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P R E S E A S O N W E E K 2  
R A M S V S . P A C K E R S





## PRESEASON WEEK 2

**St. Louis Rams (0-1) vs. Green Bay Packers (0-1)**

Saturday, August 16, 2014 • Edward Jones Dome • 3 p.m. CT

### 2014 SCHEDULE

#### PRESEASON (0-1)

<b>Aug. 8</b>	<b>New Orleans</b>		L, 26-24
<b>Aug. 16</b>	<b>Green Bay</b>	<b>3 p.m.</b>	<b>RBN</b>
Aug. 23	@ Cleveland	7 p.m.	RBN
Aug. 28	@ Miami	6 p.m.	RBN

#### REGULAR SEASON

<b>Sept. 7</b>	<b>Minnesota</b>	<b>Noon</b>	<b>Fox</b>
Sept. 14	@ Tampa Bay	3:05 p.m.	Fox
<b>Sept. 21</b>	<b>Dallas</b>	<b>Noon</b>	<b>Fox</b>
Sept. 28	BYE		
Oct. 5	@ Philadelphia	Noon	CBS
<b>Oct. 13</b>	<b>San Francisco (Mon.)</b>	<b>7:30 p.m.</b>	<b>ESPN</b>
<b>Oct. 19</b>	<b>Seattle</b>	<b>Noon</b>	<b>Fox</b>
Oct. 26	@ Kansas City	Noon	Fox
Nov. 2	@ San Francisco	3:05 p.m.	Fox
Nov. 9	@ Arizona	3:25 p.m.	Fox
<b>Nov. 16</b>	<b>Denver</b>	<b>Noon</b>	<b>CBS</b>
Nov. 23	@ San Diego	3:05 p.m.	Fox
<b>Nov. 30</b>	<b>Oakland</b>	<b>Noon</b>	<b>CBS</b>
Dec. 7	@ Washington	Noon	Fox
<b>Dec. 11</b>	<b>Arizona (Thurs.)</b>	<b>7:25 p.m.</b>	<b>NFLN</b>
<b>Dec. 21</b>	<b>New York Giants</b>	<b>3:05 p.m.</b>	<b>Fox</b>
Dec. 28	@ Seattle	3:25 p.m.	Fox

### RAMS MEDIA HUB

Visit the Rams Newsroom and media website at [media.stlouisrams.com](http://media.stlouisrams.com) and follow us @StLouisRams

### MEDIA AVAILABILITY

<b>MON., AUG. 11</b>	Practice 3:30 - 5:30 p.m. Coach Fisher Available Players Available on Field
<b>TUES., AUG. 12</b>	Practice 5:30 - 7:30 p.m. Coach Fisher Available Players Available on Field
<b>WED., AUG. 13</b>	Special Teams Practice 3 - 5 p.m. *CLOSED TO PUBLIC, OPEN TO MEDIA Players Available
<b>THURS., AUG. 14</b>	Practice 5:30 - 7:30 p.m. Coach Fisher Available Players Available on Field
<b>FRI., AUG. 8</b>	No Availability
<b>SAT., AUG. 9</b>	Rams vs. Packers 3 p.m. CT - Edward Jones Dome

### RAMS, PACKERS MEET SATURDAY AFTERNOON



DE Robert Quinn

The St. Louis Rams play their second and final home game of the 2014 preseason when they host the Green Bay Packers in a rare 3 p.m. kickoff Saturday at the Edward Jones Dome. Since the Rams moved to St. Louis in 1995, they have never previously played a matinee preseason game.

Saturday's game will be just the fifth preseason meeting between the Rams and Packers. When Green Bay visited St. Louis last August, it marked the first preseason game between the teams since 1994 when the teams played in Madison, Wisc. The Rams and Packers have faced each other in each of the last three seasons with Green Bay taking each of those games. St. Louis has faced Green Bay 93 times in the regular season, a series which dates back

to the Rams' inaugural season of 1937.

The Rams are looking for their first preseason win after dropping a 26-24 decision last week to New Orleans. QB Shaun Hill tossed two touchdown passes in defeat.

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### BROADCAST INFORMATION



#### TELEVISION:

**Rams Broadcast Network**  
**Fox - KTVI Channel 2 St. Louis**  
**Play-By-Play:** Andrew Siciliano  
**Color Analysts:** Marshall Faulk, Torry Holt  
**Sideline Reporters:** Casey Phillips, Martin Kilcoyne



#### RAMS RADIO:

**WXOS, 101.1 FM**  
**Play-By-Play:** Steve Savard  
**Color Analyst:** D'Marco Farr  
**Sideline Reporter:** Will Witherspoon





## PRESEASON WEEK 2: ST. LOUIS RAMS VS. GREEN BAY PACKERS



### NOTABLE CONNECTIONS

#### Former Packers:

- Rams Secondary Coach **Chuck Cecil** played for the Packers from 1988-92.
- Rams **C Scott Wells** played for the Packers from 2004-11.
- Rams Strength and Conditioning Coach **Rock Gullickson** (2006-08) and Wide Receivers Coach **Ray Sherman** (2000-04) coached with the Packers.
- Director of Operations **Bruce Warwick** was the Assistant to the General Manager/Director of Football Administration for the Green Bay Packers from 2000-05.
- Rams Director of Pro Personnel **Ran Carthon** was a member of the Packers practice squad.

#### Missouri Ties:

- Packers RB **Michael Hill** is a St. Joseph native and played at Missouri Western.

#### Wisconsin Ties:

- **TE Lance Kendricks** is from Milwaukee and played at the University of Wisconsin.

#### Coaching Connections:

- Rams Offensive Coordinator **Brian Schottenheimer** and QB Coach **Frank Cignetti** coached with Packers Head Coach **Mike McCarthy** with the Kansas City Chiefs in 1998.
- Cignetti also worked with McCarthy with the New Orleans Saints (2001-02).
- Packers Assistant Head Coach/ILBs **Winston Moss** also coached with Cignetti in New Orleans.
- Rams OL Coach **Paul T. Boudreau** and Packers Defensive Coordinator **Dom Capers** coached together with the New Orleans Saints in the late 1980s.
- Cignetti also worked with McCarthy with the New Orleans Saints (2001-02).
- Packers Secondary-Cornerbacks Coach **Joe Whitt Jr.** coached with Rams Quality Control/Offense Coach **Andy Sugarman** in 2007 at the Atlanta Falcons. Rams General Manager **Les Snead** worked in the Falcons' personnel department at the time.

#### College Teammate Connections:

- Packers **LB A.J. Hawk** played with Rams **LB James Laurinaitis** at Ohio State University.
- Packers **TE Ryan Taylor** played with Rams **DE Robert Quinn** at UNC.
- Packers **DT B.J. Raji** played with Rams **LB Jo-Lonn Dunbar** at Boston College.
- Packers **OL Don Barclay** played with Rams **WRs Tavon Austin** and **Stedman Bailey** at West Virginia.
- Packers **QB Graham Harrell** played with Rams **S Cody Davis** at Texas Tech.
- Packers **CB Casey Hayward** and **S Sean Richardson** played with Rams **RB Zac Stacy** at Vanderbilt.
- Packers **QB Scott Tolzien** and **WR Jared Abbrederis** and Rams **TE Lance Kendricks** were teammates at Wisconsin.
- Packers **S Ha-Ha Clinton Dix** and **LB Adrian Hubbard** played with Rams **C Barrett Jones** at Alabama.
- Packers **S Chris Banjo** played with Rams **QB Garrett Gilbert** at SMU.
- Packers **CB Ryan White** played with Rams **OL Greg Robinson** and **RB Tre Mason** at Auburn.
- Packers **LB Jack Doughty** played with Rams **S Maurice Alexander** at Utah State.
- Packers **LB Nick Perry** played with Rams **S T.J. McDonald** at USC.
- Packers **RB Michael Hill** and Rams **K Greg Zuerlein** were teammates at Missouri Western.

### TALE OF THE TAPE

	2013 Rams (NFL Rank)
Points Per Game	21.8 (21)
Total Offense	304.8 (30)
Rush Offense	109.5 (19)
Pass Offense	195.3 (27)
Time Of Possession Average	29:05
Opponent Points Per Game	22.8 (13)
Total Defense	345.0 (15)
Rush Defense	102.9 (9)
Pass Defense	242.1 (19)
Sacks Made/Yards	53/326
Interceptions By/Yards	14/256
Turnover Differential	+8 (9t)
Punt Return Average	8.8 (18)
Kickoff Return Average	22.6 (20)
Punt Coverage	2.6 (1)
Kickoff Coverage	21.8 (8)

### 2013 RAMS LEADERS

<b>Passing</b> Sam Bradford	<b>Comp.</b> 159	<b>Att.</b> 262	<b>Yards</b> 1,687	<b>TDs</b> 14	<b>INTs</b> 4	<b>Rtg.</b> 90.9
<b>Rushing</b> Zac Stacy	<b>Att.</b> 250	<b>Yards</b> 973	<b>Avg.</b> 3.9	<b>Long</b> 40t	<b>TDs</b> 7	
<b>Receptions</b> Jared Cook	<b>Rec.</b> 51	<b>Yards</b> 671	<b>Avg.</b> 13.2	<b>Long</b> 47	<b>TDs</b> 5	
<b>Receiving Yards</b> Jared Cook	<b>Yards</b> 671	<b>Rec.</b> 51	<b>Avg.</b> 13.2	<b>Long</b> 47	<b>TDs</b> 5	
<b>Tackles</b> Alec Ogletree	<b>Total</b> 155	<b>Solo</b> 124	<b>Asst.</b> 31			
<b>Sacks</b> Robert Quinn	<b>No.</b> 19.0	<b>Yards</b> 145.0				
<b>Interceptions</b> Trumaine Johnson	<b>No.</b> 3	<b>Yards</b> 36	<b>Avg.</b> 12.0	<b>Long</b> 29	<b>TD</b> 0	
<b>Punting</b> Johnny Hekker	<b>No.</b> 78	<b>Yards</b> 3,609	<b>Avg.</b> 46.3	<b>Net Avg.</b> 44.2	<b>In20</b> 19	<b>Long</b> 64
<b>Punt Returns</b> Tavon Austin	<b>Ret</b> 33	<b>FC</b> 11	<b>Yards</b> 280	<b>Avg.</b> 8.5	<b>Long</b> 98t	<b>TDs</b> 1
<b>Kickoff Returns</b> Tavon Austin	<b>Ret.</b> 18	<b>Yards</b> 398	<b>Avg.</b> 22.1	<b>Long</b> 32	<b>TDs</b> 0	

### FRONT AND CENTER

Rams veteran C Scott Wells enters his 11th NFL season in 2014, which will be his third in St. Louis. Wells signed with the Rams in the spring of 2012 after spending his first eight seasons with this week's opponent, the Green Bay Packers.

Wells was drafted by the Packers in the seventh round in 2004. He developed into a Pro Bowler in Green Bay and was a key part of the team's Super Bowl run that resulted in a championship following the 2010 campaign.

While Wells is the second-most tenured Ram when it comes to seasons - that distinction belongs to backup QB Shaun Hill - Wells has played in more games than any other current Ram. He's appeared in 130 contests with 19 starts. By comparison, veteran G Davin Joseph ranks second among Rams in appearances, and the two-time Pro Bowler has played in 100 games.



Aeneas Williams

# 2014 RAMS EXPECTED STARTERS

## OFFENSE

**WR Kenny Britt** – Signed with the Rams as a free agent this offseason after spending five seasons with Tennessee. Career totals include 157 catches for 2,450 yards and 19 touchdowns.

**LT Jake Long** – Started 15 games at left tackle before suffering season-ending knee injury in win over Tampa Bay. Former first-overall draft pick signed with St. Louis in 2013.

**LG Greg Robinson** – Second overall pick in 2014 NFL Draft. First-Team All-SEC and Second-Team All-American in final season with SEC Champion Auburn.

**C Scott Wells** – Started first 12 games of the season before suffering a leg injury in Week 13 at San Francisco. Former Pro Bowler has 119 career starts.

**RG Rodger Saffold** – Versatile lineman started three games at RT, five at RG and one at LT. Former-second round pick has started 44 games in four seasons with Rams. Re-signed with St. Louis this spring.

**RT Joe Barksdale** – Started 13 games at RT in 2013, his second season in St. Louis. Started two games at LT in 2012. Former third-round pick of Oakland was claimed off waivers in 2012.

**TE Jared Cook** – Led Rams with 51 rec. for 671 yards and five TD receptions last season. Set new single-game franchise record for receiving yards by a tight end in Week 1.

**TE Lance Kendricks** – Caught 32 passes for 248 yards and four TDs in 2013, his third NFL season. Started 13 games last year.

**WR Tavon Austin** – Scored on a 65-yard run, a 98-yard punt return and on catches of 57 and 81 yards as a rookie. Also had a 56-yard run vs. Arizona. Eighth-overall selection in 2013 draft had 40 rec. for 418 yards and scored six total TDs and was named to PFWA All-Rookie Team.

**QB Sam Bradford** – Former first-overall pick and Heisman Trophy winner enters fifth NFL season. Was on pace for new career highs in yards, touchdowns and completions last season before suffering season-ending knee injury in Week 7 a year ago.

**RB Zac Stacy** – Finished second among all NFL rookies with 973 yards last season, the third-highest total for a rookie in team history. Rushed for seven TDs and scored another on a reception. Rushed for 100 yards or more four times. Started final 12 games.

### KEY CONTRIBUTORS

**WR Chris Givens** – Recorded 34 rec. for 569 yards in 2013 (16.7 avg.). Led Rams in receiving yards as a rookie and had a 50-yard reception in five-consecutive games.

**WR Stedman Bailey** – Caught 17 passes for 226 yards, all in the final eight games of his rookie season. Scored on 27-yard reverse. Third-round pick in 2013.

**WR Brian Quick** – Caught 18 passes for 302 yards and two touchdowns in his second NFL season. Former second-round pick.

**RB Benny Cunningham** – Made team as an undrafted rookie free agent and gained 261 yards on 47 rushes this year (5.6 average) a year ago. Rushed for 109 yards and a touchdown on just 13 carries in win over Chicago.

**TE Cory Harkey** – Caught 13 passes for 113 yards and two touchdowns in 2013. Made team as an undrafted rookie in 2012. Versatile player who is key to team's running game as well.

## DEFENSE

**LDE Chris Long** – Finished the 2013 season with 8.5 sacks to give him 50.5 for his career. Scored first career TD on fumble recovery in win over Colts. Also recorded 50 tackles, 39 QB pressures, 20 QB hits, two forced fumbles and two fumble recoveries as well as three passes defended.

**LDT Kendall Langford** – Posted a career-high 5.0 sacks last season. Had 69 tackles on the year and finished third among Rams with 11 tackles for loss. Had 20 QB pressures and five QB hits.

**RDT Michael Brockers** – Recorded a career-high 5.5 sacks and led all Rams defensive linemen with 75 tackles in his second NFL season. Blocked a field goal in win over Saints. Had 13 QB pressures and 16 QB hits. Rams top draft pick in 2012.

**RDE Robert Quinn** – Named to the Pro Bowl and First-Team All-Pro after setting a new Rams record with 19.0 sacks. Led NFC and finished second in the NFL in sacks. Recorded 33 QB hits and 36 pressures.

**LLB Alec Ogletree** – Led Rams with 155 tackles, most by a rookie in team history. Tied for third in NFL with six forced fumbles. Reached double digits in tackles in 10 games, including each of final six. Tied an NFL linebacker record with a 98-yard interception return for a TD at Houston. Second of team's two first-round picks in 2013.

**MLB James Laurinaitis** – Finished 2013 ranked second among Rams with 144 tackles, his fifth-consecutive 100-tackle campaign. Posted two interceptions and a career high 3.5 sacks.

**RLB Jo-Lonn Dunbar** – Recorded 54 tackles in 12 games in 2013. Provided key tackle in Week 12 to stuff Bears on 4th-and-goal from the one. Had three QB pressures and three QB hits.

**LCB Trumaine Johnson** – Started 12 games and led Rams with three interceptions a year ago. Third-round pick in 2012 had 66 tackles and seven passes defended.

**RCB Janoris Jenkins** – Led team with 18 pass breakups while starting all 16 games in his second NFL season. Recorded 69 tackles, one sack and an interception.

**SS T.J. McDonald** – Posted 56 tackles, one sack, one interception and three passes defended as a rookie. Third-round pick started 10 games, including the first four and final six of the season while spending six weeks on "Reserved-Injured."

**FS Rodney McLeod** – Finished third among Rams defenders with 87 tackles. Also recorded two interceptions, five passes defended, a forced fumble and two fumble recoveries. Forced fumble was returned for a touchdown. Started all 16 games and played both safety and nickelback.

### KEY CONTRIBUTORS

**DE William Hayes** – Recorded 5.0 sacks to give him 12.0 in two seasons with St. Louis. Also had 36 tackles, 14 QB pressures, 12 QB hits and an interception while playing key role on defensive line rotation.

**DE Eugene Sims** – Posted 2.0 sacks, 40 tackles, 11 QB pressures and eight QB hits. Appeared in all 16 games and contributed three special teams tackles in addition to key role on defense.

**DT Aaron Donald** – Second of team's two 2014 first-round picks. Outland Trophy winner and unanimous First-Team All-American last season at Pittsburgh after posting 11 sacks and 28.5 tackles for loss.

**DB Lamarcus Joyner** – Second-round pick was a First-Team All-American selection as a senior at Florida State. Forced three fumbles and tallied 5.5 sacks and seven tackles for loss for National Champion Seminoles.

## TOUCHDOWN TAVON

The Rams moved up to the eighth spot in the 2013 draft in order to select dynamic playmaker Tavon Austin, and he provided a big-play boost for the St. Louis offense as a rookie.

Austin finished his first NFL campaign with 40 catches in 13 games and scored six total touchdowns - four receiving, one rushing and one via punt return.

On the third play of the Rams' Week 12 win over Chicago, Austin took a pitch from QB Kellen Clemens, pivoted to reverse field and raced 65-yards for a touchdown. He also had a 56-yard run against Arizona that set up a Zac Stacy touchdown.



WR Tavon Austin

In the process, Austin became the first player in NFL history with a 95-yard punt return for touchdown, 80-yard touchdown reception and 65-yard rushing score in the same season.

In Week 10 in Indianapolis, Austin became the first Ram since 2008 to score three touchdowns in a game. He became just the third rookie in NFL history to score three touchdowns of 55 yards or more in a game.

Austin caught two passes - a 57-yard bomb for a touchdown and a short crossing pattern that resulted in an 81-yard touchdown. He also returned a punt 98 yards for a score. He became the first player in NFL history to return a punt 95 yards for a touchdown and have a 55-yard touchdown catch. With 314 all-purpose yards, Austin turned in the second-best single-game performance in team history.

For his efforts, Austin was named NFC Special Teams Player of the Week and NFL Rookie of the Week. He was also named NFC Special Teams Player of the Month for November.

## SAM'S THE MAN

Rams QB Sam Bradford was off to his best start of his career, statistically speaking, before a knee injury ended his season during the team's seventh game. When he suffered his injury, Bradford ranked eighth in the NFL in completions (159) and was tied for fifth in the NFL with 14 touchdown passes. Only Peyton Manning, Philip Rivers, Tony Romo and Matthew Stafford had thrown more touchdown passes than Bradford through seven games.

Bradford's 90.9 passer rating was his highest through seven games in any of his four NFL seasons. He was also on pace for career highs in passing yards, completion percentage and completions.

In those seven games, Bradford's passer rating was over 100 in three of them. The Rams are now 8-1-1 in Bradford's career in games in which he posts a passer rating of 100.0 or better.

### Bradford's career bests through seven games

Category	2013 Totals	Previous Best
Yards	1,687	1,592 (2012)
TD Passes	14	9 (2010)
Passer Rating	90.9	81.5 (2012)
Comp. Pct.	60.7	59.8 (2012)



QB Sam Bradford

## COMMODORE'S QUEST

Rams RB Zac Stacy didn't crack the starting lineup until Week 5 last season, but he still turned in one of the best rookie campaigns by an NFL back in 2013, and it was one of the top by a rookie in Rams history.

In the team's Week 14 contest at Arizona, Stacy passed Ron Waller for the third most rushing yards by a rookie in Rams history. Waller gained 716 yards in 1955, and Stacy rushed for 973 in 2013.

In his first 12 NFL starts, Stacy rushed for 969 yards, including back-to-back 100-yard games in the Weeks 8 & 9 and Weeks 15 & 16. He also contributed 26 receptions for 121 yards and a touchdown in that span.



