

Steelers Alphabetical		
No.	Name	Pos.
67	Anderson, Calvin	OL
74	Anderson, Spencer	OL
19	Austin III, Calvin	WR
95	Benton, Keeanu	DT
94	Black, Yahya	DL
9	Boswell, Chris	K
44	Bruener, Carson	LB
21	Clark, Chuck	S
26	Echols, Brandin	CB
96	Ekuale, Daniel	DT
25	Elliott, DeShon	S
76	Fautanu, Troy	OT
54	Frazier, Zach	C
88	Freiermuth, Pat	TE
14	Gainwell, Kenneth	RB
99	Harmon, Derrick	DT
51	Herbig, Nick	LB
97	Heyward, Cameron	DT
83	Heyward, Connor	TE
56	Highsmith, Alex	LB
55	Holcomb, Cole	LB
20	Johnson, Kaleb	RB
77	Jones, Broderick	OT
28	Killebrew, Miles	S
46	Kuntz, Christian	LS
91	Lee, Logan	DL
92	Loudermilk, Isaiahh	DT
62	McCollum, Ryan	C
66	McCormick, Mason	G
4	Metcalf, DK	WR
13	Miller, Scotty	WR
93	Otomewo, Ezezi	DT
71	Peat, Andrus	G
40	Peppers, Jabrill	S
42	Pierre, James	CB
24	Porter Jr., Joey	CB
6	Queen, Patrick	LB
5	Ramsey, Jalen	CB
8	Rodgers, Aaron	QB
2	Rudolph, Mason	QB
33	Sawyer, Jack	LB
64	Scharping, Max	G
73	Seumalo, Isaac	OL
15	Skowronek, Ben	WR
23	Slay, Darius	CB
81	Smith, Jonnu	TE
22	Thornhill, Juan	S
3	Waitman, Corliss	P
30	Warren, Jaylen	RB
80	Washington, Darnell	TE
90	Watt, T.J.	LB
41	Wilson, Payton	LB
10	Wilson, Roman	WR

HEAD COACH: Mike Tomlin
ASSISTANTS:
Teryl Austin (Defensive Coordinator); Arthur Smith (Offensive Coordinator); Danny Smith (Special Teams Coordinator); Gerald Alexander (Defensive Backs); Tom Arth (Quarterbacks); Zach Azzanni (Wide Receivers); Karl Dunbar (Defensive Line); Eddie Faulkner (Running Backs); Denzel Martin (Outside Linebackers); Scott McCurley (Inside Linebackers); Pat Meyer (Offensive Line); Alfredo Roberts (Tight Ends); Isaac Williams (Assistant Offensive Line); Jason Brooks (Defensive Quality Control); Luke Smith (Defensive Quality Control/Special Teams); Mateo Kambui (Offensive Assistant); Matt Baker (Offensive Assistant); Anthony Midget (Assistant Secondary); Garrett Giemont (Senior Coaching Assistant); Phil Matusz (Head Strength & Conditioning Coach); Justus Galac (Assistant Strength & Conditioning Coach); Roderick Moore (Sports Science Coordinator/Strength & Conditioning); Tyler Judkins (Assistant Strength & Conditioning Coach)

2025 STEELERS ROSTER								
NO	NAME	POS	HT	WT	AGE	EXP	COLLEGE	HOW ACQ
2	Mason Rudolph	QB	6-5	235	30	8	Oklahoma State	FA '25
3	Corliss Waitman	P	6-2	210	30	4	South Alabama	FA '24
4	DK Metcalf	WR	6-4	235	27	7	Mississippi	TR '25 (SEA)
5	Jalen Ramsey	CB	6-1	208	30	10	Florida State	TR '25 (MIA)
6	Patrick Queen	LB	6-0	230	26	6	LSU	FA '24
8	Aaron Rodgers	QB	6-2	223	41	21	California	FA '25
