

August 7, 2026

WE Stefon Diggs

Opening statement:

“Nice to see everybody. It’s been a while.”

On what makes Washington a good fit for him:

“Obvious reasons. It's home. My family's here, my support system is here. I love everything about home. And the organization, they take care of their players. Some good people over here. I had some existing relationships from guys that were in Houston, so some carried over there. They got a great young quarterback. I'm familiar with young quarterbacks. [QB Jayden Daniels] He's a star. He's a superstar. I'm excited for him, excited for this team. It's only my first day out, FDO, first day out, so I'm still getting to know everybody and, you know, I'm a little late in the game. They started camp already, but I'm trying to get used to it and not speed up the process, just do it organically.”

On how he’s improved and matured in his career:

“I've been around the game for a long time. I've been productive. I kinda know my way around the field a little bit. So, I come with a little bit of experience. I would say that leadership, I know everybody's led differently. I'm new here, so just trying to earn my keeping. Earn the respect of my teammates, earn the respect of my coaches. Most importantly right now, learn the playbook. A little late in the game, but I'm handling it the right way. Be a professional, and I'm just excited to be at work, you know. I always had a little bit of a long off season.”

On how well he knew WR Terry McLaurin before coming to camp:

“Not too personal. I was fans of the game. I've seen Scary Terry for a long time. He's a hell of a player, playmaker. You see him in the highlights. You see him pop up on the screen a lot on ESPN. I was very inspired and I admired his game from the intensity standpoint and the passion that he plays with. Real similar to myself. We kind of talked about that a little bit when I got here and I'm a fan of his game.”

On his offseason and not really knowing where he’d end up:

“It was new, but we had a little bit of an idea. We kind of wanted to slow play it and do whatever made the most sense. At this stage in my career, everybody know what I want. I wanna win, and I wanna hold a trophy up. So, what a better place to do it than back home. And got to work every day to try to get there, but here I am putting one foot in front of the other. I just try to take it one day at a time and treat things organically and gratitude eliminates entitlement, you know? I come here graceful. I'm thankful and I'm happy to be here.”

On if he feels he’s the missing link that can take the Commanders to the Super Bowl:

“I don't want to say that. I don't want to say that. I'm gonna do the best that I can from my point of view, a point of view of just being a receiver, being open, being a leader, trying to lead by example

and push the guys around me. My biggest thing is I always try to push the guys around me the best version of themselves. We slowly building that already. It's day one. We had a lot of conversations, more than I thought we would have. Guys coming up to me and just throwing a little gem here and there. I'm older. I've been around the game for a little while now, like I said earlier, but I'm grateful and I'm just trying to give them everything that I got and at the same time, more show than tell. You know, I can say a bunch of hoopla, but I'd rather just go out there and hoop and show you why I did what I did or kind of just communicate through the actions.”

On his first impressions of the receivers he's been working with so far:

“They got talent. They got a lot of talent. [WR Dyami] Brown, he's been to a couple teams, but this is his first team he was at. I see that he has a lot of potential. He's made some plays. [WR] Terry [McLaurin], obviously. [WR] Trey Burks, he was in Tennessee. He's been in the league for a little while too. And then you got the young guys. 14 [WR Antonio Williams] can hoop a little bit, you know? Young guys don't get a name in the beginning, just call them by the number. But he can hoop a little bit. He got some game, man. Hopefully I can be a piece in that process that can kind of build this team and lead this team in the right direction, because at the end of the day, I just wanna win, man. Winning is the main thing for me. We had a little bit of that last year, a lot of bit of that last year, and I want that to just carry over. All I can bring is my experience and the things that I've done and my leadership.”

On his preparation for joining a team even with the uncertainty:

“I've been a professional my whole career. Whether I was figuring it out or not, my biggest thing is I woke up in the morning. I worked. I worked out three times a day, two times a day. I don't shy away from that process because it doesn't matter where I go. It's more so when you get there, are you ready? Is your body physically ready? Are you in a good space mentally? You know what I'm saying? That kind of thing. I wasn't really too concerned about the where. It was just the when and how, those kind of things. But the where wasn't at the top of my mind. It was more so I wanted to be prepared. I wanted to be in a good head space, and I wanted to be physically in the right spot, so I could come in and be ready to do whatever they need me to do. Be in shape, being able to run around. We had a little humid day. That's one thing I don't miss about being home. It kind of reminds me of Houston a little bit, a little humidity, but I just want to be in shape. That was the main thing for me. That was gonna put me in the right mental space because that's how I get my confidence. The work that I put in, the grind that I put in, that's how you go in with a right mindset and be like, ‘Whatever it is, I'm ready to do it.’”

On what he wants his new teammates to know about him as a person and player:

“More so me just leading by example. At the end of the day, I'm a dog on the field. I love football. I love everything about it, and I just wanna win. I like being around guys that wanna win. Like Terry is one of those guys that's passionate. Jayden is one of those guys that's passionate, want to win, and ballers. Like really ballers. I don't care what nobody says. I watched that game. I've seen them play at a high level and I like being around that energy. My biggest thing is I don't really wanna talk about it. I've been to many places. I've had a lot of teammates in the past. A lot of them speak highly of me for the most part, and I still maintain some relationships with those guys just off of the work that I put in, the kind of player I am. I kind of wanna keep that going here and continue to be that. Keep that going and keep that good energy flowing and be a beacon of light. I'm here to bring a positive energy and a dog mindset. Like I said, I wanna show more than I tell. I talk to y'all a lot, but I'm not out there. It's just all ball.”

