

# WASHINGTON

FOOTBALL TEAM, EST. 1932

INOVA SPORTS PERFORMANCE CENTER - LOUDOUN COUNTY, VA

November 27, 2021

## Head Coach Ron Rivera

### **On WR Curtis Samuel's status:**

"He's doing a lot of good things; I like the way he's been working and practicing. We'll check and see how he is tomorrow and just feeling very comfortable and confident with him right now."

### **On if Curtis Samuel will be on a pitch count:**

"There's going to be a pitch count and we're going to stick to the pitch count, it's already been determined. Last time we had to come off of it and unfortunately it led to him missing more time. So, but there will be a pitch count."

### **On status of TE Logan Thomas:**

"He won't be on as severe of a pitch count, obviously. But it will be good to have him back out there."

### **On how Curtis fits in this offense:**

"The same. I mean everything we've done, he's done. That's why, plugging him back in, it's not going to be that difficult. A lot of things that, you know, some of the other guys have been doing or things that he does, he knows how to do and he knows how to fit into it. So, nothing's changed."

### **On if TE Logan Thomas will be on a pitch count:**

"It will be a little bit higher than what Curtis's is. But we want to keep an eye on him as well."

### **On if Curtis has indicated that he feels better than his first time returning from injury:**

"That he feels good. I can't tell you how he feels he'll be able to know."

### **On finding balance with other receivers with Curtis's return:**

"Well for me, he really will be what the offense needs. [Offensive Coordinator] Scott [Turner] has a plan obviously, and going into this game, he's going to execute the plan again, knowing though that we have emphasized the pitch count for Curtis."

### **On how he determines a pitch count:**

"As we watched them through practice, you try to add on every day a little bit more, a little bit more, and then you really just kind of take a look at the GPS numbers, see where those are; the recovery numbers, that type of stuff. We pay attention to that stuff."

### **On if there is a correlation between the GPS numbers and the snap count:**

"I don't know if that's necessarily how it is, but there was a correlation into that as to whether or not, you know, what type of shape he is in."

### **On what the change has been like using a snap count for players returning from injury:**

"I think the biggest thing more than anything else is, it's about getting in shape football shape. You can come

out and run all the sprints you want and do all those reels you want, but there's nothing like what you expend during a game. And that's probably the biggest thing.”

**On how Curtis has handled dealing with his injuries mentally:**

“He’s handled it very well. He went through an injury, his rookie year, he breaks his ankle, and he does everything he's supposed to and more to the point where he went out and bought a jugs machine. So he’d have that at home to start working there. His commitment to getting back on the football field. I never worried, I never questioned that because he does everything and maybe he does too much, because he wants to get back on the field badly.”

**On if he ever has to worry about the mental health of players that are dealing with injuries:**

“That's something that's kind of come to play. It's the stress, it's the pressure. It's different from when we played. I know we didn't have to worry back 30 years ago, about social media and stuff like that. I mean, that just, wasn't something we worried about. So, people weren't constantly being judged. Today, they are and it's difficult, It's tough. So that's one of the beauties of having [Director of Wellness and Clinical Services] Dr. Roberts around, you know, she has actually has a program for our guy that we have placed on IR and it's something that's been very helpful, at least I believe it has. It's tremendous having that extra person here that really is there to take care of their mental health.”

**On TE Logan Thomas keeping his leadership presence will recovering:**

“That's one of the really good things about a guy like that is that he understands his importance and significance. So he wants to be around. He wants to do the extra stuff. He's stays late with some of those young guys. He stay late with [Tight End Coach] Pete [Hoener]. So that's huge for us.”

**On the challenges players face with social media heckling:**

“They hear it. As much as they don't want to hear it, they'll hear it. Somebody they know will read something or say something or hear something, and it'll get back to the player inevitably. And that's unfortunate. It's unfair. Nobody really understands what it's like. You know? And it takes me back to a saying that I've said before, and I've told you guys this before, don't draw me a map, unless you've been there, unless you have been in my shoes, it's very difficult for people to tell you what it's like.”

**On if pressure to return would make players try to return quicker:**

“They may do more than they need to. Also, it's part of returning is the recovery aspect of it, not just the treatment, you know, so sometimes guys will do that. And that's one of the things that Curtis has always done. He's always given us everything he can to get back on the field. And that, to me, like I said, it could be a very unfair thing when people who don't know talk.”

**On how effective Logan will be on limited snaps:**

“I think the thing that Scott [Turner] has to do is continue to be balanced because the one thing you don't want every time, he's on the field we are throwing the ball, you know. So, I believe that's how we'll use him is we'll keep it balanced. We'll use him because he is a terrific blocker as well.”

**On status of OT Sam Cosmi and C Tyler Larsen:**

“The thing with Sam is obviously they're both leg injuries. So, it's going to take a little bit of time and we'll see how they are in all honesty once we get into next week. More so than anything else this week was really trying to get everything calmed down. They have been doing some work in the underwater treadmill, stuff like that. But next week, really, we expect to see them on the field doing some stuff.”

**On if he feels good how G Wes Schweitzer took over at center:**

“Wes is a veteran guy who has done a great job. Again, it goes back to what we talked about, position flex, being able to play more than one spot. There's a huge value to men like him and players like him. And another great example is [T] Cornelius Lucas and we're starting to see that with [OL] Saahdiq [Charles]. Saahdiq has played guard and tackle for us, both. So, guys like that give you an opportunity to have good depth. And at the same time help improve their play because they're not just learning their spot, they're learning the spots around them. So, it makes for a better player.”

**On when he started considering the mental aspect from an injury as a coach:**

“I've always kind of felt that way, that you've got to keep engaged with guys that are hurt even back when I was an assistant. But I think when I was in Carolina, we had a clinician that worked with us and she would spend time checking in on the players, especially the guys that were on IR just to check and see how they're doing. Then when we got here and we started talking about it we had somebody last year to help out, but this year making the commitment that we did to bring in Dr. Roberts, I think has been a really good thing for this organization.”