



RESOURCE
GUIDE

October 2015

For Additional Information Contact NFLLegends@NFL.com

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On behalf of Commissioner Goodell and the National Football League, we are pleased to present you with the 2015/2016 NFL Legends Community Resource Book.

We recognize the contributions you have made to the game. As a former NFL player, you are part of the NFL family and we want to make sure that you are aware of all that is available to you through the league, the teams and our partners.

The Legends Community was developed to embrace and celebrate all who have played in the NFL. Its mission is to bring opportunities and information to you through other members of the Legends Community and to help you stay connected with former teammates and other players you met during your playing days.

There are a number of resources available to assist you following your playing career. These resources include benefits you may be entitled to such as career development; financial, medical or educational assistance; and total wellness. This book consolidates these resources into a single publication in order to streamline communication for you.

We appreciate your participation in the NFL Legends Community and look forward to connecting with you.

Sincerely,

A handwritten signature in black ink that reads "Tracy Perlman".

Tracy Perlman, VP Marketing & Sales

A handwritten signature in black ink that reads "Joe Browne".

Joe Browne, Senior Advisor to the Commissioner

A handwritten signature in black ink that reads "Charles Way".

Charles Way, VP NFL Player Engagement

NFL Player Engagement Programs

NFL Player Engagement exists to serve, equip, and empower former players and their families during the transition from their NFL experience and throughout their lives, with integrity, respect, resiliency, and responsibility to team.

Contact:

1-855-4PE-2472 (NFL Player Engagement Hotline)

Website: NFLplayerengagement.com

Registration: NFLengagementzone.com

Bridge to Success

The Bridge to Success is designed to equip and empower former players to become as successful off-the-field as they were on-the-field. The program celebrates your past, acknowledges your present, and looks to your future. We collaborate with you and your spouse or significant other to equip you for the life journey ahead. This comprehensive four-day program forges the skill set that encourages success in your next career, assesses relationships with yourself and others, educates you on benefits and resources, and addresses issues of health and wellness.

Contact: Keith Elias

Keith.Elias@NFL.com, 212-450-2677

Career Development Program

The objectives of the National Football League Career Development Program (CDP) are to:

- Provide players with professional development training (brand assessment, presentation skills training, business etiquette, resume writing, and interview skills) to facilitate their growth as public figures and their transition out of professional football and into a second career.

- Provide internships, informational interviews, shadowing, and structured learning opportunities in all fields of interest to players in an effort to assist them in becoming acquainted with the requirements of the job market outside of professional football.

2015-2016 Internships

It's never too early to start thinking about your future, and the offseason is your opportunity to explore interests outside of football. A job shadow or internship is a great way to explore a career field, build your professional network, and develop skills that you can use in all aspects of your life. Customize your offseason experience with Player Engagement.

The following are companies that the NFL has worked with to secure internship and job shadowing opportunities for current and former players.

Company	Industry/Business Area
CB Richard Ellis	Real Estate
CBS Interactive	Online Media
Cisco	Information Technology
Conti	Construction Management
Deutsch	Public Relations/Advertising
EA Sports	Gaming
Fight Ready	Athletic Training
High Noon Entertainment	TV Production/Development
iBN Sports	Broadcasting
Merrill Lynch	Financial Services
MetLife	Insurance/Financial Services
Metro Data Networks	Information Technology
Morgan Stanley	Financial Services
National Scouting Reports	Scouting
NCAA	Athletics Administration
NFL Draft	Event Operations
NFL International	International Business
NFL League Office	Athletic Administration
NFL Security Apprenticeship	Security/Law Enforcement
Park Lane	Finance
Quicken Loans	Home & Retail Lending
United Way	Non-profit
University of Arkansas	Athletics Administration
University of Tennessee	Athletics Administration
USA Football	Youth Sports

You also have the option to work one-on-one with Player Engagement to identify job shadow and internship opportunities outside of what is listed above.

Please note: Some internships take place throughout the year while others are only during the offseason, and some may have application deadlines. Please refer to the full descriptions on the Engagement Zone and apply to as many as you are interested in.

Contact: Wilfredo Acosta

Wilfredo.Acosta@nfl.com, 212-450-2184

Career Development Symposium

In advance of the Career Development Symposium, each club nominates several aspiring head coach and general manager prospects to attend the program at The Wharton School of Business. Once in attendance, participants are able to develop leadership skills, familiarize themselves with the hiring process through networking opportunities and interview preparation, and gain perspective from current owners, general managers, and head coaches.

The program is designed to improve the overall quality and strengthen the pipeline for general manager and coaching positions.

Bill Walsh NFL Minority Coaching Fellowship

Designed as a vocational tool to increase the number of full-time NFL minority coaches, all 32 NFL Clubs participate in this program on an annual basis. With the assistance of its Advisory Council, which was formed in 2012, the program aims to use NFL Clubs' training camps, offseason workout program, and minicamps to give talented minority coaches opportunities to observe, participate, and gain coaching experience that will ultimately lead to a full-time NFL coaching positions.

NFL-NCAA Future Football Coaches Academy

The NFL-NCAA Future Football Coaches Academy (FFCA) is an educational forum where individuals who have recently completed their collegiate eligibility, and have a desire to enter the college football coaching profession, will learn about and explore football coaching careers with a primary focus on intercollegiate athletics. The program assists participants in identifying personal values, individual behavioral styles, and the viability of pursuing a career in coaching. Participants will learn the various aspects of securing, managing, and excelling as a coach at the intercollegiate level while networking with various football coaching professionals from NCAA member institutions.

NFL-NCAA Coaches Academy

Those who may have high school or college coaching experience are able to further hone their skills at the NFL-NCAA Coaches Academy. Accomplished coaches, business leaders, and athletic administrators provide educational tools and networking opportunities to 30 current and former players and NCAA coaches who have less than eight years of college coaching experience. Participants familiarize themselves with the interview process, build a personal and professional brand, and develop an understanding of the demanding responsibilities associated with coaching positions.

Contact: Wilfredo Acosta

Wilfredo.Acosta@nfl.com, 212-450-2184

NFL-NCAA Champion Forum

The NFL-NCAA Champion Forum provides an education tailored to those who have been identified as having a future in head coaching at the intercollegiate level. Participants are able to complete mock interviews, learn the importance of preparation, and network with NCAA personnel.

NFL Business Academy

This program was designed, by the NFL & the University Of Michigan Ross School Of Business, to deliver a high level curriculum of Business Management & Entrepreneurship while providing the opportunity to experience two concentrations of Franchising and Innovative Product Design. Topics include: Business Model Planning & Strategy, Understanding Franchising and Its Industries, and Building a High-Performing Management Team. Players are provided the opportunity to attend In-store visits to small businesses, start-up companies, & franchisees in the Ann Arbor, MI area. This customized program allows for increased collaboration, experiential learning, & post-program opportunities. Players and their significant others are welcome to attend the Business Academy.

Contact: Carla Lide

Carla.Lide@NFL.com, 212-450-2794

NFL Boot Camp Series

Broadcasting

Boot Camp: Broadcasting offers current and former NFL players the opportunity to explore multiple on-air job functions. The NFL Boot Camp: Broadcasting is a hands-on program which offers current and former NFL players the opportunity to explore multiple on-air job functions in the television/media business. More than 1/3 of past participants have secured full or part-time broadcasting opportunities as a result of this dynamic program.

