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NFL-POST-3 1/17/06

## **SPEEDING TOWARDS MOTOWN, STEELERS TAKE ON BRONCOS, PANTHERS CONFRONT SEAHAWKS IN CHAMPIONSHIP GAMES**

They're making the final turn on the Road to 40!

And the last thing the four clubs in this Sunday's AFC and NFC Championship Games want to see is a stop sign.

"There's no 'next week,'" says Carolina Panthers wide receiver **STEVE SMITH** about the finality of this week's games. Lose and the offseason smacks you right in the face. Win and you're on your way to a mid-winter blast at Super Bowl XL in Detroit, Michigan on February 5.

The final lap on the Road to 40 this Sunday:

### **AFC CHAMPIONSHIP GAME**

3:00 PM ET Pittsburgh Steelers (13-5) at Denver Broncos (14-3) (CBS-TV)

### **NFC CHAMPIONSHIP GAME**

6:45 PM ET Carolina Panthers (13-5) at Seattle Seahawks (14-3) (FOX-TV)

The championship teams are an impressive group:

- Pittsburgh will play in its third championship game in the past five years and second in a row. Carolina is in its second championship in the last three years.
- The teams had a combined .750 winning percentage this season, and have averaged 10.5 wins the past three years.
- The head coaches – **BILL COWHER**, **JOHN FOX**, **MIKE HOLMGREN** and **MIKE SHANAHAN** – boast a combined 15 championship game appearances. Each has led a team to at least one Super Bowl – an NFL championship game first.
- Three of the four starting quarterbacks will be in the 2006 Pro Bowl – **JAKE DELHOMME**, **MATT HASSELBECK** and **JAKE PLUMMER**. The fourth – **BEN ROETHLISBERGER** – is the first QB since 1970 to play in a championship game in his first two years.
- The four teams rank in the top five in the NFL in either offense (Seattle and Denver) or defense (Carolina and Pittsburgh).
- They typify the strong 2005 NFL playoff field. Pittsburgh is the first sixth-seeded team since the NFL instituted its present playoff format in 1990 to advance to a championship game. Carolina became only the third fifth-seeded team since 1990 to reach a championship game (Indianapolis, 1995; Jacksonville, 1996).
- Both Carolina and Pittsburgh can match the 1985 Patriots as the only teams to reach the Super Bowl by winning three road games.

A rundown of the AFC and NFC Championship Games:

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### **CHAMPIONSHIP GAME FACTOID**

**ZONING IN:** This Sunday will be the first time since 1989 that at least one of the AFC-NFC Championship Games will not be played in either an Eastern or Central time zone city. In 1989, the AFC Championship was played in Denver and the NFC in San Francisco.

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**PITTSBURGH STEELERS (13-5) at DENVER BRONCOS (14-3) (Sunday, 3:00 PM ET, CBS)**

**STORYLINE:** *Good thing these teams wear different uniforms, because they are very similar.*

Rushing by committee...big-time blitzing safeties...strongly efficient quarterbacks...one tough on the road, the other as tough at home.

"They're very similar to us," says Denver **RB MIKE ANDERSON** of Pittsburgh. Anderson linked up with **TATUM BELL** this year to rush for almost 2,000 yards (1,935). The duo resembles Pittsburgh's fleet **WILLIE PARKER** – who had his first 1,000-yard season (1,202) since high school – and the short-yardage pounder **JEROME BETTIS**, who is aiming to play in Super Bowl XL in his hometown of Detroit.

The running game is the foundation for both teams, but both can hurt you with the pass. Look at the Steelers last week. They emulated the team they defeated, the Colts, by flinging the ball all over, with **QB BEN ROETHLISBERGER** throwing for two first-quarter touchdowns. His counterpart, **JAKE PLUMMER** – dangerous when flushed out of the pocket -- managed his usual balanced game in defeating New England to give the Broncos a 9-0 home record this year.

The Steelers – the final four's hottest team with six wins in a row – are 8-2 on the road this year. "No team ever won all three games on the road and won Super Bowl," says Steelers **WR HINES WARD**. "Why not try to make history? We're one game away from having a chance to do it."

One of the keys to the game will be how fast the QBs get rid of the ball. Both clubs love to create frenzy by blitzing from anywhere, with safeties **TROY POLAMALU** (Steelers) and **JOHN LYNCH** (Broncos) leading the way.

