

Seahawks Weekly

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Hasselbeck Goes Back To School

Kirkland, Wash.—Seattle Seahawks quarterback Matt Hasselbeck was one of 34 players to take part in 'NFL Take a Player to School' presented by the JCPenney National Afterschool Program on Tuesday, November 29.

Hasselbeck picked up sixth grade student Ben Johnson in a limo at his home in Bothell, Washington, and accompanied him to Shelton View Elementary School.

Matt visited Ben's sixth grade classroom and then was greeted by more than 350 Shelton View students in the gymnasium. Hasselbeck spoke to the students about the importance of in-school and after-school education and gave the sixth grad-



Matt meets the Johnson Family.



Matt and Ben are greeted by Shelton View Elementary.

ers some football instruction.

The 'NFL Take a Player to School' sweepstakes selected one winner in each of the 32 NFL markets and two non-NFL markets. The winners were announced the week of October 3.

The Afterschool Program aims to encourage children ages 6-

13 to stay in school and become involved in after school programs. Extensive research shows that good after school education programs benefit all students by raising math and reading performance, improving attendance, decreasing crime involvement, and reducing dropout rates.



Ben looks on as Matt talks to his sixth grade class.

Seahawks Family Cookbook on Sale

Kirkland, Wash.—The Seahawks Family Cookbook, benefiting the Seahawks Leadership Academy is now on sale for \$19.95 at the Seahawks Pro Shop at Qwest Field and online at seahawks.com/proshop.

All proceeds from the sale of the cookbook will be used to improve and maintain the educational curriculum and activities at the Seahawks Leadership Academy. The Academy, now in its ninth year, is located at Asa Mercer Middle School on Beacon Hill.

Community Calendar

Thursday December 1	Friday December 2	Saturday December 3	Monday December 5	Tuesday December 6
Zion Prep's Sponsor-A-Student Breakfast @ the Westin Seattle, 7:15 a.m.	Sea Gals @ Army-Navy Football Game in Silverdale, 5-9:30 p.m. Sea Gals Show Group @ Mary Bridge Festival of Trees Auction in Tacoma, 7 p.m. Sea Gals & Alumni @ HS Football Championships @ Tacoma Dome	Sea Gals Show Group at Fort Lewis Holiday Show in Tacoma, 7 p.m. Sea Gals & Alumni @ HS Football Championships @ Tacoma Dome	Seattle Seahawks @ Philadelphia Eagles on Monday Night Football	Peter Warrick @ Seahawks Pro Shop @ Qwest Field, 6-7 p.m.
<p>Monday Night Football 6 p.m. on ABC</p> <p>SEATTLE SEAHAWKS AT EAGLES</p>				

Communities in School Luncheon

Kirkland, Wash.—Seattle Seahawks players and the Sea Gals hosted a luncheon at the Qwest Field Event Center for 600 fifth graders from the Puget Sound Region who set and achieved personal goals through the Communities In Schools First & Goal Program, Tuesday, November 29.



Seahawks return man Jimmy Williams teaches the three-point stance.

The students were recognized for accomplishing short-term personal improvement in

academics, attendance, behavior and/or community service since

the school year began.

All the students became involved in Communities In Schools First & Goal Programs after being identified by school staff as needing additional support in their efforts to remain in school and reach their academic potential.

This marked the 10th consecutive year the Seahawks and Communities In Schools have teamed up to host the First & Goal Luncheon.



The Sea Gals pass along the pose.

The Seahawks' Nutcracker

Seattle, Wash.—The Nutcracker March benefiting the Northwest Center has begun in Downtown Seattle and the Seattle Seahawks are representing Seattle's pro sports teams by sponsoring a nutcracker, currently located on the corner of Occidental and Jackson Street in Pioneer Square, near Qwest Field.

The Seahawks' nutcracker, called Heritage, was designed and painted by Cherylin Andre, a junior at Woodinville High School.

The Nutcracker March is a Downtown public art project that has placed fifty nutcrackers, each

designed by an area artist and organization, throughout the Downtown Seattle area. The Nutcrackers were purchased through an online auction with all proceeds benefiting the Northwest Center. For nearly 40 years the Northwest Center has made a difference in the lives of thousands of children and adults with disabilities.



Cherylin Andre touches up her work on Heritage.

Rookie Club Serves Up the Turkey

Kirkland, Wash.—The Seattle Seahawks Rookie Club along with five Sea Gals helped serve a Thanksgiving lunch to students at the Seahawks Leadership Academy on Tuesday, November 22.

The Seahawks Rookie Club, made

up of all the rookies currently on the roster, make monthly appearances in the community.

The Academy, now in its ninth year, is located at Asa Mercer Middle School on Beacon Hill.



Lofa Tatupu hands out the plates.



The Rookie Club and Sea Gals serve up all the Thanksgiving fixings.

Seahawks March In Macy's Holiday Parade

Seattle, Wash.—The Seattle Seahawks helped kick off the holiday season by participating in the 20th Annual Macy's Holiday Parade that rolled through the streets of Downtown Seattle on Friday, November 25.

Among the many holiday floats and marching bands were the Sea Gals and the Junior Sea Gals, Blue Thunder and Blitz.

Hang Time With Shaun

Kirkland, Wash.—Twenty lucky fans got to hang out with Seattle Seahawks running back Shaun Alexander after the Seahawks beat the Giants on November 27.

