

Josh.Rupprecht@Chargers.NFL.com ⚡ Jennifer.Rojas@Chargers.NFL.com ⚡ Jamaal.LaFrance@Chargers.NFL.com ⚡ Lauren.Meyer@Chargers.NFL.com  
Brock.Anderson@Chargers.NFL.com ⚡ Danny.Markino@Chargers.NFL.com ⚡ Jordan.Colquitt@Chargers.NFL.com ⚡ Leonie.Strehl@Chargers.NFL.com

## Chargers T Joe Alt Introductory Media Availability

Friday, April 26, 2024 ⚡ Hoag Performance Center ⚡ Costa Mesa, Calif.

### Opening statement:

"Before we begin, I'd just like to start off by thanking the Spanos Family, [General Manager] Joe Hortiz and [Head] Coach [Jim] Harbaugh for believing in me and giving me this opportunity. I'd also like to thank my two parents that are here today. I couldn't be here without them. They've blessed me with a lot of opportunities. I want to thank God for the opportunity, the body and the ability that he has blessed me with to be here today."

### On his 'first thoughts' upon being selected by the Chargers:

"I think that there were two thoughts that popped in my head immediately. The first one being gratitude. Like I said, just grateful for the people around me, grateful for this organization in believing in me and this opportunity. The second one, just straight excitement. I can't wait to get out here, get to work and go back to what I love doing, and that's playing football."

### On his timeline since being drafted by the Chargers:

"Obviously, got the call. Super excited. I spent the time with my family briefly there, got to hug everybody. I appreciate everyone that was there. Then, hopped onto a couple of interviews, got my flight set up, hung out with my family and my girlfriend. Went back to my house, went to bed about midnight, woke up this morning, hopped on a plane at 7:30 [a.m.], flew out here, got to come to the facility, and have just been meeting everybody and going from there."

### On playing quarterback growing up:

"I grew up playing quarterback, all the way until my sophomore year of high school. For me, the biggest thing there was just learning an entire defense and how it works — understanding safeties, their rotation, and how it affects a defense, how you can read a safety and see how that can give you a pressure look. I started playing tight end when I grew, my junior year of high school. Then, transitioned to offensive line when I got to Notre Dame as a freshman."

### On if being a quarterback 'helped with his footwork':

"Yeah. Playing quarterback, playing basketball, all of that stuff did. I think that's a testament to my athleticism, now, from those things, because I was able to kind of stay light on my feet as I grew."

### On the 'type' of quarterback that he was:

"I was a bigger quarterback [*laughter*]. Let's be real, I ran the ball most of the time [*laughter*]. I had a decent arm, but it was mostly just running the ball, sweeps out there. [John Alt] was the one getting me out there on the ball."

### On if he 'could be the emergency quarterback':

"I don't know about that, I haven't thrown a football in a long time [*laughter*]. Been putting my hand in the dirt instead. I don't know, we'll have to see."

**On his training during the pre-draft process:**

"I've been working with [former NFL offensive lineman] Alex Boone up at Training HAUS in Minnesota, that's where I did all of my Combine prep. The biggest thing for me is just getting comfortable, being able to set both in my left and right-hand stance, being just as comfortable as I was at the left at the right-hand side. Did a lot of drills — pass pro, run blocking — just to make sure that I was comfortable there. I thought we put a lot of good work in from that."

**On if 'playing in unbalanced fronts helps with a potential transition to the right side':**

"Yeah, of course. I think just having that in-game experience, those live reps, is always a huge help — just being comfortable getting over there and putting your hand down in that stance in-game is huge for my confidence going forward."

**On football being 'in his family':**

"Yeah, my dad played 13 years for the Chiefs. Football is all I can remember growing up. Walking into the basement, my dad's jersey was hung up at the bottom of the steps, and it was a dream for me my entire life. My dad coached me from youth through high school. He was there, he allowed me to really learn what football was and the appreciation for the game and what it did for me and my family. Football has always been kind of top of the totem pole in the family in what we wanted to do. That's why I fell in love with it and have been going with it ever since."

**On if he played hockey growing up, like his brother, Mark:**

"I did, until second grade. I did not have the body for hockey [*laughter*]. I got a little heavy for it, so we just decided to hang up the skates and start playing basketball."

**On watching his father's games on tape growing up:**

"We didn't watch a ton of tape of his VCRs [*laughter*]. In high school, we kind of stayed away from that. But most recently, a lot of his games have come back out on YouTube in better quality, and we re-watched them when I was home this training process. I got to give him a little bit of crap and watch his film and assess the differences in our games [*laughter*]."

**On the differences between him and his father:**

"My dad had — still does — very, very broad shoulders. He has the biggest shoulders that I've ever seen on a man. His ability to clamp guys, like defensive ends, is one of the most humbling things, I think, for defensive end, they were just out-muscled up top. I think that's the biggest difference. I like to punch inside because I don't have as big of shoulders as he did. I think that's the biggest difference between me and him."

