

WASHINGTON

FOOTBALL TEAM, EST. 1932

INOVA SPORTS PERFORMANCE CENTER - LOUDOUN COUNTY, VA

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QB Taylor Heinicke

On signing a two-year contract extension with Washington:

“I was really excited. My first place I wanted to go to, obviously, was Washington. I’m very familiar with [offensive coordinator] Scott Turner and [Head Coach] Ron Rivera. I wanted to be in Washington, and I’m glad it worked out that way.”

On if he has processed what these last two months meant to him:

“It still really hasn’t hit home yet. Even the game, I’m still kind of processing everything that happened because things changed very quickly in a short amount of time. A lot of things are happening right now. I’m a little bit overwhelmed, but again, we have some time to kind of soak it all in and get ready for next year.”

On the quarterback situation next year:

“I think the best answer, honestly, is it’s going to be a competition. I think that’s the best way to do it. I think that’s what Coach Rivera has said, also he’s harped on that. I think that’s best for everybody. I think you get better with competition. If, let’s say, he named me starter, a lot of people kind of get complacent and stuff like that. We don’t want that. We want to compete, push each other to get better and go from there. I’m excited for the opportunity. We’ll see what happens.”

On if his style of play will change now that he has some stability in his career:

“Again, the two times I’ve started and played, it’s been kind of wild because, again, those were my two times to make a name for myself. I didn’t know if I was going to get another chance. So, yeah, I was out there leaving it all on the field. I understand—say I was starting in Week 2—I’m not diving for that pylon. I’m going for that first down, getting out, and I’ve got four more downs to get a touchdown. Little things like that. But my style of play with extending with my feet and stuff like that, I think that’s part of my game, so I don’t see myself changing that in any way.”

On signing a multi-year deal after not playing for a couple years:

“I think it’s just a lot of family and friends that kept pushing me. They knew I wanted to keep playing. It was hard for a good while. Those that were very close to me kept pushing me. Every day there were a lot of times where I didn’t want to wake up and go work out or do things like that. But they kept pushing me. And again, here we are. This isn’t just a big accomplishment for me. It’s a lot of the previous coaches, friends, family—they’re just as big a part of this as I am.”

On his shoulder and when contract discussions began:

“The shoulder’s feeling fine. It’s pretty much 100 percent now, so that’s good. I can start progressing in other areas now. I guess the talks have been in for a while now. I know there’s been a lot of moving parts with front office hires and things like that. Once they all got settled in, I think that’s when the talks started happening. Probably a week or two ago was when we first started hearing things. Again, thankfully it ended because it was a little bit stressful.”

On if he took the tests for class that he missed during the playoff game:

“I did. I went back and finished the two. Thankfully, I passed them both. That’s always good news.”

On if he has completed his degree requirements:

“No, I’ve got two more classes. Maybe next spring semester I can get rid of those.”

On signing an extension for multiple years and having people believe in him:

“To kind of answer both questions in one, you always want some security. I feel like a two-year deal kind of gives you that. Again, I’ve never felt I had two feet in the door. I’ve always felt that I’ve been fighting either trying to make practice squad or even make the 53. It’s always been kind of one foot in, one foot out. Now I actually feel like there’s a little more security there. This is the first time I’ve felt that being in the league, so it’s a great feeling. Again, it’s happened very quickly, so I’m still trying to fathom everything and soak it all in. That’s probably my best answer for you.”

On what he learned about Rivera this season:

“I knew he wanted to change culture. I was following Washington from the very beginning when he got there. You could see the motion. You could see the gears starting to roll. When I got there, you could feel it. I asked around: ‘How’s it going here?’ And they were like: ‘Coach Rivera’s the man. He’s really changing things here. It’s an exciting future.’ Obviously, everyone that knows Coach Rivera—that’s not a big surprise. We’re all excited for the future. I think it’s pretty bright.”

On what he wants to work on this offseason:

“I think the one alarming one, obviously, is that the two starts I’ve gotten kind of injured. So, be more durable, put some more weight on. That’s one big thing. But the biggest thing at quarterback is just being consistent. You can’t have one good game then be off the next two. You have to be consistent. That’s what makes quarterbacks great. That’s what wins games. When I go out there and train, I try to be perfect, complete all the balls, put them all where I want them to be, have my feet on time and stuff. You work on the same things every year; you just try to get better at it and polish it up.”

On how he would describe his story and how he wants it to inspire young players:

“It sounds so cliché, but it’s just the hard work and resilience. If it’s something you really want to do, you just keep working toward it. Again, I had a lot of good guys at the gym, the gym I’ve been going to for a while, and we just kept pushing each other. We were all in the same boat whether we weren’t playing for two to three years, and just trying to get an opportunity. That’s the biggest thing. You keep working toward it. You can’t take two to three days off and expect to get better. It was an everyday thing. That’s the biggest thing. It’s tough to keep going. Being out of the league for a year and a half, you’ve just got to keep grinding. Fortunately, it happened for me.”

