

Shaun

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## 2003 Highlights

- After rushing for a career high 1,435 yards and 16 touchdowns (two shy of his own team record of 18 in 2002) Shaun earned his first trip to the Pro Bowl.
- After starting 34 straight games shaun missed his first start against St. Louis after helping deliver his first child, daughter Heaven.
- Shaun had fourteen rushing scores which was second in the NFC and moved him into third overall for the Seahawks with 52 career touchdowns.
- Shaun had 7 games in which he rushed for more than 100 yards.

## 2002 Highlights

- Started all 16 games at running back enroute to rushing for an NFC leading (2nd NFL) and franchise-record 16 touchdowns, eclipsing his own mark of 15 he tied with Chris Warren in 2001.
- Also led the NFC (2nd NFL) and set a team record with 18 combined touchdowns and in non-kicker scoring with 108 points.
- Rushed for 1,175 yards on 295 carries (4.0 avg.).
- Yard total ranked fifth in the NFC while he ranked fourth in total yards from scrimmage with 1,635.
- Had a career-high 59 receptions, which ranked third among NFC running backs, for 460 yards.
- Finished second in the NFC with 80 first downs.
- Combined for 110 yards on 44 carries in the first three games at Oakland (9/8), versus Arizona (9/15) and at the NY Giants (9/22).
- Got on track versus Minnesota (9/29) rushing for 139 yards on 24 carries scoring a career-high and franchise-record five touchdowns (career-high four rushing, 1 rec.).
- All scores were in the first half to set an NFL-record for most touchdowns in one half.
- Five touchdowns were also the second-most in NFL history to tie with nine others.
- Four rushing scores tied for the most in Seahawks history (Curt Warner vs. Denver, 12/11/88).
- Also had three receptions for a career-high 92 yards, including an 80-yard touchdown.
- Became one of only two players (Joey Galloway) in team history to record at least one touchdown rushing and receiving of 80 yards or longer.
- Carried 25 times for 96 yards and a touchdown versus San Francisco (10/14).
- Rushed for two touchdowns at Dallas (10/27) and at Arizona (11/10).
- Totaled a season-high 145 yards versus Kansas City (11/24) with two touchdowns.
- Tied a career-high with eight receptions for 77 yards at San Francisco (12/1).
- Rushed for 123 yards in a 27-20 loss versus Philadelphia (12/8), the first game he's lost when rushing for at least 100 yards.
- Had the game-winning touchdown in overtime at Atlanta (12/15) on a 27-yard scoot, one of two touchdowns on the day in a 127-yard performance.

- Also had two rushing scores the following week versus St. Louis (12/22).

## 2001 Highlights

- Despite only starting 12 games, rushed for 1,318 yards on 309 attempts, the fifth-highest rushing total in team history while becoming just the fourth back to eclipse the 1000-yard mark joining Curt Warner, Chris Warren and Ricky Watters.
- Played in all 16 games, and earned the starting role after Ricky Watters injured his shoulder at Oakland (9/30) that snapped a streak of 116 consecutive starts. Watters returned to the starting lineup versus Dallas (12/9), but suffered a broken ankle and was placed on injured reserve and Alexander started the three remaining games.
- Rushing total was the third-highest in the AFC (6th NFL)
- 4.3-yards per rush ranked third in the AFC (4th NFL) among backs with at least 300 carries.
- Led the NFL with 14 rushing touchdowns, just one shy of Chris Warren's 1995 team record.
- Led the AFC and was tied for second in the NFL in non-kicker scoring with 96 points (Faulk 128/Owens 96) on 16 total touchdowns (14 rush/2 receiving).
- Marked the first time that a Seahawks player led the AFC in non-kicker scoring and rushing touchdowns since 1978, when David Sims led the entire league with 90 points and 14 touchdowns.
- Sixteen combined touchdowns tied a team record established by Chris Warren in 1995, and became the first Seahawks player to lead the conference in total touchdowns since Derrick Fenner scored 15 in 1990.
- Ranked third in the AFC (6th NFL) with 1,661 total yards from scrimmage, and ranked sixth in the AFC with 76 first downs.
- Finished second on the team with 44 receptions for 343 yards and two touchdowns.
- Earned second AFC Offensive Player of the Week award after one of the best games in NFL history versus the Oakland Raiders (11/11), rushing for a franchise record 266 yards on 35 carries - second-most in team history - with three touchdowns. Performance was the fourth highest total in NFL history and best since Corey Dillon set the rushing standard in 2000 with 278 yards which broke Walter Payton's 23-year record of 275. O.J. Simpson recorded 273 in 1976. Three touchdowns were the most in one game since Chris Warren rushed for three versus Denver on October 1, 1995.
- Had an 88-yard touchdown run which ranks as the longest offensive touchdown from scrimmage in team annals.
- First start of the season came versus Jacksonville (10/7) and rushed 31 times for 176 yards and two touchdowns while earning his first AFC Offensive Player of the Week award. Total is the sixth-highest on the team's rushing charts.
- Rushed for 142 yards the following week versus Denver (10/14) on 33 carries and had two touchdowns, including a 60-yard scoring run. Versus Miami (10/28), carried 23 times for 87 yards.
- Although he only totaled 60 yards on 13 carries at Washington (11/4), had a 41-yard touchdown run.
- Registered 93 yards and a touchdown on 25 carries at Buffalo (11/18).
- Had 87 yards on 29 carries in overtime victory versus San Diego (12/2), including six carries for 29 yards in overtime which led to the game-winning field goal. Split time with Watters at Denver (12/9) and replaced him after Watters (ankle) got the start versus Dallas (12/16).
- At New York versus the Giants (12/23), rushed for 96 yards and a touchdown (from 29 yards out) on 28 carries and had one receiving touchdown for his fourth multi-touchdown game of the season.
- Rushed for 127 yards, including a 44-yard touchdown, on just 20 carries in the season finale versus Kansas City (1/6/02).

## 2000 Highlights

- Saw action in all 16 games and started one in a reserve role during his rookie season.
- Served as Seattle's short-yardage back on third and fourth downs.
- Finished the season second on the team, behind Ricky Watters, rushing 64 times for 313 yards.
- His 4.9-yard average ranked second among rookie running backs.
- Average also ranks second among all-time Seahawks rookies (at least 50 attempts) behind Rick Mirer. Mirer had a 5.0 average on 68 carries for 343 yards in 1993.
- Alexander earned his first career start in a split backfield with Watters at Kansas City (10/02) and turned in his finest performance of the season. He rushed for season highs with 11 carries and 74 yards, which included 55 yards on six carries on a touchdown drive just before halftime to give Seattle a 14-7 lead a drive he capped with his first career touchdown run from 7 yards out.
- In the second meeting versus the Chiefs (10/29), he only carried the ball four times, but rolled off 53 yards, which included a career-long 50-yard burst on fourth-and-1. Rushed for his second touchdown of the season on a 4-yard run versus Oakland (12/16).