**On players in the NFL that he 'tries to learn from':**

"I watch a lot of Joe Thomas. I watch a lot of how he sets. He has a lot of changeups in his set, between jump setting and vertical setting, and how he throws the differences in there. Then, I listen to a lot of Lane Johnson and stuff with the snap count, and how crucial that is to win the first second and being ahead of the punch, ahead of the defense, being able to get off the ball early."

**On 'setting the tone up front':**

"I think the thing I love about the offensive line is being able to hit someone every single play. You don't have a play off, you're going to be throwing your head in there. Whether it's pass or run, you have a job to do and you have to hold up your end of the bargain — one of the five [offensive linemen], one of the 11 [offensive players]. If you don't do your job, it's going to hurt the offensive line, hurt the entire offense. I think that's why I love it. That's kind of why I fell in love with the position, and just really the camaraderie of the group. The offensive line group, I think, is a special group."

**On 'dominate' being one of his 'favorite words':**

"It's not a word that I use in my vocabulary, but it's a mindset that I have, I would say more so. Just refusing to lose and taking it one play at a time and trying to do your best each and every play is kind of my mindset."

**On if he has spoken to any future Chargers teammates yet:**

"Yeah, a lot of guys have reached out to me so far. [T] Rashawn Slater reached out last night, so that was really exciting to kind of hear from him. Beginning to build these next relationships is really what I'm looking forward to."

**On 'how drastic of a change is it' to transition from the left side to right side of the offensive line:**

"I don't think it's a very drastic change for me. Just because I played tight in high school. I've had the ability to do everything out of both a left- and right-hand stance. I've been playing tackle at the left side for the last three years, but it wasn't like it's something I've never done before. I've had reps there before, so it wasn't something that was a huge change for me."

**On if there are any players currently on the Chargers roster that he 'knows well from before':**

"There is one other Notre Dame player, but he was gone before I got there. I don't have a relationship with him yet, but I'm looking forward to making one."

**On if he had met Harbaugh prior to the pre-draft process:**

"I had not, actually. I met him for the first time at the Combine. I wasn't the biggest recruit coming out of high school, so I didn't get the opportunity to go to Michigan. Yeah, Michigan didn't have an interest in me coming out of high school [laughter]. But, that's just who I was, I was a tight end turned to tackle."

**On if Minnesota was 'the only Big Ten team' to recruit him:**

"I had Iowa, as well. Those are the only two Big Ten schools."

**On run blocking and 'using his athleticism and body control':**

"Last year, we did a lot of pulling, and it was probably, when I heard one of those plays called, was the most fun because you get to kind of show your athletic ability, but also have so much more speed rolling behind you to hit somebody. You kind of have a bigger impact. It takes a lot of, I think, eye discipline, when you're pulling with guys who can be faster than you and understanding where your landmark is and where you're trying to hit. If you miss, you have to miss in a certain area, you don't want to miss short or too far because that's going to get your running back hit. I think understanding your aiming points is huge. Then, being able to use your momentum already and go hit the guy as hard as you can."

**On 'when implementing that last year' did his 'athleticism help to get to those spaces':**

"Yeah, I think it was partially that, and also, we had a new offensive line coach who did a lot of that in the past. He kind of said, like, 'OK, we have the guys to do it, so let's go try to do it.' I think that those two things were the biggest changes from the year before."

**On his speed and how that benefits him:**

"I think that speed is one of the things, my athleticism is one of the things, that I hold close to myself and want to keep at the top. I think that's one of the things that allows me to play offensive tackle at a high level, being able to stay in front of guys with my length is what I strive to do each and every day. It's something that I work on constantly — jumping rope, doing little agility drills — just because I think that's what's gotten me this far."

**On if he met with the offensive line coaches yet:**

"Yeah, I did. I got to meet with them today. Just kind of got the welcome. At the end of the day, we're back to work, we're back to playing football. We have to start to learn what's going forward and what is being asked of me, and that's what we've been kind of discussing so far."

**On setting Notre Dame historic figures based on his draft positioning:**

"Obviously, I'm extremely grateful for that opportunity to be in that position. There's a lot of great people at Notre Dame who have allowed me to come this far. I was able to have two great head coaches, three great offensive line coaches and two great offensive coordinators, who I think allowed me to excel, taught me a lot and allowed me to kind of go put my best foot forward. At the end the day, I'm extremely grateful for those coaches and people who allowed me to grow at Notre Dame and be able to have this opportunity to become a reality."

**On if former Notre Dame Offensive Coordinator Tommy Rees 'reached out' to him:**

"He did, yes."

**On joining a team that is 'O-line centric' and if that is 'exciting to him':**

"Of course. Being wanted is one of the best feelings in the world. Being at a position that the coaches and people feel matters, it just makes you want to do it that much more and want to do it for them because they care so much about it. Now, it's my job to go get back to work and go put my best foot forward and do the best I can for whatever this team asks of me."