0	0
Maragos, C.	4	2	2	0	0	0
Obomanu, B.	3	2	1	0	0	0
Robinson, M.	3	3	0	1	0	0
Johnson, J.	2	0	2	0	0	0
Lane, J.	2	1	1	0	0	0
Morgan, M.	2	2	0	0	0	0
Smith, M.	2	1	1	0	0	1
Thomas, E.	2	1	1	0	1	0
Gresham, C.	1	1	0	0	0	0
Hauschka, S.	1	0	1	0	0	0
Maxwell, B.	1	1	0	0	0	0
Wagner, B.	1	1	0	0	0	0
Wright, K.	1	1	0	0	0	0

FUMBLES

	Fum	Lost	Own-Rec	O.B.
Lynch, M.	1	0	0	0
Washington, L.	1	1	0	0
Wilson, R.	1	1	1	0



1/3	Signed to future contract	DE Pierre Allen LB Allen Bradford CB Coye Francies DE John Graves CB Jesse Hoffman TE John Nalbone G Brent Osborne	6/27	Promoted to director of player health & development	Sam Ramsden	9/11	Released from practice squad	T Tommie Draheim	
1/5	Signed to future contract	WR Charly Martin		Signed	WR Mike Williams		Signed to practice squad	TE Gabe Miller	
		DT Adrian Taylor			DE Chris Clemons		DT Hebron Fangupo		
		RB Tyrell Sutton			C Max Unger	9/13	Released from practice squad	WR Jermaine Kearse	
		RB Vai Taua			WR Antonio Bryant		G Rishaw Johnson		
		T Breno Giacomini			WR Cameron Kenney		LB Korey Toomer		
		2/14			Hired as Quality Control/Off. Hired as Asst. Special Teams	K Carson Wiggs		LB Allen Bradford	
		3/4			Re-signed	WR Braylon Edwards	9/18	Released	T Mike Person
		3/7			Released	TE Cooper Helfet		Released from practice squad	WR Ricardo Lockette
		3/13			Agreed to terms	WR Antonio Bryant		Signed	LB Allen Bradford
						K Carson Wiggs		Signed to practice squad	CB Danny Gorrer
3/14	Agreed to terms	8/5	Released	WR Terrell Owens			G Rishaw Johnson		
	Released		Signed	CB Donny Lisowski			LB Korey Toomer		
3/16	Agreed to terms	8/6	Agreed to terms	K Kris O'Dowd	9/21	Released from practice squad	G Rishaw Johnson		
3/17	Agreed to terms	8/7	Released	DE Dexter Davis		Signed to practice squad	LB Allen Bradford		
3/18	Agreed to terms	8/16	Released	CB Donny Lisowski	9/27	Placed on prac. squad/IR	LB Korey Toomer		
3/19	Released		Signed	LB Barrett Ruud		Released from practice squad	TE Sean McGrath		
3/21	Agreed to terms	8/20	Waived/injured	2013 undisc. draft pick		Signed to practice squad	G Rishaw Johnson		
3/23	Agreed to terms		Signed	WR Phil Bates			RB Lonyae Miller		
4/6	Agreed to terms		Traded to Saints	T Edawn Coughman	10/1	Released	G Allen Barbre		
			Acquired from Saints	CB Donny Lisowski	10/2	Released from practice squad	RB Lonyae Miller		
		8/26	Released	CB Ron Parker		Signed to practice squad	TE Sean McGrath		
				RB Tyrell Sutton					
4/9	Agreed to terms			LB Jameson Konz					
4/12	Agreed to terms			DT Pep Levingston					
				CB Roy Lewis					
				TE Cameron Morrah					
				T Alex Barron					
4/26	Drafted			G Deuce Lutui					
4/27	Drafted			WR Terrell Owens					
				QB Tarvaris Jackson					
				2013 undisc. draft pick					
4/28	Drafted			CB Coye Francies					
				CB Phillip Adams					
		8/31	Released	DE Pierre Allen					
				LB Allen Bradford					
				WR Deon Butler					
				WR Kris Durham					
				G Paul Fanaika					
				G Rishaw Johnson					
				WR Jermaine Kearse					
				LB Kyle Knox					
				DE Cordarro Law					
				WR Ricardo Lockette					
				TE Sean McGrath					
				C Kris O'Dowd					
				QB Josh Portis					
				S DeShawn Shead					
				LB Korey Toomer					
				WR Lavasier Tuinei					
5/4	Released			TE Cooper Helfet					
				RB Vai Taua					
				LB Matt McCoy					
				CB Walter Thurmond					
	Claimed off waivers			Placed on injured reserve					
5/15	Released			Placed on PUP					
		9/1	Released	TE Kellen Winslow					
			Signed to practice squad	LB Allen Bradford					
				G Rishaw Johnson					
				WR Ricardo Lockette					
				TE Sean McGrath					
				QB Josh Portis					
				S DeShawn Shead					
				LB Korey Toomer					
5/21	Released			TE Sean McGrath					
	Traded to Tampa Bay	9/3	Released from practice squad	T/DT Edawn Coughman					
	Acquired from Tampa Bay		Signed to practice squad	WR Jermaine Kearse					
5/24	Released			TE Evan Moore					
	Signed	9/6	Released from practice squad	LB Allen Bradford					
5/29	Released			T Edawn Coughman					
	Signed		Signed to practice squad	T Tommie Draheim					
6/15	Released			TE Gabe Miller					
	Signed			LB Matt McCoy					
6/18	Released	9/8	Terminated from IR	WR Jermaine Kearse					
	Signed		Released from practice squad	TE Sean McGrath					
			Signed to practice squad						



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PARTICIPATION

Game	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	2012			
Date	9/9	9/16	9/24	9/30	10/7	10/14	10/18	10/28	11/4	11/11	11/25	12/2	12/9	12/16	12/23	12/30	G	S	IN	DNP
Game	@ Ari	Dal	GB	@ StL	@ Car	NE	@ SF	@ Det	Min	NYJ	@ Mia	@ Chi	Ari	@ Buf	SF	StL				
Baldwin, D.	wr	wr	in	wr	wr												4	0	1	0
Barbre, A.	sus	sus	sus	sus													0	0	0	0
Branch, A.	LDT	LDT	LDT	LDT	LDT												5	5	0	0
Browner, B.	RCB	RCB	RCB	RCB	RCB												5	5	0	0
Bryant, R.	LDE	LDE	LDE	LDE	LDE												5	5	0	0
Carpenter, J.	in	in	in	LG	LG												2	2	3	0
Chancellor, K.	SS	SS	SS	SS	SS												5	5	0	0
Clemons, C.	RDE	RDE	RDE	RDE	RDE												5	5	0	0
Edwards, B.	WR	wr	wr	wr	wr												5	1	0	0
Farwell, H.	sub	sub	sub	sub	sub												5	0	0	0
Flynn, M.	dnp	dnp	dnp	dnp	dnp												0	0	0	5
Giacomini, B.	RT	RT	RT	RT	RT												5	5	0	0
Gorrer, D.			in	in	in												0	0	3	0
Gresham, C.	sub	sub	sub	sub	sub												5	0	0	0
Guy, W.	s	in	in	in	in												1	0	4	0
Hauschka, S.	k	k	k	k	k												5	0	0	0
Hill, L.	OLB	OLB	OLB	OLB	OLB												5	5	0	0
Howard, J.	in	in	in	in	in												0	0	5	0
Irvine, B.	de	de	de	de	de												5	0	0	0
Jeanpierre, L.	sub	sub	in	sub	sub												4	0	1	0
Johnson, J.	s	s	s	s	s												5	0	0	0
Jones, J.	de	de	de	de	de												5	0	0	0
Lane, J.	sub	in	sub	sub	in												3	0	2	0
Lumpkin, K.	in	in															0	0	2	0
Lynch, M.	RB	RB	RB	RB	RB												5	5	0	0
McCoy, A.	te	te	te	TE	te												5	1	0	0
McDonald, C.	dt	dt	dt	dt	dt												5	0	0	0
McQuistan, P.	LG	LG	LG	RG	RG												5	5	0	0
Maragos, C.	sub	s	sub	sub	sub												5	0	0	0
Martin, C.	wr	in	wr	in	in												2	0	3	0
Maxwell, B.	in	sub	in	in	sub												2	0	3	0
Mebane, B.	RDT	RDT	RDT	RDT	RDT												5	5	0	0
Miller, Z.	TE	TE	TE	TE	TE												5	5	0	0
Moffitt, J.	in	RG	RG	in	in												2	2	3	0
Moore, E.	te	te	te	te	TE												5	1	0	0
Morgan, M.	sub	lb	sub	lb	sub												5	0	0	0
Obomanu, B.	wr	wr	wr	wr	wr												5	0	0	0
Okung, R.	LT	in	LT	LT	LT												4	4	1	0
Omiyale, F.	t	LT	sub	t	t												5	1	0	0
Rice, S.	WR	WR	WR	WR	WR												5	5	0	0
Robinson, M.	FB	FB	FB	fb	fb												5	3	0	0
Ryan, J.	p	p	p	p	p												5	0	0	0
Scruggs, G.	in	de	de	in	in												2	0	3	0
Sherman, R.	LCB	LCB	LCB	LCB	LCB												5	5	0	0
Smith, M.	sub	sub	sub	lb	sub												5	0	0	0
Sweezy, J.	RG	g	g	g	sub												5	1	0	0
Tate, G.	in	WR	WR	WR	WR												4	4	1	0
Thomas, E.	FS	FS	FS	FS	FS												5	5	0	0
Thurmond, W.	pup	pup	pup	pup	pup												0	0	0	0
Trufant, M.	cb	cb	CB	cb	cb												5	1	0	0
Turbin, R.	rb	rb	rb	rb	rb												5	0	0	0
Unger, M.	C	C	C	C	C												5	5	0	0
Wagner, B.	MLB	MLB	lb	MLB	MLB												5	4	0	0
Washington, L.	rb	rb	rb	rb	sub												5	0	0	0
Wilson, R.	QB	QB	QB	QB	QB												5	5	0	0
Wright, K.	OLB	OLB	OLB	OLB	OLB												5	5	0	0

CAPS - starter; lower case - substitute at position; sub - special teams only; dnp - did not play; in - inactive; ir - injured reserve; nfi - non-football injury; *in - third quarterback, sus - suspended, pup - physically unable to perform



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How Built

Year	By Draft	Trade/Waivers/Practice Squad	Free Agents	By Experience
2012	DE Bruce Irvin (1) LB Bobby Wagner (2) QB Russell Wilson (3) RB Robert Turbin (4a) DT Jaye Howard (4b) CB Jeremy Lane (6a) S Winston Guy (6b) G J.R. Sweezy (7a) DE Greg Scruggs (7b)		WR Braylon Edwards QB Matt Flynn (UFA) CB Danny Gorrer DE Jason Jones (UFA) WR Charly Martin TE Evan Moore T Frank Omiyale	CB Marcus Trufant 10 DE Chris Clemons 9 WR Braylon Edwards 8 LB Heath Farwell 8 LB Leroy Hill 8 T Paul McQuistan 8 T Frank Omiyale 8 WR Ben Obomanu 7 RB Michael Robinson 7 P Jon Ryan 7 RB Leon Washington 7 DT Alan Branch 6 RB Marshawn Lynch 6 DT Brandon Mebane 6 TE Zach Miller 6 WR Sidney Rice 6 DE Red Bryant 5 QB Matt Flynn 5 T Breno Giacomini 5 K Steven Hauschka 5 DE Jason Jones 5 TE Evan Moore 5 CB Danny Gorrer 4 DT Clinton McDonald 4 C Max Unger 4 S Kam Chancellor 3 LS Clint Gresham 3 C Lemuel Jeanpierre 3 TE Anthony McCoy 3 FS Chris Maragos 3 WR Charly Martin 3 T Russell Okung 3 WR Golden Tate 3 S Earl Thomas 3 CB Brandon Browner 2 WR Doug Baldwin 2 G James Carpenter 2 S Jeron Johnson 2 CB Byron Maxwell 2 G John Moffitt 2 LB Mike Morgan 2 CB Richard Sherman 2 LB Malcolm Smith 2 LB K.J. Wright 2 S Winston Guy R DT Jaye Howard R DE Bruce Irvin R CB Jeremy Lane R DE Greg Scruggs R G J.R. Sweezy R RB Robert Turbin R LB Bobby Wagner R QB Russell Wilson R
2011	G James Carpenter (1) G John Moffitt (3) LB K.J. Wright (4a) CB Richard Sherman (5a) CB Byron Maxwell (6) LB Malcolm Smith (7b)	K Steven Hauschka (W) DT Clinton McDonald (T)	WR Doug Baldwin DT Alan Branch (UFA) CB Brandon Browner LB Heath Farwell S Jeron Johnson T Paul McQuistan FS Chris Maragos TE Zach Miller (UFA) LB Mike Morgan WR Sidney Rice (UFA)	
2010	T Russell Okung (1a) S Earl Thomas (1b) WR Golden Tate (2) S Kam Chancellor (5) TE Anthony McCoy (6)	DE Chris Clemons (T) T Breno Giacomini (PS) RB Marshawn Lynch (T) RB Leon Washington (T)	LS Clint Gresham C Lemuel Jeanpierre FB Michael Robinson	
2009	C Max Unger (2)			
2008	DE Red Bryant (4)		P Jon Ryan	
2007	DT Brandon Mebane (3)			
2006	WR Ben Obomanu (7b)			
2005	LB Leroy Hill (3b)			
2003	CB Marcus Trufant			



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NUMERICAL ROSTER

No.	Name	Pos.	Ht.	Wt.	Birthdate	Exp.	College	Hometown	Acquired
3	Russell Wilson	QB	5-11	206	11/29/1988	R	Wisconsin	Richmond, Va.	D3-'12
4	Steven Hauschka	K	6-4	210	6/29/1985	5	North Carolina State	Needham, Mass.	W(Den)-'11
9	Jon Ryan	P	6-0	217	11/26/1981	7	Regina	Regina, Saskatchewan	FA-'08
14	Charly Martin	WR	6-1	212	3/20/1984	3	West Texas A&M	Walla Walla, Wash.	FA-'12
15	Matt Flynn	QB	6-2	225	6/20/1985	5	LSU	Tyler, Texas	UFA(GB)-'12
17	Braylon Edwards	WR	6-3	214	4/22/1986	8	Michigan	Detroit, Mich.	FA-'12
18	Sidney Rice	WR	6-4	202	9/1/1986	6	South Carolina	Gaffney, S.C.	UFA(Min)-'11
22	Robert Turbin	RB	5-10	222	12/2/1989	R	Utah State	Fremont, Calif.	D4(a)-'12
23	Marcus Trufant	CB	5-11	197	12/25/1980	10	Washington State	Tacoma, Wash.	D1-'03
24	Marshawn Lynch	RB	5-11	215	4/22/1986	6	California	Oakland, Calif.	T(Buf)-'10
25	Richard Sherman	CB	6-3	195	3/30/1988	2	Stanford	Compton, Calif.	D5(a)-'11
26	Michael Robinson	FB	6-1	240	2/6/1983	7	Penn State	Richmond, Va.	FA-'10
27	Winston Guy	SS	6-1	218	4/23/1990	R	Kentucky	Lexington, Ky.	D6(b)-'12
29	Earl Thomas	FS	5-10	202	5/7/1989	3	Texas	Orange, Texas	D1(b)-'10
31	Kam Chancellor	SS	6-3	232	4/3/1988	3	Virginia Tech	Norfolk, Va.	D5-'10
32	Jeron Johnson	SS	5-10	212	6/12/1988	2	Boise State	Compton, Calif.	FA-'11
33	Leon Washington	RB	5-8	203	8/29/1982	7	Florida State	Jacksonville, Fla.	T(NYJ)-'10
36	Danny Gorrer	CB	6-0	180	6/1/1986	4	Texas A&M	Port Arthur, Texas	FA-'12
37	Jeremy Lane	CB	6-0	190	7/14/1990	R	Northwestern St. (La.)	Tyler, Texas	D6(a)-'12
39	Brandon Browner	CB	6-4	221	8/2/1984	2	Oregon State	Sylmar, Calif.	FA-'11
41	Byron Maxwell	CB	6-1	207	2/23/1988	2	Clemson	Charleston, S.C.	D6-'11
42	Chris Maragos	FS	5-10	200	1/6/1987	3	Wisconsin	Racine, Wis.	FA-'11
49	Clint Gresham	LS	6-3	240	8/24/1986	3	Texas Christian	Corpus Christi, Texas	FA-'10
50	K.J. Wright	LB	6-4	246	7/23/1989	2	Mississippi State	Olive Branch, Miss.	D4(a)-'11
51	Bruce Irvin	DE	6-3	248	11/1/1987	R	West Virginia	Atlanta, Ga.	D1-'12
53	Malcolm Smith	LB	6-0	226	7/5/1989	2	USC	Northridge, Calif.	D7(b)-'11
54	Bobby Wagner	LB	6-0	241	6/27/1990	R	Utah State	Ontario, Calif.	D2-'12
55	Heath Farwell	LB	6-0	235	12/31/1981	8	San Diego State	Fontana, Calif.	FA-'11
56	Leroy Hill	LB	6-1	238	9/14/1982	8	Clemson	Haddock, Ga.	D3(b)-'05
57	Mike Morgan	LB	6-3	226	1/16/1988	2	USC	Dallas, Texas	FA-'11
60	Max Unger	C	6-5	305	4/14/1986	4	Oregon	Kailua-Kona, Hawaii	D2-'09
61	Lemuel Jeanpierre	G/C	6-3	301	5/19/1987	3	South Carolina	Orlando, Fla.	FA-'10
64	J.R. Sweezy	G	6-5	298	4/8/1989	R	North Carolina State	Mooreville, N.C.	D7(a)-'12
65	Frank Omyale	T/G	6-4	315	1/23/1982	8	Tennessee Tech	Nashville, Tenn.	FA-'12
67	Paul McQuistan	G/T	6-6	315	4/30/1983	7	Weber State	San Diego, Calif.	FA-'11
68	Breno Giacomini	T	6-7	318	9/27/1985	5	Louisville	Cambridge, Mass.	PS(GB)-'10
69	Clinton McDonald	DT	6-2	297	1/6/1987	4	Memphis	Jacksonville, Ark.	T(Cin)-'11
74	John Moffitt	G	6-4	319	10/28/1986	2	Wisconsin	Guilford, Conn.	D3-'11
76	Russell Okung	T	6-5	310	10/7/1987	3	Oklahoma State	Houston, Texas	D1(a)-'10
77	James Carpenter	G	6-5	321	3/22/1989	2	Alabama	Augusta, Ga.	D1-'11
79	Red Bryant	DE	6-4	323	4/18/1984	5	Texas A&M	Jasper, Texas	D4-'08
81	Golden Tate	WR	5-10	202	8/2/1988	3	Notre Dame	Hendersonville, Tenn.	D2-'10
82	Evan Moore	TE	6-6	250	1/3/1985	5	Stanford	Brea, Calif.	FA-'12
85	Anthony McCoy	TE	6-5	259	12/28/1987	3	USC	Fresno, Calif.	D6-'10
86	Zach Miller	TE	6-5	255	12/11/1985	6	Arizona State	Phoenix, Ariz.	UFA(Oak)-'11
87	Ben Obomanu	WR	6-1	204	10/30/1983	7	Auburn	Selma, Ala.	D7(b)-'06
89	Doug Baldwin	WR	5-10	189	9/21/1988	2	Stanford	Gulf Breeze, Fla.	FA-'11
90	Jason Jones	DE	6-5	276	5/23/1986	5	Eastern Michigan	Detroit, Mich.	UFA(Ten)-'12
91	Chris Clemons	DE	6-3	254	10/30/1981	9	Georgia	Griffin, Ga.	T(Phi)-'10
92	Brandon Mebane	DT	6-1	311	1/15/1985	6	California	Los Angeles, Calif.	D3-'07
94	Jaye Howard	DT	6-3	301	12/20/1988	R	Florida	Apopka, Fla.	D4(b)-'12
98	Greg Scruggs	DE	6-3	284	8/17/1990	R	Louisville	Cincinnati, Ohio	D7(b)-'12
99	Alan Branch	DT	6-6	325	12/29/1984	6	Michigan	Rio Rancho, N.M.	UFA(Ari)-'11
Practice Squad									
2	Josh Portis	QB	6-3	211	7/14/1987	2	California Univ. (Pa.)	Woodland Hills, Calif.	FA-'11
8	Jermaine Kearse	WR	6-1	209	2/6/1990	R	Washington	Lakewood, Wash.	FA-'12
35	DeShawn Shead	SS	6-1	220	6/28/1988	R	Portland State	Palmdale, Calif.	FA-'12
44	Allen Bradford	LB	5-11	235	8/31/1988	2	USC	San Bernardino, Calif.	FA-'12
48	Sean McGrath	TE	6-5	247	12/3/1987	R	Henderson St. (Ark.)	Chicago, Ill.	FA-'12
63	Rishaw Johnson	G	6-3	313	2/23/1989	R	California Univ. (Pa.)	Hammond, La.	FA-'12
75	Mike Person	T	6-4	299	6/17/1988	2	Montana State	Glendive, Mont.	FA-'12
95	Hebron Fangupo	DT	6-1	323	7/19/1985	R	BYU	Santa Ana, Calif.	FA-'12
Injured Reserve									
58	Dexter Davis	DE	6-1	244	11/10/1986	3	Arizona State	Phoenix, Ariz.	D7(a)-'10
88	Cameron Morrah	TE	6-3	251	3/18/1987	4	California	Claremont, Calif.	D7(c)-'09
Physically Unable to Perform									
28	Walter Thurmond	CB	5-11	190	8/12/1987	3	Oregon	West Covina, Calif.	D4(a)-'10



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ALPHABETICAL ROSTER

No.	Name	Pos.	Ht.	Wt.	Birthdate	Exp.	College	Hometown	Acquired
89	Baldwin, Doug	WR	5-10	189	9/21/1988	2	Stanford	Gulf Breeze, Fla.	FA-'11
99	Branch, Alan	DT	6-6	325	12/29/1984	6	Michigan	Rio Rancho, N.M.	UFA(Ari)-'11
39	Browner, Brandon	CB	6-4	221	8/2/1984	2	Oregon State	Sylmar, Calif.	FA-'11
79	Bryant, Red	DE	6-4	323	4/18/1984	5	Texas A&M	Jasper, Texas	D4-'08
77	Carpenter, James	G	6-5	321	3/22/1989	2	Alabama	Augusta, Ga.	D1-'11
31	Chancellor, Kam	SS	6-3	232	4/3/1988	3	Virginia Tech	Norfolk, Va.	D5-'10
91	Clemons, Chris	DE	6-3	254	10/30/1981	9	Georgia	Griffin, Ga.	T(Phi)-'10
17	Edwards, Braylon	WR	6-3	214	2/21/1983	8	Michigan	Detroit, Mich.	FA-'12
55	Farwell, Heath	LB	6-0	235	12/31/1981	8	San Diego State	Fontana, Calif.	FA-'11
15	Flynn, Matt	QB	6-2	225	6/20/1985	5	LSU	Tyler, Texas	UFA(GB)-'12
68	Giacomini, Breno	T	6-7	318	9/27/1985	5	Louisville	Cambridge, Mass.	PS(GB)-'10
36	Gorrer, Danny	CB	6-0	180	6/1/1986	4	Texas A&M	Port Arthur, Texas	FA-'12
49	Gresham, Clint	LS	6-3	240	8/24/1986	3	Texas Christian	Corpus Christi, Texas	FA-'10
27	Guy, Winston	SS	6-1	218	4/23/1990	R	Kentucky	Lexington, Ky.	D6(b)-'12
4	Hauschka, Steven	K	6-4	210	6/29/1985	5	North Carolina State	Needham, Mass.	W(Den)-'11
56	Hill, Leroy	LB	6-1	238	9/14/1982	8	Clemson	Haddock, Ga.	D3(b)-'05
94	Howard, Jaye	DT	6-3	301	12/20/1988	R	Florida	Apopka, Fla.	D4(b)-'12
51	Irvin, Bruce	DE	6-3	248	11/1/1987	R	West Virginia	Atlanta, Ga.	D1-'12
61	Jeanpierre, Lemuel	G/C	6-3	301	5/19/1987	3	South Carolina	Orlando, Fla.	FA-'10
32	Johnson, Jeron	SS	5-10	212	6/12/1988	2	Boise State	Compton, Calif.	FA-'11
90	Jones, Jason	DE	6-5	276	5/23/1986	5	Eastern Michigan	Detroit, Mich.	UFA(Ten)-'12
37	Lane, Jeremy	CB	6-0	190	7/14/1990	R	Northwestern St. (La.)	Tyler, Texas	D6(a)-'12
24	Lynch, Marshawn	RB	5-11	215	4/22/1986	6	California	Oakland, Calif.	T(Buf)-'10
85	McCoy, Anthony	TE	6-5	259	12/28/1987	3	USC	Fresno, Calif.	D6-'10
69	McDonald, Clinton	DT	6-2	297	1/6/1987	4	Memphis	Jacksonville, Ark.	T(Cin)-'11
67	McQuistan, Paul	G/T	6-6	315	4/30/1983	7	Weber State	San Diego, Calif.	FA-'11
42	Maragos, Chris	FS	5-10	200	1/6/1987	3	Wisconsin	Racine, Wis.	FA-'11
14	Martin, Charly	WR	6-1	212	3/20/1984	3	West Texas A&M	Walla Walla, Wash.	FA-'12
41	Maxwell, Byron	CB	6-1	207	2/23/1988	2	Clemson	Charleston, S.C.	D6-'11
92	Mebane, Brandon	DT	6-1	311	1/15/1985	6	California	Los Angeles, Calif.	D3-'07
86	Miller, Zach	TE	6-5	255	12/11/1985	6	Arizona State	Phoenix, Ariz.	UFA(Oak)-'11
74	Moffitt, John	G	6-4	319	10/28/1986	2	Wisconsin	Guilford, Conn.	D3-'11
82	Moore, Evan	TE	6-6	250	1/3/1985	5	Stanford	Brea, Calif.	FA-'12
57	Morgan, Mike	LB	6-3	226	1/16/1988	2	USC	Dallas, Texas	FA-'11
87	Obomanu, Ben	WR	6-1	204	10/30/1983	7	Auburn	Selma, Ala.	D7(b)-'06
76	Okung, Russell	T	6-5	310	10/7/1987	3	Oklahoma State	Houston, Texas	D1(a)-'10
65	Omiyale, Frank	T/G	6-4	315	1/23/1982	8	Tennessee Tech	Nashville, Tenn.	FA-'12
18	Rice, Sidney	WR	6-4	202	9/1/1986	6	South Carolina	Gaffney, S.C.	UFA(Min)-'11
26	Robinson, Michael	FB	6-1	240	2/6/1983	7	Penn State	Richmond, Va.	FA-'10
9	Ryan, Jon	P	6-0	217	11/26/1981	7	Regina	Regina, Saskatchewan	FA-'08
98	Scruggs, Greg	DE	6-3	284	8/17/1990	R	Louisville	Cincinnati, Ohio	D7(b)-'12
25	Sherman, Richard	CB	6-3	195	3/30/1988	2	Stanford	Compton, Calif.	D5(a)-'11
53	Smith, Malcolm	LB	6-0	226	7/5/1989	2	USC	Northridge, Calif.	D7(b)-'11
64	Sweezy, J.R.	G	6-5	298	4/8/1989	R	North Carolina State	Moorestville, N.C.	D7(a)-'12
81	Tate, Golden	WR	5-10	202	8/2/1988	3	Notre Dame	Hendersonville, Tenn.	D2-'10
29	Thomas, Earl	FS	5-10	202	5/7/1989	3	Texas	Orange, Texas	D1(b)-'10
23	Trufant, Marcus	CB	5-11	197	12/25/1980	10	Washington State	Tacoma, Wash.	D1-'03
22	Turbin, Robert	RB	5-10	222	12/2/1989	R	Utah State	Fremont, Calif.	D4(a)-'12
60	Unger, Max	C	6-5	305	4/14/1986	4	Oregon	Kailua-Kona, Hawaii	D2-'09
54	Wagner, Bobby	LB	6-0	241	6/27/1990	R	Utah State	Ontario, Calif.	D2-'12
33	Washington, Leon	RB	5-8	203	8/29/1982	7	Florida State	Jacksonville, Fla.	T(NYJ)-'10
3	Wilson, Russell	QB	5-11	206	11/29/1988	R	Wisconsin	Richmond, Va.	D3-'12
50	Wright, K.J.	LB	6-4	246	7/23/1989	2	Mississippi State	Olive Branch, Miss.	D4(a)-'11

Head Coach: Pete Carroll, Darrell Bevell (Offensive Coordinator), Gus Bradley, (Defensive Coordinator), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Offensive Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Conditioning), Nate Carroll (Defensive Asst.), Keith Carter (Quality Control/Offense), Mondray Gee (Assistant Strength & Conditioning), Pat McPherson (Tight Ends), Marquand Manuel (Asst. Special Teams), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Assistant Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams Coordinator), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Todd Wash (Defensive Line), Jamie Yanchar (Assistant Strength & Conditioning).



Seahawks vs. Patriots October 14, 2012 1:05 p.m. PT

DEPTH CHART & PRONUNCIATION GUIDE

Offense

WR	18	Sidney Rice	87	Ben Obomanu	89	Doug Baldwin
LT	76	Russell Okung	65	Frank Omiyale		
LG	77	James Carpenter	67	Paul McQuistan		
C	60	Max Unger	61	Lemuel Jeanpierre		
RG	67	Paul McQuistan	74	John Moffitt	64	<u>J.R. Sweezy</u>
RT	68	Breno Giacomini	65	Frank Omiyale		
TE	86	Zach Miller	85	Anthony McCoy	82	Evan Moore
WR	81	Golden Tate	17	Braylon Edwards	14	Charly Martin
QB	3	<u>Russell Wilson</u>	15	Matt Flynn		
FB	26	Michael Robinson				
RB	24	Marshawn Lynch	22	<u>Robert Turbin</u>	33	Leon Washington

Defense

LDE	79	Red Bryant	90	Jason Jones	98	<u>Greg Scruggs</u>
LDT	99	Alan Branch	94	<u>Jaye Howard</u>		
RDT	92	Brandon Mebane	69	Clinton McDonald		
RDE	91	Chris Clemons	51	<u>Bruce Irvin</u>		
OLB	56	Leroy Hill	53	Malcolm Smith		
MLB	54	<u>Bobby Wagner</u>	55	Heath Farwell		
OLB	50	K.J. Wright	57	Mike Morgan		
LCB	25	Richard Sherman	23	Marcus Trufant	41	Byron Maxwell
RCB	39	Brandon Browner	37	<u>Jeremy Lane</u>	36	Danny Gorrer
SS	31	Kam Chancellor	32	Jeron Johnson	27	<u>Winston Guy</u>
FS	29	Earl Thomas	42	Chris Maragos		

Specialists

K	4	Steven Hauschka		
P	9	Jon Ryan		
H	9	Jon Ryan		
PR	33	Leon Washington	81	Golden Tate
KR	33	Leon Washington	87	Ben Obomanu
LS	49	Clint Gresham		

() injured; Underline Rookie or 1st Year

Pronunciation Guide

Breno Giacomini...BREH-no	Chris Maragos... MAIR-uh-gose
JAH-co-mee-nee	Brandon Mebane... MEE-bane
Clint Gresham... GRESH-um	Ben Obomanu... oh-buh-MAHN-ew
Steven Hauschka... howsh-KUH	Russell Okung... oh-KOON-g
Leroy Hill... LEE-roy	Frank Omiyale... oh-MEE-yell
Lemuel Jeanpierre... LEH-mew-ELL	
zhon-pee-AIR	
Jeron Johnson...jer-RON	



ARIZONA CARDINALS 20, SEATTLE SEAHAWKS 16

SUNDAY, SEPTEMBER 9, 2012

UNIVERSITY OF PHOENIX STADIUM



Making his first-career start, rookie QB Russell Wilson rallied Seattle in the final minutes but could not cross the goal line in four attempts from the Arizona 6-yard line and the Seahawks dropped their season opener to the Cardinals, 20-16. Seattle took the opening kickoff and drove to the Arizona 32, but a Steven Hauschka 50-yard field goal attempt fell short. Two plays into the Cardinals following drive, Brandon Mebane recovered a K.J. Wright forced fumble and the Seahawks took advantage on a Hauschka 27-yard field goal. Arizona countered to take a 10-3 lead after a Jay Feely 21-yard field goal late in the first quarter and a LaRod Stephens-Howling 1-yard TD on the Cardinals next possession in the second quarter. The Cardinals took a 13-3 lead after recovering a lateral pass deep in Seahawks territory and connecting on a second field goal. Leon Washington provided a spark on the ensuing kick-off taking the return 83 yards to the Arizona 24-yard line. From there, Wilson led a five-play drive that resulted in a third-down, 10-yard TD pass to Sidney Rice to pull the Seahawks within a field goal, 13-10. On Arizona's very next play from scrimmage, Richard Sherman made a spectacular sideline toe-tap interception on a ball QB John Skelton had intended to throw out of bounds. That turnover led to a Hauschka 47-yard field goal to tie the game, 13-13. Washington delivered again early in the fourth quarter with a 52-yard punt return leading to Hauschka's third field goal of the day giving Seattle a 16-13 lead. Backed up deep in their own territory, Kevin Kolb replaced an injured Skelton and led an 11-play, 80-yard drive that resulted in a 6-yard TD pass to Andre Roberts to take a 20-16 lead. Before that go-ahead drive, Seattle's second half defense had not allowed a single first down in six Cardinal drives and allowed just 16 total yards in those drives. Seattle took possession with 4:58 remaining from their own 20. They used 18 plays to drive 76 yards before being held out of the endzone and turning the ball over on downs with :18 remaining in the game.

			Seattle	3	0	10	3	16	
			Arizona	3	7	3	7	20	
								Seattle	Arizona
SEA	1	7:26	Hauschka 27 FG (7-33, 2:58)					3	0
AZ	1	0:34	Feely 21 FG (13-75, 6:52)					3	3
AZ	2	5:58	Stephens-Howling 1 run (Feely kick) (11-58, 5:22)					3	10
AZ	3	9:59	Feely 31 FG (4-4, 1:04)					3	13
SEA	3	7:51	Rice 10 pass Wilson (Hauschka kick) (5-24, 2:08)					10	13
SEA	3	5:13	Hauschka 47 FG (4-5, 2:29)					13	13
SEA	4	9:20	Hauschka 39 FG (4-5, 1:38)					16	13
AZ	4	4:59	Roberts 6 pass Kolb (Feely kick) (11-80, 4:21)					16	20
Att. 60,032									

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	Avg	LG	TD	Arizona	Att	Yds	Avg	LG	TD
M. Lynch	21	85	4.0	11	0	A. Roberts	1	15	15.0	15	0
R. Wilson	8	20	2.5	5	0	C. Wells	7	14	2.0	9	0
R. Turbin	2	5	2.5	4	0	R. Williams	8	9	1.1	4	0
L. Washington	2	5	2.5	3	0	L. Stephens-Howling	2	4	2.0	3	1
						J. Skelton	1	2	2.0	2	0
						K. Kolb	1	-1	-1.0	-1	0
TOTAL	33	115	3.5	11	0	TOTAL	20	43	2.2	15	1

PASSING

Seattle	A	C	Yds	SK/YD	TD	LG	INT	RT	Arizona	A	C	Yds	SK/YD	TD	LG	INT	RT
R. Wilson	34	18	153	3/14	1	27	1	62.5	J. Skelton	28	14	149	1/5	0	23	1	51.0
									K. Kolb	8	6	66	0/0	1	23	0	138.5
TOTAL	34	18	153	3/14	1	27	1	62.5	TOTAL	36	20	215	1/5	1	23	1	70.9

RECEIVING

SEATTLE						RECEIVING					
Seattle	No	Yds	Avg	LG	TD	Arizona	No	Yds	Avg	LG	TD
B. Edwards	5	43	8.6	16	0	A. Roberts	5	54	10.8	19	1
S. Rice	4	36	9.0	11	1	L. Fitzgerald	4	63	15.8	23	0
Z. Miller	3	40	13.3	27	0	E. Doucet	3	37	12.3	18	0
M. Lynch	2	12	6.0	7	0	T. Heap	3	32	10.7	13	0
D. Baldwin	2	5	2.5	4	0	R. Williams	2	17	8.5	12	0
C. Martin	1	15	15.0	15	0	J. King	2	8	4.0	5	0
R. Turbin	1	2	2.0	2	0	L. Stephens-Howling	1	4	4.0	4	0
TOTAL	18	153	8.5	27	1	TOTAL	20	215	10.8	23	1

TEAM STATISTICS

	Seattle	Arizona
Total First Downs	18	18
Third Down Eff.	5-16-31%	3-10-30%
Total Net Yards	254	253
Total Off. Plays	70	57
Avg. per Play	3.6	4.4
Net Yards Rushing	115	43
Total Rushing Plays	33	20
Net Yards Passing	139	210
Times Sacked/Yards Lost	3/14	1/5
Pass Atts-Comps-Ints	34-18-1	36-20-1
Punts-No. and Avg.	4-46.3	5-47.6
Penalties-No. and Yards	13-90	10-102
Fumbles-No. and Lost	2-1	2-1
Touchdowns	1	2
Field Goals Made-Att	3-4	2-2
Time of Possession	33:34	26:26

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K.J. Wright	9	5	4	0.0	0.0	0	0	0	1	0
K. Chancellor	5	5	0	0.0	0.0	0	0	1	0	0
R. Sherman	4	4	0	0.0	0.0	1	0	2	0	0
B. Mebane	4	2	2	0.0	0.0	0	0	2	0	1
B. Browner	4	2	2	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: C. Clemons 1.0. FF: C. Clemons 1.										
Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
D. Washington	10	10	0	1.0	1.0	0	0	0	0	0
P. Lenon	9	8	1	2.0	13.0	0	0	0	0	1
W. Gay	7	7	0	0.0	0.0	0	0	0	1	0
D. Dockett	5	4	1	0.0	0.0	0	0	0	0	0
O. Schofield	5	3	2	0.0	0.0	0	0	0	0	0
Additional Stats:										

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SEATTLE SEAHAWKS 27, DALLAS COWBOYS 7

SUNDAY, SEPTEMBER 16, 2012

CENTURYLINK FIELD



Special teams set the tone for the Seattle Seahawks in their home-opener, helping the team to a 10-0 first quarter lead over the visiting Dallas Cowboys and not letting up en route to a 27-7 victory. Seattle kicked off to start the game, but returner Felix Jones was hit by Michael Robinson, jarring the ball loose. Earl Thomas recovered the fumble for the Seahawks on the Dallas 29-yard line. Seattle's offense moved the ball to the Dallas three, settling for a 21-yard Steven Hauschka field goal and taking the 3-0 lead. On Dallas' ensuing possession, a quick three-and-out forced a Chris Jones punt, but Malcolm Smith blocked the punt and Jeron Johnson scooped the loose ball at the three-yard line and into the endzone for a 10-0 Seahawks lead. On the Cowboys' next drive, QB Tony Romo had his offense in scoring position after a 56-yard drive to the Seattle 24, when Brandon Browner intercepted Romo's second down pass intended for Jason Witten and returned it 35 yards. Dallas responded later with a 15-play drive, covering 95 yards, when Romo found Miles Austin down the sideline for a 22-yard touchdown pass, bringing the score to 10-7. A 25-yard field goal by Hauschka at the two-minute warning pushed the lead to 13-0 at the end of the first half. Seattle and Dallas traded punts to start the third quarter before QB Russell Wilson led Seattle on a 90-yard drive, helped by a 36-yard gallop by RB Marshawn Lynch to the Dallas 25. Two plays later, Wilson found tight end Anthony McCoy for a 22-yard touchdown and making it a two-score game, 20-7. Seattle put the final points on the board with an 88-yard touchdown drive, capped by Lynch's three-yard TD run, giving Seattle the 27-7 lead. In the fourth quarter, Seattle's offense held the ball for 13:31, allowing the Cowboys offense just 1:31 with the ball. Seattle's defense held the Cowboys offense to 86 second-half yards, with 51 coming on the final possession as the clock was running out.

		Dallas		Seattle			
		0	7	0	0	7	27
		10	3	7	7		
		Dallas		Seattle			
SEA	1	11:43	Hauschka 21 FG (7-26, 3:10)		0	3	
SEA	1	10:23	Johnson 3 return of blocked punt (Hauschka kick)		0	10	
DAL	2	12:09	Austin 22 pass Romo (Bailey kick) (15-95, 7:31)		7	10	
SEA	2	1:57	Hauschka 25 FG (11-52, 7:05)		7	13	
SEA	3	5:05	McCoy 22 pass Wilson (Hauschka kick) (8-90, 4:38)		7	20	
SEA	4	7:57	Lynch 3 run (Hauschka kick) (12-88, 7:35)		7	27	
Att.		68,008					

INDIVIDUAL STATISTICS

RUSHING

Dallas						Seattle					
Att	Yds	Avg	LG	TD		Att	Yds	Avg	LG	TD	
D. Murray	12	44	3.7	9	0	M. Lynch	26	122	4.7	36	1
K. Ogletree	1	5	5.0	5	0	R. Wilson	4	28	7.0	14	0
F. Jones	1	1	1.0	1	0	R. Turbin	5	15	3.0	6	0
T. Romo	2	-1	-0.5	0	0	L. Washington	4	11	2.8	5	0
						M. Robinson	2	6	3.0	4	0
TOTAL	16	49	3.1	9	0	TOTAL	41	182	4.4	36	1

PASSING

Dallas										Seattle									
A	C	Yds	SK/YD	TD	LG	INT	RT			A	C	Yds	SK/YD	TD	LG	INT	RT		
T. Romo	40	23	251	1/4	1	26	1	74.1		R. Wilson	20	15	151	2/18	1	22	0	112.7	
TOTAL	40	23	251	1/4	1	26	1	74.1		TOTAL	20	15	151	2/18	1	22	0	112.7	

RECEIVING

Dallas						Seattle					
No	Yds	Avg	LG	TD		No	Yds	Avg	LG	TD	
M. Austin	5	63	12.6	22t	1	A. McCoy	5	41	8.2	22t	1
J. Witten	4	58	14.5	23	0	G. Tate	3	38	12.7	20	0
F. Jones	4	40	10.0	23	0	S. Rice	3	33	11.0	18	0
D. Murray	4	31	7.8	15	0	R. Turbin	2	24	12.0	14	0
D. Bryant	3	17	5.7	11	0	D. Baldwin	1	8	8.0	8	0
J. Phillips	2	16	8.0	9	0	Z. Miller	1	7	7.0	7	0
K. Ogletree	1	26	26.0	26	0						
TOTAL	23	251	10.9	26	1	TOTAL	15	151	10.1	22	1

TEAM STATISTICS

	Dallas	Seattle
Total First Downs	17	20
Third Down Eff.	7-13-54%	5-14-36%
Total Net Yards	296	315
Total Off. Plays	57	63
Avg. per Play	5.2	5.0
Net Yards Rushing	49	182
Total Rushing Plays	16	41
Net Yards Passing	247	133
Times Sacked/Yards Lost	1/4	2/18
Pass Atts-Comps-Ints	40-23-1	20-15-0
Punts-No. and Avg.	6-38.2	4-53.8
Penalties-No. and Yards	5-47	5-35
Fumbles-No. and Lost	4-1	0-0
Touchdowns	1	3
Field Goals Made-Att	0-0	2-2
Time of Possession	25:21	34:39

DEFENSE

	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Dallas	14	4	10	0.0	0.0	0	0	0	0	0
S. Lee	10	4	6	0.0	0.0	0	0	1	0	0
B. Carter	10	3	7	0.0	0.0	0	0	0	0	0
S. Lissemore	8	2	6	0.0	0.0	0	0	0	0	0
D. Ware	7	4	3	2.0	18.0	0	0	1	0	0
A. Spencer										

Additional Stats:

	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Seattle	9	7	2	0.0	0.0	0	0	0	0	0
K. Chancellor	5	3	2	0.0	0.0	0	0	1	0	0
K. Wright	5	3	2	0.0	0.0	0	0	0	0	0
L. Hill	4	4	0	0.0	0.0	1	35	1	1	0
B. Browner	4	4	0	0.0	0.0	0	0	1	0	0
R. Sherman	4	3	1	0.0	0.0	0	0	0	0	0
B. Wagner										

Additional Stats: Sacks: B. Irvin, J. Jones 0.5. FF: M. Robinson 1. FR: E. Thomas 1. Punt Block: M. Smith.

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SEATTLE SEAHAWKS 27, DALLAS COWBOYS 7

SUNDAY, SEPTEMBER 16, 2012

CENTURYLINK FIELD



Golden Tate came down with a 24-yard touchdown reception on a Russell Wilson desperation pass to the corner of the end zone as the clock ran out, giving Seattle the victory over the visiting Green Bay Packers on Monday Night Football, with a final score of 14-12. After a Seahawks three-and-out, Green Bay's opening drive started with a 16-yard scramble by Rodgers on the first play, but two stops for no gain and a Bruce Irvin sack on third down led to a Tim Masthay punt. Following a Seattle punt, the Seahawks' pass rush prevented Green Bay from getting anything going offensively in the first half, with four sacks from Chris Clemons and two each from Irvin and Brandon Mebane. Seattle took the lead in the second quarter as Wilson found Tate for a 41-yard touchdown. Two Clemons' sacks helped stall the Packers' ensuing possession and the Seahawks took the 7-0 lead into halftime. Green Bay started with the ball in the second half found better success moving the ball. Cedric Benson led the Packers rushing attack on the drive and Rodgers completed several mid-range passes on their way to a 29-yard Mason Crosby field goal, bringing the score to 7-3. Green Bay got the ball back and again drove down the field, setting up a 40-yard Crosby field goal, and pulling the Packers to within one point, 7-6. After a Seahawks three-and-out, the Packers put together a 16-play, 81-yard drive that culminated in a 1-yard touchdown run by Benson. Rodgers' pass on the two-point conversion attempt fell incomplete, but the Packers gained the lead, 12-7, with 8:44 left in the game. The Seahawks started the ensuing drive on their own 20-yard line and worked down to the Green Bay 7-yard line where they faced a fourth-and-3. Wilson's pass to Tate fell incomplete and the Packers regained possession with 1:54 remaining. Earl Thomas dropped Benson for a 5-yard loss, forcing a fumble in the process, but Jeff Saturday was able to recover for the Packers on the 2-yard line. Two more run stops by the Seahawks defense forced a Masthay punt and Seattle's offense would start at the Green Bay 46-yard line. Wilson found Sidney Rice for a 22-yard completion on second down, and after incompletions on the first three downs from the 24, Wilson threw a pass to the corner of the end zone on fourth down, giving Tate a chance at a jump ball and he was able to come down with possession of the football as the clock read zero.

		Green Bay	0	0	6	6	12		
		Seattle	0	7	0	7	14		
								Green Bay	Seattle
SEA	2	6:22	Tate 41 pass Wilson (Hauschka kick) (5-73, 3:02)					0	7
GB	3	8:07	Crosby 29 FG (13-70, 6:53)					3	7
GB	3	1:14	Crosby 40 FG (11-66, 4:36)					6	7
GB	4	8:44	Benson 1 run (pass failed) (16-81, 6:02)					12	7
SEA	4	0:00	Tate 24 pass Wilson (Hauschka kick) (6-46, 0:46)					12	14
Att.		68,218							

INDIVIDUAL STATISTICS

RUSHING

Green Bay	Att	Yds	Avg	LG	TD	Seattle	Att	Yds	Avg	LG	TD
C. Benson	17	45	2.6	9	1	M. Lynch	25	98	3.9	9	0
R. Cobb	1	20	20.0	20	0	R. Wilson	3	18	6.0	12	0
A. Rodgers	2	17	8.5	16	0	L. Washington	1	11	11.0	11	0
J. Kuhn	1	2	2.0	2	0						
TOTAL	21	84	4.0	20	1	TOTAL	29	127	4.4	12	0

PASSING

Green Bay	A	C	Yds	SK/YD	TD	LG	INT	RT	Seattle	A	C	Yds	SK/YD	TD	LG	INT	RT
A. Rodgers	39	26	223	8/39	0	31	0	81.5	R. Wilson	21	10	130	1/19	2	41t	0	99.3
TOTAL	39	26	223	8/39	0	31	0	81.5	TOTAL	21	10	130	1/19	2	41t	0	99.3

RECEIVING

Green Bay	No	Yds	Avg	LG	TD	Seattle	No	Yds	Avg	LG	TD
G. Jennings	6	35	5.8	13	0	G. Tate	3	68	22.7	41t	2
Ja. Jones	5	55	11.0	14	0	Z. Miller	2	12	6.0	8	0
J. Finley	4	60	15.0	31	0	S. Rice	1	22	22.0	22	0
C. Benson	4	19	4.8	8	0	C. Martin	1	10	10.0	10	0
J. Kuhn	3	25	8.3	10	0	A. McCoy	1	9	9.0	9	0
J. Nelson	2	19	9.5	13	0	B. Obomanu	1	8	8.0	8	0
D. Williams	1	11	11.0	11	0	M. Lynch	1	1	1.0	1	0
R. Cobb	1	-1	-1.0	-1	0						
TOTAL	26	223	8.6	31	0	TOTAL	10	130	13.0	41t	2

TEAM STATISTICS

	Green Bay	Seattle
Total First Downs	22	14
Third Down Eff.	7-15-47%	1-11-18%
Total Net Yards	268	238
Total Off. Plays	68	51
Avg. per Play	3.9	4.7
Net Yards Rushing	84	127
Total Rushing Plays	21	29
Net Yards Passing	184	111
Times Sacked/Yards Lost	8/39	1/19
Pass Atts-Comps-Ints	39-26-0	21-10-0
Punts-No. and Avg.	6-44.5	6-51.5
Penalties-No. and Yards	10-127	14-118
Fumbles-No. and Lost	2-0	0-0
Touchdowns	1	2
Field Goals Made-Att	2-2	0-0
Time of Possession	33:39	26:21

DEFENSE

Green Bay	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
A. Hawk	11	5	6	0.0	0.0	0	0	0	0	0
R. Pickett	9	1	8	0.0	0.0	0	0	0	0	0
D. Smith	5	3	2	0.0	0.0	0	0	0	0	0
E. Walden	5	2	3	0.0	0.0	0	0	0	0	0
N. Perry	4	3	1	19.0	19.0	0	0	0	0	0

Additional Stats:

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Wright	11	9	2	0.0	0.0	0	0	0	0	0
K. Chancellor	10	7	3	0.0	0.0	0	0	0	0	0
B. Wagner	8	5	3	0.0	0.0	0	0	0	0	0
L. Hill	5	2	3	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: C. Clemons 4.0, B. Irvin 2.0, B. Mebane 2.0 **FF:** E. Thomas 1.

4



ST. LOUIS CARDINALS 19, SEATTLE SEAHAWKS 13

SUNDAY, SEPTEMBER 30, 2012

EDWARD JONES DOME



The Seattle Seahawks, looking for their first road win of 2012, could not produce enough offense to overcome the St. Louis Rams' special teams efforts, and lost by a final score of 19-13. Seattle's offense started with a strong opening drive, with QB Russell Wilson leading the team 80 yards down the field and Marshawn Lynch capping it off with a touchdown run of 18 yards, giving Seattle the early lead, 7-0. St. Louis responded when rookie K Greg Zuerlein hit a 58-yard field goal to bring the score to 7-3. After Seattle was forced to punt, Rams' QB Sam Bradford hit WR Chris Givens on a 52-yard reception down the right side-line to the Seattle 28-yard line at the end of the first quarter. CB Richard Sherman got one back for the Seahawks, intercepting a Bradford pass intended for Brandon Gibson. After trading punts, the Seahawks took over with 11:13 at their own 21-yard line, but Wilson was intercepted by rookie CB Trumaine Johnson, giving the Rams the ball on their own 48. Bradford was able to lead the Rams inside the Seahawks' 10-yard line, but the Seahawks defense held them out of the end zone. On the field goal attempt, Rams' holder Johnny Hekker took the snap but stood and threw a pass to Danny Amendola, who was uncovered and wide open in the end zone, giving St. Louis the lead, 10-7. St. Louis got the ball back at Seattle's 46 with 0:34 remaining in the half and Zuerlein made the 48-yard field goal for a 13-7 halftime lead. The Seahawks tried an onside kick to start the second half, but St. Louis was able to recover. Unable to gain a first down, the Rams sent the field goal unit onto the field and Zuerlein connected on a 60-yard field goal, giving the Rams the 16-7 lead. Wilson was intercepted on the ensuing possession, but the Seahawks got the ball back after a Rams' three-and-out and were able to drive 75 yards to the Rams' 12, where Steven Hauschka made his 31-yard field goal, bringing the score to 16-10. Seattle's defense forced another three-and-out and the offense was able to convert another Hauschka field goal, making the score 16-13. St. Louis then drove 74 yards before the Seahawks defense stopped them with goal-to-go at the six-yard line, and Zuerlein hit his fourth field goal of the day from 24 yards, giving St. Louis the 19-13 lead. Seattle's final effort ended when Wilson's third pass of the day was intercepted by Bradley Fletcher after Anthony McCoy slipped on his route. Zuerlein's kicks of 58 and 60 yards were the first time in NFL history a kicker has made a 50-yarder and a 60-yarder in the same game.

			Seattle	7	0	3	3	13	
			St. Louis	3	10	3	3	19	
								Seattle	St. Louis
SEA	1	10:45	Lynch 18 run (Hauschka kick) (8-80, 4:15)					7	0
STL	1	4:59	Zuerlein 58 FG (10-40, 5:46)					7	3
STL	2	1:11	Amendola 2 pass Hekker (Zuerlein kick) (12-52, 6:12)					7	10
STL	2	0:00	Zuerlein 48 FG (4-16, 0:34)					7	13
STL	3	13:46	Zuerlein 60 FG (4-6, 1:14)					7	16
SEA	3	4:10	Hauschka 31 FG (13-75, 7:15)					10	16
SEA	4	13:03	Hauschka 30 FG (8-43, 3:45)					13	16
STL	4	6:07	Zuerlein 24 FG (15-74, 6:56)					13	19
Att. 53,193									

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	Avg	LG	TD	St. Louis	Att	Yds	Avg	LG	TD
M. Lynch	20	118	5.9	18t	1	S. Jackson	18	55	3.1	23	0
R. Turbin	6	45	7.5	13	0	D. Richardson	6	16	2.7	8	0
R. Wilson	7	14	2.0	8	0	D. Amendola	1	6	6.0	6	0
L. Washington	1	2	2.0	2	0	S. Bradford	2	-2	-1.0	-1	0
TOTAL	34	179	5.3	18t	1	TOTAL	27	75	2.8	23	0

PASSING

Seattle	A	C	Yds	SK/YD	TD	LG	INT	RT	St. Louis	A	C	Yds	SK/YD	TD	LG	INT	RT
R. Wilson	25	17	160	2/20	0	17	3	45.8	S. Bradford	30	16	221	2/12	0	52	1	63.3
TOTAL	25	17	160	2/20	0	17	3	45.8	TOTAL	31	17	223	2/12	1	52	1	75.1

RECEIVING

Seattle	No	Yds	Avg	LG	TD	St. Louis	No	Yds	Avg	LG	TD
S. Rice	4	41	10.3	17	0	D. Amendola	6	55	9.2	15	1
M. Lynch	4	37	9.3	16	0	B. Gibson	2	28	14.0	14	0
Z. Miller	3	32	10.7	13	0	L. Kendrick	2	22	11.0	26	0
A. McCoy	2	20	10.0	15	0	A. Pettis	2	22	11.0	17	0
R. Turbin	2	13	6.5	7	0	D. Richardson	2	13	6.5	11	0
D. Baldwin	1	10	10.0	10	0	C. Givens	1	52	52.0	52	0
G. Tate	1	7	7.0	7	0	B. Quick	1	19	19.0	19	0
TOTAL	17	160	9.4	17	0	TOTAL	16	221	13.1	52	1

TEAM STATISTICS

	Seattle	St. Louis
Total First Downs	19	15
Third Down Eff.	2-9-22%	5-13-38%
Total Net Yards	319	286
Total Off. Plays	61	60
Avg. per Play	5.2	4.8
Net Yards Rushing	179	75
Total Rushing Plays	34	27
Net Yards Passing	140	211
Times Sacked/Yards Lost	2/20	2/12
Pass Atts-Comps-Ints	25-17-3	31-17-1
Punts-No. and Avg.	4-49.0	4-39.0
Penalties-No. and Yards	5-55	6-37
Fumbles-No. and Lost	0-0	0-0
Touchdowns	1	1
Field Goals Made-Att	2-2	4-4
Time of Possession	29:52	30:08

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	7	7	0	0.0	0.0	0	0	0	0	0
E. Thomas	5	5	0	0.0	0.0	0	0	0	0	0
K. Wright	5	5	0	0.0	0.0	0	0	0	0	0
B. Mebane	5	5	0	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: A. Branch 1.0, J. Jones 1.0. INT: R. Sherman 1.

