

August 31, 2026

General Manager Adam Peters and Head Coach Dan Quinn

Opening Statements:

DQ: "It's good to see you guys. I'll do a little bit of training camp recap and then we'll kick it over to Adam and he can hit some things and then we'll get rolling. But I thought as a team, we threw a really productive and tough camp. We set out to do that and we certainly did. Some of what I liked most from camp, the competitions every day that we hit, we hit situations every day. I liked the long drive drills that we did. We hadn't done that previously. The 'call it's', it was good to see the systems come to life offensively and defensively. I was very impressed with [Defensive Coordinator] Daronte [Jones] and [Offensive Coordinator] David, their communication with the players. And that may seem simple, but I'm telling you, it's not. And having the ability to teach, get the information exactly how you want it, and then get to it, it was excellent. I like the speed of the front seven on defense. I saw that with [LB Odafe] Oweh and [LB K'Lavon] KC [Chaisson] and [DE] DA [Dorance Armstrong] and [LB] Sonny [Styles] and [LB Frankie] Luvu and [LB] Leo [Chenal] and others. I love the leadership I saw with some of the vets like [WR] Terry [McLaurin] and [S Jeremy] Reavo [Reaves], and I love [QB] Jayden's [Daniels] readiness. He took over 500 snaps in this training camp. That's almost like a half season's worth of reps. And his timing with [WR Stefon] Stef [Diggs] and Terry is invaluable with a new system, so to put that kind of work in. He's elite with the ball in his hand. He's been decisive in the system, so it's good to get into that. I'm also excited to say a couple guys we have back at practice today. So, that'd be [C/G Nick] Allegretti and [QB Marcus] Mariota and [DT Daron] Payne and [LB Jordan] Magee and [TE Ben] Sinnott, to name a few. So, it's good to have them back with it. And we'll practice three days this week, Monday, Tuesday, and Wednesday. And we're excited to get rolling back on the field today. So, kick it to AP and then we'll get started with you guys, but I wanted to give you some insights about what I liked about the camp and what we set out to do."

AP: "Thanks, Q and yeah, I wanna second that. Really good camp, really pleased with where we are, how we competed in camp and then ended up. But coming off a tough weekend and really it's the worst weekend of our year for sure, having to have these conversations and moving on for some guys and just wanna thank and show appreciation for those players that worked their asses off, excuse me, their tails off [laughs]. Really worked their tails off really throughout the offseason, some for a couple years and really throughout this training camp. And we made some tough decisions and it's never easy. And wanna just show appreciation for those guys. I wanna thank our pro department. Did a great job getting us ready for this weekend and seeing what's out there and what's available out in the league. And we're able to add some guys on other teams [to the practice squad], which will come across here pretty soon. But really happy where we are. Looking forward to getting, like DQ said, some of the guys back that we were missing throughout the second half of camp, getting those guys back and ready for Philly. And that said though, we're far from done. We're always looking to improve our team and we'll keep doing that. We still have another 13 days

until we play, so some more stuff can happen, but happy with who we have and where we're at right now. So, with that, go ahead guys."

On how they feel about the offensive line:

DQ: "I loved the amount of work that [G] Sam [Cosmi] and [T] Josh [Conerly Jr.] on the right side have gotten. I love the amount of work that [G] Chris [Paul] and [G] BC [Brandon Coleman] have gotten. And with Brandon obviously, like, [T] Laremy [Tunsil] going down, that sucks. And so, we're still working through our center [spot]. We're excited to get Nick back into the fold today, so we'll have a good sense of him working this week and then the next week with [C] Matt [Gulbin] as well. But I don't want it lost, the battery of the right side and the left side have gotten a lot of good work in together. So, I'm excited to see what this week and then into next week brings if, with Nick and kind of rolling with him and Matt and get going from there."

AP: "I echo what DQ says. I really, first, losing LT was a big deal, but very fortunate to have Brandon who's played a lot of snaps out there at left tackle, and then having Chris to play a lot of snaps there at left guard like DQ was alluding to. And then the right side, those two guys have played a lot of football too, together. So, not having Nick for most of camp was something we had to work through, but we have a ton of confidence in him. And he's played, I think 3,000-some-odd snaps in this league. And he's played good football for us before. He went through the whole offseason, so we're really confident. He's not a guy that needs a ton of reps, especially from a mental standpoint. And then working to Matt, we're very confident in Matt, that's why we drafted him. And he's really passed all those tests that we thought he would and really see a bright future in him. And then we've brought [C/G] Julian [Good-Jones] back on the practice squad, who played a lot of snaps for us throughout the offseason and preseason too. So, we like that group. And like I said, if there's somebody else that we feel that would add to it, we're not afraid to do that."

