

March 30, 2026

Head Coach Dan Quinn

Opening Statement:

“It's good to see you guys. I know we got chance a little bit at Indy, but this is more fun where we get to hang out and kind of go through it all. And so, good to see you.”

On releasing Los Angeles Chargers C Tyler Biadasz:

“Yeah, those ones are hard because also not just from the football standpoint had a longer relationship with Tyler. So, I loved him setting some of the standards in year one to get rolling. But at the end of it, sometimes you have to pull different levers to make it all come together. And so, definitely a tough call, but when we felt like, hey, this is the best call for us, for the team.”

On where he feels the team is at:

“I feel like this elevated group with a lot of versatility. I like the speed that we added to the team and for me, I think, you know me well, the thing I love the most is the competition that comes with putting a good group together. And so, when you look at some of our positions that man, that is going to be a battle. And the thing that comes from that is where everyone lifts up and goes. So, having the new players in the building, we've had a lot of the current guys, so I get to see them on a pretty regular, but having the new guys in for their day when they signed I enjoyed that because after a tough end of season into January and February to get some of these guys in here to see their enthusiasm doing it all together, that was really cool. And some of them know each other from different teams and so to see that connection, like I hadn't put the [DE Charles] Omenihu and [T Laremy] Tunsil connection together and they talk about a hug and excitement and somebody that had mentored him and it meant a lot to him. Those are things as coach, man, I know that one. They might have played on the same team, but you don't know, ‘That's my dude.’ And so, behind the scenes there was lots of this guy, the connection of them to come. So, to answer your question, I'm super pumped and then the guys come on the 20th, yeah. And then we kind of begin the phase with them all together and then as we go through the draft process, we did some meetings, then we'll do some more meetings when we get back. So, it feels good after that. Adding to the group, it kind of brought me just some joy seeing all them together knowing, alright, these players are a big part of what we're doing and we tried to make it really clear how each of them would fit new coordinators, how they would go, what that would look like. And so, that was a big piece too with [Offensive Coordinator] David [Blough] and [Defensive Coordinator] Daronte [Jones] and the assistants.”

On the 2026 draft class and on the wide receivers:

“Yeah, offensively we're further along just in terms of the process to go, but what I think that I noticed and this true for a lot of times, man, there's a lot of different variety of players at the position in this draft. There's some slots, that absolute change of direction can work. Somebody inside runs option routes or a choice route to go. You see some guys who have some real size and then there's a couple of burners and so you'll hear more people talk about he's an X, it's a player

who plays oftentimes the backside of the formation wants vertical routes to go the slots and the Z receivers are oftentimes similar. They're in motion more, they're into traffic more contested catches a little bit more. So, I think for a team looking for one that what are you looking for? And then how, it's not like this different rankings but where would you play the players? And I think that's a big deal because you don't want so many at one spot that you don't have the versatility to line into different roles. And so, within receiver that's the next filter down and so there's quite a few in this one and in my head that's usually how I break them from the X receivers and then the Z's and the slots."

On the team's edge rushers:

"Yeah, let's start with DA [DE Dorance Armstrong]. I really thought he was really coming into his own and so for him to have that setback was significant. The good news with him, he's doing great and so he just sent me a video of him just training the other day and just super pumped about where he is headed and why it's going because he's a real factor in his versatility. You've seen him line up outside inside and so because of him we're allowed to move other parts around as well. And so, Charles [Omenihu] is a player like that where he can be outside all the way to inside and so it leaves guys [OLB] Odafe [Oweh] and KC [OLB K'Lavon Chaisson] more outside first. So, the best teams that I've been a part of had waves of players that could apply pressure and we'll need to be able to do that and we will."

