

NFL EXTRA

Week 1

Segment	TRT
Trestman/Brady	2:05
Ring Ceremony	4:30
Sounds of Summer	8:42

1:00:00;14 - TRESTMAN/BRADY

READY TO GO? READY TO GO. JUICED UP, READY TO GO.

I SEE GROWTH IN YOU, MAN. I'M SEEING TREMENDOUS GROWTH!

IT'S A HUMP DAY FOR A ROOKIE. IF A ROOKIE CAN ASCEND TODAY, THAT'S A BIG DEAL.

ALRIGHT LET'S GO! LET'S GO! LIGHT THAT HAIR ON FIRE! IF YOU'RE WORKING...!!

TAKE A RUN! TAKE A RUN! LIGHT JOG BACK. LIGHT JOG BACK. HERE WE GO. IT'S GONNA HAPPEN FAST. PUT THAT BALL AWAY. VIOLENT. VIOLENT. LET'S GO KID. THERE YOU GO.

COME ON! COME ON! COME ON! EXPECT BETTER. WE EXPECT BETTER.

FINISH THE DRILL! FINISH THE DRILL! WE GOT TIME! GET YOUR REPS! WE NEED IT MORE THAN ANYTHING RIGHT THERE!

DOES A GUY HAVE TO TAKE A BREAK FROM PLAYING WITH ENTHUSIASM OR CAN A GUY DO THAT ALL THE TIME? (DO IT ALL THE TIME.) A GUY CAN BE FOCUSED AND.. (YEA.. GOTTA BE IN HIS CHARACTER THOUGH.)

YOU FINISHED EVERY THROW YESTERDAY BUT THE BOOT. YOU BROUGHT YOUR HIPS ON EVERY THROW BUT THE BOOT WHEN YOU COULDN'T. YOU FINISH YOUR THROWS. EVERY ONE.

SEE THAT BOOT? YOU GOT GOOD SELF-ESTEEM, TO WEAR THAT BAND-AID OUT HERE AND NOT CARE WHAT PEOPLE THINK. THAT SHOWS GREAT SELF-ESTEEM.

GET A COUPLE MORE REPS. WHO WANTS IT?!

LOOKIN' FOR THAT MILLION DOLLAR READ AND MILLION DOLLAR FINISH MEN!

FIND THE BALL! GO GET THE BALL RIGHT HERE! MAKE A PLAY BACK THERE!
THERE WE GO. WE GOT SOME MONEY THERE, GOOD! THERE YOU GO. LET
HIM FINISH. LET HIM FINISH.

THAT'S A GOOD JOB NATE STUPAR!

TAKE A RUN! TAKE A RUN! GET ATTACKED! THERE YOU GO. THAT'S A GOOD
JOB CHARLES. THAT'S A GOOD JOB.

YOU GET INTO A 2 MIN. SITUATION. A MINUTE 30 LEFT TO GO IN THE GAME.
THERE'S CHAOS IN THE GAME BUT YOU JUST GOTTA PERFORM LIKE YOU
NORMALLY DO. YOU JUST GOTTA EXECUTE. THAT'S WHAT IT'S ALL ABOUT
AND THAT'S WHAT WE'RE LEARNING MEN.

THAT WAS AN AWESOME DAY. I FEEL REALLY GOOD ABOUT IT. I FEEL REALLY
GOOD ABOUT THE WAY YOU PLAYED, MOVING THINGS AROUND. YOU'RE ON
TOP OF IT. JUST LET ME KNOW WHAT I CAN DO TO HELP, O.K.?

1:02:15;16 - RING CEREMONY

THIS WAS A DREAM WE HAD 17 YEARS AGO WHEN WE MADE SURE THE
SEAHAWKS REMAINED IN SEATTLE. REALLY SAVOR THIS MOMENT. ALL OF
YOU HAVE EARNED IT. THANK YOU.

