



DALLAS COWBOYS



LB DeMarcus Ware

QB Tony Romo



FROM THE PLAYER...

"It's about the process. It's about getting better. 'Let's execute on this play, let's execute on this drive.' You do those things, and over the course of the season you'll get better as a team and you'll get to a point where hopefully you're playing at a high level to win the games that really become at another level."

~Tony Romo

2012-2013 PREDICTION FORECAST: 9-7, 2ND PLACE NFC EAST



The Dallas Cowboys open up their 2012 NFL schedule on the road against the New York Giants inside MetLife Stadium on Wednesday, Sept. 5, which could be a key indicator in the team's ability to beat the oddsmakers.

BetOnline Sportsbook has set the Cowboys' regular-season win total at 9 while they are currently at betting of 25/1 to win it all in New Orleans in Super Bowl XLVII. Dallas lost both meetings with New York a season ago, finishing with a disappointing 8-8 record and missing the playoffs for a second consecutive year. The Cowboys' misfortunes were on display early in a 27-24 loss to the New York Jets in Week 1, as they were unable to hold onto a 14-point fourth-quarter lead.

Tony Romo is coming off his best statistical season of his seven-year NFL career, throwing for 4,184 passing yards and 31 touchdowns, with only 10 interceptions. He also achieved his first triple-digit quarterback rating (102.5), finishing fourth in the league in that category.

Some may view starting the season on the road in the first two weeks as a disadvantage, but the schedule allows for plenty of rest before traveling to both destinations. A flight

to the Pacific Northwest to take on the Seattle Seahawks in Week 2 isn't as daunting due to playing a midweek season opener.

I'd be a little concerned with the bye week coming after just four games of the season for the second consecutive year, as the Baltimore Ravens were the only team out of a group of six to make the playoffs in that situation in 2011.

Playing four of five games on the road off the bye will likely define the season especially when the second meeting with the Giants is the lone home game in that stretch. Climbing over this past season's win total may come down to how good the Pittsburgh Steelers and New Orleans Saints end up being, as the Cowboys welcome in those playoff teams from a year ago in Week 15 and 16 respectively. I believe the oddsmakers are spot on with this season win total, but I may revisit it during the preseason.

PLAYERS TO WATCH

TONY ROMO - P4184 yards and 31 TDs

DEZ BRYANT - 928 yards and 9 TDs

JASON WITTEN - 942 yards



The Dallas Cowboys head coach is Jason Garrett. This will be his 2nd full year as the Cowboys head coach. He began coaching though as a offensive coordinator for the Cowboys in 2007. He is the 8th person to be head coach for the Cowboys since their franchise began. Before he coached he was a player on the New Orleans Saints and was a third-string backup quarterback for the Cowboys beginning in 1993. For the 1998-1999 seasons he was "promoted" to second-string quarterback. Jason Garrett in the 2008 season was the highest payed assistant coach.

SEASON	W/L
2011-2012	8-8
2010-2011	6-10
2009-2010	11-5
2008-2009	9-7
2007-2008	13-3

SCHEDULE OF 2011 SEASON [8-8]

WEEK	OPPONENT	SCORE
1	@ NY JETS	L 24 - 27
2	@ SAN FRANCISCO	W 27 - 24
3	VS WASHINGTON	W 18 - 16
4	VS DETROIT	L 30 - 34
5	BYE	
6	@ NEW ENGLAND	L 16 - 20
7	VS ST. LOUIS	W 34 - 7
8	@ PHILADELPHIA	L 7 - 34
9	VS SEATTLE	W 23 - 13
10	VS BUFFALO	W 44 - 7
11	@ WASHINGTON	W 27 - 24
12	VS MIAMI	W 20 - 19
13	@ ARIZONA	L 13 - 19
14	VS NY GIANTS	L 34 - 37
15	@ TAMPA BAY	W 31 - 15
16	VS PHILADELPHIA	L 7 - 20
17	@ NY GIANTS	L 14 - 31

COACHING STAFF

HEAD COACH: JASON GARRETT

OWNER: JERRY JONES

STARTING OFFENSE

Position	Number	Player
QB	#9	TONY ROMO
RB	#29	DEMARCO MURRAY
WR	#19	MILES AUSTIN
WR	#85	KEVIN OGLETREE
WR	#88	DEZ BRYANT
TE	#81	JASON WITTEN
LT	#77	TYRONE SMITH
LG	#71	NATE LIVINGS
C	#67	PHIL COSTA
RG	#73	MACKENZY BERNADEAU
RT	#68	DOUG FREE

STARTING DEFENSE

Position	Number	Player
DE	#96	MARCUS SPEARS
DT	#97	JASON HATCHER
DT	#95	BRIAN PRICE
DE	#70	TYRONE CRAWFORD
LB	#50	SEAN LEE
LB	#94	DEMARCUS WARE
CB	#24	MORRIS CLAIBORNE
CB	#32	ORLANDO SCANDRICK
SS	#40	DANNY McCRAY
FS	#42	GERALD SENSAUBAH

SPECIAL TEAMS

K	#5	DAN BAILEY
P	#6	CHRIS JONES
LS	#91	L.P. LADOUCEUR



PHILADELPHIA EAGLES



WR DeSean Jackson

QB Michael Vick



FROM THE PLAYER...

