



Head Coach Dan Quinn

Opening Statement:

“What's up everybody. First let's start with an update on [LB] Leo [Chenal]. He's at the hospital. He does have feeling in his extremities, undergoing further testing as we go through tonight. But we're definitely thinking of him. He's a great teammate. We love him. So, anytime a guy gets banged up like that and you're just thinking of him and pulling for him as much as you can. So additionally, [S] Percy Butler is in the concussion protocol. So, we'll give you updates once I know more on that. As we get started about the game, just first of all, this is a day to give a shout out to the fans. I felt their energy. Home opener to feel all of that. And then, as a tribute for the families of [Former Washington QB] Sonny [Jurgensen] and for [Former Washington LB] Monte [Coleman] and us to be a part of that win for them. I hope their families feel that for all they've done for the organization. So, it meant a lot to get a win for them. So why don't we open it up to you guys and we can get started on the game.”

On the significance of the win:

“Yeah, I think it was important. I don't wanna under cut that. When you're in a hole and wanting to fight back to go, I liked the practice that the team put together, but it was gonna take some resiliency. We knew this was gonna be a slug fest. And we felt that going into it. But for quite a while we've got a wall, big wall outside of my office for takeaways. And so, for two weeks, it has been empty and devastatingly empty. And so, to have some that get filled up onto that was a big deal. And with the Leo injury and [LB] Kain [Medrano] stepping into that space and having an interception, like, that was a big deal when you step up and deliver for the guys. And so, at the end of it, I thought when it came time for the winning time spaces for Kain and for Marcus, we gave both of them a game ball tonight, just for that performance and knowing, this is the time we gotta deliver for the guys. But honestly, I felt energy from the captains first, from [WR] Terry [McLaurin] and [S Jeremy] Reavo [Reaves] and others, into the game. I think that was a big piece of it too. I feel like we've got some really excellent leaders here.”

On the personnel changes to the secondary and the defenses' performance as a whole:

“Yeah. I liked the fact that we got some takeaways and again, it felt strong in the run game into that spot. We've got plenty to clean up on in that space. I'd like a better assessment on that tomorrow, but going into it, I thought that was the right play without a go. I thought [Seattle Seahawks QB Sam] Darnold made honestly some good throws outside the pocket. If we get him off the spot, we'd get him. I thought, man, he played a really good game too. So got to tip my hat to them for a guy who hadn't been in a couple weeks to him to hit some throws on the run. Like, I thought I can live with – and you've heard me say it before, the good throw, the good coverage, and he puts it in the right spot. Like the one to [Seattle Seahawks WR Jaxon] JSN [Smith-Njigba] for the touchdown, like, lower inside, that's a hard play to defend. So, we'll continue to tweak anything that we have to. We did have some injuries tonight, and so we'll get a better assessment on that. But, I like, early on, especially on third down, I thought what we had and how it would go would be big.”

On Medrano's interception returned for a touchdown:

"Yeah, I didn't have a great space other than I had, I felt the catch and that part. He's got great hands, like he's got background as like receiver, DB in that spot. So, he's always somebody that we thought is on the ball and when he can deliver for the guys, that's a big deal. So, he had actually punched one out earlier this week in practice and we were kind of making a big deal about him and the ball. But, to deliver on that one, that was what we needed, and I felt like the fourth down stop in the first half, for points and then that one obviously for points, that's probably the biggest differences in the game."

On Offensive Coordinator David Blough's play call to have QB Marcus Mariota keep the ball on the game sealing play:

"Yeah. I thought both of them, the run to [RB] Rachaad [White], I thought was a big one. And then at the end, the one with Marcus keeping, I thought there was very little chance Marcus was giving that one off [laughs]. Been one of the very best that's ever done in that space. And so, we're all pumped for him. Like he's a rare teammate and so that doesn't mean it all was perfect. There was plenty of stuff for us to clean up. We had false starts and procedure issues that we have to get better at. But, for him, having the ball at the end as him and [QB] Jay [Jayden Daniels], you're gonna put the ball in their hands, like, as a coach, that's what you think."