"It's going to be physical, probably the most physical game we play all year," says Lynch. "They're going to come up and hit you and we have to bring it back to them. The team that establishes the run the best is probably going to win."

**Main targets:** You know who they're going to, you just have to stop it. Broncos **WR ROD SMITH** (91) has 44 more catches than the team's No. 2 target, **ASHLEY LELIE** (47), and Steelers **WR HINES WARD** (74) 30 more than the No. 2 target, rookie **TE HEATH MILLER** (44).

**CAROLINA PANTHERS (13-5) at SEATTLE SEAHAWKS (14-3) (Sunday, 6:45 PM ET, FOX)**

**STORYLINE:** *The roadies vs. the home dominators.*

Tough to determine who might have the advantage in this one. The Panthers are 8-2 on the road this year and have won four consecutive road playoff games. "Our guys understand challenges, and that you have to be a road warrior," says Carolina head coach **JOHN FOX**, 5-1 lifetime in the playoffs. The Seahawks were undefeated at home in 2005 for the second time in three years.

It could come down to an NFL version of "Mr. Smith Goes to Washington." That would be the NFL's Co-Comeback Player of the Year, Carolina **WR STEVE SMITH**. Recovered from a broken leg in 2004, Smith led the league in receiving yards this year (1,563), tied for the most TD catches (12), and has carried that production into the playoffs. Smith – who includes Seahawks Hall of Famer **STEVE LARGENT** as one of the five people in history he would most like to meet ("I like his style," he says) – leads 2005 playoff receivers in catches (22) yards (302) and TDs (3).

"He's awesome," says Seattle **CB JIMMY WILLIAMS**. "Every time he gets the ball, he can take it the distance."

Of course, the 'Hawks have a "take-it-the-distance" guy themselves in 2005 NFL MVP **RB SHAUN ALEXANDER**, the season rushing champ who is expected to play after missing most of last Saturday's game with a concussion. If he is still under the weather, **QB MATT HASSELBECK** will ratchet things up a notch as he did against Washington in the Divisionals by completing 16 of 26 passes and throwing and running for TDs. He will rely heavily on **WR DARRELL JACKSON**, who had a nine-catch, 143-yard, one-TD day.

The Panthers may have a similar RB situation. They have lost **DE SHAUN FOSTER** to a broken ankle and will plug in **NICK GOINGS**, primarily a third-down back who showed in 2004 that he can carry the load. With four Panthers RBs on IR that season, Goings produced five 100-yard rush games in the club's final seven games.

Those four consecutive Carolina playoff road victories have been directed by **QB JAKE DELHOMME**, who with his Divisional win over Chicago became the first quarterback in history to win his first four road playoff games. Those four wins match the all-time road playoff mark of Hall of Famers **LEN DAWSON** and **ROGER STAUBACH**, both 4-1.

**Paying dues, to a championship game:** The two starting quarterbacks Sunday come from similar, football-humble backgrounds. Delhomme, an undrafted free agent, started two games in six years (1997-02) for the New Orleans Saints, mostly serving on the practice squad and as a third QB. Hasselbeck – a sixth-round choice -- had no starts in three years (1998-00) with the Green Bay Packers, primarily as a holder and practice-squader.

