

Head Coach Dan Quinn

Opening Statement:

“All right, what's up everybody? First thing when you come off of a Bye, it’s either like a rev right up or you need a minute to warm up and we took a minute. I hated the penalties. There's a drop. There's a fumble. There was a missed field goal. But then after that, TD drive, I thought, ‘Okay, that's it, there we are.’ What I loved was kind of the resolve after a difficult start of 27 points from there to get rolling. I liked defensively improving on third down. I thought that was gonna be one of the keys to the game. I liked how the defensive line rushed better in coordination with one another. And I loved how the team competed. Offense started putting some good drives together. I felt that after kind of the end of the first quarter we stacked some first downs. I thought there were some big plays made. I loved the deep ball to [WR] Trey [Treylon Burks]. I thought [QB] Jayden's [Daniels] poise, and taking care of the ball. We just, honestly, man, we need to turn some of those field goals into touchdowns. And that's something like we'll continue to work on. Give Philadelphia credit too, but that's one. What I didn't like was penalties. I think we had seven in the first half. I felt like there was a step forward, then a step back. Step forward, a step back early on. There was a turnover that was called back, you know, on a foul. I think it was [OLB] K’Lavon [Chaisson] on the hit on the QB. And from my vantage point, it looked like we matched the hand as a rusher, that's what we do for the quarterback side and thought he hit him in the shoulder, but they have a better view obviously than I do. But we gotta clean that up. I liked the fight. I liked the mindset that we had going into it. You've heard me talk a lot about four quarters. I thought tonight we nailed three and we need all four. That's how it has to go down. But there's a lot that I liked that we emphasized and I'm looking forward to seeing that continue. So, I said a lot, I see some yawning going on, so let's get it started.”

On the team’s first quarter performance:

“I was frustrated with penalties; to see that come up again and we've got to get to the bottom of that. Like that has to go down. Like we've added things to practice, we've added things to it, and to still see those, that was frustrating. And then on the fumble to start and then allowing a big play after that, that's one man you gotta go shut it down, like give [Philadelphia Eagles RB] Saquon [Barkley] credit and like good play, good design, but still, that's what I didn't like tonight.”

On Daniels’ game performance:

“What I see a lot from him is the poise and the location of where to throw deep shots. I thought he showed a lot of toughness. Like he took a real shot towards the end, I think of the first half. And so, to see him like, ‘I'm good. I'm gonna come back.’ And go make a bunch of plays in the second half. I thought that was a big step, but I always feel poise from him in control. But offensively I felt like we just started off. And then from there on maybe at the end of the first or into the second, in command and more in control.”

On the resilience of the team:

“There's a side that does make you stronger when you go through that. There's sometimes an energy that comes from adversity that's not – it can be good; it can be constructive or destructive.

And so, for us, it's constructive. Like we're gonna go fight, we're gonna go battle. Like it was frustrating being down, obviously 10-0, but it was more 'Lock in, get to the next play, get to the next series, stack the next one.' I thought the special teams gave us a lift tonight, with [WR Luke] McCaffrey on the return game to start the game. I thought the punt return at the end of the half was significant, so that's not surprising to see our special teams kind of be the spark that I thought we needed. But I think we have a good, resilient tough group. But, like I said, looking for all four [quarters], we're getting closer, but we're not there yet."

On the pregame and postgame message to the team about bouncing back to get a win:
"Number one, we felt like there's been too many times where we were beating ourself and making mistakes that caused us to struggle. So that was what we wanted to try to eliminate. And we gained a step closer to that, but not all the way there. But this is a tough group. We knew the division game; this was going to be a battle. Like this is Washington and Philly and over the last three years we've played three, five, seven times now and like they're all fights. And so, we knew it was gonna be that way. So, we were ready and prepared for that."

On the pre-snap penalties:
"I clearly have more to investigate [Laughs]. Sometimes it could be like a cadence. In other words, if we're going on the quick, is there a color or a number before that into the quick? And so, the consistency of what we're looking for. There's one with [T Josh] Conerly [Jr.], I'm looking forward to watching. Sometimes the tackle and the defensive end are almost anticipatory of going. And so, they usually get called, but the inside stuff, like those are twitch and we gotta get those done. I get it with the offensive tackles and the defensive ends, like it's close. But the inside stuff, that has to get under control."