Advanced Broadcasting

NFL Boot Camp: Advanced Broadcasting allows those who have successfully completed NFL Boot Camp: Broadcasting to get back in the studio with top broadcasters for additional coaching and feedback on their technique. Participants will have the opportunity to build on their knowledge of studio analysis, field reporting, radio broadcasting, and play-by-play

analysis through one-on-one meetings with faculty and mentors to further develop their skills.

Sports Journalism & Radio

Hosted by Bowling Green State University, the Boot Camp: Sports Journalism & Communications provides aspiring journalists and communications professionals the opportunity to hear the latest from industry leaders; find out what social media options are available, including creating your own blog; and learn what it takes to become a sports communications professional at the pro or college level. Through panel discussions, breakout sessions, field exercises, and concentrated writing labs, participants hone their writing skills in an interactive setting. Participants build their portfolios and receive feedback and mentoring from top sports journalists, communications professionals at college and pro teams, and Bowling Green faculty.

Personal Finance

The Personal Finance Program, open to current and former players and their spouses/significant others, will empower participants with an exponentially heightened sense of control over their finances and those they employ to manage them.

Through interactive tool building using Microsoft Excel, participants will leave with the tools to tightly monitor the costs and performance of their financial advisors. Participants will learn lessons about our economy and investment world to formulate reasonable expectations with which forecasts can be made.

Using such figures and an understanding of their history, volatility and impact on financial lives, participants will receive further instruction on Microsoft Excel to build a model that, using the best available information, breaks down decades of future expenses and how those relate to what they're earning during their NFL experience and beyond.

Contact: Carla Lide

Carla.Lide@NFL.com, 212-450-2794

Transition Coaches

Transition Coaches are the primary outreach facilitators within NFL Total Wellness as administered by NFL Player Engagement.

The role of the Transition Coach is to develop relationships at the regional and Club level with current and former players and serve as peer counselors addressing life transitions, relationship management, applied suicide intervention skills, and mental health first aid.

For more information or to be put in contact with a Transition Coach contact Keith Elias.

Contact: Keith Elias

Keith.Elias@NFL.com, 212-450-2677

NFL Legends Career Opportunities

Game Operations Seasonal Fellowship

- Support programs employing game day seasonal employees (approximately 300 people)
 - Collect and file HR and Payroll Paperwork prior to start of the preseason
 - Support game day apparel distribution
 - Track submission of game reports
 - Record game coverage for payroll purposes
 - Compile list of weekly game issues
- Maintain log of departmental correspondence with teams
- Produce weekly game travel sheet under direction of Game Operations Coordinator
- Compile and track weekly list of team travel itineraries
- Provide administrative support for the Pro Bowl Balloting process

Position Timeline: End of July – February
(Super Bowl)

NFL Contact: Blake Jones (Blake.Jones@NFL.com)

Paid/Unpaid: Paid

Compliance Seasonal Fellowship

- Support programs employing game day seasonal employees (approximately 300 people)
- Identify and track player on-field fines and rules violations
- Database management
- Document distribution to player, clubs and NFLPA
- Appeal officer administration
- Maintain log of player uniform fines
- Appeal process
- Compliance coordination with Sponsorship, CP, PR, NFL.com, Int'l, Digital Media
- Screening print ads
- Screening commercials
- Screening images used for league initiatives

Position Timeline: End of July – February (Super Bowl)

NFL Contact: Kim Fields (Kimberly.Fields@NFL.com)

Paid/Unpaid: Paid

Bill Walsh NFL Minority Coaching Fellowship

The Bill Walsh NFL Minority Coaching Fellowship uses NFL Clubs' training camps, offseason workout program and minicamps to give talented minority coaches opportunities to:

- Observe
- Participate
- Gain Experience
- Ultimately gain a full-time NFL coaching position

Designed as a vocational tool to increase the number of full-time NFL minority coaches, all 32 NFL Clubs participate in the program on an annual basis. Specific aspects of the program (including hiring, salary and

coaching duties) are administered on a Club-by-Club basis. No elements of the Fellowship are mandated to the Clubs by the League office, but several “best practices” have been strongly recommended to the Club, including:

- Participants are hired for the duration of training camp, including all pre-season games.
- Clubs are encouraged to hire a minimum of four (4) participants.

As part of the programs’ evolution, in 2012 the NFL announced the formation of the Bill Walsh Minority Coaching Fellowship Advisory Council, comprised of a distinguished group of NFL coaches and general managers.

Position Timeline: March – August

NFL Contact: Jon Ferrari (Jon.Ferrari@NFL.com)

Paid/Unpaid: Unpaid

Bill Walsh NFL Minority Coaching Fellowship Day Shadow

The “Strategic Shadow” component to the Fellowship promotes engagement on strategic and philosophical coaching direction. Those eligible for the “Strategic Shadow” program are FBS-level collegiate coaches. The “Strategic Shadow” program provides the FBS-level coach with a 24-48 hour opportunity to have strategy sessions and share ideas and philosophies with coordinators and head coaches. The “think tank” approach was developed because FBS coaching schedules do not permit these coaches the time to fully immerse in the Bill Walsh NFL Minority Coaching Fellowship.

Position Timeline: August – February

NFL Contact: Jon Ferrari (Jon.Ferrari@NFL.com)

Paid/Unpaid: Unpaid

Nunn-Wooten NFL Scouting Fellowship

The Nunn-Wooten NFL Scouting Fellowship is a season-long career internship program for former NFL players who are interested in a pro football scouting career. Selected fellows serve as full-time members of an NFL team's scouting staff, learning what is required of an NFL scout and how players are identified and evaluated.

Position Timeline: August – February

NFL Contact: Joe Hurta (Joe.Hurta@NFL.com)

Paid/Unpaid: Varies by team

Football Officiating Academy

The Football Officiating Academy (FOA) works to build the next generation of football officials, maintain a robust officiating pipeline into the league and enhance the overall perception and understanding of football officiating. At no cost to participants, the academy teaches football fundamentals — along with personal and professional skills that last a lifetime — and it puts the most promising individuals on the path to greater involvement in officiating.

FOA offers free programs for all levels of officials and fans:

Full Program: An eight – 10 – week intensive officiating program. Many graduates of FOA's full program are tracked and developed by the NFL Officiating Department.

Clinics: Three- to four-hour clinics geared for football clubs, military academies and Women Officiating Now groups that introduce officiating mechanics and game rules.

Fan engagement: A FOA officiating roadshow to educate fans, former youth athletes and others about NFL officiating programs. The interactive “You Make the Call” booth lets fans “step under the hood” as officials and see if they can make the correct call.

Position Timeline: June – August

NFL Contact: Terell Canton (Terell.Canton@NFL.com)

Paid/Unpaid: Unpaid

NFL League Office Job Shadow

Players who participate in a job shadow at the league office, located in New York City, will have the opportunity to gain experience in departments such as Communications and Public Affairs, Consumer Products, Corporate Development, Events, Finance and Accounting, Football Operations, Information Technology, Labor and Legal, Marketing and Sales, Media, Officiating and Player Engagement.

