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How They Stack Up – The NFC East In July

By Jay Nault

The NFC East is thought by many to be the toughest division in football going into 2006. If you read enough previews, you'll see any or all of the four teams picked to win the division title, and realistically, any of them could make a late-season run to the Super Bowl if everything goes right. One thing IS for sure - it's going to be a rough and tumble race to the top of the NFC East in 2006.

Dallas Cowboys

Offseason Additions:

The Cowboys feel as though they're just a few pieces away from getting to the Super Bowl. As such, they were busy this offseason. They added free agents Jason Fabini and Kyle Kosier to bolster their biggest question mark, the offensive line, linebackers Akin Ayodele and Rocky Boiman and K Mike Vanderjagt. Last but certainly not least, the Cowboys brought in the human controversy himself, WR Terrell Owens, which will definitely be an interesting situation to watch. He usually behaves himself in his first year with a team, so this could bode well for 2006. In the draft, the Cowboys added another LB in Bobby Carpenter.

Outlook:

The Cowboys look great on paper with a lot of talent and a great coach. If their OL can hold up, this team will be tough to beat.

New York Giants

Offseason Additions:

The Giants were also busy during the winter and spring, adding DB's Quentin Harris, Jason Bell, Will Demps, R.W. McQuarters and Sam Madison. Continuing to bring in reinforcements for their defense, the Giants brought in LB's Brandon Short and LaVar Arrington. The Giants also added depth to their QB position with Rob Johnson. In the draft, the Giants concentrated on defense and special teams with

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their first two picks, choosing DE Mathias Kiwanuka and WR/KR Sinorice Moss.

Outlook:

If the Giants can parlay all their defensive additions into a stronger unit and QB Eli Manning continues to improve, this will be a team that challenges in the playoffs.

Philadelphia Eagles

Offseason Additions:

Compared to their division rivals, the Eagles were quiet this offseason, adding only a few pieces and officially removing the cancer that was Terrell Owens. The Eagles signed WR Jabar Gaffney, DE Darren Howard, TE Matt Schobel and DT Ed Jasper. The Eagles had a good draft, adding DT

Broderick Bunkley, OT Winston Justice and KR Jeremy Bloom, among others.

Outlook:

The Eagles also get a healthy Donovan McNabb back onto the field, so if they can come together as a team once again, there's no reason to think that they can't challenge for the division.

Washington Redskins

Offseason Additions:

The Redskins took their typical approach to their roster this offseason, adding a slew of veterans and all but ignoring the draft. Through free agency and trades, the `Skins added WR's Antwaan Randle El and Brandon Lloyd, TE Christian Fauria, SS Adam Archuleta, DE Andre Carter, DB Kenny Wright and QB Todd Collins.

Outlook:

If the Redskins can mold all their new pieces together, they could very easily return to the playoffs in 2006.

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NFL 2006 Prediction

By Sebastien Veilleux

The NFL season is always full of surprises. Partway into the season there is always at least one team that surprises and one that disappoints. This off-season had some key moves. Edgerrin James left Indianapolis for the Arizona Cardinals. Adam Vinatieri left the Patriots for the Colts. Many other players moved around. The 2006 draft had some potentially great players like Reggie Bush, Mat Leinart and Vince Young. So how will this all shake out? What follows is my list of what should be the 2006 playoff teams.

NFC East

– Dallas Cowboys – NY Giants – Philadelphia Eagles

This division is pretty tough. The NFC is weak in general and all three of these teams could wind up in the playoffs.

NFC North

– Minnesota Vikings

The NFC North is a poor division. I'm not going to jump on the Bears bandwagon. Their offense is shaky and their defense will not be as potent as last season. Given the schedules, I like the Vikings to win the division.

NFC South

– Carolina Panthers

What about Tampa Bay and Atlanta? This division is going to beat up on each other and when the dust clears, the Panthers will win by a game.

NFC West

– Seattle Seahawks

They are the class of the NFC. The only possible contender in this division is the Rams and they are suspect. Until teams can prove that they can win in Seattle, the Seahawks will not lose the throne.

AFC East

– Miami Dolphins

How They Stack Up – The NFC East In July

There's a serious Dolphins bandwagon going around. The only reason I am picking them is because the Patriots had a serious drop in talent this off-season. Additionally, the Jets and Bills are not contenders. That leaves the Dolphins.

AFC North

– Cincinnati Bengals – Pittsburgh Steelers

If Carson Palmer is not healthy and doesn't play at least 13 games this season, take the Bengals off the list. They won't make it.

AFC South

– Indianapolis Colts – Jacksonville Jaguars

One will win the division and the other will get a wildcard. I'll predict that the Colts lose their first playoff game. It's been a moneymaking bet so far.

AFC West

– Denver Broncos

What about the Chiefs and Chargers? I think both will fight hard, but only one team is going to the playoffs in this division. The Broncos are better than either of the other three teams.

There you have it. The 2006 NFL season is just around the corner and the road to the playoffs—especially in very competitive divisions—starts in week one.

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