On the defensive line without DT Daron Payne playing:
"That was a tough blow with Daron. And we knew likely JK [DT Javon Kinlaw] wasn't gonna make it back for the game. And then on Friday, just was a freak play or stepped on. Sometimes that happens, like this was none of those. So that was significant. And [DE Charles] Omenihu, I thought for his first game back, I felt the rush. I felt his length. It was good to see him even at the end getting extended work as a rusher. And then [DT Byron] Cowart inside to play strong. There's probably some plays that we thought gave a little too much, but knowing how they like to run, I was pleased to see some of the guys step up, Charles especially."

On seeing more from the pass rush this game:
"One thing that helps on those is when you're getting towards the end and now you gotta lead to get a play. And so, you can pin your ears back and go. But I did like seeing the group in connection together. Sometimes as a pass rush, but at the end of high pack below and not in connection. So, I felt they did a nice job of staying into that. That's something that we've been harping on and so it was good to see that come to life. And the more, like I said, Charles was a factor I thought inside. I thought [OLB Dorance] Armstrong was a factor tonight and, you know, the size of these tackles, you gotta get up under them. These are the biggest tackles we're gonna face maybe all season. And they take a lot to rush and can't go down the middle of them. They can kinda take some of those power rushes and make them feel not so powerful."

On WR Antonio Williams' performance in tonight's game:
"I feel so much of him of like catch and run in zone and plays to make. So, it was there. I look forward to seeing what other ones could have been there in that spot. But the moment is never too

big for Antonio. And I think that's a really significant thing for him and [LB] Sonny [Styles] as first year players to know that they're down to the challenge. I like the way they're working. We made some adjustments in terms of like not everybody playing too many different locations. So routes, depths, locations could be better. I'm looking forward to seeing that to see if that was one of the things that we adjusted to make sure. The San Fran game we thought we weren't as clean in the route running as we liked. And I suspect that's gonna look better tonight againsta Philadelphia defense that is tough. And so better routes."

On if their plays tonight were a part of their goal to simplify things:
"Yes. Yeah, so not simplification of plays, but who's running what concepts."

On why he believed Williams was up for the challenge and would prove his talent:
"I wouldn't have said otherwise had I not felt that way. But it's just, the moment never seems too big for him. He played a number of different spots, so to see him lock in him and Stef [WR Stefon Diggs] at certain locations, Trey as well. I thought that was a step in the right direction for us. And featured players and featured spots. I thought [Offensive Coordinator] David [Blough] did a nice job, especially in the second half, of down up some ones. The double move to Burks was a big play. We had it on both sides. But those are ones that aren't first quarter plays, but you have them and you develop. And so those are things to go. I thought same thing on [Defensive Coordinator] Daronte [Jones]'s side, on the defensive side to make some, you know, this is what we need to do to change. I know you were asking about Williams, but I thought it was appropriate to hit on both sides."

On what he thinks changed for Burks this season:
"He's always been an excellent competitor. That's part of his DNA of who he is. So, being able to get on top, that's one of the things that [WR] Terry [McLaurin]'s so unique at. To have that ability for him, you feel his catch radius too. Like this is a guy that's long and he's got size, and so the contested catches are big for us too. I like that he's coming into his own. His role continues to emerge and certainly more now with Terry, that's part of the facts. And it was hard tonight Terry and JK and Daron, others that have played significant amounts for other guys to step in and deliver. That's not missed on me."

QB Jayden Daniels

On how the win felt:
"I mean, it's always good that you put in the work and you reap the benefits of what you put in. So it's always good, but you enjoy this one, and you never take the wins for granted, but we got another game coming up soon next week."

On the pre-snap issues and his message to teammates:
"It's very frustrating. Getting back behind the sticks and having miscommunications on a lot of different things. So, it was very frustrating, but I think the message is just everybody in the PG [position group] wave to lock in, focus, take a deep breath, and overcommunicate. It doesn't matter if they know the snap count or what we're doing. Overcommunicate, make sure everybody knows, so we don't have those mental lapses."

On how his first win since last year's game against the Los Angeles Chargers feels:

"I just think it's a blessing. It's a blessing from God just to go out there and everything I've been through in my career so far. From different injuries and a lot of different setbacks. And just to keep pushing, to keep fighting through adversity, to come out with a big-time win with these guys, knowing I could've gone in a different direction. I could've been done for the season or stuff like that. But you make those sacrifices; guys are putting their body on the line. So, I feel like who am I to not do the same thing."

On whether it felt like that long since his last win:
"I mean, it probably felt like it was longer, so. But it always feels good to get back in the win column."

