



OAKLAND RAIDERS TRANSCRIPT

HEAD COACH JON GRUDEN

Opening Statement: “Great to see you. It’s been awhile. Just really excited about the minicamp here. Also, really impressed with the Golden State Warriors, what they did last night, with what they’ve done with the injuries and adversity that they’ve faced. It’s been a blast to watch that and continued success to them. I’ll answer any questions I can.”

Q: What is your attendance like for mandatory camp?

Coach Gruden: “Everybody is here. We’ll have a couple guys that won’t participate much this afternoon for various reasons, nothing serious, but we’ve had an unbelievable attendance on every day of our offseason program. This is just an exclamation point on that.”

Q: Where do you feel like you are positioned now, as opposed to a year ago, in regard to the shape of the roster?

Coach Gruden: “We’re a better team on paper. We’re faster, we collected some really good players, but we got a lot to prove and time will tell.”

Q: What have seen from TE Darren Waller in taking advantage of his opportunity and his chance at a larger role this season?

Coach Gruden: “We’ll we said, I think the last time we talked, since he’s been here he’s been one of our most impressive players. He played a key role last year when he got here. He’s got some big shoes to fill, I know he respects that, but he’s versatile, he’s smart, he’s fast. He wants to do good, he’s a great kid and I’m impressed with Foster Moreau, our rookie tight end, as well. We think the tight ends are a big part of our offense. Hopefully those two guys continue to get better.”

Q: How is Waller handling the role of replacing TE Jared Cook?

Coach Gruden: “I think he’s handling it well. I think you have to ask him. We’re not getting ready for a game right now. When you put the pads on three, four, five days in a row up in Napa I think that will be a better indication. He’s got a lot to prove. He’s a young player who is a converted wide receiver, don’t forget that. He’s not been brought up as a tight end, but he’s made a lot of progress and while you’re talking about these tight ends hopefully (Raiders Tight Ends Coach) Frank Smith gets some credit. He’s done an unbelievable job with our tight ends.”

Q: Rodney Hudson graduated from business school this past Friday?

Coach Gruden: “He’s graduated from Pass Protection U, Run Blocking State and now he’s got his Master’s in Business. And that just certifies what kind of guy you are dealing with here. He’s a great player on the field, he’s one of our captains and true team leaders. He’s as tough of a guy as we have. I’ve seen him play with kidney stones and various ailments, and to get a Master’s degree is a huge accomplishment and I compliment him until the days end. He’s special.”



OAKLAND RAIDERS TRANSCRIPT

Q: Rodney Hudson is going into the final year of his contract, is he someone you hope can be here long term and has there been any work towards that end?

Coach Gruden: "I know Mike Mayock has talked to his agent. I don't want to get involved in the specifics of those conversations, but we consider him a big piece of this franchise and we are going to do everything we can to keep him here for a long time."

Q: Given who you have added at wide receiver, do you see the tight end position being even more valuable, given defenses are going to have to worry more about who you have on the outside?

Coach Gruden: "Well, we feel like we've added some receivers no doubt, but like I said, we lost some good receivers too. We lost Cooper (Amari Cooper), we lost Jordy Nelson and Seth Roberts, we lost all our receivers, so we got a lot of work to do still to find our identity, what personnel group is going to be best for us, is it three receivers, is it two receivers, is it one back, two backs, or no backs. That's why we practice a lot of different formations and plays throughout the last few months, and I'm excited about all our personnel groupings honestly."

Q: What have been your impressions of G Richie Incognito so far?

Coach Gruden: "Pretty good. I like him. He's a Pro Bowl left guard. Last time he strapped it on he wasn't good, he was one of the best and we need to solidify that position. That was a sore spot last year, we played four different left guards and it hurt us. We had injuries, we had more injuries and we had some more, so hopefully Richie finds his stride here like he had a couple years ago because when he's right, he's one of the best in football."

