

WASHINGTON

FOOTBALL TEAM, EST. 1932

INOVA SPORTS PERFORMANCE CENTER - LOUDOUN COUNTY, VA

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QB Taylor Heinicke

On why there is a bandage on his face:

"So last week we had an install period and it was hot outside, Coach [Rivera] said to take our helmets off. We're going half speed through this play and I do a play-action and one of the running backs' elbows cut me pretty good, nice little gash. I got seven stitches and a little chipped tooth, so football season started pretty early for me."

On what it is like having more stability in his football career:

"Like I've said before in some previous interviews, this is the first year where I feel like I kind of have two feet in the door so to speak. The last five years I feel like I've had one foot in the door and have been clawing my way to try to make the team. Having a two-year contract, I feel a little sense of security, but it doesn't change the way I approach the game or approach practice. I go out there and try to get better every day and see what happens."

On the steps he took in the past couple months to build his body up and become more durable:

"I feel like I did a pretty good job this offseason. I gained about 15 pounds of good weight, eating super healthy and hitting the gym a lot. I just felt like every time I go out on that field for some reason something happens. So that was the biggest point of concern this offseason and I felt like I kind of checked that box off."

On what the quarterback room is like now with the addition of QB Ryan Fitzpatrick:

"It is truly cool. I have worked with a lot of neat quarterbacks, a lot of successful quarterbacks over the years and he is just another one to come in that has been very successful. I think it is his 17th year in the league. He has played a lot of football, seen a lot of football. Me, Kyle [Allen] and Steven [Montez] pick his brain every day and he is very open to teaching us and helping us out. Again, he is really helping us out kind of the same way that Alex [Smith] helped us – he has played a lot of football and has seen a lot, so he is teaching us some stuff that we have never seen before."

On what his offseason workout plan looked like in training with Joel Seedman:

"We don't really harp on doing a lot of reps or doing certain amounts of weights. It is more functional movement stuff. Again, I've had a separated shoulder in the past, I've had something happen to my ankle and he just works a lot on foot strength and ankle strength so that you can be more durable. It is very unorthodox, but I think he is starting to gain some ground. When I first started working with him six years ago, he maybe had 800 followers on Instagram and now he has 350,000, so he is gaining a huge following. A lot of guys from the NFL are starting to come in and work with him and I just can't say enough good things about Joel."

On how much different it is working with some of the new players on offense:

"We've got a lot of speed and a lot of veteran-type players. Curtis [Samuel] has been in the league and has been successful, [Adam] Humphries same thing. So again, we're very excited, the team looks good, we had a good turnout this OTAs and the energy is there. It is an exciting time."

On if more people have recognized him after the playoff game last season:

"I actually went down to ODU this past weekend for Memorial Day. I caught up with some old coaches and then we went golfing and I got stopped numerous times to take some pictures. It is cool. It is a cool deal. It is cool, that is all I can say about it."

On what his plan was in balancing bulking up with his rehab demands:

"Well, I never got surgery, but again Joel does a good job that if you're injured he strengthens all the muscles around the injury so that you don't have to get surgery. It is a very functional movement-type of deal. You see a lot of guys gain 15 pounds and kind of lose their throwing motion or have a slower throwing motion and that is not the way he does things. He kind of strengthens around it and you can still kind of do everything. Between that, starting to grill and play some golf that was my offseason."

On how much different it feels coming in now and having a chance to take part in the offseason program compared to when he joined the team last season:

"It feels a lot more comfortable. Last year coming in late and trying to pick up where I left off a year and a half ago, now I just feel like it is second nature. I have been with [offensive coordinator] Scott [Turner] for a number of years, but every year we have a new wrinkle here or there, so that is something for everyone else to learn as well. But yeah, I feel like it is second nature now, the offense is really starting to come together, and I think everyone is starting to understand it really well."

On what it is like being back in the mix with QB Kyle Allen:

"Yeah, me and Kyle had a good relationship in Carolina and unfortunately I got cut, but he was there and did a great job. We kept in touch and I thought he has had a great two years since then. I hate to see him get injured like he did, but he is battling back and looking good at practice. Again, all of us quarterbacks are pushing each other and helping each other. It is a good room."

On what goes into gaining 15 pounds of good weight:

"Being disciplined. Going to the gym five, six days a week. You didn't have to lift heavy, but it was just eating good, not going out and drinking all the time and kind of just being very disciplined, getting your sleep, hydrating. I just took it very serious. Again, I was on the other side – I wasn't playing ball for a year and I thought I was done. Once I got that contract and everything I kind of dove in cannonball style and wanted to make this year good."

On if he had specific meals lined up every day:

"I would wake up and make myself a nice protein smoothie, go for a nice long walk and come back and have something healthy like oatmeal or another protein shake. I really started getting into grilling. Got a nice little grill, so I've been grilling up my dinners every night whether it is steak, chicken, burgers and stuff like that. I started getting recipes and kind of ventured out that way. It is just healthy eating – chicken, veggies, good carbs. It was a good offseason."

On how he feels the extra weight impacts his speed:

"I feel like I move just fine, the same way. Again, it wasn't just like I was lifting heavy weight and not running as well. I was doing a lot of agility stuff, a lot of footwork stuff, so I didn't want to lose that aspect of my game because I know it is a big part of it. I wanted to be smart, put on good weight but also have the speed and agility and stuff like that still there. I think my trainers back home did a pretty good job."

On how different of a quarterback he feels like he is now compared to a year ago:

"I've really tried to work on staying in the pocket and throwing really good balls from the pocket. I think that is the best way of not getting injured. If you're not getting hit and running around doing those things then that just takes the percentage away of you getting hurt. We're really working on pocket passing and stuff like that but didn't lose the speed or agility."

On if he tweaks the training based on the injuries he has sustained:

"That is a good question. We'll go back and kind of talk about stuff. Whether it is range of motion and stuff like that. The crazy part is that one play where I did get injured was diving for the pylon and kind of just leaving my body on the line. I feel like if anyone was in that body formation where your whole weight of your body is landing on your shoulder then something is going to happen. It is what it is and we were playing Tampa Bay in the playoffs and I

didn't know if I was ever going to play again. If that is regular season this year in the fourth quarter I am running out at the two yard line and we have four downs to score a touchdown. I think that is kind of the change I am going to make this year."

On if it is easier to eat well and hit the gym more coming into this year with the change in his situation:

"I wake up every day and I am stoked to go to work and play some football. You're getting paid handsomely to go play a sport. You can't beat that. I wake up every morning, it is a good day, go play some football and have some fun with it. We have a great squad here, great coach and it is a great environment. I think all of the guys feel the same way."

On if he thinks it is almost impossible as a quarterback to not attend the offseason program:

"I would say maybe if you're the starter at a team for a number of years and you have the same head coach and the same offensive coordinator, maybe. I don't know. I just feel like being here with all the guys, training with the guys, throwing with them, going through plays can only make you better and can only make the team better. I don't know that side of it. I've always wanted to be here and be with the guys, so I can't really speak on that."

On what these two weeks have been like for him and if he has had moments where he knows this work is making the team better:

"Absolutely. There is a lot of plays or things that happen during practice where we're glad we see it now and we can hash it out now and see how we can get better in this play or what read we need to do for this play. Would rather do it now then go into training camp and be in preseason games and be two weeks out and still trying to figure stuff out. I think it is good that everyone is here. We had a great turnout, every is excited, everyone is working hard and again we're making mistakes out there but that is what OTAs are for, you make mistakes and learn from them. I think we're doing a good job."