On positional wide receivers and on the wide receiver room:

"Yeah, yeah, I think last year there was a lot of reporters who were saying who's one and two and so, not last year I mean '24. But I think what we learned is it's not necessarily one and two in that space, but if somebody has the unique things, where can they go. Now in an ideal world it's two ones, two people that are going and we've got plenty of examples of that in our league. And when you have that, maybe you don't do it as much by committee of this type of route, this type of thing. So, if you have it where they can do multiple things, it makes it a little easier. You almost can play left and right when you want to, but if you don't you've got to be a little more creative about where you put people, how do they go there? And so, if you can find players and train them to have the different types of versatility, I think that makes a big deal. As far as our spot, there's going to be competition at the Z and at the slot to go. [WR] Jaylin [Lane] and [WR] Luke [McCaffrey] are certainly are ones inside and slots and Trey [WR Treyton Burks] and others outside. So, once we get all the pieces here, then I think we can start moving around a little bit. And into camp, I think it's important to conceptually teach, everybody runs this route, okay, Dave does it better than Dan and let's put it into that spot. As opposed to he only runs these, he only runs those. I think you have to explore a little bit and find those out. And once you do then you know you have a good sense for it. For the players that are coming from free agency, those evaluations are a little bit easier because it's demonstrated against other NFL players. The college system you don't know whether exactly they're doing and how they're being featured in that spot, but you look for the traits, it's okay, in our system this is the things that we'll ask them to do. So, I think it can still be one two in the broader sense, but it can also be combinations and the sum is greater than an individual part."

On the tight end room and on TE Chig Okonkwo:

"Yeah, let's probably first start with Chig in the addition to him to go. And so, I love the speed first and foremost because some people have time speed and then demonstrated game speed and I felt that with Chig. And so, you see it on deep over routes and ones that build up speed on a play action game. Ben's [TE Ben Sinnott] strength, I really feel like it's still him on the move, in the backfield from the line of scrimmage, off the line and he can really run and get to the edge. [TE] John [Bates]

obviously is one of the best inline guys we go and [TE Colson] Yankoff is somebody that we felt like has really worked hard in dual role. And so, I'm looking forward to seeing what Yank can do because he's a guy that's there. And the other player that we haven't talked about, but all of us have high hopes for is [TE Lawrence] Cager, he's got uniqueness to him man. And so, if there was one player he said, Dan, who are you really looking to see? What's gone take place in the spring and in this training camp? I see this guy putting in an incredible amount of work right now and I'm interested to see where that goes with Cager. I think there's a real value there for third down and it's one of Zach's [TE Zach Ertz] superpowers and so when that didn't take place, that's a harder person to replace, knows when to sit down, when to go. And so, Cager's also one that we don't talk about a lot outside the building, but I thought it's worthy of bringing him up."

On the running back room:

"Yeah and for [RB] Chris [Rodriguez Jr.], what a great teammate he has been here so he's the type of player that helped the locker room really go strong. So, we're pumped for him. Adding [RB] Rachaad [White], [RB] Jerome [Ford] into the mix of what goes. Going against with White, he's a fantastic pass catcher coming out of the backfield, the screen game, the ability to create when he gets outside and I thought he was always so smooth when you saw him get out to the edges. So, for him to have a chance to come and be a part of it, that excited me. [Running Backs Coach] Anthony Lynn was one that really had been on board and watched it and I trust Anthony's opinions on all think running back and lots of other stuff but that one for sure. So, I'm excited to see where they go. [RB] Jeremy [McNichols] to come back was good for us. He's about as good a teammate as I've coached, the way he uplifts and help others. And for those of you who've been around J-Mac, he's a pros pro and so adding to a room, when I was talking earlier about what I'm looking for in competition, I think running back's one of those rooms, tight ends one of those rooms, d-end is one of those rooms where, man, we're talking really pushing one another to see where it can get to. And my experience has been when you do that man, it just rises and it gets elevated and I expect that to be the case on the three positions that I said for sure."

