

## **NFL EXTRA**

Week 1

<b>Segment</b>	<b>TRT</b>
Tomsula – Soundtrax	1:16
Rex Ryan – Soundtrax	1:28
Four Heartbreaks	4:00
Sounds of the Summer	7:38

### **01:00:00;21 - TOMSULA**

HERE WE GO! LET'S GET MOVING! HEY, LET'S GET MOVING! COME ON!  
YOU'RE ON THE CLOCK. PUSH THEM KAP. PUSH THEM KAP. TOO SLOW! TOO  
SLOW! TEMPO!! LET'S GO!!

16 SECONDS!! THAT'S TOO SLOW!!

ONCE AGAIN, WE GOT OUR HEAD NOT IN THE GAME!! HEY, WE'RE OPERATING  
TOO SLOW!! WE'RE OPERATING TOO SLOW! CAN'T HAPPEN! THAT CANNOT  
HAPPEN!! LET'S GET IT RIGHT! LET'S GET IT RIGHT! PAY ATTENTION!

GO HO, HO, HO, HO! HO! GOOD! GOOD! GOOD! GOOD! GO!!! GOOD, GOOD,  
GOOD, GOOD, GOOD, GOOD, GOOD, GOOD, NICE JOB! QUIT USING YOUR  
HANDS!! THAT'S GOOD! TAKE CARE OF EACH OTHER IN THERE!

GOOD, GOOD, GOOD. HERE WE GO! ON AND OFF! ON AND OFF! WE GOTTA  
GRAB IT. OH, YOU GOTTA CATCH THAT! NICE GRAB. HEY, GOOD JOB TAKING  
CARE OF EACH OTHER. HEY, HERE WE GO. KEEP WORKING TOGETHER. NICE  
JOB BOYS.

**1:01:28;22 - REX RYAN**

I CAN RUN WITH YOU GUYS. HEY, MAIN THING WE GOTTA...GOTTA KEEP THAT WEIGHT OFF BABY BECAUSE NOW IT'S TOUGH BECAUSE YOU CAN'T...YOU AIN'T RUNNING SO. YOU JUST KEEP HUMMING. EASY ON THE...DON'T BE DRINKING ANY BEER. THAT'S THE TOUGH PART. THAT'S ...MAYBE 1!

THAT A WAY MARIO. OH, I DON'T LIKE IT. LOVE IT.

LULLING THEM TO SLEEP. TOUCHDOWN. GREAT JOB. NICE PASS. WE GOT...WHOA, HEY, HEY, HEY, HEY. WHOA, WHOA, WHOA, WHOA, WHOA. WHOA, WHOA, WHOA, WHOA, WHOA, WHOA.... GOT NO HELMET ON. LET'S GO. THEY DON'T NEED TO FIGHT WITHOUT THE HELMET ON. THAT'S WHAT HAPPENS WHEN YOU GO 6 STRAIGHT. RICHIE, I GOT YOU. STAY OUT OF THE FIGHT. EXACTLY.

GET A LITTLE HOT AND EVERYBODY START GETTING A LITTLE PISSED AT EACH OTHER. THANK YOU.

**1:03:05;28 - FOUR HEARTBREAKS**

DON'T KID YOURSELF. IN THE NFL THERE'S NO SUCH THING AS A MORAL VICTORY. CLOSE DOESN'T CUT IT. IN FACT, THE ONLY THING WORSE THAN LOSING A GAME YOU SHOULD'VE WON IS LOSING A PLAYOFF GAME YOU SHOULD'VE WON.

RADIO - AND I THINK THIS ONE WILL BE IMPOSSIBLE TO RECOVER FROM.

IT'S LIKE BEING PUNCHED IN THE NOSE. YOUR EYES START TO WATER. YOU LOOK AROUND TO FIND SOME EXPLANATION SILENTLY ASKING, DID THAT JUST REALLY HAPPEN? IF YOU'RE TALKING ABOUT THE 2014 NFC POST-SEASON, THE ANSWER IS YES, WHERE IN 4 SUCCESSIVE ROUNDS, A TEAM STOLE A WIN 1 WEEK ONLY TO LOSE THEIR NEXT GAME IN HEARTBREAKING FASHION.

IT ALL STARTED IN DALLAS IN THE WILDCARD GAME. IT WAS THAT PENALTY THAT SUDDENLY WASN'T.

