

August 4, 2022

OT Charles Leno Jr.

On how he feels about the offensive line at this point in camp:

We got a great mix of veteran guys, young guys, tough guys, athletic guys, smart guys. I mean, it's a really good offensive line room we got here.

On building chemistry with G Andrew Norwell:

Yeah, I mean, you know, Andrew was playing for nine years so same like me. So I mean it didn't take much for us to get going. You know, he's been in league while same with I, and we kind of just know how each other's role and I love his game and you know I appreciate somebody who I really don't have to coach 'em up on much. You know what I mean? We just go out there and play ball.

On how long it took to realize playing together would be easier:

Honestly from like week one of OTAs. Right when we got on the field, I was like, oh, okay. We got it because he has already been in the system. And clearly, I've been in the system since last year. So it was good.

On what he's learned from QB Carson Wentz:

What I've seen from him since camp from camp just a guy who just goes out there and works. I mean, that's all I can ask for. That's all you can appreciate somebody who, you know, just goes out there, works, continue to work hard. He definitely has a really, really good arm and you can see it. You can see the, the live arm that comes off the ball and like definitely zips out. And there's a guy who's always communicating, always checking in with the offensive line, see what we like. You see him talking to [Offensive Coordinator Scott Turner], you see him just all around, you just see him all around, just, you know, just communicating constant communication, talking to receivers and stuff like that.

On what he was trying to learn from NFL Referees being present at practice:

Yeah. How can I get away more of those [penalties], no, I'm not. The refs are, you know, they're part of the game, you know, they actually are fans of the game too. I know talking to this crew, they reffed some of my games many a times and you know, you get to build a rapport with them, and you talk to 'em over years and you know, it's really cool seeing them here.

On what he's trying to get out of training camp:

Just continue to get better. You know, it's always things that you can work on whether you're year nine, you're on year one or ninety-nine, depending on who you are. This is a game where it's hyper competitive. It's always somebody that's going to push you to get better. And I'm my main self to push me is myself to get

better. I'm always seeking, you know, ways I can improve and help our football team, win games and win the championship.

On how he likes going against the defensive line during camp:

Oh yeah, definitely. Coach Sam [Mills III], he teaches the defensive line, Coach Sam. He does a really good job getting those guys off the ball and, you know, missing [DE] Chase [Young] right now. It is, you know, clearly hurts, but you know, hopefully he gets back sooner than later. But our defensive line, you know, first rounders is almost all over every position on that four defensive line and it's just really fun going into those guys. You got [DE] Montez [Sweat] that talks too much and you know, you got guys like [DE] Jon [Allen], who's just all about work and [DE Daron] Payne who's all about work. It's just fun going against those guys. I love the lively battles that we have.

On if he's noticed holding calls being down over the past two years:

Nah, I haven't actually, I didn't know that. Yeah, it doesn't affect how I play. That's not something I try to do but it is part of the game, you know what I mean? Like that happens and you know, it's one of those, you know, not, not good fouls that you want to get, but you know, our coach does a good job of not teaching that. So that's maybe coaches are getting better at not teaching holding. I don't know if that's the trend, but it shouldn't be, should be called. It should be called the way it is right now. Less often than not. Because we don't hold we're offensive lineman right.

On DE Montez Sweat helping each other out:

Montez talks so much I don't even know what that conversation is to be honest with you. It's always something with him, but he's just a ball of energy out there and I love going against him and I love having him on the field because he's somebody that definitely just brings a lot of energy and that's what you need when you got days where it's 90 something degrees out at practice and it's hot, you know. You need somebody to keep the energy going.

On blocking for RB Brian Robinson:

It's been good. I mean, I can tell like, you know, he's just a really good natural running back and it's been good. He just understands, you know, patience and lanes and you know where to hit his creases and things like that. And like you said, he is a big guy. So getting his pads vertical when he gets his pad vertical, he is going to be really tough to stop.

On QB Carson Wentz pocket presence affecting the line:

I wouldn't say it affects us that much. We just know that you got a guy that's more in the pocket. If that's what you notice. I mean, still got to do our job, our job doesn't change. We still got to block for him. And then sometimes you got block longer on some plays than others.

On if he's noticed a difference in DE Montez Sweats play:

thinking about practice yesterday. He's definitely starting to work with more moves and that's really good. Being a guy who's, you know, however tall he is and be able to run four four [40-yard dash] you just don't want to be a one trick pony. You want to be able to work different moves, work power moves, work finesse

moves and things like that inside out. He's been doing a good job of that.