RB Zac Stacy

Stacy narrowly missed becoming the third rookie in Rams history to gain 1,000 yards on the ground. Eric Dickerson (1,808) and Jerome Bettis (1,429) are the two backs that have accomplished the feat.

Last April, the Rams traded two draft picks to move back into the fifth round and select Stacy. Over the course of the last 12 games, Stacy ranked among the NFL's best runners.

### Most Rushing Yards, Weeks 5-17

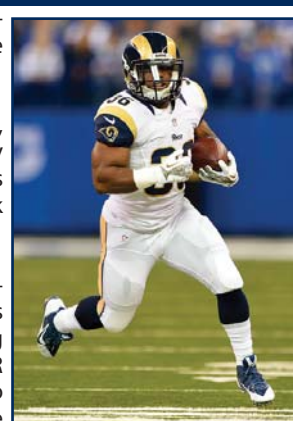
	Yards
1. LeSean McCoy, PHI	1,139
2. Eddie Lacy, GB	1,127
3. Ryan Mathews, SD	1,029
4. Matt Forte, CHI	1,019
5. Jamaal Charles, KC	998
6. Alfred Morris, WAS	979
7. Zac Stacy, STL	969
8. Marshawn Lynch, SEA	949

## ROOKIES ON THE RUN

In 2013, NFL rookies combined for 14 100-yard rushing performances. The Rams were responsible for one-third of those.

Zac Stacy accomplished the feat four times, include twice in back-to-back weeks. Benny Cunningham (109 yards on just 13 carries vs. Chicago) also reached the century mark earlier this season.

In Week 12 against Chicago, the Rams narrowly missed having two 100-yard rookies in the same game, as Stacy had 87 rushing yards when he exited with an injury. WR Tavon Austin also provided a 65-yard run to give St. Louis 261 yards rushing from three rookies in the victory. In addition, rookie WR Stedman Bailey scored on a 27-yard run in the team's win over Tampa Bay, giving the Rams four different rookies with a rushing touchdown this season.



RB Benny Cunningham

### 2013 Top 10 Rushing Performances by Rookies

	Yards
1. Mike James, TB (vs. SEA)	158
2. Andre Ellington, ARI (vs. ATL)	154
3. Eddie Lacy, GB (vs. CHI)	150
4. Eddie Lacy, GB (vs. DAL)	141
5. Zac Stacy, STL (vs. SEA)	134
6. Zac Stacy, STL (vs. NO)	133
7. Zac Stacy, STL (vs. TEN)	127
8. Eddie Lacy, GB (vs. BAL)	120
9t. Le'Veon Bell (vs. GB)	117
9t. Montee Ball, DEN (vs. KC)	117



## RUSHING ROBERT

A year ago, Rams DE Robert Quinn put together one of the best seasons among pass rushers in team history, and for his efforts he was named a Pro Bowl starter and First-Team All-Pro.

Quinn's 19.0 sacks were second best in the NFL this season, just a half sack off of league leader Robert Mathis (19.5). Quinn also finished second to Mathis in forced fumbles, as Quinn had seven to Mathis' eight.

His 19.0 sacks set a new franchise record, topping Kevin Carter's 17.0 in 1999. Quinn had at least one sack in 11 of 16 games this season, and he had five multi-sack games, including three contests in which he recorded 3.0 sacks.

Coaches credited Quinn with 36 pressures and 33 hits on the season. Two of his forced fumbles resulted in touchdowns - his own 31-yard return vs. Chicago and a 45-yard return by Chris Long in a win over Indianapolis.

Quinn was named NFC Defensive Player of the Week following a Week 1 win over Arizona in which he recorded three sacks and two forced fumbles.

In Week 12, Quinn sealed the Rams victory over Chicago when he sacked Josh McCown, forced a fumble and recovered the loose ball. He raced 31 yards for his first NFL touchdown to complete the play.

In addition to his pass-rushing prowess, Quinn improved his play against the run this season. Coaches credited Quinn with 18 tackles for loss, the most among all Rams.

### 2013 NFL Sack Leaders

	Sacks
1. Robert Mathis, IND	19.5
<b>2. Robert Quinn, STL</b>	<b>19.0</b>
3. Greg Hardy, CAR	15.0
4. Mario Williams, BUF	13.0
4. Cameron Jordan, NO	12.5



DE Robert Quinn

## DYNAMIC DUO

Look around the NFL and you'd be hard pressed to find a pair of defensive ends better than the one the Rams boast in Chris Long and Robert Quinn.

While Quinn set a new franchise record with 19.0 sacks last season, Long posted 8.5 of his own, narrowly missing his third-consecutive season in double digits.

In addition to sacking the opposing quarterback, Quinn and Long consistently impacted the opponents' passing games with the rush.

According to coaches' grades, the duo combined for 75 pressures and 53 quarterback hits last season.

As a team, the Rams have been among the best in the NFL at getting to the quarterback in recent years. Since 2010, St. Louis has 187 sacks, which is the most among all NFL clubs during that time period.

In 2013, Long and Quinn's combined 27.5 was the most among any pair of teammates in the NFL.

### Most Sacks By a Pair of Teammates, 2013

	Sacks
<b>1. R. Quinn &amp; C. Long, STL</b>	<b>27.5</b>
2. G. Hardy & C. Johnson, CAR	26.0
3. R. Mathis & J. Freeman, IND	25.0
4. C. Jordan & J. Gallette, NO	24.5
5. M. Williams & K. Williams, BUF	23.5



DE Chris Long

## BEST IN CLASS



DE Robert Quinn

For teams in need of impact pass rushers, the 2011 NFL Draft was certainly the place to find one.

In the top 16 picks, there were seven "front seven" players selected. Six of them have at least 19 career sacks, and five of them have at least 30.

With the 14th pick, the Rams were fortunate to snag DE Robert Quinn, who boasts 34.5 career sacks. Quinn came off the board after Von Miller (35 sacks), Aldon Smith (42) and J.J. Watt (36.5), and each player has made a name for himself.

Quinn certainly stood out among his peers in 2013 as he led the NFC with 19.0 sacks. Since the start of the 2012 season, only Watt has more sacks than Quinn.

### Most Sacks Since Start of 2012

	Sacks
1. J.J. Watt, HOU*	31.0
<b>2. Robert Quinn, STL*</b>	<b>29.5</b>
3. Aldon Smith, SF*	28.0
4. Robert Mathis, IND	27.5
5. Greg Hardy, CAR	26.0

\*2011 First Round Pick

## MEET ME AT THE QB

The Rams have a new record holder for sacks in a season. Robert Quinn broke Kevin Carter's 14-year-old franchise record in Week 16 when he reached 18.0 on the season.

Since the team moved to St. Louis in 1995, only four Rams have recorded 13 sacks in a season. Quinn joined the group last year and worked his way to the top of the list.

Carter posted an NFL-best 17.0 sacks for the Super Bowl champion Rams in 1999. Carter was named to his first Pro Bowl that season, something Quinn did as well in 2013.



DE Robert Quinn

### Most Sacks by a Ram in a Season Since 1995

	Sacks
<b>1. Robert Quinn, 2013</b>	<b>19.0</b>
2. Kevin Carter, 1999	17.0
3. Leonard Little, 2001	14.5
4t. Leonard Little, 2006	13.0
4t. Chris Long, 2011	13.0
6. Leonard Little, 2003	12.5

## MAN IN THE MIDDLE

If you want to find Rams MLB James Laurinaitis on the football field, one can often simply follow the ball because the fifth-year pro seems to always be around it.

Laurinaitis finished the 2013 season with 144 tackles, his fifth 100-tackle season in as many years in the NFL. His toughness and leadership were key to a Rams defense that finished in the top 10 against the run for the first time since 2001.

Laurinaitis has proven to be a valuable defender against both the run and the pass. He recorded a career-high 3.5 sacks last year and six tackles for loss. He also posted two interceptions and eight pass breakups. Laurinaitis recovered two fumbles as well.

Since 2009, only three linebackers - DeAndre Levy, Paul Posluszny and Sean Lee - have more interceptions than Laurinaitis' nine. Laurinaitis, due in part to his ability to play the run and pass at a high level, rarely comes off the field.

Teammates voted Laurinaitis their Carl Ekern Spirit of the Game Award winner for 2013. A day before the 2012 opener, Laurinaitis signed a new five-year contract with the Rams. After the deal was finished, Rams C.O.O. Kevin Demoff said of Laurinaitis, "I think there is no player who embodies what we want on and off the field more than James Laurinaitis."



Linebacker James Laurinaitis reached the 100-tackle mark for a fifth-consecutive season and posted a career high 3.5 sacks as he manned the center of the St. Louis defense.

## BROCKERS BRINGING IT

The Rams finished ninth in the NFL in run defense in 2013, and DT Michael Brockers was a key factor in that ranking.

In his second NFL season, Brockers led all Rams defensive linemen with 75 tackles. He had a pair of two-sack games this season and finished with a career-high 5.5 sacks on the year. He also added 13 quarterback pressures and 15 quarterback hits. In addition, coaches credited Brockers with eight tackles for loss.

As a rookie in 2012, Brockers was named to the Pro Football Writers of America/Pro Football Weekly All-Rookie team.

In 29 career games, Brockers now has 9.5 sacks, which ranks among the best in comparison with the defensive linemen drafted in the first round in 2012.

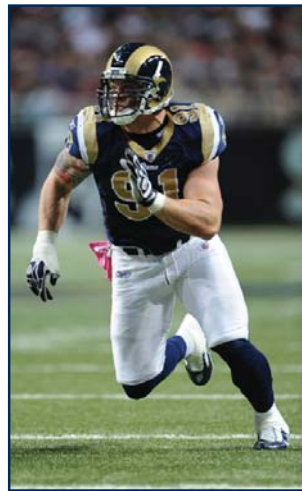


DT Michael Brockers

### Most Sacks, Defensive Linemen Drafted in 1st Round, 2012

	Career Sacks
1. Chandler Jones, NE	17.5
2. Quinton Coples, NYJ	10.0
<b>3. Michael Brockers, STL</b>	<b>9.5</b>
4. Fletcher Cox, PHI	8.5
5. Shea McClellin, CHI	6.5

## LONG ON TALENT



DE Chris Long

Whether he's sacking the quarterback or chasing him down, Rams DE Chris Long continues to make an impact in St. Louis' pass defense.

Long recorded sacks in each of the teams' final two games last year to give him 8.5 on the 2013 season. He also had 39 QB pressures and 20 QB hits. Coaches credited Long with seven tackles for loss on the year. In a Week 10 win over the Colts, Long scored his first career touchdown when he recovered an Andrew Luck fumble and returned it 45 yards.

Long now has 50.5 career sacks. He finished the 2012 campaign with 11.5 sacks, which tied him for ninth in the NFL in the category last season. The former second-overall pick had a breakout season in 2011 when he finished the year with 13.0 sacks, which ranked seventh in the NFL.

Long and his father Howie, a Hall of Fame defensive end who played for the Raiders, are one of just two father-son combos to each record 10 or more sacks in a season. Clay Matthews II, a former Browns linebacker, and Green Bay's Clay Matthews III are the other.

In July of 2012, Long signed a contract extension that will keep him at the heart of the Rams defense for years to come.

## JACK RABBIT GOES HUNTING

Although a back injury limited his work in practice late in the season, Rams CB Janoris Jenkins enjoyed a strong finish to his second NFL campaign.

Jenkins, who is nicknamed Jackrabbit, led the Rams with 18 pass breakups. In the team's Week 16 win over the Buccaneers, Jenkins played a key role in limiting Tampa Bay to just 111 net passing yards.

In 2012, Jenkins turned in one of the best seasons by a rookie corner in NFL history. With three interceptions returned for touchdowns in 2012, Jenkins tied the NFL rookie record in the category. He shares the mark with Hall of Famers Ronnie Lott and Lem Barney.

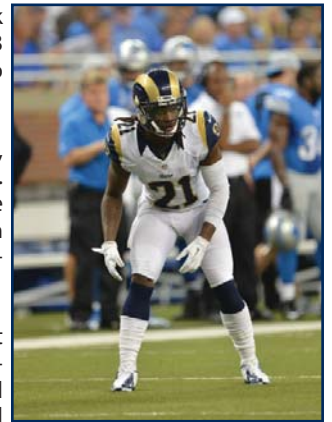
In addition to his three interception returns, Jenkins also returned a fumble for a score. He's the only rookie in team history to score four defensive touchdowns, and he led the entire NFL in the category in 2012.

Jenkins hails from a hotbed of NFL talent. When it comes to producing NFL players, few places in the country can rival "The Muck." He and 49ers WR Anquan Boldin are two of more than 20 current or former NFL players who hail from the Pahokee, Fla. area.

Jenkins and fellow 2012 draft classmate Trumaine Johnson each have five career interceptions, which puts them among the best cornerbacks in their class.

### Most Interceptions, Cornerbacks Drafted in 2012

	Career INTs
1t. Brandon Boykin, PHI	6
1t. Casey Hayward, GB	6
<b>3t. Janoris Jenkins, STL</b>	<b>5</b>
<b>3t. Trumaine Johnson, STL</b>	<b>5</b>



CB Janoris Jenkins



## VERY SPECIAL TEAMS

The Rams excelled in nearly every facet of the kicking game last season, thanks in large part to their core of young special teams players.

The average starting field position for St. Louis opponents following kickoffs was their own 20.1, which was the third best total in the NFL.

Opponents averaged just 2.6 yards per punt return against the Rams, tops in the NFL last season, while P Johnny Hekker set a new NFL record for net punting average.

In Weeks 15 and 16, the Rams became the first team since 1960 to go consecutive games without allowing a single return yard on either kickoff or punt returns. St. Louis extended the streak to a third week as Seattle had a total of negative-2 yards in Week 17.

The Rams' coverage units were anchored by rookie LB Ray Ray Armstrong, who led the team with 12 special teams tackles. Rookies Daren Bates, Brandon McGee, Cody Davis and Stedman Bailey played key roles on the coverage units, and Tavon Austin anchored the return game.



LB Ray Ray Armstrong

## GREG THE LEG

While Greg Zuerlein may not have drawn the attention in his second NFL season that he did in his first, the Rams' kicker somewhat quietly put together a stellar sophomore campaign.

Zuerlein made 12 consecutive field goal attempts to close the season. He was perfect the last seven weeks and finished 26-of-28 on field goals in 2013.

Of his last 14 kickoffs, 13 went for touchbacks and the other was a perfectly-placed onside kick that was recovered by WR Stedman Bailey.

In the process, Zuerlein became the most accurate kicker in team history. He's now 49-of-59 for his career, good for a mark of 83.05 percent.

As a rookie, Zuerlein made seven field goals from 50 yards or more. In the win over San Francisco, he broke the franchise record for 50+ yard field goals in a season. Among Zuerlein's accomplishments through his first two seasons:

- With seven field goals of 50 yards or more, Zuerlein owns the team record in the category and ranks second all-time among NFL rookies.
- Kicked the longest field goal by a rookie in league history (60 yds.).
- Broke the franchise record for longest field goal (60 yds.) and owns three of the four longest field goals in Rams history.
- Became the first kicker in league history to make a 50-plus and 60-plus yard field goal in the same game.
- Made his first 14 attempts this season and made his last 12.
- Ranks first in franchise history in career accuracy, 83.05 percent.



K Greg Zuerlein

## JOHNNY ON THE SPOT

Rams P Johnny Hekker had one of the best seasons by a punter in NFL history in 2013. For his efforts, Hekker became the first Rams punter since 1985 (Dale Hatcher) to be named to the Pro Bowl. Like Hatcher, Hekker also earned First-Team All-Pro honors.

The honors came after Hekker recorded the highest single-season net average (44.2) in NFL history. His 46.3 gross average was 10th in the league and was the fourth best single-season total in Rams history.

Opponents averaged just 2.6 yards per return against the Rams, the best total in the NFL this season. He had just four touchbacks in 78 punts and placed 19 inside the opponents' 20-yard line.

Hekker joined the Rams as an undrafted rookie free agent in 2012. He finished his first NFL campaign with a 45.8-yard gross average and a net average of 39.9 yards per attempt. Both of those numbers are the fourth best for a season in Rams history.

### 2013 NFL Leaders, Net Punting Average

	Net Avg.
1. Johnny Hekker, STL	44.2
2. Brandon Fields, MIA	42.4
3. Thomas Morstead, NO	42.3
4. Andy Lee, SF	41.7
5. Brad Nortman, CAR	41.6

### Highest Net Punting Average in a Season, NFL History

	Net Avg.
1. Johnny Hekker, STL - 2013	44.2
2. Andy Lee, SF - 2011	44.0
3. Shane Lechler, OAK - 2009	43.9
4. Andy Lee, SF - 2012	43.2
5. Thomas Morestead, NO - 2012	43.2



P Johnny Hekker

## WHAT'S COOK-IN'?

In his first year in St. Louis, Jared Cook set a new record for most receiving yards in a season by a Rams tight end.

Cook led the Rams in both receptions (51) and receiving yards (671). Teammate Lance Kendricks set the previous mark for St. Louis tight ends last year with 519 yards. Cook bested that number and then topped the all-time franchise record held by Mike Barber (657 in 1983).

In his Rams debut, Cook caught seven passes for 141 yards and two touchdowns in the team's Week 1 win. His 141 yards are the most by a tight end in a single game in franchise history. Cook broke a record previously held by Pete Holohan, who had 126 yards on Dec. 11, 1988 against Atlanta.

Cook's Week 1 performance was his second-highest single-game total of his career. He had 169 in a 2011 game against Jacksonville. Cook's 169 yards are a Titans single-game record for a tight end as well.

When Rams Head Coach Jeff Fisher was in Tennessee, he thought so highly of Cook that he traded a future second-round draft pick in order to move up and select the South Carolina tight end in the third round.



TE Jared Cook



## HE'S A WINNER

With seven wins in 2013, Rams Head Coach Jeff Fisher has won 156 regular season games during his 18-plus seasons as an NFL head coach.

Fisher is among the winningest head coaches of his era. Among active head coaches, Fisher is third in career wins, trailing only Bill Belichick and Tom Coughlin.

With the Rams' victory over New Orleans in Week 15, Fisher passed Hall of Famer Joe Gibbs for 16th on the NFL's all-time wins list.



Head Coach Jeff Fisher

### Most Regular Season Wins, Active Head Coaches

	<b>Wins</b>
1. Bill Belichick	199
2. Tom Coughlin	158
<b>3. Jeff Fisher</b>	<b>156</b>
4. Andy Reid	141
5. John Fox	107

## ON THE WAY UP

Led by Offensive Coordinator Brian Schottenheimer, the Rams averaged 21.8 points per game last season. Their point total marked the team's highest average since the 2006 season when the Rams scored 22.9 points per game.

St. Louis scored 27 or more points six times in 2013. From 2009-12, the Rams scored 27 or more points on six total occasions in that time span. Prior to this season, the last time the Rams scored 27 or more points in six games in one season was in 2005.

The Rams scored 38 touchdowns last season, which is the most they've scored in a season since the 2006 squad found the end zone 39 times.

The team's improved play on offense was in part driven by their young players. Rams rookies accounted for 18 of the team's 38 touchdowns. Second-year players accounted for four additional touchdowns, and the team's third-year pros scored nine others.



Brian Schottenheimer

## ACCESS DENIED

The Rams were one of the best units in the NFL last season when it came to red zone defense.

On the year, opponents scored on 76.7 percent of their trips inside the Rams' 20 yard line, which was the second-lowest total in the NFL.

Opponents scored touchdowns on 51.7 percent of their trips to the St. Louis defensive red zone, which was 11th best in the NFL.

Part of that success came thanks to the Rams' ability to create timely turnovers. St. Louis forced three turnovers in opponents' goal-to-go situations, which was tied for the most in the NFL in the category. The Rams held the out-right lead in red zone takeaways this season with eight. Of the Rams' 14 interceptions this season, seven came in their defensive red zone.



CB Trumaine Johnson

## GETTING DEFENSIVE

One of the biggest offseason transactions made by the Rams this spring was the hiring of Defensive Coordinator Gregg Williams.

Williams has presided over five separate top five total defenses during his coaching career: Tennessee Titans (No. 1 in total defense in 2000), Buffalo Bills (No. 3 in 2001 and No. 2 in 2003), Washington Redskins (No. 3 in 2005), and the New Orleans Saints (No. 4 in 2010). As a defensive coordinator or head coach (15 seasons), Williams has coached seven top-ten overall defenses.



