

November 14, 2025

## **Head Coach Dan Quinn**

### **Opening Statement:**

“Today, you want to really ramp your speeds up as you're getting closer so you can get more and more towards the mark as we're going to go. We also name game captains on this day. So, each game we named three captains that will lead us. And so, on offense [T] Laremy Tunsil and I thought just described him as consistency in all the work that he puts in. It shows up on game day, that consistent work. On defense it'll be [DT] Johnny [Jer'Zhan] Newton. And so, JZ, he's growing, resilient and that's a guy that's got a lot of battle to him. He's been banged up, played hurt, went for it. A lot of guys lean in, man, and he's one that does that. And then on special teams [LB] Nick Bellore, I thought the speed, the hitting, what he demonstrates on that, on the cover unit, it's going to be a big part of this game and field position. So, Nick will lead us in that. And so, as far as the week goes, we've had our head down getting ready but one thing that's cool to share with you is our stadium, it's actually right near the hotel and you feel the energy of this great city and the game. And so, we're really pumped to be part of the first game in Spain. So, ready to get rocking with you guys and get started.”

### **On what it means to play in the first NFL game in Spain:**

“You know what you do, on the bus rides over to here, to the practice facility here, and you go right past the stadium, man. It's the coolest on the way here, maybe it's a 15- or 20-minute ride, but that's when it hits you to say, okay, because you're in the hotel, you're just kind of going, you're in the meetings. You could put that meeting space anywhere. It's going to be the same of things that you do, but being out and knowing that, hey, we get opp to do something that's first time here, that's not lost, and we discussed that in the meeting today. And what're a great opp, man, you really gotta go for it. But yeah, we're pumped to be a part of it.”

### **On if he enjoys going up against coaches he's previously coached with:**

“Good question, I don't have a preference of somebody that you know or somebody that you're super close with. That happens in coaching where there's some guys you're close with, but on that day you're trying to go after them, like two brothers that are fighting, like, no, no, you're not getting the upper hand, I'm going to get the upper hand. So, I don't have a preference on that but knowing [Miami Dolphins Head Coach] Mike [McDaniel] and going against him from the offensive side specifically, this guy's got a great mind. He knows how to attack. He's very well versed, run game, passing game, so we'll have our hands full, but no preference going or not going. Oftentimes the division games get more intense because you play them twice a year, but they're all good.”

### **On the biggest challenge for CB Trey Amos making the jump from college to the NFL:**

“Yeah, it's a great question. And oftentimes, the biggest adjustment, especially for the position that Trey plays, it's just the absolute speed that's on the field in the wide receivers in the NFL. So, he adapted quickly in terms of learning it. You could tell by the time he left the end of the preseason and came back for training camp, man, he was ready and he really went for it into that spot and

earned a starting job because of that. And so, part of that competition is going through training camp and proving it and going, and he was certainly up for that challenge and delivered.”

**On working with Defensive Coordinator Joe Whitt Jr. and on working on fixing execution in one week:**

“Sure, well first off with Joe it's different but it's also really familiar. And he's somebody that I really respect and enjoy working with. So, having that space to go back and forth, that we know what that can vibe, that helps because not having never done it before, you'd feel a little feeling out process, but we know what that battle rhythm can look like together. And it'll be all of us, man, to play like we want, the consistency, that's coaching, that's players, that's all of us. And so, I was clear on that in talking to the team about that too.”

**On the connection between the players this week and on practice this week:**

“I liked it a lot today in terms of the practice. It was our most speed of the week. We called on that last night to make sure, ‘Hey, this has to be part of our practice, this has to be there.’ I like that the guys connected this week, obviously, doing their thing on their own dinners and that, the coaches were not involved with that, but their time together and also some of their families here too, that's a big deal. So, what I wanted to see by today was this, and communication, the speed, the execution, and that's what I was shooting for today. And so, that's gotta carry through into Sunday as we get kind of the final preparations over the next day.”

