

Steep price accompanies Osi



Rex Ryan added some body art during his vacation in Hawaii. (JETS)

Rex unlocks mystery of new tattoo

Jets coach Rex Ryan took a moment yesterday to decipher the new "mid-life hieroglyphics" that are now crawling up his right calf.



Ryan

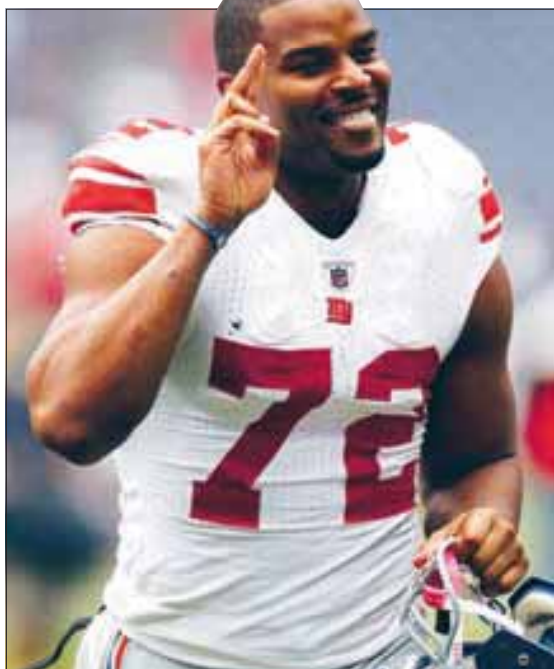
"My new tat means 'Believe in yourself,' which I've got no problem doing," the

48-year-old Ryan said in a video posted on the Jets' Facebook page.

The shorts-clad Ryan raised eyebrows when he debuted the abstract tattoo as training camp opened in New Jersey on Monday. He said it depicts mountains, waves and a shark tooth. (AMNY)

NFL MOVES

- Eagles sign ex-Dolphins RB Brown to 1-yr. deal
- Ex-Raiders TE Miller signs with Seattle
- Redskins CB Buchanan suspended for 1st 4 gms.
- Bears re-sign 34-year-old TE Clark
- Ravens sign ex-Redskins C Rabach to 2-yr. deal
- Saints add ex-49ers NT Franklin in 1-yr. deal
- Colts ink former Eagles LB Sims to 1-yr. deal
- Ex-Broncos OT Harris joins Eagles (AMNY)



Osi Umenyiora, whose agent, Tony Agnone, told the New York Post he's talked to 21 teams about the pass rusher (GETTY)

Trade could cost suitor \$72M, 1st-round pick

BY ERNIE PALLADINO
Special to amNewYork

Giants general manager Jerry Reese gave disgruntled pass rusher Osi Umenyiora the go-ahead to seek a better contract from another team. And five teams have reportedly shown interest in Umenyiora.

The question now is whether they're willing to pay the price. And it will be a steep one, to be sure.

Not only will the Rams, Broncos, Seahawks, Ravens or Chargers have to pay Umenyiora the \$72 million he seeks in a six-year deal, but they'll have to send Reese his asking price of a first-round draft pick.

That's a heavy price, even for the game-changing, fumble-causing defensive end

of 2010, who nevertheless comes off a missed season in '08, a slow comeback in '09 and offseason hip surgery this year.

The recent surgery, and Umenyiora's history of slow recoveries, is why Reese has never had any intention of redoing the 29-year-old's original contract, which is due to pay him \$7.1 million during the final two seasons.

But Umenyiora has complained about his deal the last two years, and now says he won't play under any circumstances unless Reese throws some newer, bigger numbers his way.

The Rams could be Umenyiora's best chance. Former Giants defensive coordinator Steve Spagnuolo coaches in St. Louis and is a big Umenyiora fan. And they have a lot of salary-cap room to accommo-

date a contract that will pay the defensive end upwards of \$10 million per year.

The question is whether a building team such as St. Louis will part with a top pick, even for an established talent. In the end, fellow defensive end Justin Tuck believes Umenyiora will stay right where he is. But Tuck is unsure how the finances will shake out.

"I know for a fact that if he's in a Giants uniform come Sept. 11, he'll be the Osi that you've all grown to love and respect as one of the premier defensive ends in the country," Tuck said. "That, I don't worry about. The only thing I worry about is if he's going to be in a Giants jersey."

"I can't answer the question 'Is he going to be here or not?' My name's not on the check."

11½

Sacks by Osi Umenyiora last season, tied with Justin Tuck for the Giants' team lead. His 60 career sacks rank 17th on the active NFL list.

Frenzied free agency reshapes landscape of AFC East

BY KYLE STACK
Special to amNewYork

An unintended consequence of the recently concluded NFL lockout has been one of the most exciting free-agency periods in league history. With little time to fill out rosters and get players into camp, teams have moved briskly. Here is a recap of how the AFC East's teams reshuffled their rosters for 2011.

New England



The Patriots doubled down on their ability to make any troubled player follow the Patriot Way by trading for DT **Albert Haynesworth** (left) and WR **Chad Ochocinco**. The Pats didn't give up many assets — a 2013 fifth-rounder to Washington for Haynesworth, a 2012 fifth-rounder and 2013 sixth-rounder to Cincinnati for Ochocinco. Haynesworth will be valuable as a pass rusher for 30-40 snaps per game. Ochocinco is basically a possession receiver even though he works on the periphery of the field. The re-signing of RBs Kevin Faulk and Sammy Morris, OT Matt Light and 2010 All-Pro G Logan Mankins maintains continuity for a fine offense.

Grade
A-

Jets



All-world CB Nnamdi Asomugha spurned the Jets to join Philadelphia. Re-upping CB **Antonio Cromartie** to a four-year, \$32 million deal was a desperation move to save face after the failure to land Asomugha. Cromartie's inconsistency in coverage often neutralizes the impact of the plays he makes. WR Plaxico Burress is a premier middle-of-the-field and red-zone target, but how the 33-year-old's body reacts after missing two seasons in prison will determine his effectiveness. Re-signing WR Santonio Holmes to a five-year, \$50 million deal ensures that Mark Sanchez won't be over-reliant on Burress.

Grade
B-

Buffalo



Buffalo's signing of ex-Jet WR **Brad Smith**, a do-everything type, was well-intentioned: Stealing a valuable player from a division rival is usually clever. Yet the four-year, \$15 million deal the undermanned Bills gave Smith is too pricey. New rules pushing kickoffs from the 30- to 35-yard line and prohibiting kickoff teams from getting a five-yard head start will minimize Smith's kickoff return and coverage prowess. Losing ILB Paul Posluszny to Jacksonville hurts, but adding the more athletic ILB Nick Barnett in a three-year deal will help, especially given Buffalo's 3-4 defense.

Grade
C+

Miami



The trade for RB **Reggie Bush** — Miami dealt S Jonathan Amaya and swapped undisclosed draft picks with New Orleans — is one of style over substance. Bush's name appeals to marketing-savvy owner Stephen Ross, but his inability to identify holes between the tackles doesn't justify a two-year, \$10 million deal. Miami replaced ILB Channing Crowder with speedy ILB Kevin Burnett, who inked a four-year, \$20 million contract. OLB Jason Taylor was brought back for pass-rushing situations. QB Matt Moore won't make incumbent QB Chad Henne feel the heat.

Grade
C



(PHOTOS: GETTY)