Gregg Williams

Williams spent last season in Tennessee, and the Titans made great strides defensively. Tennessee ranked 16th in points per game allowed after finishing last in the NFL in 2012. The Titans improved to 14th in total defense last season after ranking 27th the previous year, were 11th in pass defense after a 26th-place finish in 2012, and Tennessee was 7th in the league in third down defense after ranking 21st a year earlier.

Williams' reputation as a defensive coach was forged in his years with Tennessee, where he served for 11 seasons (1990-2000), including as coordinator over his last four years with the club. Williams worked under Rams Head Coach Jeff Fisher for 6 ½ seasons with the Oilers/Titans.

## WAR RAM EAGLE

Last fall, Auburn literally ran its way to an SEC championship and appearance in the national title game. As a team, the Tigers averaged an NCAA-best 328.3 yards per game on the ground. Two of the biggest pieces of that dominant rushing offense are now in St. Louis.

With the second overall pick in May's draft, the Rams selected Greg Robinson, who was Auburn's left tackle and is projected to begin his NFL career at left guard. In 14 games last season, coaches credited Robinson with 130 "knock-down" blocks, an average of more than nine per game as Auburn sparred with some of the best defenses in the country. Robinson was named First-Team All-SEC and was a Second-Team All-American by the Associated Press.

Robinson paved the way for the SEC's leading rusher in Tre Mason, whom the Rams selected in the third round of the draft. Mason finished fifth in the nation with 1,816 rushing yards, and his 23 rushing touchdowns were tied for third most in the country. Mason was the SEC Offensive Player of the Year, was named First-Team All-SEC and was a finalist for the Heisman Trophy.



OL Greg Robinson



RB Tre Mason

## BULLDOG 'BACKER

The Rams maneuvered throughout the first round of the 2013 draft to accumulate picks and eventually land the players they most coveted. The plan worked to perfection as LB Alec Ogletree remained on the board when St. Louis went on the clock with the 30th pick.



LB Alec Ogletree

Ogletree, an All-SEC performer at Georgia, stepped into the Rams' starting lineup from the get go and was a playmaker for St. Louis. He led the Rams with 155 tackles and had six forced fumbles, third most in the NFL.

He reached double digits in tackles in 10 games last season, including each of the last six.

In the team's Week 6 win at Houston, Ogletree grabbed his first career interception and returned it 98 yards for a touchdown. In the process, he tied the NFL record for longest interception return by a linebacker, and it was the longest return by a rookie linebacker in league history.

## TAKE IT AWAY

It's often said that turnover ratio is the most telling stat in football, and that was certainly the case for the Rams in 2013.

In St. Louis' seven wins, the Rams were +17 in turnover ratio. In the team's nine losses, they were -9. The Rams did not win a game this season in which they lost the turnover battle.

On the season, the Rams finished +8 in turnover ratio, tied for ninth best in the NFL. They had 29 takeaways as a team, which tied for the 10th most in the league.

The Rams forced turnovers at the most important times this season. Of their 29 takeaways, eight came when their opponents were in the offensive red zone.

In their Week 12 win over Chicago, the Rams forced three turnovers while not committing one offensively. St. Louis was +4 in their Week 10 win over Indianapolis and was +3 in their Week 15 win over New Orleans.



LB James Laurinaitis

## PUSH 'EM BACK

Against both the run and the pass, the Rams were one of the best teams in the NFL at creating negative plays last season.

St. Louis had 127 total negative plays on defense last year, most in the league. Those totals include 72 negative runs by Rams opponents, which was tied for the second most in the league. Of the Rams' 53 sacks, 49 were for loss. In addition, the Rams tackled opponents for loss on six pass plays.



DT Kendall Langford

According to coaches tape, Robert Quinn led the Rams with 18 tackles for loss to go along with his NFC-best 19.0 sacks. LB Alec Ogletree was second with 12, while DT Kendall Langford finished third among Rams with 11 tackles-for-loss.

## SACK ATTACK

Once again, the Rams were among the best in the league in 2013 when it came to getting after the quarterback.

Led by an NFC best 19.0 sacks from Pro Bowl DE Robert Quinn, St. Louis finished third in the NFL with 53 on the season. The Rams were second in sacks per pass play.

Since 2010, the Rams have recorded 187 sacks as a team. That's the most in the NFL over that time period. Green Bay ranks second with 167, followed by Miami (166) and Cincinnati (166).



DE Chris Long

This season, 11 different Rams recorded at least one sack, led by Quinn's 19.0. The Rams had five defensive linemen with 5.0 or more sacks.

In 2012, the Rams tied for the NFL lead with 52 sacks on the season and led the league in sacks per pass play as a defense. Long led the way with 11.5 sacks while Quinn had 10.5.

### 2013 NFL Team Sack Leaders

### Sacks

1. Carolina Panthers	60
2. Buffalo Bills	57
<b>3. St. Louis Rams</b>	<b>53</b>
4. New Orleans Saints	49
5. New England Patriots	48

## LUCKY NUMBER 13

With the 13th pick in May's draft, the Rams felt fortunate to land Pittsburgh DT Aaron Donald.

As a senior in 2013, Donald received a host of honors. In addition to being named First-Team All-American and First-Team All-ACC, Donald was the Chuck Bednarik Award and Bronco Nagurski Awards, both of which honor the national defensive player of the year in college football.



DT Aaron Donald

Donald also won the Outland Trophy, which goes to college football's top interior lineman, and the Lombardi Award, which recognizes the country's top player among college defensive linemen and linebackers.

Last season, Donald gave opposing offensive linemen fits. He recorded 28.5 tackles for loss, including 11.0 sacks. His tackle for loss total led all college defenders last year.

### 2013 NCAA Leaders, Tackles for Loss

### TFLs

<b>1. Aaron Donald, Pittsburgh</b>	<b>28.5</b>
2. Trent Murphy, Stanford	23.5
3. Vic Beasley, Clemson	23.0
4. Ryan Shazier, Ohio State	22.5
5. Kareem Martin, North Carolina	21.5



## 2014 ST. LOUIS RAMS PRESEASON DEFENSIVE STATS

(based on press box stats)

<b>TACKLES</b>	<b>Total</b>	<b>Solo</b>	<b>Asst.</b>	<b>Sacks</b>	<b>Yards</b>	<b>Int.</b>	<b>*PD</b>	<b>QB Press.</b>	<b>QB Hits</b>	<b>*FF</b>	<b>*FR</b>
E.J. Gaines	6	4	2	0.0	0.0	0	0	0	0	0	0
Rodney McLeod	5	4	1	0.0	0.0	0	0	0	0	0	0
Cody Davis	5	4	1	0.0	0.0	0	0	0	0	0	0
Ray Ray Armstrong	4	3	1	0.0	0.0	0	0	0	0	0	0
Ethan Westbrook	3	3	0	0.0	0.0	0	0	0	1	0	0
Daren Bates	3	3	0	0.0	0.0	0	0	0	0	0	0
Marcus Roberson	3	2	1	0.0	0.0	0	0	0	0	0	0
Sammy Brown	2	2	0	0.0	0.0	0	0	0	1	0	0
Deantre Harlan	2	2	0	0.0	0.0	0	1	0	0	0	0
T.J. McDonald	2	2	0	0.0	0.0	0	0	0	0	0	0
Eugene Sims	2	2	0	0.0	0.0	0	0	0	0	0	0
Lamarcus Joyner	2	2	0	0.0	0.0	0	0	0	0	0	0
Phillip Steward	2	2	0	0.0	0.0	0	0	0	0	0	0
Johnny Millard	2	1	1	0.0	0.0	1	1	0	0	0	0
Michael Sam	1	1	0	0.0	0.0	0	0	0	1	0	0
Darren Woodard	1	1	0	0.0	0.0	0	1	0	0	0	0
Alec Ogletree	1	1	0	0.0	0.0	0	0	0	0	0	0
Maurice Alexander	1	1	0	0.0	0.0	0	0	0	0	0	0
Lawrence Wilson	1	1	0	0.0	0.0	0	0	0	0	0	0
Aaron Hill	1	1	0	0.0	0.0	0	0	0	0	0	0
Jo-Lonn Dunbar	1	0	1	0.0	0.0	0	0	0	0	0	0
Chris Long	0	0	0	0.0	0.0	1	1	0	0	0	0
<b>Total</b>	<b>50</b>	<b>42</b>	<b>8</b>	<b>0.0</b>	<b>0.0</b>	<b>2</b>	<b>4</b>	<b>0</b>	<b>3</b>	<b>0</b>	<b>0</b>

\* PD is passes defensed

### SPECIAL TEAMS TACKLES

Marcus Roberson.....	1
Chase Reynolds.....	1
Stedman Bailey .....	1
Etienne Sabino .....	1
<b>Total.....</b>	<b>4</b>

## ST. LOUIS RAMS / PRESEASON / WEEK 2 / THROUGH SATURDAY, AUGUST 9, 2014

WON 0, LOST 1										* RUSHING										No.		Yds		Avg		Long		TD	
08/08 L 24-26		New Orleans				54,850		Mason		15		51		3.4		20		0											
08/16		Green Bay						Reynolds		6		46		7.7		38		0											
08/23		at Cleveland						B. Cunningham		5		24		4.8		19		0											
08/28		at Miami						Stacy		4		22		5.5		11		0											
		St.L.		Opp.				S. Hill		1		6		6.0		6		0											
TOTAL FIRST DOWNS		22		22				Gilbert		1		1		1.0		1		0											
Rushing		6		6				TEAM		32		150		4.7		38		0											
Passing		11		13				OPPONENTS		24		123		5.1		22t		2											
Penalty		5		3				* RECEIVING		No.		Yds		Avg		Long		TD											
3rd Down: Made/Att		7/17		5/12				Bayer		5		71		14.2		42		0											
3rd Down Pct.		41.2		41.7				Blake		3		41		13.7		29		0											
4th Down: Made/Att		1/2		0/0				Austin		3		20		6.7		8		0											
4th Down Pct.		50.0		0.0				Kendricks		2		20		10.0		14		0											
POSSESSION AVG.		31:24		28:36				Bailey		1		24		24.0		24t		1											
TOTAL NET YARDS		388		375				Cook		1		24		24.0		24		0											
Avg. Per Game		388.0		375.0				Pettis		1		21		21.0		21		0											
Total Plays		70		64				Harkey		1		16		16.0		16t		1											
Avg. Per Play		5.5		5.9				Franklin		1		15		15.0		15t		1											
NET YARDS RUSHING		150		123				Reynolds		1		10		10.0		10		0											
Avg. Per Game		150.0		123.0				J. Cunningham		1		5		5.0		5		0											
Total Rushes		32		24				Moe		1		4		4.0		4		0											
NET YARDS PASSING		238		252				TEAM		21		271		12.9		42		3											
Avg. Per Game		238.0		252.0				OPPONENTS		27		252		9.3		46		1											
Sacked/Yards Lost		4/33		0/0				* INTERCEPTIONS		No.		Yds		Avg		Long		TD											
Gross Yards		271		252				C. Long		1		2		2.0		2		0											
Att./Completions		34/21		40/27				Millard		1		-2		-2.0		-2		0											
Completion Pct.		61.8		67.5				TEAM		2		0		0.0		2		0											
Had Intercepted		0		2				OPPONENTS		0		0		---		---		0											
PUNTS/AVERAGE		5/46.0		4/53.8				* PUNTING		No.		Yds		Avg		Net		TB											
NET PUNTING AVG.		5/45.0		4/49.5				Hekker		3		130		43.3		43.7		0											
PENALTIES/YARDS		14/118		10/104				Cowan		2		100		50.0		47.0		0											
FUMBLES/BALL LOST		0/0		1/0				TEAM		5		230		46.0		45.0		0											
TOUCHDOWNS		3		3				OPPONENTS		4		215		53.8		49.5		0											
Rushing		0		2				* PUNT RETURNS		Ret		FC		Yds		Avg		Long											
Passing		3		1				Austin		1		0		6		6.0		6											
Returns		0		0				Reid		1		0		11		11.0		11											
* SCORE BY PERIODS		Q1		Q2		Q3		Q4		OT		PTS		Veltung		1		1											
TEAM		7		10		0		7		0		24		TEAM		3		1											
OPPONENTS		3		13		10		0		0		26		OPPONENTS		2		1											
* SCORING		TD-Ru-Pa-Rt		K-PAT		FG		S		PTS		* KICKOFF RETURNS		No.		Yds		Avg											
Bailey		1		0		1		0		0		6		Givens		2		57											
Franklin		1		0		1		0		0		6		Franklin		1		27											
Harkey		1		0		1		0		0		6		Mason		1		25											
Zuerlein		0		0		0		0		3/		3		1/		3		0											
TEAM		3		0		3		0		3/		3		1/		3		0											
OPPONENTS		3		2		1		0		2/		3		2/		2		0											
2-Pt Conv: TM 0-0, OPP 0-0														* FIELD GOALS		1-19		20-29											
SACKS: OPP 4														Zuerlein		0/		0											
FUM/LOST:														TEAM		0/		0											
														OPPONENTS		0/		0											
														Zuerlein: (45G,46N,59N)															
														TM: (45G,46N,59N)															
														OPP: (37G,37G)															
* PASSING		Att		Cmp		Yds		Cmp%		Yds/Att		TD		TD%		Int		Int%											
A. Davis		16		10		134		62.5		8.38		1		6.3		0		0.0											
Gilbert		11		6		53		54.5		4.82		0		0.0		0		0.0											
S. Hill		7		5		84		71.4		12.00		2		28.6		0		0.0											
TEAM		34		21		271		61.8		7.97		3		8.8		0		0.0											
OPPONENTS		40		27		252		67.5		6.30		1		2.5		2		5.0											





## *RAMS COACHES & PRONUNCIATION GUIDE*

<b>Head Coach</b>	Jeff Fisher
<b>Assistant Head Coach</b>	Dave McGinnis
<b>Special Teams Coordinator</b>	John Fassel
<b>Offensive Coordinator</b>	Brian Schottenheimer
<b>Defensive Coordinator</b>	Gregg Williams
<b>Assistant Strength</b>	J. Aggabo
<b>Assistant Strength</b>	Adam Bailey
<b>Tight Ends</b>	Rob Boras
<b>Offensive Line</b>	Paul T. Boudreau
<b>Assistant Special Teams</b>	Paul F. Boudreau
<b>Assistant Linebackers</b>	Joe Bowden
<b>Linebackers</b>	Frank Bush
<b>Secondary</b>	Chuck Cecil
<b>Quarterbacks</b>	Frank Cignetti
<b>Assistant Offensive Line</b>	Andy Dickerson
<b>Assistant Secondary</b>	Brandon Fisher
<b>Strength &amp; Conditioning</b>	Rock Gullickson
<b>Wide Receivers</b>	Ray Sherman
<b>Assistant Defensive Line</b>	Clyde Simmons
<b>Running Backs</b>	Ben Sirmans
<b>Offensive Assistant</b>	Kenan Smith
<b>Quality Control/Offense</b>	Andy Sugarman
<b>Defensive Line</b>	Mike Waufle
<b>Quality Control/Defense</b>	Dennard Wilson

### **PRONUNCIATION GUIDE**

#### **PLAYERS**

11 TAVON Austin	TAY-von
49B Jorgen HUS	HOOSE
55 James LAURINAITIS	Lore-in-eye-tis
23 Rodney McLEOD	mic-CLOUD
48 Johnny MILLARD	mill-LARD
59 ETIENNE Sabino	aye-tee-EN
66 Mitchell VAN DYK	van DIKE
4 Greg ZUERLEIN	ZURR-line



# RAMS UNOFFICIAL DEPTH CHART

7/26/2014

## OFFENSE

WR	81 Kenny Britt	83 Brian Quick	13 Chris Givens	19 Justin Veltung
				10 <u>Jordan Harris</u>
TE	89 Jared Cook	88 Lance Kendricks	46 Cory Harkey	84 Justice Cunningham
			82 <u>Alex Bayer</u>	47 Brad Smelley
LT	77 Jake Long	66 <u>Mitchell Van Dyk</u>	62 R.J. Dill	
LG	79 <u>Greg Robinson</u>	73 Mike Person	60 Travis Bond	
C	63 Scott Wells	61 Tim Barnes	67 Barrett Jones	65 <u>Demetrius Rhane</u>
RG	76 Rodger Saffold	69 Davin Joseph	70 Brandon Washington	
RT	72 Joe Barksdale	64 Sean Hooley	68 <u>D.J. Morrell</u>	
WR	11 Tavon Austin	12 Stedman Bailey	18 Austin Pettis	87 T.J. Moe
			16 Emory Blake	15 <u>Austin Franklin</u>
QB	8 Sam Bradford	14 Shaun Hill	9 Austin Davis	5 <u>Garrett Gilbert</u>
HB	30 Zac Stacy	36 Benny Cunningham	24 Isaiah Pead	27 <u>Tre Mason</u>
			34 Chase Reynolds	42 <u>Trey Watts</u>
FB			45 <u>Kadeem Jones</u>	

## DEFENSE

LDE	91 Chris Long	95 William Hayes	57 Sammy Brown	62 <u>Ethan Westbrooks</u>
LDT	98 Kendall Langford	92 Alex Carrington		
RDT	90 Michael Brockers	99 <u>Aaron Donald</u>	71 Matt Conrath	68 <u>Deantre Harlan</u>
RDE	94 Robert Quinn	97 Eugene Sims	96 <u>Michael Sam</u>	93 Kourtnei Brown
RLB	58 Jo-Lonn Dunbar	54 Phillip Steward	59 Etienne Sabino	49 Lawrence Wilson
MLB	55 James Laurinaitis	53 Daren Bates	51 <u>Aaron Hill</u>	
LLB	52 Alec Ogletree	50 Ray Ray Armstrong	48 <u>Johnny Millard</u>	56 Pat Schilller
LCB	22 Trumaine Johnson	32 Brandon McGee	47 <u>Marcus Roberson</u>	41 <u>Jarrod Bryant</u>
RCB	21 Janoris Jenkins	33 <u>E.J. Gaines</u>	39 <u>Greg Reid</u>	35 Darren Woodard
FS	23 Rodney McLeod	38 Cody Davis	20 <u>Lamaricus Joyner</u>	43 <u>Avery Cunningham</u>
SS	25 T.J. McDonald	31 <u>Maurice Alexander</u>	26 <u>Christian Bryant</u>	37 Matt Daniels

## SPECIALISTS

P	6 Johnny Hekker	2 Bobby Cowan	
K	4 Greg Zuerlein	2 Bobby Cowan	
H	6 Johnny Hekker		
LS	44 Jake McQuaide	49 Jorgen Hus	
PR	11 Tavon Austin	19 Justin Veltung	
KR	36 Benny Cunningham	11 Tavon Austin	24 Isaiah Pead



