

# SEATTLE SEAHAWKS

CONFERENCE: **NFC**  
 DIVISION: **West**  
 STADIUM: **Qwest Field**  
 CAPACITY: **67,000**  
 SURFACE: **FieldTurf**

COACH NAME: **Mike Holmgren**  
 EXPERIENCE: **17th**  
 RECORD: **157-99**  
 PLAYOFF REC: **12-11**  
 WINNING%: **.614**

2007 REC	HOME	AWAY	ATS	HOME ATS	AWAY ATS	FAV ATS	DOG ATS	O/U	DIV	CONF	GRASS	TURF
10-6	7-1	3-5	9-6-1	6-1-1	3-5	8-4-1	1-2	7-9	5-1	8-4	2-4	8-2

The Seahawks usually have to at least compete with the Rams for first place in the NFC West, but last season they just had to cruise past the Cardinals to claim top spot and earn a playoff date. Seattle then thumped Washington 35-14 in the Wild Card round, but they were subsequently no match for the Packers in a 42-20 defeat. That gives head coach Mike Holmgren just one more chance to lead the Seahawks to a Super Bowl victory, as he plans to retire at the end of the season. Holmgren will at least be able to rely on starting quarterback Matt Hasselbeck once again. Hasselbeck is coming off a strong campaign in which he posted a QB rating of 91.4 while throwing for 3966 yards and 28 touchdowns (with 12 interceptions). However, the Seahawks did lose some personnel on that unit in the offseason, with running back Shaun Alexander released and wide receiver D.J. Hackett and kicker Josh Brown both leaving as free agents. Julius Jones was signed away from the Cowboys to replace Alexander, with Maurice Morris remaining the primary backup. Wide receivers Bobby Engram and Nate Burleson combined for 15 touchdowns and over 1800 yards receiving last year and they'll continue to be top targets for Hasselbeck. Seattle's defense outclassed the rest of the NFC West last year (allowing just 291 points), but it didn't perform well in their playoff loss to the Packers. Holmgren will have to plug any leaks he found on that unit if the team wants to do some real damage in the playoffs. The Seahawks were 10-6 (and 9-6-1 against-the-spread) in '07 and a similar record probably wins them the division again.

### BETTING OUTLOOK

SB ODDS	+2800	TOTAL WINS	OVER 8½(+165)
CONF. ODDS	+1100	3 YEAR ATS	24-23-1
DIV. ODDS	-130	3 YEAR O/U	26-22-0
TO WIN MVP	MATT HASSELBECK	+2000	
TO WIN ROY	JOHN CARLSON	+1800	

### 2007 RANKINGS

CATEGORY	TOTAL	RANK
	POINTS FOR	22.75
YARDS PER PLAY	5.14	16
1ST DOWNS	19.25	23
YARDS PER RUSH	3.76	5
YARDS PER PASS	10.56	16
RUSHING	118.5	22
PASSING	227.63	22
TOTAL YARDS	346.13	25
TIME OF POSSESSION	1.38	28

  

CATEGORY	TOTAL	RANK
	POINTS AGAINST	18.19
YARDS PER PLAY	4.97	9
1ST DOWNS	17.38	5
YARDS PER RUSH	3.9	12
YARDS PER PASS	10.53	15
RUSHING	102.75	12
PASSING	219.06	19
TOTAL YARDS	321.81	15
TURNOVERS	2.13	6

### 2007 STATS LEADERS

QUARTERBACK	G	COMP	ATT	PCT	YDS	Y/G	Y/A	TD	INT	Rat.
Matt Hasselbeck	16	352	562	62.6	3966	247.9	7.1	28	12	91.4
Seneca Wallace	10	19	28	67.9	215	21.5	7.7	2	1	99.6

  

RUSHING	GP	ATT	YARDS	YPC	TD	FUM	YPG
Shaun Alexander	13	207	716	3.5	4	2	55.1
Maurice Morris	14	140	628	4.5	4	1	44.9
Leonard Weaver	16	33	146	4.4	1	0	9.1

  

RECEIVING	GP	REC	YARDS	AVG	TD	YAC
Bobby Engram	16	94	1147	12.2	6	4
Nate Burleson	16	50	694	13.9	9	4.3
Deion Branch	11	49	661	13.5	4	4.4
D.J. Hackett	6	32	384	12	3	4.8

  

