

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 Lone Star Conference (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

- 1992 Sacramento Surge of the spring league, World League of America Football (WLAF) ... major cog on a team that won the league championship.
- Played defensive end starting in 115 of his 149 games over 11 seasons.
 - Seattle Seahawks (1992–2001)
 - Philadelphia Eagles (2002)
- Career: 353 tackles, 73.5 QB sacks, nine fumble recoveries, two touchdowns,
- 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:
 - 2007 Hamburg Sea Devils in NFL Europe – Defensive line coach ... won the World Bowl.
 - 2008-2012 Montreal Alouettes ... won two Grey Cup championships.
defensive line coach.
 - 2013 Saskatchewan Roughriders ... Assistant head coach & defensive line coach.
 - 2013 Chicago Bears ... Defensive line coach.

Honors

- 1990 Associated Press Little All- American (NCAA Division 2)
- 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.