



EX-EAGLES LEND THEIR EXPERTISE AT NFL 101

LANDETA RECEIVES CALL FROM DIVISION II HALL

DECEMBER 8, 2006 - Former Eagle Sean Landeta, who was a star punter and placekicker at Towson College in the late '70s and early '80s before embarking on a 25 year professional football career, was inducted into the College Football Division II Hall of Fame on Dec. 15, 2006.

While at Towson, Landeta was a four-year starter and a three-time All Eastern College Athletic Conference selection. He was the nation's leading punter among players at Division II schools in 1980 with a 43.4 yard average, and also led the country in field goals with 14. He was named a Kodak Division II All-American and AP Little All-American following his senior campaign.

The 6', 215 lb. Landeta went on to play for two USFL Championship teams between 1983-85, then embarked on a 22-year NFL career that saw him win two Super Bowls with the NY Giants and also punt for the Rams, Buccaneers, Packers and Eagles.

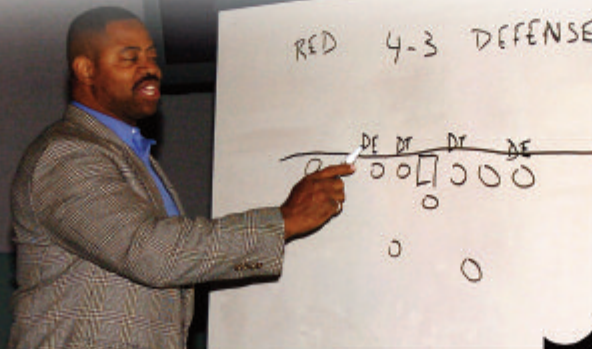
Landeta is No. 2 in NFL history in total career punts and total career punting yardage, and holds the highest all-time punting yardage average (43.3) in NFL history. Landeta was named "Punter of the Decade" for the 1980s by the Pro Football Hall of Fame, was selected for the Pro Bowl twice and was a three-time first-team All-Pro.

I recently heard an interesting football term used to describe a man who is considered unworthy of the woman he married. "You over-kicked your coverage" I was told the other day when the topic of conversation turned to my wife. In football terminology, to "over-kick your coverage" means that the punter has booted the ball so far that the coverage team is nowhere near the returner when the runback begins. In marital terms, it means I should thank my lucky stars that love (and my wife) is blind and that I was able to get my spouse to the altar before she came to her senses.

What prompted the remark was a story I told about how my wife not only secured a ticket to the Eagles - Giants playoff game for me, but went to my place of work and filled in for me while I was at the game. Doesn't get much better than that, but in an effort to improve upon perfection, I recently sent my spouse to a program called NFL 101.

Each year, the Eagles call upon some of their current players and distinguished alumni to present the finer points of football to the female fan-base of the Philadelphia region. This year, Dirk Johnson, Reggie Brown and front office personnel joined Mike Quick and Garry Cobb on a mission to turn a bunch of gals into gridiron gurus.

After enjoying a fine spread of "brain food" in the Club Suites section of the stadium, participants gathered for a pep-rally led by Merrill Reese before splitting up for their locker room tours and seminars. Garry Cobb tackled the defense where he described the difference between nickel & dime formations, man vs. zone, and 3-4 vs. 4-3 alignments. *(continued on back page)*



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FOCUS ON HEALTH

THE MAYO CLINIC HOSTS CARDIAC STUDY ON RETIRED NFL PLAYERS:

Some 60 retired NFL players participated in comprehensive screening for cardiovascular disease at Mayo Clinic this summer, all part of a national initiative by the Living Heart Foundation (LHF) and the NFL Players Association (NFLPA) to raise awareness of potential heart disease related to body mass.

Abnormally high body mass, prevalent among highly competitive football players, can result in serious medical disorders leading to high blood pressure, diabetes and stroke.

Recent medical research findings indicate that some retired NFL linemen also have persistent enlarged hearts, and that half of retired NFL linemen also have Metabolic Syndrome, a condition defined in part by hypertension, pre-diabetes and cholesterol issues. Typically, linemen are required to maintain or increase their size and strength to ensure their competitive abilities -- potentially exposing them to health issues later in life.

"We know that body mass is a major factor in heart disease, as we know that football players are often very large people," said Archie Roberts, M.D., a former NFL quarterback and cardiac surgeon who is the founder of the LHF. Roberts said data collected from the screening of the players will be forwarded to Mayo Clinic for analysis and that the information will be compiled into the first-ever medically based report examining the rate of cardiovascular disease among professional football players.

"We're encouraged that these NFL players took the time to consider their health and participated in this important screening event," said Bijoy K. Khandheria, M.D., chair of the Division of Cardiology at Mayo Clinic. "Regular screening for indicators of coronary artery disease is important for everyone."

