

WASHINGTON

FOOTBALL TEAM, EST. 1932

INOVA SPORTS PERFORMANCE CENTER - LOUDOUN COUNTY, VA

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QB Taylor Heinicke

On how much time he took to enjoy the win over Tampa Bay:

"Yeah, I took Monday to really enjoy it. I had family in town and went down to the city and just really enjoyed it. But, once yesterday came it was time to move on. We have a really good opponent this weekend. Carolina, they have a really good defense, so that'll be another good challenge for us."

On trying to carry the momentum from the Tampa Bay game into this week:

"Yeah, coming off that game, it's a big confidence booster. When you win a game like that against a defense like that, it makes you believe that you can do that against anybody. It's good for us. You know, we were going through a four game skid there where we were losing. And to get a game like that and win, we have a lot of confidence going into this one, so we feel good about it."

On if things happen in the building or on the field after a win like that:

"Yeah. People have a little more pep in their step when you're winning and people were happier obviously. You're not as sore. When you have a hard loss and you're getting banged up, those next two days are hurting a little bit, but when you win it doesn't hurt as much, it all compounds pretty well."

On his connection with WR DeAndre Carter:

"I just think he's a really good ballplayer. He knows what to do. He's a professional. I had a lot of reps with him during OTAs and training camp as well. So, we've had a good connection throughout the summer and the offseason. He just continues to get better and he knows what he's doing out there. He's a good ballplayer."

On seeing the relationship that Ron Rivera and Cam Newton had in Carolina:

"Yeah. I don't want to speak too much about it, but they were together for a long time and they had a really good relationship. Ron's the same guy that I knew him from in Carolina. Haven't really been around Cam too much lately, but they had a good relationship while I was there."

On what made that relationship so special:

"Well, I think something has to do with, you know, him winning MVP and going 15-1, and almost winning the Super Bowl. I'm sure that had something to do with it."

On if facing iconic quarterbacks like Tom Brady and Cam Newton motivates him:

"Maybe. Possibly, but again, like you said, I'm not going against those guys personally, but it is fun. I've said this before, sometimes I think back to when I was a kid and whether it's playing Madden or if my Packers were playing Superman Cam that weekend, how I would feel about my team going to go beat them. So, I kind of put myself in that situation trying to make it like a little story or when I was a kid, and it gives me a lot of energy."

On how he balances having some swagger but not getting to be too overconfident:

"I think it's just to continue to be yourself and that's with everybody. I feel like I play my best when I can just be myself and be passionate, emotional, and I think some of the guys feed off of that. So again, we have to take it one game at a time just because we beat Tampa doesn't mean we're going to beat Carolina and everyone knows that. So, I think just like I said, just continue to be yourself."

On how much Ron Rivera meant to the city of Charlotte:

"I don't know if I want to get into that question too much, because again, I was only there for a year."

On if he had a sense for how much Rivera meant to the city of Charlotte:

"A lot of people looked up to him and I know he was a big public figure in that area too. When he left, I'm sure it was hard for him and a lot of people around that area. I know it's an exciting time for him to go back."

On if this game has a little bit more meaning because of how many former players, coaches and executives with the team came from Carolina:

"I'm sure it does. I'm sure that has something to do with it. But yeah, we have a bunch of coaches from Carolina, players, and even one of our GMs is from there. So yeah, I'm sure there's a little something to it."

On if a year ago when he was out of football did he hate the NFL or still watch it:

"Both. I was watching it. I have a lot of friends and people that I've become close to throughout the years that I've been rooting for. I would stay in touch and watch those games. It's a little bittersweet, you know, just feeling like I just wanted one more chance in there. There's a lot of guys out there on the fringe that feel the same exact way. I was just fortunate enough to get the second chance."

On if having played in Carolina for one year makes this game more meaningful for him:

"Not much. I just kinda view them as another team on the schedule. There's a little something there that you want to kind of go back and win where you used to be. I think everyone feels that way. I wouldn't say it's anything extra."

On what he remembers about being teammates with Newton:

"Yeah, it'll be fun. Me and him had a great relationship. He was a lot of fun to be around. That place is going to be rocking on Sunday. Like I said before, he's like the God of Charlotte. Everyone loves him up there. So, it will be his first home game there. It's going to be loud and it'll be an exciting game. He's very animated and likes to have fun out there. So yeah, it'll be cool."

On what the difference has been between the games where he has and hasn't thrown interceptions:

"We talked about this before, it's playing like myself and not trying to be too perfect, letting things happen naturally. And I think that's what's happened. That's what happened on Sunday. Kinda just go out there and play my game and kind of let it rip, but also be smart about it. There's a very fine line there. Every week I feel like I'm progressing towards that and feel more comfortable. So, hopefully I can just keep that thing going."