Job Shadow Experience

Description:

- Gain a behind-the-scenes look at the NFL's corporate and business operations
- Receive an introduction to the corporate world by gaining professional experience within an office setting
- Hone networking skills by interacting with league employees and executives
- Learn more about career areas in the field of professional sports

Interested candidates should apply by submitting a resume and personal statement regarding what they hope to gain from the experience and which department(s) they are interested in shadowing in.

Position Timeline: Varies

NFL Contact: Wilfredo Acosta (Wilfredo.Acosta@nfl.com)

Paid/Unpaid: Unpaid

NFL Draft Job Shadow

The NFL Draft returns to primetime and NFL Player Engagement, in partnership with the NFL Events department, is offering a job shadow opportunity during this major league event. This job shadow will provide

players interested in event operations an inside look at how a large-scale, television event is executed and staged.

Job shadow participants will learn about event flow, participate in a planning meeting with event staff and media, and assist with event logistics. Draft day responsibilities may include fan liaison, red carpet logistics, team Draft order assistance, and more.

Available Positions

There are two (2) job shadow positions available.

Applicants must submit a resume by Friday, February 14th. Job shadow participants will be selected by mid-March.

Position Timeline: April 22nd – May 2nd, 2016 – Chicago, IL

NFL Contact: Wilfredo Acosta (Wilfredo.Acosta@nfl.com)

Paid/Unpaid: Unpaid

NFL Security Department Apprenticeship Experience

The National Football League's Security Department is offering current and recently retired NFL players the opportunity to learn about law enforcement and security careers on the local, state, and federal levels. Through conversations with law enforcement experts, players will learn about the law enforcement and security fields, as well as any educational and professional opportunities they should pursue in order to work towards their desired career.

Participating players will make valuable contacts in the law enforcement industry. They will also be exposed to learning opportunities in the field, including internships, externships, and job training programs.

Apprenticeship Experience

Description:

- Current NFL players will be placed in contact with their Club Security Director and the NFL Security Representative in their team city. These security personnel will provide the player with resources to help them explore career areas in law enforcement and various educational and professional training programs.
- Recently retired NFL players will engage in conversations with the NFL's Security Department. Based on their interests and location, they will be placed in contact with external resources who will help guide them through different career paths and professional development opportunities.

Minimum Requirements

Interested players should apply by submitting a resume. It is recommended that candidates do some preliminary research on the branches of law enforcement (local/state/federal) and various service areas to determine which area they would like to explore. For more information on Law Enforcement and Corrections-Related Agencies, visit USA.gov.

Position Timeline: Varies

NFL Contact: Wilfredo Acosta (Wilfredo.Acosta@nfl.com)

Paid/Unpaid: Unpaid

NFL Media job shadow

NFL Media is offering current and former players the opportunity to participate in a two-day job shadow to learn about broadcast operations, digital media and the business operations of a major television network.

Job Shadow Experience: A job shadow will provide players interested in television and film production an inside look at how large-scale, nationally televised network programs are built from the ground up. Participants will learn about the writing, editing, and

production process. Depending upon time of year, participants will be able to attend planning meetings and help talent prepare for their appearances on television. Additionally, we will provide time to observe and experience all phases of our operations in areas such as Audio, Cinematography, Footage Acquisition and Licensing, Project Management, Graphics, Player and Talent Relations and our shooting stage. We would also invite participants to guest write for the NFL Films blog “They Call it Pro Football”.

Dates are flexible and the program is held at NFL Films in Mount Laurel, NJ. Below is a list of some of the projects participants can choose from depending upon time of year.

- NFL Playbook and NFL GameDay First: August – February
- NFL Matchup: August – February
- Offseason Projects (NFL Combine, Draft, NFL Films Documentaries): March – July

Available Positions

Job shadow positions are available at any given time during the year depending upon workload and availability of mentors.

Requirements / Compensation

This is an unpaid job shadow opportunity. Participants are responsible for providing their own travel and accommodations for the length of the job shadow. Interested candidates should apply by submitting a resume and personal statement detailing:

- What they hope to gain from the experience,
- Which job shadow type they are interested in, including which areas of the business they would like to shadow in, and
- Their preference of dates.

Position Timeline: Varies

NFL Contact: Wilfredo Acosta (Wilfredo.Acosta@nfl.com)

Paid/Unpaid: Unpaid

NFL Films Job Shadow

Job Shadow Experience:

A job shadow will provide players interested in television and film production an inside look at how large-scale, nationally televised network programs are built from the ground up. Participants will learn about the writing, editing, and production process. Depending upon time of year, participants will be able to attend planning meetings and help talent prepare for their appearances on television. Additionally, we will provide time to observe and experience all phases of our operations in areas such as Audio, Cinematography, Footage Acquisition and Licensing, Project Management, Graphics, Player and Talent Relations and our shooting stage. We would also invite participants to guest write for the NFL Films blog “They Call it Pro Football”.

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- What they hope to gain from the experience,
- Which job shadow type they are interested in, including which areas of the business they would like to shadow in, and
- Their preference of dates.

Position Timeline: Varies

NFL Contact: Wilfredo Acosta (Wilfredo.Acosta@nfl.com)

Paid/Unpaid: Unpaid

Entertainment Marketing Job Shadow

The production assistant position will provide players interested in entertainment marketing and events an inside look at how the NFL engages with fans and partners at a large scale League event. The production assistants will learn firsthand what goes on behind the scenes to ensure that both NFL fans and sponsors receive an exclusive NFL experience. Job responsibilities may include taking part in the pre-event planning, ensuring fans are having a positive experience on-site, assisting in the player moves and logistics, and assisting with all matters related to sweepstakes and partner activations.

The production assistants will work at the NFL Scouting Combine in Indianapolis, IN; at Super Bowl XLIX in Glendale, AZ; or at the NFL Draft in Chicago, IL. The production assistant positions will be concentrated in one of six areas based on availability:

- Player Marketing
- Promotions/Sweepstakes
- Fan Engagement
- Partner Activation
- Event Activation
- Production

The job shadow for production assistants will take place

on the following dates:

- Super Bowl: Jan 26th – Feb 1st (Phoenix, AZ)
- NFL Combine: Feb 23rd – March 1st (Indianapolis, IN)
- NFL Draft: April 27th – May 3rd (Chicago, IL)

Available Positions

Two (2) production assistant positions are available at each event.

Requirements / Compensation

Interested candidates should apply by submitting a resume. This is an unpaid job shadow opportunity. Participants are responsible for providing their own travel and accommodations for the length of the job shadow.

Applicants must submit a resume by the following dates:

- Super Bowl: Friday, Jan 2nd, 2016
- NFL Combine: Friday Jan 30th, 2016
- NFL Draft: Date TBA

Position Timeline: Varies

NFL Contact: Wilfredo Acosta (Wilfredo.Acosta@nfl.com)

Paid/Unpaid: Unpaid

NFL Legends Development Program

The NFL Legends Development Program provides retired players the opportunity to grow their careers by gaining business experience and exposure in the NY League Office. Participants in the program will be placed in a department that aligns with their interests, skills, education and professional background. Their experience will be bolstered by hands on training focused on skill development and broadening their business knowledge. The program will run for 6 months (*The first session will begin in January 2016 and*

run thru the end of June 2016 and the second session will begin in July 2016 and run thru early-February 2016).