## Professional

- Of the five running backs selected in the first-round of the 2000 NFL Draft, none have more than Alexander's 1,631 yards over the last two seasons.
- In 13 career starts, averages 122.8 total yards from scrimmage (102.9 rush/19.9 receiving).
- Drafted by Seattle Seahawks with the 19th pick in the first round of the 2000 NFL draft.
- Alexander became the third running back to be taken in the first round by the Seahawks, following Curt Warner in 1983 and John L. Williams in 1986.
- The 35th running back drafted by the Seahawks.

## College

- Alabama's all-time rushing leader, with 3,565 yards (4.9 avg.) in four seasons.
- Broke Bobby Humphrey's school mark of 3,420 yards established from 1985-88.
- Set school records with 727 rushing attempts, 15 100-yard games, 41 rushing touchdowns and 50 total touchdowns.
- Overall, he left the Crimson Tide holding 15 school records and three Southeastern Conference marks.
- Named first-team all-SEC after rushing for 1,383 yards on 302 attempts and 19 touchdowns as a senior.
- Averaged 125.73 yards per game.
- SEC Offensive Player of the Year as voted on by the coaches and was a finalist for the Doak Walker Award.
- Had two kickoff returns for 90 yards, including a touchdown.
- His 19 touchdowns established a conference record.
- Reached 1,000 yards on the ground in the seventh game, the fastest of any 'Bama player.
- Finished college career with 161 yards on 25 carries with three touchdowns versus Michigan in the Orange Bowl.

## JUNIOR

- Earned All-SEC selection after rushing for 1,178 yards on 258 carries with 13 touchdowns.
- Averaged 107.09 yards in 11 games.
- Picked up 206 yards on 20 rushing attempts and three scores versus Vanderbilt.

## SOPHOMORE

- Played in nine games as a reserve
- Rushed for 415 yards on 90 carries (4.6) and three touchdowns.

## FRESHMAN

- Played in 11 games and gained 589 yards on 77 carries (7.6) and six touchdowns.

## Personal

- Gatorade Circle of Champions Kentucky Player of the Year
- Parade and USA Today All-American at Boone County (Ky.) High.
- Ranks fifth on the prep national career-record list with 110 touchdowns and ninth with 6,657 yards.
- Rushed for 3,166 yards and 54 touchdowns as a prep senior.
- Earned a degree in Marketing in 1999 and is pursuing a second undergraduate degree in Advertising.
- Academic All-SEC as a senior.
- Brother, Duran, played drums in the University of Notre Dame Marching Band.
- Born August 30, 1977, in Florence, KY.
- Married his wife, Valerie, on May 18, 2002 in Florence, KY



Return-Path: <Rick.Thompson@Boone.kyschools.us>  
Content-class: urn:content-classes:message  
Subject: RE: Shaun Alexander info  
Date: Fri, 6 Jan 2006 13:19:39 -0500  
Thread-Topic: Shaun Alexander info  
thread-index: AcYS3Zi8+JAGjnkBSriQrrrAIl/FGgAEClet  
References: <4c141535.T1.200601.090C5226@khsaa.org>  
From: "Thompson, Rick" <Rick.Thompson@Boone.kyschools.us>  
To: <jtackett@khsaa.org>  
Return-Path: Rick.Thompson@Boone.kyschools.us

Whose address do you need?

---

From: Julian Tackett [mailto:jtackett@khsaa.org]  
Sent: Fri 1/6/2006 11:23 AM  
To: Thompson, Rick  
Subject: re: Shaun Alexander info

Thanks Rick. Do you have mailing address, etc. for the application?

On Friday, January 06, 2006 10:53 AM, Thompson, Rick wrote:

Date: Fri, 6 Jan 2006 10:53:33 -0500  
From: Thompson, Rick  
To:  
Subject: Shaun Alexander info

Shaun Alexander, 2005 NFL MVP at BCHS:  
6670 career rushing yards  
110 career touchdowns  
Mr. Football 1994  
USA and ESPN High School All American 1994  
Courier Journal 1st team all state 1993 and 1994  
Roy Kidd State MVP in 1994  
Runner up for Old Spice Athlete of the Year 1994  
LaRosa Sports Athlete of the Year 1994  
N Kentucky player of the year for Kentucky Post and Cincinnati Enquirer 1993 and

1994

Anything else that you need, just let me know.

Rick Thompson

Let me know if I can be of further assistance.

Isn't it funny, the view from the uninvolved is always so much more clear, at least in their eyes?

Julian Tackett  
Julian Tackett, Assistant Commissioner  
jtackett@khsaa.org <mailto:jtackett@khsaa.org>  
859-299-5472 (phone)  
859-293-5999 (fax)

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Content-class: urn:content-classes:message  
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Date: Fri, 6 Jan 2006 10:53:33 -0500  
Thread-Topic: Shaun Alexander info  
thread-index: AcYS2Vi7wHMS0S7CS9qYOeokuUh39Q==  
From: "Thompson, Rick" <Rick.Thompson@Boone.kyschools.us>  
To: <jtackett@khsaa.org>  
Return-Path: Rick.Thompson@Boone.kyschools.us

Shaun Alexander, 2005 NFL MVP at BCHS:  
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Mr. Football 1994  
USA and ESPN High School All American 1994  
Courier Journal 1st team all state 1993 and 1994  
Roy Kidd State MVP in 1994  
Runner up for Old Spice Athlete of the Year 1994  
LaRosa Sports Athlete of the Year 1994  
N Kentucky player of the year for Kentucky Post and Cincinnati Enquirer 1993 and 1994

Anything else that you need, just let me know.

Rick Thompson

# Shaun Alexander

rom Wikipedia, the free encyclopedia.

**haun Alexander** (born August 30, 1977 in Florence, Kentucky) is an American football player in the National Football League. He currently is the starting running back for the Seattle Seahawks.

