



The Rookie Handbook: How to Survive the First Season in the NFL

Ryan Kalil, Jordan Gross, Geoff Hangartner

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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.



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