On how this group has found success in spite of the injuries:

"Yeah, that's a good question. I would say probably, the resilience part of putting them into those spaces earlier and knowing to test them to see where we're at to go. Kain's always been somebody that's had speed and range, and so going into it because he's been in the system for a few years, like, there was a lot of confidence that he would be able to deliver into that spot. And then, like I said, O-Line, we shifted around, corner, we shifted around. I think just kind of speaks to, man, we're gonna dig in as hard as we can to put the best group out there, like, O-Line, same thing, how do we get the best five going?"

On the plan to build on this success:

"Yeah, I think I like the work that we've had. We were close, I thought certainly in the first game and took some lessons there, they're hard and you wanted to be able to apply them. But as we're going, I think that was the sentiment in the locker room. There's so many things to clean up and build upon, and we certainly plan on doing that. Another home game, but home game that you have to fly seven hours away. We're very excited to go play and compete again, knowing for a long time, I've known what we were capable of, and even though it didn't feel great over the first two weeks in terms of the result, I knew the process of this week was right. And as you guys know when that part happens right, you give yourself the best chance to go do that."

On LB Sonny Styles' performance:

"There were a couple of plays that jumped out to me. Obviously, the interception, he forced the fumble, might have had two, I think he might have recovered the one in the end zone, might have been another one. And then the shot down the sideline, man-to-man coverage, and that's a big moment. And I think in that space barrier, you felt speed, length, all of those things. It's a tough matchup, and so as a backer, you felt every bit of his speed onto that spot in length. And so, you get beat on that, you get tried a lot [laughs]. And so, to see him deliver into that space, but I think more than anything, I think he's capable of producing the ball based on the speed and length. And so, for that to come to fruition, I thought that was a big deal and for a number of the rookies, this

was a weekend that they had their families in. And so, getting a chance to spend some time with them on Saturday for the rookies' families and knowing Sonny's had some people here as well. It's a big deal."

On what having a win before going to London means for the team:

"I don't know if I can quantify it, but I do know coming into this that we were gonna be really tested and the 0-3 test and the 1-2 test, both don't sound great on paper, but they feel a lot different. And I don't think we needed – we didn't need belief, but we needed to execute it and give ourselves a real good shot at it. And it wasn't perfect by any stretch. We had to overcome penalties and other things, but I think it does show some of the resolve. I'll be excited if we can get some of the players back in the next week and then possibly the week after that. But for the guys that are stepping in and being able to deliver, that's a really big deal."

On the quick turnaround for the London game and what goes into deciding who will play:

"Yeah. We don't head out until Tuesday, so we're gonna do a big meeting tomorrow. We got some guys banged up today too, so where it's gonna go. We'll try to enjoy it for an hour or two tonight and then [General Manager] Adam [Peters] and I will visit again later on the way home and kind of plan it out. But, not leaving until Tuesday night gives us some space to figure out how we wanna go about it."

On what he thinks was clicking today for McLaurin and the wide receivers in general:

"One, I felt like there would be some completions that we'd have to have some run after catch moments. I thought there's probably as big as one of the steps towards the end of the game. He's got a great feel into that space where we had to get the first down, having to own those spaces. Their front has good rush, especially from the interior side and, [DT] Leonard [Williams] and [DT] Byron [Murphy II] are tough to match up as you can, but I thought spreading it out is a big deal. Knowing different, whether it's keepers or drop backs or play passes. So, we will look back at it and I think there's probably a play or two that we left that we think is there. But that's kind of what you wanna build upon. And the ups and downs of it all, I think we'll watch [WR] Antonio's [William]. He'll want that one again. In the first week he made it, you know? So, that's the life in the NFL where it gets magnified and we've got so much confidence in him. We'll go back in and dig for it. New challenge, new week, so we'll dig into it."

