



TITANS DRAFT TRANSCRIPT

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PRESS CONFERENCE WITH LOCAL MEDIA

(on his visit with the Titans and his feelings after being selected by Tennessee)

I mean, it was a great time. It was one of the first places I visited. All I can remember is that I was told if we picked you, be ready to work. They do every single day. And that's my that's my mantra. That's how I am every single day. So I'm just ready to compete. I'm ready to work for the team. I'm ready to help this team win. And I just want to be the best teammate I can be.

(on what role he envisions himself in)

I hope my role is that I'm the best teammate on the team. That's my role, whether it's right tackle, left tackle, center, guard. Hell, I'll play long snapper, you know what I mean? Like, whatever it takes for the team to win, I just want to do that. That's all. That's my number one goal. That's why I told all the teams when they were asking me like, 'How do you see yourself in the league? What do you envision for yourself?' I said my number one goal is to win a Super Bowl. I just want to help whatever team I can get to that point and achieve that goal. And my second goal, I want to be the best teammate I can. So me getting this opportunity to play for a great organization like Tennessee, and be under great coaches like Coach (Keith) Carter and Coach (Mike) Vrabel, I'm just more than happy. I'm blessed. You know, it's a wonderful opportunity. I want to thank all my family. I want to thank my coaches from Ohio State, coaches from little league, coaches from high school, whoever I can thank. I just want to say thank you to them. I'm just ready compete at Tennessee.

(on if he is familiar with the offensive line personnel and potentially where he fits in with the vacancies)

Yeah, they have a great group. I mean, Taylor Lewan was a great tackle for them last year. They just got Jamarco Jones from Seattle, so that's an Ohio State connection. So at least we got two Ohio State guys in the OL room. So, hopefully we can make it more like Ohio State guys or whoever we put in there. This is a great room. When I talked to Coach (Keith) Carter, when he talked about the boys, that everything about the boys – every single one of them wants to work hard, they want to compete, and they don't take anything for granted. They always try. They're always trying as hard as they can, whether it's in season or offseason. And I'm just ready to be a part of it.

(on having the opportunity to block for running back Derrick Henry)

I'm like, are you kidding me? Like, I mean, there's only a few people that you can say, 'Hey, I got a chance to block for someone you'll be able to have stories about and to be able to block for someone like Derrick Henry, one of the best running backs in the league, one of the best running backs ever to play college football.' I mean, oh my God, this is such a blessing. I hope I get a chance to meet him. I hope me and him become great friends. I just want to be able to block for him, help make him the best as I can. I want to support him. I want to make sure that he's the best player he can ever be.

(on how he measures himself as a pass blocker to a run blocker at this stage)

I think I'm good in both areas, but I'm willing to be coached. I'm ready because that's what I told all the coaches whenever I was at the Combine. When I visited Tennessee, I said, 'Hey, I think I'm a great player. I think I have a lot of tangibles that make me a good guy.' But I said I'm coachable and I said there's more things that I can learn about playing offensive line. Like, I'm not done yet. I'm not someone that thinks that just because I hit a certain point in my life or my career that I can't, because I can be taught new things. And I'm so excited for me to work with Coach (Keith) Carter and learn some new techniques, learn new things, and become a better offensive lineman. Overall, whether it's run blocking or pass blocking, I feel like I'm good in both areas. There are more ways for me to improve.

(on what he wants people to see about him on film)

I want them to see someone that plays every single play like it's their last play. I want them to see effort on the first play of the game, on the last play the game, somewhere in between. That's the one thing that I know I can control every single time, which is if I'm on the field, I want to give all the effort I can, you know? So that's the one thing I want people to say. I've got to play hard because that's football. At the end of the day, I mean, you may have guys that are big, guys are strong, but they're smart, fast, whatever it is. When at the end of the day, if you ever watch football, the guy that you really like watching or the guys that play, they play (with) a type of toughness, a type of grit to them that shows you what it means to be a football player and what the game of football brings.

(on maintain weight on his body after struggling to do so earlier in his career)

I feel like it will be greater in the pros. I mean, like, I think about it. I'm going to Tennessee, one of the best organizations in the NFL. They'll have a great nutritionist, a lot of great food. I mean, first of all, it's Nashville, Tennessee. So I'm imagining they're going to have some good food down there when I get over there. So, it's not going to be an issue anyway. But I've already figured it out when I was at Ohio State about how to maintain. I mean, Coach (Ryan) Day helped me out a lot. It was the whole thing about making sure we're not only going to feed you to get to that weight, we're going to make sure that you're playing on a weight that makes you optimal and that comes from your body weight percentage. I think the highest that I got was 23 percent. I think when I got to the Combine, I was like 18 to 20 percent body fat for an offensive lineman. That's crazy. You know, so I know that I'm going to go to Tennessee, they're going to do the same things that made me bigger, faster, stronger than I ever could even imagine. I just can't wait for it.

(on if he is a hot chicken guy)

Oh, I don't like hot chicken. But I know you guys got some ribs down there, so I'm ready. I'm ready for that. That's going to be exciting. I want to see what's type of ribs you got.

(on if he's having a party for the draft tonight)

Oh, it's a party. I told everyone it didn't matter what round I got drafted. When I got drafted, I said, 'Look, I'm going to be excited for the first few minutes.' But the minute I kind of locked back in, I told them that you're going to see me really excited for a little while, but right after that was time to work. Like, this is my mentality. Now I'm ready to go to Nashville. I'm ready to train as hard as I can. I just want to get straight with the coaches. I want to get Coach (Keith) Carter, I want to get Coach (Mike) Vrabel. I want to ask them, 'Hey, what do I need to do for me to train before I get to Nashville? What do I need to do for me to learn?' Like, it's natural. I'm not

trying to start at day one. I'm trying to start at day – I'm trying to start like already ready for me to be part of this line. I want to be a veteran. I want to get in there. I want to train like I'm a veteran. I want to learn like I'm a veteran. I want to practice like I'm a veteran. I want to do all the things I can do to be a great player in the NFL.