# RAMS ALPHABETICAL ROSTER

#	Player	Pos	Ht	Wt	DOB	Age	Exp	College	H.S. Hometown	How Acq
31	Alexander, Maurice	S	6-1	220	2/16/1991	23	R	Utah State	St. Louis, Mo.	D4-'14
50	Armstrong, Ray Ray	LB	6-3	234	3/5/1991	23	2	Miami (Fla.)	Sanford, Fla.	FA-'13
11	Austin, Tavon	WR	5-8	176	3/15/1991	23	2	West Virginia	Baltimore, Md.	D1A-'13
12	Bailey, Stedman	WR	5-10	194	11/11/1990	23	2	West Virginia	Miami, Fla.	D3B-'13
72	Barksdale, Joe	T	6-5	326	1/1/1988	26	4	LSU	Detroit, Mich.	W(OAK)-'12
61	Barnes, Tim	C	6-4	306	5/14/1988	26	3	Missouri	Longwood, Mo.	FA-'11
53	Bates, Daren	LB	5-11	225	11/27/1990	23	2	Auburn	Olive Branch, Miss.	FA-'13
82	Bayer, Alex	TE	6-4	258	11/8/1990	23	R	Bowling Green	Pickering, Ohio	FA-'14
16	Blake, Emory	WR	6-0	192	7/18/1991	23	1	Auburn	Austin, Tex.	FA-'13
8	Bradford, Sam	QB	6-4	224	11/8/1987	26	5	Oklahoma	Oklahoma City, Okla.	D1-'10
81	Britt, Kenny	WR	6-3	223	9/18/1988	25	6	Rutgers	Bayonne, N.J.	UFA(TEN)-'14
90	Brockers, Michael	DT	6-5	326	12/21/1990	23	3	LSU	Houston, Tex.	D1-'12
60	Bond, Travis	OL	6-6	329	12/10/1990	23	1	North Carolina	Windsor, N.C.	W (CAR)-'14
93	Brown, Kourtnei	DE	6-4	253	4/17/1988	26	1	Clemson	Charlotte, N.C.	FA-'14
57	Brown, Sammy	DE	6-2	254	4/17/1990	24	2	Houston	Wiggins, Miss.	FA-'12
26	Bryant, Christian	S	5-9	198	3/21/1992	22	R	Ohio State	Cleveland, Ohio	D7B-'14
41	Bryant, Jarrid	CB	6-3	185	4/2/1990	24	R	South Dakota	Corona, Calif.	FA-'14
92	Carrington, Alex	DT	6-5	301	6/19/1987	27	5	Arkansas State	Tupelo, Miss.	UFA(BUF)-'14
71	Conrath, Matt	DT	6-7	306	8/11/1989	24	3	Virginia	Oak Lawn, Ill.	FA-'12
89	Cook, Jared	TE	6-5	254	4/7/1987	27	6	South Carolina	Suwanee, Ga.	UFA(TEN)-'13
2	Cowan, Bobby	P	6-4	219	3/5/1990	24	1	Idaho	Vancouver, Wash.	FA-'14
43	Cunningham, Avery	S	5-11	200	1/2/1991	23	R	Central Michigan	Cincinnati, Ohio	FA-'14
36	Cunningham, Benny	RB	5-10	217	7/7/1990	24	2	Middle Tennessee	Nashville, Tenn.	FA-'13
84	Cunningham, Justice	TE	6-3	258	1/14/1991	23	1	South Carolina	Pageland, S.C.	FA-'13
37	Daniels, Matt	S	6-0	212	9/27/1989	24	3	Duke	Fayetteville, Ga.	FA-'12
9	Davis, Austin	QB	6-2	221	6/2/1989	25	2	Southern Miss	Collinsville, Miss.	FA-'13
38	Davis, Cody	S	6-1	206	6/6/1989	25	2	Texas Tech	Stephenville, Tex.	FA-'13
62B	Dill, R.J.	T	6-7	310	7/26/1990	24	1	Rutgers	Athens, Ga.	FA-'14
99	Donald, Aaron	DT	6-1	285	5/23/1991	23	R	Pittsburgh	Pittsburgh, Pa.	D1B-'14
58	Dunbar, Jo-Lonn	LB	6-0	235	3/13/1985	29	7	Boston College	Syracuse, N.Y.	UFA (NO)-'12
15	Franklin, Austin	WR	5-11	189	12/6/1992	21	R	New Mexico State	Dallas, Tex.	FA-'14
33	Gaines, E.J.	CB	5-10	190	2/23/1992	22	R	Missouri	Independence, Mo.	D6A-'14
5	Gilbert, Garrett	QB	6-4	221	7/1/1991	23	R	Southern Methodist	Austin, Tex.	D6B-'14
13	Givens, Chris	WR	6-0	203	12/6/1989	23	3	Wake Forest	Wylie, Tex.	D4-'12
46	Harkey, Cory	TE	6-4	259	6/17/1990	24	3	UCLA	Chino Hills, Calif.	FA-'12
68W	Harlan, Deantre	DT	6-4	281	12/20/1990	23	R	Bacone	Everman, Tex.	FA-'14
10	Harris, Jordan	WR	6-2	215	12/8/1991	22	R	Bryant	Lincoln University, Pa.	FA-'14
95	Hayes, William	DE	6-3	278	5/2/1985	29	7	Winston-Salem State	High Point, N.C.	UFA (TEN)-'12
6	Hekker, Johnny	P	6-5	236	2/8/1990	24	3	Oregon State	Bothell, Wash.	FA-'12
51	Hill, Aaron	LB	6-1	231	9/5/1990	23	R	Minnesota	St. Charles, Mo.	FA-'14
14	Hill, Shaun	QB	6-3	220	1/9/1980	34	13	Maryland	Parsons, Kan.	UFA(DET)-'14
64	Hooey, Sean	OL	6-9	304	7/26/1990	24	1	Cincinnati	Litchfield, Mich.	FA-'13
49B	Hus, Jorgen	LS	6-1	232	9/12/1989	24	1	Regina (Ca.)	Saskatoon, Sask.	FA-'14
21	Jenkins, Janoris	CB	5-10	198	10/29/1988	25	3	North Alabama	Pahokee, Fla.	D2B-'12
22	Johnson, Trumaine	CB	6-2	208	1/1/1990	24	3	Montana	Stockton, Calif.	D3-'12
67	Jones, Barrett	C/G	6-4	308	5/25/1990	24	2	Alabama	Germantown, Tenn.	D4-'13
45	Jones, Kadeem	FB	5-10	266	3/25/1992	22	R	Western Kentucky	Dundee, Fla.	FA-'14
69	Joseph, Davin	G	6-3	313	11/22/1983	30	9	Oklahoma	Hallendale, Fla.	UFA (TB)-'14
20	Joyner, Lamarcus	DB	5-8	184	11/27/1990	23	R	Florida State	Ft. Lauderdale, Fla.	D2-'14
88	Kendricks, Lance	TE	6-3	250	1/30/1988	26	4	Wisconsin	Milwaukee, Wisc.	D2-'11
98	Langford, Kendall	DT	6-6	313	1/27/1986	28	7	Hampton	Petersburg, Va.	UFA (MIA)-'12
55	Laurinaitis, James	LB	6-2	248	12/3/1986	27	6	Ohio State	Plymouth, Minn.	D2-'09
91	Long, Chris	DE	6-3	268	3/28/1985	29	7	Virginia	Charlottesville, Va.	D1-'08
77	Long, Jake	T	6-7	322	5/9/1985	29	7	Michigan	Lapeer, Mich.	UFA (MIA)-'13
27	Mason, Tre	RB	5-8	207	8/6/1993	21	R	Auburn	Palm Beach, Fla.	D3-'14
25	McDonald, T.J.	S	6-2	217	1/26/1991	23	2	USC	Fresno, Calif.	D3A-'13
32	McGee, Brandon	CB	5-11	193	12/11/1990	23	2	Miami (Fla.)	Plantation, Fla.	D5A-'13
23	McLeod, Rodney	S	5-10	195	6/23/1990	24	3	Virginia	Oxon Hill, Md.	FA-'12
44	McQuaide, Jake	LS	6-2	244	12/7/1987	26	4	Ohio State	Cincinnati, Ohio	FA-'11
48	Millard, Johnny	LB	6-2	232	6/5/1991	23	R	Cal Poly-San Luis Obispo	Dublin, Calif.	FA-'14
87	Moe, T.J.	WR	5-11	204	10/14/1990	23	1	Missouri	O'Fallon, Mo.	FA-'14
68B	Morrell, D.J.	T	6-6	325	8/19/1991	22	R	Old Dominion	Norwalk, Conn.	FA-'14
52	Ogletree, Alec	LB	6-2	245	9/25/1991	22	2	Georgia	Newnan, Ga.	D1B-'13
24	Pead, Isaiah	RB	5-10	204	12/14/1989	24	3	Cincinnati	Columbus, Ohio	D2C-'12
73	Person, Mike	T	6-4	299	6/17/1988	26	4	Montana State	Glendive, Mont.	W(SEA)-'13
18	Pettis, Austin	WR	6-3	203	2/8/1988	26	4	Boise State	Orange, Calif.	D3-'11
83	Quick, Brian	WR	6-3	218	6/5/1989	25	3	Appalachian State	Columbia, S.C.	D2A-'12
94	Quinn, Robert	DE	6-4	264	5/18/1990	24	4	North Carolina	Ladson, S.C.	D1-'11
39	Reid, Greg	CB	5-8	190	9/8/1990	23	R	Valdosta State	Valdosta, Ga.	FA-'14
34	Reynolds, Chase	RB	6-0	205	10/22/1987	26	2	Montana	Drummond, Mont.	FA-'11
65	Rhane, Demetrius	OL	6-2	301	6/22/1992	22	R	Tennessee State	Ft. Lauderdale, Fla.	D7D-'14
47W	Roberson, Marcus	CB	6-0	191	10/4/1992	21	R	Florida	Ft. Lauderdale, Fla.	FA-'14
79	Robinson, Greg	OL	6-5	332	10/21/1992	21	R	Auburn	Thibodaux, La.	D1A-'14
59	Sabino, Etienne	LB	6-2	247	11/13/1990	23	1	Ohio State	North Miami Beach, Fla.	FA-'14
76	Saffold, Rodger	T	6-5	332	6/6/1988	26	4	Indiana	Bedford, Ohio	D2-'10
96	Sam, Michael	DE	6-2	261	1/7/1990	24	R	Missouri	Hitchcock, Tex.	D7C-'14
56	Schiller, Pat	LB	6-2	235	11/12/1988	25	1	Northern Illinois	Geneva, Ill.	FA-'14
97	Sims, Eugene	DE	6-6	269	3/18/1986	28	5	West Texas A&M	Mt. Olive, Miss.	D6B-'10
47B	Smelley, Brad	TE	6-2	235	4/20/1989	25	1	Alabama	Tuscaloosa, Ala.	FA-'14
30	Stacy, Zac	RB	5-9	224	4/9/1991	22	2	Vanderbilt	Centreville, Ala.	D5B-'13
54	Steward, Phillip	LB	6-1	235	9/7/1990	23	1	Houston	Missouri City, Tex.	FA-'13
66	Van Dyk, Mitchell	T	6-7	299	1/2/1991	23	R	Portland State	Paso Robles, Calif.	D7A-'14
19	Veltung, Justin	WR	5-11	182	3/30/1991	23	1	Idaho	Puyallup, Wash.	FA-'13
70	Washington, Brandon	G	6-2	318	8/13/1988	25	2	Miami (Fla.)	Miami, Fla.	FA-'12
42	Watts, Trey	RB	5-9	208	2/13/1991	23	R	Tulsa	Fairfax, Va.	FA-'14
63	Wells, Scott	C	6-2	302	1/7/1981	33	11	Tennessee	Brentwood, Tenn.	UFA (GB)-'12
62W	Westbrooks, Ethan	DT	6-4	267	11/15/1990	23	R	West Texas A&M	Oakland, Calif.	FA-'14
49W	Wilson, Lawrence	LB	6-1	229	11/16/1987	27	1	Connecticut	Tuscaloosa, Ala.	FA-'14
35	Woodard, Darren	CB	5-11	175	9/21/1989	24	1	UTEP	Freeport, Tex.	FA-'13
4	Zuerlein, Greg	K	6-0	196	12/27/1987	25	3	Missouri Western	Lincoln, Nebr.	D6-'12

# RAMS NUMERICAL ROSTER

#	Player	Pos	Ht	Wt	Birth Date	Age	Exp	NFL College	H.S. Hometown	How Acq
2	Bobby Cowan	P	6-4	219	3/5/1990	24	1	Idaho	Vancouver, Wash.	FA-'14
4	Greg Zuerlein	K	6-0	196	12/27/1987	25	3	Missouri Western	Lincoln, Nebr.	D6-'12
5	Garrett Gilbert	QB	6-4	221	7/1/1991	23	R	Southern Methodist	Austin, Tex.	D6B-'14
6	Johnny Hekker	P	6-5	236	2/8/1990	24	3	Oregon State	Bothell, Wash.	FA-'12
8	Sam Bradford	QB	6-4	224	11/8/1987	26	5	Oklahoma	Oklahoma City, Okla.	D1-'10
9	Austin Davis	QB	6-2	221	6/2/1989	25	2	Southern Miss	Collinsville, Miss.	FA-'13
10	Jordan Harris	WR	6-2	215	12/8/1991	22	R	Bryant	Lincoln University, Pa.	FA-'14
11	Tavon Austin	WR	5-8	176	3/15/1991	23	2	West Virginia	Baltimore, Md.	D1A-'13
12	Stedman Bailey	WR	5-10	193	11/11/1990	23	2	West Virginia	Miami, Fla.	D3B-'13
13	Chris Givens	WR	6-0	203	12/6/1989	24	3	Wake Forest	Wylie, Tex.	D4-'12
14	Shaun Hill	QB	6-3	220	1/9/1980	34	13	Maryland	Parsons, Kan.	UFA(DET)-'14
15	Austin Franklin	WR	5-11	189	12/6/1992	21	R	New Mexico State	Dallas, Tex.	FA-'14
16	Emory Blake	WR	6-0	192	7/18/1991	23	1	Auburn	Austin, Tex.	FA-'13
18	Austin Pettis	WR	6-3	203	2/8/1988	26	4	Boise State	Orange, Calif.	D3-'11
19	Justin Veltung	WR	5-11	182	3/30/1991	23	1	Idaho	Puyallup, Wash.	FA-'13
20	Lamarcus Joyner	DB	5-8	184	11/27/1990	23	R	Florida St.	Ft. Lauderdale, Fla.	D2-'14
21	Janoris Jenkins	CB	5-10	198	10/29/1988	25	3	North Alabama	Pahokee, Fla.	D2B-'12
22	Trumaine Johnson	CB	6-2	208	1/1/1990	24	3	Montana	Stockton, Calif.	D3-'12
23	Rodney McLeod	S	5-10	195	6/23/1990	24	3	Virginia	Oxon Hill, Md.	FA-'12
24	Isaiah Pead	RB	5-10	204	12/14/1989	24	3	Cincinnati	Columbus, Ohio	D2C-'12
25	T.J. McDonald	S	6-2	217	1/26/1991	23	2	USC	Fresno, Calif.	D3A-'13
26	Christian Bryant	S	5-9	198	3/21/1992	22	R	Ohio State	Cleveland, Ohio	D7B-'14
27	Tre Mason	RB	5-8	207	8/6/1993	21	R	Auburn	Palm Beach, Fla.	D3-'14
30	Zac Stacy	RB	5-9	224	4/9/1991	23	2	Vanderbilt	Centerville, Ala.	D5B-'13
31	Maurice Alexander	S	6-1	220	2/16/1991	23	R	Utah State	St. Louis, Mo.	D4-'14
32	Brandon McGee	CB	5-11	193	12/11/1990	23	2	Miami (Fla.)	Plantation, Fla.	D5A-'13
33	E.J. Gaines	CB	5-10	190	2/23/1992	22	R	Missouri	Independence, Mo.	D6a-'14
34	Chase Reynolds	RB	6-0	205	10/22/1987	26	2	Montana	Drummond, Mont.	FA-'11
35	Darren Woodard	CB	5-11	175	9/21/1989	24	1	UTEP	Freeport, Tex.	FA-'13
36	Benny Cunningham	RB	5-10	217	7/7/1990	24	2	Middle Tennessee	Nashville, Tenn.	FA-'13
37	Matt Daniels	S	6-0	212	9/27/1989	24	3	Duke	Fayetteville, Ga.	FA-'12
38	Cody Davis	S	6-1	206	6/6/1989	25	2	Texas Tech	Stephenville, Tex.	FA-'13
39	Greg Reid	CB	5-8	190	9/8/1990	23	R	Valdosta State	Valdosta, Ga.	FA-'14
41	Jarrid Bryant	CB	6-3	185	4/2/1990	24	R	South Dakota	Corona, Calif.	FA-'14
42	Trey Watts	RB	5-9	208	2/13/1991	23	R	Tulsa	Fairfax, Va.	FA-'14
43	Avery Cunningham	S	5-11	200	1/2/1991	23	R	Central Michigan	Cincinnati, Ohio	FA-'14
44	Jake McQuaide	LS	6-2	244	12/7/1987	26	4	Ohio State	Cincinnati, Ohio	FA-'11
45	Kadeem Jones	FB	5-10	266	3/25/1992	22	R	Western Kentucky	Dundee, Fla.	FA-'14
46	Cory Harkey	TE	6-4	259	6/17/1990	24	3	UCLA	Chino Hills, Calif.	FA-'12
47B	Brad Smelley	TE	6-2	235	4/20/1989	25	1	Alabama	Tuscaloosa, Ala.	FA-'14
47W	Marcus Roberson	CB	6-0	191	10/4/1992	21	R	Florida	Ft. Lauderdale, Fla.	FA-'14
48	Johnny Millard	LB	6-2	232	6/5/1991	23	R	Cal Poly-San Luis Obispo	Dublin, Calif.	FA-'14
49B	Jorgen Hus	LS	6-1	232	9/12/1989	24	1	Regina (Ca.)	Saskatoon, Sask.	FA-'14
49W	Lawrence Wilson	LB	6-1	229	11/16/1987	26	1	Connecticut	Tuscaloosa, Ala.	FA-'14
50	Ray Ray Armstrong	LB	6-3	234	3/5/1991	23	2	Miami (Fla.)	Sanford, Fla.	FA-'13
51	Aaron Hill	LB	6-1	231	9/5/1990	23	R	Minnesota	St. Charles, Mo.	FA-'14
52	Alec Ogletree	LB	6-2	245	9/25/1991	22	2	Georgia	Newnan, Ga.	D1B-'13
53	Daren Bates	LB	5-11	225	11/27/1990	23	2	Auburn	Olive Branch, Miss.	FA-'13
54	Phillip Steward	LB	6-1	235	9/7/1990	23	1	Houston	Missouri City, Tex.	FA-'13
55	James Laurinaitis	LB	6-2	248	12/3/1986	27	6	Ohio State	Plymouth, Minn.	D2-'09
56	Pat Schiller	LB	6-2	235	11/12/1988	25	1	Northern Illinois	Geneva, Ill.	FA-'14
57	Sammy Brown	DE	6-2	254	4/17/1990	24	2	Houston	Wiggins, Miss.	FA-'12
58	Jo-Lonn Dunbar	LB	6-0	235	3/13/1985	29	7	Boston College	Syracuse, N.Y.	UFA (NO)-'12
59	Etienne Sabino	LB	6-2	247	11/13/1990	23	1	Ohio State	North Miami Beach, Fla.	FA-'14
60	Travis Bond	OL	6-6	329	12/10/1990	23	1	North Carolina	Windsor, N.C.	W (CAR)-'14
61	Tim Barnes	C	6-4	306	5/14/1988	26	3	Missouri	Longwood, Mo.	FA-'11
62B	R.J. Dill	T	6-7	310	7/26/1990	24	1	Rutgers	Athens, Ga.	FA-'14
62W	Ethan Westbrooks	DT	6-4	267	11/15/1990	23	R	West Texas A&M	Oakland, Calif.	FA-'14
63	Scott Wells	C	6-2	302	1/7/1981	33	11	Tennessee	Brentwood, Tenn.	UFA (GB)-'12
64	Sean Hooy	OL	6-9	304	7/26/1990	24	1	Cincinnati	Litchfield, Mich.	FA-'13
65	Demetrius Rhaney	OL	6-2	301	6/22/1992	22	R	Tennessee State	Ft. Lauderdale, Fla.	D7D-'14
66	Mitchell Van Dyk	T	6-7	299	1/2/1991	23	R	Portland State	Paso Robles, Calif.	D7A-'14
67	Barrett Jones	G/C	6-4	308	5/25/1990	24	2	Alabama	Germantown, Tenn.	D4-'13
68B	D.J. Morrell	T	6-6	325	8/19/1991	22	R	Old Dominion	Norwalk, Conn.	FA-'14
68W	Deantre Harlan	DT	6-4	281	12/20/1990	23	R	Bacone	Everman, Tex.	FA-'14
69	Davin Joseph	G	6-3	313	11/22/1983	30	9	Oklahoma	Hallendale, Fla.	UFA (TB)-'14
70	Brandon Washington	G	6-2	318	8/13/1988	25	2	Miami (Fla.)	Miami, Fla.	FA-'12
71	Matt Conrath	DT	6-7	306	8/11/1989	24	3	Virginia	Oak Lawn, Ill.	FA-'12
72	Joe Barksdale	T	6-5	326	1/1/1988	26	4	LSU	Detroit, Mich.	W (OAK)-'12
73	Mike Person	T	6-4	299	6/17/1988	26	4	Montana St.	Glendive, Mont.	W (SEA)-'13
76	Rodger Saffold	T	6-5	332	6/6/1988	26	4	Indiana	Bedford, Ohio	D2-'10
77	Jake Long	T	6-7	322	5/9/1985	29	7	Michigan	Lapeer, Mich.	UFA (MIA)-'13
78	Greg Robinson	OL	6-5	332	10/21/1992	21	R	Auburn	Thibodaux, La.	D1a-'14
81	Kenny Britt	WR	6-3	223	9/19/1988	25	6	Rutgers	Bayonne, N.J.	UFA(TEN)-'14
82	Alex Bayer	TE	6-4	258	11/8/1990	23	R	Bowling Green	Pickering, Ohio	FA-'14
83	Brian Quick	WR	6-3	218	6/5/1989	25	3	Appalachian St.	Columbia, S.C.	D2A-'12
84	Justice Cunningham	TE	6-3	258	1/14/1991	23	1	South Carolina	Pageland, S.C.	FA-'13
87	T.J. Moe	WR	5-11	204	10/14/1990	23	1	Missouri	O'Fallon, Mo.	FA-'14
88	Lance Kendricks	TE	6-3	250	1/30/1988	26	4	Wisconsin	Milwaukee, Wisc.	D2-'11
89	Jared Cook	TE	6-5	254	4/7/1987	27	6	South Carolina	Suwanee, Ga.	UFA (TEN)-'13
90	Michael Brockers	DT	6-5	326	12/21/1990	23	3	LSU	Houston, Tex.	D1-'12
91	Chris Long	DE	6-3	268	3/28/1985	29	7	Virginia	Charlottesville, Va.	D1-'08
92	Alex Carrington	DT	6-5	301	6/19/1987	27	5	Arkansas State	Tupelo, Miss.	UFA(BUF)-'14
93	Kourtnei Brown	DE	6-4	253	4/17/1988	26	1	Clemson	Charlotte, N.C.	FA-'14
94	Robert Quinn	DE	6-4	264	5/18/1990	24	4	North Carolina	Ladson, S.C.	D1-'11
95	William Hayes	DE	6-3	278	5/2/1985	29	7	Winston-Salem St.	High Point, N.C.	UFA (TEN)-'12
96	Michael Sam	DE	6-2	261	1/7/1990	24	R	Missouri	Hitchcock, Tex.	D7C-'14
97	Eugene Sims	DE	6-6	269	3/18/1986	28	5	West Texas A&M	Mt. Olive, Miss.	D6B-'10
98	Kendall Langford	DT	6-6	313	1/27/1986	28	7	Hampton	Petersburg, Va.	UFA (MIA)-'12
99	Aaron Donald	DT	6-1	285	5/23/1991	23	R	Pittsburgh	Pittsburgh, Pa.	D1b-'14



