



Oakland Raiders Transcript

Head Coach Jack Del Rio

Opening Statement: "Alright, good afternoon. Great to be out here, ready for the start of camp. We have an exciting group of guys ready to go to work. For the most part, we're coming into camp pretty healthy, and that's a good sign. Good first day, good first day."

Q: How nice is it to finally have Karl Joseph and Reggie Nelson out there together?

Coach Del Rio: "Yeah, it was great to have them out. Of course, they were here for the pre-camp portion of it, so they've been working the last four of the last five days, but good to see them out today. Obviously, it's the start of camp, official start of training camp. You know, see them both moving around, moving around well, communicating and beginning to put in the work that needs to happen in the back end so that you feel real good about the adjustments that need to be made."

Q: Did you feel like they were up to speed from the mental work they've been doing in the offseason?

Coach Del Rio: "Yeah, I think pretty good, pretty solid. They worked hard during the time that they weren't able to be on the field. They were working very hard behind the scenes in meetings, walk-through and things. Yeah, I feel really good about the start, and went off without much of an issue at all. Obviously, there's a lot of work to do for us as a football team, them included. But, great to have them out here and great for us to have that kind of beginning."

Q: What is the one thing you were able to take away from today?

Coach Del Rio: "One thing from today? It was great to see all of the former Raiders here supporting us and obviously the military is out here today as well, but in particular, the number of former players that have come back to support us and we welcome them back. I think the organization, [Owner] Mark Davis and [Team President] Marc Badain and [General Manager] Reggie [McKenzie], I think to do that and have those guys come back for a weekend like this, I think it's awesome. Great to see them, lot of guys I grew up cheering for and we welcome them. Super excited to have them out here."

Q: Is there a noticeable buzz with this team right now?

Coach Del Rio: "Buzz? We play a little buzz coverage. (*laughter*) I think there's a genuine excitement level. I think for us, last year when I got here, I really thought it was important to reestablish expectations, high expectations. We didn't back down from that. We're always going to make winning our division the first goal; it has to be. Now, you look at our division and you have to acknowledge what it is. The defending Super Bowl champions on top of our division, the second place team beat us twice last year. And I know that Philip [Rivers] and [Chargers Head Coach] Mike McCoy and what they're doing down there in San Diego, and I know they're tough. So, it's a tough division. But, we come in expecting to win our division, that's our goal, that's our goal every year and I started that last year. We're certainly not going to back away from anything like that. For us, that's a goal. Now, how do you accomplish your goals? You put in the work. There's no shortcut to it. We've had tremendous participation throughout the offseason. There's an eagerness here because the guys that are here see the work that's being put in, they see the accountability around them and you know, when you do good things, you can expect good things to be a result."

Q: Can you describe the development of the leadership on the defense?

Coach Del Rio: "Yeah, well it kind of began last year when Justin [Tuck] was injured. Charles [Woodson] was without question the number one leader. With Charles not here, they realized they can't look to Charles and lean on Charles. So, I think you see guys like Khalil Mack and Bruce Irvin, Sean Smith and Reggie Nelson, Malcolm Smith, those guys are all taking it upon themselves. I think we have a really good core of guys that are assuming leadership positions within their respected groups and I feel really good about that. In fact, I think we've taken a significant step forward overall with leadership abilities."



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Q: You have a new player in Derrick Lott. Did you make a roster move?

Coach Del Rio: "Yes, Lott comes up and [Roy] Helu comes down, or one on the roster and one off the roster. That move will be announced formally, but you guys might as well get that right away."

Q: With Helu, was it that he couldn't get healthy?

Coach Del Rio: "I don't want to try to get into particulars about it. We hoped to get a little more last year out of him. He elected to have some things done this year in the offseason and at this point we're going to move forward with the team."

Q: In talking about Karl Joseph, what is the learning curve with a rookie safety? Bigger than other positions?

