

Personnel Review: NFC West by Tony Villiotti

The effectiveness of a team's personnel decisions is ultimately judged by that team's won-lost record. There is more than one way to build a winning team, though, and **DRAFTMETRICS** believes that exploring the "how" for a team's success or lack thereof can be quite interesting.

There are two basic aspects of building a winning team - - hanging onto your good players and bringing in new talent. Everything beyond that is a matter of degree. If a team does not have many good players, there is a heavy emphasis on bringing in replacements. If a team has a solid core of players it can be very selective in adding talent.

Free agency and the salary cap make player retention a difficult issue. Players move from team to team to maximize their earnings or seek opportunities for more playing time. In some cases a team is forced to cut a player they would otherwise keep in order to stay under the salary cap. These factors make player retention a real balancing act as a team must continually weigh its options in order to maintain the proper investment level at each playing position.

A team has several options available to it when acquiring talent. It can seek help in the draft while maneuvering to move up or down to get the players it wants at a reasonable price. It can venture into the free agent market where they usually have to pay top dollar to land top of the line talent. It can make trades, usually surrendering draft choices for a player. Finally, it can "dumpster dive" and try to find bargains in released players, Canadian Football League players, undrafted free agents or on the waiver wire.

This is the last in a series of eight articles in which **DRAFTMETRICS** will review, by Division, the personnel moves of NFL teams over the past five seasons (2006-2010). In this review, **DRAFTMETRICS** will address the following for each team in the NFC West:

- How it got its starters
- The stability of its starting lineup
- Quarterbacks

The Source of Starters

NFL starters from 2006 through 2010 fall into one of several categories:

- They were on the roster in 2005 and continued with the team for part or all of the study period
- They were drafted from 2006-2010
- They were signed as veteran free agents from 2006-2010
- They were acquired via trade from 2006-2010
- They were obtained in another manner (waivers, undrafted free agents, etc.) from 2006-2010

During the 2006 through 2010 seasons, starts across all teams were distributed as follows:

- 44% of all starts were made by players on the same team's roster in 2005;
- 26% of all starts were made by players drafted by that team from 2006 through 2010;
- 30% of all starts were made by players signed as free agents, acquired via trade or any other source from 2006 through 2010.

DRAFTMETRICS will comment on each team's player acquisition activities as well as provide some comparative metrics. It should be recognized that it is impossible for a team to have favorable metrics for each activity. A team that retained a lot of its starters from the 2005 roster, for example, does not have as many starting spots to fill through the draft or free agency and will have fewer starters from those activities than a team with a poor starting point.

Stability of the Starting Lineup

Continuity is an important element in a team's success. Football is a team game and developing a cohesive unit from a collection of individual talents is a critical success factor. While a team is always striving to improve by replacing weaker links with stronger players, keeping the unit relatively intact is also important. Sometimes injuries interfere with this process and sometimes the continuing effort to find better talent results in a "revolving door" for certain positions in the starting lineup.

In addition to a **DRAFTMETRICS** commentary on this subject, a few metrics have been developed to aid in the analysis. The first is a "Stability Index" that is calculated for each team. The basis for the stability index is determining the number of games that are started by players who started for that same team in the previous season. The percentage of that number of games divided by 352 (16 games with 22 starters) is the stability index.

It is worth noting that for all NFL teams combined, the average number of starts by players who also started at least one game for that team in the prior year was 252.7, which is about 72% of all games started. The Steelers had the highest average with 296.2 games and the Lions at 187.8 games were the lowest.

Another metric used to measure continuity was to determine the number of players who started at least 13 games in each of the seasons. On average, NFL teams have 75 such players (or 15 per year). The highest was the Cowboys with 89 and the lowest was the Lions with 57. The intent of this metric is to determine how "settled" a team is at its starting positions. This can be affected by both injury and trying to find the right player.

