

Head Coach Jack Del Rio

Opening Statement: "Alright, Baltimore week. Good football team at their place. All three phases really present challenges. We're looking forward to the competition. Should be two good teams going at it. Looking forward to it. Questions?"

Q: What is it that Mike Tice does so well that you're able to just plug guys in where you need them?

Coach Del Rio: "Well, I think a couple of things. I think one, Mike is very detailed and is a really good teacher. Two, I think we have good players. We're working hard with the players we have. I think Mike has done a great job of kind of teaching almost the inevitability of needing to be able to plug in and do different things with different guys, but we have a good group. We think we have a good group. We'll get a challenge this week when we go up against a heck of a front."

Q: Why is Baltimore so good at blocking kicks? What have you seen on film?

Coach Del Rio: "Yeah, they've done a nice job with it. They're well-coached. The head coach has a special teams background. They do a nice job. They've been near or at the top of the league in the entire time that [Ravens Head Coach] John [Harbaugh] has been there. They put a great deal of emphasis on their special teams, as we do. That's why I say in all three phases I look forward to seeing how our football team responds."

Q: Steve Smith Sr. is a big trash talker. Do you tell your guys to avoid that kind of stuff? Have you addressed that situation at all with your team?

Coach Del Rio: "Steve? Nah. I was with Steve in Carolina in '02. He's been competing his butt off ever since. He's a great competitor. He's done an unbelievable job of bouncing back from his injury. He's still got his explosiveness. It looks like he's playing at a high level, so we look forward to that challenge. He's a good football player. [Joe] Flacco, obviously, big arm. They've got some speed outside. So yeah, it should be some good competition."

Q: Kelechi Osemele said that coaches have told him to make sure he keeps his emotions in check this week. Is that true?

Coach Del Rio: "That's true with anybody, really at any time if you recognize that there might be some extra emotion, because you're going to see friends and family, guys you played with and all that kind of stuff. But the reality is we've got to be under control. We have to play good, solid football. It's always been my experience that after the first couple of shots in the game, that kind of dies down, you settle in and you play football."

QB Derek Carr

Q: How impressed are you with the way the offensive line has been able to play with all of the injuries?

Carr: "Yes, two things: Number one, they work really hard and they're very talented. They give a lot of effort, it means a lot to them. And number two, they've got great coaching. [Offensive line] coach [Mike] Tice and [assistant offensive line coach] Tim [Holt] do such a great job with those guys. Coach Tice, for the longest part, he has to worry about the five that are starting and Tim is right there behind him making sure that everyone knows the assignments. They do such a good job of working together. It's really fun to watch"

Q: Is Baltimore's defense going to be a challenge this week?

Carr: "Oh yeah. It's going to be an extreme challenge. They're very physical, they're 3-0. No one's beat them yet and it's going to be very tough, especially going into their place. They're very good and I respect the heck out of them. They've got some great pieces, and I'm really looking forward to competing against them.



Q: What is it about your play on the road so far this year that's enabled you to be undefeated?

Carr: "Well, it's just two games. We've taken care of business so far, but we feel that there's room to grow and that's a good thing."

Q: What's been the most impressive thing about Michael Crabtree?

Carr: "He gets open. He gets open and he makes tough catches, very tough. And, he's one of the most competitive guys I've ever been around. I think that his competitiveness is what separates him."

Q: How's he been able to get the offense going when the deep ball hasn't been working?

Carr: "Teams are seeing that we like to take shots, we like to hit the deep ball and they try to take it away. So, then it goes to receivers and those guys underneath making catches and then making people miss. So far, he's done a great job of it."

Q: What have you seen in terms of David Amerson improving as a player?

Carr: "Every throw you make against David [Amerson] is going to be contested. He's not going to completely whiff and completely leave someone wide open. If he does, it's probably because he slipped to be honest. Every throw that's thrown against that guy, he is there. I mean, you saw in college, I think it was his second year, he had some 13 interceptions or something crazy, you know? You could see that he was playmaker around the ball and you can see it in the league since he's been on the team here. I didn't know beforehand, but since he's been on the team here, he knows where the football is. To have that trait as a corner is a really good thing."