St. Louis	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
J. Laurinaitis	9	8	1	0.0	0.0	0	0	0	0	0
C. Finnegan	8	8	0	0.0	0.0	0	0	0	0	0
J. Dunbar	6	6	0	0.0	0.0	0	0	0	0	0
Q. Mikell	5	5	0	0.0	0.0	0	0	0	0	0
R. McIntosh	5	4	1	0.0	0.0	1	34	1	0	0

Additional Stats: Sacks: R. Quinn 1.0, E. Sims 1.0. INT: T. Johnson 1, B. Fletcher 1.



BANK OF AMERICA STADIUM



				Seattle	3	3	7	3	16	
				Carolina	0	3	7	2	12	
									Seattle	Carolina
SEA	1	10:29	Hauschka 22 FG (8-41, 3:33)						3	0
SEA	2	8:29	Hauschka 36 FG (12-50, 6:58)						6	0
CAR	2	0:02	Medlock 32 FG (12-77, 2:44)						6	3
CAR	3	12:26	Munnerlyn 33 INT return (Medlock kick)						6	10
SEA	3	0:35	Tate 13 pass Wilson (Hauschka kick) (5-27, 2:02)						13	10
SEA	4	10:27	Hauschka 44 FG (7-39, 3:33)						16	10
CAR	4	0:59	Ryan tackled in endzone by Onatolu for safety						16	12
Att 72 676										

RUSHING

Seattle						Carolina					
Att	Yds	Avg	LG	TD		Att	Yds	Avg	LG	TD	
M. Lynch	21	85	4.0	14	0	C. Newton	7	42	6.0	15	0
R. Wilson	5	12	2.4	9	0	J. Stewart	4	16	4.0	11	0
B. Obomanu	1	11	11.0	11	0	K. Pilares	0	12	12.0	12	0
R. Turbin	4	6	1.5	5	0	D. Williams	6	6	1.0	4	0
M. Robinson	2	3	1.5	2	0	L. Murphy	1	3	3.0	3	0
G. Tate	1	-1	-1.0	-1	0	M. Tolbert	1	3	3.0	3	0
J. Ryan	1	-18	-18.0	-18	0						
TOTAL	35	98	2.8	14	0	TOTAL	19	82	4.3	15	0

PASSING

Seattle	A	C	Yds	SK/YD	TD	LG	INT	RT	Carolina	A	C	Yds	SK/YD	TD	LG	INT	RT
R. Wilson	25	19	221	2/9	1	30	2	82.3	C. Newton	29	12	141	4/33	0	24	0	56.8
TOTAL	25	19	221	2/9	1	30	2	82.3	TOTAL	29	12	141	4/33	0	24	0	56.8

RECEIVING

Seattle	No	Yds	Avg	LG	TD	Carolina	No	Yds	Avg	LG	TD
S. Rice	5	67	13.4	18	0	S. Smith	4	40	10.0	14	0
Z. Miller	3	59	19.7	30	0	B. LaFell	3	44	14.7	21	0
D. Baldwin	3	37	12.3	19	0	G. Olsen	2	37	18.5	24	0
G. Tate	3	31	10.3	13t	1	J. Stewart	2	15	7.5	8	0
R. Turbin	2	8	4.0	5	0	L. Murphy	1	5	5.0	5	0
B Edwards	1	10	10.0	10	0						
M. Lynch	1	9	9.0	9	0						
M. Robinson	1	0	0.0	0	0						
TOTAL	19	221	11.6	30	1	TOTAL	12	141	11.8	24	0

Seattle

	Seattle	San Francisco
Total First Downs	17	13
Third Down Eff.	7-14-50%	2-11-18%
Total Net Yards	310	190
Total Off. Plays	62	52
Avg. per Play	5.0	3.7
Net Yards Rushing	98	82
Total Rushing Plays	35	19
Net Yards Passing	212	108
Times Sacked/Yards Lost	2/9	4/33
Pass Atts-Comps-Ints	25-19-2	29-12-0
Punts-No. and Avg.	3-40.7	7-45.4
Penalties-No. and Yards	7-65	3-25
Fumbles-No. and Lost	1-1	3-2
Touchdowns	1	1
Field Goals Made-Att	3-3	1-1
Time of Possession	35:46	24:14

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Browner	6	4	2	0.0	0.0	0	0	0	1	1
B. Wagner	6	3	3	1.5	9.0	0	0	0	0	0
C. Clemons	6	2	4	0.5	5.0	0	0	1	0	0
R. Sherman	5	5	0	0.0	0.0	0	0	1	1	0
Additional Stats: Sacks: B. Irvin 2.0. FF: B. Irvin 1. FR: A. Branch 1.										
Carolina	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
L. Kuechly	11	7	4	0.0	0.0	1	-3	1	0	0
G. Hardy	6	4	2	1.0	5.0	0	0	0	0	0
T. Davis	6	3	3	0.0	0.0	0	0	0	0	0
S. Martin	5	4	1	0.0	0.0	0	0	0	0	0
H. Nakamura	5	1	4	0.0	0.0	0	0	0	0	0
Additional Stats: Sacks: A. Applegate 1. INT: C. Munnerlyn 1. FF: J. Phillips 1. FR: J. Thomas 1.										

The Last Time

OVERTIME GAME

at Arizona 23, Seattle 20 1/1/12

OVERTIME WIN

BY SEAHAWKS: at Seattle 24, N.Y. Giants 21 11/27/05
BY OPPONENTS: at Arizona 23, Seattle 20 1/1/12

500 TOTAL YARDS

BY SEAHAWKS: 501, at Atlanta 12/30/07
BY OPPONENTS: 503, vs. Kansas City 11/28/10

400 TOTAL YARDS

BY SEAHAWKS: 411, vs. Cincinnati 10/30/11
BY OPPONENTS: 416, vs. Washington 11/27/11

300 YARDS RUSHING (TEAM)

BY SEAHAWKS: 320, vs. Houston 10/16/05
BY OPPONENTS: 356, vs. LA Raiders 11/30/87

200 YARDS RUSHING (TEAM)

BY SEAHAWKS: 245, vs. St. Louis 9/21/08
BY OPPONENTS: 208, at Tampa Bay 12/26/10

400 NET YARDS PASSING

BY SEAHAWKS: 428, at San Diego 12/29/02
BY OPPONENTS: 429, vs. San Diego 9/26/10

300 NET YARDS PASSING

BY SEAHAWKS: 350, vs. Cincinnati 10/30/11
BY OPPONENTS: 306, vs. Washington 11/27/11

50 OR MORE POINTS SCORED

BY SEAHAWKS: 51, vs. Kansas City, OT 11/27/83
BY OPPONENTS: 51, at Dallas 11/27/80

40 OR MORE POINTS SCORED

BY SEAHAWKS: 41, vs. Jacksonville 10/11/09
BY OPPONENTS: 40, at San Francisco 12/12/10

30 OR MORE POINTS SCORED

BY SEAHAWKS: 38, at Chicago 12/18/11
BY OPPONENTS: 34, vs. Cincinnati 10/30/11

SHUTOUT

BY SEAHAWKS: 41-0, vs. Jacksonville 10/11/09
BY OPPONENTS: 24-0, at Pittsburgh 9/18/11

TWO 100-YARD RUSHERS IN SAME GAME

BY SEAHAWKS: vs. Houston 10/16/05
S. Alexander 22-141, M. Morris 8-104
BY OPPONENTS: at Philadelphia 12/12/76
Tom Sullivan 121, Mike Hogan 104

TWO 100-YARD RECEIVERS IN SAME GAME

BY SEAHAWKS: vs. Cincinnati 10/30/11
B. Obomanu 4-107, S. Rice 7-102
BY OPPONENTS: vs. Arizona 11/16/08
A. Boldin 13-186, L. Fitzgerald 10-151

200 YARDS RUSHING

BY SEAHAWKS: 201, S. Alexander vs. G.B. 11/27/06
BY OPPONENTS: 207, F. Gore at San Francisco 9/20/09

100 YARDS RUSHING

BY SEAHAWKS: 118, M. Lynch at St. Louis 9/30/12
BY OPPONENTS: 108, R. Helu vs. Washington 11/27/11

30+ CARRIES

BY SEAHAWKS: 32, M. Lynch vs. Baltimore 11/13/11
BY OPPONENTS: 33, M. Hardesty at Cleveland 10/23/11

400 YARDS PASSING

BY SEAHAWKS: 414, M. Hasselbeck vs. Dallas 12/6/04
BY OPPONENTS: 420, E. Manning at NYG 10/9/11

300 YARDS PASSING

BY SEAHAWKS: 323, T. Jackson vs. Cincinnati 10/30/11
BY OPPONENTS: 314, R. Grossman vs. Washington 11/27/11

200 YARDS RECEIVING

BY SEAHAWKS: 261, S. Largent at Detroit 10/18/87
BY OPPONENTS: 243, Wes Chandler vs. SD 9/15/85

100 YARDS RECEIVING

BY SEAHAWKS: 4-107, B. Obomanu vs. Cincinnati 10/30/11
7-102, S. Rice vs. Cincinnati 10/30/11
BY OPPONENTS: 9-149, L. Fitzgerald at Arizona 1/1/12

10 RECEPTIONS

BY SEAHAWKS: 11-145, M. Williams at Arizona 11/14/10
BY OPPONENTS: 10-79, E. Dickson vs. Baltimore 11/13/11

100 YD RUSHER, 300 YD PASSER 100 YD RECEIVER

BY SEAHAWKS: at Arizona 11/15/09
315 (pass) M. Hasselbeck, 123 (rush) J. Forsett,
165 (rec) T.J. Houshmandzadeh
BY OPPONENTS: at Oakland 10/31/10
310 (pass) J. Campbell, 21-111 (rush) D. McFadden,
5-105 (rec) D. Heyward-Bey

100 YD RUSHER, 100 YD RECEIVER

BY SEAHAWKS: vs. New York Giants 11/27/05
31-110 (rush) S. Alexander, 8-137 (rec) J. Jurevicius
BY OPPONENTS: vs. Kansas City 10/31/10
22-173 (rush) J. Charles, 13-170 (rec) D. Bowe

TWO 100 YD RECEIVERS, 300 YD PASSER

BY SEAHAWKS: vs. Cincinnati 10/30/11
4-107 (rec) Obomanu, 7-102 (rec) S. Rice, 323 (pass) T. Jackson
BY OPPONENTS: vs. Arizona 11/16/08
186 (rec) Boldin, 151 (rec) Fitzgerald, 395 (pass) Warner

100 YD RUSHER, 300 YD PASSER, TWO 100 YD RECEIVERS

BY SEAHAWKS: vs. Cleveland 11/30/03
127 (rush) S. Alexander, 328 (pass) M. Hasselbeck
122 (rec) K. Robinson, 108 (rec) D. Jackson
BY OPPONENTS: at Kansas City 10/29/06
312 (pass) D. Huard, 39-155 (rush) L. Johnson,
6-132 (rec) E. Kennison, 6-116 (rec) T. Gonzalez

FOUR TOUCHDOWNS RUSHING

BY SEAHAWKS: S. Alexander vs. Houston 10/16/05
BY OPPONENTS: J. Lewis at Cleveland 11/4/07

THREE TOUCHDOWNS RUSHING

BY SEAHAWKS: M. Lynch vs. Carolina 12/5/10
BY OPPONENTS: J. Lewis (4) at Cleveland 11/4/07

TWO TOUCHDOWNS RUSHING

BY SEAHAWKS: M. Lynch at Chicago 12/18/11
BY OPPONENTS: M. Turner vs. Atlanta 10/2/11

FIVE TOUCHDOWN PASSES

BY SEAHAWKS: M. Hasselbeck vs. N.Y. Giants 9/24/06
BY OPPONENTS: J. Freeman at Tampa Bay 12/26/10

FOUR TOUCHDOWN PASSES

BY SEAHAWKS: M. Hasselbeck vs. Jacksonville 10/11/09
BY OPPONENTS: J. Freeman (5) at Tampa Bay 12/26/10

THREE TOUCHDOWN PASSES

BY SEAHAWKS: T. Jackson vs. Atlanta 10/2/11
BY OPPONENTS: E. Manning at NYG 10/9/11

FOUR TOUCHDOWN RECEPTIONS

BY SEAHAWKS: Daryl Turner at San Diego 9/15/85
BY OPPONENTS: M. Robinson at Baltimore 11/23/03

The Last Time Continued...

THREE TOUCHDOWN RECEPTIONS

BY SEAHAWKS: J. Galloway vs. Oakland 10/26/97
BY OPPONENTS: D. Bowe vs. Kansas City 11/28/10

TWO TOUCHDOWN RECEPTIONS

BY SEAHAWKS: **G. Tate vs. Green Bay 9/24/12**
BY OPPONENTS: E. Dickson vs. Baltimore 11/13/11

PLAYER LED IN BOTH RUSHING AND RECEIVING YDS

BY SEAHAWKS: M. Lynch vs. Baltimore 11/13/11
109 (rushing), 58 (receiving)
BY OPPONENTS: **A. Roberts at Arizona 9/9/12**
15 (rushing), 54 (receiving)

FIVE FIELD GOALS

BY SEAHAWKS: S. Hauschka vs. Baltimore 11/13/11
BY OPPONENTS: J. Carney vs. San Diego 9/21/97

FOUR FIELD GOALS

BY SEAHAWKS: S. Hauschka (5) vs. Baltimore 11/13/11
BY OPPONENTS: **G. Zuerlein at St. Louis 9/30/12**

THREE FIELD GOALS

BY SEAHAWKS: **S. Hauschka at Carolina 10/7/12**
BY OPPONENTS: **G. Zuerlein (4) at St. Louis 9/30/12**

TWO 50-YARD FIELD GOALS

BY SEAHAWKS: J. Brown at Atlanta 12/30/07
BY OPPONENTS: **G. Zuerlein at St. Louis (58 & 60) 9/30/12**

SAFETY

BY SEAHAWKS: A. Hargrove, tackle at NYG 10/9/11
BY OPPONENTS: **K. Onatolu, tackle at Carolina 10/7/12**

KICKOFF RETURN TOUCHDOWN

BY SEAHAWKS: L. Washington at SF, 92 yds. 12/12/10
BY OPPONENTS: T. Ginn at SF, 102 yards 9/11/11

PUNT RETURN TOUCHDOWN

BY SEAHAWKS: N. Burleson at Clev, 94 yards 11/4/07
BY OPPONENTS: B. Tate, vs. Cin, 56 yards 10/30/11

INTERCEPTION RETURN TOUCHDOWN

BY SEAHAWKS: B. Browner at Chi, 42 yards 12/18/11
R. Bryant at Chi, 20 yards 12/18/11
BY OPPONENTS: **C. Munnerlyn at Car, 33 yards 10/7/12**

FUMBLE RETURN TOUCHDOWN

BY SEAHAWKS: N. Reed vs. Jax, 79 yards 10/11/09
BY OPPONENTS: I. Idonije at Chi, in end zone 12/18/11

BLOCKED PUNT RETURN TOUCHDOWN

BY SEAHAWKS: **J. Johnson vs. Dallas, 3 yards 9/16/12**
BY OPPONENTS: A. King vs. Cleveland, 28 yds. 11/30/03

BLOCKED FIELD GOAL RETURN TOUCHDOWN

BY SEAHAWKS: S. Springs at GB, 61 yards 11/1/99
BY OPPONENTS: Dave Waymer vs. NO, 58 yards 10/16/88

FOUR INTERCEPTIONS

BY SEAHAWKS: None
BY OPPONENTS: Deron Cherry vs. Kansas City 9/29/85

THREE INTERCEPTIONS

BY SEAHAWKS: M. Trufant vs. Arizona 12/9/07
BY OPPONENTS: Deron Cherry (4) vs. Kansas City 9/29/85

TWO INTERCEPTIONS

BY SEAHAWKS: B. Browner vs. Philadelphia 12/1/11
BY OPPONENTS: A. Bigby at Green Bay 12/27/09

FOUR SACKS

BY SEAHAWKS: **C. Clemons vs. Green Bay 9/24/12**
BY OPPONENTS: L. O'Neal vs. San Diego 10/22/95

THREE SACKS

BY SEAHAWKS: **C. Clemons (4) vs. Green Bay 9/24/12**
BY OPPONENTS: R. Mathis at Indianapolis 10/4/09

10+ PUNTS

BY SEAHAWKS: 10, J. Ryan at Chicago 10/17/10
BY OPPONENTS: 10, D. Jones at St. Louis 11/20/11

PUNT BLOCKED

BY SEAHAWKS: **M. Smith vs. Dallas 9/16/12**
BY OPPONENTS: M. Lawson vs. San Francisco 9/14/08

FIELD GOAL BLOCKED

BY SEAHAWKS: R. Bryant vs. Washington 11/27/11
BY OPPONENTS: **C. Campbell at Arizona 9/9/12**

PAT BLOCKED

BY SEAHAWKS: R. Bryant vs. Washington 11/27/11
BY OPPONENTS: A. Smith at Arizona 11/6/05

PAT MISSED

BY SEAHAWKS: J. Brown at Arizona, blocked 11/6/05
BY OPPONENTS: (Kick blocked) vs. Washington 11/27/11

FAKE PAT KICK

BY SEAHAWKS: Feagles vs. Oakland, no good 12/16/00
BY OPPONENTS: None

FAKE PUNT

BY SEAHAWKS: vs. Arizona, successful 10/18/09
BY OPPONENTS: vs. San Francisco, successful 12/14/06

FAKE FIELD GOAL

BY SEAHAWKS: at St. Louis, unsuccessful 10/3/10
BY OPPONENTS: **at St. Louis, successful 9/30/12**

ONSIDE KICK

BY SEAHAWKS: **at St. Louis, unsuccessful 9/30/12**
BY OPPONENTS: vs. St. Louis, unsuccessful 12/12/11

TWO POINT CONVERSION

BY SEAHAWKS: vs. Cincinnati, unsuccessful 10/30/11
BY OPPONENTS: **vs. Green Bay, unsuccessful 9/24/12**

Seahawks Game-by-Game

	9/9	9/16	9/24	9/30	10/7	10/14	10/18	10/28	11/4	11/11	11/25	12/2	12/9	12/16	12/23	12/30
	at Ariz	Dal	GB	at StL	at Car	NE	at SF	at Det	Minn	NYJ	at Mia	at Chi	Ariz	at Buf	SF	StL
Points	16	27	14	13	16											
1 Qtr	3	10	0	7	3											
2 Qtr	0	3	7	0	3											
3 Qtr	10	7	0	3	7											
4 Qtr	3	7	7	3	3											
OT	-	-	-	-	-											
First Down	18	20	14	19	17											
Rush	5	9	6	11	7											
Pass	9	8	4	8	10											
Penalty	4	3	4	0	0											
3rd Down Eff	5/16	5/14	2/11	2/9	7/14											
Percent	31%	36%	18%	22%	50%											
4th Down Eff	0/1	1/2	2/3	0/0	0/1											
Percent	0%	50%	67%	-	0%											
Total Net Yds	254	315	238	319	310											
Plays	70	63	51	61	62											
Avg	3.6	5.0	4.7	5.2	5.0											
Net Yds Rush	115	182	127	179	98											
Plays	33	41	29	34	35											
Avg	3.5	4.4	4.4	5.3	2.8											
Net Yds Pass	139	133	111	140	212											
Sack/loss	3/14	2/18	1/19	2/20	2/9											
Gross Yds	153	151	130	160	221											
Att/Comp	34/18	20/15	10/21	17/25	19/25											
Int	1	0	0	3	2											
Avg	3.8	6.0	5.1	5.2	7.9											
Punts/Avg	4/46.3	4/53.8	6/51.5	4/49.0	3/40.7											
Blocked	0	0	0	0	0											
Punt Ret/Yds	4/50	1/7	2/5	2/1	5/39											
Kickoff Ret Yds	3/133	1/20	2/42	1/69	3/48											
Int Ret/Yds	1/0	1/35	0/0	1/29	0/0											
Penalties/Yds	13/90	5/35	14/118	5/55	7/65											
Fumbles/Lost	2/1	0/0	0/0	0/0	1/1											
Touchdowns	1	3	2	1	1											
Rush	0	1	0	1	0											
Pass	1	1	2	0	1											
Returns	0	1	0	0	0											
Defense	0	0	0	0	0											
Safeties	0	0	0	0	0											
1 Pt PAT/Att	1/1	3/3	2/2	1/1	1/1											
2 Pt PAT/Att	0/0	0/0	0/0	0/0	0/0											
FG/Att	3/4	2/2	0/0	2/2	3/3											
Time of Poss	33:34	34:39	26:21	29:52	35:46											
Take/Give Ratio	2/2	2/0	0/0	1/3	2/3											
Avg Drive Start	Sea 38	Sea 31	Sea 24	Sea 27	Sea 36											

Opponent Game-by-Game

	9/9	9/16	9/24	9/30	10/7	10/14	10/18	10/28	11/4	11/11	11/25	12/2	12/9	12/16	12/23	12/30
	at Ariz	Dal	GB	at StL	at Car	NE	at SF	at Det	Minn	NYJ	at Mia	at Chi	Ariz	at Buf	SF	StL
Points	20	7	12	19	12											
1 Qtr	3	0	0	3	0											
2 Qtr	7	7	0	10	3											
3 Qtr	3	0	6	3	7											
4 Qtr	7	0	6	3	2											
OT	-	-	-	-	-											
First Down	18	17	22	15	13											
Rush	2	4	6	2	4											
Pass	13	13	11	13	7											
Penalty	3	0	5	0	2											
3rd Down Eff	3/10	7/13	7/15	5/13	2/11											
Percent	30%	54%	47%	38%	18%											
4th Down Eff	0/0	0/0	0/0	1/1	0/1											
Percent	-	-	-	100%	0%											
Total Net Yds	253	296	268	286	190											
Plays	57	57	68	60	52											
Avg	4.4	5.2	3.9	4.8	3.7											
Net Yds Rush	43	49	84	75	82											
Plays	20	16	21	27	19											
Avg	2.2	3.1	4.0	2.8	4.3											
Net Yds Pass	210	247	184	211	108											
Sack/loss	1/5	1/4	8/39	2/12	4/33											
Gross Yds	215	251	223	223	141											
Att/Comp	36/20	40/23	26/39	17/31	12/29											
Int	1	1	0	1	0											
Avg	5.7	6.0	3.9	6.4	3.3											
Punts/Avg	5/57.6	6/38.2	6/44.5	4/39.0	7/45.4											
Blocked	0	1	0	0	0											
Punt Ret/Yds	4/37	2/2	3/12	1/18	1/13											
Kickoff Ret Yds	1/22	5/109	1/23	1/10	4/81											
Int Ret/Yds	1/16	0/0	0/0	3/40	2/30											
Penalties/Yds	10/102	5/47	10/127	6/37	3/25											
Fumbles/Lost	2/1	4/1	2/0	0/0	3/2											
Touchdowns	2	1	1	1	1											
Rush	1	0	1	0	0											
Pass	1	1	0	1	0											
Returns	0	0	0	0	0											
Defense	0	0	0	0	1											
Safeties	0	0	0	0	1											
1 Pt PAT/Att	2/2	1/1	0/0	1/1	1/1											
2 Pt PAT/Att	0/0	0/0	0/1	0/0	0/0											
FG/Att	2/2	0/0	2/2	4/4	1/1											
Time of Poss	26:26	25:21	33:39	30:08	24:14											
Take/Give Ratio	2/2	0/2	0/0	3/1	3/2											
Avg Drive Start	Ariz 28	Dal 19	GB 18	StL 32	Car 23											

Drive Chart

Seahawks Drives Ended By...

Date	Teams	Drives	3/Out	TD	FG	FGA	Pnt	Dwn	Trn	Saf	Clk	Points	Pts/Drv	Eff
9/9	Seattle	12	3	1	3	4	4	1	2	0	0	16	1.3	0.333
	at Arizona	12	8	2	2	2	5	0	2	0	1	20	1.7	0.333
9/16	Seattle	9	3	2	2	2	4	1	0	0	0	20	2.2	0.444
	Dallas	10	4	1	0	0	6	0	1	0	2	7	0.7	0.100
9/24	Seattle	10	5	2	0	0	6	1	0	0	1	14	1.4	0.200
	Green Bay	9	2	1	2	2	6	0	0	0	0	12	1.3	0.333
9/30	Seattle	10	3	1	2	2	4	0	3	0	0	13	1.3	0.300
	at St. Louis	11	5	1	4	4	4	0	1	0	1	19	1.7	0.455
10/7	Seattle	11	2	1	3	3	3	0	2	1	1	16	1.5	0.364
	at Carolina	11	7	0	1	1	7	1	2	0	0	3	0.3	0.091
10/14	Seattle													
	New England													
10/18	Seattle													
	at San Fran.													
10/28	Seattle													
	at Detroit													
11/4	Seattle													
	Minnesota													
11/11	Seattle													
	N.Y. Jets													
11/25	Seattle													
	at Miami													
12/2	Seattle													
	at Chicago													
12/9	Seattle													
	Arizona													
12/16	Seattle													
	at Buffalo													
12/23	Seattle													
	San Francisco													
12/30	Seattle													
	St. Louis													
Totals	Seahawks	52	16	7	10	11	21	3	7	1	2	79	1.5	0.327
	Opponents	53	26	5	9	9	28	1	6	0	4	61	1.2	0.264

Drive Breakdown

Seahawks Longest Drives

Most Plays

Date	Opponent	# of Plays	Net Yards	Time	Result
09/09/12	at Arizona	18	76	4:41	Downs
09/16/12	vs. Dallas	14	36	6:28	Downs
09/30/12	at St. Louis	13	75	7:15	Field Goal
09/16/12	vs. Dallas	12	88	7:35	Touchdown
09/24/12	vs. Green Bay	12	73	6:50	Downs

Most Net Yards

Date	Opponent	Net Yards	# of Plays	Time	Result
09/16/12	vs. Dallas	90	8	4:38	Touchdown
09/16/12	vs. Dallas	88	12	7:35	Touchdown
09/30/12	at St. Louis	80	8	4:15	Touchdown
09/09/12	at Arizona	76	18	4:41	Downs
09/30/12	at St. Louis	75	13	7:15	Field Goal

Longest Time of Possession

Date	Opponent	Time	Net Yards	# of Plays	Result
09/16/12	vs. Dallas	7:35	88	12	Touchdown
09/30/12	at St. Louis	7:15	75	13	Field Goal
09/16/12	vs. Dallas	7:05	52	11	Field Goal
10/07/12	at Carolina	6:58	50	12	Field Goal
09/24/12	vs. Green Bay	6:50	73	12	Downs

Opponents Longest Drives

Most Plays

Date	Team	# of Plays	Net Yards	Time	Result
09/24/12	vs. Green Bay	16	81	6:02	Touchdown
09/16/12	vs. Dallas	15	95	7:31	Touchdown
09/30/12	at St. Louis	15	74	6:56	Field Goal
09/09/12	at Arizona	13	75	6:52	Field Goal
09/24/12	vs. Green Bay	13	70	6:53	Field Goal

Most Net Yards

Date	Team	Net Yards	# of Plays	Time	Result
09/16/12	vs. Dallas	95	15	7:31	Touchdown
09/24/12	vs. Green Bay	81	16	6:02	Touchdown
09/09/12	at Arizona	80	11	4:21	Touchdown
10/07/12	at Carolina	79	11	6:40	Downs
10/07/12	at Carolina	77	12	2:44	Field Goal

Longest Time of Possession

Date	Team	Time	Net Yards	# of Plays	Result
09/16/12	vs. Dallas	7:31	95	15	Touchdown
09/30/12	at St. Louis	6:56	74	15	Field Goal
09/24/12	vs. Green Bay	6:53	70	13	Field Goal
09/09/12	at Arizona	6:52	75	13	Field Goal
10/07/12	at Carolina	6:40	79	11	Downs

Inside 20

Date	Teams	Scores/ Trips	TD	FG/ Att	Points	Int	Fum	Downs	Clock
9/9	Seattle	3 / 4	1	2 / 2	13	0	0	1	0
	at Arizona	4 / 4	2	2 / 2	20	0	0	0	0
9/16	Seattle	3 / 3	1	2 / 2	13	0	0	0	0
	Dallas	0 / 0	0	0 / 0	0	0	0	0	0
9/24	Seattle	0 / 1	0	0 / 0	0	0	0	1	0
	Green Bay	2 / 2	1	1 / 1	9	0	0	0	0
9/30	Seattle	3 / 3	1	2 / 2	13	0	0	0	0
	at St. Louis	2 / 2	1	1 / 1	10	0	0	0	0
10/7	Seattle	3 / 3	1	2 / 2	13	0	0	0	0
	at Carolina	1 / 2	0	1 / 1	3	0	0	1	0
10/14	Seattle								
	New England								
10/18	Seattle								
	at San Fran.								
10/28	Seattle								
	at Detroit								
11/4	Seattle								
	Minnesota								
11/11	Seattle								
	N.Y. Jets								
11/25	Seattle								
	at Miami								
12/2	Seattle								
	at Chicago								
12/9	Seattle								
	Arizona								
12/16	Seattle								
	at Buffalo								
12/23	Seattle								
	San Francisco								
12/30	Seattle								
	St. Louis								
Totals	Seahawks	12 / 14	4	8 / 8	52	0	0	2	0
	Opponents	9 / 10	4	5 / 5	42	0	0	1	0

Third Down Efficiency

Date	Teams	Yards to go...										Total	Pct.
		1	2	3	4	5	6	7	8	9	10+		
9/9	Seattle	1 / 1	1 / 1	0 / 1	0 / 2	1 / 3	0 / 2	0 / 0	0 / 0	1 / 1	1 / 5	5 / 16	31%
	at Arizona	1 / 2	0 / 0	1 / 2	0 / 0	0 / 0	0 / 1	0 / 2	0 / 0	1 / 1	0 / 2	3 / 10	30%
9/16	Seattle	2 / 2	0 / 1	2 / 3	1 / 1	0 / 1	0 / 1	0 / 1	0 / 0	0 / 1	0 / 3	5 / 14	36%
	Dallas	1 / 1	0 / 1	0 / 1	0 / 0	0 / 1	2 / 2	0 / 0	1 / 2	1 / 1	2 / 4	7 / 13	54%
9/24	Seattle	0 / 1	0 / 0	0 / 0	1 / 2	0 / 2	1 / 2	0 / 2	0 / 0	0 / 0	0 / 2	2 / 11	18%
	Green Bay	1 / 2	0 / 0	0 / 1	1 / 1	2 / 3	1 / 2	0 / 0	0 / 0	0 / 0	2 / 6	7 / 15	47%
9/30	Seattle	2 / 3	0 / 2	0 / 1	0 / 1	0 / 0	0 / 0	0 / 0	0 / 1	0 / 1	0 / 0	2 / 9	22%
	at St. Louis	0 / 1	0 / 2	0 / 0	0 / 1	0 / 0	0 / 1	0 / 0	0 / 0	0 / 0	5 / 8	5 / 13	38%
10/7	Seattle	1 / 1	0 / 0	0 / 0	1 / 2	2 / 2	0 / 2	2 / 2	1 / 1	0 / 1	0 / 3	7 / 14	50%
	at Carolina	0 / 0	0 / 0	0 / 0	0 / 0	1 / 1	0 / 2	0 / 2	0 / 2	0 / 0	1 / 4	2 / 11	18%
10/14	Seattle												
	New England												
10/18	Seattle												
	at San Fran.												
10/28	Seattle												
	at Detroit												
11/4	Seattle												
	Minnesota												
11/11	Seattle												
	N.Y. Jets												
11/25	Seattle												
	at Miami												
12/2	Seattle												
	at Chicago												
12/9	Seattle												
	Arizona												
12/16	Seattle												
	at Buffalo												
12/23	Seattle												
	San Francisco												
12/30	Seattle												
	St. Louis												
Totals	Seahawks	6 / 8	1 / 4	2 / 5	3 / 8	3 / 8	1 / 7	2 / 5	1 / 2	1 / 4	1 / 13	21 / 64	33%
	Opponents	3 / 6	0 / 3	1 / 4	1 / 2	3 / 5	3 / 8	0 / 4	1 / 4	2 / 2	10 / 24	24 / 62	39%

Passer Ratings

Date	Teams	Attempts	Completions	Pct.	Yards	TD	INT	Rating
9/9	Seattle	34	18	53%	153	1	1	62.5
	at Arizona	36	20	56%	215	1	1	70.9
9/16	Seattle	20	15	75%	151	1	0	112.7
	Dallas	40	23	58%	251	1	1	74.1
9/24	Seattle	21	10	48%	130	2	0	99.3
	Green Bay	39	26	67%	223	0	0	81.5
9/30	Seattle	25	17	68%	160	0	3	45.8
	at St. Louis	31	17	55%	223	1	1	75.1
10/7	Seattle	25	19	76%	221	1	2	82.3
	at Carolina	29	12	41%	141	0	0	56.8
10/14	Seattle							
	New England							
10/18	Seattle							
	at San Fran.							
10/28	Seattle							
	at Detroit							
11/4	Seattle							
	Minnesota							
11/11	Seattle							
	N.Y. Jets							
11/25	Seattle							
	at Miami							
12/2	Seattle							
	at Chicago							
12/9	Seattle							
	Arizona							
12/16	Seattle							
	at Buffalo							
12/23	Seattle							
	San Francisco							
12/30	Seattle							
	St. Louis							
Totals	Seahawks	125	79	63%	815	5	6	75.3
	Opponents	175	98	56%	1053	3	3	72.4

Superlatives

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

Weekly Team Rankings

NFL

Week	OFFENSE			DEFENSE		
	Total	Rush	Pass	Total	Rush	Pass
1	29	13	30	3	5	11
2	28	7	32	6	2	14
3	29	6	32	4	2	10
4	29	6	32	2	2	9T
5	27	7	31	1	2	3
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						

NFC

Week	OFFENSE			DEFENSE		
	Total	Rush	Pass	Total	Rush	Pass
1	14	7	15	3	3	7
2	14	3	16	3	1	8
3	14	2	16	3	2	8
4	14	3	16	1	1	6T
5	13	3	16	1	2	3
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						

T = Tied for position

Italics = Bye week

Individual Highs

SCORING

POINTS		(non kicker)	
Seahawks:	12 G. Tate vs. Green Bay	9/24	
Opponents:	6 6 times (Last: C. Munnerlyn at Car)	10/7	

LONGEST TD			
Seahawks:	41 G. Tate vs. Green Bay	9/24	
Opponents:	33 C. Munnerlyn at Car (INT return)	10/7	

RUSHING

ATTEMPTS			
Seahawks:	26 M. Lynch vs. Dallas	9/16	
Opponents:	18 S. Jackson at St. Louis	9/30	

YARDS			
Seahawks:	122 M. Lynch vs. Dallas	9/16	
Opponents:	55 S. Jackson at St. Louis	9/30	

LONGEST, NO TD			
Seahawks:	36 M. Lynch vs. Dallas	9/16	
Opponents:	23 S. Jackson at St. Louis	9/30	

TOUCHDOWNS			
Seahawks:	1 2 times (Last: M. Lynch at StL)	9/30	
Opponents:	1 2 times (Last: C. Benson vs. GB)	9/24	

LONGEST TD			
Seahawks:	18 M. Lynch at St. Louis	9/30	
Opponents:	1 2 times (Last: C. Benson vs. GB)	9/24	

PASSING

ATTEMPTS			
Seahawks:	34 R. Wilson at Arizona	9/9	
Opponents:	40 T. Romo vs. Dallas	9/16	

COMPLETIONS			
Seahawks:	19 R. Wilson at Carolina	10/7	
Opponents:	26 A. Rodgers vs. Green Bay	9/24	

YARDS			
Seahawks:	221 R. Wilson at Carolina	10/7	
Opponents:	251 T. Romo vs. Dallas	9/16	

COMPLETION PCT.			
Seahawks:	76.0 R. Wilson at Carolina	10/7	
Opponents:	66.7 A. Rodgers vs. Green Bay	9/24	

LONGEST, NO TD			
Seahawks:	30 R. Wilson at Carolina	10/7	
Opponents:	52 S. Bradford at St. Louis	9/30	

PASSER RATING			
Seahawks:	112.7 R. Wilson vs. Dallas	9/16	
Opponents:	81.5 A. Rodgers vs. Green Bay	9/24	

TOUCHDOWNS			
Seahawks:	2 R. Wilson vs. Green Bay	9/24	
Opponents:	1 3 Times (Last: J. Hekker at StL)	9/30	

LONGEST TD			
Seahawks:	41 R. Wilson vs. Green Bay	9/24	
Opponents:	22 T. Romo vs. Dallas	9/16	

INTERCEPTIONS			
Seahawks:	3 R. Wilson at St. Louis	9/30	
Opponents:	1 3 times (Last: S. Bradford at StL)	9/30	

RECEIVING

RECEPTIONS			
Seahawks:	5 3 times (Last: S. Rice at Car)	10/7	
Opponents:	6 2 times (Last: D Amendola at StL)	9/24	

YARDS			
Seahawks:	68 G. Tate vs. Green Bay	9/24	
Opponents:	63 2 times (Last: M. Austin vs. Dal)	9/16	

LONGEST, NO TD			
Seahawks:	30 Z. Miller at Carolina	10/7	
Opponents:	52 C. Givens at St. Louis	9/30	

TOUCHDOWNS			
Seahawks:	2 G. Tate vs. Green Bay	9/24	
Opponents:	1 3 times (Last: D. Amendola at StL)	9/30	

LONGEST TD			
Seahawks:	41 G. Tate vs. Green Bay	9/24	
Opponents:	22 M. Austin vs. Dallas	9/16	

INTERCEPTIONS

INTERCEPTIONS			
Seahawks:	1 3 times (Last: R. Sherman at StL)	9/30	
Opponents:	1 6 times (Last: L. Kuechly at Car)	10/7	

YARDS			
Seahawks:	35 B. Browner vs. Dallas	9/16	
Opponents:	34 R. McIntosh at St. Louis	9/30	

LONGEST			
Seahawks:	35 B. Browner vs. Dallas	9/16	
Opponents:	34 R. McIntosh at St. Louis	9/30	

TOUCHDOWNS			
Seahawks:	None		
Opponents:	33 C. Munnerlyn at Carolina	10/7	

PUNT RETURNS

RETURNS			
Seahawks:	5 L. Washington at Carolina	10/7	
Opponents:	4 P. Peterson at Arizona	9/9	

FAIR CATCHES			
Seahawks:	2 2 times (Last: L. Washington at StL)	9/30	
Opponents:	2 R. Cobb vs. Green Bay	9/24	

YARDS			
Seahawks:	51 L. Washington at Arizona	9/9	
Opponents:	37 P. Peterson at Arizona	9/9	

LONGEST			
Seahawks:	52 L. Washington at Arizona	9/9	
Opponents:	18 D. Amendola at St. Louis	9/30	

TOUCHDOWNS			
Seahawks:	None		
Opponents:	None		

KICKOFF RETURNS

RETURNS			
Seahawks:	3 L. Washington at Arizona	9/9	
Opponents:	5 F. Jones vs. Dallas	9/16	

YARDS			
Seahawks:	133 L. Washington at Arizona	9/9	
Opponents:	109 F. Jones vs. Dallas	9/16	

LONGEST			
Seahawks:	83 L. Washington at Arizona	9/9	
Opponents:	29 F. Jones vs. Dallas	9/16	

TOUCHDOWNS			
Seahawks:	None		
Opponents:	None		

Top Performances

Seattle:

100 Yards Rushing							
Player	Game	Date	Att.	Yds	Avg.	LG	TD
Marshawn Lynch	Dallas	9/16	26	122	4.7	36	1
Marshawn Lynch	at StL	9/30	20	118	5.9	18t	1
300 Yards Passing							
Player	Game	Date	Att.	Comp.	Yds.	TD	Int
None							
100 Yards Receiving							
Player	Game	Date		No.	Yds.	LG	TD
None							
Multi-Sack Games							
Player	Game	Date					No.
Chris Clemons	GB	9/24					4.0
Bruce Irvin	GB	9/24					2.0
Brandon Mebane	GB	9/24					2.0
Bruce Irvin	at Car	10/7					2.0
Bobby Wagner	at Car	10/7					1.5

Opponents:

100 Yards Rushing							
Player	Game	Date	Att.	Yds	Avg.	LG	TD
None							
300 Yards Passing							
Player	Game	Date	Att.	Comp.	Yds.	TD	Int
None							
100 Yards Receiving							
Player	Game	Date		No.	Yds.	LG	TD
None							
Multi-Sack Games							
Player	Game	Date					No.
Paris Lenon	at Ariz	9/9					2.0
Anthony Spencer	Dallas	9/16					2.0

Offensive Starters

[illegible]

Defensive Starters

[illegible]

Miscellaneous Statistics

DRIVE ENGINEERING

QB	Drives		Drives Ended By...								POINTS	POINTS	DRIVE
	Started	TD	FG	FGA	Punt	Down	Trn	Saf	Gm	Hlf	Yld	Drive	Eff
R. Wilson	52	7	10	11	21	3	7	1	0	0	79	1.5	0.327
SEATTLE	52	7	10	11	21	3	7	1	0	0	79	1.5	0.327
OPPONENTS	53	5	9	9	28	1	6	0	3	1	61	1.2	0.264

YARDS GAINED BY DOWN

TEAM	1st Down			2nd Down			3rd Down			4th Down			Season		
	Att	Yds	Avg	Att	Yds	Avg	Att	Yds	Avg	Att	Yds	Avg	Att	Yds	Avg
SEATTLE	130	683	5.3	106	534	5.0	64	208	3.3	7	11	1.6	307	1436	4.7
OPPONENTS	129	568	4.4	101	372	3.7	62	351	5.7	2	2	1.0	294	1293	4.4

FIRST DOWN TENDENCIES

TEAM	Rushing			Passing			Overall			Times Gained...			
	Plays	Yds	Avg	Plays	Yds	Avg	Plays	Yds	Avg	10+	5+	0	Neg
SEATTLE	85	356	4.2	45	327	7.3	130	683	5.3	49	72	55	21
OPPONENTS	58	196	3.4	71	372	5.2	129	568	4.4	37	54	88	36

THIRD DOWN EFFICIENCY

TEAM	3rd Down Situation											TOTAL	PCT
	1	2	3	4	5	6	7	8	9	10+			
SEATTLE	6 / 8	1 / 4	2 / 5	3 / 8	3 / 8	1 / 7	2 / 5	1 / 2	1 / 4	1 / 13		21 / 64	32.8%
OPPONENTS	3 / 6	0 / 3	1 / 4	1 / 2	3 / 5	3 / 8	0 / 4	1 / 4	2 / 2	10 / 24		24 / 62	38.7%

INSIDE THE 20

	NO	TD	FG	FGA	Int	Fmb	Down	Game	Half	Points
SEATTLE	14	4	8	8	0	0	2	0	0	52
OPPONENTS	10	4	5	5	0	0	1	0	0	42

GOAL-TO-GO

	NO	TD	FG	FGA	Int	Fmb	Down	Game	Half	Points
SEATTLE	3	1	1	1	0	0	1	0	0	10
OPPONENTS	7	4	2	2	0	0	1	0	0	33

TAKEAWAYS / GIVEAWAYS

	NO	Resulting in...	TD	FG	FGA	Saf	Int	Fmb	Punt	Down	Gm	Half	Points
TAKEAWAYS	7		2	3	3	0	0	0	1	0	1	0	23
	NO	Resulting in...	TD	FG	FGA	Saf	Int	Fmb	Punt	Down	Gm	Half	Points
GIVEAWAYS	8		2	1	1	0	0	0	3	0	1	1	17

KICKOFF ANALYSIS

	Total	Return	Touchback	Squib	Onside	Out-of-Bounds	FC	Avg Opp Start
S. Hauschka	22	12	10	0	1	0	0	19.4
OPPONENTS	19	10	9	0	0	0	0	27.8

Takeaways/Giveaways

		Takeaways		Giveaways		
Date	Opponent	Fumbles	Interceptions	Fumbles	Interceptions	+/-
9/9	at Arizona	1	1	1	1	0
9/16	Dallas	1	1	0	0	2
9/24	Green Bay	0	0	0	0	0
9/30	at St. Louis	0	1	0	3	- 2
10/7	at Carolina	2	0	1	2	- 1
10/14	New England					
10/18	at San Francisco					
10/28	at Detroit					
11/4	Minnesota					
11/11	N.Y. Jets					
11/25	at Miami					
12/2	at Chicago					
12/9	Arizona					
12/16	at Buffalo					
12/23	San Francisco					
12/30	St. Louis					
Totals		4	3	2	6	-1

Longest Plays

Passes 20+ Yards <i>(Top 5 in bold)</i>		TOP 5	Runs 10+ Yards <i>(Top 5 in bold)</i>	
9/9 at Arizona	Russell Wilson to Zach Miller	27	Passes	9/9 at Arizona
				Marshawn Lynch 11
				Marshawn Lynch 10
9/16 Dallas	Russell Wilson to Anthony McCoy	22t	27	9/16 Dallas
9/24 Green Bay	Russell Wilson to Golden Tate	44t	24t	Marshawn Lynch 36
				Marshawn Lynch 16
				Russell Wilson 14
9/30 at St. Louis	None	20	23	9/24 Green Bay
10/7 at Carolina	Russell Wilson to Zack Miller	30	Runs	Russell Wilson 12
				Leon Washington 11
9/9 at Arizona	Russell Wilson to Zach Miller	27	36	9/30 at St. Louis
9/16 Dallas	Russell Wilson to Anthony McCoy	22t	18t	Marshawn Lynch 18t
				Marshawn Lynch 15
				Robert Turbin 13
9/24 Green Bay	Russell Wilson to Golden Tate	24t	16	Robert Turbin 11
9/30 at St. Louis	None	20	15	10/7 at Carolina
10/7 at Carolina	Russell Wilson to Zack Miller	23	14	Marshawn Lynch 14
				Ben Obomanu 11
				Marshawn Lynch 11
				Marshawn Lynch 11



HOW ACQUIRED: Signed by Seattle as a rookie free agent on July 26, 2011.

NFL CAREER HIGHLIGHTS:

- Led the team in receiving yards (788), receptions (51) and TD receptions (4) in 2011. Became the first undrafted rookie to lead his team in both receptions and receiving yards since Bill Groman of the Houston Oilers in 1960 (72 catches for 1473 yards).
- In 2011, led team with career highs in receptions (8) and yards (136) at New York Giants (10/9), and gave Seattle the winning score on a 27-yard TD from Charlie Whitehurst with 2:37 remaining in the game. Also earned NFC Special Teams Player of the Week 12 versus St. Louis (12/12). Took a reverse handoff on the opening kickoff for 37 yards and after the Rams opening drive resulted in a punt, he downed a Jon Ryan punt at the St. Louis 6 after snagging it out of the air. After Seattle forced a St. Louis punt on the ensuing possession, he blocked the punt resulting in a 17-yard touchdown return on the play by Michael Robinson for the game's first score.

HONORS: 2011: NFC Special Teams Player of the Week 12.

COLLEGE: Appeared in 31 career games at Stanford. Proved to be a big-play threat both at wide receiver and in the return game, averaging 26.0 yards in 25 career kickoff returns and 7.6 yards in 23 punt returns. Played in 12 games and made nine starts at wide receiver during his sophomore campaign in 2008, leading the Cardinal with four touchdown receptions and

averaging 14.4 yards per catch, finishing second on the team with 23 catches for 332 yards.

PERSONAL: Played football, basketball and was a three-year track letterwinner in the high jump and long jump at Gulf Breeze High School in Florida, where he was rated as one of the top wide receiver prospects in the nation. Member of the National Honor Society, Math Honor Society and Spanish Honor Society. Majoring in Science, Technology, and Society.

BALDWIN'S GAME-BY-GAME

2011	Opponent	No	Yds	Avg	LG	TD
9/11	at San Francisco	4	83	20.8	55t	1
9/18	at Pittsburgh	1	4	4.0	4	0
9/25	Arizona	2	23	11.5	20	0
10/2	Atlanta	5	84	16.8	30	0
10/9	at NY Giants	8	136	17.0	27t	1
10/23	at Cleveland	0	0	0.0	0	0
10/20	Cincinnati	5	73	14.6	31	0
11/6	at Dallas	3	31	10.3	25	0
11/13	Baltimore	1	50	50.0	50	0
11/20	at St. Louis	3	60	20.0	35	0
11/27	Washington	5	60	12.0	24	0
12/1	Philadelphia	1	21	21.0	21	0
12/12	St. Louis	7	93	13.3	29t	1
12/18	at Chicago	1	13	13.0	13	0
12/24	San Francisco	2	17	8.5	13t	1
1/1/12	at Arizona	3	40	13.3	21	0
TOTALS (16/1)		51	788	15.5	55t	4

Additional Statistics: Blocked punt vs. St. Louis (12/12) resulting in a return for TD. One kickoff return for 37 yards vs. St. Louis (12/12).

BALDWIN'S SINGLE-GAME HIGHS

Most Receptions: 8, at N.Y. Giants (10/9/11)

Longest Reception: 55t, at San Francisco (9/11/11) (12/24/11)

Most Receiving Yards: 136, at N.Y. Giants (10/9/11)

Most Touchdowns: 1, 4Times, Last vs. San Fran

ADDITIONAL STATS

Special Teams: 2011: Blocked punt (1 vs. St. Louis 12/12/11); Kickoff returns (1 for 37 yards vs. St. Louis 12/12/11); 2012: Kickoff returns (1 for 3 yards at Carolina 10/7/12).

BALDWIN'S NFL RECORD

	Club	G/S	No	Receiving			LG	TD	Rushing		
				Yds	Avg				Att	Yds	Avg
2011	Seattle	16/1	51	788	15.5	55t	4	4	0	0	0.0
2012	Seattle	4/0	7	60	8.6	19	0	0	0	0	0.0
NFL TOTALS		20/1	58	848	14.6	55t	4	4	0	0	0.0

BALDWIN'S 2012 SEASON

at Ariz (9/9): Had two catches for five yards working as the slot receiver in 3-WR packages. **Dal (9/16):** Had one catch for 8 yards. **GB (9/24):** Inactive after injuring his shoulder during the practice week. **at StL (9/30):** Had one 10-yard reception. **at Car (10/7):** Had three catches for 37 yards.

2012	Opponent	No	Yds	Avg	LG	TD
9/9	at Arizona	2	5	2.5	4	0
9/16	Dallas	1	8	8.0	8	0
9/24	GB	Inactive (shoulder)				
9/30	at St. Louis	1	10	10.0	10	0
10/7	at Carolina	3	37	12.3	19	0
TOTALS (4/0)		7	60	8.6	19	0

Additional Statistics: One kickoff return for 3 yards at Carolina 10/7.

BALDWIN'S TOP GAMES

Most Pass Receptions:

8	at N.Y. Giants	10/09/11
7	St. Louis	12/12/11
5	Atlanta	10/02/11
	Cincinnati	10/20/11
	Washington	11/27/11

Most Yards Receiving:

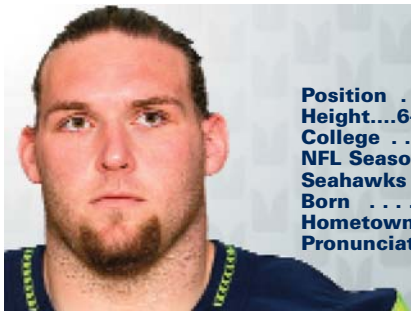
136	at N.Y. Giants	10/09/11
93	St. Louis	12/12/11
84	Atlanta	10/02/11
83	at San Francisco	09/11/11
73	Cincinnati	10/20/11

Longest Reception:

55t	at San Francisco	09/11/11
50	Baltimore	11/13/11
35	at St. Louis	11/20/11
31	Cincinnati	10/20/11
30	Atlanta	10/02/11

Most TD Receptions:

1	at San Francisco	09/11/11
1	at N.Y. Giants	10/09/11
1	St. Louis	12/12/11
1	San Francisco	12/24/11



ALLEN BARBRE

PositionTackle
Height....6-4 **Weight**....305
CollegeMissouri Southern
NFL Seasons6th
Seahawks Seasons3rd
BornJune 22, 1984
HometownNeosho, Mo.
PronunciationBAR-ber

78

HOW ACQUIRED: Signed as a free agent with Seattle on November 24, 2011.

NFL CAREER HIGHLIGHTS:

- Originally drafted by Green Bay in the fourth round (119th overall) of the 2007 NFL Draft. Was released by the Packers on September 6, 2010 and signed with Seattle September 23. Was released by the Seahawks November 23, 2010, and signed with the Miami Dolphins on December 28. Went to 2011 training camp with Miami, but was placed on injured reserve September 3 and later released September 6. Re-signed with Seattle November 24, 2011.
- Saw action in four games on special teams in 2011 for the Seahawks.
- Played in 10 games with seven starts at right tackle for Green Bay in 2009.
- Played in eight games in a reserve role for Green Bay in 2008 and was inactive for seven contests.
- In 2007, played in seven games in a reserve role for Green Bay and was inactive for nine games. First-career action came on special teams versus San Diego (9/23/07).

COLLEGE: Was a four-year starter at Missouri Southern State (2003-06). Started 36 of 38 contests with all but one of those starting assignments at left tackle. Named as a consensus All-American, All-MIAA and All-Region first-team selection as a senior in 2006. Helped lead an offensive line that amassed 3,461 yards for the season, including 2,527 passing. Finished with a career-high 94 knockdowns and also excelled on the punt coverage unit, coming up with seven solo tackles.

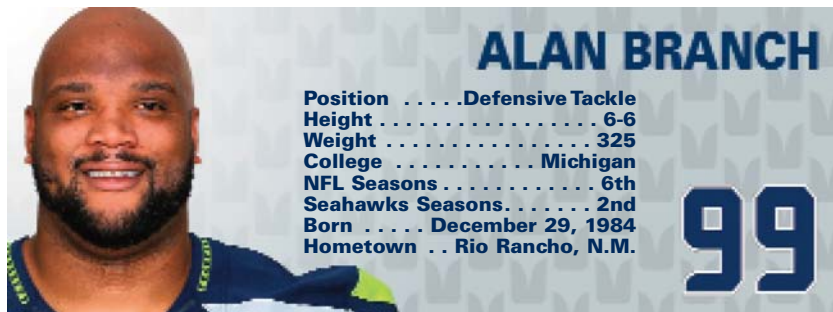
PERSONAL: Attended East Newton High School in Gransby, Missouri.

BARBRE'S NFL RECORD

Year	Team	GP/GS	Postseason
2007	Green Bay	7/0	
2008	Green Bay	8/0	
2009	Green Bay	10/7	
2010	Seattle	3/0	
2011	Seattle	4/0	
2012	Seattle		
NFL TOTALS		32/7	0/0

BARBRE'S 2012 SEASON

Began the season on reserved/suspended list. Was released after serving suspension on October 1. He was not on the 53-man roster at any point in 2012.



HOW ACQUIRED: Signed by the Seahawks as an unrestricted free agent on July 29, 2011.