Quarterbacks

It has been repeated ad nauseam that the NFL is a “Quarterback-Driven League”. There is no questioning the importance of this position so **DRAFTMETRICS** will comment on the success of each team in this area and list the QB starters during the study period for each team.

Before starting on the team analysis for the NFC West, here is each NFL team’s won-lost record for the 2006-2010 seasons.

Patriots	63-17	Giants	48-32	Cardinals	37-43	Dolphins	32-48
Colts	61-19	Packers	48-32	Panthers	37-43	Redskins	32-48
Chargers	55-25	Bears	47-33	Texans	37-43	Bills	31-49
Steelers	51-29	Titans	45-35	Broncos	36-44	Chiefs	29-51
Ravens	50-30	Falcons	44-36	49ers	35-45	Browns	28-52
Saints	49-31	Jets	43-37	Bucs	35-45	Raiders	24-56
Eagles	48-31-1	Vikings	42-38	Seahawks	35-45	Rams	21-59
Cowboys	48-32	Jaguars	39-41	Bengals	33-46-1	Lions	18-62

SAN FRANCISCO 49ERS

Won-Lost Record

2006	7-9	2008	7-9	2010	8-8
2007	5-11	2009	8-8	All Years	35-45 Rank:21

49ers Metrics

Metric	49ers	NFL Average	Rank
Percentage of Games Started By:			
Players on 2005 Roster	37%	44%	22
Players Drafted from 2006 thru 2010	30%	26%	7
Players signed as free agents or acquired in trades	34%	30%	13
Stability Index	72.5%	71.8%	17
Number of Players who started 13 games or more in a season	78	75	12

Players Starting 32 Games or More

From 2005 Roster		Players Drafted: 2006-2010			Other Players Signed: 2005-2010			
David Baas	49	Vernon Davis	2006-6	70	Nate Clements	FA	2007	53
Frank Gore	70	Dashon Goldson	2007-126	34	Aubrayo Franklin	FA	2007	59
Eric Heitmann	62	Parys Haralson	2006-140	52	Walt Harris	FA	2006	46 – FA
Alex Smith	44	Manny Lawson	2006-22	56	Michael Lewis	FA	2007	50 – F
Adam Snyder	48	Chilo Rachal	2008-39	35	Mark Roman	FA	2006	44 - R
Isaac Sogoaga	55	Joe Staley	2007-28	50	Justin Smith	FA	2008	48
Shawtae Spencer	46	Patrick Willis	2007-11	63	Takeo Spikes	FA	2008	44
Bryant Young	32 - R							
Marques Douglas	32- FA							

**Bold indicates a player was not on the team at the end of the 2010 season with the letter designation indicating how they left the team
T= Traded; R = Retired; W= Waived; FA= Lost in Free Agency; F= Released**

Quick Take

The 49ers have done a good job of hanging onto their players while still accumulating draft choices. Now what about quarterback?

Players from 2005 Roster

The 49ers ranked 22nd in the number of games started by players on their 2005 roster. Six players from the 2005 roster were starters in 2010 and a seventh broke his leg in the preseason and missed the 2010 season. Two defensive mainstays from the 2005 team (Andre Carter and Julian Peterson) were lost in free agency before the 2006 season .

