



“All right. Let's give you what we start with, what we know. Maybe the injuries. Jayden did injure his left elbow. It was a dislocation. X-ray showed no fracture. Travel back home with the team. More imaging tomorrow. Once I know, like, an update that we can move forward with, I'll give you that. But I want to get you what I know.

Man, we're bummed for him. I thought he was, like, really playing his ass off, and we will rally so hard around Marcus until Jayden's back, and that's what we talked about as a team. Other injury-wise, Sam Cosmi will be in the concussion protocol, and Kinlaw injured his shoulder, and Coleman injured a finger. I'll give you updates on that.

I thought the turnover margin, being a minus-one. Thought that was going to be an important piece of this game, and then thought Dallas had the advantage on third down. Thought that was one of the real things. I mean, you can't extend drives with two premium receivers. And so, but tonight's story is about Jayden, how bummed we are for him, and we will rally, like I said, really hard around Marcus. I thought he played well in that space. But we had a good chance at one with Dyami for a score and another chance down later for Terry.”

**On what was it like in that moment to see Jayden go down again, knowing what he'd kind of done to get back after last year.**

“Yeah, I was just disheartened for him. Like, I know what he's gone through to go. He's in good spirits tonight. Just knowing that, like, we wanted to all play so well for him in that space. And so to see him in that spot, it stunk for the guys and I thought Marcus did a really good job coming back in when we were starting on offense, then we get going, right off the bat – it was tough.”

**On the decision to run Daniels at the one-yard line.**

“Yeah, I thought, like, looking back on it, like, at the one-yard line, we need touchdowns. And so, I don't regret the call. Obviously, like, any time someone's injured, you play the what-if game. I don't think this is one of those times for me. I hate that it happened. I didn't see it. You guys may have. I still haven't seen it yet. But I wasn't hesitant about going into that spot. I thought, like, we're going to be aggressive in this game against their offense. So I don't regret that. Obviously, the outcome sucks, but it wasn't a what-if or wish I had done something different.”

**On keeping the team from dwelling on Daniels' injury.**

“Yeah, I think you want to, like, stand in that space, man. It's your posture, your attitude of how you're going to go and say, acknowledge it sucks. That was the first thing I did. Man, like, we are hurting for him, and this sucks, and let's battle our ass off for him. And I didn't see him at the half. They were working on his elbow, so I went out to the field, but I didn't see him until postgame. But it was hard. It was quiet and emotional in that space, knowing how much he's put in. But at the end, like, I wanted to bring everybody up tight and talk to them. ‘Hey, this does suck. This is what we're going to go do. This is how we're going to play.’ And, like I said, Marcus—I was not surprised to see him play well. He's into that space.”

**On the players' message in the locker room at halftime. Marcus said a number of players kind of spoke up in the locker room at halftime. What's sort of the general message from everybody as you guys kind of dealt with it?**

“Yeah, I think the leadership in the group, number one, is strong. And, like, we'd all like to be led by some of these guys. But just knowing, like, how hard they're going to fight for one another. I love that. I love that about our team. I love the men that make up our locker room. But it was tough to start it, and then you kind of said, ‘Okay, acknowledge that this is what happened. It sucks. How are we going to move forward and go fight for it?’”

**On what he has learned about Marcus Mariota is his years with him. How he handles situations like today, how he handles a week, changing jobs, supporting change and all of it.**

“Yeah, I don't know if I learned anything today. I knew what we'd see because I know the man, I know the competitor, I know the support that he has and also, like, how hard he works on the other side of things. So going into it, I just reminded him, ‘Hey, man, like, I'm going to give you the same thing you told Jayden: be him. Like, I'm telling you, do the same. Make your plays. Do your thing.’ So that was the message for him. But the team, the locker room, the staff have got, like, great trust in him. And we're fortunate that he's here. It's difficult circumstances, but, like I said, we will rally around Marcus. I have no doubt about it.”



