



EAGLES BRANCH OF COACHING TREE BEARING MORE AND MORE FRUIT

After interning with the team last season, two former Eagles players have been promoted to permanent positions on the coaching staff. Otis Smith and Mike Caldwell have been chosen to help fill the void that was created when secondary coach John Harbaugh was selected to take the helm of the Baltimore Ravens. Smith will be supporting Sean McDermott as assistant secondary coach while Caldwell will be replacing new linebackers coach Bill Shuey as the defensive quality control coach.

"I've known how smart Mike is," said coach Reid of his former special teams assassin. "I told Mike and Ike Reese the same thing, that if they ever decided to go into coaching, that I would hire them in a heartbeat. Mike beat Ike to the punch here. He worked training camp for us and did a nice job. It will be a great opportunity for him to learn and really hone in on his coaching."

Unlike Mike Caldwell, Otis Smith's playing days with the team (1990-1994) did not coincide with the Andy Reid era, but his college career at Missouri overlapped Reid's tenure there as an assistant coach.

Regarding Smith, coach Reid had this to say: "He is very matter of fact and he challenges the players. I think he has a good upside. He had a chance to work with Bill Belichick for a number of years as a player and then as an intern the year before last. He's got a good feel for the game."

The additions add to an impressive list of former Eagles players and coaches who are currently in the coaching ranks of the NFL. As a matter of fact, 8 of the 32 head coaches in the league cut their teeth as Eagles assistants or players earlier in their careers including two from Andy Reid's staff (Brad Childress and John Harbaugh). A third, Steve Spagnuolo, is on the short list to replace Joe Gibbs in Washington and two other former assistants under Reid, Ron Rivera and Leslie Frazier, have interviewed for head coaching positions in recent years.

Check out the table on the right side of the page for a list of former Philadelphia players in the NFL coaching ranks as well as former Eagles assistants who have ascended to head coaching positions in the league. ▶

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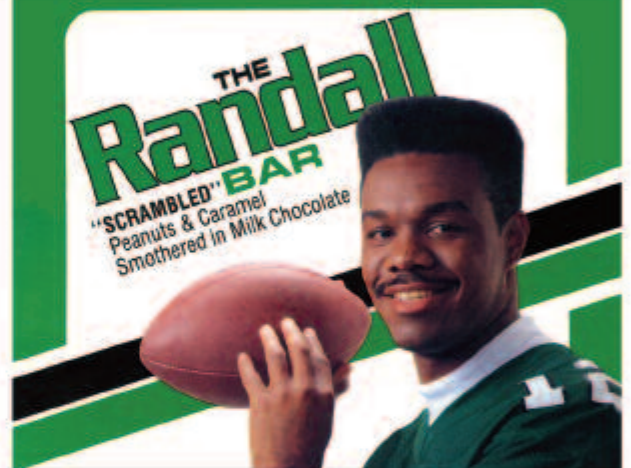
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ALUMNI PHOTO FLASHBACK

FORMER EAGLES PLAYERS COACHING IN THE NFL

Herm Edwards (1977-85) • Kansas City Chiefs
 Wilbert Montgomery (1977-84) • Detroit Lions
 Bill Bradley (1969-76) • San Diego Chargers
 Carl Hairston (1977-83) • Green Bay Packers
 Otis Smith (1990-94) • Philadelphia Eagles
 Mike Caldwell (1998-2001) • Philadelphia Eagles
 Keith Millard (1993) • Oakland Raiders

FORMER EAGLES ASSISTANTS WHO ARE NFL HEAD COACHES

Tom Coughlin (1984-85) • New York Giants
 Jon Gruden (1995-97) • Tampa Bay Buccaneers
 Wade Phillips (1986-88) • Dallas Cowboys
 Jeff Fisher (1986-90) • Tennessee Titans
 Sean Payton (1997-98) • New Orleans Saints
 Brad Childress (1999-2005) • Minnesota Vikings
 John Harbaugh (1998-2007) • Baltimore Ravens





HEALTH & FINANCES

FEBRUARY IS NATIONAL HEART HEALTH MONTH

Consuming a healthy diet can help decrease the risk of heart disease, America's number one killer. Men and women are at equal risk for developing heart disease. However, the risk of heart disease can be decreased by following these guidelines:

- Eat a diet low in fat. Fat intake should be no more than 30% of your total calories.
- Eat a low-cholesterol diet. Limit cholesterol intake to less than 300 milligrams a day.
- Choose a low-sodium diet. This can help lower blood pressure. Most sodium in a diet comes from salt.
- Recognize menu items that are high in sodium such as foods that have been pickled or smoked or smothered in soy sauce, au jus or broth. Processed and prepared foods are also high in sodium.
- Eat more fiber, fruits, and vegetables. Fiber-rich foods can help lower cholesterol. Fruits and vegetables contain antioxidants such as beta-carotene, and vitamins A & C.
- Watch alcohol consumption. Heavy drinking may increase the risk for high blood pressure. Drink alcohol in moderation.
- Maintain or improve your weight. Excess body fat can increase the risk for heart disease.

