



Oakland Raiders Transcript

Head Coach Jack Del Rio

Q: What improvements have you seen from Seth Roberts?

Coach Del Rio: "I would say Seth has been OK. Yeah, he's been OK. He made a really nice catch last week in practice. I think he's been working at it. I think he's starting to feel pushed a little bit, which is what we'd like to have. Yeah, he's been a good player for us. Aren't you going to ask about Colton [Underwood]? *(laughing)* Is nobody going to ask about Colton?"

Q: We weren't sure if you wanted to address that, but since we're here...

Coach Del Rio: "I mean we have a celebrity in our midst. It's amazing how things get traction. I think young men doing what young men do and invited out a really decorated Olympian, so that's a pretty neat story."

Q: Do you give him credit for being bold and doing that?

Coach Del Rio: "Yeah, absolutely. We like that in our guys."

Q: Have you watched the video?

Coach Del Rio: "I haven't seen it yet. I haven't seen it yet."

Q: Well, she said yes.

Coach Del Rio: "That's really nice. When you put yourself out there, you want to get that yes back, so congrats for him."

Q: What are some of the things you're hoping to see out of the team in this week's game?

Coach Del Rio: "Well the biggest thing is this is the time of year when our football team is coming together, building habits that are going to be with us throughout the season. We're not specifically game planning and you're playing a lot of different people and all those types of things, but you know what it looks like when it looks good. We just want to play good, clean football. Fundamentally, we work on fundamentals a lot, we want to be able to block people and shed blocks and tackle and throw it and catch it. Some of the basic things that you know it's really all about. Then we get into specific game planning as we go. It's tough this week with the team that you're going to play in Week 3. A little unorthodox or unusual that you have a team that you're playing in the third preseason game that you're going to turn around and play them early in the season like that. We both understand what it is. We'll go in and we're going to play our guys, you know we need the work. But obviously both sides, I'm sure, will hold a few things back. You're not going to show everything you want to do in the regular season in a preseason game."

Q: Have you ever seen Derek Carr break out of his upbeat character or is that him 100 percent of the time?

Coach Del Rio: "Well, we're all human, but I think Derek does a great job of being even-keeled. When you're the leader of the team, you're the quarterback, guys, they read your body language. They take their pulse from you. I think for us, it's great that he's wired the way he is. He's super competitive, but he remains in control. He works really hard every day here for us. That's a good thing for one of your leaders to have."

Q: That's something you can't teach, right?

Coach Del Rio: "I think some of it's natural. My son gets a lot of questions down in Florida about because he was around football and around me, I think it's still people have to be themselves. They have to make decisions for themselves. I think Derek, yeah, he grew up around football, but he's his own man. I think you're seeing not only the influence of being around football, being around his brother, but the way he was raised, his parents, how they raised him. The coaching he's had along the way. I think it all impacts who he is as a man and who he is for us as a player. We're just glad we have him."



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Q: Is there admiration for a guy like Johnny Holton who hasn't played football all that long to be out here?

Coach Del Rio: "Yeah, a couple things stand out for me. One, you're talking about a guy deifying the odd. In America, we like that. It doesn't matter where you come from, how you got here, you get an opportunity. Certainly here with the Raiders, we welcome competition. We give legitimate opportunities for some of these undrafted guys to come in and make our team if they win a spot, so great to see that. Then personally to be able to do that, [I'm] happy for a young man who puts his best foot forward. Comes in, competes and puts himself right in the mix."

Q: This place has a history with those kinds of guys.

Coach Del Rio: "Absolutely. Absolutely, yeah. He's been one of the early success stories of camp and continues to be in the mix. Look forward to see him compete on Saturday night."

Q: What's your assessment of the overall team chemistry so far and how much of that is credited to Reggie McKenzie?