Program Objectives

- Support the professional growth and development of retired players
- Develop business acumen through on the job experience
- Enable participants to network and build professional relationships

Eligibility is reserved for retired players who:

- Played at least 3 years with the NFL
- Retired from playing within the past 5 years
- Obtained a Bachelor's degree from an accredited university
- Are able to work in the New York League Office for the duration of the program

Participant Application & Selection Process

Interested participants should apply by sending their completed application via email (NFL.LPDP@nfl.com) to the League Office. A completed application must include a resume and a full response (not to exceed 2,000 characters) to the short answer essay question below.

Describe how you have applied the leadership skills you have learned on the field in your daily life. How do you anticipate using these skills in a professional environment?

All candidate submissions will be reviewed by League personnel and finalists selected for interviews. Selection will be based on applicants meeting the aforementioned eligibility requirements and demonstrating the interest

and ability to apply their leadership skills in a business environment. Department placement will be communicated at the time of offer.

Participants are required to submit completed applications to NFL.LPDP@nfl.com by Tuesday, November 3rd at 11:59PM EST.

Compensation & Relocation

Program participants will receive a weekly salary payable in accordance with the NFL's normal payroll schedule, which is currently bi-weekly. Participants will not be eligible for NFL pension, welfare, health, vacation, sick leave, or any other type of NFL benefits or compensation.

Participants will also be eligible for relocation and temporary housing for the duration of the program. These costs will be covered per the NFL Relocation Policy.

Participating Departments

Participating departments may include, but are not limited to: Marketing, Football Operations/Player Personnel, Player Engagement, Finance and Human Resources.

Future Employment with the NFL

Following completion of the development program, participants may apply to open positions that correlate with their skill set and past experience. Participants must go through the formal application and interview process for each full-time position they apply to. Completion of the program does not guarantee full-time employment with the NFL.

Position Timeline: Varies

NFL Contact: Kim McFadden (Kim.McFadden@NFL.com)

Paid/Unpaid: Paid

NFL LEAGUE OFFICE CONTACTS

NFL Player Engagement

NFL Player Engagement assists players in reaching their highest potential on and off the field with guidance, support, and resources provided before, during, and after their NFL playing experience. NFL Player Engagement works with three core audiences: Prep, Life, and Next. NFL Life (current players) and NFL Next (retired players) reach more than 2,000 NFL players and spouses each year through a variety of programs and services focused on career development, financial and continuing education, as well as personal, psychological, and physical wellness.

NAME	PHONE	EMAIL
Charles Way	212-450-2643	Charles.Way@NFL.com
Keith Elias	212-450-2677	Keith.Elias@NFL.com
Dwight Hollier	212-450-2055	Dwight.Hollier@NFL.com
Wilfredo Acosta	212-450-2184	Wilfredo.Acosta@NFL.com
Rob Morrissey	212-450-2432	Robert.Morrissey@NFL.com
Carla Lide	212-450-2794	Carla.Lide@NFL.com
NFL Player Engagement Hotline	1-855-4PE-2472 (1-855-473-2472)	

Entertainment And Player Marketing

NFL Entertainment and Player Marketing assists current and former players in elevating their images/brands while creating new opportunities for them to engage with the league, their current and former clubs, sponsors and licensees, and with the entertainment marketplace. NFL Player Marketing specifically oversees the NFL Legends Community.

NAME	PHONE	EMAIL
Tracy Perlman	212-450-2157	Tracy.Perlman@NFL.com
April Donnelly	212-450-2160	April.Donnelly@NFL.com
Andrew Hufford	212-450-2218	Andrew.Hufford@NFL.com
Chidozie Ibeabuchi	212-450-2052	Chidozie.Ibeabuchi@NFL.com
General Information		NFLLEGENDS@NFL.com

Retired Player Programs

The NFL has a variety of programs that are designed to assist former players and maximize their post-NFL life. Such retired player programs include collectively bargained NFL benefits, other health and welfare programs and charitable grants for qualifying players through the NFL Player Care Foundation (PCF). For information on the available programs, eligibility requirements and how to access them, please contact the appropriate NFL employee listed below.

NAME	PHONE	EMAIL
Joe Browne (Senior Advisor to the Commissioner)	212-450-2031	Joe.Browne@NFL.com
Andrew Jo (PCF)	212-450-2494	Andrew.Jo@NFL.com
Belinda Lerner (PCF and Benefits)	212-450-2258	Belinda.Lerner@NFL.com
Jason Cantor	212-450-2494	Jason.Cantor@NFL.com
Patrick Reynolds (Benefits)	212-450-2251	Patrick.Reynolds@NFL.com

NFL LEGENDS COMMUNITY

Twenty Legends serve as ambassadors, leading the outreach and assisting the NFL in administering the NFL Legends Community. They are broken down by region with one director and three coordinators to service each region.

Region	States
Pacific West	WA, OR, CA, ID, NV, UT, AZ, MT, WY
Central South	CO, NM, KS, OK, TX, AR, LA
Central North	ND, SD, NE, MN, IA, MO, WI, IL, MI, IN, KY, OH
Southeast	MS, TN, AL, FL, GA, SC, NC
Northeast	ME, VT, NH, NY, MA, CT, NJ, PA, WV, VA, DE, MD



Pacific West	Central South	Central North	Southeast	Northeast
Mack Strong	Leonard Wheeler	Aeneas Williams	Donovin Darius	Ed Reynolds
Donnie Edwards	Rocket Ismail	Chad Pennington	Mike Rucker	Tony Richardson
Kwamie Lassiter	Scott Turner	Orlando Pace	Warrick Dunn	J.B. Brown
Dwight Clark	Will Shields	John Randle	Mark Brunell	Garry Cobb

Names in **Bold** Indicate Directors

Legends Community directors & coordinators contact information:

NAME, REGION & TITLE	CELL	EMAIL
Mack Strong		
Pacific West Director	917-886-1824	MStrong.Legends@NFL.com
Donnie Edwards		
Pacific West Coordinator	917-693-4890	DEdwards.Legends@NFL.com
Kwamie Lassiter		
Pacific West Coordinator	602-620-6202	KLassiter.Legends@NFL.com
Dwight Clark		
Pacific West Coordinator	831-278-0211	DClark.Legends@NFL.com
Leonard Wheeler		
Central South Director	917-693-8722	LWheeler.Legends@NFL.com
Rocket Ismail		
Central South Coordinator	917-693-7493	RIsmail.Legends@NFL.com
Scott Turner		
Central South Coordinator	917-693-6657	STurner.Legends@NFL.com
Will Shields		
Central South Coordinator	917-693-5256	WShields.Legends@NFL.com
Aeneas Williams		
Central North Director	917-693-8755	AWilliams.Legends@NFL.com
Chad Pennington		
Central North Coordinator	917-693-9273	CPennington.Legends@NFL.com
Orlando Pace		
Central North Coordinator	917-658-0790	OPace.Legends@NFL.com
John Randle		
Central North Coordinator	917-450-0309	JRandle.Legends@NFL.com
Donovin Darius		
Southeast Director	917-751-8213	DDarius.Legends@NFL.com
Mike Rucker		
Southeast Coordinator	917-494-3202	MRucker.Legends@NFL.com
Warrick Dunn		
Southeast Coordinator	917-658-0856	WDunn.Legends@NFL.com
Mark Brunell		
Southeast Coordinator	917-576-4943	MBrunell.Legends@NFL.com
Ed Reynolds		
Northeast Director	917-751-2527	EReynolds.Legends@NFL.com
Tony Richardson		
Northeast Coordinator	913-231-4449	TRichardson.Legends@NFL.com
J.B. Brown		
Northeast Coordinator	917-576-8073	JBrown.Legends@NFL.com
Garry Cobb		
Northeast Coordinator	917-751-0784	GCobb.Legends@NFL.com
Ahman Green		
Social Media Coordinator	917-658-1403	AGreen.Legends@NFL.com

