

November 2, 2022

Defensive End Chase Young

On what it felt like to be out there:

"I feel real good, man. Just to really be out there with my teammates, feel like I was part of the guys again, running around, felt real good."

On what it has been like for him:

"I never really had a timeline for real on my mind. It was really just more day to day. Just focusing on the plan at hand. Not really worrying about the noise. Just really worrying about myself, soul searching. Just staying focused. You grind for that long, you gotta stay focused."

On how he felt out there:

"I felt real good. I felt pretty springy. Obviously we didn't have pads on or anything like that, but just getting back in motion, all the pre-snap reads and things like that. Just feeling like a football play again. Felt good."

On getting better with technique:

"Yeah, so really, you know, as I went through it, I would always do little things with [Head Strength and Conditioning Coach] Chad [Englehart], little things with my hands. Working hands and hips. Obviously nothing too crazy cuz I was still improving, but always kept my hands working this whole time."

On if he can play Sunday:

"I ain't gonna go into it. I ain't gonna go into that one, but all I know is I'm sticking to my plan. I feel good today. Like Coach Rivera was saying, it's always that next day, how my knee is gonna feel, how it's gonna recover. So, it's really just day to day. I mean, I wanted to play in the first game."

On if there are any limitations:

"I'm confident. I mean, I was out there, I felt springy, man. We didn't have pads on, but, you know, I think Logan [Thomas], we had turned up just a little tad bit and I said, Okay, that, that felt good. I might be able to turn up for real, you know what I'm saying? It was really exciting for me too just to know that I'm getting back to doing what I love to do. I'm just taking it day by day. When that time comes, it's going to come."

On his reaction that Co-Owners and Co-CEOs Dan and Tanya Snyder have hired Bank of America to consider potential transactions of the team:

"Yeah, I mean, I feel like we just lean on our teammates in the locker room. We really don't pay attention a lot to the outside noise cuz we have so much stuff we have to do inside the facility to win games. We really, uh, we just, we stay the task at hand, got the blinders on and that's really how we rocking there."

On Assistant Defensive Line Coach Ryan Kerrigan:

Oh, that's tough. Shoot. Growing up playing the video game with RK, then playing with RK now RK is coaching me. I feel like it's a dream come true for real."

On his expectations for how he thinks he will play when he gets out there:

"If you know me, you know what my expectations gonna be for myself. It's all about just, uh, it's coming."

On the guys getting healthier in the second half:

"I guess when we all play together, we was talking about it today. Having Jahan [Dotson] back, Logan [Thomas], me, Cole [Holcomb], Just nod the head, the head nod."

On if there were moments where he couldn't wait to get out there:

"Yeah, I think a few games, like when the game was getting real crunchy, just like last game. Some games I wanna play in. I'm glad to see how my team, teammates, how they can overcome adversity. We got it done. But that was definitely one I definitely wish I could have played in if I was healthy. Yeah."

On how tough the process was and who his biggest inspiration was:

"I would say it was tough. I ain't gonna say it wasn't tough. Obviously the first serious injury I've had. Every day just stick. It's a slow grind, real slow. Especially when you first get surgery. I couldn't walk at all. I had everybody, somebody had to help me do everything. As it progressed, I just found out that it's always light at the end of the tunnel. It gets dark just so your light can shine, how I like to say it. My biggest inspiration, I feel like number one was God. I feel like I did a lot of soul search while I was hurt. I feel like I got closer with him. Like they said, he gives his test to his strongest soldiers. Yeah. So I feel like I'm one of them. I feel like nothing can break me, especially when you have him. I guess the next person, probably my dad. My dad, he always was throwing me nuggets, every couple days. Just making sure that his son was good. My dad helped out a lot."

On if they have had to tone him down on scout team:

"I ran the scout team today. Go, against big [Charles] Leno. He gave me some real good sets just to get back into it. Yeah, man, I feel good. I felt like I was coming off the ball, good, low. I'm gonna take it day by day and I'm gonna see where I'm at with it."

On the defensive line and what they have done so far:

Outstanding. I'm proud of all of 'em. Big Jon [Allen], Big [Daron] Payne. I'm screaming all day long on the sideline for 'em. It's always good to see your brothers go do it."

On if he anticipates feeling any pressure when he returns:

"No pressure. No pressure. I feel like I've been pressured most of my football career if I say so. Kind of to that point in my life where I tune, I'm tuning it all out. I don't care about what anybody says. I'm just focused on me, my teammates, my family."

On what kind of soul searching he had to do:

"Yeah, really, you just get a lot of time. I just had a lot of time on my hands. Even when I got my surgery out in Florida, just waking up. Everything was just slow, slow moving. I'm in the crutches, going to the car just real slow moving. Everything was slow. And when I would get back from doing rehab, I would have all day. I mean, I just couldn't run around doing stuff. So I would just sit there all day. It was like I had to find something to do. I feel like just during that period, I think it just happened naturally for me, honestly. I didn't try just, I started thinking about certain things in my life every day. Things that I'm just grateful for now, like, just jogging, you know? Because I couldn't jog at one point and I'm like, Bro, I gotta be able to jog, man. You know what I'm saying? I be thinking if something happened, I can't even get out, you know what I'm saying?"

I'm stuck. That's things I'm thinking about. I'm glad that, honestly, today I was just glad I was out jogging on and off the field, you know, laughing with coach, just being in the mix, man. I haven't been in the mix coming up on a year, not playing football. I'm blessed and just excited to get things going again.”

On if he learned anything about himself during this process:

I think the biggest thing that came out of it was patience. Knowing that it's just on God's time, not my time. Things happen for a reason. We never know why they happened but what I did was I tried to find out why it happened. I tried to just think about what in my life, this happened, that happened. But I just, at the end of the day, I know it's all on God and I know that he's in my corner. I don't even look at it really as a setback. I just look at it as a test from God, you know? I can come back stronger.”