# ST. LOUIS RAMS POSITIONAL ROSTER

8/11/2014										
#	Player	Pos	Ht	Wt	Birth Date	Age	Exp	NFL College	H.S. Hometown	How Acq
QUARTERBACKS (4)										
5	Garrett Gilbert	QB	6-4	221	7/1/1991	22	R	Southern Methodist	Austin, Tex.	D6B-'14
8	Sam Bradford	QB	6-4	224	11/8/87	26	5	Oklahoma	Oklahoma City, Okla.	D1-'10
9	Austin Davis	QB	6-2	221	6/2/1989	24	3	Southern Miss	Collinsville, Miss.	FA-'13
14	Shaun Hill	QB	6-3	220	1/9/1980	34	13	Maryland	Parsons, Kan.	UFA(DET)-'14
RUNNING BACKS (7)										
24	Isaiah Pead	RB	5-10	204	12/14/1989	24	3	Cincinnati	Columbus, Ohio	D2C-'12
27	Tre Mason	RB	5-8	207	8/6/1993	21	R	Auburn	Palm Beach, Fla.	D3-'14
30	Zac Stacy	RB	5-8	224	4/9/1991	23	2	Vanderbilt	Centreville, Ala.	D5B-'13
34	Chase Reynolds	RB	6-0	205	10/22/1987	26	2	Montana	Drummond, Mt.	FA-'11
36	Benny Cunningham	RB	5-10	217	7/7/1990	23	2	Middle Tennessee	Nashville, Tenn.	FA-'13
42	Trey Watts	RB	5-9	208	2/13/1991	23	R	Tulsa	Fairfax, Va.	FA-'14
45	Kadeem Jones	FB	5-10	266	3/25/1992	22	R	Western Kentucky	Dundee, Fla.	FA-'14
WIDE RECEIVERS (11)										
10	Jordan Harris	WR	6-2	215	12/8/1991	22	R	Bryant	Lincoln University, Pa.	FA-'14
11	Tavon Austin	WR	5-8	176	3/15/91	23	2	West Virginia	Baltimore, Md.	D1A-'13
12	Stedman Bailey	WR	5-10	194	11/11/90	23	2	West Virginia	Miami, Fla.	D3B-'13
13	Chris Givens	WR	6-0	203	12/6/89	24	3	Wake Forest	Wylie, Tex.	D4-'12
15	Austin Franklin	WR	5-11	189	12/6/1992	21	R	New Mexico State	Dallas, Tex.	FA-'14
16	Emory Blake	WR	6-0	192	7/18/1991	22	1	Auburn	Austin, Tex.	FA-'13
18	Austin Pettis	WR	6-3	203	2/8/1988	26	4	Boise State	Orange, Calif.	D3-'11
19	Justin Veltung	WR	5-11	182	3/30/1991	23	1	Idaho	Puyallup, Wash.	FA-'13
81	Kenny Britt	WR	6-3	223	9/19/1988	25	6	Rutgers	Bayonne, N.J.	UFA(TEN)-'14
83	Brian Quick	WR	6-3	218	6/5/1989	24	3	Appalachian St.	Columbia, S.C.	D2A-'12
87	T.J. Moe	WR	5-11	204	10/14/1990	23	1	Missouri	O'Fallon, Mo.	FA-'14
TIGHT ENDS (6)										
46	Cory Harkey	TE	6-4	259	6/17/90	23	3	UCLA	Chino Hills, Calif.	FA-'12
47B	Brad Smelley	TE	6-2	235	4/20/1989	25	1	Alabama	Tuscaloosa, Ala.	FA-'14
82	Alex Bayer	TE	6-4	258	11/8/1990	23	R	Bowling Green	Pickering, Ohio	FA-'14
84	Justice Cunningham	TE	6-3	258	1/14/1991	23	1	South Carolina	Pageland, S.C.	FA-'13
88	Lance Kendricks	TE	6-3	250	1/30/88	26	4	Wisconsin	Milwaukee, Wisc.	D2-'11
89	Jared Cook	TE	6-5	254	4/7/1987	27	6	South Carolina	Suwanee, Ga.	UFA(TEN)-'13
OFFENSIVE LINE (16)										
60	Travis Bond	OL	6-6	329	12/10/1990	23	1	North Carolina	Windsor, N.C.	W (CAR)-'14
61	Tim Barnes	C	6-4	306	5/14/1988	26	3	Missouri	Longwood, Mo.	FA-'11
62B	R.J. Dill	T	6-7	310	7/26/1990	23	1	Rutgers	Athens, Ga.	FA-'14
63	Scott Wells	C	6-2	302	1/7/81	33	11	Tennessee	Brentwood, Tenn.	UFA (GB)-'12
64	Sean Hooley	OL	6-9	304	7/26/1990	23	1	Cincinnati	Litchfield, Mich.	FA-'13
65	Demetrius Rhaney	OL	6-2	301	6/22/1992	21	R	Tennessee State	Ft. Lauderdale, Fla.	D7D-'14
66	Mitchell Van Dyk	T	6-7	299	1/2/1991	23	R	Portland State	Paso Robles, Calif.	D7A-'14
67	Barrett Jones	C/G	6-4	308	5/25/1990	24	2	Alabama	Germantown, Tenn.	D4-'13
68B	D.J. Morrell	T	6-6	325	8/19/1991	22	R	Old Dominion	Norwalk, Conn.	FA-'14
69	Davin Joseph	G	6-3	313	11/22/1983	30	9	Oklahoma	Hallendale, Fla.	UFA (TB)-'14
70	Brandon Washington	G	6-2	318	8/13/1988	25	1	Miami (Fla.)	Miami, Fla.	FA-'12
72	Joe Barksdale	T	6-5	326	1/1/1988	26	4	LSU	Detroit, Mich.	W(OAK)-'12
73	Mike Person	T	6-4	299	6/17/1988	25	4	Montana St.	Glendive, Mont.	W(SEA)-'13
76	Rodger Saffold	T	6-5	332	6/6/1988	26	5	Indiana	Bedford, Ohio	D2-'10
77	Jake Long	T	6-7	322	5/9/1985	29	7	Michigan	Lapeer, Mich.	UFA (MIA)-'13
79	Greg Robinson	OL	6-5	332	10/21/1992	21	R	Auburn	Thibodaux, La.	D1a-'14
DEFENSIVE LINE (14)										
57	Sammy Brown	DE	6-2	254	4/17/1990	24	2	Houston	Wiggins, Miss.	FA-'12
62W	Ethan Westbrooks	DT	6-4	267	11/15/1990	23	R	West Texas A&M	Oakland, Calif.	FA-'14
68	Deantre Harlan	DT	6-4	281	12/20/1990	23	R	Bacone	Everman, Tex.	FA-'14
71	Matthew Conrath	DT	6-7	306	8/11/89	24	3	Virginia	Oak Lawn, Ill.	FA-'12
90	Michael Brockers	DT	6-5	326	12/21/90	23	3	LSU	Houston, Tex.	D1-'11
91	Chris Long	DE	6-3	268	3/28/85	29	7	Virginia	Charlottesville, Va.	D1-'08
92	Alex Carrington	DT	6-5	301	6/19/1987	26	5	Arkansas State	Tupelo, Miss.	UFA(BUF)-'14
93	Kourtnei Brown	DE	6-4	253	4/17/1988	26	1	Clemson	Charlotte, N.C.	FA-'14
94	Robert Quinn	DE	6-4	264	5/18/90	24	4	North Carolina	Ladson, S.C.	D1-'11
95	William Hayes	DE	6-3	278	5/2/85	28	7	Winston-Salem St.	High Point, N.C.	UFA (TEN)-'12
96	Michael Sam	DE	6-2	261	1/7/1990	24	R	Missouri	Hitchcock, Tex.	D7C-'14
97	Eugene Sims	DE	6-6	269	3/18/86	28	5	West Texas A&M	Mt. Olive, Miss.	D6B-'10
98	Kendall Langford	DT	6-6	313	1/27/86	28	7	Hampton	Petersburg, Va.	UFA (MIA)-'12
99	Aaron Donald	DT	6-1	285	5/23/1991	23	R	Pittsburgh	Pittsburgh, Pa.	D1b-'14
LINEBACKERS (11)										
48	Johnny Millard	LB	6-2	232	6/5/1991	22	R	Cal Poly-San Luis Obispo	Dublin, Calif.	FA-'14
49W	Lawrence Wilson	LB	6-1	229	11/16/1987	27	1	Connecticut	Tuscaloosa, Ala.	FA-'14
50	Ray Ray Armstrong	LB	6-3	234	3/5/1991	23	2	Miami (Fla.)	Sanford, Fla.	FA-'13
51	Aaron Hill	LB	6-1	231	9/5/1990	23	R	Minnesota	St. Charles, Mo.	FA-'14
52	Alec Ogletree	LB	6-2	245	9/25/91	22	2	Georgia	Newnan, Ga.	D1B-'13
53	Daren Bates	LB	5-11	225	11/27/1990	23	2	Auburn	Olive Branch, Miss.	FA-'13
54	Phillip Steward	LB	6-1	235	9/7/1990	23	2	Houston	Missouri City, Tex.	FA-'13
55	James Laurinaitis	LB	6-2	248	12/3/86	27	6	Ohio State	Plymouth, Minn.	D2-'09
56	Pat Schiller	LB	6-2	235	11/12/1988	25	1	Northern Illinois	Geneva, Ill.	FA-'14
58	Jo-Lonn Dunbar	LB	6-0	235	3/13/1985	29	7	Boston College	Syracuse, N.Y.	UFA (NO)-'12
59	Etienne Sabino	LB	6-2	247	11/13/1990	23	1	Ohio State	North Miami Beach, Fla.	FA-'14
SECONDARY (16)										
20	Lamarcus Joyner	DB	5-8	184	11/27/1990	23	R	Florida St.	Ft. Lauderdale, Fla.	D2-'14
21	Janoris Jenkins	CB	5-10	198	10/29/88	25	3	North Alabama	Pahokee, Fla.	D2B-'12
22	Trumaine Johnson	CB	6-2	208	1/1/90	24	3	Montana	Stockton, Calif.	D3-'12
23	Rodney McLeod	S	5-10	195	6/23/90	24	3	Virginia	Oxon Hill, Md.	FA-'12
25	T.J. McDonald	S	6-2	217	1/26/91	23	2	USC	Fresno, Calif.	D3A-'13
26	Christian Bryant	S	5-9	198	3/21/1992	22	R	Ohio State	Cleveland, Ohio	D7B-'14
31	Maurice Alexander	S	6-1	220	2/16/1991	23	R	Utah State	St. Louis, Mo.	D4-'14
32	Brandon McGee	CB	5-11	193	12/11/90	23	2	Miami (Fla.)	Plantation, Fla.	D5A-'13
33	E.J. Gaines	CB	5-10	190	2/23/1992	22	R	Missouri	Independence, Mo.	D6a-'14
35	Darren Woodard	CB	5-11	175	9/21/1989	24	1	UTEP	Freeport, Tex.	FA-'13
37	Matt Daniels	S	6-0	212	9/27/1989	24	3	Duke	Fayetteville, Ga.	FA-'12
38	Cody Davis	S	6-1	206	6/6/1989	23	2	Texas Tech	Stephenville, Tex.	FA-'13
39	Greg Reid	CB	5-8	190	9/8/1990	23	R	Valdosta State	Valdosta, Ga.	FA-'14
41	Jarrid Bryant	CB	6-3	185	4/2/1990	24	R	South Dakota	Corona, Calif.	FA-'14
43	Avery Cunningham	S	5-11	200	1/2/1991	23	R	Central Michigan	Cincinnati, Ohio	FA-'14
47W	Marcus Roberson	CB	6-0	191	10/4/1992	21	R	Florida	Ft. Lauderdale, Fla.	FA-'14
SPECIALISTS (5)										
2	Bobby Cowan	P	6-4	219	3/5/1990	24	1	Idaho	Vancouver, Wash.	FA-'14
4	Greg Zuerlein	K	6-0	196	12/27/87	26	3	Missouri Western	Lincoln, Neb.	D6-'12
6	Johnny Hekker	P	6-5	236	2/8/1990	24	3	Oregon State	Bothell, Wash.	FA-'12
44	Jake McQuaide	LS	6-2	244	12/7/87	26	4	Ohio State	Cincinnati, Ohio	FA-'11
49B	Jorgen Hus	LS	6-1	232	9/12/1989	24	1	Regina (Ca.)	Saskatoon, Sask.	FA-'14



# 2014 ST. LOUIS RAMS TRANSACTIONS

Date	Name	Move
Dec. 30	T Sean Hooley	Signed to Future Contract
Dec. 30	CB Darren Woodard	Signed to Future Contract
Dec. 30	WR Emory Blake	Signed to Future Contract
Dec. 30	DL Mason Brodine	Signed to Future Contract
Dec. 30	TE Justice Cunningham	Signed to Future Contract
Jan. 7	LB Caleb McSurdy	Signed to Future Contract
Mar. 7	G Harvey Dahl	Released (Failed Physical)
Mar. 13	OL Rodger Saffold	Re-signed
Mar. 13	LB Jo-Lonn Dunbar	Re-signed
Mar. 24	CB Greg Reid	Signed
Mar. 24	LB Etienne Sabino	Signed
Mar. 26	DT Alex Carrington	Signed
Mar. 31	QB Shaun Hill	Signed
April 5	WR Kenny Britt	Signed
April 8	P Bobby Cowan	Signed
May 5	WR T.J. Moe	Signed
May 8	OL Greg Robinson	Selected in the first round (2nd overall)
May 8	DT Aaron Donald	Selected in the first round (13th overall)
May 9	CB Lamarcus Joyner	Selected in the second round (41st overall)
May 9	RB Tre Mason	Selected in the third round (75th overall)
May 10	S Maurice Alexander	Selected in the fourth round (110th overall)
May 10	CB E.J. Gaines	Selected in the sixth round (188th overall)
May 10	QB Garrett Gilbert	Selected in the sixth round (214th overall)
May 10	T Mitchell Van Dyk	Selected in the seventh round (226th overall)
May 10	S Christian Bryant	Selected in the seventh round (241st overall)
May 10	DE Michael Sam	Selected in the seventh round (249 overall)
May 10	C Demetrius Rhaney	Selected in the seventh round (250 overall)
May 12	TE Alex Bayer	Signed as an undrafted rookie free agent
May 12	CB Jarrid Bryant	Signed as an undrafted rookie free agent
May 12	S Avery Cunningham	Signed as an undrafted rookie free agent
May 12	WR Austin Franklin	Signed as an undrafted rookie free agent
May 12	DT Deantre Harlan	Signed as an undrafted rookie free agent
May 12	LB Aaron Hill	Signed as an undrafted rookie free agent
May 12	FB Kadeem Jones	Signed as an undrafted rookie free agent
May 12	T Emmanuel McCray	Signed as an undrafted rookie free agent
May 12	LB Johnny Millard	Signed as an undrafted rookie free agent
May 12	CB Marcus Roberson	Signed as an undrafted rookie free agent
May 12	T Abasi Salimu	Signed as an undrafted rookie free agent
May 12	WR Jamaine Sherman	Signed as an undrafted rookie free agent
May 12	RB Trey Watts	Signed as an undrafted rookie free agent
May 12	DT Ethan Westbrooks	Signed as an undrafted rookie free agent
May 12	LB Tavarius Wilson	Signed as an undrafted rookie free agent
May 13	LS Jorgen Hus	Claimed off waivers from SEA
May 15	DT Jermelle Cudjo	Released
May 15	RB Daryl Richardson	Waived
May 15	OL Graham Pocic	Waived
May 15	T Emmanuel McCray	Waived
May 21	OL Travis Bond	Claimed off waivers from CAR
May 22	WR Jordan Harris	Signed
May 27	WR Diontae Spencer	Signed
May 28	G Davin Joseph	Signed
July 22	LB Caleb McSurdy	Waived
July 22	T Abasi Salimu	Waived
July 22	WR Diontae Spencer	Waived
July 22	LB Tavarius Wilson	Waived
July 22	LB Lawrence Wilson	Signed
July 22	T R.J. Dill	Signed
July 22	LB Pat Schiller	Signed
July 22	T D.J. Morrell	Signed
July 25	DE Kourtnei Brown	Signed
July 25	WR Jamaine Sherman	Waived - Injured
Aug. 11	TE Mason Brodine	Waived - Injured
Aug. 11	TE Brad Smelley	Signed

Date	Name	Move
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## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** This season, Rams' Quinn seeks to do even better

**BYLINE:** By R.B. Fallstrom, The Associated Press

**DATE:** July 26, 2014

ST. LOUIS — Robert Quinn set a St. Louis Rams record and led the NFC with 19 sacks last season. The challenge this season is to do even better, without changing a thing.

"I stuck to my same routine. If it's not broken, don't fix it, right?" Quinn said. "Of course, I want to push myself harder to be a better player."

The defensive end was second overall in the NFL, a half-sack behind the Colts' Robert Mathis, and also was second in the league with seven forced fumbles. He has a number in mind for 2014, but is keeping it private.

"I can't do that," Quinn told reporters, "because you're going to put too much pressure on me."

Of course, he can't deny thinking about the NFL record of 22 1/2 sacks by the Giants' Michael Strahan in 2001.

"Can I plead the fifth?" Quinn said. "I'm sure any D-lineman or anybody going for sacks wants to take down that record, but you have to go one sack at a time."

"I've got a lot of work to do to better myself, and I think as a defense we've got a lot of work to do."

The Rams view the 6-foot-4, 265-pound Quinn as still ascending. Though he's entering his fourth season, he's only 24 after leaving North Carolina early.

Plus, this season he'll have Gregg Williams pushing for more, both on the pass rush and defending the run. Williams is a proven commodity as a defensive coordinator and Quinn has been impressed with the defensive coordinator's wealth of knowledge on both sides of the ball and knack for exploiting the opponent's weakness and protecting his own team's deficiencies.

"His philosophy is to defend every blade of grass," Quinn said. "That's how detailed he wants to be about everything, and I think guys are definitely stepping up to the challenge."

The Rams aspire to top-10 status on defense with a pass rush that was among the leaders with 53 sacks, and has added first-round pick Aaron Donald, a tackle who can pressure the quarterback. They're getting respect nationally, too.

End Chris Long had 8 1/2 sacks, tackle Michael Brockers had 5 1/2, backup end William Hayes had five and middle linebacker James Laurinaitis had 3 1/2.

Michael Sam, the first openly gay player drafted in the NFL, could figure in the mix, too. Sam showed a nice outside rush move in drills against other fellow backups.