Q: Where are you in terms of his mental standpoint and wanting to stay in the game of football?

Coach Gruden: "I've spent a lot of time talking with Richie. This is not a far-fetched comeback that he is trying to make. This is something he's thought a lot about. He walked away from the game for very good reasons, I'm not going to get into that, but we like where he is, we like what he's done, and we like the potential of what he can be."

Q: Do you think the NFL's push on mental health could have helped some guys along the way?

Coach Gruden: "We take a lot of pride in that as well, the mental health, the physical health of all of our players and employees. Not everybody is the same. Some people, obviously, have matters that need some help and a lot of this is stuff that I'm not going to talk about here. All of us have our own issues and we take a lot of pride in servicing our players and whatever their needs may be, and that's what we'll continue to do."

Q: How have you seen Daryl Worley mature in the last year?

Coach Gruden: "I like Worley. His shoulder popped out of socket, I can still see Worley on the sideline trying to knock his shoulder back into place and keep playing. He's a tough guy, he's also had some adversity in his career but I got a lot of respect for the way a man can get up off the ground and dust



OAKLAND RAIDERS TRANSCRIPT

himself off given another opportunity and that's what Incognito is doing, and that's what Worley is doing and that's what the Raiders are here to help them do."

Q: You coach a sport where every week you got to make decisions on whether guys can play or not, how do you sort through all of that and decide who can play or not?

Coach Gruden: "Well, that's what your training staff is for. We have a great training staff, great strength staff and obviously the player's input is big in this. We are going to try and do right by the player whenever possible, and it's just terrible what happened to (Kevin) Durant last night. Credit to him though for giving it his all and laying it on the line. I mean I can't compliment that guy enough and wish him the very, very best. There is a lot of bad things that happen in sports, but we try to use all the expertise that we can and always make the best decision when possible with the player in mind."

Q: Is there a possibility of joint practices with the Los Angeles Rams at training camp?

Coach Gruden: "Yeah, I talked to (Rams Head Coach) Sean McVay at 4 o'clock in the morning. Sean and I talk a lot, at about 4:00 a.m. We are considering working against the Rams prior to the first preseason game. Nothing is 100 percent finalized yet, but if possible that certainly I think might benefit both of us but we are in the final stages of trying to work something out."

Q: How has Karl Joseph responded to the team not picking up his fifth-year option?

Coach Gruden: "Pretty good. He's responded good. He had all the rookies over at his house. He's quietly become a leader here on this team and you already mentioned Rodney Hudson in his last year, I heard (Vontaze) Burfict is in a one-year deal. I just hope I live one more year quite honestly. We are trying to worry about this team, this week. We got a lot of adversity we're facing right now with this team. We got a lot of distractions. I think we are playing in three countries, we go about two months without a home game, we are in a process of moving, and we are going to try like crazy to keep all of our best players as we head to Las Vegas."

Q: A lot of regimes don't last through moves, we've seen franchise relocations and coaching staffs not making it. Is that something that you grapple with, that moving an NFL franchise and surviving as a regime is so difficult?

Coach Gruden: "Well we are just assembling our regime, so I hope not, and [General Manager Mike] Mayock just got off the plane. We hired some really credible, proven, big time scouts and executives, and we are excited about the future. We also have a great responsibility to finish what has been a great run here in Oakland and I'm not going to worry about things I can't control."

Q: How would evaluate the rookie's integration into their systems on either side of the ball?

Coach Gruden: "I love it I think Mike Mayock has talked about it, we are looking for foundation players. We are looking for players that can come in and make a contribution right away and for a long period of time, and like Foster Moreau has been impressive. Maxx Crosby has been impressive. Quinton Bell is going to be a hard guy to get rid of. I can't say enough about (Clelin) Ferrell and (Josh) Jacobs and what



OAKLAND RAIDERS TRANSCRIPT

they've done for us here in the last month. I think Jacobs is going to be interesting and fun to watch. Who knows, maybe Hard Knocks will come and cover that. That'd be awesome, wouldn't it?"