NFL CAREER HIGHLIGHTS:

- Originally drafted by Arizona in the second round (33rd overall) of the 2007 NFL Draft. Played first four seasons with the Cardinals, seeing action in 47 career games with three starts (all coming in 2010), recording 74 career stops (55 solo) and 4.0 sacks. Has played both defensive end and tackle during career.
- In 2011, started all 15 games played for Seattle posting a career-best 3.0 sacks.
- Established career high with 37 tackles (27 solo), 2.0 sacks and two forced fumbles in 2010. Played in all 16 games for the second consecutive year, and had a career game at Seattle (10/24/10), tying a career high with six tackles, 2.0 sacks and forced his first-career fumble. First NFL start came vs. San Francisco (11/29/10).

COLLEGE: Entered the 2007 Draft following his junior season at Michigan. All-Big Ten Conference first-team choice by the league's coaches and media as a junior. Started all 13

games at left defensive tackle for Michigan's no. 1 ranked rush defense, allowing only 43.3 yards-per-game. The team also ranked 10th nationally allowing 268.3 yards-per-game in total offense. Recorded 25 tackles (17 solos), two sacks, six stops for loss and two pressures. Saw action in all 12 games, starting the final 10. As a sophomore, lined up at nose tackle for three games before shifting to left defensive tackle for his final seven starts. Appeared in 12 games as a reserve defensive end as a freshman.

PERSONAL: Attended Cibola (Rio Rancho, N.M.) High School where he was a standout two-way lineman and fullback. Named Gatorade Player of the Year in New Mexico, earning All-State and All-District accolades as a junior and senior. Picked up team MVP honors each of those seasons. Recorded 200 tackles with, six sacks, four forced fumbles, two recoveries and one interception in his career. Also returned five punts for touchdowns. In addition to football, lettered three times in basketball, picking up All-District first-team and All-State second-team honors as a junior.

BRANCH'S SINGLE-GAME HIGHS

Tackles: 6, at Carolina (12/19/10) and at Seattle (10/24/10)
Sacks: 2.0, at Seattle (10/24/10) and at N.Y. Giants (10/25/09)
Forced Fumbles: 1, at Carolina (12/19/10) and at Seattle (10/24/10)
Fumble Recoveries: 1, at Carolina (10/7/12)
Interceptions: None

BRANCH'S 2012 SEASON

at Ariz (9/9): Started at DT and had three tackles (1 solo) vs. former team. Left in the second quarter with a neck injury, but returned for the second half. **Dal (9/16):** Started and posted two stops (1 solo) and a QB hit. **GB (9/24):** Had two QB hits. **at StL (9/30):** Posted first sack of the season and a pass defended. **at Car (10/7):** Had two tackles (1 solo) and recovered a Cam Newton fumble (forced by Bruce Irvin on a sack) at the end of the game to seal the victory for Seattle.

BRANCH'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/1	3	1	2	0.0	0.0	0	0	0	0	0	0	0
Dal (9/16)	1/1	2	1	1	0.0	0.0	1	0	0	0	0	0	0
GB (9/24)	1/1	0	0	0	0.0	0.0	2	0	0	0	0	0	0
at StL (9/30)	1/1	1	1	0	1.0	4.0	1	0	0	1	0	0	0
at Car (10/7)	1/1	2	1	1	0.0	0.0	0	0	0	0	0	1	0
Totals	5/5	8	4	4	1.0	4.0	4	0	0	1	0	1	0

P = Participation

BRANCH'S NFL RECORD

Club	Tackles			Sacks		Interceptions							
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF
2007 Arizona	11/0	10	8	2	0.0	0.0	0	0	0.0	0	0	1	0
2008 Arizona	4/0	7	5	2	0.0	0.0	0	0	0.0	0	0	0	0
2009 Arizona	16/0	20	15	5	2.0	12.0	0	0	0.0	0	0	2	0
2010 Arizona	16/3	37	27	10	2.0	7.0	0	0	0.0	0	0	0	2
2011 Seattle	15/15	34	21	13	3.0	18.0	0	0	0.0	0	0	1	0
2012 Seattle	5/5	8	4	4	1.0	4.0	0	0	0.0	0	0	1	0
NFL TOTALS	67/23	116	81	35	8.0	41.0	0	0	0.0	0	0	5	2

POSTSEASON

Club	Tackles			Sacks		Interceptions							
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF
2009 Arizona	2/1	5	3	2	0.0	0.0	0	0	0.0	0	0	0	0
NFL TOTALS	2/1	5	3	2	0.0	0.0	0	0	0.0	0	0	0	0



HOW ACQUIRED: Signed by Seattle to a future 2011 contract on January 21, 2011.

CAREER HIGHLIGHTS:

- Originally signed by the Denver Broncos as an undrafted rookie free agent in 2005 and placed on injured reserve (arm) in August 2005. Released after training camp in 2006.
- Signed with the Calgary Stampeders of the CFL. Played four seasons with Calgary (2007-10), being named to the CFL all-star team his last three seasons and winning the Grey Cup in 2008. Played in 68 career games with 206 tackles, 2.0 sacks, 12 interceptions and two touchdowns. Had a career-high 61 stops in 2008 and five interceptions in 2010.
- Led the team with six interceptions in 2011, five in the final six games. Became the single-season club record holder for return yards in a season with 220 (Dave Brown, 179 in 1984). Became the first Seattle player since Josh Wilson in 2009 to return two interceptions for a TD in one season. Tied a club record with interceptions in four consecutive games. Earned a trip to the Pro Bowl.

HONORS: 2011: NFC Pro Bowl.

COLLEGE: Was the 2003 Pac-10 Freshman of the Year at Oregon State. Browner redshirted in 2002 at Oregon State. He then went on to start in every game he played in for the Beavers.

Named to the Freshman All-American teams by the Football Writers Association and The Sporting News in 2003. Also a member of the 2003 All-Pac 10 second-team. Ranked ninth in



the nation with six interceptions and recorded 43 tackles (37 solo) with six pass break-ups, two forced fumbles as a redshirt freshman. Browner added All-American and All-Pac 10 Conference honors from The NFL Draft Report in 2004 with 44 tackles (37 solo), one sack, nine pass deflections and a blocked kick. He finished his two-year collegiate career with 87 tackles (74 solo), a 2-yard sack, five stops for losses of 16 yards, two forced fumbles, 15 pass deflections and six interceptions for 74 yards in returns and a touchdown.

PERSONAL: Prepped at Sylmar High and Monroe High in the San Fernando Valley, Calif. Was a Prep Star West All-Region and All-Valley Mission League selection as a senior, playing defense and at receiver. Was also MVP of the Mission League on defense. On offense, he accounted for 1,726 career yards and 24 touchdowns, with 16 career interceptions on defense. As a senior, returned three punts for touchdowns. Majored in speech communications. Born on August 2, 1984.

BROWNER'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions				TD	PD	FF	FR	Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG					
2011 Seattle	16/16	54	51	3	0.0	0.0	6	220	36.7	94t	2	23	0	0	0
2012 Seattle	5/5	17	12	5	0.0	0.0	1	35	35.0	0	0	2	2	1	0
NFL TOTALS	21/21	71	63	8	0.0	0.0	7	255	36.4	94t	2	25	2	1	0

BROWNER'S SINGLE-GAME HIGHS

Tackles: 8 vs. Atlanta (10/2/11)

Sacks: None

Int.: 2, vs. Philadelphia (12/1/11)

TD.: 1, 2 Times, INT (94) at NYG (10/9/11) and INT (42) at Chicago (12/18/11)

FF: 1, 2 Times, Last at Carolina (10/7/12)

FR: 1, at Carolina (10/7/12)

Longest Int. Ret.: 94 (TD), at N.Y. Giants (10/9/11)

ADDITIONAL STATS

Returns: One punt return for -1 yard.

BROWNER'S 2012 SEASON

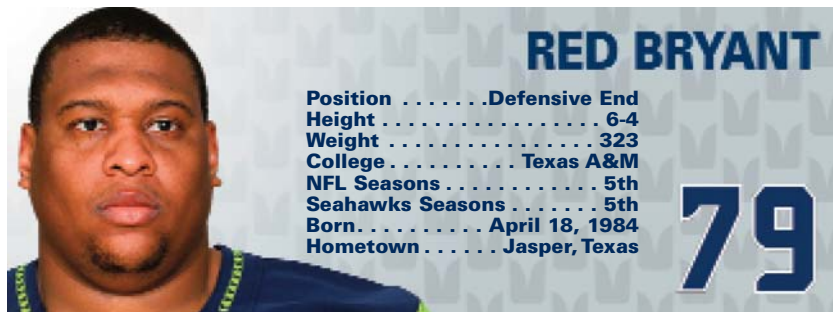
at Ariz (9/9): Posted four tackles (2 solo). **Dal (9/16):** Finished with four solo tackles and recorded an interception, pass defended and a forced fumble. **GB (9/24):** Posted three tackles (2 solo) and a pass defended. Part of a coverage unit that allowed Seattle to sack QB Aaron Rodgers eight times in the first half. **at StL (9/30):** Started at CB but did not have a tackle. **at Car (10/7):** Tied for team lead with six tackles (4 solo), forced and recovered a DeAngelo Williams fumble at the Panthers' 27-yard line late in the third quarter that led to the winning TD drive. Part of a defense that limited Cam Newton to a career-low 141 passing yards. Through three quarters, part of a defense that limited Newton to 5-of-20 passing for 55 yards and a 39.6 rating.

BROWNER'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/1	4	2	2	0.0	0.0	0	0	0	0	0	0	0
Dal (9/16)	1/1	4	4	0	0.0	0.0	0	1	35	1	1	0	0
GB (9/24)	1/1	3	2	1	0.0	0.0	0	0	0	1	0	0	0
at StL (9/30)	1/1	0	0	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/1	6	4	2	0.0	0.0	0	0	0	0	1	1	0
Totals	5/5	17	12	5	0.0	0.0	0	1	35	2	2	1	0

P = Participation

Additional Statistics: One punt return for -1 yard.



HOW ACQUIRED: Selected with the 22nd pick in the fourth round (121st overall) of the 2008 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Has seen action in 33-career games with 24 starts. First-career start was at Dallas (11/1/09).
- Swapped positions from defensive tackle to end in 2010 and started the first seven games of the season. Was placed on injured reserve (11/2/10) after suffering a knee injury at Oakland (10/31/10). Solidified a defensive line that ranked second in the NFL against the run before his injury - a unit that dropped to 21st against the run by the end of the season following his injury.
- Posted a career year in 2011 starting all 16 games totaling a career high 32 tackles. Recorded two interceptions, including one that that resulted in a 20-yard TD at Chicago (12/18/11). Also blocked three field goals and an extra point - two FGs at Cleveland (10/23/11) and a FG and a PAT versus Washington (11/27/11). Three blocked FGs tied a single-season record, two blocked FGs in a game set a club record and four combined blocked kicks in a season also set a club mark. Bryant's presence on the front line helped limit opposing run games to 3.8 yards/carry - fourth in the

NFL.

HONORS: 2011: Steve Largent Award; Ed Block Courage Award.

COLLEGE: Started 41 career games recording 124 tackles with 6.5 sacks. Twenty tackles counted for a loss of yards. Posted three forced fumbles, nine passes defended, three blocked kicks and a safety. Was named a captain during junior season and was awarded All-Big 12 first-team and third-team All-American from the *NFL Draft Report* as a sophomore.

PERSONAL: Attended Jasper (Texas) High School. Earned first-team 3A All-State honors from the Texas Sports Writers Association and was one of eight finalists for the Willie Ray Smith Award, presented to the top offensive and defensive players in Southeast Texas. Consensus Texas Top 100 recruit, adding District and Golden Triangle Defensive Most Valuable Player honors during his senior season. Recipient of the 2001 District Defensive Player of the Year Award and was named the Southeast Texas Defensive Player of the Year by the *Beaumont Enterprise*. In addition to starring on the gridiron, Bryant also was a stand-out forward on the school's basketball team. Married to Janelle, daughter of former Seahawks defensive end Jacob Green. They have a son, Joseph.

BRYANT'S SINGLE-GAME HIGHS

Tackles: 6, at Arizona (1/1/12) **FF:** 1, vs. San Francisco (9/12/10)
Sacks: 1.0, vs. San Francisco (9/12/10) **FR:** 2, vs. San Diego (9/26/10)
INT: 1, 2 Times, at St. Louis (11/20/11) and at Chicago (12/18/11)
TD: 1, at Chicago (12/18/11) 20 yard INT return

ADDITIONAL STATS

Special Teams: 2011: Blocked field goals (3, 2 at Cleveland 10/23 and 1 vs. Wash 11/27); Blocked PAT (vs. Wash 11/27).

BRYANT'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2008 Seattle	4/0	8	6	2	0.0	0.0	0	0	0	0	0	0	0	0
2009 Seattle	6/1	8	6	2	0.0	0.0	0	0	0	0	0	0	0	0
2010 Seattle	7/7	18	16	2	1.0	4.0	0	0	0	0	0	0	1	2
2011 Seattle	16/16	32	20	12	1.0	5.0	2	25	12.5	20t	1	3	0	0
2012 Seattle	5/5	9	6	3	0.0	0.0	0	0.0	0.0	0	0	1	0	0
NFL TOTALS	38/29	75	55	20	2.0	9.0	2	25	12.5	20t	1	4	1	2

BRYANT'S 2012 SEASON

at Ariz (9/9): Had three tackles (1 solo) and a pass defended. Part of a defense that held the Cards to 43 rushing yards on 20 carries (2.2 avg.). **Dal (9/16):** Posted two solo tackles and part of a defense that allowed just 49 rushing yards. **GB (9/24):** Had three tackles (2 solo) and part of a defensive front that posted eight sacks in the first half. **at StL (9/30):** Posted one solo stop. **at Car (10/7):** Did not record a tackle, but part of a defense that limited the Panthers to 82 yards rushing.

BRYANT'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/1	3	1	2	0.0	0.0	0	0	0	1	0	0	0
Dal (9/16)	1/1	2	2	0	0.0	0.0	0	0	0	0	0	0	0
GB (9/24)	1/1	3	2	1	0.0	0.0	0	0	0	0	0	0	0
at StL (9/30)	1/1	1	1	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/1	0	0	0	0.0	0.0	0	0	0	0	0	0	0
Totals	5/5	9	6	3	0.0	0.0	0	0	0	1	0	0	0

P = Participation



HOW ACQUIRED: Selected with the 25th overall pick in the 2011 NFL Draft. Second straight season club has selected a tackle in the first round (Russell Okung, 2010). Third player drafted out of Alabama in club history (Shaun Alexander, 2000; Cornelius Wortham, 2005).

NFL CAREER HIGHLIGHTS:

- Started the first nine games of career in 2011 before being placed on injured reserve (left knee) November 24. First start of career came at San Francisco (9/11) playing left guard before starting the next eight games at right tackle.

COLLEGE: Started all 27 games at left tackle during his two-year career at Alabama, blocking for 16 100-yard rushers. Helped Crimson Tide win the National Championship in 2010. Earned first-team All-SEC by league coaches and second-team pick by the Associated Press as a senior. Was a second-team All-SEC selection by the AP as a junior. Transferred to Alabama after spending two seasons at Coffeyville (Kan.) Community College.

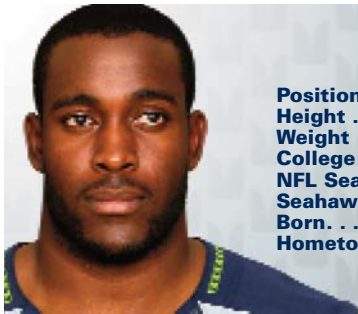
PERSONAL: A January 2009 enrollee at Alabama, Carpenter filled an important need on the Crimson Tide's offensive line. Won the Bart Starr Most Improved Player Award following spring practice in 2009. A four-star junior college recruit by both Rivals.com and Scout.com. Rivals.com's No. 32 junior college prospect. Listed at No. 13 on *SuperPrep* magazine's Juco 100. Originally signed with Iowa State out of Hephzibah High School. Spent two seasons at Coffeyville [Kan.] Community College and all-area performer for John Bowen at Hephzibah [Ga.] High School.

CARPENTER'S NFL RECORD

Year	Team	—	GP/GS
2011	Seattle	—	9/9
2012	Seattle	—	2/2
NFL TOTALS		—	11/11

CARPENTER'S 2012 SEASON

Has helped vault Marshawn Lynch to third in the NFL (1st NFC) with 508 rushing yards. **at Ariz (9/9):** Inactive. **Dal (9/16):** Inactive. **GB (9/24):** inactive. **at StL (9/30):** Made first start of the season at left guard. Was the first action since week 10 of 2011 after suffering a season-ending left ACL injury. Helped block for 179 rushing yards, including 118 yards by Marshawn Lynch. **at Car (10/7):** Started at LG.



KAM CHANCELLOR

Position Safety
Height 6-3
Weight 232
College Virginia Tech
NFL Seasons 3rd
Seahawks Seasons 3rd
Born April 3, 1988
Hometown ... Norfolk, Virginia

31

HOW ACQUIRED: Selected with the second pick (133 overall) in the fifth round of the 2010 NFL Draft. Second safety drafted in that draft (Earl Thomas - 14th overall).

NFL CAREER HIGHLIGHTS:

- Started all 15 games played in 2011 and earned a trip to the Pro Bowl after finishing second on the team in tackles (94) and interceptions (4). Helped lead one of the best young defensive backfields in the NFL and helped Seattle rank tied for fifth in NFL with 31 total takeaways. Did not play versus Atlanta (10/2/11) due to a quadriceps injury.
- Saw action in all 16 games as a rookie, mostly as an extra defensive back in nickel and dime packages, totaling 12 tackles including one sack. Finished second on the team with 11 special teams tackles.

HONORS: 2011: NFC Pro Bowl.

COLLEGE: Started 41 of 54 career games played for the Hokies, recording 208 tackles, six interceptions, four fumble recoveries and two forced fumbles. Finished career starting 41 consecutive games. Moved into starting free safety position prior to 2008 after spending sophomore season as the rover.

PERSONAL: Passed for more than 2,000 yards and rushed for 500 his senior season at Maury High School (Virginia). Team finished 10-2 after losing in the Group AAA Division 5 playoffs. During one of the playoff games, rushed for 89 yards and two touchdowns and threw for 224 yards and two more touchdowns. Also played safety. Was team MVP. Named first-team All-Eastern District quarterback. Also played on the basketball team.



CHANCELLOR'S 2012 SEASON

at Ariz (9/9): Posted five solo tackles and a pass defended. **Dal (9/16):** Led team with nine tackles (7 solo). **GB (9/24):** Tied a career high with 10 tackles (7 solo) and part of a coverage unit that allowed the defensive front to tally eight first-half sacks. **at StL (9/30):** Posted four solo tackles. **at Car (10/7):** Had four tackles (3 solo) and two passes defended. Part of a defense that limited Cam Newton to a career-low 141 passing yards. Through three quarters, part of a defense that limited Newton to 5-of-20 passing for 55 yards and a 39.6 rating.

CHANCELLOR'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/1	5	5	0	0.0	0.0	0	0	0	1	0	0	0
Dal (9/16)	1/1	9	7	2	0.0	0.0	0	0	0	0	0	0	0
GB (9/24)	1/1	10	7	3	0.0	0.0	0	0	0	0	0	0	0
at StL (9/30)	1/1	4	4	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/1	4	3	1	0.0	0.0	0	0	0	2	0	0	0
Totals	5/5	32	26	6	0.0	0.0	0	0	0	3	0	0	0

P = Participation

CHANCELLOR'S NFL RECORD

Club	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR	Yds
	G/S	Tkl	So	Ast	QB	Yds	No	Yds						
2010 Seattle	16/0	12	10	2	1.0	3.0	0	0	0.0	0	0	1	0	0
2011 Seattle	15/15	94	73	21	1.0	10.0	4	27	6.7	9	0	13	1	1
2012 Seattle	5/5	32	26	6	0.0	0.0	0	0	0.0	0	0	3	0	0
NFL TOTALS	36/20	138	109	29	2.0	13.0	4	27	6.7	9	0	17	1	1

POSTSEASON

Club	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR	Yds
	G/S	Tkl	So	Ast	QB	Yds	No	Yds						
2010 Seattle	2/0	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

CHANCELLOR'S SINGLE-GAME HIGHS

Tackles: 10, 2 Times, Last vs. Green Bay (9/24/12) **FF:** 1, at Chicago (12/18/11)
Sacks: 1, 2 Times, Last at Cleveland (10/23/11) **FR:** 1, at NYG (10/9/11)
Interceptions: 1, 4 Times, Last vs. Philadelphia (12/1/11)

ADDITIONAL STATS

Special Team Tackles: 2010 (11, FF), 2011 (3, FF); **Career:** 14, 2 FF.

Postseason: 2010 (1); **Career:** 1.



HOW ACQUIRED: Acquired in a trade with Philadelphia March 16, 2010. Seattle also obtained a 2010 fourth-round draft pick (DE E.J. Wilson) while the Eagles received DE Darryl Tapp.

NFL CAREER HIGHLIGHTS:

- Originally an undrafted free agent signing of the Redskins in 2003, he suffered a torn ACL and spent his first season on injured reserve. Spent the first part of 2004 on the Redskins practice squad before being signed to the active roster.
- From 2010-11, ranks eighth in the NFL totaling 22.0 sacks. Back-to-back double digit sack seasons (11.0 in 2010 and 11.0 in 2011) are the first for Seattle since Michael Sinclair had 12.0 in 1996 and 16.5 in 1997.
- Led team with 11.0 sacks for second consecutive season in 2011. Earned NFC Defensive Player of the week at St. Louis (11/20) after setting a career high with 3.0 sacks and two forced fumbles.
- In first season as a regular starter in 2010, led Seattle with a career-high 11.0 sacks, including four multi-sack games.
- Named NFC Defensive Player of the Week for his efforts versus Dallas (12/28/08) when he recovered a fumble and raced 73 yards for the decisive score in the playoff-clinching win, while also tying a career high with two sacks

and a forced fumble.

- Posted 8.0 sacks during the 2007 season with Oakland, despite only starting two games and being on the field for just 37 percent of the team's defensive snaps.

- In first-career game, collected first-career sack taking down Ben Roethlisberger at Pittsburgh (11/28/04).

COLLEGE: Entered the NFL following his junior season at Georgia after starting 14 of 25 games played. In 2000, became the first freshman to start at linebacker for the Bulldogs since Randall Godfrey (1992). Was named most improved player following his junior season.

PERSONAL: Lettered four years and was a three-year starter at Griffin (Ga.) High School. Was a first-team AAA All-Region selection and was nominated as the Region MVP by the Georgia Athletic Coaches Association. Lined up as a cornerback, linebacker, defensive end and tight end during high school career. Also lettered in track. Brother, Nic Clemons, is a defensive lineman for the Broncos. The two were teammates at the University of Georgia and both signed as undrafted free agents with Washington in 2003. His uncle, Charlie Clemons, enjoyed a seven-year NFL career as a linebacker for St. Louis (1997-99), New Orleans (2001-02) and Houston (2003). Was a child and family development major in college.

CLEMONS' SINGLE-GAME HIGHS

Tackles: 7, vs. Arizona (9/25/11)
Sacks: 4, vs. Green Bay (9/24/12)

FF: 2, at St. Louis (11/20/11)
FR: 1, 4 Times, Last at Arizona (11/14/10)

CLEMONS' NFL RECORD

Club	Tackles				Sacks		Interceptions								FF	FR	Yds
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD					
2003 Washington	Injured Reserve																
2004 Washington	6/0	9	6	3	3.0	14.0	0	0	0	0	0	1	1	0	0		
2005 Washington	14/1	11	7	4	2.0	17.0	0	0	0	0	0	1	1	0	0		
2007 Oakland	16/2	17	12	5	8.0	54.0	0	0	0	0	0	1	2	1	0		
2008 Philadelphia	16/0	7	6	1	4.0	18.0	0	0	0	0	0	2	1	2	73		
2009 Philadelphia	16/0	9	7	2	3.0	18.0	0	0	0	0	0	2	0	0	0		
2010 Seattle	16/16	48	33	15	11.0	69.5	0	0	0	0	0	3	1	1	0		
2011 Seattle	16/16	51	34	17	11.0	90.0	0	0	0	0	0	5	3	0	0		
2012 Seattle	5/5	14	9	5	5.5	30.0	0	0	0	0	0	4	1	0	0		
NFL TOTALS	105/40	166	114	52	47.5	315.5	0	0	0	0	0	19	10	4	73		

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions								FF	FR	Yds
		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD				
2008 Philadelphia	3/0	4	2	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0		
2009 Philadelphia	1/0	1	1	0	1.0	9.0	0	0	0.0	0	0	0	0	0	0		
2010 Seattle	2/2	6	5	1	1.0	6.0	0	0	0.0	0	0	2	0	0	0		
NFL TOTALS		6/2	11	8	3	2.0	15.0	0	0	0.0	0	0	2	0	0	0	

CLEMONS' 2012 SEASON

Tied for 6th in the NFL (3rd NFC) with 5.5 sacks. at Ariz (9/9): Had two solo stops, a sack and FF. **Dal (9/16):** Assisted on one tackle, had a QB hit and two passes defended. **GB (9/24):** Earned NFC Defensive Player of the Week. With four sacks in the second quarter, became the second player in NFL history to record four sacks in one quarter of play (Vonnie Holliday, Green Bay vs. Buffalo, 12/22/02, 4th Qtr). Tied an NFL record (Derrick Thomas, vs. SD, 11/8/92) with four sacks in the first half of a game. Part of a defensive line that combined for eight sacks in the first half, second most in NFL history (9.0, NY Giants vs. Chicago, 10/2/10). Finished with four tackles, four QB hits and a pass defended. **at StL (9/30):** Had one solo stop. **at Car (10/7):** Posted a season-best six tackles (2 solo) and registered half of a sack.

CLEMONS' 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/1	2	2	0	1.0	5.0	2	0	0	0	1	0	0
Dal (9/16)	1/1	1	0	1	0.0	0.0	1	0	0	2	0	0	0
GB (9/24)	1/1	4	4	0	4.0	20.0	4	0	0	1	0	0	0
at StL (9/30)	1/1	1	1	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/1	6	2	4	0.5	5.0	2	0	0	1	0	0	0
Totals	5/5	14	9	5	5.5	30.0	9	0	0	4	1	0	0

P = Participation



HOW ACQUIRED: Signed as an unrestricted free agent July 31, 2012.

NFL CAREER HIGHLIGHTS:

- Originally selected by the Cleveland Browns with the third overall pick in the 2005 NFL Draft. Spent four-plus seasons with the Browns before being traded mid-season to the N.Y. Jets in 2009. Spent the remainder of 2009 and all of 2010 with the Jets before joining the 49ers in 2011.

- In 2007, set Cleveland's single-season franchise record for receiving yards (1,289) and receiving TDs (16) and earned a trip to the Pro Bowl.

- Ranks first in N.Y. Jets postseason history, averaging 21.3 yards/reception in six career postseason games. Also holds the Jets post-season record for the longest play from scrimmage, an 80-yard TD reception.

- Ranks tied for third in the NFL among all active players with four, two-point conversions.

COLLEGE: As a senior, was honored as the Biletnikoff Award winner, given to the nation's top collegiate receiver. Played in 44 career games at Michigan, including 36 starts, and shattered the school's receiving records with 252 receptions for 3,542 yards (14.1 avg) and 39 TDs. A three-year starter, his 39 TDs also set

a Big Ten all-time record, while his 252 catches rank fourth and 3,542 yards rank third in conference annals. Broke school single-season records snaring 97 passes for 1,330 yards during senior season and became the only player in Big Ten Conference history, and only the ninth in NCAA Division I-A history, to gain more than 1,000 yards receiving in a season three times in a career. Only Desmond Howard (19 in 1991) had more TD catches in a season for the Wolverines than Edwards' 15 TDs.

PERSONAL: Attended Bishop Gallagher High School in Harper Woods, Michigan. Was a one-year letter winner and starter on the Bishop Gallagher team as a senior and a two-year letterman and starter on the Martin Luther King High (Detroit) varsity team. Set school, league and state records for most positions started in a season - wide receiver, running back, free safety, cornerback, linebacker, defensive end, quarterback, tight end, kick returner, punt returner and long snapper. Was named CBS PrepStar All-America team senior year and earned all-conference, all-east, all-metro and all-state accolades. Also lettered in track and basketball. Father, Stanley, played football at Michigan (1977-81) and in the NFL with the Houston Oilers (1982-86) and Detroit Lions (1987).

EDWARDS' SINGLE-GAME HIGHS

Most Receptions: 8, 6 Times, Last at Pittsburgh (12/19/10) **Most Receiving Yards:** 154, vs. NYG (10/13/08)
Longest Reception: 80t, at Green Bay (9/18/05) **Most Touchdowns:** 3, vs. Miami (10/14/07)

ADDITIONAL STATS

Passing: 2009 (0-1, 0 yards); **Career:** (0-1, 0 yards).

EDWARDS' NFL RECORD

	Club	Receiving						Rushing			
		G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	TD
2005	Cleveland	10/7	32	512	16.0	80t	3	0	0	0.0	0
2006	Cleveland	16/15	61	884	14.5	75	6	3	7	2.3	0
2007	Cleveland	16/16	80	1,289	16.1	78t	16	0	0	0.0	0
2008	Cleveland	16/16	55	873	15.9	70	3	0	0	0.0	0
2009	Cleve/NYJ	16/15	45	680	15.1	65t	4	0	0	0.0	0
2010	N.Y. Jets	16/15	53	904	17.1	74t	7	1	4	4.0	0
2011	San Francisco	8/5	14	172	12.3	245	0	0	0	0.0	0
2012	Seattle	5/1	6	53	8.8	16	0	0	0	0.0	0
NFL TOTALS		103/90	346	5,367	15.5	80t	39	4	11	2.8	0

POSTSEASON

	Club	Receiving						Rushing			
		G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	TD
2009	N.Y. Jets	3/2	6	156	26.0	80t	1	0	0	0.0	0
2010	N.Y. Jets	3/3	9	164	18.2	37	1	0	0	0.0	0
NFL TOTALS		6/5	15	320	21.3	80t	2	0	0	0.0	0

EDWARDS' GAME-BY-GAME RECEIVING

2005	Opponent	No	Yds	Avg	LG	TD	2006	Opponent	No	Yds	Avg	LG	TD
09/11	Cinciannati	2	16	8.0	9	0	09/10	New Orleans	2	23	11.5	18	0
09/18	at Green Bay	3	107	35.7	80t	1	09/17	at Cincinnati	4	110	27.5	75	0
09/25	at Indianapolis	4	43	10.8	20	0	09/24	Baltimore	5	116	23.2	58t	1
10/23	Detroit	3	30	10.0	14	0	10/01	at Oakland	6	75	12.5	21	0
10/30	at Houston	2	32	16.0	26	0	10/08	at Carolina	3	27	9.0	11	0
11/06	Tennessee	1	2	2.0	2	0	10/22	Denver	2	6	3.0	4	0
11/13	at Pittsburgh	2	64	32.0	37	0	10/29	N.Y. Jets	2	21	10.5	20	0
11/20	Miami	6	90	15.0	25	0	11/05	at San Diego	7	66	9.4	20	1
11/27	at Minnesota	4	42	10.5	14	0	11/12	at Atlanta	3	31	10.3	19t	1
12/04	Jacksonville	5	86	17.2	34t	2	11/19	Pittsburgh	7	137	19.6	63	0
TOTALS (16/0)		32	512	16.0	80t	3	11/26	Cincinnati	2	29	14.5	22	0
							12/03	Kansas City	3	36	12.0	23t	1
							12/07	at Pittsburgh	4	86	21.5	45t	1
							12/17	at Baltimore	5	68	13.6	28	1
							12/24	Tampa Bay	2	7	3.5	6	0
							12/31	at Houston	4	46	11.5	19	0
						TOTALS (15/16)		61	884	14.5	75	6	

2007	Opponent	No	Yds	Avg	LG	TD	2008	Opponent	No	Yds	Avg	LG	TD
09/09	Pittsburgh	3	49	16.3	21	0	09/07	Dallas	2	14	7.0	12	0
09/16	Cincinnati	8	146	18.3	37t	2	09/14	Pittsburgh	3	32	10.7	13	0
09/23	at Oakland	4	83	20.8	27	1	09/21	at Baltimore	3	27	9.0	17	0
09/30	Baltimore	3	97	32.3	78t	1	09/28	at Cincinnati	3	22	7.3	12	1
10/07	at New England	6	110	18.3	36	0	10/13	N.Y. Giants	5	154	30.8	70	1
10/14	Miami	5	67	13.4	24t	3	10/19	at Washington	4	58	14.5	20	0
10/28	at St. Louis	8	117	14.6	29	2	10/26	at Jacksonville	2	64	32.0	43	0
11/04	Seattle	5	67	13.4	19	0	11/02	Baltimore	4	86	21.5	28t	1
11/11	at Pittsburgh	1	16	16.0	16t	1	11/06	Denver	1	15	15.0	15	0
11/18	at Baltimore	8	85	10.6	22	0	11/17	at Buffalo	8	104	13.0	23	0
11/25	Houston	4	57	14.3	20	1	11/23	Houston	5	85	17.0	42	0
12/02	at Arizona	7	149	21.3	67t	1	11/30	Indianapolis	2	36	18.0	20	0
12/09	at N.Y. Jets	3	63	21.0	45	1	12/07	at Tennessee	3	38	12.7	25	0
12/16	Buffalo	4	64	16.0	25	0	12/15	at Philadelphia	5	102	20.4	28	0
12/23	at Cincinnati	8	52	6.5	12	2	12/21	Cincinnati	4	31	7.8	12	0
12/30	San Francisco	3	67	22.3	45t	1	12/28	at Pittsburgh	1	5	5.0	5	0
TOTALS (16/16)		80	1,289	16.1	78t	16	TOTALS (16/16)		55	873	15.9	70	3

EDWARDS' GAME-BY-GAME RECEIVING CONT.

2009	Opponent	No	Yds	Avg	LG	TD	2010	Opponent	No	Yds	Avg	LG	TD
09/13	Minnesota	1	12	12.0	12	0	09/13	Baltimore	1	9	9.0	9	0
09/20	at Denver	6	92	15.3	24	0	09/19	New England	5	45	9.0	13	1
09/27	at Baltimore	3	35	11.7	18	0	09/26	at Miami	2	87	43.5	67t	1
10/04	Cincinnati	0	0	0.0	0	0	10/03	at Buffalo	4	86	21.5	41t	1
10/12	at Miami	5	64	12.8	34	1	10/11	Minnesota	5	70	14.0	31	0
10/18	Buffalo	3	40	13.3	22	0	10/17	at Denver	4	46	11.5	32t	1
10/25	at Oakland	1	14	14.0	14	0	10/31	Green Bay	1	32	32.0	32	0
11/01	Miami	4	74	18.5	25	1	11/07	at Detroit	3	78	26.0	74t	1
11/15	Jacksonville	3	79	26.3	41	0	11/14	at Cleveland	4	59	14.8	22	0
11/22	at New England	1	10	10.0	10	0	11/21	Houston	4	86	21.5	42	1
11/29	Carolina	3	40	13.3	26	0	11/25	Cincinnati	2	20	10.0	15	0
12/03	at Buffalo	3	45	15.0	27	1	12/06	at New England	2	39	19.5	24	0
12/13	at Tampa Bay	3	37	12.3	19	0	12/12	Miami	1	17	17.0	17	0
12/20	Atlanta	5	105	21.0	65t	1	12/19	at Pittsburgh	8	100	12.5	38	0
12/27	at Indianapolis	2	18	9.0	11	0	12/26	at Chicago	6	78	13.0	19	0
1/3/10	Cincinnati	2	15	7.5	9	0	1/2/11	Buffalo	1	52	52.0	52t	1
TOTALS (16/15)		45	680	15.1	65t	4	TOTALS (16/15)		53	904	17.1	74t	7
1/9/10	at Cincinnati	2	15	7.5	16	0	1/8/11	at Indianapolis	4	62	15.5	24	0
1/17/10	at San Diego	2	41	20.5	21	0	1/16/11	at New England	2	52	26.0	37	1
1/24/10	at Indianapolis	2	100	50.0	80t	1	1/23/11	at Pittsburgh	3	50	16.7	22	0
TOTALS (3/2)		6	156	26.0	80t	1	TOTALS (3/3)		9	164	18.2	37	1

2011	Opponent	No	Yds	Avg	LG	TD
09/11	Seattle	3	27	9.0	12	0
09/18	Dallas	1	21	21.0	21	0
10/30	Cleveland	4	42	10.5	13	0
11/06	at Washington	2	30	15.0	24	0
11/13	N.Y. Giants	3	47	15.7	21	0
11/20	Arizona	0	0	0.0	0	0
11/24	at Baltimore	1	5	5.0	5	0
12/11	at Arizona	0	0	0.0	0	0
12/24	at Seattle	1	9	9.0	9	0
TOTALS (8/5)		14	172	12.3	24	0

EDWARDS' 2012 SEASON

at Ariz (9/9): Led the team with five receptions and 43 yards in first game with the team. **Dal (9/16):** Saw limited action at WR with the return of Golden Tate. **GB (9/24):** Saw limited action at WR. **at StL (9/30):** Saw limited action at WR. **at Car (10/7):** Had one reception for 10 yards.

2012	Opponent	No	Yds	Avg	LG	TD
9/9	at Arizona	5	43	8.6	16	0
9/16	Dallas	0	0	0.0	0	0
9/24	Green Bay	0	0	0.0	0	0
9/30	at St. Louis	0	0	0.0	0	0
10/7	at Carolina	1	10	10.0	10	0
TOTALS (5/1)		6	53	8.8	16	0

EDWARDS' TOP GAMES

Most Pass Receptions:

8	Cincinnati	09/16/07
8	at St. Louis	10/28/07
8	at Baltimore	11/18/07
8	at Cincinnati	12/23/07
8	at Buffalo	11/17/08
8	at Pittsburgh	12/19/10

Most Yards Receiving:

154	N.Y. Giants	10/13/08
149	at Arizona	12/02/07
146	Cincinnati	09/16/07
137	Pittsburgh	11/19/06
117	at St. Louis	10/28/07

Longest Reception:

80t	at Green Bay	09/18/05
78t	Baltimore	09/30/07
75	at Cincinnati	09/17/06
74t	at Detroit	11/07/10
70	N.Y. Giants	10/13/08

Most TD Receptions:

3	Miami	10/14/07
2	Jacksonville	12/04/05
2	Cincinnati	09/16/07
2	at St. Louis	10/28/07
2	at Cincinnati	12/23/07



HOW ACQUIRED: Signed as a free agent by Seattle on October 19, 2011.

NFL CAREER HIGHLIGHTS:

- Originally signed with the Vikings as an undrafted free agent following the 2005 NFL Draft. Was signed to their practice squad for the first five weeks of the 2005 season, but then signed to the Vikings active roster on October 22, 2005. First action came vs. Green Bay October 23, 2005.
- Led Seattle in 2011 with 21 special teams tackles despite signing with the club in October and playing in only 11 games. Blocked a punt versus San Francisco (12/24) that was recovered at the 49ers 4-yard line that led to a go-ahead TD with 6:41 to play in the game.
- Spent six seasons with Minnesota seeing most action on special teams. Tied for fourth with Keith Nord on the Vikings all-time list with 113 career special teams tackles. Led the Vikings in special teams tackles each of the last four seasons played with Minnesota.
- Spent the entire 2008 season on injured reserve after injuring a knee in the preseason opener vs. Seattle.
- In 2009, became the first Vikings player since

Joey Browner in 1985 to earn a trip to the Pro Bowl as a special teams player totaling 24 stops and two fumble recoveries.

- In 2007, set Vikings records for most special teams tackles in a game by corralling seven at N.Y. Giants (11/25) and for most onside kick recoveries in a season with two.

COLLEGE: Was Freshman of the Year at San Jose State in 2000. Transferred to San Diego State following the 2000 season. Led the Mountain West in forced fumbles in 2002. Earned SDSU Defensive MVP in 2004. Special Teams Player of the Year in 2004 and Honorable Mention All-Mountain West Conference in 2004. Sat out 2001 under NCAA transfer rules. Played in all 12 games for San Jose State as a true freshman en route to earning SJSU Freshman of the Year honors.

PERSONAL: A three-year letterwinner and defensive MVP at Corona (Calif.) High. Recorded 129 tackles and 10 sacks as a senior, earning First-Team All-Mountain View League. Had 96 tackles and 12 sacks as a junior en route to all-league honors. Lettered in baseball and track & field. Earned bachelor degree in criminal justice and aspires for a career in law enforcement following football. Married to Julie.

FARWELL'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							FF			Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF				
2005 Minnesota	7/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
2006 Minnesota	16/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
2007 Minnesota	16/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
2008 Minnesota		Injured Reserve (knee)															
2009 Minnesota	16/0	8	5	3	0.0	0.0	0	0	0.0	0	0	1	0	0	0	0	0
2010 Minnesota	16/0	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
2011 Seattle	11/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
2012 Seattle	5/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0	0
NFL TOTALS	87/0	12	8	4	0.0	0.0	0	0	0.0	0	0	1	0	0	0	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions							FF			Yds
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF				
2009 Minnesota	2/0	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

FARWELL'S SINGLE-GAME HIGHS

Tackles: 3, at Cleveland (9/13/09)
Sacks: None

FF: None
FR: None

ADDITIONAL STATS

Special Team Tackles: 2005 (13), 2006 (25, FR), 2007 (32), 2009 (24, 2 FR), 2010 (19), 2011 (21, Blocked Punt), 2012 (5);

Career: (139, 3 FR, Blocked Punt).

Postseason: 2009 (3); **Career:** (3).

FARWELL'S 2012 SEASON

*Part of a special team unit that ranks first in average drive start on return (27.8 yard line) and second on coverage (19.4 yard line) on kickoffs. Named special teams season captain by team. **at Ariz (9/9):** Saw action on special teams. **Dal (9/16):** Assisted on one special teams tackle. **GB (9/24):** Assisted on two special teams tackles. **at StL (9/30):** Had one special teams tackle at the Rams 5-yard line on an attempted reverse on kickoff coverage. **at Car (10/7):** Totaled one special teams tackle.*

FARWELL'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/0	Special Teams Only											
Dal (9/16)	1/0	Special Teams Only											
GB (9/24)	1/0	Special Teams Only											
at StL (9/30)	1/0	Special Teams Only											
at Car (10/7)	1/0	Special Teams Only											
Totals	5/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0

Additional Statistics: Special Teams Tackles: 5.

P = Participation



HOW ACQUIRED: Signed with Seattle as an unrestricted free agent March 21, 2012.

NFL CAREER HIGHLIGHTS:

- Originally drafted by Green Bay with the first of two seventh-round draft choices (209th overall), and was the 12th QB taken in that draft. Was the second of two QBs taken by Green Bay in the 2008 draft (Brian Brohm - 2nd round).
- Played in 34 career games with two starts after serving as Green Bay's backup for four seasons (2008-11). During tenure with Packers, completed 82 of 132 attempts for 1,015 yards with nine TDs and five INTs.
- In two career starts before joining Seattle, totaled 731 yards with nine TDs and two INTs. Joined Dan Marino and Kurt Warner (among players whose careers have started since 1970) as the only three QBs to throw three-plus TD passes in each of their first two career starts.
- First-career start was against an 11-2 New England Patriots (12/19/10) team that had not lost at home in 15-consecutive games. Forced into a starting role after Aaron Rodgers sustained a concussion the previous week. Completed 24 of 37 passes for 251 yards and three TDs with one INT in a 31-27 loss. Passer rating (100.2) in that game was the highest by any NFL quarterback making his first career start against a team with a 10-2 record or better since the 1970 merger. Was the first QB besides Rodgers or Brett Favre to start a game since Don Majkowski in 1992.
- Second start of career, this versus Detroit (1/1/12) while the Packers rested Rodgers, trumped the first one posting one of the most statistically outstanding performances by a QB in the organization's extensive history. Completed 31-of-44 attempts while setting franchise single-game records with 480 yards and six TDs. Joined Y.A. Tittle and Joe Namath as the only three QBs in NFL history to have posted 480-plus yards and six-plus TDs in the same game. Capped the game with an TD drive in a two-minute situation that pulled the team from a 41-38 deficit to a 45-41 lead to win the game. Completed five-of-seven attempts for 73 yards and TD on the game-winning drive.

- Won the backup quarterback job as a rookie in 2008 beating out second-round draft choice Brohm. Ended the 2008 season as the team's primary holder on FGs and PATs and spent most of the 2009 season in that role.

COLLEGE: Patiently waited his turn to become the Tigers' starting QB, playing behind a pair of NFL draft picks in Matt Mauck (7th round by Denver in 2004) and JaMarcus Russell (first overall pick by Oakland in 2007). After serving as backup for three seasons, capped LSU career by leading the Tigers to the 2007 BCS National Championship with a win over Ohio State and earned Offensive MVP honors in the game. Finished career with an 11-2 record as a starter, including a 10-2 record as a senior in 2007. Passed for 31 career TDs and served as the holder on FGs and PATs entire career. Threw for 2,407 yards and 21 TDs as a senior, including five games with three or more TD passes. Separated his shoulder in the third quarter of the season finale versus Arkansas, but returned to finish the triple-overtime Tiger victory. Was forced to miss the SEC Championship Game versus Tennessee the following week, but returned to lead LSU to the National Title versus Ohio State tying a school record with four TD passes in the 38-24 victory. Played a reserve role at QB in seven games as a junior. Threw for 133 yards and two TDs with one INT. Played in seven games at QB as a sophomore in 2005 and totaled 457 yards completing 24 of 48 attempts with seven TDs and one INT. As a redshirt freshman, served as the Tigers' No. 3 QB and played in all 12 games, seeing action at QB in three contests.

PERSONAL: One of the top-rated QBs in the state at Robert E. Lee High in Tyler, Texas. Ranked the No. 20 QB in the country by multiple services. Threw for 1,679 yards and nine TDs while also showing versatility with 305 yards rushing and 12 TDs. Led team to a semi-final appearance in one of the toughest classifications in Texas with a broken foot for the last four games. Father, Alvin, was a three-year letterwinner (1967-69) at QB at Baylor. Majored in general studies.

FLYNN'S NFL RECORD

PASSING											
Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2008	Green Bay	7/0	5	2	6	40.0	0	0	3	0/0	47.9
2009	Green Bay	15/0	12	7	58	58.3	0	1	17	1/6	36.1
2010	Green Bay	7/1	66	40	433	60.6	3	2	66t	7/38	82.4
2011	Green Bay	5/1	49	33	518	67.3	6	2	80t	5/18	124.8
2012	Seattle	0/0	0	0	0	0.0	0	0	0	0/0	0.0
NFL TOTALS		34/2	132	82	1,015	62.1	9	5	80t	13/62	92.8

RUSHING							
Year	Club	G/S	Att	Yds	Avg	LG	TD
2008	Green Bay	7/0	4	4	1.0	6	0
2009	Green Bay	15/0	5	-5	-1.0	-1	0
2010	Green Bay	7/1	9	26	2.9	12	0
2011	Green Bay	5/1	13	-6	-0.5	3t	1
2012	Seattle	0/0	0	0	0.0	0	0
NFL TOTALS		34/2	31	19	0.6	12	1

POSTSEASON

PASSING											
Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2009	Green Bay	0/0	0	0	0	0.0	0	0	0	0/0	0.0
2010	Green Bay	1/0	0	0	0	0.0	0	0	0	0/0	0.0
2011	Green Bay	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

RUSHING							
Year	Club	G/S	Att	Yds	Avg	LG	TD
2009	Green Bay	0/0	0	0	0.0	0	0
2010	Green Bay	1/0	1	-1	-1.0	-1	0
2011	Green Bay	0/0	0	0	0.0	0	0
NFL TOTALS		1/0	1	-1	-1.0	-1	0

SINGLE-GAME HIGHS

Attempts:	44 vs. Detroit	(1/1/12)
Completions:	31 vs. Detroit	(1/1/12)
Completion %:*	70.5 (31/44) vs. Detroit	(1/1/12)
Yards:	480 vs. Detroit	(1/1/12)
Longest, No TD:	40 vs. Detroit	(1/1/12) to James Jones
Longest TD:	80t vs. Detroit	(1/1/12) to Ryan Grant
Most TDs:	6 vs. Detroit	(1/1/12)
Interceptions:	1, 5 Times, Last vs. Detroit	(1/1/12)
Rushes:	4 vs. Minnesota	(11/14/11)
Rushing Yds.:	13 at New England	(12/19/10)
Longest Rush:	12 at Detroit	(12/12/10)
Rushing TD:	1 vs. Minnesota	(11/14/11)

*Min. 20 attempts

FLYNN'S GAME-BY-GAME PASSING

2008

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/14	at Detroit	(P)	0	0	0	0.0	0	0	0	0/0		0.0
09/28	at Tampa Bay	(P)	5	2	6	40.0	0	0	3	0/0		47.9
11/24	at New Orleans	(P)	0	0	0	0.0	0	0	0	0/0		0.0
12/07	Houston	(P)	0	0	0	0.0	0	0	0	0/0		0.0
12/14	at Jacksonville	(P)	0	0	0	0.0	0	0	0	0/0		0.0
12/22	at Chicago	(P)	0	0	0	0.0	0	0	0	0/0		0.0
12/28	Detroit	(P)	0	0	0	0.0	0	0	0	0/0		0.0
TOTALS		(7/0)	5	2	6	40.0	0	0	3	0/0		47.9

2009

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/13	Chicago	(P)	0	0	0	0.0	0	0	0	0/0		0.0
09/20	Cincinnati	(P)	0	0	0	0.0	0	0	0	0/0		0.0
09/27	at St. Louis	(P)	0	0	0	0.0	0	0	0	0/0		0.0
10/05	at Minnesota	(P)	0	0	0	0.0	0	0	0	0/0		0.0
10/18	Detroit	(P)	0	0	0	0.0	0	0	0	0/0		0.0
10/25	at Cleveland	(P)	2	1	12	50.0	0	0	12	0/0		68.8
11/01	Minnesota	(P)	1	1	3	100.0	0	0	3	0/0		79.2
11/08	at Tampa Bay	(P)	0	0	0	0.0	0	0	0	0/0		0.0
11/15	Dallas	(P)	0	0	0	0.0	0	0	0	0/0		0.0
11/22	San Francisco	(P)	0	0	0	0.0	0	0	0	0/0		0.0
11/26	at Detroit	(P)	0	0	0	0.0	0	0	0	0/0		0.0
12/07	Baltimore	(P)	0	0	0	0.0	0	0	0	0/0		0.0
12/13	at Chicago	(P)	0	0	0	0.0	0	0	0	0/0		0.0
12/20	at Pittsburgh		Did Not Play									
12/27	Seattle	(P)	6	4	36	66.7	0	0	17	0/0		82.6
01/03/10	at Arizona	(P)	3	1	7	33.3	0	1	7	1/6		2.8
TOTALS		(8/0)	21	14	201	66.7	1	0	34t	0/0		113.4
01/10/10	at Arizona		Did Not Play									
PLAYOFF TOTALS		(0/0)	0	0	0	0.0	0	0	0	0/0		0.0

2010

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
10/24	Minnesota	(P)	1	0	0	0.0	0	0	0	0/0		39.6
11/07	Dallas	(P)	1	0	0	0.0	0	0	0	0/0		39.6
11/21	at Minnesota	(P)	1	1	5	100.0	0	0	5	0/0		87.5
12/05	San Francisco	(P)	0	0	0	0.0	0	0	0	0/0		0.0
12/12	at Detroit	(P)	26	15	177	57.7	0	1	32	2/13		62.5
12/19	at New England	(S)	37	24	251	64.9	3	1	66t	5/25	L	100.2
12/26	N.Y. Giants	(P)	0	0	0	0.0	0	0	0	0/0		0.0
TOTALS		(7/1)	66	40	433	60.6	3	2	66t	7/38	0-1	82.4
01/09/11	at Philadelphia		Did Not Play									
01/15/11	at Atlanta	(P)	0	0	0	0.0	0	0	0	0/0		0.0
01/12/11	at Chicago		Did Not Play									
02/06/11	Pittsburgh		Did Not Play									
PLAYOFF TOTALS		(1/0)	0	0	0	0.0	0	0	0	0/0		0.0

2011

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
10/02	Denver	(P)	1	0	0	0.0	0	1	0	0/0		0.0
11/14	Minnesota	(P)	2	2	38	100.0	0	0	31	0/0		118.8
12/11	Oakland	(P)	2	0	0	0.0	0	0	0	1/6		39.6
12/25	Chicago	(P)	0	0	0	0.0	0	0	0	1/1		0.0
01/01/12	Detroit	(S)	44	31	480	70.5	6	1	80t	3/11	W	136.4
TOTALS		(5/1)	49	33	518	67.3	6	2	80t	5/18	1-0	124.8
01/15/12	N.Y. Giants		Did Not Play									
PLAYOFF TOTALS		(0/0)	0	0	0	0.0	0	0	0	0/0		0.0

FLYNN'S 2012 SEASON

at Ariz (9/9): Did not see action. Dal (9/16): Did not see action. GB (9/24): Did not see action.
at StL (9/30): Did not see action. at Car (10/7): Did not see action.

PASSING

2012

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
9/9	at Arizona	0/0	0	0	0	0.0	0	0	0	0/0		0.0
9/16	Dallas	0/0	0	0	0	0.0	0	0	0	0/0		0.0
9/24	Green Bay	0/0	0	0	0	0.0	0	0	0	0/0		0.0
9/30	at St. Louis	0/0	0	0	0	0.0	0	0	0	0/0		0.0
10/7	at Carolina	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
CAREER TOTALS		(34/2)	132	82	1,015	62.1	9	5	80t	13/62	1-1	92.8
CAREER PLAYOFF TOTALS		(1/0)	0	0	0	0.0	0	0	0	0/0	0-0	0.0

W/L record reflects games started only

RUSHING

Date	Opponent	P/S	Att	Yds	Avg	LG	TD
9/9	at Arizona	0/0	0	0	0.0	0	0
9/16	Dallas	0/0	0	0	0.0	0	0
9/24	Green Bay	0/0	0	0	0.0	0	0
9/30	at St. Louis	0/0	0	0	0.0	0	0
10/7	at Carolina	0/0	0	0	0.0	0	0
TOTALS		(0/0)	0	0	0.0	0	0
CAREER TOTALS		(34/2)	31	19	0.6	12	1
CAREER PLAYOFF TOTALS		(1/0)	1	-1	-1.0	-1	0



HOW ACQUIRED: Signed by Seattle from Green Bay's practice squad on September 28, 2010.

NFL CAREER HIGHLIGHTS:

- Originally drafted by the Green Bay Packers in the fifth round (150th overall) in the 2008 NFL Draft. Played two seasons for the Packers before being released following training camp on September 4, 2010. He was signed to the practice squad the following day.
- Received first extensive playing opportunity in 2011 and saw action in 15 games, starting eight - all at right tackle. Helped Marshawn Lynch lead the NFC in rushing over the final seven games - all games he started. Also helped Lynch post a club record scoring at least one TD in 10 consecutive games. Blocked dutifully against San Francisco (12/24), who hadn't allowed a 100-yard rusher in 36 games (Lynch totaled 107) or a rushing score (Lynch had one) in 15 games dating to 2010.
- Was active for one game, but did not play, in 2009 and inactive for 15, plus the NFC Wild Card playoff game. Was active for two games, making his NFL debut at Detroit (9/14/08).

COLLEGE: Converted tight end who didn't become a full-time tackle until his senior season at Louisville. Split time at tight end and

tackle for his first three seasons at Louisville. Helped protect Brian Brohm on his way to setting a school record with 30 touchdown passes and 4,204 yards as a senior, which is second-best in Louisville single-season history.

PERSONAL: Three-year starter at Malden High and earned Greater Boston League all-star honors as a senior. Played both defensive end and linebacker. Started his freshman and sophomore years, but didn't play football as a junior to concentrate on basketball. Four-year letter winner in basketball and was the second-leading scorer in the league as a senior at 21.0 points per game. Sold hot dogs as a senior in high school at Fenway Park. Majored in Sports Administration. Born on September 27, 1985.