"He's fitting in really well," Long said. "Like any other rookie he's unpolished, but he's eager to learn."

So, if opponents double-team Quinn, problems are likely to crop up elsewhere.

"We've got a whole bunch of great guys that can put up numbers on any given day," Quinn said. "It's going to be hard just to focus on one guy, so if teams decide to focus on me you can name any guy on our defense, really."

Last season, Quinn had a trio of three-sack games. One of the highlights was scrambling on all fours to get to Saints quarterback Drew Brees, stripping the quarterback, recovering the fumble and racing to the end zone for his first career touchdown.

"Robert Quinn is a super hero," fellow defensive end Chris Long said.

He's getting that treatment from the team's promotions department, which concocted a giveaway figure of Quinn bending at the hips and waving his arms during a sack dance named "The Bernie," which aims to mimic movements made by the





cadaver in the film, “Weekend at Bernie’s.”

“It’s definitely funny to put on my mantel — once I get one,” Quinn said. “Hopefully this year I just keep it rolling so I don’t disappoint them.”

The Rams second training camp workout began in 99-degree heat, about a 20-degree hike from an unseasonably cool first day. Coach Jeff Fisher didn’t mind it a bit and pointed out Week 2 is at Tampa Bay.

“We need some heat,” Fisher said. “From an acclimation standpoint, it’s ideal. We’ve become an air-conditioned society.”

Players have one more day of practice without pads before putting them on for the first time for a special teams session Monday morning. The full squad will have its first full-pad practice on Tuesday.



## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Bradford looks strong in return to the Dome

**BYLINE:** Jim Thomas, St. Louis Post-Dispatch

**DATE:** August 3, 2014

Yes, it was only practice, albeit in the vast expanse of the Edward Jones Dome. But be it fans, coaches, teammates or media, it was hard to walk away from the FanFest festivities Saturday and not be impressed with the aerial offerings of quarterback Sam Bradford.

"A lot of big plays down the field," coach Jeff Fisher said afterwards. "If there was any question about Sam's ability to play the position (post-surgery), I think it was answered today. At least early here in camp."

"He really had a good week of camp. Some great throws today."

After displaying some initial rust at the start of training camp, Bradford has progressively gotten better. On Saturday, he displayed a quick release, decisiveness and more zip than usual on those deep outs and long passes.

His progress showed to the point where some members of the coaching staff couldn't suppress smiles as they left the field.

"He did a lot of extra (upper-body) conditioning as well as the rehab on the knee," Fisher said, by way of explaining the increased arm strength. "We're watching the pitch counts right now, and he's not having any problems. And you can see, those balls were humming today, especially the deep ball to Kenny (Britt)."

That came in one of the last 11-on-11 periods of the afternoon for Bradford, a 61-yard touchdown pass that left a vapor trail as Britt raced behind the secondary. Bradford was especially in sync with Stedman Bailey, completing about a half-dozen balls his way during "team" periods, mostly of the intermediate and deep variety.

Bradford also threw a TD pass to Bailey during a two-minute drill period.

"He's been looking really good after surgery," Bailey said. "And after all the rehab he's been going through, he's been working extremely hard to come out and just be good at what he does. He's been working on his craft, and he looks really good."

Even on some of his incompletions, and there weren't many, Bradford had the ball where he wanted it. Wide open tight end Jared Cook had what would have been a 20-yard TD catch bounce off his hands during a red zone period.

Late in the red zone session, cornerback Brandon McGee displayed good closing speed breaking up a Bradford pass over the middle to Tavon Austin.

The closest thing to a Bradford misfire in the various 11-on-11 sessions Saturday came in between those balls to Cook and Austin, when a back left corner toss was caught just a step out of bounds by Austin.

Because of all that upper-body weight training early in his rehab Bradford said, "Coming into this camp is probably the strongest I've been from the waist up."

"I think it probably has paid off a little bit. I feel like I do have a little more zip on the ball. I feel like I can make some of those throws that maybe were a little slower last year."

The "pitch counts," as Fisher calls them, also have helped prevent Bradford from getting a tired arm.

"It's something that we actually started when Coach Fisher arrived (in 2012)," Bradford said. "We've done it every year. One of our assistant strength coaches, he kind of monitors my dropbacks and my throws — let's me know at the end of the day. That way I can just kind of track it over a couple-day period and make sure it doesn't exceed a certain number."

But Bradford said he hasn't had to back down on throws so far in camp. In fact, more than a week into camp the Rams haven't had to back down on anything regarding Bradford. Fisher, remember, had indicated the team would back off on Bradford if he experienced any physical setbacks coming off his December knee surgery.

So Bradford's good health and good play is about the best news about Rams camp as the team closes in on its preseason



opener Friday against New Orleans.

Who knows what will happen in the regular season? Will the knee hold up? Will Bradford be skittish when the pass rush closes in? Will he take less chances when he has chances to scramble?

On Saturday, all the signs were good. Bradford didn't favor the knee. He moved the pocket a couple of times, stepped into his throws, and threw with confidence.

He's wearing a left knee brace, but Bradford said, "I've worn this brace since college, so I don't really notice it."

(Well, not the exact same brace — but a brace.)

Bradford said he won't be hesitant to scramble because of the surgery, but he will be more judicious about how he ends such plays.

"You've got to be the same quarterback," Bradford said. "Obviously, I think I'll be a little smarter about getting down. If there's anyone in my vicinity, I'll probably slide and get to the next play. But you can't be scared to take off and run. It's part of the position, part of the game."

So is getting hit.

"I got hit the first day of training camp, if you didn't see that one," Bradford teased a reporter. "So I kind of got that one out of the way. But there's definitely a part of me that just wants to get back out there and just feel the speed of the game again."

"Take that first hit and probably prove to everyone else that I'm gonna be fine more than myself. I know I'm gonna be ready to go."

Although he's said nothing definitively, at the start of camp Fisher hinted strongly that Bradford won't play in Friday's exhibition opener against the Saints. Either way, Bradford is fine.

"That's totally coach's call," Bradford said. "Obviously, I'm gonna be ready to go. And if he tells me I'm playing, I'm gonna be pumped to get back out on the field. If he feels that it's best not to go out there Friday, then I trust him, and I'll be ready to go the following week."





## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Rams have a different way of doing things

**BYLINE:** By Ben Volin, Boston Globe

**DATE:** June 22, 2014

The NFL isn't exactly known as a league for innovators or risk takers. Most teams run pretty much the same plays out of the same formations. Coaches get fired in one place and immediately hired in another. There's a specific way of conducting business, and change comes gradually.

Yet it's hard not to notice this offseason that one team has consistently done things its own way.

"I can't say that we do everything traditionally," Kevin Demoff, St. Louis Rams executive vice president and chief operating officer, said by telephone last week. "Unique could be good or bad, I guess."

The way Demoff, Jeff Fisher, and general manager Les Snead run their team isn't really good or bad — just fascinating. Whenever a story has popped up this offseason about a team doing things a little bit differently or uniquely, invariably that team is the Rams, now entering Year 3 under Fisher and Snead.

Their rookie orientation is unlike anything else in the league. They negotiate contracts their own way. They were the only team in the league to cancel their mandatory minicamp. Fisher is at the forefront of the player-safety initiative as the spokesman for the league's competition committee. And they embraced the Michael Sam experience, media circus and all.

"I see a head coach who continually finds ways to challenge the staff, challenge himself to get better, and is always willing to look at the world a little differently," Demoff said of Fisher, entering his 19th full season as an NFL head coach.

Let's start with how the Rams handle their rookies, because everything about it is unique.

For a month, all 11 draft players sat unsigned — everyone from No. 2 overall pick Greg Robinson to No. 250 pick Demetrius Rhaney. Then on June 12, the Rams tweeted out a photo — all 11 players signing their contracts at once.

It was the second straight year that the Rams had their rookie class sign en masse.

"It's a reminder that they're a draft class — all 11 of them," Demoff said. "They live together in the hotel, they ride the shuttle, they eat their meals together, and they all sign their contracts together. You want them to feel a sense of camaraderie, make them feel that they're all treated as equals."

There's a reason the Rams made the rookies wait a month before signing their contracts. Fisher has seen too many players burn quickly through their NFL money, and wants to give his rookies a financial education.

Last year, Fisher presented to his rookies a briefcase filled with \$1 million in cash. He took away half of it for taxes, a portion for the agent, a portion for union dues, and so on. The players were shocked to see how little was left for themselves.

It's just one part of the month-long orientation process.

"We give them financial literacy courses, we bring their families in to see St. Louis, to meet the training staff, meet the coaches and front office, get a sense of St. Louis," Demoff said. "Any time you graduate from college and you take your first job, your parents want to help you get situated and get you started in the real world. We want to get them some of that training and some of that experience before we hand them that first check."

The Rams also aren't afraid to do their rookie contracts differently from everyone else. The Rams and Jaguars were the only teams in the top 15 not to insist on including offset language for their first-round picks, opting not to quibble over something relatively minor. And the Rams like to have a little fun with their rookie contracts, too. Since Demoff got to St. Louis five years ago, he's been sneaking palindromes into the deals. The base salaries for this year's third-round pick, Tre Mason — \$530,035 in 2015, \$641,146 in 2016, and \$752,257 in 2017.



"That was completely on a whim to have some fun," Demoff said. "The salary cap is \$133 million. What's an extra five dollars?"

As for canceling minicamp, it was a reward for having 99 percent attendance at the voluntary organized team activities. And of course, the Rams fully embraced Sam and everything that comes with drafting the first openly gay player in the NFL.

"The chance to draft the SEC co-defensive player of the year in the seventh round and what that can add to the depth on the defensive line was a great opportunity. Everything else was secondary," Demoff said. "The circus was in town the first week, but since then it's been about Michael Sam the football player."

None of these initiatives will matter much if the Rams don't start winning soon. They are 14-17-1 in two seasons under Fisher, and haven't made the playoffs since 2004. But the Rams have been the league's youngest team the past two years — averaging 24.98 years old last season — and hope that the young core of players heading into Year 3 with Fisher can take the Rams to the next level.

And there is reason for optimism in St. Louis. The Rams have a nasty defense under Fisher and coordinator Gregg Williams, and have gone 5-2-1 against the NFC West, arguably the best division in the NFL, with Sam Bradford in the lineup the last two seasons (he tore his ACL in the Rams' seventh game last year).

The Rams are going to be young again this year. They currently have 60 players under age 25, compared with 51 for the Patriots, but hope that all of their unique team-building initiatives will pay off with a playoff appearance.

"If you're going to be the youngest team, it only works if those players develop into high-caliber players," Demoff said. "We feel like we can be extremely competitive. The division can't be used as an excuse. The youth can't be used as an excuse. But when I look at our third-year guys, especially guys like Michael Brockers, Janoris Jenkins, Trumaine Johnson, you see the process really working."



## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** St. Louis Rams' defense will fully blossom under Gregg Williams

**BYLINE:** Bucky Brooks, NFL.com

**DATE:** June 3, 2014

When the St. Louis Rams hired Gregg Williams as their new defensive coordinator in January, offensive coaches around the NFL immediately took notice. This appears to be the perfect marriage of coach and personnel, the type of development that could make the Rams a dark-horse contender in the NFC West -- and beyond.

Everyone, of course, is familiar with Williams' role in the New Orleans Saints' bounty scandal, something that earned him a suspension that kept him out for the 2012 season. But make no mistake about it: The man can coach defense.

A coaching disciple of Buddy Ryan, Williams adopted his former boss' ultra-aggressive approach. Williams developed his reputation as an innovative schemer during his first stint as a defensive coordinator, with the Tennessee Oilers/Titans from 1997 to 2000. He went on to enjoy defensive success at a number of other stops, including New Orleans, where he helped the Saints win their first and only Super Bowl title. The feisty play-caller employed a blitz-heavy game plan in the Big Easy to create chaos at the point of attack, leading to a host of turnovers and negative plays. (Williams' Super Bowl-winning unit finished second in the NFL in takeaways and excelled in the red zone.)

From a schematic standpoint, Williams will use every front in the book. At his core, though, he's a 4-3 over/under guy. He implements a defensive audible system that adapts to offensive formations, allowing his guys to be in the best possible call on every down. Although the complex nature of the scheme puts a ton of pressure on the linebackers and safeties to make adjustments, it is a system that produces outstanding results when mastered. On passing downs, Williams certainly isn't afraid to mix in a variety of blitzes from exotic looks -- including some Okie fronts (3-4 or nickel 3-3 packages) -- as well as the standard 4-2-5 nickel front. He will order up Cover 0 all-out blitzes in any area of the field, which makes him the ultimate gambler as a play-caller. I've talked to many of his former players over the past few years, and they've raved about his aggressiveness and attack mentality.

Looking at the principles of his scheme and the talented pieces in St. Louis, here are three things to watch for this fall:

1) Williams' blitz-heavy plan will make the NFL's best D-line even better.

When I played defensive back with the Kansas City Chiefs under Gunther Cunningham in the late 1990s, the ultra-aggressive defensive guru taught me that blitzes aren't necessarily diagrammed to get the designated rusher to the quarterback; many of them are crafted to help talented defensive linemen get one-on-one pass-rush opportunities. Cunningham repeatedly told me that dominant defensive linemen win the overwhelming majority of their snaps against single blocks. A team that consistently ratchets up the pressure will consequently rack up the big hits and turnovers.

In St. Louis, the Rams have the ideal personnel along the line to benefit from Williams' blitz-heavy nature. The team returns every starter from last season's front four: highly disruptive ends Robert Quinn and Chris Long as well as imposing defensive tackles Michael Brockers and Kendall Langford. And last month, St. Louis selected freakish defensive tackle Aaron Donald with the No. 13 pick of the 2014 NFL Draft. William Hayes and Eugene Sims will continue to make contributions as rotational players, while rookie Michael Sam could chip in as a pass-rush specialist. Long story short, the Rams will be able to attack opponents from every angle with waves of big, athletic bodies. Thus, a unit that accounted for 46 of the team's 53 sacks (the NFL's third-highest total in 2013) should make an even bigger impact this season with more one-on-one chances at the line of scrimmage.

Studying the Rams' personnel, the three defensive linemen to watch in Williams' scheme will be Quinn, Long and Brockers. As high-motor players with exceptional length, athleticism and first-step quickness, these three have the ability to create chaos on straight four-man rushes or exotic pressures. This should give Williams the flexibility to attack opposing quarterbacks with pressure or coverage on any down, which will make his pre-snap disguise package even more difficult to decipher at the line. Let's take a closer look at these three studs:

### ROBERT QUINN

Quinn blossomed into a truly dynamic player in 2013, accumulating 19 sacks and seven forced fumbles. The first-team All-Pro selection overwhelmed opponents with his first-step quickness, using a traditional speed rush to tally the majority of his sacks. Although he occasionally flashes a spin move or an inside maneuver to work free, the overall repertoire is limited. No matter: He's so darn explosive on his upfield rush that offensive tackles have a tough time slowing him down.





Expect Williams to keep it simple for his prized pupil. Closer Mariano Rivera finished off a lot of Yankee wins by utilizing a single pitch -- Quinn's speed rush is akin to Mo's cutter.

#### CHRIS LONG

It's easy to miscast Long as a "try hard guy" based on his fanatical effort, but scouts know the seventh-year pro is a polished pass-rusher. Long uses every trick in the book to win hand-to-hand combat battles. He also exhibits enough speed, quickness and athleticism to consistently get home. Long is more than capable of winning against tackles in one-on-one situations, which he's bound to see in 2014 as more attention heads in Quinn's direction following his breakout campaign. Williams might look to exploit Long's abilities by using more D-line stunts or by flip-flopping his defensive ends in exotic fronts. By adding a little creativity to the mix, Williams can isolate his top rushers on the opponent's inferior blockers, leading to constant penetration.

#### MICHAEL BROCKERS

The best defenses in the NFL typically feature a disruptive force on the interior. The Rams have a burgeoning star there, with the 23-year-old Brockers showing signs of developing into a Pro Bowl-caliber defensive tackle. The 6-foot-5, 326-pounder possesses the size, strength and athleticism to overpower blockers at the point of attack, making him a force against the run. Additionally, Brockers has shown good hand skills and power as a crafty pass rusher on the inside. With Brockers capable of lining up at the 1- and 3-technique spots, Williams can play right and left with his defensive tackles, or flip Brockers and Langford/Donald based on the strength of the formation.

2) The linebackers will wreak havoc from the second level.

As mentioned, Williams has made quite a living incorporating blitz-heavy schemes, but he has rarely possessed all of the pieces to truly maximize an ultra-aggressive approach. In St. Louis, however, Williams inherits a pair of linebackers with the speed, athleticism and instincts to excel in an attacking scheme that allows 'backers to run-and-chase all over the field. Thus, I would expect Williams to call more five-, six- and seven-man pressures than his predecessor, Tim Walton, to take advantage of the Rams' wealth of talent at linebacker. St. Louis has the makings of a dynamic duo. Allow me to further explain ...

#### JAMES LAURINAITIS

The sixth-year pro is the Rams' unquestioned defensive leader. He sets the tone for the unit with his relentless style, yet he is never out of control on the field. Laurinaitis always appears to be in the right spot at the right time, which is a testament to his football IQ and diligent preparation. Given the importance of those factors in Williams' defense, I expect to see Laurinaitis shine. After reviewing the tape from the 2013 campaign, I believe Williams will incorporate Laurinaitis into the pass rush on a number of blitzes and "green dogs" (linebacker will spy the running back but rush the quarterback if the running back stays in pass protection).

#### ALEC OGLETREE

The Rams landed one of the best young linebackers in football when they selected Ogletree with the 30th pick of the 2013 draft. The hyper-explosive playmaker recorded 117 tackles, 1.5 sacks and an interception as a rookie. Additionally, he finished the year with six forced fumbles and a number of splash plays that showcased his knack for disruption. Given Williams' affinity for turnovers, Ogletree is a perfect specimen for the scheme.

Imagining how Williams will deploy Ogletree, I envision the second-year pro thriving as an active, move-around linebacker in base and sub-packages. Ogletree's athleticism should make him an effective blitzzer and cover man, giving Williams more options on exotic pressures.

Ogletree's ability to also cover tight ends in space will make him a key part of the puzzle in Williams' scheme. Ogletree possesses the speed and quickness to run with tight ends down the seam, yet shows the quickness and instincts to undercut intermediate routes between the numbers. As a result, quarterbacks are unable to attack the underbelly of the defense with quick-rhythm throws, as evidenced in the video to the right.

The Rams' ferocious front line will limit deep-ball opportunities by applying constant pressure in the pocket. Add in a sticky cover linebacker like Ogletree and it's clear opposing quarterbacks are looking at some seriously limited options.

3) T.J. McDonald will become a monster in the middle of the field.

The common denominator on Williams' best defenses over the years has been the presence of a dominant safety be-



tween the hashes. The innovative defensive architect frequently utilizes one of his safeties as the designated playmaker in the middle of the field. Williams will deploy this player near the line of scrimmage to use him as an additional defender against the run or as an extra rusher on exotic blitzes. Additionally, Williams will position the guy as a “trapper” or “robber” in coverage to create turnover opportunities. While most defensive coordinators feature similar tactics, Williams’ ability to cleverly craft a scheme that puts the chosen safety in prime position has helped a number of players earn Pro Bowl distinctions, including Blaine Bishop (Oilers/Titans), Sean Taylor (Redskins), Roman Harper and Darren Sharper (both with the Saints).

That’s why I’m excited to see what Williams does with T.J. McDonald in St. Louis. Despite missing six games in the middle of the season with a broken leg, McDonald flashed big-time talent last season as a rookie starter, finishing with 53 tackles, one sack and an interception in 10 starts. This is a gritty, hard-nosed defender with outstanding instincts and a nasty demeanor. Most importantly, McDonald’s a versatile defender capable of floating between the hashes as a center fielder or attacking near the line of scrimmage as a hybrid linebacker.

Williams likely will position McDonald at strong safety, which is the same spot where Bishop and Harper thrived under the coach. I expect to see him on slot receivers and tight ends in man coverage -- as evidenced by this video clip -- while covering curl/flat and hook areas in zone. Williams is likely to take advantage of McDonald’s underrated athleticism while also allowing him to play as the enforcer between the hashes. As a ball hawk/headhunter combo, McDonald will discourage quarterbacks from attacking down the middle and greatly reduce the amount of big plays surrendered through the air.

