



QUINTON JEFFERSON

DEFENSIVE LINEMAN

90

6-4 **291** **5TH YEAR**



MARCH 31, 1993 (AGE 27)



PITTSBURGH, PA



WOODLAND HILLS HS



MARYLAND



FREE AGENT: 2020

SHOUTOUTS

- Posted a sack of Cam Newton vs. NE (11/1/20).
- Recorded the first forced fumble of career with a sack of David Carr in the 4th quarter at LV (10/4/20). He also recovered the loose ball.
- In 39 games with Seattle from 2016-19, tallied 59 tackles, 7.5 sacks, and 2 fumble recoveries. Also had 2 sacks in 3 career playoff games.
- In 2019, posted career highs with 26 tackles, 3.5 sacks and 3 passes defended in 14 games (12 starts).
- Tallied a career-high 2 sacks at Phi. (1/5/20) in a NFC Wild Card game win. Also had 2 sacks vs. Cin. (9/8/19) in 2019 season opener.
- Saw action in six games in 2017 and recorded his first-career sack vs. Was. (11/5/17) (QB Kirk Cousins).
- A 5th round pick of Seattle in 2016, saw action as a rookie but was released on the final roster cutdown in 2017 and claimed by the Rams. Signed again by Seattle on October 2, 2017 from the Rams practice squad.
- Finished career at Maryland with 84 tackles and 10.5 sacks in 37 games (28 starts).



FIRST-AND-10

QUINTON JEFFERSON joined the Bills in 2020 after signing a two-year contract as an unrestricted free agent. Originally a 5th round draft choice of the Seahawks in 2016, he played all four of his NFL seasons in Seattle despite a brief tenure with the Rams in 2017.

IF YOU HAVEN'T 'HERD'

A HEALTHY PERSPECTIVE

Jefferson's first job growing up was working at a Best Buy following graduation from high school before attending the University of Maryland. "I have a lot of respect for people that work in retail," Jefferson said. "I worked really hard in the back unloading trucks, scanning every single product that came in and printing stickers. And it's not for a lot of money. I don't take for granted one minute playing in the NFL."

JEFFERSON, PARTY OF 6

Quinton's wife, Nadia, chronicles the life of her family on a creative blog entitled, "Jefferson Party of 6." The web site is JeffersonFamilyGang.com. "A lot of people don't realize that NFL players go through the same issues of raising a family, moving, marriage and everything else that many other families go through on a day-to-day basis," Jefferson said.

PERSONAL

He and his wife, Nadia, have four children: three daughters, Zoey, Charleigh, and Quinn and a son, Yasin. Is the son of Larry and Bahiyyah Jefferson. Has an older brother, Larry, Jr., and an older sister, Taheerah. Began playing football at the age of 6 as a quarterback for the Golden Flashes. Was a high school teammate of former Bills CB Lafayette Pitts. Grew up a fan of the Steelers, Kordell Stewart and Troy Polamalu. Earned a degree in family science.



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IF YOU HAVEN'T 'HERD'



LOVE FOR SNEAKERS TURNED INTO OBSESSION

Jefferson is proud of his collection of sneakers which totals over 500. His love of sneakers began with his friends growing up in Pittsburgh in the 90's. "We loved the Barkley's, the Garnett's, and the Uptempo's," recalled Jefferson. "That love turned into an obsession. I go on eBay all the time to look for old-school sneakers. It brings back so many good childhood vibes." His favorite pair he owns is a Garnett shoe from the 90's. "I have sneakers stored in so many places - my closet, my garage, my parents house. One day I want to display them all."

CREATIVE MINDS, CREATIVE CLEATS

Working with Seattle artist Kendall Roque, Jefferson sports a new pair of specially-designed cleats to wear pregame during every game of the season. "People don't know who we are, especially linemen. We all have helmets, pads and uniforms. So I thought we could do stuff with our cleats to stand out." Jefferson's creative mind also stretches in artwork and clothing. Years ago, he frequently drew comic book characters in his spare time. Today, he also takes a great deal of pride in his clothing. "I might be in fashion design if not for football."