Q: What are your plans as a team in terms of handling the travel to London?

Coach Gruden: "I probably won't do what I did last year. You try to research it, some people guy and try to stay the least amount of time as possible because they want to put the preparation in at home and not be in a foreign country, in a different bed for five or six nights, but this year I think we will probably go over after that game (at Indianapolis Colts) and get acclimated to the time zone and get ready for Chicago, but will address that here in the next couple months."

S KARL JOSEPH

Q: What are your early impressions of the rookie Johnathan Abram?

Joseph: "He's a great, young guy. What I'm really impressed by is just how he has been able to get this defense down. For a young guy to come in and be able to understand all the stuff and rules in this defense, that's pretty impressive. He's been doing a great job."

Q: Are you noticing a significant difference with this being your second year in this defense?

Joseph: "Oh yeah, for sure. I think it's like night and day from this time this year compared to last year for everybody that is in their second year, including me. Just being able to understand everything – the pre-snap adjustments that need to be dealt with and the pre-snap communication – I think we're on another level so far."

Q: They didn't pick up your fifth-year option and then they drafted a safety in the first round. Do you look at that as a challenge? How do you view that?

Joseph: "Every year is a challenge for myself. I obviously had a conversation with [General Manager Mike] Mr. Mayock and [Head] Coach [Jon] Gruden about it. They told me the decision they made, my only focus is to come in and get better every day. Come in minicamp, training camp and get better and try to help our team win."

Q: Not picking up your option does not mean you will not be a Raider long term. In your mind, is that what you want to happen and what do you hope to achieve this season so that can happen?

Joseph: "Oh yeah, that's definitely what I want. Like I said, I spoke to Coach Gruden and Mr. Mayock. I told them and expressed to them that I want to be here, I want to be a Raider. At the end of the day, I have to go out there and handle my business, take care of my job and keep getting better."

Q: Coach said you had the rookies over at your house recently. Have you tried to become more of a leader over the last couple years and how has that process been for you?

Joseph: "Yeah, for sure. I think it's important. I know what it was like being a rookie, so I try to invite those guys over, have a little fun, barbecue and stuff like that. For me, it's just about getting better every day. Be a leader by the way that I come in every day with my attitude and my work ethic, something they can see like, 'Okay, he's working extra hard. He's doing the little extra stuff.' I'm trying to lead by example."



OAKLAND RAIDERS TRANSCRIPT

Q: I'm not sure if you saw Kevin Durant's injury last night. As a professional athlete and one who has missed a couple of games due to injuries, how do you determine when it is time to go? Is it in your gut, is it something that your training staff tells you, is it both?

Joseph: "I think it's a little bit of everything. For him, it's obviously sad. You never want to see a great talent like that go down. It's sad, the fact that fans cheered like that when he went off the court. But, he's such a great competitor man. I'm sure he probably didn't feel 100 percent. Most of us are really never 100 percent. But he wanted to go out there and be there for his teammates. I wish him a speedy recovery."

Q: In situations where you may have been able to play and may not have been able to play, was it your call or the team's call?

Joseph: "Ultimately, it's your call. You know, obviously the teams want you out there if they feel like you can help the team. But, it's always going to be your call. There's times I haven't been 100 percent where I feel like I want to go out there and help your team and be on the field. So, it's always your call, nobody is going to force you out there if you say you can't play. But as a competitor, you always want to be out there on the field."

Q: Your second to last game last year, you were outstanding. It looked like you were healthy and really had a breakout game. Did you feel that way?