# NATIONAL FOOTBALL LEAGUE 2005 PLAYOFF SCHEDULE

## WILD CARD WEEKEND

**Saturday, January 7:**

**NFC:** Washington 17, TAMPA BAY 10

**AFC:** NEW ENGLAND 28, Jacksonville 3

**Sunday, January 8:**

**NFC:** Carolina 23, NEW YORK GIANTS 0

**AFC:** Pittsburgh 31, CINCINNATI 17

## DIVISIONAL PLAYOFFS

**Saturday, January 14:**

**NFC:** SEATTLE 20, Washington 10

**AFC:** DENVER 27, New England 13

**Sunday, January 15:**

**AFC:** Pittsburgh 21, INDIANAPOLIS 18

**NFC:** Carolina 29, CHICAGO 21

**AFC CHAMPIONSHIP GAME:** Pittsburgh Steelers (13-5) at Denver Broncos (14-3), Sunday, January 22, 3:00 P.M. ET (CBS)

**NFC CHAMPIONSHIP GAME:** Carolina Panthers (13-5) at Seattle Seahawks (14-3), Sunday, January 22, 6:45 P.M. ET (FOX)

**SUPER BOWL XL:** Sunday, February 5 at Ford Field in Detroit, Michigan, 6:25 P.M. ET (ABC)

**AFC-NFC PRO BOWL:** Sunday, February 12 at Aloha Stadium in Honolulu, Hawaii, 6:00 P.M. ET (ESPN)

## 2005 FINAL NFL STANDINGS

AFC East												
Team	Overall Record	Head to Head	Division Record	Common Games Record	Conf Record	Strength of Victory	Strength of Schedule	Conf PF + PA Rank	Overall PF + PA Rank	Common Game Net Pts	Overall Net Pts	TD
y-New England	10-6-0		5-1-0	0-0-0	7-5-0	.400	.508	17	27	0	41	46
Miami	9-7-0		3-3-0	0-0-0	7-5-0	.438	.457	17	31	0	1	34
Buffalo	5-11-0		2-4-0	0-0-0	5-7-0	.450	.500	25	48	0	-96	26
New York Jets	4-12-0		2-4-0	0-0-0	3-9-0	.453	.527	27	52	0	-115	25
AFC North												
Team	Overall Record	Head to Head	Division Record	Common Games Record	Conf Record	Strength of Victory	Strength of Schedule	Conf PF + PA Rank	Overall PF + PA Rank	Common Game Net Pts	Overall Net Pts	TD
y-Cincinnati	11-5-0	1	5-1-0	0-0-0	7-5-0	.398	.477	13	26	0	71	48
x-Pittsburgh	11-5-0	1	4-2-0	0-0-0	7-5-0	.415	.492	8	12	0	131	45
Baltimore	6-10-0	1	2-4-0	0-0-0	4-8-0	.375	.523	18	35	0	-34	25
Cleveland	6-10-0	1	1-5-0	0-0-0	4-8-0	.396	.508	22	43	0	-69	22
AFC South												
Team	Overall Record	Head to Head	Division Record	Common Games Record	Conf Record	Strength of Victory	Strength of Schedule	Conf PF + PA Rank	Overall PF + PA Rank	Common Game Net Pts	Overall Net Pts	TD
*-Indianapolis	14-2-0		6-0-0	0-0-0	11-1-0	.424	.457	2	4	0	192	53
x-Jacksonville	12-4-0		4-2-0	0-0-0	9-3-0	.375	.465	12	18	0	92	42
Tennessee	4-12-0		2-4-0	0-0-0	3-9-0	.219	.512	25	50	0	-122	33
Houston	2-14-0		0-6-0	0-0-0	1-11-0	.344	.535	30	58	0	-171	26
AFC West												
Team	Overall Record	Head to Head	Division Record	Common Games Record	Conf Record	Strength of Victory	Strength of Schedule	Conf PF + PA Rank	Overall PF + PA Rank	Common Game Net Pts	Overall Net Pts	TD
z-Denver	13-3-0		5-1-0	0-0-0	10-2-0	.471	.500	7	10	0	137	46
Kansas City	10-6-0		4-2-0	0-0-0	9-3-0	.475	.504	13	22	0	78	46
San Diego	9-7-0		3-3-0	0-0-0	7-5-0	.500	.559	10	18	0	106	51
Oakland	4-12-0		0-6-0	0-0-0	2-10-0	.438	.539	25	48	0	-93	33

