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ETHAN POCIC

COLLEGE: LSU

AGE: 31 HOMETOWN: LEMONT, IL

EXP. (NFL/RAVENS): 10/1 GP/GS (PLAYOFFS): 114/97 (3/2)



— KEY TRANSACTIONS —

- Signed a one-year contract (through 2027) with the Ravens on 7/23/26
- Signed a three-year contract extension with the Browns on 3/15/23
- Signed by the Cleveland Browns as an unrestricted free agent on 4/6/22
- Signed a one-year contract extension (through 2021) on 3/22/21
- Selected by the Seattle Seahawks in the second round (58th overall) of the 2017 NFL Draft

— HONORS —

- PFWA All-Rookie Team (2017)

— CAREER HIGHLIGHTS —

- Started 13 games in 2025 before being placed on season-ending Injured Reserve (Achilles)
- Started all 16 games at center in 2024...Appeared in his 100th career game vs. Mia. (12/29)
- Started all 15 regular season games in 2023, adding one postseason start at center
- Started 13 games at center in 2022 as the Browns compiled 2,490 rushing yards, the third-highest total in team history and most since 1963 (2,639)
- Appeared in 13 games (10 starts) in 2021
- Started all 14 games in 2020, adding one postseason start
- Appeared in 4 games (one start) in 2019, spending a majority of the season on Injured Reserve (neck)
- Appeared in 10 games (four starts) in 2018 on the OL that helped Seattle lead the NFL in rushing (2,560 yards)...Added one postseason appearance
- Appeared in 16 games (11 starts) as a rookie in 2017, starting five games at LG and six at RG

— PERSONAL —

- Native of Lemont, IL, where he was raised by his parents, Kim and Gary
- Brother, Graham, played at the University of Illinois, where he started 36 games on the offensive line and earned honorable mention All-Big Ten honors twice
- **Last name is pronounced: POE-sick**

2025: (CLEVELAND BROWNS — 13/13)

- Started 13 games in 2025, registering 782 offensive snaps before being placed on season-ending Injured Reserve (Achilles)
- Blocked for an offense that generated a season-high 412 net yards vs. Ten. (12/7), including 364 passing yards by QB Shedeur Sanders
- Started at center, blocking for an offense that recorded 270 net yards in the win at LV (11/23)
- Part of an OL that racked up a season-best 158 yards rushing at NYJ (11/9)
- Started at center in the Browns' first win of the season vs. GB (9/21)

2024: (CLEVELAND BROWNS — 16/16)

- Started a career-high 16 games at center, totaling 1,017 offensive snaps
- Appeared in his 100th career regular season game vs. Mia. (12/29)
- Blocked for an offense that generated a season-best 552 total net yards (475 passing, 77 rushing) at Den. (12/2)...QB Jameis Winston's 497 passing yards were a career high and the NFL's second most in a single game in 2024
- Started at center and paved way for 304 net yards in the Thursday Night Football win vs. Pit. (11/21)
- Part of an offense that did not record any turnovers, finishing with 297 net yards in the win at Jax. (9/15)

2023: (CLEVELAND BROWNS — 15/15, 1/1)

- Started all 15 regular season games and made one postseason start at center...Took 953 offensive snaps
- Made the start in the Browns' lone postseason contest at Hou. (1/13/24)
- Blocked for an offense that notched a season-high 428 net yards in the win vs. NYJ (12/28)...Marked Cleveland's fourth-consecutive win and QB Joe Flacco's third-straight game with over 300 passing yards
- Helped fortify a Browns offense that saw WR Amari Cooper record a franchise-record 265 receiving yards, including 2 TDs, in the win at Hou. (12/24)
- Part of an offense that registered a season-low one penalty in the victory vs. Pit. (11/19)
- Paved way for Cleveland's 27-0 win vs. Ari. (11/5), which saw the Browns register 326 total yards

2022: (CLEVELAND BROWNS — 13/13)

- Started 13 games at center as the Browns compiled 2,490 rushing yards, the third-highest total in team history and most since 1963 (2,639)
- Part of an offense that notched 301 net yards in the win at Was. (1/1/23)
- Started at center, blocking for an offense that generated 376 net yards in the win vs. Pit. (9/22)
- Made his Browns debut in the season-opening win at Car. (9/11), paving way for 355 total net yards