Source: The Mayo Clinic in Arizona



WHERE ARE THEY NOW? #87 LAWRENCE SAMPLETON

The '82 season was a disappointing end to the Vermeil era and a rocky beginning for 2nd round draft-pick Lawrence Sampleton. After getting his feet wet at the pro level during the first two weeks of the season, Sampleton and the rest of the league sat in limbo during the 57-day players strike. The work stoppage reduced the season from a 16-game marathon to a nine-game sprint that punished teams slow out of the gate. The Eagles limped out of the extended break and dropped four straight games, effectively ending their hopes that season.

"It was a tough way to start your career" Sampleton reflected as we sat together at the NovaCare Complex this December. As he looked around the state-of-the-art practice facility, he was awed by how much things had changed since his time with the team. "Our meals were served on pool tables covered with plywood" Sampleton recalled. "Things are really run first class now."

After his strike-shortened rookie year, the fortunes of his new team continued to slip during the Marion Campbell era. It had to be difficult after finishing his college career with a Texas team that was ranked #2 in the nation.

It wasn't all doom and gloom for Sampleton during his time in Philadelphia. "I married a Philly gal" Sampleton noted proudly. "We get back to the area a couple times a year." When not visiting the in-laws, Sampleton can be found in enemy territory sticking it to the Cowboy fans in Austin, Texas. He is the Director of Admissions for St. Stephen's Episcopal School, an elite boarding school that boasts students from 15 states and 18 countries. Sampleton has circled the globe five times on recruiting trips that have led to an enrollment consisting of 80 students from outside of the U.S.

Surprisingly, the highlight of Sampleton's NFL career actually took place during that grueling rookie year. "We traveled to Dallas late in the season and knocked off the Cowboys 24-20." Fittingly, the win over Dallas was the final victory of the Vermeil era and every player on the team received a game ball. It proved to be a foreshadowing of the success Sampleton would enjoy back home in Texas after his playing career was over.

And what does he miss the most about his years in the NFL? "I miss the camaraderie; Guys I came into the league with like Mike Quick, Vyto Kab, Harvey Armstrong & Dennis DeVaughn; Father figures like Carmichael, Wilbert Montgomery and Dick Vermeil...it truly was a brotherhood"





TURN BACK THE CLOCK THE 1980 PLAYOFFS

As giddy fans filed out of Lincoln Financial Field after the big playoff win over the Giants, I could hear many of them serenading each other with an echoed sentiment. "We'll be back here in two weeks for the Championship game!" I pondered the possibility for a few minutes...An Eagles win in New Orleans coupled with a Seattle victory over the Bears and we'd be right back here playing for a shot at Super Bowl XLI! It didn't take long for reality to set in.

It is so rare for a road team to win in the divisional round against a rested opponent that the odds of both the Eagles and Seahawks advancing were slim. Upon further review, the #1 seed in the NFC had won 18 straight in the Divisional round. Make that 19 and counting after Chicago's overtime victory against Seattle. The top seeding in the NFC has virtually amounted to a free pass into the Championship game for nearly two decades. In light of this statistical certainty, it may surprise you that one of the greatest moments in Eagles history was made possible by just such an upset...

January 11, 1981. Eagles 20 - Dallas 7. 26 years later and the goose bumps still arrive instantaneously at the thought of it. What many people forget about that magical 1980 season is that the Eagles were not the top seed in the NFC that year. When the post-season began, the road to Super Bowl XV in New Orleans was supposed to run through Atlanta.

Having beaten the Vikings the previous day, it looked like the Eagles would be heading to Fulton County Stadium for the Championship game as the Falcons jumped out to a quick 10-point lead in their Divisional contest against the Wild Card Cowboys. With a 14-point cushion in the 4th quarter, an Eagles/Falcons showdown for NFC supremacy seemed imminent. In a flash, the Cowboys exploded for three touchdowns in the final quarter including two in the last 3 minutes of the game to shock the Falcons 30-27.

The amazing comeback set the stage for the dream scenario that took place the following week at Veterans Stadium. Of course, the dream ended for the Eagles two weeks later in the Super Bowl, but the win over Dallas was a nice consolation prize. That emotional victory has often been blamed for the flat performance in the Super Dome by an Eagles team that had defeated Oakland two-months earlier. Maybe a match-up with the Falcons would have been better preparation for the Super Bowl. *(continued next page)*

IN MEMORY OF...

JACK HINKLE • 1917-2006

Former Eagles running back/defensive back Jack Hinkle passed away recently at the age of 89. Hinkle died of natural causes at his home in Norristown, PA.

Hinkle played six seasons (1941, 1943-47) with the Eagles and rushed for 1,067 yards and five touchdowns on 238 carries, while recording nine interceptions on defense. His best season came as a member of the "Steagles" in 1943, when he rushed for a team-leading 571 yards and three touchdowns, while posting four interceptions on the defensive side of the ball.