Coach Del Rio: "It can be. Certainly great to have a veteran like Reggie [Nelson] back there with him. Guys like Nate [Allen] in the back as well. We think he's a good football player. We're going to throw him right in and let him compete. We expect him to grow every day. For all of us, we want to grow and develop and be the best we can be every day. Obviously a lot more of a spotlight goes on a guy like that taken in the first round. That's part of the deal. I think he understands that. For us, what we're asking him to do is come out here and be himself, and work his butt off every day. He's done that at the start. We're happy with the way he's working."

Q: Is his knee something that you're still going to have to watch or has it been fully checked out?

Coach Del Rio: "I don't think so. He doesn't show any signs of that. I feel good about the rehab that he's gone through and the work he's put in. We'll monitor all the guys that are returning from injury for reps and things, just to make sure we're smart with them. He's ready to roll."

Q: How key is it for him to be out there Day 1?

Coach Del Rio: "The four days of pre-camp were really big for him to build confidence in the system, to build confidence in his ability to move and do the things he wants to do. The conditioning will continue to come. We'll work at it. It's huge to have our group together and working. The more days and the more reps we can take together, working together, the better. We'll try and close that gap a little bit because we did miss some time this season."

Q: Clive Walford is another guy that missed some time in the offseason. Do you feel good about him being able to catch up?

Coach Del Rio: "Yeah, we do. We feel good about that and the player he's going to become. Clive was able to also begin work today and we see him as a real key player in our offense. Glad to have him back doing his thing."

Q: Multiple reports that Aldon Smith has entered a treatment facility today. Do you have a statement about where you guys are at with him?

Coach Del Rio: "I heard the same information that you did. I haven't technically checked with the front office. It doesn't matter for me at this point. What I would say is there's a process that he's involved in that I can't be a part of. November is the earliest that I can hope for. I just remain hopeful for the young man to get himself and his life turned around. If he can get his ducks in a row, obviously as a football team we would invite back a good football player. The first thing for him and everybody that has that question on him, let's just make sure he's taking care of him. Let's make sure the focus is on him getting whatever help he needs to get his life in order so that he can have a good life."

Q: Have you had any recent contact with him?

Coach Del Rio: "I can't. It's forbidden. That's part of the rules, that I can't do it. So I don't do it. I'm just kind of hoping for the best that I can from a distance, because I can't be directly involved."



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Q: Having the entire coaching staff back, does that change the way you approach this camp?

Coach Del Rio: "Certainly I have a better feel for what I can expect out of our guys. They have a better feel for what does coach want out of me? I think we start further ahead because we're not Day 1 learning how coach wants practice to be. From that standpoint, yes. We've had some new additions that we've had the whole offseason, working together with them. Still, as you get into training camp and the games, we'll learn about each other a little bit. That's an important piece."

Q: A lot of external expectations for this team, specifically as Derek Carr enters Year 3. Have you noticed a difference in Derek this offseason?

Coach Del Rio: "I would just say that our expectations are to come out here and really work hard to become a great football team. In order to do that, you've got to have great effort. You've got to get a lot of repetitions. You've got to get to where you can execute things at a high level. I think that's where all the focus is. Derek coming back, he's more comfortable in Year 2 in the system. He's not having to learn things new. He's had hundreds of reps at certain concepts. You can expect him to do things a little sharper, a little crisper. He expects that of himself. With his teammates and the communication, it's so crucial, the timing. The work that's being put in is to do that. So that when we go out and perform on Sundays, the execution is crisp. If you're going to go out and throw the football in this league, you're going to have to be quarterbacks and receivers on the same page, and good blocking up front. Those are all things we're working hard to do right now."

QB Derek Carr

Q: How did the first day feel?

Carr: "Felt good. It always feels rusty even though I came to pre-camp. Completions or not, it always just feels awkward. You know when you're playing football again at this kind of level, at this kind of speed, it's always going to feel a little rusty, but not as rusty as the first day last year. That means we're progressing. We're going in the right direction. It's always fun, man. It's always fun to come out here and compete."

Q: How do you come into this year when the Raiders are expected to have a successful season?

