

# SEATTLE

NFC WEST



**Head Coach: Pete Carroll (1st year)**  
**Off. Coord: Jeremy Bates; Def. Coord: Casey Bradley**  
**2009 Record: SUR 5-11, PSR 6-10, O-U 7-9**  
**Field: Qwest Field (76,000) FieldTurf**



*So, what was it about Seattle that prompted Pete Carroll to finally jump back into the NFL?*

Timing, really. Although there are a few other factors that made this a better fit for Carroll than the several other NFL teams that have been pursuing him since he began to win big at Southern Cal, where he posted 97 wins, seven Pac-10 crowns, and one BCS title the past nine seasons. *Different from past seasons, however, was that the situation at SC seemed to be deteriorating after so many years of dominance.*

Longtime Carroll watchers, however, have said the coach was always desirous of another crack at the NFL, where he didn't believe he was given a fair shake in a pair of head coaching stints in the '90s with the Jets (1994) and Patriots (1997-99). In neither case did Carroll have the authority over personnel matters that he deemed necessary to succeed in the league. Caught in the middle of administrative gunfire, Carroll was the odd man out in a front office tug-of-war after his 6-10 record with the Jets before resurfacing three years later as Bill Parcells' replacement with the Patriots. Carroll did not do badly at New England, making the playoffs twice and recording a 27-21 regular-season record, but he lacked the influence and support from the front office to sustain his regime. Some SC sources also believe Carroll might have taken the San Francisco 49ers job after the 2004 season had John York given Pete the comprehensive authority he now commands with the Seahawks, who have provided a dream scenario of sorts for Carroll. Owner Paul Allen has the deepest pockets in the league and, *unlike Dan Snyder or Jerry Jones*, stays completely away from football matters. The practice and team facility in Renton, right on the shore of Lake Washington, might be the league's best. Moreover, with the title of executive VP as well as coach, Carroll has final say on personnel matters, although early signs are that he is enjoying working in tandem with new GM and talent evaluator John Schneider, most recently at Green Bay.

*Carroll, however, is not being handed the Super Bowl team he inherited from Parcells.* The Seahawks have won only nine games the past two seasons and are now working on their third head coach since 2008 after Jim Mora Jr.'s fledgling regime was aborted after last season, largely because the opportunity to land Carroll presented itself to Allen and team CEO Tod Leiweke, who was instrumental in luring the Trojan coach. Revamping an aging roster was first on the offseason agenda, which also included making provisions at QB with oft-injured veteran Matt Hasselbeck (off a difficult '09) no longer considered a long-term answer.

With capable backup Seneca Wallace moving to Cleveland, and preferable QB options in the draft such as Sam Bradford (*which turned out to be right*) and Jimmy Clausen (*which turned out to be wrong*) likely unavailable when it was time for Seattle to make its first pick, Carroll and Schneider decided that Charger backup Charlie Whitehurst, *who did not throw a regular-season pass in four seasons at San Diego*, was the best-available alternative as insurance for Hasselbeck, who for now remains the designated starter in the Seahawks' version of the West Coast. The OL, however, appears to be in a state of flux after the retirement of T Walter Jones and position juggling at the May minicamp. Carroll also added RB Leon Washington (*offseason pickup LenDale White was subsequently released*) to bolster an infantry that ranked only 26th a year ago, while Notre Dame rookie WR/KR Golden Tate hopes to add a big-play dimension to a WR corps that lost FA Nate Burleson to the Lions and didn't get a proper return on its investment from FA T.J. Houshmandzadeh last fall. *Some observers are also curious about Carroll's fascination with o.c. Jeremy Bates, whose recent work with Pete at SC and with Mike Shanahan in Denver did not play to rave reviews.*

Carroll retained d.c. Gus Bradley from Mora's staff, but there are several pieces that need to fit for the stop unit to improve from a year ago. Bradley's need to locate a pass rush might be more difficult now that DE Patrick Kerney has retired; it will be up to new DEs Lawrence Jackson (a Carroll SC product) and Chris Clemons, acquired from the Eagles, to deliver. Yet another Carroll SC protégé, Lofa Tatupu, has recovered from LY's pectoral tear that cost him 10 games and could combine with LY's top pick, Aaron Curry (moved back to his natural position on the strong side), in a potential big-play LB crew. Generating more pressure on the QB will also help a pass "D" that has ranked near the bottom of league stats the past two seasons and could force rookies such as Texas FS Earl Thomas and Oregon CB Walter Thurmond into the lineup sooner rather than later.