THIS IS TRULY A NIGHT OF GRATITUDE, AND WE CELEBRATED A SUPER BOWL
IN JUST GREAT FASHION. MAN, IT WAS SUCH AN EXTRAORDINARY
EXPERIENCE TO GO THERE AND TO DO IT THE WAY WE DID IT. BUT REALLY
IT'S ABOUT THE RING. SO LET'S GET TO THIS RING THING . WE'RE GONNA DO
THIS AT THE SAME TIME. IN THIS BOX IN FRONT OF YOU, YOU FIND YOUR
RING RIGHT IN THERE. WELCOME 2014 SUPER BOWL CHAMPIONSHIP
SEAHAWKS. CONGRATULATIONS.

DON'T LOOK AT IT, E. DON'T LOOK AT IT IN THE EYE, E. I DON'T KNOW IF I OWN
NOTHING THAT SHINES THIS MUCH.

THIS IS A CULMINATION OF SO MANY YEARS, SINCE I WAS 6 YRS. OLD
DREAMING OF PLAYING IN THE BIGGEST GAME THAT FOOTBALL HAD TO
OFFER. IT'S A LOT OF EMOTION THAT GOES INTO THIS. A LOT OF HARD
WORK, A LOT OF EFFORT, A LOT OF SACRIFICE. I GO BACK TO MY ROOKIE
SEASON TEACHING ME EVERYTHING ABOUT THE GAME OF FOOTBALL ABOUT

HOW TO BE A PROFESSIONAL. TO WHEN RUSSELL WILSON CAME IN AND OUR FIRST YEAR TOGETHER, CHICAGO BEARS GAME. THAT'S WHEN WE SAID, "ALRIGHT, THIS IS OUR GUY." TO LOSING THE ATLANTA GAME THAT SAME YEAR. IT PROPELLED US TO KNOW HOW GOOD WE ARE AND KNOW HOW FAR WE'VE COME AND HOW MUCH BETTER WE CAN BE.

IT'S THE 2 YD. RUNS, THE 20 YD. RUNS. IT'S THE 2 YD. CATCHES AND THE 20 YD. CATCHES. ALL THOSE PLAYS. IT DOESN'T MATTER HOW BIG AND HOW SMALL. IT'S ALL THOSE PLAYS CULMINATING TO A GREAT RING.

I THINK OF WK. 2 WHEN I WENT OUT. I THOUGHT MY YEAR WAS OVER WITH. THEN COMING BACK 8 WKS. LATER AND GETTING A CHANCE TO FINISH OUT THE YEAR AND TO BE A SUPER BOWL CHAMPION. I'LL ALWAYS REMEMBER THAT. THIS IS AN AMAZING FEELING. I'LL NEVER FORGET IT. THIS IS BEAUTIFUL.

I'M JUST GONNA DO ALL THIS KIND OF THINGS.

I'M GONNA LEAVE IT RIGHT ON YOUR SHOULDER LIKE THAT. HERE WE GO.

MEGAMAN OR A POWER RANGER...OR I FEEL LIKE CAPTAIN PENNANT.

DON'T BE ALL UP ON MY RING NOW.

YOU GOT IT BRO. IF YOU GOT IT, FLAUNT IT.

PUT IT OUT THERE MAN. YOU KNOW WHAT I'M SAYING? DON'T DO IT! DON'T DO IT! I PUT IT ON MY PINKY. I PLAN ON FILLING ALL THESE. SO I'LL START IT RIGHT HERE. SUPER BOWL CHAMP, MAN! THEY CAN'T TAKE THAT AWAY FROM ME!

I HAVE SOMETHING MORE EXPENSIVE ON MY HAND THAN HAS EVER BEEN ON MY HAND. I DON'T BUY EXPENSIVE JEWELRY AND THINGS LIKE THAT. I SAY IF YOU'RE GONNA WEAR EXPENSIVE JEWELRY, YOU EARN IT.

SHERMAN, HOW YOU FEEL BRO? LIKE WE OUGHTA DO IT AGAIN. NOW IT'S TIME TO WIN IT AGAIN AND SEE WHAT THEY CAN COME UP WITH NEW NEXT YEAR.

