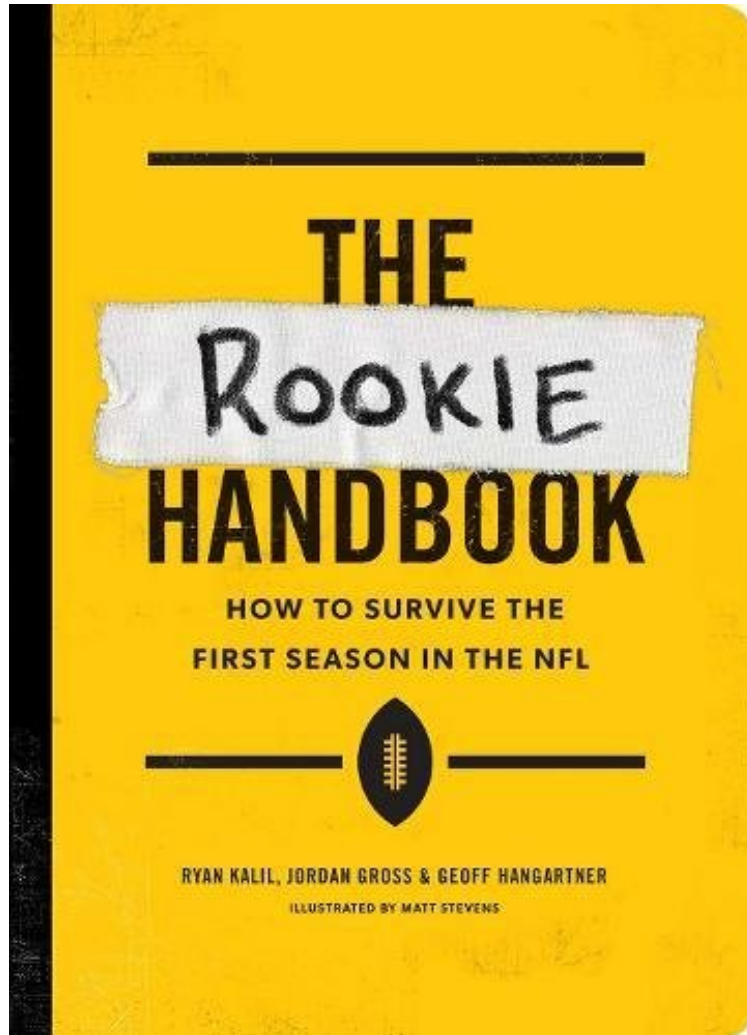


[Library ebook] The Rookie Handbook: How to Survive the First Season in the NFL

The Rookie Handbook: How to Survive the First Season in the NFL

Ryan Kalil, Jordan Gross, Geoff Hangartner
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Ryan Kalil, Jordan Gross, Geoff Hangartner : The Rookie Handbook: How to Survive the First Season in the NFL before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Rookie Handbook: How to Survive the First Season in the NFL:

2 of 2 people found the following review helpful. Love this book. Great quality, writing, illustrations. By Drewcephus This is a hilarious peek behind the curtain of life in the NFL. Especially for rookies. I am a huge Panthers fan, so I bought it to support my team. But the illustrations are first rate, the writing is great. It is full of hilarious anecdotes and tid-bits and just a fun read. Also, the quality of the book itself is first rate. The cover is made from a durable material and the binding is sound. It actually looks like a military SOP or old time playbook from the seventies. Definitely worth buying for yourself or as a gift for that football but in your family. 1 of 1 people found the

following review helpful. Hope I don't go straight to my sophomore slump!By CustomerReally great book. A must have for any Panthers fan. It was so fun to try to decipher who thought of/wrote certain sections and chuckle aloud, "Ahh that had to have been Piggy...", or "Yep, that was totally Kalil." I hoped for just a little more of an anecdotal/personal touch... for example, the bathroom "ice shower" was clearly inspired by the old Delhomme-Smitty pranking back from the glory days of their troublemaking! A few fun back-stories would've been welcome additions to the book. Nonetheless, an enjoyable and entertaining ride through my fictional rookie season. 5 stars.0 of 0 people found the following review helpful. Fun book!By Mary JoynerReceived it in the mail yesterday from my pre-order and sat down and read it from cover to cover. It was a fun and quick read. I am sure none of the authors anticipated football and the national anthem would have been such a hot topic while writing this book. But if you were to take it into context that it was written prior to everything going on in San Francisco, I would expect most professional football players would have agreed with their take. I hope that those events have not changed their opinions. Nevertheless, I thoroughly enjoyed this book.-Ed

Congratulations, you just got drafted into the NFL. Now what? Here's what's ahead of you: rigorous training, complicated playbooks, financial conundrums, intense pressure to perform—and temptation. Welcome to the big leagues.Informative, smart, funny, and beautifully illustrated, *The Rookie Handbook* has everything NFL rookies need to know to survive their first season of pro football, straight from veterans Ryan Kalil, Jordan Gross, and Geoff Hangartner. The three authors have a combined thirty years of NFL experience, but they too were rookies themselves, once upon a time. Much like rookies, NFL fans only know what they see on TV or read—obsessively following Rich Eisen and scouring obscure blogs for fantasy football info. But when it comes to what goes on in the inner sanctum, behind the locker room doors, it's a mystery. *The Rookie Handbook* is the insider's guide to that exclusive club, pulling back the curtain to reveal how players act and think—and what they do when no one is watching.

"Three of the funniest and smartest guys to walk the Carolina Panthers' locker room have combined on a fun sports book meant to help first-year players in the NFL." —The Charlotte Observer"[A] humorous, illustrated look at the day-to-day life of pigskin gladiators . . . a must read for first year players and long-term fans alike." —Uncrate.com"Lighthearted, enlightening . . . [with] equal parts wit and wisdom." —Théoden James, The Charlotte Observer"[A] unique perspective on life in the NFL." —Max Henson, Panthers.com"Put down the playbook and study this: Insider knowledge on how to survive life in the NFL." —Kalyn Kahler, The MMQBAbout the AuthorRyan Kalil is a five-time Pro Bowl player and has played center for the Carolina Panthers since 2007. Jordan Gross is a former offensive tackle for the Carolina Panthers; since his retirement in 2014, he has worked for The Panthers Network as a sideline reporter and hosts his own show with Travelle Wharton on Time Warner Cable Sports called *This Is Gross*. Geoff Hangartner is a former offensive lineman for the Carolina Panthers and the Buffalo Bills.