

January 5, 2026

## **Head Coach Dan Quinn and General Manager Adam Peters**

### **Opening Statements:**

DQ: “All right. Good to see you guys. As we're getting rolling, I think as the season's over, a lot of [people] would say, ‘Alright, now what?’ And for AP and I, we would say, ‘Man, it's just the beginning. We got a lot of work to do.’ And I know you'll, ask what changes are being made? And we're not able to go there yet. Everything needs to be and is being thoroughly being examined and discussed. And really our work is answering the question, what went wrong and what do we need to do to fix it and make sure we never go through this again and a season like this. And so that's our sole focus and what's kind of going to be driving us in the weeks ahead. So just wanted to kick that into gear with you. I know AP will hit a few things, and then we'll get the whole thing rocking.”

AP: “Just to echo what DQ said, I mean, this season was a disappointment in a lot of ways and certainly didn't meet our standards. And you know, we're going to do everything we can to not let that happen again. And that starts today with this offseason. So, ready to attack it and ready to move forward. And whenever you guys are ready, go ahead and hit us with some questions.”

### **On when he would like to get offseason changes finalized and on assessing coaches and coordinators:**

DQ: “Yeah, for sure. It's after hard seasons like this, hard decisions are made, but you want to go through everything from evaluation, the communication, the performances, and so we begin that. As coaches and coaches and scouts, we get together, we talk a lot about the players. We had the exit interviews today, so Adam and I also visited with a lot of players, and that's part of how we're gathering all of our information. So, all of these processes are really important and we just want to make sure we're doing everything we can to make sure we're hitting all the marks to get it right.”

### **On WR Terry McLaurin's contract negotiations over the summer and on changes he would've made with that situation looking back:**

AP: “Yeah, certainly. I think both us and Terry would agree that we would've like to get that done a little bit faster. It didn't happen that way. Certainly, you know there's reasons for that, but ultimately you'd like to get those things done before we did. In terms of where Terry's at I thought, you know, obviously he got hurt early, but I thought he did a really good job at the end of the year. I was really pleased with where he's at. Playing at a really high level right now and going into next year. So really pleased with the end result of the contract. Obviously, you'd like to get it done earlier, and I think that's a good lesson too. Just engaging in those things a little bit earlier and hopefully you get to the end before we did on this one, and certainly, we'll do that moving forward.”

### **On Offensive Coordinator Kliff Kingsbury's performance this season:**

DQ: “We're going through all of all the coaches. Kliff offensively, defensively, on the teams side. And so, that's really what we're digging into to find what's best, how do we do it, you know, where

do we find spaces to improve? And you know, for Kliff, for [Defensive Coordinator] Joe [Whitt Jr.], for [Special Teams Coordinator] Larry [Izzo], for all of us. Like that's our main focus, so we're never in this space again, and that's what we want to dig in hard on.”

**On what they would go back and re-do looking back on the season:**

DQ: “Yeah, there's probably a million things when you think about it, when you don't have a good season, so it's hard to nail it down to one. I would say, looking back, the things that I'm not pleased with is our turnover margin and to not create enough takeaways, not doing a good enough job with the ball. Those are the things that come to mind first. We want to play bold. We want to play aggressive. But that part, you know, do you have more emphasis, more things in for it, that would be one that comes to mind first. The one thing that there's too many to list, there's like paper cuts. Like I don't have the saying, I think it goes like, death by a million paper cuts. There's like when you're in this space, you're constantly evaluating and ‘Okay, where do we go?’ And even yesterday, like I had said, ‘I hope we'd find some of these winning time moments before the offseason’. And so yesterday being behind in the fourth quarter, getting a touchdown, getting a stop, getting another touchdown, defensive stop. That's what I was looking for. And so, to see some of that applied through the practice I was pleased. I thought it was a step in the right direction. We're not waiting till the offseason to get this fixed, like it has to be addressed and worked on. And so, I was pleased to see that no matter who is in.”

AP: “Yeah, I would echo a lot of what you said. I think taking care of the ball, doing a better job tackling but the fundamentals of the game and our play style I think slipped a little bit. But those are things that we really need to hit on and harp on from the very beginning and make sure that we're upholding that standard week in and week out.”

**On needing to fix the roster:**

AP: “I think health played a big part. Certainly, wasn't even close to the only part, but I think starting with a healthy team and really in staying healthy is a big deal. But I feel really good at some spots, but there's certainly a few spots where we can improve and get young, really fast, exciting, explosive talent. And that's what we're doing right now. We're working on the draft and got a set of draft meetings coming up next week, which I'm really, really excited about. Got the scouts all showing us the reports and identifying some guys. We have a high pick, which is something that you don't really want if it's your own pick, but we're going to take advantage of that and try to find a young, explosive playmaker wherever that may be.”

