

PRESS RELEASE

For Immediate Release
December 17, 2024

WASHINGTON COMMANDERS NAME SAM COSMI AS TEAM'S ED BLOCK COURAGE AWARD RECIPIENT

LOUDOUN COUNTY, Va. – The Washington Commanders announced today that they have named guard Sam Cosmi the winner of the team's 2025 Ed Block Courage Award. The honor is given annually to a player from each National Football League team who displays extraordinary courage in the face of adversity.

Cosmi suffered a torn ACL in Washington's Divisional Round playoff matchup against the Detroit Lions last season. Cosmi battled back and was able to return to the field in Week 7 of the 2025 season.

Cosmi has started in all eight games since he returned to the field this season. Cosmi has helped anchor an offensive line that has contributed to a Commanders rushing attack that ranks No. 4 in the NFL and No. 2 in the NFC in rushing yards/game (137.1). Washington is also ranked No. 7 in the NFL and No. 3 in the NFC in average yards per rush (4.8).

The Courage Award is named after Ed Block, the longtime head athletic trainer of the Baltimore Colts who was a pioneer in his profession and a respected humanitarian. The inaugural Ed Block Courage Award was presented in 1978 to Baltimore Colts defensive end Joe Ehrmann. Following the Colts' departure from Baltimore in 1984, the scope of the award expanded to include one player from every team in the NFL.

WASHINGTON ED BLOCK COURAGE AWARD WINNERS

2025 Sam Cosmi
2024 Jeremy Reaves
2023 Tyler Larsen
2022 Brian Robinson Jr.
2021 Deshaun Evans
2020 Brandon Scherff
2019 Alex Smith
2018 Chris Thompson
2017 DeAngelo Hall
2016 Niles Paul
2015 Morgan Moses
2014 Keenan Robinson
2013 Robert Griffin III
2012 Kory Lichtensteiger

2011 Stephen Bowen
2010 Ma'ake Kemoeatu
2009 Phillip Daniels
2008 Reed Doughty
2007 Marcus Washington
2006 Randy Thomas
2005 Khary Campbell
2004 Brandon Noble
2003 Fred Smoot
2002 Chris Samuels
2001 Cory Raymer
2000 James Thrash
1999 Tre' Johnson
1998 Darrell Green

1997 James Jenkins
1996 Ed Simmons
1995 Keith Taylor
1994 Mark Schlereth
1993 Art Monk
1992 Anthony Johnson
1991 Donnie Warren
1990 Joe Jacoby
1989 Neil Olkewicz
1988 Doug Williams
1987 Mel Kaufman
1986 Darryl Grant
1985 Ken Huff
1984 Mark May