SOCIAL MEDIA ACCOUNTS



LinkedIn



The NFL Legends Community is on social media including Facebook, LinkedIn and Twitter. The Facebook and LinkedIn accounts (NFL Legends Community) are private groups exclusively for former players to reconnect with other Legends, share information about your community events and initiatives and see all new opportunities offered to you by the League. For the Facebook and LinkedIn pages, members must request access or be invited by an existing member.

Also, follow the NFL Legends Community on Twitter - @NFLLEGENDS. We encourage all to use the following hashtags when tweeting about former players: **#NFLLEGENDS** / **#NFLLEGENDSCOMMUNITY** / **#GETCONNECTEDSTAYENGAGED** / **#NFLBROTHERHOOD**.

For more information about the NFL Legends Community, please visit **NFLPlayerEngagement.com/Legends**

NFL PLAYER BENEFITS

As a member of the NFL Legends Community, there are a number of benefits which you may be eligible to receive. If you have a question about receiving health insurance, adding a beneficiary to your pension, filing for disability benefits, changing your 401(k) investment options, or anything else in your package of NFL benefits, a representative at **1-800-NFL-GOAL (1-800-635-4625)** will be sure that you find the right answer. Some of the benefits that they can help you navigate include:

Health Benefits

- Health insurance through the NFL Player Insurance Plan
- Health insurance through an Affordable Care Act Marketplace
- Joint replacement surgery assistance
- Neurological and spinal evaluations
- Discounted prescription drug coverage
- Supplemental Medicare coverage
- Life insurance
- Long term care insurance
- Access to assisted living facilities
- Reimbursement for medical expenses

Financial Benefits

- Monthly NFL pension
- NFL disability
- NFL 401(k) and Annuity accounts
- NFL Severance pay
- Reimbursement for college tuition

Additional information is available by logging into your benefits portal at **www.mygoalline.com**.

For any questions, contact a benefits representative at **1-800-NFL-GOAL (1-800-635-4625)**.

THE TRUST

The Trust is designed to provide an ecosystem of support for former players, with an emphasis on overall health and successful transition from professional football. The Trust staff counsels players through a wellness plan across six primary pillars: Brain and Body, Career, Financial, Education, Personal Interaction and Lifestyle.

Below is an overview of The Trust's partner services:

PILLAR	PARTNERS	SERVICES
BRAIN AND BODY	<ul style="list-style-type: none"> University of North Carolina at Chapel Hill Brain and Body Health Program Tulane Institute of Sports Medicine Cleveland Clinic (Cleveland, Las Vegas, Weston FL) Massachusetts General (Boston) 	<ul style="list-style-type: none"> Initial Screening Musculoskeletal and Rehabilitation Evaluation Cognitive and Neuropsychological Evaluation Transition Counseling
CAREER	<ul style="list-style-type: none"> Athlife Babson College SCORE 	<ul style="list-style-type: none"> Career Services and Counseling Entrepreneurial education Small business resources
FINANCIAL	<ul style="list-style-type: none"> Financial Finesse Hillard Heintz 	<ul style="list-style-type: none"> Financial education, planning and management Comprehensive background security investigations
EDUCATION	<ul style="list-style-type: none"> Athlife 	<ul style="list-style-type: none"> Degree completion planning The Trust Scholarship Fund
PERSONAL INTERACTION	<ul style="list-style-type: none"> Captain Events Locker Room Lounges Social Media 	<ul style="list-style-type: none"> The Locker Room Networking opportunities
LIFESTYLE	<ul style="list-style-type: none"> EXOS (formerly known as Athlete's Performance) 	<ul style="list-style-type: none"> Lifestyle strategies for healthy living Personalized workout and nutrition plans Physical therapy Pain Management

Contact: Bahati Van Pelt

Bahati.VanPelt@playerstrust.com
202-212-6181, 866-725-0063 (main)

Website: playerstrust.com

EDUCATION ASSISTANCE

The Continuing Education Program (CEP)

The National Football League Continuing Education Program (CEP) assists current and former NFL players to complete their undergraduate degree, pursue graduate studies and utilize other educational opportunities to prepare for life after football.

Administered by the NFL Player Engagement staff, the CEP partners with colleges and universities across the country to design detailed plans to assist players in reaching their educational goals. By working closely with academic advisors, these individualized educational plans may include opportunities to pursue coursework in a player's franchise city, at his original institution or through distance learning via Internet-based coursework.

Players who have already completed their undergraduate degree may opt to participate in graduate school or professional certification programs aimed at enhancing their skills and abilities. The CEP can assist players to identify appropriate, accredited schools, provide guidance on admission requirements including graduate exams (GRE, GMAT, LSAT, etc.) and assist players in the preparation of their graduate application.

The Princeton Review

Player Engagement has formed a relationship with The Princeton Review (TPR) to provide enhanced educational materials and resources to the NFL family.

All members of the NFL Family are eligible to receive a 10% discount on TPR's test preparation including classes and educational books. Information about the discount can be found on the NFL Engagement Zone.

Player Engagement also is collaborating with TPR on the Targeted Learning Program. Targeted Learning is a series of confidential, one-on-one tutoring sessions to assist NFL players, their wives, and significant others, and their children to improve their critical reading, writing, grammar and vocabulary skills. Player Engagement will cover the cost of a designated number of Targeted Learning sessions per team each year.

TPR provides articles on educational topics that are featured on the Player Engagement website and on the Engagement Zone.

Website:

NFLplayerengagement.com/continuing-education

Registration:

NFLengagementzone.com

Tuition Assistance Benefit

As a former NFL player, you may be eligible for the Tuition Assistance Benefit to assist with the cost of continuing your education. The following are the eligibility requirements for the Tuition Assistance Benefit for former NFL players. Please note: every player should receive a copy of the Tuition Assistance Summary Plan Description (SPD) from his Director of Player Engagement, from the League Office, or from www.MyGoalline.com.

Eligibility Requirements for Former Players

- The player must have a minimum of five (5) pension credits.
- At least one (1) of the pension credits must be earned in the 2006 season or later.
- As of October 1, 2013, the player must be within 72 months of his last regular or postseason game.
- The player must earn a C- or above, or a grade of Pass if the class is taken Pass/Fail.
- The player must submit for reimbursement within six (6) months of completing the class (class is complete on the date the grade is posted). In order to submit for

reimbursement, the player must complete the Tuition Reimbursement Application and include proof of grades and proof of payment.