THE STAMPEDE

BIGGEST PET PEEVE:

A dirty house

FIRST SPORTS JERSEY:

A black Jerome Bettis Steelers jersey

FAVORITE MOVIE:

Kill Bill

FAVORITE FOOD:

Taco salad

FAVORITE MUSICAL ARTIST:

Jay-Z

FAVORITE VACATION SPOT:

Cabo San Lucas

SPORTING EVENT HE WOULD LIKE TO ATTEND:

The Olympics or a soccer game overseas

FAVORITE APP:

Photo app

PRE-GAME RITUAL:

Listen to R&B music

FAVORITE LATE-NIGHT SNACK:

White truffle potato chips from Trader Joe's

FAVORITE BOOK:

The Alchemist



PROUDEST ACHIEVEMENT OUTSIDE OF FOOTBALL:

Being a father

NUMBER ONE THING ON BUCKET LIST:

Travel the world

FAVORITE TV SHOW:

Snowfall

IF HE COULD HAVE ONE SUPERPOWER:

Fly

ONE SKILL HE WOULD LIKE TO LEARN:

Produce music

FAVORITE CARTOON CHARACTER:

Spider-Man

PLAYERS HE LEARNED FROM THE MOST IN NFL:

Michael Bennett, Cliff Avril

FAVORITE SPORTS MOVIE:

Any Given Sunday



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QUINTON JEFFERSON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	TACKLES										INTERCEPTIONS					FUMBLES			ST				MISC		
			GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A	
2016	Seahawks	3	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
2017	Rams	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2017	Seahawks	6	0	7	6	1	1	8	1.0	8.0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2017	TOTAL	6	0	7	6	1	1	8	1.0	8.0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2018	Seahawks	16	12	25	15	10	5	24	3.0	24.0	15	0	0	0	0	2	0	1	0	0	0	0	0	0	0		
2019	Seahawks	14	10	26	14	12	4	23	3.5	24.0	10	0	0	0	0	3	0	1	20	0	0	0	0	0	0		
2020	Bills	11	3	18	10	8	2	4	2.0	11.0	5	0	0	0	0	1	1	1	0	0	0	0	0	0	0		
TOTALS		50	25	77	45	32	12	59	9.5	67.0	34	0	0	0	0	6	1	3	20	0	0	0	0	0	0		

QUINTON JEFFERSON'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	TACKLES										INTERCEPTIONS					FUMBLES			ST				MISC		
			GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A	
2016	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2018	Seahawks	1	1	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2019	Seahawks	2	2	2	2	0	2	6	2.0	6.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
TOTALS		3	3	4	3	1	2	6	2.0	6.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0		

SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 6 vs. Cincinnati Bengals, Sep 08, 2019
Sacks 2.0 vs. Cincinnati Bengals, Sep 08, 2019
Passes Defensed 2 vs. Cincinnati Bengals, Sep 08, 2019

Forced Fumbles 1 at Las Vegas Raiders, Oct 04, 2020
Fumble Recoveries 1 at Las Vegas Raiders, Oct 04, 2020
Tackles For Loss 2 vs. Cincinnati Bengals, Sep 08, 2019

2020 GAME-BY-GAME REGULAR SEASON STATISTICS (BILLS)

DATE	OPP	P/S	TACKLES										INTERCEPTIONS					FUMBLES			ST				MISC			W/L	SCORE
			TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A				
09/13	Jets	P	1	0	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-17		
09/20	at Dolphins	S	3	1	2	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-28		
09/27	Rams	P	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	35-32			
10/04	at Raiders	S	1	1	0	1.0	7.0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	W	30-23			
10/13	at Titans	P	4	3	1	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	16-42			
10/19	Chiefs	S	3	1	2	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-26			
10/25	at Jets	P	2	1	1	0.0	0.0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	W	18-10			
11/01	Patriots	P	1	1	0	1.0	4.0	1	4	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	24-21			
11/08	Seahawks	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	44-34			
11/15	at Cardinals	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	30-32			
11/29	Chargers	P	2	1	1	0.0	0.0	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-17			
2020 TOTALS		11-3	18	10	8	2.0	11.0	2	4	5	0	0	0	0	1	1	1	0	0	0	0	0	0	0	8-3				