

85

TE

CHARLES  
CLAY

6-3

255

8<sup>TH</sup> YEAR

FEBRUARY 13, 1989 (AGE 29)



LITTLE ROCK, ARKANSAS



LITTLE ROCK CENTRAL HS



TULSA

ACQUIRED 2015

Acquired by the Bills via restricted free agency on March 19, 2015.

## SHOUTOUTS

- Clay is the only tight end in Bills history to record three consecutive 500+ yard receiving seasons. Clay recorded 51 catches for 528 yards in 2015 during his first season with the Bills, 57 catches for 552 yards in 2016 and 49 catches for 558 yards in 2017.
- In 2016, Clay racked up 57 catches. That total ranks as the second most by a Bills tight end in an individual season in team history. He trails only Pete Metzelaar's 68 catches in 1993.
- Clay accumulated 558 receiving yards in 2017, which ranked as the most by any of the Bills pass catching options.
- At home in 2015, snagged the game winning touchdown on a 40 yard reception against the Houston Texans. The catch came with 1:53 left in the fourth quarter and gave the Bills a 27-21 lead that was later extended to a 30-21 lead and a Bills W.
- Clay has a rushing touchdown to his name, as he took the ball 11 yards for a score in a game against the Colts in 2013.



## FIRST-AND-10

**CHARLES CLAY** came to the Buffalo Bills in 2015 via the transition tag after playing four seasons (2011-14) with the Miami Dolphins. Clay was drafted by the Dolphins in the sixth round of the 2011 Draft out of the University of Tulsa, where he spent four years playing both running back and full back for the Golden Hurricanes.

## IF YOU HAVEN'T 'HERD'

## A PRO'S PRO

Heading into an eighth NFL season, Clay looks for every edge he can get. As he profiled to Vic Carucci of the *Buffalo News*, Clay is now meticulous about his diet.

After a failed attempt at going vegan, Clay has adopted a diet based around plant-based foods, avoiding sugar and primarily chicken or fish for a protein source. Clay admits the focus on nutrition took longer than he'd like, but is now focused on making sure younger players realize the value.

"It took me awhile to realize how big of a role food played in the way your body feels and things like that...You get young guys who come in here, you try to tell them, 'Man, you shouldn't be eating that.' They're like, 'Yeah, whatever.' I had guys early on tell me that it was something that I had to kind of try to experiment with," Clay told the *Buffalo News*.

## PERSONAL

Charles and his wife, Tenia, have a daughter named CharliRose. Charles is the son of Charles and Jerrilyn. His father, Charles, played football at Arkansas (1975-78). Charles attended Central High School in Little Rock, Ark., where he lettered as a tailback and safety.

@G42CLAY

@CCLAY85



## IF YOU HAVEN'T 'HERD'



## GOING CAMPING

Charles makes it a point to head home annually to his alma mater Little Rock Central High School to hold "Charles Clay Youth Football ProCamp." His 2018 camp, which was held May 12, included more than 250 boys & girls in the Little Rock area. "Being able to interact with who come from the same area as me...it is a good time to go out there and teach kids things I have learned about football and about life," said Clay.

## FINDING WAYS TO IMPROVE

In an effort to find new ways to improve, one training method Charles has taken up is hot yoga. Hot yoga, also known as Bikram yoga, involves performing 90 minutes of yoga in a room kept between 90-108 degrees with the intention of helping stretch and tone muscles. In addition to hot yoga, Clay has even spent time working on his boxing skills in order to improve his hand speed which helps in both blocking and breaking free off of the line of scrimmage.

THE  
STAMPEDEFAMOUS FELLOW HIGH  
SCHOOL ALUMS:

Houston Rockets forward  
Joe Johnson

## PREGAME RITUAL:

Walk the field and say a  
prayer in the end zone

## SOURCE OF MOTIVATION:

Family

## FAVORITE JOB:

Volunteered at a golf course

## FIRST TIGHT ENDS:

Tony Gonzalez/Antonio  
Gates

## FAVORITE MEAL:

Mom's pistachio nut cake

EVENT IN HISTORY TO BE  
WITNESS TO:

Muhammed Ali knocking  
out Sonny Liston



## FAVORITE VACATION SPOT:

Cape Town, South Africa

## AN UNKOWN FACT:

Taught himself how to play  
the guitar

FAVORITE BUFFALO  
RESTAURANT:

