

**NFLPA Response to  
Questions of October 12, 2007**

**EXHIBIT**

**G**

## MEMORANDUM

To: All Players  
From: Gene Upshaw  
Date: July, 2007

The NFLPA is pleased to provide you with your *NFLPA Player Planner* for the upcoming year. As always, the Planner provides you with valuable information about your CBA benefits, the salary/cap free agency system, and important dates on the NFLPA calendar for the next twelve months.

We are now into our second year of the historic six-year extension of the CBA which the players ratified by a near-unanimous vote during team meetings last season. The cap has grown significantly as a result of that extension, since all NFL revenues are now included. But we are equally proud that benefits have been increased significantly as well, especially for retired players. In 2006 alone, over \$96 million was spent to improve retired players' pensions, and another \$51 million was set aside for improved disability and health benefits for former players. We also established the new Health Reimbursement Account benefit for active players, which will provide as much as \$300,000 in medical expense coverage for a player after his post-career insurance runs out.

Unfortunately, some former players and members of the press are claiming that the NFLPA and the NFL are not doing enough to help former players. These claims are not valid, since the NFLPA has done more for its former members than any union in America. In fact, we recently changed the disability plan to allow any former player who qualifies for disability under Social Security laws to also qualify for disability under our Plans. We have also established an alliance with the NFL to provide help for needy players who may not be aware of the assistance available from the NFLPA Players Assistance Fund and other organizations.

As you play through the upcoming season, you should also be aware that the current CBA could end as early as 2011. The CBA allows either side to give notice in 2008 of its desire to end the agreement two years early, and we fully expect the NFL to do that next year. We are prepared for whatever happens, but you as a player should prepare yourself too by attending NFLPA meetings, reading NFLPA publications, and staying in contact with your player rep. Meanwhile, I wish you good luck and good health in the upcoming season.

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NFL PLAYER  
ASSOCIATION

## NFLPA Executive Committee

Gene Upshaw, Executive Director  
*Oakland Raiders (Retired)*

Troy Vincent, President

Trace Armstrong, Immediate Past President  
(Retired)

Mark Brueuner  
*Houston Texans*

Kevin Carter

Ernie Conwell

Donovin Darius

Brian Dawkins  
*Philadelphia Eagles*

Robert Griffith

Kevin Mawae  
*Tennessee Titans*

Keenan McCardell

Tony Richardson  
*Minnesota Vikings*

Jeff Saturday  
*Indianapolis Colts*

[nflpa.org](http://nflpa.org)



**NFL PLAYERS**  
ASSOCIATION™

# NFL Players Association

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12th Edition

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If this Player Planner is found, please contact \_\_\_\_\_ by email.

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ASSOCIATION

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NFL PLAYERS  
ASSOCIATION

# Office Staff

Office Staff

## NFLPA OFFICES

800.372.2000, ext. #

### EXECUTIVE DEPARTMENT

Gene Upshaw	Executive Director	9101
Mary Moran	Director of Human Resources	9104
Blake Velcuff	Manager of Human Resources	9105
Kerry Cosover	Executive Assistant / Travel Coordinator	9103
Stephanie Gargiulo	Executive Assistant	9106
Veronica Jenkins	Graphics Designer	9113
Emma Martinez	Administrative Assistant	9107
Jermon Williams	Office Assistant / Receptionist	9100

### REGIONAL DIRECTORS DEPARTMENT

Clark Gaines	Senior Regional Director	9115
Scottie Graham	Regional Director	9116
Jason Belser	Regional Director	9118
Tom Carter	Regional Director	9119
James Guidry	AFLPA Regional Director	9117
Jackie Shearer	Programs Manager	9120
Erin O'Boyle	Programs Assistant	9122
Abby Wahl	Administrative Assistant	9121
Kimberly Gordon	Administrative Assistant	9124
Larry Kennan	NFLCA Staff Director	9123

### LEGAL DEPARTMENT

Richard Berthelsen	General Counsel	9126
Timothy English	Staff Counsel	9127
Thomas DePaso	Staff Counsel / Regional Director	9128
Arthur McAfee	Staff Counsel	9131
Joe Nahra	Staff Counsel	9129
Todd Flanagan	Staff Counsel	9130
TBD	Legal Assistant	9132
Michael Greene	Paralegal	9133
Taraun Tice	Paralegal	9134

### FINANCIAL ADVISORS PROGRAM

Dana Hammonds	Director	9137
Joe Briggs	Manager	9138
Cheryl Malik	Administrative Assistant	9139

### FINANCE & ASSET MANAGEMENT DEPARTMENT

Charles Ross	Director	9142
Erin Douglas	Controller	9143
Odelia Isaacs	Accounting Manager	9144
Michael Zides	Staff Accountant	9145
Alexis Smith	Junior Accountant	9146
Sibyl Capps	Data Entry Clerk	9147

### BENEFITS DEPARTMENT

Miki Yaras-Davis	Director	9151
Chris Smith	Assistant Director	9152
Adora Williams	Benefits Manager	9153
Bethany Marshall	Coordinator	9154

### MEMBERSHIP SERVICES DEPARTMENT

AnneMarie Makle	Director	9157
Willis Whalen	Manager	9158
Christie Gagnon	Coordinator	9159

### RETIRED PLAYERS DEPARTMENT

Andre Collins	Director	9162
Dee Becker	Assistant Director	9163
Corinne Murphy	Programs Manager	9164
Alanna Elie	Administrative Assistant	9165
Qiana Thomas	Administrative Assistant	9167

# Office Staff



NFL PLAYER  
ASSOCIATION

Office Staff

## COMMUNICATIONS DEPARTMENT

Carl Francis	Director	9169
Joanna Comfort	Communications Assistant	9170

## PLAYER DEVELOPMENT DEPARTMENT

Stacy Robinson	Director	9172
Leslie Satchell	Manager	9173
Kimberly Murray	Coordinator	9174

## AGENT ADMIN & SALARY CAP DEPARTMENT

Mark Levin	Director	9177
Athelia Doggette	Assistant Director	9178
Doug Finniff	Salary Cap Manager	9179
Paul Minier	Agent Administration Assistant	9181
Caitlin Reddinger	Administrative Assistant	9180

## INFORMATION SYSTEMS DEPARTMENT

Richard Persons	Director	9184
Corey Wilson	Assistant Director	9185
John Persons	Information Systems Manager	9186
James Rouse	Database Administrator	9187
Gustavo Tandeciarz	Webmaster	9188

## PLAYERS INC OFFICES

Gene Upshaw	Chairman	<b>800.372.5535, ext. #</b>
Andrew Feffer	Executive Vice President / COO	9101
Pam Adolph	Vice President, Operations	7455
Dexter Santos	Vice President, Player Marketing	7458
Allison Tucker	Vice President, Corporate Marketing	7457
Karen Bush	Vice President, Corporate Marketing	7459
Felice Jones	Assistant Vice President, Trading Cards	7464
Angela Manolakas	Assistant Vice President, Special Events	7461
Lara Potter	Assistant Vice President, Player Marketing	7462
Steve Goodman	Assistant Vice President, Communications	7460
Doug Airel	Assistant Vice President, Corporate Marketing	7465
Muneer Moore	Senior Player Marketing Manager	7467
Nikki Krzesny	Senior Player Marketing Manager	7466
Ryan Kees	Senior Licensing Manager	7473
Danika Rainer	Operations Manager	7469
Kelly Skubick	Special Events Manager	7470
Mike Donnelly	Player Marketing Manager	7468
Khalil Garriott	Website Editor	7474
Chad Kurz	Website Editor	7474
Amy Maestas	Internet Marketing Manager	7475
Maria Butch	Corporate Marketing Coordinator	7488
Richard Medina	Licensing Assistant, Apparel	7476
Amanda Shank	Licensing Assistant, Multimedia	7481
Cassandra Nicaise	Player Marketing Coordinator	7482
Deanay Morris	Administrative Assistant, Spec Events	7477
Brian Laudate	Administrative Assistant, Trad Cards	7485
Michael Green	Administrative Assistant, Plyr Mktg	7483
Adele Dodson	Senior Office Assistant	7479
	Receptionist	7486
		7500

\* Names and extensions subject to change





NFL PLAYERS ASSOCIATION

# 2007-2008 Schedule

2007-2008 Schedule

## JULY 2007

### July 4, Wednesday

- Independence Day Holiday  
NFLPA offices closed (re-open Thursday, July 5)

### July 5, Thursday

- Claiming period of 24 hours begins in Waiver System

### Mid - July

- Training camps open. Clubs not permitted to open official pre-season camp earlier than July 15. Veteran players cannot be required to report earlier than 15 days prior to club's first pre-season game or July 15, whichever is later. The July 15 date is not applicable to clubs playing five pre-season games. Except for quarterbacks and "injured" players, veterans cannot participate in any organized football activity for 10 days prior to mandatory reporting date. Bonus exemptions for NFL Europe League players must be designated by start of training camp.

### July 16, Monday

- Any club designating a Franchise Player shall have by this date, to sign the player to a multi-year contract or extension. After July 16 the player may only sign a one-year Player Contract with his prior club, and such Player Contract may not be extended until after the club's last regular season game.

### July 22, Sunday or Veteran Reporting Date (whichever is earlier)

- Signing period ends at 4:00 pm EDT for Unrestricted Free Agents to whom June 1 tender was made by old club and Transition Players who are eligible to receive Offer Sheets. After this date and through 4:00 pm EDT on November 13, old club has exclusive negotiating rights to those players.

## AUGUST 2007

### August 5, Sunday

- Pro Football Hall of Fame Game - Canton, Ohio  
New Orleans Saints vs. Pittsburgh Steelers

### August 7, Tuesday

- If a drafted rookie has not signed with his club by this date, he may not be traded to any other club in 2007.
- Also, deadline for players under contract to report in order to earn a season of free agency credit.

### August 9, Thursday through August 13, Monday

- First full pre-season weekend

### August 11, Saturday through August 15, Wednesday

- Deadline for club to provide written notice to certain unsigned players and the NFLPA of its intent to place them on the Exempt List if they fail to report no later than one day prior to the club's second pre-season game. Any player who fails to report prior to the deadline will be ineligible to play or receive compensation for at least three games (pre-season or regular season) from the time that he reports.

### August 16, Thursday through August 20, Monday

- Second pre-season weekend

### August 23, Thursday through August 27, Monday

- Third pre-season weekend

### August 28, Tuesday

- Roster cutdown to maximum of 75 Active List players by 4:00 pm EDT

### August 30, Thursday through August 31, Friday

- Fourth pre-season weekend

### August 31, Friday through September 3, Monday

- Labor Day Holiday - NFLPA offices closed (re-open Tues., Sept. 4)

## SEPTEMBER 2007

### September 1, Saturday

- Cut-off date for applications to receive September 30, 2007 Severance Payments.
- Roster cutdown to maximum of 53 players on Active/Inactive List by 4:00 pm EDT. Clubs may dress minimum of 42 and maximum of 45 players and third QB for each regular season and post-season game.

### September 2, Sunday

- After 12:00 noon EDT, clubs may establish a Practice Squad of eight players by signing Free Agents who do not have an accrued season of free agency credit, unless that season was achieved by being on the Reserve/Injured, Reserve/Physically Unable to Perform, or on the Active List for less than nine games.

### September 6, Thursday through September 10, Monday

- Regular season opens.
- Insurance credit for players on roster.

### September 7, Friday

- All clubs are required to identify their 49 player Active List by 7:00 pm EDT on this Friday and each Friday thereafter for a regular season Sunday game. No later than one hour and 30 minutes prior to kickoff, clubs must identify their 45 player Active List and third QB, if any.

### September 7, Friday through September 11, Tuesday

- Beginning on these dates, vested veterans terminated from the Active List or Inactive List after first league game (or from Reserve/Injured if the player was placed on Reserve/Injured after the beginning of the regular season) are entitled to receive, after the end of the regular season schedule, 100% Termination Pay.

### September 9, Sunday

- 15<sup>th</sup> Anniversary of Players' Free Agency Verdict in McNeil v. NFL

### September 23, Sunday and September 24, Monday

- Deborah Hospital/NFLPA Golf Tournament - Marriott Seaview Resort, Absecon, NJ

### September 24, Monday

- Credited Season earned for 2007 if player is on the roster for three games.

### September 25, Tuesday

- Priority on multiple waiver claims is now based on a club's current season's standing.

## OCTOBER 2007

### October 8, Monday

- Columbus Day Holiday - NFLPA offices closed (re-open Tues., Oct. 9)

### October 16, Tuesday

- NFL Trading Deadline - No player trades may occur after 4:00 pm EDT on this date.

### October 17, Wednesday

- All players are subject to the waiver system for the remainder of the regular season and post-season after this date.

### October 22, Monday through October 24, Wednesday

- NFL Fall League Meeting - Four Seasons Hotel, Dallas, TX

# 2007-2008 Schedule



NFL PLAYERS  
ASSOCIATION

2007-2008 Schedule

## NOVEMBER 2007

### November 5, Monday

- Deadline for 2007 for an increase in a player's 2007 Salary to be counted as Salary for the current year. Any increase in a player's 2007 Salary negotiated after this date will be treated as a Signing Bonus.

### November 6, Tuesday

- Election Day

### November 9, Friday

- Native Vision Gala - United States Chamber of Commerce Building, Washington, DC

### November 12, Monday

- Veteran's Day Holiday - NFLPA offices closed (re-open Tues., Nov. 13)

### November 13, Tuesday

- Deadline at 4:00 pm EST for clubs to sign their Franchise and Transition players. If still unsigned after this date, such players are prohibited from playing in the NFL in 2007.
- Also, deadline at 4:00 pm EST for clubs to sign their Unrestricted and Restricted Free Agents to whom June 1 tender was made. If still unsigned after this date, such players are prohibited from playing in the NFL in 2007.
- Also, deadline at 4:00 pm EST for clubs to sign drafted players. If such players are not signed by this date, they are prohibited from playing in the NFL in 2007.

### November 22, Thursday and November 23, Friday

- Thanksgiving Holiday - NFLPA offices closed (re-open Mon., Nov. 26)

## DECEMBER 2007

### December 1, Saturday

- Cut-off date for applications to receive December 31, 2007 Severance Payments.
- Deadline for reinstatement of players in Reserve List categories of Retired, Did Not Report, and Exclusive Rights.

### December 1, Saturday through December 8, Saturday

- Pop Warner Super Bowl Week - Disney Sports Complex, Orlando, FL

### December 22, Saturday through January 1, 2008, Tuesday

- Christmas and New Year's Holiday - NFLPA offices closed (re-open Wed., Jan 2)

### December 28, Friday

- Deadline for waiver request in 2007, except for "special waiver requests" which have a 10-day claiming period, with termination or assignment delayed until after the Super Bowl.

### December 30, Sunday

- Regular season closes. Last regular season weekend.

### December 31, Monday

- Clubs may begin signing previously terminated free agent players for the 2008 season.
- Players with at least four credited seasons prior to 2007 who were released after beginning of 2007 regular season may apply for Termination Pay between this date and February 1, 2008.

### December 31, Monday through January 4, Friday

- NFL Players Week - Wheel of Fortune

## JANUARY 2008

### January 5, Saturday and January 6, Sunday

- Wild Card Playoffs

### January 12, Saturday and January 13, Sunday

- Divisional Playoffs

### January 20, Sunday

- AFC & NFC Championship Games

### January 21, Monday

- Martin Luther King, Jr. Holiday - NFLPA offices closed (re-open Tues., Jan. 22)

### January 26, Saturday

- Senior Bowl - Mobile, AL

### January 31, Thursday

- Termination Pay Claims by eligible players who were released after beginning of 2007 regular season should be submitted by this date.
- NFLPA Super Bowl Press Conference, NFL Media Center - Phoenix, AZ
- Bell/Rozelle NFL Players Retirement Board Investment Committee Meeting - Phoenix, AZ
- Players Inc. VIP Party - Phoenix, AZ

## FEBRUARY 2008

### February 1, Friday

- NFL Players Party - Phoenix, AZ

### February 2, Saturday

- NFL Player Mania - Phoenix, AZ
- "Smock and Jocks" Art Show sponsored by the NFLPA Retired Players Association - Phoenix, AZ

### February 3, Sunday

- Super Bowl XLII - Glendale, AZ

### February 7, Thursday\*

- First day clubs can designate Franchise or Transition Players for 2008.

### February 10, Sunday

- AFC-NFC Pro Bowl - Honolulu, HI

### February 11, Monday

- Waiver system begins for 2008. Players with at least four previous pension-credited seasons whom clubs desire to terminate are not subject to the waiver system until after the trading deadline in October.

### February 18, Monday

- President's Day Holiday - NFLPA offices closed (re-open Tues., Feb. 19)

### February 20, Wednesday through February 26, Tuesday

- NFL Combine Timing and Testing Sessions at the RCA Dome - Indianapolis, IN

### February 21, Thursday

- Deadline for designation of Franchise/Transition players for 2008.

\*This and other dates applying to 2008 Free Agent transactions are subject to change by agreement of the NFLPA and the NFL Management Council.



# 2007-2008 Schedule

2007-2008 Schedule

## February 22, Friday

- NFLPA Contract Advisors Seminar - Indianapolis Convention Center

## February 28, Thursday

- Deadline for clubs to exercise options for 2008 on all players who have option clauses in their 2007 contracts.
- Expiration date of all player contracts due to expire after 2007 season.
- Deadline for clubs to submit Qualifying Offers to Restricted Free Agents whose contracts are expiring.
- Deadline for clubs to submit minimum salary offers to Exclusive Rights Free Agents (players with less than three years of free agency credit).

## February 29, Friday

- Free Agency period begins (see p. 96 for explanation of free agent categories).
- Trading period begins for 2008

## MARCH 2008

## March 1, Saturday

- Cut-off date for applications to receive March 31, 2008 Severance Payments.

## March 14, Friday through March 21, Friday

- NFLPA Annual Board of Player Reps Meeting - Maui, HI

## March 17, Monday

- Clubs may begin voluntary off-season workout programs on this date.

## March 21, Friday

- Good Friday/Easter Holiday - NFLPA offices closed (re-open Mon., Mar. 24)

## March 30, Sunday through April 3, Thursday

- NFL Owners Meeting - The Breakers, Palm Beach, FL

## March 31, Monday

- Plan year end for Bell/Rozelle and Second Career Savings Plan. Season 2007 credited and club contributions made to Second Career Savings Plan (see p. 54).

## APRIL 2008

## April 17, Thursday through April 19, Saturday (tentative)

- NFLPA Workers' Compensation Panel Meeting - location TBA

## April 18, Friday

- Deadline for signing and submission of Offer Sheets by Restricted Free Agents.

## April 25, Friday

- Deadline for old clubs to match Offer Sheets submitted by Restricted Free Agents

## April 26, Saturday and April 27, Sunday

- NFL Draft - Radio City Music Hall, New York, NY

## MAY 2008

## May 15, Thursday through May 17, Saturday

- Annual Sports Lawyers Association Conference, including NFLPA Contract Advisor Seminar on May 16 - Westin St. Francis Hotel, San Francisco, CA

## May 16, Friday through May 18, Sunday

- NFL Players Rookie Premiere - Los Angeles, CA

## May 19, Monday through May 21, Wednesday

- NFL Owners Spring Meeting - Ritz Carlton Buckhead, Atlanta, GA

## May 26, Monday

- Memorial Day Holiday - NFLPA offices closed (re-open Tues., May 27)

## May 28, Wednesday through June 1, Sunday (tentative)

- NFLPA Retired Players Convention - location TBA

## JUNE 2008

## June 1, Sunday

- Deadline for old club to send tender to its unsigned Restricted Free Agents or to extend Qualifying Offer, whichever is greater, in order to retain rights.
- Also, deadline for old club to send tender to its unsigned Unrestricted Free Agents to retain rights if player is not signed by another club by July 22 or beginning of veteran training camp, whichever is earlier.
- Also, cut-off date for applications to receive June 30, 2008 Severance Payments.

## June 15, Sunday

- Deadline for Restricted Free Agent to accept Qualifying Offer (if higher than 110% of previous year's salary).

## June 29, Sunday through July 2, Wednesday

- NFL/NFLPA Rookie Symposium - La Costa Resort, Carlsbad, CA

## JULY 2008

## July 4, Friday

- Independence Day Holiday Observed - NFLPA offices closed (re-open Mon., July 7)

## July 15, Tuesday

- Any club designating a Franchise Player shall have by this date to sign the player to a multi-year contract or extension. After July 15 the player may sign only a one-year Player Contract with his Prior Club, and such Player Contract may not be extended until after the club's last regular season game.

## Mid-July

- Training Camps Open. Veteran players cannot be required to report earlier than 15 days prior to club's first pre-season game or July 15, whichever is later. The July 15 date is not applicable to clubs playing five pre-season games. Except for quarterbacks and "injured" players, veterans cannot participate in any organized football activity for 10 days prior to the mandatory reporting date. Bonus exemptions for NFL Europe League players must be designated by start of training camp.

## July 22, Tuesday or Veteran Reporting Date (whichever is earlier)

- Signing period ends at 4:00 pm EDT for Unrestricted Free Agents to whom June 1 tender was made by old club and for Transition Players and Franchise Players who are subject to the rules for Transition Players and Franchise Players.

**IMPORTANT!** Please note that most of the important dates for NFL Players for 2007-2008 appear throughout the Player Planner on the weekly and monthly calendar pages.

# Frequently Used Numbers



NFL PLAYERS  
ASSOCIATION

## Emergency

Dentist \_\_\_\_\_

Doctor \_\_\_\_\_

Fire Department \_\_\_\_\_

Hospital \_\_\_\_\_

Police \_\_\_\_\_

Security \_\_\_\_\_

## Insurance

Auto \_\_\_\_\_

Health \_\_\_\_\_

Homeowner \_\_\_\_\_

Life \_\_\_\_\_

## Miscellaneous

Accountant \_\_\_\_\_

Locksmith \_\_\_\_\_

Agent \_\_\_\_\_

Massage Therapist \_\_\_\_\_

Attorney \_\_\_\_\_

Mechanic \_\_\_\_\_

Auto Detailer \_\_\_\_\_

Mobile Phone \_\_\_\_\_

Babysitter \_\_\_\_\_

Physician \_\_\_\_\_

Barber \_\_\_\_\_

Plumber \_\_\_\_\_

Cable \_\_\_\_\_

Satellite \_\_\_\_\_

Dry Cleaner \_\_\_\_\_

Stockbroker \_\_\_\_\_

Electric \_\_\_\_\_

School \_\_\_\_\_

Exterminator \_\_\_\_\_

Security System \_\_\_\_\_

Fitness Club \_\_\_\_\_

Tailor \_\_\_\_\_

Florist \_\_\_\_\_

Taxi \_\_\_\_\_

Gas \_\_\_\_\_

Telephone \_\_\_\_\_

Handyman \_\_\_\_\_

Trainer \_\_\_\_\_

Health Club \_\_\_\_\_

Travel Agent \_\_\_\_\_

Jeweler \_\_\_\_\_

Vet \_\_\_\_\_

Kennel \_\_\_\_\_

Water \_\_\_\_\_

Landscaper \_\_\_\_\_

Frequently Used Numbers



## INJURY GRIEVANCE PROCEDURE AND SECOND MEDICAL OPINION

**Injury Grievances** – Your player contract contains important language protecting you if you become injured while playing for your NFL club. The language provides that if you are injured while performing services for your club and you promptly report the injury, you are entitled to:

- Receive your salary for the season of injury for so long as you remain physically unable to play during that season; and,
- Receive necessary treatment, rehabilitation, medical and hospital care.

If you are released by your club in 2007 while still injured and unable to play due to an injury you suffered with your club in 2007, **YOU MUST FILE AN INJURY GRIEVANCE WITHIN 25 DAYS** after your release by the club to enforce your rights under your player contract.

You should call the NFLPA as soon as possible after your release so that an injury grievance can be filed for you and you can be examined by a neutral physician. If the neutral physician finds that you are still injured and if the club still refuses to pay you, you will be given a hearing before an arbitrator who will decide your case. An NFLPA attorney will represent you free of charge, and all hearing expenses will be paid by the NFLPA.

Once you are injured, it is best to keep a diary or good notes of all the important events of your treatment, especially what you are told by the trainers and doctors. This Player Planner contains space on the daily calendar for you to do this. If you are released injured, your daily notes will make you a better witness at your hearing.

**Second Medical Opinion** – The CBA also gives you the right to get a second medical opinion concerning an injury from a physician other than your club physician. The club will be responsible for the expense of the second medical opinion as long as you: (1) Consult with your club before seeing the second opinion physician and (2) Provide to your club a copy of the physician's report with his or her diagnosis and suggested course of treatment.

In addition, every player for whom surgery becomes necessary has the right under the CBA to select his own surgeon at the club's expense. This is always advisable, since club physicians in many cases are immune from suit for malpractice under state workers' compensation laws.

# July 2007



**NFL PLAYERS**  
ASSOCIATION




July 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> CANADA DAY (CANADA)	2	3	<b>4</b> INDEPENDENCE DAY  NFLPA offices closed (re-open Thurs., July 5)	<b>5</b> NFLPA Offices re-open  Claiming Period of 24 hours begins in Waiver System	6	7
8	9	10	11	12	13	14
<b>15</b> Training Camps Open (see p. 6)	<b>16</b> Any club designating a Franchise Player shall have by this date to sign the player to a multi-year contract or extension. (see p. 6)	17	18	19	20	21
<b>22</b> Free Agent Signing Deadline (see p. 6, 96)	23	24	25	26	27	28
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Priority Goals \_\_\_\_\_  
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Welcome to the 12<sup>th</sup> edition of the *NFLPA Player Planner 2007-2008*, your up-to-date source for player information, conveniently arranged in a user-friendly format.

The *2007-2008 Schedule* in the front of the Planner highlights all the important NFLPA dates you need to know. The football symbol throughout the planner indicates an *important date "to remember"*. On the daily and monthly pages, these dates are identified in red print. Also, at the beginning of each month, please note the *"Monthly Alerts"* from the NFLPA.

Monday 25	✓ Tuesday 26	✓ Wednesday 27	✓
Lunch 	Lunch 	Lunch 	
Evening	Evening	Evening	
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

MAY 2007

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JUNE 2007

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JULY 2007

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AUGUST 2007

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SEPTEMBER 2007

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# July 1 2007

Each weekly page provides space to write in your *priority goals*, *schedule your appointments* and additional things to do, and a section to keep a log of medical treatments or conditioning notes.

This *Player Planners* should help everyone stay abreast of important information for players and recipients and to insure that all players have a *more successful experience* on and off the playing field.

Thursday <b>28</b>	✓ Friday <b>29</b>	✓ Saturday <b>30</b>
		Conditioning/Treatment Notes/Weight _____
Lunch	Lunch	
		
		Sunday <b>1</b> CANADA DAY (CANADA)
		Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	






# 2 July 2007

Priority Goals \_\_\_\_\_  
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## TIME MANAGEMENT

Time is the essential dimension in which all thought and activity take place. No thought or activity is possible without it. It cannot be stored or accumulated; it must be used as it occurs. If you don't use it as it becomes available, it passes and is gone forever.

Therefore, it is important that its wise and thrifty use be a regular part of your thinking and planning. Time management thus becomes not only a tool for how to use your time, but also a means for preventing its loss or waste.

Monday 2	Tuesday 3	Wednesday 4
		NFLPA offices closed (re-open Thurs., July 5)
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

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JULY 2007

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AUGUST 2007

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SEPTEMBER 2007

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# July 8 2007

Time is on your side – as long as you use it wisely. Remember that time devoted to planning and thinking can be every bit as productive as time devoted to doing. The important thing is to allow the appropriate amount of time for each of the activities which are important in your life, education, and work.

The first step in using your time more effectively is planning. By taking very little time to plan what you are going to do, you will gain many times the amount of time you set aside for planning. The time gained can be used for recreation, exercise, learning or just relaxing.

<p><b>Thursday</b> <b>5</b></p> <p> NFLPA offices re-open</p> <p>Claiming Period of 24 hours begins in Waiver System</p>     <p>Lunch </p>           <p>Evening</p>    <p>Conditioning/Treatment Notes/Weight _____</p>	<p style="text-align: center;">✓</p> <p><b>Friday</b> <b>6</b></p>                       <p>Lunch </p>                       <p>Evening</p>    <p>Conditioning/Treatment Notes/Weight _____</p>	<p style="text-align: center;">✓</p> <p><b>Saturday</b> <b>7</b></p> <p>Conditioning/Treatment Notes/Weight _____</p>                       <p><b>Sunday</b> <b>8</b></p> <p>Conditioning/Treatment Notes/Weight _____</p>
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# 9 July 2007

Priority Goals \_\_\_\_\_  
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## TIME MANAGEMENT

If you have the freedom to choose, planning a smaller number of large time blocks (half hour, hours, two hours, morning, etc.) is usually more time efficient than many five and ten minute blocks. Jumping from one subject or task to another at short intervals usually involves some extra lost motion and can be inefficient.

Don't clutter up your mind with a mental list of things you have to do. Put the list on paper, keeping your mind clear for thinking. Cross things off the list when they are done. In this way, you won't have the constant nagging feeling that you have forgotten to do something important.

Monday 9	✓	Tuesday 10	✓	Wednesday 11	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

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JULY 2007

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AUGUST 2007

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SEPTEMBER 2007




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# July 15

2007

Good planning of the use of your time is an effective antidote to procrastination, if you have such a problem. More importantly, it can give you a feeling of accomplishment because you have a visual record of the various things you have done.


Smell the flowers. Be sure to allow time to enjoy the miracles of nature and the world around you as well as the artistry and talent of your human beings. Good planning should make it possible to increase the time you can spend in appreciation of things that please the senses.

<b>Thursday</b> <b>12</b>	<input checked="" type="checkbox"/>	<b>Friday</b> <b>13</b>	<input checked="" type="checkbox"/>	<b>Saturday</b> <b>14</b>
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				<b>Sunday</b> <b>15</b>
				Conditioning/Treatment Notes/Weight _____
				 Training Camps Open (see p. 6)
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

## TIME MANAGEMENT

Respect for other people's time is a mark of excellence. When you plan an activity involving others, and if you fail to meet your time commitment, you are responsible for wasting their time, and this may well influence their feelings about you.