Carr: "Yeah, you know, I've been asked that, obviously, a lot of times this offseason and it's a true story, but we were 0-10 at one point and I still thought we were going to win the Super Bowl. Someone had to tell me, 'No, you're mathematically eliminated. You're not going to the playoffs.' It doesn't matter to me. I am the hardest person on me at all times. You'll probably see me complete a ball sometimes and [wonder], 'Why did Derek get mad? He completed it.' I want it to be perfect, man. So I put so much pressure on myself that I don't get caught up in, 'Oh we expect this or expect that.' I already expect greatness and perfection. I saw that in 'C-Wood' [Charles Woodson]. I saw that in [Justin] Tuck. That's the guys I learned it from, and so that's how I strive to be everyday out here as well."

Q: Do you have to make sure other guys don't pay attention to the hype around the team?

Carr: "Yeah. When you need to, yeah, absolutely. Thank goodness I haven't had to say anything. You know talking to a lot of guys around the league, a lot of friends that I have, we have a great group of guys here that don't get caught up in anything, good or bad. Obviously, my rookie year shows the bad. We were the same guys. We were still working our tails off at practice. We were still competing tough and all those things, just like we were 10-0. The same thing happened last year. We started getting a little bit of success, it didn't matter. We just kept it going. We just kept grinding. You'd see guys doing extra stuff. When the extra stuff stops, when the hard work stops, that's when you need to worry. I just always keep my eyes open. I talk to coaches, different positions. I talk to strength coaches to make sure, is everyone still focused. Are they all getting their lifts in? Are they doing everything? So far everybody is doing the right things."



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Q: Why did you find it important to be at the pre-camp workouts?

Carr: "To get the soreness out of the way. You get that soreness out of the way and you get that... Like I said, there's always going to be rust, it's always going to be rusty, you know? You've been throwing routes on air and some one-on-one's here or there, but it's nothing like coming out here and playing football. I like to be as ready as I can for when all the vets get here. So I'm hitting most of my targets and where I want it that way they can perform and show what they need to do as well. A lot rides on the quarterback position. You want practice to flow good and all those things? Quarterback has to complete balls and do the right things. Make the right checks. Put us in the right runs, all those kind of things. A lot goes into it, but it's always important to me to get here early. Especially, I think, in my head I need to train as if I'm that rookie still competing for that starting job even though they told me, 'Oh, you'll play down the road.' I still want that same mindset. That same chip on my shoulder. That's still that second-round thing. That still bugs me. I still let those little things... It's not what drives me, it's not what I play for, but it's little things that motivate me to want to be better all the time."

Q: How important for you is it to get an extra work out with Clive Walford to make sure you're both on the same page this year?

Carr: "Yeah, really important. Really important because he's such a weapon. We saw in the little that he played, he's very productive. Making big plays, explosive gains down the middle. I think versus the Vikings, [he] ran a nice corner route on a good cornerback in Xavier Rhodes, caught a touchdown. So, we see little glimpses and that's what you want to see in a rookie. You see little glimpses, but now getting more time with him, more timing. You'll see him every day we come out to warm up as soon as he comes out he comes straight to me and wants to catch from me. I can't do it all myself, grabbing him all the time, he has to come and say, 'Hey Derek, come get me,' because I have a million things on my mind. He does a really good job of grabbing me and saying, 'Hey throw to me.' Yes, sir. No problem. That's the kind of things that we need and that's how he is."

Q: How much have you monitored the possible move to Las Vegas?

Carr: "Obviously, I hear as much as y'all do like on ESPN and stuff. Once football starts, it becomes really easy not to listen to it because we're getting coached up. You have to perform to keep your job and to excel at your job. Once football starts it's easy, but during the offseason you hear those things you wonder, 'Oh, is it going to happen? Is it not? Oh well.' We know we love Oakland. We love the city. We love our fans. If we were to go somewhere else, that's Mr. [Mark] Davis' plan. We're going to love them, too. It's all up to him. To us, we're going to play ball and we're going to play for the Raider Nation and that's what I know."

Q: How much is practicing against this secondary going to help you improve and throw better passes?