**Bottom line...***With so many new faces, it's ironic that the most familiar one, QB Matt Hasselbeck, likely holds the key to the campaign, because the Seahawks have floundered whenever he's been hurting or out of the lineup since their last playoff appearance in 2007.* If the old Hasselbeck resurfaces, maybe Seattle makes a move in the winnable NFC West, though Carroll's variety of changes are more likely to pay dividends down the road.

**PRESEASON NOTES:** With the Jets and Pats, Carroll was 10-7 SU, 11-5-1 vs. the line, 6-2 as chalk, 5-3-1 as a dog, and 4-2 after a SU loss.

## 2009 SEATTLE SEAHAWKS

### REGULAR-SEASON STAT LEADERS

PASSING	PA	PC	YDS	PCT	TD	INT	RAT
M. Hasselbeck	293	488	3029	60.0	17	17	75.1
S. Wallace	78	120	700	65.0	3	2	81.9
<b>TOTAL</b>	<b>372</b>	<b>609</b>	<b>3771</b>	<b>61.1</b>	<b>20</b>	<b>19</b>	<b>76.7</b>

RUSHING	No.	Yds	Avg	Long	TD
J. Jones	177	663	3.7	62	2
J. Forsett	114	619	5.4	35	4
E. James	46	125	2.7	10	0
<b>TOTAL</b>	<b>395</b>	<b>1566</b>	<b>4.0</b>	<b>62</b>	<b>7</b>

RECEIVING	No.	Yds	Avg	Long	TD
Houshmandzadeh	79	911	11.5	53	3
N. Burleson	63	812	12.9	44	3
J. Carlson	51	574	11.3	42	7
D. Branch	45	437	9.7	35	2
J. Forsett	41	350	8.5	47	1
J. Jones	35	232	6.6	49	2
D. Butler	15	175	11.7	32	0
J. Griffith	19	118	6.2	25	1
<b>TOTAL</b>	<b>372</b>	<b>3771</b>	<b>10.1</b>	<b>53</b>	<b>20</b>

FIELD GOALS	1-19	20-29	30-39	40-49	50+
O. Mare	0/0	9/9	10/11	5/6	0/0
<b>TOTAL</b>	<b>0/0</b>	<b>9/9</b>	<b>10/11</b>	<b>5/6</b>	<b>0/0</b>

DEFENSE	Total	Tackles	Assists	Sacks	FR
D. Hawthorne	117	94	23	4.0	2
J. Babineaux	104	75	29	1.5	1
D. Grant	78	60	18	0.0	1
A. Curry	61	54	7	2.0	2
M. Trufant	49	43	6	0.0	0
J. Wilson	45	41	4	1.0	0
B. Mebane	49	40	9	1.5	0
D. Tapp	49	40	9	2.5	0
W. Herring	46	38	8	0.0	1
L. Hill	46	37	9	1.0	0
C. Cole	48	29	19	0.0	0
K. Lucas	34	28	6	0.0	0
L. Milloy	34	27	7	0.0	0
L. Jackson	32	27	5	4.5	2
K. Jennings	30	27	3	0.0	0
P. Kerney	34	23	11	5.0	2
L. Tatupu	32	21	11	1.0	0
C. Redding	20	18	2	2.0	0
L. Lary	21	15	6	0.0	1
N. Reed	17	10	7	1.0	0
B. Obomanu	12	10	2	0.0	0
C. Terrill	11	8	3	1.0	0
<b>TOTAL</b>	<b>1079</b>	<b>864</b>	<b>215</b>	<b>28</b>	<b>13</b>
<b>OPPONENTS</b>	<b>1071</b>	<b>875</b>	<b>196</b>	<b>41</b>	<b>19</b>

INTERCEPTIONS	No	Yards	Avg	Long	TD
D. Hawthorne	3	9	3.0	5	0
D. Grant	3	7	2.3	7	0
<b>TOTAL</b>	<b>13</b>	<b>164</b>	<b>12.6</b>	<b>65</b>	<b>2</b>
<b>OPPONENTS</b>	<b>19</b>	<b>202</b>	<b>10.6</b>	<b>70</b>	<b>1</b>

