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The Hasselbecks' elegant living room and dining room incorporate rich golden hues and deep wood accents.

Photos by Matt Hagen  
STAFF PHOTOGRAPHER

## Home field advantage

Seattle **Seahawk Matt Hasselbeck**,  
his wife, **Sarah**, and their three children  
lead a supercharged lifestyle in  
Bellevue.

By JEFF MEISNER  
STAFF WRITER

On the grid-iron, Matt Hasselbeck is the undisputed captain of the Seattle Seahawks' potent offense.

At the Hasselbeck family's 7,000-square-foot, four-bedroom Craftsman-style home in Bellevue, however, it's a different story.

"Matthew really defers to me on the house," said Sarah, who has known her husband since they were both 17. The couple met at Boston College where they were both highly regarded athletes — Matt in football and Sarah in field hockey. "He gives me a lot of free rein."

It would be a mistake to think that a look into the Hasselbeck home is like watching an episode of "MTV Cribs," where rap stars and pro athletes routinely show their bling off to the world.



Matt and Sarah Hasselbeck in the back yard of their Bellevue home.



The main stairway of the Hasselbeck home leads directly downstairs into the rec room, with couches, other furniture and large screen TV for watching the game. In honor of Matt's grandfather, who always had beer on tap, there is a beer tap in the kitchenette just off the rec room.

At the Hasselbeck home, nearly everything revolves around the couple's three small children — Annabelle, 5, Mallory, 3, and Henry, 19 months.

"Sarah and I looked at about 30 homes before we settled on this area," Matt told the Puget Sound Business Journal. "Looking at houses is actually something we like to do together. One of the nonnegotiables for her was she wanted to be able to be near the kids at all times when they're playing."

Truly, the kids have it made. The couple had their large garage converted into a heated playroom that sits adjacent to the kitchen. The playroom has a stereo sound system.

"I spend most of my time in the kitchen," Sarah said. "When Matthew's games are on, I can go from the kitchen to the playroom and still hear the game. I love (710 KIRO play-by-play commentators) Steve Raible and Warren Moon."

When she's not listening to Raible and Moon, Sarah usually has the NFL Network on television.

"It's a woman's secret way to know what's going on in football," she said.

The Hasselbeck daughters share a room, which, for all intents and purposes, is quite feminine. The walls are washed in light and dark shades of pink with white trimming and have the requisite Cinderella dolls and stuffed animals. A minia-

ture piano sits in a corner.

"They love (sharing a room)," Matt said. "They're disappointed that Henry can't share the room with them, too."

The Hasselbecks also have a media room for the kids. The room has a 100-inch projection screen. On a shelf just under the screen are Happy, Sleepy, Dopey, Grumpy, Bashful, Sneezzy and Doc dolls to keep the kids company.

"We watch a lot of Disney," Sarah said. "Matthew and I watch 24' too. Jack (Bauer, the character played by actor Kiefer Sutherland) is our friend. We also watch 'The Office.' We're big TiVo people."

And don't forget "The View." Matt's sister-in-law, Elizabeth Has-

# Seahawk

selbeck, is one of the hostesses on the popular ABC daytime talk show.

The home was built by Chris Town of Town Development Inc. and decorated largely by Bothell-based Heartland Interiors. Most of the house has 5-inch plank cherry hardwood floors.

Sarah describes the kitchen decor as “traditional, but extra large. Matthew is 6-foot-5 and his dad is 6-foot-7. He’s real big on having the seat big enough to sit down on.”

Inside the kitchen freezer is a large stock of Graeter’s Ice Cream, Matt’s favorite.

“Everyone has a coping mechanism, and I guess Matthew’s is ice cream,” Sarah said.

“He shuts the door and that’s where he goes to get away.”

SARAH HASSELBECK

ABOUT MATT’S OFFICE

Also in the minibar/minikitchen downstairs is a beer tap that is very close to Matt’s heart.