RADIO - THAT'LL BE PASS INTERFERENCE ON THE COWBOYS. NOW, THEY'RE GONNA PICKUP THE FLAG. WOW.

THAT'S UNBELIEVABLE! THAT'S UNBELIEVABLE AND YOU KNOW IT! YOU KNOW IT IS THOUGH! HOW DOES THAT GET OVERTURNED?! HOW DOES THAT GET OVERTURNED?

IT WASN'T A LONG TRIP FROM NO CALL TO NO HOPE.

RADIO - ROMO THROWS IT IN THE END ZONE!! BRILLIANT! TOUCHDOWN! THE COWBOYS HAVE THEIR FIRST LEAD IN THE GAME!

IT'S ONE THING TO PICKUP THE FLAG BUT AFTER A LOSS LIKE THAT, YOU GOTTA WONDER HOW THE LIONS WILL PICKUP THE PIECES.

RADIO - LIONS SEASON WILL COME TO AN END IN VERY DISAPPOINTING FASHION IN DALLAS.

NO TEARS FOR AMERICA'S TEAM OF COURSE.

RADIO - THE COWBOYS ARE GOING TO GO TO GREEN BAY!

THEY WENT ON THEIR MERRY WAY TO G.B. MR. RODGERS NEIGHBORHOOD.

RADIO - PACKER LEAD IS 5, 26-21.

SURE, THE BOYS TRAILED WITH ONLY SECONDS TO PLAY BUT WITH A TANDEM LIKE TONY ROMO AND HIGH-FLYING DEZ BRYANT, ALL THINGS SEEMED POSSIBLE EXCEPT MAYBE WHAT ACTUALLY HAPPENED.

RADIO - BLITZ IS COMING. HE THROWS A DEEP BALL TO THE LEFT SIDE AND THE BALL IS ...BRYANT CAUGHT THE BALL!!! OH MY GOODNESS! RULES HAVE THEIR OWN LOGIC WHICH ISN'T ALWAYS APPARENT. NEED PROOF? THE RULEBOOK SAYS THIS ISN'T A CATCH, NO MATTER HOW MUCH IT LOOKS LIKE ONE.

RADIO - THEY HAVE THROWN THE CHALLENGE FLAG.

SHOULD BE TOUCHDOWN. THAT WAS A CATCH! HOW'S THAT NOT A CATCH?!

RADIO - AFTER REVIEW, IT HAS BEEN DETERMINED THAT THE RECEIVER DID NOT MAINTAIN ...

IT WAS THE LOSS THE COWBOYS COMEUPPANCE FOR THEIR WIN THE WEEK BEFORE? COULD BE. EITHER WAY, IT SENT GREEN BAY PACKING FOR THE COAST WHERE FOR 3-1/2 QUARTERS THEY MAULED THE WORLD CHAMPS. IT WAS EPIC BUT UNFINISHED.

RADIO - THE PACKERS ARE 5 MINS. AWAY FROM PUNCHING THEIR TICKET TO ARIZONA.

UP BY 16 WITH 5 MINS. TO PLAY, IT WAS A MORTAL LOCK. YET, SOMEHOW, THE SEAHAWKS FOUND THE KEY. RUSSELL WILSON SCOOTED IN. ONSIDE KICK. FOLLOWED BY BEAST MODE. THEN A SERPENTINE SCRAMBLE AND A MIRACLE MOONSHOT FOR A 2 PT. CONVERSION. OVERTIME. THEN BANG!

RADIO - GAME OVER!!! I DON'T QUITE KNOW WHAT ELSE TO SAY FOLKS.

WAS IT A COLLAPSE, KARMA? IT WAS CERTAINLY CRUEL. BUT, LIFE GOES ON. THE PACKERS SEASON, NOT SO MUCH. WHICH BRINGS US TO THE SUPER BOWL WHERE THE SEAHAWKS NEEDED 1 YARD, 36 CRUMMY INCHES, TO REMAIN WORLD CHAMPIONS.

RADIO - CAN THE SEAHAWKS REPEAT IN S.B. 49?

IT WAS A GIMME. A TAP IN. A CERTAINTY.

RADIO - LYNCH IN THE BACKFIELD. RUSSELL LOOKS. THROWS INSIDE. OH MY GOD, IT'S PICKED OFF!!!

OH NO!!

