

September 9, 2022

## **Quarterbacks Coach Ken Zampese**

### **On his late dad Ernie Zampese:**

“Deeply saddened of course selfishly, but very happy and thankful everybody hopefully gets a chance to hear well done, good and faithful servant he did two weeks ago today. So, congratulations to him, very happy for him. He’s my first call. My first guy. He and I were tighter than tight, so there’s nothing left unsaid. It went quick and it was good for him. He’s in a better place.”

### **On what age he started absorbing football from his dad:**

“Well, I got a chance to go to training camp at an early age so that was so much fun for me to watch and be around guys. The ball never hit the ground. I’m watching Don Coryell with Dan Fouts, Charlie Joiner, Kellen Winslow, John Jefferson, Wes Chandler, Lydell Mitchell. All these guys running around catching balls. I had no idea what I was looking at. I had no idea. The ball just never hit the ground. Oh, this is pretty cool. You know, guy’s throwing the ball around that, I come to realize how hard that was and how good they were. That was a lot of fun and just seeing dad being the orchestrator of it all. Putting the pieces together but more importantly, what I gained from him was developing relationships, deep lasting, meaningful relationships that just get you to another level of kumbaya with the group you’re in and friendship and comradery with the guys. As you noticed, anybody who finishes playing or coaching, they missed the comradery more than anything else and he was a comradery builder. From quarterback barbecues in the backyard on Friday nights to all sorts of different things. He built community at every turn. All one off relationships, meaningful, unique to that person. He’s got little crews all over the place. You go to the Chevron, he’s got a crew at the Chevron 5:00 AM coffee, he’s helping the lady open up. Taking the old papers out, putting the new papers in, getting her set up. Then the guys that work the manual labor jobs are rolling in for coffee. He’s there. They’re going through whatever the deals of the day are. Then he goes over to the grocery store. Hey, Ernie. He is rolling in there. He knows all the ladies at the pharmacies. Got the pharmacist. The Costco he rolls in there, he’s got his crew in there that he knows everything was building unity, relationships and community and that’s what I took from him.”

### **On what point he knew he wanted to follow in his dad’s footsteps and be a coach:**

“Well, I didn’t know until the last game of playing in college. I thought, oh my gosh, this is getting real. I have to actually do something in life. You know, instead of just, it’s always spelled out for you, now you have to actually make a decision for yourself and heck with this, I’m going to graduate school. That’s the easiest thing. We’re gonna put this off for a little while. So, I went to graduate school and helped his graduate assistant and the program there at the University of San Diego. Thought, you know, I can do this. I see concepts and, and things clearly. I can help these guys out. I can develop lasting and meaningful relationships. I watch it my whole life. I can get these guys to get to a better place than they can take themselves. So, we did that.”

### **On if there is anything that he learned from his dad that he still uses today:**

“Yeah. It's just how you deliver a message. You can say anything to somebody, as hard as the message might be, and it's all in the delivery. The more you have built up before you get to the delivery, the better it's gonna get received, cuz you give each other the benefit of the doubt and just flipping that to this spring. Once we got Carson [Wentz], everything's been flipped for community relationships. So, we can all give each other the benefit of the doubt when things get a little tight, because we all need to rely on each other. The only thing gets you through the toughest times is the bonds that you have with the people immediately in your circle. So, we are strengthening and reinforcing those on a daily basis. It was the first thing that hit my brain when we got him, after being so excited about it. Broke my leg, doing backflips down the hallway. Just how do we get him tied here, deeply emotionally for he and his family and so we can get the most out of him for all of us.”

**On if there is an instance that sticks out with a quarterback over the years:**

“Oh gosh. I mean just years with Carson Palmer. Getting from a pup and raising him with John Kitna. So, you have a older guy, yourself and a younger guy, you're all working together to bring him along to a point where he can see things fast and clearly, and then all of a sudden, I think it was the second year he was starting. We're in a playoff game and it happened really, really fast. Just the reinforcement between myself, John Kitna and Carson. That was one where we really got tight fast and really relied on each other. There are things that John could answer that I couldn't answer cause I didn't play the spot, you know. So, we really had both sides covered for him where he really wanted to learn and we got a chance to get good fast. Then, we went no huddle one year and with the skill players we had and we finished, I think in the top five in offense, really early in his career. That was kind of fun.

**On if there were any messages he was able to deliver from his dad:**

“The message we tried to get across is, it always comes back to us anyway. So just know you're gonna have to answer the question at the end of the day, why it didn't happen. So, let's know that on Monday and let's work accordingly so we can make sure things, the odds go in our favor more often that we can have more success more often just knowing we've gotta answer that question. It's always on us anyway. So, let's feel that early in a good way. Let's use it as fuel and that was kind of the message we're trying to get across and continue to with all the groups that I get. Just how do we heighten the urgency on a daily basis to get the most out of that day so that we can then start further ahead for the next day and make bigger jumps faster.

