

CHAD’S A FAKER!

New York Jets quarterback **CHAD PENNINGTON** posted a 8-4 (.667) record in his first season as the team’s starting QB last season, leading the Jets to their second division title and a playoff victory over the Indianapolis Colts. Pennington led the NFL with a 104.2 passer rating and completed 68.9 percent of his passes, tops in the league.

**PAUL HACKETT**, the Jets offensive coordinator, attributes a lot of Pennington’s success to his play-faking ability. In fact, Hackett calls Pennington the best play-faking quarterback in the league.

Hackett on why Pennington is such a good faker:

1.	In order to be successful, you have to study yourself in the running game so you know what you look like when you hand it off. That is where Chad is masterful. He looks at himself in the running game so it will look exactly the same.
2.	Fake with the ball, not with your hands.
3.	Chad is a natural at performing the play-fake. He’s at a very sophisticated level.
4.	You have to like it. That’s important. You have to be fascinated with it. You have to think, “This is a big deal, a fun thing.” Then you have a chance. Chad does that. He has fun.
5.	You’ve got to have a quarterback who understands that when he does hand the ball off, he must act like he still has the ball. You have to carry out every fake. Chad is great at this.
6.	Don’t over-exaggerate the fake. You want to use as little motion as possible.

BY GEORGE, HE’S STEADY

Even before entering the NFL, Tennessee Titans running back **EDDIE GEORGE** had a lot of experience racking up records and accolades.

Not only did he blaze his way to the Heisman Trophy while playing at Ohio State, but he became the school’s second leading rusher all-time and third in career touchdowns. Upon entering the pros, George quickly established his professional reputation, winning the 1996 Associated Press NFL Offensive Rookie of the Year Award.

Now about to start his eighth season, George is poised to move into an even more impressive position in 2003. He currently has **112 consecutive starts**, and with three more, he will sit second only to the great **WALTER PAYTON** in consecutive starts for a running back, one of the most grueling positions on the field.

Asked about his streak, George stresses his competitive drive and a desire not to disappoint. “I know there have been games where I maybe shouldn’t have played,” he says. “But you want to compete and don’t want to let your teammates down.”

He also credits his consistency to having good role models and teammates. “For years, I saw **BRUCE MATTHEWS** [the guard-center who played more games than any non-kicker in NFL history – 296] prepare himself to start every week,” George says, “and when you have a core of guys do that on a weekly basis, it feeds upon itself.” It’s mental, too, he says. It is “a mindset and an expectation that you can overcome.”

George’s coaches offer even stronger endorsements of his drive and ambition. “The streak definitely speaks to Eddie’s character and work ethic,” says **SHERMAN SMITH**, the Titans’ running backs coach for George’s entire time on the team. “He could have missed some games, but the pride he has in himself won’t allow for that. He wants to be different than any other running back—and he is. It is a tribute to the man.”

Following are the running backs with the most consecutive starts:

PLAYER	GAMES	YEARS
Walter Payton	170	Dec. 7, 1975—Sept. 20, 1987
Ricky Watters	116	Sept. 5, 1994—Sept. 30, 2001
Eddie George	112	Sept. 1, 1996—Present

EMMITT AT IT AGAIN

He’s in a different uniform – this time it’s the cardinal red of Arizona – but it’s the same story for **EMMITT SMITH**: more records on the horizon. The big one to watch for this year is “first to 18,000 rushing yards,” for which Smith needs only 838 yards.

Right now Smith’s NFL record for rushing stands at 17,162 yards, a few hundred ahead of the great **WALTER PAYTON** of Chicago. But that simple comparison doesn’t come close to conveying just how much 18,000 yards is.

Indeed, no matter how you measure it, 18,000 yards is a long way to run. Here’s what 18,000 yards compares to topographically:

1.85 Mt. Everests (World’s tallest mountain)
1.91 K2’s (World’s second tallest mountain)
2.65 Mt. McKinleys (North America’s tallest mountain)
2.76 Mt. Kilimanjaros (Africa’s tallest mountain)
36.4 Petronas Towers (World’s tallest buildings)
37.2 Sears Towers (America’s tallest building)
43.2 Empire State Buildings (New York)
54.8 Eiffel Towers (Paris)

## CURTIS KEEPS CARRYING

Workhorse? That’s one way to describe New York Jets running back **CURTIS MARTIN**. In his eight-year career, Martin has rushed for 10,361 yards, 15th-best in NFL history, and has 2,604 career attempts. That’s more carries per game (21.0) than any other top-15 NFL career rushing leader, including **JIM BROWN**, **JOHN RIGGINS** and **JIM TAYLOR**, who all weighed more than Martin.

Martin credits his work ethic and determination as key factors to his stability and success in the NFL.

“When you’re tired and when you want to quit, that’s when you have to get stronger,” says Martin. “That is what being an NFL running back is about. My preparation for each week goes back to the work I put in over the offseason. I try to find a tougher program each year, and it helps me to fight off any injuries I may face during the season.”

With 1,094 rushing yards last year, Martin has now rushed for 1,000 yards in each of his first eight seasons, only the second player to accomplish that feat (**BARRY SANDERS**). Despite the amazing start to his career, Martin, who turned 30 in May, expects more to come.

"My goal is to become what isn't the norm," he says. "I want to be one of the first backs who gets to the age of 30 and my career seems like it takes off. I want to feel like at 30, I've learned all the ins and outs that will help me be even better. I know my heart is in it stronger than ever, and I'm gaining a greater love for the game as the years go on."

Following are the top 15 rushers in NFL history and their carries per game average:

PLAYER	YARDS	CARRIES PER GAME		PLAYER	YARDS	CARRIES PER GAME
Emmitt Smith	17,162	20.2		Thurman Thomas	12,074	15.8
Walter Payton	16,726	20.2		Jerome Bettis	11,542	19.3
Barry Sanders	15,269	20.0		John Riggins	11,352	16.7
Eric Dickerson	13,259	20.5		O.J. Simpson	11,236	17.8
Tony Dorsett	12,739	17.0		Ricky Watters	10,643	18.2
Jim Brown	12,312	20.0		Marshall Faulk	10,395	17.5
Marcus Allen	12,243	13.6		<b>Curtis Martin</b>	<b>10,361</b>	<b>21.0</b>
Franco Harris	12,120	17.0				

## STEWART’S STREAK

At 397 and counting! That’s how many carries Detroit Lions running back **JAMES STEWART** enters the season with without fumbling.

