



4

THOMAS
MORSTEAD

PUNTER // 6-4 // 225 // SMU '09

ACQUIRED: UFA, '22 (ATL.)

HOMETOWN: PEARLAND, TEXAS. // BORN: 3/8/86

NFL: 14TH SEASON // DOLPHINS: FIRST SEASON

2014, 2015, 2016, 2017,
2018, 2019, 2020

NFL CAREER

TRANSACTIONS:

- Signed by Miami as an unrestricted free agent from Atlanta on April 8, 2022.
- Signed by Atlanta on Nov. 24, 2021.
- Released by the N.Y. Jets on Nov. 8, 2021.
- Signed by the N.Y. Jets on Sept. 15, 2021.
- Released by New Orleans on March 4, 2021.
- 5th-round pick (164th overall) by New Orleans in the 2009 NFL Draft.

CAREER HONORS:

- NFC Special Teams Player of the Month (December 2021).
- NFC Special Teams Player of the Week (at Jacksonville, 11/28/21).
- NFC Special Teams Player of the Week (vs. Tampa Bay, 9/13/20).
- NFC Special Teams Player of the Week (at Jacksonville, 10/13/19).
- NFC Special Teams Player of the Month (September 2019).
- NFC Special Teams Player of the Week (at Seattle, 9/22/19).
- 2018 PFF Special Teams Player of the Year.
- 2014 Walter Payton Man of the Year nominee.
- 2012 Pro Bowl selection.
- 2012 2nd-team All-Pro.
- NFC Special Teams Player of the Week (at Carolina, 1/3/10).
- NFC Special Teams Player of the Week (at Tampa Bay, 11/22/09).

CAREER HIGHLIGHTS:

- Played in 221 career games.
- 798 punts for 37,141 yards (46.5 avg.) and a 41.5 net average.
- 15 special teams tackles (14 solo).
- Appeared in 16 postseason games – 15 with New Orleans and 1 with Miami.
- Won Super Bowl XLIV with New Orleans.
- Is a 7-time team captain (2014-20).

- His 41.5 career net avg. is 5th-best in NFL history:

HIGHEST CAREER NET PUNT AVERAGE

(min. 250 punts)

| PLAYER (TEAM) | YRS | AVG |
|---|----------------|-------------|
| 1. Logan Cooke (Jax.) | 2018-22 | 43.2 |
| 2. Johnny Hekker (STL/LAR/Car.) | 2012-22 | 43.0 |
| 3. Michael Dickson (Sea.) | 2018-22 | 42.7 |
| 4. Cameron Johnston (Phi./Hou.) | 2018-22 | 42.0 |
| 5. T. MORSTEAD (NO/NYJ/ATL/MIA.) | 2009-22 | 41.5 |

2022 (MIAMI):

- Played in all 17 games.
- 61 punts for 2,828 yards (46.4 avg.) and a 40.6 net average.
- 4 special teams tackles (3 solo).

VS. NEW ENGLAND (9/11):

 4 punts for 183 yards (45.8 avg.) and a 42.8 net average.

- Pinned 3 of his 4 punts inside the 20.
- Made his Dolphins debut.

AT L.A. CHARGERS (12/11):

 7 punts for 327 yards (46.7 avg.) and a 43.4 net average.

- Pinned 4 of his 7 punts inside the 20.

AT NEW ENGLAND (1/1):

 4 punts for 189 yards (47.3 avg.) and a 44.8 net average.

- Pinned all 4 of his punts inside the 20.

POSTSEASON:

AFC WILD CARD AT BUFFALO (1/15):

 6 punts for 262 yards (43.7 avg.) and a 40.8 net avg; 1 solo special teams tackle.

2021 (ATLANTA/N.Y. JETS):

- Played in 7 games with Atlanta.
- 22 punts for 1,015 yards (46.1 avg.) and a 41.0 net average with Atlanta.
- Signed by Atlanta on Nov. 24.
- Released by the N.Y. Jets on Nov. 8.
- Played in 7 games with the N.Y. Jets.
- 23 punts for 1,108 yards (48.2 avg.) and a 43.0 net average with the N.Y. Jets.

AT DENVER (9/26):

 6 punts for 280 yards (46.7 avg.) and a 44.0 net average.

AT CAROLINA (12/12):

 2 punts for 110 yards (55.0 avg.) and a 55.0 net average.

