Terry Metcalf

Terry Metcalf is a former professional football running back for the National Football League and Canadian Football League. During his pro football career, Terry was one of the most dynamic players on the field playing six total seasons in the NFL: five with the St. Louis Cardinals and one with the Washington Redskins, and three seasons in the CFL with the Toronto Argonauts.

He attended Long Beach State University and drafted in the 3rd round 1973. A running back ahead of his time, Terry both ran the ball and caught numerous of passes out of the backfield in addition to returning kick-offs and punts. These dynamic moves earned him the league nickname "Sweet Feet"

In each 5 seasons with the Cards, Metcalf gained over 900 yards from scrimmage and in return yards surpassed 1000+ yards in every season in St. Louis. He also scored a remarkable 36 touchdowns (24 rushing, 9 receiving, 1 punt return, 2 kickoff returns). In 1974, he became the first player in NFL history to average more than 30 yards per kick return and more than 10 yards per return on punts in the same season. In the then 14-game 1975 season, the stand-out player set an NFL record for 2,462 all-purpose yards. One record that he still holds today is having the most games with 250+ all-purpose yards in a game with seven. In 1978, Metcalf signed with the Toronto Argonauts of the Canadian Football League where he played 3 seasons.

He was named to the Pro Bowl 3 times, an AP Second Team All Pro and inducted into the St. Louis Sports Hall of Fame as well as the Missouri Sports Hall of Fame. In his NFL career, Terry finished with 3498 rushing yards, 2457 receiving yards, 936 yards returning punts and 3087 yards returning kicks for a total of 10,001 yards in 6 seasons.

Since hanging up his cleats, Terry teaches kindergarten at Rise-Up Academy, holds a Theology Doctorate Degree and is an associate pastor in Seattle WA. Terry and wife, Lanette are the proud parents of four successful men and have opened their hearts and home to children in foster care. Terry is the father of former NFL stand-out Eric Metcalf.