



## ***Oakland Raiders Transcript***

### **Head Coach Jack Del Rio**

**Opening Statement:** “Welcome, everybody. We’re excited to get started. Good group of guys. Everybody reported to camp in shape and ready to roll. We’re about to work and get in the process of getting better and becoming a really good football team. That’s what we’re about. There’s a lot of questions about this rank or that rank in the preseason, I don’t really know that that ever adds up to much. I don’t really put a lot of stock in that. What we do put stock in is coming in and being a really good football team and working hard every day and coming together as a team. We want our guys to go out and compete every day and express themselves in the fullest way. Recover in between practices and get ready for the next one. We need to grow here and have a real productive camp. Happy to get started. Guys are excited. It’s a great thing to have so many former players come back. Over 100 guys are here this weekend. That hashtag Return to Greatness is about honoring those guys and the legacy they’ve left and the great tradition that the Raiders have. We want to build on that. We want to embrace that and make them proud, and all our fans out there. We want to make you proud. We’re going to work hard in this camp to get prepared for a really tough season we know we have in front of us. We’re looking forward to it. We’ve got a few guys that are starting on P.U.P. [Physically Unable to Perform]. I don’t talk about injuries much but since they’re starting there, [Jon] Feliciano, Mario [Edwards Jr.], [Jihad Ward] ‘Haddy,’ Bruce Irvin, and [Gareon] Conley. All of those guys are starting on P.U.P. The way we work with injuries is each guy has a little something different that they’re dealing with. They’re working hard with their trainers to get back and when they’re ready to go, we’ll get them out there. When we get the green light as coaches, we’ll work with them. In the meantime, they’ll be involved in meetings and doing everything they can to get themselves back. Beyond that, questions?”

**Q: When did you learn that Donald Penn was not going to be coming and are you disappointed that that happened at the start of camp?**

**Coach Del Rio:** “I found out yesterday morning. My thought on that is that we love Donald. He’s a good Raider, a good player. What’s important for us is to focus on the work here on the guys that are here and that’s how we’re going to approach it. There’s a business side, there’s a time for pay and a time for play. Once we get to camp, my focus has to be for our team on just growing and going forward. Obviously, we love Donald and we’d love to have him. Hopefully that’ll get resolved soon.”

**Q: Is a holdout like that a setback in any way for the momentum that you feel like you’ve been building?**

**Coach Del Rio:** “I don’t think we need to worry about anything other than going to work every day. The season is long. There are ups and downs, there are injuries, there are sometimes issues like contract disagreements and things like that. But for me, for us, we want to be purposeful and come to work every day and express ourselves, and be passionate about getting better.”

**Q: It’s early, but what do you like about Obi Melifonwu?**

**Coach Del Rio:** “He’s a talented, young player. He’s a really good addition to our football team. He’s serious, he’s smart and he’s willing to work. That’s the initial impression. We haven’t even put the pads on yet, so to go much further than that, I think we’ll just wait and see. Obviously, we’re excited about the young man we added to the roster.”

**Q: Do you sense a heightened awareness from players that they know people are picking them?**

**Coach Del Rio:** “I don’t think you could stick your head in the sand and not be aware, that wouldn’t be realistic. For us, we’re more concerned with where our focus is and where our energy is. It’s about becoming a football team and coming together and understanding that we’re all a part of something greater than self. It’s about putting in the work and getting ourselves ready for a very challenging schedule.”



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**Q: What has the coaching staff challenged Derek to do in the offseason to get to that next step?**

**Coach Del Rio:** "For all of our guys, it's just come out and get better every day. Obviously Derek, having him at a key position like that at quarterback, to have our guy and have him locked up and have him be fully healthy and participating, we're super excited about that."

**Q: A lot of people here are from Las Vegas. How do you prevent that whole storyline from leaking onto what's happening on the field as far as emotions, politics and everything behind it?**

**Coach Del Rio:** "We're about investing in the here and now. Obviously there are people in our organization that have to work on things that pertain to that, but that's not where we are. Players and coaches, we're locked in. Our focus is on being as good as we can be here and now. Right now we're in Napa and we need to get our work done in Napa, and then we'll be the Oakland Raiders this year. I talk to people about it all the time and I say an NFL season is almost like how you look at dog years. It's like, add seven to it. We're going there in like 21 years. Right now we're just going to focus on becoming a really good football team and learning how to sacrifice and how it all fits together."

**Q: How would you like to see Eddie Vanderdoes contribute this year?**

**Coach Del Rio:** "He and Treyvon Hester, two young tackles we drafted, we want them to come in and be big, strong, athletic guys up front that can push the pocket a little bit and help stop the run and give us some interior pass rush. That's why they're here."