Coach Del Rio: "I think when you talk about acquiring personnel, the guy in charge of making those decisions has to get credit. I think certainly the coaching staff and the scouting staff working hand-in-hand and talking about the type of guys we want to bring in here. We feel good about that process, the way it's worked. In terms of chemistry, I think one of the unknowns when you get guys out of free agency, you don't know as much about those guys. You might make a call or two, but the bottom line is there's a little bit of a calculated risk there. You go back and review your notes from scouting and knowing him prior to him entering the league and all that kind of stuff, but when they get here how are they going to fit? How are they going to interact? We're very pleased with the way it's worked out for us. We feel like the guys that have come in have really fit in well. They're good teammates and the chemistry appears to be really good. To me the chemistry, you learn about the chemistry when you go through some rough patches. We haven't even gotten into the regular season yet, but that's where you really learn. How guys are going to stick together and how they're going to take up for each other and have each other's back. It's easy when things are going well. The tough part is when you're strained. When you're challenged, you hit a rough patch, how do you respond? That will be something, obviously, we'll keep a close eye on."

Q: What type of guys are you and Reggie looking for?

Coach Del Rio: "Well we like guys that have grit. We like guys that have physical and mental toughness. We feel like we've been able to add that. We like guys that are accountable and responsible. If you're not those things, you don't end up staying here very long."

Q: Has the trash talk started between you and Reggie about Florida vs. Tennessee?

Coach Del Rio: "No. *(laughing)* Not yet. It's still early."

Q: What would you do as a football coach if you could have Usain Bolt with his speed?

Coach Del Rio: "Set him on a go route. *(laughing)* Certainly not going to ask him to come in and block somebody. He can fly. Something like playing football, maybe that would interest him because when he's jogging or running out there and he's ahead of the race, it's just astonishing to me to have a guy in a world class event be able to look over and *(laughs)* [and says], 'Oh, I need to go a little bit faster and win the race.' It's amazing."

Q: How hard is it to make the transition from an Olympian to an NFL player?

Coach Del Rio: "Well, it's a difficult for somebody depending on whether they played in high school or not. But if they've been pure track and field, there's a transition. We have guys that can run in our league and they know technique and they understand the game. The learning curve is huge, but if a guy can flat out fly and he wants to play and he has a little toughness to him then yeah, why not."



Oakland Raiders Transcript

Q: You guys are still looking for a returner, so why not?

Coach Del Rio: "Yeah, why not? (*laughing*) We'll let that sort itself out. We have a bunch of guys right now. I don't know that if we try and put him back there to return a punt."

QB Derek Carr

Q: Do you ever remember losing your cool?

Carr: "Oh yeah, you know we joke, the receivers mess with me all the time. They say I get mad at them when they mess up. I said, 'There's no way. I mean, ask anybody, I don't get mad at you.' They say I have a look that they just know. I can't say that I've ever lost my cool like I've been out of control. I'm always in control but I definitely have gotten upset. I definitely have gotten mad and got angry and voiced it and showed it. You know, but, I always just try and make sure I'm always in control of that, make sure I'm always in control of the way I am. Ninety-nine percent of the time I'm just going to be excited and happy to be out here. I love football, I love going to practice, I love being around my teammates. So, in doing this, this stuff you dreamed of as a little kid, practice. I'd practice speaking to the media when I was five years old. It's just stuff that's funny for me to think of nowadays, but I just love being here."

Q: When things aren't going your way, how do you keep control?

Carr: "Oh, it's hard. It definitely is hard because everyone is always looking at you as the quarterback. Everyone's looking at you to see how you're going to react. [Quarterbacks] Coach [Todd] Downing has done a great job with me of always reminding me of that and always saying, the way he says it, 'There's always a camera on you. You have to be yourself all the time.' I've learned that sometimes when it gets to certain point, especially in college, younger guys, you have to go to a level that they haven't seen you at before. And, if I'm not there all the time, when it happens it'll really mean something to them. But, for the most part, I just try to be myself. I don't try to really think about it or concentrate on it, I try to prepare myself before those things ever happen."

Q: Is it nice to be able to tinker with new things in preseason with your wide receivers?