Joseph: "Oh yeah, for sure. I think it was a combination of everything – me being more comfortable in the system towards the end of the season, me being confident in myself and also the last game in Oakland. I think everybody had a little extra emotion that game and we wanted to give the fans a good game and finish of the season with a win. We spoke about it, we had a team meeting where I told the guys that we had to give everything we had. It's possibly our last game we had there and we wanted the fans to go out on a high note. But for me, I don't think I've reached (my full potential), I'm far off. I still feel like I have a long way to go. That's why I say I keep getting better every single day, every practice, training camp. I'm expecting a lot more out of myself this year."

Q: Knowing this is your last year in your rookie contract, does it excite you to know that you are going to be able to go after a new contract?

Joseph: "I'm looking at it as just another season I have to prove myself. I don't think any year should be more important than another one. I'm looking at it as another season I have to prove myself. Come in, prove myself and earn the starting job and just get better. Contract stuff will handle itself. Obviously I want to be here, I've expressed that already with Coach Gruden and Mr. Mayock. I want to be a Raider for life, but at the end of the day I have to take care of my business on the field. I'm not focused on the contract, that stuff will take care of itself."

Q: What was your reaction when you saw the schedule for this season?

Joseph: "It's exciting. I think any time you get an opportunity to go on the road and embarrass somebody else in their own home, I think it's fun. Obviously the London game, it's going to be a challenge for us going so far away, but we accept that challenge. We have a lot of road games back-to-back this year. It's going to be a challenging schedule for us, but I think we're up for the challenge."



OAKLAND RAIDERS TRANSCRIPT

Q: It is clear that you have put in the work this offseason. What was your process in terms of how you approached this offseason and what did you really want to improve in your game?

Joseph: "I wanted to improve at everything. My goal has always been to be one of the best in this league. So, every year I have something to prove. I attacked this offseason, I knew there was going to be a lot depending on me this year to be a leader. That's why I say I'm trying to lead by example. Whether it's in the weight room, the meeting rooms or just doing the little things around the building. It's just all the little things. I'm trying to be the best me I can be."

Q: What has stood out to you about Lamarcus Joyner thus far?

Joseph: "Talent, of course. He's brought another level to us at that nickel spot and just his energy, man. His attitude around the building, he's a fun guy to be around. Whenever he's around he has lightened up the mood for everybody, even if it is just to get guys laughing. But man, the talent, the speed. He's a dog. We know what we're going to get out of him come gameday when we put the pads on. That speaks for itself, but most importantly, I'd say his energy around the building."

Q: Was there a point last season when you really felt comfortable enough to play at your speed within the system?

Joseph: "I don't think it was one game that clicked. I think it was just every game, every practice, every week I felt like I started getting more comfortable with the system, being able to understand things better in the meeting rooms and being able to apply it on the field. I don't think it was just necessarily one game, I think as the season kept going and building and more snaps and reps, I think I just started getting more comfortable in the system."

TE DARREN WALLER

Q: At the end of last season, did you think they'd be looking to you right now as the No. 1 tight end?

Waller: "I didn't look at it like that. I just tried to prepare myself to come back and contribute again. I didn't really look as far as how big my role would be. But if my work was there and I was staying clean and being consistent in what I was doing, that my role would increase at some point."

Q: Do you feel pressure this year?

Waller: "Of course the pressure is going to increase as I accept a bigger workload in the offense, a larger workload. I expect that pressure and have to accept it in order to thrive in it."

Q: How much of being a blocking tight end has been your focus and where do you think you are in that area?

Waller: "I definitely want to be a complete player. I don't want to be a one-trick pony out there. I want to do anything that the offense asks of me and not just trot out there and be like, 'Oh, they're passing it every time.' I take that pretty importantly. [Tight ends coach] Frank [Smith] has done a great job with helping me with the blocking and pad placement and how I'm working my feet. Tips that get me off the ball faster and help me realize what my job is. I definitely take the whole craft of playing tight end pretty seriously."



OAKLAND RAIDERS TRANSCRIPT

Q: How much did you look to Jared Cook last year to pick things up?