KICKERS	GP	XP	XPA	FG	FGA	LONG
Josh Brown	16	43	43	28	34	54

  

KICK RETURNS	KR	YDS	AVG	TD
Nate Burleson	27	590	21.9	1
Josh Wilson	15	385	25.7	1

  

PUNTERS	GP	PUNTS	YDS	AVG	IN20
Ryan Plackemeier	16	86	3436	40	30

  

PUNT RETURNS	PR	YDS	AVG	TD
Nate Burleson	58	658	11.3	1

  

DEFENSE	GP	TAK	SACK	IR	FR
Lofa Tatupu	16	109	1	4	0
Marcus Trufant	16	85	0	7	0
LeRoy Hill	14	81	3	0	1
Julian Peterson	16	74	9.5	2	2
Deon Grant	16	72	0	3	1
Patrick Kerney	16	60	14.5	1	0
Darryl Tapp	16	49	7	1	2

### 2008 SCHEDULE

DATE	TIME	OPPONENT	LINE		FINAL SCORE		W/L
			OPEN	CLOSE	TEAM	OPP	
Sun, Sep 7	1:00 PM	at Buffalo					
Sun, Sep 14	4:05 PM	San Francisco					
Sun, Sep 21	4:05 PM	St. Louis					
Bye							
Sun, Oct 5	1:00 PM	at NY Giants					
Sun, Oct 12	4:15 PM	Green Bay					
Sun, Oct 19	8:15 PM	at Tampa Bay					
Sun, Oct 26	4:15 PM	at San Francisco					
Sun, Nov 2	4:15 PM	Philadelphia					
Sun, Nov 9	1:00 PM	at Miami					
Sun, Nov 16	4:05 PM	Arizona					
Sun, Nov 23	4:15 PM	Washington					
Thu, Nov 27	4:15 PM	at Dallas					
Sun, Dec 7	8:15 PM	New England					
Sun, Dec 14	1:00 PM	at St. Louis					
Sun, Dec 21	4:05 PM	NY Jets					
Sun, Dec 28	4:15 PM	at Arizona					

### 2007 RESULTS

OPPONENT	SCORE	RES	LINE	ATS	O/U	RES
Tampa Bay	20-6	W	-6.0	W	41.0	U
at Arizona	20-23	L	-2.5	L	42.5	O
Cincinnati	24-21	W	-3.0	P	49.5	U
at San Francisco	23-3	W	-1.5	W	40.5	U
at Pittsburgh	0-21	L	5.0	L	41.5	U
New Orleans	17-28	L	-6.0	L	43.0	O
St. Louis	33-6	W	-7.5	W	39.5	U
at Cleveland	30-33	L	1.5	L	47.0	O
San Francisco	24-0	W	-10.0	W	38.5	U
Chicago	30-23	W	-5.5	W	38.0	O
at St. Louis	24-19	W	-3.0	W	45.5	U
at Philadelphia	28-24	W	3.0	W	41.0	O
Arizona	42-21	W	-7.5	W	44.5	O
at Carolina	10-13	L	-7.5	L	37.0	U
Baltimore	27-6	W	-13.5	W	39.0	U
at Atlanta	41-44	L	-1.0	L	38.5	O

### ROSTER CHANGES

ADDITIONS	DELETIONS
Chris Cooper, DE	Chartric Darby, DT
Dalton Bell, QB	D.J. Hackett, WR
Jeb Putzier, TE	Ellis Wymys, DT
Julius Jones, RB	Jonathan Lewis, DT
Larry Tripplett, DT	Josh Brown, K
Mike Wahle, G	Kevin Bentley, LB
Olindo Mare, K	Marcus Pollard, TE
Omare Lowe, CB	Niko Koutouvides, LB
T.J. Duckett, RB	Shaun Alexander, RB

### TRENDS

- SEA is 10-1 O/U in L11 games vs. poor def. teams.
- SEA is 14-4 O/U in L18 at home vs. teams giving up <=17 PPG.
- SEA is 6-23 O/U in Sept. road games since '92.
- SEA is 7-25 ATS in Oct road games since '92.
- Since '05, SEA is 18-7 ATS as home FAVS.
- The L6 games between BUF & SEA have gone OVER.
- The L8 games between SEA & ARZ are 7-1 O/U.
- ROAD TEAM is 6-0 SU & ATS in L6 games of PHI-SEA series.