PUT THIS OUT IN THE GRAVE WITH ME. I'M NOT LEAVING IT TO MY KIDS IN THE WILL. NOT LEAVING IT TO MY WIFE. PUT THIS IN THE GRAVE WITH ME. I'M DYING WITH THIS THING. IT'S GONNA BE FOREVER WITH ME. ALWAYS.

GO HAWKS.

THANK YOU.

1:06:54;16 - SOUNDS OF SUMMER

ATTENDANCE SO APPRECIATED! MORE THAN 28,000 OF YOU. THANK YOU SO MUCH FOR COMING OUT THERE AND ..

HEY, HOW YA DOIN? HEY, HOW ARE YOU? GOOD TO SEE YOU. WHAT'S YOUR NAME. MCKAYLA. WELL HOW OLD ARE YOU? 3. YOU LOOK LIKE YOU GOT YOUR LICENSE ALREADY.

3 SNOW CONES. THAT'S REAL BIG OF HIM, HUH? UNLIMITED SNOW CONES. I DIDN'T GET ANY SNOW CONES. I DON'T KNOW WHAT THE HELL.

FLY EAGLES, FLY. LOOK AT TOMMY. OH HE'S CRAZY ISN'T HE? I LOVE HIM. TOMMY. CHIP KELLY. HOW ARE YA BUDDY? I'M GOOD! GREAT TO SEE YA. GOOD TO SEE YOU. YOU STILL GOT THE MOVES! YEA, I'M ... YOU CAN STILL GO.

ARE WE ALLOWED TO GET ON YOU JUST LIKE THESE GUYS? PLEASE. O.. GOOD. VERY GOOD. NO, JUST THE SAME. WE'RE EQUAL OPPORTUNITY COMPLAINERS WHEN IT COMES TO OFFICIATING, RIGHT? THAT'S HOW IT SHOULD BE.

HEY ARE YOUR PANTS JUST BIG OR IS IT ME? THEY JUST LOOK DUMPY.

I NEED TO GET SOME SUN ON THESE SKINNY IRISH LEGS.

HOBAYASHI HERE. THE HOTDOG EATING GUY. WHO'S THAT? HE'S THE GUY THAT WINS ALL THOSE COMPETITIVE EATING CONTESTS. HE EATS LIKE 1,000 HOTDOGS IN 10 MINS. WHAT DOES HE DO AFTER HE EATS IT? WHAT DOES HE DO? PUKE?

WANNA GET ME ONE OF THEM BALLPARK FRANKS? ..THE BACK OF YOUR NECK..HUH?

DO YOU THINK LEBRON JAMES COULD PLAY IN THE NFL? YEA. WHAT WOULD HE BE? HE'D PROBABLY BE A T.E., A WIDE OUT. HE'D PROBABLY BE ANY DAMN THING HE WANTED TO BE.

I SEE GROWTH IN YOU, MAN. I'M SEEING TREMENDOUS GROWTH!

YOU DON'T LOOK YOUNG AND VIBRANT MAN. YOU LOOK LIKE YOU'RE IN YOUR MID-30'S. (WHEN YOU'RE DOWN AND OUT...CAN'T FIND NO ONE1)

PUT YOUR THINKING CAPS ON. LET'S GO!

WHOO HOO, IT'S GONNA BE TOUGH ... IN HERE TODAY! BUCKLE UP, BOYS.
BUCKLE UP!

DID YOU PLAY ANY VOLLEYBALL AT U.C.L.A.? YOU WERE DOWN IN VENICE
BEACH.

IS THAT A KNUCKLEBALL GLOVE? IS THAT A KNUCKLEBALL GLOVE?

LET HIM FINISH! LET HIM FINISH!

HEY ATKINS, DON'T RUN INTO ME. HOW DUMB CAN YOU BE?

WE USE THE SNAP COUNT. THESE DUMB LINEMEN WILL JUMP.

AHH, NEXT PLAY IT'S A RIPPLE EFFECT. IT HURTS ALL OF US.

ALRIGHT. ALRIGHT, NICE PLAY! NICE PLAY! WE CAN'T WALK AND CHEW GUM.
HE'S TELLING YOU 15 TIMES THAT IT'S A HARD COUNT!

