



Oakland Raiders Transcript

CB David Amerson

Q: How are you feeling heading into training camp?

Amerson: "I feel good, man. Ready to get back to it. Glad to be back in full-blown mode and ready to get at it."

Q: Were your thoughts as you were driving up to Napa, "Here we go again, another one?"

Amerson: "Oh yeah, you know, once you head into camp you're basically headed into season, so it's getting real."

Q: What are some of the things you're looking forward to and what are some of the things you're dreading?

Amerson: "I'm really just excited to get back on the field with the teammates. New teammates, new season, we have the whole season ahead of us. Anything is possible. You just have to go out here and work hard and see what happens."

Q: Coming off the field five days from now you might not feel the same way.

Amerson: "I think the first couple of days everybody is all riled up, but like you said, as the days get longer and as you get going, I'm pretty sure you get a little tired."

Q: Did you stay in shape in the offseason?

Amerson: "You have to, it's my job. Of course."

Q: How much better is it coming in with this team from the beginning compared to coming in when the season is already going?

Amerson: "It's definitely just a better vibe. Being familiar with the coaches and players, like you said, this being my second year with the team, it definitely gives me a little kick start."

Q: Does signing the extension add a bounce in your step?

Amerson: "Oh yeah, definitely. Knowing that the coaches and my teammates and everybody has confidence in me, I just want to go out here and put my best foot forward."

Q: What's it going to be like adapting to Charles Woodson being gone and the new guys on the secondary?

Amerson: "I think as a secondary, everybody has to step up their play a little bit. Like you said, losing a great play maker like that and a legend, I think they're looking for somebody to step into that role and I think it's going to boost the play of everybody."

Q: Are you guys aware of the expectations of this team?

Amerson: "Of course. I think everybody hears the talk and hears everybody talking about what the expectations are, but I think as a team you just have to go out there and work hard. Put the best foot forward, put 100 percent effort in each day, day in and day out, and live with the results and see what happens."

Q: How key is it to get on the same page as Karl Joseph and Reggie Nelson, who missed offseason workouts?

Amerson: "It's a real key. I know I'm definitely excited to get out there and work with those guys, move around with them on the field and just get familiar with them and playing with them on the field. I'm looking forward to that."

Q: How many practices does it take to get in sync?

Amerson: "It really varies. It just depends, like you said, how fast we connect. How fast people, I guess, we come together as a team and work as a unit. So, it kind of varies. We'll see. We'll see what happens."



Oakland Raiders Transcript

Q: How does the new deal change your mindset?

Amerson: "Really, it doesn't. I just have to stay hungry. I come in with the same mentality, working like I didn't have anything or I'm starting at the bottom, I'm at the bottom of the depth chart, something like that. You just have to keep that hungry mentality."

Q: Do you approach this year different from last year? Do you come in with a different attitude?

Amerson: "A little bit, but like I said, my mentality is I just want to stay hungry, man. I don't want to come in, getting complacent or feeling like I've arrived or I made it or I'm satisfied where I am because I'm not. I still have a lot of things I have to get better at and I know that, so I just want to go out here and work hard."

CB TJ Carrie

Carrie Opening Statement: "We're finally here, man. A lot of anticipation on coming here, getting things started. I know a lot of us want to see how we can really mesh with the pads on, continue to build that team camaraderie that is necessary for the season. A lot of players are excited. I am excited to be here and continue the process."

Q: Can you describe the different expectations for this year?

Carrie: "I feel like we have added a lot of valuable pieces to the puzzle, a lot of pieces that we felt, as a team, were necessary for us to take it to the next level. Within that, you have the full puzzle and with that needs to be completed. Expectations are always going to be high. It's our job to keep focus, stay sound. Words are words. Things are going to be said, but at the end of the day, we still have to perform on the field on Sundays. That's the main goal as of right now."

Q: This puzzle that's on the table, it's a matter of figuring out which pieces fit where and all that?