(on how competition in the Big Ten and playing at Ohio State prepared him for this moment)

I mean, if you're asking about the competition level, first of all, college football is one of the greatest sports in general. I mean, whether you're in a Big Ten, SEC, PAC 12 or whatever, whatever it is, whether DI, DII, NCAA college football is the most competitive environment you can ever be in. And it doesn't matter what conference you're at, but if you're asking me to compare the SEC, the Big Ten, I mean, both conferences do one thing, which is they have great teams. They have a great pipeline. Schools like Alabama, Florida that you go to, then you go to the Big Ten. You have Ohio State, the team up North, Michigan State, Penn State, schools like that. I mean, you have all of these different schools that are pipeline schools that have great players at every single position, that always develop every single year. And they all have a tradition. I mean, that tradition stays not only from when they first were established in whatever years they were, but to now. Those traditions keep being established, which is we're going to play hard, to play tough. They are going to find guys that are in high school that are great people, not only not only great players, but better people. So, if you're asking me what I think the Big Ten – how the Big Ten has prepared me, I think that prepared me to be, one, a great player, two, be a great learner and learning my playbook, three, a better person and being able to help the community and be able to be nice to people and being respectful to whoever I meet. And then if you're asking me how I feel when I get to Tennessee about if I'm ready, I just want to go to people like that. And at the end, my goal is for me to help the team win a Super Bowl. And if I'm a starter there, that's great. That means I'm doing something amazing. If I'm not, I just want to make sure that I'm competing every single day. I'm pushing the guys next to me. I'm pushing my teammates, whatever I can do to really help the team win.

(on how his high school basketball career has helped him as an athlete)

Well, I was a center and power forward playing basketball. So, I was in the post. I had to get tough down there. Especially playing football, that kind of gave me a little edge over some other basketball guys. I haven't really had to deal with football guys in the past, but I mean, that's just one thing I'll say with basketball, it's great for your feet. And if there's anything I can say to people around the world is I don't think anyone should ever specialize in one sport, no matter what a coach or trainer or whatever someone says. Playing multiple sports is one of the best things you can do, especially in high school, because at the end of the day, just be a high school kid. Like, go play sports. Back in the day, it was just play sports just to have fun. Like no one played to specialize in a sport and train for one sport. You would go play football with your friends and then maybe a little later in the day, you would go play a little bit of basketball with your homies and just keep going from there, whatever sport you could play. So I mean, just what I'll say is that basketball was great for feet, coordination is great for hand-eye coordination as well. It's conditioning and things like that. But in general, just playing multiple sports is a great way for you to just hone in on different skills that you wouldn't think you would hone in on the sport that you think that maybe your main sport.

(on what the poster is behind him where he is doing the interview)

Well, that's a good one. Look, let's look at this. So that's heart power, so this is my high school. OK, this is (various names of classmates). That's one of the core tenets that we have is called heart power and character at Berkeley Prep. So this is when I got my all-American jersey and they made a lot of great posters for us as

seniors, and they were able to make things for us. And one of the core tenants of our program at Berkeley Prep was playing with heart power and playing with heart power and character. Whenever you step onto the field, you play like every single play is your last play, play for your teammates, play for the brothers around you. And we call that heart power, and whenever you look at our jersey, if you ever look at our helmets, we see actually, you know what? So you see this right here. So that's a heart that's about heart power for Berkeley. So that's one of the talents we have at Berkeley Prep and that's what we do. I mean, here's all my seniors right here. So there's mine right here. So you didn't get a chance to see mine, but like what I'm trying to tell you is that like a lot of things I've learned from high school and from coaching style, that was my high school head coach, coach I had at Ohio State and I hope I'm going to bring to Tennessee. I hope that helps us win. Help us win it. Win the Super Bowl. Because the one thing I learned from high school if you want to win games at any level you need coaches that care about coaches, coaches who care about players, players who care about coaches and players that care about players. So hopefully once I get to Tennessee, I'm able to have those tenets be exuded through the team. However it is, whether it's by me being a great teammate, whether it's by me showing how hard I work every single day, whether it's by the power and character that I have on the field, whether by the grit and determination I have in terms of trying to get better every single day, I hope I could do that for the team.

(on how he is pronounces his name and how many time it has been butchered)

All right, so I'll start with the easy one. So it's Nicholas Petit-Frere, so 'petite.' And then it's like, 'Frair', but then put our friend to so rare. And how many times I've heard it butchered? A lot. But you know what? It's been getting good. I mean, I've met a lot of people that know French, so it's French for little brother. And I met a lot of people that know French and are able to speak it. Hopefully try to see some people in Tennessee that know French, too. But I'm just – I'm just happy to have the last name. I'm happy to represent my name. Well, for my grandparents, (recently) passed away. I'm happy to represent them and have their name, finally have their name become famous. I'm happy to represent the name for my mom. This is a huge moment for me and her. And if you ever got a chance as coaches or anything like that, what is the one thing that you have to do when you get to the NFL in terms of like what do you care about, is that, 'Nick (Petit-Frere) wants to take care of his mom. Nick just wants to make sure that she never has to work another day in her life.' And whether that would be through football or whatever job he had, he just wants to make sure that his mom is taken care of any way he can. So I'm glad, I'm glad I got a chance to play. I'm glad I'm getting a chance to play for Tennessee. I'm happy that I have all my people around me that are out in the other room. They're celebrating. More blessed to have an amazing mom and have an amazing family.