On if there's enough time for the offensive line to come together given the injury to Allegretti:

DQ: "I certainly do, yes. And kind of referring back to what AP said a number [of them] have played a lot of snaps, talking about Nick, and it's been nice to get Sam and Josh all this time together. Remember last year in training camp, Sam wasn't here. And so, to have these combination of guys going that way, yeah, a lot of confidence"

On what the plan was at center after releasing C Tyler Biadasz:

AP: "Yeah, I mean that's something we've already covered a little bit, I think in terms of, I don't wanna go back and talk about Tyler [Biadasz] and all that, but certainly, we feel very confident in Nick and we have and that's where we went into this offseason, feeling that Nick could be our starter and still do feel that way. And who we went for and who we did or didn't get, I don't think we wanna get into rewriting history or talking about six months ago, but we were able to get a lot of really good players in free agency. And those are the guys that we're really excited to see go play here in a couple Sundays."

On CB Trey Amos' injury:

AP: "Yeah, obviously, not having Trey – he hasn't played really since the mid-season last year, so we wanna take it slow with him, that's why we put him on IR. And could he have come back right around, in a few weeks? Maybe, but with the advances in sport science and understanding what it will take for him to get ready to play from not having played since mid-season last year, we wanted to take that a little bit slower. So, we're confident he'll be ready when it's time for him to come out. In terms of the rest of the position, really happy that we added the guys that we did with [CB] Rasul

[Douglas] and [CB] Fabian [Moreau] late in this training camp, and they're gonna really help us early on this year. And then we'll grab a couple other guys here on the practice squad that have played a lot of NFL ball too. That'll help us but certainly will feel a lot better when Trey's back."

On what makes them confident in Gulbin and Good-Jones' readiness to potentially step into a game:

DQ: "Let's start with Matt first. I thought sometimes with the rookies, you see this progress take place, you know? I think I saw Adam and I were talking about it just over the weekend, like [WR] Antonio [Williams] and you feel like a lift that goes on with it. We're seeing it with Matt in the same way. I feel his strength in the pocket. He's not somebody that repeats a lot of mistakes to go. And so, I think, is he gonna make some [mistakes]? Hell yeah. Like, that was part of training camp and learning and digging in for it. Same with [LB] Sonny [Styles] or anybody else that went. To see him not repeat those, that's the sign of a mature player who is making a lot of progress. Almost like Jayden a couple years ago, you sometimes can see a player's experience out on the practice field. Here's a situation, here's why I called it to here. He has good upper-level football smarts to him. And then with Julian playing as much as he did this training camp, it will pay dividends for us to have that much experience. Here's a guy we signed on the practice squad. We love here. He works his ass off going through it. So that's why there are dividends, even though sometimes it's hard, there are silver linings in that as well. And so, seeing Matt take an extra look over the last, I don't know, let's call it 10 days or so was definitely something that we had planned to do. And we're pleased with what we've seen and the progress that he's making. He's a tough competitor."

On Oweh's participation:

DQ: "Yeah, we're feeling good. And he won't be practicing with us today, but he's making a lot of progress. And as we're getting into next week, we're thrilled that he's making this kind of progress to get ready."

On how preseason game performances affect their evaluations of players:

AP: "Yeah, I think both of us sitting up here would wish we would've performed a little bit better than those last two games. From my seat, obviously you wanna look and see how the whole team's performing and how they're playing together, but also, you're looking at the individual performances and who stood out in those and really separated themselves. So, in terms of evaluating, you can single out guys and say, 'All right, this guy, maybe we didn't perform well as a team in these certain areas, but certain players really performed really well.' And I mean, you guys saw it with [RB] Craig Reynolds, really did an incredible job this last game as one example of a guy who was really going for it and who's gonna help us this year and signing him to the practice squad. And those are the things you can pull out of those and like, all right, who are the guys that are really going for it and really wanna be Commanders and that are gonna help us? And so, obviously you wanna perform well and win those games, but you also are trying to get a lot out of these games too that don't really, you know, they don't really count in the end, you know?"

