



OAKLAND RAIDERS PRESS RELEASE

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For Immediate Release

Raiders Promote Phillips; Release Grant

ALAMEDA, Calif. – The Oakland Raiders have elevated **LB Justin Phillips** to the 53-man roster from the practice squad, the club announced Wednesday.

Phillips, a 6-foot, 235-pound linebacker out of Oklahoma State was originally signed by the Dallas Cowboys as an undrafted free agent this past offseason before signing to the Raiders' practice squad ahead of Week 1. Phillips spent five years (2014-18) at Oklahoma State, playing four seasons and appearing in 42 contests, compiling 221 tackles (146 solo), including 23 for loss, 6.5 sacks, three interceptions including two returned for touchdowns, six passes defensed, six forced fumbles and two fumble recoveries.

As a senior in 2018, the native of Pearland, Texas, was named a team captain and earned team MVP honors, while also garnering All-Big 12 recognition after posting 98 tackles, the sixth-most in the Big 12 that season.

In a corresponding move, the Raiders have released **WR Ryan Grant**.

Additionally, the Raiders have signed free agent **LB Quentin Poling** to the team's practice squad.

Poling, 6-foot-1, 235 pounds, was selected in the seventh round (227th overall) by the Miami Dolphins in the 2018 NFL Draft. He spent the majority of his rookie campaign on the club's practice squad while appearing in three games. He spent four seasons at Ohio before entering the NFL, starting in 50 contests and making 374 tackles (217), 18.5 sacks, seven interceptions, 21 passes defensed and seven forced fumbles, while also collecting a program-record 44 tackles for loss.

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