Hillary Butler

Football • Steilacoom, Wa

og1coaches.com/p/coachbutler55

Biography

HILLARY BUTLER – NFL Veteran, Coach, Photographer, and Community Advocate

Highly accomplished and dedicated Former NFL Player, resourceful team leader with over 16 years of experience as Player, Defensive Coordinator, and Position Coach, influenced by knowledge consumed from coaches like Steve Spagnuolo as a player. Proven expertise in position development, paired with successful track record of coaching Linebackers, Defensive Lineman, Tight Ends, and Special Teams.

Currently residing in Steilacoom, Washington, I’ve called the Pacific Northwest home since moving with my family to Fort Lewis from San Francisco. As a proud father, husband, son, and sibling, my family is the foundation of everything I do.

My journey in football began with a scholarship to the University of Washington, where I contributed to one of the most successful classes in UW history. During my time as a Husky, I was part of a team that made three consecutive Rose Bowl appearances and won the National Championship in 1991 with an undefeated 12-0 season. I also had the honor of playing in the 1994 Hula Bowl, a prestigious event recognizing the nation's top senior athletes.

Despite facing injuries throughout my college and NFL career, I carved out a role as a journeyman linebacker in the NFL. I proudly became a member of the “Original 10” Jacksonville Jaguars and was the first linebacker signed in the team’s history. I also played in two World Bowls in NFL Europe, setting records for most tackles in a season and a single game with the Frankfurt Galaxy (Under Steve Spagnuolo) . My NFL career saw me with the San Francisco 49ers, Denver Broncos (where I won a Super Bowl in 1997), and Seattle Seahawks, before injuries led to my retirement in 2000.

Beyond my playing career, I remain connected to the NFL as an NFL Uniform Inspector and as an alumnus of programs such as NFL Alumni, Seahawks Legends, Broncos Alumni Club, Seahawkers Booster Club, and NFLPA Legends Community. I currently serve as an Assistant Defensive Line Coach at Pacific Lutheran University and pursue my passion for photography, capturing games for teams like the Seahawks, Huskies, Sea Dragons, and local high school football teams.

Giving back to my community is incredibly important to me. Over the years, I’ve coached youth teams in NFL Flag Football, YMCA Youth Basketball, and DuPont Youth Baseball, investing in the

next generation of athletes.

Statement

My Coaching purpose is To empower players with championship commitment, on and off the

field, to the perseverance of their mutual respect earned through their accountability

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Achievement

National Champion
University of Washington National Champion

Kansas City Chiefs – Bill Walsh Diversity Coaching Fellowship Intern
NFL – Kansas City Chiefs – Bill Walsh Diversity Coaching Fellowship Intern

Pierce County Sports Hall of Fame Inductee
Tacoma, WA – Pierce County Sports Hall of Fame Inductee

NFL Alumni - Vice President NW Chapter
Vice President of NFL Alumni - NW Chapter 2020-2022

Super Bowl Champion
Denver Broncos Super Bowl 32 Champion

Education

BA - Public Relations
University of Washington
University of Washington graduate with a degree in Public Relations

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PRINCIPLES

• Coach the Person, Not Just the Player – 3D Approach
Build trust, understand individual motivations, and develop character as much as skill. Reach the heart, rest follows

• Consistency Over Intensity – Practice every day like its game day
Success comes from showing up every day with the same standard, not just big moments of inspiration.

• Teach, Don’t Just Tell – Explain the why, not the what
Create a learning environment where players understand the why behind the what.

• Build a Culture, Not Just a Playbook – Instill values that lead to long term performance
Establish values like trust, effort, unity, and humility—these drive performance long-term.

• Empower and Equip Others – Prepare independent leaders
Your goal isn't control—it's to prepare players and assistant coaches to lead confidently by themselves.

ATHLETIC CAREER

Linebacker — Denver Broncos
NFL - National Football League | Football | 2000 - 2000

Linebacker — Seattle Seahawks
NFL - National Football League | Football | 1998 - 1999

Linebacker — Denver Broncos
NFL - National Football League | Football | 1997 - 1998

Linebacker — Frankfurt Galaxy
NFL - Europe | Football | 1996 - 1998

COACHING CAREER

Assistant Coach — Pacific Lutheran University
NCAA Division III - National Collegiate Athletic Association Division III | Football | 2023
Defensive Line Coach - Ends

Defensive Coordinator — Lakes High School
South Puget Sound | Football | 2014 - 2016
Defensive Coordinator and Linebacker Coach

Defensive Coordinator — Sehome High School
| Football | 2012 - 2013
Defensive Coordinator and Defensive Line Coach