On if being a draft pick earns a player a certain amount of time during evaluations:

AP: "None. You gotta earn everything in this league."

On having cornerbacks playing both inside and outside during training camp and on where CB Mikey Sainristil will play:

DQ: "Rasul's got a lot of experience outside too. So, you probably saw last week we also did Amik inside and we thought that's also valuable to have different guys into different locations to see

what to do. It also comes up when you sometimes match on some people, right side, left side, I'm inside and outside. But Rasul and Fabian have been really good additions to our team. I've known of Rasul and Fabian, but then getting a chance to coach them, see their football knowledge, their awareness, that's a big deal. And so, the competitiveness that like Amik and [CB] Mike [Sainristil] have, [they are the] ones that set it, and then Rasul and Fabian are kinda like, 'Yeah, yeah, I got it.' They are, it's a good yin and yang, honestly. I love the ball skills of both the guys, and that's something that obviously you've heard us talk through the training camp. I think we're significantly improved in that area of attacking it. And Rasul and Fabian and Mikey and Amik and others, that part of it is a big deal. So, we're excited they're here."

On what stood out about QB Athan Kaliakmanis and keeping depth in the quarterback room:

AP: "I mean, yeah, you do see that teams keep two, some teams keep three, some keep four. So, it's just, I think a lot of it's a function of who you have in that room across the league. But Athan, we really just loved his arm talent, his moxie, his competitiveness. That's what we saw on tape. And those are a lot of things that you saw on the preseason tape and just the way he could extend plays and made some plays under pressure. Also, standing in the pocket and making big time throws. He made a lot of really big time throws in the preseason, and that was something that we were really pleased to see. And he's not afraid to rip it, you know? And a lot of times you see that in the preseason where guys get in the game, and they'll go straight to their checkdown because that's more comfortable and you can get an easy completion. But he wasn't afraid to make mistakes. He wasn't afraid to rip it. And certainly, it wasn't all perfect. There's a lot of different things that he's got a lot of room to grow in a lot of different ways, but really liked his progress and he's a guy we definitely wanna work with in the future. Really all four guys that we have are guys we really like and wanna work with in the future. But Athan's certainly in that."

On what he wants Jones and Blough to take away from the preseason game against the Baltimore Ravens in losing in such a lopsided way:

DQ: "Yeah, I would say the things that I did not like and that he would agree with you on were we had a lot of missed tackles in that game. And that's unacceptable. So, to play good defense, you gotta tackle well. Our league has a lot of space generating plays and oftentimes that's where the explosive comes. And so, on defense and on special teams, our ability to make tackles that's a really big deal. I love the run and hit factor of some of the guys, but to see those missed tackles in the game, that was disappointing, for sure. On the offensive side, honestly, the biggest one was, not being able to sustain third downs and continue on to drives and all of a sudden get out of whack with time of possession and others. So, sometimes in a game like that, people press too much. I'm not talking about an entire team or entire unit, but there was definitely examples that AP and I said it felt you wanted so badly that you're out of whack. And I've seen that before, you know, through the years. But, as far as we came in right and had a practice the next day on, I guess that would have been Saturday, and I loved what I saw from the group on that day. I certainly was not pleased the night prior, but seeing that day of the communication, the speed of what I was looking for, they threw a great practice and into this one, I'm looking for execution, decisiveness and really skill work. That's my main focus on these three days. And then they need a minute. They needed to take a beat, and then we'll come back and get into the game week and the flow of that. But it was by design to throw a tough ass camp, work the skills into this space. Yesterday, as Adam was kind of referring to earlier, it's a heavy weekend and it's never lost on us, the weight of that and what goes into it. And as we get into today and tomorrow and the next day, we'll even add a few guys, you know, that are gonna be part of our crew, practice squad or otherwise. And so, it's really about leveling up and setting us up as we're getting into the regular season to go. But the tough camp was

part of that, not part of the game. That was, that was just – there was a lot that was about – we'd have all day if I was going to – but we're moving on. We're on to Cincinnati [laughs].”