Carrie: "Definitely. A lot of times you can have a lot of the pieces but don't know where to put them at, so right now, it's going to be finalizing everything needs to go together, where players need to fit and how they can fit with each other, how they respond on the field under pressure in certain situations. I think the coaching staff does an excellent job with always putting us in the toughest situations so that at game time it's a lot easier for us to adjust to it."

Q: Have you found where you fit into that puzzle yet?

Carrie: "I'm still playing a lot of the positions, which is good. I think the more experience that I get at it will continue to adjust my capabilities of being able to interact and execute the position that I'm playing. I think with our scheme, we've done a lot of good things and so for my transition is being the best athlete that I can be, like I said before. That's continuing to sharpen my skills. Throughout the offseason, that's what I've continued to do, sharpening my skills at whatever positions I am playing, knowing that they all tie into one position as a main goal."

Q: In the second year of the new scheme, is there a sense that you guys can do more on the field this year?

Carrie: "I think there is. There is going to be a lot of things that are going to be able to be in the process as far as defensively, and I say that because [Head] Coach [Jack] Del Rio, [defensive coordinator] coach [Ken] Norton, Jr., those are two masterminds and they put a lot of good combinations together to make and utilize the best players on the field. That's what they're trying to do every time when there is a situation, putting the best players on the field possible for us to continue to put together a winning formula."

Q: What kind of defense will we see this year, swarming, hitting, fast, smart? Can you describe what kind of defense you guys expect to play this year?

Carrie: "I think you just explained it yourself. There is no less expectation than that. A lot of us continue to watch the old Raiders and how physical they were and how tenacious they played and fearless, the energy that they



Oakland Raiders Transcript

brought to the crowd, the fans, the expectation that they always fulfilled within the fans. Going into the season, that's going to be the main goal, making sure that we're playing sound football and smart football as well because you can have all of those things, but not be playing as smart as you need to play to be successful for the game."

Q: How has it changed for you having David Amerson and Sean Smith with the team?

Carrie: "I think it's been great. Both guys have brought their expertise from different positions and different places and I think the main goal is for all of us to come together and balance and learn off of each other. I think we all have different capabilities and skills and that's what you need in every game, a player that can do something versus a different scheme. When you put them all together, the execution is really what's going to mean the most. I've learned a lot from those guys and I'm pretty sure they've learned a lot from myself and all the other players that we have on the defensive end. I think them coming in has been nothing but excellent for our team."

Q: At this level every game seems to come down to a few crucial plays that decide the game...

Carrie: "I think every game is going to come down to the last drive or the last couple of minutes. As you've seen in the majority of the games last year, the talent is so high. Within that, there is always going to be a certain matchup that you're looking for and there is always going to be a certain scheme that you want to perfect to defeat a certain opponent. From that, you just gather your best guys and you put those guys on the field in the best way that you can to defeat that opponent."

Q: Is there a sense that things clicked really well in the offseason workouts?

Carrie: "Definitely. I think a lot of things clicked. We have some veteran leadership. I think Reggie [Nelson] has been able to really give us a different perspective. Sean has been able to get us a different perspective. Bruce [Irvin] has definitely been able to carry some of the load and give us a different perspective. We've added some very leadership-potential players that have a lot of experiences in what they do and as described their best way on how to attack the situation and giving us the knowledge and how we can progress and go on and continue to attack it. Their experience has done nothing but continue to grow for us as a team as a whole."

RB Taiwan Jones

Q: How do you come into training camp? Do you view it like it's just another year or is there a different approach?

Jones: "I come in the same way every year. I come in with the mindset that I'm a rookie and I have something to prove, so I'm just ready to go."

Q: How do you see your role coming into this year?

Jones: "Pretty much about the same. My main job and role is special teams with the opportunity to show what I have on offense."

Q: Do you look forward to coming into camp?

Jones: "Yeah. I love it. This is the best part of the season, are you kidding me?" *(laughing)*

Q: What is it that you look forward to the most about camp?

Jones: "Just bonding with the guys. It's a lot of new pieces to the team. This is an opportunity [where] we can all see how we blend and how we work together."