**On potential roster changes with the defense:**

AP: “You know, I think there's a lot of spots. I think where we can look at, I think, certainly another pass rusher would be something we'd definitely be looking for. Whether that's the draft or free agency, I think we have a lot of good options in both of those areas.”

**On traits they look for in a coach or coordinator:**

DQ: “When you're putting a staff together? Like prior to coming here, you wanted to, one, it's the talent of the coach, but also the fit. And it's not a hell of a lot different than like from Adam's side and a player to adding it to the group. You know, you've heard us talk about Commanders and it's really no different on that side. It's the fit, it's the talent. What do they bring that's unique and that's a great question, man. So communicate, collaborate, has a unique skillset to teach. I think that's the, like a number one top of the pile when you're teaching, you know, part of this is why you need to know this specific skill. This is for the game, for the coaches that make it come to life. I

think that's what you see when the players can perform at their best. So, those are a few of the things.”

**On re-signing players from the team while also targeting younger players:**

AP: “Yeah, I think that's something that's been talked about a lot and I think fairly in a lot of aspects but you know, I think you're always trying to get younger and faster, and I think that'll be a big emphasis for us this offseason.”

**On using cap space in the offseason and on managing free agency:**

AP: “Yeah, I think a lot of it has to do with the opportunity and the specific players. Like I think with certain players, when we got here, we did a little longer term deals, three year deals that we haven't done much more than that except for extending our own guys. But I think a lot of it depends on the player, the opportunity and just how they fit. You know, there's a lot of risk I think in free agency if you don't have a ton of familiarity with that. And you know, in the past, places I've been, the biggest mistakes we made were investing a lot in a lot of years into a player you don't really know. So, I think that's where you carry a lot of risk in making a big mistake. So, we'll look at everything individually, but I don't think any of us have any aversion for doing the long-term deals. It just depends on the player and the situation.”

**On the plan to keep QB Jayden Daniels healthy long-term:**

AP: “I think and this might be a better question for DQ, but you know, for me I think is just continuing to, I think from a personnel or GM perspective, is continuing to put good players around him. That's in front of him at the O-Line. It's running backs to control the ball and control the clock and not put it all on his shoulders and get in second-and-third-and-manageable. It's receivers that he can trust and throw to so that he's not holding onto the ball longer and so from my perspective, it's just getting good players around him, getting a good defense on the other side, so he's not, it's not all on his shoulders to win the game. So, DQ can probably talk more schematically, but in terms of from me, I think those are the things that I can and need to do to help him out.”

**On communicating changes they want to make to Daniels:**

DQ: “Yeah, very much so that part. And even after his injury, we specifically said, this is the area, this is what we're going to work on. And as opposed to waiting until the offseason, we decided let's get a jumpstart on that. So very much so will he be a part of it, but I would say not only will he, like we already are going there, and so it's really important we know what he brings to us, what it means to us. I think it's all encompassing, you know, and how we go play the game. So, we're like fully committed to finding ways to continue to do that.”

**On T Laremy Tunsil's impact on the team and on those contract negotiations:**

AP: “Yeah, in terms of the evaluation I think and his impact on our team, I thought it was really outstanding both on the field and in the locker room. He's a great leader, and he is not really up upfront about it, but he's an outstanding leader. He is an outstanding mentor to the other offensive lineman. He's a really good teammate and in a lot of ways you don't really see it because he is not looking for attention. But really, it's been really, really awesome to get to know him and to see how he goes about his business. Incredibly hard worker and then on the field I thought, you know, he was one of the better left tackles, if not the best in the league. He didn't get recognition for the Pro Bowl, which I was disappointed in, but if you look at the metrics, he did a great job. So, that's all to say that we've had constant communication, he's self-represented but he has a team around him

that we have constant communication with and have had throughout the year. So, I think what I can say is we definitely want to get something done with him and sooner rather than later.”

**On what led the team to having success last season that wasn't seen this season:**

DQ: “We're digging in on that as hard as we can honestly so we will never be in this situation or have a season like this again. So many factors to say, you know, how do we play it better? How do we coach it better? How do we live it better together? The reason that, one of the reasons that gives us so much insight for why we're going to play excellent football, it's the locker room. And when you go through a terrible season, you want to see, you find out a lot about guys and you've been in the locker room, you've seen how tight and connected these guys are and how hard they want to fight for one another. So, in the midst of a terrible season, I know that part is right. And if you have that part right then I'm certain with the changes, with the things that we need to do moving forward we're not just trying to be good for one year. We're trying to do it as good as we can for a long time. And man, are there lessons from this season that we're going to apply in '26, '27, '28 and beyond? And that's what I'd want you and our fan base to know that like, man, it was hard and hard decisions have to be made. But, if I can tell you how many lessons there are to gain, man, it's a crazy amount.”