**On how he continues to motivate the team:**

“Yeah, we definitely have had those conversations in a big way. We haven't hit our marks that we want to, and that's really important to us to find those standards together. And when you have them as a team and you fall below them, ‘Hey man, what do you want to dig into?’ Because you can't just keep talking about it, you have to find your spaces to go do that. The best part about this game, it's the ultimate team sport. So, you rely on one another to get that done. It's not one person that's going to, ‘Okay, it's just here and this is the reason.’ So, collectively, I enjoy that process of doing that together and that's what I want to see from our team. But as far as the motivation for that, it really comes from within and how we want to play together.”

**On what he learned about the logistics of an abroad game and on having an abroad game every year:**

“Here's what I liked, there was a lot of thought that went into it. Even going in, ‘Do you leave right after a game and get there?’ Not a lot of people had done the research of if you went on a Monday and you flew overnight and being there. I personally like getting the team together. And so, I don't know if there's a science behind that, but I know what that energy can look like when you connect. So, having a time to go through that together to get here. I knew Wednesday you'd get going, not full speed, but yesterday we got to get full speed, today full speed work. I think that helps leading into a ball game, so I think you could do it. You have to be thoughtful about it, about when you go and when you don't. But so far I liked this feeling and the idea of leaving on the Monday night, Tuesday you arrive here in the morning, tried to keep the players up, had a workout, could do some things, so then go to bed Tuesday night to get into a normal routine. We knew it hurts a little bit in the beginning of the week, but then as you get closer to game day, man, you're ready to perform. And so, I think if you could do it, yeah, I think there's a way depending on where you go, I guess. But the people here have been really on it, operations, when to get here, the staff, the security, you can just feel everything organized and so I like it.”

**On why new fans should choose the Washington Commanders as their team and on what it means to be a Washington Commander:**

“Yes, being a Washington Commander at the core means being an absolute warrior, and that's what I want all of Spain to see. And so, every Commander fan that will be made over the weekend, that's a big deal. We actually talked about that. We get to put that on full display for the country and we hope to earn that respect in this game.”

**On the running back by committee approach and on if RB Chris Rodriguez Jr. will get more playing time:**

“Yeah, you'll hear a term that I'll use that, it's called a hot hand. And what that means is sometimes somebody's feeling it or has a better feel for it on this game or this scheme, and we'll lean into what would be considered a hot hand. The good news, these are three competitors that really support one another, so that makes coaching them, pushing each other, taking it to the next space, really important. Where Bill [RB Jacory Croskey-Merritt] is a rookie and they're helping develop him, J-Mac's [RB Jeremy McNichols] the most veteran of the group and has the most insights to share, but he's very consistent. So, hot hand would be the way I would describe it. And they all get some carries, but someone usually establishes themselves. Doesn't have to be for the whole year. Sometimes it might even be just for that game, and we've got confidence in them.”

**On the difficulties of having an abroad game:**

“Sure, the toughest things is probably adapting to a new environment where the guys come to train and practice. And so, how to get that all set up. When you're on a normal road trip, you practice at your own facility and then pack up and go play. When you do an extended trip, now there's where do I go for treatment? Where do I go for the recovery work, the locker room? And so, finding those spaces and getting into that vibe, it takes a few days. And so, the first day coming, where do I go to change? Where do I go to do this? But if you have a few days of that, then you can find the routine. As any ball player would say, routine is very important. And so, the more quickly you can adapt to that, you can get into that routine, I think anywhere. But you do have to have the discipline to go through it in each space.”

**On if he addresses any political topics with the team:**

“It's not a topic in our locker room. We have, in the NFL, a month dedicated to recognizing military men and women and it's called salute to service. And during that month it hits differently in Washington D.C. because there's so many military leaders. So, seeing all of those leaders at the game, including the President, I thought what a cool honor to be part of the NFL knowing that they support so much of the servicemen and women. So, I was certainly proud to be a part of that. But as far as the politics go, the guys really stay connected on through the events that are most specific to them, and oftentimes you don't want that to be a division. And so, on this particular team it's a very tight connected group.”