



UAR BERNARD

DEFENSIVE TACKLE | 93

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



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

TRANSACTIONS

- **2026** - Drafted by PHI in 7th round (251st overall)