NFC East												
Team	Overall Record	Head to Head	Division Record	Common Games Record	Conf Record	Strength of Victory	Strength of Schedule	Conf PF + PA Rank	Overall PF + PA Rank	Common Game Net Pts	Overall Net Pts	TD
y-New York Giants	11-5-0		4-2-0	0-0-0	8-4-0	.432	.492	9	17	0	108	45
x-Washington	10-6-0		5-1-0	0-0-0	10-2-0	.500	.539	10	22	0	66	44
Dallas	9-7-0		3-3-0	0-0-0	7-5-0	.465	.523	13	27	0	17	38
Philadelphia	6-10-0		0-6-0	0-0-0	3-9-0	.385	.531	22	45	0	-78	35
NFC North												
Team	Overall Record	Head to Head	Division Record	Common Games Record	Conf Record	Strength of Victory	Strength of Schedule	Conf PF + PA Rank	Overall PF + PA Rank	Common Game Net Pts	Overall Net Pts	TD
z-Chicago	11-5-0		5-1-0	0-0-0	10-2-0	.398	.457	14	27	0	58	28
Minnesota	9-7-0		5-1-0	0-0-0	8-4-0	.382	.484	19	38	0	-38	33
Detroit	5-11-0		1-5-0	0-0-0	3-9-0	.300	.504	25	49	0	-91	28
Green Bay	4-12-0		1-5-0	0-0-0	4-8-0	.453	.531	21	41	0	-46	34
NFC South												
Team	Overall Record	Head to Head	Division Record	Common Games Record	Conf Record	Strength of Victory	Strength of Schedule	Conf PF + PA Rank	Overall PF + PA Rank	Common Game Net Pts	Overall Net Pts	TD
y-Tampa Bay	11-5-0	1	5-1-0	0-0-0	9-3-0	.426	.449	15	28	0	26	33
x-Carolina	11-5-0	1	4-2-0	0-0-0	8-4-0	.409	.449	5	13	0	132	45
Atlanta	8-8-0		2-4-0	0-0-0	5-7-0	.344	.492	14	32	0	10	39
New Orleans	3-13-0		1-5-0	0-0-0	1-11-0	.417	.523	30	59	0	-163	23
NFC West												
Team	Overall Record	Head to Head	Division Record	Common Games Record	Conf Record	Strength of Victory	Strength of Schedule	Conf PF + PA Rank	Overall PF + PA Rank	Common Game Net Pts	Overall Net Pts	TD
*-Seattle	13-3-0		6-0-0	0-0-0	10-2-0	.404	.430	4	8	0	181	57
St. Louis	6-10-0		1-5-0	0-0-0	3-9-0	.365	.484	20	42	0	-66	40
Arizona	5-11-0		3-3-0	0-0-0	4-8-0	.300	.508	20	43	0	-76	26
San Francisco	4-12-0		2-4-0	0-0-0	3-9-0	.391	.539	30	60	0	-189	23

x-clinched playoff berth  
 y-clinched division title  
 z-clinched first-round bye  
 \*-clinched home-field advantage

Cincinnati finished ahead of Pittsburgh based on better division record (5-1 to 4-2). Baltimore finished ahead of Cleveland based on better division record (2-4 to 1-5). Tampa Bay finished ahead of Carolina based on better division record (5-1 to 4-2).



## AFC NEWS 'N' NOTES

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FOR ADDITIONAL INFORMATION  
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### PITTSBURGH AT DENVER IN AFC CHAMPIONSHIP GAME

**SUNDAY, JANUARY 22**

**PITTSBURGH STEELERS – AFC NORTH (13-5) AT DENVER BRONCOS – AFC WEST (14-3)**

#### **SERIES**

	STEELERS	BRONCOS
<b>LEADER</b>		11-6-1 (RS); 3-2 (PS)
<b>STREAKS</b>		4 of past 5
<b>COACHES VS. OPP.</b>	Cowher: 1-3	Shanahan: 2-1
<b>VS. COMMON OPP.</b>	PIT: 2-3 (Bal 1-1, Jax 0-1, NE, 0-1, SD 1-0) DEN: 5-0 (Bal 1-0, Jax 1-0, NE 1-0, SD 2-0)	
<b>PLAYOFF RECORD</b>	26-18	17-14
<b>LAST WEEK</b>	W 21-18 at Colts	W 27-13 vs. Patriots
<b>LAST GAME</b>	10/12/03: Steelers 14 at Broncos 17. Denver K Jason Elam converts 47-yard field goal as time expires to seal win for Broncos.	
<b>LAST GAME AT SITE</b>	10/12/03	
<b>LAST PLAYOFF</b>	1/11/98: Steelers 21 vs. Broncos 24. Denver RB Terrell Davis rushes for 139 yards and a TD, while QB John Elway throws for 210 yards and two scores.	
<b>BROADCAST</b>	CBS (1:00 PM MT): Jim Nantz, Phil Simms, Bonnie Bernstein (Field reporter). CBS Radio: Marv Albert, Boomer Esiason, John Dockery (Field reporter).	