On CB Amik Robertson and him being a leader for this team:

"He has established that in his own unique way. I think the thing that I think of him is like, this is a true competitor. And in every way and every practice and every opening that he has to kind of demonstrate that, for him coming up kind of like he did. There was a giant chip on his shoulder and what's cool about it, it ain't never left. So, I like that about him that through success or other things that sometimes those chips get a little smaller, and his never gets smaller. I think it speaks to the competitive nature of who he is. He's been an excellent addition to our group. Has some of that to him and so seeing that, I didn't see [OLB K'Lavon] KC's [Chaisson], you know, foul [Unnecessary Roughness Penalty] that they called. I look forward to seeing how it's back to Amik. I like the competitive nature that he brings to our team. He is one of those guys that is down for the fight and if you're going up against it, he'd be one to pick to stand next to."

On the team's resolve and overall performance in today's game:

"It's the habits that we're trying to produce all the time so I can, in this specific instance, look back during the week at practice. So on Thursday we do a lot of, well, all days we do some good on good,

but in that specific instance, a two minute that the offense had to drive down the field. They were down two to kick a field goal. I think [K] Drew Stevens hit into that one like a 50-yarder where, and then we went back the other way and put the ball on the 21 yard line for the defense to say, 'All right, down [a] touchdown, and you gotta go play in the red zone and get your stops.' When they did battle for it and get a stop, I think you have to stress them as much as we can. And like I said, plenty of things that we wanna work on, but to see those come to life and knowing this is the time to go answer the bell. And I thought Marcus [Mariota] and Rachaad [White] were probably the cleanest examples of that, and then this is the time when the game is on the line. I was certainly pumped for Terry tonight too. I thought, one, I believe they took away on the sideline right where it was. One of the challenges was called an incomplete, but I just felt every bit of his intensity, willingness. He had a great block on one of the first runs and I thought that shows his toughness with or without the ball. He was just down for it. So, we have players like that you wanna, you know, keep getting into it."

Quarterback Marcus Mariota

On how the win feels:

"That's gonna feel for a while, I think. No, it was unbelievable. Like I said, I'm thrilled. We have an unbelievable group of guys. I think that's kind of been the message over the last three years that I've been here, two years. The more that adversity hits, the more that the circumstances kind of pin us against the wall, these guys find a way. I'm grateful to be a part of it. I'm grateful to have the coaching staff that we have, and I'm looking forward to the rest of the year."

On the look for the last read-option play:

"Yeah, it was one of those things. We really haven't had much of it, and I thought it was just a good wrinkle at the end. Coach [Offensive Coordinator David] Blough did a great job of calling that and giving me a shot."

On the team's tone and response after the first two games:

"I really think it's been there. Yeah, when you start off with two division road games, that's tough. It's tough on you. And our guys didn't blink. I thought we had a great week of practice. This is what this is about. Like, this is kind of the NFL. You get kind of knocked down at different points in the year. It really just shows a lot about the guys in the locker room, and to get to this, I know 1-2 is not where we want to be, but that was a huge win for us moving forward."

On WR Terry McLaurin's first touchdown of the season:

"I mean, he's the man. He's fun to throw to. And I think just one of those things, he's going to get his opportunity. He's going to make the most of it. I thought the first couple of games he did a good job of kind of trying to find ways to allow him to create separation. That's part of it. Like I said, you're gonna go against good defenses, you're gonna go against teams that game plan well. And I just thought we had a great opportunity for him this week, and he really delivered for us."

On the importance of the two first-half turnovers:

"Yeah, it was huge, big time. We talk about that, right? Ball is life. That's something that Q [Head Coach Dan Quinn] always talks about. We thought it was close over the course of the last couple of

weeks. Guys are doing a great job, both punching at the ball, and we had opportunities to get interceptions. For our guys to capitalize today was huge, and it's just the way we live. Our guys did a good job on offense, cashing in. And I think they really kind of set the time up for me."

On what the win means after starting the season 0-2:

"Yeah, I mean, at the end of the day, it's just one week. I don't want to throw a bunch of, like, into this. 1-2 is way different than 1-3. And over the course of the last 10 months, guys have battled, guys have fought, and it's good to kind of see it all come to fruition. I know it's only one week, like I said, but I really think that this is a big time stepping zone for us moving forward. And the more that we can continue to build off of it, it wasn't perfect today. It's never gonna be, but the more that we can learn from our mistakes, the more that we can build off of this."