Stewart’s last fumble came against the Indianapolis Colts on October 29, 2000. The nine-year veteran credits his awareness on the field and his strength as the keys to his success to holding onto the football.

“Basically, I’m just always being conscious and aware of being in crowds and piles where people can rip the ball out,” says Stewart, who is entering his fourth season as the Lions starting running back. “I always make sure the ball comes first. You might not pick up any yardage, but as long you hang onto the ball, we still have another shot to make something happen. That’s the key thing.”

Stewart lists his five tips to protecting the football:

1.	Put your fingers over the point of the ball.
2.	Hold the ball against the inside of your forearm
3.	Put the other tip of the ball in your elbow.
4.	You want the ball to be up against your rib cage and tucked – that’s all the points of pressure you need in order to hold onto the ball.
5.	Then just focus and hang on.

The longest active NFL streaks of most rushing attempts without a fumble:

RUSHERS	NON-FUMBLE CARRIES
James Stewart, Detroit	397
Stacey Mack, Houston	267
Curtis Martin, NY Jets	262
Priest Holmes, Kansas City	249
Ahman Green, Green Bay	247
Eddie George, Tennessee	228
Charlie Garner, Oakland	227

## YOU’RE IN GOOD HANDS WITH THESE GUYS

These guys get the ball so much, it’s like they’ve got a third hand. The most sure-handed players in the NFL usually are the ones with the most total “touches” (carries plus catches).

**PRIEST HOLMES** – No. 3 on the most-touches list in 2002, and the league’s leading rusher in 2001 – is one of the league’s “frequent carriers.”

Keeping his “good hands” in shape requires a lot of tough work. “Priest works on it on every carry in camp and every carry in practice during the week,” says Chiefs offensive coordinator **AL SAUNDERS**. “He never takes it for granted.”

The 10 players in 2002 with the most touches:

PLAYER, TEAM	TOUCHES		PLAYER, TEAM	TOUCHES
LaDainian Tomlinson, Chargers	451		Deuce McAllister, Saints	374
Ricky Williams, Dolphins	431		Travis Henry, Bills	369
Priest Holmes, Chiefs	383		Corey Dillon, Bengals	358
Eddie George, Titans	380		Shaun Alexander, Seahawks	357
Tiki Barber, Giants	375		Jamal Lewis, Ravens	356

TIGHT ENDS ARE GETTING LOOSE

The NFL’s equivalent of an amphibian, tight ends thrive in multiple environments by making plays on the ground and through the air. One dozen tight ends recorded at least 42 receptions in 2002. New York Giants rookie and NFC All-Star **JEREMY SHOCKEY** led the position with 74 catches.

Club personnel chiefs have selected more tight ends in the first round in the past four NFL Drafts (seven) than any other four-year span in league history. The seven tight ends selected in the first round since 2000 already outnumber those selected in the first rounds of the 1980s (six).

Baltimore Ravens Executive Vice President and General Manager **OZZIE NEWSOME** is one of six modern-day tight ends immortalized in the Pro Football Hall of Fame in Canton, Ohio. The 6-2 Newsome’s sparkling 13-year career with the Cleveland Browns culminated in 662 career receptions, the most by a tight end at the time of his retirement in 1990. Since that time, **SHANNON SHARPE** has surpassed “The Wizard of Oz” with 753 catches.

“There are more athletic tight ends in the game today than probably in any decade in the history of the NFL,” says Newsome. “Colleges are putting out more and more guys that are capable of being involved in both the passing game and running game.”

Among the many successful Ravens draft selections on Newsome’s watch is **TODD HEAP**, who led Baltimore and all AFC tight ends with 68 catches in 2002, earning him his first trip to the Pro Bowl.

When pondering to name the game’s top tight ends today, Newsome lists the Chiefs’ **TONY GONZALEZ**, Heap, the Packers’ **BUBBA FRANKS**, Shockey, and the Dolphins’ **RANDY MC MICHAEL**.

Asked what makes these players excel, Newsome says, “I think it is their athleticism, their ability to catch the football, and the ability to be strong enough that in the running game, they can prevent their guy from making the play.”

The table below features the seven tight ends to be drafted in the first round of the NFL Draft since 2000:

<u>YEAR DRAFTED</u>	<u>PLAYER</u>	<u>TEAM</u>	<u>OVERALL SELECTION</u>
2000	Bubba Franks	Green Bay Packers	14
2000	Anthony Becht	New York Jets	27
2001	Todd Heap	Baltimore Ravens	31
2002	Jeremy Shockey	New York Giants	14
2002	Daniel Graham	New England Patriots	21
2002	Jerramy Stevens	Seattle Seahawks	28
2003	Dallas Clark	Indianapolis Colts	24

Tight ends with the most catches during the past five seasons:

<u>TIGHT END</u>	<u>TEAM</u>	<u>RECEPTIONS SINCE 1998</u>
Tony Gonzalez	Kansas City Chiefs	364
Frank Wycheck	Tennessee Titans	309
Shannon Sharpe	Denver Broncos/Baltimore Ravens	288
Freddie Jones	Arizona Cardinals/San Diego Chargers	263
Kyle Brady	Jacksonville Jaguars/New York Jets	205
Wesley Walls	Carolina Panthers	205

BIG NUMBERS ON SHORT YARDAGE

Caviar, chocolate-covered cherries, and escargot all represent big tastes and delicious flavor in tiny packages. Seattle Seahawks tight end **ITULA MILI** may have never tried any of these delicacies, but he is a master of the gridiron’s sweetest hors d’oeuvre: the one-yard touchdown catch.