On his confidence in WR Treylon Burks and TE Chig Okonkwo after their early mistakes:
"I mean, they both came to me, like, nothing really changed for me, nothing wavered. They both came to me like, 'I'm going to still keep hooping. I'm going to still keep balling.' I know what they're capable of. I know what they've shown in this league, what they've shown throughout the weeks, and you can just see their confidence growing day by day."

On the team's resilience after falling behind 10-0:
"Yeah, I think we're staying in front of the sticks. Lock in for six seconds of a play and go from there. Take it one play at a time and stop looking at the scoreboard or where we're at. You kind of just take it one play at a time, and you look up, and you get a win at the end of the game."

On the big hit he took:
"I got the wind knocked out of me. It's only that"

On showing WR Terry McLaurin how much he's missed:
"It wasn't a point, it was just genuine. It's somebody that has such impact on this team and personally to myself. And I'm still in constant communication, just checking on him because I know it's a different time. It's a tough time for him. Just letting him know I'm there for him. So just the opportunity, I guess, nobody even thought about. Guys just kind of went into the camera and shouted out Terry. And me wearing a shirt, just something just to show love to him and know that he's always on our minds."

On the passing game's early struggles with different personnel:
"Yeah, I think it's a mixture of everything that you just said. But it's also like, regardless, it was not up to the standard of myself or even this offense. But at the end of the game, a win is a win, and we take those. But we have so much to build on and grow from. You can just see the confidence of the guys keep going. And they want to make plays. They don't want to necessarily let me down or let their teammates down. And that's kind of something that you see throughout the game and, of course, over time. [TE] Chig [Okonkwo] made a big play, [WR] Trey [Amos], and [WR] Antonio [Williams]. People like that, they make big plays, and it just builds confidence and goes from there."

On the importance of connecting on deep passes:
"Yeah, I think it was big. It's something that we just needed to do, right? Back everybody up, make the underneath stuff a little bit easier. And obviously, you got guys on the outside that go make plays. So, just give those guys the capability to go out there and showcase that, and they have the ability to, so it was big time."

On his growing confidence in WR Antonio Brown and the other receivers:
"I think it is. I think it's practice reps, game reps. Guys being in the position that they're in. Obviously, it sucks that we don't have [WR] Terry [McLaurin], but it's the next-man-up mentality. Those guys want to be there and show up for me. And I trust them to go out there and make plays, and it showed in the biggest moments of the game that when we needed a spark, we needed a play, those guys showed up and made plays."

On building momentum from the win:
"I'm about to go get some work in right now. So, it starts with me. It's always good to enjoy a win, but you know, you're never satisfied. You have to keep going. You have another game next weekend. You don't want to be a one-off. You want to keep stacking wins and keep stacking days. So, the process has never changed."

On players taking ownership of pre-snap penalties:
"Yeah, for sure. I mean, coaches could beat a dead horse all they want. At the end of the day, you got to take accountability, you got to focus. You can't have mental lapses. Ultimately, it's on us."

On maintaining focus for all four quarters:
"No, we're all professionals. We get paid to have the focus and lock in and stuff like that. And not have those mental lapses. So, it's really just a mindset. Like I said, overcommunicate."

On improvements in urgency getting in and out of the huddle:
"For sure. Yeah, we're getting in and out of the huddle. We're able to get up there in those pressing seconds, of maybe you go from getting on the ball at 12, and you get on the ball at 17. Those five seconds make a big difference. Just to communicate with the guys and give myself a chance to see what the defense is doing and have an idea of what they can do. So, that was huge for not only me, but just the offense, you know, getting on the ball and playing with tempo urgency."

On addressing the offense after the first-quarter fumble and his growth as a leader:
"Honestly, it was complete BS, just how we started and what we were doing. We had a promising drive the first drive, and mental lapses of penalties and stuff like that. And then the second drive, we got behind the sticks with a lot of pre-snap penalties and then the fumble. At that point, it wasn't our brand of football that we want to play or showcase. It was at that point, you kind of just get frustrated, you go up and speak your mind. So, that's kind of what I did. And kind of just help snap everybody back into place. And we were able to put it together and score 13 straight unanswered."

WR Antonio Williams

On what started to click in the passing game:
“Just us hitting our spots, being confident in our preparation all week, and great week of practice. Started off a little slow, but once we got to see it rolling, we picked it up from there.”

On if there is uncertainty when going into a game playing a different role due to injuries:

“Nah, we got to nip all the uncertainty in the bud during practice. If you go into the game not feeling confident, that's what we have practice for. As a player you have to hold yourself accountable and know what you are doing.”