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- 1 Early years
- 2 Early career
- 3 Recent success
- 4 External links

## Early years

After a standout career at Boone County High School in Kentucky, Alexander won player of the year honors for the state of Kentucky. He set records of 3,166 rushing yards and 54 touchdowns for his

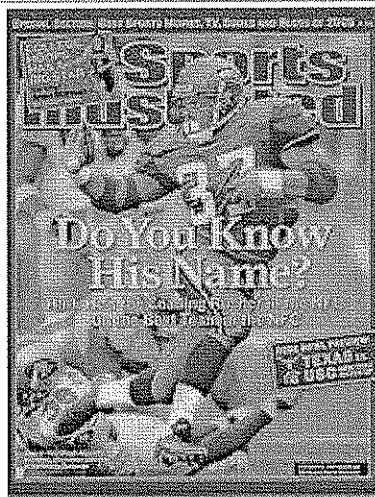
high school team, and accepted a scholarship offer from the University of Alabama. Alexander wasted little time in showing his prowess on the football field at the collegiate level. As a freshman in 1996, he ran for 291 yards, an Alabama single-game rushing record, and four touchdowns against LSU in Tiger Stadium. After deciding against declaring for the NFL Draft after his junior year in 1998, Alexander returned to Tuscaloosa and had a banner season. He was initially given Heisman consideration, but a sprained ankle in the Tennessee game ended his chances of that. Nevertheless, Alexander still played a key role in leading the Tide to the SEC championship in 1999, with his game-winning 25-yard touchdown run against number three Florida in Gainesville, and also his dominating fourth quarter performance against in-state foe Auburn in the Iron Bowl. Alexander still holds the Alabama rushing record with 3,565 yards in four seasons. He was drafted by the Seattle Seahawks with the 19th pick of the 2000 NFL Draft. He played in all 16 games his rookie year but saw limited action behind starter Ricky Watters.

## Early career

Alexander's fame rose the following year. In a game played on October 11, 2001 against the Oakland Raiders, he rushed for a franchise record 266 yards on 35 carries. In 2001, he led the NFL in rushing touchdowns with 14 and was tied for second with Terrence Owens with 16 total touchdowns. In 2002, he started all 16 games enroute to an NFC leading (and franchise record) 16 rushing touchdowns, 4 of which came in the first half of Seattle's 29 September 2002 game against Minnesota where he also caught a touchdown pass. The five touchdowns in that half set an NFL record.

2003 was another productive year for Alexander. He rushed his way to a career high of 1,435 rushing yards and scored 16 touchdowns. Seattle also made its first playoff appearance since 2000. Alexander's success in the 2003 season earned him his first trip to Honolulu for the annual Pro Bowl.

In 2004, Alexander remained one of the key components of Seattle's offense. He finished second in the NFL in rushing yards (with 1,696) to the New York Jets' Curtis Martin by a single yard. After being passed over for a late game rushing attempt during his team



*Sports Illustrated* cover featuring Shaun Alexander

<b>Date of birth</b>	August 30, 1977
<b>Place of birth</b>	Florence, Kentucky
<b>Position(s)</b>	Running back
<b>College</b>	University of Alabama
<b>Draft</b>	2000 / round 1
<b>Pro Bowls</b>	2003, 2004
<b>Statistics</b>	<i>Pro Football Reference</i> ( <a href="http://www.pro-football-reference.com/players/AlexSh00.htm">http://www.pro-football-reference.com/players/AlexSh00.htm</a> )
	<b>Team(s)</b>
2000-2005	Seattle Seahawks

ictory over the Atlanta Falcons, Alexander accused his coach Mike Holmgren of "stabbing him in the back" by denying Alexander an opportunity to win the rushing title. Alexander retracted his comments the following day, and expressed support for his coach.

He scored 20 touchdowns, becoming the first player in NFL History to score at least 15 TDs in four consecutive seasons, and was selected to the Pro Bowl for a second straight year.

## Recent success

Alexander has had a great deal of success in the 2005 season. In the first game, he rushing for 173 yards, including an 88 yard touchdown run against the Arizona Cardinals on November 6, 2005, and rushing for 165 yards against the St. Louis Rams on November 13, 2005. Also, he has had two 4 touchdown games so far this year, against Arizona on September 25, 2005, and against the Houston Texans on October 16, 2005. In addition, Shaun has rushed for 140+ yards in 5 out of 10 games so far in 2005. He leads the NFL in rushing yards, touchdowns, pro bowl votes, and points.

In 2005, he broke the franchise record for the most rushing yards in the Seattle Seahawks' history. On November 13, 2005, scoring 3 touchdowns, Alexander became the first running back in NFL history to record 15 or more touchdowns in five consecutive seasons. On November 20, 2005, in San Francisco, Shaun Alexander became the first player in NFL History to score 19 rushing or receiving TDs in only 10 games (Steve Van Buren had 18 in 1945). A feat putting him on pace to not only surpass Priest Holmes's performance 2003, single season, touchdown mark (27 all rushing), but even Paul Hornung's 176 point (12 game) season in 1960.

On December 11th, 2005, for a Seattle sweep the San Francisco 49ers and the NFC West, Alexander ran for his 9th 100 yard rushing game this year, breaking Chris Warren's franchise record of 8, 100 yard games. In the process he also set a more significant NFL record running for 100 yards against divisional opponants in 9 straight games, an accomplishment that builds on the legacy of Pro Football Hall of Famers like Walter Payton. On December 18th, 2005, visiting the Tennessee Titans, gaining 1,600 yards for the 2nd consecutive season, Alexander ran for Seahawks franchise record 10th 100 yard rushing game, also scoring his 24th rushing touchdown of the year, and 86th rushing TD of his career, tying him with Priest Holmes at 12th on the all-time rushing touchdown leader list. [1] (<http://sports.espn.go.com/nfl/alltime/leaders?cat=carrushtd>) Perhaps even more substantial is this, his 96th Career touchdown, moved him into a 18th place tie with Randy Moss and Eric Dickerson on the all-time touchdown leader list [2] (<http://sports.espn.go.com/nfl/alltime/leaders?cat=touchdown>) having already bumped Priest Holmes (94 TDs) into 21st. Shaun recently appeared on the cover of *Sports Illustrated*, with the headline "Do you know his name?". He was the first Seattle Seahawks player to appear on the cover of Sports Illustrated. In a fitting piece of irony, the article failed to spell his name correctly (Shawn instead of Shaun). Because of all this success he has been nicknamed "The Franchise" by his fellow players.