9	Chris Boswell	K	6-2	185	34	11	Rice	FA '15
10	Roman Wilson	WR	6-0	192	24	1	Michigan	D3a '24
13	Scotty Miller	WR	5-9	174	28	7	Bowling Green	FA '25
14	Kenneth Gainwell	RB	5-9	200	26	5	Memphis	FA '25
15	Ben Skowronek	WR	6-3	224	28	5	Notre Dame	FA '24
19	Calvin Austin III	WR	5-9	162	26	3	Memphis	D4 '22
20	Kaleb Johnson	RB	6-1	224	22	R	Iowa	D3 '25
21	Chuck Clark	S	6-0	205	30	8	Virginia Tech	FA '25
22	Juan Thornhill	S	6-0	205	29	7	Virginia	FA '25
23	Darius Slay	CB	6-0	190	34	13	Mississippi State	FA '25
24	Joey Porter Jr.	CB	6-2	193	25	3	Penn State	D2a '23
25	DeShon Elliott	S	6-1	210	28	8	Texas	FA '24
26	Brandin Echols	CB	5-10	179	27	5	Kentucky	FA '25
28	Miles Killebrew	S	6-2	222	32	10	Southern Utah	FA '22
30	Jaylen Warren	RB	5-8	215	26	4	Oklahoma State	UDFA '22
33	Jack Sawyer	LB	6-5	260	23	R	Ohio State	D4 '25
40	Jabrill Peppers	S	5-11	217	30	9	Michigan	FA '25
41	Payton Wilson	LB	6-4	242	25	2	North Carolina State	D3b '24
42	James Pierre	CB	6-2	185	28	6	Florida Atlantic	FA '24
44	Carson Bruener	LB	6-2	226	24	R	Washington	D7a '25
46	Christian Kuntz	LS	6-1	228	31	5	Duquesne	FA '20
51	Nick Herbig	LB	6-2	240	23	3	Wisconsin	D4 '23
54	Zach Frazier	C	6-3	310	24	2	West Virginia	D2 '24
55	Cole Holcomb	LB	6-1	240	29	6	North Carolina	FA '23
56	Alex Highsmith	LB	6-4	242	28	6	Charlotte	D3 '20
62	Ryan McCollum	C	6-5	300	27	4	Texas A&M	W '22 (DET)
64	Max Scharping	G	6-6	325	29	7	Northern Illinois	PS '24 (WAS)
66	Mason McCormick	G	6-5	315	25	2	South Dakota State	D4 '24
67	Calvin Anderson	OL	6-5	305	29	6	Texas	FA '24
71	Andrus Peat	G	6-7	316	31	11	Stanford	FA '25
73	Isaac Seumalo	OL	6-4	303	31	10	Oregon State	FA '23
74	Spencer Anderson	OL	6-5	305	25	3	Maryland	D7b '23
76	Troy Fautanu	OT	6-4	317	24	1	Washington	D1 '24
77	Broderick Jones	OT	6-5	311	24	3	Georgia	D1 '23
80	Darnell Washington	TE	6-7	264	24	2	Georgia	D3 '23
81	Jonnu Smith	TE	6-3	248	30	9	FIU	TR '25 (MIA)
83	Connor Heyward	TE	6-0	230	26	4	Michigan State	D6 '22
88	Pat Freiermuth	TE	6-5	258	26	5	Penn State	D2 '21
90	T.J. Watt	LB	6-4	252	30	9	Wisconsin	D1 '17
91	Logan Lee	DL	6-5	291	25	1	Iowa	D6a '24
92	Isaiahh Loudermilk	DT	6-7	293	27	5	Wisconsin	D5 '21
93	Ezezi Otomewo	DT	6-5	282	26	3	Minnesota	FA '25
94	Yahya Black	DL	6-5	330	23	R	Iowa	D5 '25
95	Keeanu Benton	DT	6-4	309	24	3	Wisconsin	D2b '23
96	Daniel Ekuale	DT	6-3	310	31	7	Washington State	FA '25
97	Cameron Heyward	DT	6-5	295	36	15	Ohio State	D1 '11
99	Derrick Harmon	DT	6-4	313	22	R	Oregon	D1 '25

2025 SEAHAWKS ROSTER								
NO	NAME	POS	HT	WT	AGE	EXP	COLLEGE	HOW ACQ
O	DeMarcus Lawrence	LB	6-3	254	33	12	Boise State	UFA(Dal)-'25