Carr: "Yes, oh my goodness. Sometimes I joke around a lot before, sometimes people are going to be mad at me for certain things in the preseason, you know? (*laughing*) Coach Downing always tells me, 'It's a great opportunity to see what you can get away with.' It really is. I take that, I guess, really to heart and do it. (*laughter*) It's things like the preseason that you can have those moments where it's not a decision that's going to hurt us, but it's a decision like if it works, it's going to be a great thing for us. And, if we can continue to build on that, you know, can that help us? And that's really all it is. I try not to do it too much, but obviously I will do it during the preseason. I'll do it a couple times here and there. But, you hit it right on the head. It's a great opportunity and it's a great time to do those things, because when you hit Week 1, you're not going to try something new, you're just going to do what you're supposed to do."

Q: Is there an admiration for guys such as Johnny Holton and other guys who are trying to make the team as an undrafted free agent?

Carr: "Reminds me a lot of Seth [Roberts], you know, his story. Reminds me a lot of Seth's story. The first time we threw out here with Seth Roberts, he'll tell you it wasn't his best day. Let's just say it that way. Johnny was the same way, Johnny's a really fast, athletic guy and hasn't played much football when you think about it. When you think about all of us playing since we were really little, he didn't do that. He's still just trying to figure [it] out. I told Johnny when we hit training camp, I said, 'You are the most improved player this whole offseason.' I have never seen someone jump that much since Seth, since I saw Seth make that jump. I'm very happy for Johnny, he's a great guy, he's a very quiet, humble spirit about him which is cool. But then he goes out there and runs a 4.2 [forty-yard dash] past everybody, you know? So, it's fun for me to see, but at the same time, I'm rooting for him because I want him to be able to help this football team."



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Q: How has Michael Crabtree been in Year 2 during training camp?

Carr: "Yeah, you know, 'Crab' [Michael Crabtree] does a great job. Our relationship is awesome. He's a really good friend and he's also someone that has experienced a lot of football and has experienced a lot of different quarterbacks. He's experienced a lot of different coaching styles. We talk all the time, if you ever watch during stretch, me and 'Crab' will talk from the beginning of it to the end of it. And it's something new every time. Sometimes it's about our boys and sometimes it's about football and it's about different coaching styles, different things that he used to communicate that would make sense to him and things that make sense to me. He's very intelligent and very intellectual when it comes to football. He likes the thinking part of it. It's fun to be around a guy like that because I'm the same way. So, I like to be able to talk to him like that."

Q: What would you do if Usain Bolt was out on the field as a wide receiver for you?

Carr: "I'd throw it really far. *(laughter)* I'd have to throw it really far and really early, yeah. I think I saw something that he ran almost 27 miles per hour and they compared like Julio Jones ran like 21 or 22. I was like, that comparison to me, that's ridiculous. That doesn't even make sense. So, you can't fathom it, you can't really say, 'Oh yeah, that makes sense.' That doesn't make sense. *(laughter)* That just doesn't make sense. I've seen Julio run on a field, especially last offseason. I watched him in person and to think that Usain Bolt can run a lot faster than him blows my mind. So, Usain if you want to come run a go-route, we're all good for it."

Q: What were your thoughts of the video that Colton Underwood sent to Aly Raisman?

Carr: "Yeah, oh man. I remember the first person that said something was Jake McGee in the locker room and I was like, 'He did what?' He's like, 'You know, Aly, the gymnast?' I'm like, 'I'm sorry, I don't.' Then he's like, 'The Olympian,' and I'm like, 'Oh my goodness, wow.' So he showed me the video that Colton [Underwood] sent to her and I was like, 'Hey man, you put yourself out on a limb there, bro.' *(laughter)* I'm just happy, I think [Head] Coach [Jack Del Rio] said it too, I'm happy for him that she said yes. That's a lonely feeling being out there on a limb, man. *(laughter)* I'm happy for him, and she made a good decision saying yes, because he's a really good guy. He really is. Besides all the football stuff, he's a really good person, so I hope it works out for him."

Q: Do guys in the locker room make fun of him for it?

Carr: "Oh yeah, oh yeah. *(laughter)* We make fun of everybody for everything. As soon as I walk in there, it'll take about 30 seconds before I get made fun of for something. So, absolutely we did, but at the same time we're really happy for him. So, obviously we want it to work out for him."

Q: Did he outkick his coverage?

Carr: "Oh, I don't know, man. I know I did, so, that's all that matters." *(laughter)*