If you are setting schedules with others, be certain that such schedules are realistic before you agree to them. Otherwise, if you can't meet the schedules, you will have wasted the valuable time of others.

Monday 16	✓	Tuesday 17	✓	Wednesday 18	✓
 Any club designating a Franchise Player shall have by this date to sign the player to a multi-year contract or extension. (see p. 6)					
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

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JULY 2007

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AUGUST 2007

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SEPTEMBER 2007




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# July 22

2007

When you have an appointment for a specific time, it is your responsibility to provide for the unforeseen eventualities of heavier than expected traffic or inclement weather or the alarm clock forgetting to buzz. While you won't always be able to cover every unexpected delay, you can at least try, and know that you have given it your best shot.

Many people who have managed to keep their appointed schedules despite such logistical problems are not always open-minded about accepting such excuses. Since you can't cover every unexpected interference, at least deal with those that are within your control.

Thursday 19	✓	Friday 20	✓	Saturday 21
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				Sunday 22
Evening		Evening		Conditioning/Treatment Notes/Weight _____
				 Free Agent Signing Deadline (see p. 6, 96)
Conditioning/Treatment Notes/Weight _____			Conditioning/Treatment Notes/Weight _____	

# 23 July 2007

Priority Goals \_\_\_\_\_  
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**TIME MANAGEMENT**

If you become a manager or supervisor you will find that being early or on time delivers a strong message to subordinates. It may also give you an opportunity to have a chat with "the boss" before people or the flow of operations interferes.

When you have a scheduled meeting with a group of two or twenty and even one person is late, either that person may miss something important or previous time for two to twenty is wasted waiting or allowing for catch up. The multiplier becomes an important element.

Monday 23	✓	Tuesday 24	✓	Wednesday 25	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____
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JUNE 2007

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JULY 2007

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AUGUST 2007

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SEPTEMBER 2007

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# July 29 2007

## TIME MANAGEMENT – Key Thoughts

1. Planning is essential to good time management.
2. Respect for the time of others will earn respect for you.
3. When you have an appointment for a specific time, it is your responsibility to provide for unforeseen eventualities, to the best of your ability.

Thursday 26	✓ Friday 27	✓ Saturday 28
		Conditioning/Treatment Notes/Weight _____
Lunch 	Lunch 	
		Sunday 29
		Conditioning/Treatment Notes/Weight _____
Evening	Evening	
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	





## CUT DOWNS/SQUAD SIZE

For the 2007 season, each NFL club must reduce its roster to **75 players** by Tuesday, August 28, 2007. Each club must further reduce its roster to **53 players** on the Active/Inactive list on Saturday, September 1, 2007.

Immediately prior to kickoff each week during the regular season, clubs establish a **45 player** Active list from their **53 man** Active/Inactive roster, and also identify one additional player on the Inactive list as a third quarterback who can enter the game only if the other two quarterbacks cannot play.

## PRACTICE SQUADS

On Sunday, September 2, 2007, the day after the final pre-season cutdowns, each club may establish a Practice Squad of no more than **eight (8) players** who are free agents and who do not have more than nine games on an Active list in a previous season. The minimum salary for a practice squad player is **\$4,700** per week, including the playoff weeks.

In addition, a player under contract to a club as a Practice Squad player is completely free to sign a contract with any NFL club to play on their Active/Inactive list.

## DAYS OFF

All players must be allowed at least **four** days off per month beginning with the first pre-season game and extending through the regular season and post-season. During the 24-hour period constituting a day off, any injured player may be required to get medical treatment and quarterbacks may be required to attend coaches' meetings.

## PRE-SEASON PAY

For 2007, pre-season pay is set at **\$800** per week for rookies and **\$1,100** per week for veterans. Veterans also receive an additional **\$200** per week for all pre-season game weeks (except for the Hall of Fame game).

## MEAL MONEY

On travel days during the 2007 pre-season, regular season and post-season, a player will be reimbursed for meals not provided by his club as follows: Breakfast - **\$17.00**; Lunch - **\$25.00**; Dinner - **\$43.00**. Commercial airline meals or the equivalent will not be considered as furnished by the club.

# August 2007



**NFL PLAYERS**  
ASSOCIATION™

August 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 <b>PRO FOOTBALL HALL OF FAME GAME</b> New Orleans Saints vs. Pittsburgh Steelers	6	7 If a drafted rookie has not signed with his club by this date, he may not be traded to any other club in 2007.  Reporting Deadline for Accrued Seasons (see p. 6, 44)	8	9 First full pre-season weekend begins	10	11 Deadline for club to provide written notice to certain unsigned players and the NFLPA of its intent to place them on the Exempt List if they fail to report no later than one day prior to the club's second pre-season game. (see p. 6)
12	13	14	15	16 Second pre-season weekend begins	17	18
19	20	21	22	23 Third pre-season weekend begins	24	25
26	27	28 Roster cutdown to maximum of 75 Active List players by 4:00 pm EDT	29	30 Fourth pre-season weekend begins	31 Labor Day Holiday NFLPA offices closed (re-open Tues., Sept. 4)	

# 30 July




2007

Priority Goals \_\_\_\_\_  
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**ACHIEVING EXCELLENCE**

Excellence is "doing it right". Efficiency plus excellence is "doing it right the first time." It's as simple as that. Combined they are the "E" factor. It will be the standard by which all of your activities and performance can be measured.

Doing it right does not necessarily mean doing the best you can. For you see, the best you can may not be good enough; or it may in many cases be more than is needed. Excellence means determining what is needed and then meeting that need completely.

Monday 30	✓	Tuesday 31	✓	Wednesday 1	✓
Lunch 		Lunch 		Lunch 	
Evening		Evening		Evening	
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____	

JUNE 2007

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JULY 2007

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AUGUST 2007

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SEPTEMBER 2007

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OCTOBER 2007

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# August 5 2007

Doing it right the first time does not mean that you should not re-check your own work to make certain it is right. It means assuring yourself it is right before you use it or submit it or do with it whatever you had intended.

Frequently in life, in business, in sports and in education, others are exposed to your efforts before that get to know you. Or they may see you make a presentation before meeting you. That's why the "E" factor is so very, very important. Remember, "E" is doing it right the first time.

Thursday 2	✓ Friday 3	✓ Saturday 4
		Conditioning/Treatment Notes/Weight _____
Lunch 	Lunch 	
Evening	Evening	Conditioning/Treatment Notes/Weight _____
		 <b>PRO FOOTBALL HALL OF FAME GAME</b>
		New Orleans Saints vs. Pittsburgh Steelers
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

# 13 August 2007

Priority Goals \_\_\_\_\_  
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## ACHIEVING EXCELLENCE

Excellence in one area of activity rubs off on other areas because wanting to do it right becomes a state of mind. You will be surprised at how quickly this positive attitude will influence all aspects of your life, as you enjoy the satisfaction and benefits of feeling good about what ever you are doing.

For most people it is natural to want to make a good impression on others. First impressions are frequently the result of your appearance, your handshake, the sound of your voice or the words which come out. Resolve to do these things right so you will not have to make a "first impression" twice.

Monday 13	✓	Tuesday 14	✓	Wednesday 15	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

JUNE 2007

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JULY 2007

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AUGUST 2007

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SEPTEMBER 2007

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# August 19 2007

When a meeting or conference is scheduled, doing it right the first time means arriving on time ready to do what is expected of you, even if you are only there to observe. Save being "fashionably late" for social functions.

There may be times when you absolutely cannot keep an appointment. Doing it right means doing everything humanly possible to notify the person or persons you were supposed to meet. Nothing creates a bad impression more than an unexplained "no show."

Thursday 16	✓	Friday 17	✓	Saturday 18
 Second pre-season weekend begins				Conditioning/Treatment Notes/Weight _____
Lunch 		Lunch 		
				Sunday 19
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

Priority Goals \_\_\_\_\_  
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**ACHIEVING EXCELLENCE**

Excellence in time management requires planning. Good planning means setting priorities. Setting priorities means separating the "must do's" from the "would like to do's and the "don't have to do's." If you do this carefully, you will find time to do it all.

Setting priorities is a "must do." If you can't do it right the first time, keep at it till you do it right. Make certain that your goal is really what you want for yourself, that it is worthwhile, practical and ethically sound. Remember, you will be putting a lot of time and effort into making it happen.

Monday 20	✓	Tuesday 21	✓	Wednesday 22	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	



Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

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JULY 2007

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AUGUST 2007

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SEPTEMBER 2007

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OCTOBER 2007




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# August 26

2007

### ACHIEVING EXCELLENCE – Key Thoughts

1. Doing it right is the mark of excellence.
2. Doing it right the first time adds efficiency to the equation.
3. Good preparation is the key to doing it right the first time.
4. Setting priorities is essential to good planning.

Thursday 23	✓	Friday 24	✓	Saturday 25
 Third pre-season weekend begins				Conditioning/Treatment Notes/Weight _____
Lunch 		Lunch 		
				Sunday 26
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		





## TERMINATION PAY PROVIDES A PARTIAL SALARY GUARANTEE

The Termination Pay benefit contained in the Collective Bargaining Agreement provides a guarantee of 100% of a player's "Paragraph 5 salary" for an eligible player who has completed his fourth or more Credited Season in the NFL. A player is eligible for termination pay if he is:

- 1.) Released after his club's first regular season game in September, and
- 2.) He was on the club's Active/Inactive List on or after the club's first regular season game.

If a player is thereafter released during the regular season, the club must pay the unpaid balance of the player's "Paragraph 5 salary." A player is only entitled to termination pay once during his playing career in the NFL.

Under the CBA, a club can be excused from paying termination pay to an otherwise eligible player if it can show to a neutral arbitrator that, after receipt of a written warning, the player failed to exhibit the level of good faith effort which was expected from players on that club.

A player qualifying for this benefit must claim termination pay no sooner than one day after the end of the regular season and no later than February 1. The NFLPA suggests that a player claim this benefit by notifying the club responsible for payment in writing by certified mail or Federal Express.

(See Article XXIII of the CBA for a further explanation or call the NFLPA office at 800.372.2000.)

## SEVERANCE PAY PLAN

Any player who is released or who retires after at least two Credited Seasons in the League is entitled to receive \$10,000 for every year he played between 1993 and 2000, \$12,500 for each season between 2000 and 2011, and \$5,000 for each year played between 1989 and 1992 if he also had a Credited Season between 1993 and 2000. Credited Seasons for severance pay prior to 1989 are governed by the 1982 CBA.

A player who has not applied for severance within 20 months after his last participation in NFL playing activities will be deemed to have applied at that point.

Severance payment dates are as follows:

LAST PLAYING ACTIVITY	APPLY NO LATER THAN	PAY DATE
The date of the first regular season game of that player's club through League Week 8 or earlier	March 1	March 31
League Week 9 through February 19 or earlier	June 1	June 30
February 20 through May 31 or earlier	September 1	September 30
June 1 through the date immediately preceding the date of the first regular season game of that player's club or earlier.	December 1	December 31

# September 2007



NFL PLAYERS  
ASSOCIATION

September 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> <p>Cut-off date for application to receive September 30, 2007 Severance Payments.</p> <p>Roster cutdown date to 53 Active/Inactive List Players by 4:00 pm EDT (see p. 6)</p>
<b>2</b> <p>First Date for Signing Practice Squad Players (see p. 6, 22)</p>	<b>3</b> <p>LABOR DAY NFLPA offices closed</p>	<b>4</b> <p>NFLPA offices re-open</p>	<b>5</b>	<b>6</b> <p>Regular season opens  Insurance credit for players on roster</p>	<b>7</b> <p>All clubs required to identify their 49 player Active List by 7:00 pm EDT on this Friday and each Friday thereafter for a regular season Sunday game. No later than one hour and 30 minutes prior to kickoff, clubs must identify their 45 player Active List and third QB, if any. (see p. 6)</p> <p>Vested Veterans terminated from Active/Inactive, Reserve/Injured lists after first league game can receive 100% Termination pay after regular season.</p>	<b>8</b>
<b>9</b> <p>GRANDPARENT'S DAY  15th Anniversary of Players' Free Agent verdict in <u>McNeil v. NFL</u></p>	<b>10</b>	<b>11</b>	<b>12</b> ROSH HASHANAH	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> YOM KIPPUR	<b>22</b>
<b>23</b> <p>Deborah Hospital/ NFLPA Golf Tournament- Marriott Seaview Resort, Absecon, NJ</p>	<b>24</b> <p>Deborah Hospital/ NFLPA Golf Tournament- Marriott Seaview Resort, Absecon, NJ</p>	<b>25</b> <p>Priority on multiple waiver claims is now based on a club's current season's standing.</p>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	Credited Season earned for 2007 if player is on the roster for three games (see p. 44)					


# 27 August 2007

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**SETTING GOALS**

Do you have goals for yourself? For your career? For your physical fitness? For your education? For your social and professional skills? A goal is nothing more than a look into the future at what you would realistically like to be or to accomplish within a specific time period.

A goal is specific as to what and when. Wishing to lose or gain weight is not a goal. Deciding to lose or gain weight is not a goal. But deciding to lose or gain a specific amount of weight in the next six months is a goal. The objective and the time frame must both be realistic.

Monday 27	✓	Tuesday 28	✓	Wednesday 29	✓
		 Roster cutdown to maximum of 75 Active List players by 4:00 pm EDT			
Lunch		Lunch		Lunch	
Evening		Evening		Evening	
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____	

JULY 2007

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AUGUST 2007

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SEPTEMBER 2007

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OCTOBER 2007

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NOVEMBER 2007

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# September 2007

Setting goals and working toward them is like starting out on a trip to a particular destination. It establishes a direction. Each daily decision is like a crossroad with a sign showing the right way to go. It will make all of your daily activities more meaningful.

The best time to think about your goals and your steps to achieve them is when you are rested and fresh. You will be more optimistic and will approach them more positively. Early in the day is a good time to decide what you will do that day toward attainment.






<b>Thursday</b> <b>30</b>  Fourth pre-season weekend begins	✓	<b>Friday</b> <b>31</b>  Labor Day Holiday NFLPA offices closed - (re-open Tues., Sept. 4)	✓	<b>Saturday</b> <b>1</b> Conditioning/Treatment Notes/Weight _____  Cut-off date for applications to receive September 30, 2007 Severance Payments  Roster cutdown to maximum of 53 Active/Inactive List Players by 4:00 pm EDT (see p. 6)
Lunch 		Lunch 		
Evening		Evening		<b>Sunday</b> <b>2</b> Conditioning/Treatment Notes/Weight _____  First Date for Signing Practice Squad Players (see p. 6, 22)
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## SETTING GOALS

For each goal you set you must determine what must happen to achieve that goal. Will it require special training? Will it require specific time set aside? Will it require practice? Will it require the cooperation of others? Will it require some physical or financial sacrifice on your part?

Take time periodically to measure your progress on achieving your goals. This is easier if your goals have been put in writing. You can then itemize the things you have done toward reaching your goals and at the same time list the next series of steps which must be taken.

Monday 3	LABOR DAY	✓	Tuesday 4	✓	Wednesday 5	✓
 NFLPA offices closed			 NFLPA offices re-open			
Lunch			Lunch		Lunch	
Evening			Evening		Evening	

Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____
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JULY 2007

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AUGUST 2007

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SEPTEMBER 2007

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OCTOBER 2007

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NOVEMBER 2007

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# September 9 2007

Steps toward achieving goals won't always occur in a straight line upward. There may sometimes be temporary steps backwards. A golfer trying to improve his game by taking lessons may discover that his performance on the course is worse until he has had a chance to apply all his lessons.

For many people goals are the driving force behind the efforts they put into their daily activities. More importantly, the knowledge that those daily activities are steps toward the achievement of those goals makes the efforts more pleasurable and satisfying.

Thursday 6	✓	Friday 7	✓	Saturday 8
Regular season opens		All clubs required to identify their 49 player Active List by 7:00 pm EDT on this Friday and each Friday thereafter for a regular season Sunday game. No later than one hour and 30 minutes prior to kickoff, clubs must identify their 45 player Active List and third QB, if any. (see p. 6)		Conditioning/Treatment Notes/Weight _____
Insurance credit for players on roster				
Lunch		Lunch	Vested veterans terminated from Active, Reserve/Injured List after first league game can receive 100% Termination Pay after regular season.	
				Sunday 9 GRANDPARENT'S DAY
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		15th Anniversary of Players' Free Agency Verdict in <u>McNeil v. NFL</u>
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

# 10 September 2007

Priority Goals \_\_\_\_\_

\_\_\_\_\_




\_\_\_\_\_

\_\_\_\_\_

## SETTING GOALS

Most people do not achieve all the goals they set for themselves, particularly if they "stretched" when the goals were set. However, there can be satisfaction in having made the effort and in attaining some of the steps toward achieving the ultimate objective.

Goals should represent objectives over which you can exercise some control, or at least be a major influence on the result. Objectives based on chance or luck are not suitable as goals because no matter how hard you work you can't influence the result.

Monday 10	✓	Tuesday 11	✓	Wednesday 12	ROSH HOSHANA	✓
Lunch 		Lunch 		Lunch 		
Evening		Evening		Evening		
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

JULY 2007  
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AUGUST 2007  
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SEPTEMBER 2007  
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OCTOBER 2007  
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NOVEMBER 2007  
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# September 16

## 2007

Long-term goals or very large goals will usually require a series of steps leading to the achievement of these goals. Each of these steps are lesser goals, the achievement of which will bring their own sense of accomplishment and satisfaction.

It's a good feeling to recognize that you have actually moved several steps closer to your goals. In this way, you will get satisfaction many times over before you actually reach your goal. This will also help contribute to a more positive mental attitude.

Thursday  
**13**

✓ Friday  
**14**

✓ Saturday  
**15**

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Lunch



Lunch



Sunday  
**16**

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Evening

Evening

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_






# 17 September 2007

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## SETTING GOALS

Sometimes the achievement of your goals may require the help of other – teachers, advisors, family or professional people. Even when you are paying for such help, it's a good idea to let the other persons know that their assistance is going to help you achieve a goal.

Setting your personal goals for other people, such as your children or other members of your family, requires special care. Frequently it will mean not only establishing the goal but selling the goal to the other person. Be sure that the goal is realistic and can reasonably be expected to be accepted, or you will risk frustration.

Monday 17	✓ Tuesday 18	✓ Wednesday 19	✓
Lunch 	Lunch 	Lunch 	
Evening	Evening	Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

JULY 2007

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29	30	31				

AUGUST 2007

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SEPTEMBER 2007

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OCTOBER 2007

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NOVEMBER 2007


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# September 23

2007

### SETTING GOALS – Key Thoughts






1. Setting goals gives direction to your life.
2. Each step taken to attain an ultimate goal is in itself an achievement of a goal and will provide its own satisfaction.
3. Good goals should stretch your abilities.
4. When setting goals, it is necessary to determine what must happen to achieve each goal.

Thursday 20	✓	Friday 21 YOM KIPPUR	✓	Saturday 22
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				Sunday 23
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		 Deborah Hospital/NFLPA Golf Tournament- Marriott Seaview Resort, Absecon, NJ
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

**EFFECTIVE COMMUNICATION**

All communication requires a sender, a receiver and a message. Without these elements, there is no communication. The sender must send the message and the receiver must receive it. Good communication also requires that the sender must in some way be satisfied that the intended receiver received the message and understood it.

Communication involves more than the spoken or written word. We communicate with our appearance, the tones of our voices, the expressions on our faces, the gestures of our hands and bodies, the looks in our eyes, the ways we touch. Even the absence of verbal or written contact is a form of communication.

Monday 24	✓ Tuesday 25	✓ Wednesday 26	✓
 Deborah Hospital/NFLPA Golf Tournament- Marriott Seaview Resort, Absecon, NJ	 Priority on multiple waiver claims is now based on a club's current season's standing		
Credited Season earned for 2007 if player is on the roster for three games (see p. 44)			
Lunch 	Lunch 	Lunch 	
Evening	Evening	Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

JULY 2007  
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AUGUST 2007  
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SEPTEMBER 2007  
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OCTOBER 2007  
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NOVEMBER 2007  
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# September 30

2007

Good communication is SMART communication. The essential factor in SMART communication is the total awareness of the impact or potential impact and consequences of a message on any receiver, including those who are not expected to receive the message or to whom the message is not addressed.

SMART is an acronym for:

- Sensitivity** – Putting one’s self in the receiver’s place.
- Maturity** – Objectivity in sending and receiving.
- Awareness** – Understanding the consequences.
- Responsibility** – Taking care not to be careless.
- Thoughtfulness** – Using the right word or tone or expression.

Thursday <b>27</b>	✓	Friday <b>28</b>	✓	Saturday <b>29</b>	
				Conditioning/Treatment Notes/Weight _____	
Lunch		Lunch			
					
				Sunday <b>30</b>	
					Conditioning/Treatment Notes/Weight _____
Evening		Evening			
Conditioning/Treatment Notes/Weight _____			Conditioning/Treatment Notes/Weight _____		



## CREDITED SEASONS/ACCRUED SEASONS

Do you know what a Credited Season or an Accrued Season is? Do you know how you can earn them as an NFL player? As you play through the early part of the 2007 regular season, it is important to know that earning a Credited Season or an Accrued Season for 2007 may entitle you to certain benefits and free agency rights under the Collective Bargaining Agreement (CBA).

**Credited Seasons** – A Credited Season is any season in which a player is on one of the following lists for at least three (3) regular season or post-season games: Active List, Inactive List, Injured Reserve List, or Physically Unable to Perform List (PUP).

A player will also earn a Credited Season if he is released injured and paid the equivalent of at least three (3) game checks. Weeks on the Practice Squad will not count toward a Credited Season.

**Earning Credited Seasons entitles you to various benefits under the CBA.** For instance, starting in 2000, a player who has earned more than two (2) Credited Seasons in the NFL qualifies to receive severance pay equal to \$12,500 per Credited Season when he retires from the NFL. Also, a player with two (2) or more Credited Seasons is eligible to participate in the Second Career Savings Plan. A player with three (3) or more Credited Seasons is eligible to receive a pension starting at age 55. A player with four (4) or more Credited Seasons is able to claim Termination Pay if he is cut in his fifth season or later, and also qualifies for the NFL Player Annuity Program.

**Accrued Seasons** – An Accrued Season is a season during which a player has been on full pay status (Active, Inactive or Injured Reserve List) for six (6) or more regular season games. However, a player who is on the Exempt Commissioner Permission List, the Reserve Physically Unable to Perform/Non Football Injury List, or the Practice Squad for any of the six (6) qualifying games will not earn an Accrued Season regardless of his pay status.

**Earning an Accrued Season entitles a player to advance through the free agency system which governs a player's negotiating rights once his contract has expired.** In a capped year, a player with four (4) or more Accrued Seasons becomes an Unrestricted Free Agent once his contract expires (unless he is designated a Franchise or Transition player – see March 2008 Alert; p. 96). A player with three (3) but less than four (4) Accrued Seasons when his contract expires becomes a Restricted Free Agent.

As you can see, over the next few weeks you will be earning valuable rights and benefits as an NFL player. If you have any questions about the rights and benefits summarized above, please call the NFLPA at 800.372.2000.

# October 2007



NFL PLAYERS  
ASSOCIATION




October 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	<div style="border: 1px solid black; display: inline-block; padding: 2px;">8</div> COLUMBUS DAY THANKSGIVING (CANADA) Columbus Day Holiday - NFLPA offices closed (re-open Tues., Oct. 9)	<div style="border: 1px solid black; display: inline-block; padding: 2px;">9</div> NFLPA offices re-open	10	11	12	13
14	15	<div style="border: 1px solid black; display: inline-block; padding: 2px;">16</div> NFL Trading Deadline - No player trades may occur after 4:00 pm EDT on this date.	<div style="border: 1px solid black; display: inline-block; padding: 2px;">17</div> All players are subject to the waiver system for the remainder of the regular season and post-season after this date.	18	19	20
21	<div style="border: 1px solid black; display: inline-block; padding: 2px;">22</div>	<div style="border: 1px solid black; display: inline-block; padding: 2px;">23</div>	<div style="border: 1px solid black; display: inline-block; padding: 2px;">24</div>	25	26	27
NFL Fall League Meeting - Four Seasons Hotel, Dallas, TX →						
28	29	30	<div style="border: 1px solid black; display: inline-block; padding: 2px;">31</div> HALLOWEEN			

## EFFECTIVE COMMUNICATION

Sending a message does not necessarily mean transmitting a physical thing like a letter or telegram. The message can be "sent" verbally or by sign language. It can be a nod of the head or a shaking of the hand. It can be a turning of the palms of the hands or the shaking of a finger. These and other devices are ways of communicating.

One of the best ways to insure that the intended message is received and understood is to be certain to put one's self in the receiver's position before sending the message. Then use words, expressions or gestures that cannot be misunderstood. As a final assurance, one can always ask the receiver if the message is clear and understood.

Monday 1	✓	Tuesday 2	✓	Wednesday 3	✓
Lunch 		Lunch 		Lunch 	
Evening		Evening		Evening	
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____	

AUGUST 2007

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SEPTEMBER 2007

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OCTOBER 2007

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NOVEMBER 2007

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# October 7 2007

Perhaps you have had the experience of failing to do something because you weren't informed. You said to yourself or to others "If someone had only told me!" But have you said to yourself "If I had only told someone?" Good communication works two ways.

While we think of speech and the pen as the most important tools of communication, let's not forget the ear and the eye. If one hears but doesn't listen or looks but doesn't see, one cannot be a truly good communicator. A good listener usually creates a very good impression on those who are sending messages.

Thursday 4	✓	Friday 5	✓	Saturday 6
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
Evening		Evening		
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		








Priority Goals \_\_\_\_\_  
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## EFFECTIVE COMMUNICATION

Important ideas bear repetition. Excellence in communication demands that the receiver understand the message. It is the sender's obligation to assure that the message has been received and is understood. This will frequently require considerable tact and diplomacy on the part of the sender. Practice in this area will lead to excellence.

The art of listening is a basic attribute in developing excellence. A good listener can learn more in a shorter period of time and will generate greater credibility when he or she is ready for someone else to become the listener. Try to avoid interrupting a person who is speaking before that person has completed the thought or idea being expressed.

Monday 8	COLUMBUS DAY THANKSGIVING DAY (CANADA)	✓	Tuesday 9	✓	Wednesday 10	✓
 NFLPA offices closed (re-open Tues., Oct. 9)			 NFLPA offices re-open			
Lunch			Lunch		Lunch	
Evening			Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

AUGUST 2007

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SEPTEMBER 2007

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OCTOBER 2007

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NOVEMBER 2007

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DECEMBER 2007

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# October 14

## 2007

Receiving is one-half of every communication. Therefore, listening well, reading well and seeing well are as important in communication as speaking and writing well. In addition, they are essential ingredients of the learning process, which never ends. So be a patient and interested listener.

Frequently an unintended receiver will get in the act either by reading someone else's communication or by accidental or intentional eavesdropping. Since this is not always controllable, it is important that messages be formulated so that they will not create third party misunderstandings.

Thursday 11	✓	Friday 12	✓	Saturday 13
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				Sunday 14
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

# 15 October

## 2007

Priority Goals \_\_\_\_\_

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### MAKING A GOOD IMPRESSION

Far beyond the factor of appearance, it is important that attention be paid to achieving excellence in certain essential skills. Chief among these is the effective use of the language in both oral and written presentations. In written communications others have a great opportunity to study what you have done. They may not note how good it is, but they will fault mistakes.

Oral communication gives you the greatest opportunity to make a good impression. The ability to effectively articulate complex ideas or simple anecdotes, use good grammar, good diction, good pronunciation and the right words will do wonders for your image and the impressions you make. Fortunately, this is a skill you can personally do something about. You can get help or go to school to fine-tune this skill.

Monday 15	✓ Tuesday 16 NATIONAL BOSS DAY	✓ Wednesday 17	✓
	 NFL Trading Deadline - No player trades may occur after 4:00 pm EDT on this date.	 All players are subject to the waiver system for the remainder of regular season and post-season after this date.	
Lunch	Lunch	Lunch	
Evening	Evening	Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

AUGUST 2007

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SEPTEMBER 2007

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OCTOBER 2007

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NOVEMBER 2007

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DECEMBER 2007

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# October 21 2007

Another personal skill which can enhance both the impressions you make and your performance on the job is an absolute necessity in virtually any business activity – that is, being adept, comfortable and at ease with the use of numbers. There is no important business activity today which does not rely to some extent on numbers for measurement, analyzing, evaluating and finally, expressing results.

While modern electronic equipment can do calculations at split second speeds, inputting the right number and interpreting the results is essential. It is important to be able to present numerical information so that it will be meaningful and unambiguous. This is also a skill which can be learned or developed if you feel any special weakness or lack of confidence.







Thursday 18	✓	Friday 19	✓	Saturday 20
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				
				Sunday 21
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

**Priority Goals** \_\_\_\_\_  
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**ETHICAL ISSUES**

One of the objectives of *NFL Player Planner* is to help you in your future decision making process. This is usually a rather simple activity involving the assessing and weighing of relevant factors and issues and determining a course of action.

For most people and most decisions, the mind and brain have been trained to consider the relevant factors rather quickly, relying on experience – whether it be what to wear today, whether to go to the movies, what to eat for lunch or whether to stay home and read.

Monday 22	✓ Tuesday 23	✓ Wednesday 24	✓
 NFL Fall League Meeting- Four Seasons Hotel, Dallas, TX	 NFL Fall League Meeting- Four Seasons Hotel, Dallas, TX	 NFL Fall League Meeting- Four Seasons Hotel, Dallas, TX	
Lunch 	Lunch 	Lunch 	
Evening	Evening	Evening	
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

AUGUST 2007

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SEPTEMBER 2007

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OCTOBER 2007

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NOVEMBER 2007

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DECEMBER 2007

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# October 28

## 2007

Even simple decisions can sometimes be difficult, like what birthday gift to buy or where to go on vacation. More complex decisions frequently involve a more elaborate process for assessing the factors. These might include such things as investments, career or employment choices, marriage, raising a family, acquiring a home or automobile, and a whole host of job and business decisions.

