

= Don Dufek =

Donald Patrick " Don " Dufek , Jr . (born April 28 , 1954) is a former American football player who played safety and special teams for eight seasons with the Seattle Seahawks of the National Football League (NFL) . He had previously played for the Michigan Wolverines football team in Ann Arbor from 1973 ? 1975 . He was chosen to serve as team captain for both the Seahawks and Wolverines .

At Michigan , he was following in the footsteps of his father Don Dufek , Sr. who had been a Wolverine team Most Valuable Player . As a graduate of Pioneer High School in Ann Arbor , Dufek was able to stay close to home while performing as a two @-@ sport star at the University of Michigan where he played for the Michigan Wolverines football and hockey teams . In football , he was a member of back @-@ to @-@ back Big Ten Conference championship teams at Michigan and became an All @-@ American as well as a team captain .

Dufek , was sought after as a professional athlete in two sports : Dufek was drafted by teams in the National Hockey League , World Hockey Association and National Football League . He opted for football and played his entire professional career with the Seahawks . He endured several unsuccessful seasons in Seattle , but the team made the playoffs in his final two years . In his role as a special teams player , he again became a team captain .

= = Youth = =

Dufek grew up in Ann Arbor , the son of former fullback , Don Dufek , Sr. , who was named Most Valuable Player of the 1950 Michigan Wolverines football team and the MVP of the 1951 Rose Bowl . In 1971 , Dufek played linebacker for Ann Arbor Pioneer High School and was one of only three unanimous picks for the major All @-@ State football teams in the State of Michigan , as selected by the United Press International (UPI) , Associated Press (AP) , and Detroit Free Press . The coach of Pioneer 's cross @-@ town rival Huron High School said of Dufek in 1971 : " He 's the best I 've seen . "

In a 2003 interview with the Grand Rapids Press , Dufek recalled growing up in Ann Arbor and meeting his father 's Michigan teammates . " Living in Ann Arbor , and seeing all the things that embody a great university , you learned that there were highly successful people in athletics , and it just made you want to feel a part of it . Then , as you got older , and you got more deeply involved in the game yourself , you just hoped that you had a chance to play in college -- and after watching all those games at Michigan Stadium , that maybe Michigan would take a chance on you . "

= = University of Michigan = =

= = = Football = = =

Michigan provided Dufek with the opportunity that he had hoped for . He played defensive back for the Wolverines from 1973 to 1975 and was named a team co @-@ captain and an All @-@ American as a member of the 1975 Wolverines team . He was chosen as a first @-@ team All @-@ American by the Football Writers Association of America , and the Walter Camp Football Foundation , and as a second @-@ team All @-@ American by UPI . Twice named an All @-@ Big Ten safety , Dufek had 249 tackles , nine fumble recoveries and four interceptions for the Wolverines . Although the 1973 and 1974 Michigan teams were Big Ten co @-@ champions , the Ohio State Buckeyes advanced to the Rose Bowl both years , and Dufek 's only bowl game appearance was in a 14 ? 6 loss to the Oklahoma in the 1976 Orange Bowl .

= = = Hockey = = =

In addition to receiving three varsity letters in football , Dufek also received four letters as a left wing

for the Michigan Wolverines hockey team . Dufek played with the hockey team only after the football season ended , and he managed to score about 10 goals a year in the shortened seasons he played . Dufek made a sufficiently solid showing in his freshman and sophomore years at Michigan that the Detroit Red Wings selected him in the sixth round of the 1974 NHL Amateur Draft . He was also drafted by the Minnesota Fighting Saints of the World Hockey Association with the 162nd overall selection in the eleventh round of the 1974 WHA Amateur Draft .

In a 1975 interview , Dufek noted his love of both sports : " There are times when I 've thought of dropping one or the other , but heck , I 've been doing this since high school and it would be pretty tough to quit them both now . " Dufek added : " Hockey is a more relaxed thing . It 's a smaller atmosphere and you have to deal with only one or two coaches . You can be more individual and flashy . Football has certain assignments and you can 't really express yourself . " In the end , however , Dufek chose the NFL over the NHL . He explained : " I 've decided to pursue professional football because I would probably have an extensive tour in the hockey minor leagues and I don 't want that . "

= = Seattle Seahawks = =

Dufek was drafted by the Seahawks with the second selection of fifth round and 126th overall selection of the 1976 NFL Draft . Dufek was one of the original Seahawks in 1976 , the franchise 's first year in the NFL , and he played for them until 1984 . He was the captain of the Seahawks ' special teams units in 1981 and 1982 . During both of these seasons he was co @-@ captain along with eventual Pro Football Hall of Famer and four @-@ term representative in United States House of Representatives , Steve Largent , the captain of the offensive unit and Keith Simpson , captain of the defensive unit . Over the course of his career he had three interceptions , two quarterback sacks , a fumble recovery and thirteen kickoff returns . Sportswriter Richard Kucner once wrote : " Don Dufek was the kind of guy who just won 't take ' No ' for an answer . He was released in training camp four times during his eight @-@ year Seahawks career . But each time , Seattle had a change of heart , bringing him back . Today , he is remembered as one of the best special teams performers the team has had . "

After numerous seasons under Jack Patera from 1976 @-@ 1982 and interim coach Mike McCormack in 1982 , the Seahawks finally reached the playoffs in Dufek 's final two seasons under Chuck Knox . During the 1983 NFL season , the Seahawks went 9 @-@ 7 and reached the AFC Championship Game where they lost to the Oakland Raiders . Then , during the 1984 NFL season , the Seahawks went 12 @-@ 4 and failed to reach the Conference Championships during the 1984 @-@ 85 Playoffs .

Dufek was interviewed by the Ann Arbor News in 2006 about life in Seattle . He said : " It 's a bigger version of Ann Arbor . It 's overcast , and it 's green and clean . " And there 's the coffee . " It 's really comical , " says Dufek of all the coffee stops in Seattle . " Even the gas stations have coffee bars . "

= = Family = =

Dufek now lives in Ann Arbor with his wife Candy Dufek . Dufek ran his own construction company , Dufek Wolverine Construction . In December 2006 , the Detroit Free Press did a feature about the Dufek family and their big U @-@ M tailgate parties . The article noted : " It 's hard to get more maize and blue than the Dufek family . Candy Dufek met Donnie Dufek in the first grade in Ann Arbor , and cheered as he played under Bo Schembechler in the 1970s . Younger brother , Bill also played for U @-@ M from 1974 @-@ 78 , also attaining All @-@ American status . Their younger brother Joe , however , played for Yale (as well as pro ball as a quarterback for the Buffalo Bills and San Diego Chargers) . They are the sons of legendary U @-@ M Hall of Famer , Don Dufek , Sr. , who scored two touchdowns in U @-@ M 's 1951 Rose Bowl win . " Dufek has two children , Jacqueline and Frank .