RADIO - OH MY WORD. WOW. AS DISAPPOINTING AND AS HEARTBREAKING A FINISH AS I CAN REMEMBER.

THAT'S THE FACE OF SORROW. 4 GAMES. EACH DECIDED IN THE CLOSING MOMENT IN WAYS YOU STILL CAN'T QUITE BELIEVE. A SURREAL SERIES OF THE IMPROBABLE PILED ON TOP OF THE UNFORGETTABLE, ALL ENDING IN HEARTBREAK. A TOUGH REMINDER THAT IN THE NFL THERE'S NO SUCH THING AS A SURE THING. THE GOOD NEWS IS, A NEW SEASON IS RIGHT AROUND THE CORNER. TAKE HEART.

## **1:07:15 - SOUNDS OF SUMMER**

THESE GUYS ARE THE BEST IN THE WORLD AT THIS. I GUARANTEE HE STICKS THE LANDING. PLUS OR MINUS 1 YD. THEN HE'LL POP IT RIGHT DOWN. GREAT JOB. HOW ARE YOU? GREAT TO SEE YOU. THAT WAS AWESOME. HOW WAS IT? GREAT. A LITTLE CHILLY UP THERE. A LITTLE CHILLY? A LITTLE CHILLY.

WELL YOU CAN SEE ALL OF THESE FOOTBALL PLAYERS WILL BE ROLLING OUT HERE PRETTY SOON, RIGHT? THEY'LL BE COMING.

I CAN RUN WITH YOU GUYS.

O-LINE. DON'T LET YOUR DAMN COACH BEAT YOU DOWN HERE. LIKE 65, 75 YRS. OLD.

ANOTHER DUDE WAS A SAMOAN KID, AND HE CAME IN AND THAT YEAR WE PLAYED B.Y.U. WE PLAYED S.M.U. WE PLAYED T.C.U. AND THEN ON THE ..IT HAD B.Y.E. HE GOES, COACH, WHO'S B.Y.E.? I SAID, THAT'S OUR BYE.

GET MYSELF A LITTLE LAWN CHAIR AND SIT RIGHT DOWN HERE.

YOU GOOD BABY?

OH YEA.

I GOTTA PINCH MYSELF EVERYDAY THAT THEY ACTUALLY PAY ME TO DO THIS.

...JUGS PERFORMANCE TODAY.

WHERE ARE OUR BALL BOYS?

ALRIGHT, YOU GUYS GOT 10 DOWN? HEY, WHOA, WHOA, WHOA, YOUR OTHER 10. DO WE GIVE THESE GUYS ANY KIND OF TEST BEFORE WE HIRE THEM AS BALL BOYS?

OH THAT'S A GOOD CADENCE RIGHT THERE GRIFFIN JR. THE 3RD. THANKS. THEY ALMOST HIT ME IN THE FACE.

DON'T RUN OVER ME.

IT'S ALRIGHT. IT'S ALRIGHT. YOU ACTUALLY HELD ME. I WAS A LITTLE UNCOMFORTABLE THERE.

SMELL LIKE A SKUNK OUT HERE, HUH? TOM, YOU GOT SOME SKUNKS IN YOUR YARD?

THAT'S A FUMBLE. YOU'RE DOING A LOT OF FUMBLES AROUND HERE.

WE RIDE TOGETHER. WE DIE TOGETHER. BAD BOYS FOR LIFE.

I GOT THAT.

HEY, WITH EACH YEAR YOU GOTTA STRETCH IT MORE, DRINK MORE. WE RIPEN TO 23 AND THEN WE ROT.

JERRY, ARE YOU STRETCHING OR ARE YOU JUST TALKING? YOU HAD SOME POLES LAST YEAR, RIGHT? YES SIR. SO LET'S MAKE SURE WE STRETCH. THAT'S WHY WE'RE DOING THIS, FOR GUYS LIKE YOU.

WE SHOULD PUT NAMETAGS ON YOUR HELMETS SO I KNOW WHO YOU ARE.  
PORK CHOP. POT ROAST. PORK CHOP. WHAT'S THE DIFFERENCE?

EVERYBODY WORK! EVERYBODY WORK IT!! WOOHOO! LOOK HOW FAST WE  
ARE.

LET'S GO HAVE A KICKASS DAY, HUH? LET'S GO GET THE BALL TODAY. HUH.  
LET'S GO GET THE BALL.