Q: What do you need to do to show the coaches that you can be a part of this offense?

Jones: "Just stay healthy. I think that's been a big problem for me, just staying healthy. Being available."



Oakland Raiders Transcript

Q: Are there other ways you can stay available during the offseason with workouts and things like that?

Jones: "Yeah, just being smart with my body. Not trying to overdo things as I usually try to do. Eat a little healthy. For the most part, we really can't control that, but just monitor it the best you can."

Q: There are high expectations of this year's team. Every year people say this year is the year, but it's been a while.

Jones: "Yeah, it's been a while, but as you know, I'm going into my sixth season and it hasn't felt like this in a long time. We have a lot of young guys that came in with tremendous confidence and with a lot of ability to get better. The coaching staff, man, they're amazing. They know how to relate to us. Just the feeling that you guys feel and that we feel, it hasn't been here in a long time, so I'm excited about it."

Q: How do you verbally describe that feeling of this year being different than years past?

Jones: "It's tough. It's just that. It's a feeling where you feel like the guy next to you has the same mindset and feels the same way. Everybody is on the same page and we're all headed in the same direction, trying to get this organization back to the glory days."

RB Latavius Murray

Q: Be honest, do you look forward to camp?

Murray: "You know it's a grind, so I'm excited to be back and be able to play football again. We know it's a grind, we know it's a start of a good, hard couple of weeks before we can really go out there and hit someone else."

Q: What have these last few weeks been like for you, to get the mindset going?

Murray: "Just training, and again just mentally preparing for what we know is a grind. Again, coming together as a team, we know we have a long way to go so I think it's really just getting that mindset together first before we know we can get to what we really want to and that's the season."

Q: What role would you like to play?

Murray: "Just having a better year for myself, playing better and just doing what I need to do really to help the offense out and help the team out."

Q: As a running back, do ever sit in bed and visualize your touches?

Murray: "Yeah, all the time. I guess you can't go out there and do it if you don't visualize yourself doing it. I have dreams about football every day. I wake up, I might jump in my sleep whether it's a guy I made miss or a guy that hit me. You have to eat, sleep and think football and I do."

Q: Is there a heightened level of anticipation heading into this camp after a really solid offseason program and all the new faces and really having to build that chemistry with so many new guys?

Murray: "We know the expectations we hold for ourselves and obviously the talk that's been going around, but again we know that right now it's just talk. The only thing that we can go out there and do is get better, come together as a team and put it all together so we can, again, play and win on Sundays. So right now, it's just on paper and here's the time where we put it together and live up to the hype."

Q: Do you guys try to shut out that talk and try not to listen to it, or does a part of you want to hear it and prove it to be right?

Murray: "I think it's maybe a little bit of both. If you're going to take it in, you definitely have to know how to channel it. We know we have a long way to go, but we know what we are capable of. We know the guys we have in the building but that doesn't mean anything if we aren't able to go out there and put it on the field."



Oakland Raiders Transcript

Q: What does Jack Del Rio say? I know he's got some words of wisdom.

Murray: "Again, telling us right now it's just talk, right now it's just hype and we have a long way to go before we can get caught up in any of that."

Q: Does it mean more playing for a guy that played this game, that has kind of been there and been through these camps?

Murray: "Like you said, it means the world to a bunch of guys, if you have a coach that hasn't been in your shoes, that hasn't experienced what you have experienced, it's a lot different coming from a guy who has, so we respect that and love playing for a guy like that."

Q: Are you looking forward to running behind this offensive line with the new additions?

Murray: "I have high expectations for me running behind that great line. I'm excited to see what we go out there and do in the run game and just as an offense, it obviously starts with them so we are just an excited group."

Q: With the team talking about running the ball more, what do you think about that?

Murray: "I love it, I love it."

S Reggie Nelson

Q: Did the history between you and Head Coach Jack Del Rio play a part in you becoming a Raider?