Some of the factors which are frequently considered are economic or financial impact, personal relationships, long or short-term results, satisfaction or happiness, comfort or convenience and ethical issues. It is always important to make certain that you haven't ignored any significant factor.

Thursday  
**25**



Friday  
**26**



Saturday  
**27**

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Lunch



Lunch



Sunday  
**28**

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Evening

Evening

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_



## POST-CAREER BENEFITS IN 2007

The NFLPA negotiated a first-time-ever benefit in 1993 known as the **NFL Player Second Career Savings Plan (401(k))**. When combined with the Severance Pay Benefit and a vested player's pension benefits, it helps provide lifetime financial security for veteran NFL players.

The Second Career Savings Plan allows for players to contribute a portion of their salaries into a tax deferred account. Starting in the year 2001, the player's club must match \$2.00 for every \$1.00 the player puts into the account, up to a maximum of \$20,000 for the club. If the player does not make a contribution, the club will contribute at least \$3,600 on his behalf in each capped year.

Player contributions into this 401(k) plan are not taxed, and the investment earnings accrued while in the plan will not be taxed either. Also, the player has his choice of ten investment options, which he can change on a quarterly basis as he sees fit. After retirement, the player can take the money out any time between age 45 and 65, and the payments will be taxed at his then-current rate. Before it's too late, you should arrange to contribute the maximum amount possible for 2007 and future years.

Just as importantly, the **Player Annuity Program** puts even more money away for the player's eventual retirement. In 2007, the clubs will collectively put \$73 million aside for player annuities. To be eligible, a player must have at least four Credited Seasons in the NFL. The amount allocated to each player in 2007 will be about \$65,000 per player.

Beginning with the 2006 season, \$45,000 of the \$65,000, was allocated to a new tax-qualified plan. For those players who were entitled to the \$65,000 allocation, of the remaining \$20,000, up to 42% is applied to applicable tax withholding and the remaining 58% is contributed to the Program and used to purchase a deferred annuity. If less than 42% is used for withholding, you get the excess paid in cash.

The benefit news gets even better with the increase in pension under the Bert Bell/Pete Rozelle NFL Player Retirement Plan. Players with three or more Credited Seasons are eligible to receive a pension, generally beginning at age 55. Beginning with the 1998 Credited Season, a player gets a benefit credit of \$470 for each Credited Season he earns. As a result, a player with eight Credited Seasons from 2000 through 2007 will get \$3,760 per month at age 55. Obviously, players with more Credited Seasons will see their pensions increase even more.

Finally, the NFLPA negotiated a new post-career benefit in 2006 which will help players pay for future medical expenses for themselves and their families after their NFL health insurance coverage expires. Called the **NFL Player Health Reimbursement Account Plan ("HPA Plan")**, this plan puts aside \$25,000 for each Credited Season played, to a maximum of \$300,000, for each player who either: (1) Earned a Credited Season in 2006 (or later years in which a salary cap is in effect) and has three or more Credited Seasons, or (2) had his last Credited Season in 2004 or 2005 and has at least eight Credited Seasons. The player can use this money to pay medical expenses after his post-career medical insurance expires, which is usually about five years after retirement. Consult your NFLPA Benefits Booklet or call the NFLPA Benefits Department for more information about this great new benefit.

# November 2007



**NFL PLAYERS**  
ASSOCIATION

November 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
<b>4</b> DAYLIGHT SAVING TIME ENDS	<b>5</b> <p>Deadline for 2007 for an increase in a player's 2007 Salary to be counted as Salary for the current year. Any increase in a player's 2007 Salary negotiated after this date will be treated as a Signing Bonus.</p>	<b>6</b> ELECTION DAY	7	8	<b>9</b> <p>Native Vision Gala-United States Chamber of Commerce Building, Washington, DC</p>	10
<b>11</b> VETERAN'S DAY	<b>12</b> <p>Veteran's Day Holiday NFLPA offices closed (re-open Tues., Nov. 13)</p>	<b>13</b> <p>Signing Deadline for 2007 Draftees, Restricted and Unrestricted Free Agents, and Franchise/Transition Players (see p. 7, 96)  NFLPA offices re-open</p>	14	15	16	17
18	19	20	21	<b>22</b> <p>THANKSGIVING Thanksgiving Holiday - NFLPA offices closed (re-open Mon., Nov. 26)</p>	23	24
25	<b>26</b> <p>NFLPA offices re-open</p>	27	28	29	30	



# 29 October




## 2007

Priority Goals \_\_\_\_\_  
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**ETHICAL ISSUES**

If there is an ethical issue involved in the decision making process, it is only one of the many factors to be considered. In some cases, the ultimate "right" decision will not necessarily be the most ethical one, or may require a choice between unethical or ethical courses of action.

What is important that ethical issues be given fair assessments just as the economic or happiness impact is assessed. One of the reasons that ethical issues are sometimes not adequately considered is the failure of individuals to identify them or to recognize that an ethical issue even exists.

Monday 29	✓ Tuesday 30	✓ Wednesday 31 HALLOWEEN
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____

SEPTEMBER 2007

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OCTOBER 2007

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NOVEMBER 2007

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DECEMBER 2007

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JANUARY 2008

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# November 4 2007

By definition, an ethical breach requires knowledge of a particular action and a decision to take such an action, even when the decision may be to do nothing. There can be no ethical breach without a decision. When you make a decision, it is important that you give proper consideration to ethical issues.





People may accuse you of an unethical action because they won't believe you didn't know that it was unethical. Therefore, it behooves you to acquaint yourself with ethical issues so you can give them fair consideration when you make decisions.

Thursday 1	✓	Friday 2	✓	Saturday 3
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				
				<b>Sunday</b> DAYLIGHT SAVING TIME ENDS
				<b>4</b>
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

## ETHICAL ISSUES

To determine if an ethical issue exists, ask yourself some questions. Is it fair? Is it honest? Is it kind? Will I benefit by someone else's being hurt? Am I taking unfair advantage of someone? Will my action cause distress for others? Am I using my position to get a benefit which should go elsewhere? Am I lying to achieve my objective?

Am I breaking the law – the same law that I rely on to protect me?  
 Am I using information which is not general knowledge to better my own position by being unfair to someone who is not privy to such information? Am I polluting the environment?

Monday 5	Tuesday 6 ELECTION DAY	Wednesday 7
 Deadline for 2007 for an increase in a player's 2007 Salary to be counted as Salary for the current year. Any increase in a player's 2007 Salary negotiated after this date will be treated as a Signing Bonus.		
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____

SEPTEMBER 2007

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OCTOBER 2007

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NOVEMBER 2007

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DECEMBER 2007

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JANUARY 2008




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# November 11

## 2007

In the future you will undoubtedly hear the expression "Conflict of Interest" many, many times. Do you know what it means? Here is an example. If you are a purchasing agent for a company and a salesperson for one of your suppliers does you a big, big favor, you may feel obliged to do something for that salesperson even though it may not be the very best thing to do for your company.

In other words, your interest in doing something for the salesperson conflicts with your primary interest in buying the very best at the very best price for your company. That's called, logically enough, a conflict of interest.






Thursday 8	✓ Friday 9	✓ Saturday 10
	 Native Vision Gala- United States Chamber of Commerce Building, Washington, DC	Conditioning/Treatment Notes/Weight _____
Lunch 	Lunch 	
		Sunday 11
		VETERAN'S DAY
		Conditioning/Treatment Notes/Weight _____
Evening	Evening	
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

Priority Goals \_\_\_\_\_  
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**ETHICAL ISSUES**

There are many examples of conflict of interest. A manager hires a relative who may not be the best qualified for the job (This is also called nepotism). A buyer owns a substantial amount of stock in a company with whom he does business or may do business.

A clerk in a store receives a bonus from the supplier for pushing a particular product over competitive products in the store. The gas station owner on the Town Council casts a vote on a resolution to disallow a zoning variance to a discount gas station that wants to build in the town.

Monday 12	VETERANS DAY	✓	Tuesday 13	✓	Wednesday 14	✓
 NFLPA offices closed (re-open Tues., Nov. 13)			 Signing Deadline for 2007 Draftees, Restricted and Unrestricted Free Agents, and Franchise/Transition Players (see p. 7, 96)			
			NFLPA offices re-open			
Lunch			Lunch		Lunch	
Evening			Evening		Evening	

Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____
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SEPTEMBER 2007

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OCTOBER 2007

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NOVEMBER 2007

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DECEMBER 2007

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JANUARY 2008



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# November 18

2007

Bribery is similar to conflict of interest in that a person receives a personal benefit for doing other than his duty. The difference is that in bribery the quid pro quo is usually bargained and agreed in advance.

A disc jockey who is supposed to select the most popular records has his or her choice influenced by gifts from the performer or publisher or record company. An official who is in possession of confidential information is offered a payoff to disclose the information. A law enforcement official is offered a monetary gift to forget a violation of the law.

Thursday <b>15</b>	✓ Friday <b>16</b>	✓ Saturday <b>17</b>
		Conditioning/Treatment Notes/Weight _____
Lunch 	Lunch 	
Evening	Evening	Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

Priority Goals \_\_\_\_\_  
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**ETHICAL ISSUES**

One of the biggest obstacles to ethical behavior is the "Everybody does it" syndrome. It is quite true that many people will rationalize a particular action on the basis of a belief that it is common behavior. But no amount of common behavior can make a wrong action right.

Perhaps the most prevalent example of this is the violation of traffic laws. It is truly amazing that good people who wouldn't dream of stealing or lying or cheating will get behind the wheel of an automobile and suddenly decide which laws they should obey and which ones they should violate. Think about it.

Monday 19	✓	Tuesday 20	✓	Wednesday 21	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

SEPTEMBER 2007

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OCTOBER 2007

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DECEMBER 2007

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JANUARY 2008




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# November 25

## 2007

### ETHICAL ISSUES – Key Thoughts

1. In the decision making process, if there are ethical issues, it is important that they be given the same consideration as other issues.
2. Learn as much as you can about ethical issues so that you will recognize them.
3. “Everybody does it” doesn’t make it right.

Thursday 22	THANKSGIVING DAY	✓	Friday 23	✓	Saturday 24
 NFLPA offices closed - (re-open Mon., Nov. 26)			Conditioning/Treatment Notes/Weight _____		
Lunch			Lunch		
Evening			Evening		
Conditioning/Treatment Notes/Weight _____			Conditioning/Treatment Notes/Weight _____		





## WORKERS' COMPENSATION BENEFITS

Players injured while playing for their NFL club may be entitled to monetary benefits under state workers' compensation statutes. Although there is much variation among the states, players are generally eligible for workers' compensation benefits for injuries suffered while playing. In fact, the CBA requires clubs to provide workers' compensation benefits equivalent to other employees in their state. The benefits generally take three different forms:

- **Disability Pay or Wage Loss Benefits** to compensate a player for the time he is out of work due to an injury-related disability.
- **Lump Sum Benefit** to compensate for permanent loss of function.
- **Medical Expenses** arising from the injury. Medical Expenses are important since NFL clubs will not pay medical expenses after a player leaves the game unless they are required to do so under workers' compensation laws when a player files a claim.

The NFLPA has assembled a panel of workers' compensation attorneys located in each of the NFL cities to assist you with your workers' compensation claim (see list starting on page 172). The panel consists of experienced attorneys who routinely represent players in workers' compensation claims, and they are "on call" to help you.

If you are injured while playing, please call the NFLPA office at 800.372.2000 or talk to your Player Representative, get the phone number of the workers' compensation panel attorney in your NFL city, and call the attorney immediately so that the proper steps can be taken to preserve your claim.

Be aware that every state has a time limit within which to file a claim, which could be as short as one (1) year from the date of injury.

## LINE OF DUTY DISABILITY

The Collective Bargaining Agreement also provides for a post-career injury benefit known as the "Line of Duty Disability Benefit" (LOD). If a player incurs a substantial injury that is a significant factor in causing his retirement from football (but he is not totally and permanently disabled), he may be eligible for "Line of Duty" disability benefits.

- Minimum benefit: 100% of a player's monthly pension amount but not less than \$1,000/month.
- Duration of payment: 7 1/2 years.
- Application time: must apply within 4 years of leaving the NFL.
- This Benefit is paid in addition to any workers' compensation benefits the player may receive

# December 2007



**NFL PLAYERS  
ASSOCIATION**

December 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> Deadline for reinstatement of players from Reserve List categories of Retired, Did Not Report and Exclusive Rights.  Cut-off date for applications to receive December 31, 2007 Severance Payments. Pop Warner Super Bowl Week →
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> HANUKKAH	<b>6</b>	<b>7</b>	<b>8</b>
Pop Warner Super Bowl Week—Disney Sports Complex, Orlando, FL →						
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Christmas and New Year's Holiday - NFLPA offices closed (re-open Wed., Jan. 2)
<b>23</b>	<b>24</b> CHRISTMAS EVE	<b>25</b> CHRISTMAS DAY	<b>26</b> KWANZAA BOXING DAY	<b>27</b>	<b>28</b> Deadline for waiver requests in 2007, except for "special waiver requests" which have a 10-day claiming period, with termination or assignment delayed until after the Super Bowl.	<b>29</b>
<b>30</b> Regular season closes. Last regular season weekend.	<b>31</b> NEW YEAR'S EVE <small>Clubs may begin signing previously terminated free-agent players for the 2008 season. Players released after beginning of 2007 regular season may apply for termination pay between this date and February 1, 2008. (see p. 7, 32)</small> NFL Player Week - Wheel of Fortune					

# 26 November





## 2007

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
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**VALUES**

Act like the person you want people to think you are. Be true to yourself. Don't kid yourself by justifying doing something wrong because you want to do it all or because "everybody does it."

Cross the decision bridge from values to behavior being certain to take your values with you. Assume responsibility. Don't blame someone else for a decision which you have made. Don't pretend to be a "victim."

Monday 26	✓	Tuesday 27	✓	Wednesday 28	✓
 NFLPA offices re-open					
Lunch 		Lunch 		Lunch 	
Evening		Evening		Evening	
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____	

OCTOBER 2007

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NOVEMBER 2007

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DECEMBER 2007

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JANUARY 2008

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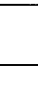


FEBRUARY 2008

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# December 2 2007

Don't expect extra rewards for doing what you are expected to do. Ethical or unethical behavior is always the result of a personal decision. It doesn't just happen.

Cheating makes you a loser no matter what the score. One of the prices of democracy is respect for the laws of the democratically established entities which protect us and our freedom.







Thursday 29	✓ Friday 30	✓ Saturday 1
		Conditioning/Treatment Notes/Weight _____
		 Deadline for reinstatement of players from Reserve List categories of Retired, Did Not Report, and Exclusive Rights.
		Cut-off date for applications to receive December 31, 2007 Severance Payments.
		Pop Warner Super Bowl Week—Disney Sports Complex, Orlando, FL
Lunch	 Lunch	
Evening	Evening	Conditioning/Treatment Notes/Weight _____
		 Pop Warner Super Bowl Week—Disney Sports Complex, Orlando, FL
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

Priority Goals \_\_\_\_\_  
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**VALUES**

Understand the importance of your vocation and assume responsibility for fulfilling your obligations to the team. Be fair in your dealing with others and don't deliberately mislead them.

Respect the needs and dignity of all those with whom you come in contact. Be responsible and considerate in your relationships with members of the opposite gender.

Monday 3	✓ Tuesday 4	✓ Wednesday 5 HANUKKAH
 Pop Warner Super Bowl Week- Disney Sports Complex, Orlando, FL	 Pop Warner Super Bowl Week- Disney Sports Complex, Orlando, FL	 Pop Warner Super Bowl Week- Disney Sports Complex, Orlando, FL
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

OCTOBER 2007

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NOVEMBER 2007

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JANUARY 2008

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FEBRUARY 2008

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# December 9 2007

Practice civility, courtesy and consideration in all forms of communication with other people. Prepare yourself to assume future civic responsibilities by keeping informed and by learning the elements of those responsibilities.

When you make commitments or promises freely and without duress, you are obligated to make every effort to fulfill those commitments. Practice the Golden Rule. Guide your actions toward others by the knowledge of how you would like others to guide their actions toward you.




Thursday 6	✓ Friday 7	✓ Saturday 8
 Pop Warner Super Bowl Week- Disney Sports Complex, Orlando, FL	 Pop Warner Super Bowl Week- Disney Sports Complex, Orlando, FL	Conditioning/Treatment Notes/Weight _____
		 Pop Warner Super Bowl Week- Disney Sports Complex, Orlando, FL
Lunch 	Lunch 	
		Sunday 9
		Conditioning/Treatment Notes/Weight _____
Evening	Evening	
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**ARE YOU PREPARED TO MOTIVATE YOURSELF?**

There will be many times in your athletic career when you will have to get yourself going. In those times it will be necessary to convert "can do" to "will do"

At moments when you learn that you haven't done well or when your performance on the field is below expectations, you must go back with increased enthusiasm to try again.

Monday 10	✓ Tuesday 11	✓ Wednesday 12	✓
Lunch 	Lunch 	Lunch 	
Evening	Evening	Evening	
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

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DECEMBER 2007  
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JANUARY 2008  
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# December 16 2007

There will be other times when you have done extremely well and you have a letdown because the urgency to continue is not so great. At such times you must set your goal higher and get going again.

Self-motivation requires that you set an objective that is very important to you and let it act like a magnet, drawing you to it every day. If you make your goal too easy to reach, you will do less than you can.

Thursday 13	✓	Friday 14	✓	Saturday 15
				Conditioning/Treatment Notes/Weight _____
Lunch 		Lunch 		
				Sunday 16
Evening		Evening		
				Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		



Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## ATTITUDE, IMAGE, MOTIVATION

Feel good about yourself. Your work, as well as your social and leisure life, will be more satisfying if you feel good about yourself. A positive mental attitude, a good self-image and strong motivation are keys to feeling good about yourself. So take AIM for a more satisfying life with ATTITUDE, IMAGE and MOTIVATION

AIM is a way to remind yourself of these three psychic building blocks (Attitude, Image and Motivation) to feeling good about yourself. If you already have it, you can put it to work to accomplish better things. If you don't have it, a little effort each day will help to develop the qualities which will get you there. So take AIM.

Monday 17	✓	Tuesday 18	✓	Wednesday 19	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_




Conditioning/Treatment Notes/Weight \_\_\_\_\_



## ATTITUDE, IMAGE AND MOTIVATION

Evaluate your strengths and weaknesses and then seek ways to correct weaknesses or make improvements in those things that are important to you. Courses of instruction, practice, reading or listening and viewing are now available for almost any skill required today. So take AIM on improvement.

You don't have to be successful to have a positive attitude or self-image. But a positive attitude and self-image can be factors in being successful. If you are motivated to take the steps necessary to do things well, you will be on the road to a positive attitude and self-image, and thereby improve your chances for success.

Monday 24	CHRISTMAS EVE	✓	Tuesday 25	CHRISTMAS DAY	✓	Wednesday 26	KWANZAA BOXING DAY	✓
Lunch			Lunch			Lunch		
Evening			Evening			Evening		

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_



## INJURY PROTECTION BENEFIT

A player who suffers an injury which prevents him from being able to play in the last game or which requires off-season surgery, and which injury continues to prevent him from playing football by the time of the pre-season physical examination of the following season, may be entitled to receive the Injury Protection Benefit under the CBA.

In order to qualify to receive the Injury Protection Benefit a player must be under contract to an NFL club for the season after the season of injury and meet the following criteria:

- Player must have been physically unable, because of a severe football injury, to participate in all or part of his club's last game of the season of injury, as certified by the club physician following a physical examination after the last game; or player must have undergone club-authorized surgery in the off-season following the season of injury;
- Player must have undergone whatever reasonable and customary rehabilitation treatment his club required of him during the off-season following the season of injury; and
- Player must be deemed physically unable to perform at the beginning of the pre-season following the season of injury because of such injury and have his contract terminated for the season following the season of injury. The CBA further provides a player may obtain an outside medical opinion to dispute a club physician's decision to pass him on the pre-season physical.

A player who meets the above criteria will receive an amount equal to 50% of his contact salary for the season following the season of injury up to \$275,000 for 2007. Please contact the NFLPA Legal Department (800.372.2000) if you feel you may be a candidate for this benefit.

## POST-SEASON PAY

Under the terms of the CBA, players on clubs that participate in any post-season playoff games at the conclusion of the 2007 regular season are generally entitled to playoff money for each post-season game played. This playoff pay is in addition to any incentive bonus money a player may have individually negotiated into his NFL Player Contract with his club for making the playoffs.

A player who qualifies will receive the following amounts for each post-season game played after the 2007 season:

Wild Card (Division Winner)	\$22,000	Conference Championship	\$37,000
Wild Card (Other)	\$20,000	Super Bowl (Winner)	\$78,000
Divisional Playoffs	\$20,000	Super Bowl (Loser)	\$40,000

# January 2008



**NFL PLAYERS**  
ASSOCIATION







January 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> NEW YEAR'S DAY	<b>2</b> NFLPA offices re-open	<b>3</b>	<b>4</b>	<b>5</b>  WILD CARD PLAYOFFS
NFL Players Week - Wheel of Fortune →						
<b>6</b>  WILD CARD PLAYOFFS	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>  DIVISIONAL PLAYOFFS
<b>13</b>  DIVISIONAL PLAYOFFS	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>  AFC & NFC CHAMPIONSHIP GAMES	<b>21</b> MARTIN LUTHER KING, JR. Holiday  NFLPA offices closed (re-open Tues., Jan. 22)	<b>22</b> NFLPA offices re-open	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>  SENIOR BOWL Mobile, AL
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> NFLPA Super Bowl Press Conference - NFL Media Center- Phoenix, AZ Bell/Rozelle NFL Player Retirement Board Investment Committee Meeting - Phoenix, AZ Players Inc. VIP Party- Phoenix, AZ Termination Pay Claims by eligible players released after beginning of 2007 regular season should be submitted by this date.		

**ATTITUDE, IMAGE AND MOTIVATION**

Take AIM for others. It's hard to feel good about yourself if you constantly think negative thoughts about other people. Admire and respect the good qualities in other people and recognize that faults, others' as well as your own, are part of being human.

The most important factors in the first impression you make on others are your appearance, the way you communicate and what you communicate. If you believe you are doing the right things to make a good impression on others you should then be making a good impression on yourself. The result is an enhanced positive self-image.

Monday 31 NEW YEAR'S EVE	Tuesday 1 NEW YEAR'S DAY	Wednesday 2
 NFL Players Week - Wheel of Fortune	 NFL Players Week - Wheel of Fortune	 NFL Players Week - Wheel of Fortune
Clubs may begin signing previously terminated free agent players for the 2008 season.		NFLPA offices re-open
Players with at least four credited seasons prior to 2007 who were released after beginning of 2007 regular season may apply for Termination Pay between this date and February 1, 2008.		
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____

NOVEMBER 2007

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DECEMBER 2007

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JANUARY 2008

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FEBRUARY 2008

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# January 6 2008


Don't try to justify doing things wrong because "everyone else does it," particularly if you know it's wrong. Your lack of respect for "everyone else" will transfer to lack of respect for yourself, which is the surest path to loss of a positive self-image. So take AIM on doing what you know is right.


Learning is a lifelong activity. You can't avoid it even if you try. Make an effort to channel the learning experience into areas where you know you want to improve so that you can feel good about yourself. Take AIM on continued learning for a more positive mental Attitude, Image and Motivation.

Thursday  
**3**

✓ Friday  
**4**

✓ Saturday  
**5**

 NFL Players Week -  
Wheel of Fortune

 NFL Players Week -  
Wheel of Fortune

Conditioning/Treatment Notes/Weight \_\_\_\_\_

  
**WILD  
CARD  
PLAYOFFS**

Lunch



Lunch



Sunday  
**6**

Evening

Evening

Conditioning/Treatment Notes/Weight \_\_\_\_\_

  
**WILD  
CARD  
PLAYOFFS**

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_






Priority Goals	_____	_____
	_____	_____
	_____	_____

## ATTITUDE, IMAGE AND MOTIVATION

Economic necessity frequently requires that people earn their living doing work other than what they enjoy most. Consider the positive aspects of the economic benefits and work hard to prepare yourself for possible change in direction. In the meantime, get satisfaction from doing the best job you are capable of doing.

Some people put themselves down because they lack confidence, have a fear of failure or are afraid they won't be able to live up to the expectations of others. In many cases these are people who are better able to give a good account of themselves than most. So don't sell yourself short. Avoid self-deprecation; it can be habit forming.

Monday 7	✓	Tuesday 8	✓	Wednesday 9	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

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# January 13

## 2008

### ATTITUDE, IMAGE, MOTIVATION – Key Thoughts

1. A positive mental attitude, a good self-image and strong motivation are keys to feeling good about yourself.
2. Taking full advantage of the learning experience will help make you feel good about yourself.
3. Don't rationalize doing things wrong because "everybody else does it."
4. If your education objective requires that you do something you don't enjoy doing, make that time productive by doing what the assignment requires.




Thursday 10	✓ Friday 11	✓ Saturday 12
		Conditioning/Treatment Notes/Weight _____
		 <b>DIVISIONAL PLAYOFFS</b>
Lunch 	Lunch 	
		<b>Sunday 13</b>
		Conditioning/Treatment Notes/Weight _____
		 <b>DIVISIONAL PLAYOFFS</b>
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

Priority Goals \_\_\_\_\_  
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 \_\_\_\_\_

## TIME MANAGEMENT

Because good time management planning can save you a great deal of time, it is important that you plan and schedule time for planning. You can even plan time for procrastination as long as it is properly labeled and the procrastination ends when the time is up.

Time is a precious commodity. You can gain time by learning to use less of it in your regular daily activities. You may be able, for example, to communicate the same message in half the words – either orally or in writing. In that way you save time for two people.

Monday 14	✓	Tuesday 15	✓	Wednesday 16	✓
Lunch 		Lunch 		Lunch 	
Evening		Evening		Evening	
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____	

NOVEMBER 2007

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JANUARY 2008

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FEBRUARY 2008

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MARCH 2008

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# January 20 2008

Good time management has a relevance to good goal setting. Planning for time to work on achieving unrealistic goals is an unfortunate waste, with the only benefit being a lesson learned the hard way. Be sure to think about time management when you set your goals.

If you find that there aren't enough hours in the day, week, month or year to do all you believe you want to do, then it's time to reassess your priorities. If nothing can be eliminated or put off, then you will have to work smarter and faster – or else you will wind up with a health problem.






Thursday 17	✓	Friday 18	✓	Saturday 19
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				Sunday 20
				Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		



## TIME MANAGEMENT

It has been said that time is money. If you manage your time more effectively, you can save the time necessary to do some of the things that you now pay others to do for you because you don't have enough time to do them for yourself. And that is money even the tax collector doesn't share.

Plan to schedule things which require serious thinking and creativity when you are freshest and least tired. You will be surprised at how much less time they will take than you had anticipated. This means you can do more than you expected or you will have more free time for other things.

<b>Monday 21</b> MARTIN LUTHER KING, JR. Holiday ✓	<b>Tuesday 22</b> ✓	<b>Wednesday 23</b> ✓
 NFLPA offices closed (re-open Tues., Jan 22)	 NFLPA offices re-open	
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____

NOVEMBER 2007

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DECEMBER 2007

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JANUARY 2008

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FEBRUARY 2008

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MARCH 2008

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# January 27

## 2008

Neatness and well-organized personal effects are an aid to good time management. But don't despair. Many untidy and disorganized people manage their time well; they just have to allow extra time for finding the things they need and for reorganizing the disorganization. The important thing is managing the time.

Good time management involves planning time for doing nothing – those precious moments when you can relax completely or gather your thoughts without pressure of time. Otherwise you will find yourself living from deadline to deadline with no time for just thinking.

Thursday  
**24**

✓ Friday  
**25**

✓ Saturday  
**26**

Conditioning/Treatment Notes/Weight \_\_\_\_\_



**SENIOR BOWL**  
Mobile, AL

Lunch



Lunch



Sunday  
**27**

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Evening

Evening

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_



## PLAYER REPS MEET NEXT MONTH

Next month, the NFLPA Board of Player Representatives holds its annual meeting in Hawaii from March 14<sup>th</sup> to March 21<sup>st</sup>. The Board of Representatives is the governing body of the NFLPA, and it consists of player representatives from each team who are elected by their teammates.

To be eligible for election as a player rep, a player must be a dues-paying member in good standing for at least one year prior to his election under the NFLPA Constitution. The same is true of the alternate player representative, who is elected at the same time as the player rep. The Constitution further provides that only NFLPA members may vote in the player rep election, which is held during the first half of the season in even-numbered years. The player rep and his alternate generally serve a two-year term, but if the rep leaves the team during his term, the alternate rep will take his place. If both the player rep and the alternate have left the team, the NFLPA President – currently Troy Vincent – either directs a new election or appoints a substitute who serves until the team can elect a new player rep and alternate.

The NFLPA Board of Representatives' annual meeting is vital to all players, so it is important that all teams are represented. This is one of the reasons why the reps have consistently voted to hold the meeting in an attractive place like Hawaii, where it is likely that 100 percent attendance will be achieved as it has been in most of the last several years. In addition to player reps and alternates, other players are often invited to the meeting to provide a continuity of union leadership on as many teams as possible.

While in Hawaii, the player reps and alternates attend meetings for several days. A typical day begins at 7:00 AM with small group meetings with the Regional Directors from the staff (Clark Gaines, Scottie Graham, Jason Belser, Tom DePaso, and Tom Carter). This is followed by the full Board Meeting which usually lasts into the afternoon.

