



NFL CAREER

TRANSACTIONS:

- Signed by Miami as an unrestricted free agent from Chicago on March 16, 2018.
- Signed by Chicago on Sept. 4, 2016.
- Released by Green Bay on Sept. 3, 2016.
- 4th-round pick (135th overall) by Green Bay in the 2008 NFL draft.

CAREER HONORS:

- 2016 Pro Bowl selection.
- 2015 Pro Bowl selection.
- 2015 2nd-team All-Pro.
- 2015 PFWA All-NFC team.
- 2014 Pro Bowl selection.
- 2014 1st-team All-Pro.
- 2014 PFWA All-NFC team.
- 2013 2nd-team All-Pro.
- 2013 PFWA All-NFC team.
- 2012 Pro Bowl selection.
- 2010 Offensive Lineman of the Year by the NFL Alumni Association.

CAREER HIGHLIGHTS:

- Played in 148 career games with 138 starts.
- Won Super Bowl XLV with Green Bay at the end of the 2010 season.
- Has gone an entire season without allowing a sack on 3 different occasions (2010, 2014 and 2016).
- Started 13 playoff games and allowed 1 sack and was flagged for 2 penalties.
- During his 8 seasons in Green Bay (2008-15), the Packers were 3rd in the NFL in total touchdowns (417) and 5th in yards per game (371.7).

2018 (MIAMI):

- Started 1 game.
- Missed the rest of the season after being placed on injured reserve on Sept. 14.

VS. TENNESSEE (9/9):

- Protected QB Ryan Tannehill, who completed 20-of-28 passes (71.4 pct.) for 230 yards and 2 TDs.

2017 (CHICAGO):

- Started 13 games – 11 at left guard and 2 at right guard.
- Inactive for 3 games.

- Committed just 2 penalties the entire season.

AT BALTIMORE (10/15):

- Blocked for RB Jordan Howard, who carried 36 times for 167 yards (4.6 avg.) in the victory.

AT CINCINNATI (12/10):

- Helped the offense set season highs with 33 points scored and 482 total yards.

2016 (CHICAGO):

- Played in 13 games with 12 starts, all at left guard.
- Inactive for 3 games.
- Did not allow a sack the entire season.

AT HOUSTON (9/11):

- Made his Bears debut and was in the starting lineup just 7 days after signing with the team.

VS. DETROIT (10/2):

- Helped protect QB Brian Hoyer, who completed 28-of-36 passes (77.8 pct.) for 302 yards and 2 TDs in the victory.

PRO BOWL:

- Selected to his 3rd consecutive Pro Bowl and 4th overall.
- Started at right guard for the NFC team.

2015 (GREEN BAY):

- Started all 16 games – 15 at left guard and 1 at left tackle.
- Helped the team finish tied for 4th in fewest giveaways (17) and 12th in rushing (115.6 yards per game).

POSTSEASON:

NFC WILD CARD AT WASHINGTON (1/10):

Started at left guard.

NFC DIVISIONAL AT ARIZONA (1/16):

Started at left guard.

PRO BOWL:

- Earned his 2nd straight Pro Bowl nod and the 3rd selection of his career.
- Became the 1st Packers guard to earn consecutive Pro Bowl selections since Mike Rivera (2002-04).
- Started at left guard for Team Rice.

HONORS:

- 2nd-team All-Pro selection.
- PFWA All-NFC team.

2014 (GREEN BAY):

- Started all 16 games at left guard.
- Did not allow a sack all season and was flagged

for only 3 penalties.

- Helped the offense lead the NFL in scoring (30.4 points per game) and finish 6th in yards per game (386.1) and tied for 1st in fewest giveaways with a franchise-record 13.
- The offense allowed just 30 sacks, tied for 9th in the league and Green Bay's lowest since 2007 (19).
- Helped QB Aaron Rodgers earn the NFL's Most Valuable Player award after leading the NFL in TD/INT ratio (7.60, 38/5) and finishing 2nd in passer rating (112.2), 2nd in yards per attempt (8.43) and 3rd in TD passes (38).

POSTSEASON:

NFC DIVISIONAL VS. DALLAS (1/11): Started at left guard.

NFC CHAMPIONSHIP AT SEATTLE (1/18): Started at left guard.

PRO BOWL:

- Earned his 2nd career Pro Bowl selection.
- Started at left guard for Team Carter.

HONORS:

- 1st-team All-Pro selection.
- PFWA All-NFC team.

2013 (GREEN BAY):

- Started all 16 games at left guard.
- Allowed just 1.5 sacks and was flagged for 6 penalties.
- Transitioned to the left side after playing right guard his entire career.
- Helped the offense finish 3rd in the NFL with 6,404 total yards, the 2nd-most in franchise history, despite using 4 different quarterbacks and QB Aaron Rodgers missing 7 games.
- The offensive line helped the team finish in the top 10 in both passing (6th) and rushing (7th) for the 1st time since 2004.
- Blocked for RB Eddie Lacy, whose 1,178 rushing yards set a team rookie record and helped earn him NFL Offensive Rookie of the Year.

POSTSEASON:

NFC WILD CARD VS. SAN FRANCISCO (1/5): Started at left guard.

HONORS:

- 2nd-team All-Pro selection, becoming the first Packers offensive lineman to earn All-Pro honors since Mike Rivera in 2003.
- PFWA All-NFC team.

2012 (GREEN BAY):

- Started all 16 games at right guard.
- Allowed just 2.5 sacks and was flagged for 6 penalties.
- Was 1 of just 2 Packers offensive linemen to start every game (T Marshall Newhouse) and joined Newhouse as the only players on the team to play every offensive snap.
- Helped the offense finish 5th in scoring (27.1 points per game) and 2nd in fewest giveaways (16).
- Protected QB Aaron Rodgers, who led the NFL in passer rating (108.0), TD percentage (7.1) and TD/INT ratio (4.88), while finishing 2nd in passing TDs (39) and 3rd in completion percentage (67.2).