Waller: "Yeah, that's the big thing I was just talking about. Just watching him and not even really having to ask. You can just see it and be like, oh OK, I see what he does as far as when to be running all out in your routes, when to tempo it down. How to use position in blocking where as far as some guys might not be able to drive three yards off the ball, but as far as just small things with your helmet placement. Just little details that him being in the league for 10, 11 years has picked up on. Whereas me, I've played tight end for three or four years now. Just watching him alone, I've had a few questions for him, but just sitting back and watching you can learn a lot from a guy like him."

Q: Jared Cook had been a safety net for Derek Carr during his time year. Where are you and Derek's report at and do you get the sense that that's your role to be the safety net for him?

Waller: "Chemistry has definitely been building since April when we got here. Even just having those six weeks last season definitely helped as well. I see myself as whenever I'm the open guy, Derek's going to give me the ball. Even if I'm not open and he likes my matchup, I'm going to be there for him. If that's being called a safety net, then absolutely I would love to be that for him. But we have so many guys on the offense that are so talented and that can complement each other in so many ways that whenever I would get the ball I'll be grateful for it and make something happen."

Q: What did you know about Richie Incognito before he signed and what did you learn about him since he's been here?

Waller: "I didn't know too many details. Just that he may have had some issues with some teammates at some point. Ever since he's been here, he's two lockers down from me, super positive all the time. Seems extremely grateful to be here. I don't know too many details on what he had going on so that's no place for me to speak on that. Since he's been here, he's been a great teammate. Picked up the offense really fast. Out there with the No. 1's, running all the plays that we've installed since Day 1 through the playbook, and we've installed a whole lot. He seems excited to be here. It looks like he's taking advantage of it."

Q: What was your focus this offseason in order to make the most of your time to work on your own game?

Waller: "Staying clean, No. 1, of course. Just doing something every day involving football and making sure that I know that all I have is today. I don't really have any days that are promised. I can't live my life that way. Route running, blocking, lifting, getting stronger. I always have to get stronger as far as being a tight end is concerned. Just little technique aspects, flexibility, all across the board and not making it just lifting and running. There's so much to the game that can make you more durable and help you play longer and be available for all 16 games. That's my goal."

Q: When it comes to strength gains, what do you think you've been able to accomplish so far?



OAKLAND RAIDERS TRANSCRIPT

Waller: “My bench has definitely gone up a whole lot. I’ve never really been a good bencher. So being here, working with [head strength and conditioning coach] A.J. [Neibel], that’s helped a lot. As far as lower body explosiveness and just the flexibility of it and being able to land and push off in multiple directions, that’s something that I’ve been able to build on. That doesn’t come from just lifting weights, but resistance training. Extra cardio, making sure I’m in better shape out there. It’s just a whole lot of stuff.”

Q: How has the working relationship been with Neibel since he’s been here?

Waller: “He’s been great, man. Definitely light-hearted guy who likes to have fun, but he’s serious with his sense of humor. Those traits complement each other really well. Some new things that I’ve never done before and probably some other guys have never done before in the weight room as far as eccentric lifting and switching it up every week. Having those things make us more explosive and doing great things for our bodies. A whole lot of guys are making great improvements.”

Q: Do you give much thought to the work you put in to get where you’re at right now?

Waller: “It’s a whole lot of work, a whole lot of uncomfortable work. A whole lot of work at the time it seemed like a whole lot. I’ve been able to learn that the most uncomfortable work is the one that pays off and makes things much more enjoyable, makes you feel a lot better about things that you’re doing. It’s just been a whole lot of hard work. A whole lot of making sure that I’m being consistent. I’ve always been somebody that’s shown flashes and has been able to make plays and they’d be like, ‘Oh, if only he could do this.’ He has the potential but then it’s like potential only means if you only do it. Now it’s just doing the work, putting in the extra. Going over and above because before I would just do what was asked of me instead of doing what it takes to place myself ahead of the pack and to be where I want to be. It’s taken a whole lot of changing on my behalf.”