On the touchdown pass to WR Terry McLaurin:

"He made an unbelievable play. Yeah, it kind of changed on the fly. He beat [CB] Josh [Jobe] really well, or really bad off the line. It was one of those, like, he kind of mailboxed it. Me, if it's one-on-one, I'm gonna take my shot with Terry every time, and he made an unbelievable catch."

On the touchdown pass to WR Treyton Burks:

"That was really like something through the week that we thought we would maybe get a chance at, and Trey did a good job. It's not an easy route. He's got to really cross the face with the safety, and the way that he was able to do that, protect the throw, hang onto it. It was an unbelievable play by him. Like I said, it was some of that game plan-wise our coaches thought we might have a shot at it, and it just ended up being the perfect look."

On the resolve of the team:

"Yeah, second to none. Like I said, there's an unbelievable group of guys in there battling through injury. Even today, we think about [LB] Leo [Chenal] and for [LB] Kain [Medrano] to make a play at the end of the game there too. I mean, just unbelievable. And that really is defined by Q, I think from that. And we really believe in each other. He really believes in the next-man mentality, and the more that the season goes on, you're gonna have that. You're gonna have to kind of be ready at all portions of the season. You never know when your number is when you call, but guys have done an unbelievable job of being ready. It's a testament to Q."

On the fourth-quarter scramble and being tackled short:

"He's a great tackler. [LB] Ernest [Jones IV] is. I thought I could have made a miss. He made a big time open field tackle because I feel like if I would have gotten in on that one, I might have had a chance to score. [Reporter: Well, you got it back.] Yeah, I guess when it counted the most, but yeah, he made an unbelievable play."

On why he went to the locker room:

"I need IVs. My workload hasn't been this much in a while. So, yeah, my body wasn't really ready for it. Big time credit to our training staff and our athletic medicine. That's not easy to do, especially in the middle of a game like that. But yeah, I went and got an IV bag and was able to come back out."

On the mood heading to London after the win:

"Yeah, I think it's definitely going to be a good floor. I really believe this team has a chance to do some really, really good things. And like I said, to be able to win, to create that momentum, moving forward, was very important. And now, heading to London, we understand we have a big test this

week as well. It's gonna be like that week in and week out. But yes, like you said, the move will definitely be better. But I think guys in the locker room will definitely say that we are not satisfied yet."

On what the team's confidence in him means:

"It means a lot. You never understand truly how much you impact those around you, and I always try to be myself. I've always felt like the more that I can serve others and be there for my team. The better the team's gonna be. So, that mentality for me has never changed, regardless of whatever organization I've been a part of. Some of that was kind of instilled in me at a young age, and it's just who I am. And I do appreciate all of the support and belief. At the end of the day, it takes all of us to be able to put together a win like that, and I can't thank those guys enough."

WR Terry McLaurin

On exhaling today:

"It's hard to win in the league, so we're enjoying it, I'll say that. I feel like an exhale would kinda be more like, you felt pressure. And honestly, we didn't really feel the pressure of being down 0-2. We knew what we were up against, so it wasn't nonchalant, but I knew it was a different week when we were 0-2, and Wednesday's practice, the energy was really high. The practice was great; it was in the rain, just like this. Everybody was feeding off of each other. But to come out here, first home opener of the season, and get this win, it's huge, against a really good team who hasn't lost this last year. So, it just shows us what we're capable of when we play four quarters of complementary football. We finished the job; I feel like we did that."

On beating the defending Super Bowl Champions:

"Yeah, you know we talk about winning time moments a lot. I think Head Coach DQ has made that abundantly clear. As special as 2024 is, that's in the past. You can't ride what you did last year or the year before that. We're going on three years from that; this is a different team. At the same time, the core of this team is still winning time moments; I think that's what showed. And I think that was a core of what made us successful then, so we have to continue to find ways to continue to build on that. You know, fourth down, gotta have it, but I trust the ball to be in our hands, and so does DQ. For us to finish the game with the ball. So, I think we did that today, and the defense did a great job of getting the ball back for us. [LB] Kain [Medrano] had an unbelievable pick-six. So, when you play complementary football like that, you get turnovers. We talk about the ball to ball to ball. We did that today; we scored in the red zone. We protected the football on offense. We got the ball back on defense, and we put ourselves in the position to win the game."