On how this offseason will change his play:

“I don’t think it will change. Again, what I was doing this past year got me to this point. I don’t want to change anything. I want to keep working hard to still have that same attitude and see where it takes us. Again, I thought my mindset was right. Everything was going well; I just didn’t have the opportunity until just recently.”

On the instant comradery he shared with the team this year:

“I think a lot had to do with the work ethic and preparation. Me and [DE] Chase [Young], that whole thing was really cool. I think that all started with him seeing me there in the locker room with no one else just studying. I think that meant a lot to a lot of people. I just came to the facility and tried to take care of business. It was all business for me. I knew this might be my last opportunity, so I was going to make the best of it. When I had my chance, I went out there and tried to do my thing. It was fun. You kind of feel the energy around the team. It was cool. Hopefully, we can keep this thing going.”

On if he has spoken with his teammates since re-signing with Washington:

“I’ve been keeping in touch with some of the guys, [TE] Logan [Thomas] and I’ve texted [QB] Alex [Smith] a couple times. [QB] Kyle Allen’s a good friend of mine. So, yeah, just keeping in touch with some of those guys. I’m sure I’m getting some texts right now. I’ll just have to get through all of those soon.”

On the first person he called after learning he would receive a contract extension:

“It was my mother, and my sister, pretty much on a group call. Again, through this last year and a half I was staying with them, my sister and my mom, I was kind of switching off. They were kind of dealing with all my stuff. I was not very fun to be around when I wasn’t in the league. Those two have done so much for me. They kept my head straight. Very exciting to share this moment with them.”

On if his familiarity with the offensive system gives him a leg up in the quarterback competition:

“I think it gives me a leg up knowing the offense already. I think that’s a huge thing. I’ve been to a couple different teams, and learning a new offense is hard, especially if it’s virtual. I couldn’t imagine. Just getting on the field and doing reps just in walk-through helps a lot. I think that helps me a little bit. But again, once we do all get together and get on the field, that’s when it all happens. You have to go out there and produce and go win games. Essentially, that’s what has to happen.”

On which classes he has left to finish his degree:

“I don’t even know. There are a couple 400 level math classes I don’t even want to think about right now. Hopefully, I can get that done next year.”

On Executive Vice President of Football/Player Personnel Marty Hurney praising him in his introductory press conference:

“I didn’t see it. Nobody really told me about it. I do have some familiarity with Marty. He was in Carolina when I was there, so we have kind of a relationship in that way. That means a lot to me. You kind of get brought up on his own. Thanks for sharing that. That’s kind of cool.”

On if he spoke to Smith today:

“I have not. I’ll probably reach out to him and we’ll have some words together. I texted him congratulations for the Comeback Player of the Year [Award]. I think it was kind of known that was going to be the case. But again, I told him when we were still in the season how much of an inspiration he is, not just to me, but to a lot of people. What he did was a miracle. I think he gives a lot of people that drive as well. I can’t say enough good things about him, not only as a player but as a person. It’ll be cool to get back in touch with him.”

On Young winning NFL Defensive Rookie of the Year:

“Well deserved. I’m sure he’s going to get a lot of those in the next coming years. I haven’t reached out to him. I’m sure he’s a busy dude. I can’t wait to talk to him again.”

On the Tampa Bay Buccaneers’ Super Bowl run:

“I thought it was pretty neat that we gave them a good shot. I go back and I look at all these games—that Tampa Bay defensive line was killer. Our offensive line was really good against these guys. You look back, and I was pretty clean a lot of that game. Those guys have a lot to do with that. Kudos to them. They worked their ass off. Hopefully, again, we’ll roll this into next year and keep it going.”

On staying in Washington instead of exploring options with other teams:

“I wanted to be in Washington. Again, just the familiarity with Coach Rivera and Scott Turner. Scott’s really the one that kind of got me into the league. He was the only quarterback coach that came to my Pro Day. He

was the one that brought me to Minnesota. He brought me to Carolina. He's always kind of believed in me. I want to be loyal to him. He's gotten to this point, and I want to stick with him. I think it's a pretty special thing we've got going."

On what makes Turner special as an offensive coordinator:

"Shoot, look at his dad Norv [Turner]. I was with Norv for about three to four years, and Norv's had a great resume. Everything that Scott's learned is from Norv. I try to soak it all in. I think Scott's doing a great job. Again, I'm excited."

On how he will celebrate his contract extension:

"I'm flying back to Atlanta here soon. I'll be meeting with my mom and stepdad. We'll probably go out and get a couple beers or so, a couple Heinekens, and celebrate. It'll be fun."