

July 28, 2026

General Manager Adam Peters and Head Coach Dan Quinn

Opening Statements:

AP: "What's up everybody? Welcome. It's awesome to be back. Really, really excited about this year. Had a great break and now we're refreshed and ready to go. [We're] really pumped about the team we put together and the staff and the whole building. So, it's going to be a really fun year. It was good seeing most of you guys last night, if not all of you. Yeah, that was a fun time, so thanks for putting that together, [Vice President of Football Communications] Sean [DeBarbieri], and thank you guys for coming. I will start off with a couple of just procedural moves. In addition to the moves we made earlier in the week, [P] Tress Way and [LB] Kain Medrano are both dealing with injuries, so they won't be dressed up tomorrow. Tress suffered a pectoral injury. He'll be rehabbing off to the side. It's not expected to keep him out for an extended period of time, though, so not too worried about that. And then the same thing with Medrano, just a minor hamstring [injury] training in the off season and he should be back shortly. So, those are the two pieces of news, and I'll hand it over to DQ."

DQ: "For me, reporting day, the first thing that I noticed was the energy. This looks to be a team that is in very good physical condition. You can just see this is a lot of guys that absolutely worked their asses off to put themselves in a good space. Leaving in the spring, it was not, you know, you're going to play your way back into shape. And so, we knew that conditioning was going to be key. So, that fired us up for sure. But nobody's more pumped than me and the guy sitting next to me to get this thing rocking with the team. And so, let's get it rocking with you guys."

On parting ways with former TE Coach Ben Steele:

DQ: "Yeah, not going to lead on that. I know the team issued a statement and we definitely wish Ben the best, him and his family. It was the best decision for us at the time. We're excited to get rolling on training camp tomorrow. [Offensive Assistant] Wes Welker will be working with the tight ends, and that's how we'll proceed forward."

AP: "Yeah, certainly really wish the best for Ben and his family. A lot of thought was put into that decision and, you know, it was unfortunate but hoping for the best for him and his family."

On acquiring as much talent as possible to surround QB Jayden Daniels this season:

AP: "I think I'd start by saying I'm really happy with what we've done in the offseason, throughout the offseason. Our staff did a great job working together and identifying guys that would help us both offensively and defensively. Specifically wide receiver-wise, I think I've said to you guys before, really happy with who's in that room. Really happy with how the guys progressed in the offseason and stepped up. And I think they're going to take another step in this training camp. But just like with any other room, any other place, if we have ways to get better, we're always going to

look into that and really assess the decision, if it's the right move for our team or not. And if we do think it is, then we're not afraid to do that."

On Wes Welker's title and on if it's changing:

DQ: He's going to work with the tight ends. We haven't discussed it all the way through yet, but that's where we're headed into that space. He's working with the tight ends moving forward here."

On cornerbacks and starter level talent going into training camp:

DQ: It's actually a deep group that we feel going into it Nicki. And so, I think kind of the secret sauce is how do we fit in? Well, who's going to play inside? Who's going to play outside? How can we work through that? And I think that in itself is going to be some intrigue, and it'll take a few weeks for us to get to that space. So much of seeing different looks, different plays, it'll take us a minute to go. Take some time."

On helping QB Jayden Daniels be the best version of himself going into year three:

AP: "Yeah, I think there's a lot that goes into it. And like you said, first and foremost, it's him. He's had an incredible offseason. You know, really from the jump, as soon as he got healthy, he's been working his tail off, working on his body, working on his throwing, working with his teammates even before he got here. Now working with his teammates after we left out in LA. So, he's shown great leadership and picked up the offense really well. So, really happy with what he's been doing. And he's always been doing that since he got here, but really even at another level now. And then, in terms of surrounding himself, kind of like what we said earlier, is just on offense, on defense, making the defense as good as possible so he doesn't have to always make every play at the end of the game, and putting that together. Our defensive coaches have done a great job installing the defense. And then same thing on the offensive side of the ball, with the players we brought in. The scheme, the coaching. Really been pleased with everything that's gone on. There's a great energy in the building on both sides. So, I think when you bring all those things together, I think that the staff has done a really good job of surrounding himself with the opportunity to win."