In the passing game, Williams also can use McDonald as a rusher off the edge to enhance the Rams’ formidable pass rush. This tactic, which Williams frequently incorporated with Harper in New Orleans, meshes well with McDonald’s skills. Checking in at 6-2 and 217 pounds, McDonald is a big-bodied safety with the physicality, toughness and rush skills to overwhelm blockers in one-on-one situations. Additionally, he displays outstanding pre-snap anticipation and timing coming off the edge.

With McDonald capable of impacting the game as a pass defender or rusher, Williams can dig deep into his playbook to torment opponents with a variety of exotic blitzes designed to put his designated playmaker in a position to create chaos all over the field.



## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Tavon Austin at ease entering 2nd season

**BYLINE:** Nick Wagoner, ESPN.com

**DATE:** June 13, 2014

EARTH CITY, Mo. -- For most of his football-playing life, St. Louis Rams receiver Tavon Austin had little use for the intricacies of playing a position.

Blessed with unteachable speed, quickness and agility, the game came easy to Austin. The hard part was getting him the ball, what he did from there was only a matter of how fast his legs could take him to his destination.

But as with most athletes, eventually simply being better than everyone on the field isn't enough. For some, everyone else catches up in high school, for others it's college, and for those really blessed with God-given ability it doesn't happen until the pros.

Almost from the first day he arrived in St. Louis, Austin realized he fell into the final category. He was inundated with a lengthy and complicated playbook. He was asked to perfect a theretofore unknown NFL route tree. Identifying NFL coverages? Forget it.

Austin might as well have been a character direct from a Robert A. Heinlein novel. He felt like the stranger in a strange land.

"I just came in and everything looked like Spanish, it sounded like Spanish," Austin said. "At the beginning of the year, I was kind of slowing myself down. I was out there just playing. I really didn't know what was going on. You try to do anything to make a play."

Much was made of the Rams' -- namely, offensive coordinator Brian Schottenheimer's -- inability to put Austin in position to succeed. Though there was some truth to that as the Rams stubbornly stuck to lining Austin up in the slot and throwing him quick bubble screens that went nowhere, Austin also shared in the blame for his slow start.

As Austin worked on his route running and understanding of the playbook, he struggled to find separation working out of the slot and on the occasions he did, he had trouble making the catch.

After making six catches for a pedestrian 41 yards in his debut against Arizona, Austin had three drops the following week against Atlanta and another in Week 3 against Dallas. Two weeks later against Jacksonville, he tacked on two more for a total of six in four games. He hit his low point in Week 9 against Tennessee, failing to record a catch on only two targets while playing 29 snaps.

Making matters worse, Austin was making big plays on special teams that were routinely called back because of penalties and, for the first time in his career, he suffered a late-season injury that cost him the final three games. It was all part of Austin's new NFL reality.

"That was definitely a big adjustment," Austin said. "The first time I've missed three games ever. I'm just going to prepare mentally and physically so it doesn't happen again. It's just something I had to go through."

To be clear, Austin's first season wasn't a total bust. In fact, his overall production was OK for a rookie at one of the toughest positions to learn upon entering the NFL. He set NFL records in a tour de force performance against Indianapolis in Week 10 when he had two catches for 138 yards, both of which went for touchdowns, and a 98-yard punt return for a touchdown.

From there, Austin appeared more comfortable and the Rams found better ways to deploy him, moving him out of the slot and putting him outside the hashes where he could use his speed to run go routes or make catches on deeper crossing routes with the opportunity to make defenders miss in the open field. He finished the season with 40 catches for 418 yards and four touchdowns, nine carries for 151 yards and a touchdown, and 678 return yards while playing in 13 games.

During the team's recent organized team activities, Austin has returned fully healed from the ankle injury and much more advanced in his understanding of the position than when he first arrived.

"I understand coverages better, I understand the plays, the depth of my routes, the splits and everything, so I'm way better





off right now,” Austin said. “I’m just glad to come out here and make some plays to keep on going.”

Austin has been doing a little bit of everything during OTAs, and though it’s unwise to judge any players based off practices with no pads and no contact, he has showed flashes of improvement. During a seven-on-seven drill in Thursday’s practice, Austin lined up on the hash and ran a well-executed post route down the seam and elevated to make a contested catch between two defenders for a 17-yard touchdown.

Adding more variety and versatility to his route running should only make Austin better in Year 2. And for the Rams, that would be a welcome sight. The team is betting on its current crop of young receivers to take a step forward in 2014. None more so than the former No. 8 overall pick.

“The game is slowing down right now for me, and hopefully it will just keep on slowing down some more,” Austin said. “I feel like it will if I keep in my book and (keep) listening to (receivers) coach (Ray) Sherman and I think I’ll be fine.”



## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Ogletree should thrive in Rams' attacking defense

**BYLINE:** Joe Lyons, St. Louis Post-Dispatch

**DATE:** June 21, 2014

Alec Ogletree cannot help being excited about the offseason addition of defensive coordinator Gregg Williams and his style.

"It's a lot of the same stuff we did last year, but it's just a lot more aggressive," the second-year outside linebacker said earlier this week at Rams Park in Earth City. "You can already see the difference, even though it's only OTAs. Guys are flying around and having fun. We just seem to be a lot more comfortable with each other and I definitely think coach Williams is going to make a big difference.

"A lot of guys respect him and want to play for a guy like that. He's going to shoot you straight. You want to go out and give it your all for him because you know he's giving his all, too."

Ogletree, selected by the Rams with the No. 30 overall pick in the 2013 draft, is the physical, quick and athletic player who would seem to be an ideal fit for Williams' attack-style defense. But the 22-year-old insists that he's not the only such player on this roster.

"This is something we're all looking forward to," he said. "We've got a lot of athleticism and speed on our team and with (Williams) being so aggressive and with our depth allowing us to keep bringing fresh players into the game, I think we're going to be able to put a lot of pressure on the other team's quarterback."

Ogletree, who starred at the University of Georgia, was named to several All-Rookie teams a year ago but was not the Rams' rookie of the year. That honor went to running back Zac Stacy, who led the team in rushing (973 yards) and touchdowns (eight).

But the 6-foot-2, 245-pound Ogletree did lead the Rams in tackles (155), ending a string of four consecutive seasons of that honor going to middle linebacker and team leader James Laurinaitis. In addition, Ogletree finished among the league leaders with six forced fumbles top go along with 1½ sacks, seven passes defended, five quarterback pressures and three quarterback hits. He also showed some big-play ability, returning his only interception 98 yards for a touchdown in the Rams' 38-13 rout of the Texans in Houston.

"Each week he does something that surprises you," Rams coach Jeff Fisher said late last season. "You just say, 'Wow' on a positive side. He's tackled very well, got off blocks. ... He's making a lot of plays for us."

A starter from day one with the Rams, Ogletree struggled at times early last season with shedding blocks and finding his way in coverage. But he improved dramatically across the board as the season progressed and now feels ready to take another step forward as he prepares for his second training camp.

"It's like night and day," he said. "When I first started last year, I was kind of nervous, trying to learn the position and to learn what I needed to do on the play. This year, I feel a lot more comfortable. I just feel like I'm able to go out there and just play and have fun."

Ogletree, who posted a career-best 15 tackles in a 42-21 blowout win over the Chicago Bears in Week 12 last year, recorded double-digit tackles in 10 games, including the last six.

The Rams wrapped up OTA workouts this week — veterans will report for training camp July 24 — and Ogletree finished strong by picking off a pair of passes during Tuesday's session. On the first, he stepped in front of a Sam Bradford seam pass intended for tight end Lance Kendricks. Later, in an 11-on-11 drill, he made an early read and jumped the route to pick off a short pass in the flat.

"Actually, those were my first two picks during OTAs," he said. "It was fun."

Ogletree, who started his college career as a safety, feels good about the progress he made in his first pro season, but he is definitely looking for more success, individually and for the team, in 2014.

"I think I had a pretty good rookie year," he said. "Just looking to get better this year. I had a lot of growth last year, with being able to be out there early and to get a lot of experience under my belt.

"This year, I'm just trying to be more consistent in my preparation and out there on the field, getting lined up correctly and just communicating ... trying to make sure we're all on the same page."



## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Rams' Stacy looks to replicate rookie success

**BYLINE:** Howard Balzer, The Sports Xchange

**DATE:** June 17, 2014

EARTH CITY, Mo. -- It is often said that the biggest improvement for many NFL players occurs in their second season. There is a full offseason program following a year in which rookies are thrown quickly into the mix after the whirlwind that comes with preparing for the draft. Very quickly, those rookies have to learn what is involved with being a pro.

As the St. Louis Rams began their final week of organized team activities, one of those second-year players explained the difference in 2014 compared to 2013 even with the production he was able to achieve as a rookie.

Said running back Zac Stacy, the team's fifth-round pick in 2013, "The good thing about last year is that I enjoyed success while gaining experience. It feels very different because you know what to expect, know your role on the team. Last year, as rookies, we were all running around like chickens with our heads cut off."

Now, Stacy is concentrating on simply getting better after a season in which he fell just 27 yards short of 1,000 yards despite having one rushing attempt for four yards in the first four games of the season two of which he was inactive.

"For me, despite the success I had last year, I still have a lot of improvement to do," Stacy said. "That's what I'm most excited about; the improvement I can make to become a better running back, to be a complete back - running, protecting and catching balls out of the backfield."

Running back Daryl Richardson opened the 2013 season as the starter, and had 20 carries for 63 yards in a season-opening win over Arizona. The notion that the Rams suddenly returned to a ground-oriented attack after four games is refuted by the attempts Richardson had in that first game. But Richardson also suffered a toe injury in the opener. He continued to play, but had just 35 yards on 10 attempts in Week 2 against Atlanta.

In Week 3, Richardson was 4-for-16 and Isaiah Pead 6-for-20 against Dallas. The worst was a 35-11 loss in a Week 4 Thursday night game against San Francisco when Richardson was benched after a first half total of 16 yards on 12 carries. Benny Cunningham managed just six yards on four second-half attempts. With a few extra days to regroup, the decision was made to start Stacy in Week 5 against Jacksonville. He responded with 78 yards on 14 attempts, the Rams won 34-20 and Stacy became the workhorse.

Now, he is competing to keep that job after the Rams selected Tre Mason in the third round of this year's draft. Richardson was released after Mason was picked.

Both Stacy (Vanderbilt) and Mason (Auburn) excelled in the rough and tumble world of the SEC, and Stacy welcomes Mason's arrival.

Said Stacy, "I'm happy for Tre and glad he's here. There's going to be competition, no doubt about it."

For his part, Mason said, "I respect his style of play. We're going to become a great duo together. I played against Zac my sophomore year, and he took over the game when we played him. I'm willing to put in work with him."

Offensive coordinator Brian Schottenheimer noted there will be competition at the position and that it also includes Pead and Cunningham.

"Right now, competition is for who's the starter," Schottenheimer said Tuesday. "We're just going to let them all roll and see what happens. Zac's obviously a really, really good player, but we're going to create competition for all the guys. That's a long way off, but we know we have a good stable group of backs and they all have different skill sets, which we'll try to use throughout the course of the year."

When a surprised reporter asked if that means Stacy isn't guaranteed to be the starter, Schottenheimer said, "No, not at all. We're just trying to create competition. That's what we're trying to do and whoever wins the job, wins the job. But I expect to see multiple guys carry the football."

Stacy understands that one season does not a career make.





"My goal is to be as productive and as consistent as possible. My main emphasis is studying the playbook and knowing it like the back of my hand. By doing that, I'll be able to play faster and smarter. Really for me, it's not the success I had last year. I still have a lot of improving to do. That's what I'm most excited about, the improvement I can make to be a better running back, be a better complete back, running, protecting and catching balls out of the backfield, so that's really just my main focus right now.

Stacy wasn't bad in pass protection last season, but he did have a few hiccups. He knows that's an often unsung part of the job for a running back, especially when he can be the last line of defense before the quarterback potentially gets pummeled.

He concluded, "Sam Bradford, you look at him and he's the money man so it's very important to protect his butt. We take pride in that as running backs and we're going to continue to do that."



## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Rams like what they are seeing from wideout Brian Quick

**BYLINE:** Nate Latsch, Fox Sports Midwest

**DATE:** June 19, 2014

ST. LOUIS -- The Rams' most improved player since the end of last season? As far as Rams offensive coordinator Brian Schottenheimer is concerned, the clear choice is Brian Quick.

"He's doing a great job," Schottenheimer said after Tuesday's OTA session. "Another guy that we're giving an opportunity to. He's competing for playing time. He's made the most of his opportunities. He started today. Again, just moving guys around, in and out of the lineup, trying to create competition and he's stepped up and again -- like Kenny (Britt) -- and made a lot of big plays for us."

The Rams' second-round pick in the 2012 NFL Draft, Quick has failed to make much of an impact for St. Louis after his first two NFL seasons -- a total of 29 catches for 458 yards and four touchdowns in 31 games.

But Schottenheimer's words were welcomed by the Appalachian State product, who ranked seventh on the team in receptions in 2013.

"Oh, man," Quick told FOXSportsMidwest.com on Thursday. "It was an honor to see my work get noticed. I couldn't ask for more. I'm just going out here every day loving what I'm doing, just coming to work every day giving everything I've got. It was an honor for him to say that."

What has the wideout done well during OTAs?

"I'm not thinking out there," he said. "I'm playing fast. I'm being competitive, being more physical, and I'm just having fun. Just knowing what you're doing makes it a lot easier on yourself."

The key for Quick will be turning his success during OTAs into more tangible successes when training camp starts next month and then during the regular season this fall. Until then, of course, talk is cheap.

But Rams coach Jeff Fisher and general manager Les Snead have shown they believe in their group of receivers. They signed former first-round pick Kenny Britt this offseason, along with former Mizzou standout T.J. Moe, but did not use a draft pick on a wideout when many were banging the drum for Clemson playmaker Sammy Watkins.

"I've been asked this numerous times, 'Why didn't you draft a receiver?' Well, we drafted two each of the last two years and they are coming on," Fisher told FOXSportsMidwest.com. "So we felt like we had other needs."

The Rams selected Quick in the second round and Chris Givens in the fourth in 2012. A year later they took Tavon Austin at No. 8 overall and his West Virginia teammate, Stedman Bailey, in the third round.

All have shown flashes of potential but are far from proven commodities.

Whether that group can step up, which will go hand in hand with quarterback Sam Bradford's development and effectiveness, will be one of the biggest story lines to watch for the Rams in 2014.

Quick believes they can.

"We just have to be tuned in," he said. "We have to be focused. Together. We have to come together, just come as one, execute and make sure we make plays. We're playmakers. That's why they didn't draft any receivers, because they believe in us. On that note, we're going to do what we have to do and we're going to make the coaches proud."

Quick won't magically morph into Bears 1,000-yard receiver Alshon Jeffery -- a player the Rams passed on when they took Quick -- but that doesn't mean the 6-foot-3, 218-pounder can't emerge as a key playmaker in the St. Louis passing game.

He has high expectations for his third NFL season.

"Man, I'm going to go out there and I'm going to try to kill it," Quick said. "Make sure we go to the playoffs. Whatever we have to do, whatever I have to do, I'm going to give it my all."

"That's my goal, just put it all on the field and give it all. Lay it all on the line for the coaches, especially for coach Fish, and Les Snead. Just make sure everything is crisp and make sure they have confidence in me to go out there."



## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Ray-Ray Armstrong taking on expanded role

**BYLINE:** Nick Wagoner, ESPN.com

**DATE:** July 29, 2014

EARTH CITY, Mo. -- Growing up in Sanford, Fla., St. Louis Rams linebacker Ray-Ray Armstrong couldn't help but admire the way then Miami safety Sean Taylor played football.

In an area where football doubles as a way of life and a way out, Armstrong patterned his game after Taylor's hard-hitting style. When doing a search for the photos of Taylor one day, Armstrong came across one bearing a nickname he immediately liked: the "Boom King."

Taylor was tragically murdered in 2007 but Armstrong wanted to find a way to honor him and embraced the nickname. For the uninitiated, Armstrong's Twitter handle is @boom\_king26, which includes the nickname and Taylor's number.

"(He) was my favorite player growing up and my favorite player of all time, really, so it was on a picture of his I googled once so I just ran with it," Armstrong said Monday. "I tried to model myself after him."

As this version of the Boom King surveyed his kingdom in Monday morning's special-teams-only practice, he couldn't help but take a moment to think of how far he'd come. It was at a practice just like Monday's where Armstrong and fellow linebacker Daren Bates first left the indelible impressions on the coaching staff that would help unseat some of the special teams' core veterans. To see him was to see just how far he's come in a year.

"It makes a big difference," special-teams coach John Fassel said. "It feels like they are veteran guys but really it's only the second year. Last year, there were some veteran guys that got beat out on a day like today by Ray-Ray and Daren and Chase [Reynolds]. That's how they made the team. The rookies and new guys this year are trying to do to them what they did last year to the guys that didn't make the team."

The journey was even deeper for Armstrong.

Armstrong was once a highly regarded college prospect at Miami, playing safety and quite literally following in Taylor's footsteps. But Armstrong ran into some trouble off the field and was kicked off the team in July 2012. He attempted to play at Faulkner University, an NAIA school in Montgomery, Ala., but was eventually ruled ineligible.

Instead of building on a strong sophomore season with the Hurricanes, Armstrong was out of the game completely. The Rams signed him after he went unselected in the 2013 NFL draft and promptly moved him to linebacker. It was a new position for the former safety but his path to the roster was clearly on special teams.

Fast forward to Monday afternoon and Armstrong is back for his second training camp in a much different spot than he was in 2013.

"It means a lot," Armstrong said. "Coming from a whole year off of football and coming back into it, I felt pretty good going out and playing. I didn't lose too much. Now this year, the second year in a row competing at this level so I feel like -- I don't want to say I'm there yet, not at all -- but just moving forward."

After a rough start to his rookie season in which Armstrong was prone to costly penalties, he settled in and made 12 tackles and helped the punt coverage team to an NFL record in limiting return yards. Fassel has even asked Armstrong and Bates to take on more of a leadership role on special teams.

"We were kind of the leaders on the field last year on core teams, along with Rodney McLeod, so to just move forward with that, he told us to take a little more responsibility and bring the other guys along," Armstrong said.

For his part, Armstrong is also taking aim at expanding his role beyond leadership. While the Rams seem mostly set with starters at linebacker in Alec Ogletree, James Laurinaitis and Jo-Lonn Dunbar, Armstrong is like any young player hoping to get more opportunities to help on defense.

Now that Armstrong has a year at linebacker to his name, those chances could arise on a more consistent basis.

"That would be the case with both Daren and Ray-Ray," coach Jeff Fisher said. "Both of them were core guys for us last year, big play guys. They're both settling in and making big plays on the defense."



While the different ways Armstrong can be used remain to be seen, he left little doubt about who rules the roost in special-teams practices with his performance Monday morning. He and Bates took the first rep of full contact as a means to set the tone and Armstrong was involved in the first scuffle of this camp, engaging linebacker Lawrence Wilson in a war of shoves and words.

"It's all competing," Armstrong said. "Competition is football. Some tempers flare up here and there. We've got pads on, it's the first day."

And nobody knows better than Armstrong what a difference one day can make.





## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Bradford has some extra zip on his passes during Rams' scrimmage

**BYLINE:** Steve Korte, Belleville News-Democrat

**DATE:** August 3, 2014

ST. LOUIS — Any concerns about quarterback Sam Bradford's surgically repaired knee were eased by his performance in the St. Louis Rams' scrimmage Saturday at the Edward Jones Dome.

Though pass rushers weren't allowed to actually sack any of the quarterbacks, Bradford looked nimble on several play-action passes and strong as he stepped up to throw a couple of deep balls.

"If there is any question about Sam's ability to play the position, I think it was answered today," Rams coach Jeff Fisher said.

Bradford's arm strength seemed even better than before his injury as he zipped a couple of laser beams, including a deep pass to wide receiver Kenny Britt for a touchdown.

"He is throwing very well," Fisher said. "We're watching the pitch counts right now, and he's not having any problems. You could see those balls were humming today, especially the deep ball to Kenny."

Bradford said he focused on increasing his upper-body strength as he recovered from the torn ACL that cut short his 2013 season.

"You spend more time working on your upper body just because you are limited in what you can do with your lower body," Bradford said. "Coming into this camp, I'm probably the strongest I've been from the waist up, and it probably has paid off a little bit."

"I do feel like I have a little more zip on the ball and I can make some of those throws that maybe were a little slower last year."

The scrimmage, which was held in conjunction with a FanFest, was attended by 15,723 fans.