The Draft

The 49ers ranked 7th in starts from 2006-2010 draftees. They managed to end up with eight 1st round picks in the five-year period and only one (Kentwan Balmer, who they ended up trading for a 6th round pick) was a bust. The 2006 draft yielded Manny Lawson and Vernon Davis in the 1st round, both of whom are starters. They had no 2nd round pick and their 3rd round pick (Brandon Williams) was released in 2007. They made out well later in the draft, though, taking Parys Haralson in the 5th and Delanie Walker in the 6th. 2007 brought two more immediate starters in the 1st round with Patrick Willis and Joe Staley. Again they had no 2nd round pick. Jason Hill was selected in the 3rd round and hung around for 3+ seasons but never became a starter. Two-year starter Dashon Goldson was taken in the 4th round. As mentioned earlier 2008 1st rounder Kentwan Balmer was a bust and was traded. 2nd rounder Chilo Rachal became a starter in the second half of his rookie season. 3rd rounder Reggie Smith has been a backup. 6th rounder Josh Morgan became a starter in his second season. 2009 1st rounder Michael Crabtree was an immediate starter, though he has yet to live up to his potential. They had no 2nd rounder. 3rd round choice Glen Coffee left the team before his second season, deciding that his heart wasn't in football. The 49ers had two 1st rounders again in 2010 and landed two immediate starters in Mike Iupati and Anthony Davis. 2nd rounder Tayler Mays was traded after his rookie season. 3rd rounder Navarro Bowman has shown promise. There were a few misses along the way, but the 49ers got plenty of help from the draft.

Free Agent Signings

The 49ers were more active than most in the free agent market and helped themselves with such signings as Larry Allen, Nate Clements, Marques Douglas, Aubrayo Franklin, Walt Harris, Michael Lewis, Mark Roman, Justin Smith and Takeo Spikes. Note that all but one of these signings are defensive players.

Trades

The 49ers were active in 2006 dealing two full-time starters and four part-time starters:

- Traded Brandon Lloyd for a 3rd
- Traded Kevan Barlow for a 4th
- Traded Ken Dorsey and a 7th for Trent Dilfer
- Traded Jamie Winborn for a 7th
- Traded Tim Rattay for a 6th
- Traded Mike Rumph for Taylor Jacobs

Their trade activity slowed considerably thereafter but they acquire Darrell Jackson for a 4th and Ted Ginn for a 5th and traded Shaun Hill for a 7th and Kentwan Balmer for a 6th. Two trade-ups are also worthy of mention. In 2007 they moved into the first round to acquire Joe Staley at #28 but surrendered what turned out to be the 2008 #7 pick and a 4th rounder. In 2009 they surrendered the #43 and #111 picks in exchange for what turned out to be the #17 pick used to take Mike Iupati. Pretty much a neutral grade here.

Stability

The 49ers had the 17th highest Stability Index. The last two years (2009 and 2010) have been very stable, but there was heavy turnover in both 2006 and 2007. In the 2006 defensive backfield Walt Harris and Mark Roman replaced Bruce Thornton and Bert Emanuel; in the front seven Manny Lawson, Melvin Oliver and Ronald Fields replaced Julian Peterson, Andre Carter and Anthony Adams (reduced role for Adams); Larry Allen replaced Jeremy Newberry in the offensive line; Frank Gore replaced Kevan Barlow; Antonio Bryant replaced Brandon Lloyd; and Vernon Davis and Eric Johnson replaced a host of 2005 TE starters.

The revolving door continued in 2007 with Darrell Jackson replacing Bryant; Nate Clements and Michael Lewis replacing Keith Lewis and Shawntae Spencer (though he subsequently regained his starting job); Aubrayo Franklin replacing Melvin Oliver; draftees Parys Haralson and Joe Staley replacing Kwame Harris and Jonas Jennings; Vernon Davis becoming a full-time starter and replacing Eric Johnson; and Patrick Willis replacing Brandon Moore. Changes were more modest in 2009 as veterans Justin Smith, Takeo Spikes and Isaac Bruce joined the 49ers and 2008 draftees Chilo Rachal and Josh Morgan were elevated to the starting lineup.

Quarterbacks

Alex Smith was taken at the top of the draft in 2005, but after six seasons he has yet to take charge of the position. Smith has started 16 games in a season only once. He is now backed up by 2011 draftee Colin Kaepernick.

