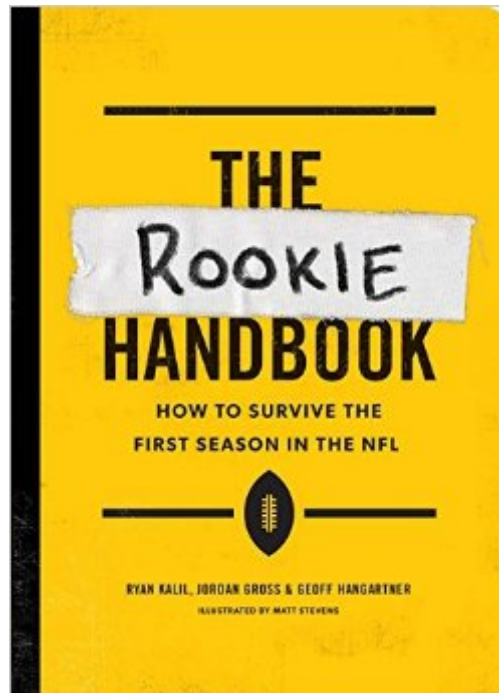


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# The Rookie Handbook: How To Survive The First Season In The NFL



## Synopsis

Congratulations, you just got drafted into the NFL. Now what? Here's what's ahead of you: rigorous training, complicated playbooks, financial conundrums, intense pressure to perform and temptation. Welcome to the big leagues. Informative, smart, funny, and beautifully illustrated, *The Rookie Handbook* has everything NFL rookies need to know to survive their first season of pro football, straight from veterans Ryan Kalil, Jordan Gross, and Geoff Hangartner. The three authors have a combined thirty years of NFL experience, but they too were rookies themselves, once upon a time. Much like rookies, NFL fans only know what they see on TV or read obsessively following Rich Eisen and scouring obscure blogs for fantasy football info. But when it comes to what goes on in the inner sanctum, behind the locker room doors, it's a mystery. *The Rookie Handbook* is the insider's guide to that exclusive club, pulling back the curtain to reveal how players act and think and what they do when no one is watching.

## Book Information

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## Customer Reviews

This is a hilarious peek behind the curtain of life in the NFL. Especially for rookies. I am a huge Panthers fan, so I bought it to support my team. But the illustrations are first rate, the writing is great. It is full of hilarious anecdotes and tid-bits and just a fun read. Also, the quality of the book itself is first rate. The cover is made from a durable material and the binding is sound. It actually looks like a military SOP or old time playbook from the seventies. Definitely worth buying for yourself or as a gift for that football but in your family.

THE ROOKIE HANDBOOK BY Ryan Kalil, Jordan Gross, Geoff Hangartner is guide to an aspiring NFL rookie, leading them through preparing for the NFL draft all the way to the end of their rookie year. Written by three NFL lineman, I found much of the material enlightening and while some things seemed common sense, the handbook constantly reminds rookies to remain grounded and use common sense in their decisions and not go overboard. It has a tongue and cheek feel of a 1950's Boy Scout Handbook, full of funny graphics, and matter of fact statements that are quite funny. The handbook does a great job in both seriously warning a rookie how to prepare for and act like a proper NFL athlete, but leaves the reader laughing the whole time as well. Being an NFL fan, and especially being a Carolina Panthers fan (the three authors all played for Carolina), I thought this was great fun and should my 10 year old son ever yearns to become an NFL great, I'm going to immediately throw this book at him. Thank you to Regan Arts, Ryan Kalil, Jordan Gross, Geoff Hangartner, and Netgalley for a copy of this book in exchange for an honest review!

Really great book. A must have for any Panthers fan. It was so fun to try to decipher who thought of/wrote certain sections and chuckle aloud, "Ahh that had to have been Piggy...", or "Yep, that was totally Kalil." I hoped for just a little more of an anecdotal/personal touch... for example, the bathroom "ice shower" was clearly inspired by the old Delhomme-Smitty pranking back from the glory days of their troublemaking! A few fun back-stories would've been welcome additions to the book. Nonetheless, an enjoyable and entertaining ride through my fictional rookie season. 5 stars.

This book in its simplistic view brought back memories of playing college ball for me. The average fan never sees or has ever experienced the locker room culture. This book gives a fast look of that culture and provides some great laughs.

Received it in the mail yesterday from my pre-order and sat down and read it from cover to cover. It was a fun and quick read. I am sure none of the authors anticipated football and the national anthem would have been such a hot topic while writing this book. But if you were to take it into context that it was written prior to everything going on in San Francisco, I would expect most professional football players would have agreed with their take. I hope that those events have not changed their opinions. Nevertheless, I thoroughly enjoyed this book.-Ed

Funny glimpse behind the curtain of pro football life. No stories of wild nights or alcohol-fueled parties to be found. Instead, the authors give a succinct guide to success for rookie NFL players.

This guide is written in a way that the reader could imagine himself as "the rookie" trying to navigate a pro football life.

Love this book! I'm a Carolina fan and I preordered the book. This is trademark humor from Ryan Kalil, Jordan Gross, and Geoff Hangartner. You don't have to be a football expert to enjoy and get a laugh. Or 12.

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