2010		2009		2008		2007		2006					
		(SUR: 5-11 PSR: 6-10 O-U: 7-9)		(SUR: 4-12 PSR: 8-8 O-U: 8-8)		(SUR: 11-7 PSR: 10-8 O-U: 9-9)		(SUR: 10-8 PSR: 8-10 O-U: 10-8)					
S.12	SAN FRANCISCO	S.13	ST. LOUIS	S.07	Buffalo	L +1'	10-34	o38'	S.10	Detroit	L -6	9-6	u45
S.19	Denver	S.20	San Francisco	S.14	S. FRAN.-OT	L -6'	30-33	o38	S.16	Arizona	L -3	20-23	o42'
S.26	SAN DIEGO	S.27	CHICAGO	S.21	ST. LOUIS	W -9	37-13	o44	S.23	CINCINNATI	L -3'	24-21	u49'
O.03	St. Louis	O.04	Indianapolis	S.28	Bye				S.30	San Francisco	W -2	23-3	u40'
O.10	Bye	O.11	JACKSONVILLE	O.05	NY Giants	L +7	6-44	o43'	O.07	Pittsburgh	L +5'	0-21	u40'
O.17	Chicago	O.18	ARIZONA	O.12	GREEN BAY	L -1	17-27	u45	O.14'	NEW ORLEANS	L -6'	17-28	o42'
O.24	ARIZONA	O.25	Open Week	O.19*	Tampa Bay	W +10'	10-20	u38	O.21	ST. LOUIS	W -8	33-6	u39'
O.31	Oakland	N.01	Dallas	O.26	San Francisco	W +5'	34-13	o41'	O.28	Bye			
N.07	NY GIANTS	N.08	DETROIT	N.02	PHILADELPHIA	L +7	7-26	u43	N.04	Cleveland-OT	L +1'	30-33	o46'
N.14	Arizona	N.15	Arizona	N.09	Miami	W +8	19-21	u42	N.12*	S. FRANCISCO	W -9'	24-0	u38'
N.21	New Orleans	N.22	Minnesota	N.16	ARIZONA	L +3	20-26	u47'	N.18	CHICAGO	W -5'	30-23	o37'
N.28	KANSAS CITY	N.29	St. Louis	N.23	WASHINGTON	W +3'	17-20	u40'	N.25	St. Louis	W -3	24-19	u44'
D.05	CAROLINA	D.06	S. FRANCISCO	N.27	Dallas	L +12	9-34	u46	D.02	Philadelphia	W +3	28-24	o40'
D.12	San Francisco	D.13	Houston	D.07	NEW ENGLAND	W +7	21-24	u43	D.09	ARIZONA	W -7	42-21	o44'
D.19	ATLANTA	D.20	TAMOA BAY	D.14	St. Louis	W -2'	23-20	o42'	D.16	Carolina	L -7'	10-13	u37'
D.26	Tampa Bay	D.27	Green Bay	D.21	NY JETS	W +3'	13-3	u42	D.23	BALTIMORE	W -11'	27-6	u39
J.02	ST. LOUIS	J.03	TENNESSEE	D.28	Arizona	L +6'	21-34	o46	D.30	Atlanta	L -1'	41-44	o38'
									J.05	WASHINGTON-P	W -3'	35-14	o39
									J.12	Green Bay-P	L +7'	20-42	o43
									J.06*	DALLAS-P	L -2	21-20	u48
									J.14	Chicago (OT)-P	W +9	24-27	o37'

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## SEATTLE 2009 REGULAR SEASON TEAM STATS

	SEAHAWKS	OPPONENTS
TOTAL FIRST DOWNS	297	305
FIRST DOWNS (Rushing-passing-by penalty)	80-184-33	80-204-21
THIRD DOWN CONVERSIONS	75/225	87/223
FOURTH DOWN CONVERSIONS	8/19	6/12
TOTAL OFFENSIVE YARDS	5069	5703
OFFENSE (Plays-Average Yards)	1045-4.9	1024-5.6
TOTAL RUSHING YARDS	1566	1776
RUSHING (Plays-Average Yards)	395-4.0	428-4.1
TOTAL PASSING YARDS	3503	3927
PASSING (Comp-Att-Int-Avg)	372-609-19-6.2	374-568-13-7.2
SACKS	28	41
FIELD GOALS	24/26	22/31
TOUCHDOWNS	30	46
(Rushing-Passing>Returns-Defensive)	7-20-0-3	17-27-1-1
TIME OF POSSESSION	27:30	32:29