**On why the Cowboys have been a difficult divisional opponent. The have, of course, some of the same players. What is it about the Dallas Cowboys that is so tough for you all in the division?**

"I think it starts, like, certainly with Dak. He's playing at an incredible level, when he can have some play passes and has time, like, he's going to make you do it. And so the weapons they have outside, that's the space. Like, we've got to make sure we don't get hit with some scrambles. He had a couple third-down conversions. But I thought when he's really rolling, like, he's one of the best. And so we've got to disrupt him and the big premiums they have outside as well. So that was disheartening to see, but we'll get another chance to go battle for him. But knowing it's going to be two tough stretches on the road to start, we're pumped to get back home next week. Feels like I haven't been home for the longest. And so, like I said, that's where we are today."

**On his reaction when Daniels went down and grab his left elbow.**

"Yeah. Honestly, like, seeing it, knowing what the injury was, like, I didn't know it at the time. He was down, and you guys may have a better vantage point than I do by the time I get out there. Just know that he's hurting, man. At that point, it's more empathetic to say, like, 'Man, I know how much this guy's putting in, and he's going through it right now.' It was important for me to get some time with him after the game. I didn't see him at the half or any of that. So I got the chance to spend a minute afterwards, and seeing him and Marcus together, just knowing, like, how hard we're we were fighting for them. Wanted to express that to the team."

**On applying lessons from last season's injuries.**

"Yeah, I think we started that all the way back in the spring, if you remember, of, like, where are we at in the depth? And so it kind of hit us early, had a little bit with L.T. first. That was, like, the first one. It's, 'Okay, this is the adjustment. This is where we'll go with Brandon,' and this will be another space into that spot. But knowing that we gave those guys more reps, more turns, knowing I hate that it happens, but we also know that it does. And I think those are the scars you want to learn from to make sure at any positions, who's the next, where are we at, how does that look? And so it just happens to be at quarterback, and it was earlier at left tackle, but that doesn't mean we're not thinking that way at all the spots. So we just want to be ready when the spaces come, and that's how I'm looking at it."

**On Daniels being in good spirits after learning there was no fracture. How would you describe it?**

"I probably haven't gone too far down the road yet. Just, man, it was good to see him, honestly. That's where I was first. And just knowing him, that he didn't have a fracture. That's what I heard, post. I didn't even know that when I spoke to him. I just kind of got that information before I came in here, so it's not something we discussed. But I wanted him to know how we're going to fight for him. He was playing his ass off."

**On whether Daniels' injury adds pressure on the defense.**

"It doesn't add to it, for sure, but, like, there's an awareness for it. When you miss the mark of what you want to do and how you want to do it, like, yeah, that bothers you. But as far as the defense in total, I think they're more concerned, 'Okay, why didn't we hit the marks that we said we wanted to hit?' I have a lot of belief in the guys and what they can do. So, we certainly don't like where we are, but we are not staying in this space. That was kind of my message to them. I love how they work. I like the spot that they'll get to, to get it right. I'm certain that we'll do that. It doesn't feel any better today knowing that, but we'll continue to work and find the right balance with the right packages of people to get that done."

**On whether his approach changed after Daniels' previous injury.**

"Yeah, I would say I almost disagree with you, but, like, I was around the team when it happened, so that would be something different. In that space, they're definitely hurting for him, but what I wanted to kind of get across that we will rally so hard around Marcus until Jayden is back. So, that's what's required, and that's what we'll do. I expect our posture and attitude to reflect that, to know that, like, yeah, defensively, go battle their ass off. But you don't want to say, 'Take on more,' and do that. Like, man, do your thing at a really high level. Once you start reaching for different topics, man, you can get out of whack. So, like, we've got plenty to play better at defensively without adding any extra to it."

**On if he's optimistic Daniels will return.**

"I'm saying, yeah, optimism, I guess. Yeah, that's, like—we haven't discussed anything later. It's just kind of how I see things, so I haven't had any reason to think otherwise."