GIACOMINI'S NFL RECORD

Year	Team	GP/GS	Postseason
2008	Green Bay	1/0	
2009	Green Bay	0/0	
2010	Seattle	0/0	0/0
2011	Seattle	15/8	
2012	Seattle	5/5	
NFL TOTALS		21/13	0/0

GIACOMINI'S 2012 SEASON

Part of an offensive line that has helped elevate Seattle's rushing attack to one of the top in the NFL since Week 9 of 2011. Seattle ranks 6th in the NFL (2nd NFC) averaging 136.6 yards/game during that span of 14 games. Lynch ranks third in the NFL in 2012 in rushing. **at Ariz (9/9):** Started at RT and helped team rush for 115 yards. **Dal (9/16):** Helped pave the way for 182 rushing yards, 149 in the second half. Total was the most since piling up 245 vs. St. Louis on September 21, 2008. Helped Lynch top 100 yards (122) for the seventh time in the last 11 games. **GB (9/24):** Started at right tackle. **at StL (9/30):** Started at RT and help Seattle total 179 rushing yards. **at Car (10/7):** Started at RT. Replaced by Frank Omiyale late in the first half following an unnecessary roughness penalty, but returned the following series.



HOW ACQUIRED: Signed as a free agent on September 18, 2012.

NFL CAREER HIGHLIGHTS:

- Originally signed by the New Orleans Saints as an undrafted rookie free agent on May 4, 2009. Participated on the Saints practice squad until signing to the St. Louis Rams active roster November 3, 2009. Was waived by the Rams before the start of training camp in 2010 and spent most of training camp with the Saints. Was waived toward the end of camp by the Saints and signed to the Baltimore Ravens practice squad September 23 where he spent most of the 2010 season. Started the 2011 season on the Ravens practice squad before signing to the 53-man roster September 17. Was waived by the Ravens following training camp in 2012.

- Saw action in three games with one start for the Rams in 2009.

- Started 11 games and totaled 10 tackles in a reserve role in 2011 for the Ravens.

COLLEGE: Appeared in 42 career games (28 starts) at Texas A&M, while recording 141 tackles

(73 solo), 13 passes defended, 2.0 sacks, an interception and two forced fumbles. Played in 11 games senior year, starting four at cornerback. Registered 29 tackles (18 solo), 2.0 sacks and two passes defended. Started first seven games as a junior before suffering a season-ending knee injury. Recorded 30 tackles (14 solo) and 1 pass defended. Started all 13 games as a sophomore, tallying 52 tackles (26 solo) and one interception. Saw action in all 11 games (four starts) as a redshirt freshman, posting 30 tackles (15 solo), seven passes defended and one forced fumble. Redshirted in 2004. Graduated with a degree in agricultural leadership and development in December 2008.

PERSONAL: Prepped at Memorial (Port Arthur, Texas) High School, where he recorded 68 tackles, 9 interceptions and 2TDs as a senior. Selected to the Associated Press All-State second team. Named first-team All-Greater Houston Area, first-team Port Arthur News Super Teams, first-team Beaumont Enterprise Super Gold Team and first-team All-District. Won the 2003 5A state championship 4x400-meter relay as a senior.

GORRER'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							FF			Yds
		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD				
2009 St. Louis	3/1	7	4	3	0.0	0.0		0	0	0.0	0	0	1	0	0	0	0
2010 Baltimore	Practice Squad																
2011 Baltimore	11/0	10	7	3	0.0	0.0		0	0	0.0	0	0	5	0	0	0	0
2012 Seattle	0/0	0	0	0	0.0	0.0		0	0	0.0	0	0	0	0	0	0	0
NFL TOTALS	14/1	17	11	6	0.0	0.0		0	0	0.0	0	0	6	0	0	0	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions							FF			Yds
		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD				
2011 Baltimore	2/0	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

GORRER'S SINGLE-GAME HIGHS

Tackles: 6, at Arizona (12/27/09)
Sacks: None
Interceptions: None

FF: None
FR: None

ADDITIONAL STATS

Special Team Tackles: 2011 (2); **Career:** 2.

GORRER'S 2012 SEASON

Signed as a free agent by Seattle September 18. **GB (9/24)**: Inactive in first game with the Seahawks. **at StL (9/30)**: Inactive. **at Car (10/7)**: Inactive.

GORRER'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
GB (9/24)		Inactive											
at StL (9/30)		Inactive											
at Car (10/7)		Inactive											
Totals	0/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0

P = Participation



CLINT GRESHAM

Position Long Snapper
Height 6-3
Weight 240
College Texas Christian
NFL Seasons 3rd
Seahawks Seasons 3rd
Born August 24, 1986
Hometown . Corpus Christi, Tx.

49

HOW ACQUIRED: Signed with Seattle as a free agent on August 1, 2010.

NFL CAREER HIGHLIGHTS:

- Originally signed with New Orleans as an undrafted free agent May 7, 2010, before being released on July 31, 2010.
- Has handled snapping duties in 32 consecutive games for Seattle from 2010-11.

COLLEGE: Served as the Horned Frogs' snapper for three seasons, playing in 38 career games and making eight tackles. The only snapper invited to the NFL Combine. Played in the Texas vs. the Nation All-Star Challenge. Started all 13 games in first year as the Frogs' deep snapper as a sophomore. TCU did not have a punt blocked after surrendering three the previous season. Played at Oklahoma as a

freshman.

PERSONAL: Named first-team all-district and second-team all-metro selection as a senior. Also third-team All-South Texas. Lettered three years in football and two in track & field. An entrepreneurial management major with a minor in communications. His father played football at Texas from 1974-76, a cousin, Phil Pratt, played at Oklahoma in the 1960s.

GRESHAM'S NFL RECORD

Year	Team	GP/GS	Postseason
2010	Seattle	16/0	2/0
2011	Seattle	16/0	
2012	Seattle	5/0	
NFL TOTALS		37/0	2/0

GRESHAM'S ADDITIONAL STATS

Special Team Tackles: 2010 (1), 2011 (1), 2012 (1) ; **Career:** (3).

GRESHAM'S 2012 SEASON

at Ariz (9/9): Handled snapping duties and had one special teams stop. **Dal (9/16)**: Handled snapping duties. **GB (9/24)**: Handled snapping duties. **at StL (9/30)**: Handled snapping duties. **at Car (10/7)**: Handled snapping duties.



WINSTON GUY

PositionSafety
Height 6-1
Weight 218
College Kentucky
NFL Seasons Rookie
Seahawks Seasons Rookie
Born April 23, 1990
Hometown Lexington, Ky.

27

HOW ACQUIRED: Drafted with the second of two sixth-round draft choices (181st overall) in the 2012 NFL Draft.

COLLEGE: A three-year starter at Kentucky, Guy played in 50 games with 34 starts, recording 283 tackles, five interceptions, 18 tackles for loss, seven passes defended, one forced fumble and one fumble recovery. Played a different position each year; cornerback as a freshman, free safety as a sophomore, strong safety as a junior and hybrid safety/linebacker as a senior.

Senior: Started all 11 games played and finished second in the SEC with 106 tackles and fifth in the SEC with 12 tackles for loss. Posted seven double-digit tackle games including a season-high 14 vs. South Carolina. Recorded 12 tackles at No. 1 LSU. Tallied one of best career games with 10 tackles, 2.5 tackles for loss and two interceptions vs. Western Kentucky, being named National Defensive Back of the Week. Served as game captain on four occasions.

Junior: Started 12 of 13 games played and recorded 106 tackles, good for second on the team and ranking third in tackles per game in the SEC. Named All-SEC second-team by CollegeFootballNews.com. Also posted a career-high three interceptions to lead the team. Had back-to-back career highs with 16 tackles in the win over Charleston Southern and 18 stops in the victory over Vanderbilt. His 18-tackle performance against Vanderbilt was the highest by a UK player since Wesley Woodyard in 2005. Also hit double figures with 10 tackles, plus a pickoff, in the upset of South Carolina.

Sophomore: Played in all 13 games, starting 11,

collecting 60 tackles, with 11 in the win over Louisville. Broke up five passes. Returned four kickoffs for a 14.5-yard average.

Freshman: Played in all 13 games and became the team's primary kickoff returner following an injury to Derrick Locke. Had 10 returns for a 29.1-yard average, including a 96-yard runback against Georgia that is the longest non-scoring kickoff return in school history. Made 11 tackles, mostly in special-teams coverage.

PERSONAL: First-team all-state defensive back as chosen by The Associated Press and Louisville Courier-Journal at Catholic High School. Named to the Lexington Herald-Leader "Class of the Commonwealth" listing of the top-22 seniors in the state. Helped lead Lexington Catholic to a 13-2 record and Class AAAA state championship as a senior. Senior defensive statistics featured 75 tackles, 18.5 tackles for loss, 7.5 quarterback sacks, 10 QB hurries, two caused fumbles, and two blocked kicks. Offensive stats included 24 carries for 267 yards and six touchdowns, along with 16 pass receptions for 215 yards and two scores. Also had two kick returns for touchdowns. Set a school career record with 19.5 sacks. Team also won the state title in Class AAA his sophomore season. Competed in the 100-meter dash, 4x100- and 4x400-meter relays and the long jump for the track and field team. Won the state championship in the 100 and the 4x100 relay as a senior. Also played two years of basketball. Father, Winston Sr., played college football at Kentucky State University. Majored in community communications and leadership development.

GUY'S 2012 SEASON

at Ariz (9/9): Saw action at safety in the big nickel package and on special teams. **Dal (9/16):** Inactive. **GB (9/24):** Inactive. **at StL (9/30):** Inactive. **at Car (10/7):** Inactive.

GUY'S 2012 GAME-BY-GAME														
Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.	
at Ariz (9/9)	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	
Dal (9/16)		Inactive												
GB (9/24)		Inactive												
at StL (9/30)		Inactive												
at Car (10/7)		Inactive												
Totals	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	

P = Participation



Position Kicker
Height 6-4
Weight 210
College North Carolina St.
NFL Seasons 5th
Seahawks Seasons 2nd
Born June 29, 1985
Hometown . . . Needham, Mass.
Pronunciation howsh-KUH

4

PERSONAL: Played soccer at Needham (Mass.) High School. Also played soccer and lacrosse at Middlebury, earning a degree in neuroscience.

HAUSCHKA'S NFL RECORD

KICKING

	Club	G	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+	FG%	LG	Pts
2008	Baltimore	8	0-0	1-2	0-0	0-0	0-0	0-0	1-2	50.0	54	3
2009	Baltimore	9	27-28	9-13	0-0	1-1	5-7	3-5	0-0	69.2	44	54
2010	Denver	4	10-10	6-7	0-0	1-1	3-3	2-3	0-0	85.7	49	28
2011	Seattle	16	34-34	25-30	2-2	5-6	9-10	7-8	2-4	83.3	52	109
2012	Seattle	5	8-8	10-11	0-0	4-4	4-4	2-2	0-1	90.9	47	38
	NFL TOTALS	42	79-80	51-63	2-2	11-12	21-24	14-18	3-7	80.9	54	232

POSTSEASON

Club	G	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+	FG%	LG	Pts
2008 Baltimore	3	Kickoffs Only									
NFL TOTALS	3	0-0	0-0	0-0	0-0	0-0	0-0	0-0	0.0	0	0

HAUSCHKA'S SINGLE-GAME HIGHS

Consecutive Games with FG: 14 (10/9/11-current)

ADDITIONAL STATS

Special Team Tackles: 2009 (1), 2011 (1), 2012 (1); **Career:** (3).

HAUSCHKA'S GAME-BY-GAME KICKING

2008	Opp	Pts	PAT-Att	FG-FGA	Made	2010	Opp	Pts	PAT-Att	FG-FGA	Made
9/7	Cin	0	0-0	0-0		Games 1-12			Not With a Team		
Games 2-7			Practice Squad			12/12	at Ariz	7	1-1	2-3	32, 30
11/2	at Clev		Inactive			12/19	at Oak	11	2-2	3-3	46, 49, 35
11/9	at Hou	3	0-0	1-1	54	12/26	Hou	6	3-3	1-1	27
11/16	at NYG		Kickoffs Only			1/2/11	SD	4	4-4	0-0	
11/23	Phil	0	0-0	0-1		TOTALS		28	10-10	6-7	Long: 49

12/20	at Dal	Inactive	2011	Opp	Pts	PAT-Att	FG-FGA	Made
12/28	Jax	Kickoffs Only	9/11	at Pitt	5	2-2	1-1	39
TOTALS	3	0-0	1-2	Long: 54	9/18	at SF	0	0-0
1/4	at Mia	Kickoffs Only	9/25	Ariz	7	1-1	2-2	30,52
1/10	at Ten	Kickoffs Only	10/2	Atl	4	4-4	0-1	
1/18	at Pitt	Kickoffs Only	10/9	at NYG	10	4-4	2-2	51,43
TOTALS	Kickoffs Only		10/23	at Clev	3	0-0	1-1	20

2009	Opp	Pts	PAT-Att	FG-FGA	Made	11/6	at Dal	7	1-1	2-3	45,32
9/13	KC	8	5-5	1-2	44	11/13	Balt	16	1-1	5-5	22,38,39,35,30
9/20	at SD	7	4-4	1-1	33	11/20	at StL	6	3-3	1-1	19
9/27	Clev	10	4-4	2-2	36,33	11/27	Wash	5	2-2	1-2	36
10/4	at NE	3	3-3	0-0		12/1	Phi	7	4-4	1-1	49
10/11	Cin	2	2-2	0-0		12/12	StL	12	3-3	3-4	42,23,48
10/19	at Min	7	4-4	1-2	29	12/18	at Chi	8	5-5	1-1	33
11/1	Den	12	3-3	3-3	43, 35, 31	12/24	SF	5	2-2	1-1	19
11/9	at Cin	1	1-1	0-1		1/1/12	at Ariz	8	2-2	2-3	43, 26
11/16	at Clev	4	1-2	1-2	44	TOTALS		109	34-34	25-30	Long: 52
1/3/10	at TB		Inactive								
TOTALS		54	27-28	9-13	Long: 44						

HAUSCHKA'S 2012 SEASON

Set record with at least one made field goal in 14-consecutive games. Was snapped 9/24 vs. Green Bay. Passed Todd Peterson (12, 1997-98) for the longest streak in team history. **at Ariz (9/9):** Connected on three of four FG attempts. Had a 50-yard attempt tipped and fall short on the Seahawks opening drive, but gave the team a 16-13 fourth-quarter lead on a 39-yard effort. **Dal (9/16):** Connected on a pair of field goals (21, 25). **GB (9/24):** Had record for consecutive games with a field goal (14) snapped. Did not have an attempt, but converted both PATs. **at StL (9/30):** Connected on both field goal attempts. **at Car (10/7):** Connected on all three field goal attempts.

2012	Opp	Pts	PAT-Att	FG-FGA	Made
9/9	at Ariz	10	1-1	3-4	27, 47, 39
9/16	Dal	9	3-3	2-2	21, 25
9/24	GB	2	2-2	0-0	
9/30	at StL	7	1-1	2-2	31, 30
10/7	at Car	10	1-1	3-3	22, 36, 44
TOTALS		38	8-8	10-11	Long: 47



HOW ACQUIRED: Selected with the 35th choice (98th overall) in the third round of the 2005 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Played and started all 16 games for the first time of career in 2011 totaling 89 tackles and 4.0 sacks.
- In 2010, played at Denver (9/19/10) on special teams and injured calf. Placed on injured reserve October 1.
- Scored first-career touchdown on a 20-yard fumble return vs. Baltimore (12/23/07).
- Set career-high with 12 tackles (nine solo) at San Francisco (10/26/08).
- Finished third on the team with a career-high 92 tackles (70 solo) in 2006.
- Played in 15 games, with nine starts as one-of-two starting rookie linebackers (Lofa Tatupu) in 2005.
- Set a Seattle record with 7.5 sacks by a rookie linebacker and third among all NFL rookies in that category (SD's Shawne Merriman 9.0 and Dallas' Demarcus Ware 8.0).

- Moved in to the starting lineup vs. St. Louis (11/13/05) when Jamie Sharper went down for the season (knee).

- Started all three games in the postseason in 2005. Had nine tackles (six solo) vs. Washington (1/14/06), six (four solo) vs. Carolina (1/22/06) and eight (seven solo) in Super Bowl XL vs. Pittsburgh (2/5/06).

COLLEGE: First player, regardless of position since 1999-00, to earn first-team All-ACC honors in consecutive years. Started 24 of 47 collegiate games. Finished with 311 tackles (219 solo), 16 sacks, 48 tackles for loss, three interceptions, two forced fumbles, a fumble recovery, and four passes defended. As a senior, named ACC Defensive Player of Year and All-ACC first-team while starting every game (11) at strongside linebacker.

PERSONAL: Attended Baldwin High. Was Class 5A all-state pick junior and senior year. Named Region Defensive Player of Year while earning all-area, all-conference, and all-region honors both junior and senior seasons. Recorded 150 tackles as a senior. Majored in management.

HILL'S SINGLE-GAME HIGHS

Tackles: 12 at San Francisco (10/26/08) **FF:** 1, 8 Times, Last vs. Arizona (9/25/11)
Sacks: 1.5 at Arizona (11/6/05) and at Phi (12/5/05) **FR:** 1, vs. NYG (9/24/06) and vs. Balt. (12/23/07)
Int.: None **TDs:** 1, 20-yard fumble return vs. Balt. (12/23/07)

ADDITIONAL STATS

Special Teams Tackles: 2005 (5); **Career:** (5).

HILL'S 2012 SEASON

at Ariz (9/9): Had three tackles (2 solo) and a QB hit. **Dal (9/16):** Posted five tackles (3 solo). **GB (9/24):** Posted five tackles (2 solo). **at StL (9/30):** Had one solo tackle. **at Car (10/7):** Posted 2 tackles (1 solo).

HILL'S 2012 GAME-BY-GAME

Game	P/S	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/1	3	2	1	0.0	0.0	1	0	0	0	0	0	0
Dal (9/16)	1/1	5	3	2	0.0	0.0	0	0	0	0	0	0	0
GB (9/24)	1/1	5	2	3	0.0	0.0	0	0	0	0	0	0	0
at StL (9/30)	1/1	1	1	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/1	2	1	1	0.0	0.0	0	0	0	0	0	0	0
Totals	5/5	16	9	7	0.0	0.0	1	0	0	0	0	0	0

P = Participation

HILL'S NFL RECORD

		Tackles			Sacks		Interceptions							
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2005 Seattle	15/9	67	48	19	7.5	36.5	0	0	0.0	0	0	2	2	0 0
2006 Seattle	15/15	92	70	22	2.0	19.0	0	0	0.0	0	0	2	2	1 4
2007 Seattle	14/14	81	58	23	3.0	33.0	0	0	0.0	0	0	4	3	1t 20
2008 Seattle	12/12	81	61	20	1.0	2.0	0	0	0.0	0	0	3	0	0 0
2009 Seattle	11/11	46	39	7	1.0	13.0	0	0	0.0	0	0	0	0	0 0
2010 Seattle	1/0	Special Teams Only												
2011 Seattle	16/16	89	68	21	4.0	32.0	0	0	0.0	0	0	0	1	0 0
2012 Seattle	5/5	16	9	7	0.0	0.0	0	0	0	0	0	0	0	0 0
NFL TOTALS	89/82	472	353	119	18.5	135.5	0	0	0.0	0	0	11	8	2 24

POSTSEASON

		Tackles			Sacks		Interceptions							
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2005 Seattle	3/3	23	17	6	0.0	0.0	0	0	0.0	0	0	0	0	0 0
2006 Seattle	2/2	17	12	5	0.0	0.0	0	0	0.0	0	0	0	0	0 0
2007 Seattle	2/2	24	21	3	2.0	8.0	0	0	0.0	0	0	0	1	0 0
NFL TOTALS	7/7	64	50	14	2.0	8.0	0	0	0.0	0	0	0	1	0 0



JAYE HOWARD
Position Defensive Tackle
Height 6-3
Weight 301
College Florida
NFL Seasons Rookie
Seahawks Seasons Rookie
Born December 20, 1988
Hometown Apopka, Fla.

94

HOW ACQUIRED: Drafted with the second of two fourth-round choices (114th overall) in the 2012 NFL Draft.

COLLEGE: Played in 45 games as a Gator, making 25 starts with 131 tackles (80 solo), 25.5 tackles for loss, 11.0 quarterback sacks, two pass breakups and three fumble recoveries during his time at UF.

RS Senior: Started all 13 games at defensive tackle in his senior season. Finished tied for second on the team with 10.0 tackles for loss, totaling a team-best 64 yards, and 5.5 sacks, for a team-high 50 yards. Tied for the team lead with four QB hurries, and tops on the Gators with two fumble recoveries, including a 2-yard touchdown return against Kentucky. Fourth on the team with 65 tackles on the year. Voted Team Captain by his teammates. Had four total tackles in the season opener, with 1.5 tackles for a loss and a 12-yard sack, to earn him the first SEC Defensive Lineman of the Week honor of the year.

RS Junior: Appeared in 11 games, starting eight and missing Georgia and Vanderbilt with a right ankle sprain. Started at defensive tackle vs. Miami University, USF, LSU and Penn State. Started at defensive end in Florida's victories over Tennessee and Kentucky, at Alabama and vs. Mississippi State. Wore jersey number 62 at

Alabama in tribute to former Gators player Lamar Abel, a former walk-on who was part of the 2008 Florida National Championship team. Abel passed away on May 22, 2010. Had 29 tackles on the season with 10.0 tackles for loss.

RS Sophomore: Saw time in 12 games for the Gators during his redshirt sophomore campaign, including four starts versus Charleston Southern, Tennessee, FIU and FSU. Notched 29 tackles, 18 solo, 11 assisted, 3.0 tackles for loss and 1.5 quarterback sacks in 2009. Led the Florida defense, for the second time in 2009, with a career-high 10 tackles in the 2009 SEC Championship Game versus Alabama.

RS Freshman: Played in nine of UF's games during the season. Recorded eight tackles (six solo), 2.5 tackles-for-loss, 1.5 quarterback sacks and one fumble recovery. Played a role in Florida's 2008 SEC Championship Title, recording two tackles in the 31-20 win over Alabama.

PERSONAL: Rated ninth among defensive ends by ESPN.com after playing at Jones High School. Played both defensive end and linebacker in high school. During his senior year, had 8.0 sacks, 15 tackles and four fumble recoveries. As a junior, he collected 116 tackles, including 20 for a loss, and totaled 10 sacks. Also played basketball in high school and led Jones to the Class 3A state title.

HOWARD'S 2012 SEASON

at Ariz (9/9): Inactive. **Dal (9/16):** Inactive. **GB (9/24):** Inactive. **at StL (9/30):** Inactive. **at Car (10/7):** Inactive (foot).

HOWARD'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	0/0	Inactive											
Dal (9/16)	0/0	Inactive											
GB (9/24)	0/0	Inactive											
at StL (9/30)	0/0	Inactive											
at Car (10/7)	0/0	Inactive (foot)											
Totals	0/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0

P = Participation



BRUCE IRVIN
Position Defensive End
Height 6-3
Weight 248
College West Virginia
NFL Seasons Rookie
Seahawks Seasons Rookie
Born November 1, 1987
Hometown Atlanta, Ga.

51

HOW ACQUIRED: Selected with the 15th overall pick in the 2012 NFL Draft. Fifth defensive end chosen in the first round in club history (Last: Lawrence Jackson, 2008). Second player drafted out of West Virginia in club history (Owen Schmitt, 2008).

COLLEGE: Made six starts in 26 games at West Virginia, recording 61 tackles (45 solo), 22.5 sacks, 29 tackles for losses totaling 179 yards, four quarterback pressures, five forced fumbles and one pass defended. His 22.5 sacks went for minus 159 yards and after just two seasons ranked fifth in school history.

Senior: Started the team's first five games at weak-side defensive end, playing in all 13 games and leading the team with 8.5 sacks (tied for fourth in the Big East). Named All-Big East Conference first-team by the league's coaches, his 8.5 sacks went for minus 71 yards and he recorded 15 tackles for losses of 91 yards, placing him fourth on the school season-record list. Ended the season ranked ninth on the team with 40 tackles (27 solo), while adding two quarterback pressures and forcing three fumbles.

Junior: Played in all 13 games as a reserve weak-side defensive end, seeing 225 snaps as he led the Big East conference and ranked second in the nation with 14 sacks, good for the third-best season-total in school history. Named All-Big East Conference second-team by the league's coaches and selected All-American honorable mention by Sports Illustrated. His 14

sacks went for minus 81 yards and he totaled 21 tackles (18 solo) with two quarterback pressures, two forced fumbles and a pass defended. A key part of WVU's rush defense that ranked second in the nation, allowing 86.46 yards per game and ranked third in both total defense (261.08 ypg) and scoring defense (13.54 ypg).

Junior College: Played one season for Mt. San Antonio Junior College and guided the team to a 13-1 record in 2009, sealing conference, state and national championships. Named first-team All-American by JC Athletic Bureau (LB) and Triumphant Sports (DE) and was named Player of the Year in the All-California Region III. Was the team's second-leading tackler with 72 stops (45 solo) and led the state with 16 sacks for minus 129 yards, while making 21 tackles for losses of 151 yards. Accrued 10 quarterback pressures, five passes defended, blocked a kick, forced three fumbles and recovered one more that he returned 96 yards for a touchdown. Named Scout.com's junior college second-ranked player overall after the season.

PERSONAL: Attended Stockbridge High School in Atlanta, Georgia and played three games as a wide receiver during his sophomore year. Transferred to Stephenson High School in Stone Mountain, Georgia, but never played football. Received his GED diploma. A sociology and anthropology major at West Virginia. Son of Bessie and Rufus Lee.

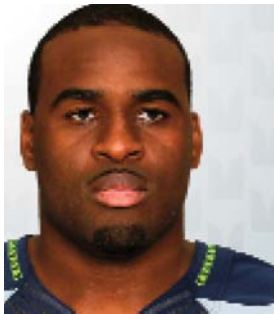
IRVIN'S 2012 SEASON

Leads all NFL rookies with 4.5 sacks and ranks fifth in the NFC overall (12th NFL). **at Ariz (9/9):** Saw action at DE and had a QB hit. **Dal (9/16):** Registered first sack, splitting one with Jason Jones in the fourth quarter. **GB (9/24):** Posted 2.0 sacks and three QB hits. Contributed to a total of 8.0 sacks in the first half, second-most in the first half in NFL history (9.0, N.Y. Giants vs. Chicago, 10/2/10). **at StL (9/30):** Saw action at DE. **at Car (10/7):** Posted two sacks for minus 19 yards, including a sack and FF on the Panthers final drive to end a game-winning TD threat.

IRVIN'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/0	0	0	0	0.0	0.0	1	0	0	0	0	0	0
Dal (9/16)	1/0	1	0	1	0.5	2.0	1	0	0	0	0	0	0
GB (9/24)	1/0	2	2	0	2.0	9.0	3	0	0	0	0	0	0
at StL (9/30)	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/0	2	2	0	2.0	19.0	2	0	0	0	1	0	0
Totals	5/0	5	4	1	4.5	30.0	7	0	0	0	1	0	0

P = Participation



LEMUEL JEANPIERRE

Position Guard/Center
Height 6-3 **Weight** 301
College South Carolina
NFL Seasons 3rd
Seahawks Seasons 3rd
Born May 19, 1987
Hometown Orlando, Fla.
Pronunciation leh-mew-ELL
 zhon-pee-AIR

61

HOW ACQUIRED: Signed to Seattle's practice squad on September 6, 2010, and to the active roster on January 7, 2011.

NFL CAREER HIGHLIGHTS:

- Originally signed with the Kansas City Chiefs as an undrafted free agent on April 25, 2010, before being released following training camp on September 3.
- Signed to Seattle's active roster for the post-season on January 7, 2011, was inactive for both contests.
- Saw action in all 16 games in 2011 on special teams and on the offensive line. Started five games, one at center (at Cleveland, 10/23) and the final four at right guard.

COLLEGE: Played on the defensive side of the ball first two seasons at South Carolina before making the transition to the offensive line in the final week of the 2007 spring session. Played in 36 games (21 starts). As a senior, played in 13 games with eight starts at center and two starts at guard. As a junior, opened the first five games at either left or right guard, but missed the rest of the season after suffering a knee injury. Started five games at right guard after making the transition from defensive line to offensive line in spring practice as a sopho-

more. Saw action in 13 games with one start at defensive tackle as a redshirt freshman. Registered 17 tackles (11 solo), 6.0 stops for loss and 2.0 sacks.

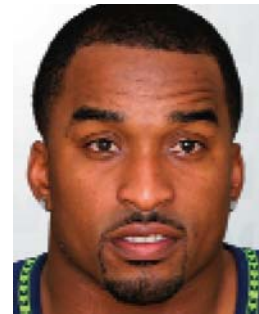
PERSONAL: Played at Timber Creek School in Orlando, Fla. Earned 6A first-team all-state honors. Named first-team All-Orange County as a junior by the Orlando Sentinel after totaling 96 tackles and nine sacks. Played in the Central Florida All-Star Game. Regarded as the 44th-best defensive tackle in the country by Rivals.com and ranked #25 on the Orlando Sentinel's Top 100 players in the state of Florida. Three-year starter on the basketball team. Majored in Retailing and is working on a master's degree in Sport and Entertainment Management at South Carolina. Born on May 19, 1987.

JEANPIERRE'S NFL RECORD

Year	Team	GP/GS	Postseason
2010	Seattle	0/0	0/0
2011	Seattle	16/5	
2012	Seattle	4/0	
NFL TOTALS		20/5	0/0

JEANPIERRE'S 2012 SEASON

at Ariz (9/9): Saw action on special teams. **Dal (9/16):** Saw action on special teams. **GB (9/24):** Inactive. **at StL (9/30):** Saw action on special teams. **at Car (10/7):** Saw action on special teams.



JERON JOHNSON

Position Safety
Height 5-10
Weight 212
College Boise State
NFL Seasons 2nd
Seahawks Seasons 2nd
Born June 12, 1988
Hometown Compton, Calif.

32

HOW ACQUIRED: Signed by Seattle as a rookie free agent on July 26, 2011.

NFL CAREER HIGHLIGHTS:

- Saw action in seven games as a rookie, mainly on special teams.

COLLEGE: Started 44 games for the Broncos and became a cornerstone of the Boise State defense, leading the team in tackles in each of his final three seasons. His efforts earned him all-conference honors three consecutive years. Named to the All-WAC First-Team in 2010 after

recording 82 total tackles (45 solo) and was named All-WAC second-team in 2008 and 2009. He finished his career ranked 12th all-time in career tackles (318) at Boise State.

PERSONAL: Was a four-year letterman at Dominguez High School, where he was named San Gabriel Valley League defensive MVP as both a junior and senior, as well as being named to the Press Telegram Dream Team and earning First-Team All-CIF honors. Majored in communication. Born on June 12, 1988.

JOHNSON'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2011	Seattle	7/0	2	1	1	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0
2012	Seattle	5/0	1	1	0	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0
NFL TOTALS		12/0	3	2	1	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0

JOHNSON'S SINGLE-GAME HIGHS

Tackles: 2 vs. Atlanta (10/2/11)
Sacks: None
Int.: None

FF: None
FR: None

ADDITIONAL STATS

Special Teams tackles: 2011 (4) 2012 (2); **Career:** (6) **Touchdowns:** 2012 (Returned a blocked punt 3 yards for a TD vs. Dallas)

JOHNSON'S 2012 SEASON

at Ariz (9/9): Saw action on special teams and on goal line packages. **Dal (9/16):** Made an impact early in the game returning a Malcolm Smith blocked punt 3 yards for a TD giving Seattle a 10-0 lead with 10:23 remaining in the first quarter. Also saw action as an extra safety in the Big Nickel and goal line situations. **GB (9/24):** Posted one solo tackle and also assisted on a special teams tackle. **at StL (9/30):** Saw action in the Big Nickel package and goal line situations. **at Car (10/7):** Saw action in the Big Nickel and on special teams.

JOHNSON'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0
Dal (9/16)	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0
GB (9/24)	1/0	1	1	0	0.0	0.0	0	0	0	0	0	0	0
at StL (9/30)	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0
Totals	5/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0

Additional Statistics: **Tackles** 2. **Touchdowns:** Returned a blocked punt 3 yards vs. Dallas (9/16) for a TD.

P = Participation



HOW ACQUIRED: Signed by Seattle as an unrestricted free agent on March 21, 2012.

NFL CAREER HIGHLIGHTS:

- Originally selected by the Titans in the second round (54th overall) of the 2008 NFL Draft.
- From the time he entered the NFL in 2008 through the 2011 campaign, Jones is tied for ninth in the league among defensive tackles with 12.5 total sacks.
- In 2010, Jones produced one of the most impressive campaigns by a defensive tackle during the "Titans era" (1999-present). His 12 tackles for loss ranked second among the Titans in that period, trailing only Kevin Carter's 13 in 2001.
- As a rookie in 2008, Jones' five sacks ranked fourth in the NFL among all defensive tackles and was the top number among rookie defensive linemen.
- In a game against Pittsburgh during rookie season (12/21/08), Jones recorded the best single-game sack total by a Titans player since 1993. Totaled 3.5 sacks, a half-sack shy of the franchise record and the most since William Fuller's four sacks against Pittsburgh on Nov. 28, 1993.

COLLEGE: In 45 games for Eastern Michigan Eagles, started 33 times on defense and three times on offense. Collected 175 tackles with 14

sacks and ranked second in school history with 50 stops for losses. As senior in 2007, received third-team All-American and first-team All-MAC honors. Played in all 12 games with 11 starts and finished fourth on the team with 70 tackles. Tied for seventh in the NCAA with a career-high 19.5 stops for losses. As junior (2006), turned in one of the best defensive efforts in the nation recording 18.5 tackles for loss to rank fifth nationally. Named EMU's Most Valuable Player and chosen second-team All-Mid-American Conference at defensive lineman. Started in all 11 games in which he played, missing only one game with leg injury. Started all 11 games on the defensive line and responded with 47 total tackles. As freshman (2004), one of six 2004 recruits that saw action during the season. Began season at tight end before moving to the defensive line midway through the 2004 campaign. Caught four passes for 12 yards. Played in all 11 games with three starts at tight end. Majored in business management.

PERSONAL: Attended Lathrup (Southfield, Mich.) High School and enjoyed an outstanding prep career as a football and basketball player. Was named first-team All-Oakland Athletic Association as a senior, recording 27 tackles, six sacks, four forced fumbles and seven interceptions, three of which were returned for touchdowns. Also caught 25 pass-

es for 395 yards and eight touchdowns as a receiver. Named by the *Detroit News* as the 44th-best player on the Blue Chip list in the state of Michigan. Also added All-Metro North honors. Started as a junior and senior on the school's basketball team and led the hoops squad to the Class A regionals in 2003-04 after

averaging 24 points, 14 rebounds, five assists and two blocks. Was chosen Most Valuable Player in the Motor City Roundball Classic, as he also garnered third-team Class A All-State pick as well as a first-team All-Metro North recognition. Has three brothers, Jamar, Brian and Micheal.

JONES' SINGLE-GAME HIGHS

Tackles: 7, 2 Times, Last at Dallas (10/10/10)
Sacks: 3.5 vs. Pittsburgh (12/21/08)
Int.: None

FF: 2 vs. Pittsburgh (12/21/08)
FR: None

JONES' 2012 SEASON

at Ariz (9/9): Assisted on one tackle and had two passes defended. **Dal (9/16):** Combined for a sack with Bruce Irvin in the fourth quarter. **GB (9/24):** Part of a defensive line that pressured Aaron Rodgers into eight first-half sacks. **at StL (9/30):** Had one sack and a QB hit. **at Car (10/7):** Saw action at DT.

JONES' 2012 GAME-BY-GAME

Game	P/S	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/0	1	0	1	0.0	0.0	0	0	0	2	0	0	0
Dal (9/16)	1/0	1	0	1	0.5	2.0	1	0	0	0	0	0	0
GB (9/24)	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0
at StL (9/30)	1/0	1	1	0	1.0	8.0	1	0	0	0	0	0	0
at Car (10/7)	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0
Totals	5/0	3	1	2	1.5	10.0	2	0	0	2	0	0	0

P = Participation

JONES' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions						
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF
2008 Tennessee	13/3	49	28	21	5.0	31.5	0	0	0.0	0	0	2	2
2009 Tennessee	7/0	21	15	6	4.0	29.0	0	0	0.0	0	0	5	0
2010 Tennessee	15/15	61	36	25	3.5	28.0	0	0	0.0	0	0	4	3
2011 Tennessee	14/13	48	24	24	3.0	21.0	0	0	0.0	0	0	5	1
2012 Seattle	5/0	3	1	2	1.5	10.0	0	0	0.0	0	0	2	0
NFL TOTALS	54/31	182	104	78	17.0	119.5	0	0	0.0	0	0	18	6

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions						
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF
2008 Tennessee	1/0	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0
NFL TOTALS	1/0	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0



JEREMY LANE

PositionCornerback
Height6-0
Weight190
College Northwestern State (La.)
NFL SeasonsRookie
Seahawks SeasonsRookie
BornJuly 14, 1990
HometownTyler, Texas

37

HOW ACQUIRED: Selected with the first of two sixth-round draft choices (172nd overall) in the 2012 NFL Draft.

COLLEGE: Played in 43 games with 14 starts, totaling 137 tackles (57 solo), 24 pass breakups, four interceptions and three fumble recoveries.

Senior: Started at cornerback (10 games, missed 1 with an injury) and had 42 tackles (29 solo), 1.0 sack, two interceptions, three pass breakups, two fumble recoveries and one fumble forced. Posted nine tackles, 1.0 sack at No. 2-ranked LSU on 9/10/11. Team's special teams player of the week vs. Lamar after he downed three punts inside the 10, two inside the 5. Tallied four tackles and an interception in season-ending loss to Stephen F. Austin. Coaches presented him the defensive "Most Improved Award" after the season.

Junior: Had 33 tackles (22 solo) in 11 games with four starts. Had one interception and returned it 15 yards vs. Southeastern Louisiana. Led the team with 12 passes defended and also

recovered a fumble. Posted a season-high seven stops against McNeese State.

Sophomore: Played in nine games and collected 23 tackles. Posted four tackles against Houston, five tackles at Baylor, and three tackles each versus Central Arkansas and McNeese State. Also returned one kick for 13 yards.

Freshman: Recorded 39 tackles (28 solo) in playing all 12 games as a freshman. Also had one interception, a fumble recovery and eight pass breakups - second most on the team. Recorded a career-high eight stops against Stephen F. Austin in the season finale. Had seven stops, all solo, against Sam Houston State. Picked off his only pass of the season at Central Arkansas.

PERSONAL: As a senior, earned first team all-district honors as a defensive back at Tyler High School. Also competed on school's track team in the 400 meters, 200 meters, long jump and on the 4x100 relay team. Majored in criminal justice.

LANE'S 2012 SEASON

at Ariz (9/9): Saw action on special teams. **Dal (9/16):** Inactive. **GB (9/24):** Assisted on one special teams tackle. **at StL (9/30):** Posted one special teams tackle. **at Car (10/7):** Inactive.

LANE'S 2012 GAME-BY-GAME

Game	P/S	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/0	Special Teams Only											
Dal (9/16)		Inactive											
GB (9/24)	1/0	Special Teams Only											
at StL (9/30)	1/0	Special Teams Only											
at Car (10/7)		Inactive											
Totals	3/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0

Additional Statistics: Special Teams Tackles: 2

P = Participation



KREGG LUMPKIN

PositionRunning Back
Height5-11
Weight228
CollegeGeorgia
NFL Seasons5th
Seahawks Seasons1st
BornMay 15, 1984
HometownAlbany, Ga.

20

HOW ACQUIRED: Signed with the Seahawks as an undrafted free agent April 2, 2012.

NFL CAREER HIGHLIGHTS:

- Originally entered the NFL as an undrafted free agent with the Packers on May 2, 2008. Played in two games for Green Bay in 2008 before being placed on injured reserve October 11. Spent 2009 on the Packers practice squad. After going to training camp with the Packers in 2010, was released following training camp and claimed off waivers by Tampa Bay on September 5, 2010.

- First-career action came as a rookie at Detroit (9/14/08).

- In 2011, finished third on the team with 41 receptions for 291 yards. Set a career high with six catches vs. Chicago (10/23).

COLLEGE: Three-year letter winner at the University of Georgia rushing for 1,656 yards and 15 touchdowns on 340 carries during

career. Named to the watch list for the Doak Walker Award, given annually to the nation's premier college running back, prior to the 2007 season. Played in five games as a senior before sustaining a season-ending knee injury. Led the Bulldogs in rushing with 798 yards as a junior. Played in 12 games as a true freshman, finishing second on the team with 523 yards on 112 carries and seven touchdowns, including the game-winning touchdown in overtime against Purdue in the 2003 Capital One Bowl.

PERSONAL: Started all four years at running back at Stephenson High School (Stone Mountain, Ga.), and was rated the second-best running back in the nation by Rivals.com as a senior. Received all-state and all-conference honors in football, as well as earning two letters in track and one in basketball. Married to Ember.

LUMPKIN'S NFL RECORD

	Club	G/S	Rushing					Receiving				
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2008	Green Bay	2/0	1	19	19.0	19	0	3	22	7.3	12	0
2009	Green Bay		Practice Squad									
2010	Tampa Bay	11/0	1	0	0.0	0	0	1	12	12.0	12	0
2011	Tampa Bay	16/0	31	105	3.4	19	0	41	291	7.1	16	0
2012	Seattle	0/0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		29/0	33	124	3.8	19	0	45	325	7.2	16	0

LUMPKIN'S SINGLE-GAME HIGHS

Rushing

Rush Attempts: 8 vs. Chicago (10/23/11)

Rush Yards: 31 vs. Houston (11/13/11)

Longest Rush: 19, 2 Times, Last vs. Houston (11/13/11)

Most Rush TDs: None

Receiving

Most Receptions: 6, vs. Chicago (10/23/11)

Most Rec. Yards: 50 vs. Dallas (12/17/11)

Longest Reception: 16 vs. Houston (11/13/11)

Most Rec. TDs: None

ADDITIONAL STATS

Special Teams Tackles: 2010 (2), 2011 (5); Career: (7).

LUMPKIN'S GAME-BY-GAME

2008	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/14	at Detroit	1	19	19.0	19	0	3	22	7.3	12	0	41	W
9/21	Dallas	0	0	0.0	0	0	0	0	0.0	0	0	0	L
TOTALS (2/0)		1	19	19.0	19	0	3	22	7.3	12	0	41	1-1

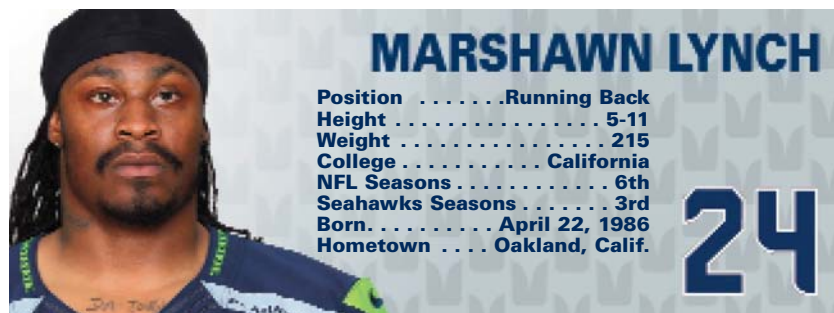
2010	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/19	at Carolina	0	0	0.0	0	0	0	0	0.0	0	0	0	W
9/26	Pittsburgh	0	0	0.0	0	0	0	0	0.0	0	0	0	L
10/24	St. Louis	1	0	0.0	0	0	0	0	0.0	0	0	0	W
11/07	at Atlanta	0	0	0.0	0	0	0	0	0.0	0	0	0	L
11/14	Carolina	0	0	0.0	0	0	0	0	0.0	0	0	0	W
11/21	at San Francisco	0	0	0.0	0	0	0	0	0.0	0	0	0	W
11/28	at Baltimore	0	0	0.0	0	0	0	0	0.0	0	0	0	L
12/05	Atlanta	0	0	0.0	0	0	0	0	0.0	0	0	0	L
12/12	at Washington	0	0	0.0	0	0	0	0	0.0	0	0	0	W
12/19	Detroit	0	0	0.0	0	0	0	0	0.0	0	0	0	L
1/02/11	at New Orleans	0	0	0.0	0	0	1	12	12.0	12	0	12	W
TOTALS (11/0)		1	0	0.0	0	0	1	12	12.0	12	0	12	6-5

2011	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/11	Detroit	0	0	0.0	0	0	1	9	9.0	9	0	9	L
9/18	at Minnesota	0	0	0.0	0	0	0	0	0.0	0	0	0	W
9/25	Atlanta	0	0	0.0	0	0	1	4	4.0	4	0	4	W
10/3	Indianapolis	0	0	0.0	0	0	3	25	8.3	10	0	25	W
10/9	at San Francisco	2	7	3.5	5	0	1	4	4.0	4	0	11	L
10/16	New Orleans	2	13	6.5	9	0	0	0	0.0	0	0	13	W
10/23	Chicago	8	15	1.9	13	0	6	37	6.2	10	0	52	L
11/6	at New Orleans	2	7	3.5	4	0	4	31	7.8	13	0	38	L
11/13	Houston	4	31	7.8	19	0	5	30	6.0	16	0	61	L
11/20	at Green Bay	0	0	0.0	0	0	1	8	8.0	8	0	8	L
11/27	at Tennessee	1	3	3.0	3	0	3	10	3.3	9	0	13	L
12/4	Carolina	2	1	0.5	2	0	0	0	0.0	0	0	1	L
12/11	at Jacksonville	1	4	4.0	4	0	2	18	9.0	10	0	22	L
12/17	Dallas	0	0	0.0	0	0	5	50	10.0	14	0	50	L
12/24	at Carolina	7	24	3.4	9	0	4	38	9.5	15	0	62	L
1/1/12	at Atlanta	2	0	0.0	2	0	5	27	5.4	12	0	27	L
TOTALS (16/0)		31	105	3.4	19	0	41	291	7.1	16	0	396	4-12

LUMPKIN'S 2012 SEASON

Released September 18. **at Ariz (9/9):** Inactive. **Dal (9/16):** Inactive.

2012	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/9	at Arizona	Inactive											
9/16	Dallas	Inactive											
TOTALS (0/0)		0	0	0.0	0	0	0	0	0.0	0	0	0	0-0
CAREER TOTALS (29/0)		33	124	3.8	19	0	45	325	7.2	16	0	449	11-18



HOW ACQUIRED: Traded by Buffalo to Seattle for a 2011 fourth-round draft choice and an undisclosed 2012 choice on October 5, 2010. Re-signed to a multi-year contract in 2012.

NFL CAREER HIGHLIGHTS:

- Originally drafted by Buffalo with the 12th overall selection in the 2007 NFL Draft.
- In 2011, set career highs in rushing yards (1,204), rushing TDs (12) and 100-yard rushing performances (6). Set a club record with at least one TD in 11-straight games breaking Shaun Alexander's 2005 record of nine. Became Seattle's first 1,000-yard rusher since Shaun Alexander set a club-record with 1,880 in 2005.
- Set career high with 32 rushes for 109 yards and a TD vs. Baltimore's (11/13) third-ranked run defense in one of the finest games in 2011. Marked the first time in career rushing for back-to-back 100-yard games. Tied a career high with 58 receiving yards and accounted for 40 yards and the final three first downs on a game-end-

ing drive that consumed the final 5:52 of the clock on a drive that began first-and-20 from Seattle's own 10-yard line. Touched the ball eight of 10 plays before two kneel downs ended the game.

- Rushed for 107 yards on 21 carries and a TD versus the 49ers (12/24/11). First runner to eclipse 100 yards versus the 49ers since November 2009 (36 games) and the first player to rush for a TD versus the 49ers in 15 games dating to 2010.
- Earned second-career trip to the Pro Bowl in 2011.
- Set a career-high with three rushing TDs vs. Carolina (12/5/10) on 21 carries for 83 yards. It was the first time a Seahawks player had three rushing scores since Shaun Alexander scored three vs. St. Louis (11/13/05).
- Played in 45 games with 37 starts for Buffalo, leaving the team as its 10th all-time leading rusher (2,765) and ninth all-time in rushing

LYNCH'S NFL RECORD

Club	G/S	Rushing					No	Receiving				
		Att	Yds	Avg	LG	TD		Yds	Avg	LG	TD	
2007 Buffalo	13/13	280	1,115	4.0	56t	7	18	184	10.2	30	0	
2008 Buffalo	15/15	250	1,036	4.1	50	8	47	300	6.4	42	1	
2009 Buffalo	13/6	120	450	3.8	47	2	28	179	6.4	35	0	
2010 Buffalo	4/3	37	164	4.4	17	0	1	7	7.0	7	0	
Seattle	12/11	165	573	4.4	32	6	21	138	6.6	22	0	
2011 Seattle	15/15	285	1,204	4.2	47	12	28	212	7.6	26	1	
2012 Seattle	5/5	113	508	4.5	36	2	8	59	7.4	16	0	
NFL TOTALS	77/68	1,250	5,050	4.0	56t	37	151	1,086	7.2	42	2	

POSTSEASON

Club	G/S	Rushing					No	Receiving				
		Att	Yds	Avg	LG	TD		Yds	Avg	LG	TD	
2010 Seattle	2/1	23	133	5.8	67t	1	0	0	0.0	0	0	
NFL TOTALS	2/1	23	133	5.8	67t	1	0	0	0.0	0	0	

LYNCH'S SINGLE-GAME HIGHS

Rushing

Rush Attempts: 32 vs. Baltimore (11/13/11)
Rush Yards: 153 vs. Cincinnati (11/4/07)
Longest Rush: 56, 2 Times, Last at Phil (12/30/07)
Most Rush TDs: 3 vs. Carolina (12/5/10)

Receiving

Most Receptions: 10 vs. Cleveland (11/17/08)
Most Rec. Yards: 58, 2 Times, Last vs. Balt (11/13/11)
Longest Reception: 42 vs. N.Y. Jets (11/2/08)
Most Rec. TDs: 1, 2 Times, Last vs. Wash (11/27/11)

attempts (687).

- Became the fastest Bills running back to reach 1,500 yards (19 games) and joined Joe Cribbs and Willis McGahee as the only Bills running backs to reach 1,000 yards in each of their first two seasons.
- Rushed for a career-high 1,115 yards on 280 attempts during rookie season and followed that up with 1,036 yards on 250 carries and a career-high eight touchdowns in 2008, where he was selected to the Pro Bowl as an injury replacement for Tennessee's Chris Johnson.



HONORS: 2011, NFC Pro Bowl Selection. 2008, AFC Pro Bowl Selection. 2007, Pro Football Weekly/Professional Football Writers of America All-Rookie Team Selection; NFL.com Gil Brandt's All-Rookie Team Selection; Diet Pepsi NFL Rookie of the Week Winner (week 7 and week 10).

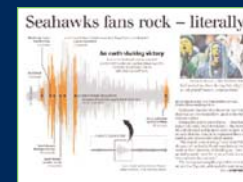
COLLEGE: Became the fourth player in Cal history to rush for more than 3,000 yards and

ranks second in school history with 3,230. Only the second player in school history to gain more than 1,000 yards in consecutive seasons (2005 – 1,246; 2006 – 1,356). Holds the Cal record for most 100-yard rushing games (17). Became the fourth player in school history to amass more than 4,000 all-purpose yards. Ranks 10th in school history with an average of 22.5 yards per kickoff return. Ranks eighth all-time on the scoring list (210 points). In 2006, was named Pac-10 Offensive Player of the Year and All-Pac 10 Conference first team. Was an All-American first team selection by The NFL Draft Report and the American Football Coaches Association. Received the Bear Backer Award as the team's Most Valuable Player. Led the conference in both rushing (104.3 ypg) and all-purpose yardage (137.3 ypg).

PERSONAL: Attended Oakland Technical High School. Cousin Josh Johnson was drafted in fifth round (160th overall) by the Tampa Bay Buccaneers in 2008; cousin Robert Jordan was signed by the San Francisco 49ers as an undrafted free agent in 2008; cousin Virdell Larkins played defensive back at Idaho. Son of Delisa Lynch. Has one brother, Davonte.

BEASTQUAKE

In what many consider one of the best postseason runs in NFL history, Lynch's 67-yard touchdown run vs. the New Orleans Saints in the NFC Wild Card Game (1/8/11), did more than just give the Seahawks a 41-30 lead late in the fourth quarter to help seal the game. His run, in which he broke free from as many as eight Saints defenders, registered seismic activity near CenturyLink Field on one of the Pacific Northwest Seismic Network's monitoring stations. The station that picked up the tremors is mostly used for monitoring a two-level viaduct highway that runs along the Seattle waterfront and its seawall.