Fans bought raffle tickets at the Shaun Alexander Foundation booth in TD City for 'Hang Time with Shaun.' Five names were announced every half hour during pregame festivities at TD City and the winners met Shaun in the Press Box Lounge. The next Hang Time will be December 11 after the San Francisco game.

Canon Shoot Like-A-Pro

Seattle, Wash.—Seattle Seahawks fans can enter now for a chance to win four tickets, one field photo pass, a meet and greet with the team photographer, access to the post-game press conference, a Canon EOS Digital Rebel XT camera kit and one pair of Canon 8x25 IS Binoculars when the Seahawks battle the Colts

on December 24.

Lieutenant Ted Scott was the first of two winners this season when he attended the Seahawks win against the Cowboys.

Fans may enter online via the 'contests and promotions' section of Seahawks.com, or at one of several entry boxes at Qwest Field.

Travel with the Seahawks

Seattle, Wash.—Seattle Seahawks fans have two chances to join Seahawks players and coaches on vacation this off-season.

In March, join kicker Josh Brown and other Seahawks players and coaches on an exclusive New Zealand Tour for Seahawks fans. The trip is scheduled for March 2-12, 2006.

Then from May 21-28, 2006, join Shaun Alex-

ander and other Seahawks players and coaches on a cruise to Alaska aboard Holland America Line's MS Westerdam.

The cruise will venture through the great ports of Juneau, Sitka, Ketchikan and Victoria B.C.

For more information please visit www.Seahawks.com and click on the Promotions/Contests tab.

Player Charity Ticket Program

Kirkland, Wash.—The following Seattle Seahawks players donate 20 tickets to each home game so those Seahawks fans that may not normally be able to attend, can come cheer on their favorite team.

Player Charity Ticket Program		Received Tickets vs. New York (11/27)
Alex Bannister	A.B.'s Royal T	Seahawks Leadership Academy
Andre Dyson	Dyse Pack	Hopelink
Bobby Engram	Bobby's Bunch	Anitoch Bible Church
Ken Hamlin	Hamlin's Home Team	American Cancer Society—Camp Goodtimes
Kelly Herndon	Kelz Angelz	Kirkland Teen Center
Walter Jones	Big Walt's Crew	Childhaven
Jerramy Stevens	Stevens Soldiers	VA Hospital
Marcus Tubbs	Tubbs Tenacious Tacklers	Ronald McDonald House



**The Seahawks Thank
The 12th Man!!**

Seahawks vs. Giants

11 False Start Penalties

Stats For Kids

Kirkland, Wash.—Throughout the football season, there are a number of ways in which players can benefit local charities by raising their level of performance on the field. Programs have been developed that team charities with sponsors who donate money based on game day performances. Nine games into the 2005 season, the Seahawks have made a difference.

2005 Stats for Kids	
Winning for Your Community Presented by Your Northwest Ford Stores benefiting the United Way	\$19,800
First Down For Kids benefiting the Boyer Children's Clinic	\$12,719
Run For Their Future benefiting Seahawks Leadership Academy	\$24,063
Touchdown For Charities benefiting Big Brothers Big Sisters	\$9,000
Special Kicks benefiting Camp Fire USA	\$145,976

Blue Ribbon Partner Program

Kirkland, Wash.—The Blue Ribbon Partner Program is a collaboration among Seattle youth service organizations, the Seahawks, and the Paul G. Allen Family Foundation. The program allows community-based nonprofits to distribute the Seahawks Gameday Magazine during the team's home games. Each partner keeps 100% of the proceeds, which is matched by the Paul G. Allen Family Foundation. The current nonprofit participants are Big Brothers Big Sisters of King & Pierce Counties, Camp Fire USA, Treehouse, and YMCA of Greater Seattle.



2005 Blue Ribbon Partner Proceeds		
9/18	YMCA of Greater Seattle	\$28,173
9/25	Camp Fire USA	\$23,101
10/16	Big Brothers Big Sisters	\$21,869
10/23	Treehouse	\$30,521
11/13	Big Brothers Big Sisters	\$25,642
11/27	Camp Fire USA	\$25,259
12/11	YMCA of Greater Seattle	
12/24	Treehouse	



Good For 3!!

Kirkland, Wash.—Every time Seattle Seahawks kicker Josh Brown splits the uprights during the 2005 season, Riverside Ford, Gillis Auto Center, Car Toys and Merit Financial will make significant contributions to the Cystic Fibrosis Foundation.

Brown chose the CFF after losing a friend to the

genetic disease and visiting with children who are currently afflicted. CFF affects approximately 30,000 children and young adults. Good For 3 will help educate while raising money to fund research for treatment and a cure.

For more information please call: 1-800-647-7774.

Fisher Helps Sack Cancer

Kirkland, Wash.—When Seattle Seahawks defensive end Bryce Fisher gets set at the line of scrimmage, looking for the best way to get to the opposing quarterback he is not only looking to help his team, he is also looking to help Gilda's Club fight cancer.

For every sack Fisher records he donates \$1,000 to Gilda's Club.

Fisher's contributions hardly end there. He has also purchased 11 season tickets that are used by the Gilda's Club of Seattle every home game, after which he visits with the attendees. He regularly visits the Club to play with children in

Sacking Cancer

7.5 sacks = \$7,500

NoogieLand and attended their fund-raiser earlier this year where he auctioned off a helmet he signed, fetching \$9,000. Fisher is also planning a golf tournament for June 26 at Newcastle to benefit Gilda's Club.

Fisher's affiliation with the Club came about when his mother was diagnosed with breast cancer in March of last year.

For more information on Gilda's Club visit www.gildasclub.org.