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- News
- Training Camp
- Draft Coverage
- On The Inside
- Transactions
- Injury Report
- Events Calendar
- Eagles Quotes
- Other Views
- Where are they now?
- Alumni Appearances
- Novacare Complex
- News Archive

- The Team
- Gameday
- Fan Zone
- Merchandise
- Cheerleaders
- Lincoln Financial Field
- Eagles Youth Partnership
- Go Green
- Eagles Kids

Grasmanis Announces Retirement

May 23, 2006
By CHRIS McPHERSON

One of head coach Andy Reid's "favorite guys" called it a career on Tuesday.

Defensive tackle Paul Grasmanis retired after 10 NFL seasons, six of which were with the Philadelphia Eagles.



Grasmanis played in the NFL for 10 years before he announced his retirement Tuesday

"He was a tough player who gave everything he could possibly give to a football team," said Reid. "He played a lot of valuable snaps for the Eagles and helped us win a lot of football games. We appreciate everything he did, and wish he and his family all the best in the future."

Grasmanis served as an important member of the Eagles defensive tackle rotation since 2000, posting 126 tackles and 10.5 sacks in 54 games in Philadelphia.

His best seasons were as an Eagle. In 2000, he had a career-high 48 tackles and in 2002 he had a career-high four sacks. He had been hampered by Achilles injuries in two of the past three seasons.

Prior to joining the Eagles, he spent three seasons in Chicago after being selected by the Bears in the fourth round of the 1996 draft. After being released by the Bears prior to the start of the 1999 season, he spent one week with St. Louis before finishing the year with Denver.

Grasmanis played 104 games during his 10-year career and posted 197 tackles, 12 sacks and three forced fumbles. A native of Jenison, Mich., he was a two-year starter at Notre Dame. He currently resides in Tallahassee, Fla.

PAUL GRASMANIS' STATS

| Year | Team | GP/GS | Tackles | Sacks | FF/FR | Pass Def. |
|--------|------------------|-------|---------|-------|-------|-----------|
| 1996 | Chicago | 14/3 | 22 | 0 | 0/0 | 0 |
| 1997 | Chicago | 16/1 | 23 | 0.5 | 0/1 | 0 |
| 1998 | Chicago | 15/0 | 20 | 1 | 0/0 | 0 |
| 1999 | St. Louis/Denver | 5/0 | 6 | 0 | 0/0 | 0 |
| 2000 | Eagles | 16/0 | 48 | 3.5 | 1/0 | 0 |
| 2001 | Eagles | 14/2 | 22 | 2 | 0/0 | 0 |
| 2002 | Eagles | 16/3 | 34 | 4 | 2/0 | 0 |
| 2003 | Eagles | 2/0 | 6 | 1 | 0/0 | 0 |
| 2004 | Eagles | 4/0 | 15 | 0 | 0/0 | 0 |
| 2005 | Eagles | 2/0 | 1 | 0 | 0/0 | 0 |
| Career | | 104/9 | 197 | 12 | 3/1 | 0 |

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