

# KEN FLAJOLE

## LINEBACKERS

18TH YEAR IN NFL / 2ND IN PHILADELPHIA

COLLEGE: PACIFIC LUTHERAN UNIVERSITY



Ken Flajole joined the Eagles coaching staff in the 2016 offseason as the team's linebackers coach. Flajole (pronounced FLAY-juh!) has coached every defensive position during his 38-year coaching career.

In his first season in Philadelphia, Flajole coached second-year linebacker Jordan Hicks, who returned from a 2015 season-ending pectoral injury to lead the Eagles defense and all NFL linebackers with five INTs. Hicks became the first linebacker to lead the Eagles in interceptions since William Thomas in 1995.

Prior to joining the Eagles, Flajole last served as the inside linebackers coach for the Cleveland Browns in 2013. In 2012, Flajole coached the secondary for the New Orleans Saints, where he worked with Eagles S Malcolm Jenkins.

Prior to his stint with the Saints, Flajole served as the defensive coordinator for the St. Louis Rams from 2009-11 under head coach Steve Spagnuolo. In his first season with St. Louis, Flajole helped develop rookie LB James Laurinaitis, who finished his rookie campaign with a team-high 144 tackles (96 solo), becoming just the second rookie in Rams history to lead the team in tackles.

Also during his time in St. Louis, Flajole coached Pro Bowl DE Chris Long, whose sack totals increased from 5.0 to 8.5 to a career-high 13.0 in his three seasons in Flajole's defense.

In 2011, the Rams defense ranked second in the NFL with 71 negative rushing plays, fourth overall in negative plays (115) and seventh in pass defense (206.3 yards per game).

Flajole's 2010 Rams defense finished second in the NFL in third-down defense (33.5 percent conversion rate), ninth in opposing passer rating (80.4), fifth in forced fumbles (19) and seventh in sacks (43).

Before earning St. Louis' coordinator job, Flajole spent six years coaching linebackers for the Carolina Panthers under head coach John Fox. During his time with Carolina, Flajole helped the Panthers win two division titles, while making three playoff appearances, including two trips to the NFC Championship Game and one Super Bowl berth. While in Carolina, Flajole coached All-Pro LB Jon Beason, as well as LB Thomas Davis and Pro Bowl LBs Mark Fields and Dan Morgan.

With the help of Flajole in 2007, Beason became the first rookie in franchise history to lead the team in tackles with a then-Panthers rookie record 160 takedowns.

In 2005, Flajole was part of a defensive coaching staff that helped the Panthers defense set a single-season record for fewest net yards allowed (4,522), while surrendering the third-fewest points in franchise history (259). Also that year, the Panthers allowed just 1,465 rushing yards and nine rushing TDs, marking the third-best totals in both categories in franchise history.

In Flajole's first season with the Panthers (2003), Carolina won its second-ever division title and earned a trip to Super Bowl XXXVIII, where Morgan recorded a then-Panthers record 25 tackles in the loss to New England. The following season, under Flajole's tutelage, Morgan went on to notch a career-high 109 tackles while playing in just 12 games.

Flajole made the jump from college to the NFL in 1998 when he was hired by Mike Holmgren to be a defensive assistant/quality control coach for the Green Bay Packers. After one season in Green Bay, Flajole followed Holmgren to Seattle where the ex-

### FLAJOLE'S COACHING TIMELINE

1973	Wenatchee Valley CC	Linebacker (Player)
1974-76	Pacific Lutheran	Linebacker (Player)
1977-78	Pacific Lutheran	D-Line/Linebackers
1979	University of Washington	Graduate Assistant/ Defensive Backs
1980-83	Montana	Defensive Backs/ Linebackers
1984-85	Montana	Defensive Coordinator
1986-88	UTEP	Defensive Backs
1989-93	Missouri	Defensive Backs/ Outside Linebackers
1994	Richmond	Defensive Coordinator/ Linebackers
1995	Hawai'i	Defensive Backs
1996-97	Nevada	Co-Defensive Coordinator/ Defensive Backs
1998	Green Bay Packers	Defensive Assistant/ Quality Control
1999	Seattle Seahawks	Defensive Backs
2000	Seattle Seahawks	Linebackers
2001-02	Seattle Seahawks	Defensive Backs
2003-08	Carolina Panthers	Linebackers
2009-11	St. Louis Rams	Defensive Coordinator
2012	New Orleans Saints	Defensive Backs
2013	Cleveland Browns	Inside Linebackers
<b>2016-</b>	<b>Philadelphia Eagles</b>	<b>Linebackers</b>

Packers head coach had been hired as executive vice president of football operations/general manager and head coach.

Flajole began his tenure in Seattle as the Seahawks defensive backs coach in 1999 and helped the defense lead the NFL with 30 interceptions, including 27 from his secondary. That year, Seattle won just its second division title and made the playoffs for the first time since 1988. He went on to coach the Seahawks linebackers for one season (2000) before returning to his original post with the Seahawks secondary from 2001-02.

Prior to entering the NFL, Flajole spent 21 years in the college ranks where he coached every position on defense and also served as the defensive coordinator for Montana (1984-85), Richmond (1994) and Nevada (1996-97).

A native of Seattle, Flajole was an all-conference linebacker at Wenatchee Valley (WA) Community College and Pacific Lutheran (WA). He earned his degree in education from Pacific Lutheran in 1976 and began his coaching career at his alma mater the next year.

He and his wife, Teri, have two daughters, Kelly Chambers and Kori Cooper, and three grandchildren: Teddy, Emmett and Tate.