VS. DETROIT (12/26):

 2 punts for 115 yards (57.5 avg.) and a 48.0 net average.

HONORS:

- NFC Special Teams Player of the Month (December).
- NFC Special Teams Player of the Week (at Jacksonville, 11/28/21).

2020 (NEW ORLEANS):

- Played in all 16 games.
- 62 punts for 2,674 yards (43.1 avg.) and a 41.7 net average.
- Served as a team captain.

VS. TAMPA BAY (9/13): 6 punts for 264 yards (44.0 avg.) and a 44.0 net average.

- Pinned 5 punts inside the 20.

AT PHILADELPHIA (12/13): 4 punts for 211 yards (52.8 avg.) and a 45.5 net average.

VS. KANSAS CITY (12/20): 8 punts for 378 yards (47.3 avg.) and a 49.1 net average.

POSTSEASON:

NFC WILD CARD VS. CHICAGO (1/10): 3 punts for 106 yards (35.3 avg.) and a 35.3 net average.

NFC DIVISIONAL VS. TAMPA BAY (1/17): 2 punts for 94 yards (47.0 avg.) and a 40.5 net average.

HONORS:

- NFC Special Teams Player of the Week (vs. Tampa Bay, 9/13).

2019 (NEW ORLEANS):

- Played in all 16 games.
- 60 punts for 2,770 yards (46.2 avg) and a 43.1 net average.
- His 30 punts inside the 20 were tied for 9th in the NFL.
- His 43.1 net average ranked 5th in the NFL.
- Served as a team captain.

AT SEATTLE (9/22): 6 punts for 324 yards (54.0 avg.) and a 52.0 net average.

- Pinned 4 punts inside the 20.

AT JACKSONVILLE (10/13): 6 punts for 251 yards (41.8 avg) and a 41.8 net average.

- Pinned 5 punts inside the 20.

AT ATLANTA (11/28): 4 punts for 194 yards (48.5 avg.) and a 48.5 net average.

POSTSEASON:

NFC WILD CARD VS. MINNESOTA (1/5): 5 punts for 229 yards (45.8 avg.) and a 42.4 net average.

HONORS:

- NFC Special Teams Player of the Week (at Chicago, 10/20).
- NFC Special Teams Player of the Month (September).
- NFC Special Teams Player of the Week (at Seattle, 9/22).

2018 (NEW ORLEANS):

- Played in all 16 games.
- 43 punts for 1,996 yards (46.4 avg.) and a 43.2 net average.
- His 43.2 net average led the NFL.
- Served as a team captain.

VS. TAMPA BAY (9/9): 3 punts for 156 yards (52.0 avg.) and a 45.7 net average.

AT ATLANTA (9/23): 4 punts for 202 yards (50.5 avg) and a 42.5 net average.

VS. PHILADELPHIA (11/18): 2 punts for 99 yards (49.5 avg.) and a 50.5 net average.

POSTSEASON:

NFC DIVISIONAL VS. PHILADELPHIA (1/13): 3 punts for 134 yards (44.7 avg.) and a 44.7 net average.

NFC CHAMPIONSHIP VS. L.A. RAMS (1/20):

4 punts for 171 yards (42.8 avg.) and a 42.8 net average.

HONORS:

- PFF Special Teams Player of the Year.

2017 (NEW ORLEANS):

- Played in all 16 games.
- 60 punts for 2,822 yards (47.0 avg.) and a 42.2 net average.
- His 42.2 net punting average was 6th in the NFL.
- Served as a team captain.

AT MINNESOTA (9/11): 3 punts for 171 yards (57.0 avg.) and a 53.3 net average.

AT L.A. RAMS (11/26): 7 punts for 371 yards (53.0 avg.) and a 44.6 net average.

- Pinned 2 punts inside the 20.

AT TAMPA BAY (12/31): 4 punts for 185 yards (46.3 avg.) and a 46.3 net average.

- Pinned 3 punts inside the 20.

POSTSEASON:

NFC WILD CARD VS. CAROLINA (1/7): 4 punts for 183 yards (45.8 avg.) and a 43.0 net average.

NFC DIVISIONAL AT MINNESOTA (1/14): 4 punts for 192 yards (48.0 avg.) and a 38.3 net average.

2016 (NEW ORLEANS):

- Played in all 16 games.
- 57 punts for 2,751 yards (48.3 avg.) and a 42.4 net average.
- 1 solo special teams tackle.
- His 42.4 net punting average was 5th in the NFL.
- Served as a team captain.