1	Derion Kendrick	CB	6-0	205	25	4	Georgia	W(LAR)-'25
2	Drew Lock	QB	6-4	228	28	7	Missouri	UFA(NYG)-'25
3	Nick Emmanwori	S	6-3	220	21	R	South Carolina	D2(a)-'25
4	Michael Dickson	P	6-2	208	29	8	Texas	D5(c)-'18
5	Jason Myers	K	5-10	190	34	11	Marist	UFA(NYJ)-'19
6	Jalen Milroe	QB	6-2	216	22	R	Alabama	D3-'25
7	Uchenna Nwosu	LB	6-2	265	28	8	USC	UFA(LAC)-'22
8	Coby Bryant	S	6-1	205	26	4	Cincinnati	D4-'22
9	Kenneth Walker III	RB	5-9	216	24	4	Michigan State	D2(b)-'22
10	Cooper Kupp	WR	6-2	207	32	9	Eastern Washington	FA-'25
11	Jaxon Smith-Njigba	WR	6-0	202	23	3	Ohio State	D1(b)-'23
13	Ernest Jones IV	LB	6-2	233	25	5	South Carolina	T(Ten)-'24
14	Sam Darnold	QB	6-3	225	28	8	USC	UFA(Min)-'25
15	Tory Horton	WR	6-2	196	22	R	Colorado State	D5(b)-'25
18	Elijah Arroyo	TE	6-5	254	22	R	Miami	D2(b)-'25
19	Jake Bobo	WR	6-4	211	27	3	Duke	FA-'23
20	Julian Love	S	5-11	195	27	7	Notre Dame	UFA(NYG)-'23
21	Devon Witherspoon	CB	6-0	185	24	3	Illinois	D1(a)-'23
26	Zach Charbonnet	RB	6-1	220	24	3	UCLA	D2(b)-'23
27	Riq Woolen	CB	6-4	210	26	4	Texas-San Antonio	D5(a)-'22
28	Nehemiah Pritchett	CB	6-0	190	24	2	Auburn	D5-'24
29	Josh Jobe	CB	5-11	190	27	4	Alabama	FA-'24
36	George Holani	RB	5-10	208	25	2	Boise State	FA-'24
38	Brady Russell	FB	6-3	250	27	3	Colorado	PS(Phi)-'23
39	Ty Okada	S	5-11	200	26	3	Montana State	FA-'23
40	Robbie Ouzts	FB	6-3	274	23	R	Alabama	D5(c)-'25
41	Chris Stoll	LS	6-2	255	27	3	Penn State	FA-'23
42	Drake Thomas	LB	5-11	228	25	3	North Carolina State	W(Las)-'23
44	Chazz Surratt	LB	6-2	233	28	5	North Carolina	FA-'25
48	Tyrice Knight	LB	6-0	233	25	2	Texas-El Paso	D4(a)-'24
51	Jared Ivey	LB	6-6	274	23	R	Mississippi	FA-'25
53	Boye Mafe	LB	6-4	261	26	4	Minnesota	D2(a)-'22
55	Olu Oluwatimi	C	6-2	309	26	3	Michigan	D5(b)-'23
57	Connor O'Toole	LB	6-3	248	23	R	Utah	FA-'25
58	Derick Hall	LB	6-3	260	24	3	Auburn	D2(a)-'23
61	Jalen Sundell	C	6-5	301	25	2	North Dakota State	FA-'24
67	Charles Cross	T	6-5	317	24	4	Mississippi State	D1-'22
72	Abraham Lucas	T	6-6	322	26	4	Washington State	D3-'22
74	Josh Jones	G/T	6-7	339	28	6	Houston	UFA(Bal)-'25
75	Anthony Bradford	G	6-4	335	24	3	Louisiana State	D4(a)-'23
76	Grey Zabel	G	6-6	316	23	R	North Dakota State	D1-'25
77	Bryce Cabeldue	G	6-4	308	24	R	Kansas	D6-'25
78	Mason Richman	T/G	6-5	307	23	R	Iowa	D7(b)-'25
81	Eric Saubert	TE	6-5	248	31	8	Drake	FA-'25
82	Cody White	WR	6-3	227	26	6	Michigan State	FA-'23
83	Dareke Young	WR	6-2	225	26	4	Lenior-Rhyme	D7(b)-'22
88	AJ Barner	TE	6-6	251	23	2	Michigan	D4(b)-'24
89	Nick Kallerup	TE	6-5	266	24	R	Minnesota	FA-'25