Carr: "You hit it right on the head, man. They're so talented and so long that the windows are even shorter, even smaller. They say that the windows from high school to college to pros, well playing against these guys it's like this (*motions a small window*). Sometimes you'll throw it on time, you'll have the right feet, you'll have an accurate ball and they'll still make the play. That's only going to push everybody. It's going to push our receivers to run a better route, it's going to push me to try and make a more accurate ball and try to throw it earlier, trying whatever we can. It's nothing but a good thing to go against those guys because they're so talented and they're really good and talented at hiding their coverages. Especially, when they're playing behind Khalil Mack, they're going to be really good."

Q: How has your relationship with Amari Cooper grown and developed?

Carr: "Oh yeah, man. We're roommates for camp. Me and 'Coop,' were kicking it, having long, drawn out conversations as he does with you guys. (*laughing*) Getting really deep talking to each other. Finding out what's really in there. No I'm just kidding, but we are roommates. We're having a good time, man. It's good to come back and just talk ball with him. He tells me his goals, I share my stuff with him and we're able to... I know how he thinks. I know how he likes to go about his business. I know what he likes to do off the field. Him and I should have the best relationship ever. Same thing with all of my receivers and all my teammates, really. The fact that we're



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roommates only helps because we get to see each other away from football, away from the coaches. It's been awesome. Actually I think he got up to go to the bathroom last night and all the blankets were on the ground. I thought he was sleeping on the ground. I was like, 'Hey man, if that's what you do, bro, do it man.' Like hey man, if your back hurts or something, I don't know."

Q: Did you hear from a lot of friends about the expectations when you were away from the team last month?

Carr: "Yeah, absolutely. Especially, friends who play in the NFL. My buddies that don't play in the NFL, they don't talk about it at because they know I'll just tell them to stop. I'll just be like, 'Hey bro, enough of that. Let's just go work out.' They don't even bring it up, but my buddies that play in the NFL they say, 'Man, I've played against so-and-so, man. He's awesome. I've played against so-and-so. He's really good or he's tough, all these things. Man, y'all are going to be really good.' You hear those things. Those are just more casual football talks. But my buddies that don't play, we just shut it off at the door. Like, 'Yeah man, let's just get our work in.'"

Q: Do you feel responsible to shoulder a greater load with veterans like Justin Tuck and Charles Woodson gone?

Carr: "You know, I'm always going to be myself. Just like was last year. If I need to say something, I will. I like to talk and lead guys that way, but I also like to just shut my mouth and go to work and show them that way as well. I always just go with how I feel, man. Go with where it leads me."

Q: Did you play with Kyrie Wilson in Fresno?

Carr: "Yeah, I did."

Q: How hard are you rooting for him to make the team with the college and hometown connection?

Carr: "Oh yeah, every time he makes a play. I did it when (Josh) Harp was here. I do it every time we have a Fresno guy. I yell Fresno every time he makes a tackle or makes a play and people get sick of it, but that's who I am, man. It's about the Bulldogs."

Q: Where specifically do you feel room for improvement?

Carr: "I have to be more efficient and that's so finite and I can pick it apart in just eight different columns. The biggest things is I know the offense. I know those things. What are the details of the offense now? What are things I can say in the huddle to remind guys, 'Hey, versus this, do this. Hey, versus this, I need you here.' Now it's just about growing it. We have the meat and potatoes of it down. Now, all the extra stuff, all the sides and all that stuff. It's the little things that I'm trying to figure out and do those things and really work on in training camp."

S Karl Joseph

Q: What was it like to finally get out there and get a full workout in with this team?

Joseph: "It feels great. This is what I've been working for since I got here so it feels great to get out there with all the veterans. It was a great first day and a great first start."

Q: I know you had expectations to be ready by today, was it a relief that you were ready to go and ready to be out there?

Joseph: "Yeah, you know that was our goal with the training staff and the coaching staff. They did a great job of watching the reps I took and working during this summer. So it was my goal and I'm just happy to be able to go out there with the guys."