AT SAN DIEGO (10/2): 5 punts for 256 yards (51.2 avg) and a 45.2 net average.

AT KANSAS CITY (10/23): 4 punts for 193 yards (48.3 avg) and a 48.3 net average.

- Pinned 4 punts inside the 20.

AT TAMPA BAY (12/11): 4 punts for 205 yards (51.3 avg) and a 47.5 net average.

2015 (NEW ORLEANS):

- Played in 14 games.
- Inactive for 2 games.
- 56 punts for 2,551 yards (45.6 avg.) and a 40.7 net average.
- 1 solo special teams tackle.
- Served as a team captain.

AT CAROLINA (9/27): 2 punts for 92 yards (46.0 avg.) and a 46.0 net average.

- Pinned both of his punts inside the 20.

AT INDIANAPOLIS (10/25): 10 punts for 487 yards (47.8 avg.) and a 42.9 net average.

- Pinned 5 punts inside the 20.

AT ATLANTA (1/3): 2 punts for 105 yards (52.5 avg.) and a 52.5 net average.

2014 (NEW ORLEANS):

- Played in all 16 games.
- 58 punts for 2,690 yards (46.4 avg.) and a 42.9 net average.
- His 42.9 net punting average was 2nd in the NFL.
- Served as a team captain.

AT ATLANTA (9/7): 2 punts for 101 yards (50.5 avg.)

and a 50.0 net average.

- Pinned both of his punts inside the 20.

VS. BALTIMORE (11/24): 3 punts for 146 yards (48.7 avg.) and a 48.7 net average.

VS. ATLANTA (12/21): 4 punts for 200 yards (50.0 avg.) and a 49.5 net average.

HONORS:

- Walter Payton Man of the Year nominee.

2013 (NEW ORLEANS):

- Played in all 16 games.
- 61 punts for 2,859 yards (46.9 avg.) and a 42.3 net average.
- 2 solo special teams tackles.
- His 42.3 net average ranked 3rd in the NFL.

AT TAMPA BAY (9/15): 4 punts for 175 yards (43.8 avg.) and a 43.8 net average.

- Pinned all 4 of his punts inside the 20.

VS. MIAMI (9/30): 3 punts for 142 yards (47.3 avg.) and a 45.7 net average.

AT ST. LOUIS (12/15): 2 punts for 107 yards (53.5 avg.) and a 50.0 net average.

POSTSEASON:

NFC WILD CARD AT PHILADELPHIA (1/4): 3 punts for 105 yards (35.0 avg.) and a 25.3 net average.

NFC DIVISIONAL AT SEATTLE (1/11): 4 punts for 155 yards (38.8 avg.) and a 37.5 net average.

2012 (NEW ORLEANS):

- Played in all 16 games.
- 74 punts for 3,707 yards (50.1 avg.) and a 43.2 net average.
- 3 solo special teams tackles.
- His 43.2 net average ranked 2nd in the NFL.

VS. WASHINGTON (9/9): 5 punts for 278 yards (55.6 avg.) and a 48.8 net average.

AT DENVER (10/28): 8 punts for 413 yards (51.6 avg.) and a 46.3 net average.

- Pinned 4 punts inside the 20.

VS. ATLANTA (11/11): 5 punts for 250 yards (50.0 avg.) and a 48.2 net average.

PRO BOWL:

- Selected to start the Pro Bowl for the 1st time in his career.

HONORS:

- 2nd-team All-Pro.

2011 (NEW ORLEANS):

- Played in all 16 games.
- 46 punts for 2,224 yards (48.3 avg.) and a 43.1 net average.
- His 43.1 net average ranked 2nd in the NFL.

VS. CHICAGO (9/18): 5 punts for 229 yards (45.8 avg.) and a 46.6 net average.

AT TAMPA BAY (10/16): 4 punts for 220 yards (55.0 avg.) and a 49.0 net average.

AT TENNESSEE (12/11): 5 punts for 249 yards (49.8 avg.) and a 43.0 net average.

POSTSEASON:

NFC WILD CARD VS. DETROIT (1/7): Played but did not record any stats.

NFC DIVISIONAL AT SAN FRANCISCO (1/14): 5 punts for 227 yards (45.4 avg.) and a 39.6 net average.

