

93 DE TRENT MURPHY



6-6

260

5TH YEAR



DECEMBER 22, 1990 (AGE 27)



PHOENIX, ARIZONA



BROPHY COLLEGE PREP



STANFORD

ACQUIRED 2018

Came to the Bills via free agency on March 14, 2018.

SHOUTOUTS

- Had a breakout season in 2016 when he recorded a career-high 9.0 sacks, 24 quarterback hits, 10 tackles for a loss and 46 tackles.
- Was a consensus first-team All-American during his redshirt senior year in 2013.
- At the end of his collegiate career, Murphy ranked third in Stanford history 32.5 career sacks and was fifth in school history with 52.5 tackles for loss.
- Participated in discus in both college and in high school. While in high school, he was the Arizona state champion.
- Gained 30 pounds during the 2016 offseason while preparing to switch from outside linebacker to defensive end, but was switched back to linebacker prior to the season starting. He responded with his best season.
- Is an avid outdoorsman who enjoys hunting and fishing.



FIRST-AND-10

TRENT MURPHY comes to the Bills after four seasons with the Washington Redskins (2014-17). The defensive end was drafted by the Redskins in the second round (47th overall) of the 2014 NFL Draft. He has recorded 110 tackles and 15.0 sacks in his career.

IF YOU HAVEN'T 'HERD'

ARIZONA TOUGH

Murphy credits his toughness to his childhood growing up in Arizona as the middle child of seven. Growing up in the rural community of Lehi, he did team roping with his dad, climbed rock formations with his friends and they had horses, steer, chickens and goats on their family farm.

Murphy even went so far as to practice wrestling with a 400-lb steer calf just for fun while dreaming of being a rodeo clown.

GIVING BACK

Murphy made it a point during his time with the Redskins to give back to the D.C. community. He was a frequent participant in the Fuel Up to Play 60 program and visited children in the Ronald McDonald House on multiple occasions. He also helped provide school supplies and clothes to kids in the Richmond area during a Back to School shopping event.

PERSONAL

Murphy is the son of Jerry and Laurie Murphy. He has five sisters and one brother. While at Stanford, he graduated with a degree in science, technology and society with a minor in political science.



IF YOU HAVEN'T 'HERD'



WORKOUT WARRIOR

Coming from a family of athletes, Murphy has always been borderline obsessed with working out. This obsession has led to his creation of his own home gym.

He recently told One Bills Live, "There's something about where you lay your head at night and being able to go into the next room and get extra work any time you need it. To have the ability to outwork my opponents all the time even where I rest is a huge advantage."

DISCUS DREAMS

When most players end their career in the NFL, they ease back on their athletic pursuits. Don't expect the same from Trent Murphy. He has expressed interest in throwing the discus, which is a sport he excelled in during his high school days.

Murphy threw discus for Stanford's track and field team in 2011 and he was the 2009 Arizona State Discus Champion while attending high school at Brophy College Preparatory. He threw a personal record 193 feet while at Brophy.

THE STAMPEDE

UNIQUE TRAINING METHODS:

Martial Arts and learning the art of hand fighting

IF YOU COULD PLAY ANOTHER SPORT:

Professional bull rider or rodeo clown

HIGH SCHOOL SPORTS:

Baseball, basketball, team roping, track & field

FIRST JOB:

Moving company

FAVORITE ATHLETES:

Steve Nash, Wolfgang Schmidt and Mac Wilkins

HOBBIES:

Hunting and fishing

BEST ADVICE RECEIVED:

Focus on attitude and effort

DREAM JOB OUTSIDE OF SPORTS:

Working on a search and rescue team because of his sense of adventure

PETS:

Owens a bull in Virginia



LAST THING ORDERED OFF OF THE INTERNET:

Expensive beard oils

FAVORITE MOVIE:

Gladiator

FAVORITE MEAL:

Cowboy ribeye or T-Bone steak

BUCKET LIST ITEM:

Get private pilot license

BIGGEST OBSTACLE TO OVERCOME:

Knee injury

FAVORITE MUSIC ARTIST:

Johnny Cash

MOST PRIZED POSSESSION:

Handwritten letters from his grandfather

DINNER WITH ONE PERSON, DEAD OR ALIVE, WHO WOULD IT BE?

Wolfgang Schmidt

93

DE

TRENT
MURPHY

TRENT MURPHY - NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					O. FUMB			ST				MISC			
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A	
2014	Redskins	15	8	32	22	10	3	14	2.5	16.0	6	0	0	0	0	1	2	1	0	0	0	0	0	0	0	0	0
2015	Redskins	16	14	32	12	20	3	10	3.5	23.5	10	0	0	0	0	0	1	2	0	1	1	0	0	0	0	0	
2016	Redskins	16	0	46	28	18	10	48	9.0	54.5	24	0	0	0	0	1	3	1	7	1	1	0	0	0	0	0	
2017	Redskins	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
TOTALS		47	22	110	62	48	16	72	15.0	94.0	40	0	0	0	0	2	6	4	7	2	2	0	0	0	0	0	

SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 6 vs. Dallas Cowboys, Sep 18, 2016
Sacks 2.0 vs. Dallas Cowboys, Sep 18, 2016
Passes Defensed 1 vs. Green Bay Packers, Nov 20, 2016
Forced Fumbles 1 at Detroit Lions, Oct 23, 2016

Fumble Recoveries 1 at Philadelphia Eagles, Dec 11, 2016
Tackles For Loss 2 vs. Cleveland Browns, Oct 02, 2016
Special Teams Tackles 1 at Cincinnati Bengals, Oct 30, 2016