



## **Jay Foreman**

Jay Foreman is an 8-year NFL linebacker and the son of Viking great, five time pro bowler, Chuck Foreman. Jay was drafted by the Buffalo Bills in the 5th round of the 1999 draft. He played 3 seasons in Buffalo and started every game by his third season in the league. In 2002, Jay moved on to the Houston Texans and again he started every game for the next two seasons and played a third season in Houston in 2004, their first three seasons in the NFL. Twice he had over 100 tackles in a season for the Texans and was a team captain for all three seasons.

During his time in Houston Jay began a charitable foundation known as "Foreman Friends", an organization that assisted abused, underprivileged kids in group-homes. Jay also used this platform help fight diabetes and feed needy families on Thanksgiving. Jay completed his NFL career by playing for the New York Giants in 2004 and for the San Francisco 49ers in 2005.

In college, Jay was an All -Big 12 Conference Selection for Nebraska. Foreman, a four-year letter winner, served as a starting linebacker during the 1995 and 1997 national championship seasons. He ranks 14th on the Huskers' all-time tackles chart with 233 and was the team captain his senior year. In 1998 Foreman was a semi-finalist for the Dick Butkus award.

Today, Jay is an independent financial planner and insurance agent. Jay lives in Minneapolis and has two daughters, Soleil and Ciel. He enjoys speaking to groups about leadership and motivation, two subjects on which he can speak as middle linebacker and defensive captain of an NFL team.