Eligible former players may receive up to \$60,000 total in tuition assistance over the 72-month period following their last regular or postseason game. Up to \$5,250 of this assistance is tax exempt each calendar year. Any reimbursement received above \$5,250 is subject to taxes.

Contact: NFLTuitionAssist@AonHewitt.com,
1-800-NFL-GOAL (1-800-635-4625)

The Trust Scholarship Fund

The Trust recognizes the challenges of the rising costs of education and awards scholarships to qualified, former players so they may obtain degrees at approved educational organizations, qualified vocational institutions, technical programs and professional licensing programs.

Scholarships will be awarded four times a year, with a maximum total award of \$20,000 per year, and are awarded according to the following procedures:

- Applicants are enrolled in The Trust and working towards an educational goal in their game plan.
- Applicants will complete an application and provide supporting documentation to demonstrate their desire to achieve a degree.
- Scholarships are directly applied to the educational organization or qualified program, to be used for tuition and qualified expenses.

The Trust Scholarship Overview

A former player is eligible for The Trust Scholarship if he:

1. Has completed at least two (2) Credited Seasons; and

2. Will apply the award to an approved educational organization, a qualified vocational or technical program or a program designed to provide a professional license.

Requirements

1. Applicants must provide an enrollment plan approved by AthLife including a detailed timeline for projected enrollment for the period of the award.

2. Applicants who reside in the United States must meet one of the following requirements:

- Be a legal resident of the United States
- Have been granted permanent residency
- Have a valid visa that does not prohibit educational studies
- Have been granted temporary protected status along with approved Notice of Action issued by Citizen Immigration Services and verified through CIS Form g-845
- Have been granted asylum along with the approved Notice of Action issued by the Citizen Immigration Services.

3. Applicants must be eligible for The Trust at the time of application.

4. In addition to a completed application, applicants must submit completed essays. Primary consideration will revolve around the applicant's desire to advance his education and a compelling need for the award.

5. Applicant must submit a copy of grades earned during the period of award to their assigned Program Manager within ten days of grades posting. Students not maintaining a term GPA above a 2.0 term GPA (undergraduate) or a 3.0 term GPA (graduate) will be subject to award cancellation.

Review Process

- Trust staff collects all completed applications
- Trust staff collects institution verification from Corporate Security Solutions
- Trust staff presents applications to review committee
- Review committee sends scores of the quality of the application and the scholarship essay back to Trust staff
- Trust staff informs applicants of decisions and provides feedback

Application Schedule: Open

Application/Deadline	Review Period	Award
Oct. 1 – Nov. 15	Nov. 16 – Dec. 5	Dec. 15
Feb. 1 – Mar. 15	Mar. 16 – Apr. 5	Apr. 15
May 1 – June 15	June 16 – July 5	July 15

**For nontraditional enrollment/certifications or unusual circumstances as determined by The Trust and AthLife, applications will be reviewed the last Friday of each month.*

Selection Process

1. The application and any additional information submitted by eligible applicants are subject to The Trust privacy and confidentiality policies.
2. It is the applicant's responsibility to submit a completed and signed application along with all the supporting documentation, which must be received on or before the specified deadline. The scholarship selection committee accepts no responsibility for incomplete applications, applications not in proper form, lost applications, or any other submission in exception to the above instructions.
3. The scholarship award is based on the committee's scores of the overall quality of the application and the scholarship essay(s). The higher the average score, the higher the probability of selection.

4. The window to apply is outlined below. Award winners will be notified within 30 calendar days of the last day to apply. The selection committee reserves the right to request additional information as necessary.

5. Scholarship selection is made without regard to race, color, religion, sex, sexual orientation, gender identity, age, national origin, disability, veteran status, or any other category protected by federal, state, or local law.

6. If selected, the award is applied directly to the educational organization or qualified program. The funds must be used solely for tuition and expenses. The award shall not exceed \$20,000 per award recipient, per year.

7. The decision of the scholarship selection committee is final and not subject to a review process.

CONSULT YOUR PROGRAM MANAGER TO GET STARTED WITH THE SCHOLARSHIP PROCESS.

IF YOU'RE NOT CURRENTLY ENROLLED IN THE TRUST, CONTACT US AT (866) 725-0063 OR E-MAIL US AT INFO@PLAYERSTRUST.COM TO GET STARTED.

LEGENDS COMMUNITY OPPORTUNITIES

NFL Foundation

The National Football League Foundation (NFL Foundation) is the league's nonprofit organization representing the 32 NFL clubs. Its mission is to support the health, safety and wellness of athletes, youth football and the communities which support our game.

Grants: Youth Football Camp Grant, NFL Player Matching Grants, and NFL Player Foundation Grants

Contact: Logan Gerber

Logan.Gerber@NFL.com, 212-450-2015

Website: NFLFoundation.org

Youth Football Camp Grant

The National Football League Foundation supports current and former NFL players and coaches who organize and host free, non-contact youth football camps during the summer. Grants range from \$1,000 up to \$4,000.

This program recognizes NFL players and coaches who give back to communities in their hometowns or team cities while also providing positive examples for young football participants by emphasizing sportsmanship and involvement in community-wide charitable projects.

All coaches at camps funded through the NFL Foundation must complete the online Coach Smart course with instruction on heat and hydration and concussion awareness and prevention.

Website:

nflfoundation.org/applications/programs/view/CMP

Email: admin@nflfoundation.org

NFL Player Matching Grants

The NFL Foundation recognizes the contributions of current and former NFL players who support youth and high school football programs. The NFL Player Matching Youth Football Grant program consists of the following two components:

- Former NFL players who give the commitment of time – by serving as a registered youth or high school football coach – can apply to have their non-profit football program receive a “matching” grant of up to \$8,000 (coach match).
- Current and former NFL players can donate funds to a non-profit youth or high school football program that the NFL Foundation will match up to \$5,000 (financial match).

Grant awards must be earmarked for non-salary or non-personnel-related costs (e.g., purchase of new football helmets and equipment, helmet and equipment reconditioning, etc.). However, approved grant recipients may provide stipends to certified athletic trainers to assist in the prevention and treatment of injuries during play and be present on the field during football practices and games.

Coach Match

Eligibility:

- NFL Legend who currently serves as a registered coach of a non-profit youth or high school football program
- NFL Legend needs to be vested under the Bert Bell/Pete Rozelle NFL Player Retirement Plan
- Non-profit youth football program must be registered with USA Football for Heads Up Football in 2015
- Past grant reports for player or recipient organization have been submitted (new grant applications will not be reviewed if there are outstanding grant reports) **2016**

Coach Match Dates:

- Open: April/May 2016
- Close: June 25, 2016
- Determinations: July/August 2016
- Grant Reports Due: 6 months from the date on the grant check

Maximum Grant Award: \$8,000

Financial Match

Eligibility:

- Current and former NFL players who donate money to a non-profit youth or high school football program

- Non-profit youth football program must be registered with USA Football for Heads Up Football in 2016
- Past grant reports for player or recipient organization have been submitted (new grant applications will not be reviewed if there are outstanding grant reports)

2016 Financial Match Dates:

- Open: April/May 2016
- Close: November 2016
- Determinations: Rolling; 10 business days after submission
- Grant Reports Due: 6 months from the date on the grant check

Maximum Grant Award: Match of contribution by NFL player up to \$5,000

Website:

nflfoundation.org/applications/programs/view/PMG

Email:

admin@NFLFoundation.org

NFL Player Foundation Grants

The NFL Foundation recognizes and supports the charitable work of current and former NFL players' non-profit organizations.