#### **STAT LEADERS**

<b>PASSING</b>	Roethlisberger: 168-268-2,385-17-9-98.6 (3L)	Plummer: 277-456-3,366-18-7-90.2
<b>RUSHING</b>	Parker: 255-1,202-4.7-4	Mi. Anderson: 239-1,014-4.2-12
<b>RECEIVING</b>	Ward: 69-975-14.1-11 (T2C)	Smith: 85-1,105-13.0-6
<b>OFFENSE</b>	321.8	360.4 (3C)
<b>TAKE/GIVE</b>	+7	+20 (2L)
<b>DEFENSE</b>	284.0 (1C)	312.9
<b>SACKS</b>	Porter: 10.5	Ekuban, Lynch, Pryce: 4.0
<b>INTs</b>	Hope: 3	Bailey: 8 (3C)
<b>PR</b>	Randle El: 10.2 (3C)	Da. Williams (R): 8.7
<b>KOR</b>	Morgan: 25.3	Da. Williams (R): 23.9
<b>PUNTING</b>	Gardocki: 41.8	Sauerbrun: 43.8
<b>KICKING</b>	Reed: 117 (45/45 PAT; 24/29 FG)	Elam: 114 (42/43 PAT; 24/32 FG)

#### **NOTES**

**CLUBS TO MEET** for sixth time in playoffs, with the last meeting in the 1997 AFC Championship Game. Denver earned a 24-21 victory in Pittsburgh and went on to win Super Bowl XXXII.

**STEELERS:** Pittsburgh is 1st No. 6 seed to earn berth in an NFL Championship Game. Team is 5-7 (.417) all-time in AFC Championships.....Steelers have outscored (122-109) and outrushed (785-529) Denver in five playoff meetings. ....Pittsburgh is 10-9 (.526) in postseason under head coach **BILL COWHER**. Team will make 2nd straight and 6th overall appearance in AFC Championship in Cowher era..... Including win last week at IND, team is 13-0 on season when out-rushing opponent.....In 8 road starts this season (including postseason) **QB BEN ROETHLISBERGER** has 12 TDs vs. 4 INTs, completing 108 of 165 passes (65.5 pct.) for 108.3 passer rating. Roethlisberger is now 3-1 (.750) as

starter in playoffs and 25-5 (.833) overall. Roethlisberger is first QB since 1970 to start back-to-back Championship Games in 1st 2 NFL seasons.....**RB JEROME BETTIS** has rush TD in 4 consecutive and 6 of 8 playoff games. Offense has rushed for at least 110 yds in 4 straight playoff games.....Club allowed only 8 TDs on road during regular season – fewest in NFL. Pro Bowl **LB JOEY PORTER** led NFL LBs with 10.5 sacks in 2005, tying career-high. LB Porter has 6.5 sacks in last 6 games (including postseason). **LB LARRY FOOTE** paced club with 123 regular-season tackles, 12 for losses. **CB IKE TAYLOR** led team with 25 pass break-ups in 2005 & compiled most tackles by Steelers DB (96) since **ROD WOODSON** (100) in 1992.....In two playoff games, team has 9 sacks (5 at IND, 4 at CIN). **LB JAMES FARRIOR** posted game high 10 tackles and career high 2.5 sacks vs. Colts.....**WR-PR ANTWAAN RANDLE EL** has 10+ yd PR avg. in consecutive playoffs & needs 1 more PR-TD to become 1st player in NFL postseason history to post 2 PR-TDs in career.

**BRONCOS:** Denver will host AFC Championship Game for 5th time and has 12-2 (.857) all-time playoff record at home. Team was unbeaten at home (8-0) for 5th time this season and has won 11 straight at Invesco Field. Broncos are 3-2 (.600) vs. Pittsburgh in playoffs; have more postseason games vs. Steelers than any other team.....Head coach **MIKE SHANAHAN** is 2-1 (.667) in career vs. Pittsburgh including playoffs. Shanahan surpassed **DAN REEVES** (7) for most postseason wins by coach in team history (8)....Pro Bowl **QB JAKE PLUMMER** has 2nd-highest career completion pct. (62.3) among active players with at least 100 postseason attempts. Since Wk. 6, QB Plummer has reached 3rd-best passer rating in league (97.7). In 1st halves during 2005 regular season, Plummer has thrown 13 TDs vs. 3 INTs .....**WR ROD SMITH** (45) needs 3 catches to become Broncos all-time postseason receptions leader (**SHANNON SHARPE**, 47). Smith is now franchise playoff leader in receiving yards with 799 and has caught TD pass in 3 of last 4 playoff appearances.....**WR ASHLEY LELIE** has at least 1 catch of 30+ yds in 7 of past 12 games. **FB KYLE JOHNSON** notched 5 TD catches, 2nd most by NFL RB on season .....Team has +29 improvement in turnover ratio this season vs. 2004 – greatest improvement in NFL in 2005.....**CB CHAMP BAILEY** recorded second-longest postseason interception return against New England (100 yards). CB Bailey intercepted 8 passes in regular season, tied for 4th in NFL.....Team allowed only 37 points in final four games (9.3-point avg.). **S NICK FERGUSON** stands 3rd among NFL safeties in INTs.....**K JASON ELAM** is now Broncos all-time leader in postseason points (79), surpassing **TERRELL DAVIS** (74).