AP: “Yeah, I mean, I would echo a lot of what DQ said, but you know, obviously it's not just one thing. It's not just the injuries, it's not just this, it's not just that but you know, going through a season like this, which is terrible and certainly not even close to our standard like Q said, that there's a lot of lessons that we learn and a lot of lessons we will apply moving forward in terms of, you know, myself, just the decisions that I make on a daily basis, the decisions that we make in terms of our roster construction and all those different things. But we look at everything and that's a good time to reflect and we'll have a lot of time this offseason to really dig into all of that. We've looked at a lot throughout the season, but really can get together and say, what can we do better? And that's looking at everything, every single thing.”

**On evaluating the tight end room with TE Zach Ertz injured:**

AP: “So we have I believe three coming back under contract, which it's [TE John] Bates, [TE] Ben [Sinnott] and [TE Colson] Yankoff, [TE Lawrence] Cage's [Cager] on the practice squad and then obviously we lost Zach, which was a big loss. Zach's a Hall of Fame caliber player who's really, really excellent in the pass game. So I think, just depending on how Zach comes along, and coming back, I don't anticipate him being ready at the beginning of the season, but so you look and to develop and really utilize those three guys as skillset and I think they're all really good players in their own right. Ben's developing a lot. He's got a lot better this year and I think he's got another level to go to. John's one of the best blocking tight ends in the league and Colson's kind of a jack of all trades, been an excellent special teams player for a tight end. So, as you're looking at it right there, where can you find someone who's really, really good on third down? Could it be one of those guys? Somebody can always get open so the quarterback can always rely on can it be one of those guys or are we going to go outside whether the draft or free agency and get that. So, you know, think of a Zach Ertz type of skillset where Jayden knows where he is going to be when he is going to be, and trust that he's going to catch the ball and make the play, which he did really incredibly for the last two years and that's sorely missed. For sure.”

**On how the number of draft picks available affects his approach to free agency:**

AP: “I think you always want to look at the overall landscape with the draft and free agency and understand where the strengths and the weaknesses are and use those to your advantage in terms

of where you're going to really invest in one or the other. Obviously free agency comes first, you know, and then you, I wish it was the other way around where you draft first and you supplement with free agency. That's not the way it works though, but with only having, you know, one pick like you said, or 'Yeah, we have two top 100, yeah sorry, we don't have a second or a fourth, which, actually very happy that turned out that way with Laremy. I think I would do that one all over again, but obviously we have a top 10 pick, which, you could look to move and get more picks if the opportunity arises. But certainly, I think every offseason, no matter what your picks are, what you have, you're always trying to maximize both the draft and free agency getting guys that you could, you might not be able to get in the other one. So, if you're going free agency, it's super heavy at one position, maybe you go there and then the draft you go elsewhere to fill that, fill those needs."

### **On Peters' role in coaching staff changes:**

AP: "I'm really just here to support DQ. The coaching staff is DQ's and I'm always here to help, like during the season, in the offseason, however I can to help support him and help him make the decisions that he needs to make and certainly, really wherever he needs. So, I'm not involved in whatever decision it is. It's always DQ's call and I have his back on whatever he wants to do."

DQ: "There's not silos here. Coaching and scouts, we connect, we talk a lot, we visit a lot. And so, it's one of the things I enjoy most is those conversations. It's different perspective, different points of view. So, it's as collaborative as I've been a part of."

### **On OLB Von Miller saying "forget next time, get him this time":**

DQ: "Yeah, and it doesn't surprise me that I heard him say that. He has been a remarkable teammate. Adam was talking about Laremy and kind of the impact that he's made and both of them are quiet, so confident in how they play and their style. It's almost like they can speak softly, but you're leaning in, people want to gain the knowledge and the wisdom that they have and I'm super grateful for both of them because they're wanting to share that knowledge and that wisdom. And as a veteran player, you can imagine the impact that it has on the younger ones and even one we're calling younger, I'm saying been in the league a shorter amount of time. It's very cool to go through, 'This is going to happen.' You can hear them on the sideline talking, next one, we're going to do this, this play's going to happen. And so, those are things that come up that you can't really coach. It comes with the experience. And there's advantages with having people like that on the roster that have wisdom and impact and if they're willing to share it, that's a big deal. And neither Laremy or Von or Wags [LB Bobby Wagner] or Zach [Ertz] or any of them, we've never had even conversations, 'Will you take this one under, will you do that?' Because that's forcing someone to lead, like that's not effective. They just naturally get away to pay it forward and it's really cool. In a really tough season, I've really enjoyed coaching Von."

