



SAM HOWELL

QUARTERBACK | 14



Height: 6-1 Weight: 225 DOB: Sept. 16, 2000 (Age 25)
 NFL Experience: 5th Year (2nd with Eagles) Draft: D5a-22 (144th overall) by WAS Acquired: T-Min-25
 College: North Carolina Hometown (HS): Monroe, NC (Sun Valley)

CAREER STATISTICS

Year	Team	GP/S	PASSING										RUSHING					OFF SNAPS	
			Att	Cmp	Pct	Yds	Y/A	TD	Int	Lg	Sk/Yds	Rate	Att	Yds	Avg	Lg	TD	No	Pct
2022	Washington	1/1	19	11	57.9	169	8.9	1	1	52	3/11	83.0	5	35	7.0	10	1	66	6%
2023	Washington	17/17	612	388	63.4	3946	6.4	21	21	51t	65/449	78.9	48	263	5.5	24	5	1,061	96%
2024	Seattle	2/0	14	5	35.7	24	1.7	0	1	12	4/21	14.6	1	2	2.0	2	0	25	2%
2025	Philadelphia	0/0	0	0	---	0	---	0	0	--	0/0	---	0	0	---	--	0	0	0%
Totals		20/18	645	404	62.6	4139	6.4	22	23	52	72/481	77.5	54	300	5.6	24	6	---	---

PLAYOFFS

2025	Philadelphia	0/0	0	0	---	0	---	0	0	--	0/0	---	0	0	---	--	0	0	0%
Totals		0/0	0	0	---	0	---	0	0	--	0/0	---	0	0	---	--	0	0	0%

CAREER HIGHS

Pass Attempts	52	10/29/23 vs. Phi.
Completions	39	10/29/23 vs. Phi.
Passing Yards	397	10/29/23 vs. Phi.
Yards/Attempt	8.9	1/8/23 vs. Dal.
Passing Long	52	1/8/23 vs. Dal.
Passing TDs	4	10/29/23 vs. Phi.
Completion %	75.0	10/29/23 vs. Phi.
Passer Rating	119.7	10/15/23 at Atl.
Rush Attempts	6	10/1/23 at Phi.
Rushing Yards	40	10/1/23 at Phi.
Rushing Long	24	11/5/23 at NE
Rushing TDs	2	12/3/23 at Mia.



BIRDSEED

- ▶ His grandparents met in South Korea in 1960 after the Korean War and resided in Monroe, North Carolina upon their arrival in the United States ... Grew up with Korean heritage playing a large and beneficial role on his upbringing ... Joined a small group of Korean Americans currently active in the league to promote Korean representation in the NFL
- ▶ Ranked as a consensus four-star prospect out of Sun Valley (NC) High School, who was rated the No. 2 player in the state, the No. 3 pro-style QB in the country, and the No. 87 overall player nationally by 247Sports

2025 SEASON - EAGLES

- ▶ Backed up Jalen Hurts and Tanner McKee as Philadelphia's emergency third QB during all 17 regular-season games and the NFC Wild Card Playoff contest vs. San Francisco (1/11/26)

COLLEGE HIGHLIGHTS

- ▶ Started all 37 games at North Carolina (2019-21) ... Threw for 10,283 yards and 92 TDs, both noted as Carolina School Records
- ▶ 3rd in ACC league history with 92 career passing TDs and the most ever by a player in three or fewer seasons ... Ranks 5th in touchdowns responsible for (111), 8th in total offense (11,292), 5th in passing yards (10,283), 2nd in passing yards per game (277.9) and 2nd in passing efficiency (164.2)
- ▶ As a junior, was a AAU Sullivan Award Finalist, Preseason ACC Player of the Year, All-ACC Honorable Mention ... Was one of three Power 5 quarterbacks to throw for 20+ touchdowns and nine interceptions ...

TRANSACTIONS

- ▶ **2022** - Drafted by WAS in 5th round (144th overall) ... **3/14/24** - Acquired by SEA from WAS with a 2024 4th-round pick and a 2024 6th-round pick in exchange for a 2024 3rd-round pick and 2024 5th-round pick ... **4/26/25** - Acquired by MIN with a 2025 5th-round draft pick in exchange for 2025 5th-round draft pick ... **8/24/25** - Acquired by PHI with a 2026 6th-round pick in exchange for a 2026 5th-round pick and a 2027 7th-round pick



2025 GAME-BY-GAME STATISTICS (PHI)

				PASSING									RUSHING					OFF SNAPS		
Date	Opp		GP/S	Att	Cmp	Pct	Yds	Y/A	TD	Int	Lg	Sk/Yds	Rate	Att	Yds	Avg	Lg	TD	No	Pct
Sep 4	Dal	W	0/0	DID NOT PLAY																
Sep 14	at KC	W	0/0	DID NOT PLAY																
Sep 21	LAR	W	0/0	DID NOT PLAY																
Sep 28	at TB	W	0/0	INACTIVE																
Oct 5	Den	L	0/0	INACTIVE																
Oct 9	at NYG	L	0/0	INACTIVE																
Oct 19	at Min	W	0/0	INACTIVE																
Oct 26	NYG	W	0/0	INACTIVE																
Nov 10	at GB	W	0/0	INACTIVE																
Nov 16	Det	W	0/0	INACTIVE																
Nov 23	at Dal	L	0/0	INACTIVE																
Nov 28	Chi	L	0/0	INACTIVE																
Dec 8	at LAC	L	0/0	INACTIVE																
Dec 14	LV	W	0/0	INACTIVE																
Dec 20	at Was	W	0/0	INACTIVE																
Dec 28	at Buf	W	0/0	INACTIVE																
Jan 4	Was	L	0/0	DID NOT PLAY																
Totals			0/0	0	0	---	0	---	0	0	--	0/0	---	0	0	---	--	0	0	0%
PLAYOFFS																				
Jan 11	SF	L	0/0	INACTIVE																
Totals			0/0	0	0	---	0	---	0	0	--	0/0	---	0	0	---	--	0	0	0%