

August 10, 2025

## **Head Coach Dan Quinn**

### **Opening Statement:**

“Alright, hello everybody. One of the greatest privileges that comes with this position, it's allowed me to grow my relationship with the military. My thoughts were all over the place kind of driving in, still frustrated some from Friday and remembered it was military appreciation today and I was like, ‘Hell yeah.’ And they're expecting almost 4,000 active duty and service members and families here. So, what a cool day. If I've told you all the things I've learned from military people, we'd be hanging out all day. So, I thought maybe I'd share one that's been super helpful for me. And they're called after action reports, and anybody in the military would tell you they know exactly what that is. I see David [Harrison] over there nodding his head, and I've applied a lot in my football world to that. What went right, what went wrong? What would you want to do different? In that space of assessing it, there's no levels; it's just ideas and thoughts and ways to do it better. It keeps the emotion out of it and allows you to focus on the task at hand. How do we go get it better in the process? You've heard so much over the last year and a half about the Commander standard, and much of that was born from an idea of a Navy Seal ethos or a ranger's creed, and we never compare what we do to what they do, but it does remind me, recalibrate and get back to our standard. I thought I just wanted to share the military with you today and how pumped I am to have them here and glad to get it rocking with you guys.”

### **On injury updates across the team:**

“Yeah, so I'll have a better update for you Tuesday on some of the injuries as we'll get through it. The players that didn't travel to the game all were here and did rehab things. And like I said, by Tuesday, I think I'll have a better sense for what the next block looks like for them. We have an important couple days here with Sunday, Monday, Tuesday, and then we kind of get into the next block for Cincinnati. One thing I can say is that [T] Lucas Niang did tear his ACL, so bummed on that part. I wanted to give you that update. He had really done a nice job for us in a short time, so we're really bummed for him. At offensive line to come in and learn it and being ready to go play, it sucks in this chapter, but there's a lot more for him out there. But wanted to acknowledge that today.”

### **On cleaning up mistakes from Friday's game:**

“Yeah, fortunately there's a process, really, that we go through when it goes well and when it doesn't, like on Friday. And we call it “Tell the Truth Monday.” It happened to be on a Sunday for us, but these are the things that we saw in the game, these are the things we want to identify, it helps. Then you can say these are the things that we want to work on this week as players and as coaches. Then you flush it to say, ‘Okay, talk about it, identify it, and you work from there.’ So, we did that today and then this afternoon it's kind of on to the things we want to improve upon. A lot of new Commanders in their first one, some hit the standards, some didn't. And that's the good part about “Tell The Truth Monday,” you point it all out.”

### **On the team's depth:**

“At certain ones I feel like, man, there's really strong ones and that sometimes happens. I see that at running back and at tight end, defensive line and then there's others, okay, keep digging. In fact, we have a workout later on this afternoon, post-practice, to continue to look at some guys. And one thing I've

come to really appreciate about [General Manager] Adam [Peters] and his staff is if there's a chance to get better, we're going to dig in and find ways to do that and we'll continue to do that.”

**On the team’s strong position groups:**

“Yeah, I really like the group of safeties. I think that's one that jumps out to me from not just playing on defense, but their role on special teams, so that part. At corner, I feel stronger than we felt before. So, those would be two that jump out to me. And running back I would say, if there was a third one to throw into the group. There's a lot of competition and even though the game happens, it's good to remind ourselves, man, there's a lot of camp to go for us, evaluations, and practices this week into a game, next week there is a joint [practice], and next week a game. So, the next two weeks as coaches and players, it's a lot of fun and you really push it to see where you can take it because opportunities are there, but you do have to go take it.”

**On the special teams mistakes from Friday’s game and on how to correct them:**

“Yeah, you're right on. That's our flagship on the special team side, especially the kickoff and the kickoff return. We take great pride in that and so to see that not go down, first thing man, acknowledge it, put it up, show it, show both of them, where the errors were. Good news, this is how we also fix that, but it was important to show that. It's important to say when it's right, but it's important to show this isn't to the standard, this is how we've gotta do it and I'm certain we'll get that fixed.”

**On how QB Jayden Daniels has evolved as a leader during training camp:**

“Yeah, I think at the position you want to see making others around you even improve and the way you get better. He's so much clearer on the communication to teammates, whether it be a route or a standard of things. And so, I saw it last year with [TE] Zach [Ertz] a lot because this part of the route, now you see it with other players as well. I recently saw it with he and [WR] Deebo [Samuel Sr.], working a specific route against two specific coverages and they did a good bit of that pregame. So, I think that's the step, not only is he going to handle himself, we know that. And then how do we make others around him better, I think it's the conversations, the deliberate practice on a specific route or a specific skill, those are the things that I've noticed.”