On January 1, 2006, in a game versus the Green Bay Packers, Alexander set the record for touchdowns in a season, 28. He also won his first NFL rushing title with 1,880 yards. This season, he joined an elite group of backs, future hall of famer Emmitt Smith, Chiefs Hall pro Priest Holmes, and another future hall of famer Marshall Faulk, as the only running backs to record consecutive seasons with 20 or more touchdowns. Four days later, on January 5, his accomplishments over the season awarded him with the 2005 NFL MVP award beating out Indianapolis Colts quarterback Peyton Manning who had won the award the previous two years. Alexander was named MVP with 19 out of a possible 50 votes. A day after receiving the MVP award, Alexander was named Associated Press Offensive Player of the Year. He received 34 votes of a panel of 50 NFL sportwriters and broadcasters.

He's currently nominated for the 2005 FedEx Ground Player of the Year Award, along with LaDainian Tomlinson and Tiki Barber.


## External links

- Shaun Alexander (<http://sports.espn.go.com/nfl/players/profile?statsId=5048>) at ESPN.com
- Seahawks.com (<http://www.seahawks.com/PlayersBio.aspx?SecID=37&PlayerID=28>) player bio

Retrieved from "http://en.wikipedia.org/wiki/Shawn\_Alexander"

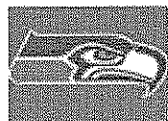
Categories: 1977 births | Alabama Crimson Tide football players | American football running backs | Seattle Seahawks players | NFC Pro Bowl players | Northern Kentuckians



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### Chat wrap: Shaun Alexander

(Nov. 27, 2001) -- Seattle running back Shaun Alexander is making the most of his opportunity in the wake of Ricky Watters' injury. The second-year back out of Alabama has rushed for 851 yards in nine games this season, including a 266-yard performance against the Raiders in Week 9. Before he began to prepare for the Seahawks' upcoming game against the San Diego Chargers, he took time out to chat online with fans. The following is a full transcript of the Players Inc chat.

**Shaun Alexander:** Hello, this is Shaun Alexander, and hopefully I will have a fun time during the chat.

**How does it feel to be given the chance to prove that you are capable of handling the starting role?**

**Shaun Alexander:** It feels great anytime you get to play the sport you get to play. The opportunity to get the chance is always good, and to succeed like I have is always better.

**What do you see as the Seahawks' biggest challenge in moving from 5-5 to being in the playoffs?**

**Shaun Alexander:** Mental. There's something that has been around this town about not dominating or finishing the whole year. New coach, new attitude and get to the playoffs.

**Have you and the team talked at all about what your role will be when Ricky Watters comes back from his injury? Do you think you can balance two superstar running backs on the same team without causing friction?**

**Shaun Alexander:** We really haven't talked about Ricky coming back. Is it possible? Yeah. There will have to be a lot of strategic planning on the coaches' part to use us both effectively.

**Obviously speed and strength is a big difference, but what other differences are there from college and the NFL?**

**Shaun Alexander:** It's more off the field -- guys are married, have kids. A lot of times your college buddies and you would be together. The attachment and bond you have with friends in college is more. There are trades in the NFL and injuries. The team is more together in college because in the NFL, your job depends on how well you play.

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**Shaun Alexander:** I started the Shaun Alexander Family Foundation. We help families that are in need. Most of it is food, but some is clothing and paying rent. Every Thanksgiving and Christmas, we help. It's really exciting. This year we helped 400 [in Seattle] and in Alabama. It's great to help those families who don't have all the blessings I have. I also go and speak all over and talk to kids in high school and junior high, and I speak to them about faith, setting goals and striving to be the best. We also raise money through various things -- celebrity football games -- and kids get to meet athletes they would never meet. It's really cool to get to be an impact on people's lives.

**Who was your idol at RB growing up, and who are your current idols in the league?**

**Shaun Alexander:** Growing up, I really didn't watch a lot of football, but when I did, I would pick up plays that players did. Marcus Allen, Walter Payton, Sayers -- they were favorites. Barry Sanders and Emmitt Smith were probably the last guys that I watched.

**What does it feel like to play under Mike Holmgren?**

**Shaun Alexander:** It's pretty neat. To play with someone who has won a Super Bowl is great. My high school coach was also very good. He won a lot of things; we ran off a bunch of wins. It's cool to be a part of programs that get respect. College at Alabama was awesome, too. It's a blessing. Mike demands excellence, and I like people like that.

**How does it feel to have had one of the top four rushing performances of all time?**

**Shaun Alexander:** I think it's an honor to be a part of that elite group. I thank God and my goal is to achieve more since I did it at such a young age.

**Coach H had questions about your blocking skills at the start of camp and preseason. Do you now feel that your blocking skills have improved to the point the coaches are happy?****Keeping finding that daylight and end zone.**

**Shaun Alexander:** I think at the beginning, the coaches are always going to pick at things to help you get better so that you can be the best that you can be once the team starts. I am the kind of person that isn't satisfied with anything and wants to get better. Am I satisfied? No, but I am getting better.

**Who is the outspoken leader of the offense in the locker room?**

**Shaun Alexander:** In the beginning it was Ricky, and now it's probably our center Robbie [Toback].

**Shaun, how often do you hit the weights during the offseason, and for how many hours per session?**

**Shaun Alexander:** I try to do something at least four times a week. For how long, it depends. Sometimes it's running, or just agility work. I try to do something four times a week during the offseason.

**Shaun, what's the biggest challenge you've faced as a pro?**

**Shaun Alexander:** I think it's learning people, how to fire people up. I kind of react to everyone else; I like to get everyone fired up and then feed off that. Learning what motivates people to help them be the best player they can be is probably the toughest thing.

**What sort of hobbies do you have?**

**Shaun Alexander:** I really do enjoy speaking to youths and I also like to travel. I like to go swimming or anything that has to do with water.

**How do you approach the different teams that you play each week?**

**Shaun Alexander:** I just study a lot of film, break down goods and bads of each team. I look at what I can do to go against the weaknesses of the team, and if I can do that during a game, I can do well.

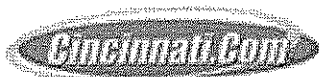
**Shaun Alexander:** I would like to thank everyone for getting online. If you have any questions about me speaking, or need help with an organization, go online to [shaunalexander.org](http://shaunalexander.org) or call either one of these offices: In Kentucky 859-344-6100, and for Alabama 205-344-6615. Give either one of them a call and we'll be glad to help out or if you can help, that's even better.

