

nfc east champions history

NFC East champions history is a fascinating journey through one of the most competitive divisions in the National Football League (NFL). The NFC East, known for its passionate fan bases, historic rivalries, and a rich legacy, has produced some of the league's most iconic teams and players. This article delves into the history of the NFC East champions, highlighting each team's achievements, key moments, and notable players that have contributed to the division's storied past.

Overview of the NFC East

The NFC East is comprised of four teams:

1. Dallas Cowboys
2. Washington Commanders (formerly known as the Redskins)
3. New York Giants
4. Philadelphia Eagles

Established in 1970 with the NFL's merger with the American Football League (AFL), the NFC East has become a symbol of NFL tradition and rivalry. Each of these teams has a rich history, with multiple championships and Super Bowl victories.

Historical Champions

The NFC East has seen a variety of champions since its inception. Below is a chronological overview of the division champions, along with their achievements.

1970s: The Emergence of Dominance

The 1970s marked the beginning of the NFC East's competitive landscape. The Dallas Cowboys were the standout team of this era, winning multiple division titles.

- 1970: Dallas Cowboys
- 1971: Dallas Cowboys
- 1972: Washington Redskins
- 1973: Dallas Cowboys
- 1974: Washington Redskins
- 1975: Dallas Cowboys
- 1976: Dallas Cowboys
- 1977: Dallas Cowboys
- 1978: Dallas Cowboys

During this decade, the Cowboys secured five division titles and made several playoff

appearances, including their first Super Bowl appearance in 1971. The Washington Redskins also began to emerge, winning their first division title in 1972.

1980s: A New Rivalry

The 1980s were defined by intense rivalries, especially between the Cowboys and the Giants.

- 1982: Washington Redskins (strike-shortened season)
- 1983: Washington Redskins
- 1984: New York Giants
- 1985: New York Giants
- 1986: New York Giants
- 1987: Washington Redskins
- 1988: Philadelphia Eagles
- 1989: New York Giants

The Washington Redskins won two Super Bowls in this decade, while the New York Giants captured their first Super Bowl title in 1986, defeating the Denver Broncos. This era solidified the Giants as a formidable force in the NFC East.

1990s: The Rise of the Cowboys

The 1990s are largely remembered as the decade of the Dallas Cowboys, who dominated the NFC East and the NFL.

- 1990: New York Giants
- 1991: Washington Redskins
- 1992: Dallas Cowboys
- 1993: Dallas Cowboys
- 1994: Dallas Cowboys
- 1995: Dallas Cowboys
- 1996: Philadelphia Eagles
- 1997: Washington Redskins
- 1998: Dallas Cowboys
- 1999: Philadelphia Eagles

The Cowboys won three Super Bowls during this period (1992, 1993, and 1995), under the leadership of head coach Jimmy Johnson and quarterback Troy Aikman. The Giants also had a strong showing, winning the division in 1990 and 1993.

2000s: A Competitive Landscape

As the new millennium began, the NFC East experienced a shift in power dynamics.

- 2000: Washington Redskins
- 2001: Philadelphia Eagles
- 2002: Philadelphia Eagles
- 2003: Philadelphia Eagles
- 2004: Philadelphia Eagles
- 2005: Washington Redskins
- 2006: Philadelphia Eagles
- 2007: New York Giants
- 2008: New York Giants

The Philadelphia Eagles emerged as a powerhouse, reaching five consecutive NFC Championship games from 2001 to 2005, although they did not secure a Super Bowl victory until 2018. The New York Giants made a significant comeback in 2007, winning the Super Bowl against the undefeated New England Patriots.

2010s: The Eagles Break Through

The last decade saw continued competitiveness within the NFC East, with various teams vying for dominance.

- 2010: Philadelphia Eagles
- 2011: New York Giants
- 2012: Washington Redskins
- 2013: Philadelphia Eagles
- 2014: Dallas Cowboys
- 2015: Washington Redskins
- 2016: Dallas Cowboys
- 2017: Philadelphia Eagles
- 2018: Dallas Cowboys

The highlight of this decade was the Philadelphia Eagles' Super Bowl LII victory in 2018, where they defeated the New England Patriots. This victory was historic, as it marked the first Super Bowl win for the franchise.

2020s: Recent Champions

As of now, the most recent winners in the NFC East continue to show the competitive spirit of this storied division.

- 2020: Washington Football Team (now Commanders)
- 2021: Dallas Cowboys
- 2022: Philadelphia Eagles

The Washington Football Team's victory in 2020 was a surprise, showcasing the unpredictable nature of the division. The Eagles' strong performance in 2022 reestablished their position as a leading force in the NFC East.

Notable Players and Coaches

Throughout the history of the NFC East, numerous players and coaches have made significant impacts on their teams and the league as a whole. Here are some of the most notable figures:

Dallas Cowboys

- Troy Aikman: A three-time Super Bowl-winning quarterback and Hall of Famer.
- Emmitt Smith: The NFL's all-time leading rusher and a key player in the Cowboys' success in the 1990s.
- Tom Landry: The legendary head coach who led the Cowboys from 1960 to 1988.

New York Giants

- Lawrence Taylor: A two-time Super Bowl champion and one of the greatest linebackers in NFL history.
- Eli Manning: The quarterback who led the Giants to two Super Bowl victories against the New England Patriots.
- Bill Parcells: A Hall of Fame coach known for his leadership and success with the Giants.

Washington Commanders

- Joe Theismann: A Super Bowl-winning quarterback known for his leadership during the 1980s.
- John Riggins: A legendary running back who was instrumental in the Commanders' Super Bowl victory in 1983.
- Joe Gibbs: A Hall of Fame coach who led the team to three Super Bowl championships.

Philadelphia Eagles

- Reggie White: A dominant defensive end and Hall of Famer who was a key player in the Eagles' history.
- Donovan McNabb: The franchise's all-time leader in passing yards and touchdowns.
- Doug Pederson: The head coach who led the Eagles to their historic Super Bowl LII victory.

Conclusion

The **NFC East champions history** is a testament to the competitive nature and rich traditions of professional football. From the dominance of the Dallas Cowboys in the 1990s to the recent success of the Philadelphia Eagles, each team has made its mark on the league. The NFC East continues to be a hotbed for talent, rivalries, and unforgettable moments, ensuring that the legacy of its champions will endure for years to come. As the

landscape of the NFL evolves, one thing remains certain: the NFC East will always be a division to watch.

Frequently Asked Questions

Which team has the most NFC East championships in history?

The Dallas Cowboys have the most NFC East championships, with a total of 24 titles.

When was the last time the Washington Commanders won the NFC East title?

The Washington Commanders last won the NFC East title in 2020.

How many times have the Philadelphia Eagles won the NFC East?

The Philadelphia Eagles have won the NFC East championship 14 times.

What year did the New York Giants last win the NFC East title?

The New York Giants last won the NFC East title in 2011.

How has the NFC East championship changed since its inception?

Since its inception in 1970, the NFC East has seen various teams dominate at different times, reflecting the competitive nature of the division.

Which NFC East team has the longest gap between championships?

The Washington Commanders have had the longest gap between NFC East championships, with their last title in 2020 and previous titles in 2012 and 2015.

What is the significance of the NFC East in NFL history?

The NFC East is known for its historic rivalries and has produced multiple Super Bowl champions, making it one of the most competitive divisions in NFL history.

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