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Q: There was a long gap between when you practiced and played until now. Now that you have completed it, what was that experience like with the serious injury and being able to work yourself all the way back? Did you really enjoy this practice after such a long break?

Joseph: "This is what I've been doing my whole life. Having football being taken away from me makes me appreciate the game a lot more. I got frustrated during OTAs watching the guys out there and not being able to go out there and compete with them. I'm just happy and blessed to come back out on the field."

Q: What role would you like to play on this team?

Joseph: "Just doing my job, that's it. Coach Jack [Del Rio] said make a big emphasis on that. That's one of the things he would tell me, to just not try to do too much, to just come in and listen to the veterans. Those guys have been there so they know what they are doing, so just come in and do my job, that's it."

Q: How is it having a guy like Reggie Nelson back there with you?

Joseph: "It helps a lot because he's been in the league for a long time playing at a high level. So just watching him and playing with him and knowing he's right next to me is giving me a lot more confidence. It eliminates a lot of mistakes on my part as well, just because he knows what he's doing. Watching him helps a lot."

Q: Is Reggie talking to you a lot out there?

Joseph: "Yeah of course. That's one of the big things [defensive coordinator] coach [Ken] Norton, Jr. and [defensive backs] coach Rod [Woodson] emphasizes on, and communication. I think we have been doing a good job since pre-camp with communicating and getting that feeling for each other."

Q: Have you leaned on guys like Reggie and the other veterans to get you through the injury?

Joseph: "Yeah, most definitely Reggie. He's been here with me since pre-camp. We were out here rehabbing together all summer so having him out there, helping me definitely helped me transition a lot these first couple of days."

Q: Have you felt up to speed during these practices, is your head spinning some?

Joseph: "No, I think I'm good. The coaches are doing a great job explaining the defense to me. I think I'm getting it down. I took advantage of this offseason, getting into the playbook so I think I'm up to speed and I'm ready to go. So now I'm just about coming in and doing my job."

Q: Where were you when you received your call for the draft pick?

Joseph: "I was in Haiti with my family. It was one of those days you will never forget."

Q: I think you were the first player to get drafted that was outside the country. What made you want to receive the call there and how did it feel?

Joseph: "It was just something I always thought about doing. I thought about going to Chicago but I don't think anything competes with being with you family. That's where I was born, I still have a lot of family there and I just thought it would be special to go back there and share it with them and share some light into my country."

Q: You have a reputation of playing aggressively when you have chip on your shoulder. Where does that motivation come from?

Joseph: "I just always felt like I was the underdog. From high school everybody always thought that I wasn't good enough so I always felt like I had something to prove, and always played with that chip on my shoulder."



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Q: Brian Dawkins was asked the other day if there was anyone in the game that reminded him of himself and he said you. What does that mean to you to hear a guy like that say that?

Joseph: "I didn't hear that, that means a lot. That's one of the guys I looked up to. When I first started playing the game, I used to watch his YouTube highlights all the time. I'd sit in front of the computer for hours just watching his highlights. So, that means a lot coming from him because he's one of the greatest to ever play the game."

Q: Do you want to come in here and start week one?

Joseph: "Of course, that's been my goal since I got here. So right now I'm just taking it one day at a time, taking all the coaching that I can and just trying to get better every day."

Q: What does it mean for you to be an Oakland Raider now that the draft is over? We are in training camp right now and you're healthy and back on the field. What does it mean for you to suit up in the silver and black especially in front of the alumni that are here today?

Joseph: "It means the world to me. I don't think there is anywhere else I would rather be. Obviously you guys see the potential this team has and we are definitely on the rise. Like Coach Jack said, we are turning to greatness and I'm just happy to be a part of it and just happy to come out here and compete with these guys."

DE Khalil Mack

Q: Is a Madden rating of 94 high enough for you?

Mack: "I mean, you always want to be the best, you know what I'm saying? You don't want to settle at a 94. You want to be a 99. Obviously, I've got work to do and I appreciate you telling me that, Scott [Bair]."