Eligibility:

- Current and former NFL players with non-profit organizations
- For NFL Legends, only those vested under the Bert Bell/Pete Rozelle NFL Retirement Plan are eligible for funding consideration
- Grants may not be awarded to memorial foundations on behalf of deceased former players

- The applying organization must be defined as tax-exempt under Section 501(c)(3) or Section 509 of the IRS Code. (For players who have established donor advised funds with local community foundations, the NFL Foundation will only support those community foundations recognized by the Council on Foundations and practicing under National Standards for U.S. Community Foundations).
- The organization must be established by the player or the player (former only) must be a full-time, salaried employee of the non-profit organization. Board member, spokesman, volunteer and other support positions do not qualify.
- The organization must be located or operating within the area of the player's current or former NFL team or in his hometown. The player must demonstrate active involvement with the organization.
- 2015/16 Dates:
 - Open: November 2015
 - Close: Late January 2016
 - Determinations: March 2016
 - Grant Reports Due: 6 months from award date

If a player applicant does not work full-time for his nonprofit organization, a maximum grant from the NFL Foundation cannot exceed one-half of that player's personal contribution to his foundation. However, this rule DOES NOT apply to former players who are salaried employees of the foundation and hold no other jobs.

Website: NFLFoundation.org/applications/programs/view/PFG

Email: admin@NFLFoundation.org

Legends Community Lounge

The Legends Community Lounge concept was first initiated at Super Bowl XLVIII as an effort to bring

Legends together to celebrate the game and their place within it. The Legends Community Lounge is a free and private hospitality space open exclusively to current and former NFL players. It is a place for the greats who have played the game to relax and reengage with other former players. The Lounge is hosted by NFL Legends Community Directors and Coordinators. The success of the concept has launched the idea to host the Lounge at every major NFL Calendar event where Legends will be in attendance (Scouting Combine, Draft, Kickoff, Homecoming and Super Bowl).

NFL Shop Discount

As a member of the Legends Community, Legends are entitled to exclusive offers and savings on NFL merchandise and products at NFL Shop by visiting NFLshop.com and entering the promo code "NFL30EMP247" upon checkout.

Pro Football Hall of Fame Legacy Card

The NFL has been working closely with the Pro Football Hall of Fame in regards to the Legends Community and ways to continue to celebrate the accomplishments of those who played the game. As a registered member of the Legends Community, we will provide you with a Legacy Card. This lifetime pass would allow the card holder and his spouse and dependent children free lifetime admission to the Hall of Fame.

FINANCIAL/MEDICAL ASSISTANCE

NFL Player Care Foundation

The NFL Player Care Foundation (PCF) is an independent organization dedicated to helping retired players improve their quality of life. PCF provides retired players assistance in two primary areas: financial assistance grants and the Healthy Body & Mind Screening Program.

Grant Guidelines:

- All grants shall be made on an objective and non-discriminatory basis, without regard to race, gender, color, creed, religion, sexual orientation, national origin, age, or disability
- Payments shall be made to creditors rather than individual grant recipients
- All grants shall be awarded on a case-by-case basis
- The Board of Directors shall have discretion to interpret these guidelines and shall have final authority to make determinations to all grant awards

Financial Assistance Grant Eligibility:

PCF grant applications are considered on a case-by-case basis, in adherence to the following eligibility guidelines:

- Applicant must be a former NFL player with at least one credited season of NFL play or two seasons of at least eight games each season as a practice player. Widows and children of deceased former NFL players, who would otherwise be eligible for support, may also apply.
- Applicant must meet financial qualifications
- Applicants are required to wait at least 2 years from their last assistance before reapplying

Grants Supported by PCF:

- Basic living expenses including transportation and utilities
- Shelter and housing including rental and mortgage assistance, and assisted living facilities fees and expenses
- Medical care treatment including physical, mental health, neurological, substance abuse and pain management
- Ongoing quality of life expenses such as prescription drugs, medical equipment and supplies, nursing care, and medical treatment
- Medically-necessary joint replacement surgeries approved by the NFL Player Care Plan and related post-operative rehabilitation, including incidental fees and expenses
- Funeral expenses

Healthy Body and Mind Screening Program:

The NFL Player Care Foundation is proud to partner with the NFL Alumni Association and one of the nation's premier medical providers - Tulane University School of Medicine - to conduct its Healthy Body & Mind Screening Program. This FREE national screening program is open to all former NFL players and includes a series of cardiovascular and prostate screenings and mental health resources and education. NFL Player Care Foundation screenings are offered as part of PCF's research programs, which help to advance public awareness and scientific understanding of health issues that affect former NFL players. Please contact Dana Lihan at Dana.Lihan@NFL.com or call 954-639-4584 for additional information on this program.

Partnerships:

PCF has partnered with the following organizations to help provide relief to these retired players:

- Behavioral Health of the Palm Beaches, Inc.
- Eisenhower Center
- Gridiron Greats Assistance Fund
- NFL Alumni Association
- NFL Player Engagement
- Professional Athletes Foundation
- Assisted Living: Brookdale and Silverado
- The Trust
- Tulane University School of Medicine

Contact: Info@nflplayercare.com, 1-800-NFL-Goal, Option 2

Belinda Lerner: Belinda.Lerner@NFL.com, 212-450-2258

Dana Lihan: Dana.Lihan@NFL.com, 954-639-4584

Andrew Jo: Andrew.Jo@NFL.com, 212-450-2494

Jason Cantor: Jason.Cantor@NFL.com, 212-450-2394

Website: NFLplayercare.com

Professional Athletes Foundation (PAF)

The Professional Athletes Foundation also provides financial and medical support to any professional or amateur football player or his immediate family in times of crisis. These funds are intended to provide immediate assistance when players are faced with unusual financial or medical challenges that may call for temporary assistance.

Contacts:

Tyrone Allen

Tyrone.Allen@NFLPLAYERS.com, 202-756-9166 or

Caryl Banks

Caryl.Banks@NFLPLAYERS.com, 202-756-9161

Website: NFLplayers.com/About-us/Former-Players/Gene-Upshaw-Player-Assistance-Trust-Fund/

Gridiron Greats Assistance Fund

The Gridiron Greats Assistance Fund is an independent non-profit, 501(c) (3) corporation, established to provide financial and medical assistance to dire need retired NFL players and their families in dire need. Gridiron Greats Board of Directors consist of: Mike Ditka, Marv Levy, Gale Sayers, Kyle Turley and Matt Birk.

Contact: Karen Wright

KarenW@GRIDIRONGREATS.org, 773-867-8160

Website: gridirongreats.org

Retired Players Association

The Retired Players Association was organized by former Vikings Pro Bowl defensive lineman Carl Eller and is dedicated to providing powerful national advocacy and collegial support for retired professional football players, their families and the community at large. The RPA's specific area of focus is to raise awareness and funding in support of medical research in the areas of Alzheimer's and ALS, particularly as it relates to repeated head trauma. The RPA provides medical and financial assistance for members suffering from these illnesses. Additionally, the RPA lobbies nationally for more comprehensive medical benefits for retired athletes.