The initial phase of the meetings consists primarily of reports from the NFLPA staff and also from Players' Inc., the NFLPA's for-profit licensing and sports marketing subsidiary. The financial report normally occurs the second day, and it includes a thorough review of the annual audit of the NFLPA's books conducted by Calibre CPA Group, the NFLPA's outside accounting firm. After the financial report, the Board normally reviews the annual budget report page-by-page, and votes on a new budget for the upcoming year. This includes the setting of member dues for the upcoming year. The meetings also include consideration of various motions from the floor and other new business.

In even-numbered years the Board of Reps elects officers, including the President and ten Vice-Presidents who all serve on the NFLPA Executive Committee. The Executive Director is also an NFLPA officer, and is subject to re-election by the Board of Player Reps every three years under the NFLPA Constitution. The Executive Committee meets several times each year and has the authority to transact the business of the NFLPA between meetings of the full Board of Reps.

The NFLPA is a democratic organization ultimately controlled by the 1700 plus players who remain members in good standing. As with all organizations, however, most of its success depends upon active involvement by its membership.

If you have not done so already, why not make it a point this year to become more knowledgeable about your union and more active in it?

# February 2008



**NFL PLAYERS**  
ASSOCIATION

February 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 NFL Players Party- Phoenix, AZ	2 NFL Player Mania- Phoenix, AZ  "Smocks and Jocks" Art Show- Phoenix, AZ
3  <b>SUPER BOWL XLII</b> Glendale, AZ	4	5	6 ASH WEDNESDAY	7  * First day clubs can designate Franchise or Transition Players	8	9
10  <b>AFC-NFC PRO BOWL</b> Honolulu, HI	11 Waiver system begins for 2008. Players with at least four previous pension-credited seasons whom clubs desire to terminate are not subject to the waiver system until after the trading deadline in October.	12 LINCOLN'S BIRTHDAY	13	14 VALENTINE'S DAY	15	16
17	18 PRESIDENT'S DAY  President's Day Holiday - NFLPA offices closed (re-open Tues., Feb. 19)	19 NFLPA offices re-open	20	21 *Deadline for designation of Franchise/ Transition Players	22 WASHINGTON'S BIRTHDAY NFLPA Contract Advisors Seminar - Indianapolis Convention Center	23
NFL Combine - RCA Dome, Indianapolis, IN →						
24	25	26	27	28 Deadline for clubs to exercise options for 2008. Expiration date of all player contracts due to expire after 2007 season. Deadline for clubs to submit Qualifying Offers to Restricted Free Agents. Deadline for clubs to submit minimum salary offers to Exclusive Rights Free Agents.	29 Free Agency period begins. (See p. 96) for explanation of free agent categories).  Training period begins for 2008.	
NFL Combine - RCA Dome, Indianapolis, IN →						

\* This and other dates applying to 2008 free agent transactions are subject



# 28 January

## 2008

Priority Goals \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### TIME MANAGEMENT

If you have an early morning project, excellence in carrying out the activity may depend on excellence in preparing yourself by assuring yourself a good night's rest. This is within your control, not beyond your control, as long as you make planning your time a top priority.

Your future may be damaged if you don't take your present opportunities seriously. As long as you are putting in the time, make that time work for you. Don't count on being able to make up for missed opportunities to learn or develop.

Monday 28	✓	Tuesday 29	✓	Wednesday 30	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

DECEMBER 2007

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JANUARY 2008

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FEBRUARY 2008

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MARCH 2008

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APRIL 2008

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# February 3 2008

TIMELINESS is a virtue that most interviewers appreciate. Being on time for interviews is another mark of excellence that will have an important effect on that first impression. It can easily become a deciding factor when all other considerations are relatively equal.

Deadlines for submission of material can be deadly serious. If you have misjudges and believe you can't meet the deadline, it is very important to notify the intended recipient as early in the project as possible so that appropriate adjustments can be made and others will not be disadvantaged.




Thursday 31	✓	Friday 1	✓	Saturday 2
 NFLPA Super Bowl Press Conference - NFL Media Center - Phoenix, AZ		 NFL Players Party - Phoenix, AZ		Conditioning/Treatment Notes/Weight _____
Bell/Rozelle NFL Players Retirement Board Investment Committee Meeting - Phoenix, AZ				 NFL Player Mania - Phoenix, AZ
Players Inc VIP Party - Phoenix, AZ				"Smocks and Jocks" Art Show - Phoenix, AZ
Lunch 		Lunch 		
Termination Pay Claims by eligible players released after beginning of 2007 regular season should be submitted by this date.				
				Sunday 3
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		 <b>SUPER BOWL XLII</b> Glendale, AZ

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## TIME MANAGEMENT

Provide cushions in schedules for the unexpected, as long as the cushions don't make the whole schedule unrealistic. If timing is critical, and you can't plan enough hours, look for other unrelated plans in your own personal schedule which can be modified in order to meet the deadline.

When the unexpected occurs, it is important that you carefully weigh your priorities so that if you have to delete something from the schedule it will cause the least damage, hardship or inconvenience to others as well as to yourself.

Monday 4	✓ Tuesday 5	✓ Wednesday 6 ASH WEDNESDAY
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____

DECEMBER 2007						
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JANUARY 2008						
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# February 10

## 2008


### TIME MANAGEMENT – Key Thoughts

1. Be sure to think about time management when you set your goals.
2. Timeliness is a virtue that is greatly appreciated by those with whom you come in contact.
3. It is important in planning your time management that you allow time for planning.

Thursday  
7

✓ Friday  
8

✓ Saturday  
9

 \* First day clubs can designate Franchise or Transition Players for 2008

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Lunch



Lunch



Sunday  
10

Evening

Evening

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_



**AFC-NFC  
PRO  
BOWL**  
Honolulu, HI





\* This and other dates applying to 2008 free agent transactions are subject to final agreement by the NFLPA and the NFL Management Council.

Priority Goals \_\_\_\_\_  
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 \_\_\_\_\_  
 \_\_\_\_\_

## MAKING DECISIONS

In the management of human, physical and financial resources every manager, supervisor, and executive is required to make many decisions on a daily basis. This is usually a rather simple and uncomplicated activity. It normally involves the assessing and weighing of the relevant factors and issues and determining a course of action or inaction as the case may be.

For most people in most decisions, the mind and brain have been trained to consider the relevant factors rather quickly, relying on experience and knowledge of the business. More complex decisions frequently involve a more elaborate process for identifying the alternatives, assessing the factors, evaluating the potential impact and reaching an appropriate conclusion.

Monday 11	✓ Tuesday 12 LINCOLN'S BIRTHDAY	✓ Wednesday 13
 Waiver system begins for 2008. Players with at least four previous pension-credited seasons whom clubs desire to terminate are not subject to the waiver system until after the trading deadline in October.		
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____

DECEMBER 2007

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JANUARY 2008

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FEBRUARY 2008

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MARCH 2008

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APRIL 2008

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# February 17 2008

Once the alternatives have been identified, the player must carefully consider the pros and cons of each. Unless the building is burning down, this step should be taken and explored thoroughly. It is important to be aware of all the reasons a particular decision should not be made. In this regard, it is sometimes helpful to have a trusted person play the role of devil's advocate to make certain negatives have been taken into account.







In some cases additional information is required, and it is important that all sources of information be identified and accessed as needed. If the potential consequences are dramatic, it is useful to get advice – from subordinates, supervisors, peers and even outside consultants. But, be honest with yourself and do not take this step just to delay having to put yourself on the line.

Thursday 14	VALENTINE'S DAY	✓	Friday 15	✓	Saturday 16
					Conditioning/Treatment Notes/Weight _____
Lunch			Lunch		
					Sunday 17
					Conditioning/Treatment Notes/Weight _____
Evening			Evening		
Conditioning/Treatment Notes/Weight _____			Conditioning/Treatment Notes/Weight _____		

## MAKING DECISIONS

Having arrived at a course of action in your mind, it is helpful to work through a "what if" chain of reasoning. What are potential consequences of the worst-case scenario – if everything goes wrong?

Is this a gamble the team can afford to take? What steps can be taken when the decision is executed to minimize the potential damage? This is called "damage control."

Monday 18 PRESIDENT'S DAY	✓ Tuesday 19	✓ Wednesday 20
 NFLPA offices closed - (re-open Tues., Feb. 19)	 NFLPA offices re-open	 NFL Combine - RCA Dome, Indianapolis, IN
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____

DECEMBER 2007

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JANUARY 2008

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FEBRUARY 2008

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MARCH 2008

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APRIL 2008







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# February 24

## 2008

Finally, is there a fall-back position which can be established even before the decision is executed or immediately thereafter? There are valuable lessons to be learned, even if the decisions turn out not to be everything you hoped for.

Even when the authority for making the decisions rests at a higher level, it is essential that you go through this elaborate process so that you can present your recommendations to your coach with confidence and with demonstrated thoroughness.

<b>Thursday 21</b>	✓	<b>Friday 22</b>	WASHINGTON'S BIRTHDAY	✓	<b>Saturday 23</b>
 NFL Combine - RCA Dome, Indianapolis, IN		 NFL Combine - RCA Dome, Indianapolis, IN			Conditioning/Treatment Notes/Weight _____
Deadline for designation of Franchise/Transition Players		NFLPA Contract Advisors Seminar - Indianapolis Convention Center			 NFL Combine - RCA Dome, Indianapolis, IN
Lunch		Lunch			
Evening		Evening			Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____			 NFL Combine - RCA Dome, Indianapolis, IN
					<b>Sunday 24</b>





## FREE AGENCY SYSTEM EXPLAINED

March is an important month for NFL players, since it occurs just after the standard date on which player contracts expire. Players without a contract for the 2008 season become “free agents” on March 2, 2008. Even though the player may be a “free agent”, the CBA does not allow him to sign with another club in a capped year unless he has accumulated at least four Accrued Seasons in which he has been in “full pay status” for six or more regular season games. Even then, he may be restricted if he is designated a Franchise or Transition Player.

It is therefore important for all NFL players to understand the categories of free agency contained in the CBA. They are listed below:

1. **Exclusive Rights Free Agents** – A player whose contract expires at a time when he has less than three Accrued Seasons in the NFL cannot market his services to other clubs if his old club gives him a minimum salary tender on or before February, 2008. If the tender is provided, this player can only re-sign with his old club (unless the tender is later withdrawn).
2. **Restricted Free Agent** – A player whose contract expires when he has three Accrued Seasons (but less than four) is in this category in a capped year. If his old club provides him with a sufficient “Qualifying Offer” on or before February, 2008, it retains the right to either match an offer the player may get from another club or to receive draft choice compensation from the club making the offer. The Qualifying Offer is based on the level of draft choices the old club wants to receive. For example, the Qualifying Offer to receive a first and third rounder in 2007 was \$2,350,600. The Restricted Free Agent only has until April 18, 2008 to generate an offer from another club. If he fails to get an offer, his exclusive rights revert to the old club unless the Qualifying Offer is withdrawn.
3. **Unrestricted Free Agent** – A player whose contract expires when he has accumulated at least four Accrued Seasons in a capped year is free to sign with any other club if he does so by the beginning of training camp of the same year. If he does not sign elsewhere, his exclusive rights revert to his old club after that date, provided that the old club has given him a written tender by June 1 offering to re-sign him for an additional year at a ten percent increase in salary (the “June 1 Tender”). An Unrestricted Free Agent will be restricted in signing elsewhere, however, if he is designated a Franchise or Transition Player.
4. **Franchise Player** – Each club may designate one player who would otherwise be an Unrestricted Free Agent as a Franchise Player. The designation must be made between February 7 and February 21 in the year 2008, and the club must tender the Franchise Player an offer equal to the average of the top five salaries in the League at the player’s position. If the tender offers the top five average applicable at the end of the previous season, the Franchise Player can seek offers from other clubs, but the old team can match the offer or receive two first round draft choices from the offering team. If the tender offers the top five average applicable at the end of the upcoming Restricted Free Agent signing period, the club retains exclusive rights to the player and he cannot negotiate with other teams. Franchise Player and Transition Player tenders become fully guaranteed for skill and football injury if the player chooses to accept the tender.
5. **Transition Players** - A club can elect to use a Transition Player designation for one Unrestricted Free Agent instead of using its Franchise Player designation. If it does so, it must tender the player an offer equal to the average of the top 10 salaries in the League at his position. A Transition Player can obtain an offer from any other team, but his old team can only match or not match the offer – it cannot collect any draft choice compensation if it does not match.

# March 2008



NFL PLAYERS  
ASSOCIATION

March 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> Cut-off Date for applications to receive March 31, 2008 Severance Payments.
2	3	4	5	6	7	8
<b>9</b> DAYLIGHT SAVING TIME BEGINS	10	11	12	13	14 NFLPA Annual Board of Player Reps Meeting - Maui, HI	15
<b>16</b> PALM SUNDAY	<b>17</b> ST. PATRICK'S DAY	18	19	20	<b>21</b> GOOD FRIDAY	22
NFLPA Annual Board of Player Reps Meeting - Maui, HI						
<b>23</b> EASTER SUNDAY	24 NFLPA offices re-open	25	26	27	28	29
30 NFL Owners Meeting - The Breakers, Palm Beach, FL	<b>31</b> Club contributions made to Second Career Savings Plan (see p. 54)					






# 25 February 2008

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
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## ARE YOU PREPARED TO DO BETTER?

Just when you feel you have done your very best, you discover that you can do better – on the playing field, in your relationships with your teammates and others and in your own self-esteem.

It's important to stretch when you set your goals so that you have something to keep striving for. That is one way to keep yourself motivated to continue to try to do whatever you are doing better.

Monday 25	✓ Tuesday 26	✓ Wednesday 27	✓
 NFL Combine - RCA Dome, Indianapolis, IN	 NFL Combine - RCA Dome, Indianapolis, IN		
Lunch	Lunch	Lunch	
			
Evening	Evening	Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

JANUARY 2008

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FEBRUARY 2008

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MARCH 2008

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APRIL 2008

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MAY 2008

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# March 2008

# 2

Excellence is doing it right. Be sure that you analyze what you do to make certain that you are doing it right. When you know that you have done it right, you can take pride in having achieved excellence.

In football, you can often learn how to do better by watching what the competition is doing right and what they may be doing wrong. Your brain will then help you to remember how to do better.

Thursday 28	✓ Friday 29	✓ Saturday 1
Expiration date of all player contracts due to expire after 2007 season. Deadline for clubs to exercise options for 2008. Deadline for clubs to submit Qualifying Offers to Restricted Free Agents. Deadline for clubs to submit minimum salary offers to Exclusive Rights Free Agents.	Free Agency period begins. (see p. 96 for explanation of free agent categories).  Trading period begins for 2008	Conditioning/Treatment Notes/Weight _____  Cut-off date for applications to receive March 31, 2008 Severance Payments.
Lunch	Lunch	
		Sunday 2
		Conditioning/Treatment Notes/Weight _____
Evening	Evening	
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

# 3 March 2008

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**IF YOU WANT IT ALL YOU CAN DO IT ALL!**

It is not only possible, but the chances are good that you can have a successful sports career and also have a successful business experience. You just have to want it bad enough to do what has to be done.

If you carry the disciplines of sports, the "can do" feeling, the "keep trying" attitude and the "push till it hurts" drive into your outside business activities, you will be amazed at how well you will do.

Monday 3	✓	Tuesday 4	✓	Wednesday 5	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

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# March 9 2008

You may have to make some short-term sacrifices in the social aspects of your outside business experience, but you should consider this to be an investment in the future, just as your education has been.

Doing it all is a simple matter of managing your time and your schedule. If you plan your activities carefully, you will discover that you will have the time for football, family and extracurricular participation.

Thursday 6	✓	Friday 7	✓	Saturday 8
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				
				Sunday 9 DAYLIGHT SAVING TIME BEGINS
				Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		




# 10 March 2008

Priority Goals \_\_\_\_\_  
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**WILL YOU BE PREPARED TO TAKE ADVANTAGE OF YOUR NEXT BIG OPPORTUNITY?**

Opportunity frequently comes disguised as chance, coincidence or accident. Your ability to exploit that opportunity may well depend on whether you have used all your opportunities for preparation.

If the coach sends you to replace a player injured or put out on fouls, your performance will be influenced to a large degree by how well you have prepared yourself for that specific moment.

Monday 10	✓ Tuesday 11	✓ Wednesday 12	✓
Lunch 	Lunch 	Lunch 	
Evening	Evening	Evening	
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

JANUARY 2008

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FEBRUARY 2008

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MAY 2008






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# March 16

2008

When your sports career diminishes, that same fit body will help you be more productive in another profession, or in another aspect of sports such as coaching or managing adult sports.

If you are offered two or more alternative courses of action, the result will undoubtedly be influenced by how well you have prepared yourself to make difficult and complex decisions with objectivity.

<p>Thursday <b>13</b></p>	<p>✓ Friday <b>14</b></p>	<p>✓ Saturday <b>15</b></p>
	<p> NFLPA Annual Board of Player Reps Meeting - Maui, HI</p>	<p>Conditioning/Treatment Notes/Weight _____</p> <p> NFLPA Annual Board of Player Reps Meeting - Maui, HI</p>
<p>Lunch </p>	<p>Lunch </p>	
		<p>Sunday <b>16</b> PALM SUNDAY</p>
<p>Evening</p>	<p>Evening</p>	<p>Conditioning/Treatment Notes/Weight _____</p> <p> NFLPA Annual Board of Player Reps Meeting - Maui, HI</p>
<p>Conditioning/Treatment Notes/Weight _____</p>	<p>Conditioning/Treatment Notes/Weight _____</p>	









# 17 March 2008

Priority Goals \_\_\_\_\_  
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**ARE YOU PREPARED TO BE A WINNER?**

To be a winner means winning the right way. Cutting corners, breaking the rules and cheating makes everyone a loser even if he or she finished with the highest score.

If you do well, it is important that you be able to take pride in your accomplishment, and that you know that you did the very best you are capable of doing, whether it be in athletics or another profession.

Monday 17	Tuesday 18	Wednesday 19
ST. PATRICK'S DAY ✓  NFLPA Annual Board of Player Reps Meeting - Maui, HI	 NFLPA Annual Board of Player Reps Meeting - Maui, HI	 NFLPA Annual Board of Player Reps Meeting - Maui, HI
Clubs may begin voluntary off-season workout programs on this date.		
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____

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# March 23 2008

When you win on the field, remember to give credit to your teammates, coaches, and organization for helping to properly prepare you to achieve your personal and team goals so they can also take pride and enjoyment in the effort put forth.

Prepare for the game so well that when you enter the stadium to compete, you can feel comfortable knowing that in getting ready, you have worked to the very best of your ability.

Thursday 20	✓ Friday 21 GOOD FRIDAY	✓ Saturday 22
 NFLPA Annual Board of Player Reps Meeting - Maui, HI	 NFLPA Annual Board of Player Reps Meeting - Maui, HI	Conditioning/Treatment Notes/Weight _____
	NFLPA offices closed- (re-open Mon., Mar. 24)	
Lunch	Lunch	
		
		Sunday 23 EASTER SUNDAY
Evening	Evening	Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

# 24 March

## 2008

Priority Goals \_\_\_\_\_

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### MINDING YOUR MIND

The human brain is a remarkable object. It can solve intricate problems; it can recall past mistakes or the football team playbook; it can experience joy or sadness; it can motivate you to do great things.

Like the body, the brain needs care. It doesn't function efficiently under the influence of drugs, alcohol or lack of sleep. It thrives on mental challenges and every form of mental exercise.

Monday 24	✓	Tuesday 25	✓	Wednesday 26	✓
 NFLPA offices re-open					
Lunch 		Lunch 		Lunch 	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

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# March 30

2008

The brain works better in a healthy body which has had the benefit of proper food, rest and exercise. It develops best when it functions on a wide variety of subjects rather than a single point of focus.

Mind the mind or care for the brain by using it—during every waking minute. As the body cares for the brain, the brain cares for the body by reminding you what you must do to be healthy.

<b>Thursday</b> <b>27</b>	✓	<b>Friday</b> <b>28</b>	✓	<b>Saturday</b> <b>29</b>
				Conditioning/Treatment Notes/Weight _____
Lunch 		Lunch 		
				<b>Sunday</b> <b>30</b>
				Conditioning/Treatment Notes/Weight _____
				 NFL Owners Meeting- The Breakers, Palm Beach, FL
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

## OFF-SEASON WORKOUT RULES

Clubs may conduct voluntary, but not mandatory, off-season workout programs for no more than 14 weeks, with no more than four workouts per week. Clubs may only hold 14 days of organized team activity during this 14-week period, and no contact work is permitted.

Teams must provide their players with a schedule of all off-season activity before it begins, including a starting date which will be uniform around the NFL and a designation of which days are the 14 days for "organized team activity". The intensity and tempo of drills shall be at a level conducive to learning, with player safety as the highest priority, and not at a level where one player is in a physical contest with another player.

During the 14 days of "organized team activity" the following rules apply:

- Maximum six hours per day, with a maximum of two hours on the field.
- No pads except protective knee or elbow pads. Helmets are permitted.
- No live contact, no live contact drills between offensive and defensive linemen.
- 7 on 7, 9 on 7, and 11 on 11 drills are permitted but no live contact.

For all off-season workouts other than the 14 days of "organized team activity" these rules apply:

- Maximum of four (4) hours per day, with a maximum of 90 minutes on the field.
- Club may only specify up to two (2) hours that the players can be at the club facilities; the player may select the other two (2) hours in which he wishes to conduct weight training, etc.
- No "organized team activity."

**Pre-Training Camp Period** – During the 10 consecutive days immediately prior to the mandatory veteran reporting date for each club's pre-season training camp, no veteran player, except those specified below, may participate in any club organized workouts or other organized football activity of any kind, or any football activity with any coach. Thus, clubs can not use any of their 14 days of "organized team activity" immediately prior to camp. This ensures a break for veteran players just prior to training camp.

Veteran players not subject to this 10-day rule are: (1) Quarterbacks; (2) Players on the Injured Reserve, Physically Unable to Perform, or Non-Football Injury list at the end of the previous season; (3) Players who failed a club physical after the last game of the previous season; (4) Players who sustained an injury in the off-season; and (5) Players who had off-season surgery. These players may be asked to participate in club activity during this 10 day-period.

Any head coach who is responsible for conduct which violates the off-season workout rules will be subject to a fine by the Commissioner, which fine cannot be paid by the club or any other person on behalf of the coach.

## DRUG TESTING

Players under contract to an NFL club may be tested for drugs of abuse (e.g., marijuana, cocaine) as part of the pre-season test. This test can be administered by the League on a team-wide or position group basis at any time between May 1 and August 20 of each year.

# April 2008



NFL PLAYERS  
ASSOCIATION

April 2008







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1	2	3	4	5	
		NFL Owners Meeting - The Breakers, Palm Beach, FL →					
6	7	8	9	10	11	12	
13	14	15	16	17	18 Deadline for signing and submission of Offer Sheets by Restricted Free Agents (see p. 96)	19	
				NFLPA Workers' Compensation Panel Meeting (tentative) -Location TBA →			
<b>20</b> PASSOVER	21	22	<b>23</b> ADMINISTRATIVE PROFESSIONAL DAY	24	25 Deadline for old clubs to match Offer Sheets submitted by Restricted Free Agents (see p.96)	26 <b>NFL Draft</b> Radio City Music Hall- New York City, NY	
27 <b>NFL Draft</b> Radio City Music Hall- New York City, NY	28	29	30				

Priority Goals \_\_\_\_\_  
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### ARE YOU PREPARED TO BE A COMPETITOR?

Do you want to win? It's important to want to win, but it takes a lot more to be a winner – in either sports or life after sports. The first step is to learn what the game is all about.

The next step is to get in condition – both mentally and physically. Make certain that the brain and the body are ready to tackle the hard tasks which will be required in order to be a winner.

Monday 31	✓ Tuesday 1	✓ Wednesday 2
 NFLPA Owners Meeting - The Breakers, Palm Beach, FL	 NFLPA Owners Meeting - The Breakers, Palm Beach, FL	 NFLPA Owners Meeting - The Breakers, Palm Beach, FL
Plan year end for Bell/Rozelle and Second Career Savings Plan. Season 2007 credited and club contributions made to Second Career Savings Plan. (see p. 54)		
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____

FEBRUARY 2008

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MAY 2008

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JUNE 2008

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# April 6 2008

Be anxious to practice, practice, practice, to learn and develop the skills needed to win a game and to study, study, study, to assure mastery of the playbook material needed to be a winner.

Preparation is always the most important key to good performance. Because of this you'll always be the first to know if you are ready to play your very best, and more importantly when it's all over you will be the first to know if you have played your very best.

<p><b>Thursday</b> <b>3</b></p> <p> NFLPA Owners Meeting - The Breakers, Palm Beach, FL</p> <p>Lunch </p> <p>Evening</p> <p>Conditioning/Treatment Notes/Weight _____</p>	<p style="text-align: center;">✓</p> <p><b>Friday</b> <b>4</b></p> <p>Lunch </p> <p>Evening</p> <p>Conditioning/Treatment Notes/Weight _____</p>	<p style="text-align: center;">✓</p> <p><b>Saturday</b> <b>5</b></p> <p>Conditioning/Treatment Notes/Weight _____</p> <p><b>Sunday</b> <b>6</b></p> <p>Conditioning/Treatment Notes/Weight _____</p>
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# 7 April 2008

Priority Goals \_\_\_\_\_  
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## ATTITUDE, IMAGE, MOTIVATION

Praising someone else's good work or good deed contributes to your own positive mental attitude by directing the focus of your own interest to other people. As your interest in others expands, your self-image develops in direct proportion. So take AIM on being interested in other people.

Your own AIM (Attitude, Image and Motivation) can be a positive influence on people with whom you come in contact. If people see a happier more positive you, they may emulate some of these qualities and take AIM for themselves. You should get great satisfaction from such results.

Monday 7	✓	Tuesday 8	✓	Wednesday 9	✓
Lunch 		Lunch 		Lunch 	
Evening		Evening		Evening	
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____	

FEBRUARY 2008

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JUNE 2008



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# April 13

2008

Physical and mental activity can generate self-satisfaction which builds a positive mental attitude and self-image. Extended periods of idleness can lead to negative thoughts and a negative self-image. So take AIM on keeping yourself active.

There are many opportunities for extra exercise as part of the daily routine. Instead of picking up the phone, pick yourself up and walk. At the shopping center park as far from your destination as you can. Walk one flight of stairs instead of using the elevator.

<b>Thursday 10</b>	✓	<b>Friday 11</b>	✓	<b>Saturday 12</b>
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				
				<b>Sunday 13</b>
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		




# 14 April 2008

Priority Goals \_\_\_\_\_  
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**ATTITUDE, IMAGE, MOTIVATION**

Have you avoided doing creative things because you believe you can't? Creative people for the most part have positive attitudes and self-images. Not everyone can be creative for others but almost everyone can be creative for himself. So take AIM on creating something for your own pleasure and satisfaction.

Everyone has the ability to be creative. How about you? Why not try to write the story of your life – your autobiography – or perhaps write about your mother or father or favorite brother or sister? The effort will have its own rewards in the satisfaction of having tried.

Monday 14	✓	Tuesday 15	✓	Wednesday 16	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

FEBRUARY 2008

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# April 20 2008

Having a plan and a goal for you own future will always make you feel good. The goal is a new kind of challenge which can generate a will to accomplish something and a sense of optimism about what lies ahead. This can be applied equally to football and life after football.

It's easy to complain, but identifying what's wrong is only the beginning of the process of problem solving. Constructive criticism goes one step further and attempts to formulate solutions. It's an old saying but it still is valid; you have to decide whether you are part of the problem or part of the solution.




Thursday 17	✓	Friday 18	✓	Saturday 19
 NFLPA Workers' Compensation Panel Meeting (tentative) - location TBA		 NFLPA Workers' Compensation Panel Meeting (tentative) - location TBA		Conditioning/Treatment Notes/Weight _____
		Deadline for signing and submission of Offer Sheets by Restricted Free Agents (see p. 96)		 NFLPA Workers' Compensation Panel Meeting (tentative) - location TBA
Lunch		Lunch		
				Sunday <small>PASSOVER</small> 20
Evening		Evening		Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

Priority Goals \_\_\_\_\_  
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**ATTITUDE, IMAGE, MOTIVATION**

Try to distinguish between those things you can do something about and those you cannot. By taking AIM on those you can do something about, you will achieve significant progress and will really enjoy the satisfaction that such achievement brings. This is one of the rewards of a positive mental attitude.

You can't live within yourself. Your relationships with others are probably the single most important element in developing a positive mental attitude and self-image. To a large extent your relationships with others depends on good communication. So take AIM on improving your art of communication.

Monday 21	✓	Tuesday 22	✓	Wednesday 23	ADMINISTRATIVE PROFESSIONAL DAY	✓
Lunch		Lunch		Lunch		
Evening		Evening		Evening		

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

FEBRUARY 2008

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April 27  
2008

No one can be entirely passive. The very act of living requires that we do many things each day. Even if today you don't recognize a burning passionate goal, you can be motivated by the desire to do your very best at whatever it is you have to do. So take AIM on excellence.

Do the best you can on the little things that you must do every day which affect your appearance, your communication, your fitness and your work. All these will benefit your own feelings about yourself.

<p>Thursday <b>24</b></p>	<p>✓</p>	<p>Friday <b>25</b></p>	<p>✓</p>	<p>Saturday <b>26</b></p>
		<p> Deadline for old clubs to match Offer Sheets submitted by Restricted Free Agents (see p. 96)</p>		<p>Conditioning/Treatment Notes/Weight _____</p>
				<p> <b>NFL DRAFT</b> New York City, NY</p>
<p>Lunch</p>		<p>Lunch</p>		
				<p>Sunday <b>27</b></p>
				<p>Conditioning/Treatment Notes/Weight _____</p>
				<p> <b>NFL DRAFT</b> New York City, NY</p>
<p>Evening</p>		<p>Evening</p>		
<p>Conditioning/Treatment Notes/Weight _____</p>		<p>Conditioning/Treatment Notes/Weight _____</p>		



## RESERVE LISTS FOR INJURED PLAYERS

Are you an injured player who is physically unable to play football? If so, your club may place you on one of several reserve lists depending on your circumstances. Below is a partial listing of the reserve lists and a brief explanation of your rights while on those lists.