Quarterback Starts

Player	How Acquired (Selection #)	Year Acquired	Number of Starts
Alex Smith	D – 1	2005	44
Shaun Hill	FA	2006	16
J. T. O’Sullivan	FA	2008	8
Trent Dilfer	T	2006	6
Troy Smith	FA	2010	5
Chris Weinke	FA	2007	1

ARIZONA CARDINALS

Won-Lost Record

2006	5-11	2008	9-7	2010	5-11
2007	8-8	2009	10-6	All Years	37-43 Rank: 17

Cardinals Metrics

Metric	Cardinals	NFL Average	Rank
Percentage of Games Started By:			
Players on 2005 Roster	48%	44%	12
Players Drafted from 2006 thru 2010	23%	26%	23
Players signed as free agents or acquired in trades	29%	30%	19
Stability Index	71.4%	71.8%	18
Number of Players who started 13 games or more in a season	75	75	18

Players Starting 32 Games or More

From 2005 Roster		Players Drafted: 2006-2010			Other Players Signed: 2005-2010			
Anquan Boldin	53 – T	Levi Brown	2007-5	59	Mike Gandy	FA	2007	44 – R
Karlos Dansby	56 – FA	Tim Hightower	2008-149	35	Edgerrin James	FA	2006	39 – W
Darnell Dockett	79	Deuce Lutei	2006-41	72	Bryan Robinson	FA	2008	46
Larry Fitzgerald	75	Dominique Rodgers-Cromartie	2008-16	43	Lyle Sendlein	UDFA	2007	50
Gerald Hayes	61							
Chike Okeafor	44 – FA							
Antrel Rolle	55 – W							
Kurt Warner	47 – R							
Reggie Wells	64 – T							
Adrian Wilson	71							

Bold indicates a player was not on the team at the end of the 2010 season with the letter designation indicating how they left the team
T= Traded; R = Retired; W= Waived; FA= Lost in Free Agency; F= Released

Quick Take

The Cardinals had done a solid job of hanging onto their starters until recently. They haven't done a good job of drafting, but the 2010 draft did bring some hope.

Players from 2005 Roster

The Cardinals rank 12th in the number of games started by players from their 2005 roster. Darnell Dockett, Larry Fitzgerald and Adrian Wilson have given them a solid base for the entire five-year period but the loss of such players from the 2005 roster as Anquan Boldin (trade), Karlos Dansby (free agency) and Kurt Warner (retirement) has hurt Arizona. Their relatively high ranking is due to their ability to hang onto a larger core group (Boldin, Dansby, Rolle, Warner, Wells) for a substantial part of the study period.

The Draft

The Cardinals ranked 23rd in the number of starts from players taken in the 2006 through 2010 drafts. Matt Leinart was a flop with the 1st round pick in 2006. 2nd rounder Deuce Lutui became a starter as a rookie. 3rd rounder Leonard Pope started some games but was waived in 2009. 2007 1st rounder Levi Brown has been a starter since his rookie season. 2nd rounder Alan Branch was a disappointment and 3rd rounder Buster Davis was released before his rookie season. 5th rounder Stevie Breaston helped salvage that draft. The 2008 draft was pretty good as 1st rounder Dominique Rodgers-Cromartie and 2nd rounder Calais Campbell both became starters. 3rd rounder Early Doucet has been a backup. 5th rounder Timothy Hightower started in 2009 and 2010. 2009 1st rounder Beanie Wells has looked promising. 2nd rounder Cody Brown was a bust and was waived in 2010. 3rd rounder Rashad Johnson has been a backup so far. The 2010 draft shows promise as 1st rounder Dan Williams, 2nd rounder Daryl Washington and 3rd rounder Andre Roberts all have already contributed. Just too many whiffs to give the Cardinals anything but a negative grade here.

Free Agent Signings

The Cardinals have not jumped heavily into free agency. The biggest free agency acquisition was Edgerrin James, who posted two 1000 yard seasons before running out of gas. Other significant signings were Alan Faneca, Mike Gandy, Clark Haggans, Roderick Hood, Paris Lenon, Bryant McFadden, Bryan Robinson and Stephen Spach. They also added Lyle Sendlein, a three-year starter, as an undrafted free agent.