On OC David Blough and DC Daronte Jones and what they'll bring this season:

AP: "Me personally, you know, I think first off, just watching those guys coach and teach. It's been really impressive to see both of those guys live and in action, in the meeting rooms, and then on the practice field. The way they coach and they teach and really the whole staff. Obviously, it starts with Q [Head Coach Dan Quinn] at the top and then those guys as it trickles down. But then offensively, we're going to be more multiple. We have a lot of different personnel groupings and a lot of different ways to attack you. I think it really, it's more quarterback friendly in a way, and I think that'll really help Jayden. Like I said earlier, he doesn't have to always make a play. We're going to try to scheme up things and have answers, so he doesn't always have to make a play. And I think the same way on defense. The defense is designed to, you always want to have the pen last. And so the defense, we have a lot of different ways to attack you and different things we can change up. So you know, we have answers going into the play and then at the line of scrimmage as well. So yeah, couldn't be happier with how everything went in the offseason. Really, really excited for it, really."

On the WR position being open to potential new starters this year:

AP: "I mean, I think just watching those guys, the way they work, the way they've worked in the classroom, and really, I'm glad you pointed out [WR] Terry [McLaurin]. His leadership has been fantastic throughout the offseason and carrying the young guys along and teaching them and

coaching them and being that type of guy in the room. But just the way the guys have progressed, how much we've invested in that position in terms of draft capital, I think we've invested a lot, and then our guys have done a really good job in the free agent market too, bringing in some real good competition there. So what it does is create great competition, and great competition will, you know, the cream will rise to the top. I'm confident that those guys will take a step up."

On finalizing the roster:

AP: "We're all involved and that's what's great about this place. We all talk daily and we have meetings all the time about the roster and just the 53. And it's really, we've said it a bunch of times that it's really 70, not 53. We look at those practice squad guys as an extension of our team, and oftentimes they're playing quite a bit. So, that makes it a little easier to look at and understand, okay, we have these guys on the 53, but we also have these guys that are really, they're all Commanders, and they're all going to be expected to play at some time. But we're evaluating these guys every day. We're watching practice during practice. We're watching the tape after practice. We're meeting on it. We're meeting on how they do in the classroom, how they're learning, how they're understanding their positions, how versatile they are. Can they play more than one position? You know, can they be more versatile on game day? Do they play special teams? Does that help their roster value? And those types of things. I could probably go on and on, but there's a lot of conversations and just back and forth and really tons of different things that go into that equation to get the best team for us."

On what training camp will look like this year:

DQ: "I think what you'll see you'll find some competitions in an everyday sense. And I think that's one of the very best ways that we'll get better. You know, just good on good, some situations, like into tomorrow, there'll be a two-point play competition, best out of five. And those are the moments I want. I think you'll find some game scenarios and situations in every practice, two minutes and four minutes, last plays, setting the field goals. Those are the ones we're trying to - and even a difficult camp can also be stressful. You know, can we put ourself in these spots so when the air gets thin, that we feel like that's our space, and we're going to work really hard into that spot. Tough camp doesn't always mean banging all the time. It's the execution, the elevation, like, you and I's boxing, the sparring, to get ready to go compete. And if we think in those ways, that's what I'm looking for. And there'll be days where it goes one side versus the other, and so I feel a hunger from the team, so they're ready to get into that."

On the weight of a player's social media when evaluating them:

AP: "That's a good roundabout question. [Laughs] I mean, we look at everything, JP. I mean, it's a great question, but we do look at everything and, you know, we want to make sure it's the right player to be in our locker room, in our bloodstream, and in our culture. And we often, we look at that stuff. It's not always the first thing we look at. Obviously, you're looking at the tape and you talk to the teams that the players have been on and how they were in the locker room, the players that have played with them and so on and so forth to make those decisions. But, you know, that's not usually a huge part of it. Usually."