Source: Pacific Northwest Seismic Network, Mark Nowlen, The Seattle Times



LYNCH'S GAME-BY-GAME

2007	Opponent	-----Rushing-----						-----Receiving-----						Total	W/L
		Att	Yds	Avg	LG	TD		Rec	Yds	Avg	LG	TD			
9/9	Denver	19	90	4.7	23t	1		2	9	4.5	14	0		104	L
9/16	at Pittsburgh	18	64	3.6	12	0		1	21	21.0	21	0		85	L
9/23	at New England	20	74	3.7	12	1		2	6	3.0	4	0		80	L
9/30	New York Jets	23	79	3.4	11	1		0	0	0.0	0	0		79	W
10/8	Dallas	20	66	3.3	15	0		2	32	16.0	23	0		98	L
10/21	Baltimore	27	84	3.1	23	1		3	14	4.7	9	0		98	W
10/28	at New York Jets	21	80	3.8	10	0		1	7	7.0	7	0		87	W
11/4	Cincinnati	29	153	5.3	56t	1		1	7	7.0	7	0		160	W
11/11	at Miami	19	61	3.2	18	1		3	24	8.0	10	0		85	W
11/18	New England						Inactive (ankle)								
11/25	at Jacksonville						Inactive (ankle)								
12/2	at Washington						Inactive (ankle)								
12/9	Miami	23	107	4.7	11	0		0	0	0.0	0	0		101	W
12/16	at Cleveland	21	82	3.9	29	0		0	0	0.0	0	0		82	L
12/23	New York Giants	18	70	3.9	28	1		2	42	21.0	30	0		112	L
12/30	at Philadelphia	22	105	4.8	56	0		1	22	22.0	22	0		127	L
TOTALS (13/13)		280	1,115	4.0	56t	7		18	184	10.2	30	0		1,299	6-7

		-----Rushing-----					-----Receiving-----						
2008	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/7	Seattle	18	76	4.2	21t	1	3	18	6.0	11	0	94	W
9/14	at Jacksonville	19	59	3.1	11t	1	1	8	8.0	8	0	67	W
9/21	Oakland	23	83	3.6	14t	2	4	31	7.8	17	0	114	W
9/28	at St. Louis	19	57	3.0	11	0	4	24	6.0	9	0	81	W
10/5	at Arizona	12	44	4.2	22	0	3	10	3.3	6	0	54	L
10/19	San Diego	19	70	3.7	19	1	4	22	5.5	10	0	92	W
10/26	at Miami	13	61	4.7	18	1	5	34	6.8	12	0	95	L
11/2	New York Jets	9	16	1.8	6	0	3	52	17.3	42	0	68	L
11/9	at New England	20	46	3.3	8	0	0	0	0.0	0	0	46	L
11/17	Cleveland	23	119	5.2	28	0	10	58	5.8	18t	1	177	L
11/23	at Kansas City	20	79	4.0	17	1	5	25	5.0	13	0	104	W
11/30	San Francisco	16	134	8.4	50	0	1	1	1.0	1	0	135	L
12/7	Miami	13	31	2.4	7	0	1	4	4.0	4	0	35	L
12/14	at New York Jets	21	127	6.0	35	0	3	13	4.3	6	0	140	L
12/21	at Denver	11	34	3.1	9	1	0	0	0.0	0	0	34	W
12/28	New England	Inactive											
TOTALS (15/15)		250	1,036	4.1	50	8	47	300	6.4	42	1	1,336	7-8

		-----Rushing-----					-----Receiving-----						
2009	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/14	at New England	Suspended											
9/20	Tampa Bay	Suspended											
9/27	New Orleans	Suspended											
10/4	at Miami	8	4	0.5	4	0	5	43	8.6	23	0	87	L
10/11	Cleveland	17	69	4.1	12	0	6	56	9.3	35	0	125	L
10/18	at New England	19	61	3.2	12	0	2	11	5.5	9	0	72	W
10/25	at Carolina	17	40	2.4	8	1	1	7	7.0	7	0	47	W
11/1	Houston	9	43	4.8	14	0	3	6	2.0	4	0	49	L
11/15	at Tennessee	9	37	4.1	7	0	4	18	4.5	8	0	55	L
11/22	at Jacksonville	8	18	2.3	5	0	0	0	0.0	0	0	18	L
11/29	Miami	3	6	2.0	6	0	1	9	9.0	9	0	15	W
12/3	New York Jets	6	60	10.0	35	1	1	4	4.0	4	0	64	L
12/13	at Kansas City	12	84	7.0	47	0	3	10	3.3	5	0	94	W
12/20	vs. New England	8	25	3.1	10	0	0	0	0.0	0	0	25	L
12/27	at Atlanta	3	3	1.0	5	0	1	13	13.0	13	0	16	L
1/3/10	Indianapolis	1	0	0.0	0	0	1	2	2.0	2	0	2	W
TOTALS (13/6)		120	450	3.8	47	2	28	179	6.4	35	0	629	5-8

		-----Rushing-----					-----Receiving-----						
2010	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/12	Miami	3	13	4.3	15	0	0	0	0.0	0	0	13	L
9/19	at Green Bay	17	64	3.8	14	0	0	0	0.0	0	0	64	L
9/26	at New England	13	79	6.1	17	0	1	7	7.0	7	0	86	L
10/3	New York Jets	4	8	2.0	5	0	0	0	0.0	0	0	8	L
10/17	at Chicago	17	44	2.6	12	1	3	9	3.0	5	0	53	W
10/24	Arizona	24	89	3.7	39	0	0	0	0.0	0	0	89	W
10/31	at Oakland	9	7	0.8	7	0	0	0	0.0	0	0	7	L
11/7	New York Giants	11	48	4.4	26	0	0	0	0.0	0	0	48	L
11/14	at Arizona	13	29	2.2	13	1	2	33	16.5	22	0	62	W
11/21	at New Orleans	7	36	5.1	17	0	4	19	4.8	8	0	55	L
11/28	Kansas City	7	20	2.9	6	0	2	13	6.5	8	0	33	L
12/5	Carolina	21	83	4.0	22t	3	1	17	17.0	17	0	100	W
12/12	at San Francisco	10	29	2.9	9	0	7	37	5.3	12	0	66	L
12/19	Atlanta	12	60	5.0	14	1	1	17	17.0	17	0	77	L
12/26	at Tampa Bay	14	53	3.8	29	0	0	0	0.0	0	0	53	L
1/2/11	St. Louis	20	75	3.8	24	0	1	-7	-7.0	-7	0	68	W
TOTALS (16/15)		202	737	3.6	39	6	22	145	6.6	22	0	882	5-11
1/8/11	New Orleans	19	131	6.9	67t	1	0	0	0.0	0	0	131	W
1/16/11	at Chicago	4	2	0.5	4	0	0	0	0.0	0	0	2	L
PLAYOFF TOTALS (2/1)		23	133	5.8	67t	1	0	0	0.0	0	0	133	1-1

		-----Rushing-----					-----Receiving-----						
2011	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/11	at San Francisco	13	33	2.5	12	0	2	14	7.0	12	0	47	L
9/18	at Pittsburgh	6	11	1.8	7	0	1	1	1.0	1	0	12	L
9/25	Arizona	19	73	3.8	23	0	1	2	2.0	2	0	75	W
10/2	Atlanta	8	24	3.0	11t	1	3	33	11.0	26	0	57	L
10/9	at NY Giants	12	98	8.2	47	1	4	33	8.3	17	0	131	W
10/23	at Cleveland	Did Not Play (back)											
10/30	Cincinnati	16	24	1.5	9	1	0	0	0.0	0	0	24	L
11/6	at Dallas	23	135	5.9	29	1	1	8	8.0	8	0	143	L
11/13	Baltimore	32	109	3.4	8	1	5	58	11.6	23	0	167	W
11/20	at St. Louis	27	88	3.3	12	1	2	1	0.5	5	0	89	W
11/27	Washington	24	111	4.6	12	0	1	20	20.0	20t	1	131	L
12/1	Philadelphia	22	148	6.7	40t	2	0	0	0.0	0	0	148	W
12/12	St. Louis	23	115	5.0	16t	1	2	8	4.0	4	0	123	W
12/18	at Chicago	20	42	2.1	15	2	2	5	2.5	3	0	47	W
12/24	San Francisco	21	107	5.1	18	1	2	24	12.0	20	0	131	L
1/1/12	at Arizona	19	86	4.5	18	0	2	5	2.5	3	0	91	L
TOTALS (15/15)		285	1,204	4.2	47	12	28	212	7.6	26	1	1,416	7-8

LYNCH'S TOP GAMES

Most Rushing Yards:

153	Cincinnati	11/04/07
148	Philadelphia	12/01/11
135	at Dallas	11/06/11
134	San Francisco	11/30/08
127	at New York Jets	12/14/08
122	Dallas	09/16/12
119	Cleveland	11/17/08
118	at St. Louis	09/30/12
115	St. Louis	12/12/11
111	Washington	11/27/11
109	Baltimore	11/13/11
107	San Francisco	12/24/11
107	Miami	12/09/07
105	at Philadelphia	12/30/07

Most Rushing Attempts:

32	Baltimore	11/13/11
29	Cincinnati	11/04/07
27	at St. Louis	11/20/11
27	Baltimore	10/21/07
26	Dallas	09/16/12
25	Green Bay	09/24/12
24	Washington	11/27/11
24	Arizona	10/24/10
23	St. Louis	12/12/11
23	at Dallas	11/06/11
23	Cleveland	11/17/08
23	Oakland	09/21/08

Longest Run:

56t	Cincinnati	11/04/07
56	at Philadelphia	12/30/07
50	San Francisco	11/30/08
47	at Kansas City	12/13/09
47	at N.Y. Giants	10/09/11
40t	Philadelphia	12/01/11
39	Arizona	10/24/10

Most TD's Rushing:

3	Carolina	12/05/10
2	Chicago	12/18/11
2	Philadelphia	12/01/11
2	Oakland	09/21/08
1	28 Times, Last at St. Louis	9/30/12

Most Pass Receptions:

10	Cleveland	11/17/08
7	at San Francisco	12/12/10
6	Cleveland	10/11/09
5	Baltimore	11/13/11
5	at Miami	10/04/09

Most Yards Receiving:

58	Baltimore	11/13/11
58	Cleveland	11/17/08
56	Cleveland	10/11/09
52	New York Jets	11/02/08
43	at Miami	10/04/09
42	New York Giants	12/23/07
42	New York Jets	11/02/08
35	Cleveland	10/11/09
30	New York Giants	12/23/07
26	Atlanta	10/02/11
23	Baltimore	11/13/11
23	at Miami	10/04/09
23	Dallas	10/08/07

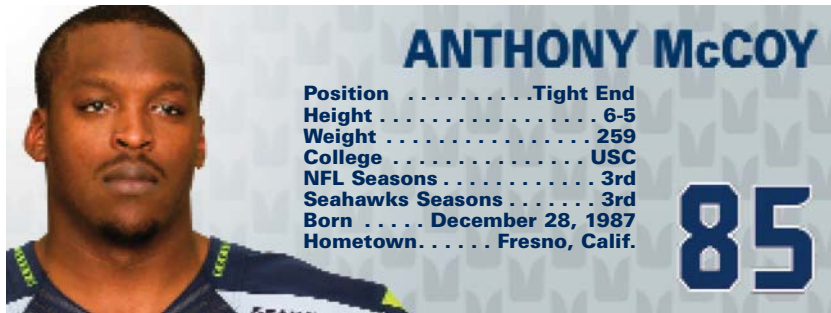
Most TD Receptions:

1	Washington	11/27/11
1	Cleveland	11/17/08

LYNCH'S 2012 SEASON

Ranks third in the NFL (1st NFC) in rushing with 508 yards. Has topped 100 yards rushing in eight of last 14 games and no one has more rushing yards than Lynch since Week 9 of 2011. Lynch has 1,449 in those 14 games. **at Ariz (9/9):** Returned to action after missing much of the preseason with back spasms and rushed 21 times for 85 yards. **Dal (9/16):** Rushed for 122 yards on 26 carries and a TD, including 100 of those yards coming on 16 carries in the second half. Helped add to a total of 182 rushing yards, most for Seattle since totaling 245 vs. St. Louis on September 21, 2008. **Dal (9/16):** Rushed for 98 yards on 25 carries snapping a streak of six straight home games with 100 or more yards rushing. **at StL (9/30):** Rushed for 118 yards on 20 carries, including an 18-yard TD run on the first drive of the game. Also had four catches for 37 yards. **at Car (10/7):** Rushed for 85 yards on 21 carries.

2012	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/9	at Arizona	21	85	4.0	11	0	2	12	6.0	7	0	97	L
9/16	Dallas	26	122	4.7	36	1	0	0	0.0	0	0	122	W
9/24	Green Bay	25	98	3.9	9	0	1	1	1.0	1	0	99	W
9/30	at St. Louis	20	118	5.9	18t	1	4	37	9.3	16	0	155	L
10/7	at Carolina	21	85	4.0	14	0	1	9	16.0	6	0	101	W
TOTALS (5/5)		113	508	4.5	36	2	8	59	7.4	16	0	574	3-2
CAREER TOTALS (77/68)		1,250	5,050	4.0	56t	37	151	1,079	7.1	42	2	6,136	33-44



HOW ACQUIRED: Drafted by Seattle in the sixth-round (185th overall) of the 2010 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Saw action in all 16 games in 2011, starting nine mostly when the team opened in two-tight end sets, and totaled 13 receptions for 146 yards.
- Made NFL debut vs. the N.Y. Giants (11/7/10). Played in two games before being placed on injured reserve (knee) on November 27.

COLLEGE: Started 23 of 40 career games at USC, catching 46 passes for 731 yards (15.9 avg.) and three touchdowns. Named All-Pac-10 Conference honorable mention and semi-finalist

for the John Mackey Award, given to the nation's top tight end as a senior.

PERSONAL: Attended Bullard (Fresno, Calif.) High School. Earned *2005 Super Prep* All-American, *Super Prep All-Farwest*, *Prep Star* All-Western, *Long Beach Press-Telegram* Best in the West honorable mention, *Tacoma News-Tribune Western* 100, Cal-Hi Sports All-State first team and *Fresno Bee* All-Area first team as a senior wide receiver, tight end and defensive end. Rated fifth-best tight end prospect by *Scout.com*. Recorded 70 receptions for 1,210 yards (17.3 avg.) and 15 touchdowns. Also registered 65 tackles, 14 sacks, 13 tackles for loss and 15 deflections on defense as a senior.

A. McCOY'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2010	Seattle	2/0	0	0	0.0	0	0
2011	Seattle	16/9	13	146	11.2	31	0
2012	Seattle	5/1	8	70	8.8	22t	1
NFL TOTALS		23/10	21	216	10.3	31	1

McCOY'S SINGLE-GAME HIGHS

Most Receptions: 5, vs. Dallas (9/16/12)
Most TDs: 1, vs. Dallas (9/16/12)

Most Yards: 44 at Dallas (11/6/11)
Longest Reception: 31 at Dallas (11/6/11)

A. McCOY'S GAME-BY-GAME RECEIVING

2011	Opponent	No	Yds	Avg	LG	TD	2012	Opponent	No	Yds	Avg	LG	TD
9/11	at San Francisco	2	12	6.0	10	0	9/9	at Arizona	0	0	0.0	0	0
9/18	at Pittsburgh	2	9	4.5	5	0	9/16	Dallas	5	41	8.2	22t	1
9/25	Arizona	0	0	0.0	0	0	9/24	Green Bay	1	9	9.0	9	0
10/2	Atlanta	0	0	0.0	0	0	9/30	at St. Louis	2	20	10.0	15	0
10/9	at NY Giants	1	20	20.0	20	0	10/7	at Carolina	0	0	0.0	0	0
10/23	at Cleveland	2	10	5.0	7	0	TOTALS (5/1)		8	70	8.8	22t	1
10/30	Cincinnati	0	0	0.0	0	0							
11/6	at Dallas	2	44	22.0	31	0							
11/13	Baltimore	2	15	7.5	14	0							
11/20	at St. Louis	0	0	0.0	0	0							
11/27	Washington	1	13	13.0	13	0							
12/01	Philadelphia	Special Teams Only											
12/12	St. Louis	1	23	23.0	23	0							
12/18	at Chicago	0	0	0.0	0	0							
12/24	San Francisco	0	0	0.0	0	0							
1/1/12	at Arizona	0	0	0.0	0	0							
TOTALS (16/9)		13	146	11.2	31	0							

McCOY'S 2012 SEASON

at Ariz (9/9): Saw action at TE. **Dal (9/16):** Led team with five catches and 41 yards while hauling in first-career TD reception on a 22-yard strike from Russell Wilson. **GB (9/24):** Had one 9-yard reception. **at StL (9/30):** Had two catches for 20 yards. **at Car (10/7):** Saw action at TE.



CLINTON McDONALD

Position Defensive Tackle
Height 6-2
Weight 297
College Memphis
NFL Seasons 4th
Seahawks Seasons 2nd
Born January 6, 1987
Hometown Jacksonville, Ark.

69

HOW ACQUIRED: Acquired by Seattle via trade with the Cincinnati Bengals on August 29, 2011.

NFL CAREER HIGHLIGHTS:

- Originally drafted in the seventh round (249th overall) in the 2009 NFL Draft by the Bengals. Was waived on September 5, 2009, before re-signing to the practice squad the following day where he remained all season. Was waived by Cincinnati following training camp September 4, 2010, again re-signing to their practice squad the following day. Signed to the Bengals active roster November 8, 2010.
- Saw most action of career in 2011 playing in 15 games with one start, first of career, vs. Washington (11/27) in place of Alan Branch.
- Has seen action in 23 career games logging 39 tackles.

McDONALD'S NFL RECORD

	Club	G/S	Tackles			Sacks		Interceptions								
			Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2009	Cincinnati		Practice Squad													
2010	Cincinnati	8/0	4	4	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2011	Seattle	15/1	35	21	14	0.0	0.0	0	0	0.0	0	0	0	0	1	2
2012	Seattle	5/0	9	6	3	0.0	0.0	0	0	0	0	0	1	0	0	0
NFL TOTALS		28/1	48	31	17	0.0	0.0	0	0	0.0	0	0	1	0	1	2

McDONALD'S 2012 SEASON

at Ariz (9/9): Saw action in the rotation at defensive tackle and part of the goal line package. Had two solo tackles. **Dal (9/16):** Finished the game with three tackles (1 solo). **GB (9/24):** Had three tackles (1 solo). **at StL (9/30):** Had one solo tackle and a pass defended. **at Car (10/7):** Saw action at DT.

McDONALD'S 2012 GAME-BY-GAME

Game	P/S	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/0	2	2	0	0.0	0.0	0	0	0	0	0	0	0
Dal (9/16)	1/0	3	2	1	0.0	0.0	0	0	0	0	0	0	0
GB (9/24)	1/0	3	2	1	0.0	0.0	0	0	0	0	0	0	0
at StL (9/30)	1/0	1	1	0	0.0	0.0	0	0	0	1	0	0	0
at Car (10/7)	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0
Totals	5/0	9	7	2	0.0	0.0	0	0	0	1	0	0	0

P = Participation



PAUL McQUISTAN

Position Guard
Height 6-6
Weight 315
College Weber State
NFL Seasons 7th
Seahawks Seasons 2nd
Born April 30, 1983
Hometown San Diego, Calif.

67

HOW ACQUIRED: Signed a future 2011 contract with Seattle on January 28, 2011.

NFL CAREER HIGHLIGHTS:

- Originally Oakland's third-round draft choice (69th overall) in the 2006 NFL Draft. He played in 35 career games with 12 starts for the Raiders, before being released midway through 2009 and picked up by Jacksonville. He spent 2010 with the Cleveland Browns but did not play.
- Saw action in all 16 games and started 10 at three different positions in 2011. Started three at left guard, three at right guard and the final four at left tackle. Helped Marshawn Lynch lead the NFC in rushing over the final seven games - all games he started. Also helped Lynch post a

club record scoring at least one TD in 10 consecutive games. Blocked dutifully against San Francisco (12/24), who hadn't allowed a 100-yard rusher in 36 games (Lynch totaled 107) or a rushing score (Lynch had one) in 15 games dating to 2010.

COLLEGE: Started final 42 games at left tackle at Weber State. Was Sports Network and *The NFL Draft Report* All-America first-team pick as a senior. All-Big Sky honorable mention as a junior.

PERSONAL: Attended Lebanon High. Twin brother, Pat, was selected by the Dallas Cowboys in the seventh-round of the 2006 NFL Draft. Married to wife, Jana. Majored in geography.

McQUISTAN'S NFL RECORD

Year	Team	—	GP/GS	Postseason	Year	Team	—	GP/GS	Postseason
2006	Oakland	—	15/6	-	2010	Cleveland	—	0/0	-
2007	Oakland	—	16/6	-	2011	Seattle	—	16/10	-
2008	Oakland	—	1/0	-	2012	Seattle	—	5/5	-
2009	Oak/Jac	—	3/0	-	NFL TOTALS		—	56/27	-

McQUISTAN'S 2012 SEASON

Part of an offensive line that has helped elevate Seattle's rushing attack to one of the top in the NFL since Week 9 of 2011. Seattle ranks 6th in the NFL (3rd NFC) averaging 136.6 yards/game during that span of 14 games. **at Ariz (9/9):** Started at LG and part of an O-Line that blocked for 115 rushing yards. **Dal (9/16):** Helped pave the way for 182 rushing yards, 149 in the second half. Total was the most since piling up 245 vs. St. Louis on September 21, 2008. Helped Lynch top 100 yards (122) for the seventh time in the last 11 games. **GB (9/24):** Started at left guard. **at StL (9/30):** Started at right guard with the return of James Carpenter and an injury to John Moffitt (knee). Helped team rush for 179 yards, including 118 by Lynch. **at Car (10/7):** Started at RG.



HOW ACQUIRED: Signed to the Seahawks practice squad September 22, 2011, before signing to the active roster October 22.

NFL CAREER HIGHLIGHTS:

- Originally signed as an undrafted free agent by the San Francisco 49ers April 26, 2010. Was released on September 3 before signing to the 49ers practice squad September 5. Then signed to the active roster October 18 and released October 27. Re-signed to the practice squad October 28 before being promoted to the active roster on November 30 to finish the 2010 season.
- Has seen action in 14 career games, mostly on special teams with both the Seahawks and 49ers.
- Signed to the active roster from Seattle's practice squad on October 22 and saw action in all remaining 11 games. Posted 11 special teams tackles for Seattle in 2011 and played safety in two games, both in reserve roles.

COLLEGE: Played in 26 games (19 starts) at safety during two-year career at Wisconsin after

transferring from Western Michigan prior to the 2007 season. Earned honorable mention All-Big Ten and the UW's Tom Wiesner Award as a senior captain, starting all 13 games and leading team with four interceptions to go along with 49 tackles, six passes defended, a sack, forced fumble and three tackles for loss. As a junior, saw action in 13 games (6 starts) and posted 45 tackles and an interception. Sat out 2007 season after transferring from Western Michigan. Played in 13 games (8 starts) at wide receiver in 2006 and caught 25 passes for 222 yards, while making five tackles on defense. Joined team as a walk-on in the fall and redshirted in 2005.

PERSONAL: Attended William Horlick High School in Racine, Wis., earning all-state, all-southeast conference, all-district and all-county honors as a three-year starter, two-time captain and team MVP at WR. Named Wisconsin's Gatorade Player of the Year in 2004. Father, Nick, was a free safety at Northern Iowa, and brother, Troy, was a former Bucky Badger mascot. Majored in agricultural journalism.

MARAGOS' NFL RECORD																	
		Tackles			Sacks		Interceptions										
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds		
2010 San Fran	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0		
2011 Seattle	11/0	1	1	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0		
2012 Seattle	5/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0		
NFL TOTALS	19/0	1	1	00	0.0	0.0	0	0	0.0	0	0	0	0	0	0		

MARAGOS' ADDITIONAL STATS
Special Teams Tackles: 2010 (5), 2011 (11); 2012 (4); Career: (20).

MARAGOS' 2012 SEASON

at Ariz (9/9): Saw action on special teams and had one tackle. **Dal (9/16):** Saw limited action at safety in Big Nickel package for Jeron Johnson who exited the game briefly. Had one QB hit and was part of a special teams unit that forced a fumble on the opening kickoff and blocked a punt on the next possession that led to a 10-0 Seahawks lead. **GB (9/24):** Saw action on special teams and assisted on one tackle. **at StL (9/30):** Had one special teams stop following an onside kick attempt. **at Car (10/7):** Had one special teams stop.

MARAGOS' 2012 GAME-BY-GAME														
Game	P/S	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.	
at Ariz (9/9)	1/0			Special Teams Only										
Dal (9/16)	1/0	0	0	0	0.0	0.0	1	0	0	0	0	0	0	
GB (9/24)	1/0			Special Teams Only										
at StL (9/30)	1/0			Special Teams Only										
at Car (10/7)	1/0			Special Teams Only										
Totals	5/0	0	0	0	0.0	0.0	1	0	0	0	0	0	0	

P = Participation

Additional Statistics: Special Teams Tackles: 4.



HOW ACQUIRED: Signed by Seattle on January 5, 2012.

NFL CAREER HIGHLIGHTS:

- Originally signed by the San Diego Chargers as a rookie free agent on May 1, 2009. Waived by the Chargers on September 5, 2009 and signed by the Carolina Panthers four days later on September 9. Signed by Carolina to the active roster on November 17, 2009, where he would spend the 2009 and 2010 seasons, appearing in eight games, recording one reception for six yards and seven tackles on special teams. Waived on September 3, 2011,

by the Panthers and signed to the Jacksonville Jaguars practice squad on December 2, 2011, for a brief stint before being released on December 30.

COLLEGE: Four-year letterman at West Texas A&M, playing in 42 games and setting school records with 244 receptions, 4,108 receiving yards and 44 touchdowns. Led Division II with 95 receptions, 1,867 yards and 22 touchdowns as a senior. Graduated with a degree in mass communications/broadcasting.

PERSONAL: Attended Piedra Vista High. Born on March 20, 1984, in Walla Walla, Wash.

MARTIN'S NFL RECORD							
Year	Club	G/S	No	Yds	Avg	LG	TD
2009	Carolina	7/0	1	6	6.0	6	0
2010	Carolina	1/0	0	0	0.0	0	0
2012	Seattle	2/0	2	25	12.5	15	0
NFL TOTALS		10/0	3	31	10.3	15	0

MARTIN'S SINGLE-GAME HIGHS

Most Receptions: 1, 3 Times, Last vs. GB (9/24/12) **Most Yards:** 15, at Arizona (9/9/09)
Most TDs: None **Longest Reception:** 15., at Arizona (9/9/09)

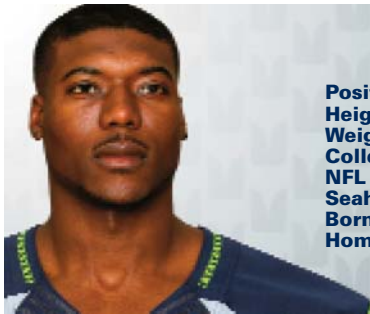
ADDITIONAL STATS

Special Teams Tackles: 2009 (5), 2010 (2); **Career:** (7).

MARTIN'S 2012 SEASON

2012	Opponent	No	Yds	Avg	LG	TD
9/9	at Arizona	1	15	15.0	15	0
9/16	Dallas			Inactive (Chest)		
9/24	Green Bay	1	10	10.0	10	0
9/30	at St. Louis			Inactive		
10/7	at Carolina			Inactive		
TOTALS (3/0)		2	25	12.5	15	0

at Ariz (9/9): Had one 15-yard reception. Injured his chest (bruised lung) on Seattle's next to last play of the game while attempting a catch in the corner of the end zone. **Dal (9/16):** Inactive (chest). **GB (9/24):** Returned from a chest injury and had one 10-yard reception. **at StL (9/30):** Inactive. **at Car (10/7):** Inactive.



BYRON MAXWELL

Position Cornerback
Height 6-1
Weight 207
College Clemson
NFL Seasons 2nd
Seahawks Seasons 2nd
Born February 23, 1988
Hometown ... Charleston, S.C.

HOW ACQUIRED: Drafted with the eighth pick in the sixth round (173rd overall) of the 2011 NFL Draft. Second cornerback selected in this draft. Second time club selected a cornerback with the 173rd pick (John Harris, 1978).

NFL CAREER HIGHLIGHTS:

- Saw action in nine games as a rookie, mostly on special teams totaling one stop and a fumble recovery. Saw action at CB in one game, at Chicago (12/18/11).

COLLEGE: Registered 165 tackles, 11.5 tackles for loss, a sack, four interceptions, 20 pass breakups, and six caused fumbles in a school-record-tying 53 games (eight starts) in his career. Had 45 career special teams tackles. Six career forced fumbles were among the top-10 figures in Clemson history. Noted as being one of the hardest hitting defensive backs in the ACC. Played in four bowl games and had 16 combined tackles in those games. Played in 13 games (eight starts), recording 48 tackles, 3.5 tackles for loss, two interceptions, seven pass

breakups, and tied for the team-high with three forced fumbles as a senior. Tied for second in the ACC in forced fumbles. Team defensive player of the game against No. 16 Miami (Fla.) after totaling eight tackles and three pass breakups. As a junior, had 15 tackles on special teams plays, which led the team. Also led the team in special teams tackles (21) as a sophomore. Played as a reserve in the Gator Bowl against Nebraska with six tackles in 28 snaps; that included four special teams tackles. Special teams player of the week against N.C. State, Wake Forest, and Duke, and defensive player of the week at Virginia. Had 27 total tackles along with four pass breakups. Redshirted as a true freshman.

PERSONAL: Rated as the No. 3 player in South Carolina by *The State* at Fort Dorchester High and No. 40 in the nation by ESPN.com. Did not play as a senior due to injury. Recorded 60 tackles, 19 pass breakups, and five interceptions as a junior. Majored in sociology.

MAXWELL'S NFL RECORD																	
		Tackles				Sacks		Interceptions									
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2011	Seattle	9/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0
2012	Seattle	2/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		11/0	0	0	00	0.0	0.0	0	0	0.0	0	0	0	0	0	0	0

MAXWELL'S ADDITIONAL STATS

Special Teams Tackles: 2011 (1, FR) 2012 (1); Career: (2, FR).

MAXWELL'S 2012 SEASON

at Ariz (9/9): Inactive (shoulder). **Dal (9/16):** Saw action on special teams and had one tackle. **GB (9/24):** Inactive (hamstring). **at StL (9/30):** Inactive. **at Car (10/7):** Saw action on special teams.

MAXWELL'S' 2012 GAME-BY-GAME																	
Game	P/S	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.				
at Ariz (9/9)	0/0			Inactive (shoulder)													
Dal (9/16)	1/0			Special Teams Only													
GB (9/24)	0/0			Inactive (hamstring)													
at StL (9/30)	0/0			Inactive													
at Car (10/7)	1/0			Special Teams Only													
Totals	2/0	0	0	0	0	0.0	0	0	0	0	0	0	0	0	0	0	0

P = Participation

Additional Statistics: Special Teams Tackles: 1



HOW ACQUIRED: Selected with the 22nd pick (85th overall) in the third round of the 2007 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Set a career high with 56 tackles in 2011 starting all 16 games, tops in the NFC and fifth in the NFL among interior linemen. Helped maintain a Seahawks run defense that ranked fourth in rushing yards per attempt (3.8).
- Tallied career-high six tackles at Green Bay (12/27/09).
- Posted 39 tackles (31 solo) and 5.5 sacks in 2008.
- Took over starting duties vs. St. Louis (10/21/07) after Chuck Darby (knee) was placed on injured reserve.
- Made first career sack vs. Cincinnati (9/23/07).

COLLEGE: Played in 41 games at California, starting 31. Collected 109 tackles (60 solos), 14.5 sacks for minus 87 yards and 16.5 stops for losses totaling 116 yards. Caused and recovered a fumble, adding two pass deflections and a safety. Ranks tied for 14th on the school's career record list with 14.5 quarterback sacks. His seven quarterback sacks in 2005 tied for 15th on Cal's season-record list.

PERSONAL: Earned Super Prep and Prep Star All-American honors as a senior at Crenshaw High School. Was rated the No. 24 defensive tackle in the country by Rivals.com, which also ranked him No. 55 on its California Top 100 players list and No. 67 on its WestTop 100 chart. First-team Best of the West pick by the *Long Beach Press-Telegram*, as well as All-West Region first-team by *Sports Illustrated*. Was also an All-State choice in 2002. Was selected 2001 Los Angeles City Defensive Player of the Year and was a three-time All-City, All-Central City and All-League selection. Recorded 75 tackles, 13 sacks and two fumble recoveries on defense and ran for five touchdowns at fullback as a senior, adding 2002 Los Angeles Central City Player of the Year honors. As a junior, posted 78 tackles and 19 sacks. Also performed as a shot putter in track. Social Welfare major.

MEBANE'S 2012 SEASON

at Ariz (9/9): Had four tackles (2 solo), two passes defended and a FR. Part of a D-Line that limited Arizona to 43 rushing yards on 20 carries (2.2 avg.). **Dal (9/16):** Assisted on two tackles and part of a defensive line that limited the Cowboys to just 49 yards rushing. **GB (9/24):** Established a career best with 2.0 sacks. Contributed to a defense that totaled eight first half sacks, second most in NFL history in the first half (9.0, N.Y. Giants vs. Chicago, 10/2/10). **at StL (9/30):** Totaled five solo tackles, including two for loss. **at Car (10/7):** Posted three tackles (2 solo).

MEBANE'S 2012 GAME-BY-GAME

Game	P/S	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/1	4	2	2	0.0	0.0	0	0	0	2	0	1	0
Dal (9/16)	1/1	2	0	2	0.0	0.0	0	0	0	0	0	0	0
GB (9/24)	1/1	4	3	1	2.0	10.0	3	0	0	0	0	0	0
at StL (9/30)	1/1	5	5	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/1	3	2	1	0.0	0.0	0	0	0	1	0	0	0
Totals	5/5	18	12	6	2.0	10.0	3	0	0	3	0	1	0

P = Participation

MEBANE'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions									
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2007 Seattle	16/10	29	23	6	2.0	11.0	0	0	0.0	0	0	0	0	1	0	
2008 Seattle	16/16	39	31	8	5.5	24.0	0	0	0.0	0	0	1	2	0	0	
2009 Seattle	15/15	49	41	8	1.5	9.5	0	0	0.0	0	0	0	0	0	0	
2010 Seattle	12/12	31	19	12	1.0	7.0	0	0	0.0	0	0	2	0	0	0	
2011 Seattle	16/16	56	40	16	0.0	0.0	0	0	0.0	0	0	1	0	0	0	
2012 Seattle	5/5	18	12	6	2.0	10.0	0	0	0.0	0	0	3	0	1	0	
NFL TOTALS	80/74	222	166	56	12.0	61.5	0	0	0.0	0	0	7	2	2	0	

POSTSEASON

Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds.
2007 Seattle	2/2	6	4	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2010 Seattle	2/2	9	8	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
TOTALS	4/4	15	12	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0

MEBANE'S SINGLE-GAME HIGHS

Tackles: 7, vs. San Francisco (12/24/11)
Sacks: 2, vs. Green Bay (9/24/12)
Int.: None

Forced Fumbles: 1, 2 Times, Last vs. Arizona (11/16/08)
Fumble Recoveries: 1, 2 Times, Last at Arizona (9/9/09)



HOW ACQUIRED: Signed by Seattle as an unrestricted free agent on August 3, 2011.

NFL CAREER HIGHLIGHTS:

- Originally drafted by Oakland in the second round (38th overall) of the 2007 NFL Draft. Played four seasons for the Raiders, starting 61 of 62 games played. Has missed only three career games.
- Started 15 of 15 games played in first season with Seattle missing one (at Cleveland 10/23) with a neck/head injury. Had 25 catches for 233 yards spending much time as an extra blocker helping an offensive line decimated with injury.
- Hauled in 226 receptions for 2,712 yards (12.0 avg.) and 12 touchdowns in Oakland, ranking third all-time on the Raiders career receiving list for tight ends behind Todd Christensen (461) and Pro Football Hall of Famer Dave Casper (255).
- Named to the AFC Pro Bowl squad in 2010 after leading the team with 60 receptions for 685 yards. Led the Raiders in receiving in each of the last three seasons (2008-10). Became first tight end to lead the team in receiving in consecutive seasons since Christensen (1982-86). Ranked eighth among NFL tight ends in receiving. Also set a career high with five touchdowns.
- In 2009, recorded career-highs with 66 receptions for 805 yards while being named an AFC Pro Bowl alternate. Ranked eighth among NFL tight ends in both receptions and receiving yards.
- Totaled six receptions for a career-high 139 yards and a touchdown vs. Philadelphia (10/18/09). Also hauled in a career-long 86-yard touchdown reception.
- Became first tight end since Ethan Horton in 1991 to lead the team in receptions (56) in 2008. His 56 receptions ranked eighth among NFL tight ends and 778 receiving yards was sixth.
- As a rookie in 2007, started all 16 games and hauled in 44 receptions for 444 yards and three touchdowns to lead all NFL rookie tight ends. Receptions set a Raiders rookie tight end record.

HONORS: 2010: AFC Pro Bowl.
2009: AFC Pro Bowl alternate.



COLLEGE: Finished collegiate career at Arizona State ranked sixth in school history with 144 receptions, setting a school record for receptions by a tight end. Started all 35 games played (2004-06). Career receiving yards (1,512) rank second on the ASU all-time list for tight ends. Had 14 touchdown catches to surpass the previous school career record for tight ends (11). Caught 56 passes in 2004, the single-season record for tight ends, topping the old mark of 55. Those 56 grabs also set a school single-season record for freshmen. 50 receptions in 2006 rank third on ASU's single-season record chart for tight ends. Only tight end to catch 50 or more passes twice in a career. His 552 yards receiving in 2004 rank seventh on the school's tight end single season list. One of only three players in the Pac-10 Conference to be named first team All-Pac-10 and first team Academic All-Pac-10 in 2006. Was named first-team All-American and finalist for John Mackey Award as a junior after registering 50 catches for 484 yards and four touchdowns in 2006. Was also named ASU's Most Valuable Offensive Player of the Year and also the team's Cecil Abono Team Captain and Pat Tillman Valor Awards recipient.

PERSONAL: At Desert Vista (Phoenix, Ariz.) High School, was unanimous selection as the No. 1 tight end prospect in the nation. *USA Today* first team All-American tight end and played in the *U.S. Army* All-American Bowl High School All-Star Game. Arizona *Gatorade* Player of the Year in 2003. Named the Phoenix Metro Magazine Player of the Year. Had 47 catches for 790 yards and six touchdowns as a senior. Also added 134 tackles on defense, 11 sacks and one interception. Won the Larry Gordon Award, presented annually to the state's best linebacker and the Henry Stanton Award as the state's top receiver. Earned four letters in football and three in track and field. Set the school discus record and was the shot put regional champion in 2004. Finished third in the state in discus in 2003. Brother, Brent, also played for Arizona State and shared tight end duties with Zach in 2006.

MILLER'S NFL RECORD

		RECEIVING					
	Club	G/S	No	Yds	Avg	LG	TD
2007	Oakland	16/16	44	444	10.1	28	3
2008	Oakland	16/15	56	778	13.9	63t	1
2009	Oakland	15/15	66	805	12.2	86t	3
2010	Oakland	15/15	60	685	11.4	43t	5
2011	Seattle	15/15	25	233	9.3	28	0
2012	Seattle	5/5	12	150	12.5	30	0
NFL TOTALS		82/81	263	3,095	11.8	86t	12

MILLER'S SINGLE-GAME HIGHS

Most Receptions: 11 vs. Houston (10/3/10)

Most TDs: 1, 12 Times, Last vs. Indianapolis (12/26/10)

Most Yards: 139 vs. Philadelphia (10/18/09)

Longest Reception: 86t vs. Philadelphia (10/18/09)

MILLER'S GAME-BY-GAME RECEIVING

2007	Opponent	No	Yds	Avg	LG	TD	2008	Opponent	No	Yds	Avg	LG	TD
9/9	Detroit	3	23	7.7	11	0	9/8	Denver	4	34	8.5	21	0
9/16	at Denver	3	18	6.0	10	0	9/14	at Kansas City	2	24	12.0	14	0
9/23	Cleveland	1	13	13.0	13	0	9/21	at Buffalo	0	0	0.0	0	0
9/30	at Miami	0	0	0.0	0	0	9/28	San Diego	5	95	19.0	63t	1
10/14	at San Diego	3	17	5.7	12	1	10/12	at New Orleans	3	46	15.3	23	0
10/21	Kansas City	4	48	12.0	18	0	10/19	N.Y. Jets	4	57	14.3	27	0
10/28	at Tennessee	2	19	9.5	10	0	10/26	at Baltimore	2	56	28.0	31	0
11/4	Houston	1	3	3.0	3	0	11/2	Atlanta	2	9	4.5	6	0
11/11	Chicago	4	43	10.8	13	0	11/9	Carolina	3	42	14.0	28	0
11/18	at Minnesota	3	33	11.0	18	0	11/16	at Miami	4	67	16.8	27	0
11/25	at Kansas City	4	38	9.5	28	0	11/23	at Denver	3	41	13.7	30	0
12/2	Denver	3	58	19.3	26	1	11/30	Kansas City	5	79	15.8	28	0
12/9	at Green Bay	1	8	8.0	8	0	12/4	at San Diego	8	64	8.0	21	0
12/16	Indianapolis	1	12	12.0	12	0	12/14	New England	5	60	12.0	23	0
12/23	at Jacksonville	3	27	9.0	14	1	12/21	Houston	4	70	17.5	22	0
12/30	San Diego	8	84	10.5	18	0	12/28	at Tampa Bay	2	34	17.0	28	0
TOTALS (16/16)		44	444	10.1	28	3	TOTALS (16/15)		56	778	13.9	63t	1

2009	Opponent	No	Yds	Avg	LG	TD	2010	Opponent	No	Yds	Avg	LG	TD
9/14	San Diego	6	96	16.0	30	0	9/12	at Tennessee	4	43	10.8	27	0
9/20	at Kansas City	0	0	0.0	0	0	9/19	St. Louis	3	49	16.3	24	0
9/27	Denver	2	17	8.5	12	0	9/26	at Arizona	4	64	16.0	22t	1
10/4	at Houston	3	33	11.0	13	0	10/3	Houston	11	122	11.1	23	1
10/11	at N.Y. Giants	4	69	17.3	29	0	10/10	San Diego	6	62	10.3	18	1
10/18	Philadelphia	6	139	23.2	86t	1	10/17	at San Francisco	2	48	24.0	26	0
10/25	N.Y. Jets	2	15	7.5	8	0	10/24	at Denver	3	65	21.7	43t	1
11/1	at San Diego	5	52	10.4	15	0	10/31	Seattle	1	8	8.0	8	0
11/15	Kansas City	1	9	9.0	9	0	11/7	Kansas City	Inactive				
11/22	Cincinnati	5	65	13.0	19	1	11/21	at Pittsburgh	2	9	4.5	6	0
11/26	at Dallas	5	73	14.6	28	0	11/28	Miami	1	6	6.0	6	0
12/6	at Pittsburgh	4	43	10.8	16	0	12/5	at San Diego	1	5	5.0	5	0
12/13	Washington	7	46	6.6	11	0	12/12	at Jacksonville	4	68	17.0	29	0
12/20	at Denver	Inactive					12/19	Denver	4	39	9.8	27	0
12/27	at Cleveland	9	110	12.2	31	0	12/26	Indianapolis	9	66	7.3	14	1
1/3/10	Baltimore	7	38	5.4	12t	1	1/2/11	at Kansas City	5	31	6.2	11	0
TOTALS (15/15)		66	805	12.2	86t	3	TOTALS (15/15)		60	685	11.4	43t	5

2011	Opponent	No	Yds	Avg	LG	TD
9/11	at San Francisco	2	19	9.5	13	0
9/18	at Pittsburgh	1	13	13.0	13	0
9/25	Arizona	2	9	4.5	7	0
10/2	Atlanta	3	21	7.0	13	0
10/9	at NY Giants	0	0	0.0	0	0
10/23	at Cleveland	Inactive (neck/head)				
10/30	Cincinnati	3	37	12.3	17	0
11/6	at Dallas	0	0	0.0	0	0
11/13	Baltimore	3	24	8.0	11	0
11/20	at St. Louis	1	10	10.0	10	0
11/27	Washington	1	2	2.0	2	0
12/1	Philadelphia	2	53	26.5	28	0
12/12	St. Louis	2	13	6.5	8	0
12/18	at Chicago	4	23	5.8	12	0
12/24	San Francisco	1	9	9.0	9	0
1/1/12	at Arizona	0	0	0.0	0	0
TOTALS (15/15)		25	233	9.3	28	0



MILLER'S 2012 SEASON

at Ariz (9/9): Had three receptions for 40 yards with a game-long 27-yard catch. **Dal (9/16):** Had one grab for 7 yards. **GB (9/24):** Had two receptions for 12 yards. **at StL (9/30):** Had three catches for 32 yards. **at Car (10/7):** Had three receptions for 59 yards, highest total since joining the Seahawks.

2012	Opponent	No	Yds	Avg	LG	TD
9/9	at Arizona	3	40	13.3	27	0
9/16	Dallas	1	7	7.0	7	0
9/24	Green Bay	2	12	6.0	8	0
9/30	at St. Louis	3	32	10.7	13	0
10/7	at Carolina	3	59	19.7	30	0
TOTALS (5/5)		12	150	12.5	30	0

MILLER'S TOP GAMES

Most Pass Receptions:

11	Houston	10/03/10
9	Indianapolis	12/26/10
9	at Cleveland	12/27/09
8	at San Diego	12/04/08
8	San Diego	12/30/07
7	Baltimore	01/03/10
7	Washington	12/13/09

Most Yards Receiving:

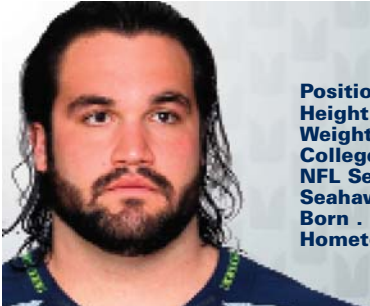
139	Philadelphia	10/18/09
122	Houston	10/03/10
110	at Cleveland	12/27/09
96	San Diego	09/14/09
95	San Diego	09/28/08

Longest Reception:

86t	Philadelphia	10/18/09
63t	San Diego	09/28/08
43t	at Denver	10/24/10
31	at Cleveland	12/27/09
31	at Baltimore	10/26/08
30	San Diego	09/14/09
30	at Denver	11/23/08

Most TD Receptions:

1 12 times, Last vs. Indianapolis 12/26/10



JOHN MOFFITT

PositionGuard
Height 6-4
Weight 319
College Wisconsin
NFL Seasons 2nd
Seahawks Seasons 2nd
Born October 28, 1986
Hometown Guilford, Conn.

74

HOW ACQUIRED: Drafted with the 11th pick in the third round (75th overall) of the 2011 NFL Draft. Highest Seahawks drafted guard since Steve Hutchinson was drafted 17th overall in 2001. Third player chosen out of Wisconsin in club history (Eric Unverzagt, 1996; Chris McIntosh, 2001).

NFL CAREER HIGHLIGHTS:

- Started the first nine games of rookie campaign before suffering a season-ending knee injury vs. Baltimore (11/13/11) and was placed on injured reserve (11/15/11).

COLLEGE: Started 42 of 45 games at Wisconsin at guard and center. In 42 starts, was credited with 280 knockdowns/key blocks, that included 46 touchdown-resulting blocks and fifteen blocks down field. As an offensive guard, delivered 174 knockdowns and 28 touchdown-resulting blocks, posting 106 more key blocks, including 18 touchdown-resulting shots at center. On 2,915 offensive snaps, allowed just two quarterback pressures and 3.5 sacks, as he was penalized only twice in his Badger career. Started all 13 games at left guard as a senior, leading a blocking unit that allowed only 14 sacks. Earned All-American first-team honors from *The NFL Draft Report* and the *Associated Press*, adding second-team accolades from *Sports Illustrated*. Consensus All-Big Ten Conference first-team selection. Was the recipient of the Badgers' Wayne Souza Coaches Appreciation Award (offense) and was named to the Rotary Lombardi Award Watch list. Helped the Badgers rank second in the conference and 12th in the nation in rushing offense (245.09 ypg). Led the Big Ten while finishing fifth in the NCAA ranks in scoring offense (41.5 ppg). As a junior, earned All-Big Ten Conference first-team honors from

The NFL Draft Report, the league's coaches and media. Took over left guard duties vs. Michigan State, remaining at that position for eight games before shifting to center for his final two contests. Helped the Badgers average 417 yards in total offense, the fourth-best average in school history. Took over center duties as a sophomore, starting all 13 games. Badgers led the Big Ten Conference and ranked 14th nationally with an average of 211 yards per game rushing. Allowed just one sack and was penalized just once on 900 offensive snaps. All-Big Ten Conference Freshman Team selection by *The Gridiron Report*. Inserted into the starting lineup at left guard for the final six contests.

PERSONAL: Attended Notre Dame (West Haven, Ct.) High School. Played on both sides of the line. Received a three-star rating from Rivals.com, and was a member of the New England Top 20 team by that recruiting service, ranking 13th on that list. The Prep Star All-American added All-State first-team honors as an offensive guard by the *Hartford Courant*. Was also a two-time All-Conference selection. Captured the state heavyweight weightlifting championship. Also competed in track, performing in the weights. Sociology major. Father, Dave, and uncle, Steven, played college basketball at New Haven from 1973-76. Another uncle, Jim, played football at Temple.

MOFFITT'S NFL RECORD

Year	Team	GP/GS	Postseason
2011	Seattle	9/9	
2012	Seattle	2/2	
NFL TOTALS		11/11	-

MOFFITT'S 2012 SEASON

at Ariz (9/9): Inactive. **Dal (9/16):** Started at right guard and helped pave the way for 182 rushing yards by the Seahawks, most since 245 vs. St. Louis on September 21, 2008. Split time at the position with J.R. Sweezy. **GB (9/24):** Started at right guard. **at StL (9/30):** Inactive (knee). **at Car (10/7):** Inactive (knee).



HOW ACQUIRED: Signed as a free agent September 3, 2012.

NFL CAREER HIGHLIGHTS:

- Originally signed by New Orleans as an undrafted free agent on May 5, 2008. Waived by New Orleans on May 13, 2008, and signed by Green Bay on May 22, 2008. Waived by Green Bay September 5, 2009, and signed by Cleveland to the practice squad on November 9, 2009. Signed by Cleveland to the active roster on December 5, 2009.
- Appeared in all 16 games in 2011, including four starts. Caught 34 passes for 324 yards and four touchdown receptions, a figure that tied for the team lead (Joshua Cribbs).
- Average of 20.1 yards per reception in 2010 led the team.
- In 2010, was inactive for two games with a hip injury before being placed on injured reserve on December 22, where he spent the final two contests.
- Recorded a career and game-high 87 receiving yards on three receptions at Tampa Bay (9/12/10), including a career-long 49-yard catch
- First career start came in game against Kansas City (9/19/10).
- Scored first career touchdown on a 24-yard pass from Seneca Wallace against Cincinnati (10/3/10).

- Made NFL debut against San Diego (12/6/09), and tallied six receptions for a team-high 80 yards. Registered at least one reception in all five games in which he appeared in 2009.

- Placed on injured reserve by the Packers with a knee injury on August 19 and missed the entire season.

COLLEGE: A four-year letterman at Stanford University (2003-04, 2006-07) who appeared in 38 contests and finished his collegiate career with 103 receptions for 1,555 yards and 12 touch-downs. Played in all 12 games as a senior in 2007, tying for second on the team with 39 receptions and finishing third on the club with 481 receiving yards. Named to second-team Pac-10 All-Academic squad in 2006. Received medical red-shirt in 2005 after suffering season-ending injury in the season opener. Started all 11 games as a sophomore in 2004 and led the team with six touchdowns and ranked second on the team in receptions (39) and receiving yards (616). Named first-team Pac-10 All-Academic, honorable mention All-Pac-10 and District 8 Academic All-American as a sophomore. Earned a bachelor's degree in political science and a master's degree in sociology.

PERSONAL: A native of Brea, Calif., where he was a three-time letterwinner in football at Brea-Olinda High School. As a senior, registered 50 receptions for 867 yards with 12 touchdowns on offense and also notched 31 tackles and eight interceptions on defense. Married to Colby.

MOORE'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2008	Green Bay		Injured	Reserve			
2009	Cleveland	5/0	12	158	13.2	24	0
2010	Cleveland	12/4	16	322	20.1	49	1
2011	Cleveland	16/4	34	324	9.5	33	4
2012	Seattle	5/1	0	0	0.0	0	0
NFL TOTALS		38/9	62	804	13.0	49	5

MOORE'S SINGLE-GAME HIGHS

Most Receptions: 6, San Diego (12/6/09)

Most TDs: 1. 5 Times. Last at Baltimore (12/24/11)

Most Yards: 87 at Tampa Bay (9/12/10)

Longest Reception: 49 at Tampa Bay (9/12/10)

MOORE'S GAME-BY-GAME RECEIVING

2009	Opponent	No	Yds	Avg	LG	TD	2011	Opponent	No	Yds	Avg	LG	TD
12/6	San Diego	6	80	13.3	18	0	9/11	Cincinnati	3	35	11.7	17	1
12/10	Pittsburgh	2	34	17.0	24	0	9/18	at Indianapolis	1	16	16.0	16t	1
12/20	at Kansas City	1	7	7.0	7	0	9/25	Miami	2	19	9.5	11	0
12/27	Oakland	1	19	19.0	19	0	10/2	Tennessee	1	15	15.0	15	0
1/3/10	Jacksonville	2	18	9.0	14	0	10/16	at Oakland	3	16	5.3	11	0
TOTALS (5/0)		12	158	13.2	24	0	10/23	Seattle	4	35	8.8	16	0
2010	Opponent	No	Yds	Avg	LG	TD	10/30	at San Francisco	2	17	8.5	12	0
							11/6	at Houston	2	11	5.5	6	0
	9/12 at Tampa Bay	3	87	29.0	49	0	11/13	St. Louis	0	0	0.0	0	0
	9/19 Kansas City	0	0	0.0	0	0	11/20	Jacksonville	0	0	0.0	0	0
	9/26 at Baltimore	0	0	0.0	0	0	11/27	at Cincinnati	1	3	3.0	3	0
	10/3 Cincinnati	1	24	24.0	24t	1	12/4	Baltimore	2	28	14.0	22t	1
	10/10 Atlanta	1	7	7.0	7	0	12/8	at Pittsburgh	4	55	13.8	33	0
	10/17 at Pittsburgh	4	84	21.0	34	0	12/18	at Arizona	0	0	0.0	0	0
	10/24 at New Orleans	0	0	0.0	0	0	12/24	at Baltimore	5	35	7.0	11	1
	11/7 New England	1	17	17.0	17	0	1/1/12	Pittsburgh	4	39	9.8	12	0
	11/14 N.Y. Jets	1	18	18.0	18	0	TOTALS (16/4)		34	324	9.5	3	4
	11/21 at Jacksonville	3	69	23.0	38	0							
	11/28 Carolina	2	16	8.0	11	0							
	12/5 at Miami	0	0	0.0	0	0							
TOTALS (12/4)		16	322	20.1	49	1							

MOORE'S 2012 SEASON

at Ariz (9/9): Saw limited action at TE. **Dal (9/16):** Saw action at TE. **GB (9/24):** Saw action at tight end. **at StL (9/30):** Saw limited action at TE. **at Car (10/7):** Made first start for Seattle when team opened in two-TE set.

2012	Opponent	No	Yds	Avg	LG	TD
9/9	at Arizona	0	0	0.0	0	0
9/16	Dallas	0	0	0.0	0	0
9/24	Green Bay	0	0	0.0	0	0
9/30	at St. Louis	0	0	0.0	0	0
10/7	at Carolina	0	0	0.0	0	0
TOTALS (5/1)		0	0	0.0	0	0



MIKE MORGAN

PositionLinebacker
Height6-3
Weight226
CollegeSouthern California
NFL Seasons2nd
Seahawks Seasons2nd
BornJanuary 16, 1988
HometownDallas, Texas

57

HOW ACQUIRED: Signed by the Seahawks as an undrafted free agent July 26, 2011.

NFL CAREER HIGHLIGHTS:

- Saw action in the final five games of 2011, mostly on special teams and limited action at linebacker at Chicago (12/18).

COLLEGE: A four-year contributor for the Trojans, playing in 50 games while collecting 139 tackles (73 solo) and 5.5 sacks. Racked up a team-high 13 tackles for loss in 2009 (with 4.0

sacks). Made the 2009 Phil Steele's All-Pac 10 third-team.

PERSONAL: Named the 2005 Parade All-American, Prep Star Dream Team, ESPN 150, Prep Star All-American, EA Sports All-American third team, Super Prep All-Southwest, Prep All-Midlands and All-State honorable mention squads as a senior linebacker at Skyline High in Dallas, Texas. Also sprinted for Skyline's track team. Received bachelor's degree in public policy, management and planning.

MORGAN'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions						
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF
2011 Seattle	5/0	0	0	0	0.0	0.0	0	0.0	0.0	0	0	0	0
2012 Seattle	5/0	2	2	0	0.0	0.0	0	0.0	0.0	0	0	0	0
NFL TOTALS	10/0	2	2	0	0.0	0.0	0	0.0	0.0	0	0	0	0

MORGAN'S 2012 SEASON

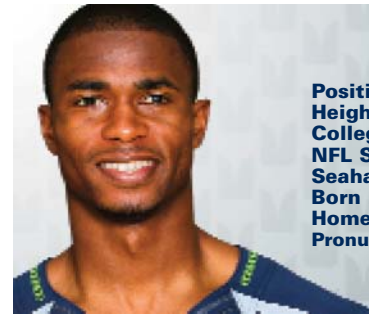
at Ariz (9/9): Saw action on special teams. **Dal (9/16):** Saw action on special teams and limited action at LB in place of K.J. Wright. **GB (9/24):** Saw action on special teams. **at StL (9/30):** Saw action as LB in Nickel package most of the second half and posted first two career tackles. **at Car (10/7):** Saw action on special teams and had two stops.

MORGAN'S 2012 GAME-BY-GAME

Game	P/S	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/0	Special Teams Only											
Dal (9/16)	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0
GB (9/24)	1/0	Special Teams Only											
at StL (9/30)	1/0	2	2	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/0	Special Teams Only											
Totals	5/0	2	2	0	0.0	0.0	0	0	0	0	0	0	0

P = Participation

Additional Statistics: Special Teams Tackles: 2.