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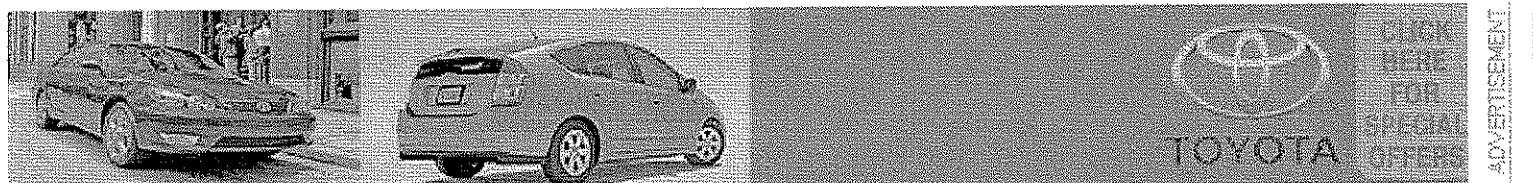
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## Sports

Thursday, December 8, 2005; Posted: 11:15 a.m. EDT

# Fans, friends revel in Alexander's success

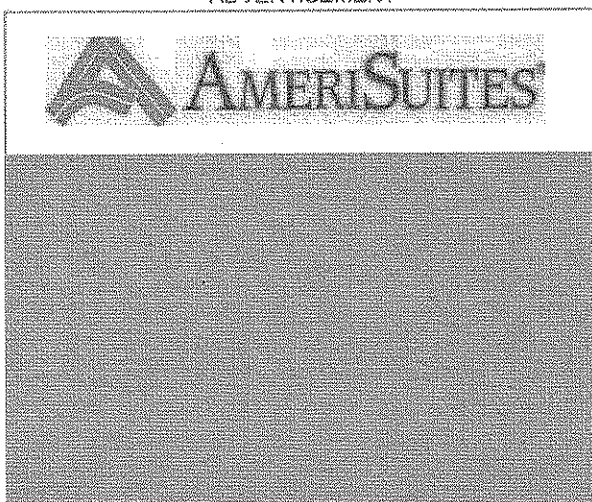
JAMES WEBER | COMMUNITY RECORDER SPORTS EDITOR

I never saw him play for Boone County High School, but count me as a fan of Shaun Alexander since his days of putting up eye-popping numbers as a Rebel.

I've been a fan of his even before I started drafting him for fantasy football teams. I'd be a fan of his even if he wasn't leading me to first place in our interoffice league this year (with Carson Palmer as my quarterback, no less).



JAMES WEBER



I'm a fan of his unless he's playing the Bengals, as he did in Paul Brown Stadium in 2003.

As Greater Cincinnati's best home-grown player in the NFL, he has a lot of fans keeping their eyes on the Pacific Northwest.

But for a lot of people, rooting for Alexander is a more personal endeavor.

Friends and supporters of Alexander showed up Monday night at Shakey's

Pub & Grub in Florence to watch Alexander and the Seattle Seahawks on prime-time "Monday Night Football."

Staffers from the Florence Freedom baseball team brought Alexander bobbleheads.

They all reveled in the success of both him and his NFL team as the Seahawks embarrassed the defending NFC champion Philadelphia Eagles, 42-0. Seattle, who has already won the NFC West Division, continues to have the best record in the conference at 10-2.

"He's very deserving. He's a model citizen," said Neal White, a Fort Wright resident and classmate of Alexander's in high school. "It's awesome. He has a chance to go

Joey Hacker, left, and Neal Shaun Alexander at Boone County High School on "Monday Night Football" at Shakey's Pub & Grub in Florence.

"It's something that puts him on the map."

DIANE WHALEN

FLORENCE MAYOR



down as one of the best."

White watched the game with John Bain of Erlanger and Joey Hacker of Taylor Mill. Hacker played football with Alexander at BCHS.

"He runs just like he did in high school," Hacker said. "He looks like he can run with more endurance. He's learned to breathe when he's running. I was the tight end there, and I was thrown to one time, which shows how committed we were to running Shaun."

Florence mayor Diane Whalen, city coordinator Pat Wingo, and their spouses watched on one of Shakey's big screens as Alexander opened the TV broadcast starring in a cleverly written spoof of the American Express commercials from the 1970's. The spot started with Alexander using the famous line "Do you know me?" referring to Seattle's rare place in the national spotlight.

When the game started, Alexander's stats and hometown were shown on the TV screen, getting claps from patrons.

"It's something that puts Florence, Kentucky on the map," Whalen said. "He's very proud of where he's from and he's very involved in the community. It may not be where his paycheck is from, but it's where his heart is."

Fans at Shakey's groaned when Alexander was stopped at the 1-yard line on Seattle's first drive, but cheered when the Seahawks got a touchdown pass to go up 7-0.

More cheers abounded when Seattle scored on two interception returns to put the Seahawks up 21-0 in the first half. The cheers turned to concern when they thought Alexander may not get the ball as much with a big lead.

Those fears went away when Seattle returned another interception to the 2-yard line of Philadelphia. Alexander scored on the first play, then he scored again on Seattle's next drive.

The two touchdowns continued Alexander's remarkable season as he approaches more NFL records.

He broke Emmitt Smith's record for touchdowns in a five-year span with his 92nd Monday. With a league-leading 22 TDs and 1,388 rushing yards, he is in reach of Priest Holmes' single-season TD record of 27.

No matter the numbers, Alexander's friends will be behind him. They compared his model character as being the opposite of Terrell Owens, Philadelphia's controversial superstar receiver.

The only glitch in that loyalty to many fans will be if Alexander's Seahawks face the Bengals in next February's Super Bowl.

"They have a very good chance," said Hacker. "But I'll be rooting for the Bengals, no doubt."

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# HEISMAN HOPEFUL: Shaun Alexander a candidate

*By Janet Graham, Post staff reporter*

**Alabama tailback Shaun Alexander already has his own poster. Soon, he will have his own web site. This year's Alabama media guide will be put on a CD-rom and Alexander will have his own section with a question and answer session on a video clip.**

**But Alexander's biggest concern isn't promoting his own Heisman Trophy campaign. He's busy telling anyone who will listen that this is the year for the Crimson Tide to rise again. This is the year he's been waiting for since selecting Alabama over Notre Dame, Michigan and a host of other top-flight schools.**

**Forget about the Heisman Trophy, Alexander wants to bring back the national championship trophy.**

**"We have more talent here than my other years here," said Alexander, the former Boone County High School star and 1994 Kentucky Mr. Football. "It's gonna be exciting having better players on the field. Winning a title is something really, really big. It's something you'll remember**

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**forever. I'm going to work hard to accomplish the goal of a national championship.'**

**For Alexander, who has had his ups and downs at Alabama, this will definitely be the season to let the good times roll.**