Q: What does it mean to you that Jon Gruden has put this level of faith in you?

Waller: “It definitely meant a lot. The thing with me is...I feel like people have always had faith in me, but it was like I didn’t really have faith in myself. So it’s part of doing my part, doing my half because a lot of coaches have stuck their neck out for me and what I’ve given them in return isn’t what they deserve or what the team deserved. For Coach Gruden to say that, I feel like I’m at a place in my life where I can build off of that and make the most of my abilities and what God gave me. That’s just what I plan on doing.”

Q: When your main focus every day is to stay clean, does that take pressure of the other areas of your life?

Waller: “Right, yeah. That gives me a place to feel good about myself and respect myself when I look in the mirror because before I couldn’t really do that. Those kinds of things translate to the field where you know you’re kind of hesitant out there. You may think, oh I don’t know, you’re not too sure of yourself. But now it’s like I wake up and I’m doing what I’m supposed to be doing in my life and representing my



OAKLAND RAIDERS TRANSCRIPT

family in a positive way. I feel like that goes a long way into me taking on a heavier load and having confidence in myself to carry it out.”

CB DARYL WORLEY

Q: What’s a professional athlete’s mindset on thinking they should go out and try to play through injury?

Worley: “I just feel like at the end of the day we are all doing a game that we love. Ever since we were little kids we were always being able to compete and we are going to be competitors at the end of the day, so even if you feel like you are a little kicked up, you just want to be able to continue to be out there with your team just giving your all, whether it’s an actual injury or you just feel like you’re hurt a little, you just want to still be able to go out there and play. I mean sometimes when it’s a real injury the training staff will stop you, but when you feel like you can go you are definitely going to try.”

Q: Would you have played the last couple of games last year if you were in a playoff situation, or you just couldn’t go?

Worley: “Yes. I definitely felt like, even though we weren’t in a playoff situation, just to be able to continue to play and go out and compete each week was something I definitely wanted to do.”

Q: So, the team basically put you on Injured Reserve against your wishes?

Worley: “Yes.”

Q: What game was it when you dislocated your shoulder?

Worley: “I believe it was Cincinnati.”

Q: How do you think matured since last season?

Worley: “Well, just having another year of life under my belt, you continue to learn and get better on the field and off the field. I feel like on the field just be a guy that’s reliable, as far as the coaches, my teammates and just being everywhere that is expected of me.”

Q: How did the coaches trust in you last season help grow your confidence?

Worley: “It just sets the bar high. You’ll be able to hit the ground running. When we got back here in the Spring, we all talked with coaches, we knew what was going to be expected of us, so being able to come in and just take off from where we left off, but it was a great high point.”

Q: Jon said there was different vibe this year, what’s your stance of that so far this offseason?

Worley: “I feel like it’s definitely way ahead of where it was last year, and I mean from the guys that we had on the team last year to the guys that we brought back into the team, it’s basically all just vibe-ing



OAKLAND RAIDERS TRANSCRIPT

off one another. The additions that we've had, we have some top-notch players. They come in and their taking on a role that is expected of them as well, and I mean it's all jelling very well."

Q: Working with CB Gareon Conley and getting to know him, is he a real sky's the limit type player?

Worley: "Definitely. I think Gareon is going to have an amazing season. That's simply off the field, we're actually staying together right now. We've got a lot closer off the field as far as everything goes, but I mean 'G' (Gareon) is a guy that no matter what you expect out of him, he's going to continue to set the bar high and compete for himself."

Q: Do you think the time you are spending off the field can translate to the field?

Worley: "Yes, definitely."

Q: When did the living arrangement start and how's that been?

Worley: "Since the Spring, like April 17th or something around there. It's been fun, it kind of takes you back to your college days even though you're grown men living with another grown man, but it's cool. As long as no one is messy, you'll never have a problem."

Q: Do you envision Conley and you being like some of those great Raider corner duos?