Q: What is different about DeAndré Washington and Jalen Richard?

Carr: "You know, it's funny. For the longest part, I would have said... I'll say this, DeAndré [Washington] reminds me a lot of Domanick Davis [Williams] back in the day in Houston. Little stocky guy, great balance, gets bumped side to side and keeps his feet. Jalen [Richard] is going to run full speed, stop and go the complete other direction like that. It's funny I said that because then you see Jalen make a run last week go put his head through somebody's chest and get a first down. I don't think that I would ever say that they can't do one thing or the other, because they're so competitive and so talented that they'll try and prove you wrong. They're two just really good football players. I can't pick out a difference, it's just they're both really good."

Q: How have you noticed Richard become more of a downhill threat after it being a joke in college of him going towards the sideline too much?

Carr: "I didn't know that, first time I've heard that. Ever since I've known him, he's put his head down and tried to run through people and for being a smaller back, that's impressive, because those guys... The most physically demanding position in all of sports is an NFL running back. I'm convinced of it. The hits that they take and they have to deliver the hits back. It's unreal and some of those hits are violent. Pretty much all of them are violent, especially with the smaller guys. For him to just go in there and pout his head in there, that's all I've seen. So, tip my hat off to him, I respect him a lot."

Q: What do you see in Terrell Suggs?

Carr: "Man, he's a Hall of Famer to me. The guy is ridiculous. I have the utmost respect for him. I loved him when he was in college. I love watching him play in the NFL. I'm excited to compete against him because he's just one of those guys, he's one of the best to ever do it. So, it's exciting to play against him. Obviously, you hope he doesn't hit you. It's fun to watch him hit everybody else, hopefully he doesn't get to me. But, it's going to be fun. It's going to be fun to compete against him because he's such a good football player."



G/T Kelechi Osemele

Q: Is this game one that you've been looking forward to?

Osemele: "Yeah, definitely. Anytime a player comes back to their hometown, so to speak, they want to put out a good performance not only for their teammates but also the fans of Baltimore that look forward to watching you play and seeing you play in their stadium again."

Q: Do you expect it to be an emotional game playing against your former teammates?

Osemele: "Yeah, it's definitely going to be an emotional day. Guys that were your teammate you're going to be competing against for the first time ever. That's going to be a different twist. It's definitely going to be a passionate day for me. It's a lot of mixed feelings going on at that time in that stadium."

Q: Have you talked to your former teammates about what the team is like?

Osemele: "No, not really. I've just watched them on film and exactly what I expect. Defensive line looks as explosive as ever. Brandon Williams still looks strong. [Timmy] Jernigan looks as good as he's ever looked. I haven't really talked individually with those guys about what they're doing differently, not that they would tell me, but they definitely look like their old selves. They look good."

Q: How do they compete?

Osemele: "Yeah, I mean they're a physical team. That's a lot of where my playing demeanor came from was coming from was coming from that 'build a bully' mentality and there's some bullies out there. Same physical play, AFC North, smash-mouth type of football, so that's what we're going to get. It's going to be a physical game."

Q: What was the process like when you were going through free agency?

Osemele: "I kind of let my agent handle all of that. He would report back to me what the offer was and what he thought I was worth and the numbers just didn't come anywhere close. Yeah, it hurts your feelings a little bit because you spent the last four years there. There's been a lot of ups and downs, winning the Super Bowl there and to kind of find out that's probably not where you're going to end up can be a little emotional."

Q: Where do you keep your Super Bowl Ring? Is it at your house?

Osemele: "Yeah, I have it in the safe. My mom watches over that one."

Q: There was a play last week where you came around and got some guys pretty good. What's going on in your mind on that kind of play? Is there a chance to do some damage?

