



UAR BERNARD (PS)

DEFENSIVE TACKLE | 93

(pronounced OO-ar)

Height: 6-4 Weight: 306 DOB: Oct. 10, 2004 (Age 21)
NFL Experience: Rookie (1st with Eagles) Draft: D7b-26 (251st overall) by PHI
Hometown (HS): Abuja, Nigeria



CAREER STATISTICS																		
			TACKLES				PASS RUSH			INTERCEPTIONS					FUMBLES		DEF SNAPS	
Year	Team	GP/S	Total	Solo	Asst	TFL	Sacks	QBH	QBP	Int	Yds	Lg	TD	PD	FF	FR	No	Pct
2026	Philadelphia	0/0	0	0	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	0	0	---	---



BIRDSEED

- Originally played basketball growing up in northern Nigeria, where he was noticed by a coach who suggested that he should play football ... His gridiron journey began when he started attending NFL camps hosted by **Osi Umenyiora**, where his love for the game began to grow ... Was selected for the NFL’s International Player Pathway program class of 2026, alongside teammate **Joshua Weru**
- Received a **Jason Kelce** jersey as a birthday gift when he was younger and used it as motivation to come over to the U.S. and play in the NFL ... Is the first from his area to make to the NFL, so he feels like he is an ambassador to the youth back home and hopes to inspire them to chase their dreams
- Faced challenges in his early life ... Father passed away when he was only 16 years old, leaving Uar with the responsibility of providing for his mother and family
- Posted impressive numbers at the HBCU and International Pathway Pro Day in March 2026 ... He ran a 4.6 40-yard dash, leapt a 39-foot vertical, recorded a 10-10 broad and did 31 bench reps

2026 SEASON - EAGLES



TRANSACTIONS

- **2026** - Drafted by PHI in 7th round (251st overall) ... **8/30/26** - Waived by PHI ... **8/31/26** - Signed by PHI to practice squad



2026 GAME-BY-GAME STATISTICS (PHI)												
Date	Opp		GP/S	Tot	Solo	Sk	Int	PD	FF	FR	Snap	Pct
Sep 13	Was	W	---	EAGLES PRACTICE SQUAD								
Sep 20	at Ten											
Sep 28	at Chi											
Oct 4	LAR											
Oct 11	at Jax											
Oct 18	Car											
Oct 26	Dal											
Nov 1	at Was											
Nov 8	NYG											
Nov 22	Pit											
Nov 26	at Dal											
Dec 6	at Ari											
Dec 13	Ind											
Dec 19	Sea											
Dec 24	Hou											
Jan 3	at SF											
TBD	at NYG											
Totals			0/0	0	0	0.0	0	0	0	0	0	0%