**On if it's more difficult to teach a veteran QB new things:**

“Well, they're both really similar. I hit it off with both of them a lot really easily. And they're both guys that just say, heck with it a little bit and I'm doing this and have a grit to them. And that the certain guys that have a high grit level like, that have a high pain threshold and can play under pressure that way. They're so fun to be around because they don't get affected by outside forces. You can talk about things in the heat of it and their mind's not on the last series. you can really get to what we're going to do next. And both of those guys are like that. It was so much fun this past year with [QB] Taylor [Heinicke], because let's go, you know, hey we're here, let's go. And you knew you were going to get your best from him. You knew you were going to get his whole heart and soul all the time. And that's all you can ask for anyway. Whatever number you are, one through ten, if you're an eight play like an eight all the time, because then we get all the camaraderie and the heart and the guts, but don't be a nine and play like a seven then you're always disappointed.”

**On if it's hard to change QB Carson Wentz's mechanics:**

“Well, there's always certain things you want to move in the direction of more often to gain consistency. And we try to do that on a daily basis, and he really likes to work like a lot and he puts his mind on it and he really likes to talk about the details of things. So those conversations are easily had getting things fixed for anybody. It's not an overnight thing, It's a process thing. And as long as both people are committed to going

in that same direction and see things the same way you can make strides as you go. And that's what we're doing.”

**On QB Carson Wentz adapting to a new offense:**

“Yeah, I think playing in any offense for a period of time helps you because there's concepts that carry over and the key is okay, we know what this concept looks like. We know where all the bodies are buried out here. When we put 'em out there, how do we read it? And those are where the subtle differences come in and thank goodness, he's got an urgency about him that wants to know why we do it this way so that we can then play that way. Because you're ingrained one way, been in the same system for a while. You see things easily, one way, it's hard to flip it. But for the guys that want to and want to really dig into where they're at and be a part of where they're at, we're going to see some of these concepts a little differently in order, because sometimes you have a different style of player that you want to emphasize that part of the read versus another. Even though it's the same play and that's where we're at with the different pieces that we have trying to emphasize where the ball's going to go and why.”

**On QB Carson Wentz being more comfortable:**

“Each day is just a little bit more. It's just a little bit more. It doesn't mean that you're going to win. It just means you're going to put yourself in position more often to do it right. And then that will lead to winning. The consistency over time and making good decisions to being in on time, knowing who that person is and where he comes out of the break. All those things increase your odds just a little bit. And that's all we're trying to do each day is put the odds in our favor a little bit more through technique, through understanding of players, through understanding of zones where the ball's going and why. And then after a while we're not thinking about things as much, we're just reacting and it's a process and we're going right through it.”

**On balancing QB Carson Wentz's arm talent compensating for other mechanics in his throw:**

“Any throws that you throw without your feet firmly planted as if you have money on throwing the ball to that target, usually the odds go down now. Sometimes they make you do it and sometimes you do it just because you know, I just fell off of that one. Well, the discipline to stay and not fall off is what we're trying to get. We got to hit all the open threes that we can cause we're going to have to put the ball on the floor often enough, you know? And that makes it a little tougher. But when it's open three, seven hitch throw, we got to hit 'em all and it's got to look at the same all the time. So we're just trying to get the repetition and the consistency of the same thing over and over again to never miss.”

**On working with Offensive Coordinator Scott Turner on the sideline:**

“Oh, that's easy because we do it in the practice field. It's just an extension of any other day that we're out here and it's good because you're right there to ask. Oh, what do you think about this? And what about that? You know, it's different when you're up, you know, you still have lines of communication, but standing next to somebody, the communication's a little quicker and easier.”

**On how he continues to develop QB Sam Howell in the regular season:**

“Yeah. Great question. You know, when somebody gives you such a talented player, you got to find ways to buy time throughout the week and we do that through, I make sure I ask him questions and meetings and we

spend time Friday after practice. We spend a little time throwing and then Wednesday and Thursday, he has specific things that we talked about doing that he does on his own with a spot throw Wednesday, Thursday. Then we do it together Friday, the red zone stuff and it's been fun.”

**On if QB Sam Howell impresses him:**

“Very much, more his style than anything else. His personality, his character and his urgency every day and he really likes football.”

**On QB Sam Howell’s personality and character:**

Well, you never wonder where his minds at. It's always where it's supposed to be. It's always in the room with you when you're going over stuff or when it's time to, you know, let your hair back a little bit. We're outside and we're joking around when the time's right. But he never mixes. You know what I mean? He knows when to do what, and that's a maturity thing he's wise beyond his years. That way he can read the room easily and you never wonder if he's locked and loaded.