Entering his seventh NFL season, all with Seattle, the Hawaii native has caught eight touchdowns with six of them coming on one-yard passes. Those six receptions tie Mili for third on the NFL’s all-time list of one-yard touchdown receptions, trailing only future Hall of Famers **CRIS CARTER** and **JERRY RICE**:

<u>PLAYER</u>	<u>CAREER ONE-YARD TD RECEPTIONS</u>
Cris Carter	9
Jerry Rice	8
Paul Coffman	6
Andrew Glover	6
<b>Itula Mili</b>	<b>6</b>
Shannon Sharpe	6

FREENEY FORCES FUMBLES

In his first NFL season, Indianapolis Colts rookie defensive end **DWIGHT FREENEY** had nine forced fumbles, the most by a Colts player since the franchise moved to Indianapolis. Freeney, the team’s first-round draft pick (No. 11 overall) out of Syracuse in 2002, also holds NCAA seasonal records for most fumbles forced and recovered (11 total, eight forced, three recovered in 2001).

“I have a very good knack for forcing fumbles,” says Freeney. “Forcing a fumble that is recovered by us is the ultimate prize. It can change the course of a game in a single moment. Forced fumbles can change games, and that is something that benefits a team that has worked hard all week to get to Sunday.”

Following are some Freeney tips on fumble-forcing:

- The key to success here is mostly through repetition and practice. We drill, drill and drill during practice.
- I studied New York Giants linebacker Lawrence Taylor when I was growing up. I was a big fan of his and I tried to play like him in high school and college. I have always tried to follow his technique.
- I’ve always had good coaching, and I have it here with the Colts. We work hard in practice and it pays off in games.

## RICE KEEPS COOKING ... & BROWN, TOO

In **SIR ISAAC NEWTON**’s Universal Law of Gravitation, the Englishman forgot to add footnotes for Oakland Raiders receivers **JERRY RICE** and **TIM BROWN**. The only force pulling these future Hall of Famers to earth is traced to Canton, Ohio.

Rice turns 41 in October and continues to make plays as he enters his 18th NFL season. He led the NFL’s No. 1-ranked offense with 92 receptions in 2002. Brown, 37, posted 81 catches as the Raiders earned the title of “AFC Champs.” Brown needs 84 receptions to pass **CRIS CARTER** (1,101) for second-most all-time. Rice leads the category with 1,456 catches.

Another Raider standout, safety **ROD WOODSON**, faces both players every day in practice. Entering his 16th season, Woodson is one interception shy of being the third player in NFL history with 70 in a career (**PAUL KRAUSE**, 81; **EMLEN TUNNELL**, 79). He already has the most interception return-yards in league history (1,465).

“They have been consistently good for a long time,” says Woodson of Rice and Brown. “I think Jerry is probably the best receiver ever to play the game, and Timmy is in the top three or four to ever play. To have those guys on the same team is special.

“I don’t know that they are too different. They both work hard, have great hands, and block extremely well for receivers. I don’t really think their styles are too different. When you look at them on film and when you look at them on paper, they are very, very similar to each other.”

The chart below highlights feats to watch for from Rice in 2003:

RICE TOTALS	UPCOMING RICE MILESTONES
Has led NFL in receiving yards six times.	Needs to lead NFL in receiving yards once more to tie <b>DON HUTSON</b> (7) for most such seasons.
Has four career 200-yard receiving games.	Needs one more 200-yard receiving game to tie <b>LANCE ALWORTH</b> (5) for most in a career.
Has 192 TD receptions, most in NFL history.	Needs eight more to be the first player with 200 TD receptions.
Has 1,456 receptions, most in NFL history.	Needs 44 receptions to be the first player with 1,500 receptions.
Has 14 1,000-yard receiving seasons in 18-year career.	Needs 1,000 receiving yards to become first player with 15 1,000-yard seasons.
Has gained 22,248 combined yards.	Needs 752 more combined yards to become first player with 23,000 in career.

### TIM BROWN FACT

In 1987, as a member of the Notre Dame Fighting Irish, Tim Brown became only the second wide receiver to earn the Heisman Trophy. **JOHNNY RODGERS** of Nebraska was the first in 1972 and the third was Michigan’s **DESMOND HOWARD** in 1991.

“Tim speaks softly, but carries a big stick,” says Raiders quarterback **RICH GANNON**. “He’s one of the most professional players I’ve ever been around.”

## ACTIVES IN ALL-TIMES

Many active NFL players are holding their own with the all-time greats.

This year, the Washington Redskins’ **BRUCE SMITH** can pass one of the greatest — **REGGIE WHITE** — in career sacks.

Following are charts of nine major NFL career categories with active players in *bold and italics*:

PASSING							
Player	Att.	Comp.	Yards	TDs	INTs	Rating	
Steve Young	4,149	2,667	33,124	232	107	96.8	
Joe Montana	5,391	3,409	40,551	273	139	92.3	
<b>Brett Favre</b>	<b>5,993</b>	<b>3,652</b>	<b>42,285</b>	<b>314</b>	<b>188</b>	<b>86.7</b>	
Otto Graham	2,626	1,464	23,584	174	135	86.6	
Dan Marino	8,358	4,967	61,361	420	252	86.4	
SCORING		TOUCHDOWNS		RUSHING		COMBINED YARDS	
Player	Points	Player	TDs	Player	Yards	Player	Yards
Gary Anderson	2,223	<b>Jerry Rice</b>	<b>203</b>	<b>Emmitt Smith</b>	<b>17,162</b>	<b>Jerry Rice</b>	<b>22,248</b>
<b>Morton Andersen</b>	<b>2,153</b>	<b>Emmitt Smith</b>	<b>164</b>	Walter Payton	16,726	<b>Brian Mitchell</b>	<b>22,001</b>
George Blanda	2,002	Marcus Allen	145	Barry Sanders	15,269	Walter Payton	21,803
Norm Johnson	1,736	Cris Carter	131	Eric Dickerson	13,259	<b>Emmitt Smith</b>	<b>20,174</b>
Nick Lowery	1,711	Jim Brown	126	Tony Dorsett	12,739	Barry Sanders	18,308
PASSING YARDS		RECEPTIONS		SACKS		PUNTING	
Player	Yards	Player	Rec.	Player	Sacks	Player	Avg.
Dan Marino	61,361	<b>Jerry Rice</b>	<b>1,456</b>	Reggie White	198.0	Sammy Baugh	45.1
John Elway	51,475	Cris Carter	1,101	<b>Bruce Smith</b>	<b>195.0</b>	<b>Shane Lechler</b>	<b>45.1</b>
Warren Moon	49,325	<b>Tim Brown</b>	<b>1,018</b>	Kevin Greene	160.0	Tommy Davis	44.7
Fran Tarkenton	47,003	Andre Reed	951	Chris Doleman	150.5	Yale Lary	44.3
Dan Fouts	43,040	Art Monk	940	Richard Dent	137.5	<b>Darren Bennett</b>	<b>44.0</b>

FUTURE GREATS

Stars of the future? A lot of them are playing today. Raiders head coach **BILL CALLAHAN** for example, believes he has a future great on his team in second-year tackle **LANGSTON WALKER**. “His future in this league is going to be awesome,” says Callahan.