On how HC Dan Quinn defines a successful training camp:

DQ: "That's a good way to go about it. And sometimes we'll start at the end and work back. You know, what are some of the things that we want to gain in that space? When you're talking about new systems, you really want to say, how elevated can we get our execution? You know, because through the spring, you're developing your individual skills so much with the players. It's so devoted

to them developing their skills. When you get into the fall, and then training camp and in the fall, it's really about the team development and the team growth. And so much of the offseason we try to make so specific about this player, the skills you need for this thing, and then as you get into camp. So if we're going to work back from the end, how did our team grow? How did our execution go in all three phases? By that point, you're hopeful some roles begin to emerge. It's way too early to call into that. And so let's let that play. And we're ready to do that. And so we'd like to see that execution go. We won't be the February version of our team. We'll be much better than the August version, but the September one will be much better than the one today. And it'll take a lot of work to get there. The hunger, the competitiveness, the camp that we're going to throw, all that leads into that."

On how unscripted periods during practice impact the value of training camp:

DQ: "It's not just for the players. That's also for the staff as well. Calling the different down-and-distances, the personnel groups that you have to put in. So as much as we can to get game-like without it being in the game, you want to dig into that space. You'll see shot clocks. You're going to see us trying to fit into that space from officials being here to the joint practices. Having as many of those unscripted as you can, it's not just for the players to put the stress. It's for us as the staff as well. And so that's why in some of these competitions, I won't tell the players or the staff what is going to be the scenario. I want us to have to think quickly on our feet. And so, there's some examples of that where the call-it's come up and different looks, different plays. That's one part of it."

On the decision to bring in CB Rasul Douglas:

AP: "Yeah, I think it kind of goes back to what we were saying before, too. We're always looking to add really good players, and Rasul's been a really good player in this league for a long time. He's played at a high level. He's started a lot of games. He started a lot of games recently, and he always performs. So, when you have an opportunity to add to that room, it's not a deficiency in the room at all. You just want to make each room as strong as it can be. So, getting him in, we're really excited about that. And we just got a chance to meet him yesterday. He's big, and he's played a lot of good ball. We're excited to have him."

On TE Chig Okonkwo's ability at the receiver position:

AP: "Yeah that's a great observation. He's an outstanding receiver. He's outstanding in the pass game. He's great after the catch, you know, and he's also a really good blocker. A good competitive blocker. He's not the biggest tight end. He's not [TE] John Bates but really love the way he competes as a blocker and how he executes there too. So, he's got a really good skill set, but he does help us quite a bit in the pass game. So, he allows you to be a little bit more multiple. You know, you can go more two tight end sets, you can go one tight end set. It's like you almost have, almost have four receivers on the field. So, he provides a lot of versatility in where he can line up and what he can do for us and how he, when he gets the ball in his hands. And then he's pretty magical."

On LB Bobby Wagner's departure and looking for a new defensive leader in the locker room:

DQ: "Yeah, I'm excited to find that out and Bobby's rare. And in the most, biggest sense, you know, that you can say that. There's a number of, like, really strong leaders, you know? Some that are still emerging, and I'm excited to see that. This offseason, you felt [CB Mike] Sainristil in every sense of the way. You felt [CB Amik] Robertson in the sense of, like, the way he wanted to compete. [LB Frankie] Luvu has that to him in that same space. So, as we're going into that spot, [S Jeremy]

Reaves has always been somebody that I've looked at as a leader, more on [special] teams, but on the defensive side but there's a number of guys that I'm looking to see take that step. And sometimes, you'd need that spot to be available to do that. And so, where we all look to Bobby in that spot, maybe now is my time to go for it and dig in. And so, moments like this camp to lead and find your space, it's a new system, so everybody's on the same page in terms of the knowledge of it. I'm excited to see that"

On QB Jayden Daniels growth as a leader in the offseason:

DQ: "100%. I think Adam referred to it earlier. You felt his hunger from the beginning of the offseason, the way he went after it. Just his ability to understand this game that quickly, it's not easy, you know, for anybody to do, and he often makes the difficult things look easy, but through the offseason program in the summer and getting into here, he absolutely has that."

