

September 11, 2026

Head Coach Dan Quinn

Opening Statement:

"I'll get started. I thought for some of you that have known me for the last couple years, on this day, it's a good day to teach some of some remembrance of 9/11 after 25 years. And so many of the players, this is like a pre-living, you know, memory that they're learning now. For those of us that were and know it and certainly for us in the DMV, you know, where it can hit differently as well. So, we did that. We also will now add one game captain weekly. So, this week's gonna be [G] Sam Cosmi. And he just threw a great training camp, trenches kind of game, and play style for sure is something you've heard me talk about for a lot. I thought Sam really embodies that. All that said, let's get rolling."

On the status of OLB Odafe Oweh, OLB K'Lavon Chaisson and RB Jacory Croskey-Merritt:

"Yep. So good news on the injury front, that all those guys, they're cleared. We're ready. And they worked extremely hard to get back along with the training staff. I guess almost six, seven weeks ago we said we were gonna throw a tough camp and there would be some issues that would come up. And the goal at that time was to get them all back by the season opener. You know, when you do throw a tough camp, that's part of doing business. But that was always the goal. So to see that take place, where everybody's back and ready to get going with the exception of IR and that, but those guys that we've been discussing, pleased with the way they worked and the training staff as well."

On if there are any limitations for Oweh:

"No, we're gonna huddle up as a staff tonight and tomorrow with the medical guys, but we really wanted to see where they're at. So, they'll look at all the information from the week, but I'm definitely pleased with where he's at."

On what he hopes to see in Week 1:

"Week one, you wanna play, one, with good play style. I think that's important. And you wanna make sure that you're playing with good discipline that comes in the form of the turnover margin, that comes in the form of penalties where you're playing as clean as you can. So, those are the things I think in early seasons that can be the margin, you know, where both sides will have new wrinkles and new looks, that's part of it. Both sides have some new play callers, so there'll be new looks that they haven't practiced here. So having the discipline within the system to play it out and fight through the adversity when those come up, like we know those happen. I think those are some of the key points."

On QB Jayden Daniels showing determination going into this season:

"I think it honestly started like towards the end of the season last year, okay? So that was where it began. But from that point, new system and changes which are hard to go through, like he's consistently working at it and going after it to demonstrate readiness. He was more accurate than

he's ever been. So those are the things that I saw. He's always, he's just a confident player and he's clutch. So those things, I wouldn't say they come natural to him, but they're at the forefront. But all the unseen work that went in, he's gotten stronger, he's gotten bigger. There's a lot of small things that don't show up on the stat sheet that he has definitely done. But I love just kind of the fire that's in him."

On if we'll see everything from the team Week 1 or if they'll unlock some things later on:

"Yeah, that's fair. Very, and yeah, definitely won't see everything in terms of a package. And that grows as the season goes. There could be some things based on players and matchups, but there's definitely, of all the things that we put in, that's good. You want that for the camp. What you want to avoid doing is, 'That looks like a cool play, let's put that in.' And then not knowing the details of the ins and outs of it. So, there's a lot that we have in and so kind of today is the last part. This is in, this is out, like what are the ones that trim down just a little bit more? So yeah, you'll definitely see a good bit of our system, but certainly not in its entirety in the game."

On what he's seen from the WRs that will likely be playing on Sunday:

"One thing that's, like sometimes these good consequences that come up when you sign a player with his experience is playing slot. So the information to [WR] Jaylin Lane and [WR] Antonio [Williams] and [WR] Luke [McCaffrey] and others inside some just small nuances that may not, doesn't come up on a playbook paper and a sheet, but the set them up a little more, go into this space. And so conversely, Jayden and [WR] Terry [McLaurin], the spring and part to know the system, giving him information as well. 'This can be just like such and such.' So it's kind of a cool blend of that. And with Terry and him, there's a good balance between these two. And they're different ball players, but they're both really competitive. So, I like kind of the back and forth that they have. We'll feature them in different ways, but I do like the balance that they bring together."

On how he coached the team especially after the loss to the Baltimore Ravens in preseason:

"I don't go back too far. When something happens that I don't like, I let it be known right away, and then we threw excellent practices. Some 50 guys had a practice the day after the game, and some played the night before in it, some didn't, but it was clear that, this is how we wanna go about doing business. I love this team, man. I love the locker room. It's the privilege of my lifetime to coach these guys, but I'm also gonna let them know when something's not good enough, whether you're here, not here, looking to be on the practice squad, not, like there's a standard and it goes deeply, but once it's passed, then I'm not the one to be like, 'Hey, remember that time?' And take a jab at somebody. That's not how I operate. So, I clearly give the message of where I'm at, and then we've thrown excellent practices. I prefer not to look in the rear view on things like that."