### PHYSICALLY UNABLE TO PERFORM (PUP)

A player who fails his club's pre-season physical at the start of training camp may be placed by his club on the Physically Unable to Perform List (PUP). A player on PUP is eligible to receive his salary, but is ineligible for games and practices, except as described below. However, he may attend meetings of his club.

For a three-week period beginning with the day after the club's sixth regular season game and ending the day after the ninth regular season game, a player on PUP may practice with his club and/or be restored to his club's Active/Inactive List.

### RESERVE/INJURED

A player who suffers an injury in a practice or game after passing his club's pre-season physical may be placed on the club's Reserve/Injured List if the injury renders him physically unable to play football. A player will continue to receive his salary while on Reserve/Injured, but he is prohibited from practicing with his club for the remainder of the season. However, he may attend meetings of his club.

### NON-FOOTBALL INJURY OR ILLNESS (NFI)

A player who fails the pre-season physical of his club because of an injury unrelated to football may be placed on the Non-Football Injury or Illness List (NFI) if the injury renders him unable to play football. A player will not be entitled to receive his salary while on NFI, and will be prohibited from practicing until the three-week period beginning the day after his club's sixth regular season game, during which time he may be restored to his club's Active/Inactive List.

A player who suffers an injury unrelated to football after passing the club's pre-season physical may also be placed on NFI. If placed on NFI in this manner a player will not be able to return to practice or play with his club at any time during the season.

This is just an overview of the reserve lists and the rules applicable to them. Please call the NFLPA Legal Department at 800.372.2000 to discuss the specifics regarding your situation.

# May 2008



NFL PLAYERS  
ASSOCIATION

May 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
<b>11</b> MOTHER'S DAY	12	13	14	15 Annual Sports Lawyers Association Conference - San Francisco, CA	16 NFLPA Contract Advisor Seminar	17 NFL Players Rookie Premiere - Los Angeles, CA
18 NFL Players Rookie Premiere - Los Angeles, CA	<b>19</b> VICTORIA DAY (CANADA) NFL Owners Spring Meeting - Ritz Carlton Buckhead, Atlanta, GA	20	21	22	23	24
25	<b>26</b> MEMORIAL DAY (Observed) NFLPA offices closed (re-open Tues., May 27)	27 NFLPA offices re-open	28	29	30	31 NFLPA Retired Players Convention - location TBA






# 28 April 2008

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**ATTITUDE, IMAGE, MOTIVATION**

Setting goals and working toward their achievement are natural allies of AIM. You can exercise a high degree of control over your self-image by the way you follow-through after setting your goals. A goal means nothing if it is not the object of serious effort.

Each step that you accomplish toward reaching your short-range goal is an important factor in improving your self-image and will help generate the motivation towards the achievement of the long-range goals you have set for yourself.

Monday 28	✓	Tuesday 29	✓	Wednesday 30	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

MARCH 2008

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APRIL 2008

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27	28	29	30			

MAY 2008

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JUNE 2008

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JULY 2008

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May 4  
2008

ATTITUDE, IMAGE, MOTIVATION – Key Thoughts

1. Appreciation of someone else's good work or deed contributes to your own positive mental attitude by directing the focus of your own interest to other people.
2. Your own attitude, image and motivation can be a positive influence on people with whom you come in contact.
3. Feeling good physically can help you to feel good about yourself.

Thursday 1	✓	Friday 2	✓	Saturday 3
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				Sunday 4
Evening		Evening		
				Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		




# 5 May 2008

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## KEEPING INFORMED

Keeping informed about what is happening in the world is very important in order to keep your own activities in proper perspective. A very direct example was when the link between smoking and lung cancer and heart disease was suggested. Smokers then had an opportunity to assess the risks in their own behavior.

In social functions and other group activities there is likely to be discussion about significant current events. If you want to be a full participant in such contests it is important to know what is happening in the world.

Monday 5	✓	Tuesday 6	✓	Wednesday 7	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

MARCH 2008

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APRIL 2008

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27	28	29	30			

MAY 2008

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JUNE 2008

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JULY 2008

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May 11  
2008

When important decisions must be made affecting your career, being informed can help you chart the right path. Knowing where the big opportunities will be in the future will help you in decisions about whether you need special training or experience other than what you are getting.

Keeping informed means more than just knowing what is happening. It also means having some idea of why it is happening and what the consequences are likely to be. This kind of knowledge will be of great value in your own decision making.

Thursday 8	✓	Friday 9	✓	Saturday 10
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				Sunday 11
				MOTHER'S DAY
Evening		Evening		Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		




# 12 May 2008

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## KEEPING INFORMED

Being informed is an objective when the time comes for you to exercise your rights in the voting booth. Knowledge of people and issues is essential if you are to participate intelligently and constructively in the democratic process.

The art of asking questions is another key to excellence in communicating and learning. Except in a pre-planned debate, questions should be asked to gain greater understanding, not to generate controversy. Remember, a question is a message and the same rules apply as apply in all communications.

Monday 12	✓	Tuesday 13	✓	Wednesday 14	✓
Lunch 		Lunch 		Lunch 	
Evening		Evening		Evening	
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____	

MARCH 2008

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APRIL 2008

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MAY 2008

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JUNE 2008

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29	30					

JULY 2008







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# May 18

2008

How to keep informed is only a matter of how much time and effort you are willing to put into it. A five minute radio broadcast news summary is better than nothing at all, but it is unlikely to provide you with the background, the why's and the wherefore's, and the probable consequences.

A good newspaper read daily, coupled with one of the several weekly news magazines can make you relatively expert and knowledgeable about current events. Discussions with friends and associates will frequently bring out points one or more of you may have missed.

Thursday 15	✓	Friday 16	✓	Saturday 17
 Annual Sports Lawyers Association Conference - Westin St. Francis Hotel, San Francisco, CA		 Annual Sports Lawyers Association Conference - Westin St. Francis Hotel, San Francisco, CA		Conditioning/Treatment Notes/Weight _____
				 Annual Sports Lawyers Association Conference - Westin St. Francis Hotel, San Francisco, CA
		NFLPA Contract Advisors Seminar		NFL Players Rookie Premiere - Los Angeles, CA
		NFL Players Rookie Premiere - Los Angeles, CA		
Lunch 		Lunch 		
				Sunday 18
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		 NFL Players Rookie Premiere - Los Angeles, CA
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		







# 19 May 2008

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## KEEPING INFORMED

Appearing to be an informed person can be extremely valuable when you are being interviewed for a job or for entry to a specific college or graduate school. Having good knowledge of current events will help to develop self-confidence and a positive self-image.

Knowledge of the historical background of current events will be enhanced by a history book or course, by biographies of important public figures and by commentaries of journalistic or academic stalwarts of the past and the present.

Monday 19	VICTORIA DAY (Canada)	✓	Tuesday 20	✓	Wednesday 21	✓	
 NFL Club Owners Spring Meeting- Ritz Carlton Buckhead, Atlanta, GA			 NFL Club Owners Spring Meeting- Ritz Carlton Buckhead, Atlanta, GA		 NFL Club Owners Spring Meeting- Ritz Carlton Buckhead, Atlanta, GA		
Lunch			Lunch			Lunch	
Evening			Evening		Evening		
Conditioning/Treatment Notes/Weight _____			Conditioning/Treatment Notes/Weight _____			Conditioning/Treatment Notes/Weight _____	

MARCH 2008

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APRIL 2008

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MAY 2008

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18	19	20	21	22	23	24
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JUNE 2008

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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JULY 2008

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23	24	25	26	27	28	29
30	31					

May 25  
2008

KEEPING INFORMED – Key Thoughts

1. Keeping well informed on what is going on in the world can yield immediate positive benefits for you.
2. Being informed is a necessity when important decisions must be made.
3. Keeping informed is easy if you plan for it.

Thursday 22	✓	Friday 23	✓	Saturday 24
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				
				Sunday 25
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		
Conditioning/Treatment Notes/Weight _____			Conditioning/Treatment Notes/Weight _____	





## 2008 REPORTING DATE AND PLAYER HOLDOUTS

**Reporting Date** – Your NFL club is prohibited from requiring that any veteran player (other than quarterbacks and injured players) report to the club’s official pre-season training camp earlier than fifteen (15) days (including one day for physical examinations) prior to its first scheduled pre-season game or July 15, whichever is later. Since this date will obviously vary from club to club, you will be sent a notice in the next few weeks indicating the earliest date your club may begin camp. Your club is also prohibited from allowing veteran players to participate in any practice activity during the ten-day (10) period preceding the veteran reporting date (see the April 2008 Alert, p. 108, for exceptions to this rule).

**Player Holdouts** – The start of training camp is just around the corner and many players – veterans and rookies – remain unsigned or are attempting to renegotiate with their NFL clubs. If you have not signed and reported by the start of training camp, you may be subject to certain rules contained in the Collective Bargaining Agreement.

- I. **Accrued Seasons.** A player will not receive an Accrued Season toward free agency for any league year in which the player is under contract to his club and he fails to report to that club at least thirty (30) days prior to the first regular season game. This is an important consideration for a player who has played fewer than the minimum number of Accrued Seasons needed to be an Unrestricted Free Agent (four Accrued Seasons is the minimum in a capped year).
- II. **Roster Exemption.** An unsigned Restricted Free Agent (three but less than four Accrued Seasons) can be placed on his club’s Roster Exempt List if he does not sign a new contract and report to camp at least the day before the club’s second pre-season game. If he signs and reports after that date, he will lose one or more weeks of regular season pay depending on how late he signs and reports. A player in this category should thoroughly review Article XXXII, Section 4 of the CBA and/or have his agent call the NFLPA Legal Department.
- III. **Club Discipline.** A club may fine any player who is under contract and reports late to training camp a fine of \$14,288 per day for the 2008 pre-season. If the player signed the contract as an Unrestricted Free Agent, the player can also be fined an additional one week’s regular season salary for each pre-season game missed.

Knowing these rules and their potential impact on you should assist you in formulating an effective negotiating strategy. If you have any questions on these or other subjects of the Collective Bargaining Agreement, please call the NFLPA Legal Department at 800.372.2000.

# June 2008



NFL PLAYERS  
ASSOCIATION

June 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 </p> <p>Deadline for Restricted Free Agents and Unrestricted Free Agents to receive June 1 tender (see p. 8, 96)</p> <p>Also cut-off date for applications to receive June 30, 2008 Severance Payments</p>	2	3	4	5	6	7
8	9	10	11	12	13	<p>14</p> <p>FLAG DAY</p>
<p>15 </p> <p>FATHER'S DAY</p> <p>Deadline for Restricted Free Agents to accept Qualifying Offer (if higher than 110% of previous year's salary) (see p. 8, 96)</p>	16	17	18	19	20	21
22	23	24	25	26	27	28
<p>29 </p> <p>NFL/NFLPA Rookie Symposium - La Costa Resort, Carlsbad, CA →</p>	<p>30 </p>					







# 26 May 2008

**Priority Goals** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## GAINING RESPECT

A key element in both occupational and social relationships is earning the respect of those with whom you interrelate. It is not necessary for them to like you or to agree with you, but it is important that they respect you for your integrity, your judgment, your consistency and for the respect you show for yourself.

Therefore, the first step in gaining the respect of others is to respect yourself – both your mind and your body. You show respect for yourself by the way you treat your mind and body.

Monday 26 MEMORIAL DAY	Tuesday 27	Wednesday 28
 NFLPA offices closed - (re-open Tues., May 27th)	 NFLPA offices re-open	 NFLPA Retired Players Convention - location TBA
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____

APRIL 2008

S	M	T	W	T	F	S
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27	28	29	30			

MAY 2008

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JUNE 2008

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JULY 2008

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AUGUST 2008

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# June 1 2008

For the remaining weeks, the discussion in your "Planner" will center on the various subjects covered in *NFL Player Planner*, and how the application of the suggestions can help in enhancing your respect for yourself and in turn gaining the respect of others.

These subjects include time management, setting goals, physical fitness, effective communication, keeping informed, achieving excellence, ethical behavior, and attitude, image and motivation. You may find yourself prompted to turn back to refresh your memory on some of the topics covered.

Thursday  
29



Friday  
30



Saturday  
31



NFLPA Retired Players  
Convention - location TBA



NFLPA Retired Players  
Convention - location TBA

Conditioning/Treatment Notes/Weight \_\_\_\_\_



NFLPA Retired Players  
Convention - location TBA

Lunch



Lunch



Sunday  
1

Evening

Evening

Conditioning/Treatment Notes/Weight \_\_\_\_\_



NFLPA Retired Players  
Convention - location TBA

Deadline for Restricted Free  
Agents and Unrestricted  
Free Agents to receive June 1  
tender. (see p. 8, 96)

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_




Also, cut-off date for applications  
to receive June 30, 2008  
Severance Payments

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## GAINING RESPECT

Each of the topics covered in the "Planner" is geared to help you achieve respect for yourself. Managing your time well will make it possible for you to do most of those things that are necessary to live a more satisfying life.

Planning how that time will be used doesn't mean a rigid schedule, but rather takes the pressure off so that you are able to do what you have and what you want to do. Planning gives significance to the second subject – setting goals for yourself.

Monday 2	✓ Tuesday 3	✓ Wednesday 4	✓
Lunch 	Lunch 	Lunch 	
Evening	Evening	Evening	
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

APRIL 2008

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20	21	22	23	24	25	26
27	28	29	30			

MAY 2008

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24	25	26	27	28	29	30
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JUNE 2008

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22	23	24	25	26	27	28
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JULY 2008

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20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST 2008

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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June 8  
2008

Having goals for yourself is itself a sign of respect. It means both that you want to achieve something and that you believe it can be done. Each step taken toward reaching that goal will give you a new sense of satisfaction which in turn will contribute to your respect.

More importantly, it will give a sense of purpose to your existence. If you know that you have specific talent and your goal is to achieve a top ranking in the use of that talent, then you are demonstrating a high level of respect for yourself.

Thursday  
5



Friday  
6



Saturday  
7

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Lunch



Lunch



Sunday  
8

Evening

Evening

Conditioning/Treatment Notes/Weight \_\_\_\_\_




Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

## GAINING RESPECT

Nowhere does your respect for yourself show more visibly than in physical fitness. Carrying out the suggestions in the "Planner" on weight control and exercise is an important contributor to your respect for your body.

Of equal importance, and of greater critical impact is the discipline of avoiding those things which can destroy your mind and your body. **Saying "No" to drugs before you start is much easier than trying to say "No more" to drugs later on.** So why not take the easiest way and stop before you start.

Monday 9	✓ Tuesday 10	✓ Wednesday 11	✓
Lunch 	Lunch 	Lunch 	
Evening	Evening	Evening	
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	

APRIL 2008

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20	21	22	23	24	25	26
27	28	29	30			

MAY 2008

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE 2008

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JULY 2008

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AUGUST 2008

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# June 15 2008

When you have confidence that you are able to get your message across clearly and with motivational impact, your respect for yourself will become apparent. Effective communication is the essential ingredient in your relationships with other people.

Your efforts to improve and develop your communication skills will enhance your own self respect and will generate the respect that others will have for you. Review the suggestions for better communication in this book and try to put at least one into practice each day.

Thursday  
12

✓ Friday  
13

✓ Saturday  
14 FLAG DAY

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Lunch



Lunch



Sunday  
15 FATHER'S DAY

Conditioning/Treatment Notes/Weight \_\_\_\_\_



Deadline for Restricted Free Agents to accept Qualifying Offer (if higher than 110% of previous year's salary) (see p. 8, 96)

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_



Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
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## GAINING RESPECT

The desire and effort to achieve excellence are marks of self-respect. The actual achievement will add the elements of confidence and satisfaction which will bring about the respect of others.

Doing it right should always be your goal and objective, and you can take satisfaction from knowing that you are trying. For some, the effort itself becomes a form of achieved excellence because they try to do it right, whether or not they actually make it. So be persistent in your efforts to achieve excellence.

Monday 16	✓	Tuesday 17	✓	Wednesday 18	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

APRIL 2008  
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MAY 2008  
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 18 19 20 21 22 23 24  
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JUNE 2008  
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JULY 2008  
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AUGUST 2008  
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June 22  
 2008

Most ethical issues can be resolved by applying a simple rule of fairness – and people do respect a fair person. But sometimes it's hard to know what's fair when someone else gets ahead by breaking the rules. People say "Everybody does it." But that's not true.

It's not the quantity of actions which make something right, it's the quality of those actions. Other people will not remember that you went along with the crowd, but your individuality in separating yourself from the crowd will be noted and respected and remembered. So establish and maintain your own standards.




Thursday 19	✓	Friday 20	✓	Saturday 21
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				Sunday 22
Evening		Evening		
				Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

Priority Goals \_\_\_\_\_  
 \_\_\_\_\_  
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## GAINING RESPECT

Respect for yourself is a reflection of AIM – Attitude, Image and Motivation. Accentuating the positive without ignoring the negative will be highly regarded by others. Concern about how you come across to others is important, but how you come across to yourself will be of greater significance in achieving your goals.

Your motivation must be the desire to establish goals for yourself and to take steps to achieve them. So take AIM on your aspirations and you will gain the respect of others.

Monday 23	✓	Tuesday 24	✓	Wednesday 25	✓
Lunch 		Lunch 		Lunch 	
Evening		Evening		Evening	
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____	

APRIL 2008

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MAY 2008

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JUNE 2008

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JULY 2008

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AUGUST 2008

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# June 29 2008

### Gaining Respect – Key Thoughts

1. Doing the things that help you respect yourself will attract the respect of others. These things include time management, goal setting, physical fitness, effective communication, a passion for excellence, ethical behavior, being informed, and attitude, image and motivation.
2. You are an individual; demonstrate it by putting the fairness test into your decision making.

Thursday 26	✓	Friday 27	✓	Saturday 28
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				Sunday 29
				Conditioning/Treatment Notes/Weight _____  NFL/NFLPA Rookie Symposium - La Costa Resort, Carlsbad, CA
Evening		Evening		
Conditioning/Treatment Notes/Weight _____				Conditioning/Treatment Notes/Weight _____



## INJURY GRIEVANCE PROCEDURE AND SECOND MEDICAL OPINION

**Injury Grievances** – Your player contract contains important language protecting you if you become injured while playing for your NFL club. The language provides that if you are injured while performing services for your club and you promptly report the injury, you are entitled to:

- Receive your salary for the season of injury for as long as you remain physically unable to play during that season; and,
- Receive necessary treatment, rehabilitation, medical and hospital care.

If you are released by your club in 2008 while still injured and unable to play due to an injury you suffered with your club in 2008, **YOU MUST FILE AN INJURY GRIEVANCE WITHIN 25 DAYS** after your release by the club to enforce your rights under your player contract.

You should call the NFLPA as soon as possible after your release so that an injury grievance can be filed for you and you can be examined by a neutral physician. If the neutral physician finds that you are still injured and if the club still refuses to pay you, you will be given a hearing before an arbitrator who will decide your case. An NFLPA attorney will represent you free of charge, and all hearing expenses will be paid by the NFLPA.

Once you are injured, it is best to keep a diary or good notes of all the important events of your treatment, especially what you are told by the trainers and doctors. **This Player Planner contains space on the daily calendar for you to do this.** If you are released injured, your daily notes will make you a better witness at your hearing.

**Second Medical Opinion** – The CBA also gives you the right to get a second medical opinion concerning an injury from a physician other than your club physician. The club will be responsible for the expense of the second medical opinion as long as you: (1) Consult with your club before seeing the second opinion physician; and (2) Provide to your club a copy of the physician's report with his or her diagnosis and suggested course of treatment.






In addition, every player for whom surgery becomes necessary has the right under the CBA to select his own surgeon at the club's expense. This is always advisable, since club physicians in many cases are immune from suit for malpractice under state workers' compensation laws.

# July 2008



NFL PLAYERS  
ASSOCIATION







July 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>  CANADA DAY  NFL/NFLPA Rookie Symposium - La Costa Resort, Carlsbad, CA →	<b>2</b> 	<b>3</b>	<b>4</b> INDEPENDENCE DAY  Independence Day Holiday - NFLPA offices closed (re-open Mon., July 7)	<b>5</b>
<b>6</b>	<b>7</b>  NFLPA offices re-open	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>  Any club designating a Franchise Player shall have by this date to sign the player to a multi-year contract or extension.  Training Camp Opens (see p. 8)	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>  Signing period ends at 4:00 pm EDT for Unrestricted Free Agents to whom June 1 tender was made by old club and for Transition Players and Franchise Players who are subject to the rules for Transition/Franchise Players.	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

### VALUES

You are living in an era of our history when the behavior and conduct of many in high places are being questioned and challenged. Do not let this discourage you nor lead you down a false path, believing that such behavior is normal or appropriate.

The reason it gets such attention is because it is the exception, the abnormal and the inappropriate. You can start to change things by setting a good example, quietly at first.

Monday 30	✓ Tuesday 1 CANADA DAY	✓ Wednesday 2
 NFL/NFLPA Rookie Symposium - La Costa Resort, Carlsbad, CA	 NFL/NFLPA Rookie Symposium - La Costa Resort, Carlsbad, CA	 NFL/NFLPA Rookie Symposium - La Costa Resort, Carlsbad, CA
Lunch 	Lunch 	Lunch 
Evening	Evening	Evening
Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____	Conditioning/Treatment Notes/Weight _____

MAY 2008

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JUNE 2008

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JULY 2008

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AUGUST 2008

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SEPTEMBER 2008

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# July 6 2008


You have it within your power to reach new levels of achievement. Modern technology applied to information, medical practice, health, communication, and time management will make possible quantum leaps in your ability to improve your life and the lives of others. All that will be required will be burning desire on your part to do it right. You have the power to make a difference.

Grasp all your opportunities to achieve excellence in the use of your natural talents and abilities so that when the opportunity arises for you to make a difference, you will have both the competence and the confidence to do it.

Thursday  
**3**

✓ Friday INDEPENDENCE DAY  
**4**

✓ Saturday  
**5**

 NFLPA offices closed - (re-open Mon., July 7)

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Lunch



Lunch



Sunday  
**6**

Evening

Evening

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_







Priority Goals \_\_\_\_\_  
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## PREPARATION FOR THE FUTURE

The professional football experience provides a valuable base for almost any future career, particularly sports or business. The qualities needed in business and the characteristics of business activities have their counterparts on and off the field while you are participating as a professional player. Following are the prime examples of similarities in the requirements for being a professional football player and businessman.

The need for preparation is essential. As a player you have been through all the process of learning, practice, physical fitness and mental readiness to play. In business many opportunities come up unexpectedly and it is important that you be prepared to take advantage of those opportunities and move forward to achieve the goals that you have set for yourself.

Monday 7	✓	Tuesday 8	✓	Wednesday 9	✓
 NFLPA offices re-open					
Lunch 		Lunch 		Lunch 	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

MAY 2008

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JUNE 2008

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JULY 2008

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AUGUST 2008

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SEPTEMBER 2008

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July 13  
2008

Keep the game plan in mind. Business has one going all the time, so that all members of the team know what is going on and what they are supposed to be doing under different developing situations. In many cases the plan can change in response to competitive activities. This happens in business frequently and happens on the field continuously during the course of any game.

Business has short-term goals to achieve their ultimate objective. In football, this is known as remembering where the ten yard marker ends. Some businesses keep track of sales on a daily and even an hourly bases because that is their "ten yard marker". It is important to know what has to be done immediately in order to be able to move forward to the next goal after crossing the marker and moving to a new objective.

Thursday 10	✓	Friday 11	✓	Saturday 12
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				Sunday 13
				Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

# 14 July

## 2008

Priority Goals \_\_\_\_\_

\_\_\_\_\_





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### PREPARATION FOR THE FUTURE

The need for open and meaningful communication is a requirement of business as well as football. Information from salespeople in the territory can frequently help develop new opportunities or help protect from unexpected competitive action or changes. On the field individual players can often perform the same function when they see defensive lapses or when they note significant changes in circumstances.

Studying the playbook has an indirect counterpart in business. It is sometimes called the policy manual. It not only talks about how the company is supposed to conduct itself in its relationships with its employees, stockholders, customers, the media and its suppliers, but with interpersonal relationships among employees.

Monday 14	✓	Tuesday 15	✓	Wednesday 16	✓
		 Any club designating a Franchise Player shall have by this date to sign the player to a multi-year contract or extension.			
		Training Camps Open			
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

MAY 2008							JUNE 2008						
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11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					



JULY 2008							
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20	21	22	23	24	25	26	
27	28	29	30	31			

AUGUST 2008							SEPTEMBER 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	2	1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													

# July 20 2008

The need for flexibility is an important characteristic of both football and business. Judging when to adjust a predetermined game plan or program can frequently spell the difference between success and failure. At such times the communication referred to previously becomes doubly important so that all players, employees and everyone on the team knows that the game plan or direction will probably be changing.

Physical and mental fitness are important requirement for professional football players and for businessmen. A senior executive or a file clerk and all other employees must be on their toes to make certain that what is being done is being done right. Doing it right is the measure of excellence, and there is no more important quality on the football field or in the daily operations of any competitive business activity.

Thursday 17	✓	Friday 18	✓	Saturday 19
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				
				Sunday 20
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

# 21 July 2008

Priority Goals \_\_\_\_\_

\_\_\_\_\_





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## PREPARATION FOR THE FUTURE

Meeting obligations off the field or away from the office are facts of life that each of us has to deal with in our own ways. In order to fulfill our duties to the team or the company and still not neglect family or friends, it is necessary to plan and manage your time effectively. This will result in an improved quality of life, both personally and professionally.

Everybody has a boss. Whether on the field or in the office, it is necessary to be willing to accept decisions of authority. There will be times when you will disagree and in some cases, when the rules permit, you will have the opportunity to explain your disagreement. Having done that, you must have the mindset to accept the decisions of those who have been given the decision making authority.

Monday 21	✓	Tuesday 22	✓	Wednesday 23	✓
		 Signing period ends at 4:00 pm EDT for Unrestricted Free Agents to whom June 1 tender was made by old club and for Transition Players and Franchise Players who are subject to the rules for Transition Players and Franchise Players.			
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

MAY 2008

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JUNE 2008

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29	30					

JULY 2008

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27	28	29	30	31		

AUGUST 2008

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SEPTEMBER 2008

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28	29	30				

July 27  
2008

In a team sport and in a business setting, teamwork is a necessary ingredient for successfully achieving individual and team goals. With each person in the business or on the team having specific responsibilities all aimed at achieving both the short and long range goals of the team or business, a break-down in just one spot can have disastrous effects on the anticipated results.

The need for leadership is a common characteristic of both business and team sports. The top executive or head coach will set the short and long range goals, will set the standard for measuring performance, will decide who can do the job best, and will provide the motivation to each player or employee to carry out their assignments to the best of their abilities to achieve the goals and objectives of the organization.

Thursday 24	✓	Friday 25	✓	Saturday 26
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				
				Sunday 27
Evening		Evening		
				Conditioning/Treatment Notes/Weight _____
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		

# 28 July 2008

Priority Goals \_\_\_\_\_  
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## PREPARATION FOR THE FUTURE

It's a competitive world, and that is a huge part of what sports and business enterprises are all about. We compete for individual positions on the team or in the company and then the team or company competes to be a winner. Your professional football experience will help you develop the competitive mindset of a winner which will be a positive asset when you make the decision to go into business.

Keeping an open mind is important for developing winning tactics and strategy in an ever-changing work environment. In both sports and business it means a willingness to listen to the voice of experience and judge it on its merits. More importantly, it means keeping the mind actively evaluating alternative courses of action for their ultimate effect on achieving the objective which has been established.

Monday 28	✓	Tuesday 29	✓	Wednesday 30	✓
Lunch		Lunch		Lunch	
Evening		Evening		Evening	

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

Conditioning/Treatment Notes/Weight \_\_\_\_\_

JUNE 2008

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JULY 2008

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AUGUST 2008

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SEPTEMBER 2008

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OCTOBER 2008

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# August 3 2008

In business as in sports, it is necessary to renew, refresh and update your talents, your knowledge and your motivation frequently so that you can maintain that competitive edge. This is particularly important in business because of rapidly changing technology. Your professional football experience in this regard will be a tremendous help when you decide to go into business.

Professional football players have achieved a lofty goal that very few individuals have achieved, that of being a professional athlete. The hard work, perseverance, self-confidence, motivation and positive mental attitude required to be a professional athlete will provide a tremendous competitive edge when used properly in the business world.