On learning lessons from last year while still moving forward:

DQ: "You're right and trust me, when I say we learned every lesson and took it, every one that we could find from last season we're ready to apply them. But honestly, it is about the now. Like, it'd be crazy not to say you wouldn't take that lesson and pull it forward and apply it, but it is about the here, the now. I'm excited for you guys to feel the energy of the team. Their readiness, their swagger. So, as we get started into this, I'm excited for you guys to feel that."

On the defensive unit gelling during training camp:

AP: "Yeah, I think the word 'excited' because there's so many different things we can do. You know, there's, it's very multiple. And not only within the scheme, but within the players, and how we get different players on the field in different roles, and their strengths, and these different groups of these three guys, or these four guys and trying to attack you in different ways. So, really excited with it's just, it gives [Defensive Coordinator] Daronte [Jones] a lot to really play with, and then just to kind of see the guys grow into their roles. So, I'm excited to see how that unfolds, probably just like you guys."

On how having new voices and experiences will affect the players heading into training camp:

DQ: "Well, for sure like in the two joint practices, those are good opportunities where there's new looks, new players, new matchups. So, Adam and I, we both like that and what that is. And so, this year, we have Miami [Dolphins] that's going to come here. We're looking forward to them being here. We'll also do the one at Baltimore [Ravens]. So, those are important evaluation days, you know, like we were talking about the selection of the team earlier, and the selection is ongoing. And so, moments of competition like that, going against one another, other teams, it all kind of is a big part of it. But at the end of it, I think it still comes down to the execution, the growth, and see where these guys can take it. But like, as far as playing more in the preseason or not, that's something that we haven't, you know, dug into at this point this year. There wouldn't be any more or less, you know, from a philosophy standpoint."

On why CB Trey Amos is still out:

AP: "Yeah, I think with Trey, he's doing really well. I think the first thing I'll say is he's been outstanding in his rehab and really, you know, taken all the things that the medical team has asked him to do and done really well. With him, just had a little soft tissue soreness in the offseason, so we wanted to just take it slow. So, he's actually, he's doing really well right now. Just had a report on him earlier. He should be back soon as well. Just wanted to be overly cautious there and but he's doing great. He'll be back pretty soon."

On how close the team is to getting the roster to where Peters wants it to be:

AP: “You know, like you said, it's always a work in progress and it's always, you always want to keep trying to find ways to make it better and different avenues to do that. So, what I can say is that I'm really excited about this team, really excited about the players we've added, the players that have come in here and the players that were here before us that are still here now that have really all grown in their own ways too. So, this is, you know, every year I feel like you say you're really excited. This year I'm as excited as I've ever been and really, you know, there's a ton of great energy here, from all aspects of the building to really see how this is going to unfold and I'm excited to see it. So, feel really good about it.”

On how quickly the players are learning their new schemes:

DQ: “It started into the offseason program from the learning standpoint, into the classroom, the teaching, and so could that be in the NFL today where you're adding players to it? It has to be relatable. It has to be learnable. It also has to be from the teaching, you know, standpoint, something that they can give back to you. So, I thought they worked hard in that sense to get the system in place. And now, over and over and over, can we get those repetitions down? Usually, you start with a bigger volume, and then you start pulling down about the things that you really want to feature. And so that'll take a few weeks for us to get into that. [Offensive Coordinator] David [Blough] and Daronte, we have like an 11 or 12-day install schedule that we go through and you start paring down after that. But it'll take a few weeks for us to put the whole package in again. They've gone through it entirely once and we'll go through the whole system again. Now adding different people into it in the spring, maybe somebody who was banged up, didn't get enough, or vice versa. And so, it is a big part of that process. And I'm excited to see where they can take it.”

