

August 18, 2026

G Nick Allegretti

On being back out with the team:

“Awesome, awesome. I mean, being, just being in the training room while training camp going on, never something you want. Tough watching the boys go out there and battle and the heat and everything and not being out with them. So awesome to be out there today.”

On adjusting to playing center for the team for the first time:

“For sure. Yeah, I mean, that definitely, they took care of me and helping me get the body right but definitely felt like a missed opportunity to get some reps. Fortunately, we still have a couple more weeks of preseason and had plenty of opportunities to get mental reps. I was still able to do some walkthrough throughout the last couple weeks just with the offense, but that helped getting some IDs. So, kept me locked in, which was great and just gonna have to fast track it a little bit and catch up.”

On how he feels about going back out to play:

“I'm ready to go today. I was frustrated being out that long but obviously that's something that early in training camp, they wanna be smart with it, take care of it. Not typically, something I wanna do, sit out, but trusted the training staff. In season, I'd probably push it a little more.”

On staying on top of the playbook when he's not playing:

“Really just whether I'm a couple days I got to be out here at practice, making the IDs from the sideline seeing the games, seeing the pressures. If I wasn't out here when I'm watching on film, just making sure I'm making the IDs. That helps a ton. I mean, the mental rep aspect, it's a cliché, but you really can get good work if you're locked in from the sideline or watching tape. So, just trying to do that as much as I can to keep myself locked in, not. Because you can relax real easy and then come back out here and just a simple pressure can beat you. So, making sure that I was locked in and felt like I did a pretty good job at that, was comfortable out there today.”

On his pitch count goals and his ramp up process:

“Yeah, they had me on a pitch count today. I'm not sure what the ramp up but my plan is to push it, push it as much as I can. Obviously trust them, and I know it's still, we're still in August, so we have time. But just being able to get, I think I had 15, 16 reps today was awesome. Hopefully we push that up to 20, 25 and hopefully clear fully soon.”

On if he is worried about re-injury down the road:

“You know always knock on wood on that. I hope not. Obviously, all injuries, yeah. I'll continue to do some maintenance. Really that kinda is the case with any injury at this point. You, at a certain point in your career, you have an injury that kinda just gets added to your maintenance and it really

doesn't come off the list [laugh] at any point. So, the maintenance list gets long at a certain point, but, uh, I'll stay on that for sure."

On taking a leadership position and influencing C Matt Gulbin:

"Yeah, absolutely. I mean the leadership role of center's probably my favorite part of the position and then just a guy like Matt, similar draft pick as myself. So, I know what he's going through. He just knows he deserves to be here. There's probably some doubts in his head when he gets beat on a game or something like that, but it. There's a lot of talented players out here, so keeping his head up with stuff like that. And then also, he has a lot of tools in his bag that he's been able to use really early, trying to add a couple of things. Trap hand is one that some guys like, some guys don't, so trying to add that to his game. But he's done an awesome job. Really good communicator at a young age. Really excited to watch him."

On G Sam Cosmi saying the group needs more credit:

"He, that's his opinion. I don't want any more credit. Just do our job. We're fine. We play the offensive line for a reason."

On the importance of mental reps:

"Yeah, absolutely. And just getting the medal reps with the different groups too. And if I see a certain game out there or a certain pressure, you know, talking to Sam, [G] CP [Chris Paul], [T] Josh [Conerly Jr.], [G] BC [Brandon Coleman], [G] Julian [Good-Jones], talking to all the guys and seeing how they saw it so that not only I see it on the sideline, but I see what the communication was between them out there so that when I jump back in I can keep that communication the same."

On achieving the run game the team wants:

"Yeah, obviously all of that stuff takes time, but we've been getting a lot of really good reps in training camp. The concepts, I think they're, we're very clear on the concepts, on what we want. I think probably the last step in that progression is probably the three step or the three-man combinations. The two mans, that's kind of basic ball. Everyone's done it plenty. But just having a play side shade that returns and bringing the backside guard with me, even though he also has to work with the backside tackle. So probably the three-man combinations are the thing that'll take the longest. And then matching those up based on the angle of the run, whether it's the wide zone, the inside zone. Same thing with gap scheme combos. So, I think we're, we're doing a really good job. The [Offensive Line Coach Darnell] Stape [Stapleton], [Assistant Offensive Line Coach] Shane [Toub], they've done an awesome job installing those combinations, how we wanna run it, the desired look, and then giving us the option to change it up when we need to."

On playing with QB Jayden Daniels again:

"Awesome. I think really when we got back here in April the inflection in his voice has changed a lot. And I think that's kind of a thing that comes with age. It's a confidence thing because you do become old quickly in this league. Your third year, you're at the average age of the league and I think the confidence that he has in himself, his cadence has improved a ton, which is awesome. I think that's a huge skill that we can use as an offense. I don't wanna say it's more comfortable because I think he's always been comfortable in his position, but definitely more confident. Expects more of not only himself, but willing to ask more of the guys around him, which is another huge step for a quarterback to lead an offense. So, he's been doing a great job."