**Q: Could he be a situation guy?**

**Coach Del Rio:** "We're going to find out. We like to let our guys compete for their positions and earn it. They're going to get every opportunity."

**Q: What have you seen from Marshawn Lynch throughout the offseason? What does he add to the character of the team?**

**Coach Del Rio:** "When I think of Marshawn, I think of passion because he's a very passionate player. I think of toughness and physicality. I think he brings those things to our football team. He's been a terrific teammate, been great from Day 1. Everything has been really outstanding with him and him joining us and fitting in with our guys. I think they love him, we love having him, so it's great. He's healthy and in good shape and ready to have a good year for us."

**Q: What was it like seeing Lee Smith get in the mix today after coming back?**

**Coach Del Rio:** "Anytime a guy that brings so much spirit to the team is back, it's a good thing. He brings a lot of intangibles to the football team. He's a tough guy, he's a great teammate, he's very, very dependable. Having him back and having him healthy and out here doing his thing is good for us."

**Q: You mentioned a lot of the Raiders alumni being back here. Is there anyone in particular that you are excited to meet and talk to?**

**Coach Del Rio:** "A lot of them. So many. Starting with Jeff Barnes, who played at Hayward High School before I did. I watched him and when somebody from your high school makes it to your hometown team, you definitely have affection for him. I played little league baseball with his brother, 'Pooh Bear.' He was a big, left-handed first baseman. It's great having them around. There's so many of them. It's a treat and an honor. I talked to our guys about paying respect, understanding that they're here and what they did as they came before us to set the tone for what this franchise is all about. That's why I said we embrace that. We love having them here. We want to make them proud. We want to play good football and make them happy."



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**Q: What do you think it's going to be like for people this year from Oakland to be able to watch Marshawn?**

**Coach Del Rio:** "It's going to be good for all of us. It'll be especially nice for those that know Marshawn in a personal way that followed him throughout his career, having played right there in Cal and grown up in the Bay Area. It's awesome, so I'm sure it will be special for a lot of people."

**Q: Pads haven't come on yet, but how much of the evaluation of the number two quarterback happens now?**

**Coach Del Rio:** "It's just like who's going to start at inside linebacker? Who's going to be the backup quarterback, who's going to earn the position at right tackle? Those are all questions we have to answer in this camp. Those are all battles that I'm sure I'll be asked about a lot. Certainly there's a process underway in evaluating and making sure we allow these guys to really come in and compete, express who they are and how they can help us. We have to make good decisions on who gets to start and who's the backup. We've got good people and it should be healthy competition."

**Q: For the tackle spot, left and right as of now, what are you looking for as Marshall Newhouse works the left and Vadal Alexander on the right?**

**Coach Del Rio:** "Just have them develop. We've got a good group of guys. Mike Tice does a terrific job with that group. We'll work them and get ready to go. This could be valuable time for a guy maybe that gets a few more reps than he would have because of the current situation. We'll look to utilize that, turn it into a positive and take that time to develop some of these guys, bring them along a little quicker."

**Q: Can you talk about the accessibility of this place? What about this is good for training camp?**

**Coach Del Rio:** "This is a tremendous place to hold training camp. The meeting space is good and the field. We don't have guys on scooters and carts trying to go all over the place. They're right there. It's kind of self-contained. It has everything we want in training camp. We're very blessed to be in a great setting like this and we're going to make the most of it."

**Q: Do you expect Conley back soon and what's the learning curve for a young defensive back?**

**Coach Del Rio:** "He's a bright, young kid. We expect him back shortly. He's on the mend right now, we knew that. We're glad to have him here in camp. Obviously being here around the guys and being able to hear and see what we're doing and how we're doing it certainly helps. He's a bright guy and he was doing a really good job prior to having this setback in the offseason. It's obvious that football means a lot to him and that he's the kind of young man that's really going to work hard to understand his assignments and his responsibilities."

**Q: You've done this so many years, but does Day 1 of camp still mean something to you?**

**Coach Del Rio:** "Always fires you up. You put in so much work as a staff during the offseason and getting prepared for the start of the season and this is really the kickoff. From here, it comes quick. In two weeks, we'll be playing against Arizona for the first preseason game and then it comes quick and the season will be here and we'll open in Tennessee."

### **QB Derek Carr**

**Q: How did it feel to get started?**

**Carr:** "Amazing. It felt really good to be back playing football again for real. Not mini-camp and OTAs and all of that. Training camp always works in progressions. It always gets a little more intense. Then the pads come on and it gets



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a little more intense. Preseason, then you hit it rolling. It was fun to take that next step, but looking forward to correcting the things I can get better at. Do them tomorrow."