"This is probably the most exciting day we have during training camp just because the fact that it breaks the routine, we get to leave Rams Park, we get to come to the dome," Bradford said. "The fan turnout was great today. We don't have this many people turn out to see just a regular practice. I thought the energy was good today. It's always fun to get in here and play in front of our fans."

Some other highlights from practice-scrimmage were:

\* Wide receiver Stedman Bailey catching a bunch of passes from Bradford.

Bailey, who is suspended for the first four games of the season for violating the NFL policy on performance-enhancing drugs, has been the Rams' most consistent receiver so far in training camp.

"Stedman has been great all camp, all spring," Bradford said. "I think he's going to be a big part of what we do when he gets back."

"Obviously, it's a bummer he's not going to be with us the first four (games), but the timing and everything we are doing right now is to make sure we're ready when he does get back."

Bailey was one a handful of receivers who spent two days in Oklahoma working with Bradford during the offseason.

"Just working on chemistry and being on the same page, and so far it is paying off," Bailey said. "We put in two good days of work."

Bailey has continued to get reps with the starting offense even though he won't be playing the first month of the season.

"It's something that kills me everytime I think about it," Bailey said, "but my job is to keep working hard, keep giving my all



to the team and when I come back, just be looking for a show.”

\* Kicker Greg Zuerlein attempted two 65-yard field goals after nailing a 54-yarder.

The first try from 65 yards out was way short as he mishit the ball.

With the fans urging another try, Zuerlein came up 3-4 yards short of the goal post on his second attempt.

Zuerlein hit the crossbar on a 63-yard attempt during warm ups.

\* Quarterback Shaun Hill stumbling as tried to drop back to pass, momentarily regaining his balance and then losing it again and doing a somersault as he fell to the turf.

\* Rookie running back Tre' Mason making a quick cut to break into the open on a run.

Mason had three carries for 10 yards and caught a short pass during the live-tackling portion of the scrimmage.

\* Linebacker Aaron Hill, from St. Charles, Mo., having an interception and later bursting up the middle on a blitz for a what would have been a sack.

\* Defensive tackle Michael Brockers left practice after getting caught up in a pile of players during a non-tackling drill. His injury was unknown.

There was a long list of players who didn't practice Saturday. It included: middle linebacker James Laurinaitis, right guard Rodger Saffold, cornerback Janoris Jenkins, defensive end William Hayes, wide receiver Brian Quick, guard-center Barrett Jones and rookie cornerback Lamarcus Joyner.

Laurinaitis, Saffold and Hayes all left practice with injuries this week.

Laurinaitis had his left foot in a walking boot because of a mild ankle sprain.



## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Greg Robinson 'anxious to get to work' with St. Louis Rams

**BYLINE:** James Crepea, Montgomery Advertiser

**DATE:** May 13, 2014

AUBURN -- The long wait ended on Thursday night for Greg Robinson.

The former Auburn left tackle was drafted with the No. 2 overall pick by the St. Louis Rams in last week's NFL Draft, the end of a four-month journey since he declared the day after the BCS title game.

"I'm anxious to get to work and really happy that I'm here," Robinson said Tuesday during his introductory news conference in St. Louis.

The 6-foot-5, 327-pound Robinson was a huge piece to the Auburn line, which paved the way for the nation's leading rushing offense, including Tre Mason, who was drafted in the third round by St. Louis. Robinson is so big, he said he couldn't fit in his locker at Auburn.

"The film speaks for itself, he's a different creature," Mason said. "He takes over his assignment and does it well and makes my assignment that much easier."

The former Auburn stars unite in St. Louis, a team with deep ties to the Tigers.

They're joined by former Florida State cornerback LeMarcus Joyner, the Rams' second-round pick. Joyner recalled going up against Robinson in the BCS title game.

"I came on a blitz on the edge, and it was a stalemate," he said. "Most big guys, I kind of use my athleticism to get around, but Greg, he's a big athletic guy and it was a stalemate. He's a pretty good football player."

Robinson has spent the last few days helping his mom, Rhonda Robinson, as she returned home to Thibodaux, La. They were in New York for a very emotional night at the draft last week.

"When I got the call and hearing my family behind me as I was on the phone, it made me a little more emotional," Robinson said. "I tried to stay strong because a few guys told me don't cry, but it's just something that happened."

Robinson expanded on his personal story, which he shared as part of a new VISA commercial that aired during the draft. He lost his father and his family was impacted by Hurricane Katrina, but Robinson persevered and ended up at Auburn and now the NFL.

"There was times I sat in my room and just thought about my dad, he hasn't seen me play one college football game and he's gone," Robinson said. "Just to be a positive influence in my neighborhood and let those around me that I grew up with, let them know that there's hope and dreams can come true."

Where others may have chosen the wrong paths, Robinson succeeded because "I don't think responding to something bad negative(ly) will make it a better situation."

Robinson, who will wear No. 79 in St. Louis, said he's signed with Nike and asked the apparel giant to donate to his high school.

"The first opportunity I could to do something positive for the neighborhood or anywhere that I came from, it's a blessing," he said. "I'm happy to be in this position where I could do something like that."

Most analysts considered Robinson to have the most "upside" of all the tackles in this year's draft. Robinson, who is expected to play left guard for the Rams, recognizes meeting that potential is up to him.

"I control that ceiling so it's just how much I want to learn, as far as going into it with a positive attitude and trusting the coaches," Robinson said. "I believe (Ram offensive line) coach Paul Boudreau has a great plan for the O-line."



## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Rams rookie Aaron Donald out to prove he's more than meets the eye

**BYLINE:** Joan Niesen, Sports Illustrated

**DATE:** July 31, 2014

EARTH CITY, Mo.-- Before the NFL draft in early May, Rams defensive line coach Mike Waufle hatched a plan. As St. Louis looked to beef up its already top-level unit, Waufle perused his options. He found himself keeping a close eye on two big defensive tackles, both comparable in stature to 6-foot-5, 320-pound Michael Brockers, the Rams' first-round selection in 2012.

But Waufle has never been a man for whom size is the ultimate prize. When he ran the Raiders' defensive line from 1998-2003, the coach at times butted heads with Al Davis on that very subject, and he prides himself on winning a Super Bowl in with the Giants in 2007 with a line that weighed in lighter than most people realized. So when tape of one particular defensive tackle came across Waufle's desk in the spring, he was compelled to give it a second look -- and a third, and a fourth, and a fifth. Suddenly, those two big tackles were far less appealing than this undersized one, who stands just 6 feet tall and weighs in at about 280 pounds.

Waufle still touted the bigger players, though, until the draft got closer. Then, as May 8 approached, he asked Rams general manager Les Snead about calling a staff-wide meeting. Snead granted permission, and Waufle began to prepare his presentation.

"I lured everybody in thinking, okay, which defensive tackle were we going to choose between [those] two," Waufle said. "And then I said, there's one player, though, that's better than these two guys. His name's Aaron Donald.

"Aaron had some unbelievable tape that I hadn't seen in 17 years. I'd never seen productive tape like that."

Audibles Podcast: Rookies who will be household names by end of training camp

In this clip from the SI.com Audibles Podcast, Ben Eagle, Doug Farrar and Chris Burke discuss which rookies will be household names by end of training camp.

Waufle's colleagues agreed. With the 13th pick in the 2014 draft -- the Rams had already selected offensive tackle Greg Robinson second overall -- St. Louis took Donald, the too-short, too-small tackle out of Pittsburgh. It might have been the biggest steal of the first round.

When the Rams reported to camp last week, attention naturally shifted to the team's defensive line. So what if quarterback Sam Bradford is back from a torn ACL -- if St. Louis wins come fall, it'll be due in large part to its defense, and as if to drive that point home, Donald strode into camp and left fans on the sidelines drooling.

"When he reported with the rookies, the offensive line couldn't block him," Rams coach Jeff Fisher said. "It was consistently, play after play after play ... whether it was run or pass, what the protection was."

Others around the Rams' facility resorted to less nuanced explanations of what they've seen. "Oh man," was all Brockers could muster. "He's keeping us vets on our toes." Waufle's sentiment was just as simple: "He's showed up," the coach said, with the self-satisfied smile of a man who fleeced the 14 teams who picked before him.

Waufle got his first inkling of what Donald could accomplish as a pro in February at the combine. Waufle has been running defensive line drills in Indianapolis for years, and when he timed Donald, the rookie's speed -- an unofficial 4.65 seconds in the 40-yard dash -- stood out. Add that to his low center of gravity, and that adds up to a force at the line of scrimmage, where he can get closer to the ground and up under offensive linemen's pads.

By conventional NFL wisdom, yes, Donald is small. When his unit takes the field, he's among the shortest, but only for those few seconds when he trots out in a pack. Then he bends over, the center snaps the ball, and size becomes irrelevant, even if numbers hint otherwise. In the past 20 years, there have been just 33 defensive linemen to play more than one season in the NFL and stand at Donald's height or shorter. In the past 25 years, only one defensive tackle standing 6-foot or smaller has made a Pro Bowl: Dan Saleaumua, in 1990. And in a league where the girth of linemen is only increasing, Donald's weight, which hovers around 280, is a good 30 pounds lighter than the average for defensive tackles over the past decade.





The Rams hope, though, that their rookie can be the exception to the rule, and they believe they have good evidence to back that up. Their defensive line has been built with size as only a secondary concern, and it's managed to be consistently among the NFL's best since Fisher took over.

"If you can play, you can play," Donald said. "It don't matter ... It's a perfect scheme that fits me perfectly, with great coaches."

Donald's is the right measure of confidence: enough to know he deserves what he's earned, but not so much as to seem anything approaching cocky. The 23-year-old is soft-spoken off the field, and when asked what parts of his game he most wants to improve, he can't pick just one. The whole thing, he says, sincerely enough that it's believable, and then he shakes his head and laughs, because the playbook is just so freaking big. "You always hear about the playbook, but I'm like, 'I'm the defensive line, there ain't going to be that much,'" Donald said, having already shed that bit of overconfidence.

But don't let his self-deprecation fool you: Donald knows his plays. He's known them since he showed up for organized team activities in the spring, thanks in part to Waufle's methods, which the coach sums up with one Ralph Waldo Emerson quote: "To be simple is to be great."

And maybe that's the rub with Donald. Maybe it's too easy to wonder about height and weight even when Donald's size has yet to be a problem, when that very size couldn't keep him from winning the ACC Defensive Player of the Year, the Outland Trophy and the Bronko Nagurski Trophy in 2013. It's too easy to overthink, to not just look in awe at that tape that dropped Waufle's jaw.

So when it comes to Aaron Donald, turn off your brain and turn on your eyes, and just watch for a minute.



## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Joyner focused on returning the favor

**BYLINE:** Nick Wagoner, ESPN.com

**DATE:** May 22, 2014

EARTH CITY, Mo. -- As Lamarcus Joyner waited for his name to be called through the NFL draft's first night and midway into the second round, he never let it bother him.

"It didn't matter where I went," Joyner said. "To me, I just wanted to play football. I just needed the opportunity. A lot of people were asking me, 'How do you feel about your size? Why do you feel you're not rated as a high first-round guy?' That stuff doesn't get to me. I tell people all the time, 'If I go first round, if I go seventh round, all I need is the opportunity.' I know what I'm made from, so all that stuff really doesn't matter."

As the Buffalo Bills came on the clock with the 41st overall pick on the draft's second night, the St. Louis Rams decided that they, too, knew what Joyner was made from and that he had been waiting long enough. The Rams traded their second-round pick, No. 44 overall, and a fifth-round choice to move up three spots. Joyner was the target they had established after they were through with the first round, and they didn't believe they could wait any longer.

Rams coach Jeff Fisher had some intel that indicated the Tennessee Titans, picking No. 42 overall, had eyes for Joyner as well. Whether that's the case is unconfirmed, but there is some evidence that it's true considering the Titans traded out of their pick right after the Rams selected Joyner.

Joyner sat surrounded by friends and family in Fort Lauderdale, Florida. He pondered how the Rams, in a talent-rich draft, not only called his name, but gave up an extra pick to secure his services.

It's a move Joyner doesn't intend to forget.

"I felt as though they made a sacrifice for me, and I'm good with returning favors," Joyner said. "I think that I owe them the same. I'm going to give all my heart, all my soul to this organization, because that meant a lot for them to be able to do that, especially with all the great talent that's out here. Trying to get into the National Football League and for these men to make that sacrifice for me, then I owe them the same thing in return."

For a Rams secondary in need of more talent and an influx of leadership after parting ways with veteran cornerback Cortland Finnegan in the offseason, Joyner represents an ideal fit.

Sacrificing a fifth-round pick probably cost the Rams a shot at one of their preferred quarterback targets, but it's a sacrifice Fisher and general manager Les Snead made happily, because the net gain was Joyner.

Joyner will play a variety of roles for the Rams.

"We didn't want to lose him, he's just an outstanding player," Fisher said. "He plays all over their defense. He plays outside, he plays in the slot, he plays high, he blitzes, so he's a plug-in Day 1 nickel back. He's very, very aggressive, tackles well."

Of those many roles, Joyner said he doesn't have a preference of where he plays.

"All I know right now is I'm a second-round draft pick for the St. Louis Rams, and whatever Coach wants me to do, I'm going to do it," Joyner said. "If I have to pack on 100 pounds and move to offensive guard, I'm going to do it. I'm going to do whatever I need to do to help the organization."

That is not going to be necessary. As it stands, Joyner's first opportunity will come as the team's primary slot corner. When he visited the Rams during the pre-draft process, he had a conversation with defensive coordinator Gregg Williams in which Williams asked him his preferred NFL position. Joyner responded with an answer similar to the one above.

Make no mistake, Williams has plenty of ideas for how to deploy Joyner. At 5-foot-8, 182 pounds, Joyner doesn't cut an imposing figure but plays bigger than his listed size. His ball skills could use some work, but the Rams expect him to do well in coverage right away.



Where Williams can really have some fun using Joyner is as part of his many exotic blitz schemes. Joyner's blitz skills belie his size, as he posted 5.5 sacks, second most among FBS defensive backs in 2013.

"Wherever we are weak in the secondary, I'm going to make the team better, because I'm going to give my all and make that position better," Joyner said. "I'm a team person, so I'm going to do whatever Coach wants me to do in the secondary."

And repay a debt in the process.



## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Tre Mason's famous father helps him deal with NFL spotlight

**BYLINE:** Mark Inabinett, AL.com

**DATE:** June 15, 2014

St. Louis Rams running back Tre Mason drew national attention last football season as he set an Auburn single-season rushing record and led the Tigers to the BCS national championship game. In May, the St. Louis Rams selected Mason in the NFL draft, and he's preparing for his first pro season - on the field and off. He's been through rookie minicamp and is participating in OTAs with his new teammates while giving interviews and posing for football cards.

Fame, though, isn't new to the Mason family. Tre Mason's father, Vincent Mason, is a member of the pioneering hip-hop trio De La Soul. He's perhaps better known to music fans by his stage name DJ Maseo, among other pseudonyms.

For "The BK Nation Interview," the web site BK Nation had a father-and-son talk with the Masons for Father's Day.

Tre Mason said while he came to understand his father was a celebrity, that didn't change their relationship: "I still view my dad the same -- as my dad. I never got caught up in anything else."

Having a famous father, Mason said, has helped prepare him for the celebrity side of football.

"My dad is my role model," Mason said. "He taught me a lot about how I want to be remembered. He has helped me to know what to do financially. He has been through fame and fortune. Now it's my turn. He coaches me up with my character, with my money. What is my legacy going to be? My father told me all a man has is his name and his word."

Mason's father grew up without knowing who his father was, so he's not so sure about the role-model aspect. But he does have a clear idea of a dad's job: To tell the truth.

"At the end of the day, everyone is a role model," he said. "Just depends on what role you choose to play. I do not look to be positive; I look to be honest. I will be perfectly honest with you: My kids know I smoke weed, but Tre knows as an athlete that is something he cannot do. So he has to make choices for the life he wants to lead. As a ballplayer, that is something he cannot do. I am not the hypocrite to say, 'I do, but you do not do it.' I say, 'Understand the consequences.' Who am I to tell my kids not to have fun? When I was their age I had all the fun in the world. When you love your family, you never stop giving advice. And you never stop telling the truth. That is what a real father is to me."

Vincent Mason said sons who grow up without fathers can perpetuate that situation. He chose not to.

"I think I am a part of the small percentage that go the other route and are there for our kids," he said. "You have those cats who go 'I ain't (expletive) because my daddy ain't (expletive).' That is prevalent, and that mindset needs to change. To break that cycle, men do need to be in their children's lives. Never too late. It only becomes too late when someone actually dies. Everybody yearns to have not just their dads, but their parents, in their lives."

The Rams have another set of OTAs set for Monday, Tuesday, Thursday and Friday. St. Louis is the only team in the NFL that will not hold a mandatory minicamp for its players this month.





## ST. LOUIS RAMS FEATURE CLIPS

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**TITLE:** Once a janitor at Edward Jones Dome, Alexander now a Rams player

**BYLINE:** Jim Thomas, St. Louis Post-Dispatch

**DATE:** May 11, 2014

Less than two years ago, Maurice Alexander worked as a janitor in the Edward Jones Dome. Some of those duties included cleaning up after Rams home games.

"Every time that I went to work, I always stood at the end of that field, and I just looked at it," Alexander said. "I just looked at it like this could be my dream spot. And look where I'm at now."

As of late Saturday morning, he's in the NFL, playing for his hometown team. The stadium he once cleaned up is now his playground after the Rams selected Alexander, a safety from Utah State via Eureka High in suburban St. Louis, in the fourth round.

In 2012, when Alexander was working at the dome, the dream was more like a nightmare. That nightmare included 45 days in a Utah jail after pleading guilty to a misdemeanor charge of aggravated assault resulting in bodily injury.

Early in 2012 while at Utah State, Alexander was at a large party when the crowd started pushing and shoving. According to an account in the Deseret News of Salt Lake City, Alexander and a Utah State teammate, running back Joey DeMartino, were in the scrum pushing each other.

The party broke up, but Alexander ran up to DeMartino outside in a parking lot and punched him. DeMartino fell down, and later needed surgery for broken bones around his left eye, and also suffered a fractured cheekbone.

"There was a lawsuit filed, and as a result the university suspended him for the 2012 season," coach Jeff Fisher said. "He came back here to St. Louis and worked at the Edward Jones Dome as a janitor, picked up, cleaned up after our ball-games for a year so he could financially pass the time before he was reinstated."

Fisher and Snead said the Rams thoroughly investigated the incident and were satisfied with what they learned, and with what Alexander had to say about it.

"He was very professional, very upfront, very honest," Fisher said. "We didn't have a problem with it." Alexander said he learned a hard lesson.

"It made me a man at the end of the day," he said. "Me and my teammate (DeMartino), we're great friends. It was a mistake. It made me a better man today."

"Utah State University, they believed in me. They brought me back. I'm a great guy. I'm a great friend. I'm a great person to be around. And I'm good in the locker room."

"It's a lesson learned."

Utah State reinstated Alexander in time for the 2013 season. DeMartino was back on the field in 2012, and in 2013 rushed for 1,221 yards and 14 touchdowns at Utah State. He signed with the Kansas City Chiefs as a rookie free agent.

For Alexander, getting back in school at Utah State "was a blessing," Alexander said. "I did everything they asked of me. I did what it took to get back into the university. I took classes, I worked. It was a struggle, but it was worth it. It was all worth it, coming back. I appreciate the coaches — just Utah State, the fans, everyone — for just believing in me, letting me come back."

When Alexander returned to Utah State, he was converted to safety (from linebacker) and had a strong 2013 season, finishing with 80 tackles, 3 ½ sacks, six pass breakups and an interception.

"Aggressive, big, athletic, will hit," Fisher said. "You look at the numbers: sacks, caused fumbles, tackles for losses. There's definitely a role for this type of player in our defense."

Alexander made a "local" visit to Rams Park a few weeks before the draft. And because it was a local visit, by NFL rule, the Rams were allowed to conduct a workout.

"He had an outstanding workout here three or four weeks ago," Fisher said. "He's a very, very talented player and he's got a huge upside."



Alexander also had an impressive workout at the NFL Scouting Combine, where he measured in at 6-2, 220, and ran the 40 in 4.54 seconds.

"His knowledge and his instincts are outstanding," Fisher said.

Fisher said the Rams will plug him into some packages on defense, and that Alexander most likely would be active on game days on special teams as well. Alexander mainly played strong safety at Utah State, but Fisher says he has the skills to play free safety as well.

"It's interchangeable," Fisher said. "He has the range. He's got the hips. He's got the ball skills as well."