"It's good to have critics because that's what motivates you and helps you take your game to another level, ... They talked about Michael Jordan and said he didn't have a jump shot. They say the same thing about me — I can't throw the football and all that. Say whatever you want about me. It makes me strive harder."

~Michael Vick

2012-2013 PREDICTION FORECAST: 9-7, 3RD PLACE NFC EAST



2012 Philadelphia Eagles Odds, Picks, Predictions: The Eagles were left scratching their domes after a mystifying 2011 season that ended with an 8-8 record. Philly put up fine stats on both sides of the ball but shot themselves in the foot in many games with turnovers. Michael Vick also was not the dominating force that he was in 2010 as he constantly complained that opposing teams were out to take cheap shots at him. On the other side of the ball the defense underachieved, failing to come up with stiff resistance late in ball games. The heat is on Andy Reid and his staff to at least make the "Dream Team" moniker hold at least a little truth. Below is a closer look at the Eagles from our NFL picks experts. The 2012 Philadelphia Eagles Odds have them at 12-1 (\$1000 to win \$12,000) on the Sports Odds Vegas.

NFL Predictions Analysis: It's hard to deny that the Eagles are among the top-5 most talented teams in the league but the defense has not been the same since great coordinator Jim Johnson passed. The offense also has not shown the same knockout power with Michael Vick regressing back to some old bad habits. Vick will need to have a big year for 'Philly to get back to the postseason but he might have tough time doing so behind an O-line that will

be minus All-Pro LT Jason Peters. Defensive coordinator Juan Castillo was given a new havoc maker in MLB DeMeco Ryans but the inexperienced Castillo has not gotten the most out of his talent. The 2012 Philadelphia Eagles Odds have Philadelphia at +150

The oddsmakers will have 'Philly set as favorites in most of their affairs because of their talent level but fading them ATS when making NFL picks is probably a good idea. Andy Reid has been a great mind inside the headsets and he has all of the playmakers in the world on offense but mistakes kill this teams momentum every time. Michael Vick has not shown that he can remain healthy a whole season and this year Vince Young is no longer his backup. You can't make mistakes on a regular basis playing in the NFC East and once again a roller coaster season that ends with disappointment is most likely in store for Eagles backers.

PLAYERS TO WATCH

MICHAEL VICK - 3303 yards and 18 TDs

DESEAN JACKSON - 961 yards and 4 TD's

BRENT CELEK - 811 yards



The Philadelphia Eagles head coach is Andy Reid. This will be his 13th year as the Eagles head coach. Before being a NFL coach he coached at many colleges but in 1992 he became a Green Bay Packer offensive assistant. In 1999 he became the head coach of the Eagles. As a kid he did participate in youth sports but he never played football for the NFL. His team's record after those thirteen seasons is 126 wins- 81 losses. The Eagles though have not won a Super Bowl under Andy Reid's coaching. In 2002 Andy won *Pro Football Weekly Coach of Year*.

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9	VS CHICAGO	L 24 - 30
10	VS ARIZONA	L 17 - 21
11	@ NY GIANTS	W 17 - 10
12	VS NEW ENGLAND	L 20 - 38
13	@ SEATTLE	L 14 - 31
14	@ MIAMI	W 26 - 10
15	VS NY JETS	W 45 - 19
16	@ DALLAS	W 20 - 7
17	VS WASHINGTON	W 34 - 10

COACHING STAFF

HEAD COACH: ANDY REID

OWNER: JEFFERY LURIE

STARTING OFFENSE

Position	Number	Player
QB	#7	MICHAEL VICK
RB	#25	LESEAN McCOY
WR	#10	DESEAN JACKSON
WR	#18	JEREMY MACLIN
WR	#81	JASON AVANT
TE	#87	BRENT CELEK
LT	#77	DEMETRESS BELL
LG	#69	EVAN MATHIS
C	#62	JASON KELCE
RG	#63	DANNY WATKINS
RT	#67	DENNIS KELLY

STARTING DEFENSE

Position	Number	Player
DE	#58	TRENT COLE
DT	#97	CULLEN JENKINS
DT	#72	CEDRIC THORNTON
DE	#54	BRANDON GRAHAM
LB	#59	DEMECO RYANS
LB	#95	MYCHAL KENDRICKS
CB	#24	NNAMDI ASOMUGHA
CB	#26	EDDIE WHITLEY
SS	#29	NATE ALLEN
FS	#42	KURT COLEMAN

SPECIAL TEAMS

K	#6	ALEX HENRY
P	#1	MAT McBRIAR
LS	#46	JON DORENBOS