2008 EAGLES OPPONENTS

HOME

Dallas Cowboys
New York Giants
Washington Redskins
Arizona Cardinals
St. Louis Rams
Cleveland Browns
Pittsburgh Steelers
Atlanta Falcons

AWAY

Dallas Cowboys
New York Giants
Washington Redskins
San Francisco 49ers
Seattle Seahawks
Baltimore Ravens
Cincinnati Bengals
Chicago Bears



Brian Westbrook was among 10 current stars voted by former players as NFL Alumni 2007 Player of the Year honorees. The running back set single-season franchise records for total yards from scrimmage and receptions, finishing with 1,333 yards rushing and 90 catches for 771 yards.

Players were honored by a unique voting process in which former players cast ballots for their modern counterparts. Former pros voted only for the positions they once played themselves.

The 2007 awardees were honored at the 26th annual Player of the Year Awards Dinner on Friday, Feb. 1, at the Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch in Scottsdale, Ariz. The fundraising dinner was held on the eve of Super Bowl XLII. During the awards ceremony, each awardee received his NFL Alumni Player of the Year award from a member of the Pro Football Hall of Fame who once played the same position.

HERE IS A COMPLETE LIST OF THE TEAM:

OFFENSE

Running Back • Brian Westbrook (Philadelphia Eagles)
Quarterback • Tom Brady (New England Patriots)
Wide Receiver • Randy Moss (New England Patriots)
Tight End • Jason Witten (Dallas Cowboys)
Offensive Lineman • Jeff Saturday (Indianapolis Colts)

DEFENSE

Defensive Lineman • Mario Williams (Houston Texans)
Pass Rusher • Jared Allen (Kansas City Chiefs)
Linebacker • Patrick Willis (San Francisco 49ers)
Defensive Back • Antonio Cromartie (San Diego Chargers)

SPECIAL TEAMS

Special Teams Player • Devin Hester (Chicago Bears)
Coach • Mike McCarthy (Green Bay Packers)





WHERE ARE THEY NOW? #41 RANDY LOGAN by JIM GEHMAN

At one point while the Eagles' brain trust was contemplating which strong safety to choose during the early rounds of the 1973 NFL draft, they set aside the scouting reports and head coach Mike McCormack simply asked tight end Charle Young, one of the team's first-round selections, for his suggestion.

"Charle gave them my name because I had played against him in the (East-West Shrine Game and Hula Bowl)," said Randy Logan, an All-America player at Michigan who was chosen in the third round. "I was excited just to get an opportunity. I was somewhat surprised that it was the Eagles because all the contact that I had during my senior year was coming from teams in the southwest, especially the Dallas Cowboys.

"But it didn't matter. Here was a team in the National Football League that was calling me and saying that they were picking me and would I like the opportunity to come and play with them? And it was just a resounding yes! Yes, I would love to do it!" Enthusiastic? Certainly. Productive? Most definitely. And after becoming a starter during training camp, the rookie would go on to lead Philadelphia with five interceptions.

"The transition was good because each step allowed me an opportunity to enhance my ability to do what I really wanted to do in life, and that was to play ball," Logan said. "I think I was very blessed to have that gift and desire and fortitude to stick with it in the midst of circumstances. And there were some circumstances where I could have easily quit and said, 'Forget this.' But because it was something that I really wanted to do, I overcame those obstacles."

Logan and the team as a whole overcame obstacles five seasons later and finished the 1978 season with a 9-7 record, which put them in the playoffs for the first time in years. The key?

"Coach Vermeil, no doubt about it," says Logan. "We started on an uphill climb in '78 and it was definitely the fortitude and the discipline and the stick-to-it-approach that coach Vermeil brought to the team. He was a hard worker, a discipline-oriented coach. You would appreciate what he was doing as time went on and we began to win and do better than we had done. And that was a tribute to the type of format that he brought." *(continued on the right)*

In 1980, Vermeil brought the Eagles to the threshold of a Super Bowl title. The Oakland Raiders, however, stood between Philadelphia and the Lombardi Trophy and walked away with it after defeating the Eagles, 27-10.

"It was such a unique experience. I'll never forget when we beat Dallas at home. When the gun sounded to end the game, I just fell to my knees right there on the field and my mind was like, 'We are in the Super Bowl! We are in the Super Bowl!'" Logan recalled. "We were greatly privileged because how many individuals have an opportunity to do that? It was a great experience from that standpoint. I wish we could have won it, but still, I thank the Lord for being a part of it."

