

September 7, 2026

## **Head Coach Dan Quinn**

### **Opening Statement:**

“Just got done here with the team and it doesn’t get old, the starting the season vibes, the energy that comes with that and this group was certainly outstanding. I think it’s the leaders that make up the group which prompted me to do something that I haven’t done in a long time. Usually, we do Fridays and captains of the week and so this year prompted us as a team to vote for some season-long captains and then we’ll add one game captain on Friday. So, we announced that to the team today as well and so on offense it’ll be [QB] Jayden [Daniels] and [WR] Terry [McLaurin], on defense it’s [LB Frankie] Luvu and [S Jeremy] Reaves, and on special teams it’s [P] Tress Way and man I’d follow these five guys anywhere. I thought what a great representation of the captains who we are and where we are. Just has a great vibe to it and excited to get rolling with 2026 with them and also get rolling with you guys so let’s get started and we can begin.”

### **On if OLB Odafe Oweh will practice this week:**

“Everybody participated today. It was a walkthrough practice, so I’ll get you an update on Wednesday but good sign that everybody’s trending in the right direction. Full group out there today getting work in.”

### **On the challenges of having two first time coordinators going into the season:**

“I think there’s advantages for sure. As the season begins, there’s not a tendency, there’s not a ‘This is what he does on second down or third down, this is the scheme you know from years past.’ So those are the advantages. The disadvantages. Obviously, just going through some of the experiences, as you know, just from like training camp and going through games to try to simulate as much as you can for play callers. But there’s no getting around that. They’ve prepared, they’ve put the work in, and so, they’re ready to get rolling. But you’re right on the point that’s the challenge of it all. And so, we’re ready to get rolling.”

### **On what went into the decision to have season-long captains:**

“I think it was probably the team, there’s a lot of leaders here and that was probably the thing that prompted us to say, ‘Hey, this is probably the right time to add some guys to it and really be an extension, for the team.’ And like, man, these are five really heavy hitters and leaders here. And it was nice to see some others. There are a lot of guys that got votes on this year’s team, and I think it kind of speaks to the trust that their teammates have in these five and the work that they’ve put in. So, for a guy like Jeremy just, he has been an absolute legitimate leader for a while. And so, to see that paid forward, I wasn’t surprised one bit. Same thing for Jayden to see all the stuff he went through and put the work in to know that, like, man, people see that. And all the work that he’s put in there, so all the joy Terry’s bringing. I could probably go on and on. But I think it was the group that, you know, said this is the right time to do this.”

**On what the staff did during the players' weekend break:**

"When we get done with practice on Wednesday, then you wanna kinda dig back in one last time to say the strengths and weaknesses, where are you, what things are definitely ready, what things need more time to work through that. And that's a good feeling, actually to go through the system to say, 'Hey, this part of the package, these things, man, let's hit the ground running.' Other things, we're not there yet to make sure you keep working on it. I'm not gonna say that's, this much third down or this much red zone, but when you're going, okay, almost, almost, and so I've been one of those people that keep going till it feels good, you have the groove, you have the answers for it. But our times together are intense – players, coaches, everybody, so it was good for the weekend to kind of regroup and get ready and then as we get back for yesterday and today, then the shift does go to Philadelphia. And a little bit on offense, both sides have new systems that are in place. And early in the season, man, you probably saw a little bit watching college like who plays mistake-free, who doesn't expose himself to some weakness, and those are the ones that usually come out and play well. That's been as long as I can remember, man, as opening games go. But I just like the energy of our team, where they're at, and what the week looks like."

**On if installs during OTAs were done in the evenings or in the morning before practice:**

"We did them in the evening and so it'd been late afternoon and then talking about classroom first. And then at night time, that's when we did the walkthroughs for about an hour on the field and we would split the team up into two so you could get twice the reps. And we'd do that through the night. The coaches would kind of go back, watch those. And then the next morning the 8:30 practices, that's when we did it full. So that's a little bit of, like, the crawl, walk, run into that space. The old days, when there was two a days, you had a similar format, but you just did it for both the practices. In the OTAs, we did it first thing in the morning, then you go right out to the field. But training camp is unique in that way. Some teams would practice late in the afternoon, and you could do it kind of like we do in-season now, a morning to go. But for us in training camp, night install, night walk through, morning practice, and then repeat, come back in, watch the practice, take a break, and then start the install again."