On Offensive Pass Game Coordinator David Raih:

"Yeah, he is ready and all of us needed that shot at one time for somebody to have the belief in us to go and I believe in him, has always been that strong. I had a great sense when we got him here, he was just done playing. I said it took a little bit of a leap of faith to come here for him. He had some other chances too to say we're going to develop you as a coach and what would that look like and calling some plays to practice. And so, he did some of that in two-minute today and so it wasn't just with him but with others as well and his mind was ready to go into that space knowing what we needed as a team at this time too. And so, he's attacked the offseason, the staff, collaboration, connection's been what I'd hoped it would be in a short time so far. They're almost all the way done from the teaching phase of getting all the material in. When you like think of like a professor teaching a class for a semester, you're like, what's everything I need to get all of this done and when does it all go in? Because you want to put as much of the system in as you can during the spring so when we come to training camp, we can throw the most competitive camp we've had in our three years together. And so, the better you train them in that space the less teaching of it that you're doing in camp. Obviously, teachings our job, but we can get the players a step ahead going into camp then that'll be a big deal. And David and the staff on offense and Daronte, they've worked really hard at that so far."

On DE Deatrich Wise Jr.:

"Yeah, he's a really remarkable teammate. I felt his strength from the very beginning and I was

referring to another player earlier about free agency and you had seen him do things over and over how strong and tough he is. And so, once we got to training camp, okay that changed. There's lots of players that look nice in shorts and then you put the pads on and it looks different. He's the other way. Okay, okay, okay, and training camp. And so, he played in our opening game against the Giants. He really had some good plays down the line, coming out on a screen, played it tough. And so when he got hurt early in Green Bay, that was a real blow to us, his presence. He went back, got the surgery in Dallas and did some work there, but he also came back to be around the players to do some of the rehab here. That told me a lot about the man, about who he was. It would've been very easy, family was there, to do that but just wanted to come outside and be around it. And so, I think that type of work ethic, you don't ever go wrong on that. And so, let's find out where it can go. I think it'll still be time before we know where he is at in terms of the recovery. But that's one that's worth taking the shot on because he's one of those people and I would not bet against him and if things were going bad in a dark alley, like 'Hey Wise,' I know he'd be right there and I'd want him right there."

On the difference between drafting best player available and targeting a specific position:

"I think there is because best player on your board's the most important because that's what's the best for your team. And so, if we went around to the 32 teams and everybody shared their board, they would all be different. And so, I think it's super important to say this is what your team and all the work that the scouts have put in to organize that. So, that's one for [General Manager] Adam [Peters]. But I'm pretty sure he'd say you trust your board because he does. And I think that's what allows you in that space not to be emotional and going it's, I could say similar to a coach in a big part of the play. 'Let's try this play,' like no, no, we're going to do the one that we practiced 50 times this week. And when you do that, I think you have better chances of getting it just right."

On if the team explored trading Biadasz:

"We did not. I wasn't surprised that he had gotten signed and I'm glad that he did. I know [Los Angeles Chargers Offensive Coordinator] Mike [McDaniel] who's the new OC there and so he was pumped to get him there. And we talked, I know a little bit from Mike about the scheme wise what they would do and I certainly thought Tyler would be a fit there with them, but I wasn't surprised. He's tough, he's durable, he's smart so I wasn't surprised in that space."

On why the team didn't explore a trade:

"Yeah, hit AP [Peters] up on that one more. He'd be better getting up on that but for sure the competition at the spot is by no means cemented or finalized in that way."

On Cincinnati Bengals DT Jonathan Allen:

"Yeah, so I think what Cincinnati's going to get is somebody that's super durable as a ball player, super consistent in what they're going to do. And so, when you have a player like that and you add them to the group, that can mean a lot for your entire team."

On the conversation surrounding replacement referees and on if the team will have to prepare differently:

"It is a awesome question for you to bring up later on today. And it's a really big topic that's going around here from the coaching side. Other people are going to affect that and in fact they'll be speaking to that today. But yeah it's a really big topic and one that deserves the conversation for sure."

On delaying the season versus playing with replacement referees:

"I'm going to go back to answer number one on that one. It'd be best to come back and hit that one up later on today for the people that can give you a good accurate answer on to that one."