NFL coaches pick their “Future Greats”:

COACH	PLAYER
Vikings linebacker coach Brian Baker	Falcons QB Michael Vick
Texans head coach Dom Capers	Falcons QB Michael Vick
Broncos defensive coordinator Larry Coyer	Panthers DE Julius Peppers
Jaguars head coach Jack Del Rio	Panthers DE Julius Peppers
Colts head coach Tony Dungy	Jets DT Dwayne Robertson
Texans defensive coordinator Vic Fangio	Panthers DE Julius Peppers
Giants head coach Jim Fassel	Giants TE Jeremy Shockey
Titans head coach Jeff Fisher	Bears LB Brian Urlacher
Buccaneers defensive coordinator Monte Kiffin	Falcons QB Michael Vick
Rams head coach Mike Martz	Rams DT Jimmy Kennedy
Texans offensive coordinator Chris Palmer	Colts DE Dwight Freeney
Chargers head coach Marty Schottenheimer	Chargers WR Reche Caldwell
Rams defensive coordinator Lovie Smith	Chargers RB LaDainian Tomlinson
49ers defensive assistant Dick Tomey	49ers T Kwame Harris
Giants defensive back coach DeWayne Walker	Broncos RB Clinton Portis

In addition to the coaches’ choices of future greats, former Dallas Cowboys personnel director **GIL BRANDT** offers a few “sleepers” on the horizon:

Future Great	Plays Like	Brandt’s Comments on Player’s Ability
Saints G-C LeCharles Bentley	Randall McDaniel	Strong, low center of gravity. Good base for run-blocking.
Cowboys G-C Andre Gurode	Bruce Matthews	Huge hands and long arms. Lunch-pail type of player.
Titans DT Albert Haynesworth	New breed DT	Imposing inside player. Creates excellent inside push.
Panthers DT Kris Jenkins	Warren Sapp	Strong, powerful player. Diagnoses play well. Pure athlete.
Chargers LB Ben Leber	Zach Thomas	Outstanding straight-line speed. Versatile defender.
Dolphins TE Randy McMichael	Marcus Pollard	Stretches the field well. Catches the ball away from his body.
Steelers WR Antwaan Randle El	Eric Metcalf	Dangerous threat anytime he touches the ball. Excellent vision.
Raiders T Langston Walker	Jonathan Ogden	Can play both tackle spots. Uses hands well.

ALL-AROUND GREATS

They seemingly can do it all – either within their position, or going beyond it. They are all-around players. Like **DAN CAMPBELL**, the Cowboys’ new tight end. “He’s a lot of things,” says his former position coach with the New York Giants, **MIKE POPE**. “Blocker, pass-catcher, and “as strong as an offensive lineman.”

Some NFL coaches choose the best all-around players in the league:

COACH	PLAYER	COACH	PLAYER
Vikings linebacker coach Brian Baker	Rich Gannon	Texans running backs coach Chick Harris	Hines Ward
Ravens head coach Brian Billick	Michael Vick	Buccaneers def. coordinator Monte Kiffin	Michael Vick
Texans head coach Dom Capers	Brett Favre	Rams head coach Mike Martz	Marshall Faulk
Broncos def. coordinator Larry Coyer	Marshall Faulk	Buccaneers off. coordinator Bill Muir	Michael Vick
Colts head coach Tony Dungy	Derrick Brooks	Texans off. coordinator Chris Palmer	Keith Bulluck
Texans def. coordinator Vic Fangio	Warren Sapp	Rams def. coordinator Lovie Smith	Michael Vick
Giants head coach Jim Fassel	Marshall Faulk	Chargers head coach Marty Schottenheimer	LaDainian Tomlinson
Titans head coach Jeff Fisher	Michael Vick	Giants def. backs coach DeWayne Walker	Clinton Portis

STEPPING UP

Every year in the NFL, unknown players step into the spotlight and make a name for themselves.

“That’s the American dream,” says Kansas City Chiefs defensive end **ERIC HICKS**. “It’s part of the NFL dream – guys who come in from nowhere and step up and play big.”

In 2002, a number of players lived the “NFL dream.” The most notable were a couple of quarterbacks – **MARC BULGER** of the St. Louis Rams and **TOMMY MADDUX** of the Pittsburgh Steelers, who was named the 2002 Associated Press Comeback Player of the Year. On November 10, Maddox (NFL-season high 473 yards) and Bulger (453) made their biggest statement of the season as each threw for more than 450 yards, making it the first time in NFL history that two players had accomplished the feat on the same day.

Following are a few notable players who came “from nowhere” and “played big” last season:

PLAYER	ACCOMPLISHMENTS
Marc Boerigter, TE, Kansas City	Tied NFL record with 99-yard TD reception & finished season with 8 TDs.
Marc Bulger, QB, St. Louis	Threw 14 TDs, posted 101.5 passer rating & had 6-1 record as starter.
Brian Finneran, WR, Atlanta	Posted team-high 838 yards & 56 receptions with 6 TDs.
Edgerton HartwellII, LB, Baltimore	Started all 16 games, recording 100+ tackles & 3.0 sacks.
Kelly Holcomb, QB, Cleveland	Had 92.9 passer rating, including 300-yard game vs. KC in Wk 1.
Michael Lewis, KR, New Orleans	Set NFL record with 2,432 combined kick return yards (kickoffs & punts).
Tommy Maddox, QB, Pittsburgh	“Comeback Player of the Year” had NFL-best 473 yards passing in Wk 10 vs. Atl.
James Mungro, RB, Indianapolis	Rushed for 8 TDs & posted 100-yard game vs. Phil. in Wk 10.
Jeff Reed, K, Pittsburgh	Became first rookie in NFL history to convert 6 FGs in game without miss.
Marcel Shipp, RB, Arizona	Rushed for 834 yards & 6 TDs along with 38 receptions for 413 yards & 3 TDs.
Derrius Thompson, WR, Washington	Had 53 catches for 773 yards & 4 TDs, including 100-yard game in Wk 14 vs. NYG.
Moe Williams, RB, Minnesota	Rushed for 11 TDs, tied for third in NFC.