2010 (NEW ORLEANS):

- Played in all 16 games.
- 57 punts for 2,618 yards (45.9 avg.) and a 38.4 net average.
- 1 solo special teams tackle.

VS. MINNESOTA (9/9): 5 punts for 216 yards (43.2 avg.) and a 42.8 net average.

AT SAN FRANCISCO (9/20): 6 punts for 280 yards (46.7 avg.) and a 41.8 net average.

- Pinned 4 punts inside the 20.

AT DALLAS (11/25): 2 punts for 120 yards (60.0 avg.) and a 53.5 net average.

POSTSEASON:

NFC WILD CARD AT SEATTLE (1/8): 4 punts for 191 yards (47.8 avg.) and a 44.8 net average.

2009 (NEW ORLEANS):

- Played in all 16 games.
- 58 punts for 2,528 yards (43.6 avg.) and a 36.0 net average.

VS. DETROIT (9/13): 2 punts for 96 yards (48.0 avg.) and a 20.5 net average.

- Made his NFL debut.

AT TAMPA BAY (11/22): 4 punts for 195 yards (48.8 avg.) and a 46.0 net average.

AT CAROLINA (1/3): 9 punts for 417 yards (46.3 avg.) and a 42.3 net average.

- Pinned 7 punts inside the 20.

POSTSEASON:

NFC DIVISIONAL VS. ARIZONA (1/16): 4 punts for 171 yards (42.8 avg.) and a 37.8 net average.

NFC CHAMPIONSHIP VS. MINNESOTA (1/24): 7 punts for 359 yards (51.3 avg.) and a 49.1 net average.

- Pinned 4 punts inside the 20.

SUPER BOWL XLIV AT INDIANAPOLIS (2/7): 2 punts for 88 yards (44.0 avg) and a 44.0 net average.

- Successfully executed an onside kick at the start of the 2nd half that was recovered by New Orleans and led to a TD.

HONORS:

- NFC Special Teams Player of the Week (at Tampa Bay, 11/22).
- NFC Special Teams Player of the Week (at Carolina, 1/3).

BEFORE THE NFL

COLLEGE (SOUTHERN METHODIST):

- 4-year letterman (2005-08).

CAREER: Played in 36 games; 166 punts for 7,201 yards (43.4 avg.); 37-for-53 (69.8 pct.) field goals and 106-of-108 PATs (98.1 pct.).

- His 217 career points were 5th in school history.

SENIOR (2008): Played in all 12 games; 59 punts for 2,465 yards (41.8 avg.); 11-of-15 (73.3 pct.) field goals and 29-of-30 (96.7 pct.) PATs.

- Honorable mention All-CUSA.

JUNIOR (2007): Played in all 12 games; 57 punts for 2,545 yards (44.6 avg.); 13-of-20 (65.0 pct.) field goals and 43-of-43 (100 pct.) PATs.

- 1st-team All-CUSA.

SOPHOMORE (2006): Played in all 12 games; 50 punts for 2,191 yards (43.8 avg.); 13-of-18 (72.2

pct.) and 34-of-35 (97.1 pct.) PATs.

REDSHIRT FRESHMAN (2005): Did not play.

- Redshirted in 2004.

HIGH SCHOOL (PEARLAND HIGH SCHOOL - PEARLAND, TEXAS)

- Also lettered in soccer.

SENIOR (2005):

- 2nd-team all-district

- Brazoria County Special Teams MVP

OFF THE FIELD

PERSONAL:

- **MAJOR:** Mechanical engineering with a specialization in biomedical.