POSTSEASON:

NFC WILD CARD VS. MINNESOTA (1/5): Started at right guard.

NFC DIVISIONAL AT SAN FRANCISCO (1/12): Started at right guard.

PRO BOWL:

- Earned his 1st career Pro Bowl selection.
- Became the 1st Packers guard to earn a Pro Bowl nod since Mike Rivera in 2004.

2011 (GREEN BAY):

- Started 14 games at right guard.
- Inactive for 2 games.
- Allowed just 2 sacks and was flagged for 6 penalties.
- Helped the offense set franchise records for points (560), total net yards (6,482) and total net passing yards (4,924).
- The 560 points were 3rd-most in NFL history.
- Protected QB Aaron Rodgers, who earned NFL MVP honors after setting an NFL single-season record for passer rating (122.5) and team records for TD passes (45), passing yards (4,643), yards per attempt (9.25), completion percentage (68.3) and 300-yard games (8).

POSTSEASON:

NFC DIVISIONAL VS. N.Y. GIANTS (1/15): Started at right guard.

2010 (GREEN BAY):

- Started all 16 games at right guard.
- Did not allow a sack the entire season and was flagged for only 3 penalties.
- Played every offensive snap for the 2nd consecutive season.
- Helped the team finish 9th in the NFL in overall offense and 5th in passing.

POSTSEASON:

NFC WILD CARD AT PHILADELPHIA (1/9): Started at right guard.

NFC DIVISIONAL AT ATLANTA (1/15): Started at right guard.

NFC CHAMPIONSHIP AT CHICAGO (1/23): Started at right guard.

SUPER BOWL XLV VS. PITTSBURGH (2/6): Started at right guard.

HONORS:

- NFL Offensive Lineman of the Year by the NFL Alumni Association.

2009 (GREEN BAY):

- Started all 16 games at right guard.
- Was flagged 4 times during the season.
- Played every offensive snap.
- Blocked for RB Ryan Grant's 1,253-yard rushing season.

POSTSEASON:

NFC WILD CARD AT ARIZONA (1/10): Started at right guard.

2008 (GREEN BAY):

- Played in 11 games with 2 starts at right guard.
- Inactive for 3 games.
- Dressed but did not play 2 games.
- Also played special teams.

BEFORE THE NFL

COLLEGE (UCF):

- 4-year letterman (2004-07) and 3-year starter.

CAREER:

- Played in 50 games with 43 starts.
- Joined his classmate Keith Shologan as the 1st 2 players in school history to appear in 50 games.
- Helped lead a resurgence of the program, going from an 0-11 season as a freshman (2004) to winning the school's 1st conference championship as a senior (2007).

SENIOR (2007): Started all 14 games, earning 10 starts at right tackle, 3 at right guard and 1 at left guard.

- 1st-team All-Conference USA.
- Helped school win its 1st conference title.
- Blocked for an offense that set school records for points (501) and rushing yards (3,287).
- Paved the way for RB Kevin Smith to total the 2nd-most single-season rushing yards in NCAA history (2,567).

JUNIOR (2006): Started all 12 games at right tackle.

SOPHOMORE (2005): Started all 13 games at right tackle.

TRUE FRESHMAN (2004): Played in all 11 games with 4 starts at right guard.

HIGH SCHOOL (PENSACOLA CATHOLIC HS – PENSACOLA, FLA.)

- Allowed just 3 sacks over his final 2 seasons.
- Played offensive and defensive line.
- Also lettered twice in basketball.

SENIOR (2003): 50 tackles and 6 sacks.

- 2nd-team all-state.
- 1st-team all-area.

OFF THE FIELD

COMMUNITY:

- Hosted the Josh Sitton Holiday Shopping Event for several years, buying gifts for children to help support the PALS Program of Brown County, Wis.
- Through his contracting company, Bear General Contractors, has helped sponsor an annual football camp for kids in Pensacola and also helped sponsor a dinner to raise money for a Pensacola homeless shelter.
- Participated in several team community initiatives, including the Packers Tailgate Tour, several charity golf tournaments and the Jordy Nelson Celebrity Softball Game.
- Traveled to Montana to attend the Doug Betters Whitefish Winter Classic, an annual event held by the former Dolphins defensive end to benefit children in need of pediatric medical treatment.
- Regularly hosts football camps in his hometown.
- Is a board member of the Studer Community Institute, which raises awareness for brain development in children ages 0-4 years old.

PERSONAL:

- Appeared in the movie Pitch Perfect 2 in 2015 with 4 of his Packers teammates.
- Partnered with his good friend, Chris Jaubert, to start Bear General Contractors in Lafayette, La. in 2014.
- Moved the company's headquarters to Pensacola, Fla. in 2016.
- Married to Kristen.
- **PRONUNCIATION:** Last name is pronounced SITT-en.
- **MAJOR:** Criminal justice.

JOSH SITTON'S NFL REGULAR SEASON STATS

GAMES/STARTS: (Green Bay) 2008: 11/2, 2009: 16/16, 2010: 16/16, 2011: 14/14, 2012: 16/16, 2013: 16/16, 2014: 16/16, 2015: 16/16, (Chicago) 2016: 13/12, 2017: 13/13, (Miami): 2018: 1/1 **NFL TOTALS: 148/138**

JOSH SITTON'S NFL PLAYOFF STATS

GAMES/STARTS: (Green Bay) 2009: 1/1, 2010: 4/4, 2011: 1/1, 2012: 2/2, 2013: 1/1, 2014: 2/2, 2015: 2/2 **PLAYOFF TOTALS: 13/13**