

August 19, 2026

T Josh Conerly Jr.

On how camp has been going for him so far and his goals for the rest of it:

“Yeah, well I don't think it's anywhere I want it to be. But it hasn't been bad. Definitely a lot better than my first one. Still clean up stuff day by day. And I feel like I've made a lot of progress in my position and where I'm at and I think the guys around me as well have progressed a lot, so”

On the progress of the run game:

“Just want to see the guys flying off the ball. I feel like that's the biggest thing for us is getting up to the line, breaking out the huddle quick, getting the communication down the line and running, you know? I feel like that's, I feel like that's the biggest thing. And yeah, I say that. I feel like we're starting to, we're starting to get there, you know? It's not, there's never gonna be a perfect day. And we understand that and as long as we just continue to grind and grind, we'll get the results we want, so.”

On what he wants to improve on:

“My hands. I mean, I feel like the set, the set's coming along, the set's looking all right. It's looking good. But as far as like my hand usage and placement in terms of when I punch, I feel like is where it needs to- and then obviously, like when I get up to the line, we're like, if we're breaking out, if we're like the breakout fast, like getting into my stance the right way that I want it to be, I feel like is another big thing for me. Just making sure the stance is consistent, running past, not giving away any tells. I feel like just for myself watching, like I can tell when I'm about to pass block and when I'm about to run block. So, I mean, fixing those little cues and just I mean, I feel like hands run and pass as well, just hands, hands, hands. I feel like that's my biggest thing for real.”

On T Laremy Tunsil:

“Yeah, I mean, it sucks. I mean, obviously we spend about like three months together in this off season working together. So, I mean, it really sucks to just see all his work kinda just go out the window, you know? And someone that cares so much about this game and his career and everybody around him. Yeah it definitely sucked. But, you know, [OL] BC's [Brandon Coleman] is gonna step in and he's gonna do what he needs to do and LT will get right, so.”

On how the rest of the line has to step up in Tunsil's absence:

“I mean, we all have our individual position that we have to play. So, I mean, I feel like we all just need to go out there and put the best brand of football out there every week. I wouldn't say there's no specifics on who needs to step up where, but at the end of the day, we all just need to go out there and put our best effort out there on the field every day, so yeah.”

On how having G Nick Allegretti at center changing the communication among the line:

“Nick is a great communicator. So, I mean, I feel like he’s a natural center. And he enjoys doing that, and I feel like that's one of the better parts is that he enjoys having the ball in his hand and snap, snapping and let us go. So, yeah.”

On what he learned from Tunsil over the offseason:

“I mean, obviously just giving me little pointers like he always has but I feel like one thing I learned, um, this off season was just that, like, you still need to lift heavy, to put out what you wanna put out. And to see that day in and day out, like, day after day, even on our off days, we get a little something in. And I feel like that was the biggest thing, is that, is just lifting heavy. So, it translates onto the field, so yeah [laugh].”

On his comfortability at right tackle now compared to last season:

“Yeah, a lot more comfortable [laugh]. Yeah, I’d definitely say I’m a lot more comfortable in my stance and getting out of my stance as well, so yeah.”

On going against the team’s defensive line:

“Yeah. Obviously they give us a lot of different fronts and looks. So that I feel like that's one thing in its own. And then obviously the skill of everybody across the board wants twos and threes. Everybody has improved as well as we have. I feel like that's the best part is there's not a whole lot of drop off.”

On losing weight:

“I mean, I feel like I've weighed the same. Like, 310, 315, kinda a little bit above that for the last year. It's just making it look different. I feel like it's the biggest thing. So, with that, we're just eating a little bit cleaner and staying disciplined on the weekends, I feel like is a big thing as well.”