Trades

The Cardinals had a burst of trades in 2010, but had pretty much avoided even trade up/trade downs before that. They did trade up to grab Alan Branch in the 2nd round in 2007, moving up five spots to take him. Their 2010 trades included:

- Traded Anquan Boldin and a 5th for a 3rd and a 4th
- Acquired Kerry Rhodes for a 4th and a 7th
- Traded Bryant McFadden and a 6th for a 5th
- Traded Reggie Wells for a 6th

Not much to grade.

Stability

The Cardinals ranked 18th in the Stability Index. They have been fairly stable throughout, with their biggest personnel turnover occurring in 2010. The biggest change was Kurt Warner leaving and being replaced by three different starters; Anquan Boldin leaving and creating a starting opportunity for #3 receiver Stevie Breaston; the Cardinals moving to a 3-4 and installing three new starting LBs in Joey Porter, Paris Lenon and rookie Daryl Washington; Alan Faneca replacing Reggie Wells; Kerry Rhodes and Greg Toler replacing Bryant McFadden and Antrel Rolle; and Brandon Keith replacing Mike Gandy.

Quarterbacks

With the flameout of Matt Leinart the Cardinals were left empty handed when Kurt Warner retired. Cast-off Derek Anderson and rookies John Skelton and Max Hall (since released) did their best but came up short. The Cardinals acquired Kevin Kolb in the offseason and are betting on his success, backed up by Skelton.

Quarterback Starts

Player	How Acquired (Selection #)	Year Acquired	Number of Starts
Kurt Warner	FA	2005	47
Matt Leinart	D – 10	2006	17
Derek Anderson	FA	2010	9
John Skelton	D – 155	2010	4
Max Hall	UDFA	2010	3

ST LOUIS RAMS

Won-Lost Record

2006	8-8	2008	2-14	2010	7-9
2007	3-13	2009	1-15	All Years	21-59 Rank:31

Rams Metrics

Metric	Rams	NFL Average	Rank
Percentage of Games Started By:			
Players on 2005 Roster	36%	44%	23
Players Drafted from 2006 thru 2010	21%	26%	27
Players signed as free agents or acquired in trades	42%	30%	6
Stability Index	66.5%	71.8%	26
Number of Players who started 13 games or more in a season	67	75	30

Players Starting 32 Games or More

From 2005 Roster		Players Drafted: 2006-2010			Other Players Signed: 2005-2010			
O J Atogwe	75	Joe Klopfenstein	2006-43	37 -W	Jacob Bell	FA	2008	42
Alex Barron	63 - T	James Laurinaitis	2009-35	32	Fakhir Brown	FA	2006/08	37 - R
Ronald Bartell	56	Chris Long	2008-2	38	Jason Brown	FA	2009	32
Marc Bulger	51 - F				Corey Chavous	FA	2006	43- W
Torry Holt	46 - W				La'Roi Glover	FA	2006	41 - R
Richie Incognito	44				Adam Goldberg	T	2006	40
Steven Jackson	70				James Hall	T	2007	45
Leonard Little	41 - R				Randy McMichael	FA	2007	34 - FA
Pia Tinoisamoa	36 - W				Will Witherspoon	FA	2006	50 - T

Bold indicates a player was not on the team at the end of the 2010 season with the letter designation indicating how they left the team

T= Traded; R = Retired; W= Waived; FA= Lost in Free Agency; F= Released

Quick Take

The Rams have failed to take full advantage of their high draft positions and have relied heavily on trades and free agent signings.

Players from 2005 Roster

The Rams ranked 23rd in the number of starts from players on their 2005 roster. Steven Jackson was the only 2005 starter to also be a starter in 2010. Six starters were gone before the 2006 season and six more before the 2007 season. The Rams two Pro Bowlers from 2005 (Orlando Pace and Torry Holt) both stayed through the 2008 season.