On building the relationship between OC David Blough and Daniels:

"Yeah. It's an interesting question. I think here's some of the advantages, like normal, when [DC] Daronte [Jones], it's taken him longer to build some relationships with some people because he wasn't part of the system. So that's a give and take in the offseason of getting to know one another, you know, longer meetings and one-on-one and that. With David and Jayden, it's different in that way. That bridge is merged. It's, 'I'm in a new role, but the relationship is there.' And they've spent thousands of hours together. So, the competitiveness, the look of that, they had a close bond before it began. And David wanting to do this has a lot to do with also wanting to coach Jayden. And so I thought, what a great example of, and this happens all the time in coaching, like man, I wanna coach this guy. And that's the feeling that you got from David towards Jayden. I think it's

been an excellent transition for both of them. It's not the same role that David was in, so I thought they've nailed that."

On the benefit of having two first-time NFL coordinators with a familiarity of opposing teams:

"Well, I'd say coaches, there's a lot of let's go back and look. Let's go find some more. And that part happens all the time. And coaching, let's look at this game, let's look at that game. You know, Coach [Philadelphia Eagles Defensive Coordinator Vic] Fangio was here, here, and here. You know, [Philadelphia Eagles Offensive Coordinator] Sean [Mannion] was here, here, and here. And you do some of that, but you don't wanna go overboard on it either. From a player standpoint, it makes it a little more familiar whether, for an example, if you were, [WR] Stef [Diggs] coming here in training camp and you've played against him, you have an understanding of what movements look like and what speeds are and what strengths are. But from a scheme standpoint, when it's new, you have to really follow the rules. This is what we're gonna do, and you go from there because you're not into, when this look happens, this is the play. And so you do have to play it honest in that way."

On what goes into deciding who will play on game day:

"Really the coordinators, myself, [General Manager] Adam [Peters], how does it tie in with special teams? From a game plan, what would we need? How would we feature that? And then the last part of that like our injuries, meaning like, 'Okay, we're not sure, let's have an extra, let's be in that space.' So, it's like a little bit of maneuvering to go. I would say usually it's probably, 'Okay, this is 45 and then six and seven and eight and how do you work through that?' So that's usually where like the last thing is when you, the roster's healthier like it is now, it makes it in a very excellent way, more challenging [laughs]. So, I wanna make sure I'm super clear on that. But it's always, not quite set on Tuesday night, but this is where we're heading, this is what we think we're gonna need, this is where we go, and then we move forward from there. But there's always things that pop up during the week and special coaches fight for him, offense fight for him, defense fight for him. And so that's why for Adam and I, we just meet every day where we're at with the team and kinda communicate on those things."

On hurdles T/G Brandon Coleman and G Chris Paul have had to overcome in T Laremy Tunsil's absence:

"There's no question about like Laremy's impact and especially I would say with [T] Josh [Conerly Jr.], like that's who, that's [his] little brother in a lot of ways and he's such a significant impact on him. So, to have him here and being around, that's a big piece for us. Like most things, the communication when you're working side by side with somebody and not just verbal, but the physical part too. 'How quickly do I leave a combination block? Yeah, you got here quicker than I thought'. But some of it unspoken and Chris and Brandon have been together here for a few years, so that helps kinda like I was talking about with the relationship tied. But you need the time on task and there is no silver lining with Laremy's injury. The benefit of the being earlier was they got more time to talk, to practice, to play, to get timing and that type of thing down. So, both the tackles and the guards have gotten a lot of action together. The guards and the centers haven't had a lot, but that doesn't mean they haven't spent a lot of time together like [C/G] Nick's [Allegretti's] been here three years with these guys. So, like that part of the communication, I feel excellent with."

On tempering expectations around LB Sonny Styles' first game as a first-round pick:

"I think the biggest one is like the expectations are from inside the rooms, inside the building. And for teammates, the coaches where we're at. And so that's where we wanna see him grow and develop from the people that see him every day and the things that he's so unique at. Each game I

think you're gonna see Sonny grow. Like it's part of first year players where there's some of this, like, we'd love all development to go straight across, but like everybody's been around just a little bit [laughs] knows that's not really how it goes. So, when those ones there, we got people here to help him keep growing and develop. But I think he's got an unbelievable opportunity ahead with him here. Some of the teammates that he's with, like already the in like six weeks, the growth that I've seen from him. So, he's excited to get going. He's an excellent competitor. You can tell he's comfortable, even more comfortable now, the system, the people, the way it goes. So, but yeah, we're really pumped to, to unleash him.”

On what he's seen from the team's red-zone execution:

“On both sides, being decisive because the decisions have to be made so much more quickly. The plays happen more quickly. There's more urgency. There's less distance in the throws. And so, we try to break them into like three areas, parts of the red zone where you could, like in the passing game, throw over somebody and then you can't using the back line. So, by having the different levels of that helps because now this is the location, this is the location. And seeing the decisiveness to go, most teams, this is best for man to man, they're playing zone, we do this. So down the red zone, it's awesome because it's like everything in football compressed into this small area and back and forth and calls and setting people up and then you run it in and so it's like all of things compressed into this short period of time. But it takes like hyper focus, excellent, fast communication, because all the plays happen so quickly and the decisions, there can be no beat in between. You have to be ready to go.”