Mangia

## DINNER WITH ANYONE:

Barack Obama

## PROUDEST ACHIEVEMENT:

Getting married and  
then having his daughter  
CharliRose

## DESIRED SUPERPOWER:

To be able to be invisible

## HIDDEN TALENT:

Can draw

## GO TO WARM-UP SONG:

"Take Over" - Jay-Z

## FAVORITE TV SHOW:

Martin / Sons of Anarchy

## PET PEEVE:

Gossip

## PLAY ANOTHER SPORT:

Small forward or guard for  
the Los Angeles Lakers



## CHARLES CLAY - NFL REGULAR SEASON STATISTICS

| DATE          | TEAM     | GP        | GS        | RECEIVING  |              |             |           |           | RUSHING  |           |            |           |          |
|---------------|----------|-----------|-----------|------------|--------------|-------------|-----------|-----------|----------|-----------|------------|-----------|----------|
|               |          |           |           | NO.        | YDS          | AVG         | LG        | TD        | NO.      | YDS.      | AVG.       | LG        | TD       |
| 2011          | Dolphins | 14        | 9         | 16         | 233          | 14.6        | 46        | 3         | 0        | 0         | 0.0        | 0         | 0        |
| 2012          | Dolphins | 14        | 9         | 18         | 212          | 11.8        | 31†       | 2         | 0        | 0         | 0.0        | 0         | 0        |
| 2013          | Dolphins | 16        | 15        | 69         | 759          | 11.0        | 67        | 6         | 7        | 15        | 2.1        | 13        | 1        |
| 2014          | Dolphins | 14        | 14        | 58         | 605          | 10.4        | 41        | 3         | 0        | 0         | 0.0        | 0         | 0        |
| 2015          | Bills    | 13        | 13        | 51         | 528          | 10.4        | 40†       | 3         | 0        | 0         | 0.0        | 0         | 0        |
| 2016          | Bills    | 15        | 15        | 57         | 552          | 9.7         | 40†       | 4         | 0        | 0         | 0.0        | 0         | 0        |
| 2017          | Bills    | 13        | 13        | 49         | 558          | 11.4        | 44        | 2         | 0        | 0         | 0.0        | 0         | 0        |
| <b>TOTALS</b> |          | <b>99</b> | <b>88</b> | <b>318</b> | <b>3,447</b> | <b>10.8</b> | <b>67</b> | <b>23</b> | <b>7</b> | <b>15</b> | <b>2.1</b> | <b>13</b> | <b>1</b> |

## SINGLE-GAME HIGHS: RUSHING/RECEIVING

**Receptions** 9 vs. Cincinnati Bengals, Oct 18, 2015

**Receiving Yards** 114 vs. Minnesota Vikings, Dec 21, 2014

**Longest Receptions** 67 at Indianapolis Colts, Sep 15, 2013

**Receiving TDs** 2 vs. Miami Dolphins, Dec 24, 2016

**All-purpose yards** 114 vs. Minnesota Vikings, Dec 21, 2014

## 2017 GAME-BY-GAME REGULAR SEASON STATISTICS (BILLS)

| DATE               | OPPONENT    | P/S          | RECEIVING |            |           |          |          | RUSHING  |          |          |          |          | TD         | W/L   | SCORE |
|--------------------|-------------|--------------|-----------|------------|-----------|----------|----------|----------|----------|----------|----------|----------|------------|-------|-------|
|                    |             |              | NO        | YDS        | LG        | TD       | ATT      | YDS      | LG       | TD       |          |          |            |       |       |
| 09/10              | JETS        | S            | 4         | 53         | 35        | 1        | 0        | 0        | 0        | 0        | 0        | 0        | W          | 21-12 |       |
| 09/17              | at Panthers | S            | 3         | 23         | 12        | 0        | 0        | 0        | 0        | 0        | 0        | 0        | L          | 3-9   |       |
| 09/24              | BRONCOS     | S            | 6         | 39         | 10        | 1        | 0        | 0        | 0        | 0        | 0        | 0        | W          | 26-16 |       |
| 10/01              | at Falcons  | S            | 5         | 112        | 44        | 0        | 0        | 0        | 0        | 0        | 0        | 0        | W          | 23-17 |       |
| 10/08              | at Bengals  | S            | 2         | 31         | 24        | 0        | 0        | 0        | 0        | 0        | 0        | 0        | L          | 16-20 |       |
| 10/22              | BUCCANEERS  |              |           |            |           |          |          |          |          |          |          |          | W          | 30-27 |       |
| 10/29              | RAIDERS     |              |           |            |           |          |          |          |          |          |          |          | W          | 34-14 |       |
| 11/02              | at Jets     |              |           |            |           |          |          |          |          |          |          |          | L          | 21-34 |       |
| 11/12              | SAINTS      | S            | 2         | 13         | 9         | 0        | 0        | 0        | 0        | 0        | 0        | 0        | L          | 10-47 |       |
| 11/19              | at Chargers | S            | 3         | 27         | 16        | 0        | 0        | 0        | 0        | 0        | 0        | 0        | L          | 24-54 |       |
| 11/26              | at Chiefs   | S            | 4         | 60         | 33        | 0        | 0        | 0        | 0        | 0        | 0        | 0        | W          | 16-10 |       |
| 12/03              | PATRIOTS    | S            | 3         | 20         | 10        | 0        | 0        | 0        | 0        | 0        | 0        | 0        | L          | 3-23  |       |
| 12/10              | COLTS       | S            | 2         | 11         | 10        | 0        | 0        | 0        | 0        | 0        | 0        | 0        | W          | 13-7+ |       |
| 12/17              | DOLPHINS    | S            | 5         | 68         | 29        | 0        | 0        | 0        | 0        | 0        | 0        | 0        | W          | 24-16 |       |
| 12/24              | at Patriots | S            | 4         | 37         | 15        | 0        | 0        | 0        | 0        | 0        | 0        | 0        | L          | 16-37 |       |
| 12/31              | at Dolphins | S            | 6         | 64         | 17        | 0        | 0        | 0        | 0        | 0        | 0        | 0        | W          | 22-16 |       |
| <b>2017 TOTALS</b> |             | <b>13-13</b> | <b>49</b> | <b>558</b> | <b>44</b> | <b>2</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>9-7</b> |       |       |

+ - Overtime