90	Jarran Reed	NT	6-3	315	32	10	Alabama	D2-'16
91	Byron Murphy II	DT	6-0	306	23	2	Texas	D1-'24
94	Mike Morris	DE	6-6	306	24	3	Michigan	D5(a)-'23
99	Leonard Williams	DE	6-5	310	31	11	USC	T(NYG)-'23

HEAD COACH: Mike Macdonald
ASSISTANTS:
Aden Durde (Defensive Coord.), Jay Harbaugh (Special Teams Coord.), Klint Kubiak (Offensive Coord.), John Benton (Offensive Line), Mack Brown (Tight Ends), Josh Bynes (Defensive Asst./LBs), Michael Byrne (Offensive Asst.), Rob Caprice (Defensive Intern), Rick Dennison (Run Game Coord./Senior Offensive Advisor), Devin Fitzsimmons (Asst. Special Teams), Leslie Frazier (Assistant Head Coach), Thomas Garcia (Strength & Cond. Asst.), Justin Hinds (Defensive Line), Jeff Howard (Safeties), Frisman Jackson (Wide Receivers), Andrew Janocko (Quarterbacks), Ivan Lewis (Director of Player Performance & Development), Quinshon Odom (Offensive Asst./QC-Off. Line), Tim Ojeda (Strength & Cond. Asst.), Kirk Olivadotti (Inside Linebackers), Justin Outten (Run Game Specialist/Asst. Offensive Line), Chris Partridge (Outside Linebackers), Jake Peetz (Offensive Passing Game Coord.), Mark Philipp (Strength & Cond. Asst.), Kennedy Polamalu (Running Backs), Tyson Prince (Assistant Wide Receivers), Karl Scott (Defensive Passing Game Coord./DBs), Neiko Thorpe (Defenive Asst./Special Teams), Danny van Dijk (Asst. Head Strength & Cond.), Jamie Yanchar (Strength & Cond. Asst.).

Seahawks Alphabetical		
No.	Name	Pos.
18	Arroyo, Elijah	TE
88	Barner, AJ	TE
19	Bobo, Jake	WR
75	Bradford, Anthony	G
8	Bryant, Coby	S
77	Cabeldue, Bryce	G
26	Charbonnet, Zach	RB
67	Cross, Charles	T
14	Darnold, Sam	QB
4	Dickson, Michael	P
3	Emmanwori, Nick	S
58	Hall, Derick	LB
36	Holani, George	RB
15	Horton, Tory	WR
51	Ivey, Jared	LB
29	Jobe, Josh	CB
13	Jones IV, Ernest	LB
74	Jones, Josh	G/T
89	Kallerup, Nick	TE
1	Kendrick, Derion	CB
48	Knight, Tyrice	LB
10	Kupp, Cooper	WR
0	Lawrence, DeMarcus	LB
2	Lock, Drew	QB
20	Love, Julian	S
72	Lucas, Abraham	T
53	Mafe, Boye	LB
6	Milroe, Jalen	QB
94	Morris, Mike	DE
91	Murphy II, Byron	DT
5	Myers, Jason	K
7	Nwosu, Uchenna	LB
57	O'Toole, Connor	LB
39	Okada, Ty	S
55	Oluwatimi, Olu	C
40	Ouzts, Robbie	FB
28	Pritchett, Nehemiah	CB
90	Reed, Jarran	NT
78	Richman, Mason	T/G
38	Russell, Brady	FB
81	Saubert, Eric	TE
11	Smith-Njigba, Jaxon	WR
41	Stoll, Chris	LS
61	Sundell, Jalen	C
44	Surratt, Chazz	LB
42	Thomas, Drake	LB
9	Walker III, Kenneth	RB
82	White, Cody	WR
99	Williams, Leonard	DE
21	Witherspoon, Devon	CB
27	Woolen, Riq	CB
83	Young, Dareke	WR
76	Zabel, Grey	G