On keeping seven wide receivers on the roster:

AP: “That's a good question. I thought there's probably a couple other guys that could've made it too. That ended up being a really deep room, and all those guys have a little bit different skillset and a little different ways they can help our team. Some of them are better on special teams, some of them are better, inside, outside. So, we wanted to keep a mix of all those guys and we thought more than who we kept were NFL players. We really wanted to keep all the guys that we thought could help us this year. So, seven is probably, usually keep maybe six, five, six or seven. You can keep any of those numbers, and whatever you do, you're taking away from another position, so you try to balance that out. But you try to get the best 53 that you can get. And so, we certainly felt we had seven really capable NFL players at that position.”

On how he feels the run defense has been doing:

DQ: “I would say from the practices you've been at, I like that we utilize different fronts. In Daronte's package, there's some that are, five and six guys down by the line, four guys down by the line. But certainly, by no means did we like what we saw. I would also say, there's a lot that we did not show in that space. What Adam was referring to earlier, there's so many evaluations that are taking place, and sometimes it's of the really good play, but also, it's of the things that you don't like quite as well. I would not say it's indicative of a scheme issue that came through. We're excited about where we're headed with the group, but I would say you could almost look into too many things, too much in a preseason game, how many runs, yards you had versus how much you didn't allow. It's just, I'm not gonna say more complicated, it's less complicated, but I wasn't pleased with it. I would say you saw a fraction of what I think we'll do.”

On Daniels' readiness for this season:

DQ: “I feel his command in a lot of ways. You've always felt Jayden's presence, play-making ability, and being on the defensive side against him in practice, it's incredibly difficult, you know? He gets outside the pocket, he can use his legs, he can throw on the run. But I would say the decisiveness that he has, the location that he puts the ball in for the receivers, he makes it incredibly difficult to go against. So having all the extra time with the receivers, the tight ends, you see those dividends paying forward. It's been excellent for him. New system, but his call, his command, his ability to get in and out of things, it's impressive.”

On what gives him hope that the team will be strong despite the injuries:

AP: “I have a ton of confidence in this team. I have a ton of confidence in the coaching staff and DQ alluded to it. We haven't done a whole lot in terms of showing what we're gonna be doing offensively and defensively. And there's been a lot of times where we haven't had our players out there, whether it's been in the games or even at practice. So, I look back to how we did against the Dolphins and just seeing when we had the full arsenal of players up front, offensively, defensively, to seeing what we're capable of. And very confident in that. Like DQ just talked about with Jayden, where he's at and what he's gonna be and having him back. Just the overall character of the men in that room and the level of coaching that we have, I'm very confident and I think, obviously our fans are passionate, and you love to have passionate fans and that's great. But there's a lot of stuff that we're doing here that maybe they don't see, and there's a lot of things that I'm really excited to see in a couple of weeks. We couldn't be more thrilled than to start our season when we're starting it, and it's gonna be a great challenge, and we're looking forward to it.”

On Allegretti being out for training camp:

DQ: "It's not ideal, obviously, but I would say Nick being there through the spring, in the camp, he's not away from our building, he's not into it. So, you don't love it, but you can only kinda control what you can. Jayden's response was, 'Hey, man, I'm going to attack it and get into that space.' Nick is one of our smartest players, so that's a position that you rely on. He's making calls, 'Where am I setting things?' So that's a good piece. But yeah, I would say it's not a part of that, why he had so many plays or decisiveness. But we're excited he's back to work today, I can tell you that."

On the role of the practice squad and on if it's more about having game ready players or using it as a developmental program:

AP: "I think it's both of those. I think, one, they're an extension of your 53. We look at the 17 on the practice squad as part of the team, essentially that we have a team of 70. Within that 17, there's players that are guys that can come up and play right away when you have an injury or when you need somebody to come in and definitely, if you're doing something personnel-wise, it's different. So, you do bring guys back that have played in the system, that you know have seen them played in games and can help you, get you out of the game or two or start for an extended period of time. And then there's a handful of those guys that maybe aren't ready to, quite ready to play just yet. And those guys are developmental, the guys that you scouted in college, or signed, or you saw on other teams that our pro [personnel] guys identified on other teams that you really wanna work with and help them develop and into a player for you down the road. So yeah, it's a mix of both. And certainly, that's why they allow the veterans on it now so you can really, with the roster limits and the amount of games they're playing, you're gonna have injuries and you need guys that are ready to step into that role. So, we do have a handful of guys that can do that and that have done that. And we feel confident in those guys and then excited about developing the younger guys. A guy like [WR] Jaden Bradley is someone that did a great job at the local pro day and preseason and we think he has a future in this league. So, continuing to develop him and others like that."