On production in the first two games and breaking out today:

"I think this is the opportunity that was just seized. I think we got into a rhythm early. You know, I don't really lose faith in myself, and neither do my teammates. And so, I know the ball is going to come my way. It's just about being consistent and making the play. Sometimes things don't go your way as well. There are other things, as being a receiver, that's going to be out of your control. But I think my faith has anchored me in being able to weather the storm when you do go through ups and downs. I think that's just life. You're gonna go through things; things are not gonna go your way, even when you prepare your best to give your best. Sometimes progress doesn't necessarily look like the end goal. Progress looks like handling things differently than you may have handled it two years ago, or a year ago, or a week ago. Being able to just stay even keel and trust the work. So, I

just give the glory to the lord, where my mind just stays focused on the task at hand. More opportunities are gonna come, but I just think being a part of this team where they trust me to be a leader and the playmaker, like, I just wanted to kinda put that on display. And I definitely fed off the crowd; like, I love playing at home, I love hearing the Terry chant. So that was unbelievable to see the crowd packed in a rainy game. It wasn't pretty, but we earned that one, and I think that's what sets the tone when you earn a win like that because they fought back really hard. But when we finish like that, we're gonna give ourselves a chance to be successful this year."

On how the offense did as a whole:

"Definitely. I think we did a good job of mixing up the run and pass. We were successful in the outside zone early. I think receivers, we took pride in helping get [RB] Bill [Jacory Croskey-Merritt] and [RB] Rachaad [White] get to the second level, getting those push crack blocks, and then when it kind of cleared up in the second half, we were kind of smiling like it isn't raining no more. We knew our time was coming. [WR] Diggs [Steffon Diggs] did a great job staying locked in, being ready for his moments; [CB] Trey [Amos] got in the end zone today. [WR] Jay Lane had a big play. [WR] Tone [Antonio Williams] had some catches, and I think that's the great thing about being a part of our receiver room. You don't know where it's always going to come from, but somebody's going to make the play. [TE] Bates [John Bates] was making plays. Everybody had a hand in it, so it just doesn't come down to one person. When you're able to keep a rhythm going like we are, [QB] Marcus [Mariota] does a great job of just getting us in the right plays. He did a great job of adjusting and what they were giving us. We're going to continue to build on that. It was definitely fun to have the ball in your hands at the end of the game, and you want the ball, and they trust me, and I just wanted to try to come down and make that play for the team."

On the touchdown coverage:

"I've been getting a lot of clout all year, you know. We've been adjusting on what other routes could be successful against that. We'd like to do some condensed splits, but being able to play out wide was definitely beneficial. Watching the film on [MLB] Jones [Ernest Jones], he's a great player. He has really long arms, and so I just wanted to get on his toes on the release. I had a pinch route, which is kind of like a 12-yard curl, and I beat him so clean off the release. I ran the go route, and me and Marcus, have enough time spent to where I just trusted that he was going to see it, and he did, and he put the ball up where only I could get it. We don't try to make a habit of going off key, but at the end of the day, we speak about being ball players out there. When you get a clean release like that, and you have a chance to make a big play, you want to capitalize, and we did that. It definitely worked out in our favor. I actually kind of got a little bit of a one-on-one; they were probably quarters, so I got a little bit of one-on-one coverage with him, and put the ball up, and I just wanted to come down with it. That was euphoric. Everybody has been waiting for the mask to get dropped and the celebration, so to see all my teammates doing it, that just means something different to me because they really support and love what you do out there."

On the confidence in Marcus Mariota:

"Marcus is an unbelievable person, a human being first and foremost. I call him a salt of the earth person, where he just comes in our in our building every single day looking to serve, and when he's in the backup role and [QB] Jayden's [Daniels] starting, he's doing nothing but supporting Jayden, supporting us, being communicative on the sidelines. When he's in there, and when he's been in there, we believe wholeheartedly he could give us a chance to win a football game, and him and I have been playing football for a long time. Now, in our third year together, we've built a really great rapport. He trusts me to make plays, and I trust that he's going to put the ball where he needs to be,

and our communication is great too. On the sideline and when we're out there, seeing what the defense gives us, and just being able to adjust on the fly. As long as Marcus is back there, we have trust in him, just like we have trust in Jayden."