**“FIRST EVER”...“MOST EVER”... MOST CONSECUTIVE”:**  
**NO MATTER HOW YOU SLICE IT, IT CAN BE DONE THIS YEAR!**

A good number of records can fall in 2003. Streaks can be extended, milestones reached. A chart of all the key player feats that can be accomplished this year.

PLAYER	ACCOMPLISHMENT IN NFL HISTORY	NEEDS
Morten Andersen, Chiefs	Most points (has 2,153).	71 points
Drew Bledsoe, Bills	Tenth player with 3,000 completions.	81 completions
Tim Brown, Raiders	Second player with 10 seasons of at least 1,000 yards receiving.	1,000 receiving yards
Brett Favre, Packers	Fourth player to lead NFL in touchdown passes four different seasons. Second player with 10 consecutive seasons of 20 TD passes.	NFL leader in TD passes 20 TD passes
Marvin Harrison, Colts	First player with five consecutive 100 catch seasons. First player with 1,500 yards receiving in three consecutive seasons.	100 receptions 1,500 receiving yards
Peyton Manning, Colts	First player with 4,000 yards passing in five consecutive seasons. First player to throw for 25 touchdowns in six consecutive seasons.	4,000 passing yards 25 TD passes
Curtis Martin, Jets	First player with 250 carries in first nine seasons.	250 carries
Brian Mitchell, Giants	First player to gain 23,000 combined yards.	999 combined yards
Randy Moss, Vikings	First player with 1,000 yards receiving in first six seasons.	1,000 receiving yards
Jerry Rice, Raiders	First player with 23,000 yards from scrimmage.	758 yards from scrimmage
Emmitt Smith, Cowboys	First player with 18,000 yards rushing.	838 rushing yards
Bruce Smith, Redskins	Most sacks.	3.5 sacks
Rod Woodson, Raiders	Third player to record 70 career interceptions.	1 interception

**ROOKIES HAVE THEIR SAY**

At the **NFL ROOKIE SYMPOSIUM** each summer, all draft picks learn about everything from how to deal with their new-found fame to managing their finances to continuing their education. In addition, the rookies take part in panel discussions on topics including “Life as a Rookie” and “NFL: Life in and After Football.”

The rookies also answered questions on a variety of topics, providing interesting answers. For instance, Pro Football Hall of Fame running back **WALTER PAYTON** was overwhelmingly selected by NFL rookies as the greatest NFL player ever for the fifth consecutive year. The rookies also chose Oakland wide receiver **JERRY PORTER** as the league’s most underrated player. The NFL also asked rookies to pick the 2003 NFL Rookie of the Year and the league’s most exciting player. Following are the NFL Draft Class of 2003’s top five answers to those questions:

<b><u>GREATEST NFL PLAYER EVER</u></b>		<b><u>2003 ROOKIE OF YEAR</u></b>	
<b><u>Player</u></b>	<b><u>Votes Received</u></b>	<b><u>Player, Team</u></b>	<b><u>Votes Received</u></b>
Walter Payton	77	Charles Rogers, Detroit	18
Jerry Rice	43	Carson Palmer, Cincinnati	15
Barry Sanders	23	Terrence Newman, Dallas	12
Joe Montana	19	Willis McGahee, Buffalo	6
Jim Brown	18	Terrell Suggs, Baltimore	6

<b><u>MOST EXCITING NFL PLAYER</u></b>	
<b><u>Player, Team</u></b>	<b><u>Votes Received</u></b>
Michael Vick, Atlanta	117
Terrell Owens, San Fran.	35
Ray Lewis, Baltimore	20
Randy Moss, Minnesota	13
Jeremy Shockey, NYG	11

While at the Symposium, the rookies eat three “square” meals per day. Following is a glance at the daily food and drink consumption at this year’s Symposium:

Bananas	800	Hot Dogs	200	Cookies	2,000
Eggs	800	BBQ Spareribs	400 pounds	Water	1,000 bottles
Brownies	500	Chicken Wings	125 pounds	Gatorade	750 bottles
Hamburgers	350	Turkey Breast	100 pounds	Lettuce	100 heads
Muffins	300	Stuffing	100 pounds	Salad Dressing	10 gallons
Fish Fillets	300	Pasta	100 pounds	Marinara Sauce	7 gallons

The league’s top rookies will also be honored for the second consecutive year in the **PEPSI NFL ROOKIE OF THE YEAR PROGRAM**. Last season, more than one million fan votes were cast as five nominees were chosen and NFL fans voted for the weekly winner on NFL.com. New York Giants tight end **JEREMY SHOCKEY**, who led all NFL tight ends with 74 receptions and 894 receiving yards, was voted the 2002 Pepsi NFL Rookie of the Year.

**NFL’S “THIRD-QUARTERBACK” RULE -- SOMETIMES MISUNDERSTOOD**

The **third-quarterback rule** was instituted in 1991 to enable teams to have an emergency quarterback available who was not on the 45-man game-day active roster, since many teams, for strategic purposes, only carried two quarterbacks on their game-day roster.

Everybody thinks they understand the NFL’s “**third-quarterback**” rule. But do they?

The third quarterback rule states that **if a third quarterback is inserted before the fourth quarter, a team’s first two quarterbacks cannot be used in the game at any position.**

Another aspect of the rule is sometimes misunderstood. It is a **coach’s decision** as to whether a third quarterback will be used. The active quarterbacks **do not have to be injured** for a team to use its third quarterback.