Osemele: "Yeah, you know, anytime you can get out there on a linebacker, somebody that's 50 pounds, 100 pounds [lighter], doesn't quite weigh as much, it's exciting. (*laughing*) It's like picking on your little brother. You get out there and you want to do some damage, so it's fun."



Ravens Head Coach John Harbaugh

Q: How do you think Derek Carr has progressed in his career so far?

Coach Harbaugh: "What I see is a really good quarterback. I'm sure that they're very happy with him, We saw him last year in the second game. He played excellent football against us. Just watching him on tape now, he looks better, I mean, he's improved. But, it will be hard to look much better than he did in that game, so we just always had respect for him and I can see why they would consider him their leader."

Q: What does it do for your offense having Steve Smith Sr. back on your offense?

Coach Harbaugh: "Well, Steve's unique. He brings so much. He's obviously a very good player. Even at his age, as he pointed out the last couple days, he's still a very good player. But, you don't have to hear Steve say it, you just watch him play to know that. And then, the leadership, the competitiveness, the football IQ, all those things are really valuable."

Q: What do you see out of the Raiders' secondary and in particular David Amerson and Sean Smith?

Coach Harbaugh: "Yeah, we've seen them play actually well. You know, Sean Smith has been around for a while with Kansas City. We played him a few times, so we know he's very talented and a good player. Of course, David Amerson, I think he's turned himself into one of the best corners, it looks like, in football right now. I think he's done that by improving his technique and eyes and things like that. He looks really good. Got safeties, first-round pick safety now in Karl Joseph playing, doing a heck of a job. He looks good in there. Then, they got Reggie [Nelson], who we've seen Reggie for years and years, so they pair the rookie with the wily veteran and he's doing a good job. So, they have a very good secondary."

Q: Is it just a matter of time before Bruce Irvin and Khalil Mack get going?

Coach Harbaugh: "They're very good pass rushers. Khalil Mack, obviously, he's the top, second pick of the draft, something like that. And very, super player. I really have a special feeling for him because he's from my conference, the MAC [Mid-American Conference]. So, I have a lot of respect for that conference and for a player like that to come out into league, you take a little pride in that. But, he's a devastating pass rusher and then to bring [Bruce] Irvin in there, I thought it was a great move and they complement each other as outside backers, they're kind of interchangeable even in their base package and certainly in the sub and pass rushes. That's a very formidable group."

Q: How much does the team feed off of Smith Sr.'s energy?

Coach Harbaugh: "I don't know how much. It's always hard to answer a question quite like that, but they definitely do. They definitely draw energy from Steve and you know, you hop when you have 53 players and coaches and everybody involved that everybody kind of energizes everybody else and Steve is a huge part of that. He's a leader, like I said, high energy football player and he makes everybody better."

Q: How physical do you expect Sunday's game to be?

Coach Harbaugh: "Well the Raiders are, it's very clear how they're building their team. I think [General Manager] Reggie McKenzie and [Head Coach] Jack Del Rio are doing a great job of following the plan and, as you see it unfold, you can see what the plan is. And, that's to be very physical, like you said, to be fast, to dominate in the trenches. I think that's their goal and they put a team together that can play that way. So, every week is very physical in the National Football League and I'm sure this one will be very physical."

Q: What do you expect it to be like playing against your former player Kelechi Osemele?

Coach Harbaugh: "Well, I don't know exactly how it will be because we haven't done it yet. This will be the first time. All the other times that I've been on the field with K.O., he's been on our side, which was good. [I] just respect him. I told our media today, he's one of the guys I loved the best in the draft that year he came out and really wanted him on our team and [Ravens General Manager & Executive Vice President] Ozzie [Newsome] liked



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him too and found a way to make it happen. He did not disappoint ever, at any point in time in terms of what he contributed to our program. So, lot of respect for him and we expect him to play really well and expect it to be a real tough matchup because we know how good he is."