LET'S GET TO WORK BEARS! HEY, YOU'RE EITHER GETTING BETTER OR  
YOU'RE GETTING WORSE! YOU DON'T STAY THE SAME!

HERE WE GO! LET'S GET MOVING!!

LIGHT THAT HAIR ON FIRE, MEN!

HEY, WE'RE MAKING PLAYS. HOPEFULLY GOOD ONES.

SNAP THE BALL PLEASE.

GOT A HOLDING HERE ON 62.

WE GOT A FALSE START 3RD DOWN & 10!! 3RD DOWN & 10! FALSE START!  
LOGAN PULSON!!

COME ON! FIRST RUN AND GET MINUS!

ONCE AGAIN! WE GOT OUR HEAD NOT IN THE GAME!!

COME ON, THIS ISN'T THAT COMPLICATED MEN. WE'RE NOT LIKE SENDING  
PEOPLE TO THE MOON HERE.



WHY WHEN I ASK YOU SOMETHING, YOU PRETEND LIKE YOU KNOW BUT YOU REALLY LOOK CONFUSED? I DON'T KNOW WHAT YOU MEAN. THEY'RE KILLING ME WHITEY. THEY'RE KILLING ME. YOU EVER SEEN THAT NFL FILMS THING. HE'S KILLING ME WHITEY, HE'S KILLING ME.

ANYBODY WANT TO PLAY TACKLE? LET'S GO. EXCEPT FOR YOU BAKER. YOU GOT NUMB FEET.

BRING IT BACK IN THE HUDDLE. BACK IN THE HUDDLE. I HATE IT. I HATE IT GRAYSON. SO WE KNOW YOU CAN RAP RIGHT NOW, AND THAT'S ABOUT IT. LET'S GO.

WRAP THEM UP. WRAP THEM UP MEN.

HUSTLE. HUSTLE. HUSTLE.

BACKUP OUT OF THE WAY. BACKUP OUT OF THE WAY.

SHOT AT THAT BALL. SHOT AT THAT BALL.

GOOD FINISH. GOOD FINISH. GOOD FINISH.

A LITTLE BOUNCE. A LITTLE BOUNCE.

BALL, BALL, BALL. FIND THAT BALL. FIND THAT BALL. FIND THAT BALL.

TAKE A SHOT. TAKE A SHOT. TAKE A SHOT.

HANDS. HANDS. HANDS.

MOVE! MOVE! MOVE!

LONG ARM. CHOP. LONG ARM. CHOP. LONG ARM. CHOP.

COWBOYS. COWBOYS. LITTLE BOUNCE. HERE WE GO.

GO! GO! GO! GO! GO!

CHECK, CHECK, CHECK, CHECK.

SET, SET, SET, SET.

QUICKLY. QUICKLY. QUICKLY.

FINISH. FINISH. FINISH.

RUN, RUN, RUN, RUN!

DON'T DO LESS. DO MORE. DO MORE.

POP UP. POP UP. GET UP. GET UP AND GO!

WHOA!

HEY!

OH...MY GOODNESS!

TEACH! TEACH!

THIS IS WRIST ABOVE THE ELBOW. EVERYBODY SEE THE DIFFERENCE? WE START PLAYING. WE START DOING THIS. THEY'LL KNOCK THAT OUT IN A HEARTBEAT.

HE THINKS YOU'RE FINESSE, RIGHT. THAT'S ALL THEY'RE GONNA LOOK AT, A LITTLE FINESSE? BOOM! YOU STICK HIS ASS RIGHT THERE. RIGHT HERE, AND GO RIGHT OVER TOP OF HIM.

MARSHAWN GOT MORE OF AN APPETITE, PARTICULARLY IN SITUATIONAL BALL. SHORT YARDS AND GOAL LINE THAT HE JUST GONNA SQUARE YOU UP.

I GOTTA GET YOUR HEART BEATING BETTER. ONE OF THE GOOD THINGS ABOUT YOU IS PLAYING THE POSITION, YOU'RE VERY CALM AT WHAT YOU DO. BUT ALSO THE GUYS GOTTA SEE A SENSE OF URGENCY. IT'S O.K. TO BE CALM BUT THEY GOTTA SEE A SENSE OF URGENCY IN WHAT YOU DO, RIGHT?