### **Q: What are the things that you challenge yourself to get better at in the offseason?**

**Carr:** "Everything. Get healthy first. Be better physically than I was last year coming into the season. Try and get as much information, excess body fat, etc., out as I could. I work with our staff with the weight program, obviously, in the offseason. Then I go with my own guy when we leave. They all work together, man. It's nice being a veteran, I'll say that. You have a good plan that you've done for a couple of years that works, but then you can fine-tune it and make it better. We have our nutritionist Ladd [Harris] who deserves a lot of credit, that has helped me and trying to get me to show up better and stronger than I was last year and he did a good job."

### **Q: Do you feel a heightened sense of awareness of the expectations?**

**Carr:** "It's really cool, but our thing is that we've never cared. I will say this, it's always nice for people to say good things. That's always nice. You always want people saying good things around this time. But also we know that that's only because of what happened last year. That's not even this team. We know that what we need to do better, like I said, I've said it before many times leading up to camp, we didn't even beat Kansas City twice last year. So I don't know why everyone is so excited. We have a lot more work to do to be a better football team. I understand the excitement of the people that we have, but I don't understand the excitement of how we finished so far. We need to do a better job there. I think that that's what keeps our team focused. One day when we reach our goal, we'll look at it and say, 'Well, that was cool, now we know how to do it,' kind of a thing. Always looking forward to that."

### **Q: What about Donald Penn not being here?**

**Carr:** "Oh yeah. So I never put my hand in another man's pocket. I'll stay far away from that. Everyone here talked about him, loves him. He knows that, but we're focused on just who's here and getting better. He knows how everyone feels about him, but I'll never step into another man's situation like that."

### **Q: He's your blindside protector, too.**

**Carr:** "That's right. The good thing is professional football, you have to have a lot of good players because if that's his decision, that's his decision. With that said, he knows how I feel about him."

### **Q: Have you talked to Penn personally?**

**Carr:** "Yes."

### **Q: With the Raiders alumni here today, do you guys talk about the past?**

**Carr:** "Absolutely. I love that you ask because whenever you get the legends that used to play here that laid the foundation that put the legacy out there that gave us goals that we want to achieve. When those guys show up, obviously Willie Brown is here every day, [cornerbacks coach] Rod Woodson is here, all those guys, but when you get a group of them and they begin to tell stories and you get to hear how they practiced and you begin to hear about their times in the locker room or their times in the meal room. It's just those things that bring it all to life. This organization, along with a couple others, the tradition, there's about three or four of them that there's really nothing like the tradition that some of these organizations have. This is one of them. When they come back, you want to soak it all in. Like I said, we get Willie and coach Woodson every day, but there's a few guys that show up that you don't see every day. I see Daryle Lamonica, obviously he's a Fresno, Clovis guy so I see him a lot. He's always joking with me, 'Now don't break all the records.' Stuff like that. It's just fun to be around those guys. It really is because some day I'm going to be that old guy that hopefully some young guy will want to talk to me, too."

### **Q: How do you keep the emotions of moving to Las Vegas from interfering with what you do on the field?**



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**Carr:** "Yeah, no doubt. Like I said, there's no book on how to do this situation. No one has done it yet. This is a weird deal, right? But we're so focused on what we're doing that it doesn't matter. We can talk about it and high, low, whatever you want to do, but at the end of the day we have to show up and play football. That is how we stay focused. Obviously, like I said, it's years down the road. My kids will be a lot bigger by then. I have a lot more things I want to do here first before we get to that."

**Q: Is there any alumni in particular that you grew up watching?**

**Carr:** "Oh yeah, what's really funny is Charles Woodson and now he's a friend, which is still weird to me. When I was six I used to practice the one-handed interception on the sideline that he did with Michigan. I still act like I'm him when I'm returning kickoffs, which coach doesn't like too much. 'C-Wood,' the way that he prepared. The way that he worked. Not only was he one of my favorites, but I got to see him do it in person, which made me even more of a fan. To watch what he did and what he put his body through just to give his best on Sundays, I mean there's really nothing like it. I think that he's definitely one of my favorites."