On who will wear the green dot on defense:

"Yeah, so the question was regarding a green dot and what that goes. And so, in this instance we'll have a number of different packages. It will be I suppose the best way who has probably the most on field and all the packages would be the one that would do that. I've done it with safeties before and so it's really, the green dot is the initial part of the communication hub. That doesn't mean they're making all the calls and the checks. So, in other words then you could have the theoretically at safety and give it to me as the linebacker and I'm doing all the communication because I may not be in on every package. So, in practice we get a number of people that can work through that communication, but it doesn't have to be one specific position. It usually falls into a good communicator and one that is involved in the most packages. So, for us [LB Frankie] Luvu is somebody that I would also consider into that space. He'll still likely play our Will linebackers, which is one of our inside guys which are similar, but he could be the one to go do that. That doesn't mean he would have the most at the line communication, but it does mean you do have to have a few people training for that. And I'll go back one I think, two communication hubs are really needed. It's one in the front seven and one in the secondary. So, whether we have the green dot or not, who's in and out of checks, how do they get there? But one in the front seven, one in the back seven and then one of those positions we'll have the green dot."

On DT Tim Settle Jr.:

"Yeah, it was definitely a factor that physicality. I was really impressed by the tape that Tim had and some of you who covered the team had got to know him previously, but seeing the physicality, seeing his ability to push it, be square, being strong, being violent, I liked it. And so, yeah, he'll play more interior for us. But I liked the versatility again, man, for him to be in the different locations. But yeah that for us is one we're really pumped about adding to the crew."

On if there's a position the team needs to add to:

"There's definitely still spots that, musts and wants and needs of where you're at and how would you add into that group? So, as we go through the draft meetings into that space, I wouldn't say there's like one to go okay, this has to be the case. But I know, and obviously picking where we are, there's a chance we're going to add an impact player at, at least at that spot. And we also know all the picks moving down the line there'll be some ones to add but think of what that player can do when you think about them and how they would add to it to the team, to the club, that's how I look at it first. But as far as this one has to be here at this pick, we don't necessarily think in those ways."

On if there's been a new level of urgency this offseason:

"Yeah, I would say it's a stronger, it's a great question because there's urgency all the time in what you're doing and planning, but I would say once the guys get here I'm very much looking forward to getting with them because there's so much planning going out for the teaching and as coaches putting in two new systems, that's a big deal. So, it takes a lot of time. So, when you first asked me my answer was yes, I'm thinking alright, all the time that's going into two new systems and how we'll teach it and what does that look like. One is the very best teaching examples to use. So, I don't know if urgency is the right word, but I can say it's as focused as I've seen a coaching group together, working at it together and those are the something that's really lit me up."

On heightened energy in the building with the change in the coaching staff:

“I think the changes that are required, those are hard and that pushes that some, but yeah, I would say it's heightened for sure and there's also an energy that comes with that and I'm leaning into that hard too.”

On Rodriguez Jr.:

“Yeah, I think number one, it won't show up on the stat sheet, but this is an absolutely fantastic teammate, one that connects others to go. And I think the physicality, that's the thing that jumps across, you're going to find out with Chris. The ability to break tackles, the ability to get to critical yards and definitely a player that's very trusted in the critical moments, a four-minute, a big third down conversion. Those are just a few of the things that the team will rely on for.”

On New York Giants Head Coach John Harbaugh:

“Yeah, so we're excited. John's an excellent coach man and so to add a heavy hitter into this division, I think that's a big deal. So, we love the division, pumped that they're there and Washington-New York game has been going on for a long time, man. And so John's, seems like an ideal fit.”

On if the perception of New York has changed because of Harbaugh:

“I think I've always had just held them in high regard, starts from ownership with me. They've always been a program and an organization that you point to and think of how they do things, how they do it right. I grew up in that area watching [Former New York Giants Head Coach Bill] Parcells and others doing it. So, it's always been an organization that we've held in high regard.”

On the plan at center:

“Well, to start, as we're hitting there today, [OL] Nick [Allegretti] and [C] Julian [Good-Jones] would go to battle and then let's see what the next time during this offseason into the next month or so go, but that's where we'll start.”