On why Good-Jones got so many reps late into camp with Daniels:

"Well first I'd say, Julian definitely deserved the shot to go compete for it. That was first and foremost of being here, going through it. And so, although it may not, like [C] Matt [Gublin] got practice reps as well with Jayden. So, we got a chance to see that and evaluate him into that and who he was going against. I understand your question, but Nick, Julian, Matt, they're all gonna get their looks at it to go. But you do have to give a shot to go do it too."

On how they're feeling about the roster:

AP: "I think the thing that you can never predict and, you hit the nail on the head, is just the injuries, right? And how can you fortify yourself to have depth through those injuries? It's hard to do that. It's hard to have depth at every single position and have great depth at every single position. So, you try to do that as best you can. If I'm just touching on, we have the right types of guys throughout the whole building, and we have really good competitors, we have really good people in the building, and I think that I'm very proud of that, just having the right types of guys in the building. I don't wanna single out any position or any position group is where we're stronger or weaker or anything like that. But I know the guys that we have that are able to step up now that we have had injuries, [T/G] Brandon Coleman, is up to the task. So, I'm happy about that. And I'm happy that our staff's always continuing to look for more guys that can help us down the line. We'll continue to do that throughout this week and throughout the year to make sure we give these [coaches] the right types of guys that go out and play on Sundays."

On things in preseason he doesn't want lingering into the regular season:

DQ: "Ball security, you've heard me talk about that, how important that is. So, finishing the plus in other games in this last one to finish that even, not acceptable, not good enough for what I'd like. I wouldn't say it needs to change, but I wanna make sure that emphasis stays up at the top of the list. And I like, Jayden, for instance, he's been elite with the ball, decision making, where to go, and the defense has made it hard on them. They've done a nice job disguising when they're blitzing, how to do certain looks. So that would be a number one top of the pile, creating the takeaways, being excellent with our ball security. If we do that at the highest level that we can, then I know that ensures us the best opportunity. So that would be at the top of my list. And then, we're gonna certainly have the ability to space tackle, break tackles, like we've got people that can do that, and so to continue to work hard at that, finding space, explosive plays, getting the ball down the field. There's a number of guys that can do that. That's why it's been exciting to have some of the guys in the room and also, now that we're getting some guys back, even into practice, to see them into that space, I'm pumped to see that."

On the players' ability to react quickly and effectively during a play:

DQ: "That's a great question, and one that has been on the front of my mind. You wanna go through the whole process, and by that I mean installing everything. Two parts. One, this is your system and the things that you wanna do. The second part of that is how do you feature the players within the system? So, for David and Daronte to learn what some of the guys can do, how would they feature them now, you start to think ahead into game planning and how we do matchup because you don't do any of that during the season. You're just back and forth practicing and going against it. I like now to trim that down. That started into today to say, 'These are the things that the team can be exceptional at.' There could be things that you're continuing to work on, but they're not what I would call game ready yet. But both packages are extensive, and I've been really impressed by David and Daronte going back, refining what needs more attention, what needs more work. The way I can best tell is, I can hear it on the field. I can hear it coming out of the huddle. You can hear Jayden in the huddle calling a protection, looking at the offensive line to receiver, to a certain call. That's the execution that you're looking for from the quarterback on the defensive side. I am hearing the communication before the offense even gets to the line. That's what I saw Saturday. Those are the things you wanna see ahead of the snap. When you don't hear that, okay, we've got too much, there's too much thinking going on because they're not, they're still thinking about a different call that Adam did last play and I'm working on the next one, so that's what I like to hear. It's nice to see that refinement coming back down together as we're starting to get ready to work into a game plan. So, think of, like, I got a giant book and these are the only things I'm putting in for this game. I got a giant book, and I'll put it into these. So, it's nice for the players. 'Okay. I don't have this much to remember for practice. It's down to this much.' And that stress that we put them under during the camp, it was okay with me. I like putting them under the stress. I like making the coaches feel the stress. I like myself feeling under that because it really tests your readiness. When you pair it down, it is much easier. But the tests are what we need. And the stress of the training camp is what this team needed to go against each other, put them in difficult spots. That's why it was a successful camp to me, to make it hard on one another. And that's what we intended to do going in, and that's what we did. There should be mistakes in training camp with the amount of things that you do, and now you start pairing it down."