On his meaning behind honoring WR Terry McLaurin in his celebrations:
“Because that is my dog, and to see him go down kind of hurt all of us, but we all came together as a receiving group saying that we were just going to keep spamming the little ‘Scary Terry’ emote. So I know he is probably watching from home laid up smiling, so that's what it was for.”

On what it feels like to get his first divisional win:
“It is my first one. It feels great. Feels good to just get into the win column again, and lets keep this thing rolling.”

On how the team overcame pre-snap penalties after multiple in first half:
“I mean everyone kind of says the same stuff. At some point you have to just hold yourself accountable man. It comes from within. We all got to be on the same page. I think we were just kind of tired of it. If we are going to get beat, let's line up and play our ball, execute, all be in the same spots, and if we lose the game we lose the game. I feel like we haven't done that all season, and we are kind of just tired of losing.”

On how he brought in the catch late in the game:
“I got to bring that one in clean. I kind of bobbled it a little bit. When we saw the safety roll down we knew it was a good look for what we were trying to attack. [QB] Jayden [Daniels] trusts me to make the play, and help us win the game.”

On what QB Jayden Daniels said to the offense on the sideline following the TE Chig Okonkwo fumble:
“Just like I was saying earlier, if we’re going to lose, have someone actually beat us. It was along the lines of that.”

On how he has seen Daniels grow as a leader:
“Since I have came here he has been a leader. I feel like he already has a good foundation in him, and knowing how to be a good leader of men. All the guys respect what he has to say, because we know the work he puts in and how much he wants to win.”

On if he noticed a difference due to them talking about simplifying the offense:
“I mean we won. I feel like coaches control all the playcalling and things like that. I'm just out here, I hear the play call and I run what's called.”

On if he thinks the team is doing anything better offensively that they hadn't been doing before:
“Converting on third down. Making it third and manageable. I feel like we ran the rock pretty solid tonight, just to help us when we get into those third down situations.”

On how the last touchdown felt:
“Very encouraging for us. In that type of situation, drive down the field and score a touchdown to kind of seal the game. A big stepping stone for us. We are going to use it going into next week vs the Rams and try to go get another win.”

TE Chig Okonkwo

On his one-handed catch:
“I knew I had man coverage. I had to run my route first, I turned, Jayden [Daniels] already put the ball up and then I really just stuck my hand up.”

On what it feels like making a one-handed catch:
“It does feel like slow-motion actually. I really feel like I saw everything happen so slowly and then I just put my hand up and made the catch.”

On the first game without WR Terry McLaurin:
“First of all, we put him first in our minds with everything we were doing. I don’t know if y’all saw but we kept on hitting the Scary Terry [celebration]. Like I said during week, people have to step up now that our captain, top receiver is gone, so people gotta step up and make plays, and that’s what we did today.”

On if he felt it was a must-win game:
“Yeah, it is a must-win for us. Every game is a must-win for us. That's how we approach it. We knew this week was even more important because of the state of the division. Arizona got us one today too, so that’s what we do.”

On the offense's slow start:
“It just wasn’t how it looked in practice, Like all week we’ve been clean so, coming out like that you feel pretty frustrated, but we all just kind of rallied together and told each other ‘Yo, cut the BS out, let’s just go play ball.’”

On Daniels message after the first quarter fumble:
“I wasn’t there, but I did tell him, I was like ‘don’t be afraid to keep coming back to me, I’ll make up for that play.’”

On how Daniels has grown as a leader this season:
“He’s steadily just going. He just does everything for us, he sits in there, he’s super tough, he doesn’t turn the ball over.”

On Daniels’ comeback from his injury in the game:
“It just shows the resilience of him and toughness of him to come back and lead us”

RB Austin Ekeler

On the standings of this season:
“NFL. It’s crazy, right? The NFL can go up and down. You take it one week at a time, and control what you can control. So, I saw the Cowboys lost today. That's good for the Commanders. We won today; that's also good for the Commanders. So, we gotta continue to look at it one week at a time, and you can’t get too caught up. We definitely look at our division; that's where we will continue to

look at. But other than that, you know, just one at a time for us, because we gotta take care of business; if we don't do that, we can't advance anymore."

On what the offense was able to do today:
"I think when you saw that we didn't shoot ourselves in the foot, we moved the ball. So that was what it came down to. It came down to, hey, us playing our game. Not making mistakes, and we're gonna be able to move the ball up in points on the board. And that's what ended up happening past the first couple drives.

