

Haloti Ngata Apologizes For Failed Test

[Etuini Haloti Ngata](#), the American football nose tackle and defensive end for the Baltimore Ravens of the National Football League, has rendered an apology to his teammates. On his arrival back this week, Ngata said he made a mistake and is happy that he can help the team with the playoff run.

Haloti Ngata missed the last four games on a suspension for violating the [performance enhancing drugs'](#) policy of the league. Ngata added he was hugely relieved that the Baltimore Ravens were able to qualify for the post season and he did not have to wait an entire offseason to return to the field. Ngata did not made it clear whether he would be applying for a therapeutic use exemption for [Adderall](#).

The suspension of Ngata cost him \$2 million — or the equivalent of four game checks — and now the five-time Pro Bowl selection has one year remaining on the five-year, \$61 million deal that he signed in September 2011.

The 30-year-old said his suspension was a result of testing positive for Adderall that is commonly used for treating attention-deficit hyperactivity disorder. Ngata, one of the franchise's model players on and off the field, said he felt that he let the team, coaches, teammates, and his family down because of the suspension. In his absence, the Baltimore Ravens went 3-1 by beating the Miami Dolphins, Jacksonville Jaguars, and Cleveland Browns, and losing to the Houston Texans.

Ngata returned to the team and practiced on Tuesday for the first time since December 3. Baltimore Ravens next plays the third-seeded and AFC North champion Pittsburgh Steelers at Heinz Field in an AFC wild-card game. He remarked his team has dealt with a lot of it and he just feel like he owes these guys, so he is going to do whatever he can to help the team and added he is definitely just ready to be out there again.

Baltimore Ravens' coach John Harbaugh said it is great to have Ngata back in the team. Harbaugh also remarked Ngata is in good shape and his weight is good. The head coach added Ngata has been training really hard from what he told me, and he looks that way and he thinks Ngata is really appreciative of the opportunity to come back and make a little statement here in the postseason.

Defensive end Chris Canty said even when he wasn't here, it was tough for Ngata. Canty also remarked we tried to be good teammates and we wanted to be there for him, knowing what he was dealing with, understanding how he was feeling being away from us and we just tried to hold down the fort. Canty also added Ngata was doing the same thing, he was always encouraging us, making sure we're keeping on top of what we need to be doing. Outside linebacker Pernell McPhee said he knows Ngata is hungry and he has a point to prove. McPhee added he knows Ngata is going to come back playing phenomenal.