

July 28, 2025

CB Trey Amos

On early impressions of camp and things he's adjusting to:

"I feel like just trying to get comfortable early and understanding the defense, getting to know my players, getting to know my coaches and just trusting them and trying to gain respect. I feel like that's, that's the type of mindset I've been having. Day by day and just earning respect each and every day. I'm on the field and off the field."

On adapting to on the field play:

"I feel like it's just everything that comes to football, you just got to go over there and do your job at the end of the day and just be yourself. I feel like everything will fall into place after that."

On what he's been able to show on the field:

"I've been showing my man coverage, my techniques. Just going out there and just competing, being physical at the breaking point. Just being a person that can just show up anywhere and just do their job and be accountable."

On getting guidance from CB Marshon Lattimore:

"Well Shon, he gave me a lot of great pointers throughout his career. I talked to him. Just learning every aspect of the game. I appreciate being in the room with those guys, each and every one of them because I feel like we are all building a great bond as a whole. Just keep on building that chemistry and I feel like we're going to have a great DB room. Everybody wanting to compete for one another during training camp."

On his relationship with Defensive Coordinator Joe Whitt Jr. and what he's asked of him:

"He's just like, 'don't let nobody catch the ball on you'. That's [laugh], that's the main thing. I'm just trying to do my job to the best of my ability at all times. Sometimes they might catch a ball on you just know that they have to earn it. Going against me. You just got to keep on playing, keep on chopping regardless."

On what he's learned about himself during the offseason and his approach for this season:

"I feel like for me, approaching the game, I take it so seriously. Just trying to stay focused for as long as possible so I can get where I need to go. I feel like routine wise, coming in early, talking to the new coach, not the new coaches, but the coaches. Just asking questions so that it can be second nature."

On his first padded practice:

"It was great. It was great to have the pads on getting off of blocks, using our shoulders a little bit. Haven't had that in a while. Everything's been great."

On the technique transition from college to professional football:

“I feel like there's little tweaks in the NFL and from college. You just have to trust your coach. That's what I've been doing and trying to maximize my skillset each and every day. Pretty much you just got to go over there with a great mindset and try to learn that technique that the coaches want you to do. I feel like they wouldn't put you in the worst position if you just listen,.”

On joining the team while there are growing expectations surround it:

“The expectations for right now, for training camp are just go out there, compete, get better each and every day. Just trying to maximize everything. Building chemistry, just being with your teammates each and every day. Sometimes it can be hard, but you're doing the hard stuff with great people. That's what I heard. I'm loving it for sure.”