NOW YOU GOTTA WALK AND CHEW GUM. 800 LB. CORNER LET'S GO.

COME DOWN. COME ON DOWN. KNUCKLEHEAD, COME WITH HIM.

WE CAN'T EVEN GET THE SNAP FROM CENTER.

GOD ALMIGHTY, THAT'S 2 PENALTIES. 2 PENALTIES STOPPING THE CLOCK.

HEY GUYS, LOOK, LOOK, LOOK, LOOK. THIS IS DRIVING E CRAZY, O.K. WHEN
WE START THE PERIOD WE GOTTA GET IT RIGHT RIGHT OFF THE BAT. LET'S
GO GUYS. LET'S GO.

HERE WE GO! HERE WE GO! REV IT UP NOW!

HEY, HEY, HEY!

COME ON GUYS. COME ON GUYS. HEY CRACKEN, GET OUT OF HERE. JUST
STEP BACK. STEP BACK. JUST STEP BACK. WE'RE GOOD.

YOU CAN'T SAY NOTHING! HE JUST STONED YOUR ASS!

DON'T THROW YOUR HELMET AT THE GUY. WE KNEW IT WAS GONNA HAPPEN
SOON BUT YOU DON'T RIP HIS HELMET OFF AND THROW IT AT HIM. I KNOW
YOU WEREN'T THINKING, OBVIOUSLY.

BACK IT UP! BACK IT UP! BACK IT UP! BACK IT UP! BACK IT UP!

HURRY UP! HURRY UP! HURRY UP!

GET DEPTH! GET DEPTH!

SCOOP! SCOOP! SCOOP!

SCOOP IT UP. SCOOP IT UP. SCOOP IT. SCOOP IT. THERE YOU GO.

UH, OH. UH, OH. UH, OH.

ACCELERATE. ACCELERATE.

EASY, EASY, EASY.

DO YOU WANT A CHAIR?

(THIS IS THE TEACH PERIOD WHERE THE COACHES WORK WITH THE PLAYERS ON THE FUNDAMENTALS OF THE GAME.)

DON'T LOOK FOR THE BALL. YOU'RE LOOKING FOR THE BALL. LOOK AT THE HOLE. HE'LL PUT THE BALL RIGHT IN THERE. YOU JUST GIVE HIM A GOOD POCKET. HE'LL PUT IT IN THERE.

NOT SO MUCH ARM ACTION. YOU'RE LIKE THIS. RELAX. YOU CAN BACKPEDAL WITHOUT EVEN HOLDING THESE THINGS.

YOU'RE KIND OF A PRETTY GOOD PASS RUSHER. ANYBODY EVER TOLD YOU THAT? (APPRECIATE IT.) NICE JOB. (THANK YOU.) APPRECIATE YOU STAYING OFF OUR GUYS. (I GOT YA) COULD'VE GOTTEN THEM EVERY SINGLE TIME.

TERRIBLE TO PLAY AGAINST. YEA, YOU GUYS ARE PRETTY TERRIBLE TO PLAY AGAINST TOO. OH MAN, TERRIBLE TO PLAY ON. PRETTY FEROCIOUS TO PLAY AGAINST TOO.

YOU JUST SEEM MORE COMFORTABLE. AM I RIGHT IN SAYING THAT? I JUST GOTTA LET IT RIDE. JUST LET IT GO. YOU KNOW WHAT YOU'RE DOING. WHAT'S 2 PLUS 2? 4. SEE! IT'S THE SAME THING, RIGHT? I KNOW. I KNOW. IT'S LIKE THAT.

TAKE 20 MINS. A DAY TO DO EXTRA STUFF. MAYBE IT'S FILM. WATCH DIFFERENT ROUTES. I MEAN IT'S WHAT YOU DO ON YOUR OWN..WHEN NONE OF US ARE AROUND, THAT'S GONNA MAKE YOU THE PLAYER THAT YOU SHOULD BE. O.K.