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## NFC NEWS 'N' NOTES

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## CAROLINA AT SEATTLE IN NFC CHAMPIONSHIP GAME

SUNDAY, JANUARY 22

CAROLINA PANTHERS – NFC SOUTH (13-5) AT SEATTLE SEAHAWKS – NFC WEST (14-3)

### SERIES

	PANTHERS	SEAHAWKS
<b>LEADER</b>	Series tied: 1-1	
<b>STREAKS</b>		Past 1
<b>COACHES VS. OPP.</b>	Fox: 0-1	Holmgren: 4-1
<b>VS. COMMON OPP.</b>	Car: 4-1 (Arz 1-0, Atl 2-0, Dal 0-1, GB 1-0) Sea: 4-1 (Arz 2-0, Atl 1-0, Dal 1-0, GB 0-1)	
<b>PLAYOFF RECORD</b>	6-2	4-7
<b>LAST WEEK</b>	W 29-21 at Bears	W 20-10 vs. Redskins
<b>LAST GAME</b>	10/31/04: Panthers 17 at Seahawks 23. Seattle RB Shaun Alexander scores 2 TDs & K Josh Brown connects on 3 FGs as Seahawks snap 3-game losing streak.	

<b>LAST GAME AT SITE</b>	10/31/04
<b>LAST PLAYOFF</b>	--
<b>BROADCAST</b>	FOX (3:45 PM PT): Joe Buck, Troy Aikman, Pam Oliver (Field reporter), Chris Myers (Field reporter). CBS Radio: Joel Meyers, John Riggins, Rick Walker (Field reporter)

#### STAT LEADERS

<b>QBs</b>	Delhomme: 262-435-3,421-24 (T1C)-16-88.1	Hasselbeck: 294-449-3,459-24 (T1C)-9-98.2 (1C)
<b>RBs</b>	Goings: 37-133-3.6-0	Alexander: 370-1,880 (1L)-5.1-27 (1L)
<b>WRs</b>	S. Smith: 103 (T1L)-1,563 (1L)-15.2-12 (T1L)	Engram: 67-778-11.6-3
<b>OFFENSE</b>	309.4	369.7 (2L)
<b>TAKE/GIVE</b>	+16 (3L)	+10 (3C)
<b>DEFENSE</b>	282.6 (3L)	316.8
<b>SACKS</b>	Peppers: 10.5	Fisher: 9.0
<b>INTs</b>	Gamble: 7 (3C)	Boulware: 4
<b>PR</b>	Gamble: 11.3	Williams: 5.8
<b>KOR</b>	Robertson: 21.4	Scobey: 22.5
<b>PUNTING</b>	Baker: 43.3	Rouen: 41.6
<b>KICKING</b>	Kasay: 121 (43/44 PAT; 26/34 FG)	J. Brown: 110 (56/57 PAT; 18/25 FG)

#### NOTES

**TEAMS MEET FOR 1ST TIME IN PLAYOFFS**.....Seahawks seek 1st trip to Super Bowl & join '83 squad as only teams in franchise history to reach Championship Game.....Panthers seek 2nd trip to Super Bowl in past 3 seasons.