**On K Matt Gay and on potentially bringing in a second kicker to compete with him:**

“Yeah, totally fair question. It's not where we're at, but we've got a lot of faith and belief in Matt and there's a lot for us to get better at. And at that position it's technical and you gotta make sure the issues are really strong and really capable to go and I'm certain he'll do that.”

**On mapping out the 53-man roster on his own:**

“Yeah, I think it's important. Think of it in two ways, a 53 and a 70, to say who in your mind might be there. And it's fun to – sometimes I'll snapshot it with my phone and see where I'm at in the spring, where am I at now? What may have changed? And there's certain ones that you're still like, okay, this or here, back or forth. And I'd say those are the ones that allow you to really focus in on a few of them. And it may be ones that you're not thinking of. It's an interior lineman, it's ninth there, this spot here. And so, it makes you think – it makes you dig in a little harder. I like doing it. I don't put a lot of stock into it, but I do it because I like to compare what's changed. I want to have fresh eyes for when real competition presents itself and people take it. And so, I think if you close your mind to it, you're not going to be open to that. I don't want to pass judgment on somebody too early. And so, I try to allow myself the space to do that. But yeah, I do the same exercise you guys probably do.”

**On WR Jaylin Lane as a punt returner and on his performance against New England:**

“Yeah, I've seen, specifically from Jaylin, I've seen real confidence back there. When you're talking about a returner, oftentimes it's quiet feet, the way that you're approaching the ball. With [P] Tress [Way], it's a

difficult punt. He can angle, it's lefty, lefties are just weird and it's good but I've seen him really respond and we try to put him into the stress to do it. But he's off to a really good start and as a receiver as well."

**On the perspective of Friday's preseason loss:**

"Yeah, I'm probably not as good at that. I would say there's really a standard that we want and when we nail it, I'll say it and you may not be able to control the outcome or the reps, but we can control our play style and I am certain that will look different."

**On the team's competition level against New England:**

"Yeah, we have a process. So, we like to, after the game, discuss it all. We call it "Tell the Truth Monday." And it's a time not to place blame, but to show the examples of what went right, what didn't, what needs addressing, how do we work on that. And then lastly and probably most important, what's the action you're going to put behind it? To say, if this happened or this technique or this false start or this penalty, acknowledging it's one thing, but then now here's the individual plan to say this can't repeat the mistake. And that's a process that I like to put together with them and knowing, 'Hey, this is style, the identity. We have to have that part right first above all.' Penalties and field position and not getting enough takeaways, being minus, those are all things that contribute to why we didn't win. But above all else, I want to make sure our play style is right, the running, the hitting, the physicality, that's above everything."

**On CB Mike Sainristil's growth as a player and a leader:**

"Yeah, both ways. Off the field, he's ready to take that step. We're fortunate here when you look around, he's got some excellent teammates to discuss in to that space. Whether that's a [LB Bobby] Wagner, a [LB Frankie] Luvu, a [LB] Von Miller, Reavo [S Jeremy Reaves], and now seeing that emerge in the secondary with him and with others, he's early and doing the extra. So, as a leader, you better walk the walk. If you say we need to do this and you're not doing that, well guess what? You ain't a leader. You have to match it. There can be no gap in what you say and what you do and I think that's important that Mike, he definitely understands that there's no gap. I've been pleased to see that. We're playing him both inside and out, the ball skills are some of the things that make Mike unique. He's got instincts and it was good for us to work, we played a lot of man-to-man on the day of the practice, good matchups, different players. I love that he was talking to the McCourty's [in New England] and asking about film and things to go. That's pretty much who he is in terms of being curious and wanting to get better. He absolutely lives it."

**On the run defense against New England:**

"Yeah, I won't lump sum it because there were some that I really liked. There was a fit between [DE] Jacob Martin, [CB] Noah [Igbinoghene] and [S] Percy [Butler]. It was just right, and then there were some others that weren't. So, I won't blanket say this part did well or not. So, there were some things, like I said, in there that I was like, 'Okay, that's what I'm looking for.' And then, like I said, on some others to say, not to the standard of how we want to do it. It's important to go through all of those because then you have something to assess too, to say, 'Okay, did we get better into that spot going into the next week and the next practices?' I'm glad that we got this experience. I don't like, at all, the results of it. Every coach wants it to go just right and like most things you're upset at the moment, and you go back and I found out this is what I liked, this is what I didn't, is how we're going to go get it corrected. And it's almost customized to an individual player or technique. And if we can get that part right, then I would say we're making a big stride."