Q: How does this team improve from 7-9 to 10-6 or 11-5?

Mack: "I believe it's the mindset. We have the talent. I feel like the work we put in out here right now is going to give us the confidence when the season hits to go out and win games consistently. That's what we're looking forward to doing."

Q: Can you explain the good things you saw from the defensive side of the ball today?

Mack: "You saw the edge effort, you know what I'm saying? That is one of the things that doesn't take talent. I remember my coach, coach [Lou] Tepper in college, he said, 'You have to do the things that take no talent,' and you can tell where the team is going to go. You saw the effort guys going around trying to get the ball out and that's what we need as a defense. We need turnovers, we need guys hustling to the ball, we need 11 guys on the ball carrier at all times. So, that's what we kind of got a glimpse of today."

Q: What are the thoughts on the future with the relocation of the team being a possibility?

Mack: "Me and Derek [Carr] talk about it all the time, about not really focusing on those types of things, keeping the guys together and focusing on winning right now. No matter where we go, where we are, keeping these guys focused on winning and going out and working hard and everything is going to work out as it may. But, as of now, we're in beautiful Napa, chilling, working hard and trying to get ready for this great season that we're about to try to approach."

Q: Have you monitored what was happening with Mark Davis and Vegas?

Mack: "Nah, I haven't even looked into that too much. But, I heard some stuff, but you never know. I don't know."

Q: Where do you believe you are at in establishing the culture that you and Derek Carr set out to accomplish?

Mack: "I feel like we're in the midst of a great turnaround, especially when you think of the leadership. Both of us are coming up on our third year, a lot of new faces, a lot of great guys and a lot of guys that want to come in and



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work hard. That's what you need. You need guys that are going to come in and work hard, put the pedal to the metal and grind and go out and try to win games. That's all we can do at this point and that's what it's looking like too."

Q: How do you feel differently coming into camp this season as opposed to last?

Mack: "I don't feel too different, man. I'm a guy that, I come in just like my rookie year, I don't know everything. I'm coming in, listening to the coaches just like the rookies, just like all of the other veteran players are, and we're working to get better. Last year is gone, but it was historic in certain ways, but 7-9 is not good enough. You want to lead and use your abilities to win games. That's really what the focus is always going to be for me."

Q: How do you feel about coming into your second year with the same coaching staff?

Mack: "It adds a different kind of confidence because you know what the coaches expect. You know what they want and it's easier because you know the things they're going to tell you when you look at film. So, it's going to be that much quicker for you to take in what they're teaching you in so many ways. Whether it's plays or whether it's techniques, it's going to be easier to grasp those things and it's going to be easier to teach them off the field and off the field to the younger guys. I feel like that's one of the things that we've been doing. That's helped us a lot."

Q: Do you feel like Carr is about to take it to the next step this year?

Mack: "Yeah man, D.C. [Derek Carr] has always been a leader. You can tell it's a different level of confidence, on the field too, you can see it. The way he groups the guys together, commands the offense in a way. But, he also has a command over everybody in a sense. So, that's what you want to see from your quarterback and that's what he's been showing us."

Q: How has it transitioned for you as a leader and the respect you have earned?

Mack: "I feel like it's one of those things where I try to use my actions. I don't try to talk as much even though I have to, but I try to use my actions to lead guys. Whether it's them seeing me in meetings or them seeing me on the field, how hard I work on the field, there's no let up. There's guys like Shilique [Calhoun] and guys like, we call him sunshine [James Cowser], big four seven, guys like that. They need to see that and so that helps the group as far as having a great rotation of guys. That's what Derek's doing on that side of the ball. That's what big Bruce [Irvin] is doing, Reggie Nelson is leading. Big four two [Karl Joseph], strong neck, we call him strong neck. *(laughter)* We're trying to get it, man. We're trying to win games and that's what this process is all about."

Q: With the report of Aldon Smith checking in to rehab, have you kept in touch with him?

Mack: "We've talked, but I didn't know. I didn't know that happened. That's a great thing for him, knowing that he's helping himself. I really didn't know that happened today."