DON'T WORRY ABOUT MAKING MISTAKES. WHAT I WANT YOU GUYS TO DO IS FLY OFF THE BALL AND PLAY FAST EVERY SINGLE TIME, AND WEAR OUR DEFENSE'S ASS OUT EVERYDAY; AND THAT'S GOTTA BE YOUR MENTALITY. THAT'S HOW WE'LL HAVE THE #1 RUN GAME IN THIS LEAGUE.

YOU KNOW YOU GOT IT, RIGHT? YES SIR. IT AIN'T THAT HARD. IT'S JUST THAT GAME IN YOUR HEAD MAKES IT HARDER THAN IT IS. THAT WAS IT. YOU KNOW WHAT I MEAN. JUST LET IT GO. BUT YOU GOT ALL THE GIFTS, RIGHT? YES SIR. JUST CUT IT LOOSE.

REMEMBER WHAT DEAN WAS TALKING ABOUT, RAVENS SWAGGER, WHEN PEOPLE FEARED US? WHEN THEY'D COME INTO OUR STADIUM AND THEY KNEW THEY WEREN'T GONNA GET A YARD, AND THEY WERE JUST AFRAID OF GETTING ANYBODY HURT. CAN WE TALK ABOUT GETTING BACK TO THAT? TO ME, YOU ARE THE 3 GUYS THAT DO THAT. PUT THAT SWAGGER ON AND THAT

CONFIDENCE. YOU GUYS ARE PHYSICALLY DOMINANT FOOTBALL PLAYERS THAT ARE GONNA PUT THE FEAR OF GOD INTO PEOPLE, O.K. YES SIR. LET'S TAKE, PUT THAT SWAGGER ON YOUR BACKS. YOU 3 GUYS BRING IT BACK. YES SIR. ALRIGHT? O.K.?

1:13:06;21

PLAY BALL!

HERE WE GO!

DON'T PLAY SCARED OVER THERE COLTON. LET'S GO.

EWWW...1 DOG. I'M COMING. LET'S SEE WHAT YOU GOT BIG BOY.

PUT A HAT ON AND LET'S GO!

ALL OUT. ALL YOU GOT.

THIS IS WHERE WE MAKE US!

OH THERE IT IS. THERE IT IS.

DON'T DROP THE ENERGY BABY! DON'T DROP THE ENERGY. LET'S GO.

... BOY. GET YOUR ASS IN THE HUDDLE. THAT'S FOOTBALL. THAT'S FOOTBALL. LET'S GO.

THAT'S FOOTBALL. NOT ALL OF THEM SCORE. JUST KEEP WORKING.

THAT'S BETTER. THERE YOU GO. THAT'S BETTER. THAT LOOKS LIKE A LINEBACKER THERE.

COME ON. KNOCK YOUR ASS BACK!

OHH, I DON'T LIKE IT. LOVE IT.

HERE WE GO. DOWN THE RED NOW. LET'S MAKE OUR MONEY DOWN HERE.

THIS IS WHERE WE WIN OR LOSE. IT'S WHERE WE WIN AND LOSE. LET'S GO.  
SET.

OH HEY! HEY! HEY! HEY!! WHOO!

YEA!!!

HOLY HOLY! THAT WAS TOO EASY! WAY TOO EASY! HOLY HOLY!

REMEMBER, HARD AND FUN. NOW FOR SOME OF YOU IT WAS HARD.  
ESPECIALLY THAT 2 MIN, RIGHT? YOU'RE STRAINING. IT'S LIKE, MAN, THIS IS  
HARD. AND NOTHING ABOUT FUN. BUT I'M HERE TO TELL YOU THE FUN WILL  
COME, BUT YOU GOTTA TRUST US NOW. WE'RE GONNA STRAIN YOU AND  
THEN TAKE CARE OF YOU! AND THEN WE'RE GONNA, STRAIN STRAIN YA! AND  
THEN WE'RE GONNA TAKE CARE OF YA. THEN WE'RE GONNA STRAIN STRAIN  
STRAIN AND TAKE CARE OF YOU! THEN IT'S GONNA BE STRAIN, STRAIN,  
STRAIN, VICTORY! THAT'S HOW IT'S GONNA WORK.

CAN YOU TAKE US TO THE SUPER BOWL?

I HOPE THOSE PLAYERS CAN. THEY'RE GONNA TRY LIKE HECK.

(1:14:52;29 - END)