On his strength in moving around the field and being difficult to defend:

“Just my commitment to the playbook, getting comfortable with the quarterback, trying to see it how he see it. I learned that a little bit throughout my past five years, you know, see it how the quarterback sees it, not how you see it because he’s got an o-line in front of him. He’s got running backs near him, he’s got a lot in his face and there’s a lot of stuff he’s processing in the place. You want to be in the right spot at the right time. I kind of just wanna see it from a bird’s eye view to quarterback view and give him the confidence. Only way you get the ball in this league, you make plays for your quarterback, that’s how you get him comfortable. That’s how you get him in the right spot like this. I can trust this guy and being at the right spot and moving around as if you want the ball, you gotta be able to move around. You can go play one spot, but they cloud coverage and they double and it makes it harder. It’s good being around other players that can ball. It’s gonna be hard to double somebody in this office. You got guys that can make plays and guys who can make plays out of the backfield. You got a mobile quarterback. So the biggest thing is for me is just my commitment to the game. I’ve been committed. I play outside. I play inside. I do a little bit of the backfield, you know, if they let me. So, we’ll see.”

On what it will feel like playing in front of his hometown crowd:

“It’s a different level of pride. I’m gonna give you the honest answer. I used to come home when we used to play the Commanders/Redskins back in the day, and I always felt like I had something to prove because that’s my hometown team. Them and the Baltimore Ravens. I always played with a chip on my shoulder, but the chip got really big when I go home because that’s your hometown team and I kind of always felt like they passed up on me. They didn’t give me a chance and I sat right in their backyard. Kind of a full circle moment. Look at God, look how things happen. God works in mysterious ways and timing is everything. So here I am back home. And I carry that same chip, but I’m a part of the team now and I got a lot of pride. I try to put it to the side at times, but that chip is on the other side now. My whole family was Commanders fans growing up. My dad’s side of the family was Cowboys fans, so you can imagine visiting the household on Thanksgiving. Hopefully we can get back to that one day.”

On helping lead young quarterbacks like Jayden:

“Inside a brain of mine, just communication, transparency. I try not to go into things aggressively. That’s not this game. This game is aggressive enough. Quarterbacks got a lot on their plate, so I kinda just bring it down a notch and talk to them in a way in a way as if brother to brother. It’s football. We’re playing football, but at the same time, just tell me what you’re thinking. Communicate, open line of communication. Communication rule the nation, that’s what I say. And with young quarterbacks they got a lot on their plate, so making plays for them, giving them confidence. That puts a battery in their back to feel like, man, I could do anything out here. That’s how I try to help them, just by playing well. That’s biggest thing. All the chatter and this, it’s good to have here and there, you know what I’m saying? People have a bad play. Your next play’s your best play. Little reminders like that. But the biggest thing, bar none, go make plays for them. You make plays for them. That’s how they look good. That’s how they build confidence. That’s how they become. They already have the talent. Jayden has proved he’s, in my opinion, superstar. Just carrying that on and continue the MVP type of time. That’s what I think.”

On him saying on social media that he’d be the best wide receiver two in the league:

“I would’ve said one. I mean, that’s just my personal feelings, but you know what I’m saying? I kind of take it with a grain of salt, give people the benefit of the doubt. If people kind of feel a way about that in this profession, in this job, you gotta allude confidence. I can’t go into anything saying

something else. I say it two on camera, but in my heart, I'm gonna say one. But humbly, I would like to give people the benefit of the doubt. People have favorite players, but my numbers have always spoke for themselves. No matter who you like or what you say, the production has been there. If you put my production versus any production, I think I was the number 14th receiver last year, and I was playing 52 percent of the snaps. Numbers wise, I'm not a mathematician, but you know what I'm saying? I try to leave that right there, but I say that humbly. I say that from the space of, I've worked extremely hard, I've always been productive. It's easy to say this guy's better and this guy's better. Well, it's personal opinion. What were they grading? What were the numbers? Everything is situational. I went into a situation, all coming off of [an] ACL [injury]. Coming off of ACL with a team that went, I don't know what the record was, but to have that success and coming off of ACL, not a lot of people bounce back. Not a lot of people have success coming off of ACL that fast. I'm speaking with confidence just off the work that I put in. And I say that humbly. I don't wanna rub anybody the wrong way or be abrasive in any way, but I say that from confidence in the amount of work I put in and the success I had last year. Being around the right group of guys and playing well, that's not easy. People might act like it's easy, but if it was easy, everybody would be doing it. So, forgive me if I rub anybody wrong with it."

On how his child self would feel seeing him now wearing burgundy and gold:

"I got a little chills just now. I played for a couple of teams actually. The Alexandria Raiders or Titans. And I played for White Oak and I played for MV. So, I had a couple of teams. I wanna show them all some love. I can't write a better story at this point in my career and what I wanna do and being able to be healthy and coming off of ACL. Having success and going to your hometown team, you wanna shine for them and, I wanna put on for my city. I'm always gonna want to do that. I did it when I was away, and I wanna do it when I'm home. It definitely means a lot to me. Pulling your heartstrings a little bit, but I know the city behind me. I know I got a support system here, and I know I got a lot of love here, so all I wanna do is make people proud. Make the city proud and the best way you can do that is go far. I don't know where, I'm not gonna say where. I don't want to jinx it or anything, but I want to go far. I want to be consistent and be a puzzle piece to this team in a positive way."