**Q: How important is it in your career progression to have offensive coordinator Todd Downing be here from Day 1?**

**Carr:** "Yes. So we were saying things and we've done it about four or five times already just in Day 1 install where he's like, 'Okay now, if we get this look...' And I finish his sentence. You want me to go to this, and he's like, 'Yep.' (*laughing*) He was actually joking about that today. I think that that is the part that's helping us grow. Whenever you have turnover every year: Some of my friends they get new coordinators every year and that's tough, man. Because you not only have to learn a new terminology but you have to be the one like a coach on the field and it's your first time doing it. Well, this is not my first time in the offense. It's not my first time saying these plays. I don't lose as much sleep the night before making sure I said the play right the first time. I can spit out the wrong one that we have and we can just go. But, that right there takes one bump out of each day and if that helps us be a little but more successful and get to the next step, I think that's why it's important."

**Q: What has Donald Penn meant to you over your career?**

**Carr:** "Same as all my offensive lineman. They're the ones that protect me and make sure I go home and see my family every year. They work their tail off to make sure I can go home and play with my kids. What all of them mean to me, I can't put in words how much they mean to me."

**Q: Is there a balance between getting rid of the ball quickly and looking for the big play down the field?**

**Carr:** "Absolutely. We've had more explosives the last two years. The last two years we've had more explosives and that comes with how teams play you and I know a lot of my rookie year was a lot of Cover 2. And that means good luck. (*laughter*) Especially the run game, there's so much that goes into it. All that to say, you have to take what they give you because you have to take some pressure off the offensive line, because if you're back there holding onto it and getting hit, that's your fault. Get the ball out of your hands, but at the same time when the shot is there, then you take it. But, never where I just try to sit back there all day and force a shot."

**Q: Do you think there are more big plays when you look back?**

**Carr:** "When the Lions threw for 5,000 yards, you can turn the film on and say, 'Man, if we had just thrown that one,' that happens. It's a frustrating thing because you always go back and wish you'd thrown it. That will always happen. It doesn't matter how many you have, that will always be the case."

**Q: Typically the first day questions revolve around 'rust' for players. Did you feel like you were rusty?**

**Carr:** "I did not feel rusty and I attribute it to coming early. It's very important that we do that pre-camp for the fact that practice can run smooth when the veterans get here. We don't do it selfishly. We do it for when the other



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guys get here. We don't want them to run a great route and us just completely miss them. We want to make sure that when they show up, we've already been through a week at camp, we're already thinking football and doing those things. That way, when the quarterbacks are on, practice can be smoother."

### **Q: Does the injury give you any new perspective in training camp?**

**Carr:** "I've always been thankful, but yeah. I'm just thankful that it wasn't worse. It was just a broken ankle. Like I said, you guys know me, I'm just thankful to be here. This was my dream when I was a little kid growing up in Fresno and Bakersfield, with nothing to do there except play football and get burned by the sun. This has been my dream since I was a little kid, so when I broke my ankle I just couldn't wait to get back out there with my teammates. Being out there in the huddle for the first time was really cool, not going to lie. It was a cool feeling to be back with my guys. There's nothing like going to battle with those guys and playing with them. All the work we do in there and out here, when you get to play again it's a good feeling. I'm just thankful to be back."

### **Q: Coach said Marshawn was a terrific teammate. What do you expect from him this season?**

**Carr:** "He's going to run through some people's faces. I think that's what he's going to do. He's going to protect the quarterback, which he did today. He's good at that. Very physical. That part of the game is fun to him. I tend to like to slide or go over people, and he likes to go through them so I don't have to do it."

### **Q: What are your first impressions of Marshall Newhouse?**

**Carr:** "Really athletic, which is good especially in our division with the pass rushers and how athletic and quick those guys are. Very athletic and he looks light on his feet. But at the same time, when he strikes you he's heavy, if that makes sense. I think he's got a good balance there and I think he's a really good addition for us."

## **DE Khalil Mack**

### **Q: Do you guys appreciate it seeing the alumni here and former Raiders this weekend?**

**Mack:** "Oh, yeah, for sure. It's always great to see those guys and be amongst them and learn from them. I'm glad to see them every time they're here."

### **Q: Do they ever come up to you in awe of your abilities?**

**Mack:** "No, I doubt it. I doubt they'd be in awe of anything that I do based off what they've done, but we're just trying to be in a position where we can bring to the table what they brought, and that's three championships."

### **Q: Howie Long has said that you haven't reached your full potential yet, and that you may only be at the third floor of a six-floor building in terms of your potential. What does that tell you when somebody like that says those things about you?**

**Mack:** "It speaks volumes when you hear it from a guy like that. Just the mindset that I have in general, I'm not even on... What did he say level three? I'm not even that close yet. I'm just out here trying to get better every day."

