

September 25, 2026

Head Coach Dan Quinn

Opening Statement:

“Well, let's get rolling. I know you have a lot of questions regarding, [QB] Jayden [Daniels], and I know [General Manager] Adam [Peters] also spoke on the radio this morning and some others have reported. So, Jayden won't be placed on IR and is week-to-week. And that is great news. I'll have more info to share on that, what it looks like as we get into next week. Our team and we have a lot of confidence in Marcus as we're heading into this game. In fact, so much – I thought this was such a cool thing – the captains huddled up with me earlier in the week and said, ‘Hey, we'd like to make Marcus our sixth captain.’ And I thought what a great tribute of brotherhood of those guys asking. Of course, they were all like as on board as you can imagine. I thought it was awesome too, but what a great example of teammate and leadership. And so, for us as a team, back home finally. And we're excited about that. Team's throwing a really good week of preparation for Seattle. And we're also as a team, wearing decals in honor of [Former Washington QB] Sonny Jurgensen and [Former Washington LB] Monte Coleman and two guys that meant a lot to the organization on and off the field. And what a privilege it is to share in their legacy. So, we get to do that for this weekend. I believe they even have some here that you'll be able to see before we go. Injury-wise, three unlikely. We're gonna huddle up as a medical team this afternoon. And that would be [G Sam] Cosmi, [TE] Chig [Okonkwo], and [LB Frankie] Luvu. And other than that, why don't we kick it off with you and get rolling.”

On his initial reaction versus the reality of the severity of Daniels' injury:

“Yeah, like most things, when you wanna wait it out, you go through the what if's in your head and sometimes those are worse than the actual news [laughs]. But you just wait to get all the information you can, and then, spoke with him on the phone and again we had a chance to visit this morning. So, I thought just what a great bit of news for him and for us.”

On what goes into the decision to bring Daniels back:

“Yeah, once we get into like the return to play, I'll have more updates about what and how and like all the guidelines for it. And so, we'll get into all that.”

On Daniels potentially getting surgery in the offseason:

“Like I said, I think once we get through the return to play, I'll have a better sense to give you more info next week. But the early reports are like, this is where we are for today.”

On if Daniels' history with this injury affects their return to play decision for him:

“I know he went through a number of specialists and so, going through all those, I won't get into all the details, but thought they had a really good process of going through doctors here on the East Coast, ones out in LA as well. And so, I think anytime you get all the good information whether

you're a ball player or anybody going through it, you wanna make sure you get all the right info. And so, to hear all positives trend in the right space, but as far as after and that, honestly, I don't know."

On what he's seen from the back end of the defense in practice this week:

"We have to be really strong in the pre-snaps. And so, we've worked hard on that space before, premium receiver, good run game, how could they talk ahead of the call? And there's some calls that have more information that you wanna just get it out quickly. And so that's what I've seen from the group, secondary, linebackers, defensive line. And so, we just kinda made it a point to over push it in that way. Said every defensive coordinator ever in the history of football, like communication, communication. And it's an important piece and you can't get it right most of the time. You gotta get it right all the time. And that's what the guys have been digging in hard at, and I've been pleased with what I've seen. This has been an excellent week of preparation as an entire team."

On examples of ideal level play he's seen from the team over the past two weeks:

"I wanna start first offensively and then we can go. I thought there's some times in the run game it was exactly what I wanted to see. When you're playing a zone team, can you get combinations that go to the second level? For sure I saw plenty of that. I like that we're taking shots down the field. That certainly helps, you know, the run game where you're backing people up to go. In the red zone like that's an important piece for us to see. And I saw more of that as I'm going through, like, that's continuing things I wanna see improve upon. Defensively, I liked in the first game there was, you know, good havoc and disruption that I saw. Those are a couple of things that come to mind. From the special team side of thing, I always look to setting the tone and going, so I thought up and down on that. So, this is exactly it and this is not. So that's what I'm looking for, like our play style consistently on tape. The run game, the play action that goes with it, causing havoc on defense, and then really setting the energy on special teams."