BEN OBOMANU

PositionWide Receiver
Height 6-1 **Weight** . . . 204
CollegeAuburn
NFL Seasons7th
Seahawks Seasons7th
BornOctober 30, 1983
Hometown Selma, Alabama
Pronunciation . . oh-buh-MAHN-ew

87

HOW ACQUIRED: Drafted with the second of two seventh-round picks (249th overall) in the 2006 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Started a career high seven games and set a career-high for the second consecutive year in catches with 37 while totaling 436 yards and two TDs.
- Set career-highs in catches (30), yards (494) and TDs (4) in 2010. Tied career-high with five catches on three occasions and set personal mark with 159 yards vs. Kansas City (11/28/10).
- Second on the team with 12 special teams tackles in 2009 and returned 11 kickoffs for 293 yards with a long of 45.
- Spent 2008 season on injured reserve (clavicle).
- Played in 12 games and made NFL debut at San Francisco (9/30/07). Set career highs in catches (4) and yards (72) vs. New Orleans (10/14/07). Also had first career score vs. the Saints.
- Spent 2006 season on practice squad. Signed to active roster on January 5, 2007, but

was inactive for both postseason games.

COLLEGE: Finished Auburn career 11th in receiving yards with 1,313 yards and ranked second in school annals with 18 touchdown receptions (Terry Beasley, 29). Also ranks seventh in Auburn history with 97 receptions. Saw action in every game, starting 11 times his senior season. Led team with career-high 33 receptions for 357 yards (10.8 avg.) and five touchdowns. Earned All-Southeastern Conference third-team honors from the league's coaches.

PERSONAL: Attended Selma (Ala.) High. Four-year starter who earned *Parade* All-American, *Prep Star/CBS Sportsline* Dream Team, *Super Prep* Elite 50 (ranked as the top player in Alabama by that service), *Huntsville Times* Elite 11, *Birmingham News* Class 6A All-State honors, *Constitution* Super Southern 100 and *The Sporting News* Hot 101 accolades. Caught 31 passes for 460 yards and nine touchdowns as a senior. Rushed for 218 yards on 20 carries and three scores, adding 284 yards on punt and kick returns with one more touchdown that year. Also started for the basketball team. Majored in finance.

OBOMANU'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2006	Seattle	0/0	0	0	0.0	0	0
2007	Seattle	13/0	12	180	15.0	30	1
2008	Seattle	Injured Reserve (clavicle)					
2009	Seattle	14/0	4	41	10.3	12	0
2010	Seattle	15/6	30	494	16.5	87t	4
2011	Seattle	16/7	37	436	11.8	55	2
2012	Seattle	5/0	1	8	8.0	8	0
NFL TOTALS		63/13	84	1,159	13.8	87t	7

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2006	Seattle	0/0	0	0	0.0	0	0
2007	Seattle	2/0	4	63	15.8	22	0
2010	Seattle	2/2	9	111	12.3	46	0
NFL TOTALS		4/2	13	174	13.4	46	0

OBOMANU'S SINGLE-GAME HIGHS

Most Rec.: 5, 3 Times, Last vs. St. Louis (1/2/11)

Most TDs: 1, 7 Times, Last at NY Giants (10/9/11)

Most Yards: 159 vs. Kansas City (11/28/10)

Longest Reception: 87t vs. Kansas City (11/28/10)

ADDITIONAL STATS

Special Teams Tackles: 2007 (2), 2009 (12), 2010 (6), 2011 (2, FR), 2012 (3); **Career** (25, FR). **Rushing:** 2010 (2 for 17 yards, 13 long), 2011 (1 for 13 yards), 2012 (1 for 11 yards); **Career** (4 for 41 yards, 13 long).

Kickoff Returns: 2007 (4 for 88 yards, 25 long), 2009 (11 for 293 yards, 45 long); **Career** (15 for 381 yards, 25.4 avg., 45 long.)

OBOMANU'S GAME-BY-GAME RECEIVING

2006	Opponent	No	Yds	Avg	LG	TD
Games 1-16	Practice Squad					
TOTALS (0/0)		0	0	0.0	0	0
1/6/07	Dallas	Inactive				
1/14/07	at Chicago	Inactive				
TOTALS (0/0)		0	0	0.0	0	0

2007	Opponent	No	Yds	Avg	LG	TD
Games 1-3	Inactive					
9/30	at San Francisco	0	0	0.0	0	0
10/7	at Pittsburgh	2	38	19.0	30	0
10/14	New Orleans	4	72	18.0	25	1
10/21	St. Louis	0	0	0.0	0	0
11/4	at Cleveland	1	7	7.0	7	0
11/12	San Francisco	1	11	11.0	11	0
11/18	Chicago	0	0	0.0	0	0
11/25	at St. Louis	0	0	0.0	0	0
12/2	at Philadelphia	0	0	0.0	0	0
12/9	Arizona	1	18	18.0	18	0
12/16	at Carolina	1	18	18.0	18	0
12/23	Baltimore	1	6	6.0	6	0
12/30	at Atlanta	1	10	10.0	10	0
TOTALS (13/0)		12	180	15.0	30	1
1/5/08	Washington	0	0	0.0	0	0
1/12/08	at Green Bay	4	63	15.8	22	0
TOTALS (2/0)		4	63	15.8	22	0

2008	Opponent	No	Yds	Avg	LG	TD
Games 1-16	Injured Reserve					
TOTALS (0/0)		0	0	0.0	0	0

2009	Opponent	No	Yds	Avg	LG	TD
9/13	St. Louis	1	11	11.0	11	0
9/20	at San Francisco	0	0	0.0	0	0
9/27	Chicago	1	11	11.0	11	0
10/4	at Indianapolis	0	0	0.0	0	0
10/11	Jacksonville	0	0	0.0	0	0
10/18	Arizona	Special Teams				
11/1	at Dallas	Special Teams				
11/8	Detroit	Inactive				
11/15	at Arizona	Special Teams				
11/22	at Minnesota	Special Teams				
11/29	at St. Louis	0	0	0.0	0	0
12/6	San Francisco	1	12	12.0	12	0
12/13	at Houston	0	0	0.0	0	0
12/20	Tampa Bay	0	0	0.0	0	0
12/27	at Green Bay	Inactive				
1/3/10	Tennessee	0	0	0.0	0	0
TOTALS (14/0)		3	34	11.3	12	0

2010	Opponent	No	Yds	Avg	LG	TD
9/12	San Francisco	1	6	6.0	6	0
9/19	at Denver	2	30	15.0	19	1
9/25	San Diego	0	0	0.0	0	0
10/3	at St. Louis	Special Teams				
10/17	at Chicago	0	0	0.0	0	0
10/24	Arizona	1	7	7.0	7	0
10/31	at Oakland	1	5	5.0	5	0
11/7	N.Y. Giants	1	36	36.0	36t	1
11/14	at Arizona	4	60	15.0	40	0
11/21	at New Orleans	5	87	17.4	42	1
11/28	Kansas City	5	159	31.8	87t	1
12/5	Carolina	2	40	20.0	27	0
12/12	at San Francisco	Inactive				
12/19	Atlanta	1	7	7.0	7	0
12/26	at Tampa Bay	2	18	9.0	14	0
1/2/11	St. Louis	5	39	7.8	13	0
TOTALS (15/6)		30	494	16.5	87t	4
1/8/11	New Orleans	5	43	8.6	18	0
1/16/11	at Chicago	4	68	17.0	46	0
TOTALS (2/1)		9	111	12.3	46	0

2011	Opponent	No	Yds	Avg	LG	TD
9/11	at San Francisco	2	12	6.0	7	0
9/18	at Pittsburgh	4	35	8.8	11	0
9/25	Arizona	2	12	6.0	6	0
10/2	Atlanta	3	25	8.3	12	1
10/9	at NY Giants	6	51	8.5	11t	1
10/23	at Cleveland	0	0	0.0	0	0
10/30	Cincinnati	4	107	26.8	55	0
11/6	at Dallas	2	6	3.0	9	0
11/13	Baltimore	1	10	10.0	10	0
11/20	at St. Louis	1	11	11.0	11	0
11/27	Washington	3	26	8.7	11	0
12/1	Philadelphia	2	28	14.0	26	0
12/12	St. Louis	1	13	13.0	13	0
12/18	at Chicago	1	43	43.0	43	0
12/24	San Francisco	2	20	10.0	14	0
1/1/12	at Arizona	3	37	12.3	20	0
TOTALS (16/7)		37	436	11.8	55	2

OBOMANU'S 2012 SEASON

at Ariz (9/9): Saw action on special teams and had one tackle. **Dal (9/16):** Saw action on special teams (1 tackle) and at WR. **GB (9/24):** Assisted on one special teams tackle and had one 8-yard reception. **at StL (9/30):** Saw action at WR and on special teams. **at Car (10/7):** Rushed once for 11 yards.

2012	Opponent	No	Yds	Avg	LG	TD
9/9	at Arizona	0	0	0.0	0	0
9/16	Dallas	0	0	0.0	0	0
9/24	Green Bay	1	8	8.0	8	0
9/30	at St. Louis	0	0	0.0	0	0
10/7	at Carolina	0	0	0.0	0	0
TOTALS (5/0)		1	8	8.0	8	0

Additional Statistics: Special Teams Tackles: 3. **Rushing:** 1 rush for 11 yards at Carolina (10/7).

OBOMANU'S TOP GAMES

Most Pass Receptions:

6	at NY Giants	10/09/11
5	St. Louis	01/02/11
5	Kansas City	11/28/10
5	at New Orleans	11/21/10
4	Cincinnati	10/30/11
4	at Pittsburgh	09/18/11
4	at Arizona	11/14/10
4	New Orleans	10/14/07

Most Yards Receiving:

159	Kansas City	11/28/10
107	Cincinnati	10/30/11
87	at New Orleans	11/21/10
72	New Orleans	10/14/07
60	at Arizona	11/14/10
51	at NY Giants	10/09/11

Longest Reception:

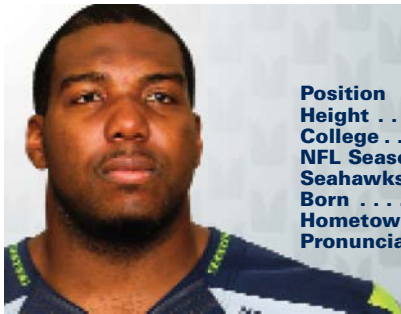
87t	Kansas City	11/28/10
55	Cincinnati	10/30/11
52	Kansas City	11/28/10
43	at Chicago	12/18/11
42	at New Orleans	11/21/10
40	at Arizona	11/14/10

Most TD Receptions:

1	at NY Giants	10/09/11
1	Atlanta	10/02/11
1	Kansas City	11/28/10
1	at New Orleans	11/21/10
1	New York Giants	11/07/10
1	at Denver	09/19/10
1	New Orleans	10/14/07

Longest Kickoff Return:

45	Chicago	09/27/09
35	at Minnesota	11/22/09
33	San Francisco	12/06/09
26	at Minnesota	11/22/09



RUSSELL OKUNG

PositionTackle
Height 6-5 **Weight** .. 310
College Oklahoma State
NFL Seasons 3rd
Seahawks Seasons 3rd
Born October 7, 1987
Hometown Houston, Texas
Pronunciation oh-KOON

76

HOW ACQUIRED: Selected with the sixth overall pick in the 2010 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Started the first 12 games of 2011 before being placed on injured reserve with a torn pectoral muscle suffered vs. Philadelphia (12/1). Helped Marshawn Lynch post a club record scoring at least one TD in 11 consecutive games.
- Battled ankle injuries for most of the 2010 season. Started all 10 games played and both postseason contests. Missed the first three games of the season (ankle) and made NFL debut at St. Louis (10/3/10).
- Highest drafted tackle in club history (Walter Jones was also selected sixth overall in 1997) and first draft choice of General Manager John Schneider and Head Coach Pete Carroll.

COLLEGE: Played 52 games at Oklahoma State, starting final 47 contests – including last 39 at left tackle (first eight at right tackle). Part of unit that saw the Cowboys lead the Big Twelve Conference in rushing in each of his four seasons in the starting line-up. An Outland Trophy finalist, garnered All-American and Big Twelve Offensive Lineman of the Year honors, becoming OSU's most decorated offensive lineman since former Pittsburgh Steelers standout center, Jon Kolb (1966-68).

OKUNG'S 2012 SEASON

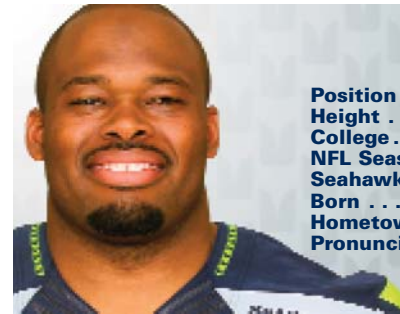
Has helped block for Marshawn Lynch who ranks third in the NFL in rushing (1st NFC). **at Ariz (9/9):** Started at LT and help pave the way for 115 total rushing yards. Left the game on the Seahawks final drive with an injured knee. **Dal (9/16):** Inactive (knee). **GB (9/24):** Started at left tackle. **at StL (9/30):** Started at LT and helped team rush for 179 yards, including Lynch's 118. **at Car (10/7):** Started at LT.

Registered 317 knock-downs with 48 touchdown-resulting blocks during his time as a starter. In final two seasons, total of 30 touchdown-resulting blocks were tops in the Big Twelve. As a senior, was an All-American first-team choice by *The NFL Draft Report*, *Walter Camp Football Foundation* and *American Football Foundation Coaches Association*. Was only offensive lineman named a semi-finalist for the Lombardi Award. Allowed just one sack on 336 pass plays.

PERSONAL: Attended George Bush High . Three-star prospect, according to *Rivals.com*. Ranked 33rd nationally among offensive tackles and placed 71st on *Rival's Texas* Top 100 list. *Scout.com* ranked the lineman 50th overall on the South-west Top 100 chart. Added first-team All-Greater Houston and All-District honors, along with being named to the *Dallas Morning News* Top 100 squad as a senior. Marketing major. Son of Dorothy Akabio and Victor Okung.

OKUNG'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2010	Seattle	—	10/10	2/2
2011	Seattle	—	12/12	
2012	Seattle	—	4/4	
NFL TOTALS		—	26/26	2/2



FRANK OMIYALE

PositionTackle/Guard
Height 6-4 **Weight** .. 315
College Tennessee Tech
NFL Seasons 8th
Seahawks Seasons 1st
Born January 23, 1982
Hometown Nashville, Tenn.
Pronunciation oh-MEE-yell

65

HOW ACQUIRED: Signed with Seattle as an unrestricted free agent on March 27, 2012.

NFL CAREER HIGHLIGHTS:

- Originally selected by Atlanta in the fifth round (163rd overall) of the 2005 NFL Draft. Was waived by Atlanta (9/1/07) after two seasons and claimed off waivers by Carolina (9/2/07) where he also spent two season. Signed by Chicago to four-year contract (2/27/09) before being released by Chicago March 1, 2012.
- In 2011, appeared in all 16 games with three starts (Weeks 3-5) at right tackle, the third straight season appearing in all 16 contests.
- Started all 16 games for the first time of career in 2010 (2 at RT, 14 at LT) and helped block for a 1,000-yard rusher for the first time in his career. One of two offensive lineman to start every game, including both postseason contests.
- Played in all 16 games for the first time in his career in 2009, making 12 starts at left guard. Began the season as a starter, saw action in four games as a reserve and then started the final six games. Helped protect Jay Cutler as he threw for the second-highest passing mark in franchise history (3,666 yards).

- Made his first NFL start vs. Kansas City (10/5/08) and helped Carolina rush for 205 yards and 2 TDs while not allowing a sack.

- Spent the 2007 season on the Panthers active roster but was inactive for all 16 games.

- Appeared in his first NFL game vs. Pittsburgh (10/22/06), but was inactive for the other 15 contests. Inactive all 16 games as a rookie.

COLLEGE: Appeared in 37 games with 35 starts as a three-year starter at Tennessee Tech. As a senior, earned first-team all-Ohio Valley Conference honors after starting every game at left tackle and allowing only three sacks. Contributed to an offensive line that helped produce 389.4 yards of total offense per game. As a junior, started every game at left tackle and allowed only one sack. Part of an offensive unit that generated 347.5 yards of offense per game. Saw action in every game as a sophomore and demonstrated his versatility by starting six games at left tackle and six games at right tackle. Played in two games as a freshman before suffering a knee injury that sidelined him for the remainder of the season.

PERSONAL: Attended Whites Creek (Tenn.) High School. Majored in marketing at Tennessee Tech.

OMIYALE'S NFL RECORD

Year	Team	—	GP/GS	Postseason		GP/GS	Postseason
2005	Atlanta	—	0/0	-	2010 Chicago	— 16/16	2/2
2006	Atlanta	—	1/0	-	2011 Chicago	— 16/3	-
2007	Carolina	—	0/0	-	2012 Seattle	— 5/1	
2008	Carolina	—	10/1	-	NFL TOTALS	— 64/33	2/2
2009	Chicago	—	16/12	-			

OMIYALE'S 2012 SEASON

at Ariz (9/9): Saw action on special teams and at left tackle in place of Russell Okung (knee) on the Seahawks final possession. **Dal (9/16):** Started at left tackle in place of Okung (knee). Part of a Seahawks rushing attack that totaled 182 rushing yards, most for Seattle since totaling 245 on September 21, 2008, vs. St. Louis. **GB (9/24):** Saw action on special teams. **at StL (9/30):** Saw action on special teams. **at Car (10/7):** Saw action on special teams and on one series in the second quarter in place of Breno Giacomini.



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TOTALS (9/9)	32	484	15.1	52t	2
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2008	Opponent	No	Yds	Avg	LG	TD
9/8	at Green Bay	2	31	15.5	23t	1
9/14	Indianapolis	0	0	0.0	0	0
9/21	Carolina		Inactive			
9/28	at Tennessee	1	6	6.0	6	0
10/6	at New Orleans		Inactive			
10/12	Detroit		Inactive			
10/19	at Chicago	0	0	0.0	0	0
11/2	Houston	1	8	8.0	8t	0
11/9	Green Bay	1	3	3.0	3t	0
11/16	at Tampa Bay	2	22	11.0	17	0
11/23	at Jacksonville	3	27	9.0	14	0
11/30	Chicago	1	8	8.0	8	0
12/7	at Detroit	2	21	10.5	15	0
12/14	at Arizona	1	6	6.0	6	0
12/21	Atlanta	0	0	0.0	0	0
12/28	N.Y. Giants	1	9	9.0	9	0
TOTALS (13/3)		15	141	9.4	23t	4
1/4/09	at Philadelphia	2	27	13.5	14	0
PLAYOFFS (1/1)		2	27	13.5	14	0

RICE'S SINGLE-GAME HIGHS

Most Receptions: 10 at Pittsburgh (10/25/09) **Most Yards:** 201 vs. Detroit (11/15/09)
Most TDs: 2, 3 Times, Last vs. Buffalo (12/5/10) **Longest Reception:** 63 vs. Baltimore (10/18/09)

ADDITIONAL STATS

Passing: 2007 (2-2 for 94 yards), 2008 (0-1 for 0 yards), 2009 (0-1 for 0 yards), 2011 (1-1 for 55 yards);
Career: (3-5 for 149 yards).
Returns: 2009 (one kickoff return for no yards); **Career:** One kickoff return for no yards.

RICE'S 2012 SEASON

at Ariz (9/9): Had four receptions for 36 yards and a 10-yard TD reception on third down. **Dal (9/16):** Had three catches for 33 yards. **GB (9/24):** Had one 22-yard reception on the game's final drive. **at StL (9/30):** Led team with four catches and 41 yards. **at Car (10/7):** Led team with five catches and 67 yards.

2012	Opponent	No	Yds	Avg	LG	TD
9/9	at Arizona	4	36	9.0	11	1
9/16	Dallas	3	33	11.0	18	0
9/24	Green Bay	1	22	22.0	22	0
9/30	at St. Louis	4	41	10.3	17	0
10/7	at Carolina	5	67	23.4	18	0
TOTALS (5/5)		17	199	11.7	22	1

RICE'S TOP GAMES

Most Pass Receptions:

10	at Pittsburgh	10/25/09
8	Arizona	09/25/11
7	at Arizona	12/06/09
7	Detroit	11/15/09
6	5 times, Last vs. N.Y. Giants	01/03/10

Most Yards Receiving:

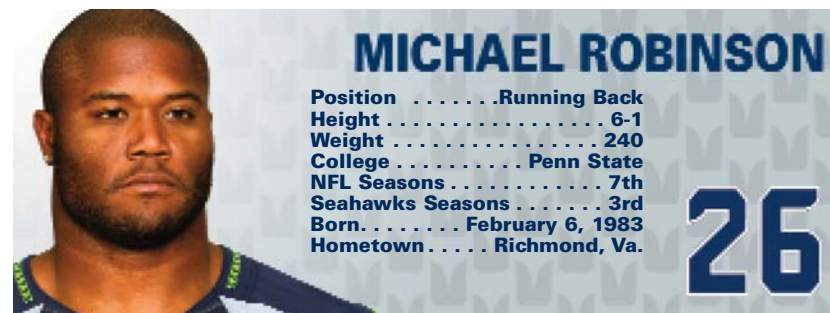
201	Detroit	11/15/09
176	Baltimore	10/18/09
136	at Pittsburgh	10/25/09
112	New York Giants	01/03/10
109	Arizona	09/25/11
105	Buffalo	12/05/10
102	Cincinnati	10/30/11

Longest Reception:

63	Baltimore	10/18/09
60t	at N.Y. Giants	11/25/07
58	Baltimore	10/18/09
56	Detroit	11/15/09
52t	Atlanta	10/02/11
50	New York Giants	01/03/10

Most TD Receptions:

2	N.Y. Giants	01/03/10
2	Buffalo	12/05/10
2	Seattle	11/22/09
1	14 Times, Last at Arizona	9/9/12



HOW ACQUIRED: Signed by Seattle as a free agent on September 6, 2010.

NFL CAREER HIGHLIGHTS:

- In 2011, helped block for Marshawn Lynch's club record of at least one TD in 11-consecutive games. Also helped pave the way for Lynch to become Seattle's first 1000-yard rusher since 2005. Earned first-career trip to the Pro Bowl.
- Hauled in first-career receiving TD at Chicago (12/18/11).
- Started four of 11 games for Seattle at full-back, also seeing snaps at running back and quarterback in 2010.
- Originally drafted by San Francisco in the fourth-round (100th overall) of the 2006 NFL Draft. Played four seasons for the 49ers.
- In 2009, set a single-season career high with 414 kickoff returns yards and finished third on the team with 20 special teams tackles.
- Named a Pro Bowl alternate as a specialist after ranking third on the team with 16 special teams stops in 2008.
- In 2007, led team with 27 special teams tackles.
- Made first career start at running back in place of Frank Gore (ankle) at Atlanta (11/4/07).
- Executed a fake punt for 33 yards on a direct

snap at Seattle (12/4/06), which established a career-long rushing attempt.

HONORS: 2011: NFC Pro Bowl

COLLEGE: Became fifth player in Penn State history to gain more than 5,000 yards in total offense (5,168) and the only quarterback in school history to rush for more than 1,000 yards in a career, finishing with 1,637 yards and 20 touchdowns. Played in 44 games (28 starts-17 at quarterback, six at running back, five at wide receiver). Named Big Ten Conference Offensive Player of the Year by the coaches and was a consensus second-team All-Big Ten choice as a senior after totaling 3,156 total yards to set a school season-record, shattering previous mark of 2,660 yards by Kerry Collins (1994).

PERSONAL: Attended Varina High School in Richmond Virginia. Helped lead the school to four consecutive regional titles and two state runner-up finishes. Rushed for 3,046 yards on 371 carries (8.2 avg) and 37 touchdowns with 2,409 yards on offense. Recorded 211 tackles and 18 interceptions as a safety. Married to wife, Shameka, and the couple has three children. Earned advertising and public relations degree in three years (graduating in December, 2004).



ROBINSON'S NFL RECORD

Club	G/S	Rushing					Receiving				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2006 SF	16/0	38	116	3.1	33	2	9	47	5.2	12	0
2007 SF	15/1	26	121	4.7	28	0	11	73	6.6	20	0
2008 SF	16/1	19	50	2.6	10	0	17	202	11.9	36	0
2009 SF	15/0	3	2	0.7	4	0	6	24	4.0	8	0
2010 Seattle	11/4	12	77	6.4	17	0	8	37	4.6	13	0
2011 Seattle	14/5	4	7	1.8	3	0	9	74	7.4	19	1
2012 Seattle	5/3	4	9	2.3	4	0	1	0	0.0	0	0
NFL TOTALS	92/14	106	382	3.6	33	2	61	457	7.6	36	1

POSTSEASON

Club	G/S	Rushing					Receiving				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2010 Seattle	2/0	1	1	1.0	1	0	1	3	3.0	3	0
NFL TOTALS	2/0	1	1	1.0	1	0	1	3	3.0	3	0

ROBINSON'S SINGLE-GAME HIGHS

Rush Attempts: 17 at Atlanta (11/4/07)
Rush Yards: 67 at Atlanta (11/4/07)
Longest Rush: 33 at Seattle (12/14/06)
Most Rush TDs: 2 vs. Philadelphia (9/24/06)
Most Receptions: 4, 2 Times, Last vs. Phil (12/1/11)
Most Rec. Yards: 54 vs. St. Louis (11/16/08)
Longest Reception: 36 vs. St. Louis (11/16/08)
Most Rec. TDs: 1, at Chicago (12/18/11)

ROBINSON'S ADDITIONAL STATS

Special Teams Tackles: 2006 (16), 2007 (27), 2008 (16), 2009 (20), 2010 (4), 2011 (10, FF; blocked punt return for TD), 2012 (3, FF); **Career** (96, 2 FF). Returned 30 kickoffs for 673 yards (22.4 avg.) with a long of 40. Completed 1 of 2 passes for 28 yards with a long of 28.

ROBINSON'S 2012 SEASON

Named special teams season captain by team. **at Ariz (9/9):** Started at FB and saw action on on special teams. **Dal (9/16):** Led team with three special teams tackles and forced a fumble on the opening kickoff that led to a Seahawks field goal. Also rushed twice, both resulting in first downs. **GB (9/24):** Started at fullback. **at StL (9/30):** Helped lead team to 179 rushing yards, including 118 by Marshawn Lynch. **at Car (10/7):** Did not start when team opened in 2-TE set. Carried twice for 3 yards, both resulting in first downs.

2012	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/9	at Arizona	0	0	0.0	0	0	0	0	0.0	0	0	0	L
9/16	Dallas	2	6	3.0	4	0	0	0	0.0	0	0	6	W
9/24	Green Bay	0	0	0.0	0	0	0	0	0.0	0	0	0	W
9/30	at St. Louis	0	0	0.0	0	0	0	0	0.0	0	0	0	L
10/7	at Carolina	2	3	1.5	2	0	1	0	0.0	0	0	3	W
TOTALS (5/3)		4	9	2.3	4	0	1	0	0.0	0	0	9	3-2

Additional Statistics: Special Teams Tackles: 3, FF.

ROBINSON'S TOP GAMES

Most Rushing Yards:
 67 at Atlanta 11/04/07
 33 at San Francisco 12/12/10
 33 at Seattle 12/14/06
 29 Philadelphia 09/24/06
 28 Seattle 09/30/07
Most Rushing Attempts:
 17 at Atlanta 11/04/07
 12 Oakland 10/08/06
 5 at Miami 12/14/08
 5 at Detroit 11/12/06
 5 Philadelphia 09/24/06
Longest Run:
 33 at Seattle 12/14/06
 28 Seattle 09/30/07
 20 at Atlanta 11/04/07
 17 at San Francisco 12/12/10
Most TD's Rushing:
 2 Philadelphia 09/24/06
Most Pass Receptions:
 4 at Miami 12/14/08
 3 at Dallas 11/24/08
 3 New Orleans 11/28/07

Most Yards Receiving:
 54 St. Louis 11/16/08
 43 Washington 12/28/08
 43 New Orleans 10/28/07
 41 Philadelphia 12/01/11
 33 at Miami 12/14/08
 26 at N.Y. Giants 10/19/08
Longest Reception:
 36 St. Louis 11/16/08
 24 Washington 12/28/08
 20 New Orleans 10/28/07
 19 Philadelphia 12/01/11
 18 New York Giants 10/19/08
Most TD Receptions:
 1 at Chicago 12/18/11
Longest Kickoff Return:
 40 at Houston 10/25/09
 34 New York Jets 12/07/08
 30 Seattle 10/26/08
 30 Cincinnati 12/15/07
 27 Tennessee 11/08/09



JON RYAN
 PositionPunter
 Height 6-0
 Weight 217
 College Regina
 NFL Seasons 7th
 Seahawks Seasons 5th
 Born November 26, 1981
 Hometown Regina, Sask.

HOW ACQUIRED: Signed by Seattle as a free agent on September 9, 2008.

NFL CAREER HIGHLIGHTS:

- Originally signed by Green Bay as a free agent on February 1, 2006. Spent two years in the CFL with the Winnipeg Blue Bombers from 2004-05.
- Seattle's all-time leader in punting average (45.2) and set a club record in the 2011 season opener at San Francisco (9/11) with a 77-yard boot. Also set club records in 2011 for highest average in a season (46.6), net average for a season (36.8), and tied for most punts downed inside the 20 in a season (34).
- Has recorded 483 career punts for 21,713 yards (45.0 avg.) with 146 punts inside the 20.
- In 2009, ranked 4th in the NFC (7th NFL),

while setting a career high in gross average (46.2). Also set career highs in net average (38.7) and punts inside the 20 (28).

- Set a career-high with six punts inside the 20 vs. San Francisco (12/6/09) and at Chicago (10/17/10).

COLLEGE: In 2003, led Canadian college punters with a 45.9-yard average. Was named first-team All-Canadian and Canada West all-star. Also played flanker for the Regina Rams and caught a 109-yard touchdown pass as a sophomore.

PERSONAL: Played lacrosse, hockey, football, basketball and track at Sheldon-Williams High. Was a three-time all-star in lacrosse. Hosts football youth camps in hometown of Saskatchewan. Majored in psychology.

RYAN'S NFL RECORD

	Club	G/S	No	Yds	Avg	Net Avg	LG	I20	TB	Blk
2006	Green Bay	16/0	84	3,739	44.5	35.7	66	17	12	0
2007	Green Bay	16/0	60	2,664	44.4	37.6	72	18	11	2
2008	Seattle	15/0	78	3,557	45.6	37.9	63	22	12	1
2009	Seattle	16/0	88	4,068	46.2*	38.7	70	28	9	0
2010	Seattle	16/0	78	3,254	41.7	37.3	63	27	1	0
2011	Seattle	16/0	95	4,431	46.6	39.3	77*	34	8	0
2012	Seattle	5/0	21	1,027	48.9	43.1	73	8	2	0
NFL TOTALS		100/0	504	22,740	45.1	37.8	77	154	55	3

POSTSEASON

	Club	G/S	No	Yds	Avg	Net Avg	LG	I20	TB	Blk
2007	Green Bay	2/0	9	298	33.1	28.2	43	3	1	0
2010	Seattle	2/0	13	470	36.2	33.0	52	4	0	0
NFL TOTALS		4/0	22	768	34.9	31.0	52	7	1	0

* Club Record

RYAN'S SINGLE-GAME HIGHS

Punts: 11 vs. Philadelphia (11/2/08)
Avg. (3 min.): 61.0 at Dallas (11/6/11)
Net (3 min.): 58.3 at Dallas (11/6/11)

Longest: 77* at San Francisco (9/11/11)
Inside 20: 6, San Francisco (12/6/09), at Chicago (10/17/10)

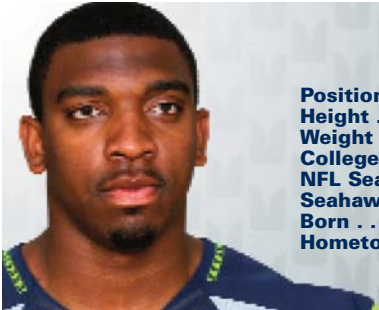
ADDITIONAL STATS

Special Teams Tackles: 2006 (1), 2007 (FR), 2009 (3), 2011 (3); **Career:** (7, FR). **Passing:** 2007: 1-1, 18 yards, 118.8 QB rating, 2009: 1-1, 42 yards, 118.8 QB rating; **Career:** 2-2, 60 yards, 118.8 QB rating. **Rushing:** 2006: One for -11, 2007: Two for 7, 2009: One for 0, 2010: One for -9, 2012: One for -18; **Career:** Six for -31.

RYAN'S 2012 SEASON

at Ariz (9/9): Punted four times and averaged 46.3 yards (37.0 net). **Dal (9/16):** Punted four times and averaged 53.8 yards with two downed inside the 20. **GB (9/24):** Averaged 51.5 yards (49.5 net) on six punts with three downed inside the 20. Had a long of 73, tied for second-longest in team history. **at StL (9/30):** Punted four times averaging 49.0 yards. **at Car (10/7):** Punted three times with two downed inside the 20. Also took a planned safety on a negative 18-yard run in the final minute of the game.

2012	Opponent	No	Yds	Avg	Net Avg	LG	I20	TB	Blk
9/9	at Ariz	4	185	46.3	37.0	48	1	0	0
9/16	Dallas	4	215	53.8	48.3	68	2	1	0
9/24	Green Bay	6	309	51.5	49.5	73	3	0	0
9/30	at St. Louis	4	196	49.0	39.5	62	0	1	0
10/7	at Carolina	3	122	40.7	36.3	54	2	0	0
TOTALS		21	1,027	48.9	43.1	73	8	2	0



GREG SCRUGGS

Position Defensive End
Height 6-3
Weight 284
College Louisville
NFL Seasons Rookie
Seahawks Seasons Rookie
Born August 17, 1990
Hometown . . . Cincinnati, Ohio

98

HOW ACQUIRED: Drafted with the 25th pick in the seventh round (232nd overall) of the 2012 NFL Draft. Second Seahawks defensive end selected in this draft to come from the Big East Conference (Bruce Irvin, West Virginia). First player drafted out of Louisville in club history.

COLLEGE: Played in 42 career games, starting 26 in four seasons at Louisville, registering 61 tackles, including 19 for losses of 99 yards, while racking up eight sacks to go along with two forced fumbles, three fumble recoveries and one interception.

Senior: Played in nine games, missing three to injury. Totaled 19 tackles, including six for losses of 47 yards to go along with four sacks and a forced fumble. Had a career-day at Kentucky, setting career-bests in total tackles (5) and solo tackles (3), while tying career-highs in tackles for loss (2) and sacks (2). Assisted on a career-high three tackles in the team's game at West Virginia.

Junior: Played in 12 games, starting six. Finished the season with 14 tackles and two sacks, while registering 5.5 tackles for loss, a forced fumble, a pass defended and his first career interception. Recorded a season-high three tackles twice (at Memphis, at Cincinnati)

and notched a season-high two sacks at Rutgers.

Sophomore: First year as a full-time starter for the Cardinals and totaled his best statistical season, playing in 12 games and making 12 starts, totaling 24 tackles and two sacks, including his first career sack, while registering 6.5 tackles for loss and recovering a fumble.

Freshman: Appeared in nine games as a true freshman, starting three and recording four tackles, including one tackle for a loss of three yards.

PERSONAL: Attended St. Xavier High School in Cincinnati, Ohio, where he played for the nation's top-ranked team, leading them to a perfect 15-0 record and a state championship win over Mentor, 27-0. Started all 15 games at defensive end in his only season of football for St. Xavier, recording 57 tackles, nine sacks, two forced fumbles and three fumble recoveries. Earned second-team All-GCL honors, was selected Honorable Mention All-Cincinnati and was selected to play in the North-South All-Star Game. Played four seasons on the basketball team, averaging 7.0 points and 3.0 rebounds. Also performed for three seasons in the marching band. Sociology major.

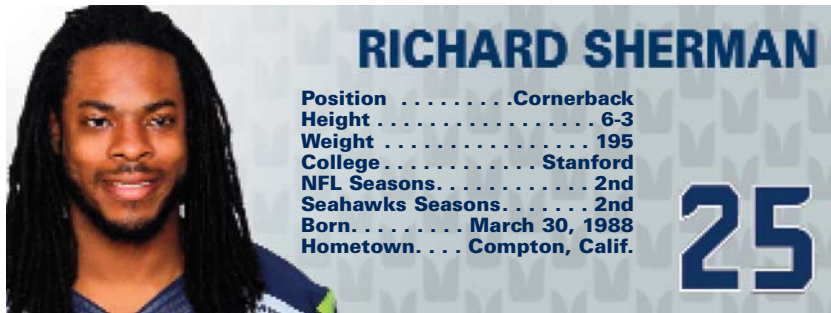
SCRUGGS' 2012 SEASON

at Ariz (9/9): Inactive (hamstring). **Dal (9/16):** Saw first-career action at DT. **GB (9/24):** Part of a defensive line that totaled 8.0 first-half sacks, second-most in the first half in NFL history (9.0, N.Y. Giants vs. Chicago, 10/2/10). **at StL (9/30):** Inactive (wrist). **at Car (10/7):** Inactive.

SCRUGGS' 2012 GAME-BY-GAME

Game	P/S	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	0/0	Inactive (hamstring)											
Dal (9/16)	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0
GB (9/24)	1/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0
at StL (9/30)		Inactive (wrist)											
at Car (10/7)		Inactive											
Totals	2/0	0	0	0	0.0	0.0	0	0	0	0	0	0	0

P = Participation



HOW ACQUIRED: Drafted with the 23rd pick in the fifth-round of the 2011 NFL Draft (154th overall).

NFL CAREER HIGHLIGHTS:

- Played in all 16 games and moved in to starting lineup after Marcus Trufant (back) and Walter Thurmond (ankle) were placed on injured reserve, starting final 10 games at left corner.
- Tied for third in franchise history with four interceptions as a rookie, along with 53 tackles (46 solo) and ranked second on team with 17 passes defended.

HONORS: 2010, All-Rookie Team (*Pro Football Weekly*).

COLLEGE: Played in 52 career games with 37 starts (27/15 at wide receiver, 25/22 at cornerback). Played his first three seasons at wide receiver before before transitioning to corner-

back prior to his senior season. Was granted a fifth season after his junior season was cut short after four games due to a knee injury. Registered 81 career catches for 1,340 yards (16.5 avg) and seven touchdowns. Tallied 112 career tackles and six interceptions at cornerback.

PERSONAL: Graduated from Dominguez High School in Compton. Ranked among the best wide receiver prospects in the nation. PrepStar All-West selection and *SuperPrep* All-Far West pick. Named to the *Long Beach Press Telegram's* DreamTeam as one of the premier recruits in the West. Listed as the 50th-best recruit in the nation by *SuperPrep*. Accounted for 1,030 all-purpose yards as a senior, including 870 yards on 28 catches and three punt returns for touchdowns. Recorded 45 tackles, eight pass breakups and one interception as a defensive back. First team All-CIF and *Long Beach Press-Telegram* Dream Team selection in track as a senior. Communications major.

SHERMAN'S NFL RECORD

Club		Tackles				Sacks		Interceptions								
		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2011	Seattle	16/10	53	46	7	0.0	0.0	4	45	11.3	33	0	17	1	0	0
2012	Seattle	5/5	20	18	2	0.0	0.0	2	29	29.0	29	0	7	1	0	0
NFL TOTALS		21/15	73	64	9	0.0	0.0	6	74	12.3	33	0	24	2	0	0

SHERMAN'S SINGLE-GAME HIGHS

Tackles: 7, vs. Washington (11/27/11)
Interceptions: 1, 6 Times, Last at St. Louis (9/30/12)
Sacks: None

Forced Fumbles: 1, 2 Times, Last at Carolina (10/7/12)
Fumble Recoveries: None

ADDITIONAL STATS

Special Teams Tackles: 2011 (2); **Career:** (2).

SHERMAN'S 2012 SEASON

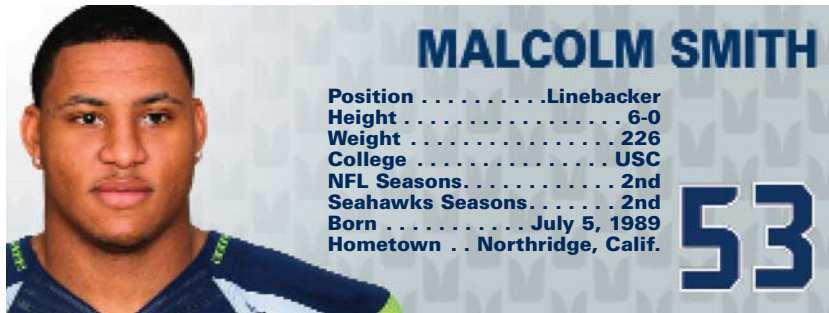
at Ariz (9/9): Finished with four solo tackles, an interception and two passes defended. Interception came on a spectacular sideline toe-tap on a pass intended to be thrown away out of bounds. **Dal (9/16):** Recorded four solo tackles and a pass defended. **GB (9/24):** Part of a defensive backfield that covered strong in the first half allowing the defensive front collect eight first-half sacks. **at StL (9/30):** Had three solo stops and an interception that thwarted a St. Louis scoring threat. **at Car (10/7):** Totaled five tackles, a pass defended and a forced fumble. Part of a defense that limited Cam Newton to a career-low 141 passing yards. Through three quarters, part of a defense that limited Newton to 5-of-20 passing for 55 yards and a 39.6 rating.

SHERMAN'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/1	4	4	0	0.0	0.0	0	1	0	2	0	0	0
Dal (9/16)	1/1	4	4	0	0.0	0.0	0	0	0	1	0	0	0
GB (9/24)	1/1	4	2	2	0.0	0.0	0	0	0	1	0	0	0
at StL (9/30)	1/1	3	3	0	0.0	0.0	0	1	29	2	0	0	0
at Car (10/7)	1/1	5	5	0	0.0	0.0	0	0	0	1	1	0	0
Totals	5/5	20	18	2	0.0	0.0	0	2	29	7	1	0	0

Additional Statistics: Special Teams Tackles 0.

P = Participation



HOW ACQUIRED: Drafted with a compensatory pick (242nd overall) in the seventh round of the 2011 NFL Draft.

CAREER HIGHLIGHTS:

- Played in 12 games, mostly on special teams, finishing tied (Chris Maragos) for second on the team with 11 special teams tackles.
- Recorded first-career sack vs. Baltimore (11/13/11).

COLLEGE: Played in 47 career games in four seasons at Southern California, registering 174 tackles, two interceptions, one sack and two touchdowns.

PERSONAL: Attended Taft High school in Woodland Hills (Calif.). Posted 31 tackles, 10 sacks and four fumble recoveries on defense and ran for 919 yards on 118 carries (7.8 avg) with 15

touchdowns on offense in 2006 despite missing the first half of the season with a leg injury. His 2006 honors included Super Prep All-American, Prep Star All-American, Prep Star 100, Super Prep All-Farwest, Prep Star All-West, Scout.com All-West, *Long Beach Press-Telegram* Best in the West first team, *Orange County Register* Feb 15 second team, *Tacoma News-Tribune* Western 100, Cal-Hi Sports All-State third team, All-L.A. City first team and *Los Angeles Daily News* All-Area second team as a senior linebacker. His brother, Steve, was a 2006 All-American wide receiver at USC, who lettered four years with the Trojans (2003-06) and finished his career as Troy's No. 5 career pass catcher (190 receptions with 22 TDs), and now plays for the St. Louis Rams.

SMITH'S NFL RECORD

		Tackles				Sacks		Interceptions								
Club		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2011	Seattle	12/0	5	5	0	1.0	8.0	0	0	0.0	0	0	0	0	0	0
2012	Seattle	5/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		17/0	7	7	0	1.0	8.0	0	0	0.0	0	0	0	0	0	0

SMITH'S SINGLE-GAME HIGHS

Tackles: 2, 2 Times, Last at St Louis (9/30/12)
Interceptions: None
Sacks: 1.0, vs. Baltimore (11/13/11)

Forced Fumbles: None
Fumble Recoveries: None

ADDITIONAL STATS

Special Teams Tackles: 2011 (11, FF), 2012 (2, Blocked punt); **Career:** (13, FF, Blocked punt).

SMITH'S 2012 SEASON

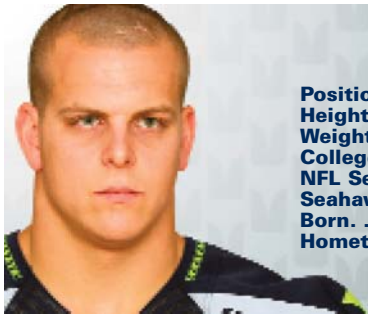
at Ariz (9/9): Saw action on special teams and notched one tackle. **Dal (9/16):** Saw action on special teams and blocked a punt that resulted in a 3-yard TD return by Jeron Johnson. The score gave Seattle an early 10-0 lead. **GB (9/24):** Had a special teams tackle. **at StL (9/30):** Saw action at nickel LB most of the first half and totaled 2 solo stops. **at Car (10/7):** Saw action on special teams.

SMITH'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/0												
Dal (9/16)	1/0												
GB (9/24)	1/0												
at StL (9/30)	1/0	2	2	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/0												
Totals	5/0	2	2	0	0.0	0.0	0	0	0	0	0	0	0

Additional Statistics: Special Teams Tackles 2, Blocked punt.

P = Participation



J.R. SWEETZY

Position Guard
Height 6-5
Weight 298
College .. North Carolina State
NFL Seasons Rookie
Seahawks Seasons Rookie
Born April 8, 1989
Hometown .. Mooresville, N.C.

64

HOW ACQUIRED: Selected by Seattle with the first of two seventh-round choices (225th overall) in the 2012 NFL Draft. Will make the transition from college defensive tackle to offensive guard in the NFL.

COLLEGE: Played 35 games with 20 starts along the defensive line at North Carolina State. Posted 86 tackles (65 solo), 22 tackles for loss, 11.0 sacks, 33 quarterback pressures, three passes defended, two forced fumbles and two fumble recoveries for the Wolfpack.

RS Senior: Played in nine games with seven starts, returning from a foot fracture in the pre-season and missing the first four contests. Voted team captain by his teammates prior to the season. Had 22 tackles (16 solo) and 2.0 sacks in his final season.

RS Junior: Started all 12 games played and posted career-highs in tackles (46, 33 solo), tackles for loss (13), sacks (6.0) and passes defended (3). Earned honorable mention All-ACC honors. Five of his six sacks came in the final four games of the season. Posted 10 tackles, four tackles for loss and 2.0 sacks in best game of season at Clemson.

RS Sophomore: Reserve defensive tackle who played in all 12 games with one start. Tallied

three tackles, including an eight-yard sack, and had three quarterback pressures at Virginia Tech. Posted a season-best four tackles against Duke. Had five tackles for loss and three sacks for the season.

RS Freshman: Saw action in two games at defensive end; seven snaps versus William & Mary and six at South Carolina. Recorded one tackle and a quarterback pressure. Spent some time at linebacker during 2008 spring drills.

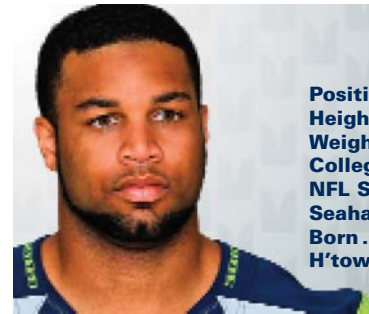
PERSONAL: A linebacker in high school who recorded an impressive 195 tackles in 12 games as a senior at Mooresville High. Recorded 14 tackles for loss, including 6.0 sacks, and recovered four fumbles as a senior. Notched 115 tackles, eight tackles for loss and 3.0 sacks as a junior. PrepStar all-region selection. Won the Class 3A heavyweight wrestling championship for the state of North Carolina. Majored in sport management.

SWEETZY'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2012	Seattle	—	5/1	
NFL TOTALS			5/1	0/0

SWEETZY'S 2012 SEASON

at Ariz (9/9): Started first-career game at RG and helped block for 115 total rushing yards. **Dal (9/16):** Did not start at right guard, but split reps with John Moffitt at the position. Helped pave the way for 182 rushing yards, most for Seattle since 245 versus the St. Louis Rams on September 21, 2008. **GB (9/24):** Saw limited action at right guard and on special teams. **at StL (9/30):** Saw action on one series for James Carpenter in the first half when he left with a knee injury. Carpenter returned the following series and finished the game. **at Car (10/7):** Saw action on special teams.



GOLDEN TATE

Position Wide Receiver
Height 5-10
Weight 202
College Notre Dame
NFL Seasons 3rd
Seahawks Seasons 3rd
Born August 2, 1988
H'town .. Hendersonville, Tenn.

81

HOW ACQUIRED: Selected with 28th pick (60th overall) in the second round of the 2010 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Played in all 16 games, with five starts, and posted career-highs in catches (35), yards (382) and touchdowns (3) in 2011.
- Recorded 21 catches for 227 yards in 11 games during his rookie season in 2010. Also returned 16 punts for 202 yards (12.6). Played in both postseason games and started in the NFC Wild Card Game vs. New Orleans (1/8/11) when the team opened in a five-receiver set.
- Played in first-career game at Denver (9/19), and hauled in first-career reception for a career-long 52 yards. Also established a career-long 63 yard punt return on first NFL touch.

COLLEGE: Played in 37 career games, starting 22, while recording 157 receptions for 2,707 yards and 26 touchdowns. His 157 receptions rank third in Notre Dame history, and established the team's season record with 93 receptions during his final campaign. Placed eighth on the Irish all-time record list with 909 yards via kickoff returns and ranks second with 4,130 all-purpose yards. As a junior, Consensus All-American first-team selection. Recipient of the Biletnikoff Award, given to the nation's premier wide receiver. Shared team MVP honors with QB Jimmy

Clausen. Started all 12 games, setting school records with 93 receptions for 1,496 yards. His 15 touchdowns tied an Irish record. Ranked third in nation and set school record while averaging 124.67 yards per game receiving. His 1,915 all-purpose yards was the second-highest season total by an Irish player.

PERSONAL: Attended Pope John Paul II (Hendersonville, Tenn.) High School, where he was a *USA Today* second-team prep All-America selection (defense). Rushed 140 times for 1,413 yards and 23 touchdowns as senior and added 28 receptions for 510 yards and six receiving touchdowns. Registered three interceptions. Eleventh prep player nationally on *ESPN* 150 listing. Rated one of top 250 players nationally by *Rivals.com*, including second among Tennessee prospects and seventh nationally among players in athlete category. Named Charles Greenhill Award winner as top prep player in Tennessee and Middle Tennessee High School Football Player of the Year for 2006, both by Lawrenceburg (Tenn.) Quarterback Club. Drafted by the Arizona Diamondbacks in the 42nd round of the 2007 MLB Draft after being a standout outfielder for the Notre Dame baseball team. Father Golden Tate, Jr., played wide receiver at Tennessee State and was a fifth-round pick by the Indianapolis Colts in 1984 NFL draft as 120th overall selection. Full name is Golden H. Tate III.

TATE'S NFL RECORD

	Club	G/S	No	Receiving			LG	TD	Att	Rushing			LG	TD
				Yds	Avg					Yds	Avg			
2010	Seattle	11/0	21	227	10.8	52	0		2	4	2.0	3	0	
2011	Seattle	16/5	35	382	10.9	33	3		5	14	2.8	14	0	
2012	Seattle	4/4	10	144	14.4	41t	3		1	-1	-1.0	-1	0	
NFL TOTALS			31/9	66	753	11.4	52	6	8	17	2.2	14	0	

	Club	No	Yds	Avg	LG	TD	Att	Punt Returns			LG	TD
								Yds	Avg			
2010	Seattle	1	10	10.0	10	0	16	202	12.6	63	0	0
2011	Seattle	0	0	0.0	0	0	1	0	0.0	0	0	0
2012	Seattle	0	0	0.0	0	0	0	0	0.0	0	0	0
NFL TOTALS			1	10	10.0	10	0	17	202	11.9	63	0

POSTSEASON

	Club	G/S	No	Receiving			LG	TD	Att	Rushing			LG	TD
				Yds	Avg					Yds	Avg			
2010	Seattle	2/1	1	5	5.0	5	0		1	13	13.0	13	0	
NFL TOTALS			2/1	1	5	15.0	5	0	1	13	13.0	13	0	

	Club	No	Yds	Avg	LG	TD	Att	Punt Returns			LG	TD
								Yds	Avg			
2010	Seattle	0	0	0.0	0	0	1	11	11.0	11	0	0
NFL TOTALS			0	0	0.0	0	1	11	11.0	11	0	0

TATE'S SINGLE-GAME HIGHS

Receptions: 5, at Arizona (1/1/12)

Longest Reception: 52, at Denver (9/19/10)

Punt Return Yards: 82, at Denver (9/19/10)

Receiving Yards: 68, vs. Green Bay (9/24/12)

Receiving TDs: 2 vs. Green Bay (9/24/12)

Longest Punt Return: 63, at Denver (9/19/10)

TATE'S GAME-BY-GAME

2010	Opponent	No	Yds	Avg	LG	TD	2011	Opponent	No	Yds	Avg	LG	TD
9/12	San Francisco	Inactive					9/11	at San Francisco	1	8	8.0	8t	1
9/19	at Denver	1	52	52.0	52	0	9/18	at Pittsburgh	2	12	6.0	7	0
9/26	San Diego	4	33	8.3	11	0	9/25	Arizona	2	15	7.5	9	0
10/3	at St. Louis	3	30	10.0	13	0	10/2	Atlanta	0	0	0.0	0	0
10/17	at Chicago	0	0	0.0	0	0	10/9	at New York Giants	2	31	15.5	17	0
10/24	Arizona	0	0	0.0	0	0	10/23	at Cleveland	1	11	11.0	11	0
10/31	at Oakland	2	36	18.0	24	0	10/30	Cincinnati	2	11	5.5	9	0
11/7	New York Giants	Inactive (ankle)					11/6	at Dallas	1	8	8.0	8	0
11/14	at Arizona	Inactive (ankle)					11/13	Baltimore	3	46	15.3	24	0
11/21	at New Orleans	Inactive (ankle)					11/20	at St. Louis	1	16	16.0	16	0
11/28	Kansas City	2	21	10.5	12	0	11/27	Washington	1	15	15.0	15	1
12/5	Carolina	2	13	6.5	7	0	12/1	Philadelphia	4	47	11.8	25	1
12/12	San Francisco	3	29	9.7	14	0	12/12	St. Louis	3	39	13.0	22	0
12/19	Atlanta	Did Not Play					12/18	at Chicago	4	61	15.3	33	0
12/26	at Tampa Bay	3	10	3.3	5	0	12/24	San Francisco	3	16	5.3	8	0
2/1/11	St. Louis	1	3	3.0	3	0	1/1/12	at Arizona	5	46	9.2	23	0
TOTALS (11/0)		21	227	10.8	52	0	TOTALS (16/5)		35	382	10.9	33	3
1/8/11	New Orleans	1	5	5.0	5	0							
1/16/11	at Chicago	0	0	0.0	0	0							
PLAYOFF TOTALS (2/1)		1	5	5.0	5	0							

TATE'S 2012 SEASON

at Ariz (9/9): Inactive (knee). **Dal (9/16):** Returned from a knee injury to start and totaled 38 receiving yards on three catches. **GB (9/24):** Had a career night totaling career-bests with 68 receiving yards and two TDs, including the game-winner as time expired on a 24-yard fourth-down pass from Russell Wilson. Also scored on a 41-yard TD in the first half. **at StL (9/30):** Had one 7-yard reception. **at Car (10/7):** Tallied three receptions for 31 yards, including a go-ahead 13-yard TD on third down late in the third quarter.