LB Kain Medrano

On the interception returned for a touchdown:

"Yeah, man. Really just being in the right place at the right time. We had a defense on, I'm just trying to find space to go get the quarterback in. Just kind of happened to run right underneath the checkdown route and saw green grass and had to show off my wide receiver skills."

On what he was thinking as he ran down the field:

"Honestly, score. That was what I was thinking. Close game, gotta have a way to get some momentum back. I think that's what did it. So, I was just, 'get the ball in the end zone.'"

On stepping in for injured LB Leo Chenal:

"Yeah, it's just time to step up. I prepared like I was gonna play all week as I do every week. So, finally got my chance, and I just had to go in there, stay calm, and just make my plays."

On if his preparation that led to the interception:

"Yeah. They kept hitting those checkdowns a couple times. I had one or two missed tackles on some checkdowns, so I know they were gonna come back to it. Just didn't know when, and they happened to come back to it, and I was in the right place at the right time."

On the communication between him and fellow LB Sonny Styles:

"Sonny knows ball, and it's nice to be out there playing with somebody that understands and has a good IQ of the game. But, we're always talking, no matter who's in. Me and Sonny, Sonny and Leo, anybody. Just communication is kind of what we preach all week. So, we're just talking about the play, 'hey, what we think's gonna come, where we think the ball's gonna go,' and whatnot."

On his conditioning:

"I got an IV before the game, so it was nice. But yeah, it was a long, long, long play. So, then I had to get my breath and go back out there and get another stop."

On forcing turnovers being a focus during practice and how it led to three today:

"I don't think we did anything different throughout the week. We preach 'get the ball, punch up the ball'. Ball is life. That's kind of the motto we live by. So, all week it was a point of emphasis just being more intentional with where we're punching and how we're punching. But I think, once one turns into two, turns into three, and that momentum just kind of rolls."

On if he had a chance to talk to LB Leo Chenal:

"Yeah, obviously, we lost a brother, but we're all praying for him. You just hope you can heal."

On staying encouraged throughout his first two seasons:

"Yeah, man, just waiting for my time. Just kind of ups and downs and just kind of trying to stay right in the middle and not get too up, too down, you know? With last year, inactive, active, inactive,

active, just being the same person every day. Energy, effort, being the same guy in the building every day. I finally got my chance, and I have to make the most out of my opportunities."

On getting an interception and creating turnovers:

"Yeah. You said it perfectly. One turns into two. Two turns into three. And the ball just falls that way. So, nothing that I saw, but it's just that momentum that we have. We're hunting the ball, and that's what we do as a defense. We go and hunt the ball, and so that turned into kind of what it was."

On the team's next-man-up mentality amid injuries:

"Yeah, I think everybody prepares like they're going to play. And that's the nice thing about this team. No matter what, you have 53 guys that can go out there and ball. So, just preparing like I was going to play. You know, injuries happen. Obviously, we wish the best, but I just think that the team and the defense, believing in me, helped me kind of just keep going. They have a lot of faith in me kind of throughout the week, throughout the year. So that was that."

On what he saw on his interception:

"Yeah, like I said, they kept getting down to those checkdowns. And that was a little checkdown that they had and, you know, just kind of flowing over the top and just happened on, like, underneath the ball."

On not trying to do too much when stepping in:

"Yeah, just do your job. Your 1/11th. The plays are gonna come to you, but if we all do our 1/11th, then that's 11 out of 11, and we're all doing our jobs. And obviously we see what happens when we do our 1/11th."

WR Treyton Burks

Today's win against the Seahawks:

"I mean, we can't brush off anything, especially in this league, you know. Everybody in the league is just as good as the other teams. So, you never know what happens. You just have to come out there each weekend and just play your ball."