Nelson: "Everybody's always being looked at, no matter what team you're on. I think all the coaches and everybody pays attention and watches film as they're watching their team get better. I mean, it was just a no-brainer for me to come back to [Head] Coach Jack [Del Rio]. I know him, and he knows me, he knows what to expect from me and I know what to expect from him. I just wanted to be comfortable and I felt that I would be comfortable here with a young, upcoming team."

Q: Do you feel with your experience that missing the offseason program would not hinder your play?

Nelson: "I mean, I kind of know what to expect. It's 10 years, I mean, I don't think too much is going to change with camp and everything. I know what to do and the mindset of doing that and getting that job done. I don't think it set me back any time, I was just dealing with some issues and I'm here."

Q: Are you the new "Pops" with Charles Woodson being gone?

Nelson: "I'm young, man. I'm like fine wine, man, getting younger (*laughter*). I'm having fun. I'm blessed to have another year under my belt and be a part of the Raiders. I'm going to take advantage of that and bring along the young guys and keep it moving."

Q: Is it the same old camp with a different uniform for you?

Nelson: "I mean, like I said, I've been in the game 10 years. Camp is camp. It's all about you getting better and getting the chemistry down pack with all of the teammates and stuff. It starts at camp. Everything starts right now as the veterans roll in here and we're going to work at it."

Q: Have you got to know Derek Carr a little bit?

Nelson: "[Derek] Carr, he's hilarious, man. He's a great guy to be around. I can't wait to sit down with him and see what he sees and ask him about things that quarterbacks see. Carr is a great leader and I had a chance to talk to him and stuff. It's exciting to be around a good quarterback like that."



Oakland Raiders Transcript

Q: What sets Coach Del Rio apart from other coaches?

Nelson: "Coach Jack is his own man. He's always been like that and I see he hasn't changed that. You watch Coach Del Rio work, he was a player and he knows how it feels to be out there. Coach Jack is his own man. I can't compare him to any other coaches and that's what I love about him."

Q: When did you start feeling 100 percent?

Nelson: "I've been 100 percent, you just haven't seen it." *(laughter)*

Q: Will you be ready to roll the first practice?

Nelson: "I'm ready, man. I'm doing the process, continuing to get out there to the field and when coach says that he wants me full-go, then that's when it'll happen. When I find out, you all will find out."

Q: What's a perfect Reggie Nelson hit?

Nelson: "A perfect Reggie Nelson hit? Just making the tackle. That's the most important thing, just making the tackle. If you hit someone and he's still going, it doesn't make anything perfect about it. Just getting the man down on the ground and just work."

Q: What is your role here besides a leadership role?

Nelson: "At the end of the day, I'm here to compete, regardless, and bring along the young players and get them going and show them how to be pros and lead by example. Leadership will come as I lead by example. It's all about being a teammate and that's what it. But, at the end of the day, you have to compete."

Q: How do you build upon a career year as far as stats last year?

Nelson: "I really don't care about stats. As long as we're winning, everything else will take care of itself. I never did pay attention to stats, and if you asked me I couldn't even name them off the top of my head. And long as we're winning, that's the only thing I care about and getting the chemistry down with the team."

Q: How do you get beyond and meet expectations of this year?

Nelson: "Just playing football, everything else will take care of itself. You can't be worrying about everything else. You worry about high expectations, then you're worrying about the wrong things. All you have to do is play football and let it take care of itself."

Q: Do you have to preach about being better than what the team has been in recent years?

Nelson: "I mean, that's last year. It's a new team. There's no way in the world they should be worrying about last year. What they need to do is focus on this year and this Day 1 camp that's coming up and that's how it starts. It starts from scratch."

Q: But the team hasn't been great since 2002...

Nelson: "I understand that. It's a new team, new coach. You can't worry about all the last years. You have to worry about right now and that's the beginning and that's why we're here for camp, to start from scratch."

Q: Did you do anything fun or go anywhere different this year?

Nelson: "I did not. I was here, just relaxing. Trying to get settled in and like I said, I was here for OTAs. When the coach says I'm ready, I'm ready."

Q: What did you do for vacation?

Nelson: "Nothing, nothing for vacation. All work."