**RANDLE EL’S SWELL!**

The Pittsburgh Steelers’ **ANTWAAN RANDLE EL** is like a five-pound Swiss Army Knife necessitating a suitcase handle.

As a rookie in 2002, the wide receiver made 47 receptions, helped Pittsburgh block its way to the NFL’s No. 9 rush offense, rushed 19 times for a 7.1 average, completed seven of eight passes and touched the ball 69 times as a return man. During his college days at Indiana, he even punted 17 times. And we’re not mentioning the fact that he was Illinois’ state high school basketball assist leader in 1997 or the fact that he was a 14th round draft selection of the Chicago Cubs later that year.

Believe it or not, Randle El did something as an NFL rookie in 2002 that he had never tried before – kickoff returns. He posted a nifty 22.9-yard average on 32 attempts, including an AFC season-long 99-yarder that went for a touchdown. He also returned an AFC-high 37 punts for the conference’s ninth-best average of 6.9 yards. Here’s how the young pro sizes up each assignment::

RANDLE EL: RETURNING KICKOFFS	RANDLE EL: RETURNING PUNTS
“Kickoffs are a lot different. A person can field the ball and not have to worry about getting smacked. I guess that’s the biggest difference. A kickoff return, you have to hit it more north and south right away. You’ve got to get it out as soon as you get a chance.”	“A punt return, you can make a guy miss, do some jukes, then get out. I’m starting to like kick returns, though I like that punt return. The focus is on you. Everybody’s watching you.”

**COAKLEY COAXES TOUCHDOWNS**

Some players have a knack for being in the right place at the right time. Dallas Cowboys linebacker **DEXTER COAKLEY** is one of them. In a Week 2 victory over Tennessee last season, Coakley tied a Cowboys’ record by scoring his fifth career defensive touchdown on a 52-yard interception return. Coakley shares the record with former Cowboys’ cornerback **DENNIS THURMAN**.

Coakley was an unheralded rookie coming out of Division I-AA Appalachian State in 1997. Despite being characterized as undersized, standing at 5-10, Coakley earned a starting spot as a rookie. He has started 95 out of a possible 96 games and registered six consecutive 100-tackle seasons during his career. He has earned two Pro Bowl trips to become the first Cowboys linebacker since **BRIAN BREUNIG** in the early 1980s to accomplish the feat.

Coakley believes the key to his ball-hawking skills is visualization. He starts visualizing himself making plays the night before a game.

“I think about making an interception before I go to sleep,” he says. “I try to make that the last thing I think about before I close my eyes. Usually that leads me to dreaming about the game and actually playing the entire game. So the next day when I actually play the game, and I get in a situation where I can make a play on the ball, I feel like it has already happened. The next thing is to make the play and score with the ball.”

The opportunistic Coakley chooses five NFL linebackers he thinks are just as opportunistic:

1. **RAY LEWIS**, Baltimore – “Because he always knows when his team needs him to make a big play.”
2. **DERRICK BROOKS**, Tampa Bay – “He is always around the ball and good things happen when you are around the ball.”
3. **ZACH THOMAS**, Miami Dolphins – “I think people underestimate his cover skills.”
4. **BRIAN URLACHER**, Chicago Bears – “His motor never stops.”
5. **KENDRELL BELL**, Pittsburgh Steelers – “He can change a game with a big hit or sack.”

**MULTI-POSITION PETERSON**

To suit up and take part in the National Football League takes talent possessed by only the best of the best, honed by years of developing the skills required to play a position at the highest level of the sport. So one might assume that playing not one position, but four, in a single game would be an impossible task. Not so for San Francisco 49ers fourth-year linebacker **JULIAN PETERSON**.

Peterson lined up at linebacker, defensive end, strong safety and cornerback in San Francisco’s 31-27 victory over the Dallas Cowboys on December 8, 2002 at Texas Stadium. Peterson’s feat is believed to be a first in NFL history, according to the Pro Football Hall of Fame.

“That game was an experience,” says Peterson. “At some positions you have to be aggressive all the time, like linebacker. At others, you have to be calm and cool and you have to play your assignments. At cornerback, that island is something else. I could see everybody else on the field. I knew I had help over the top, but when an offense sees a linebacker on a receiver, it has to be tempting to throw that way. It was an experience I can live to tell about.”

Injuries forced defensive coordinator **JIM MORA** to be creative, and the athletic Peterson was available to provide relief to a besieged defense. The former Michigan State standout finished the game with four tackles and culminated his season with his first Pro Bowl appearance.

“We came up with a package where we were moving Julian around,” Mora said. “Julian has unique physical abilities and there is almost nothing he cannot do.”

SPEED: THE DIFFERENCE MAKER

“The biggest difference between college and the NFL is the speed,” says Redskins head coach **STEVE SPURRIER**. Five thoughts on just how fast the NFL game is:

• <b>Titans rookie RB CHRIS BROWN</b>	“The defensive lineman can run. There’s no such thing as a slow player on defense. Almost anyone can be caught from behind.”
• <b>Giants S RYAN CLARK</b>	“In college, you have certain people that are fast. In the league, everyone on the field is fast. If you blink, you’ll miss the play.”
• <b>Colts rookie S MIKE DOSS</b>	“It’s like you’re playing in the national championship game every day. You’re going against world-class athletes in practice everyday. Everything is moving so fast.”
• <b>Raiders T LINCOLN KENNEDY</b>	“This guy (Jevon Kearse) runs a 4.3 40 – he runs faster forward than I ever could think about.”
• <b>Jets WR KEVIN SWAYNE</b>	“I am so much more relaxed within the system (after three years in the NFL). I finally feel comfortable with the speed of the game, which is so much different than college.”

THE ROOKIE BLOCKS IT!

Last season, there were 63 kicks (punts, field goals and extra points) blocked – the highest such NFL total in 15 years (67 in 1988).

Through this year’s draft, two clubs have gotten a “leg up” in the category on the rest of the league, selecting players who minored in kick-blocking on the college gridiron.