On who he wants to see step up in S Nick Cross and LB Frankie Luvu's absences:

"I think naturally it goes to [S] Quan [Martin] as the first one. He's had an excellent week, Quan Martin on the back end. Percy Butler's gotten some reps there as well, but I liked what I've seen from him talking, he and [S] Jeremy [Reaves], and the combination of things together. At the linebacker spot, I certainly was impressed by [LB] Leo [Chenal] and his tackling. Like, that's one of the things that I've been impressed by, and I think [LB] Sonny [Styles] another game into it of making the calls and the communication going all around, that's a good thing for us. And we'll dig in from there and we'll see what the guys look like when we huddle up this afternoon. But those are a few that I'm excited about and I have been excited about. I think you guys have heard me talk about Sonny for a long time and I'm excited to see where he's gonna take it. He's right in the middle of all the action and I love that. And he also had an excellent week."

On how much he's been involved with Daniels this past week and making decisions:

"For me, more just listening, honestly, to the medical advice. I know as he's going through the appointments, it's from my [end], an area of support where I'm at, and then his return to play really then is where I make the biggest [inputs]. Increase practice reps and how much and what kinds. Now that we'll start that process, getting back on the field, that's where I'll chip in more on the other side. And I'm listening and fingers crossed and hoping, but not much more than that."

On what led him to make some potential lineup changes:

“I would say I'm always evaluating to make sure that we're put in the right spots and the right things, but also developing players and coaches and where we're going. I have a lot of confidence in this team and where we can get to. So, don't like where we're sitting, but we're not staying here in this spot either. I've got a lot of belief, a lot of confidence in them, and we're gonna learn the lessons too that goes along with an outcome that you don't want. The lessons are hard, but you have to learn them and go through them. And I knew there'd be ups and downs in any season. Every once in a while, there's a sucker punch that comes out in the middle of the season. How do you react to those and that? And sometimes that's an injury that throws you a punch and how do you handle it and battle through it? I've liked how this team has stood strong, you know, chin up, chest out, and let's go fight. So I'm excited for this weekend.”

On how much the current performance of the team affected decisions on Daniels' timeline:

“None. Just like, as always, man, the health of the player [drives the decision].”

On Seattle Seahawks LB Uchenna Nwosu and what makes a player like him stand out:

“I love anytime you see a defender who can really beat you to the punch and their front has that, Nwosu, [Seattle Seahawks DT] Leonard [Williams] and [Seattle Seahawks DT] Byron [Murphy II] inside. They're effective on stunts because of that quickness. They're effective on trying to set the edge because of that. But I think play style is probably the thing that jumps out to me. I know a lot of that comes through [Seattle Seahawks Defensive Coordinator] Aden [Durde] and what they've done, you know, defensive with the front. Those are the things that jump out to me, the initial quickness, the physicality.”

On what he hopes LB Sonny Styles will take away from wearing the green dot:

“Yeah, that's an excellent question. And there's a lot to gain. In practice, multiple guys have it, so they're going through that process. But there is something leading, and he is going to be a remarkable leader. And when you're thrust into that spot early, your best way of demonstrating leading is, man, showing that you got it to the other players that are looking to you to say he was on it. I heard it on the sideline early in the game from some of the other defensive players, man. ‘Sonny is on it, he's calling it, getting it quick.’ So it was without me asking, how's it going? Where's that? For them to give that type of information, I think that gives confidence and belief in that player. Hey, we all have to step up into those spaces at some time and he's certainly ready for that. I would say nailing that in your first opportunity is a big deal.”

On if there is a decision on Daniels traveling to London next week:

“Yeah, we'll hit onto that. I think probably next time we huddle up will be Monday, but no, today we've just kind of got through the first medical part.”

On an update on CB Trey Amos and if he'll return from IR:

“No updates yet at that space, but I can say that like the speed and the on the field work, and you guys have seen him some on the field too, that to me as a coach is encouraging to know. Okay, sometimes the player needs to know that the light at the end of the tunnel is getting bigger and getting more open, so I'm feeling that and he's not missing any steps along the way. And I think that's an important part of the process of rehabbing to say, nail this one, then this one, the speeds. When you're going through that, it's also volume, how many times, how much yards. He's hitting all the markers.”