### **On collaborating with coaches during the draft process:**

AP: "Yeah, actually it kind of plays off what DQ just said. I mean, we collaborate on everything. So, the coaches are involved with everything we do in the offseason, very involved. And we go through say a free agency meeting a few weeks ago. We kind of break it down and give our list to the coaches. The coaches watch the players that we've identified so they don't have to watch everybody because they don't have the time to watch everybody. And then we all meet together and we make those decisions collaboratively. So, that's the same with the draft. We're not going to draft players that the coaches don't like that don't fit their scheme. And we'll really heavily lean to that and if we don't understand it, then we'll sit down together and watch film, and they'll explain why this player fits us. And it really is a great learning lesson for both of us. And when we do that, when

we get players that the scouts like, and the coaches like, and the analytics like, those are our biggest hit rates. So, I don't really know any other way to do it. And I don't think there's a better way to do it than to collaborate and make sure that we're all on the same page and all bought in.”

DQ: “Just recently the scouts were here on some meetings and to have a team meeting and you see all them in the back, it kind of speaks to everybody doing it together. Everybody's tight in the room and so having the scouts here with the coaches, with the team, I think that's a perfect example of how we kind of mesh everybody together. Here I am looking out at players and coaches and scouts in the team meeting and Wednesday and Thursday and Friday as they took a break from their meeting to come into the team meeting, this is how we're going to go win, this is how we're going to go attack it. So, I liked them being all in our meetings the week they were here.”

#### **On Quinn calling plays next season versus delegating to other members of the staff:**

DQ: “Yeah, it's a good question. I think what I've learned is make the best decision for what the team needs. And so, as we're going through this, man, a lot to gain through these exit interviews, where we're at. But that's really where I'm at, I'm not into that space yet. ‘I'm definitely doing this. I'm definitely not.’ What I do know, that I'll be heavily involved one way or another. And that's the part that I do enjoy. But yeah, I think I'll keep an open mind as I'm going through the next parts of the process.”

#### **On hiring new coaches versus coaches he has previous experience with:**

DQ: “I think you want to always have a contingency planning system ahead for when changes are made. And so, you want to think about those people who are fresh, on ideas, who's within your own building that knows statuses to go. And so, you keep that in mind but you're always just kind of watching and learning and growing and you have to adapt. And some of the things that were effective 10 years ago, five years ago, evolve and change. And it's kind of one of the fun parts of coaching. And through the years I've met some fantastic coaches that I didn't know before and one that left this year was [Former Quarterbacks Coach] Tavita [Pritchard]. And so, when I got here, he was somebody that I wanted to hire and to be here. And so, man, I'm super grateful. I learned a lot from Tavita and that's just one small example amongst others, [Wide Receivers Coach] Bobby Engram or others that I may not have known or I'd known of them and then to actually go shoulder to shoulder in a couple years, then you find out a lot.”

#### **On wide receiver depth throughout the season:**

AP: “Yeah, I think anytime you get your top two starting guys, it hurts your depth regardless of how much depth you have. Certainly, we were always looking for help, we're always looking to get every room better. We explored a lot of different ways to get better. We ended up getting [WR] Trey Burks who ended up being a really good player for us down the stretch. But yeah, a lot of it has to do with opportunity one, and then what the cost is in order to do that. I think both Noah's [WR Noah Brown] and Terry's injuries probably were a little bit longer than we thought they were going to be, and so all that played into it. But certainly it made it hard for Jayden with not having the full complement of receivers and some young guys behind them. So, I think that's a good lesson for sure, but I think we did explore a lot of different things. We just didn't always pull the trigger just depending on what that cost or whether it's draft capital, whether it's contract, whatever it is and I think it's certainly something we'll have to look at down the road.”

#### **On Peters weighing in on playing younger players down the stretch of the season:**

AP: “I told him to tank and he just said, no [laughs]. No, that game was important. That game was

important for us to win, so I'm really glad we won for a lot of different reasons. But in terms of just weighing in on personnel things, I think it goes back to what Q was saying, we talk all the time, we talk every single day, all day about how can we do better? And I'll make suggestions and I'll say, 'Oh, that's a good idea,' or 'No, this is why we won't do that.' But I think that's a constant dialogue between us and we have a great respect for each other. So, if I ask a question, he knows where it's coming from and it's not coming from a bad place. It's either coming from trying to get information or just understanding. But yeah, we're always talking about that every single week regardless of our record. Sometimes I have ideas that I think are good and they're not, and he'll tell me why. And then sometimes they are good. So, I think that's a healthy relationship that we'll always have, and I hope that we'll continue to have."