On his thoughts of [Offensive Coordinator] David Blough just as a play caller:

"For sure. Coach Blough's, a great coach. He does nothing but put us in good situations to go out and win. Each and every player, we can't be happier for him, then also happy for the whole team."

On taking the win today and carrying that energy into the next few weeks:

"You know, just each week come in and attack it. Just keep getting better and better each day and, you know, just let God take care of to the rest."

On why the team was finally able to play complimentary football today:

"Um, you know, like I say, um, God works in mysterious ways. When things go a certain way, but you just can't lose doubt and faith in him, you just let him control all of that."

On the teams next up mentality when missing key players on the field:

"Uh, yeah, man, you just got to be ready for your opportunity. Each week, you know, we preach that, and like I said just leave it up to God and you know, he will take care of the rest."

On the team's first game of the season being home:

"Truly exciting, the fans came and showed out! We can't be more blessed to have fans like that. We now just have to keep doing exactly what we're doing and getting better."

LB Sonny Styles

On being able to execute on defense:

"The emphasis for the whole defense was to get after the ball. Through the first two weeks of no turnovers, Coach Daronte and the whole staff said we gotta get after the ball, that's how you win games. So that was the emphasis."

On being thin at the linebacker spot:

"Guys got to step up in big moments. Guys stepping up all across the field. Obviously, Leo [Chanel] went down, happy he's doing well but you got to step up. Next man up and that's just the way the game goes so I'm glad he [LB Kain Medrano] was able to step up and make a big play."

On how scoring off turnovers changes the vibe in the locker room:

"Getting after the ball makes a huge impact on the game. Like there's probably some crazy percentage on the team who wins the turnover battle wins the game. Obviously we know there's still stuff on the table that we got to fix. It's not a perfect game just because we got after the ball, but we just have to win the game, so that's what matters most."

On his first NFL win:

"I was glad to get a win. I hate losing, like you said, didn't really have too much in college. But, you know it's the NFL, it's a hard league. Every week the teams really good. Even teams when you get deep in the season that have really bad records, they're still a good team, so you got to earn each and every win."

On CB Amik Robertson's physical play:

"I think his energy is contagious. His dog mentality is contagious. He's a heck of a competitor, so he does a really good job."

On what he saw on Kain's interception:

"I was on the tight end, just playing my coverage. I'm about to get the PBU [pass break up] and he just steps in front of me. I'm like 'oh my gosh!' I'm running down the sideline with my hands up, it was crazy. It was a crazy play. I was just glad he was able to make the play. We talked about it on the sideline. I was like 'forget the last few plays, like the plays coming. Play is coming.' And there he was."

On his interception:

"I was running up the middle. Eyes came back, saw the ball there. Just one of their guys was trying to hold on to make sure I didn't come up with it."

On breaking up a pass while downfield:

"I didn't feel like I was in position to look back all the way, so I kind of just played his hands, trying to make sure I wasn't getting too grabby."

On adapting to his third NFL game:

"I think it's feeling normal, but I think there's still more plays to be made. I don't think I'm anywhere near like where I want to be, so the emphasis for me is to just keep getting better each and every week. I think you gotta be real with yourself, hard on yourself, but at the same time like you said, third week playing in the NFL, so you gotta give yourself some grace too. But you know, I'm always looking to get better."

On if there was a change in Daronte Jones' gameplan:

"I don't know if there was really a change. I think there was emphasis on getting after the ball, emphasis on being sharp on communication and not giving up freebies. When you do your job and you play hard, sometimes you end up in the right place, and that's what happened today."

On the atmosphere at NorthWest Stadium:

"It was awesome. I thought the crowd was great. Super loud on third down. Super loud on those big plays we made. So it was exciting to get in the stadium for the first time officially."

On how a win like this can fuel the guys moving forward:

"It was a good win because we had to earn it all the way down to the last drive. Had to earn it. Got a lot of bodies down, some guys having to step up all over the place. I think that says a lot about the team. Being able to persevere through all the injuries we have like, next man up mentality. No one feels bad for us. But we know there's still stuff on the field we got to fix. The win doesn't hide the things that need to be fixed, so we're just gonna keep stacking, keep getting better on to the next week."