

JIM MORA

1ST SEASON

WASHINGTON '84



On December 10, 2011, former NFC Coach of the Year Jim Mora was named UCLA's 17th head coach in school history. Mora comes to UCLA after spending part of 2010 and most of 2011 as a television analyst and contributor for the NFL Network and the NFL on Fox. He brings 25 years of NFL coaching acumen with him to UCLA, including four years of NFL head coaching experience while at the helm of the Atlanta Falcons (2004-06) and the Seattle Seahawks (2009).

Mora took over for Mike Holmgren as head coach of the Seattle Seahawks in 2009. He had served as assistant head coach and defensive backs coach for Seattle in the 2007 and 2008 campaigns. The Seahawks went 10-6 and finished first in the NFC West in the 2007 season and won the Wild Card game in the playoffs. In his initial season as the head coach of the Falcons in 2004, Mora guided the team to an 11-5 record, becoming just the eighth rookie head coach in NFL history to win 11 games and the 11th to bring home a Division title. Atlanta captured the NFC South title and earned an appearance in the NFC Championship game for only the second time in franchise history. Mora was selected as the NFC Coach of the Year. The Falcon's defense improved from a league ranking of 32nd in 2003 to No. 14 overall the next season, fueled by a league-leading and franchise record 48 quarterback sacks. Atlanta topped the NFL in rushing in all three of coach Mora's seasons as head coach. In 2006, Michael Vick became the first quarterback in NFL history to rush for at least 1,000 yards in a season.

Mora had joined the Falcons from the San Francisco 49ers where he spent seven seasons, from 1997-2003, including the last five as the defensive coordinator. In his first year, the 49ers finished No. 1 in the NFL in total defense, No. 2 in pass defense (with 25 interceptions), takeaways (41) and run defense, as well as No. 3 in the League in sacks (with 54). The 1998 squad tied for No. 1 in the NFC, and No. 4 in the NFL, with 21 interceptions. In the 2002 and 2003 seasons with San Francisco, the defense finished no worse than fourth in the NFL versus the run and in 2003, produced 42 sacks to tie for second in the conference. The 1997 team advanced to the NFC Championship Game and had three defensive players voted to the Pro Bowl, while the 1998 and 2002 squads captured Wild Card Game wins.

Mora worked the previous five seasons (1992-1996) on the staff of his dad, Jim E. Mora, as the secondary coach with the New Orleans Saints. His defensive expertise began to take shape and the Saints boasted the No. 1 pass defense in the NFL during his first two years. In 1985, Mora broke into the NFL coaching ranks with the San Diego Chargers under head coach Don Coryell. He spent seven seasons with the Chargers, advancing from the league's first quality control coach position to defensive backs coach, while working for head coaches Coryell, Al Saunders and Dan Henning.

Mora began his coaching career in 1984 at the University of Washington. He joined the staff of head coach Don James in the role of defensive assistant following a four-year playing career as a defensive back for the Huskies. While at UW, Mora had the opportunity to be a part of two Rose Bowl teams (1981-loss to Michigan and 1982-win over Iowa) as a player, in addition to helping the Huskies land a berth in the 1985 Orange Bowl (win over Oklahoma) as a graduate assistant. During his five seasons in the Husky program, Washington compiled a 48-12 record, ranked among the nation's top 10 teams on three occasions, and did not finish lower than second in the Pac-10 standings.






NFL Pro Bowlers who have played under coach Mora over the years include -- Julian Peterson, LB Seattle and San Francisco; Marcus Trufant, DB Seattle; Allen Rossum, DB Atlanta; Patrick Kerney, DL Atlanta; Roderick Coleman, DL Atlanta; Keith Brooking, LB Atlanta; DeAngelo Hall, DB Atlanta; Michael Vick, QB Atlanta; Alge Crumpler, TE Atlanta; Warrick Dunn, RB Atlanta; Bryant Young, DL San Francisco; Lance Schulters, DB San Francisco; Merton Hanks, DB San Francisco; Eric Allen, DB New Orleans; Tyrone Hughes, DB New Orleans; Gill Byrd, DB San Diego Chargers.