In the third round, the Houston Texans selected linebacker **ANTWAN PEEK**, who blocked a school-record six kicks for Cincinnati and tied an NCAA record blocking two field goals in a 2000 game. The New York Giants used one of three sixth-round choices on wide receiver **DAVID TYREE**, who blocked five kicks at Syracuse. In fact, Tyree was so knowledgeable as a kick blocker that **CHRIS WHITE**, the special teams coordinator for the Orangemen, deployed Tyree as the “personal protector” to pick off opponents rushing the Syracuse punter.

“Special teams is a very serious business, because it is all about momentum,” Tyree says. “One block can be seven points, and that can easily turn the tide of a game.”

Following are five keys to blocking a kick according to Peek and Tyree:

FIVE KEYS TO BLOCK A KICK

	Antwan Peek on Blocking Field Goals			David Tyree on Blocking Punts
1.	Watch game film/study kicker – helps with timing and technique.		1.	Distinguish snapper’s mannerisms.
2.	Get over the line of scrimmage.		2.	Get off on the ball.
3.	Teammates up front get good push – send line back to give blocker room.		3.	Strong vertical burst.
4.	Get good first step to jolt you into kicker’s backfield.		4.	Find punter’s block point – take sharp angle toward that point.
5.	Jump – get vertical.		5.	Take the ball off the kicker’s foot – see it!

BARBER’S FANTASY

New Kansas City Chiefs linebacker **SHAWN BARBER** is a big fantasy football fan. Last season, Shawn’s team, the Philadelphia Eagles, advanced all the way to the conference championship. But how did his fantasy team do?

“I have won the two years that I have been involved in it,” says Barber. “I am at the top of the pile right now and everybody is looking to knock me off. I am the king of the hill.”

Barber became involved with fantasy football because his busy NFL schedule makes it hard for him to keep in contact with his friends on a regular basis throughout the season. Through fantasy football, he is able to interact with his friends over the Internet on a weekly basis. “It’s all about fun,” he says. “It is about having a good time and having some camaraderie with your friends.”

NFL Fantasy 2003 leagues are now forming on **NFL.com**.

Some Barber tips on compiling a fantasy football team:

- 1. Secure running backs early.
- 2. Running backs should be a high priority because they get so many touches of the ball.
- 3. Look at whatever the draft pool makes a run on.
- 4. Once two or three people pick a quarterback, you should too.
- 5. Have fun doing it!



YOU ARE WHAT YOU EAT

Your mother always told you to eat your fruits and vegetables, and NFL players aren’t exempt from that advice.

A healthy diet helps to prevent and repair injuries and boost fitness. Vitamin C, for example, helps greatly with soft tissue repair. NFL players need around 5,000-7,000 calories a day (versus 2,200-2800 calories for the average man), according to **HEIDI SKOLNIK**, M.S., C.D.N., nutrition consultant for the New York Giants.

“What sometimes gets lost in the message is that players have to think about the quality of the food they consume,” says Skolnik. “It isn’t just about their energy level, it’s about their ability to recover after each game. Their body gets so beat up, they have to think of the nutrients they consume that will help them recover.”

The following is an ideal day’s diet for the average NFL player, according to Skolnik:

<b>Breakfast</b> Egg sandwich – 2 eggs, ham, cheese on a bagel Medium corn muffin 1 Cup melon 12 oz. juice 1 Cup lowfat milk	<b>Recovery</b> 2 Yogurts (Dannon) Banana Granola bar	<b>Snack</b> Trail mix	<b>Dessert</b> Brownie Glass of chocolate milk
<b>During Workout</b> 24 oz. Gatorade	<b>Lunch</b> Roast beef sub Pea soup Crackers Small box of raisins Apple Pear Cranberry juice	<b>Dinner</b> Salmon steak 1 Cup brown rice 1 Cup beans and corn 1.5 Cups stir-fry vegetables (broccoli, carrots, peppers, etc.) and slivered almonds Mixed green salad with dressing	<b>Snack</b> Homemade smoothie (milk, strawberries, blueberries, ice cream)

SOME NUTRITION CONSULTANTS FOR OTHER TEAMS

Team	Nutrition Consultant	Team	Nutrition Consultant
Arizona Cardinals	Ronnie Mullens	Jacksonville Jaguars	Annette Meinrod
Atlanta Falcons	Diane King	Minnesota Vikings	Carrie Peterson
Baltimore Ravens	Sue James	New York Giants	Heidi Skolnik
Buffalo Bills	Rusty Jones	Philadelphia Eagles	Jeanie Subach
Chicago Bears	Julie Burns	Pittsburgh Steelers	Leslie Bonci
Cincinnati Bengals	Michele Macedonio	St. Louis Rams	Jill Stoll
Cleveland Browns	Michelle Riccardi	Tennessee Titans	Steve Watterson
Denver Broncos	Jacky Berning	Washington Redskins	Ann Litt
Houston Texans	Roberta Anding		

NFL HOBBIES

Even rough and tough football players need something to keep them occupied when the gridiron isn’t available. That’s why even NFL superstars have some interesting hobbies.

Denver Broncos kicker **JASON ELAM** is a licensed commercial airline pilot, and likes to fly in his spare time. Miami Dolphins running back **RICKY WILLIAMS** is an avid photographer, and has photographed numerous events around the Miami area.

Perhaps not surprisingly, many of the players’ hobbies involve at least some use of their formidable athletic talents, and a number of the most popular activities—hunting, golfing, fishing—all take place outdoors.

Following are some NFL players and their hobbies:

PLAYER, TEAM	HOBBY
Corey Chavous, Minnesota	Collecting sports videotapes
Donnie Edwards, San Diego	World War II hobbyist
Jason Elam, Denver	Piloting airplanes
Mo Lewis, N.Y. Jets	Tournament fishing
John Lynch, Tampa Bay	Taking care of his young kids
Peyton Manning, Indianapolis	Golfing
Mike McKenzie, Green Bay	Restoring antique cars
Steve McNair, Tennessee	Collecting samurai swords
Jake Plummer, Denver	Eating popsicles
Jimmy Smith, Jacksonville	Deep-sea fishing
Jason Taylor, Miami	Scuba diving
Kyle Turley, St. Louis	Riding motorcycles
Ricky Williams, Miami	Photography

## HISPANIC INFLUENCE RISES IN NFL

The U.S. Census Bureau released figures in June that showed that the Hispanic population has grown nearly 10 percent in the first two years of the new century, making Hispanics the largest minority in the country.

