



# Sack Exchange: The Definitive Oral History of the 1980s New York Jets

*Greg Prato*

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## **Sack Exchange: The Definitive Oral History of the 1980s New York Jets** Greg Prato

Comprised of exclusive interviews with Jets players, coaches, and other figures surrounding the organization, this eye-opening account of a golden era in one team's history also takes a step back and looks at the state of the National Football League as a whole during the 1980s. From the events that shaped the 1980s Jets, such as the legacy of Joe Namath, to their four playoff appearances during the decade, each triumph and disappointment is chronicled and supplemented with insider information. Other highlights include examinations of the beginning of the Jets' rivalry with the Miami Dolphins; the controversial firing of head coach Walt Michaels; the defensive line, given the nickname "The New York Sack Exchange;" and steroid use by the players and throughout the NFL.

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