

Ryan Cook

Ryan Cook, born on May 8, 1983, is an American former professional football player who spent eight seasons in the National Football League (NFL) as a center. He played college football at the University of New Mexico before being selected by the Minnesota Vikings in the second round of the 2006 NFL Draft. Cook also played for the Miami Dolphins and the Dallas Cowboys.

Early Life and College Career

A native of Albuquerque, New Mexico, Cook played offensive tackle at Cibola High School. He was a three-year letterman and earned First Team All-City and Second Team All-State honors as a senior.

Cook's college career began as a walk-on at the University of New Mexico (UNM) in 2002. He earned a scholarship in his second season and went on to have a standout career. He was the first center in UNM history to be named First-team All-Mountain West for three consecutive years (2003, 2004, 2005). Over his 46 games at UNM, he recorded 416 knockdown blocks, averaging 8.7 per game. As a senior, he was invited to participate in both the East-West Shrine Game and the Senior Bowl.

Professional Career

Minnesota Vikings (2006–2010) The Minnesota Vikings drafted Cook in the second round (51st overall) of the 2006 NFL Draft. He signed a four-year contract and became a regular starter at right tackle during the 2007 and 2008 seasons. He transitioned to right guard in 2010. The Vikings re-signed him in 2011, but he was released during the final roster cuts before the season started.

Miami Dolphins (2011) In September 2011, Cook signed with the Miami Dolphins as a free agent. He served as a backup center and guard for the season.

Dallas Cowboys (2012–2013) Cook's time with the Dolphins was short-lived as he was traded to the Dallas Cowboys in August 2012. He quickly earned the starting center position after an injury to Phil Costa in the season opener. Cook remained the starter for the rest of the season. In 2013, a back injury placed him on the injured reserve list, ending his professional playing career.