

NATIONAL FOOTBALL LEAGUE

345 Park Avenue
New York, NY 10154
p. (212) 450-2000
f. (212) 681-7573
nflmedia.com



Greg.Aiello@nfl.com
Senior Vice President of Communications
Brian.McCarthy@nfl.com
Vice President of Corporate Communications
Michael.Signora@nfl.com
Vice President of Football Communications

COMMUNICATIONS

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**EAGLES RB LE SEAN MC COY, 49ERS LB NA VORRO BOWMAN &
PANTHERS P BRAD NORTMAN
NAMED NFC PLAYERS OF MONTH FOR DECEMBER**

Running back **LE SEAN MC COY** of the Philadelphia Eagles, linebacker **NA VORRO BOWMAN** of the San Francisco 49ers and punter **BRAD NORTMAN** of the Carolina Panthers are the NFC Offensive, Defensive and Special Teams Players of the Month for December (November 28-December 29), the NFL announced today.

OFFENSE: RB LE SEAN MC COY, PHILADELPHIA EAGLES

- McCoy led the NFL with 598 rushing yards (119.6 per game) and 738 scrimmage yards (147.6 per game) in December as the Eagles went 4-1 and won the NFC East. He scored five touchdowns (four rushing, one receiving) in the month.
- He had at least 100 scrimmage yards in all five games during the month. McCoy had three 100-yard rushing performances in December, including a franchise-record 217 yards – with two TDs – in Week 14. He rushed for 133 yards with two TDs in Week 16 and was named the NFC Offensive Player of the Week. In Week 17, he helped the Eagles clinch the NFC East with a 131-yard rushing performance and added a TD reception.
- He finished the season as the NFL leader in both rushing yards (1,607) and scrimmage yards (2,146), setting franchise records in each category. McCoy, who was selected to his second Pro Bowl, is the first Eagle to lead the league in both rushing and scrimmage yards since Pro Football Hall of Famer **STEVE VAN BUREN** in 1948.
- In his fifth season from Pittsburgh, this is McCoy's first career Player of the Month Award.
- He is the first running back in franchise history to be named Offensive Player of the Month.
- McCoy (December) and quarterback **NICK FOLE** (November) are the third QB/RB teammates to win Offensive Player of the Month in consecutive months in the same season since 2000: 2000 St. Louis Rams (QB **KURT WARNER** & RB **MARSHALL FAULK**) and 2002 New York Giants (QB **KERRY COLLINS** & RB **TIKI BARBER**).

DEFENSE: LB NA VORRO BOWMAN, SAN FRANCISCO 49ERS

- Bowman had 45 tackles, three sacks, two interceptions (including an 89-yard touchdown return), two forced fumbles and a fumble recovery as the 49ers went 5-0 during December and clinched a playoff spot.
- Not only was Bowman the only player to record three sacks, two interceptions, an interception-return touchdown, two forced fumbles and a fumble recovery during the month, no other player accomplished the feat over the course of the entire season.
- Bowman, who was selected to his second Pro Bowl, had an 89-yard interception-return touchdown in Week 16 to seal the 49ers' win and clinch a playoff spot. In Week 17, he became the first player since 2006 (**DE MECO RYANS**) to record at least 10 tackles, a sack, an interception, a forced fumble and a fumble recovery in a game.
- In his fourth year from Penn State, this is Bowman's first career Player of the Month Award.
- Bowman is the fifth 49ers linebacker to be named Defensive Player of the Month, joining **CHARLES HALEY** (twice), **TIM HARRIS** (December 1992), **KEN NORTON** (October 1995) and **ALDON SMITH** (November 2012).

SPECIAL TEAMS: P BRAD NORTMAN, CAROLINA PANTHERS

- Nortman averaged 48.1 yards per punt and had a net average of 43.9 yards in December as the Panthers went 4-1 and clinched the NFC South division. His 43.9-yard net average ranked second in the NFL for the month.
- He placed eight punts inside the 20-yard line during the month, including at least one in every game. He placed two punts inside the five-yard line in December.
- Nortman had 13 punts of at least 50 yards, including two 60+ yarders, in the month. He had at least one 50-yard punt in all five December games.
- In his second season from Wisconsin, this is Nortman's first career Player of the Month Award.
- Nortman is the first Panther to be named Special Teams Player of the Month since kicker **JOHN KASAY** in October 2003.

2013 NFC PLAYERS OF THE MONTH

	<u>Offense</u>	<u>Defense</u>	<u>Special Teams</u>
September	TE Jimmy Graham, New Orleans	CB Richard Sherman, Seattle	KR Cordarrelle Patterson, Minnesota
October	WR Calvin Johnson, Detroit	LB Sean Lee, Dallas	K Mason Crosby, Green Bay
November	QB Nick Foles, Philadelphia	LB Thomas Davis, Carolina	PR-KR-WR Tavon Austin, St. Louis
December	RB LeSean McCoy, Philadelphia	LB NaVorro Bowman, San Francisco	P Brad Nortman, Carolina