I GOT IT IF YOU MISS A BLOCK. I GOT IT. RIGHT. BUT IF WE'RE NOT FINISHING UP FRONT, RIGHT? THAT'S WHAT KILLS YOU. I KNOW IT'S NOT GONNA ALL LOOK PRETTY BUT YOU CAN FINISH. YOU WITH ME?

EVERYBODY TO THE TOP OF THE HILL. THIS IS WHAT WE NEED. NO SHORTCUTS TO BEING IN CONDITION. THERE'S NO SHORTCUT TO BEING MENTALLY TOUGH. JUST GOTTA PAY THE PRICE AND DO IT.

LOOKING FOR THAT MILLION DOLLAR READ AND MILLION DOLLAR FINISH MAN!

GET OFF THE BALL AND HIT SOMEBODY!

THIS IS WHEN YOU GET BETTER WHEN WE'RE TIRED. TOUGH ASS PRACTICE AND WE'RE DOG TIRED. RIGHT, YOU GET 5 OR 6 PLAYS. JUST DO THEM RIGHT. JUST DO THEM RIGHT. EXECUTE. LET'S GO.

17! 16! 15!

COME ON, TALK UP FRONT. TALK UP FRONT. LET'S GO. CHANGE PROTECTION. LET'S GO.

GET AFTER THE QB. LET'S GO. LET'S COVER THEIR ASS. LET'S GO.

15 POWER. OLD SCHOOL ... RIGHT HERE.

FREE. WE GOT A FREE ONE. TAKE A SHOT! TAKE A SHOT!

HERE WE GO. TEMPO. KEEP IT MOVING.

12! 11! 10!

GETTING THE EYE OF THE TIGER BACK IN. LET'S ROLL MEN.

PLAY ON THE BALL! ON THE BALL! ON THE BALL! BLOCK! KILL! KILL!

WE GOT SOME MONEY THERE. GOOD!

THIS IS CRITICAL NOW. RED ZONE. RED ZONE.

COME ON EGO, LET'S GO. WE'RE STILL RED ZONE FOR PETE'S SALES.

THIS IS THE MATCHUP WE WANT. MATCHUP MADE IN HEAVEN RIGHT HERE. I CAN'T BELIEVE IT.

OH YOU GOT A BIG ASS PLAY. SEE YA. SEE YA.

5! 4! 3!

LET'S GO! HE'S WORKING HARDER THAN YOU ARE!

HEY GUYS, FINISH WHEN WE'RE TIRED. RIGHT NOW, O.K. THIS IS IT.

THAT BALL'S GOING DOWNTOWN.

THAT CONCLUDES TODAY'S PRACTICE.

NICE JOB! WELL DONE.

HEY! HALLELUIAH BROTHER.

JUST REALLY REALLY GOOD DECISIONS JUST RIGHT DOWN THE FIELD, RIGHT. SUPER. BANG, BANG, BANG. PERFECT.

I'LL TELL YOU, I DON'T KNOW ABOUT YOU. I HAD FUN. I'M A LITTLE SORE. I'M A LITTLE TIRED BUT I GOT A LOT OF WORK DONE TODAY.

EVERYDAY WE GOTTA CONTINUALLY GET BETTER. WE'RE NOT EVER GONNA BE SATISFIED AROUND HERE. O.K. DON'T TELL ME ABOUT THE LABOR. SHOW ME THE BABY. GOT ME. DON'T TELL ME ABOUT THE LABOR. SHOW ME THE BABY.

THIS IS A BUDDY OF THE HOUSTON TEXANS. K. HE'S BATTLING AUTOIMMUNE DISEASE RIGHT NOW AND HE IS BATTLING THE HECK OUT OF IT, RIGHT ZACHARY? YES SIR. AND HE'S GONNA COME IN HERE AND HE'S GONNA BREAK US DOWN. SO WE DO IS YOU GET RIGHT IN THE MIDDLE (YES SIR) YOU GO 1, 2, 3 AND WE SAY WIN. (YES SIR) YOU SAY 1, 2, 3. THEY SAY WIN. (YES SIR) GO AHEAD ZACHARY.

1, 2, 3, WIN! GOOD JOB ZACHARY.

(END)