Contact: 952-923-7509 (main)

Website: NFLretiredplayersassociation.org

TOTAL WELLNESS

NFL Ambassadors

The NFL Ambassadors program aggregates former NFL players who have demonstrated an interest in and understanding of the NFLPE mission so that they may assist in the delivery of Player Engagement programs. NFL Ambassadors are trained in facilitation and public speaking that they can effectively deliver the NCAA Outreach message and presentation. NFL Ambassadors may also be asked to participate in other NFL marketing initiatives and league outreach

activities. The objective of the NFL Ambassador program is to engage NFL Legends in league programs and to extend the message of NFLPE.

Contact: Robert Morrissey

Robert.Morrissey@NFL.com, 212-450-2432
1-855-4PE-2472 (NFL Player Engagement Hotline)

Website:

NFLplayerengagement.com/next/articles/player-engagement-welcomes-new-nfl-ambassadors

NFL Life Line

In 2012, the National Football League provided a grant to establish the NFL Life Line for members of the NFL family—current and former NFL players, coaches, team and league staff, and their family members, who may be in crisis. The NFL Life Line is a free, confidential and independently operated resource that connects callers with trained counselors who can help individuals work through any personal or emotional crisis. This service is available 24 hours a day, 7 days a week, 365 days a year. To be connected with a counselor, individuals can simply call 1-800-506-0078 or chat online.

Contact: 1-800-506-0078 (main)

Online Chat: messaging.icarol.com/ConsumerRegistration.aspx?org=2241&pid=7

Website: NFLlifeline.org

NFL Player Assistance & Counseling Services

No matter your situation, chances are the NFL Player Assistance & Counseling Service has a solution. Check out the extensive library of services for any life challenge that comes your way, and contact the service when you need a hand. They are here to assist you. Get up to eight free face-to-face sessions per issue per year for mental health issues, including personal relationships, alcohol and substances of abuse. Ask for a referral to a variety of resources in

your community. Get access to discounts on many health and wellness products through the Healthy Rewards Program. Under Work/Life Resources get up to three qualified referrals through LiveConnect or the Assisted Search option found under individual topics (adoption, child care, education, financial services, Identity Theft, etc).

1-866-421-8628 or www.CignaBehavioral.com and log in using the employer ID: nflpe

Contact: Dwight Hollier

Dwight.Hollier@nfl.com, 212-450-2055

NFL Social Responsibility

We've all seen the headlines. Domestic violence and sexual assault are social issues that deserve our attention far beyond the football community—the problem is widespread and we are committed to doing our part to take a stand and help survivors and potential victims. This means funding sexual assault prevention resources, in partnership with the National Sexual Violence Resource Center. It means collaborating with NO MORE and the Joyful Heart Foundation on powerful anti-domestic violence and sexual assault television public service announcements, and donating the TV air time during NFL games so that these PSAs could achieve maximum impact. It means providing financial and in-kind support where it is most needed, to organizations like the National Domestic Violence Hotline so they can answer more calls and reach people when they most need it.

For more information on any of these organizations and their work, to learn more about warning signs, or if you need assistance because you recognize warning signs in your own relationships or those of your family and friends:

Contact: Clare Graff

Clare.Graff@NFL.com

NFL Alumni Association

The NFL Alumni Association was founded in 1967 and now is a 501 ©(3) non-profit organization with a network of local chapters around the country.

Former Giants and Eagles quarterback Joe Pisarcik is President-CEO of the national organization which is based in New Jersey.

The Alumni Association's mission is to serve, assist and inform retired players in order to enrich your post-NFL lives.

The Association cares for its own though programs, benefits and sponsorships with outstanding business partners such as Cancer Treatment Centers of America, LabCorp, and DeVry University.

The Association also is proud to be a charter member of the NFL Player Care Foundation (PCF) Board of Directors along with the League, NFLPA and Pro Football Hall of Fame. The Alumni Association is a large financial supporter of the PCF's annual Healthy Body & Mind screening programs which are held for hundreds of retired NFL players in many NFL cities.

The Association also has a longstanding commitment to NFL communities around the country through its hundreds of local "Caring For Kids" programs.

Contact:

Joe Pisarcik

President-CEO (joe.pisarcik@nflalumni.org)

Bill Cook

Member Services (877-258-6635)
(memberservice@nflalumni.org)

Website: NFLalumni.org

Women's Resource Initiative

The Women's Resource Initiative (WRI) was organized by the NFL league office. WRI creates community and engagement with women as key influencers in pipeline development and both on and off-field decisions by athletes before, during, and after their NFL playing experience by providing information, resources, and activities encompassing the breadth and depth of football. It encompasses all women in the football community and provides resources for wives/significant others, mothers, and female fans in assisting with various activities, issues, and challenges related to the sport and business of football.

Contact:

1-855-4PE-2472 (NFL Player Engagement Hotline)

Website: NFLplayerengagement.com/wri

Registration: NFLengagementzone.com

Cigna's NFL EAP Free Therapy/ Counseling Program

As part of Cigna's NFL EAP Free Therapy/Counseling Program, former NFL players and household members are eligible for up to eight free sessions per topic concern. Absolutely 100% free. No co-pays, no reimbursement to submit, no hassle. You will not be asked to submit your personal health insurance information. You do NOT need Cigna health insurance to access this benefit. Topic concerns include Parenting, Development, Child Care, Elder Care, Legal, Financial, Marital, Domestic Violence, Job/Career, Stress, Depression, Grief, Alcohol, Drug, Physical Health.

For more information please call the Cigna NFL EAP intake line at (866)421-8628, select prompt #4

Contact:

Andrew Jo (Andrew.Jo@nfl.com)
212-450-2494)

ADDITIONAL CONTACT INFORMATION

Player Assistance Fund (PAF)

Tyrone Allen: Tyrone.Allen@NFLPLAYERS.com
202-756-9166

Gridiron Greats Assistance Fund

Karen Wright: KarenW@GRIDIRONGREATS.org
773-867-8160

NFL Alumni Association

Joe Pisarcik, President-CEO (Joe.Pisarcik@NFLAlumni.org)
Bill Cook, Member Service
(Memberservice@NFLALUMNI.org, 877-258-6635)

NFL Foundation

Logan Gerber (Logan.Gerber@nfl.com, 212-450-2015)
Admin@NFLFOUNDATION.org

NFL Player Benefits

Info@NFLPLAYERCARE.com
1-800-NFL-GOAL (1-800-635-4625)

NFL Player Care Foundation

Belinda Lerner (Belinda.Lerner@NFL.com, 212-450-2258)
Info@NFLPLAYERCARE.com
Dana Lihan (Dana.Lihan@NFL.com, 954-639-4584)
Andrew Jo (Andrew.Jo@NFL.com, 212-450-2494)
1-800-NFL-Goal (1-800-635-4625), Option 3

Retired Players' Association

952-923-7509 (main)

The Trust

Bahati Van Pelt (Bahati.VanPelt@playerstrust.com
(202-212-6181) 866-725-0063 (main)