DALLAS COWBOYS vs. WASHINGTON COMMANDERS – SEPTEMBER 20, 2026  
WASHINGTON COMMANDERS HEAD COACH DAN QUINN

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#### **Quarterback Marcus Mariota**

##### **On the emotions of the Daniels injury:**

"It sucks and you can't even really put it into words. Yeah, you watch that kid battle through all that he's been through last year, and it's just very, very unfortunate. But that is an incredible locker room. He's got an incredible support system. We're going to do everything we can to get him back and get him right. But man, yeah, it's tough."

##### **On it happening again here in Dallas:**

"I don't think that it's something that's going to continually happen (here). I just think that it was unfortunate. I love how aggressive we were there. I loved the call. It was one of those things that we got the look for and just unfortunate. Like I said, we've got an incredible support system. He'll fight and he'll be back, but that's tough on all of us."

##### **On his confidence level to lead the offense:**

"I mean, at the end of the day, it's my job and I just never wanted to be in those types of circumstances. With as much experience as I've had, I feel comfortable. We've got a great crew. Those guys didn't blink at all, and I thought we did a good job of moving the ball in the second half. But yeah, I feel confident. I feel comfortable. I really like what Coach Blough is doing. I believe in this system and we'll get this thing right."

##### **On his process to deal with the emotions:**

"It's such a good question because I guess for me, early on in my career, you try to just suppress those feelings and those emotions. But I think at the end of the day, I found that you just have to kind of be vulnerable and just talk about how you feel. And in that moment, it's just like my first inkling is just thinking about the guy. You know what I mean? You worry, you think about his mental, you think about what he's gone through. So yeah, you go through all those emotions. I wasn't afraid to go through that. I think at the end of the day, to be able to go through that, it kind of snapped me into what I had to do. I was just trying to perform for these guys and do my job to the best of my ability."

##### **On why they had offensive success in the second half:**

"I thought the big guys up front, we started really running the ball and then we made some plays in the pass game, whether it was scrambling, whether it's (Stephon Diggs) just finding space, we were able to convert some third downs. Sometimes you hurt yourself. That, I think, kind of stalled us a couple times. But at the end of the day, if we're able to move those balls and move the ball and give us an opportunity to score, I think we'll like where we're at."

##### **On how to stay positive after the rough start:**

"I think when you think about last year, the type of mentality that that locker room had regardless of what was going on. That's the culture that Q's built. That no flinch mentality is what's going to drive us forward. Guys believe in each other, guys believe in what we're doing and believe in Q. We'll get this ship going in the right direction. But today we got to, like I said, kind of be vulnerable, feel the emotions out and clean up some things tomorrow and get ready for Seattle."

##### **On what he said to the team:**

"I think really when we went out as an offense, it was just focus on your job, do what you got to do. Nobody needs to be Superman. Nobody needs to do anything crazy. Let's just kind of do what we've been doing. Once we settled down there, we were able to move the ball and do some good things. But yeah, like I said, when you suppress those emotions,



I think you start to not be yourself. I really just was telling these guys, man, just go out there and be yourself. We'll find ways to move the rock. We did for the majority that second half."

**On dealing with the not having control over injuries and things:**

"You just try to move on to the next play. I thought our guys did a great job after all of that to come out on that third or fourth drive and go down and score. That was huge. Again, it says a lot about these guys in the locker room. To get it in within 10 points to give us a shot is all you can ask for. And again, it's going to be a roller coaster of emotions throughout, but we got the leadership in the locker room to be able to handle it."

**On if anyone stood up and said something:**

"Yeah, there's a handful of guys...we just talking about believing in each other. So that belief in there is all you need. We'll find ways to correct the technique. We'll find ways to correct the execution. But at the end of the day, if you have belief, that's all you can really ask for."

**On what he said to Daniels on the field:**

"Just praying, holding his hand saying, "I'm here with you man, you're not going through this alone." As a football player, I think everybody's kind of been in that spot, unfortunately, as part of the game. I think back to a guy who was there for me when I got hurt. It was Delanie Walker. I think any of that happens, you just want it to be known that someone's caring for you. So, I just wanted to stand there with him and know that, "Hey dog, I got you.""