THOMAS MORSTEAD'S NFL REGULAR SEASON STATS

| YEAR | TEAM | GP | PUNT | YDS | Avg | LG | Opp | Ret | Yds | Net Avg | TB | In 20 |
|-------------------|-------------|------------|------------|--------------|-------------|-----------|-------------|-----|-------------|-----------|------------|-------|
| 2009 | NEW ORLEANS | 16 | 58 | 2528 | 43.6 | 60 | 358 | | 36.0 | 4 | 18 | |
| 2010 | NEW ORLEANS | 16 | 57 | 2618 | 45.9 | 64 | 310 | | 38.4 | 6 | 21 | |
| 2011 | NEW ORLEANS | 16 | 46 | 2224 | 48.3 | 64 | 118 | | 43.1 | 4 | 13 | |
| 2012 | NEW ORLEANS | 16 | 74 | 3707 | 50.1 | 70 | 391 | | 43.2 | 6 | 20 | |
| 2013 | NEW ORLEANS | 16 | 61 | 2859 | 46.9 | 61 | 180 | | 42.3 | 5 | 25 | |
| 2014 | NEW ORLEANS | 16 | 58 | 2690 | 46.4 | 63 | 99 | | 42.9 | 5 | 19 | |
| 2015 | NEW ORLEANS | 14 | 56 | 2551 | 45.6 | 58 | 194 | | 40.7 | 4 | 20 | |
| 2016 | NEW ORLEANS | 16 | 57 | 2751 | 48.3 | 66 | 237 | | 42.4 | 5 | 22 | |
| 2017 | NEW ORLEANS | 16 | 60 | 2822 | 47.0 | 68 | 249 | | 42.2 | 2 | 26 | |
| 2018 | NEW ORLEANS | 16 | 43 | 1996 | 46.4 | 60 | 60 | | 43.2 | 4 | 15 | |
| 2019 | NEW ORLEANS | 16 | 60 | 2770 | 46.2 | 64 | 166 | | 43.1 | 1 | 29 | |
| 2020 | NEW ORLEANS | 16 | 62 | 2674 | 43.1 | 58 | 46 | | 41.7 | 2 | 23 | |
| 2021 | N.Y. JETS | 7 | 23 | 1108 | 48.2 | 59 | 119 | | 43.0 | 0 | 7 | |
| | ATLANTA | 7 | 22 | 1015 | 46.1 | 64 | 72 | | 41.0 | 2 | 11 | |
| 2022 | MIAMI | 17 | 61 | 2828 | 46.4 | 66 | 312 | | 40.6 | 2 | 28 | |
| NFL TOTALS | | 221 | 798 | 37141 | 46.5 | 70 | 2911 | | 41.5 | 52 | 297 | |

THOMAS MORSTEAD'S NFL PLAYOFF STATS

| YEAR | TEAM | GP | PUNT | YDS | Avg | LG | Opp | Ret | YDS | Net Avg | TB | In 20 |
|-----------------------|-------------|-----------|-----------|-------------|-------------|-----------|------------|-----|-------------|----------|-----------|-------|
| 2009 | NEW ORLEANS | 3 | 13 | 618 | 47.5 | 66 | 15 | | 44.8 | 1 | 6 | |
| 2010 | NEW ORLEANS | 1 | 4 | 191 | 47.8 | 55 | 12 | | 44.8 | 0 | 0 | |
| 2011 | NEW ORLEANS | 2 | 5 | 227 | 45.4 | 60 | 29 | | 39.6 | 0 | 2 | |
| 2013 | NEW ORLEANS | 2 | 7 | 260 | 37.1 | 55 | 34 | | 32.3 | 0 | 3 | |
| 2017 | NEW ORLEANS | 2 | 8 | 375 | 46.9 | 57 | 30 | | 40.6 | 1 | 2 | |
| 2018 | NEW ORLEANS | 2 | 7 | 305 | 43.6 | 50 | 0 | | 43.6 | 0 | 2 | |
| 2019 | NEW ORLEANS | 1 | 5 | 229 | 45.8 | 50 | 17 | | 42.4 | 0 | 1 | |
| 2020 | NEW ORLEANS | 2 | 5 | 200 | 40.0 | 55 | 13 | | 37.4 | 0 | 3 | |
| 2022 | MIAMI | 1 | 6 | 262 | 43.7 | 52 | 17 | | 40.8 | 0 | 1 | |
| PLAYOFF TOTALS | | 16 | 60 | 2667 | 44.5 | 66 | 167 | | 41.0 | 2 | 20 | |

ADDITIONAL STATS

Special Teams Tackles: (New Orleans) 1 in 2009, 1 in 2010, 3 in 2012, 2 in 2013, 2 in 2014, 1 in 2015, 1 in 2016, (Miami) 4 in 2022 for total of 15 (P-2).

Successful Onside Kicks: (New Orleans) 1 in 2013 (P-1).

SINGLE-GAME CAREER HIGHS

- Punts:** 10 at Indianapolis, 10/25/15
- Punt Yards:** 487 at Indianapolis, 10/25/15
- Punts Inside the 20:** 7 at Carolina, 1/3/10
- Longest Punt:** 70 vs. Kansas City, 9/23/12