**On what he's seen from Daniels throughout camp compared to the last two years:**

"He's always somebody that's been fit, but I would say, he took more reps than he ever has. I thought that was probably the most important part just to get those banked hours of the system. And you can do that at quarterback; it's not at every play where you're running down the field or going. That was by design, but I thought [Offensive Coordinator] David [Blough] was really on it in pushing him into that space. There were some practices he might've got twice as many as some others just for the reps, the communication, the calls. So, I thought that was really valuable. The conditioning part for him, there were some days where if you're outside the pocket, you're remaining a passer or other days where he can use his legs to run. The most taxing part, you didn't want to overthrow. He's a guy that throws a lot anyway, so some of those were runs and procedures to get through it. He's banked a lot of hours in this system, so I thought, this is a guy that maxed out the offseason, the training camp to really get himself ready. His work ethic's been something I've always admired, but to see it maybe just tic up again in terms of the readiness, to demonstrate that to his teammates, that's a big deal."

**On what he was looking for in season-long captains:**

"This was not something that was based on talent or any of that. So, I wanted to say, who's the people that you want that really represent the standard of what we wanna be about. Who walks the walk? Those were some of the things that I said. And then we were able to, you could list some on

offense, list them on defense, list them on special teams. And then from there, I just started tallying as we went. So it was certainly a good process to go through, but I did hit it on Wednesday and then announced that to them today. They didn't know that I was doing that Wednesday, so it was nice to do that. I wasn't surprised on the people that the players selected. I mean, these are some real heavy hitters as far as leading goes with our team, like proven and demonstrated. So that was cool to see.”

**On what readiness means to him for this team:**

“Yeah. What I try to do in training camp, I got some KPIs that I'm looking for in practice, you know, where are we on penalties? Where are we at on the speeds? Where are we on the execution or mental errors? So, I stay with that program through the camp, and then you wanna see, obviously, the numbers continuing to go up as the reps are going up. Can they stay in that same focus? Can they stay in that same spot? That demonstrates it some for me. And then coming back after the break, we put in four days of good practice prior to it. So, after you reduce down to the roster, add guys back. I wanted to see who was ready to really lock in on the details of it all. That's what I was looking for. And then the first day of it today was kind of the same for me. I'm looking for absolute lock in the details of it and eliminating the mistakes. And when you do that, the practices are pretty sharp. They go quickly. So, it's off to a good start today.”

**On going into this season compared to the past two years:**

“Going into it, I knew I wanted to really push more reps, more minutes, more times in the practice, and we were able to do that, almost probably close to two practices in the same amount of days. So that would equal more reps. That would equal more opportunities. And then I really wanted to put the team in some stressful spots for game management and otherwise. So, seeing that, and then having the receiver group in some deep positions really take the battle all the way through the end of the practices, that was a big deal. I like the conditioning. I like the hardness of the team. I know there's some collateral damage when you have the injuries. You don't want those ever with the soft tissue injuries during camp but having the team trending in the right direction now, I think that does pay dividends. So, I'm excited for where we're at as far as a new system goes. We did that two years ago, but this team has really put in some good work on it, so I like where we're at.”

**On if naming season-long captains helps solidify team identity:**

“Yeah. And I hadn't done it in a long time, but this definitely – the group probably prompted that as much as anything to say, ‘Man, these are some heavy hitters.’ And I thought this is the right time. I've changed up a number of things this year. I thought this is another one that would be in a good space. I couldn't be more thrilled to see these guys lead us as it's going through it. But yeah, I think there's always something that's rewarding about that, especially for the guys that were selected. That's a big deal, and certainly proud for them. This is a group that, man, like I said, I'd follow them anywhere.”