The two-time Pro Bowl player retired following the 1983 season. He never missed a single game during his 11-year career. In fact, his 159 consecutive games played streak is second all-time to wide receiver Harold Carmichael in Eagles' history.

"Well, No. 1, I have to attribute it to the goodness of the Lord," said Logan, who had 23 career interceptions. "To do all that in 11 years, the constant hitting and playing and everything, it had to have been his mercy to watch over me because a lot of players that I've seen definitely didn't last that long.

"I had the aches and the pains and the dislocated fingers and that sort of thing, but nothing really major to keep me out. It could have happened to me, but through the grace of the Lord, it didn't." *(continued on back page)*





WHERE ARE THEY NOW

#41 RANDY LOGAN *(continued from page 3)*

Logan continues to demonstrate the same work ethic he employed during his playing career as the assistant dean of student affairs at Saint Gabriel's Hall, a reform school for 12 to 18-year-old boys in Audubon, Pennsylvania

"We have 200-210 boys that have been adjudicated from the court system based on anything from assault to truancy to robbery. All of the negativity you could think of," Logan said. "They were sent by the courts because of their age and have to serve their time with us in the residential program."

"It's an opportunity to help reform them, basically. It's an opportunity to interact with them, encourage them, and let them know that they can still do positive things and make it in society. It's just a matter of having the discipline and knowing that somebody's behind them, supporting them. I enjoy it.

"I feel that I've been blessed by the Lord because I can use what he has blessed me with to get to the heart of these young men who would otherwise never open their heart up to people or give them the time of day. But having played ball, they want to see the NFC championship ring. They want to ask what it was like. So it's the door opener. It's the opportunity to help them set priorities and understand that they have to work hard and have discipline. Sometimes it comes through not just by telling them, but by demonstrating to them. And having played ball which they've seen on TV and telling them what I went through, it's an advantage. It definitely is."

Making his home in suburban Philadelphia, Logan and his wife, Janice, have three sons: Jonathan, 22; Jordan, 20; and Wesley, 18.

EAGLES ALUMNI TRIVIA

Which former Eagle is the secondary coach for the San Diego Chargers.

1. Wes Hopkins
2. Bill Bradley
3. William Frizzell
4. Michael Zordich

(Answer from last issue: STEVE VAN BUREN)

NFL ALUMNI NEWS & NOTES

NFLPA RETIRED PLAYERS STEERING COMMITTEE & CHAPTER PRESIDENTS CONCLUDE FALL MEETING

The NFL Players Association Retired Players recently concluded its annual Steering Committee and Chapter Presidents Fall meeting at the InterContinental Buckhead in Atlanta. NFLPA Retired Players Director Andre Collins and Executive Director Gene Upshaw addressed the seven Steering Committee members and 29 Chapter Presidents in attendance.

"This meeting gave the chapter presidents an opportunity to discuss the many concerns that pertain to retired players," said Collins. "It's a great time to be a retired player, no matter what era you played in."

THE VARIOUS TOPICS DISCUSSED INCLUDED:

The newly formed **NFLPA/NFL Alliance**, which will fund joint replacement surgeries and cardiovascular health programs, among other retired player health-related concerns. Upshaw again reiterated his commitment to improving and expediting disability awards to retired players.

The **24th annual NFLPA Retired Players Convention**, which will be held at the Ritz-Carlton San Juan Hotel, Spa & Casino in San Juan, Puerto Rico from May 28 to June 1, 2008.

Smocks & Jocks, which will include a retired players jazz brunch and art exhibit featuring art created by current and former players to benefit the Player Assistance Trust Fund and a local charity. This year's event was held the week of the Super Bowl at Skye Restaurant in Peoria, Arizona.

The **Players Assistance Trust (P.A.T.) Fund**, which was established to help former players faced with catastrophic financial or health problems, or in need of educational assistance. Players can receive up to \$20,000 in grants from the fund, which has assisted 918 players in the amount of \$5.46 million since 1990.

"I am encouraged by everyone's enthusiastic commitment to moving forward on a united front," said NFLPA Steering Committee President Jean Fugett.

A WORD FROM NFLPA DIRECTOR GENE UPSHAW

In our ongoing talks with the NFL about changes to the Bert Bell Pension Plan, we are considering plan design. Our discussions are centered on: Total & Permanent standards, effective date, post 15 years/partial disability benefit, reopening for retirees who opted for an early pension benefit and extension to apply for Football Degenerative Total & Permanent. We are exploring a subsidy for needy Medicare recipients to purchase a Medicare Part D policy, which would likely be provided through the Player Care Foundation. In order to make further changes, the NFL and the NFLPA will have to agree on these issues. Stay tuned!

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