

# WASHINGTON

FOOTBALL TEAM, EST. 1932

INOVA SPORTS PERFORMANCE CENTER - LOUDOUN COUNTY, VA

December 23, 2020

## QB Alex Smith

### **On QB Dwayne Haskins Jr. speaking with his teammates:**

“I felt like he was sincere in his apology. He wanted to talk to the group. He apologized to me separately on the side. I felt like he was heartfelt and sincere in that. I think as teammates, our job as disappointed as we were, also to help him and support him as a teammate through all this. It just happened not that long ago, so I’m still kind of digesting it. We realize that we are a team, and we go through things and make mistakes. We all have our own deals going on. No judgement there, just obviously being a teammate and supporting him and pushing him certainly in that QB room to try and do that the best way possible.”

### **On if he is preparing to play Sunday:**

“For me, I’m absolutely planning on being out there. I’m doing every single thing I can to make sure that happens. There is a progression there as the week goes on. Just taking it literally—I know you guys probably hate hearing this—but literally just trying to every single day take a step toward Sunday. I felt like today went well. I’ve still got some treatment to get and to keep going. Then, it’s onto tomorrow.”

### **On tightness in his calf:**

“It’s still something, like I said, a progression that I’m working through. I felt good about today and what we did out there. Again, I’m just trying to make the most of today and then we’ll take the next step tomorrow.”

### **On balancing taking care of his calf and seeing if he is ready to play:**

“A little bit of both. At some point, you’ve got to answer that question. A little bit of both. You want to give it time, also though you can’t let it drag on too long as far as answering those questions. Trying to walk that and balance that out. Here is the week that we’re on and you try to answer both of those questions. You try to take care of both sides of it.”

### **On direction he has gotten from the coaching staff:**

“I don’t think there’s anything as far as the coaching staff. Certainly, this is the trainers and doctors and myself as far as going out there and being honest as far as what I can and can’t do out there. That’s really the only issue, can I go out there and play at this level and do all the things necessary? I think that’s, here as the week goes on, continuing to take the steps and answer all those questions.”

### **On if the potential of clinching the playoffs Sunday factors into his preparation to play:**

“To be playing meaningful games this time of year, you’re doing everything you can to get out on the field and play through whatever you can. To have the opportunity that we do at hand—yeah, these are essentially playoff games at this point with everything that’s on the line. You’re doing every single thing you can throughout the week to be out there. So, yeah, absolutely. We’re exhausting everything.”

### **On how disruptive this time off will be to his progress:**

“I think you try to take reps, even last week, mental reps doing things on the side by myself whatever they are. It was the same thing today, I do feel like at this point, I do have a lot of reps under my belt as far as what we’re

doing and time on task with the guys that I feel good about things. I don't think that's an issue, but obviously Sunday will tell."