Q: Do you have to talk to any of your defensive linemen with regards to Osemele to keep their emotions in check?

Coach Harbaugh: "No, we haven't said anything about that. I'm sure K.O. will be fine, I mean he's a smart guy. We don't anticipate any issues like that."

Q: What were your impressions of Karl Joseph through the draft process and then last week on film?

Coach Harbaugh: "Well, draft process, I thought he was one of, maybe the best safety, one of the best for sure. I thought they took him right in the right spot. Just love the way he tackles, love the way he plays 100 miles per hour. He's a tackler, showed ball skills and I can see why they want him in the lineup."

Q: How much does the veteran leadership at the safety position mean to you?

Coach Harbaugh: "Well, I probably have always thought the safety is one of the most important, most valuable positions on the field if you don't want to give up big plays on defense. That goes for run and pass. So, having Ed [Reed] all those years, and we had other guys, Dawan Landry, you can track it all the way back to him when I first got here and some other really good players, but Eric [Weddle] has come in there and solidified us. Lardarius Webb has moved back there and solidified us too; he's played well. So, yeah, safety play is really important and I'm happy with our two guys."

Ravens RB Justin Forsett

Q: What's it going to be like facing Malcolm Smith and Ken Norton, Jr.?

Forsett: "Man, those guys are like family to me. I spent a lot of time with them, especially with Malcolm. He was a young guy coming in when I was in Seattle; smart kid, worked hard every day. I'm happy for his success. Coach Norton was one of those guys that keeps you motivated. He kept me motivated in Seattle. It'll be good seeing those guys again."

Q: Do you see things that you can still work on despite being 3-0? Offensively, do you have room to grow?

Forsett: "Of course. We definitely believe we can grow. That's what's encouraging. We're winning games, but there's a lot of improvement that can be made on our team in all phases. We're definitely working on getting those things straight."

Q: What's it like to have another running back that can come in and keep your legs fresh?

Forsett: "It's good, man. You don't have to feel like you have to stay out there the whole time. You can come in and out and feel fresh and the team doesn't lose anything. That's the good thing about it. They have a good stable over there and I think we have a good stable here."

Q: How much do you guys miss Kelechi Osemele?

Forsett: "K.O., man, that's my guy. A lot of offensive linemen are closer, they spent more time with him than I did, but K.O. is a special player. We have some good guys over here that are filling in his role, but K.O. will always be a special player."

Q: In what ways was he special? How did he stand out on the field to you guys?

Forsett: "He's just one of those nasty offensive linemen. He goes out, he tries to dominate every play. He's physical. You're going to see guys getting pancaked and he's standing over them. He's kind of that mouthpiece out there, that headhunter that you want on the offensive line."



Q: What's it like having a guy like Joe Flacco lead your offense?

Forsett: "Joe is great, man. He's an even-keel quarterback. He's going to go out there and lead the team. He's not going to be up and down. You can trust him. He's going to make the right decisions. He's been consistent for the most part throughout his career and is a Super Bowl champion, so it's great being out there with a guy that's battle-tested."

Q: How tough was it for you when you were released? Were you surprised or did you see it coming?

Forsett: "Yeah, yeah. We talked about it before it happened. I was in the loop. Worst-case scenario I was going to be back with the team with a little bit of a raise, so it all worked out."

Q: What does Khalil Mack bring to the Raiders' defensive line? Do you have to be constantly aware of where he is?

Forsett: "Definitely have to be aware of where he is on every play. He can wreak havoc on you, on your team. He's still a dominant player in this league. He's aggressive. He's athletic. He's physical and we definitely, like I said, have to keep our eyes on him."

Q: Last week Steve Smith Sr. got into it with a rookie. Does he kind of spark the team when he gets worked up like that?

Forsett: "I don't understand why anyone would want to poke a bear, but Steve Smith is that guy. He thrives off of that, people talking to him. As a team, we see him get sparked up, it just sparks us up. It's good to be around a guy that's kind of contagious like that with his energy."