**After redshirting his first year at Alabama, Alexander made his mark as a redshirt freshman in 1996 when he set a single-game school record with 291 yards rushing on 20 carries. Hampered by injuries as a sophomore, he had 415 yards and three TDs for the season. Last year, he started every game at tailback and rushed for 1,178 yards and 13 TDs. He set the school record for TDs in a game with five against Brigham Young.**

**Alexander graduated with a marketing degree in May and will spend the fall semester taking courses he thinks will help him in his future job as an NFL running back.**

**"I'm taking classes in legal documents, personal finance, communications/public speaking and golf," Alexander said. "I figure that way I could understand the contracts and investments and you always need public speaking."**

**And the golf?**

**"Well, somebody told me that a lot of business deals take place on the golf course**

**so I wanted to work on my game."**

**Although Alexander said he's not spending much time thinking about the Heisman, he said it really does draw a lot of excitement when people find out he might be in the running.**

**"It trips people out, definitely," he said. "The little kids, especially, seem to like it. I think around here, everybody always thought very highly about my game. It's like the inner circle thought I was very good and then you step out a little, and they think you're pretty good. But it's a wide hoop."**

**And there are a lot of voters to convince. Larry White, the sports information director at Alabama, said it will be an uphill battle to earn the trophy for Alexander. Despite its years of success, Alabama has never had a Heisman winner.**

**White is talking about chat sessions on the Internet for Alexander and personal contact between his staff and voters so they can be informed of Alexander's story.**

**"A lot of this depends on what happens on the field," White said. "If he comes out quickly like he did last year, that will help. But if he stumbles somewhere along the way, it's gonna affect it. Our television schedule will help, too, because we'll be on either CBS, our syndicator or ESPN eight or nine times this season."**

**Alexander is a willing participant in the campaign but said he hopes to be able to limit the media interviews once the season is under way. He hasn't had a chance to talk to former UK quarterback Tim Couch, a Heisman finalist last year who was taken as the No. 1 pick in the NFL Draft by the Cleveland Browns, but said he expects Couch will have some advice on handling a Heisman run.**

**"Tim and I used to talk on the phone all the time," Alexander said. "I was always kind of in the big brother role because I was a year ahead of him. Now it's kind of flipped around with him already in the NFL. It's always good to talk to people who have had the experiences."**

**Alexander sounds content as he prepares for his final year in Tuscaloosa. He plans to relax a bit for the next few weeks, playing pool basketball with his friends, swimming and doing a few Fellowship of Christian Athletes speaking engagements. But he won't be worrying about the ceremony in December at the Downtown Athletic Club in New York City.**

**"I can't say I don't care about it," Alexander said. "But it's not a top priority."**

**Shaun Alexander file**

**SCHOOL: University of Alabama.**

**CLASS: Senior.**



**POSITION: Tailback.**

**HEIGHT: 6-1.**

**WEIGHT: 205 pounds.**

**COLLEGE STATISTICS: Rushed for 1,178 yards and 13 touchdowns last season, starting every game. Has 425 carries for 2,182 yards and 22 touchdowns in his Alabama career.**

**HIGH SCHOOL STATISTICS: At Boone County High School, rushed for 3,166 yards and 54 touchdowns as a senior in 1994 and won the 1994 Kentucky Mr. Football award. Was a Parade magazine and USA Today All-American as a senior. Helped lead the Rebels to two Class AAAA state championship games.**

**NOTEWORTHY: Holds Alabama records for most rushing yards in a game (291 vs. LSU as a redshirt freshman in 1996) and most touchdowns in a game (five vs. Brigham Young in last season's opener). . . . Was selected first team All-Southeastern Conference by the Birmingham News and second team All-SEC by the Associated Press and SEC coaches. . . . Graduated last May from Alabama with a degree in marketing.**

**Heisman hopefuls**

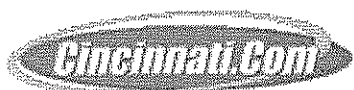
**Preseason top candidates in the Heisman Trophy race (listed in alphabetical order):**

- RB Shaun Alexander Alabama**
- LB LaVar Arrington Penn State**
- QB Drew Brees Purdue**
- RB Ron Dayne Wisconsin**
- TB Jamal Lewis Tennessee**
- QB Tee Martin Tennessee**
- QB Chad Pennington Marshall**
- QB Chris Redman Louisville**
- WR Peter Warrick Florida State**
- QB Chris Weinke Florida State**

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# Shaun Alexander Rushing to Victory

Both on the field and off, this Seattle superstar knows that to achieve true greatness your essential strengths must be *character* and *commitment*.



It's Sunday afternoon in late November. You're parked in front of the television, watching your favorite pro football team as they line up for another play. The quarterback scans the defense, goes under center, and barks out the signals. The wide receiver goes in motion, switches direction, and stops behind the left tackle. The coaches on both sides are screaming at the players, their voices drowned out by the roaring of the fans. The ball is hiked, the quarterback hands it off to the running back. He charges into the line, grinds out three tough yards, and is brought down by the linebacker. After two or three other defensive players pile on, the ref blows the whistle and everyone slowly gets up for another play.

Sounds pretty simple, right? Just another short gain to tighten the defense so a really exciting play, like a deep pass, will have a better chance of succeeding. What you don't see or feel, though, is the brain rattling,

spine crushing, lung busting collision that comes from a 5'11" man running full speed into a wall of rock hard, angry, 6'5" defensive linemen and their smaller but equally dangerous teammates in the secondary. Those who have played the position compare it to being in a major car crash every time they touch the ball.

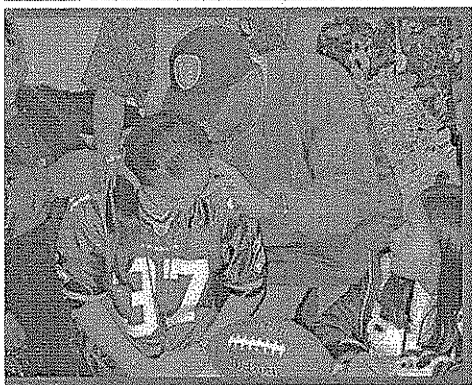
**No question about it: running backs are special athletes.** Simply put, they're just tougher than most people. **And one of the best and toughest in the National Football League today is Seattle Seahawk Shaun Alexander.** No less an authority than Super Bowl

winning coach Dick Vermeil has said that he's never seen a running back like Shaun before.

**But Shaun Alexander is special for more reasons than his remarkable skills on the gridiron.** What really stands out about Shaun Alexander is his great character and his incredible focus on succeeding in all aspects of life.