**PANTHERS:** Seek to become 1st team with 5 consecutive playoff road wins in NFL history.....Head coach **JOHN FOX** has 5-1 career playoff record. In 2 of 4 seasons with Panthers, has led club to Championship Game.....In 6 career playoff games, **QB JAKE DELHOMME** has 108.4 passer rating, 10 TDs vs. 2 INT & 1,446 passing yards, winning 5 of 6 starts. Has 100.0+ passer rating in 5 of 6 postseason games. Needs TD pass to join **DAN MARINO** (13), **JOE MONTANA** (8), **BERNIE KOSAR** (8) & **KURT WARNER** (7) as only players ever with TD pass in each of 1st 7 career playoff games.....**RB NICK GOINGS** could make 1st playoff start. In 13 career reg-season starts, has rushed for 896 yards & 6 TDs with 37 receptions for 307 yards.....**WR STEVE SMITH** had 218 receiving yards (12 catches, 2 TDs) last week, 4th-best single-game total in NFL playoff history. Has 706 receiving yards (40 receptions) in playoff career, most after 1st 6 career playoff games all-time. Seeks to become 1st player in postseason history to post 10-or-more catches in 3 consecutive playoff games. **WR RICKY PROEHL** had only career 100-yard game in playoffs in '99 NFC Champ game with Rams, posting 6 catches for 100 yards (TD) vs. TB.....Defense ranked 3rd, allowing 41.0 red-zone TD pct. (16 TDs, 39 trips) in reg-season... **DE JULIUS PEPPERS** posted 3rd 10-sack (10.5) season of 4-year career, joining **MIKE RUCKER** (47.5) & **KEVIN GREENE** (41.5) as only Panthers with 40. **CB KEN LUCAS** spent 1st 4 NFL seasons ('01-'04) with Seahawks before joining Panthers in '05. Seeks INT in 3rd playoff game in row.....Among players who entered NFL in '04, **CB CHRIS GAMBLE** ties for lead with 13 INTs (Nathan Vasher).....**K JOHN KASAY** was Seahawks 4th-round draft pick in '91, spending 4 seasons with Sea. Has connected on 21 of 23 (.913) career FGs in postseason.

**SEAHAWKS:** Host 1st Championship Game & seek 10th consecutive home win, including playoffs.... NFC No. 1 seed advanced to Super Bowl in 8 of past 12 years.....**MIKE HOLMGREN** can join **BILL PARCELLS** (NYG, NE), **DAN REEVES** (Den, Atl), **DON SHULA** (Bal, Mia) & **DICK VERMEIL** (Phil, StL) as only coaches to lead 2 teams to SB..... Including playoffs, **QB MATT HASSELBECK** has won 21 of past 25 home starts, with 64.6 comp. pct. (498 of 771), 40 TDs vs. 16 INTs & 96.3 passer rating in that span. Has 861 career passing yards in postseason (3 games) & needs 139 to join **DAVE KRIEG** (1,252; 7 games) as only Sea QBs with 1,000.....**RB SHAUN ALEXANDER** set NFL single-season record with 28 TDs & led league with 1,880 rushing yards, 9th-highest total in history. Club 28-5 (.848) when he rushes for 100 yards. After rushing for 78 yards in '05, Pro Bowl **FB MACK STRONG** rushed for 40 last week, including 32-yard 4th-quarter run.....**WR DARRELL JACKSON** had 9 receptions (143 yards, TD) vs. Wash, becoming club all-time leader with 26 postseason catches. Avgs. 109.7 receiving yards per game in 3 career playoff games. Has 2 consecutive 100-yard games in playoffs & needs 100-yard outing to tie **TOM FEARS** (LA Rams, '50-'51), **RANDY MOSS** (Min, '99-'00) & **JERRY RICE** (SF, '88-'89) for NFL record. In 6 career playoff games, **WR JOE JUREVICIUS** avgs. 22.1 yards per catch (11-243).....**JERRAMY STEVENS** set club record for TEs with 554 receiving yards (45 catches).....Defense led NFL with 50 sacks in '05 & allowed 94.4 rushing yards per game, 5th in NFL.....**DE BRYCE FISHER** had team-leading & career-high 9.0 sacks in '05 & added 1 vs. Wash..... **ROCKY BERNARD** ranked 2nd among NFL DTs with 8.5 sacks..... Rookie 2nd-round **LB LOFA TATUPU** was club's leading tackler & 1 of 4 NFL LBs with 3-or-more sacks (4) & 3-or-more INT (3). Third-round **LB LE ROY HILL** ranked 3rd among NFL rookies with 7.5 sacks.

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