2012	Opponent	No	Yds	Avg	LG	TD
9/9	at Arizona	Inactive (knee)				
9/16	Dallas	3	38	12.7	20	0
9/24	Green Bay	3	68	22.7	41t	2
9/30	at St. Louis	1	7	7.0	7	0
10/7	at Carolina	3	31	10.3	13t	1
TOTALS (4/4)		10	144	14.4	41t	3

TATE'S TOP GAMES

Most Pass Receptions:

5	at Arizona	01/01/12
4	at Chicago	12/18/11
4	Philadelphia	12/01/11
4	San Diego	09/26/10
3	at Carolina	10/07/12
3	Dallas	09/16/12
3	San Francisco	12/24/11
3	St. Louis	12/12/11
3	Baltimore	11/13/11
3	at Tampa Bay	12/26/10
3	at San Francisco	12/12/10
3	at St. Louis	10/03/10

Most Yards Receiving:

61	at Chicago	12/18/11
52	at Denver	09/19/10
47	Philadelphia	12/01/11
46	at Arizona	01/01/12
46	Baltimore	11/13/11

Most Touchdowns:

2	Green Bay	09/24/12
1	at Carolina	10/07/12
1	Philadelphia	12/01/11
1	Washington	11/27/11
1	at San Francisco	09/11/11

Longest Reception:

33	at Chicago	12/18/11
52	at Denver	09/19/10
25	Philadelphia	12/01/11
24	Baltimore	11/13/11
24	at Oakland	10/31/10

Longest Punt Return:

63	at Denver	09/19/10
31	at San Francisco	12/12/10
31	San Diego	09/26/10
19	at Denver	09/19/10
18	at St. Louis	10/03/10



HOW ACQUIRED: Drafted with the 14th overall pick in the 2010 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Voted a starter to the 2012 Pro Bowl, becoming the first Seahawk voted to the all-star game since 2008 and first Seahawks safety to earn a spot since Darryl Williams in 1997.
- Recorded a career-high 92 tackles (67 solo), finishing third on the team after starting all 16 games in 2011.
- Posted a career-high 10 stops (four solo) vs. Cincinnati (10/30/11).
- Led team with five interceptions (T5th NFC, T10th NFL), tying the club's mark for most interceptions by a rookie (Michael Boulware, 2005).
- In 2010, finished fifth on team with 71 tackles (60 solo) during rookie campaign.
- Scored first career touchdown on a 10-yard return of a blocked punt vs. Kansas City (11/28/10), the first time that has happened for Seattle since Alex Bannister's 9-yard return vs. Denver (10/14/01).
- Collected the first two interceptions of career vs. San Diego (9/26/10) with the final pick coming at the goal-line to preserve the win. Became the first Seahawks rookie since Kenny Easley in 1981 to have two interceptions in one game.

HONORS: 2011, NFC Pro Bowl starter.

COLLEGE: Named a Thorpe Award finalist (nation's top defensive back). Left school after red-



shirt-sophomore season and started all 27 games at Texas, posting 135 tackles (97 solo) with 75 stops for loss. Added 19 tackles (17 solo) with a blocked punt performing on UT's special team coverage units. Deflected 21 passes and intercepted 10 others for 149 yards in returns. His 10 interceptions rank 11th on the school's career record list. As a sophomore, earned All-American first-team honors from *The NFL Draft Report*, *Walter Camp Football Foundation*, *American Football Coaches Association AP*, and *Football Writers Association of America*, adding second-team honors from *The Sporting News*. Finalist for Jim Thorpe Award, given to the Nation's top defensive back. Unanimous All-Big 12 Conference first-team choice. Recorded 65 tackles (46 solo), one forced fumble and led the league (third in nation) with eight interceptions. His eight interceptions in 2009 set the school single-season record, topping the previous mark of seven.

PERSONAL: Attended West Orange-Stark High School (Texas). Earned all-state selection and three-year starter at DB, RB and WR. Recorded 112 career tackles with 11 interceptions, two kick-off return TDs and two punt return TDs. Also had 1,850 rushing yards and 2,140 receiving yards. Helped team to a 24-2 record over his final two seasons. Also lettered in basketball, baseball and track and field. A two-time letterman in basketball and baseball. A three-time letterman in track and field. An active member of his church in which his late grandfather, Earl Thomas, was the pastor. Was part of a rebuilding project following Hurricane Katrina. His uncle, Anthony Thomas, was a linebacker at Stephen F. Austin (1997-99).

THOMAS' SINGLE-GAME HIGHS

Tackles: 10, vs. Cincinnati (10/30/11)
Interceptions: 2, vs. San Diego (9/26/10)
Sacks: None

Forced Fumbles: 1, at TB (12/26/10), at Ariz (1/1/12)
Fumble Recoveries: 1, at NYG (10/9/11), at Chi (12/18/11)

ADDITIONAL STATS

Special Teams Tackles: 2010 (4), 2011 (6), 2012 (1, FR); **Career:** (11, FR).
Special Teams Touchdowns: 10-yard return of a blocked punt for a TD.

THOMAS' NFL RECORD

Club	G/S	Tackles				Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010 Seattle	16/16	71	60	11	0.0	0.0	5	68	13.6	34	0	7	1	0	0
2011 Seattle	16/16	92	67	25	0.0	0.0	2	19	9.5	11	0	6	1	2	0
2012 Seattle	5/5	15	13	2	0.0	0.0	0	0	0.0	0	0	2	1	0	0
NFL TOTALS	37/37	178	140	38	0.0	0.0	7	87	12.4	34	0	14	3	2	0

POSTSEASON

Club	G/S	Tackles				Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010 Seattle	2/2	12	12	0	0.0	0.0	0	0	0.0	0	0	1	0	0	0
NFL TOTALS	2/2	12	12	0	0.0	0.0	0	0	0.0	0	0	1	0	0	0

THOMAS' 2012 SEASON

at Ariz (9/9): Had three solo tackles. **Dal (9/16):** Posted two solo tackles and had a pass defended. Also recovered a fumble on the game's opening kickoff that led to a quick 3-0 lead for Seattle. **GB (9/24):** Had four tackles (2 solo) and forced a fumble on the Packers final drive at the Green Bay 2-yard line with 1:54 remaining in the game, but was recovered by Packers center Jeff Saturday. **at StL (9/30):** Posted five solo tackles and a QB hit. **at Car (10/7):** Had one solo tackle and a pass defended. Part of a defense that limited Cam Newton to a career-low 141 passing yards. Through three quarters, part of a defense that limited Newton to 5-of-20 passing for 55 yards and a 39.6 rating.

THOMAS' 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/1	3	3	0	0.0	0.0	0	0	0	0	0	0	0
Dal (9/16)	1/1	2	2	0	0.0	0.0	0	0	0	1	0	0	0
GB (9/24)	1/1	4	2	2	0.0	0.0	0	0	0	0	1	0	0
at StL (9/30)	1/1	5	5	0	0.0	0.0	1	0	0	0	0	0	0
at Car (10/7)	1/1	1	1	0	0.0	0.0	0	0	0	1	0	0	0
Totals	5/5	15	13	2	0.0	0.0	1	0	0	2	1	0	0

Additional Statistics: Special Teams Tackles 2, FR.

P = Participation



MARCUS TRUFANT
Position Cornerback
Height . . . 5-11 **Weight** . . 197
College Washington State
NFL Seasons 10th
Seahawks Seasons 10th
Born December 25, 1980
Hometown Tacoma, Wash.
Pronunciation TRUE-font

23

HOW ACQUIRED: Local product chosen with the 11th overall pick in the first round of the 2003 NFL Draft, becoming the first defensive player taken in the first round by the Seahawks since DE Lamar King (1999). The third cornerback drafted in the first round by the Seahawks in team history.

NFL CAREER HIGHLIGHTS:

- 2011 season cut short after starting first four games (back).
- In his 10th season with the club, he is the longest-tenured Seahawks player.
- Has started 123 of 124 career games. Started the first 94 games of his career before coming off the bench in nickle situations at Dallas (11/1/09) following a back injury.
- Fifth in franchise history with 21-career interceptions and 10th with 604 tackles (533 solo).
- Played in all 16 regular season games in 2010 and finished second on the team with 10 passes defended, and fourth with 80 tackles (65 solo).
- Scored second-career regular season touchdown vs. San Francisco (9/12/10) on a 32-yard interception return.
- Missed six games in 2009 after starting season on PUP with a back injury. Prior, had missed only two games in six NFL seasons, missing his first career game in the 2005 season finale vs. Green Bay (1/1/06, rest).
- Earned first NFL Pro Bowl Honors in 2007 after starting all 16 games, registering 85 tackles (78 solo), career-high seven interceptions (2nd NFC, T3rd NFL), 16 passes defended and first-career touchdown.
- Tied a franchise record with career-high three interceptions vs. Arizona (12/9/07) including a 84-yarder for first career touchdown.
- In the 2007 NFC Wild Card Game vs. Washington (1/5/08) returned interception 78 yards for a score and set club playoff records for most interception yards for a career (78) and game (78), longest interception return (78) and most interception touchdowns (1) for a career and game (Babineaux returned interception 57 yards for a touchdown later in the game). Also recorded six tackles (three solo), an interception

and three passes defended.

- Has a career high nine tackles on seven occasions, last coming vs. Atlanta (10/2/11).
- In 2004 became only the fourth cornerback in NFL history to lead their team in total tackles with 93.
- One of two rookies (S Ken Hamlin) to start on defense in 2003 while recording 78 tackles (69 solo), two interceptions and a team-high 20 passes defended.

HONORS: 2003, *Pro Football Weekly All-Rookie Team*. 2007, *AFC Pro Bowl*.



COLLEGE: Started at Washington State since early in his freshman year. Did not allow a touchdown reception in his last two seasons. Finished college career with 201 tackles (153 solo), five tackles for loss, 11 interceptions, and 49 pass deflections in 42 games. As a senior, was selected an All-American second-team pick by the *Associated Press* and first-team All-Pac-10 Conference choice. Served as team captain and started every game at left cornerback. Finished the season third on the team with 74 tackles (59 solo). Also had three interceptions, deflected 13 passes, and recovered a fumble. Returned 38 punts for 402 yards (10.6 avg.).

PERSONAL: Attended Wilson (Tacoma, Wash.) High School. Earned three varsity letters, two in basketball and track. Served as a team captain for three sports as a senior. As a junior, named the top offensive player on the team, while in basketball, he was chosen Mr. Defense. Triple jumped 47-6 to capture ninth place at the State track meet. As a senior, earned All-State first-team honors by *Associated Press*, the *Seattle PI*, and *Washington Prep Report*. Was a *Seattle Times* Red Chip honoree and named to the Western 100 (number eight DB) by the *Tacoma News Tribune*. Named Washington AAAA Player of the Year by *TNT*, as well as to the paper's all-league, all-area, and all-state teams. Won the state 4-A title. Scored 30 touchdowns and rushed for more than 1,800 yards. On defense, recorded 48 tackles and eight interceptions. Majored in communications. Married to Jessica and has two daughters, Karmyn and Kimora.

TRUFANT'S NFL RECORD

Club	Tackles				Sacks		Interceptions									
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2003 Seattle	16/16	78	69	9	0.0	0.0	2	21	10.5	15	0	20	0	1	31	
2004 Seattle	16/16	93	83	10	1.0	8.0	5	141	28.2	58	0	20	0	0	0	
2005 Seattle	15/15	64	55	9	1.0	5.0	1	7	7.0	7	0	14	1	0	0	
2006 Seattle	15/15	68	60	8	0.0	0.0	1	0	0.0	0	0	11	2	0	0	
2007 Seattle	16/16	85	78	7	0.0	0.0	7	150	21.4	84t	1	16	0	0	0	
2008 Seattle	16/16	64	60	4	0.0	0.0	1	0	0.0	0	0	13	0	2	36	
2009 Seattle	10/9	49	43	6	0.0	0.0	2	4	2.0	4	0	6	0	0	0	
2010 Seattle	16/16	80	65	15	0.0	0.0	1	32	32.0	32t	1	10	1	2	0	
2011 Seattle	4/4	23	20	3	0.0	0.0	1	15	15.0	15	0	3	0	0	0	
2012 Seattle	5/1	8	5	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0	
NFL TOTALS	129/124	612	538	74	2.0	13.0	21	370	17.6	84t	2	113	4	5	67	

POSTSEASON

Club	Tackles				Sacks		Interceptions									
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds	
2003 Seattle	1/1	5	5	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0	
2004 Seattle	1/1	5	4	1	0.0	0.0	0	0	0.0	0	0	1	0	0	0	
2005 Seattle	3/3	9	9	0	0.0	0.0	0	0	0.0	0	0	4	0	1	0	
2006 Seattle	Injured Reserve															
2007 Seattle	2/2	9	6	3	0.0	0.0	1	78	78.0	78t	1	3	0	0	0	
2010 Seattle	2/2	11	10	1	0.0	0.0	0	0	0.0	0	0	1	0	0	0	
NFL TOTALS	9/9	39	34	5	0.0	0.0	1	78	78	78t	1	9	0	1	0	

TRUFANT'S SINGLE-GAME HIGHS

Tackles: 9, 7 Times, Last vs. Atlanta (10/2/11)
Sacks: 1.0, 2 Times, Last at Jacksonville (9/11/05)
Forced Fumbles: 1, 3 Times, Last at Denver (12/3/06)
Interceptions: 3 vs. Arizona (12/9/07)
Fumble Recoveries: 1, 3 Times, Last at St. Louis (12/14/08)

Touchdowns: 1 vs. Arizona (12/9/07), 84-yard interception return & vs. San Francisco (9/12/10), 32-yard interception return.

ADDITIONAL STATS

Special Teams Tackles: 2003 (5), 2004 (2), 2005 (7); **Career:** (14); **Postseason:** 2003 (1)
Punt Return: 2006: One punt return for no gain.

TRUFANT'S 2012 SEASON

Serves as the third CB in nickel packages. **at Ariz (9/9):** Posted two tackles (1 solo) seeing action as the third CB in nickel situations. **Dal (9/16):** Served as the nickel CB. **GB (9/24):** Started first game of the season when the team opened in nickel package. Totaled three tackles (2 solo). **at StL (9/30):** Had one solo stop. **at Car (10/7):** Assisted on one tackle.

TRUFANT'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/0	2	1	1	0.0	0.0	0	0	0	0	0	0	0
Dal (9/16)	1/0	1	1	0	0.0	0.0	0	0	0	0	0	0	0
GB (9/24)	1/1	3	2	1	0.0	0.0	0	0	0	0	0	0	0
at StL (9/30)	1/0	1	1	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/0	1	0	1	0.0	0.0	0	0	0	0	0	0	0
Totals	5/1	8	5	3	0.0	0.0	0	0	0	0	0	0	0

P = Participation



HOW ACQUIRED: Selected with the first of two fourth-round choices (106th overall) in the 2012 NFL Draft.

COLLEGE: Turbin started 30-of-38 games at Utah State, carrying the ball 565 times for 3,315 yards (5.9 avg.) with 40 touchdowns. Caught 67 passes for 845 yards (12.6 avg.) and 11 scores. Totaled 308 points and a combined 51 touchdowns. Gained 4,160 all-purpose yards, an average of 109.5 yards per game. Ranks fifth in school history in rushing attempts and rushing yardage, as his 3,315 yards rank 19th on the Western Athletic Conference all-time record list. His 1,517 yards in 2011 rank third on the school annual record chart, topped by Demario Brown (1,536 yards in 1999) and Louie Giammona (1,534 in 1974). His 1,296 yards on the ground in 2009 rank ninth on the USU season list. His 51 total touchdowns also established a school career-record list, shattering the old record of 41 total scores by Abu Wilson (1992, 94-96). Set school records with 308 career points and 138 points scored in 2011, while surpassing the Aggies career record of 284 points by Brad Bohn (1997-2000) and Turbin's own 2009 annual record of 110 points. The only other Utah State player to score 100 points in a season was Jack Hill (105 in 1956). Averaged 5.9 yards per rushing attempt for his career, fifth-best in school history. Holds the school career record by rushing for at least 100 yards in 16 contests.

Senior: After sitting out the 2010 season (knee), earned All-Western Athletic Conference first-team honors and named WAC Offensive Player of the Year in 2011. Started all 13 games while leading the Aggies to their first bowl appearance since 1997. Carried 249 times for 1,517 yards (third on the school season-record chart), averaging 6.1 yards per attempt (tied Trent Richardson of Alabama for highest season average in the FBS, minimum 200 carries), as he set

the school annual record with 19 touchdowns on the ground. Ran for a USU record, as he tallied 100 yards rushing in 10 contests. Set another Aggies record with 138 points scored and another with 23 total touchdowns.

Junior: Earned All-WAC second-team accolades after leading the Aggies with 207 carries for 1,296 yards (6.3 ypc) and 13 touchdowns, ranking 20th nationally with an average of 108.0 yards per game on the ground. Ranked second in the conference and 13th in the nation with a then school season-record 110 points scored, as he added five more touchdowns on 30 receptions for 418 yards (14.0 avg.). Gained a career-high 1,714 all-purpose yards, an average of 142.8 yards per game. Produced seven 100-yard rushing efforts.

Sophomore: Turbin played in all 12 games, starting six contests, finishing second on the team with 106 carries for 485 yards (4.6 avg.) and eight touchdowns. His eight rushing touchdowns were the most by an Aggie in a season since Emmett White's 13 rushing scores in 2001.

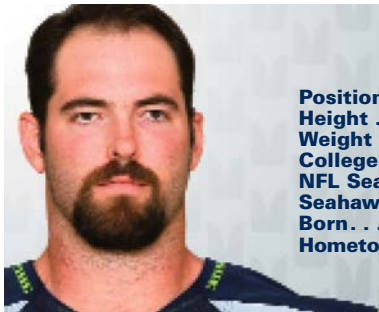
Freshman: Posted 17 yards on three carries vs. Oklahoma.

PERSONAL: Attended Irvington High in Fremont, playing football, basketball and track. Earned All-League honors as a tailback and defensive back in 2006. That season, the two-way All-Metro selection also garnered league and Oakland Section Defensive Player of the Year accolades, despite playing for a team that compiled a 2-7-1 record that campaign. He capped his final season with six interceptions on defense. As a ball carrier, he totaled 1,232 yards with fourteen touchdowns on 143 carries (8.6 avg.), adding 103 yards on nine receptions. Also lettered twice for the Tigers' basketball team and also lettered in track. Sociology major, with a minor in Business Management.

TURBIN'S 2012 SEASON

at Ariz (9/9): Rushed twice for five yards. **Dal (9/16):** Rushed five times for 15 yards and had two receptions for 24 yards. **GB (9/24):** Saw limited action on special teams. **at StL (9/30):** Had best game of season rushing six times for 45 yards and caught two passes for 13 yards. **at Car (10/7):** Rushed four times for 6 yards.

		-----Rushing-----					-----Receiving-----					Total	W/L
2012	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/9	at Arizona	2	5	2.5	4	0	1	2	2.0	2	0	7	L
9/16	Dallas	5	15	3.0	6	0	2	24	12.0	14	0	39	W
9/24	Green Bay	0	0	0.0	0	0	0	0	0.0	0	0	0	W
9/30	at St. Louis	6	45	7.5	13	0	2	13	6.5	7	0	58	L
10/7	at Carolina	4	6	1.5	5	0	2	8	4.0	5	0	14	W
TOTALS (5/0)		17	71	4.2	13	0	7	47	6.7	14	0	118	3-2



MAX UNGER

Position Center
Height 6-5
Weight 305
College Oregon
NFL Seasons 4th
Seahawks Seasons 4th
Born April 14, 1986
Hometown . Kailua-Kona, Hawaii

60

HOW ACQUIRED: Drafted with the 17th selection in the second round (49th overall) of the 2009 NFL Draft.

NFL CAREER HIGHLIGHTS:

- Started all 15 games played and missed one at Cleveland (10/23) in 2011. Helped pave the way for Marshawn Lynch to become Seattle's first 1,000-yard rusher since 2005.
- Started the 2010 season opener vs. San Francisco (9/12) at right guard before leaving the game with a season-ending toe injury. Was placed on injured reserve on September 14.
- In 2009, became the first rookie lineman to start all 16 games since Ray Roberts in 1992. Started first 13 games at right guard before moving to center for the final three games.

COLLEGE: Started 51 consecutive games and earned all-conference honors in every season, including being named first-team All-Pac-10 twice. Also named to several All-American teams. Earned those accolades at two positions: left tackle in 2005 and 2006 and center in 2007 and 2008. As a senior, started all 13 games, including 11 at center. The Ducks led the Pac-10 and finished second in the nation with an average of

280.08 yards per game on the ground. They also led the league in scoring (41.92 ppg, seventh in the country) and total offense (484.85 ypg).

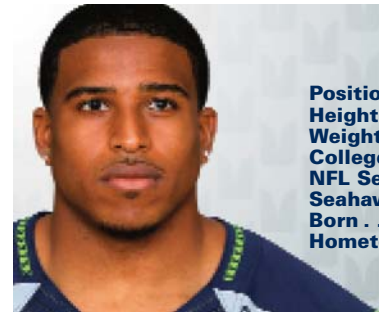
PERSONAL: Attended Hawaii Preparatory (Honaunau, Hi.) Academy, playing football for head coach Tom Goodspeed. Ranked among nation's top 50 offensive guards by Rivals.com as a senior. Did not begin playing organized football until the ninth grade, but in only his second season, he was a member of the Honolulu Star-Bulletin's 2002 second-team All-State squad. Playing on both sides of the ball during his last two years, he received first-team All-Big Island Inter-scholastic Federation honors both times.

UNGER'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2009	Seattle	—	16/16	—
2010	Seattle	—	1/1	0/0
2011	Seattle	—	15/15	—
2012	Seattle	—	5/5	—
NFL TOTALS		—	37/37	0/0

UNGER'S 2012 SEASON

Selected offensive captain for the season by teammates. Part of an offensive line that has helped elevate Seattle's rushing attack to one of the top in the NFL since Week 9 of 2011. Seattle ranks 4th in the NFL (2nd NFC) averaging 139.6 yards/game during that span of 13 games. **at Ariz (9/9):** Started at center and helped block for 115 total rushing yards. **Dal (9/16):** Helped pave the way for 182 rushing yards, 149 in the second half. Total was the most since piling up 245 vs. St. Louis on September 21, 2008. Helped Lynch top 100 yards (122) for the seventh time in the last 11 games. **GB (9/24):** Started at center. **at StL (9/30):** Helped lead team to 179 rushing yards, including 118 by Lynch. **at Car (10/7):** Started at center.



BOBBY WAGNER

Position Linebacker
Height 6-0
Weight 241
College Utah State
NFL Seasons Rookie
Seahawks Seasons Rookie
Born June 27, 1990
Hometown Ontario, Calif.

54

HOW ACQUIRED: Drafted with the 15th pick in the second round (47th overall) of the 2012 NFL Draft. Eleventh linebacker chosen in the second round in club history (Last: Lofa Tatupu, 2005). Second and highest player drafted out of Utah State in club history.

COLLEGE: A three-time All-Western Athletic Conference first-team choice by the league's coaches and media who started 46-of-48 games at Utah State (21 at strong-side linebacker and 25 at weak-side linebacker). Finished his career with 446 tackles (201 solo), 4.5 sacks for minus 35 yards, 29.5 tackles for losses of 80 yards and eight quarterback pressures. Caused two fumbles and recovered three others, while recording seven passes defended and intercepting four balls for 51 yards in returns. His 446 tackles tied the school career-record that was first set by Del Lyles (1988-91), becoming only the fourth player in WAC history to record more than 400 tackles, breaking the league all-time record of 443 tackles by Robert Rodriguez of Texas-El Paso (2001-04).

Senior: Named an All-American Dream Team choice and WAC Defensive Player of the Year by The NFL Draft Report. Registered a career-best 147 tackles (67 solo), ranking fifth on the school's and seventh on the league's season-record chart. Finished eighth in the nation with an average of 11.31 tackles per game, pacing an Aggies unit that led the WAC in total defense (366.23 ypg) and placed second in rush defense (127.27 ypg). Also added a career-high four sacks for minus 32 yards and led the team for a second time with 11.5 tackles for losses totaling 41 yards. Accrued four quarterback pressures, while recovering one fumble and intercepting two passes for 19 total return yards.

Junior: Led the team and WAC and finished tied for seventh in the nation with an average of 11.08 tackles per game, as he recorded 133 stops

(61 solo), an assisted sack and ranked second on the team with eight tackles for losses of 15 yards. Also had a quarterback pressure, a fumble recovery and four passes defended.

Sophomore: Took over weak-side linebacker duties, as he led the team and WAC with an average of 9.5 tackles per game. Racked up 115 tackles (53 solo) to go with two interceptions, two forced fumbles, one fumble recovery, one pass defended and a pair of quarterback pressures. His 115 tackles rank second-most by a Utah State sophomore (Johndale Carty, 138, 1996) and he became the first sophomore to lead Utah State in tackles since 1994 (David Gill, 89). Named Academic All-WAC.

Freshman: Played in 11 games, starting the final nine at left outside linebacker, where he finished sixth on the team with 51 stops (20 solo) and tallied two tackles for loss, a quarterback pressure and two passes defended.

PERSONAL: Dubbed the "Hardest Hitter" in college by *The Sporting News*, becoming the first player to ever lead the conference in tackles three consecutive seasons and is one of four to accomplish that feat at Utah State. One of 30 NCAA Football Bowl Subdivision (FBS) student-athletes selected as a candidate for the 2011 Lowe's Award for excellence both on and off the field. Attended Colony High School where he lettered as a tight end and linebacker, guiding the team in each of his final two seasons to consecutive 12-2 finishes, capturing the CIF division title. Named to the All-CIF Central Division squad as a senior and picked up All-State California Division II second-team honors, as he recorded 125 tackles (92 solo) and four sacks, while hauling in 37 receptions for 595 yards and 11 touchdowns. A business entrepreneurship major at Utah State. Active in the community. Son of Bobby and the late Phenia Wagner. Born on June 27, 1990 in Los Angeles.

WAGNER'S 2012 SEASON

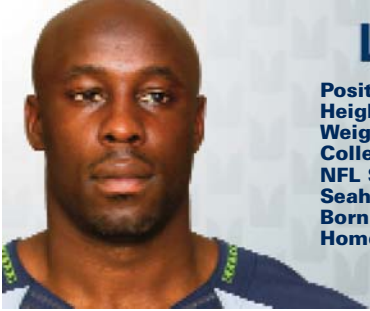
at Ariz (9/9): Started first-career game at MLB and had three tackles (1 solo) and also had one special teams stop. **Dal (9/16):** Posted four tackles (3 solo) and a QB hit. **GB (9/24):** Didn't start when team opened in nickel, but posted a season high eight tackles. **at StL (9/30):** Led the team with seven solo tackles, including three for loss. Helped defense stymie Rams to 2.8 rushing average (75 yds on 27 carries). **at Car (10/7):** Tied for the team lead with six tackles and recorded 1.5 sacks, first of career.

WAGNER'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/1	3	2	1	0.0	0.0	0	0	0	0	0	0	0
Dal (9/16)	1/1	4	3	1	0.0	0.0	1	0	0	0	0	0	0
GB (9/24)	1/0	8	5	3	0.0	0.0	0	0	0	0	0	0	0
at StL (9/30)	1/1	7	7	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/1	6	3	3	1.5	9.0	2	0	0	0	0	0	0
Totals	5/4	28	20	8	1.5	9.0	3	0	0	0	0	0	0

Additional Statistics: Special Teams Tackles 1.

P = Participation



LEON WASHINGTON

Position **Running Back**
Height **5-8**
Weight **203**
College **Florida State**
NFL Seasons **7th**
Seahawks Seasons **3rd**
Born **August 29, 1982**
Hometown .. **Jacksonville, Fla.**

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- Named to the Pro Bowl in 2008 as a kick returner after he ranked first in the NFL for most combined yards (2,332), which also set a Jets single-season record.
- Set a career high with 274 all-purpose yards vs. Kansas City (10/26/08).
- Rushed for a career-long 61-yard touchdown at Tennessee (11/23/08).
- Started eight games at running back as a rookie in 2006, leading the Jets in rushing with 650 yards, the fourth highest total by a Jets rookie in franchise history, and most since Clark Gaines had 724 yards in 1976.

HONORS:



2010, Associated Press Second-Team All-Pro, NFC Special Teams Player of the Week vs. SD (9/26/10), Pro Bowl alternate. 2008, NFC Pro Bowl.

COLLEGE: Left school ranked 10th in career rushing with 2,041 yards. Became the only player in the Bobby Bowden era to score a touchdown five different ways (run, reception, punt return, kickoff return, and fumble return). Earned All-ACC second-team honors and was named the Seminoles' offensive MVP by the coaching staff. Earned Gator Bowl Most Valuable Player honors in 2004 with 12 rushes for 195 yards in the Seminoles' victory over West Virginia. Played in 10 of 12 games, while earning 10 starting assignments. Led the ACC in rushing yards per game with an average of 95.1 and finished second in the ACC with 112.5 total offensive yards per game.

PERSONAL: Attended Andrew Jackson High School. Named 2002 Mr. Florida in football after rushing for 2,437 yards and 28 touchdowns, returning three punts and one kickoff for a touchdown, and posting 88 tackles and three interceptions on defense. Earned FloridaTimes-Union Player of the Year honors and was rated the number three prospect overall in the state of Florida by the Orlando Sentinel. Visited St. Barnabas Medical Center in Livingston, NJ, in 2006, along with 24 members of the Jets' rookie class, to tour the facilities and spend time with patients in the pediatric and burn victim units. Majored in Social Sciences at FSU. Has two sons; Leon, Jr. and Noel Simon.

HOW ACQUIRED: Came to Seattle on April 24, 2010, in a draft-day trade with the Jets. The Seahawks sent their fifth-round choice (139th overall) to New York in exchange for Washington and their seventh-round pick (236th overall).

CAREER HIGHLIGHTS:

- Originally drafted by the New York Jets in the fourth round (117th overall) of the 2006 NFL draft. Played for New York from 2006-09.
- Second all-time in NFL history with seven career kickoff returns for touchdowns (8, Josh Cribbs).
- First player in NFL history to return three kickoffs for touchdowns in two different seasons (2007, 2010).
- Became the 10th player in NFL history and first in Seahawks history to return two kickoffs for touchdowns (101 and 99 yards) in a game vs. San Diego (9/26/10). His returns are the longest in franchise history. His 253 total kickoff return yardage is also a franchise record, while his 63.3-yard average (4 for 253 yards) is fourth in NFL history (min. 3 att.) and highest since 1960.
- Established career-long 84-yard punt return vs. Carolina (12/5/10), sixth longest in Seahawks history.
- In 2010, ranked fifth in the NFC (8th NFL) with a 25.6 kickoff return average.
- In 2009, rushed for 331 yards on 71 carries in seven games before his season ended on October 25 due to a leg injury.

WASHINGTON'S GAME-BY-GAME

		-----Rushing-----					-----Receiving-----						
2006	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/10	at Tennessee	0	0	0.0	0	0	0	0	0.0	0	0	0	W
9/17	New England	1	0	0.0	0	0	0	0	0.0	0	0	0	L
9/24	at Buffalo	7	25	3.6	7	0	2	52	26	47	0	77	W
10/1	Indianapolis	9	33	3.7	7	0	1	8	8.0	8	0	41	L
10/8	at Jacksonville	23	101	4.4	19	0	1	8	8.0	8	0	109	L
10/15	Miami	11	58	5.3	12	0	0	0	0.0	0	0	58	W
10/22	Detroit	20	129	6.5	23	2	1	8	8.0	8	0	137	W
10/29	at Cleveland	15	51	3.4	11	0	0	0	0.0	0	0	51	L
11/12	at New England	9	35	3.9	8	0	2	1	0.5	2	0	36	W
11/19	Chicago	13	22	1.7	16	0	1	7	7.0	7	0	29	L
11/26	Houston	5	17	3.4	9	0	2	7	3.5	9	0	24	W
12/3	at Green Bay	7	40	5.7	20t	0	2	26	13.0	13	0	66	W
12/10	Buffalo	7	55	7.9	18	1	7	28	4.0	9	0	83	L
12/17	at Minnesota	3	5	1.7	5	0	3	50	16.7	38	0	55	W
12/25	at Miami	6	26	4.3	11	0	4	108	27.0	64	0	134	W
12/31	Oakland	15	53	3.5	15t	1	2	17	8.5	10	0	70	W
TOTALS (16/8)		151	650	4.3	23	4	28	320	10.8	64	0	970	10-6
1/7/07	at New England	11	50	4.5	19	0	4	25	6.3	12	0	75	L
PLAYOFF TOTALS (1/1)		11	50	4.5	19	0	4	25	6.3	12	0	75	0-1

		-----Rushing-----					-----Receiving-----						
2007	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/9	New England	4	15	3.8	5	0	3	30	10.0	16	0	45	L
9/16	at Baltimore	0	0	0.0	0	0	0	0	0.0	0	0	0	L
9/23	Miami	7	18	2.6	5	0	0	0	0.0	0	0	18	W
9/30	at Buffalo	4	24	6.0	9	1	8	38	4.8	9	0	62	L
10/7	at New York Giants	9	13	1.4	10	0	1	-1	-1.0	-1	0	12	L
10/14	Philadelphia	2	8	4.0	6	0	1	5	5.0	5	0	13	L
10/21	at Cincinnati	3	11	3.7	8	0	2	21	10.5	15	0	33	L
10/28	Buffalo	5	25	5.0	17	0	2	7	3.5	11	0	32	L
11/4	Washington	4	13	3.3	4	0	4	18	4.5	7	0	31	L
11/18	Pittsburgh	2	10	5.0	8	0	0	0	0.0	0	0	10	W
11/22	at Dallas	2	14	7.0	11	0	1	5	5.0	5	0	19	L
12/2	at Miami	10	68	6.8	18t	2	2	35	17.5	18	0	103	W
12/9	Cleveland	3	5	1.7	3	0	4	31	7.8	11	0	36	L
12/16	at New England	4	57	14.3	49	0	3	9	3.0	5	0	66	L
12/23	at Tennessee	1	5	5.0	5	0	2	2	1.0	5	0	7	L
12/30	Kansas City	11	67	6.1	22	0	3	13	4.3	11	0	80	W
TOTALS (16/4)		71	353	5.0	49	3	36	213	5.9	18	0	566	4-12

		-----Rushing-----					-----Receiving-----						
2008	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/7	at Miami	6	9	1.5	5	0	2	17	8.5	13	0	26	W
9/14	New England	2	28	14.0	17	0	4	22	5.5	13	0	59	L
9/22	at San Diego	1	-1	-1.0	-1	0	2	20	10.0	15	0	19	L
9/28	Arizona	7	26	3.7	13	0	4	17	4.3	9	0	43	W
10/12	Cincinnati	5	7	1.4	3	0	4	22	5.5	12	0	29	W
10/19	at Oakland	3	19	6.3	11t	1	3	21	7.0	8	0	27	L
10/26	Kansas City	3	67	22.3	60t	1	3	34	11.3	18t	1	101	W
11/2	at Buffalo	7	13	1.9	5	0	2	42	21.0	40	0	65	W
11/9	St. Louis	12	54	4.5	13	0	4	14	3.5	7	0	68	W
11/13	at New England	5	18	3.6	7	0	2	17	8.5	10	1	35	W
11/23	at Tennessee	8	82	10.3	61t	2	1	2	2.0	2	0	84	W
11/30	Denver	2	4	2.0	4	0	3	60	20.0	34	0	64	L
12/7	at San Francisco	1	1	1.0	1	0	6	31	5.2	9	0	32	L
12/14	Buffalo	1	47	47.0	47t	1	1	7	7.0	7	0	54	W
12/21	at Seattle	3	14	4.7	7	0	0	0	0.0	0	0	14	L
12/28	Miami	10	60	6.0	13	1	6	29	4.8	9	0	89	L
TOTALS (16/1)		76	448	5.9	61t	6	47	355	7.6	40	2	803	9-7

		-----Rushing-----					-----Receiving-----						
2009	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/13	at Houston	15	60	4.0	12	0	4	24	6.0	8	0	84	W
9/20	New England	14	58	4.1	19	0	2	18	9.0	13	0	76	W
9/27	Tennessee	12	46	3.8	10	0	1	6	6.0	6	0	52	W
10/4	at New Orleans	4	17	4.3	7	0	4	24	6.0	15	0	41	L
10/12	at Miami	11	45	4.1	11	0	1	13	13.0	13	0	58	L
10/18	Buffalo	15	99	6.6	33	0	3	46	15.3	33	0	145	L
10/25	at Oakland	1	6	6.0	6	0	0	0	0.0	0	0	6	W
Games 7-16		Injured Reserve (leg)											
TOTALS (7/0)		72	331	4.6	33	0	15	131	8.7	33	0	803	9-7

		-----Rushing-----					-----Receiving-----						
2010	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/12	San Francisco	6	12	2.0	5	0	0	0	0.0	0	0	12	W
9/19	at Denver	4	17	4.3	7	0	0	0	0.0	0	0	17	L
9/26	San Diego	1	0	0.0	0	0	0	0	0.0	0	0	0	W
11/0/3	at St. Louis	1	1	1.0	1	0	2	28	14.0	28	0	29	L
10/17	at Chicago	0	0	0.0	0	0	1	0	0.0	0	0	0	W
10/24	Arizona	0	0	0.0	0	0	0	0	0.0	0	0	0	W
10/31	at Oakland	5	29	5.8	21	0	0	0	0.0	0	0	29	L
11/7	New York Giants	0	0	0.0	0	0	0	0	0.0	0	0	0	L
11/14	at Arizona	0	0	0.0	0	0	0	0	0.0	0	0	0	W
11/21	at New Orleans	1	0	0.0	0	0	1	9	9.0	0	0	9	L
11/28	Kansas City	0	0	0.0	0	0	1	5	5.0	0	0	5	L
12/5	Carolina	2	5	2.5	4	0	0	0	0.0	0	0	5	W
12/12	at San Francisco	4	10	2.5	5	0	1	13	13.0	13	0	23	L
12/19	Atlanta	1	6	6.0	6	0	0	0	0.0	0	0	6	L
12/26	at Tampa Bay	1	16	16.0	16t	1	0	0	0.0	0	0	16	L
1/2/11	St. Louis	1	4	4.0	4	0	3	24	8.0	10	0	28	W
TOTALS (16/1)		27	100	3.7	21	1	9	79	8.8	28	0	28	7-9
1/8/11	New Orleans	1	-1	-1.0	-1	0	0	0	0.0	0	0	-1	W
1/16/11	at Chicago	1	9	9.0	9	0	1	10	10.0	10	0	19	L
PLAYOFF TOTALS (1/1)		2	8	4.0	9	0	1	10	10.0	10	0	18	1-1

		-----Rushing-----					-----Receiving-----						
2011	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total	W/L
9/11	at San Francisco	0	0	0.0	0	0	1	7	7.0	7	0	7	L
9/18	at Pittsburgh	1	-2	-2.0	-2	0	1	9	9.0	9	0	7	L
9/25	Arizona	3	29	9.7	21	0	0	0	0.0	0	0	29	W
10/2	Atlanta	2	2	2.0	1	0	1	4	4.0	4	0	6	L
10/9	at New York Giants	3	10	3.3	6	0	1	6	6.0	6	0	16	W
10/23	at Cleveland	7	39	5.6	11	0	4	10	2.5	5	0	49	L
10/30	Cincinnati	2	34	17.0	28	0	0	0	0.0	0	0	34	L
11/6	at Dallas	3	16	5.3	10	0	0	0	0.0	0	0	16	L
11/13	Baltimore	3	9	3.0	4	0	0	0	0.0	0	0	9	W
11/20	at St. Louis	6	-3	-0.5	1	0	0	0	0.0	0	0	-3	W
11/27	Washington	4	9	2.3	4	0	0	0	0.0	0	0	9	L
12/1	Philadelphia	6	9	1.5	4	0	0	0	0.0	0	0	9	W
12/12	St. Louis	1	3	3.0	3	0	0	0	0.0	0	0	3	W
12/18	at Chicago	3	6	2.0	9	0	0	0	0.0	0	0	6	W
12/24	San Francisco	2	9	4.5	5	0	0	0	0.0	0	0	9	L
1/1/12	at Arizona	7	78	11.1	48t	1	2	12	6.0	8	0	90	L
TOTALS (16/1)		53	248	4.7	48t	1	10	48	4.8	9	0	296	7-9

WASHINGTON'S NFL RECORD

	Club	G/S	No	Rushing			TD	Att	Receiving			
				Yds	Avg	LG			Yds	Avg	LG	TD
2006	N.Y. Jets	16/8	151	650	4.3	23	4	25	270	10.8	64	0
2007	N.Y. Jets	16/4	71	353	5.0	49	3	36	213	5.9	18	0
2008	N.Y. Jets	16/1	76	448	5.9	61t	6	47	355	7.6	40	2
2009	N.Y. Jets	7/0	72	331	4.6	33	0	15	131	8.7	33	0
2010	Seattle	16/0	27	100	3.7	21	1	9	79	8.8	28	0
2011	Seattle	16/1	53	248	4.7	48t	1	10	48	4.8	9	0
2012	Seattle	5/0	8	29	3.6	11	0	0	0	0.0	0	0
NFL TOTALS		92/14	458	2,159	4.7	61t	15	142	1,096	7.7	64	2

	Club	G/S	Kickoff Returns				TD	Att	Punt Returns				TD
			No	Yds	Avg	LG			Yds	Avg	LG	TD	
2006	N.Y. Jets	16/8	6	79	13.2	23	0	13	97	7.5	38	0	0
2007	N.Y. Jets	16/4	47	1,291	27.5	98t	3	20	183	9.2	33	0	0
2008	N.Y. Jets	16/1	48	1,231	25.6	94	1	29	303	10.4	37	0	0
2009	N.Y. Jets	7/0	16	385	24.1	43	0	2	16	8.0	12	0	0
2010	Seattle	16/0	57	1,461	25.6	101t	3	22	249	11.3	84	0	0
2011	Seattle	16/1	43	1,084	25.2	54	0	41	464	11.3	37	0	0
2012	Seattle	5/0	9	309	34.3	83	0	13	103	7.9	52	0	0
NFL TOTALS		92/14	226	5,835	25.8	101t	7	140	1,415	10.1	84	0	0

POSTSEASON

	Club	G/S	No	Rushing			TD	Att	Receiving			
				Yds	Avg	LG			Yds	Avg	LG	TD
2006	N.Y. Jets	1/1	11	50	4.5	19	0	4	25	6.3	12	0
2009	N.Y. Jets			Injured Reserve (Leg)								
2010	Seattle	2/1	2	8	4.0	9	0	1	10	10.0	10	0
NFL TOTALS		3/2	13	58	4.5	19	0	9	35	7.0	12	0

	Club	G/S	Kickoff Returns					Att	Punt Returns				
			No	Yds	Avg	LG	TD		Yds	Avg	LG	TD	
2006	N.Y. Jets	1/1	0	0	0.0	0	0	1	-7	-7.0	-7	0	
2009	N.Y. Jets		Injured Reserve (Leg)										
2010	Seattle	2/1	9	222	24.7	62	0	1	12	12.0	12	0	
NFL TOTALS		3/2	9	222	24.7	62	0	2	5	2.5	5	0	

WASHINGTON'S 2012 SEASON

Ranks second in the NFL with a 37.3 kickoff return avg. (Harvin - Minn., 38.3). **at Ariz (9/9):** Rushed twice for five yards, but impact came as a returner setting up two scores. First one came midway through the third quarter following a Cardinals field goal when he returned the ensuing kickoff 83 yards to the Arizona 24 setting up a TD. Early in the fourth quarter, he returned a punt 52 yards to the Cardinals 16 setting up a short field goal. For the game, he averaged 44.3 yards on three kick-off returns and averaged 17 yards on three punt returns. **Dal (9/16):** Handled kickoff and punt return duties and rushed four times for 11 yards. **GB (9/24):** Handled punt return and kickoff return duties and saw limited action at running back. **at StL (9/30):** Returned only kickoff return 69 yards on Seattle's first possession of the second half. **at Car (10/7):** Served as the returner on punt and kickoff returns.

2012	Opponent	-----Rushing-----					-----Receiving-----					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
9/9	at Arizona	2	5	3.5	3	0	0	0	0.0	0	0	5	L
9/16	Dallas	4	11	2.8	5	0	0	0	0.0	0	0	11	W
9/24	Green Bay	1	11	11.9	11	0	0	0	0.0	0	0	11	W
9/30	at St. Louis	1	2	2.0	2	0	0	0	0.0	0	0	2	L
10/7	at Carolina	0	0	0.0	0	0	0	0	0.0	0	0	0	W
TOTALS (5/0)		8	29	3.6	11	0	0	0	0.0	0	0	29	3-2

2012	Opponent	-----Kickoff Returns-----					-----Punt Returns-----					Total	W/L
		No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD		
9/9	at Arizona	3	133	44.3	83	0	3	51	17.0	52	0	0	
9/16	Dallas	1	20	20.0	20	0	1	7	7.0	7	0	0	
9/24	Green Bay	2	42	21.0	21	0	2	5	2.5	6	0	0	
9/30	at St. Louis	1	69	69.0	69	0	2	1	0.5	4	0	0	
10/7	at Carolina	2	45	22.5	45	0	5	39	7.6	17	0	0	
TOTALS (5/0)		9	309	34.3	83	0	13	103	7.9	52	0	0	

Additional Statistics:

WASHINGTON'S SINGLE-GAME HIGHS

RUSHING

Rush Attempts: 23 at Jacksonville (10/8/06)

Rushing Yards: 129 vs. Detroit (10/29/06)

Longest Rush: 61t at Tennessee (11/23/08)

Rushing Touchdowns: 2, 3 Times, Last at Tennessee (11/23/08)

RECEIVING

Receptions: 8 at Buffalo (9/30/07)

Receiving Yards: 108 at Miami (12/25/06)

Longest Reception: 64 (12/25/06)

Receiving Touchdowns: 1, 2 Times, Last at New England (11/13/08)

RETURNS

Kickoff Returns: 7 at San Francisco (12/12/10), at Tampa Bay (12/26/10)

Kickoff Return Yardage: 253 vs. San Diego (9/26/10)

Longest Kickoff Return: 101t vs. San Diego (9/26/10)

Punt Return: 7, at St. Louis (11/20/11)

Punt Return Yardage: 92 vs. Carolina (12/5/10)

Longest Punt Return: 84 vs. Carolina (12/5/10)

ADDITIONAL STATS

Passing: 2007: 1-1, 36 yards, 118.8 rating. **Misc. Tackles:** 2006: 2, 2008: 4, 2011: 2; **Career:** 8.



HOW ACQUIRED: Drafted with the 12th pick in the third round (75th overall) of the 2012 NFL Draft. The first quarterback drafted under Head Coach Pete Carroll and General Manager John Schneider and the highest quarterback selected by the club since Brock Huard was taken with the 77th overall pick in 1999.

COLLEGE: Wilson started 50 consecutive games, throwing 379 consecutive passes without an interception to establish an NCAA Football Bowl Sub-division record. Completed 907 of 1,489 passes (60.9%) for 11,720 yards, 109 touchdowns and 29 interceptions. Rushed 441 times for 1,421 yards (3.2 avg.) and 23 touchdowns, becoming the fifth player in the NCAA FBS ranks to rush for over 1,000 yards and throw for over 5,000 yards in a career. During his 36-game career at North Carolina State, Wilson connected on 682 of 1,180 passes (57.8%) for 8,545 yards, 76 touchdowns and 25 interceptions, as he piled up 9,628 yards in total offense and was responsible for 93 touchdowns, in addition to rushing 362 times for 1,083 yards (2.9 avg.) and 17 scores. Finished his Wolfpack career ranking second in school annals for pass attempts and touchdown passes, and third for pass completions, pass completion percentage and yards in total offense. His eight 300-yard passing games in 2010 rank second on the NC State season-record chart, while his total of 12 300-yard efforts for the Wolfpack rank second on the career list. Set NC State season-records with 308 pass completions in 2009, ranking second with 527 pass attempts, 3,563 yards passing and 3,998 yards in total offense in 2010, along with 31 touchdown tosses in 2009. His 28 touchdown throws in 2010 rank third and his 3,287 yards in total offense in 2009 rank fourth on the State annual record chart. His five touchdown passes vs. Florida

State in 2009 tied the Wolfpack single-game record. In just one season at Wisconsin, Wilson connected on 225 of 309 passes (72.8%) for 3,175 yards, 33 touchdowns and only four interceptions, adding 79 carries for 338 yards (4.2 avg.) and six scores, compiling an NCAA record 191.7 pass efficiency rating and gaining 3,513 yards in total offense, along with being responsible for 39 touchdowns.

PERSONAL: Attended Collegiate High in Richmond, playing football and baseball. Earned all-state, all-region and all-district honors, in addition to being named the 2005 *Richmond Times-Dispatch* Player of the Year as a junior. That season, Wilson threw for 3,287 yards and 40 touchdowns while rushing for another 634 yards and 15 scores. The Cougars won the state title, as the team compiled a perfect 11-0 record. In 2006, was featured in *Sports Illustrated's* "Faces in the Crowd" for his state title game performance after completing 21-37 passes for 291 yards and two touchdowns while rushing 30 times for 223 yards and three more scores in a 38-17 win. Passed for 3,009 yards, 34 touchdowns and just seven interceptions as a senior. Also rushed for 1,132 yards, adding 18 more scores while again earning all-state, all-conference and conference player of the year accolades. On the baseball diamond, the shortstop batted .467 as a senior, enticing the Colorado Rockies to begin following him to North Carolina State and drafting him in the fourth round of the 2010 major league baseball draft. Communications major. His father, the late Harrison Wilson, III, played football and baseball at Dartmouth and was on the San Diego Chargers preseason squad. His older brother, Harrison, IV, played football and baseball at Richmond.

WILSON'S 2012 SEASON

at Ariz (9/9): In first-career start, connected on 18 of 34 attempts for 153 yards with 1 TD and 1 INT. Down 20-16, drove the team 76 yards to the Arizona 4-yard line in the final 4:41, but was unable to connect on a fourth-down attempt. **Dal (9/16):** Notched first win as a starting QB and completed 15 of 20 passes, 75 percent, for 151 yards including a 22-yard TD strike to Anthony McCoy. **GB (9/24):** Passed for 130 yards on 10 completions and 2 TDs (99.3 rating). Both TDs were to Golden Tate - a 41-yard, first half TD strike and the 24-yard, game winner on fourth down as time expired. **at StL (9/30):** Completed 68 percent of pass attempts (17 of 25) for 160 yards, but had three interceptions. **at Car (10/7):** Completed 19 of 25 attempts for a season-high 221 yards with a TD and two INTs. TD was a game winner late in the third quarter on a 13-yard pass to Golden Tate on third down.

PASSING

2012														
Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W-L	Rating		
9/9	at Arizona	1/1	34	18	153	52.9	1	1	27	3/14	L	62.5		
9/16	Dallas	1/1	20	15	151	75.0	1	0	22t	2/18	W	112.7		
9/24	Green Bay	1/1	21	10	130	47.6	2	0	41t	1/19	W	99.3		
9/30	at St. Louis	1/1	25	17	160	68.0	0	3	17	2/20	L	45.8		
10/7	at Carolina	1/1	25	19	221	76.0	1	2	30	2/9	W	82.3		
TOTALS		(5/5)	125	79	815	63.2	5	6	41t	11/80	3-2	75.3		
<i>W/L record reflects games started only</i>														

RUSHING

Date	Opponent	P/S	Att	Yds	Avg	LG	TD
9/9	at Arizona	1/1	8	20	2.5	5	0
9/16	Dallas	1/1	4	28	7.0	14	0
9/24	Green Bay	1/1	3	18	6.0	12	0
9/30	at St. Louis	1/1	7	14	2.0	8	0
10/7	at Carolina	1/1	5	12	2.4	9	0
TOTALS		(5/5)	27	92	3.4	14	0



HOW ACQUIRED: Selected with the second pick in the 4th round (99th overall) of the 2011 NFL Draft.

NFL CAREER HIGHLIGHTS:

- His emergence led to team trading Aaron Curry to Oakland on October 13, 2011.
- Started 12 of 16 games played and recorded 61 tackles (46 solo) and 2.0 sacks. Posted a career-high eight tackles in back-to-back games (vs. St. Louis, 12/12/11 and at Chicago, 12/18/11).

COLLEGE: Started 35 of 47 games at Mississippi State (22 at strong-side outside linebacker and 13 at weak-side linebacker). Finished career with 259 tackles (131 solo), including nine sacks for minus 60 yards, 23.5 stops for loss totaling 104 yards and 11 quarter-

back pressures. Forced and recovered three fumbles and had 14 passes defended.

PERSONAL: Attended Olive Branch (Miss.) High School. Regarded as the nation's 45th best strong-side outside linebacker. Selected to play in the Mississippi/Alabama All-Star Classic. Named first-team, all-state on the defensive line by the *Clarion-Ledger* in all classifications following his senior season. Also earned first-team, all-state mention by the Mississippi Association of Coaches at outside linebacker in Class 5A. Recorded 91 total tackles, 13 sacks and an interception. Helped Olive Branch to a 12-2 overall record as a senior. Also a standout for an undefeated basketball team as a senior. Born Kenneth Bernard Wright Jr. in Memphis, Tenn.

WRIGHT'S NFL RECORD

Club	Tackles				Sacks		Interceptions								
	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2011 Seattle	16/12	61	46	15	2.0	9.0	0	0	0.0	0	0	2	1	1	30
2012 Seattle	5/5	34	26	8	0.0	0.0	0	0	0.0	0	0	2	1	0	0
NFL TOTALS	21/17	95	72	23	2.0	9.0	0	0	0.0	0	0	4	2	1	30

WRIGHT'S SINGLE-GAME HIGHS

Tackles: 11, vs. Green Bay (9/24/12) **Forced Fumbles:** 1, 2 Times, Last at Arizona (9/9/12)
Interceptions: None **Fumble Recoveries:** 1, at Arizona (1/1/12)
Sacks: 1.0, vs. Philadelphia (12/1/11), vs. St. Louis (12/12/11)

ADDITIONAL STATS

Special Teams Tackles: 2011 (4), 2012 (1); **Career:** (5).

WRIGHT'S 2012 SEASON

at Ariz (9/9): Led the team with a career-high nine tackles (5 solo). Also had one QB hit and a FF that was recovered by Brandon Mebane that led to Seattle's first score. **Dal (9/16):** Tallied five tackles (3 solo) and two passes defended. **GB (9/24):** Set a career high for the second time in three games leading the team with 11 tackles (9 solo). **at StL (9/30):** Posted five solo tackles. **at Car (10/7):** Finished with four solo tackles and one special teams stop.

WRIGHT'S 2012 GAME-BY-GAME

Game	P	T	S	A	QB	Yds.	QH	Int.	Yds.	PD	FF	FR	Yds.
at Ariz (9/9)	1/1	9	5	4	0.0	0.0	1	0	0	0	1	0	0
Dal (9/16)	1/1	5	3	2	0.0	0.0	0	0	0	2	0	0	0
GB (9/24)	1/1	11	9	2	0.0	0.0	0	0	0	0	0	0	0
at StL (9/30)	1/1	5	5	0	0.0	0.0	0	0	0	0	0	0	0
at Car (10/7)	1/1	4	4	0	0.0	0.0	0	0	0	0	0	0	0
Totals	5/5	34	26	8	0.0	0.0	1	0	0	2	1	0	0

Additional Statistics: Special Teams Tackles 1.