“My grandfather always had beer on tap at his house,” said Matt, who hails from Westwood, Mass.

HIS  
OWN WORDS

**Any collections?**

Helmets from other football players

**What have you supersized?**

Kitchen seating

**Favorite escape:**

Office/media room

**Favorite electronics:**

TiVo

**Family ties:**

Beer tap like grandfather used to have

**What’s in the freezer:**

Graeter’s Ice Cream



Light floods in the marble- and tile-surrounded master bath with jetted soaking tub and fireplace.

Sarah’s athletic career didn’t end as a Boston College Eagle. According to Matt, his wife is a serious marathon runner. Between his football career and her running, the couple needed a place to stay in shape.

“We converted a 1,600-bottle wine cellar into a workout room,” Matt said. “Sarah does Pilates there once a week with some of the players’ wives — (wide receiver Nate) Burleson’s and (defensive end Grant)

## Custom



The basement rec room opens into a kitchenette and features wood furniture to match the wood inlays in the home’s floors.



Sarah called the plays when decorating the Hasselbeck home, where detailed woodwork is a hallmark. This wood compass provides direction in the couple's entryway.



Much of the Hasselbeck home is geared toward their three children — Annabelle, Mallory and Henry. Above, Anna-belle and Mallory Hasselbeck share a room with bright pink walls decked out in polka dots and other colorful designs. Right, twin step stools help the Hasselbeck sisters reach the sinks in their pink-themed bathroom . Below, the media room doubles as a playroom complete with toys, costumes and stuffed animals. The Seven Dwarfs now guard the big-screen TV where the children view their favorite movies. There is also a stage so the children can put on their own performances.

“We watch a lot of Disney.”

SARAH HASSELBECK





His left arm still sore from surgery, Matt has his right arm free to help push Annabelle, left, and Henry on their backyard swing set, which features artificial turf under the toys and real grass farther out in the yard.

Wistrom's." He referred to Atoya Bureson and Melissa Wistrom.

The workout room has mirrored walls, a treadmill and an elliptical machine, just to name a few items.

In a 7,000 square-foot house, one might think it would be easy for Matt to find a few rooms to call his own. But Sarah said he has only one — his office.

"His office is where he watches (practice and game) film and tape and where he does his morning ra-

dio show," she said. "He shuts the door and that's where he goes to get away."