The Draft

Despite their losing ways and low draft position the Rams only ranked 27th in starts by players taken in the 2006 through 2010 drafts. The 2006 draft was only marginally helpful. 1st rounder Tye Hill started only 21 games for the Rams before being traded in 2009. 2nd rounder Joe Klopfenstein started for most his first three seasons but was waived in 2009. 3rd rounders Claude Wroten and Jon Alston were largely

unproductive. 4th rounder Victor Adeyanju was a part-timer starter before being waived in 2010. 2007 brought 1st rounder Adam Carriker who was a disappointment. He was traded in 2010 as part of a tradeup of 5th and 7th round choices. 2nd rounder Brian Leonard has been a reasonably valuable role players, but not for the Rams who traded him in 2009. 3rd rounder Jonathan Wade has been a backup. 5th rounder Clifton Ryan was a two-year starter before missing most of 2010 with concussion issues. Chris Long was drafted in the 1st rounder in 2008 and has been a starter. 2nd rounder Donnie Avery started out well (voted team rookie of the year over Long), but was injured in the preseason of his third year and never was the same player. 3rd rounder John Greco has been a backup. 2009 1st rounder Jason Smith has been a pretty major disappointment. 2nd and 3rd rounders James Laurinaitis and Bradley Fletcher have been starters. The 2010 draft has great potential as both 1st rounder Sam Bradford and 2nd rounder Roger Saffold look like long-term starters. Too many mistakes to get anything but a negative grade.

Free Agent Signings

The Rams haven't made any huge signings but did sign a number of player who have started for them. Seven 2010 starters (Billy Bajema, Jacob Bell, Jason Brown, Craig Dahl, Na'il Diggs, Gary Gibson, Fred Robbins) were free agent signings by the Rams. Other signings include Fakhir Brown, Corey Chavous, La'Roi Glover, Mike Karney and Will Witherspoon.

Trades

No blockbusters, but the Rams have made a number of trades. Two of their 1st round picks were traded away with very little received in return. They did acquire a few starters but also have some bad trades in the bunch.

- Traded Brandon Manumaleuna for a 4th
- Acquired Adam Goldberg for a 7th
- Traded Anthony Hargrove for a 5th
- Acquired James Hall for a 5th
- Traded Jimmy Kennedy for a 6th
- Traded Ryan Fitzpatrick for a 7th
- Acquired Laurent Robinson for an exchange of 5th and 7th rounders
- Traded Brian Leonard for Orien Harris
- Traded former 1st rounder Tye Hill for a 7th
- Traded Will Witherspoon for Brandon Gibson and a 5th
- Traded Adam Carriker for an exchange of 5th and 7th rounders
- Traded Alex Barron for Bobby Carpenter
- Acquired Mark Clayton and a 7th for a 6th

Stability

The Rams had the 26th highest Stability Index. The biggest personnel turnovers were in 2006 and 2009. The 2006 changes included Adam Archuleta, DeJuan Groce and the trio of Ronald Bartell, Michael

Hawthorne and Corey Ivy replaced by O.J. Odogwu, Tye Hill, Corey Chavous and Fakhir Brown; Anthony Hargrove and Ryan Pickett replaced by La'Roi Glover and Victor Adeyanju; Dexter Coakley replaced by Will Witherspoon; Andy McCollum and Claude Terrell replaced by Richie Incognito and Todd Steussie and Brandon Manumaleuna replaced by Joe Klopfenstein.

2009 was marked by the departure of such stalwarts as Orlando Pace(replaced by Adam Goldberg) and Torry Holt (replaced by Danny Amendola and Keenan Burton). 2009 also brought the signing of free agents Jason Brown, James Butler, Craig Dahl, Paris Lenon and Mike Karney and the insertion of draftee James Laurinaitis into the starting lineup.

