

Michael Sinclair

Born: January 31, 1968, Galveston Texas

High School: Beaumont (TX) Charlton-Pollard

College: Eastern New Mexico University

High School

- Lott lettered in football, baseball, basketball and wrestling.
- Received honors in all three sports.
- 1976 4A CIF 1st Team – Defensive Back
- South All-Star player in the Shrine California All-Star game.

College

- 1989-1990 First Team All LSC
- LSC Defensive Lineman of the year
- Top 5 Lone Star Conference Best NFL players according to Hero Sports
- ENMU career with 279 tackles, 45 tackles for a loss and 30 sacks.

Professionally

- Played defensive end in 149 games over 11 seasons
 - Seattle Seahawks (1991–2001)
 - Sacramento Surge (1992)
 - Philadelphia Eagles (2002)
- Second leading sacker in Seahawks history
- 16.5 sacks in one season, Seahawks franchise record and NFL leader in 1998
- Most sacks of any member of the entire 1991 draft class
- Sacked John Elway more than any other player
- Served in coaching capacities:
 - Montreal Alouettes (2008–2012) won two Grey Cup championships.
Defensive line coach
 - Saskatchewan Roughriders (2013)
Assistant head coach & defensive line coach
 - Chicago Bears (2013)
Defensive line coach

Honors

- Three-time NFL Pro-Bowler
- CBS greatest draft picks of the modern NFL #155
- 4 greatest-value NFL Draft picks in Seattle Seahawks history
- 1996 Inducted into the ENMU Hall of Honor
- 1998 NFL defensive player of the year finalist
- Seahawks All-time Goat Team
- NFL ranked 43rd All-time (forced fumbles)
- Sports Illustrated NFL Mid-season 1st Team
- Seahawks Top Ten Defensive Players of All-time
- Seahawks All-time Team

Community

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Family

- Lott and his wife, Karen, have three children.
- One of his sons, Ryan Nece, played linebacker for Tampa Bay and Detroit from 2002-2008.