On the message to the team as they get started:

DQ: “Yep. We had talked right off the bat, could we have, like, practice habits that could really separate us. And for us to really play well, we know how important that is. That's the attention, the detail, the specifics at, you know, the skills to isolate for this play, for this play. And if we can get to that space over and over again, that's what we're looking to do. But I think what you'll see tomorrow is, like, fantastic energy from the group. I think you're going to see real speed, and we're going to try to feature that in the best ways. Tomorrow and the following day are going to be a big redzone emphasis. And so that's part of our ramp up as we're going to go as opposed to the old days. You just went, you know, as fast and as hard as you can from day one. And so, it takes about a week to really get the whole ramp up process underway. So, the first two days will be more red-zone, dip down, then go back into the regular field. So, a lot of red zone emphasis tomorrow and that's what will be the emphasis for the team.”

On what goes into deciding who will be the Green Dot:

DQ: “So, first thing, I would say, it's on the field who's going to play the most in the packages. And you want to lead communication. It's from Daronte, you know his voice into the next person to get it out. In practice, we're able to utilize a number of different people, and at times you can change from period-to-period or day-to-day. And so that will also be part of the ongoing process. I have full confidence in just about all these guys because at some point or another, we put that stress onto them to see where they're at. [LB] Sonny's [Styles] more than capable of doing that. Frankie as well. It's been nice to see, you know, this version of Frankie with Sonny. And we were talking about Wags earlier where it was so nice for Frankie to see Bobby, and now you see it in another way. And he's got great practice habits, but learning how that command is, that's part of playing the position.

We've done it at safety before in the past, but I anticipate it'll likely come from the linebacker group. But it'll even be in the preseason games, honestly, to see who we feel best with. But nothing that has to be decided anytime soon.”

On what gave them the confidence to put C Nick Allegretti at the center position:

DQ: “I can start off with it. One, like, high level competitor. And so, we've played well with Nick in the lineup. That being at guard, but interior, that's his space. He's played center, he's played guard, even though you may not have seen him in some of the games, like, every week he was, you know, repping inside to go. So, that was a big piece of it. We've got a lot of faith and confidence in him. It's another one of the positions that we do have competition that we're going for. But, if Nick was playing on defense, he'd be a green dot. This is one of the smartest guys on our team now. Like, we talk about putting it under control, that's part of playing center. And he has that targeting. ‘Who's this? Where's the protection going?’. So, we've got a lot of confidence in him. He is one hell of a competitor. And so, he's one of those guys, man, you don't bet against that. You know? Might be new, but you don't do that with everybody, but somebody for him, you no doubt you do it.”

AP: “Yeah, I'd probably just echo what DQ said. And I think the biggest thing; one is he's played a lot. He's played all the positions inside, so he's more than capable of all three of those. But what stands out to me with Nick is just his leadership, his command, his confidence. The way the guys gravitate and listen to him. And so, that's a big part of it. Knowing what to do, knowing where to go, knowing where to direct the guys. Just the calling up in the huddle. It's a big deal. So, have a ton of confidence in him, have a ton of confidence in [C] Julian [Good-Jones] and [C] Matt [Gulbin] too. So, it'll be a great competition. But, you know, for Nick, just, you know, I think the world of him, the whole team thinks the world of him. And so, we all have confidence in him.”

DQ: “He's as easy a trusted competitor as you can find. Yeah. Like, you just, you count on him and he's going to be in the right spot, making the right call at the right time. Even when it gets chaotic, right to say, especially when it does. ‘Like, this look didn't come up in the practice. Okay, this is what we're going to do’. And you have to be in the fire some to have that calm in the chaos.”

AP: “It's a big deal.”