New coach Rich Brooks instituted a more pass oriented offense, a major reason why Bettis was limited to 637 yards,[9] a significant dropoff from his 1993 and 1994 totals. Brooks asked Bettis to move to fullback for the upcoming 1996 season or if he preferred to be traded. Bettis stated he thought he could still help an NFL team with his running.On April 20, 1996, Bettis was traded to the Pittsburgh Steelers with a third round pick in the 1996 NFL Draft, in exchange for the Steelers' second round pick and their fourth round pick in the 1997 NFL Draft.[10]In exchange for Bettis, the Rams drafted Ernie Conwell (second round of 1996 draft) and also received the Steelers fourth round pick in 1997.

Long's ascension with the Dolphins was part of an effort to overhaul the offensive line that had allowed 42 and produced the 29th rated of 32 offenses the previous season. The Dolphins hired new coach Tony Sparano and employed Bill Parcells as Executive Vice President in charge of football operations.[128] Long was immediately slated to play left tackle.[127][129] He was the only rookie expected to be a starter for the 2008 Miami Dolphins.[130] According claude pelon jersey to the South Florida Sun Sentinel, at the end of training camp, Long was one of three rookies listed as first string on the depth chart.[131] Long was nominated for Rookie of the Week in the tenth week of the 2008 season, but lost out to Broncos WR Eddie Royal. He was selected as a starter for the 2010 Pro Bowl.[137] He was not selected to the first team All Pro losing out to Ryan Clady, who gave up 8 sacks, and Joe Thomas, who is chandler catanzaro jersey ranked the best offensive tackle in the NFL.[138] Long was selected to the second team All Pro and was named a starter for joe namath jersey the AFC Pro Bowl.[139][140] Long joins Richmond Webb as the only Dolphins offensive tackles to be nick folk jersey named starters in the Pro Bowl and is the first Dolphins offensive lineman to be named to back to back Pro Bowls since Webb played in seven straight from 1990 to 1996.[141] Long did not participate in the game due to injury and was replaced on the Pro Bowl roster by D'Brickashaw Ferguson.[142] The following season Long was named as a starter for the 2011 Pro Bowl. while Ferguson was named as kd cannon jersey a reserve.[143].

"I thought Tommy was a sure thing as a baseball player," said Jensen, who retired from coaching in 2009, after 24 years, but still teaches

architectural design at Serra High. "Even more a sure thing than Gregg [Jefferies] or Barry [Bonds], believe it or not. As good a football player as he was, I thought he was a better baseball player in high school.".