On re-signing G Chris Paul:

“I think thankful, more so than surprised. I loved seeing Chris get the moment and just hanging onto it man. And so, he really made an impact as a pass protector and so to have LT [Tunsil] right next to him, some of the protections, their communication, it was good to see those two in that way. When a game happened, Chris had such strength that he could move a guy over to LT, he could pick him up. And so those were just a few of the things to go. And so, when he came back into the building last week, it was a good deal for us to see how many people were that pumped about it but that type of rare size, his length as a pass protector, that was a big deal for us.”

On the cornerback room:

“Yeah and so adding Spoon [CB Ahkello Witherspoon] just the other day, that was good. So, different sizes, different way with spoon, the experience with the Meek [CB Amik Robertson] and I'm sure you guys watched it too. The thing that just absolutely impressed me before he was a Commander was this relentless competitive play style. He is an absolute dog. And so, those are the types of competitors I was talking about. When you add that to the room at different spots, in different areas and you see things get elevated, he'd already had some previous connections with a few of the players here with his background from Louisiana. And so, to add him, chip on your shoulder, ready to go battle for it, I thought that's us in terms of an attitude and an edge and I hope

that's what you see from us. Again, I thought our first year prior to you arriving there were some things that we liked and in '25 absolutely got punched in the mouth and so players like Amik have the type of resilience and attitude to battle that I really like. And I'm very much looking forward to having him as part of this group. It doesn't just make just the cornerbacks better, it's also the receivers and the way that you practice and the way that you go. And so, all of that when you put into this competitive arena just elevates. And so, I'm really pumped about him being here."

On where Robertson will play:

"I don't know yet because [CB] Mike [Sainristil] has also [played inside and outside] and so, we'll certainly work them both at both locations and we'll take some time to figure that out and what that looks like. So, I'm not sure yet, but we don't have to today, but as we go through the spring and probably the first month of camp we will this day, that day and then we'll get closer to how we want to align it."

On if the league can do anything to prevent a situation like the one with Las Vegas Raiders DE Maxx Crosby and Baltimore:

"That's a great one because it is pending the physical right. And I don't know if there's a better way that they could do that. Because you wouldn't bring the medical people to somewhere else. The only thing I could say is that maybe you do that before. I don't know, yeah, I don't know if there's a better way. It doesn't happen a lot but when it does there's a reason behind it. Not all of the teams medically grade in the exact same way either. One team's grade might have been okay and another team's grade may not have been. I had been a part of an offseason like that when I was with the Miami Dolphins and with a quarterback and so didn't have the physical and didn't make it and the guy went on to have a nice career. [Former Miami Dolphins QB] Drew Brees. Well more than nice."

On the combination Luvu and LB Leo Chenal:

"Yeah, because sometimes Frankie, okay when it's hard to just put a back onto him and so a line could slide that way and you have to be more creative to bring someone else to try and find the matchups on the backs. And so, by adding Leo into that who's an excellent blitzter in his own right, I thought this are the matchups that you look for. Between Luvu and Chenal, these are two very physical players and so yeah that was definitely part of the thought process."

On if the offensive scheme will change player alignment:

"Not as much at offensive line for sure. At receiver, we were having a conversation earlier about what an X is or Z or Y and a slot. So, that part we did have more conversations on, but not with the interior of the line."

On the adjustment for QB Jayden Daniels operating more from under center:

"Well I think it's footwork and so that's where it can start because the drops could be different when you're in the gun. A five step would be a three. And so, how do you transfer those ones in the speed of getting out, the speed of getting your plate face to going? So, that's what he's been working really hard on as well. So, Jay's an accurate thrower. He's got a big arm and so now doing some of that set up, pitch, throw, quick five. And so, the footwork timing is the biggest, I would say adjustment for it. And then from a non-physical standpoint, when you huddle a little more cadences and checks and things that you'd use at the line of scrimmage. So, those would be two points of emphasis prior to him getting here with the guys."