2021: (SEATTLE SEAHAWKS — 13/10)

- Appeared in 13 games with 10 starts at center...Recorded 576 snaps on offense
- Closed out the regular season with a win at Ari. (1/9/22), helping generate 431 net yards, including 200 yards in the air and on the ground (229 passing, 202 rushing)
- Paved way for a season-high 51 points and 497 net yards in the win vs. Det. (1/2/22)
- Helped Seattle to its first of three games with over 400 net yards, racking up 453 net yards in the win at Hou. (12/12)
- Blocked for an offense that collected 381 net yards in the season-opening win at Ind. (9/12)

2020: (SEATTLE SEAHAWKS — 14/14, 1/1)

- Started all 14 regular season games and made one postseason start
- Saw action in the Wild Card matchup vs. LAR (1/9/21)
- Closed out the regular season with a fourth-consecutive victory, helping the offense generate 280 net yards at SF (1/3/21)
- Protected a Seahawks offense that scored a season-high 40 points, including 410 net yards, in the win vs. NYJ (12/13)
- Paved way for an offense that racked up 314 net yards and its fifth-straight win vs. Min. (10/11)
- Part of an offense that did not commit a penalty in the win vs. Mia. (10/4)

2019: (SEATTLE SEAHAWKS — 4/1)

- Appeared in 4 games (one start), spending a majority of the season on Injured Reserve (neck)
- Saw game action at Car. (12/15), blocking for an offense that generated 428 net yards
- Started at LG and played 53 snaps in the season-opening win vs. Cin. (9/8)

2018: (SEATTLE SEAHAWKS — 10/4, 1/0)

- Started four games on the OL that helped Seattle lead the NFL in rushing (2,560 yards)
- Saw action on ST in the Wild Card matchup at Dal. (1/5/19)
- Started at LG in the season finale victory vs. Ari. (12/30)
- Made the start at RG in the win vs. KC (12/23), playing a season-high 82 snaps while helping Seattle to a season-best 464 net yards
- Played 59 snaps in the season opener at Den. (9/9)

2017: (SEATTLE SEAHAWKS — 16/11)

- Appeared in 16 games (11 starts) as a rookie, starting five games at LG and six at RG
- Saw action on offense and ST in the Christmas Eve win at Dal. (12/24)
- Blocked for QB Russell Wilson's 452-yard, 4-TD performance in the win vs. Hou. (10/29)
- Recorded his first career start in the win at NYG (10/22)...Helped the offense record 425 net yards
- Made his NFL debut at GB (9/10)

— COLLEGE —

- Played four seasons (2013-16) at LSU, where he finished as one of the top OL in program history after starting 37 career games (27 at center, nine at RG, one at RT)...The Tigers were 25-12 with Pocic in the starting lineup, which included a 20-7 record with him at center...LSU produced a 1,000-yard rusher in each of his years as a starter, and also had a player rush for at least 100 yards in 28 of the 37 games in which he started on the OL
- Earned first-team All-America honors (*FWAA*), second-team All-America recognition (Walter Camp, *Sporting News*, *AFCA*) and third-team *AP* All-America honors in 2016...Named SEC Offensive Lineman of the Week five times, including an SEC-best three times (vs. Missouri, vs. Ole Miss, vs. Arkansas)...Named a permanent team captain for the 2016 season...Garnered first-team *AP* All-SEC honors in 2016 and second-team All-SEC honors in 2015
- Earned a Senior Bowl invitation
- Graduated in December 2016 with a degree in sports administration

— HIGH SCHOOL —

- Attended Lemont (IL) HS, where he earned first-team Parade All-America and first-team *USA Today* All-America honors as a senior...Named a 2013 Under Armour All-American and to the IFCA 6A All-State team...Rated a five-star prospect by *PrepStar* (No. 3 OL nationally) and a four-star prospect by *Rivals*, *247Sports*, *Scout* and *ESPN*...Led Lemont to a state semifinal appearance as a senior...Enrolled at LSU in January 2013 after graduating early