### **On the team's previous two draft classes:**

DQ: "I can start on that. Adam and I visited with a lot of them over the last, I don't know, two weeks or so. And I love some of the trajectory that some of them are on. The belief that we have in them is so strong. And so, that's kind of what your first and second year is. It kind of goes up and it goes down. I wish development was just going straight up, that would be awesome. But what I can say is we've got some really, really good strong foundation pieces of what we're building that are Commanders, that play it the right way and to see them develop and grow that's one of the things I love the most about our team and where they're headed."

AP: "Yeah, I would echo that and just say there's a lot of really young players that still have a great future ahead of them. So, there's guys that haven't had as many opportunities as others for whatever reason, and a lot of times it's because there's good players in front of them. But we still have a ton of belief in all of them and they all have another level they can go to, every single one of them and they're all willing to do that. So, very happy with the young men and like Q said, some have developed faster, some have had their ups and downs and that's okay. We all do, especially when we're first starting something but in terms of all that, I have a ton of belief in all those guys."

### **On depth across the roster:**

DQ: "Yeah, it's a good question. It's something that you're thinking about constantly and even as that shifts, offensive line, we really had our most depth and even that was challenged here at the end of the season with some different roster change up. So, with the addition of the practice squad and allowing that to be – that is a bigger piece than it's ever been and some veterans, some not, but developing within is a really big piece. We'll continue to dig in hard on that as developmental coaches, that's our job to take them to the next spot, take them to the next level. And we were just talking about some of the players that we have so much belief in, it is helping them get to that next spot. And so, as depth goes you gotta dig in, you gotta find where you're vulnerable, where you gotta keep developing people, what would be the contingency plan if this happened this week? So, that's really where the start of the week goes with Adam and I on Monday, after we get done through the injury report, what would change? What would be the same? And this year we had far too many of those conversations about this is how we're going to go and this is how we'll play it. But it also came from the fact that some guys that maybe we wouldn't have known as much about and how would it go and what it would look like. And so, when called upon how would they deliver? And as we're going through it, it's difficult at times, but having that depth piece is a big deal and it's developmental, it's taken people to the next space most often."

AP: "Yeah, it was certainly challenged, our depth, this whole year and I really first, I would say just a great job by our personnel staff because every Monday was a challenge in getting the guys in that

we could just to get just to play. But then certainly you gotta think about where do you have depth for guys that are ready to play and contribute? Where are you using that depth for guys on the practice squad that you want to develop and continue to, they may not be quite ready to play yet. And so, learning to find that balance and at every position is something we're always constantly trying to get better at. But yeah, we were certainly challenged this year and I think finding the balance of getting enough players that when you're really decimated at a position to get out and get you out of a game till those guys get back, that's certainly something we're going to look into.”

**On Peters rebounding from a tough season in San Francisco and on parallels to that span and this current span:**

AP: “Yeah, first of all, I hope so. I hope so. I hope that happens. And those things, I mean I remember that year vividly and it's a nightmare when you have these certain games like we had in Green Bay or we had in that year in New York where we just, it was like carnage. And it's really hard to bounce back, but I think the lessons are, you look into everything, you look into why the guys got hurt. Sometimes they got hurt because it's just a freak injury. Sometimes they got hurt because we didn't do a good enough job load managing or getting them warmed up or whatever it is. So, you can look into all that. I have great belief in our health and performance team. They do a really good job. They have a ton of care for our players and really appreciate that, but you look into that, you look into the type of players you bring in, their injury histories moving forward, you really dig into that. A lot of the times the past injury history dictates kind of their future injury history. So, that's a big piece of it. But really what I'm proud of this year, and I think that year as well that was a little more challenging because it was a COVID year and we ended up having to move to Arizona for a month. But it really tests your resolve, and it tests your, what we call brotherhood. And what was cool to see today, we met with a lot of players today in the checkout process and really tip my cap DQ here, because a lot of them, despite the poor results everybody really still believed in in us, in this team and what we're doing in the direction we're going. So, I think that's something that you can really lean on and say, ‘Okay, we can dig into this more and bank on that we're going to have a little bit better luck with that next year.’ And continue to add healthy pieces and get those guys that we lost back, which is a big deal too. We get a lot of those guys back, which will really make us look a lot different.”