Thursday 31	✓	Friday 1	✓	Saturday 2
				Conditioning/Treatment Notes/Weight _____
Lunch		Lunch		
				Sunday 3
				Conditioning/Treatment Notes/Weight _____
Evening		Evening		
Conditioning/Treatment Notes/Weight _____		Conditioning/Treatment Notes/Weight _____		





NFL PLAYERS  
ASSOCIATION

# August 2008

August 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# September 2008



NFL PLAYERS  
ASSOCIATION

September 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



NFL PLAYERS  
ASSOCIATION

# October 2008

October 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# November 2008



NFL PLAYERS  
ASSOCIATION

November 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



NFL PLAYERS  
ASSOCIATION

# December 2008

December 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# January 2009



NFL PLAYERS  
ASSOCIATION

January 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



NFL PLAYERS ASSOCIATION

# 2008 Yearly Planner

2008 Yearly Planner

September	October	November	December
1 MON	1 WED	1 SAT	1 MON
2 TUE	2 THU	2 SUN	2 TUE
3 WED	3 FRI	3 MON	3 WED
4 THU	4 SAT	4 TUE	4 THU
5 FRI	5 SUN	5 WED	5 FRI
6 SAT	6 MON	6 THU	6 SAT
7 SUN	7 TUE	7 FRI	7 SUN
8 MON	8 THU	8 SAT	8 MON
9 TUE	9 THU	9 SUN	9 TUE
10 WED	10 FRI	10 MON	10 WED
11 THU	11 SAT	11 TUE	11 THU
12 FRI	12 SUN	12 WED	12 FRI
13 SAT	13 MON	13 THU	13 SAT
14 SUN	14 TUE	14 FRI	14 SUN
15 MON	15 WED	15 SAT	15 MON
16 TUE	16 THU	16 SUN	16 TUE
17 WED	17 FRI	17 MON	17 WED
18 THU	18 SAT	18 TUE	18 THU
19 FRI	19 SUN	19 WED	19 FRI
20 SAT	20 MON	20 THU	20 SAT
21 SUN	21 TUE	21 FRI	21 SUN
22 MON	22 WED	22 SAT	22 MON
23 TUE	23 THU	23 SUN	23 TUE
24 WED	24 FRI	24 MON	24 WED
25 THU	25 SAT	25 TUE	25 THU
26 FRI	26 SUN	26 WED	26 FRI
27 SAT	27 MON	27 THU	27 SAT
28 SUN	28 TUE	28 FRI	28 SUN
29 MON	29 WED	29 SAT	29 MON
30 TUE	30 THU	30 SUN	30 TUE
	31 WED		31 WED

2009 Yearly Planner

January	February
1 THU	1 SUN
2 FRI	2 MON
3 SAT	3 TUE
4 SUN	4 WED
5 MON	5 THU
6 TUE	6 FRI
7 WED	7 SAT
8 THU	8 SUN
9 FRI	9 MON
10 SAT	10 TUE
11 SUN	11 WED
12 MON	12 THU
13 TUE	13 FRI
14 WED	14 SAT
15 THU	15 SUN
16 FRI	16 MON
17 SAT	17 TUE
18 SUN	18 WED
19 MON	19 THU
20 TUE	20 FRI
21 WED	21 SAT
22 THU	22 SUN
23 FRI	23 MON
24 SAT	24 TUE
25 SUN	25 WED
26 MON	26 THUR
27 TUE	27 FRI
28 WED	28 SAT
29 THUR	
30 FRI	
31 SAT	

# 2009 Yearly Planner



NFL PLAYERS  
ASSOCIATION

# 2009 Yearly Planner

March	April	May	June	July	August	September
1 SUN	1 WED	1 FRI	1 MON	1 WED <small>Canada Day (Canada)</small>	1 SAT	1 TUE
2 MON	2 THU	2 SAT	2 TUE	2 THU	2 SUN	2 WED
3 TUE	3 FRI	3 SUN	3 WED	3 FRI	3 MON	3 THU
4 WED	4 SAT	4 MON	4 THU	4 SAT <small>Independence Day</small>	4 TUE	4 FRI
5 THU	5 SUN <small>Palm Sunday</small>	5 TUE <small>Canada Day</small>	5 FRI	5 SUN	5 WED	5 SAT
6 FRI	6 MON	6 WED	6 SAT	6 MON	6 THU	6 SUN
7 SAT	7 TUE	7 THU	7 SUN	7 TUE	7 FRI	7 MON <small>Labour Day</small>
8 SUN <small>Daylight Saving Time Begins</small>	8 WED	8 FRI	8 MON	8 WED	8 SAT	8 TUE
9 MON	9 THU <small>Labour Day</small>	9 SAT	9 TUE	9 THU	9 SUN	9 WED
10 TUE	10 FRI <small>Good Friday</small>	10 SUN <small>Mother's Day</small>	10 WED	10 FRI	10 MON	10 THU
11 WED	11 SAT	11 MON	11 THU	11 SAT	11 TUE	11 FRI
12 THU	12 SUN <small>Easter Sunday</small>	12 TUE	12 FRI	12 SUN	12 WED	12 SAT
13 FRI	13 MON	13 WED	13 SAT	13 MON	13 THU	13 SUN <small>Canada Day</small>
14 SAT	14 TUE	14 THU	14 SUN <small>Flag Day</small>	14 TUE	14 FRI	14 MON
15 SUN	15 WED	15 FRI	15 MON	15 WED	15 SAT	15 TUE
16 MON	16 THU	16 SAT	16 TUE	16 THU	16 SUN	16 WED
17 TUE <small>Patrick Day</small>	17 FRI	17 SUN	17 WED	17 FRI	17 MON	17 THU
18 WED	18 SAT	18 MON <small>Trinity Day</small>	18 THU	18 SAT	18 TUE	18 FRI <small>Trinity Sunday</small>
19 THU	19 SUN	19 TUE	19 FRI	19 SUN	19 WED	19 SAT
20 FRI	20 MON	20 WED	20 SAT	20 MON	20 THU	20 SUN
21 SAT	21 TUE	21 THU	21 SUN <small>Father's Day</small>	21 TUE	21 FRI	21 MON
22 SUN	22 WED <small>Administrative Professionals Day</small>	22 FRI	22 MON	22 WED	22 SAT	22 TUE
23 MON	23 THU	23 SAT	23 TUE	23 THU	23 SUN	23 WED
24 TUE	24 FRI	24 SUN	24 WED	24 FRI	24 MON	24 THU
25 WED	25 SAT	25 MON <small>Memorial Day</small>	25 THU	25 SAT	25 TUE	25 FRI
26 THU	26 SUN	26 TUE	26 FRI	26 SUN	26 WED	26 SAT
27 FRI	27 MON	27 WED	27 SAT	27 MON	27 THU	27 SUN <small>Trinity Sunday</small>
28 SAT	28 TUE	28 THU	28 SUN	28 TUE	28 FRI	28 MON
29 SUN	29 WED	29 FRI	29 MON	29 WED	29 SAT	29 TUE
30 MON	30 THU	30 SAT	30 TUES	30 THU	30 SUN	30 WED
31 TUES		31 SUN		31 FRI	31 MON	









NFL PLAYERS  
ASSOCIATION

# 2007 - 2008 Expenses / Business

2007 - 2008 Expenses / Business

Expense	July	August	September	October	November	December	January
Advertising							
Airfare							
Auto - Gas							
Auto - Maintenance							
Auto - Mileage							
Auto - Rental							
Cell							
Client Gifts							
Computer							
Dining							
Dues/Subscriptions							
Entertaining							
Office Supplies							
Professional Fees							
Taxi							
Telephone							
Transportation							
MONTHLY TOTALS							





NFL PLAYERS ASSOCIATION

# 2007 - 2008 TV Schedule

2007 - 2008 TV Schedule

## Week 1

Thursday, September 6  
New Orleans at Indianapolis, 8:30 NBC

Sunday, September 9  
Atlanta at Minnesota, 1:00 FOX  
Carolina at St. Louis, 1:00 FOX  
Denver at Buffalo, 1:00 CBS  
Kansas City at Houston, 1:00 CBS  
Miami at Washington, 1:00 CBS  
New England at N. Y. Jets, 1:00 CBS  
Philadelphia at Green Bay, 1:00 FOX  
Pittsburgh at Cleveland, 1:00 CBS  
Tennessee at Jacksonville, 1:00 CBS  
Chicago at San Diego, 4:15 FOX  
Detroit at Oakland, 4:15 FOX  
Tampa Bay at Seattle, 4:15 FOX  
N.Y. Giants at Dallas, 8:15 NBC

Monday, September 10  
Baltimore at Cincinnati, 7:00 ESPN  
Arizona at San Francisco, 10:15 ESPN

## Week 2

Sunday, September 16  
Atlanta at Jacksonville, 1:00 FOX  
Buffalo at Pittsburgh, 1:00 CBS  
Cincinnati at Cleveland, 1:00 CBS  
Green Bay at N.Y. Giants, 1:00 FOX  
Houston at Carolina, 1:00 CBS  
Indianapolis at Tennessee, 1:00 CBS  
New Orleans at Tampa Bay, 1:00 FOX  
San Francisco at St. Louis, 1:00 FOX  
Dallas at Miami, 4:05 FOX  
Minnesota at Detroit, 4:05 FOX  
Seattle at Arizona, 4:05 FOX  
Kansas City at Chicago, 4:15 CBS  
N.Y. Jets at Baltimore, 4:15 CBS  
Oakland at Denver, 4:15 CBS  
San Diego at New England, 8:15 NBC

Monday, September 17  
Washington at Philadelphia, 8:30 ESPN

## Week 3

Sunday, September 23  
Arizona at Baltimore, 1:00 FOX  
Buffalo at New England, 1:00 CBS  
Detroit at Philadelphia, 1:00 FOX  
Indianapolis at Houston, 1:00 CBS  
Miami at N.Y. Jets, 1:00 CBS  
Minnesota at Kansas City, 1:00 FOX  
San Diego at Green Bay, 1:00 CBS  
San Francisco at Pittsburgh, 1:00 FOX  
St. Louis at Tampa Bay, 1:00 FOX  
Cincinnati at Seattle, 4:05 CBS  
Cleveland at Oakland, 4:05 CBS  
Jacksonville at Denver, 4:05 CBS  
Carolina at Atlanta, 4:15 FOX  
N.Y. Giants at Washington, 4:15 FOX  
Dallas at Chicago, 8:15 NBC

Monday, September 24  
Tennessee at New Orleans, 8:30 ESPN

## Week 4

Sunday, September 30  
Baltimore at Cleveland, 1:00 CBS  
Chicago at Detroit, 1:00 FOX  
Green Bay at Minnesota, 1:00 FOX  
Houston at Atlanta, 1:00 CBS  
N.Y. Jets at Buffalo, 1:00 CBS  
Oakland at Miami, 1:00 CBS  
St. Louis at Dallas, 1:00 FOX  
Seattle at San Francisco, 4:05 FOX  
Tampa Bay at Carolina, 4:05 FOX  
Denver at Indianapolis, 4:15 CBS  
Kansas City at San Diego, 4:15 CBS  
Pittsburgh at Arizona, 4:15 CBS  
Philadelphia at N.Y. Giants, 8:15 NBC

Monday, October 1  
New England at Cincinnati, 8:30 ESPN

## Week 5

Sunday, October 7  
Arizona at St. Louis, 1:00 FOX  
Atlanta at Tennessee, 1:00 FOX  
Carolina at New Orleans, 1:00 FOX  
Cleveland at New England, 1:00 CBS  
Detroit at Washington, 1:00 FOX  
Jacksonville at Kansas City, 1:00 CBS  
Miami at Houston, 1:00 CBS  
N.Y. Jets at N.Y. Giants, 1:00 CBS  
Seattle at Pittsburgh, 1:00 FOX  
Tampa Bay at Indianapolis, 4:05 FOX  
Baltimore at San Francisco, 4:15 CBS  
San Diego at Denver, 4:15 CBS  
Chicago at Green Bay, 8:15 NBC

Monday, October 8  
Dallas at Buffalo, 8:30 ESPN

## Week 6

Sunday, October 14  
Cincinnati at Kansas City, 1:00 CBS  
Houston at Jacksonville, 1:00 CBS  
Miami at Cleveland, 1:00 CBS  
Minnesota at Chicago, 1:00 FOX  
Philadelphia at N.Y. Jets, 1:00 FOX  
St. Louis at Baltimore, 1:00 FOX  
Tennessee at Tampa Bay, 1:00 CBS  
Washington at Green Bay, 1:00 FOX  
Carolina at Arizona, 4:05 FOX  
New England at Dallas, 4:15 CBS  
Oakland at San Diego, 4:15 CBS  
New Orleans at Seattle, 8:15 NBC

Monday, October 15  
N.Y. Giants at Atlanta, 8:30 ESPN

## Week 7

Sunday, October 21  
Arizona at Washington, 1:00 FOX  
Atlanta at New Orleans, 1:00 FOX  
Baltimore at Buffalo, 1:00 CBS  
Minnesota at Dallas, 1:00 FOX  
New England at Miami, 1:00 CBS  
San Francisco at N.Y. Giants, 1:00 FOX

Tampa Bay at Detroit, 1:00 FOX  
Tennessee at Houston, 1:00 CBS  
Kansas City at Oakland, 4:05 CBS  
N.Y. Jets at Cincinnati, 4:05 CBS  
Chicago at Philadelphia, 4:15 FOX  
St. Louis at Seattle, 4:15 FOX  
Pittsburgh at Denver, 8:15 NBC

Monday, October 22  
Indianapolis at Jacksonville, 8:30 ESPN

## Week 8

Sunday, October 28  
Cleveland at St. Louis, 12:00 CBS  
Detroit at Chicago, 12:00 FOX  
Indianapolis at Carolina, 12:00 CBS  
N.Y. Giants at Miami (London), 12:00 FOX  
Oakland at Tennessee, 12:00 CBS  
Philadelphia at Minnesota, 12:00 FOX  
Pittsburgh at Cincinnati, 12:00 CBS  
Buffalo at N.Y. Jets, 3:05 CBS  
Houston at San Diego, 3:05 CBS  
Jacksonville at Tampa Bay, 3:05 CBS  
New Orleans at San Francisco, 3:15 FOX  
Washington at New England, 3:15 FOX

Monday, October 29  
Green Bay at Denver, 7:30 ESPN

## Week 9

Sunday, November 4  
Arizona at Tampa Bay, 1:00 FOX  
Carolina at Tennessee, 1:00 FOX  
Cincinnati at Buffalo, 1:00 CBS  
Denver at Detroit, 1:00 CBS  
Green Bay at Kansas City, 1:00 FOX  
Jacksonville at New Orleans, 1:00 CBS  
San Diego at Minnesota, 1:00 CBS  
San Francisco at Atlanta, 1:00 FOX  
Washington at N.Y. Jets, 1:00 FOX  
Seattle at Cleveland, 4:05 FOX  
Houston at Oakland, 4:15 CBS  
New England at Indianapolis, 4:15 CBS  
Dallas at Philadelphia, 8:15 NBC

Monday, November 5  
Baltimore at Pittsburgh, 8:30 ESPN

## Week 10

Sunday, November 11  
Atlanta at Carolina, 1:00 FOX  
Buffalo at Miami, 1:00 CBS  
Cleveland at Pittsburgh, 1:00 CBS  
Denver at Kansas City, 1:00 CBS  
Jacksonville at Tennessee, 1:00 CBS  
Minnesota at Green Bay, 1:00 FOX  
Philadelphia at Washington, 1:00 FOX  
St. Louis at New Orleans, 1:00 FOX  
Cincinnati at Baltimore, 4:05 CBS  
Chicago at Oakland, 4:15 FOX  
Dallas at N.Y. Giants, 4:15 FOX  
Detroit at Arizona, 4:15 FOX  
Indianapolis at San Diego, 8:15 NBC

Monday, November 12  
San Francisco at Seattle, 8:30 ESPN

# 2007 - 2008 TV Schedule



NFL PLAYERS  
ASSOCIATION

2007 - 2008 TV Schedule

## Week 11

*Sunday, November 18*  
 Arizona at Cincinnati, 1:00 FOX  
 Carolina at Green Bay, 1:00 FOX  
 Cleveland at Baltimore, 1:00 CBS  
 Kansas City at Indianapolis, 1:00 CBS  
 Miami at Philadelphia, 1:00 CBS  
 New England at Buffalo, 1:00 CBS  
 New Orleans at Houston, 1:00 FOX  
 Oakland at Minnesota, 1:00 CBS  
 Pittsburgh at N.Y. Jets, 1:00 CBS  
 San Diego at Jacksonville, 1:00 CBS  
 Tampa Bay at Atlanta, 1:00 FOX  
 Washington at Dallas, 1:00 FOX  
 N.Y. Giants at Detroit, 4:15 FOX  
 St. Louis at San Francisco, 4:15 FOX  
 Chicago at Seattle, 8:15 NBC

*Monday, November 19*  
 Tennessee at Denver, 8:30 ESPN

## Week 12

*Thursday, November 22*  
 Green Bay at Detroit, 12:30  
 N.Y. Jets at Dallas, 4:15  
 Indianapolis at Atlanta, 8:15 NFL Network

*Sunday, November 25*  
 Buffalo at Jacksonville, 1:00 CBS  
 Denver at Chicago, 1:00 CBS  
 Houston at Cleveland, 1:00 CBS  
 Minnesota at N.Y. Giants, 1:00 FOX  
 New Orleans at Carolina, 1:00 FOX  
 Oakland at Kansas City, 1:00 CBS  
 Seattle at St. Louis, 1:00 FOX  
 Tennessee at Cincinnati, 1:00 CBS  
 Washington at Tampa Bay, 1:00 FOX  
 San Francisco at Arizona, 4:05 FOX  
 Baltimore at San Diego, 4:15 CBS  
 Philadelphia at New England, 8:15 NBC

*Monday, November 26*  
 Miami at Pittsburgh, 8:30 ESPN

## Week 13

*Thursday, November 29*  
 Green Bay at Dallas, 8:15 NFL Network

*Sunday, December 2*  
 Atlanta at St. Louis, 1:00 FOX  
 Buffalo at Washington, 1:00 CBS  
 Detroit at Minnesota, 1:00 FOX  
 Houston at Tennessee, 1:00 CBS  
 Jacksonville at Indianapolis, 1:00 CBS  
 N.Y. Jets at Miami, 1:00 CBS  
 San Diego at Kansas City, 1:00 CBS  
 Seattle at Philadelphia, 1:00 FOX  
 San Francisco at Carolina, 1:00 FOX  
 Tampa Bay at New Orleans, 1:00 FOX  
 Cleveland at Arizona, 4:05 CBS  
 Denver at Oakland, 4:05 CBS  
 N.Y. Giants at Chicago, 4:15 FOX  
 Cincinnati at Pittsburgh, 8:15 NBC

*Monday, December 3*  
 New England at Baltimore, 8:30 ESPN

## Week 14

*Thursday, December 6*  
 Chicago at Washington, 8:15 NFL Network

*Sunday, December 9*  
 Carolina at Jacksonville, 1:00 FOX  
 Dallas at Detroit, 1:00 FOX  
 Miami at Buffalo, 1:00 CBS  
 N.Y. Giants at Philadelphia, 1:00 FOX  
 Oakland at Green Bay, 1:00 CBS  
 Pittsburgh at New England, 1:00 CBS  
 San Diego at Tennessee, 1:00 CBS  
 St. Louis at Cincinnati, 1:00 FOX  
 Tampa Bay at Houston, 1:00 FOX  
 Arizona at Seattle, 4:05 FOX  
 Minnesota at San Francisco, 4:05 FOX  
 Cleveland at N.Y. Jets, 4:15 CBS  
 Kansas City at Denver, 4:15 CBS  
 Indianapolis at Baltimore, 8:15 NBC

*Monday, December 10*  
 New Orleans at Atlanta, 8:30 ESPN

## Week 15

*Thursday, December 13*  
 Denver at Houston, 8:15 NFL Network

*Saturday, December 15*  
 Cincinnati at San Francisco, 8:15 NFL Network

*Sunday, December 16*  
 Arizona at New Orleans, 1:00 FOX  
 Atlanta at Tampa Bay, 1:00 FOX  
 Baltimore at Miami, 1:00 CBS  
 Buffalo at Cleveland, 1:00 CBS  
 Green Bay at St. Louis, 1:00 FOX  
 Jacksonville at Pittsburgh, 1:00 CBS  
 N.Y. Jets at New England, 1:00 CBS  
 Seattle at Carolina, 1:00 FOX  
 Tennessee at Kansas City, 1:00 CBS  
 Indianapolis at Oakland, 4:05 CBS  
 Detroit at San Diego, 4:15 FOX  
 Philadelphia at Dallas, 4:15 FOX  
 Washington at N.Y. Giants, 8:15 NBC

*Monday, December 17*  
 Chicago at Minnesota, 8:30 ESPN

## Week 16

*Thursday, December 20*  
 Pittsburgh at St. Louis, 8:15 NFL Network

*Saturday, December 22*  
 Dallas at Carolina, 8:15 NFL Network

*Sunday, December 23*  
 Cleveland at Cincinnati, 1:00 CBS  
 Green Bay at Chicago, 1:00 FOX  
 Houston at Indianapolis, 1:00 CBS  
 Kansas City at Detroit, 1:00 CBS  
 Miami at New England, 1:00 CBS  
 N.Y. Giants at Buffalo, 1:00 FOX  
 Oakland at Jacksonville, 1:00 CBS  
 Philadelphia at New Orleans, 1:00 FOX  
 Washington at Minnesota, 1:00 FOX  
 Atlanta at Arizona, 4:05 FOX  
 Baltimore at Seattle, 4:15 CBS  
 N.Y. Jets at Tennessee, 4:15 CBS  
 Tampa Bay at San Francisco, 8:15 NBC

*Monday, December 24*  
 Denver at San Diego, 8:00 ESPN

## Week 17

*Saturday, December 29*  
 New England at N.Y. Giants, 8:15 NFL Network

*Sunday, December, 30*  
 Buffalo at Philadelphia, 1:00 CBS  
 Carolina at Tampa Bay, 1:00 FOX  
 Cincinnati at Miami, 1:00 CBS  
 Dallas at Washington, 1:00 FOX  
 Detroit at Green Bay, 1:00 FOX  
 Jacksonville at Houston, 1:00 CBS  
 New Orleans at Chicago, 1:00 FOX  
 Pittsburgh at Baltimore, 1:00 CBS  
 Seattle at Atlanta, 1:00 FOX  
 San Francisco at Cleveland, 1:00 FOX  
 Tennessee at Indianapolis, 1:00 CBS  
 Minnesota at Denver, 4:15 FOX  
 San Diego at Oakland, 4:15 CBS  
 St. Louis at Arizona, 4:15 FOX  
 Kansas City at N.Y. Jets, 8:15 NBC



**NFL PLAYERS**  
ASSOCIATION

# Team Contact Information

Team Contact Information

## Arizona Cardinals

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# Team Contact Information



NFL PLAYERS  
ASSOCIATION

Team Contact Information

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## New York Giants

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## Oakland Raiders

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# 2007 Team-by-Team Schedule

2007 Team-by-Team Schedule

## Arizona

September 10	at San Francisco	10:15
September 16	Seattle	4:05
September 23	at Baltimore	1:00
September 30	Pittsburgh	4:15
October 7	at St. Louis	1:00
October 14	Carolina	4:05
October 21	at Washington	1:00
October 28	Bye	
November 4	at Tampa Bay	1:00
November 11	Detroit	4:15
November 18	at Cincinnati	1:00
November 25	San Francisco	4:05
December 2	Cleveland	4:05
December 9	at Seattle	4:05
December 16	at New Orleans	1:00
December 23	Atlanta	4:05
December 30	St. Louis	4:15

## Atlanta

September 9	at Minnesota	1:00
September 16	at Jacksonville	1:00
September 23	Carolina	4:15
September 30	Houston	1:00
October 7	at Tennessee	1:00
October 15	N.Y. Giants	8:30
October 21	at New Orleans	1:00
October 28	Bye	
November 4	San Francisco	1:00
November 11	at Carolina	1:00
November 18	Tampa Bay	1:00
November 22	Indianapolis	8:15
December 2	at St. Louis	1:00
December 10	New Orleans	8:30
December 16	at Tampa Bay	1:00
December 23	at Arizona	4:05
December 30	Seattle	1:00

## Baltimore

September 10	at Cincinnati	7:00
September 16	N.Y. Jets	4:15
September 23	Arizona	1:00
September 30	at Cleveland	1:00
October 7	at San Francisco	4:15
October 14	St. Louis	1:00
October 21	at Buffalo	1:00
October 28	Bye	
November 5	at Pittsburgh	8:30
November 11	Cincinnati	4:05
November 18	Cleveland	1:00
November 25	at San Diego	4:15
December 3	New England	8:30
December 9	Indianapolis	8:15
December 16	at Miami	1:00
December 23	at Seattle	4:15
December 30	Pittsburgh	1:00

## Buffalo

September 9	Denver	1:00
September 16	at Pittsburgh	1:00
September 23	at New England	1:00
September 30	N.Y. Jets	1:00
October 8	Dallas	8:30
October 14	Bye	
October 21	Baltimore	1:00
October 28	at N.Y. Jets	3:05
November 4	Cincinnati	1:00
November 11	at Miami	1:00
November 18	New England	1:00
November 25	at Jacksonville	1:00
December 2	at Washington	1:00
December 9	Miami	1:00
December 16	at Cleveland	1:00
December 23	N.Y. Giants	1:00
December 30	at Philadelphia	1:00

## Carolina

September 9	at St. Louis	1:00
September 16	Houston	1:00
September 23	at Atlanta	4:15
September 30	Tampa Bay	4:05
October 7	at New Orleans	1:00
October 14	at Arizona	4:05
October 21	Bye	
October 28	Indianapolis	12:00
November 4	at Tennessee	1:00
November 11	Atlanta	1:00
November 18	at Green Bay	1:00
November 25	New Orleans	1:00
December 2	San Francisco	1:00
December 9	at Jacksonville	1:00
December 16	Seattle	1:00
December 22	Dallas	8:15
December 30	at Tampa Bay	1:00

## Chicago

September 9	at San Diego	4:15
September 16	Kansas City	4:15
September 23	Dallas	8:15
September 30	at Detroit	1:00
October 7	at Green Bay	8:15
October 14	Minnesota	1:00
October 21	at Philadelphia	4:15
October 28	Detroit	12:00
November 4	Bye	
November 11	at Oakland	4:15
November 18	at Seattle	8:15
November 25	Denver	1:00
December 2	N.Y. Giants	4:15
December 6	at Washington	8:15
December 17	at Minnesota	8:30
December 23	Green Bay	1:00
December 30	New Orleans	1:00

## Cincinnati

September 10	Baltimore	7:00
September 16	at Cleveland	1:00
September 23	at Seattle	4:05
October 1	New England	8:30
October 7	Bye	
October 14	at Kansas City	1:00
October 21	N.Y. Jets	4:05
October 28	Pittsburgh	12:00
November 4	at Buffalo	1:00
November 11	at Baltimore	4:05
November 18	Arizona	1:00
November 25	Tennessee	1:00
December 2	at Pittsburgh	8:15
December 9	St. Louis	1:00
December 15	at San Francisco	8:15
December 23	Cleveland	1:00
December 30	Miami	1:00

## Cleveland

September 9	Pittsburgh	1:00
September 16	Cincinnati	1:00
September 23	at Oakland	4:05
September 30	Baltimore	1:00
October 7	at New England	1:00
October 14	Miami	1:00
October 21	Bye	
October 28	at St. Louis	12:00
November 4	Seattle	4:05
November 11	at Pittsburgh	1:00
November 18	at Baltimore	1:00
November 25	Houston	1:00
December 2	at Arizona	4:05
December 9	at N.Y. Jets	4:15
December 16	Buffalo	1:00
December 23	at Cincinnati	1:00
December 30	San Francisco	1:00

## Dallas

September 9	N.Y. Giants	8:15
September 16	at Miami	4:05
September 23	at Chicago	8:15
September 30	St. Louis	1:00
October 8	at Buffalo	8:30
October 14	New England	4:15
October 21	Minnesota	1:00
October 28	Bye	
November 4	at Philadelphia	8:15
November 11	at N.Y. Giants	4:15
November 18	Washington	1:00
November 22	N.Y. Jets	4:15
November 29	Green Bay	8:15
December 9	at Detroit	1:00
December 16	Philadelphia	4:15
December 22	at Carolina	8:15
December 30	at Washington	1:00

## Denver

September 9	at Buffalo	1:00
September 16	Oakland	4:15
September 23	Jacksonville	4:05
September 30	at Indianapolis	4:15
October 7	San Diego	4:15
October 14	Bye	
October 21	Pittsburgh	8:15
October 29	Green Bay	7:30
November 4	at Detroit	1:00
November 11	at Kansas City	1:00
November 19	Tennessee	8:30
November 25	at Chicago	1:00
December 2	at Oakland	4:05
December 9	Kansas City	4:15
December 13	at Houston	8:15
December 24	at San Diego	8:00
December 30	Minnesota	4:15

## Detroit

September 9	at Oakland	4:15
September 16	Minnesota	4:05
September 23	at Philadelphia	1:00
September 30	Chicago	1:00
October 7	at Washington	1:00
October 14	Bye	
October 21	Tampa Bay	1:00
October 28	at Chicago	12:00
November 4	Denver	1:00
November 11	at Arizona	4:15
November 18	N.Y. Giants	4:15
November 22	Green Bay	12:30
December 2	at Minnesota	1:00
December 9	Dallas	1:00
December 16	at San Diego	4:15
December 23	Kansas City	1:00
December 30	at Green Bay	1:00

## Green Bay

September 9	Philadelphia	1:00
September 16	at N.Y. Giants	1:00
September 23	San Diego	1:00
September 30	at Minnesota	1:00
October 7	Chicago	8:15
October 14	Washington	1:00
October 21	Bye	
October 29	at Denver	7:30
November 4	at Kansas City	1:00
November 11	Minnesota	1:00
November 18	Carolina	1:00
November 22	at Detroit	12:30
November 29	at Dallas	8:15
December 9	Oakland	1:00
December 16	at St. Louis	1:00
December 23	at Chicago	1:00
December 30	Detroit	1:00

# 2007 Team-by-Team Schedule



NFL PLAYERS  
ASSOCIATION

2007 Team-by-Team Schedule

## Houston

September 9	Kansas City	1:00
September 16	at Carolina	1:00
September 23	Indianapolis	1:00
September 30	at Atlanta	1:00
October 7	Miami	1:00
October 14	at Jacksonville	1:00
October 21	Tennessee	1:00
October 28	at San Diego	3:05
November 4	at Oakland	4:15
November 11	Bye	
November 18	New Orleans	1:00
November 25	at Cleveland	1:00
December 2	at Tennessee	1:00
December 9	Tampa Bay	1:00
December 13	Denver	8:15
December 23	at Indianapolis	1:00
December 30	Jacksonville	1:00

## Miami

September 9	at Washington	1:00
September 16	Dallas	4:05
September 23	at N.Y. Jets	1:00
September 30	Oakland	1:00
October 7	at Houston	1:00
October 14	at Cleveland	1:00
October 21	New England	1:00
October 28	N.Y. Giants (London)	12:00
November 4	Bye	
November 11	Buffalo	1:00
November 18	at Philadelphia	1:00
November 26	at Pittsburgh	8:30
December 2	N.Y. Jets	1:00
December 9	at Buffalo	1:00
December 16	Baltimore	1:00
December 23	at New England	1:00
December 30	Cincinnati	1:00