The NFL is well aware of that growth rate.

In 2002, six NFL teams introduced NFL Workshops en Español to give Spanish-speaking fans an opportunity to learn about life in the NFL, the history of football, strategy, equipment and officiating, and receive helpful hints on watching a game – all in Spanish.

This season, clubs will continue to host NFL Workshops en Español and nine clubs will organize activities around a home game during Hispanic Heritage Month (September 15 – October 15) as a celebration of Hispanic culture.

**In broadcasting**, Westwood One has acquired the exclusive Spanish-language radio rights for the 2003 NFL season. Westwood One's *NFL Futbol Americano* lineup features a 30-game broadcast schedule including *Monday Night Football* and Thanksgiving Day games, the NFL Playoffs, the AFC and NFC Championships, and Super Bowl XXXVIII. Coverage begins when the NFL kicks off the 2003 season on Thursday, September 4 as the Washington Redskins host the New York Jets.

Also this season, **LISA GUERRERO** joins *Monday Night Football* as sideline reporter, making her the first Hispanic broadcaster on *MNF*. Guerrero's mother came to the United States from Chile when she was 17 years old. Thirty-nine years later, her daughter landed one of the most coveted jobs in sports broadcasting.

**On the field**, Latinos continue to make a significant impact throughout the league. Tampa Bay kicker **MARTIN GRAMATICA**, a native of Argentina, is one of the NFL's most dependable kickers and helped lead the Buccaneers to their Super Bowl XXXVII victory. San Francisco 49ers quarterback **JEFF GARCIA** has led the team to the playoffs the past two seasons. And Kansas City Chiefs tight end **TONY GONZALEZ** last year had the second-most TD catches on the club (7).

In college, **MICHAEL MUÑOZ**, a junior at the University of Tennessee and son of **ANTHONY MUÑOZ**, a Pro Football Hall of Famer, is an up-and-comer, according to **GIL BRANDT**, who served the Dallas Cowboys personnel department for 29 years and shares his gridiron knowledge on NFL.com. Brandt also identified the following Hispanic college players as possessing NFL potential: wide receiver **CARLOS PEREZ**, a senior at Florida; tackle **SHANE OLIVEA**, a senior at Ohio State; guard **ANTHONY HERRERA**, a senior at Tennessee; kicker **SANTIAGO GRAMATICA**, a junior at South Florida; and guard **ERIC TORRES**, a senior at Southern California.

A list of some of the 2003 Hispanic NFL players:

Player	Position	Team	Player	Position	Team
Luis Almanzar	DT	Seattle	Martin Gramatica	K	Tampa Bay
Richard Angulo	TE	St. Louis	Jason Jimenez	T	Cleveland
Adam Archuleta	S	St. Louis	Victor Leyva	G	Cincinnati
Leo Araguz	P	Kansas City	Marco Martos	WR	Carolina
Jose Cortez	K	Kansas City	Paul Miranda	CB	Oakland
Chris Dishman	G	Arizona	Zeke Moreno	LB	San Diego
Donnie Edwards	LB	San Diego	Marco Rivera	G	Green Bay
Antonio Garay	DT	Cleveland	Antonio Rodriguez	LB	Houston
Frank Garcia	C	Arizona	Maurice Rodriguez	LB	St. Louis
Jeff Garcia	QB	San Francisco	Dario Romero	DT	Miami
Roberto Garza	C	Atlanta	Frank Romero	G	Detroit
Joaquin Gonzalez	T	Cleveland	Carlos Rosado	WR	NY Jets
Tony Gonzalez	TE	Kansas City	Scott Tercero	G	St. Louis
Bill Gramatica	K	Arizona			

## HEY, COUS!

Everyone knows about some of the brother combinations playing in the NFL—the Barbers, Sharpers, and Hasselbecks, for instance. There are a good number of cousins scattered around the league, also? Maybe football just runs in the family for some guys.

Perhaps the most high-profile set of cousins meet twice a year as rivals in the NFC South: New Orleans Saints quarterback **AARON BROOKS** and his young phenom of a relative, Atlanta Falcons quarterback **MICHAEL VICK**. What do these two have to say about each other and playing in the same division? Lots.

“Last season Aaron and I went head to head in two great games,” says Vick. “Playing against him really brings out the best in me.” Vick says that having a fellow quarterback as a cousin served him well in his formative years. “Him being older, I have tried to pattern myself after him since high school,” says Vick. “He really has what I consider to be the complete game.”

Brooks is quick to compliment his little cousin, but not without pointing out their differences. Just because they're cousins doesn't mean they play the same type of football. “Mike is shorter, more of a scrambling quarterback,” says Brooks. “He can make things happen, but he also has a big-league arm that can make all the throws. With myself, I'm trying to pick a defense apart.”

Vick predicts that he and Brooks could well face each other three times this year: twice during the regular season, then again during the playoffs. “I told him after the first (Falcons-Saints game last season) that it would be the first of many times we would face off against each other,” Vick recalls. “No matter what happens, I know it will be a lot of fun.”

Some cousins playing in the NFL this season:

COUSINS	TEAM(S)	COUSINS	TEAM(S)
Casey Rabach/Nick Griesen	Ravens/Giants	Jevon Kearse/Phil Buchanon	Titans/Raiders
Mike Gandy/Tony Blevins	Bears/Colts	Akili Smith/Marquis Smith	Redskins/Panthers
Howard Green/Jarvis Green	Texans/Patriots	Daimon Shelton/L.J. Shelton	Bears/Cardinals
Daunte Culpepper/Kenny Clark	Vikings	James Thrash/Richard Jordan	Eagles/Lions
Tyreo Harrison/Damione Lewis	Eagles/Rams	Aaron Brooks/Michael Vick	Saints/Falcons
Ty Law/Anthony Dorsett	Patriots/Raiders	Marshall Faulk/Kevin Faulk	Rams/Patriots