The Rams great improvement in 2010 was certainly keyed by the drafting of Sam Bradford but the insertion in the lineup of receivers Brandon Gibson and Laurent Robinson (both acquired via trade in 2009), the addition of free agent defensive linemen Gary Gibson and Fred Robbins and 2010 draftee Roger Saffold didn't hurt either.

Quarterbacks

Marc Bulger succeeded Kurt Warner but his performance deteriorated after the 2006 season. The drafting of Sam Bradford should make QB a position the Rams no longer have to worry about.

Quarterback Starts

Player	How Acquired (Selection #)	Year Acquired	Number of Starts
Marc Bulger	FA	2001	51
Sam Bradford	D – 1	2010	16
Kyle Boller	FA	2009	4
Keith Null	D – 196	2009	4
Brock Berlin	FA	2007	1
Trent Green	FA	2008	1

SEATTLE SEAHAWKS

Won-Lost Record

2006	9-7	2008	4-12	2010	7-9
2007	10-6	2009	5-11	All Years	35-45 Rank: 21

Seahawks Metrics

Metric	Seahawks	NFL Average	Rank
Percentage of Games Started By:			
Players on 2005 Roster	47%	44%	13
Players Drafted from 2006 thru 2010	22%	26%	26
Players signed as free agents or acquired in trades	31%	30%	16
Stability Index	69.0%	71.8%	22
Number of Players who started 13 games or more in a season	68	75	27

Players Starting 32 Games or More

From 2005 Roster		Players Drafted: 2006-2010			Other Players Signed: 2005-2010			
Rocky Bernard	44 – FA	Kelly Jennings	2006-31	43	Deion Branch	T	2006	40 – T
Matt Hasselbeck	63	Brandon Mebane	2007-85	53	Nate Burleson	FA	2006	32 – FA
LeRoy Hill	52	Rob Sims	2006-128	34 – T	Deon Grant	FA	2007	48 – W
Walter Jones	43 – R	Darryl Tapp	2006-63	32 – T	Patrick Kerney	FA	2007	37 – R
Sean Locklear	62				Julian Peterson	FA	2006	47 – T
Chris Spencer	70				Brian Russell	FA	2007	32 – W
Lofa Tatupu	68							
Marcus Trufant	72							

Bold indicates a player was not on the team at the end of the 2010 season with the letter designation indicating how they left the team
T= Traded; R = Retired; W= Waived; FA= Lost in Free Agency; F= Released

Quick Take

The Seahawks did a fair job of keeping their 2005 core together for awhile but their free agent signings were a revolving door.

Players from 2005 Roster

The Seahawks rank 13th in the NFL in starts by players on their 2005 roster. They were able to keep their roster pretty much intact going into 2006, with only Steve Hutchinson a major departure. Five starters from the 2005 season were constants in the starting lineup throughout the five-year period and a sixth (Charles Spencer) who was on the roster in 2005 assumed a starter's role in 2006 and continued through 2010. They had four 2005 All-Pros in Walter Jones, Shaun Alexander, Mack Strong and Steve Hutchinson but all were gone before the 2009 season.

The Draft

The Seahawks ranked 26th in games started by players who were draft selections made in 2006 through 2010. The 2006 draft was mediocre, not terrible but not good. Both 1st rounder Kelly Jennings and 2nd

rounder Darryl Tapp spent time in the starting lineup but neither established themselves as a full-time starter and Tapp was traded before the 2010 season. They had no 3rd round pick. 4th rounder Rob Sims fell into the same boat as the first two picks and was traded in 2010. They had no 1st round pick in 2007 and selected Josh Wilson in the 2nd round and Brandon Mebane in the 3rd. Mebane has been a four-year starter and Wilson earned a starting spot in his second season but was traded in 2010. 2008 1st rounder Lawrence Jackson earned a starting spot as a rookie but was also traded in 2010. 2nd rounder John Carlson has been a three-year starter. Backup Red Bryant was taken in the 4th round. 2009 produced Aaron Curry in the 1st round. He has been a starter, but somewhat of a disappointment. 2nd rounder Max Unger started as a rookie but was injured in 2010. 3rd rounder Deon Butler became an occasional starter in his 2nd season. The 2010 draft looks very promising with the Seahawks having two 1st round picks and both (Earl Thomas and Russell Okung) becoming starters as rookies. The jury is still out on the rest of the draft. The Seahawks drafts were certainly not spectacular and they traded away a number of the players selected with early picks for very little consideration. A negative grade.

