

October 31, 2025

Head Coach Dan Quinn

Opening Statement:

“First off, I thought what a cool weekend that we're really honored as a team to be a part of and see number 81 [Former Washington WR Art Monk] being retired by the team. Man, what a cool thing. And that receiver, when you hit it at that big, such a cool thing. He's truly a heavy hitter here and for us, throwback jerseys, there's just a lot, cool weekend, great matchup. Captains wise, on offense will be [TE] Zach Ertz, defense, [CB] Marshon Latimore, and on special teams [S] Percy Butler. All three of these guys, just thought a lot of resilience and I know they'll set the tone coming on Sunday night. So, all that said, ready to get rocking with you. Maybe the last note, injury wise, I know we ruled out [WR] Terry [McLaurin] earlier, but also rule out [TE] Colson Yankoff.”

On having QB Jayden Daniels back:

“Yeah, Jayden will be back and yeah, we're all pumped for that. He's just got unique way about him, elevates the others as we're going through things. He's just, it's hard to defend with two plays that could take place, gets outside, running and passing and so, really pumped to have him here.”

On expectations for T Laremy Tunsil and DT Jer'Zhan Newton:

“Yeah, both practiced today. So, we'll see how they respond but I was pumped to have them both out there getting working today.”

On if Daniels looked like himself throughout this week:

“Yes, full speeds, that, and so we pushed him a little more than others because just the short week for him wasn't the same as for the other guys, so we wanted to hit top speeds and go for it. So yes, definitely hit him. It was good to see him throwing, running, just he really looked like himself.”

On how WR Deebo Samuel Sr. has looked:

“He looked much like back to himself as well, so that was a great thing to see yesterday. And I remarked with him post-practice and again today and you felt his speed, the explosion and so that was really cool to see. There were no limitations on him in the practice. So, that's a really big deal for us.”

On what stands out about Seattle:

“Well, I thought number one you said it right, having balance and from offensively run, play pass, obviously the big shot plays and explosive plays that are coming from that. The thing I've been impressed about defensively is their front, they're a big, deep crew, feature guys in different spots inside and outside. So, solid return group, specialists as well. So, it's a hell of a matchup for us.”

On the offensive line:

“So, I said we're hopeful, we'll find out with Laremy where we're at, but I was pleased to see him get in today. And for us that's a big deal too, to have balance. It doesn't mean that you come out

running your first three plays, doesn't mean that at all. It means having balance throughout the game and winning in those spaces. So, we had a good plan, like I said, they got a good front and we're definitely up for the challenge.”

On what he wants to see improve on the defensive side this week:

“I think the third step, we still had a few explosives and so that's the one. Can we get rid of a poor eye discipline or something that could just cause them a big play. Those are the ops that we've gotta be able to nail and that's just play after play after play. Those small details, those ones to hit on. And so, that's what we've just been hammering home. I like the speed of practice, what I saw, especially yesterday. I like us going after the ball and that having that edge to it. But that's the last piece, if you can create takeaways, if you can tackle well, and then the third piece limiting the explosives and one does factor into the other, the better you tackle the less chance of an explosive play that you have. So, we're working hard to make that last piece really come to life.”

On if he's surprised with the number of injuries this season:

“Just injuries in general, you go through them, it's adversity and sometimes even positions get hit harder. For us this year it happened to be receiver and defensive end we're the ones that just, okay, let's work it ourselves through it. But we've got a process that we go through to get ready. But yeah, you don't like to see, you pray that you don't have them, but you know you're going to and you just try to stay on top of them as best that you can.”

On G Sam Cosmi and T Josh Conerly Jr.:

“Yeah, and it's a great question by you because those were the ones I was hoping could we get more time, more communication, more things together. It's combinations, it's working side by side with somebody. So yes, they've done it in the meetings, yes. But I really felt when Sam got back on the practice field, that started to ramp up more and more. And so, the last two games, to see him back in it, I thought he showed a lot of confidence in himself and coming back from an injury. So, I was pleased to see that. And I just think the two of those are going to be parked together there for a long time. And so, the more they spend together in concert together the better we'll be.”

On the defensive communication:

“Yeah, it's a good question, but it's a loaded one for me because I always think there's another place to go. And the reason I say that there's pre, there's post to how do you go? And so, we limited some calls just in our overall volume and part of that was just so we could process faster. It wasn't that they weren't able to handle it or any of those things, but just a little bit less to go a little bit quicker and where we could just really go. And I saw that last week, that was the first time that we really trimmed that down. And so, that's what I want to see better. I always want it really high pre, post the communication and we're growing in that way, but taking some out I think also helped. Some calls require more communication than others, so I wanted us to have vision, play quickly and if we can do that and we can tackle better and create some takeaways, that's a surefire way to start playing better.”