Outside of his role as a coach and then broadcaster, Mora and his wife, Shannon, founded the Jim Mora Count on Me Foundation in 2005 which strives to support children in need by affording them the opportunity to realize their potential and dreams, help create more stability in their lives, support advocacy for children, and support channels that allow children to have a voice.

Mora and his wife Shannon have four children - Cole, Lillia, Ryder and Trey.



MORA IN THE NFL

Year	Team	Position	Record	Finish	Head Coach		Notes
2009	Seattle Seahawks	Head Coach	5-11	3rd NFC West	---		Team posted two shutouts
2008	Seattle Seahawks	Asst. Head Coach/Def. Backs	4-12	3rd NFC West	Mike Holmgren		LB Julian Peterson named to Pro Bowl
2007	Seattle Seahawks	Asst. Head Coach/Def. Backs	11-7	1st NFC West	Mike Holmgren		Won Wild Card Game
2006	Atlanta Falcons	Head Coach	7-9	3rd NFC South	---		Led NFL in rushing yards
2005	Atlanta Falcons	Head Coach	8-8	3rd NFC South	---		Led NFL in rushing yards
2004	Atlanta Falcons	Head Coach	12-6	1st NFC South	---		Lost in NFC Champ. game; Led NFL in rushing yards and sacks
2003	San Francisco 49ers	Defensive Coordinator	7-9	3rd NFC West	Dennis Erickson		2nd in NFL in sacks
2002	San Francisco 49ers	Defensive Coordinator	11-7	1st NFC West	Steve Mariucci		Won Wild Card game
2001	San Francisco 49ers	Defensive Coordinator	12-5	2nd NFC West	Steve Mariucci		Lost Wild Card game
2000	San Francisco 49ers	Defensive Coordinator	6-10	4th NFC West	Steve Mariucci		Bruins Ken Norton, Jr.; J.J. Stokes on team
1999	San Francisco 49ers	Defensive Coordinator	4-12	4th NFC West	Steve Mariucci		DL Bryant Young, DB Lance Schulters named to Pro Bowl
1998	San Francisco 49ers	Defensive Backs	13-5	2nd NFC West	Steve Mariucci		Won Wild Card game
1997	San Francisco 49ers	Defensive Backs	14-4	1st NFC West	Steve Mariucci		Lost NFC Champ. game; Led NFL in least total yds. allowed
1996	New Orleans Saints	Secondary Coach	3-13	5th NFC West	Jim E. Mora/Rick Venturi		Ranked 13th in league in yards allowed
1995	New Orleans Saints	Secondary Coach	7-9	5th NFC West	Jim E. Mora		Ranked 12th in league in interceptions
1994	New Orleans Saints	Secondary Coach	7-9	2nd NFC West	Jim E. Mora		DB Eric Allen named to Pro Bowl
1993	New Orleans Saints	Secondary Coach	8-8	2nd NFC West	Jim E. Mora		Led NFL in pass defense; DB Tyrone Hughes named to Pro Bowl
1992	New Orleans Saints	Secondary Coach	12-5	2nd NFC West	Jim E. Mora		Led NFL in pass defense; lost Wild Card game; Led NFL with least pts. allowed & sacks
1991	San Diego Chargers	Secondary Coach	4-12	5th AFC West	Dan Henning		DB Gill Byrd named to Pro Bowl
1990	San Diego Chargers	Secondary Coach	6-10	4th AFC West	Dan Henning		DB Gill Byrd named All-Pro
1989	San Diego Chargers	Secondary Coach	6-10	5th AFC West	Dan Henning		Team had 25 interceptions, fifth in the league
1988	San Diego Chargers	Quality Control Coach	6-10	4th AFC West	Al Saunders		Gill Byrd seven interceptions
1987	San Diego Chargers	Quality Control Coach	8-7	3rd AFC West	Al Saunders		Team ranked fourth in league in passing yds. allowed
1986	San Diego Chargers	Quality Control Coach	4-12	5th AFC West	Don Coryell/Al Saunders		Gill Byrd five interceptions
1985	San Diego Chargers	Quality Control Coach	8-8	4th AFC West	Don Coryell		Team had 26 interceptions, fifth in league