## PROJECTED OFFENSE

QB	8 Matt Hasselbeck	6 Charlie Whitehurst
	14 Mike Teel	7 J.P.Losman
RB	22 Julius Jones	40 Louis Rankin
	30 Leon Washington	20 Justin Forsett
FB	35 Owen Schmitt	43 Ryan Powdrell
WR	11 Deon Butler	81 Golden Tate (2nd Rd)
	87 Ben Obomanu	82 Ruvell Martin
WR	84 T.J. Houshmandzadeh	83 Deion Branch
	17 Sean Morey	1 Mike Williams
TE	89 John Carlson	86 Chris Baker
	85 Anthony McCoy (6th Rd)	88 Cameron Morrah
LT	76 Russell Okung (1st Rd)	74 Ray Willis
LG	50 Ben Hamilton	64 Mike Gibson
C	65 Chris Spencer	69 Steve Vallos
RG	60 Max Unger	66 Mansfield Wrotto
RT	75 Sean Locklear	67 Joe Toledo

## PROJECTED DEFENSE

DE	95 Lawrence Jackson	97 E.J. Wilson (4th Rd)
DT	92 Brandon Mebane	93 Craig Terrill
DT	90 Colin Cole	79 Red Bryant
DE	91 Chris Clemons	98 Nick Reed
		58 Dexter Davis (7th Rd)
OLB	56 Leroy Hill	54 Will Herring
MLB	51 Lofa Tatupu	57 David Hawthorne
OLB	59 Aaron Curry	52 Matt McCoy
CB	23 Marcus Trufant	21 Kelly Jennings
		3 Josh Pinkard
S	27 Jordan Babineaux	31 Kam Chancellor (5th Rd)
S	29 Earl Thomas (1st Rd)	36 Lawyer Milloy
CB	26 Josh Wilson	28 Walter Thurmond (4th Rd)

## PROJECTED SPECIALISTS

K	10 Olindo Mare
P	9 Jon Ryan

## Seattle 2010 Draft Picks

Rd	Player	Pos.	Ht.	Wt.	School
1 (6)	Russell Okung	OT	6'5"	307	Oklahoma State
1 (14)	Earl Thomas	SS	5'10"	208	Texas
2 (60)	Golden Tate	WR	5'10"	199	Notre Dame
4 (111)	Walter Thurmond	CB	5'11"	189	Oregon
4 (127)	E.J. Wilson	DE	6'4"	286	North Carolina
5 (133)	Kam Chancellor	FS	6'3"	231	Virginia Tech
6 (185)	Anthony McCoy	TE	6'4"	259	Southern Cal
7 (236)	Dexter Davis	DE	6'1"	244	Arizona State
7 (245)	Jameson Konz	WR	6'3"	227	Kent State

## SEATTLE SEAHAWKS POINTSPREAD BREAKDOWN (INCLUDING PLAYOFFS)

	SUR	Spread	Home	Home	Road	Road	SB	Fav	Fav>3	Dog	After
			SUR	Sprd	SUR	Sprd	Sprd	Sprd	Sprd	Sprd	SUL
2009	5-11	6-10	4-4	5-3	1-7	1-7	---	4-2	3-1	2-8	4-6
2008	4-12	8-8	2-6	4-4	2-6	4-4	---	2-2	1-1	6-6	7-4
2007	11-7	10-8	8-1	7-2	3-6	3-6	---	9-5	7-3	1-3	4-2
2006	10-8	8-10	6-3	5-4	4-5	3-6	---	4-8	4-5	4-2	4-3
2005	15-4	11-8	10-0	8-2	5-3	3-5	0-1	10-4	9-4	1-4	3-0
<b>L5 Years</b>	<b>45-42</b>	<b>43-44</b>	<b>30-14</b>	<b>29-15</b>	<b>15-27</b>	<b>14-28</b>	<b>0-1</b>	<b>29-21</b>	<b>24-14</b>	<b>14-23</b>	<b>22-15</b>