P = Participation

National Football League Game Summary

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Date: Sunday, 10/7/2012

Seattle Seahawks at Carolina Panthers

Start Time: 4:04 PM EDT

at Bank of America Stadium, Charlotte, North Carolina

Game Day Weather

Game Weather: Cloudy

Temp: 63° F (17.2° C) Humidity: 69%, Wind: N 6 mph

Played Outdoors on Turf: Natural Grass

Officials

Referee: McAulay, Terry ()

Umpire: Dawson, Scott ()

Head Linesman: Baltz, Mark ()

Line Judge: Steinkerchner, Mark ()

Side Judge: Coleman, James ()

Field Judge: Brown, Terry ()

Back Judge: Dyer, Lee ()

Replay Official: Bob McGrath

Lineups

Seattle Seahawks				Carolina Panthers			
Offense		Defense		Offense		Defense	
WR	18 S.Rice	LDE	79 R.Bryant	WR	89 S.Smith	LE	76 G.Hardy
TE	82 E.Moore	LDT	99 A.Branch	TE	82 G.Barnidge	DT	92 D.Edwards
LT	76 R.Okung	RDT	92 B.Mebane	LT	69 J.Gross	NT	96 R.Edwards
LG	67 P.McQuistan	RDE	91 C.Clemons	LG	61 A.Silatolu	RE	95 C.Johnson
C	60 M.Unger	OLB	56 L.Hill	C	67 R.Kalil	SLB	50 J.Anderson
RG	77 J.Carpenter	MLB	54 B.Wagner	RG	65 G.Williams	MLB	59 L.Kuechly
RT	68 B.Giacomini	OLB	50 K.Wright	RT	77 B.Bell	WLB	58 T.Davis
TE	86 Z.Miller	LCB	25 R.Sherman	TE	88 G.Olsen	LCB	41 C.Munnerlyn
WR	81 G.Tate	RCB	39 B.Browner	WR	11 B.LaFell	RCB	24 J.Norman
QB	3 R.Wilson	SS	31 K.Chancellor	QB	1 C.Newton	SS	30 C.Godfrey
RB	24 M.Lynch	FS	29 E.Thomas	RB	34 D.Williams	FS	43 H.Nakamura

Substitutions

K 4 S.Hauschka, P 9 J.Ryan, WR 17 B.Edwards, RB 22 R.Turbin, CB 23 M.Trufant, FB 26 M.Robinson, SS 32 J.Johnson, RB 33 L.Washington, CB 41 B.Maxwell, FS 42 C.Maragos, LS 49 C.Gresham, DE 51 B.Irvin, LB 53 M.Smith, LB 55 H.Farwell, LB 57 M.Morgan, G/C 61 L.Jeanpierre, G 64 J.Sweezy, T/G 65 F.Omiyale, DT 69 C.McDonald, TE 85 A.McCoy, WR 87 B.Obomanu, WR 89 D.Baldwin, DE 90 J.Jones

Substitutions

K 6 J.Medlock, P 8 B.Nortman, WR 14 A.Edwards, CB 22 J.Thomas, S 23 S.Martin, DB 25 R.Parker, RB 28 J.Stewart, FB 35 M.Tolbert, S 42 C.Jones, LS 44 J.Jansen, TE/FB 47 R.Brockel, LB 53 J.Phillips, LB 56 K.Onatolu, LB 57 J.Senn, C/G 62 J.Byers, T 73 B.Campbell, WR 81 K.Pilares, WR 83 L.Murphy, TE 84 B.Hartsock, DE 90 F.Alexander, DE 93 A.Applewhite, DT 94 S.Fua, DT 99 F.Kearse

Did Not Play

QB 15 M.Flynn

Did Not Play

QB 3 D.Anderson

Not Active

WR 14 C.Martin, SS 27 W.Guy, CB 36 D.Gorrer, CB 37 J.Lane, G 74 J.Moffitt, DT 94 J.Howard, DE 98 G.Scruggs

Not Active

3RDB 7 J.Clausen, WR 15 J.Adams, CB 20 C.Gamble, S 26 D.Campbell, LB 52 J.Beason, C/G 63 G.Hangartner, DE 98 T.Keiser

Field Goals (made () & missed)

S.Hauschka		(22) (36) (44)	J.Medlock		(32)		
			1	2	3	4	OT
VISITOR:	Seattle Seahawks		3	3	7	3	0
HOME:	Carolina Panthers		0	3	7	2	0

Scoring Plays

Team	Qtr	Time	Play Description (Extra Point) (Drive Info)	Visitor	Home
Seahawks	1	10:29	S.Hauschka 22 yd. Field Goal (8-41, 3:33)	3	0
Seahawks	2	8:29	S.Hauschka 36 yd. Field Goal (12-50, 6:58)	6	0
Panthers	2	0:02	J.Medlock 32 yd. Field Goal (12-77, 2:44)	6	3
Panthers	3	12:26	C.Munnerlyn 33 yd. interception return (J.Medlock kick)	6	10
Seahawks	3	0:35	G.Tate 13 yd. pass from R.Wilson (S.Hauschka kick) (5-27, 2:02)	13	10
Seahawks	4	10:27	S.Hauschka 44 yd. Field Goal (7-39, 3:33)	16	10
Panthers	4	0:59	J.Ryan tackled in end zone by K.Onatolu for a Safety	16	12
Paid Attendance: 72,676				Time: 2:54	

Seattle Seahawks vs Carolina Panthers
10/7/2012 at Bank of America Stadium

Final Individual Statistics

Seattle Seahawks

RUSHING	ATT	YDS	AVG	LG	TD
M.Lynch	21	85	4.0	14	0
R.Wilson	5	12	2.4	9	0
B.Obomanu	1	11	11.0	11	0
R.Turbin	4	6	1.5	5	0
M.Robinson	2	3	1.5	2	0
G.Tate	1	-1	-1.0	-1	0
J.Ryan	1	-18	-18.0	-18	0
Total	35	98	2.8	14	0

PASSING	ATT	CMP	YDS	SK/YD	TD	LG	IN	RT
R.Wilson	25	19	221	2/9	1	30	2	82.3
Total	25	19	221	2/9	1	30	2	82.3

PASS RECEIVING	TAR	REC	YDS	AVG	LG	TD
S.Rice	6	5	67	13.4	18	0
Z.Miller	3	3	59	19.7	30	0
D.Baldwin	4	3	37	12.3	19	0
G.Tate	4	3	31	10.3	13	1
R.Turbin	2	2	8	4.0	5	0
B.Edwards	1	1	10	10.0	10	0
M.Lynch	2	1	9	9.0	9	0
M.Robinson	1	1	0	0.0	0	0
A.McCoy	2	0	0	0.0	0	0
Total	25	19	221	11.6	30	1

INTERCEPTIONS	NO	YDS	AVG	LG	TD
Total	0	0	0	0	0

PUNTING	NO	YDS	AVG	NET	TB	IN20	LG
J.Ryan	3	122	40.7	36.3	0	2	54
Total	3	122	40.7	36.3	0	2	54

PUNT RETURNS	NO	YDS	AVG	FC	LG	TD
L.Washington	5	39	7.8	0	17	0
[DOWNED]	1	0	0.0	0	0	0
[OUT OF BOUNDS]	1	0	0.0	0	0	0
Total	5	39	7.8	0	17	0

KICKOFF RETURNS	NO	YDS	AVG	FC	LG	TD
L.Washington	2	45	22.5	0	45	0
D.Baldwin	1	3	3.0	0	3	0
Total	3	48	16.0	0	45	0

Seattle Seahawks

FUMBLES	FUM	LOST	OWN-REC	YDS	TD	FORCED	OPP-REC	YDS	TD	OUT-BDS
L.Washington	1	1	0	0	0	0	0	0	0	0
B.Browner	0	0	0	0	0	1	1	0	0	0
B.Irvin	0	0	0	0	0	1	0	0	0	0
R.Sherman	0	0	0	0	0	1	0	0	0	0
A.Branch	0	0	0	0	0	0	1	0	0	0
Total	1	1	0	0	0	3	2	0	0	0

Carolina Panthers

FUMBLES	FUM	LOST	OWN-REC	YDS	TD	FORCED	OPP-REC	YDS	TD	OUT-BDS
J.Stewart	1	0	1	0	0	0	0	0	0	0

Carolina Panthers

RUSHING	ATT	YDS	AVG	LG	TD
C.Newton	7	42	6.0	15	0
J.Stewart	4	16	4.0	11	0
K.Pilares	0	12	4.0	12	0
D.Williams	6	6	1.0	4	0
L.Murphy	1	3	3.0	3	0
M.Tolbert	1	3	3.0	3	0
Total	19	82	4.3	15	0

PASSING	ATT	CMP	YDS	SK/YD	TD	LG	IN	RT
C.Newton	29	12	141	4/33	0	24	0	56.8
Total	29	12	141	4/33	0	24	0	56.8

PASS RECEIVING	TAR	REC	YDS	AVG	LG	TD
S.Smith	13	4	40	10.0	14	0
B.LaFell	3	3	44	14.7	21	0
G.Olsen	3	2	37	18.5	24	0
J.Stewart	4	2	15	7.5	8	0
L.Murphy	2	1	5	5.0	5	0
D.Williams	2	0	0	0.0	0	0
M.Tolbert	1	0	0	0.0	0	0
B.Hartsock	1	0	0	0.0	0	0
Total	29	12	141	11.8	24	0

INTERCEPTIONS	NO	YDS	AVG	LG	TD
C.Munnerlyn	1	33	33.0	33	1
L.Kuechly	1	-3	-3.0	-3	0
Total	2	30	15.0	33	1

PUNTING	NO	YDS	AVG	NET	TB	IN20	LG
B.Nortman	7	318	45.4	39.9	0	2	63
Total	7	318	45.4	39.9	0	2	63

PUNT RETURNS	NO	YDS	AVG	FC	LG	TD
C.Munnerlyn	1	13	13.0	0	13	0
[DOWNED]	1	0	0.0	0	0	0
[OUT OF BOUNDS]	1	0	0.0	0	0	0
Total	1	13	13.0	0	13	0

KICKOFF RETURNS	NO	YDS	AVG	FC	LG	TD
K.Pilares	3	64	21.3	0	25	0
C.Munnerlyn	1	17	17.0	0	17	0
[TOUCHBACK]	2	0	0.0	0	0	0
Total	4	81	20.3	0	25	0

Seattle Seahawks vs Carolina Panthers
10/7/2012 at Bank of America Stadium

Final Individual Statistics

C.Newton	1	1	0	0	0	0	0	0	0	0
D.Williams	1	1	0	0	0	0	0	0	0	0
J.Phillips	0	0	0	0	0	1	0	0	0	0
J.Thomas	0	0	0	0	0	0	1	4	0	0
Total	3	2	1	0	0	1	1	4	0	0

Seattle Seahawks vs Carolina Panthers
10/7/2012 at Bank of America Stadium

Final Team Statistics

	Visitor Seahawks	Home Panthers
TOTAL FIRST DOWNS	17	13
By Rushing	7	4
By Passing	10	7
By Penalty	0	2
THIRD DOWN EFFICIENCY	7-14-50%	2-11-18%
FOURTH DOWN EFFICIENCY	0-1-0%	0-1-0%
TOTAL NET YARDS	310	190
Total Offensive Plays (inc. times thrown passing)	62	52
Average gain per offensive play	5.0	3.7
NET YARDS RUSHING	98	82
Total Rushing Plays	35	19
Average gain per rushing play	2.8	4.3
Tackles for a loss-number and yards	4-24	2-6
NET YARDS PASSING	212	108
Times thrown - yards lost attempting to pass	2-9	4-33
Gross yards passing	221	141
PASS ATTEMPTS-COMPLETIONS-HAD INTERCEPTED	25-19-2	29-12-0
Avg gain per pass play (inc.# thrown passing)	7.9	3.3
KICKOFFS Number-In End Zone-Touchbacks	6-5-2	3-1-0
PUNTS Number and Average	3-40.7	7-45.4
Had Blocked	0	0
FGs - PATs Had Blocked	0-0	0-0
Net Punting Average	36.3	39.9
TOTAL RETURN YARDAGE (Not Including Kickoffs)	39	43
No. and Yards Punt Returns	5-39	1-13
No. and Yards Kickoff Returns	3-48	4-81
No. and Yards Interception Returns	0-0	2-30
PENALTIES Number and Yards	7-65	3-25
FUMBLES Number and Lost	1-1	3-2
TOUCHDOWNS	1	1
Rushing	0	0
Passing	1	0
Interceptions	0	1
EXTRA POINTS Made-Attempts	1-1	1-1
Kicking Made-Attempts	1-1	1-1
FIELD GOALS Made-Attempts	3-3	1-1
RED ZONE EFFICIENCY	1-3-33%	0-2-0%
GOAL TO GO EFFICIENCY	0-0-0%	0-1-0%
SAFETIES	0	1
FINAL SCORE	16	12
TIME OF POSSESSION	35:46	24:14

Ball Possession And Drive Chart

Seattle Seahawks

#	Time Recd	Time Lost	Time Poss	How Ball Obtained	Drive Began	# Play	Yds Gain	Yds Pen	Net Yds	1st Down	Last Scrm	How Given Up
1	14:02	10:29	3:33	Punt	CAR 45	8	41	0	41	2	* CAR 4	Field Goal
2	8:52	4:40	4:12	Punt	SEA 31	6	40	-10	30	2	CAR 39	Punt
3	0:27	8:29	6:58	Punt	SEA 32	12	65	-15	50	4	* CAR 18	Field Goal
4	7:29	2:46	4:43	Punt	SEA 38	6	29	-10	19	1	CAR 43	Punt
5	0:02	0:00	0:02	Kickoff		0	0	0	0	0		End of Half
6	15:00	14:48	0:12	Kickoff		0	0	0	0	0		Fumble
7	13:15	12:26	0:49	Punt	SEA 17	2	2	0	2	0	SEA 19	Interception
8	12:26	9:39	2:47	Kickoff	SEA 28	5	42	0	42	2	CAR 30	Interception
9	6:05	2:37	3:28	Punt	SEA 12	6	27	-10	17	1	SEA 29	Punt
10	2:37	0:35	2:02	Fumble	CAR 27	5	27	0	27	2	* CAR 13	Touchdown
11	14:00	10:27	3:33	Punt	SEA 35	7	39	0	39	2	CAR 26	Field Goal
12	3:47	0:59	2:48	Downs	SEA 1	7	-1	0	-1	1	SEA 18	Safety
13	0:39	0:00	0:39	Fumble	CAR 25	1	-1	0	-1	0	CAR 25	End of Game

(397) Average SEA 36

Carolina Panthers

#	Time Recd	Time Lost	Time Poss	How Ball Obtained	Drive Began	# Play	Yds Gain	Yds Pen	Net Yds	1st Down	Last Scrm	How Given Up
1	15:00	14:02	0:58	Kickoff	CAR 13	3	3	0	3	0	CAR 16	Punt
2	10:29	8:52	1:37	Kickoff	CAR 19	3	4	0	4	0	CAR 23	Punt
3	4:40	0:27	4:13	Punt	CAR 5	7	37	0	37	3	CAR 42	Punt
4	8:29	7:29	1:00	Kickoff	CAR 23	3	-13	0	-13	0	CAR 10	Punt
5	2:46	0:02	2:44	Punt	CAR 9	12	62	15	77	4	* SEA 14	Field Goal
6	14:48	13:15	1:33	Fumble	SEA 37	3	-8	-10	-18	0	CAR 45	Punt
7	9:39	6:05	3:34	Interception	CAR 20	5	21	-5	16	1	CAR 36	Punt
8	2:37	2:37	0:00	Punt	CAR 30	1	-3	0	-3	0	CAR 30	Fumble
9	0:35	14:00	1:35	Kickoff	CAR 20	3	9	0	9	0	CAR 29	Punt
10	10:27	3:47	6:40	Kickoff	CAR 20	11	84	-5	79	5	* SEA 1	Downs
11	0:59	0:39	0:20	Kickoff	CAR 31	2	-6	0	-6	0	CAR 31	Fumble

(253) Average CAR 23

* inside opponent's 20

Time of Possession by Quarter

Visitor	Seattle Seahawks	1st	2nd	3rd	4th	OT	Total
Home	Carolina Panthers	8:12	11:16	9:18	7:00		35:46
		6:48	3:44	5:42	8:00		24:14

Kickoff Drive No.-Start Average

Seahawks: 1 - SEA 28

Panthers: 6 - CAR 21

Final Defensive Statistics

Seattle Seahawks

Regular Defensive Plays

Special Teams

Misc

	TKL	AST	COMB	SK	/ YDS	TFL	Q	IN	PD	FF	FR	TKL	AST	FF	FR	BL	TKL	AST	FF	FR
B.Browner	4	2	6	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0
B.Wagner	3	3	6	1.5	9	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0
C.Clemons	2	4	6	0.5	5	0	2	0	1	0	0	0	0	0	0	0	0	0	0	0
R.Sherman	5	0	5	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0
K.Wright	4	0	4	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
K.Chancellor	3	1	4	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
B.Mebane	2	1	3	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
B.Irvin	2	0	2	2	19	1	2	0	0	1	0	0	0	0	0	0	0	0	0	0
A.Branch	1	1	2	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
L.Hill	1	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
E.Thomas	1	0	1	0	0	0	0	0	1	0	0	1	0	0	0	0	0	0	0	0
M.Trufant	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
M.Morgan	0	0	0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0
H.Farwell	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
J.Johnson	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
C.Maragos	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
M.Unger	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0
Total	28	14	42	4	33	2	6	0	6	3	2	5	2	0	0	0	1	0	0	0

TKL = Tackle AST = Assist COMB = Combined QH=QB Hit IN = Interception PD = Pass Defense FF = Forced Fumble FR = Fumble Recovery

Carolina Panthers

Regular Defensive Plays

Special Teams

Misc

	TKL	AST	COMB	SK	/ YDS	TFL	QH	IN	PD	FF	FR	TKL	AST	FF	FR	BL	TKL	AST	FF	FR
L.Kuechly	7	4	11	0	0	1	0	1	1	0	0	0	0	0	0	0	0	0	0	0
G.Hardy	4	2	6	1	5	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0
T.Davis	3	3	6	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
S.Martin	4	1	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
H.Nakamura	1	4	5	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0
J.Norman	2	2	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
J.Anderson	2	2	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
A.Applewhite	1	3	4	1	4	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0
J.Thomas	3	0	3	0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	0	0
C.Munnerlyn	2	1	3	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0
S.Fua	1	2	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
F.Kearse	1	2	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C.Godfrey	1	2	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
R.Edwards	0	3	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
D.Edwards	0	3	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
C.Johnson	1	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
K.Onatolu	1	0	1	0	0	1	0	0	0	0	0	0	1	0	0	0	0	0	0	0
F.Alexander	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
J.Phillips	0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	0	0
R.Parker	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
G.Barnidge	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
C.Jones	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
R.Brockel	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
D.Williams	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0
B.Bell	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0
J.Stewart	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Total	34	36	70	2	9	6	2	2	2	0	0	7	2	1	1	0	2	0	0	1

Seattle Seahawks vs Carolina Panthers
10/7/2012 at Bank of America Stadium

First Half Summary

PERIOD SCORES			TIME OF POSSESSION		
Seahawks	3	3 = 6	Seahawks	19:28	
Panthers	0	3 = 3	Panthers	10:32	

Scoring Plays								
Team	Qtr	Time	Play Description (Extra Point) (Drive Info)			Visitor	Home	
Seahawks	1	10:29	S.Hauschka 22 yd. Field Goal (8-41, 3:33)			3	0	
Seahawks	2	8:29	S.Hauschka 36 yd. Field Goal (12-50, 6:58)			6	0	
Panthers	2	0:02	J.Medlock 32 yd. Field Goal (12-77, 2:44)			6	3	

	Seattle Seahawks	Carolina Panthers
TOTAL FIRST DOWNS	9	7
First Downs Rushing-Passing-by Penalty	4 - 5 - 0	4 - 2 - 1
THIRD DOWN EFFICIENCY	4-8-50%	1-6-17%
TOTAL NET YARDS	175	93
Total Offensive Plays	30	27
NET YARDS RUSHING	60	70
NET YARDS PASSING	115	23
Gross Yards Passing	124	40
Times thrown-yards lost attempting to pass	2-9	2-17
Pass Attempts-Completions-Had Intercepted	13 - 12 - 0	15 - 3 - 0
Punts-Number and Average	2 - 34	4 - 45.5
Penalties-Number and Yards	4 - 50	0 - 0
Fumbles-Number and Lost	0 - 0	0 - 0
Red Zone Efficiency	0-2-0%	0-1-0%
Average Drive Start	SEA 39	CAR 14

Seattle Seahawks										Carolina Panthers									
RUSHING										RUSHING									
	ATT	YDS	AVG	LG	TD						ATT	YDS	AVG	LG	TD				
M.Lynch	7	28	4.0	14	0	C.Newton				5	37	7.4	15	0					
B.Obomanu	1	11	11.0	11	0	J.Stewart				2	12	6.0	11	0					
R.Wilson	2	10	5.0	9	0	K.Pilares				0	12	6.0	12	0					
R.Turbin	2	9	4.5	5	0	D.Williams				2	6	3.0	3	0					
M.Robinson	2	3	1.5	2	0	L.Murphy				1	3	3.0	3	0					
G.Tate	1	-1	-1.0	-1	0														
Total	15	60	4.0	14	0	Total				10	70	7.0	15	0					
PASSING										PASSING									
	ATT	CMP	YDS	SK/YD	TD	LG	IN	RT			ATT	CMP	YDS	SK/YD	TD	LG	IN	RT	
R.Wilson	13	12	124	2/9	0	19	0	106.4	C.Newton		15	3	40	2/17	0	21	0	39.6	
Total	13	12	124	2/9	0	19	0	106.4	Total		15	3	40	2/17	0	21	0	39.6	
PASS RECEIVING										PASS RECEIVING									
	TAR	REC	YDS	AVG	LG	TD					TAR	REC	YDS	AVG	LG	TD			
S.Rice	4	4	56	14.0	18	0	S.Smith			10	2	19	9.5	12	0				
D.Baldwin	3	3	37	12.3	19	0	B.LaFell			1	1	21	21.0	21	0				
G.Tate	1	1	12	12.0	12	0	L.Murphy			1	0	0	0.0	0	0				
B.Edwards	1	1	10	10.0	10	0	G.Olsen			1	0	0	0.0	0	0				
Z.Miller	1	1	6	6.0	6	0	M.Tolbert			1	0	0	0.0	0	0				
R.Turbin	1	1	3	3.0	3	0	D.Williams			1	0	0	0.0	0	0				
M.Robinson	1	1	0	0.0	0	0													
A.McCoy	1	0	0	0.0	0	0													
Total	13	12	124	10.3	19	0	Total			15	3	40	13.3	21	0				

Seattle Seahawks														Carolina Panthers									
Regular Defensive Plays														Special Teams									
	TKL	AST	COMB	SK	/ YDS	TFL	Q	IN	PD	FF	FR			TKL	AST	FF	FR	BL	TKL	AST	FF	FR	
R.Sherman	3	0	3	0	0	0	0	0	0	0	0			0	0	0	0	0		0	0	0	0
B.Wagner	2	0	2	1	4	1	1	0	0	0	0			0	0	0	0	0		0	0	0	0
K.Chancellor	1	1	2	0	0	0	0	0	2	0	0			0	0	0	0	0		0	0	0	0
C.Clemons	1	1	2	0	0	0	0	0	1	0	0			0	0	0	0	0		0	0	0	0
Total	7	2	9	1	4	1	1	0	3	0	0			0	0	0	0	0		0	0	0	0

First Half Summary

[illegible]

Play By Play

First Quarter

10/7/2012

SEA wins the coin toss and elects to defer. CAR elects to Receive, and SEA elects to defend the east goal.

S.Hauschka kicks 67 yards from SEA 35 to CAR -2. K.Pilares to CAR 13 for 15 yards (K.Wright).

Carolina Panthers at 15:00, (1st play from scrimmage 14:55)

- 1-10-CAR 13 (14:55) (Shotgun) D.Williams up the middle to CAR 16 for 3 yards (C.Clemons; B.Mebane).
- 2-7-CAR 16 (14:20) C.Newton pass incomplete short left to S.Smith.
- 3-7-CAR 16 (14:13) (Shotgun) C.Newton pass incomplete short middle to G.Olsen (K.Chancellor).
- 4-7-CAR 16 (14:07) B.Nortman punts 29 yards to CAR 45, Center-J.Jansen, out of bounds.

Seattle Seahawks at 14:02

- 1-10-CAR 45 (14:02) R.Wilson pass deep left to S.Rice ran ob at CAR 27 for 18 yards. P1
- 1-10-CAR 27 (13:34) R.Wilson pass incomplete short right to A.McCoy.
- 2-10-CAR 27 (13:26) M.Lynch right guard to CAR 24 for 3 yards (R.Edwards; D.Edwards).
- 3-7-CAR 24 (12:46) (Shotgun) R.Wilson pass short middle to D.Baldwin to CAR 11 for 13 yards (L.Kuechly). P2
- 1-10-CAR 11 (12:12) M.Lynch left guard to CAR 10 for 1 yard (S.Fua; F.Alexander).
- 2-9-CAR 10 (11:37) M.Lynch right tackle to CAR 10 for no gain (A.Applewhite; F.Kearse).
- 3-9-CAR 10 (10:52) (Shotgun) R.Wilson pass short right to Z.Miller to CAR 4 for 6 yards (J.Thomas).
- 4-3-CAR 4 (10:33) S.Hauschka 22 yard field goal is GOOD, Center-C.Gresham, Holder-J.Ryan.

SEA 3 CAR 0, 8 plays, 41 yards, 3:33 drive, 4:31 elapsed

S.Hauschka kicks 70 yards from SEA 35 to CAR -5. K.Pilares to CAR 19 for 24 yards (H.Farwell).

Carolina Panthers at 10:29, (1st play from scrimmage 10:24)

- 1-10-CAR 19 (10:24) (Shotgun) D.Williams up the middle to CAR 22 for 3 yards (L.Hill).
- 2-7-CAR 22 (9:50) (Shotgun) J.Stewart left tackle to CAR 23 for 1 yard (B.Mebane).
- 3-6-CAR 23 (9:12) (Shotgun) C.Newton pass incomplete deep middle to S.Smith (K.Chancellor).
- 4-6-CAR 23 (9:05) B.Nortman punts 63 yards to SEA 14, Center-J.Jansen. L.Washington to SEA 31 for 17 yards (H.Nakamura).

Seattle Seahawks at 8:52

- 1-10-SEA 31 (8:52) PENALTY on SEA-B.Giacomini, Offensive Holding, 10 yards, enforced at SEA 31 - No Play.
- 1-20-SEA 21 (8:18) (Shotgun) R.Wilson pass short left to D.Baldwin to SEA 40 for 19 yards (S.Martin).
- 2-1-SEA 40 (7:43) M.Robinson right guard to SEA 42 for 2 yards (R.Edwards; D.Edwards). R3
- 1-10-SEA 42 (7:07) R.Wilson pass short left to G.Tate to CAR 46 for 12 yards (C.Godfrey). P4
- 1-10-CAR 46 (6:31) M.Lynch left tackle to CAR 40 for 6 yards (A.Applewhite; L.Kuechly).
- 2-4-CAR 40 (5:51) R.Wilson pass short right to M.Robinson to CAR 40 for no gain (T.Davis).
- 3-4-CAR 40 (5:51) (Shotgun) R.Wilson scrambles right end pushed ob at CAR 39 for 1 yard (G.Hardy).
- 4-3-CAR 39 (4:49) J.Ryan punts 34 yards to CAR 5, Center-C.Gresham, downed by SEA-B.Maxwell.

Carolina Panthers at 4:40

- 1-10-CAR 5 (4:40) J.Stewart left guard to CAR 16 for 11 yards (K.Wright). R1
- 1-10-CAR 16 (3:55) (Shotgun) C.Newton scrambles up the middle to CAR 18 for 2 yards (C.Clemons).
- 2-8-CAR 18 (3:14) (Shotgun) C.Newton right end to CAR 19 for 1 yard. Lateral to K.Pilares to CAR 31 for 12 yards (R.Sherman). R2
- 1-10-CAR 31 (2:30) (Shotgun) C.Newton pass short left to S.Smith to CAR 43 for 12 yards (K.Chancellor; B.Browner). P3
- 1-10-CAR 43 (1:43) C.Newton pass incomplete short middle to S.Smith.
- 2-10-CAR 43 (1:38) L.Murphy right end to CAR 46 for 3 yards (R.Sherman).
- 3-7-CAR 46 (1:04) (Shotgun) C.Newton sacked at CAR 42 for -4 yards (B.Wagner).
- 4-11-CAR 42 (:37) B.Nortman punts 38 yards to SEA 20, Center-J.Jansen. L.Washington to SEA 32 for 12 yards (H.Nakamura).

Seattle Seahawks at 0:27

- 1-10-SEA 32 (:27) B.Obomanu right end to SEA 43 for 11 yards. R5
- PENALTY on SEA-B.Giacomini, Unnecessary Roughness, 15 yards, enforced between downs.

END OF QUARTER

	Time		First Downs				Efficiencies	
	Score	Poss	R	P	X	T	3 Down	4 Down
Seattle Seahawks	3	8:12	2	3	0	5	1/3	0/0
Carolina Panthers	0	6:48	2	1	0	3	0/3	0/0

Second Quarter

10/7/2012

Play By Play

Seattle Seahawks continued.

<u>1-10-SEA 28</u>	(15:00) M.Lynch up the middle to SEA 42 for 14 yards (H.Nakamura; L.Kuechly).	R6
<u>1-10-SEA 42</u>	(14:26) R.Wilson sacked at SEA 37 for -5 yards (G.Hardy).	
2-15-SEA 37	(13:53) R.Wilson pass short left to B.Edwards to SEA 47 for 10 yards (C.Munnerlyn; J.Norman).	
3-5-SEA 47	(13:04) (Shotgun) R.Wilson pass short left to S.Rice to CAR 41 for 12 yards (J.Norman).	P7
<u>1-10-CAR 41</u>	(12:32) R.Wilson scrambles up the middle to CAR 32 for 9 yards (C.Munnerlyn).	
2-1-CAR 32	(11:43) R.Wilson sacked at CAR 36 for -4 yards (A.Applewhite).	
3-5-CAR 36	(11:05) (Shotgun) R.Wilson pass short right to S.Rice to CAR 25 for 11 yards (J.Thomas).	P8
<u>1-10-CAR 25</u>	(10:41) M.Lynch right guard to CAR 23 for 2 yards (S.Martin; G.Hardy).	
2-8-CAR 23	(10:06) M.Lynch left guard to CAR 21 for 2 yards (A.Applewhite; J.Anderson).	
3-6-CAR 21	(9:22) (Shotgun) R.Wilson pass short right to R.Turbin to CAR 18 for 3 yards (J.Thomas).	
4-3-CAR 18	(8:29) S.Hauschka 36 yard field goal is GOOD, Center-C.Gresham, Holder-J.Ryan.	

SEA 6 CAR 0, 12 plays, 50 yards, 6:58 drive, 6:31 elapsed

S.Hauschka kicks 67 yards from SEA 35 to CAR -2. K.Pilares to CAR 23 for 25 yards (J.Johnson; C.Maragos).

Carolina Panthers at 8:29, (1st play from scrimmage 8:22)

1-10-CAR 23	(8:22) (Shotgun) C.Newton pass incomplete deep left to S.Smith.	
2-10-CAR 23	(8:16) C.Newton pass incomplete short middle to D.Williams (B.Mebane).	
3-10-CAR 23	(8:11) (Shotgun) C.Newton sacked at CAR 10 for -13 yards (B.Irvin).	
4-23-CAR 10	(7:29) B.Nortman punts 52 yards to SEA 38, Center-J.Jansen. L.Washington to SEA 38 for no gain (K.Onatolu; R.Brockel).	

Seattle Seahawks at 7:29

1-10-SEA 38	(7:29) M.Lynch left guard to CAR 42 for 20 yards (H.Nakamura; C.Munnerlyn).	
	PENALTY on SEA-R.Okung, Offensive Holding, 10 yards, enforced at SEA 38 - No Play.	
1-20-SEA 28	(6:55) (Shotgun) R.Wilson pass short right to S.Rice to SEA 43 for 15 yards (S.Martin).	
2-5-SEA 43	(6:17) R.Turbin left guard to SEA 47 for 4 yards (D.Edwards; C.Johnson).	
3-1-SEA 47	(5:32) M.Robinson left guard to SEA 48 for 1 yard (T.Davis; J.Norman).	R9
<u>1-10-SEA 48</u>	(4:47) G.Tate right end to SEA 47 for -1 yards (T.Davis).	
2-11-SEA 47	(4:02) (Shotgun) R.Turbin up the middle to CAR 48 for 5 yards (F.Kearse).	
3-6-CAR 48	(3:28) (Shotgun) R.Wilson pass short left to D.Baldwin to CAR 43 for 5 yards (S.Martin).	
4-1-CAR 43	(2:46) J.Ryan punts 34 yards to CAR 9, Center-C.Gresham, out of bounds.	

Carolina Panthers at 2:46

1-10-CAR 9	(2:46) (Shotgun) C.Newton up the middle to CAR 15 for 6 yards (A.Branch).	
2-4-CAR 15	(2:11) (Shotgun) C.Newton pass incomplete short left to S.Smith.	
3-4-CAR 15	(2:08) (Shotgun) C.Newton pass incomplete short middle to J.Stewart [C.Clemons].	
	PENALTY on SEA-C.Clemons, Roughing the Passer, 15 yards, enforced at CAR 15 - No Play.	X4
<u>1-10-CAR 30</u>	(2:03) (Shotgun) C.Newton pass incomplete short middle to S.Smith (C.Clemons).	

Two-Minute Warning

2-10-CAR 30	(1:58) (Shotgun) C.Newton pass short right to B.LaFell ran ob at SEA 49 for 21 yards (K.Chancellor).	P5
<u>1-10-SEA 49</u>	(1:51) (Shotgun) C.Newton pass incomplete deep right to S.Smith (E.Thomas).	
2-10-SEA 49	(1:46) (Shotgun) C.Newton pass incomplete short right to S.Smith.	
3-10-SEA 49	(1:42) (Shotgun) C.Newton scrambles left end to SEA 34 for 15 yards (B.Wagner).	R6
	Timeout #1 by CAR at 01:27.	
<u>1-10-SEA 34</u>	(1:27) (Shotgun) C.Newton up the middle to SEA 21 for 13 yards.	R7
<u>1-10-SEA 21</u>	(1:02) (No Huddle, Shotgun) C.Newton pass incomplete deep right to L.Murphy.	
2-10-SEA 21	(:59) (Shotgun) C.Newton pass incomplete short middle to M.Tolbert [B.Irvin].	
3-10-SEA 21	(:55) (Shotgun) C.Newton pass short right to S.Smith to SEA 14 for 7 yards (R.Sherman).	
	Timeout #2 by CAR at 00:06.	
4-3-SEA 14	(:02) J.Medlock 32 yard field goal is GOOD, Center-J.Jansen, Holder-B.Nortman.	

SEA 6 CAR 3, 12 plays, 77 yards, 1 penalty, 2:44 drive, 14:58 elapsed

J.Medlock kicks 45 yards from CAR 35 to SEA 20. L.Washington (didn't try to advance) to SEA 20 for no gain (R.Parker).

Seattle Seahawks vs Carolina Panthers at Bank of America Stadium

END OF QUARTER

	Score	Time Poss	First Downs				Efficiencies	
			R	P	X	T	3 Down	4 Down
Seattle Seahawks	6	11:16	2	2	0	4	3/5	0/0
Carolina Panthers	3	3:44	2	1	1	4	1/3	0/0

Third Quarter

10/7/2012

Play By Play

SEA elects to Receive, and CAR elects to defend the East goal.

J.Medlock kicks 69 yards from CAR 35 to SEA -4. L.Washington to SEA 43 for 47 yards (J.Phillips). FUMBLES (J.Phillips), RECOVERED by CAR-J.Thomas at SEA 41. J.Thomas to SEA 37 for 4 yards (M.Morgan).

Carolina Panthers at 14:48

- 1-10-SEA 37 (14:48) C.Newton pass incomplete deep right to S.Smith (R.Sherman).
- 2-10-SEA 37 (14:42) (Shotgun) C.Newton left tackle to SEA 35 for 2 yards (C.Clemons).
- 3-8-SEA 35 (14:01) (Shotgun) C.Newton sacked at SEA 45 for -10 yards (sack split by C.Clemons and B.Wagner).
- 4-18-SEA 45 (13:35) (Punt formation) PENALTY on CAR-J.Senn, Offensive Holding, 10 yards, enforced at SEA 45 - No Play.
- 4-28-CAR 45 (13:15) B.Nortman punts 47 yards to SEA 8, Center-J.Jansen. L.Washington to SEA 17 for 9 yards (G.Barnidge).

Seattle Seahawks at 13:15

- 1-10-SEA 17 (13:15) M.Lynch left tackle to SEA 19 for 2 yards (L.Kuechly).
- 2-8-SEA 19 (12:26) R.Wilson pass short right intended for A.McCoy INTERCEPTED by C.Munnerlyn at SEA 33. C.Munnerlyn for 33 yards, TOUCHDOWN.

Carolina Panthers at 12:26

J.Medlock extra point is GOOD, Center-J.Jansen, Holder-B.Nortman.

SEA 6 CAR 10, 0 plays, 33 yards, 0:00 drive , 2:34 elapsed

J.Medlock kicks 40 yards from CAR 35 to SEA 25. D.Baldwin to SEA 28 for 3 yards (C.Jones).

Seattle Seahawks at 12:26, (1st play from scrimmage 12:21)

- 1-10-SEA 28 (12:21) M.Lynch left guard to SEA 31 for 3 yards (S.Fua).
- 2-7-SEA 31 (11:50) (Shotgun) M.Lynch up the middle to SEA 34 for 3 yards (F.Kearse; L.Kuechly).
- 3-4-SEA 34 (11:16) (Shotgun) R.Wilson pass short left to G.Tate to SEA 40 for 6 yards (S.Martin). P10
- 1-10-SEA 40 (10:46) R.Wilson pass deep middle to Z.Miller to CAR 30 for 30 yards (C.Godfrey; H.Nakamura). P11
- 1-10-CAR 30 (10:08) R.Wilson scrambles up the middle to CAR 30 for no gain (L.Kuechly).
- 1-10-CAR 30 (9:39) R.Wilson pass short left intended for M.Lynch INTERCEPTED by L.Kuechly at CAR 23. L.Kuechly to CAR 20 for -3 yards (M.Unger).

Carolina Panthers at 9:39

- 1-10-CAR 20 (9:39) D.Williams up the middle to CAR 24 for 4 yards (B.Wagner; C.Clemons).
- 2-6-CAR 24 (8:57) (Shotgun) J.Stewart up the middle to CAR 26 for 2 yards (B.Mebane).
- 3-4-CAR 26 (8:12) (Shotgun) C.Newton pass incomplete short left to S.Smith.
- 1-10-CAR 31 (8:08) C.Newton left tackle to CAR 32 for 1 yard.
- 1-20-CAR 21 (7:41) (Shotgun) C.Newton pass short left to S.Smith to CAR 28 for 7 yards (B.Browner).
- 2-13-CAR 28 (7:02) (Shotgun) C.Newton pass incomplete short left to J.Stewart.
- 3-13-CAR 28 (6:57) (Shotgun) C.Newton pass short left to J.Stewart to CAR 36 for 8 yards (B.Browner).
- 4-5-CAR 36 (6:05) B.Nortman punts 53 yards to SEA 11, Center-J.Jansen. L.Washington to SEA 12 for 1 yard (J.Thomas).

Seattle Seahawks at 6:05

- 1-10-SEA 12 (6:05) M.Lynch left tackle to SEA 13 for 1 yard (S.Fua; J.Anderson).
- 2-9-SEA 13 (5:28) R.Wilson pass short right to S.Rice to SEA 24 for 11 yards (L.Kuechly). P12
- 1-10-SEA 24 (4:51) M.Lynch right tackle to SEA 28 for 4 yards (C.Godfrey; L.Kuechly).
- 2-6-SEA 28 (4:15) M.Lynch left end to SEA 39 for 11 yards (J.Anderson).
- 2-10-SEA 24 (3:38) R.Wilson pass incomplete short right to D.Baldwin.
- 3-10-SEA 24 (3:34) (Shotgun) R.Wilson pass short left to R.Turbin to SEA 29 for 5 yards (L.Kuechly).
- 4-5-SEA 29 (2:46) J.Ryan punts 54 yards to CAR 17, Center-C.Gresham. C.Munnerlyn ran ob at CAR 30 for 13 yards (M.Morgan).

Carolina Panthers at 2:37

- 1-10-CAR 30 (2:37) D.Williams to CAR 29 for -1 yards (B.Browner). FUMBLES (B.Browner), RECOVERED by SEA-B.Browner at CAR 27. B.Browner to CAR 27 for no gain (D.Williams).

Seattle Seahawks at 2:37

- 1-10-CAR 27 (2:37) R.Wilson pass short right to M.Lynch to CAR 18 for 9 yards (L.Kuechly).
- 2-1-CAR 18 (1:59) M.Lynch left tackle to CAR 15 for 3 yards (H.Nakamura; R.Edwards). R13
- 1-10-CAR 15 (1:26) M.Lynch left guard to CAR 13 for 2 yards (G.Hardy).

Seattle Seahawks vs Carolina Panthers at Bank of America Stadium

2-8-CAR 13

(:49) (Shotgun) R.Wilson pass incomplete short right to G.Tate.
Timeout #1 by SEA at 00:42.

3-8-CAR 13

(:35) (Shotgun) R.Wilson pass short middle to G.Tate for 13 yards, TOUCHDOWN.
S.Hauschka extra point is GOOD, Center-C.Gresham, Holder-J.Ryan.

P14

SEA 13 CAR 10, 5 plays, 27 yards, 2:02 drive, 14:25 elapsed

S.Hauschka kicks 65 yards from SEA 35 to end zone, Touchback.

Carolina Panthers at 0:35

1-10-CAR 20

(:35) (Shotgun) C.Newton pass incomplete short right to D.Williams.

2-10-CAR 20

(:30) (Shotgun) J.Stewart up the middle to CAR 22 for 2 yards (B.Wagner).

END OF QUARTER

	Score	Time Poss	First Downs				Efficiencies	
			R	P	X	T	3 Down	4 Down
Seattle Seahawks	13	9:18	1	4	0	5	2/3	0/0
Carolina Panthers	10	5:42	0	0	1	1	0/2	0/0

Fourth Quarter

10/7/2012

Play By Play

Carolina Panthers continued.

- 3-8-CAR 22(15:00) (Shotgun) C.Newton pass short right to J.Stewart to CAR 32 for 10 yards (R.Sherman). FUMBLES (R.Sherman), and recovers at CAR 29.
J.Stewart to CAR 29 for no gain (R.Sherman).
- 4-1-CAR 29(14:00) B.Nortman punts 36 yards to SEA 35, Center-J.Jansen, downed by CAR-J.Jansen.

Seattle Seahawks at 14:00

- 1-10-SEA 35(14:00) M.Lynch left tackle to SEA 43 for 8 yards (L.Kuechly).
- 2-2-SEA 43(13:24) M.Lynch right end to CAR 46 for 11 yards (J.Anderson).R15
- 1-10-CAR 46(12:39) R.Wilson pass deep right to Z.Miller to CAR 23 for 23 yards (J.Norman).P16
- 1-10-CAR 23(12:00) R.Turbin left end to CAR 23 for no gain (H.Nakamura; T.Davis).
- 2-10-CAR 23(11:21) R.Turbin up the middle to CAR 26 for -3 yards (L.Kuechly).
- 3-13-CAR 26(10:41) (Shotgun) R.Wilson pass incomplete deep right to S.Rice.
Penalty on SEA-M.Unger, Ineligible Downfield Pass, declined.
- 4-13-CAR 26(10:27) S.Hauschka 44 yard field goal is GOOD, Center-C.Gresham, Holder-J.Ryan.

SEA 16 CAR 10, 7 plays, 39 yards, 3:33 drive, 4:33 elapsed

S.Hauschka kicks 65 yards from SEA 35 to end zone, Touchback.

Carolina Panthers at 10:27

- 1-10-CAR 20(10:27) (Shotgun) D.Williams right end to CAR 22 for 2 yards (L.Hill; B.Wagner).
- 2-8-CAR 22(9:48) (Shotgun) M.Tolbert up the middle to CAR 25 for 3 yards (K.Wright).
- 3-5-CAR 25(9:07) (Shotgun) C.Newton pass short left to B.LaFell pushed ob at CAR 31 for 6 yards (K.Wright).P9
- 1-10-CAR 31(8:44) (Shotgun) C.Newton pass deep left to G.Olsen to SEA 45 for 24 yards (K.Chancellor).P10
- 1-10-SEA 45(8:02) C.Newton pass short left to S.Smith to SEA 31 for 14 yards (K.Chancellor).P11
- 1-10-SEA 31(7:23) C.Newton pass short left to G.Olsen to SEA 18 for 13 yards (K.Wright) [C.Clemons].P12
- 1-10-SEA 18(6:56) (Shotgun) PENALTY on CAR-B.LaFell, False Start, 5 yards, enforced at SEA 18 - No Play.
- 1-15-SEA 23(6:31) (Shotgun) C.Newton pass short left to B.LaFell to SEA 6 for 17 yards (B.Browner).P13
- 1-6-SEA 6(5:51) (Shotgun) C.Newton right end to SEA 3 for 3 yards (E.Thomas).
Timeout #1 by CAR at 05:18.
- 2-3-SEA 3(5:17) D.Williams up the middle to SEA 6 for -3 yards (C.Clemons; A.Branch).
- 3-6-SEA 6(4:38) (Shotgun) C.Newton pass short left to L.Murphy to SEA 1 for 5 yards (M.Trufant; B.Browner).
- 4-1-SEA 1(3:47) C.Newton pass incomplete short middle to B.Hartsock.

Seattle Seahawks at 3:47

- 1-10-SEA 1(3:47) PENALTY on SEA-J.Carpenter, False Start, 0 yards, enforced at SEA 1 - No Play.
- 1-10-SEA 1(3:47) R.Wilson up the middle to SEA 1 for no gain (C.Johnson).
- 2-10-SEA 1(3:06) M.Lynch right tackle to SEA 4 for 3 yards (T.Davis).
Timeout #2 by CAR at 02:58.
- 3-7-SEA 4(2:58) M.Lynch up the middle to SEA 15 for 11 yards (H.Nakamura).R17
- 1-10-SEA 15(2:11) M.Lynch left tackle to SEA 17 for 2 yards (G.Hardy; T.Davis).

Two-Minute Warning

- 2-8-SEA 17(2:00) M.Lynch right guard to SEA 15 for -2 yards (G.Hardy).
Timeout #3 by CAR at 01:53.
- 3-10-SEA 15(1:53) R.Wilson right end to SEA 18 for 3 yards (C.Munnerlyn).
Timeout #2 by SEA at 01:05.
- 4-7-SEA 18(:59) J.Ryan left end tackled in End Zone for -18 yards, SAFETY (K.Onatolu). Punter intentionally runs out of the end zone for a safety.

SEA 16 CAR 12, Safety, 14:01 elapsed

S.Hauschka kicks 66 yards from SEA 20 to CAR 14. C.Munnerlyn to CAR 31 for 17 yards (E.Thomas).

Carolina Panthers at 0:59, (1st play from scrimmage 0:53)

- 1-10-CAR 31(:53) (Shotgun) C.Newton pass incomplete short right to J.Stewart.
- 2-10-CAR 31(:49) (Shotgun) C.Newton sacked at CAR 23 for -8 yards (B.Irvin). FUMBLES (B.Irvin), RECOVERED by SEA-A.Branch at CAR 25. A.Branch to CAR 25 for no gain (B.Bell).

Seattle Seahawks at 0:39

- 1-10-CAR 25(:39) R.Wilson kneels to CAR 26 for -1 yards.

Seattle Seahawks vs Carolina Panthers at Bank of America Stadium

END OF QUARTER

		Time	First Downs				Efficiencies	
	Score	Poss	R	P	X	T	3 Down	4 Down
Seattle Seahawks	16	7:00	2	1	0	3	1/3	0/1
Carolina Panthers	12	8:00	0	5	0	5	1/3	0/1

Miscellaneous Statistics Report

Seattle Seahawks vs Carolina Panthers
10/7/2012 at Bank of America Stadium

Ten Longest Plays for Seattle Seahawks

Yards	Qtr	Play Start	Play Description
30	3	1-10-SEA 40	(10:46) R.Wilson pass deep middle to Z.Miller to CAR 30 for 30 yards (C.Godfrey; H.Nakamura).
23	4	1-10-CAR 46	(12:39) R.Wilson pass deep right to Z.Miller to CAR 23 for 23 yards (J.Norman).
19	1	1-20-SEA 21	(8:18) (Shotgun) R.Wilson pass short left to D.Baldwin to SEA 40 for 19 yards (S.Martin).
18	1	1-10-CAR 45	(14:02) R.Wilson pass deep left to S.Rice ran ob at CAR 27 for 18 yards.
15	2	1-20-SEA 28	(6:55) (Shotgun) R.Wilson pass short right to S.Rice to SEA 43 for 15 yards (S.Martin).
14	2	1-10-SEA 28	(15:00) M.Lynch up the middle to SEA 42 for 14 yards (H.Nakamura; L.Kuechly).
13	1	3-7-CAR 24	(12:46) (Shotgun) R.Wilson pass short middle to D.Baldwin to CAR 11 for 13 yards (L.Kuechly).
13	3	3-8-CAR 13	(:35) (Shotgun) R.Wilson pass short middle to G.Tate for 13 yards, TOUCHDOWN.
12	1	1-10-SEA 42	(7:07) R.Wilson pass short left to G.Tate to CAR 46 for 12 yards (C.Godfrey).
12	2	3-5-SEA 47	(13:04) (Shotgun) R.Wilson pass short left to S.Rice to CAR 41 for 12 yards (J.Norman).

Ten Longest Plays for Carolina Panthers

Yards	Qtr	Play Start	Play Description
24	4	1-10-CAR 31	(8:44) (Shotgun) C.Newton pass deep left to G.Olsen to SEA 45 for 24 yards (K.Chancellor).
21	2	2-10-CAR 30	(1:58) (Shotgun) C.Newton pass short right to B.LaFell ran ob at SEA 49 for 21 yards (K.Chancellor).
17	4	1-15-SEA 23	(6:31) (Shotgun) C.Newton pass short left to B.LaFell to SEA 6 for 17 yards (B.Browner).
15	2	3-10-SEA 49	(1:42) (Shotgun) C.Newton scrambles left end to SEA 34 for 15 yards (B.Wagner).
14	4	1-10-SEA 45	(8:02) C.Newton pass short left to S.Smith to SEA 31 for 14 yards (K.Chancellor).
13	1	2-8-CAR 18	(3:14) (Shotgun) C.Newton right end to CAR 19 for 1 yard. Lateral to K.Pilares to CAR 31 for 12 yards (R.Sherman).
13	2	1-10-SEA 34	(1:27) (Shotgun) C.Newton up the middle to SEA 21 for 13 yards.
13	4	1-10-SEA 31	(7:23) C.Newton pass short left to G.Olsen to SEA 18 for 13 yards (K.Wright) [C.Clemons].
12	1	1-10-CAR 31	(2:30) (Shotgun) C.Newton pass short left to S.Smith to CAR 43 for 12 yards (K.Chancellor; B.Browner).
11	1	1-10-CAR 5	(4:40) J.Stewart left guard to CAR 16 for 11 yards (K.Wright).

Touchdown Scoring Information

		Offense	Defense	Special Teams
VISITOR	Seattle Seahawks	1	0	0
HOME	Carolina Panthers	0	1	0

Player Scoring Information

Club	Player	TD	Rush TD	Rec TD	KO TD	Punt TD	Int TD	Fum TD	Misc TD	FG	XP	2Pt Rush	2Pt Rec	Sfty	Points
SEA	S.Hauschka	0	0	0	0	0	0	0	0	3	1	0	0	0	10
SEA	G.Tate	0	0	1	0	0	0	0	0	0	0	0	0	0	6
CAR	C.Munnerlyn	0	0	0	0	0	1	0	0	0	0	0	0	0	6
CAR	J.Medlock	0	0	0	0	0	0	0	0	1	1	0	0	0	4
CAR	K.Onatolu	0	0	0	0	0	0	0	0	0	0	0	0	1	2

Possession Detail

	First Half		Second Half		Game	
	Visitor	Home	Visitor	Home	Visitor	Home
Largest Lead	6	0	6	4	6	4
Drives Leading	4	0	5	2	9	2
Time of Possession Leading	15:55	0:00	8:01	3:34	23:56	3:34
Largest Deficit	0	-6	-4	-6	-4	-6
Drives Trailing	0	4	3	4	3	8
Time of Possession Trailing	0:00	9:34	8:17	10:08	8:17	19:42
Times Score Tied Up		0		0		0
Lead Changes		1		2		3

Playtime Percentage

Percent of playtime per player on offense, defense and special teams

Seattle Seahawks								Carolina Panthers							
		Offense		Defense		Special Teams				Offense		Defense		Special Teams	
P McQuistan	G	64	98%			4	15%	J Gross	T	55	100%			2	8%
R Okung	T	64	98%			4	15%	B Bell	T	55	100%			2	8%
J Carpenter	G	64	98%			4	15%	A Silatolu	G	55	100%			2	8%
M Unger	C	64	98%			3	12%	C Newton	QB	55	100%				
R Wilson	QB	64	98%					G Olsen	TE	55	100%				
Z Miller	TE	59	91%			4	15%	R Kalil	C	55	100%				
B Giacomini	T	54	83%			4	15%	S Smith	WR	51	93%				
M Lynch	RB	50	77%					B LaFell	WR	51	93%				
S Rice	WR	45	69%					L Murphy	WR	35	64%				
G Tate	WR	41	63%					J Byers	C	33	60%				
M Robinson	FB	31	48%			20	77%	J Stewart	RB	27	49%				
A McCoy	TE	27	42%					G Williams	T	22	40%			2	8%
B Obomanu	WR	22	34%			9	35%	D Williams	RB	20	36%				
D Baldwin	WR	16	25%			11	42%	M Tolbert	FB	17	31%			6	23%
R Turbin	RB	12	18%					B Hartsock	TE	9	16%			8	31%
F Omiyale	T	10	15%			4	15%	G Barnidge	TE	5	9%			13	50%
B Edwards	WR	10	15%					A Edwards	WR	2	4%			1	4%
E Moore	TE	8	12%					R Brockel	FB	1	2%	1	2%	14	54%
K Wright	LB	1	2%	55	100%	6	23%	K Pilaes	WR	1	2%	1	2%	12	46%
B Wagner	LB	1	2%	55	100%	3	12%	B Campbell	T	1	2%			2	8%
J Johnson	SS	1	2%	4	7%	12	46%	C Munnerlyn	CB			65	100%	13	50%
C Maragos	FS	1	2%			22	85%	J Norman	CB			64	98%	7	27%
H Farwell	LB	1	2%			22	85%	L Kuechly	LB			64	98%	6	23%
M Morgan	LB	1	2%			20	77%	C Godfrey	SS			63	97%	6	23%
B Maxwell	CB	1	2%			20	77%	T Davis	LB			61	94%	6	23%
M Smith	LB	1	2%			20	77%	C Johnson	DE			48	74%	6	23%
J Ryan	P	1	2%			8	31%	J Anderson	LB			46	71%	12	46%
C Gresham	LS	1	2%			7	27%	G Hardy	DE			44	68%	7	27%
K Chancellor	SS			55	100%	8	31%	D Edwards	DT			44	68%	5	19%
E Thomas	FS			55	100%	6	23%	H Nakamura	FS			42	65%	10	38%
C Clemons	DE			55	100%	2	8%	R Edwards	NT			33	51%	1	4%
B Browner	CB			54	98%	7	27%	F Alexander	DE			30	46%	4	15%
R Sherman	CB			54	98%	5	19%	S Martin	FS			24	37%	16	62%
A Branch	DT			42	76%	2	8%	J Thomas	CB			23	35%	16	62%
R Bryant	DE			36	65%	2	8%	A Applewhite	LB			20	31%	11	42%
M Trufant	CB			32	58%	5	19%	S Fua	NT			20	31%	3	12%
B Mebane	DT			32	58%	2	8%	F Kearsae	DT			17	26%		
J Jones	DE			24	44%			J Phillips	LB			1	2%	18	69%
L Hill	LB			23	42%	2	8%	K Onatolu	LB			1	2%	18	69%
B Irvin	DE			20	36%	8	31%	J Senn	LB			1	2%	18	69%
C McDonald	DT			8	15%			R Parker	DB			1	2%	10	38%
L Washington	RB					11	42%	C Jones	FS			1	2%	4	15%
S Hauschka	K					9	35%	B Nortman	P					10	38%
J Sweezy	G					7	27%	J Jansen	LS					10	38%
L Jeanpierre	C					3	12%								

