

August 4, 2026

DT Javon Kinlaw

On how camp has been going so far:

“First of all, I think the defense is flying around. I think, we got a few things that we gotta clean up, but I think in the grand scheme of things, we can be as good as we wanna be. We got pieces all over the place. And it's a real blessing to be able to go with this group, man. One of the best groups as a whole I've been around in a long time. And it shows every day, man. These guys come to work, these guys come to compete, and it just makes you wanna be better for the group, you know? I'm just trying to do my part.”

On working with Defensive Line/Run Game Coordinator Eric Henderson:

“Coach Henny, man. Another blessing, man. A blessing to have a coach like that, man. Not taking anything away from [Assistant Defensive Line Coach Darryl] Tapp, but, the difference is just the intention to what we do. The drills that we focus on every day is exactly what you're gonna need to take the team. Whether that's run, whether that's pass, and that's what you need, man. That's what it's about. It's high intensity. So, it's like, we already dang near tired and blown before we even get to the team, period, and that's what it takes.”

On how having a strong linebacker room makes it easier for him up front:

“Them boys flying around, man. They making plays. They aggressive. They coming downhill, man. Them doubles ain't sticking long. And I'm loving it, man. Even the secondary too, they aggressive back there man. Everything is aggressive. Everybody is aggressive on this defense, bro. And if you're not aggressive, you gonna see what it look like. And you ain't got no choice but to sink or swim with that. And I'm loving it, bro. I'm loving it.”

On having LB Odafe Oweh and LB K'Lavon Chaisson on the edges:

“Another, a blessing, bro. It's a blessing to have two guys like that who is high in their craft, you know, that you can learn things from. I just was out there learning some things from K'Lavon. And yeah, man. Two well respected pass rushers. But they out there being, they out there setting the edge too now. Like, don't get it twisted. They physical, bro.”

On developing chemistry with new players:

“Mean, the chemistry, that's just, we've been hanging out a lot off the field too, man. And that's where it comes in too. And just even in the meeting rooms, we always cracking jokes, having fun, man, and that's what it's about. Chemistry, it starts off the field too. Like not only on the field, man, knowing that you could, you could hang with a guy off the field. It means the world to me, for sure.”

On his goal for the season:

“My goal is to just take it one day at a time, bro. Sometimes you get caught up in looking forward too fast and peaking too early, but I'm just trying to take it one day at a time, bro. That's it. I got

some goals to just be dominant. Be as most dominant as I can be, as completely coachable as I can and just lead. I'm trying to step up and lead this year, and I think I'm doing a great job of it so far."

On LB Sonny Styles:

"Where do I start? Just a freak of nature, bro. Me and him are looking eye to eye, but clearly he running probably 10 miles faster than I'm running. You know what I'm saying? Like, he coming downhill. He coming downhill and he bringing thump with it. So, it's just fun to see a young spry guy just bouncing all over the field, bro. Like he's just in the box with these, with these running backs. And he ain't getting, he ain't getting danced out of the hole, you know what I'm saying? And you love to see that, man. He ain't losing his ground on no contact. He can do some outstanding things in coverage, bro. And like, it's a blessing, bro. It's a blessing for me to be around something like that."

On G Julian Good-Jones:

"I put in a lot of work with Julian. That's like one of my best friends on the team. So, seeing him doing what he's doing, I'm not surprised because he's put a lot of work in, bro. He's a guy that comes to work every single day. He brings his lunch every single day, bro. And he gonna bring it every day, man. He's a physical player. He's smart. He's fast. Good with his hands. Very strong, man. And I'm excited for him. I'm happy he getting, he getting this opportunity."

On playing in Defensive Coordinator Daronte Jones' scheme:

"God is good, bro. I'm getting to play everywhere. The shade, the two wide, the three, the four, the five, the six. I'm playing it all, man. I'm loving it. I'm loving how I'm getting to just give guys different looks and be all over the place, man. And, I think it's gonna play to my strengths well, man. You know? Give a lot of guys fits."

On who is the voice of the defense:

"[LB] Frankie [Luvu], for sure. Frankie for sure is getting everybody set, man. Me, I'm not vocal with it. I just try to lead by example, but I try to be more vocal here and there. I get so locked in sometimes, but Frankie, for sure. You hear Sonny, for sure. You hear [LB] Leo [Chenal], but yeah, Frankie, for sure."

On the importance of being able to move around at the line of scrimmage:

"At first, I didn't know how to feel about it because I've been playing inside my whole NFL career now. But now that I'm seeing how it's gonna play out when we put the pads on, it's just like, you can just go out there with these tight ends or these tackles, and of course they're not as strong as the interior guys, so I kinda get to have my way out there. Do whatever I want."

On if it was a hard adjustment:

"No, I mean, it's just see ball, get ball. You just go. Like [laugh] we got a lot to think about at the line of scrimmage, but me, I just try to put my hand down and just go. If I'm wrong, thousand miles per hour, for sure."