**"You hope, in your lifetime, you can get an opportunity to coach a guy like Shaun Alexander,"** said his college coach who observed first-hand Shaun's commitment to excel as a leader in the classroom as well as on the field. His desire was so great, in fact, **that during his senior year he was not only his team's leader and captain, he was also an Academic All-SEC player who**



**completed his degree in marketing early.**

In 2000 he became the **first player in NFL history to start a nonprofit organization before he was drafted.** Called, appropriately, the Shaun Alexander Family Foundation,

it is managed by his brother, Durran, a graduate of the University of Notre Dame and a former executive with Campbell's Soup. The foundation's mission is to assist those who need a helping hand.

**"I play to make a difference in their lives,"** Shaun says of the children and families his foundation has helped. **"It's not just about football. It's also about helping others."**

With Shaun's personal giving, including a large portion of his signing bonus, and donations from others **the foundation has helped hundreds of families and children.** As part of its many outreach programs,

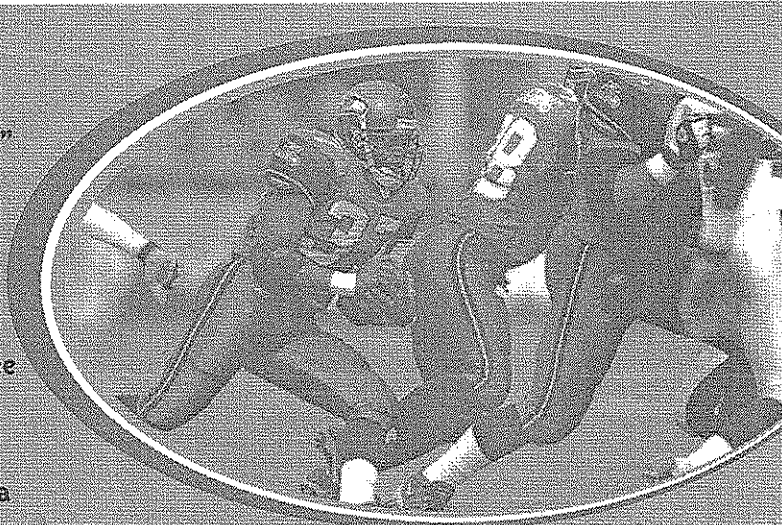
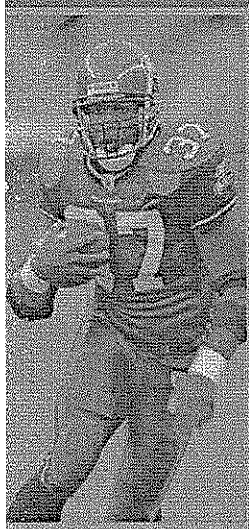
#### AMAZING STATS:

Scored an NFL-record 5 touchdowns (4 rushing, 1 receiving) in the first half of Seattle's 48-23 win over the Minnesota Vikings on September 29, 2002

Has gained over 4,200 yards in four seasons, played in all 64 games, scored 52 touchdowns, and averaged an impressive 4.3 yards per carry

Set 15 school records and three Southeastern Conference marks at the University of Alabama, including most rushing yards (3,565), most 100-yard games (15), and most rushing touchdowns (41)

Was a Parade Magazine and USA Today All-American at Boone County High School in Kentucky

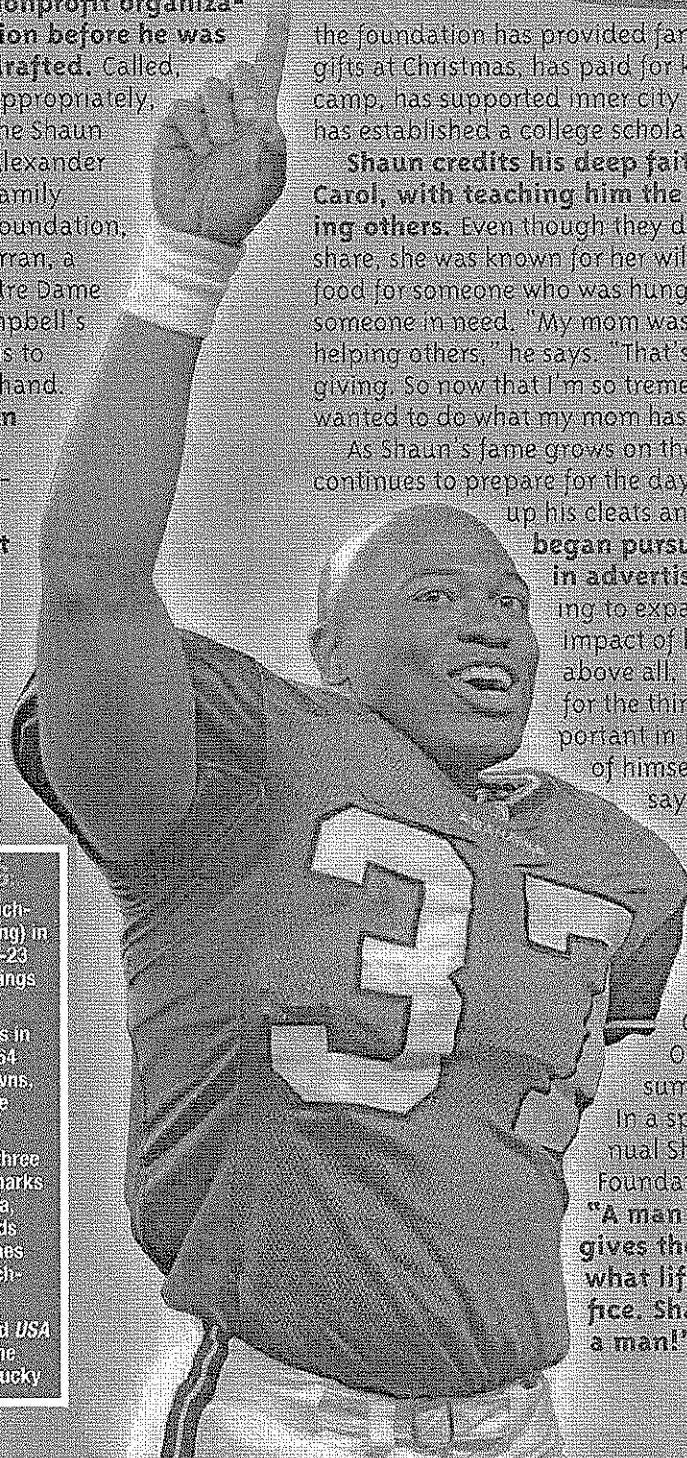


the foundation has provided families with food and gifts at Christmas, has paid for kids to attend summer camp, has supported inner city baseball leagues, and has established a college scholarship fund.

