

August 2, 2022

## **LB Cole Holcomb**

### **On Head Coach Ron Rivera's message of humility:**

What happened last year doesn't mean what's going to happen this year. I think we got a taste of that last year. In 2020 we were a top five defense and then didn't live up to the hype. So I think we got a slice of humble pie on that one. So I think that's what they're talking about.

### **On the defense having something to prove this season:**

Absolutely. Yeah. You know, we're capable of doing it so we know we can get there, and we just got to put the work in.

### **On the first day with full pads:**

It was fun. I mean I was talking all morning. It's good, that's when the real football starts so I was super excited. I was maybe a little too excited jumping the gun out there, lunging a little bit but you know, it felt good to get 'em back on.

### **On how full pads is different as a linebacker:**

Well when you got pads on it's a different type of a different feel, different type of fits. The linemen can grab a little more, um, you know, there's definitely more contact. So, it's like you got to be on your P's and Q's with your fits and you got to be a little more violent using your hands and, and dugging guys up.

### **On how comfortable he feels at the Mike position:**

I feel really comfortable. Played a lot last year just trying to pick up where I left off from last year.

### **On growth from LB's David Mayo and Jamin Davis:**

[David] solid vet always knows what he is supposed to do and then Jamin he's progressing a lot I think, I'm proud of where Jamin's at, I'm happy where he is at. And I think he's giving me a lot of confidence, you know, I don't have to worry about him. I don't have to think about him, he's out there and he knows what he is doing.

### **On what makes this defense capable of greatness:**

I think we got the talent and then I think [Defensive Coordinator Jack] Del Rio does a good job of letting us, you know, not think too much and play fast. So, I think that combination, you know, can allow us just to play to our play, to our abilities and play to our strengths. Not to think too much and just go.

**On how continuity is helping the defense progress:**

“Absolutely. I think there's like you said, we have that, you know, the relationship was already built last year between the guys and now it's built on that and just get more, more and more consistent.

**On the guardian caps on their helmets:**

They help us out. They protect our heads. It's the most important thing so we're going to wear 'em as long as long as we have to.

**On why he enjoys the Mike position so much:**

I feel like, you know, being in the middle, taking control, I think it's more fun. Like it's more of a challenge. It's more you'd have one more thing on your plate. You get everybody lined up. I like the chess match of it. I like taking control and being the one having to play that game with the quarterbacks and making the checks. I feel very capable of being able to do it so I have a lot of confidence in it.

**On what point he felt comfortable in that role:**

Probably last year felt I knew I could do it. The year before that I did it a couple times and a couple games really fell in love with it. And then I think last year really felt solid in that spot.

**On playing against QB Carson Wentz:**

For defenses, you know, when it's live, obviously we can't touch him out here, but you know, when he is a big guy like that, it's hard to bring him down. He keeps plays alive and sometimes he'll use his legs to keep a play alive. So, on that back end, you might have to cover for a little bit longer. And then you know he's always got that deep ball threat, you know, he's got a cannon.