With a shortage of manpower due to World War II, the Eagles and Steelers merged and became the "Steagles" for that season.

A native of Milton, PA, Hinkle began his NFL career with the New York Giants in 1940 after starring collegiately at Syracuse. He is survived by his wife Joan, their children & grandchildren.

TOMMY CAMPBELL • 1949-2007



George "Tommy" Campbell died at Mt. Siani hospital in New York City on January 21, 2007 from liver disease. Before joining the Eagles, he was an All-American at Iowa State where he played from 1970-73.

He was drafted in the 7th round by the Atlanta Falcons in 1973 and started in the Canadian Football League where he played for the Hamilton Tiger Cats for 2 years and became the league leading kickoff return specialist.

From there he went to the Philadelphia Eagles playing cornerback from 1976-1978. In 2006, Tommy was portrayed in the film "Invincible."

After his football career, he became the lacrosse and basketball coach for Brentwood H.S. in Brentwood, NY and remained active in the Eagles Alumni Association. He leaves a loving family: daughter Jenise, son Jamal, grandson Chaz, mother Joan and father Edsel, sisters Linda and Kathi and brother Anthony.





TURN BACK THE CLOCK... THE 1980 PLAYOFFS *(continued from prior page)*

Having lost at home to Atlanta one month prior, it is quite possible that the Eagles season would have only ended sooner had they traveled south for the NFC Championship game.

In retrospect, we have the heroics of Danny White and Drew Pearson to thank for the dream sequence that took place on that long ago day in freezing South Philadelphia. One of the greatest moments in Eagles history would not have been possible without the incredible comeback by the Cowboys one week earlier.

The same day the Cowboys knocked off the Falcons, the Raiders won a tough road game against the 2nd seeded Cleveland Browns 14-12. The eventual champions squeaked by after Cleveland's kicker missed two field goals and an extra point in the sub-zero° conditions. With 41 seconds left, the Browns were in position to kick a winning field goal but due to the prior misses, they opted instead to take a shot at the endzone which was intercepted to "ice" the coldest NFL game in 13 years.

Had the Browns kicked the field goal, Super Bowl XV would have pitted the Eagles against the winner of a Browns - Chargers Championship game. After losing at San Diego by one point in December, a Super rematch would have been sweet for the Eagles but it wasn't meant to be.

EAGLES TRIVIA QUESTION

The Saints victory over the Eagles in the Divisional Round was only their second playoff win in franchise history? Who did New Orleans beat for their first victory?

- A. Cowboys B. Falcons
C. Rams D. Seahawks

(Answer from last month: Herman Edwards)

FINANCIAL FOCUS

SPOTLIGHT ON THE NFL PLAYER PENSION PLAN

The NFL Player Pension Fund is sometimes compared unfavorably to the pension fund for Major League Baseball players, often without all of the facts being presented. In reality, the NFL Player Pension is much better funded (that is more of its obligations are covered by its assets). The baseball players' pension plan was under-funded as of April, 2004 (the latest public filing) by \$904 million, and its assets were only 60.7% of its obligations on that date.

As of April 1, 2006, the actuarial liability of the NFL Player Pension Plan was \$1.034 billion, which was \$71 million, or about 7%, more than the market value of its assets. A pension plan with assets to cover 93% of its obligations is healthy and well within the range of funding required by recently enacted federal pension legislation. This shortfall will grow considerably when the burden of new benefits for retired players (recently negotiated in the Collective Bargaining Agreement extension) is added. The increased benefits, and a new 88 Plan for retired players with dementia, will be funded by about \$250 million of owner contributions over the next six years.

Inadequate funding creates a risk that retirees may have their benefits reduced. This is a major problem in the steel, airline, and automobile industries. The NFLPA is committed to full funding of the Pension Plan as soon as possible; so that decades from now retired NFL players will be assured of receiving the pension benefits they have been promised.

Source: The NFLPA Retired Players Department

(continued from cover page)

EX-EAGLES LEND THEIR EXPERTISE AT NFL101

He also discussed the difference between a free safety and a strong safety and why every team seems to have linebackers named Will, Mike and Sam.

Next, it was Mike Quick's turn to get the women up to speed on the offensive side of the ball. He stressed the importance of the signal caller's ability to audible at the line of scrimmage.

When it was all said and done, my wife came home with a much greater appreciation for and understanding of the game of football. The following Sunday, she sat down and watched all four quarters of the game with me for the first time ever (and saved her questions for the commercials to boot!)

WE WANT TO HEAR FROM YOU!

If you have any unique story ideas, comments, or suggestions for the newsletter or know of any alumni members who are not receiving it, please call Harold Carmichael at 215.463.2500.

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