Worley: "Yes, definitely, and that's something Coach Gruden has been emphasizing to us this year. We are at that point in our careers where it's the prime and for our team to thrive we feel as if we have to be playing at the highest clip as well."

Q: Have you been told one way or another that Hard Knocks is going to be doing the Raiders this year?

Worley: "No, I haven't."

Q: What would your thoughts be if the team was to be on Hard Knocks?

Worley: "I think it would be fun. We have a lot of new personalities, new guys on the team. I don't feel like I would be a star of it just because I'm not that big of a talker or anything, but it'll definitely be fun."

Q: Would the TV cameras be reason to trim your beard or keep your beard?

Worley: "I probably would keep it going, that would probably be a story."

Q: Who would be the biggest story?

Worley: "That goes without being said, 'AB' (Antonio Brown)."

Q: What has it been like going against Antonio Brown every day, and what does his energy and what he brings to practice, how has that lifted everybody else?

Worley: "He's a guy that plays at a high clip. If you were to watch him just catch a simple slant, he takes it all the way to the end zone. He wants to score each and every play, so he's definitely a high level competitor and we talked to him before practice started and everything and the one thing he wanted to



OAKLAND RAIDERS TRANSCRIPT

say was that we all need to get better. Not only is he going to make us better by being one of the best receivers in the league, but we are also going to make him better because we are all different players at the end of the day.”

Q: It seems like there has been a lot of dialogue after plays between ‘AB’ and either you or Gareon, is that just banter or is that something constructive?

Worley: “Oh no, it’s definitely constructive. We ask questions because I mean he’s seen a lot of different players and we know that this offseason he actually did a little bit of study on us and just getting ready for practice and stuff like that. He’s definitely been able to give us feedback on where he feels as though we can improve or what he felt as though that he seen that we covered it well.”

Q: What’s an example of some of the feedback he’s given you?

Worley: “Just different releases off the line, things like that. When he feels as though a certain thing is coming, how he’ll attack it.”

Q: He studied up on his own corners to make them better in practice?

Worley: “Yes.”

Q: Is that unusual? Have you noticed other guys doing that or is it something that’s unique to Brown?

Worley: “It may just have a been a story where this is the only time we’ve heard of it, but I mean it’s definitely something I can see happening.”

Q: Are you feeling like this is the start of your prime?

Worley: “Yes, I feel like it definitely has to be. I don’t feel like there is any more time to waste where I’m still beating around the bush with it. I feel like it is the prime of my career and it’s time to take it to another level.”

Q: What’s the culture like in this secondary room with guys who seem to all be trying to take that next step?

Worley: “I feel like the vibe in our room right now is amazing. From the guys that we added on the outside, guys like Nevin (Lawson) and Curtis Riley coming from other teams where they weren’t necessarily the top notch tier guys but they come in with a certain work habit but there showing it on and off the field. We have ‘LJ’ (Lamarcus Joyner) who’s come in to the room, he’s played top notch football. He just played in February, so for him to turn back around and come right into OTAs working the way that he does, and us adding the young guys it’s kind of like a good culture that’s really going around with similar like guys.”

Q: What was your reaction when you saw the team’s schedule?

Worley: “I mean it doesn’t matter where you strap it up at, you have to go out there and play each and every day.”



OAKLAND RAIDERS TRANSCRIPT

Q: How do you feel about Coach Guenther's system going into year two? Were you able to learn a lot from watching from the sideline after your injury?

Worley: "Yes, definitely. Just being on the sideline when you know what's going on and guys are doing certain things, you begin to study, and it becomes a lot more clear to you."

Q: What are your thoughts about the extra time in London to acclimate before the game and what were your thoughts about the trip last year?

Worley: "I feel like the short turnaround last year might have took a toll on some guys bodies compared to being able to have a lot more time to unwind. Not so much of being a tourist, but just having that body to be able to be fully adjusted going into a game on Sunday."