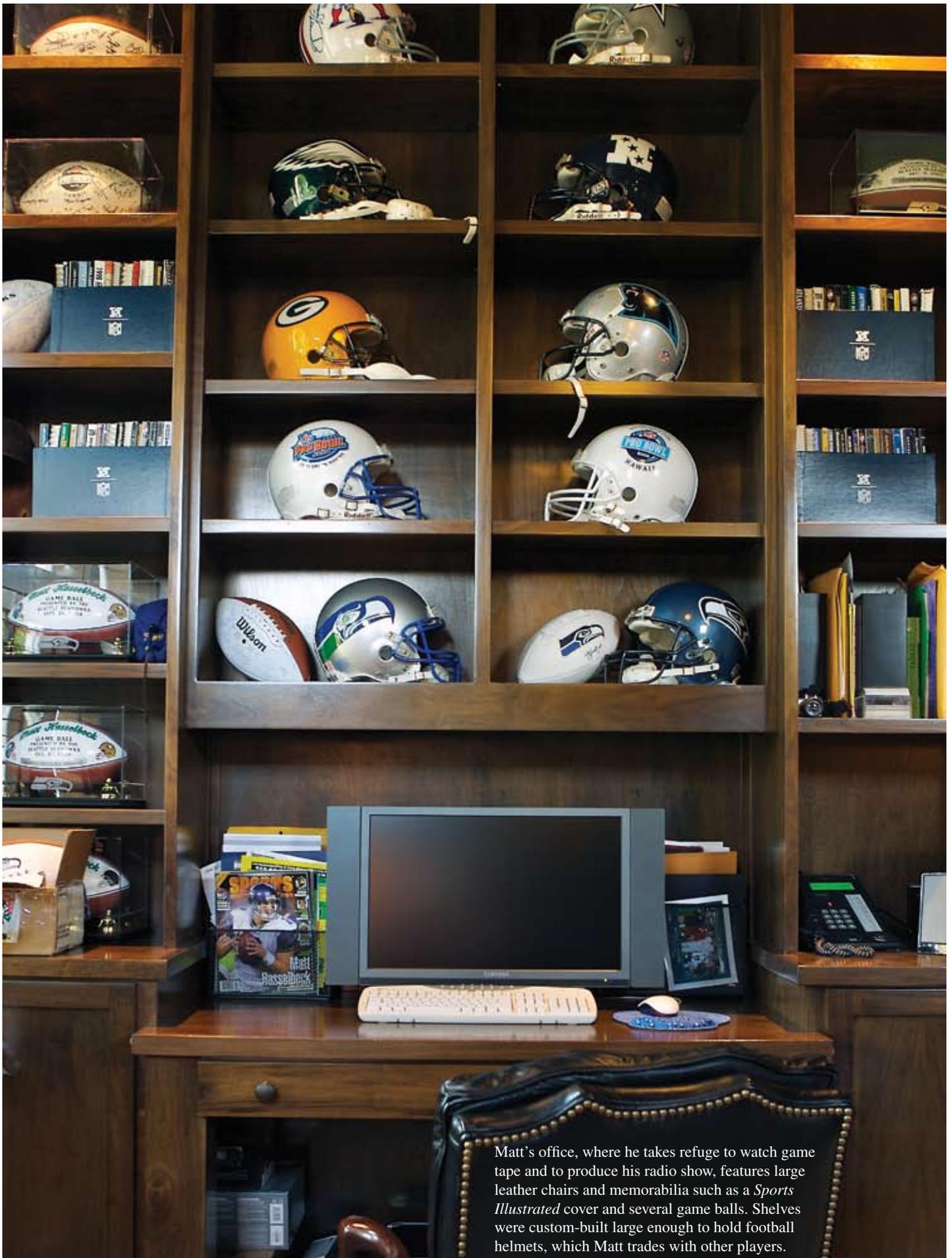
Matt's office has a lot of the things one might expect from an NFL quarterback — signed footballs from important games in glass cases, a blowup of a *Sports Illustrated* issue with him on the cover and a framed picture of him hoisting the 2005 National Football Conference Championship trophy over his head and standing next to Pittsburgh

Steelers great Terry Bradshaw at Qwest Field.

On the walls are black walnut shelves custom-sized to fit an assortment of football helmets.

"There's a tradition among players that when you go to the Pro Bowl (the NFL's all-star game, which is played in Hawaii) you trade helmets with other players," Matt said.

Some of the helmets in his collection are those of Philadelphia



Matt's office, where he takes refuge to watch game tape and to produce his radio show, features large leather chairs and memorabilia such as a *Sports Illustrated* cover and several game balls. Shelves were custom-built large enough to hold football helmets, which Matt trades with other players.

“We converted a 1,600-bottle wine cellar into a workout room.”

MATT HASSELBECK

The Hasselbeck exercise room comes complete with wraparound mirrors.

## Refuge

Eagles star quarterback Donovan McNabb, Carolina Panthers wide receiver Steve Smith and San Francisco 49ers guard Larry Allen.

Matt also has helmets from his Boston College and Green Bay

Packers days, as well as one that belonged to his father, Don Hasselbeck, who played tight end for the New England Patriots, Los Angeles Raiders, Minnesota Vikings and New York Giants.

Matt’s brother, Tim, is also a football player — a backup quarterback for the New York Giants. Matt doesn’t have one of Tim’s helmets though.

“He still owes me one,” Matt said.

