THE WASHINGTON COMMANDERS
21300 COACH GIBBS DR.
ASHBURN, VA 20147

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PERFORMANCE CENTER

October 2, 2026

Head Coach Dan Quinn

Opening Statement:
"It's been awesome. There's many things that could be different. We tried to make as many things as we could for us be the same, and it certainly felt like that as we went into yesterday and certainly again today. So, our preparation, team's connection, play style. Those are all the things we talk about being consistent for us in traveling. I know you have some injury questions so as far as [QB] Jayden [Daniels], he had a great week. It was awesome to have him back on the field in a limited fashion, he'll be out tomorrow. [QB] Marcus [Mariota], Sunday, Marcus will start. That's a huge positive step, ya know? For us and for him. We'll assess where we are next week, when he gets a full week of practice all the way through. It's typical of him, working incredibly hard to get back. Doing everything that he can behind the scenes to get back to doing that as fast as he can. He is a true competitor on and off the field. All that said, open it up to the questions for the game and get started with you guys."

On how close Daniels was to being an option for this week:
"Certainly, anytime you can practice, that's a big deal. So, for him to get back that was a big step for us to see what it would look like and where it would go. Typical for him, like, he's more ready than you expect [laugh]. So, that's just kind of how he is but we'll get a whole week for him and get back at it. Get his elbow, his body, everything back right but it was impressive to see it."

On LB Frankie Luvu and TE Chig Okonkwo injury update:
"Yeah, both did well and ready to roll."

On if Luvu and Okonkwo will play:
"Correct."

On what else he needs to see from Daniels:
"It's really just an entire group, medical, performance, where he's at. The practice part was a big piece of that today. But next week we're planning for him to get a full week of practice and that will be a big deal for us."

On how getting Okonkwo back helps the offense:
"I think both he and Frankie in different ways bring a lot in their own unique ways. From Chig, from a vertical standpoint in the passing game, you feel his speed at tight end. And so, although there's, you know, we're not long into the season when somebody gets hurt early on, you do feel them miss. And then when they're back on the practice field, you quickly get reminded, 'okay, there it is for, for both of them'. So, yeah, we're excited to get them both back into the mix."

On how WR Stefon Diggs has been a positive addition for the team:

“Yeah, he has been impressive for us. He is a rare competitor and I feel that every time at practice in the game, he's got great detail to his routes. So often is it man to man? I use this. If it's zone, I know where to sit. So that type of feel is excellent. So, competing against him for years, we knew what that looked like, but finding out who the competitor is how hard he works at it, that's been excellent for us.”

On advice he would give for the flag football kids that were out at practice:
“I'm very excited that they're here. And so, to see football grow and to be, like, a very small part of that for us as coaches and players to get to see these guys, I would say early on it's about the fundamentals like what they're seeing on TV is years and years of work that goes into that. So, getting the basic skills down and also some knowledge of other positions too I think that's important where you may start playing early on, it may not end that way. So just be open to, you know, not knowing I might not be a quarterback or a receiver. You might not be in a center and that's great too. So, whatever that looks like just like the enjoyment of it, I think is a big deal. When you're first starting off, just get into the game and it'll kind of work itself out.”

On what identity they want to establish in London:
“Yes. Our identity is important for us in terms of our play style and how we wanna play. In last week's game for us, we thought it was the best complementary football, meaning all three phases set one another up. A defensive interception and takeaway resulted in offensive points, a punt that could pin somebody back created field position. And so, for us, that is who we are, feeding off one another. And that way all three phases are a part of the success and that shared success is what we're looking for.”

On RB Rachaad White and RB Austin Ekeler’s status for this Sunday:
“Yep. I thought Ek had a good week, for him getting first back into it. He's certainly not a player that you would say he looks rusty or that [laugh] that did not surprise me. And then for Rachaad, he's still banging on his shoulder. And so, no reps for him today.”

On how C Matt Gulbin has looked:
“Yeah, I liked that early on it was two positions. We worked center first, but then a little bit of guard. We worked that in training camp and any of the interior guys you like especially if you're at one spot, can it be both guards or can I be a center and one of the guards? So, to see him play both the spots, that was big for us. I think he demonstrated a lot of toughness, early on knee was banged up, played through that. Same thing with a finger. So, I think he proved and demonstrated to a lot of the guys that, man, he is really on the details. So, I've been impressed with what I've seen so far.”

On how he works with the team through injuries:
“We have had a lot of injuries so far, and so the development part is a really big piece for us to make sure that the next man is ready to perform into that spot. It's not the same, you know, for each player going in, how do you feature them and what can you do? But being able to deliver when you're in a backup spot and then going into a starting spot or a significant role, that's a big part of our team. So, we try to give them as much practice time as we can so when those moments come, because they're going to happen in our game, that they're ready to perform and deliver. So, we just try to do a lot of preparation behind the scenes and knowing that it may take a while for your time to come, but it is going to happen and are you able to answer when that time is there.”

On how difficult it is to have conversations with injured players who are eager to play:

“It is. And the more connection you have, the more that you know to say I, in some instances, I'll make this decision. You know, most of them who are the rare competitors, getting in that spot are just gonna, I'll keep going, I'll make it through and nope, this is not there yet. And so oftentimes, it's our responsibility to do that. But, also after time, you know what their best looks like and where they're at. So when they are, I encourage that and push them. And when they're not, then I say we're not there yet, might be close. It's particularly important for the players coming off IR and season-long things because they may not have played for a while. So, we'll have some of those discussions in the weeks ahead, knowing that some of the guys who've been off the field for a while are gaining confidence as they're going back, and that’s a big step.”

On what he saw from the safeties last week:
“The thing that we emphasized last week, we wanted to make our football communication really clean and really clear at home. And we'd have our own crowd noise to deal with for the first time for the season. And so, I saw that. I was looking for that in practice specifically. Calls, hand signals, decisiveness with the calls, that was good. And that increased again this week as we're going forward. So, that's what we were aiming for and to see that get delivered, you know, that was a big step forward for us.”

On why they specifically brought in a running back [Austin Ekeler] and if he thinks that group needed something more:
“Ek's always been on our mind as a play making ability. I think where he stands out the most is the third downs, the returns, and having more options coming out of the backfield is always a good thing. I think you feel that from him in a constant way and not having that last year, we certainly felt that of the plays that he can make. So, it was really just based on the skillset that we could add into the group. We thought, based on his health, it was the right time to do it.”

On the biggest challenge playing an NFL game in Europe:
“Well, number one, it's also a really cool honor for us to be able to bring our whole crew here. I think that alone is one of the biggest challenges, taking our whole operation from Virginia and moving it here to Watford and here at the Grove. So, the team did a good job of planning an overnight flight, getting into practice, so we left ourself plenty of time to get into a good game routine. In our regular season games, there's a process we go through to get ready, and we tried to stay consistent to that even though it was different. But, past that, it's been an excellent environment for us. We like bringing our team together out on the road and moments like this help, but I love the energy of and the vibe that we have together and we just, we brought that here and you can feel that.”