## New York Giants

September 9	at Dallas	8:15
September 16	Green Bay	1:00
September 23	at Washington	4:15
September 30	Philadelphia	8:15
October 7	N.Y. Jets	1:00
October 15	at Atlanta	8:30
October 21	San Francisco	1:00
October 28	at Miami (London)	12:00
November 4	Bye	
November 11	Dallas	4:15
November 18	at Detroit	4:15
November 25	Minnesota	1:00
December 2	at Chicago	4:15
December 9	at Philadelphia	1:00
December 16	Washington	8:15
December 23	at Buffalo	1:00
December 29	New England	8:15

## Indianapolis

September 6	New Orleans	8:30
September 16	at Tennessee	1:00
September 23	at Houston	1:00
September 30	Denver	4:15
October 7	Tampa Bay	4:05
October 14	Bye	
October 22	at Jacksonville	8:30
October 28	at Carolina	12:00
November 4	New England	4:15
November 11	at San Diego	8:15
November 18	Kansas City	1:00
November 22	at Atlanta	8:15
December 2	Jacksonville	1:00
December 9	at Baltimore	8:15
December 16	at Oakland	4:05
December 23	Houston	1:00
December 30	Tennessee	1:00

## Minnesota

September 9	Atlanta	1:00
September 16	at Detroit	4:05
September 23	at Kansas City	1:00
September 30	Green Bay	1:00
October 7	Bye	
October 14	at Chicago	1:00
October 21	at Dallas	1:00
October 28	Philadelphia	12:00
November 4	San Diego	1:00
November 11	at Green Bay	1:00
November 18	Oakland	1:00
November 25	at N.Y. Giants	1:00
December 2	Detroit	1:00
December 9	at San Francisco	4:05
December 17	Chicago	8:30
December 23	Washington	1:00
December 30	at Denver	4:15

## New York Jets

September 9	New England	1:00
September 16	at Baltimore	4:15
September 23	Miami	1:00
September 30	at Buffalo	1:00
October 7	at N.Y. Giants	1:00
October 14	Philadelphia	1:00
October 21	at Cincinnati	4:05
October 28	Buffalo	3:05
November 4	Washington	1:00
November 11	Bye	
November 18	Pittsburgh	1:00
November 22	at Dallas	4:15
December 2	at Miami	1:00
December 9	Cleveland	4:15
December 16	at New England	1:00
December 23	at Tennessee	4:15
December 30	Kansas City	8:15

## Jacksonville

September 9	Tennessee	1:00
September 16	Atlanta	1:00
September 23	at Denver	4:05
September 30	Bye	
October 7	at Kansas City	1:00
October 14	Houston	1:00
October 22	Indianapolis	8:30
October 28	at Tampa Bay	3:05
November 4	at New Orleans	1:00
November 11	at Tennessee	1:00
November 18	San Diego	1:00
November 25	Buffalo	1:00
December 2	at Indianapolis	1:00
December 9	Carolina	1:00
December 16	at Pittsburgh	1:00
December 23	Oakland	1:00
December 30	at Houston	1:00

## New England

September 9	at N.Y. Jets	1:00
September 16	San Diego	8:15
September 23	Buffalo	1:00
October 1	at Cincinnati	8:30
October 7	Cleveland	1:00
October 14	at Dallas	4:15
October 21	at Miami	1:00
October 28	Washington	3:15
November 4	at Indianapolis	4:15
November 11	Bye	
November 18	at Buffalo	1:00
November 25	Philadelphia	8:15
December 3	at Baltimore	8:30
December 9	Pittsburgh	1:00
December 16	N.Y. Jets	1:00
December 23	Miami	1:00
December 29	at N.Y. Giants	8:15

## Oakland

September 9	Detroit	4:15
September 16	at Denver	4:15
September 23	Cleveland	4:05
September 30	at Miami	1:00
October 7	Bye	
October 14	at San Diego	4:15
October 21	Kansas City	4:05
October 28	at Tennessee	12:00
November 4	Houston	4:15
November 11	Chicago	4:15
November 18	at Minnesota	1:00
November 25	at Kansas City	1:00
December 2	Denver	4:05
December 9	at Green Bay	1:00
December 16	Indianapolis	4:05
December 23	at Jacksonville	1:00
December 30	San Diego	4:15

## Kansas City

September 9	at Houston	1:00
September 16	at Chicago	4:15
September 23	Minnesota	1:00
September 30	at San Diego	4:15
October 7	Jacksonville	1:00
October 14	Cincinnati	1:00
October 21	at Oakland	4:05
October 28	Bye	
November 4	Green Bay	1:00
November 11	Denver	1:00
November 18	at Indianapolis	1:00
November 25	Oakland	1:00
December 2	San Diego	1:00
December 9	at Denver	4:15
December 16	Tennessee	1:00
December 23	at Detroit	1:00
December 30	at N.Y. Jets	8:15

## New Orleans

September 6	at Indianapolis	8:30
September 16	at Tampa Bay	1:00
September 24	Tennessee	8:30
September 30	Bye	
October 7	Carolina	1:00
October 14	at Seattle	8:15
October 21	Atlanta	1:00
October 28	at San Francisco	3:15
November 4	Jacksonville	1:00
November 11	St. Louis	1:00
November 18	at Houston	1:00
November 25	at Carolina	1:00
December 2	Tampa Bay	1:00
December 10	at Atlanta	8:30
December 16	Arizona	1:00
December 23	Philadelphia	1:00
December 30	at Chicago	1:00

## Philadelphia

September 9	at Green Bay	1:00
September 17	Washington	8:30
September 23	Detroit	1:00
September 30	at N.Y. Giants	8:15
October 7	Bye	
October 14	at N.Y. Jets	1:00
October 21	Chicago	4:15
October 28	at Minnesota	12:00
November 4	Dallas	8:15
November 11	at Washington	1:00
November 18	Miami	1:00
November 25	at New England	8:15
December 2	Seattle	1:00
December 9	N.Y. Giants	1:00
December 16	at Dallas	4:15
December 23	at New Orleans	1:00
December 30	Buffalo	1:00



NFL PLAYERS ASSOCIATION

# 2007 Team-by-Team Schedule

2007 Team-by-Team Schedule

## Pittsburgh

September 9	at Cleveland	1:00
September 16	Buffalo	1:00
September 23	San Francisco	1:00
September 30	at Arizona	4:15
October 7	Seattle	1:00
October 14	Bye	
October 21	at Denver	8:15
October 28	at Cincinnati	12:00
November 5	Baltimore	8:30
November 11	Cleveland	1:00
November 18	at N.Y. Jets	1:00
November 26	Miami	8:30
December 2	Cincinnati	8:15
December 9	at New England	1:00
December 16	Jacksonville	1:00
December 20	at St. Louis	8:15
December 30	at Baltimore	1:00

## San Francisco

September 10	Arizona	10:15
September 16	at St. Louis	1:00
September 23	at Pittsburgh	1:00
September 30	Seattle	4:05
October 7	Baltimore	4:15
October 14	Bye	
October 21	at N.Y. Giants	1:00
October 28	New Orleans	3:15
November 4	at Atlanta	1:00
November 12	at Seattle	8:30
November 18	St. Louis	4:15
November 25	at Arizona	4:05
December 2	at Carolina	1:00
December 9	Minnesota	4:05
December 15	Cincinnati	8:15
December 23	Tampa Bay	8:15
December 30	at Cleveland	1:00

## Tennessee

September 9	at Jacksonville	1:00
September 16	Indianapolis	1:00
September 24	at New Orleans	8:30
September 30	Bye	
October 7	Atlanta	1:00
October 14	at Tampa Bay	1:00
October 21	at Houston	1:00
October 28	Oakland	12:00
November 4	Carolina	1:00
November 11	Jacksonville	1:00
November 19	at Denver	8:30
November 25	at Cincinnati	1:00
December 2	Houston	1:00
December 9	San Diego	1:00
December 16	at Kansas City	1:00
December 23	N.Y. Jets	4:15
December 30	at Indianapolis	1:00

## St. Louis

September 9	Carolina	1:00
September 16	San Francisco	1:00
September 23	at Tampa Bay	1:00
September 30	at Dallas	1:00
October 7	Arizona	1:00
October 14	at Baltimore	1:00
October 21	at Seattle	4:15
October 28	Cleveland	12:00
November 4	Bye	
November 11	at New Orleans	1:00
November 18	at San Francisco	4:15
November 25	Seattle	1:00
December 2	Atlanta	1:00
December 9	at Cincinnati	1:00
December 16	Green Bay	1:00
December 20	Pittsburgh	8:15
December 30	at Arizona	4:15

## Seattle

September 9	Tampa Bay	4:15
September 16	at Arizona	4:05
September 23	Cincinnati	4:05
September 30	at San Francisco	4:05
October 7	at Pittsburgh	1:00
October 14	New Orleans	8:15
October 21	St. Louis	4:15
October 28	Bye	
November 4	at Cleveland	4:05
November 12	San Francisco	8:30
November 18	Chicago	8:15
November 25	at St. Louis	1:00
December 2	at Philadelphia	1:00
December 9	Arizona	4:05
December 16	at Carolina	1:00
December 23	Baltimore	4:15
December 30	at Atlanta	1:00

## Washington

September 9	Miami	1:00
September 17	at Philadelphia	8:30
September 23	N.Y. Giants	4:15
September 30	Bye	
October 7	Detroit	1:00
October 14	at Green Bay	1:00
October 21	Arizona	1:00
October 28	at New England	3:15
November 4	at N.Y. Jets	1:00
November 11	Philadelphia	1:00
November 18	at Dallas	1:00
November 25	at Tampa Bay	1:00
December 2	Buffalo	1:00
December 6	Chicago	8:15
December 16	at N.Y. Giants	8:15
December 23	at Minnesota	1:00
December 30	Dallas	1:00

## San Diego

September 9	Chicago	4:15
September 16	at New England	8:15
September 23	at Green Bay	1:00
September 30	Kansas City	4:15
October 7	at Denver	4:15
October 14	Oakland	4:15
October 21	Bye	
October 28	Houston	3:05
November 4	at Minnesota	1:00
November 11	Indianapolis	8:15
November 18	at Jacksonville	1:00
November 25	Baltimore	4:15
December 2	at Kansas City	1:00
December 9	at Tennessee	1:00
December 16	Detroit	4:15
December 24	Denver	8:00
December 30	at Oakland	4:15

## Tampa Bay

September 9	at Seattle	4:15
September 16	New Orleans	1:00
September 23	St. Louis	1:00
September 30	at Carolina	4:05
October 7	at Indianapolis	4:05
October 14	Tennessee	1:00
October 21	at Detroit	1:00
October 28	Jacksonville	3:05
November 4	Arizona	1:00
November 11	Bye	
November 18	at Atlanta	1:00
November 25	Washington	1:00
December 2	at New Orleans	1:00
December 9	at Houston	1:00
December 16	Atlanta	1:00
December 23	at San Francisco	8:15
December 30	Carolina	1:00



## NFLPA 2007-2008 Lists

### Workers' Compensation Panel Attorneys

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### Second Medical Opinion Physicians

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The following pages contain the names of attorneys,  
doctors and chiropractors who may be able  
to assist NFLPA members with legal services, second  
medical opinions or chiropractic services

These names are provided for your convenience.

The NFLPA is not responsible  
for any fees due for any services rendered.

If you have questions, please call the

NFLPA Legal Department at

800.372.2000.



# Who You Gonna Call?

Who You Gonna Call?

## NFLPA Workers' Compensation Panel Attorneys

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### San Francisco 49ers

DR. JOEL RENBAUM  
1 Daniel Burnham Ct., Suite 365C  
San Francisco, CA 94109  
415.202.1920  
415.922.6344 (fax)

### Seattle Seahawks

TBA

### Tampa Bay Buccaneers

DR. ROBERT CALLAHAN  
6101 Webb Road, Suite 105  
Tampa, FL 33615  
813.901.0200

DR. DAVID LEFFERS  
4175 East Fowler Avenue  
Tampa, FL 33617  
800.229.7044  
813.978.9700  
813.977.6308 (fax)

DR. DAVID SCHULAK  
Fletcher Medical Center  
Suite 370  
3000 East Fletcher Avenue  
Tampa, FL 33613  
813.977.4767  
813.977.6275 (fax)

### Tennessee Titans

DR. DAVID GAW  
Southern Hill Medical Center  
Building C-301  
397 Wallace Road  
Nashville, TN 37211  
615.833.1918  
615.331.2545 (fax)

### Washington Redskins

DR. JOSEPH D. LINEHAM  
3 Washington Circle, Suite 204  
Washington, DC 20037  
202.872.0755  
202.296.3937 (fax)  
and  
1800 Town Center Drive, Suite 418  
Reston, VA 22090  
703.471.1313

DR. CARL MacCARTEE  
DR. STEVE HAAS  
Suite 516  
2021 K Street, NW  
Washington, DC 20006  
202.833.1147  
202.296.2515 (fax)  
and  
545 Wisconsin Ave., Suite 1000  
Chevy Chase, MD 20815  
301.657.1996  
301.951.6160 (fax)

Who You Gonna Call?



NFL PLAYERS  
ASSOCIATION

# 2006 NFL Conference Standings

2006 NFL Conference Standings

AFC East	W	L	T	PF	PA	Home	Road	NFC	AFC	DIV	Streak
New England	12	4	0	385	237	5-3	7-1	4-0	8-4	4-2	Won 3
N.Y. Jets	10	6	0	316	295	4-4	6-2	3-1	7-5	4-2	Won 3
Buffalo	7	9	0	300	311	4-4	3-5	2-2	5-7	3-3	Lost 2
Miami	6	10	0	260	283	4-4	2-6	3-1	3-9	1-5	Lost 3

AFC North	W	L	T	PF	PA	Home	Road	NFC	AFC	DIV	Streak
Baltimore	13	3	0	353	201	7-1	6-2	3-1	10-2	5-1	Won 4
Cincinnati	8	8	0	373	331	4-4	4-4	2-2	6-6	4-2	Lost 3
Pittsburgh	8	8	0	353	315	5-3	3-5	3-1	5-7	3-3	Won 1
Cleveland	4	12	0	238	356	2-6	2-6	1-3	3-9	0-6	Lost 4

AFC South	W	L	T	PF	PA	Home	Road	NFC	AFC	DIV	Streak
Indianapolis	12	4	0	427	360	8-0	4-4	3-1	9-3	3-3	Won 1
Tennessee	8	8	0	324	400	4-4	4-4	3-1	5-7	4-2	Lost 1
Jacksonville	8	8	0	371	274	6-2	2-6	3-1	5-7	2-4	Lost 3
Houston	6	10	0	267	366	4-4	2-6	0-4	6-6	3-3	Won 2

AFC West	W	L	T	PF	PA	Home	Road	NFC	AFC	DIV	Streak
San Diego	14	2	0	492	303	8-0	6-2	4-0	10-2	5-1	Won 10
Kansas City	9	7	0	331	315	6-2	3-5	4-0	5-7	4-2	Won 2
Denver	9	7	0	319	305	4-4	5-3	1-3	8-4	3-3	Lost 1
Oakland	2	14	0	168	332	2-6	0-8	1-3	1-11	0-6	Lost 9

NFC East	W	L	T	PF	PA	Home	Road	NFC	AFC	DIV	Streak
Philadelphia	10	6	0	398	328	5-3	5-3	9-3	1-3	5-1	Won 5
Dallas	9	7	0	425	350	4-4	5-3	6-6	3-1	2-4	Lost 2
N. Y. Giants	8	8	0	355	362	3-5	5-3	7-5	1-3	4-2	Won 1
Washington	5	11	0	307	376	3-5	2-6	3-9	2-2	1-5	Lost 2

NFC North	W	L	T	PF	PA	Home	Road	NFC	AFC	DIV	Streak
Chicago	13	3	0	427	255	6-2	7-1	11-1	2-2	5-1	Lost 1
Green Bay	8	8	0	301	366	3-5	5-3	7-5	1-3	5-1	Won 4
Minnesota	6	10	0	282	327	3-5	3-5	6-6	0-4	2-4	Lost 3
Detroit	3	13	0	305	398	2-6	1-7	2-10	1-3	0-6	Won 1

NFC South	W	L	T	PF	PA	Home	Road	NFC	AFC	DIV	Streak
New Orleans	10	6	0	413	322	4-4	6-2	9-3	1-3	4-2	Lost 1
Carolina	8	8	0	270	305	4-4	4-4	6-6	2-2	5-1	Won 2
Atlanta	7	9	0	292	328	3-5	4-4	5-7	2-2	3-3	Lost 3
Tampa Bay	4	12	0	211	353	3-5	1-7	2-10	2-2	0-6	Lost 1

NFC West	W	L	T	PF	PA	Home	Road	NFC	AFC	DIV	Streak
Seattle	9	7	0	335	341	5-3	4-4	7-5	2-2	3-3	Won 1
St. Louis	8	8	0	367	381	4-4	4-4	6-6	2-2	2-4	Won 3
San Francisco	7	9	0	298	412	4-4	3-5	5-7	2-2	3-3	Won 1
Arizona	5	11	0	314	389	3-5	2-6	5-7	0-4	4-2	Lost 1

# Team Practice Facility Directions from Airport



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Team Practice Facility Directions from Airport

Arizona Cardinals	8701 S. Hardy Drive Tempe, AZ 85284-2800	Take 44 <sup>th</sup> Street/Hohokam Expressway from airport southbound (Rte. turn at T intersection). Travel approx. 1 mile to I-10 East cloverleaf. Take I-10 east toward Tucson. Stay on I-10 approx. 4 miles. Exit at Warner Road. eastbound. Cardinals' training complex is located on the north side of Warner Rd, 1 mile east of I-10.
Atlanta Falcons	4400 Falcon Parkway Flowery Branch, GA 30542	Take I-85 North to I-985 North to Exit 12 (Spout Springs Rd.) Turn left onto Spout Springs Rd and go 0.3 of a mile and take first right on Thurmond Tanner Rd. Go 1.3 miles to stop light and turn right on Falcon Parkway/Atlanta Highway and go 0.8 of a mile. Falcons' complex is on the left.
Baltimore Ravens	11001 Owings Mills Blvd. Owings Mills, MD 21117	<i>To Practice Facility:</i> Exit Airport at I-95 West, drive 2-3 miles to I-95 North to Baltimore. (Do NOT take the first Baltimore exit at airport), but proceed immediately to far left lane for 2 miles and take 695 TOWSON (sharp left curve ramp). Take Exit 19 and access 795 (Northwest Expressway) to Owings Mills. Take Exit 4, Owings Mill Blvd. Bear to your left. You will be on Owings Mill Blvd. heading South. Follow Owings Mill Blvd. all the way to Lyons Mill Road and make a right. Follow Lyons Mill for several couple of miles and then make a right at the 4-way stop sign (Deer Park Road). The Ravens facility will be 1/4 mile on your left. <i>To Stadium:</i> Exit BMI Airport I-95 to I-95N Baltimore. Take exit 52, Russell Street N. Make a right onto Haines Street. Proceed to Warner Street, and make a left. Make another left at Ostend Street, then an immediate right onto E. Russell Street Viaduct; bear right into the stadium's service drive. Park in the D Lot. Use the stadium executive entrance. Please arrange site surveys in advance with Jobie Waldt (pager: 800.507.1201). <i>To Stadium From Practice Facility:</i> Take I-795 toward Baltimore South and bear to right, I-695 to Glen Burnie. Take I-95 to Baltimore North. Exit 52 at Russell Street N. Make a right turn onto Haines Street, then a left onto Warner Street. Make a left at Ostend Street, then and immediate right onto E. Russell Street Viaduct; bear right into the stadium's service drive. Park in the D Lot. Use executive entrance. Arrange site surveys in advance with Jobie Waldt (pager: 800.507.1201).
Buffalo Bills	One Bills Drive Orchard Park, NY 14127-2296	Take New York State Thruway (US 90 West) to Exit 55 (Orchard Park). Follow 219 South to first Milestrip Road exit. Follow Milestrip exit to third traffic light and turn left onto Abbott Rd. Follow Abbott Rd. past the stadium and then turn left on One Bills Drive to reach the Bills administrative parking lot, located after making a left turn at the end of One Bills Drive.
Carolina Panthers	800 South Mint Street Charlotte, NC 28202	Follow sign for airport exit and Exit straight (Josh Birmingham Pkwy). Follow 1.5 miles to Billy Graham Pkwy. North. Proceed 1.2 miles on Billy Graham Pkwy to I-85 North (you will exit from right lane). Follow I-85 north 2.9 miles to exit 36, Brookshire Blvd. (Route 16 south). Continue on Brookside Blvd. 2 miles to I-77 South. Follow I-77 South to exit 10A, Morehead Street exit. At the end of the ramp, take a left onto Morehead Street. Continue on Morehead 1/4 mile, and the stadium will be on the left. Entrance to team offices on stadium side opposite downtown.
Chicago Bears	Halas Hall at Conway Park 1000 Football Dr. Lake Forest, IL 60045	From O'Hare Airport, take 294 North to Town Line Rd. Take 60 East right to Field Dr. Take Field Dr. North (left) to Football Drive, continue straight to practice facility.



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# Team Practice Facility Directions from Airport

## Team Practice Facility Directions from Airport

Cincinnati Bengals	One Paul Brown Stadium Cincinnati, OH	Take I-275 East to I-75 North. Stay in left lane when crossing Brent Spence Bridge over Ohio River (the 2 left lanes continue on to I-75 North). Stay in the right hand land and take the 2nd street exit off the Bridge and then make a right hand turn on Elm which puts you right at the stadium.
Cleveland Browns	76 Lou Groza Blvd. Berea, OH 44017	Take 237 South approx. 3 miles to Front St. Turn left on Front St. and go approx. 1/2 mile over 2 sets of railroad tracks to Lou Groza Blvd. First Ave and turn left. Facility on your right. Park in visitors' spaces in front of building. See Security Desk through main entrance.
Dallas Cowboys	Cowboys Center One Cowboys Pkwy. Irving, TX 75063-4999	<i>From D/FW Airport:</i> Exit north to I-635. Go east on 635 to MacArthur. Go north (left) on MacArthur approx. 2 miles to Valley Ranch Pkwy. Go right on Valley Ranch Parkway to Cowboys Pkwy. (first left). Go left on Cowboys Parkway. Take first left into parking lot. Follow signs to public relations and park in the guest parking lot. <i>From Love Field:</i> Take Mockingbird Lane west to I-35 East, go north on 35 East to I-635, west on 635 to MacArthur Blvd. Go north (right) on MacArthur approx. 2 miles to Valley Ranch Pkwy. (first left), left on Cowboys Pkwy., take first left into parking lot.
Denver Broncos	13655 Broncos Pkwy. Englewood, CO 80112	Exit Airport onto Pena Blvd., heading south. Continue on Pena Blvd. to 225 South. Stay on 225 South until the Parker Rd. exit. Turn until the Parker Road Exit. Turn left on Parker Rd. and continue to Arapahoe Rd. Go right on Arapahoe and turn left at Potomac, which you follow approx. 1.5 miles to Broncos complex.
Detroit Lions	222 Republic Drive Allen Park, MI 48101	Follow signs to I-94 East. Proceed on I-94 East to Southfield Freeway north. Take Southfield Freeway north to Rotunda Drive east. Take Rotunda Drive east to Republic Dr. Facility will be on your immediate right hand side. Approximate driving time: 15 minutes.
Green Bay Packers	1265 Lombardi Ave. Green Bay, WI 54304	Turn right on highway. Go out of airport, go approx. 1.5 miles to 41 North. Take 41 North for 1 mile to Lombardi Ave. exit. Go right and follow for 1 mile to Lambeau Field, which is on the right. Approx. driving time: 10 minutes.
Houston Texans	Two Reliant Park Houston, TX 77054	<i>From Bush Intercontinental:</i> Take US 59 South to TX-288 South toward Lake Jackson/Freeport. Merge onto TX-288 South. Take the I-610 West/I-610 East exit. Merge onto I-610 West. Exit Kirby Dr. (exit 1C). Make right onto Kirby. Offices are on right side of the road. <i>From Hobby:</i> Take Airport Blvd. east to Monroe Rd. Make left on Monroe Rd and proceed to I-45 north. Make left onto I-45 North and proceed to I-610 West. Take I-610 to Kirby Dr. (exit 1C). Make right onto Kirby. Offices are on right side of road.

# Team Practice Facility Directions from Airport



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Team Practice Facility Directions from Airport

Indianapolis Colts	7001 West 56 <sup>th</sup> St. Indianapolis, IN 46254	Exit onto I-465 North. Go approx. 10 miles and exit at 56 <sup>th</sup> St. Turn left onto 56 <sup>th</sup> St. Complex is on left side, approx. 1 mile from exit.
Jacksonville Jaguars	ALLTEL Stadium One ALLTEL Stadium Place Jacksonville, FL 32203	Exit airport to I-95 South. Follow I-95 South until Martin Luther King Jr. Pkwy. east/Rte 1 South (Exit 120A). Follow Martin Luther King Jr. Pkwy. which becomes Haines St. Follow Haines St. to Sports Complex signs onto Gator Bowl Blvd. Follow Gator Bowl Blvd. around stadium, turn right onto A. Philip Randolph Street, then one block and right onto East Adams Street. Jaguars' offices are at street level on the stadium's west side. Entrance to left of Touchdown Club entrance.
Kansas City Chiefs	One Arrowhead Dr. Kansas City, MO 64129	Stay on I-435 East. Follow I-435 to I-70 East (exit left). Take I-70 1/4 mile to Blue Ridge Cutoff (stadium on right side). Enter stadium at Gate 1. Media parking located in Lot E (south side of stadium), or in Lot D (southeast side of stadium).
Miami Dolphins	7500 SW 30 <sup>th</sup> Street Davie, FL 33314	<i>From Ft. Lauderdale:</i> Take I-595 West to University Drive exit. Proceed off exit and turn left onto University Dr. (going south). Go past 3 traffic lights to SW 30 <sup>th</sup> St. and turn left. Entrance to facility is 300 yards on right. <i>From Miami:</i> Take 836 West to 826 North. Follow to exit for Florida Turnpike North. Take turnpike north to I-595 West. Take I-595 West to University Dr. exit. Proceed off exit and turn left onto University Dr. (going south). Go past 3 traffic lights to SW 30 <sup>th</sup> St and turn left. Entrance to facility is 300 yards on right.
Minnesota Vikings	9520 Viking Drive Eden Prairie, MN 55344	Winter Park is located near the intersection of Hwy 494 and Cty Rd. 18/Hwy 169. Coming from the Airport, take Bloomington/494 West exit. It is 11 miles from the airport terminal to exit 10 (18/169). Stay in the center lane on the exit (following signs directing you to Frontage Rd.), cross 18/169 and proceed straight ahead, then bear slightly right. You will come to a stop sign; turn left. A replica of a Viking ship marks this intersection. Viking office is the first driveway to the right.
New England Patriots	Gillette Stadium One Patriot Place Foxboro, MA 02035	When exiting the airport, follow signs to I-93 through the Sumner Tunnel. When exiting the tunnel, merge into the left lane (after the northbound I-93 onramp). Follow southbound I-93 signs. I-93 South runs into route 128 North (right two lanes) just south of Boston. Take Exit 1 to I-95 South (Providence). Follow for 7.2 miles to exit 9 (Wrentham). Follow Route 1 South approx. 3 miles. Enter Gate P1. Approximate driving time: 40 minutes.
New Orleans Saints	5800 Airline Drive Metairie, LA 70003	Turn left onto Airline Drive. Take Airline Dr. for approx. 4-5 miles. Practice facility will be on the right.



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# Team Practice Facility Directions from Airport

Team Practice Facility Directions from Airport

New York Giants	Giants Stadium E. Rutherford, NJ 07073	Exit airport onto NJ Turnpike North. Follow turnpike in direction of George Washington Bridge. Exit turnpike at Exit 16 West (Giants Stadium). Parking lots 9 and 11.
New York Jets	1000 Fulton Ave. Hempstead, NY 11550	<p><i>From LaGuardia:</i> Grand Central Pkwy. (later name changes to Northern State Pkwy) east. Exit at Meadowbrook Pkwy (31A). Signs say Jones Beach. Go about 3 miles to exit M4, signs say Hempstead Turnpike, Nassau Coliseum. Take exit to end, turn right. Go 3 traffic lights, turn right onto Hofstra's North Campus. Go to second stop sign and make a right onto Hofstra University's Northern Blvd. Proceed down to Hofstra's Physical Fitness and Swim Center and make a right onto Hofstra's North Campus. Go to second stop sign and make a right onto Hofstra University's Northern Blvd. Proceed down to Hofstra's Physical Fitness and Swim Center and make a right onto Hofstra's Swim Center Blvd. Drive past the Swim Center circle and make a left turn, going past the tennis courts and park at the lot behind the Swim Center.</p> <p><i>From JFK:</i> Belt Parkway east to Southern State Parkway east. Exit 22 (Meadowbrook Pkwy north). Signs say Northern Pkwy. Proceed on Meadowbrook to exit M4, signs say Uniondale-Hempstead. Take Hempstead Turnpike west for 3 lights, turn right onto Hofstra's North Campus. Go to second stop sign and make a right onto Hofstra University's Northern Blvd. Proceed down to Hofstra's Physical Fitness Swim Center and make a right onto Hofstra's Swim Center Blvd. Drive past the Swim Center circle and make a left turn, going past the tennis courts and park at the lot behind the Swim Center.</p>
Oakland Raiders	1220 Harbor Bay Pkwy Alameda, CA 94502	<p><i>From Oakland:</i> Exit terminal onto Airport Drive, turn left at Doolittle Dr. Continue on Doolittle Dr. until you reach Harbor Bay Pkwy., turn left. Practice facility will be on your left.</p> <p><i>From San Francisco:</i> Exit terminal, keep left, and follow signs to 101 South toward San Jose. Continue south on 101 to the 92 East. Take 92 over the San Mateo Bridge to the 880 North. Continue north on 880 to Hegenberger Rd., go left. Follow Hegenberger Rd. to Doolittle Dr., make a right. Turn left onto Harbor Bay Pkwy.</p>
Philadelphia Eagles	NovaCare Complex One NovaCare Way Philadelphia, PA 19145	When exiting the airport, take I-95 North approx. 6 miles to the Broad Street exit. As you exit the ramp, immediately after The Spectrum, turn right on Pattison Ave. Proceed approx. 100 yards and turn left into Veterans Stadium's Gate A.
Pittsburgh Steelers	UPMC Sports Performance Complex 3400 South Water St. Pittsburgh, PA 15203-2349	Take route 60 south toward Pittsburgh, which turns into I-279 North. Follow I-279 North through the Fort Pitt Tunnel. Take the Fort Pitt Bridge toward 376 East/Monroeville and take the Grant St. exit. Make first right turn on to First Ave. Make second left turn and then make the first right onto Second Ave. and follow that past the Tenth St. Bridge, and all the way to the Hot Metal Bridge. Turn right onto the Hot Metal Bridge (29 <sup>th</sup> St.). At the end of the bridge, make an immediate left into the UPMC Sports Performance Complex, placing you on South Water St. The Steeler's offices are in the last building on the right.