## SEATTLE SEAHAWKS 2009

### REGULAR SEASON STAT RANKINGS

OFFENSE	TOTAL	RANK
TOTAL OFFENSE (Yds. Per Game)	316.8	21
FIRST DOWNS (Per Game)	18.6	17
POINTS PER GAME	17.5	25
RUSHING (Yds. Per Game)	97.9	26
RUSHING TDS	7	T-27
PASSING OFFENSE (Yds. Per Game)	218.9	15
PASSING COMPLETION %	61.1	T-14
PASSING TDS	20	20
FIELD GOALS	24	T-15
TIME OF POSSESSION	27:31	32
DEFENSE	TOTAL	RANK
TOTAL DEFENSE (Yds. Per Game)	356.4	24
SCORING DEFENSE	24.4	T-25
RUSHING DEFENSE (Yds. Per Game)	111.0	15
PASSING DEFENSE (Yds. Per Game)	245.4	30
PASS COMPLETION%	65.8	29
INTERCEPTIONS	13	T-22
SACKS	28	T-26
TOTAL TEAM PENALTIES	95	T-15
TURNOVER MARGIN	-8	T-26

## SEATTLE—2009 Game-by-Game Statistics, including playoffs

OPPONENT	OFFENSE					DEFENSE				
	PF	PA	RA-YR	PC-PA-I-Y/P	SK F-FL	RA-YR	PC-PA-I-Y/P	SK	F-FR	
St. Louis	28	0	34/167	25/36/2/279	0 2-1	18/77	17/36/0/170	3	2-1	
San Francisco	10	23	23/66	25/41/1/217	1 2-0	29/256	19/27/0/123	4	2-0	
Chicago	19	25	28/103	26/44/1/243	3 2-1	28/85	21/27/1/233	2	3-1	
Indianapolis	17	34	19/49	33/45/0/230	5 2-2	22/78	31/41/1/353	0	1-0	
Jacksonville	41	0	40/143	18/30/0/236	1 2-0	15/38	19/32/0/161	5	2-2	
Arizona	3	27	11/14	11/30/1/114	5 2-1	26/62	34/43/1/282	2	1-1	
Dallas	17	38	22/79	22/39/0/229	3 2-2	29/113	21/36/0/249	2	3-1	
Detroit	32	20	18/55	40/52/1/342	1 3-1	21/114	22/42/5/186	2	2-0	
Arizona	20	31	24/164	27/53/2/308	4 0-0	30/122	29/38/0/340	0	0-0	
Minnesota	9	35	13/ 4	19/29/1/208	2 4-1	37/160	28/33/0/271	2	0-0	
St. Louis	27	17	31/170	14/25/0/95	1 2-1	28/113	28/46/2/251	4	0-0	
San Francisco	20	17	29/107	26/35/0/185	5 2-1	12/53	27/45/0/303	1	2-2	
Houston	7	34	24/62	24/36/1/220	3 4-0	28/85	29/39/1/365	0	1-1	
Tampa Bay	7	24	25/128	27/46/4/252	1 2-1	34/134	16/26/1/205	0	0-0	
Green Bay	10	48	29/115	19/37/4/176	3 0-0	32/153	16/29/0/264	1	1-0	
Tennessee	13	17	26/140	16/31/1/169	3 1-0	39/133	17/28/1/171	0	1-1	

## SEATTLE TEAM STATISTICS 2006-2009 (INCLUDING ALL PLAYOFF GAMES)

YEAR	OFFENSE													DEFENSE																					
	SUR	PSR	PF	PA	FD	RA	RY	YPC	F-FL	T-R-P	PC	PA	PI	SK	YP	YPP	YPT	FD	RA	RY	YPC	F-FR	T-R-P	PC	PA	PI	SK	YP	YPP	YPT	DIF	APR	OPR	TM	TO
2009	5-11	6-10	18	24	19	25	98	4.0	32-12	30-7-20	23	38	19	41	219	5.8	18.1	19	27	111	4.1	21-10	46-17-27	23	36	13	28	245	6.9	14.6	-3.5	7.8	5.4	28	-8
2008	4-12	8-8	18	25	17	26	111	4.2	19-12	32-10-18	16	30	15	36	164	5.5	14.9	20	29	119	4.2	26-11	40-13-25	23	35	9	35	259	7.3	15.4	.5	9.5	6.1	27	-7
2007	11-7	10-8	25	19	20	26	96	3.7	23-12	50-11-32	23	36	15	39	242	6.7	13.6	18	27	109	4.0	34-16	40-19-20	21	36	22	49	218	6.1	16.9	3.3	4.3	8.2	29	+11
2006	10-8	8-10	21	22	19	30	119	3.9	22-12	42-10-29	18	32	25	51	193	6.0	14.8	17	28	126	4.5	42-16	44-14-25	19	32	13	47	204	6.4	15.3	.5	4.2	6.4	30	-8