Tom Cable played Panther Football while attending Snohomish High School, and accepted an athletic scholarship to play football at the University of Idaho after he graduated in 1982. Upon graduating from the University of Idaho, Cable played for the replacement team for the Indianapolis Colts during the 1987 NFL player’s strike.

Cable’s coaching career began at the University of Idaho in 1987 where he was a graduate assistant for 2 years. Tom spent the next decade being an assistant coach for many college programs. During that time, Tom spent six seasons at the University of California where he coached four first-team all-conference players. He ascended to offensive coordinator at Colorado in 1999, and then became head coach at his alma mater, the University of Idaho, on December 13th, 1999. Tom closed out his college coaching career as the offensive coordinator at UCLA in 2004 and 2005, where the Bruins averaged 431 yards in total offense per game while earning 10 wins and a bowl berth.

Cable entered the professional ranks in 2006 as the offensive line coach for the NFL’s Atlanta Falcons. He moved on to the Oakland Raiders as their offensive line coach for the 2007 season, and 4 games into the 2008 season Cable was named Raiders head coach until 2011. On January 18th, 2011 Tom Cable was hired by the Seattle Seahawks as offensive line coach and assistant head coach, under head coach Pete Carroll, and has been coaching for the Seahawks ever since. Coach Cable was an integral part of the Seattle Seahawks Super Bowl Championship in 2014.