# Team Practice Facility Directions from Airport



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Team Practice Facility Directions from Airport

St. Louis Rams	One Rams Way St. Louis, MO 63045	Take I-70 West past I-270 to Earth City Expressway. Take the north exit (231B). Turn right at first traffic signal (facility is on the left). Proceed to the media entrance on the right side of the administrative building.
San Diego Chargers	4020 Murphy Canyon Rd. San Diego, CA 92123	Take Harbor Dr. south from airport to Grape. Take left on Grape and drive east for three traffic signals. Turn right onto I-5 South to I-163 North. Turn right on I-8 East to I-15 North, take Aero Drive off-ramp. Turn left. Turn right on Murphy Canyon Rd. Facility is on the left.
San Francisco 49ers	4949 Centennial Blvd. Santa Clara, CA	Exit terminal, keep left, and follow signs to 101 South toward San Jose. Continue south 101 for 32 miles to Great American Pkwy. Take left at end of exit ramp onto Great American Pkwy. for 1.5 miles to Tasman Ave. Turn right on Tasman through 2 lights to Centennial Blvd. Turn right on Centennial to facility. Turn left into parking area in front of building.
Seattle Seahawks	11220 NE 53 <sup>rd</sup> St. Kirkland, WA 98033	Take K-405 northbound. Follow 405 to Kirkland (approx 25-30 mins). Exit on 520 westbound (to Seattle). Exit immediately onto 108 <sup>th</sup> Ave. northeast. Go right at stop light and straight at next stop light. Follow 108 <sup>th</sup> for approx. 1 mile and take right onto northeast 53 <sup>rd</sup> Street. Follow street to second Seahawks driveway at top of hill on your left. Park in upper lot.
Tampa Bay Buccaneers	One Buccaneer Place Tampa, FL 33607	Leaving the airport on the main road, exit at Spruce St, which is the second exit. Loop around onto Spruce St. and proceed about one mile to the second light, which is West Shore Blvd. Take a left, and the Buc's one-story white office building is a short distance down the street on the left. All visitors are asked to park in the visitor's parking lot past the facility and to check in at the reception desk. Driving time from rental car pickup is less than 5 minutes.
Tennessee Titans	460 Great Circle Rd. Nashville, TN 37228	Take I-40 West toward Nashville/Memphis. Stay on I-40 West and go past downtown. Veer right to I-65 North (Louisville). Take first exit (exit 85) off I-65 North (Metrocenter). Turn left at light onto Metrocenter Dr. Turn right at fourth light, Great Circle Road facility is on your right.
Washington Redskins	21300 Redskins Park Drive Ashburn, VA 20147	<i>From Dulles:</i> Exit airport toward Washington. Take first exit (Rte. 28-Fairfax, Leesburg) and follow signs for Rte. 28 North. Follow Rte 28 North for approx. 4 miles. Turn left at stop light onto Waxpool Rd. Go approx. 2 miles and turn right at light onto Loudoun County Pkwy. (at Beaumeade Office Park). Follow Loudoun County Pkwy and turn right onto Redskin Park Dr. ( first street on right after you go under bike path). <i>From Washington National:</i> Take Rte. 1 exit toward Washington. Take Rte. 110 (connector road) going toward Arlington. Rte. 110 connects with Rte 66. Take Rte. 66 West and continue on Rte. 66 for approx. 5 miles. Take exit marked "Dulles Airport/495-Capitol Beltway." Follow signs to Dulles airport Rte 267 Toll Road. Stay on Toll Road for approx 15 miles. Take exit for Rte. 28 north-Sully Rd approx. 4 miles and turn left at fifth stop light onto Waxpool Rd. Go approx. 2 miles and turn right at light onto Redskin Park Dr. (which is first street on right after you go under the bike path).





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# Toll Free / Websites

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## AIR EXPRESS

DHL  
800.225.5345 ..... dhl.com

FEDERAL EXPRESS AIR  
800.463.3339 ..... fedex.com

UNITED PARCEL SERVICE  
800.742.5877 ..... ups.com

## AIRLINES

AIR CANADA  
888.247.2262 ..... aircanada.com

AIR TRAN AIRLINES  
800.247.8726 ..... airtran.com

AIR ALASKA  
800.252.7522 ..... alaskaair.com

ALITALIA  
800.223.5730 ..... alitalia.it

AMERICAN AIRLINES  
800.327.7810 ..... americanairlines.com

BRITISH AIRWAYS  
800.247.9297 ..... britishairways.com

CONTINENTAL AIRLINES  
800.525.0280 ..... continental.com

DELTA AIRLINES  
800.221.1212 ..... delta.com

FRONTIER AIRLINES  
800.432.1359 ..... frontierairlines.com

HAWAIIAN AIRLINES  
800.367.5320 ..... hawaiianair.com

JETBLUE AIRLINES  
800.jet.blue ..... jetblue.com

NANTUCKET AIRLINES  
800.635.8787 ..... nantucketairlines.com

NORTHWEST AIRLINES  
800.225.2525 ..... nwa.com

QUANTAS AIRLINES  
800.227.4500 ..... quantas.com.au

SPIRIT AIRLINES  
800.772.7117 ..... spiritair.com

SOUTHWEST AIRLINES  
800.435.9792 ..... southwest.com

UNITED AIRLINES  
800.241.6522 ..... ual.com

US AIRWAYS  
800.428.4322 ..... usairways.com

VIRGIN ATLANTIC AIRWAYS  
800.862.8621 ..... virgin-atlantic.com

## AUTO RENTAL

ALAMO CAR RENTAL  
800.462.5266 ..... alamo.com

AVIS RENT-A-CAR  
800.230.4898 ..... avis.com

BUDGET RENT-A-CAR  
800.527.0700 ..... budget.com

DOLLAR RENT-A-CAR  
800.800.3665 ..... dollarcar.com

ENTERPRISE RENT-A-CAR  
800.736.8222 ..... enterprise.com

HERTZ RENT-A-CAR  
800.654.3131 ..... hertz.com

NATIONAL CAR RENTAL  
800.227.7368 ..... nationalcar.com

THRIFTY CAR RENTAL  
800.847.4389 ..... thrifty.com

## CREDIT CARDS

AMERICAN EXPRESS  
800.528.4800 ..... americanexpress.com

DINERS CLUB  
800.234.6377 ..... dinersclub.com

DISCOVER  
800.347.2683 ..... discovercard.com

MASTERCARD  
800.307.7309 ..... mastercard.com

VISA  
800.336.8472 ..... visa.com

## LODGING

ADAM'S MARK  
800.444.2326 ..... adamsmark.com

COLONY RESORTS  
888-201-1718 ..... radisson.com

COURTYARD BY MARRIOTT  
800.932.2198 ..... courtyard.com

CROWNE PLAZA  
800.227.6963 ..... ichotelsgroup.com

DORAL HOTEL & RESORT  
800.713.6725 ..... doralresorts.com

EMBASSY SUITES  
800.362.2779 ..... embassy-suites.com

FAIRFIELD INNS  
800.228.2800 ..... fairfieldinn.com

FOUR SEASONS  
800.819.5053 ..... fshr.com

HAWTHORN SUITES  
888.777.7511 ..... hawthorn.com

HELMSLEY HOTELS  
800.221.4982 ..... helmsleyhotels.com

HILTON GRAND VACATIONS  
866.843.4482 ..... hgvc.com

HILTON HOTEL & RESORTS  
800.445.8667 ..... hilton.com

HILTON OCEANFRONT RESORT  
800.845.8001 ..... hiltonoceanfrontresort.com

HYATT HOTELS & RESORTS  
888.591.1234 ..... hyatt.com

INTER-CONTINENTAL HOTELS  
888.567.8725 ..... interconti.com

LEMERIDIEN HOTELS AND RESORTS  
800.543.4300 ..... lemeridien.com

LOEWS HOTEL  
800.563.9712 ..... loewshotels.com

LUXURY COLLECTION  
800.325.3589 ..... starwood.com

MANDARIN ORIENTAL HOTELS  
866.526.6567 ..... mandarinoriental.com

MARRIOTT HOTELS & RESORTS  
800.228.9290 ..... marriott.com

MARRIOTT VACATION CLUB INTERNATIONAL  
800.845.8875 ..... marriott.com

# Toll Free / Websites



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## OMNI HOTELS

888.444.6664 ..... omnihotels.com

## PENINSULA HOTELS

866.382.8388 ..... peninsula.com

## RADISSON HOTELS

800.201.1718 ..... radisson.com

## RAMADA INNS

800.272.6232 ..... ramada.com

## RENAISSANCE HOTELS

800.468.3571 ..... renaissancehotels.com

## RESIDENCE INNS BY MARRIOTT

800.331.3131 ..... residenceinn.com

## RITZ-CARLTON CLUB/HOTELS

800.241.3333 ..... ritzcarlton.com

## SHELL VACATIONS CLUB

## SHERATON

888.625.5144 ..... starwoodhotels.com

## ST. REGIS HOTELS & RESORTS

800.325.3589 ..... starwoodhotels.com

## STARWOOD HOTELS & RESORTS

800.228.3000 ..... starwoodhotels.com

## W HOTELS

877.946.8357 ..... starwoodhotels.com

## WESTIN HOTELS

888.625.5144 ..... westin.com

## WYNDHAM HOTELS

877.999.3223 ..... wyndham.com

## MEDICAL

AMERICAN CANCER SOCIETY ..... cancer.org

AMERICAN HEART ASSOCIATION ..... americanheart.org

AMERICAN MEDICAL ASSOCIATION .. ama-assn.org

AMERICAN RED CROSS ..... redcross.org

MAYO CLINIC ..... mayo.edu

## PROFESSIONAL SPORTS LEAGUES

BASEBALL ..... mlb.com

BASKETBALL ..... nba.com

FOOTBALL ..... nfl.com

HOCKEY ..... nhl.com

SOCCER ..... mlsnet.com

WOMEN'S BASKETBALL ..... wnba.com

NASCAR ..... nascar.com

## REFERENCE

Address/Telephone..... whitepages.com

Area Codes..... allareacodes.com

Zip Codes..... usps.com

## TELEPHONE/TELEGRAM

### ALLTEL

800.441.7058 ..... alltel.com

### AT&T

800.222.3000 ..... att.com

CELLULAR ONE ..... cellularone.com

CINGULAR ..... cingular.com

MOTOROLA ..... motorola.com

NEXTEL ..... nextel.com

### SPRINT

800.877.4646 ..... sprint.com

VERIZON ..... verizon.com

### WESTERN UNION

800.325.6000 ..... westernunion.com

## TICKETS

bluefishtickets.com

everyticket.com

greattickets.com

preferredtickets.com

sellticketservice.com

speeding-ticket.com

ticket.com

ticketmaster.com

tickerseller.com

webtickets.com

## TRAVEL

amedeus.net

bookingbuddy.com

cheaptickets.com

europaair.com

expedia.com

goflight.com

hotwire.com

lowcost.com

lowestfare.com

oagflights.com

onetravel.com

orbitz.com

priceline.com

skylow.com

skyscanner.net

smartertravel.com

travelocity.com

travelsupermarket.com

whichbudget.com

## HILTON HEAD ISLAND CORPORATE OFFICES

HILTON HEAD ISLAND PERFORMANCE GROUP, INC.

800.845.9506 ..... hhperformancegroup.com

SCHEMBRA REAL ESTATE GROUP, INC.

800.845.9506 ..... schembrarealestategroup.com



# Area Codes

## UNITED STATES

### ALABAMA

Auburn	334
Birmingham	205
Dothan	334
Huntsville	256
Jackson	251
Mobile	251
Montgomery	334
Selma	334
Tuscaloosa	205

### ALASKA

All points	907
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### ARIZONA

Chandler	480
Flagstaff	928
Phoenix	480, 602, 623
Tempe	480
Tucson	520

### ARKANSAS

Fayetteville	479
Jonesboro	870
Little Rock	501
Pine Bluff	870

### CALIFORNIA

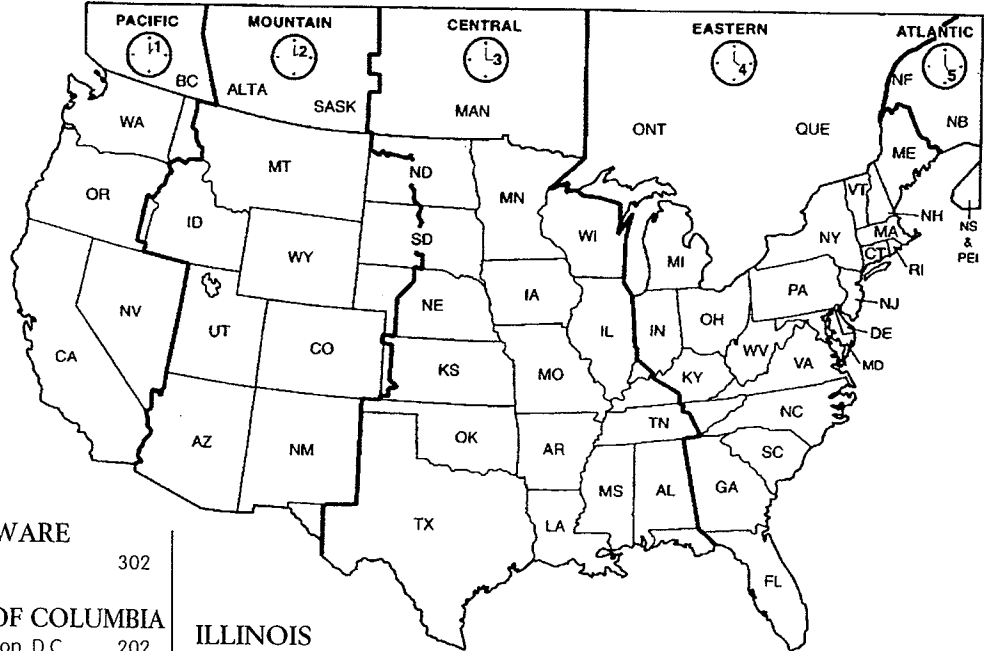
Bakersfield	661
Berkeley	510
Beverly Hills	310
Burbank	818
Cupertino	408
Fort Bragg	707
Fresno	559
Hollywood	323
Huntington Beach	714
Laguna Beach	949
Long Beach	562
Los Angeles	213, 323
Malibu	310
Modesto	209
Napa	707
Newport Beach	949
Oakland	510
Ontario	909
Palm Springs	760
Palo Alto	650
Pasadena	626
Redding	530
Sacramento	916
San Diego	619, 858
San Francisco	415, 650
San Jose	408
Santa Barbara	805
Santa Cruz	831
Santa Monica	310
Sausalito	415
Stockton	209
Walnut Creek	925

### COLORADO

Aspen	970
Boulder	303, 720
Colorado Springs	719
Denver	303, 720

### CONNECTICUT

Bridgeport	203, 475
Greenwich	203
Hartford	860, 959
New Haven	203, 475
Norwalk	203



### DELAWARE

All points	302
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### DIST. OF COLUMBIA

Washington, D.C.	202
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### FLORIDA

Boca Raton	561
Clearwater	727
Cocoa Beach	321, 407
Coral Gables	305, 786
Daytona Beach	386
Fort Lauderdale	754, 954
Fort Myers	239
Gainesville	352
Jacksonville	904
Key West	305, 786
Lake City	386
Lakeland	863
Miami	305, 786
Naples	239
Ocala	352
Orlando	321, 407
Pensacola	850
Pompano Bch.	754, 954
Sarasota	941
St. Petersburg	727
Tallahassee	850
Tampa	813
Vero Beach	772
West Palm Beach	561

### GEORGIA

Albany	229
Athens	706
Atlant.	404, 470, 678, 770
Augusta	706
Brunswick	912
Gainesville	470, 678, 770
Macon	478
Marietta	478, 678, 770
Savannah	912
Valdosta	229
Warner Robbins	478

### HAWAII

All points	808
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### IDAHO

All points	208
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### ILLINOIS

Alton	618
Aurora	630
Bloomington	309
Carbondale	618
Chicago	312, 773
Decatur	217
Elgin	847
Highland Park	847
Hinsdale	630, 847
La Salle	815
Oak Park	773
Peoria	309
Rockford	815
Springfield	217
Waukegan	224, 847

### INDIANA

Decatur	260
Evansville	812
Fort Wayne	260
Gary	219
Hammond	219
Indianapolis	317
Muncie	765
South Bend	574
Terre Haute	812

### IOWA

Cedar Rapids	319
Council Bluffs	712
Davenport	563
Des Moines	515
Fairfield	641

### KANSAS

Dodge City	620
Kansas City	913
Topeka	785
Wichita	316

### KENTUCKY

Ashland	606
Bowling Green	270
Frankfort	502
Lexington	859
Louisville	502
Owensboro	270
Richmond	859

### LOUISIANA

Baton Rouge	225
Houma	985
Lake Charles	337
New Orleans	504
Shreveport	318

### MAINE

All points	207
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### MARYLAND

Annapolis	410, 443
Baltimore	410, 443
Bethesda	301
Hagerstown	240, 301
Rockville	240, 301

### MASSACHUSETTS

Amherst	413
Arlington	781
Boston	617, 857
Cambridge	617, 857
Dedham	781
Fall River	508
Fitchburg	351, 978
Framingham	508
Holyoke	413
Hyannis	508
Lowell	978
Marblehead	781
Norwood	339, 781
Peabody	351, 978
Pittsfield	413
Quincy	617
Saugus	339, 781
Springfield	413
Westfield	413
Worcester	508, 774

### MICHIGAN

Ann Arbor	734
Battle Creek	269
Dearborn	313
Detroit	313
Flint	586, 810
Grand Rapids	616

Kalamazoo	616
Lansing	517
Marquette	906
Pontiac	248
Port Huron	586, 810
Rochester Hills	248
Saginaw	989
Traverse City	231
Troy	248

### MINNESOTA

Bloomington	952
Blaine	763
Duluth	218
Hopkins	952
Minneapolis	612
Rochester	507
St. Cloud	320
St. Paul	651

### MISSISSIPPI

Biloxi	228
Gulfport	228
Jackson	601
Tupelo	662

### MISSOURI

Gladstone	816
Jefferson City	573
Kansas City	816
Marshall	660
St. Louis	314
Springfield	417
Union	636

### MONTANA

All points	406
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### NEBRASKA

Lincoln	402
North Platte	308
Omaha	402

# Area Codes



NFL PLAYERS  
ASSOCIATION

Area Codes

## NEVADA

Las Vegas 702  
Reno 775

## NEW HAMPSHIRE

All points 603

## NEW JERSEY

Atlantic City 609  
Bayonne 201  
Bloomfield 973  
Burlington 609  
Camden 856  
Edison 732  
Elizabeth 908  
Englewood 201  
Essex Counties 973  
Fort Dix 609  
Fort Lee 201  
Glen Ridge 973  
Hackensack 201, 551  
Hoboken 201  
Irvington 973  
Jersey City 201, 551  
Lincroft 732  
Long Branch 732  
Madison 973  
Montclair 973  
Mount Holly 609  
Neptune 732, 848  
Newark 862, 973  
New Brunswick 732, 848  
Paterson 862, 973  
Perth Amboy 732  
Plainfield 908  
Pleasantville 609  
Princeton 609  
Ridgefield 201  
Rutherford 201  
Sussex Counties 973  
Toms River 732  
Trenton 609  
Union City 201  
Vineland 856  
Westfield 908  
Wildwood 609  
Woodbury 732  
Wyckoff 201

## NEW MEXICO

All points 505

## NEW YORK

Albany 518  
Auburn 315  
Binghamton 607  
Brentwood 631  
Bronx 347, 718, 917  
Brooklyn 347, 718, 917  
Buffalo 716  
Central Islip 631  
Cheektowaga 716  
Elmira 607  
Farmingdale 516, 631  
Flushing 347  
Hempstead 516  
Huntington 631  
Ithaca 607  
Jamaica 347, 718  
Manhatt. 212, 646, 917  
Mt. Vernon 914  
Nassau County 516  
Newburgh 914  
New Rochelle 914

Niagara Falls 716  
Oyster Bay 516  
Peekskill 914  
Pleasantville 914  
Poughkeepsie 845  
Queens 347, 718, 917  
Rochester 585  
Rome 315  
Rye 914  
Schenectady 518  
Southampton 631  
Staten Isl. 347, 718, 917  
Stony Point 914  
Syracuse 315  
Troy 518  
Utica 315  
Watertown 315  
White Plains 914  
Yonkers 914

## NORTH CAROLINA

Asheville 828  
Burlington 336  
Charlotte 704, 980  
Durham 919  
Fayetteville 910  
Greensboro 336  
Greenville 252  
Lexington 336  
Raleigh 919  
Rocky Mount 252  
Salisbury 704  
Wilmington 910  
Winston-Salem 336

## NORTH DAKOTA

All points 701

## OHIO

Akron 234, 330  
Bowling Green 419, 567  
Canton 234, 330  
Cincinnati 513  
Cleveland 216  
Columbus 614  
Dayton 937  
Findlay 419  
Hamilton 513  
Lancaster 740  
Marion 740  
Marysville 937  
Middletown 513  
Oberlin 440  
Oxford 513  
Portsmouth 740  
Toledo 419, 567  
Youngstown 234, 330  
Zanesville 740

## OKLAHOMA

Edmond 405  
Lawton 580  
Oklahoma City 405  
Stillwater 405  
Tulsa 918

## OREGON

Beaverton 503, 971  
Eugene 541  
Portland 503, 971  
Salem 503, 971

## PENNSYLVANIA

Allentown 484, 610, 835  
Altoona 814  
Beaver Falls 724  
Bloomsburg 570  
Chester 610  
Columbia 717  
Erie 814  
Greensburg 724  
Harrisburg 717  
Hazleton 570  
Lancaster 717  
Lebanon 717  
Levittown 215, 267  
McKeesport 412  
New Castl. 412, 724, 878  
Philadelphia 215, 267  
Pittsburgh 412, 724, 878  
Pottstown 484, 610  
Reading 484, 610, 835  
Scranton 570  
State College 814  
Stroudsburg 570  
Uniontown 724, 878  
Washington 724, 878  
Wayne 610  
Chester 484, 610  
Wilkes-Barre 570  
Williamsport 570

## RHODE ISLAND

All points 401

## SOUTH CAROLINA

Aiken 803  
Beaufort 843  
Charleston 843  
Clemson 864  
Columbia 803  
Florence 843  
Greenville 864  
Hilton Head 843  
Myrtle Beach 843  
Orangeburg 803  
Spartanburg 864

## SOUTH DAKOTA

All points 605

## TENNESSEE

Chattanooga 423  
Cookeville 931  
Jackson 731  
Knoxville 865  
Memphis 901  
Nashville 615

## TEXAS

Abilene 915  
Amarillo 806  
Arlington 682, 817  
Austin 512  
Beaumont 409  
Brownsville 956  
College Station 979  
Corpus Christi 361  
Dallas 214, 469, 972  
Fort Worth 682, 817  
Galveston 409  
Highland Park 214  
Houston 281, 713, 832  
Lufkin 936  
San Antonio 210

Temple 254  
Tyler 903  
Uvalde 830  
Waco 254  
Wichita Falls 940

## UTAH

Logan 435  
Park City 801  
Provo 385, 435  
Salt Lake City 801

## VERMONT

All points 802

## VIRGINIA

Alexandria 571, 703  
Arlington 571, 703  
Blacksburg 540  
Bluefield 276  
Charlottesville 434  
Danville 434  
Norfolk 757  
Richmond 804  
Roanoke 540  
Wytheville 276

## WASHINGTON

Everett 425  
Olympia 360  
Seattle 206  
Spokane 509  
Tacoma 253  
Vancouver 360

## WEST VIRGINIA

All points 304

## WISCONSIN

Eau Claire 715  
Green Bay 920  
Madison 608  
Milwaukee 414  
Racine 262

## WYOMING

All points 307

## CANADA

### ALBERTA

Banff 403  
Calgary 403  
Edmonton 780

### BRITISH COL.

Halfmoon Bay 250, 604  
Vancouver 778, 604  
Victoria 250  
Whistler 778, 604

### MANITOBA

All points 204

## NEW BRUNSWICK

All points 506

## NEWFOUNDLAND

All points 709

## NOVA SCOTIA

All points 902

## ONTARIO

Hamilton 289, 905  
London 519  
Niagara Falls 905  
North Bay 705  
Ottawa 613  
Thunder Bay 807  
Toronto 416, 647  
Windsor 519

## QUEBEC

Montreal 514  
Central Quebec 450  
Quebec City 418, 819  
Sherbrooke 819

## SASKATCHEWAN

All points 306

## YUKON

All points 867

## CARIBBEAN

BAHAMAS 242  
ANGUILLA 264  
ANTIGUA 268  
BARBADOS 246  
BARBUDA 268  
BERMUDA 441  
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DOMINICA 767  
DOMINICAN REP. 809  
GRENADA 473  
GUAM 671  
JAMAICA 876  
MONTSERRAT 664  
PUERTO RICO 787, 939  
ST. KITTS/NEVIS 869  
ST. LUCIA 758  
ST. VINCENT 784  
TRINIDAD/TOBAGO 868  
TURKS/CAICOS 649  
U.S. VIRGIN ISLANDS 340



NFL PLAYERS ASSOCIATION

# Telephone / Email

Telephone / Email

Name _____ Address _____	Email _____ Home _____ Website _____	Cell _____ Office _____ Other _____
Name _____ Address _____	Email _____ Home _____ Website _____	Cell _____ Office _____ Other _____
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# Telephone / Email



NFL PLAYERS  
ASSOCIATION

Telephone / Email

Name _____	Email _____	Cell _____
Address _____	Home _____	Office _____
	Website _____	Other _____
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Address _____	Home _____	Office _____
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Name _____	Email _____	Cell _____
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	Website _____	Other _____



# Telephone / Email

Telephone / Email

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Address _____	Home _____	Office _____
_____	Website _____	Other _____

# Holidays



NFL PLAYERS  
ASSOCIATION

Holidays

	2007	2008	2009
New Year's Day	January 1	January 1	January 1
Martin Luther King, Jr.'s Birthday Observed	January 15	January 21	January 19
Lincoln's Birthday	February 12	February 12	February 12
Valentine's Day	February 14	February 14	February 14
President's Day	February 19	February 18	February 16
Washington's Birthday	February 22	February 22	February 22
Ash Wednesday	February 21	February 6	February 25
St. Patrick's Day	March 17	March 17	March 17
Palm Sunday	April 1	March 16	April 5
Daylight Saving Time Begins	March 11	March 9	March 8
Good Friday	April 6	March 21	April 10
Easter	April 8	March 23	April 12
Passover	April 3	April 20	April 9
Administrative Professional Day	April 25	April 23	April 22
Cinco de Mayo	May 5	May 5	May 5
Mother's Day	May 13	May 11	May 10
Memorial Day Observed	May 28	May 26	May 25
Flag Day	June 14	June 14	June 14
Father's Day	June 17	June 15	June 21
Canada Day	July 1	July 1	July 1
Independence Day	July 4	July 4	July 4
Labor Day	September 3	September 1	September 7
Grandparent's Day	September 9	September 7	September 13
Rosh Hashanah	September 12	September 29	September 18
Yom Kippur	September 21	October 8	September 27
Columbus Day Observed	October 8	October 13	October 12
Thanksgiving Day (Canada)	October 8	October 13	October 12
Daylight Saving Time Ends	November 4	November 2	November 1
Halloween	October 31	October 31	October 31
Election Day	November 6	November 4	November 3
Veteran's Day	November 11	November 11	November 11
Thanksgiving Day	November 22	November 27	November 26
First Day of Hanukkah	December 5	December 22	December 12
Christmas	December 25	December 25	December 25
Boxing Day (Canada)	December 26	December 26	December 26
Kwanzaa	December 26	December 26	December 26
New Year's Eve	December 31	December 31	December 31





2007 - 2008 - 2009

2007 - 2008 - 2009

2007

JANUARY 2007 calendar grid

FEBRUARY 2007 calendar grid

MARCH 2007 calendar grid

APRIL 2007 calendar grid

MAY 2007 calendar grid

JUNE 2007 calendar grid

JULY 2007 calendar grid

AUGUST 2007 calendar grid

SEPTEMBER 2007 calendar grid

OCTOBER 2007 calendar grid

NOVEMBER 2007 calendar grid

DECEMBER 2007 calendar grid

2008

JANUARY 2008 calendar grid

FEBRUARY 2008 calendar grid

MARCH 2008 calendar grid

APRIL 2008 calendar grid

MAY 2008 calendar grid

JUNE 2008 calendar grid

JULY 2008 calendar grid

AUGUST 2008 calendar grid

SEPTEMBER 2008 calendar grid

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2009

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