On Lattimore's impact:

“Yeah, and I think going back to last year I'm sure it was difficult on the trade, just number one. And then being injured for that process to start, that's just not the easiest way to go. But this whole year is from training camp on it's been cool to see him, the guys connect, what they need, their ability to talk with one another. And so, I felt it with [CB] Trey [Amos], him, their connection, [CB] Mike [Sainristil], [CB] Jonathan Jones I think has been a big part of that with the group here. So, I like the

fact the corners, they spend a lot of time together going through routes, going through different concepts. And [Defensive Pass Game Coordinator] Jason Simmons is kind of right in the front of that. He and [Assistant Defensive Backs Coach] William Gay with the corners specifically. And I've liked what the group of them have done together. As far as Marshon specifically, I thought last week's game was his best in the year. And I love his competitive spirit, the guy's a fighter, he's always down for it. And so, those are a few things that that come to mind.”

On disrupting the connection between Seattle Seahawks QB Sam Darnold and Seattle Seahawks WR Jaxon Smith-Njigba:

“Yeah, when people are that way, there's communication, timing, all that. And so, you have to find ways to disrupt that. If you allow those easy timing and throws to take place, you can see what's taken place. So, we need a lot of contested catches right at the catch point where you can go battle for it all the way through, but they've definitely hit the marks, you can see that.”

On S Will Harris and on him being around the team:

“Yeah, it brings a lot, honestly, and goes through different parts. [DE] Deatrich Wise has been back in the complex with the guys, that's been nice. [DE] Dorance Armstrong has his surgery recently. And so, when he comes back adding that value, but Will specifically, it's been remarkable to see his healing and coming back and getting the running. So, the first time I got a chance to spend time with him was when we went out to LA, he had the procedure there, stayed there, and we met there and then he came back shortly after that game. So, to see him making this kind of progress and seeing the run, you see the confidence taking place, he's itching to really push it. So, that's a big deal. We've definitely got guys that are hungry to get back. [WR] Noah [Brown] and Terry and Will, and guys like that, that are just, they can add a lot and so they're pushing it hard, so it does give you a lift for sure.”

On the defensive backs against Kansas City:

“Yeah, we thought going into the game against Kansas City last week, being on top of the receivers was going to be big. They had terrific speed to get outside. And not every matchup is exactly the same, how they feature the players, but knowing the strengths, how they match up, what certain things do people do and how do you go defend them? That's a big piece of it, but I thought at the end, man, in this game we also got to be really good tacklers. And so, that was going to be a big piece for us going into the game but on top of the receivers, just in terms of the coverage, I thought the outside guys specifically were really on top.”

On the experience of acquiring players at the trade deadline:

“Yeah, I just try to put myself in their shoes a little bit, on both ends. So, on the trade, when somebody's leaving, that's usually a difficult conversation as well. Not quite the one at the end of training camp where you're releasing a player into that space, different, ‘Hey, this is what the team is going to do and try to make it.’ But you could tell the players feel some kind of way, which we all would in that same spot. And then for the player that's getting here, I think the number one thing any organization can do is help get rid of the distractions early and paint a clear picture to the things that are most important, where they living. How do you get to the facility who's, I just know I can go talk to this person, they can help me get aligned because you go to a new city, a new system, new coaches, new people, and so just remember, man, just write a whole list of questions. You don't have to ask everyone, but at the end of the day, you might have 15 things. What is this? How do we do that? And then if you can, you can assign somebody that there to help them as a teammate. Man, just stick with Reavo [S Jeremy Reaves], he'll take care of you. Where we're going,

what we're doing, how do we do it? So, if you can do those two things, I think it provides the best runway for somebody because it's definitely not easy. If the system is similar for an offensive player or a defensive player that can help, but there's always ways to learn it. This means this, this means that, if they don't have the same language but eliminating things. What's the most important things? So, that's been my history of it and if you can do that well, I think it gives the player a real chance to go. But it's an unusual thing to be added to a team, like all of us, if we were dropped into a new organization tomorrow, 'Holy shit, who are you? What do you do here? [laughs].' But it's also, for the guy that's going to a new destination, sometimes they feel a new energy and sometimes a fresh start is needed for people into those spaces. And I've seen that work as well when, hey, whatever happened, in different, new space, new people. Sometimes that works but I'd say it's probably individualized to the situation most off."