**Shaun credits his deep faith and his mother, Carol, with teaching him the importance of helping others.** Even though they did not have a lot to share, she was known for her willingness to provide food for someone who was hungry or clothing for someone in need. "My mom was always giving and helping others," he says. "That's where I learned about giving. So now that I'm so tremendously blessed, I wanted to do what my mom has always done."

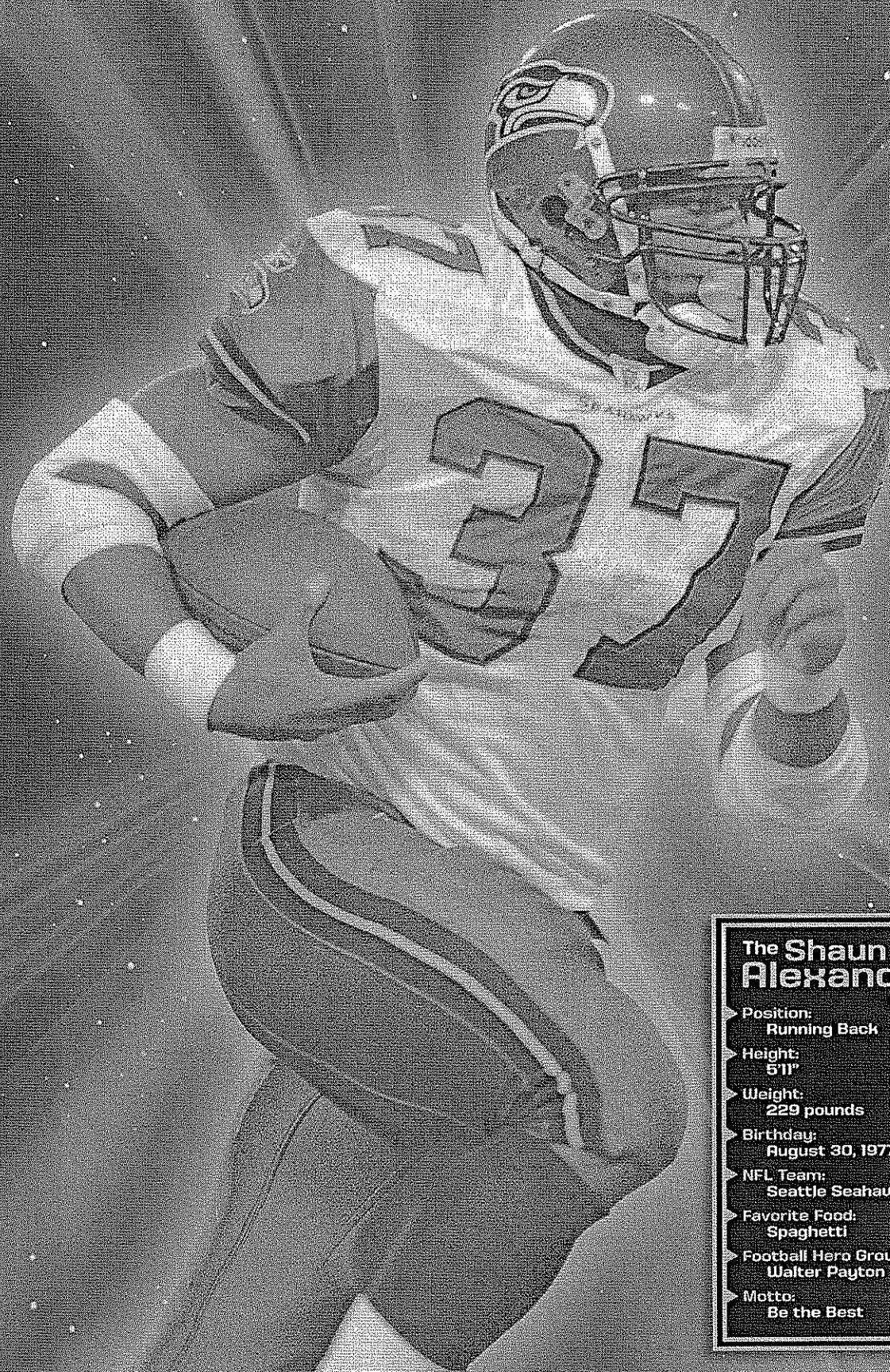
As Shaun's fame grows on the football field, he continues to prepare for the day when he will hang up his cleats and helmet. **He recently began pursuing a second degree in advertising.** He is also working to expand the outreach and impact of his foundation. But above all, he continues to strive for the things that are really important in life. "A rich man thinks of himself as being rich," he says. **"Well, I just think of myself as being blessed. If I'm just blessed, then I'll go out and bless other people."**

Perhaps John Croyle, founder of Big Oak Ranch for Kids, best summed up Shaun's life. In a speech at the First Annual Shaun Alexander Family Foundation Dinner, he said, **"A man is someone who gives their life away. That's what life is all about, sacrifice. Shaun, you are a man!"**



# Shaun Alexander

## Seattle Seahawks



### The Shaun Alexander File:

- ▶ Position: Running Back
- ▶ Height: 5'11"
- ▶ Weight: 229 pounds
- ▶ Birthday: August 30, 1977
- ▶ NFL Team: Seattle Seahawks
- ▶ Favorite Food: Spaghetti
- ▶ Football Hero Growing Up: Walter Payton
- ▶ Motto: Be the Best

11-29-2005, 10:01 PM

# NEERFAN

All Universe



Simon Kenton

Join Date: Feb 2001  
Location: The "Joe"  
Posts: 11,119



Graduated in '95, I know he started as a Jr and Sr, not sure about his So season.

This came from a draft blo.

High School...Gatorade Circle of Champions Kentucky Player of the Year, adding Parad and USA Today All-American honors at Boone County (Ky.) High...Ranks fifth on the prep national career-record list with 110 touchdowns and ninth with 6657 yards rushing...Gained 3166 yards with 54 scores as a senior and rushed for 2401 yards, including 24 touchdowns as a junior...Led the team to a pair of state Class 4A titles...President of his class from the ninth grade until graduation...Graduated with a 3.5 grade point average.



Shawn Alexander

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→ Carol

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Subject: etc  
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X-Mailer: Office-Logic/Win32 8.09  
X-Net-User: Julian  
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Shaun Alexander

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jeffga@seahawks.com Jeff GARZA

Telephone for Jeff -  
425-893-5105

Both will be out of office on Monday due to  
President's Day but you can try Jeff on Tuesday