Free Agent Signings

No bombshell signings but the Seahawks were reasonably active in the free agent market. Their signings included Chris Baker, Colin Cole, Deon Grant, Julius Jones, Patrick Kerney, Lawyer Milloy and Brian Russell.

Trades

The Seahawks were pretty active in the trade market, particularly in 2010 when they executed more than 12 trades. The most significant of the 2010 trades were as follows:

- Traded Seneca Wallace for a 7th
- Traded Darryl Tapp for Chris Clemons (started 16 games) and a 4th
- Acquired Charlie Whitehurst (started 2 games) for a 2nd and 3rd
- Acquired Robert Henderson (waived before the end of training camp) and a 5th for Rob Sims and a 7th
- Acquired Leon Washington and a 7th for a 5th
- Acquired Kentwan Balmer (started 11 games) for a 6th
- Traded Lawrence Jackson for a 6th
- Acquired Tyler Polumbus (started 7 games) for a 2012 draft choice
- Traded Josh Wilson for a 5th
- Acquired Stacy Andrews (started 12 games) for a 7th
- Acquired Marshawn Lynch (started 11 games) for a 4th
- Traded Deion Branch (acquired earlier for a 1st) for a 4th

They made a number of earlier trades as well with the most significant as follows:

- Acquired Nate Burleson for a 3rd
- Acquired Mike Green for a 6th

- Acquired Deon Branch for a 1st
- Traded Darrell Jackson for a 4th
- Acquired Jason Babin (released a year later) for Michael Boulware
- Acquired Charlie Frye for a 6th
- Traded Bryce Fisher for a 6th
- Acquired Keary Colbert for a 5th
- Acquired Cory Redding and a 5th for Julian Peterson
- Traded a 2nd round pick in 2009 (#37) for a 1st round pick in 2010 (#14) and selected Earl Thomas

Lots of trade volume. While there were some clunkers, they made out okay in most of the trades.

Stability

The Seahawks were 22nd in the Stability Index. They were reasonably stable throughout the study period except for 2010 when they underwent a real housecleaning. Three new DBs started for the Seahawks in 2010 as Lawyer Milloy, Earl Thomas and sometimes-starter Kelly Jennings replaced Deon Grant, Josh Wilson and Jordan Babineaux; in the front defensive seven Kentwan Balmer, Chris Clemons and Lofa Tatupu (back from injury) replaced Patrick Kerney, Lawrence Jackson and Leroy Hill; in the offensive line Stacy Andrews, Russell Okung and Michael Gibson replaced Max Unger (injured), Rob Sims and Ray Willis; WRs Mike Williams and Deon Butler replaced TJ Houshmandzadeh and Nate Burleson; Marshawn Lunch replaced Julius Jones and Chris Baker replaced Justin Griffith.

Quarterbacks

The Seahawks QB future is unclear. Hasselbeck is gone and Tarvaris Jackson is the 2011 starter. It would be pretty surprising if he turned out to be the guy. Charlie Whitehurst backs him up and the Seahawks thought highly enough of him to surrender a 2nd and 3rd to acquire him.

Quarterback Starts

Player	How Acquired (Selection #)	Year Acquired	Number of Starts
Matt Hasselbeck	T	2001	63
Seneca Wallace	D -110	2003	14
Charlie Whitehurst	T	2010	2
Charlie Frye	T	2007	1