### **Q: What have the reps against Donald Penn over the years in training camp meant to you?**

**Mack:** "Those are very important reps when you go against a guy like that, one of the best in the game. Obviously, he wants to be placed in that situation where he's getting what he wants in that regard, but at the same time, it is what it is. Ain't nothing but love for D.P., but he needs to hurry back and get that done."

### **Q: You went to Donald's pass rushing clinic. What was the genesis and what did you get out of being there?**



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**Mack:** "It was dope, man. I thought at first it was going to be something for the kids out this way in San Francisco, but when I got there, it was only NFL guys and I was like, 'What's going on?' He was like, 'Bro, you came here to get some work.' I was like, 'Oh.' Luckily I had my cleats and I was like, 'Alright, cool. Go ahead.' It was good though. I got a lot of great information from DeMarcus Ware and all the other guys that were there. It was something that helped me."

**Q: Did you get anything specific that you were able to take from those guys?**

**Mack:** "I'm not going to tell, ya'll but it was a lot of stuff that I did learn that is going to help my game, for sure."

**Q: It's pretty cool having guys that are helping each other.**

**Mack:** "Oh, yeah. Exactly. Just pulling for each other's mindset and figuring out what it is that we're good at and sharing with everybody else. It was dope."

**Q: Is that what training camp is about for you and experimenting with different things?**

**Mack:** "Oh, most definitely. This is where you get most of your juice for the rest of the year and learning and working against the best is only going to help you throughout the year."

**Q: Have you gotten the chance to sit down and talk to Marquel Lee? What do you think of his talent?**

**Mack:** "I wouldn't say in regards to me because it's a whole different kind of perspective and it's a whole different kind of position, but at the same time, he's a hell of a player. I can see it already. He has that juice in him and that's something that I kind of talked to him just to see where his mind is at. We're going to figure out throughout the camp and when we put the pads on, that's when you really get to figure out what type of player you're dealing with."

**Q: Is it safe to say that you're in a mentoring role since you're talking to him?**

**Mack:** "I wouldn't say mentoring. It's more like a big brother role. I don't want to say I'm anybody's mentor. Being that he's my teammate it's something that you want to help in regards to getting him better as a player. Mentoring is something more like a personal player off the field kind of thing. Just based on what he does on the field, I definitely want to help him get better at that and grow and learn and just create great habits for us as time goes on."

**Q: What is the next step in the evolution of this defense?**

**Mack:** "The next step is what you see now – training camp, coming out here, getting the camaraderie right, getting the cohesiveness together, getting everybody on the same page. You've got everybody believing on one thing and focusing on one thing and trying to achieve one thing and focusing on that, the sky is the limit."

**Q: How much have you enjoyed taking on that big brother role the last couple of years?**

**Mack:** "It's different. It's only Year 4 for me. I'm a young player in the game, but at the same time, the significance of how I can be seen as a player versus what I feel like... (Reporter: "You've got some juice.") Yeah, I got a little juice. (laughing) I don't want to say that. I got a little bit, but at the same time, it's important for me to lead by example. That's who I am."

**Q: It seemed like it would be difficult for Bruce Irvin to not be practicing...**

**Mack:** "You don't understand how itchy he was on the sideline looking at us play. I'm like, 'Bro, just chill out. September [10th], just remember that. But he's good. He's going to be out there in a few days."

**Q: Derek Carr said 30 sacks for you this season. Is that realistic?**



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**Mack:** "That's the number I shoot for, but I didn't want him to tell everybody else, but at the same time, D.C., he knows how hard we work, what kind of work we put in, and he knows what I want but at the same time, realistically, we just want to get the record at least, at least."

**Q: As the leader of the group, how do you interact with the young guys, helping them get to the quarterback too?**

**Mack:** "That's the mindset. That's the most important thing they need to kind of understand. It's everybody. It's all four guys rushing the passer. It's everybody being on the same page and everybody understanding rush lanes and all the different moves that you can use based on different scenarios and different situations. That's what I feel like this year is going to be different for us, that inside pressure and yeah, we're going to be screaming on the outside, me and Bruce, and it's going to be special. I can't wait."

**Q: Your instinct is to lead by example, but do you find yourself having to be more vocal now?**

**Mack:** "Yeah, all of those things. More importantly, I love to lead by example. If I'm not doing it and I'm just talking, it won't mean nothing."

**Q: Shilique Calhoun came back looking bigger. Did you talk to him at all about using his weight and size and different abilities?**

**Mack:** "Yeah, Shilique, he's a player, regardless of if he added 20 pounds of muscle or not. It's just important for him to understand the game and continue to understand the game. He's going to be just fine."