On the feeling of having a win in the locker room:
"Always nice to get a win in the NFL man. It is hard to win, no matter who you're playing. Any Sunday night, anything can happen. So, for us to come together, play four quarters, go through a little bit of adversity, was great to come out with a win."

On turning one win into two:
"Yeah, we have to, right? That's why we're here. We got one, we got another one coming up. So, new week, and then an opportunity to get a win."

On being down in the first quarter:
"Yeah, we got a few issues going on in the first couple drives, and [QB] Jayden [Daniels] brought us over, showing his leadership, getting us together. Hey, we gotta move forward, right? Can't dwell on the past. It's a four-quarter game, it's not a one quarter type of thing. So, for us, it's dig ourselves out of the hole and get ourselves in a position to go out. If we don't stop ourselves, we'll put points on the board, and that's exactly what we're able to do."

CB Trey Amos

On what lead to the defensive shift after allowing 10 points on the first 3 possessions:
"We just made adjustments. We started a little bit slow, those things will happen sometimes, but after those adjustments, everybody came together to try and figure out a plan. It worked out, later down the line, series, quarters."

On the lineman being able to get to the quarterback and how it makes the game easier:
"It does make it a lot easier, it goes hand in hand. You have to work with each other, that's how to play team ball. That's the result you're going to get."

On being able to play a full four quarters successfully on defense these past two games:
"We have to play all four quarters, until the blow of the whistle. We just have to keep on stacking the days, keep trying to go 1-0 every week. We just have to find ways to always be detailed and get that 'reset' mind during plays, quarters; everything. We just have to learn from the mistakes and capitalize on them."

On if he is able to take a breath after the win and realize there is a lot of season left to play after a few losses:
"It's 24 hours, we're going to feel good because we won. But there's still tape that we're going to have to look at the end of the day. It just feels great to win, though."

On how he has overcome having multiple injuries this season and being able to come back and play:
"I'm just being open-minded. It's not all about 'you, you, you' and you have to try to make a difference, or an impact either on the sideline, meetings, practice, games. You have to try to be that team guy, but also still worry about yourself and try not to lose track of yourself in the process. The whole time, just keep being better."

On if he feels more like himself being back and playing:
"I feel great. I feel real real good. I feel like every practice, every rep, every game, is going to increase. But yeah, I feel great."

On having an interception that got called back due to a penalty:
"I was really hype. But with a flag, you just have to reset; it's the next play. It's going to come back soon, just keep on trying to create turnovers and everything like that. When I caught the ball I was excited, but you have to have a reset button for every play."

OLB K'Lavon Chaisson

On todays win and instilling confidence in the team:
“I don't think it changed much. I think we’ve still been having that belief. Unfortunately, regardless of the outcomes that we’ve been, we still, you know, we clean up the self inflictable. We still had a couple today. That would be my favorite core play. The game is all about us. Playing time capability, just going out there and executing, regardless of who the opponent is.”

On the locker room after a tough stretch:
“Obviously exciting, definitely to get on this side of the column. More so man, just to see everything that we believe and we truly feel we can be, when we execute, and see how it comes out. At the end of the 60 minutes is everything and more. So, obviously that energy is what we want to carry over into next week. We’re gonna enjoy today for sure.”

On feeling the need to win:
“I mean any divisional game, you can always feel that way. Obviously, watching the other divisional games, throughout the year. Watching other divisional opponents today before our game today. I watched them, how to vet it off. So obviously, we all know the divisions are up and down. But even without looking, just looking at ourselves and what we’re capable of, and just knowing that we take this one, we get in time, we’re going to get right for sure.”

On wanting a turnover in the backfield:
“Yeah. That’s always going to be on my mind for sure. Once again, shoutout O [OLB Odafe Oweh]. O had a great day. We are taking it one play at a time. The six seconds increments that we’ve been talking about as a team. Dialing in and giving everything you got into that play. That’s all going to pay into our favor. Good, bad, whatever it is.”

On the momentum build up after good plays:
“Of course. That's always going to help in the momentum carrying over. Once you start getting that heat and feeling going. I just knew the importance of today's game. What my team needed. What the defense needed from me today and just me playing my role. So, continuously going out there

and trying to fake the quarterback and make plays is always going to be something I look forward to."

On his thoughts of his penalty after the whistle:
"Obviously, we have to be careful on how we speak on that. Some of those calls are questionable. I have got to do better. I can't put my team in harm's way. We got to do better. Obviously with the stakes of being a Sunday night game, the referees have been under a lot of scrutiny with the call making throughout the year. I know they are trying to make sure to do their part to protect the game and make sure they are playing both sides fairly."