

December 16, 2025

## **QB Jayden Daniels**

### **On his reaction to not playing again this season:**

“It was obviously disappointing. I'm a player, I want play, but I wasn't medically cleared to go and sat down to talk to DQ [Head Coach Dan Quinn] and AP [General Manager Adam Peters] and made the decision.”

### **On how he feels:**

“I'm getting better. I mean, like I said, I didn't meet the markers to be cleared for contact to play in this game, so now it's just focused on getting healthy and preparing for next year.”

### **On what this season has been like for him:**

“Frustrated, disappointed, a lot more emotion, but probably a lot of adversity that I've dealt with on the field for the most part. And just trying to learn and keep moving forward.”

### **On what he's learned about himself this season:**

“Man, I'm really haven't sat to reflect, but I'd say the main one is it's not easy to rehab and get back out there, especially after something so traumatic like that. So, just the perseverance and really just the passion, the want to, to be the best version of myself for my teammates.”

### **On if he would have done anything differently during the rehab process:**

“I mean, yeah, I would be healthy, that'd be the main one [laughs]. But no, man, I just gotta go with the battles and obviously it's the story that had written out for me, so I would move on, move forward and learn from it.”

### **On what felt different after the Minnesota game:**

“I mean, adrenaline is a hell of a drug so that's a big one. But things changed when stuff settled down.”

### **On how engaged he is in the game plan this week:**

“I mean, that's my focus, man, being the best teammate for [QB] Marcus [Mariota], being the best teammate in the locker room, anything Marcus needs to be there for him. And just how supportive he's been for me in my career, exchange roles and do that for him.”

### **On what he can learn over the next three weeks:**

“Man, I mean, just continue to get better and see the game from a different lens. Ask questions, as many questions I can. Kind of have that time to really sit there and maybe ask DQ about situational football or go talk to the DB coach, Simmons [Defensive Backs Coach Jason Simmons] and all those guys to see what they're thinking and how they would call this and what are the rules and principles. So, there's a lot I can learn.”

**On if he's surprised at the number of injuries he's had this season:**

"Yeah, I have been surprised [laughs]. I mean, nobody wants to be injured. You work so hard and put in so much work daily and in offseason to get to this point. So, it's very frustrating for people to deal with injuries."

**On things he can do in the offseason to help avoid injuries:**

"That's a tough question. I mean, I can't really avoid the injuries that I've dealt with, those are just freak accidents. So, you kind of reevaluate after the season."

**On who's been instrumental in helping him navigate through this season:**

"My family in general. My mom and my dad, they try to pry things out of me and everything. So, they make sure that mentally that's probably the most important thing for me, especially dealing with something I haven't dealt with before. So, it's this new territory for all of us and they've been by my side and really just helping me navigate the things."

**On what he will work on in practice over the next three weeks:**

"I'll be out there practicing whatever they need me to do. [If] I gotta do scout team, I'll have fun with that and get the best looks and really just be out here, like I said, be supportive of all my teammates and still be engaged and bring some energy."

**On if the type of injuries he's dealt with add to his frustration:**

"Yeah, I mean, the one game I missed for my hamstring, and my knee, obviously my elbow isn't something that you can really necessarily prepare for. So, it's most definitely frustrating and at that time, very I would say traumatic, stuff like that. You never know what you do, you see different things. So, I just gotta just move forward and get ready for next year."

**On if it's difficult listening to everyone's opinions on what he should be doing:**

"We in a time where everybody has their opinion, everybody can talk their own opinion, doesn't necessarily mean that I have to apply it to my life or I have to follow it. For me, it's just all that matters is my inner circle in this building opinion. People going to have an opinion whether you do good, whether you do bad, your on the field, off the field, you kind of just brush it to the side."

**On when he knew his elbow injury was still an issue:**

"I woke up the next day. That's kind of when really everything settles down and I just woke the next day, I did some tests, I felt it in different things, and just kind of being honest going forward because longevity is a big thing. So, want to be smart with this type of things."

**On how tough this situation is:**

"Super tough, man. I don't want to miss games at all. It's been frustrating being associated with missing games. I want to be out there helping my teammates as much as possible, so it's just been a frustrating year at this point year, but you learn from it and you move forward."