

HEAD COACH PETE CARROLL

(Opening...) “Well, a pretty exciting opener. Really a good, hard-fought football game. We got checked out on defense, we got checked out on offense. They did a nice job, and made it hard. When it came down to it, our guys were able to do what we needed to do to win. This league is really hard. Glad to get a victory. I think we saw our defense play lights out, all day long. They did a great job. They had a couple sudden-change situations, a big fourth-down stop. All kinds of opportunities to come through, and they did. They did a really good job. I thought our pass rush was really on it today. For the most part. We had a couple breakdowns, but other than that, and in the coverage we kept them in front of us like we wanted to. We were fortunate on a couple plays, too. I thought some stuff to mention was Russell’s game, to hang in there. You know he got kicked in the ankle pretty good. We never thought for a second that he wasn’t going to play. We just taped him up and sent him on back out. Really courageous fashion, I thought it was great. Then, to play that well, to be able to finish the game in that kind of fashion and make all the calls and do it all and elude the rush like he needed to, that was just fantastic. A lot of guys played well. Doug had a great game today, obviously with the big touchdown catch, but all the stuff in between. Great play on the 14 play drive. Jimmy contributed in there. It was just really good stuff. And I was really happy with the offensive line on that drive, too. It was very, very well done, and very together. Also, Cassius Marsh was ridiculous today, he was all over the field. He had a big mistake early, and came back and his presence was felt in big areas on the kicking game. Obviously, blocking the kick, that was a huge block, and a great effort by him, so I’m really fired up for Cassius. Jimmy got back, Thomas got back. We feel good about that. We didn’t overuse them, but we used them enough to get them going. Those guys will be able to play more as we move forward. On a day with so much going on, with the big event of 9-11, what our players had joined to do. We really wanted to get out of here with the win, and that’s what we did. I was very proud of those guys, in the way they’ve handled themselves and the way they’ve handled this thing. We’ll see what happens as we move forward. ”

(On whether the last drive showed Russell’s maturity ...) “Without question, he’s great at it. He’s just great at it. And Bev is great at it, too, and Carl up in the box, the three of them working the time situations. Just getting through it with that kind of clarity, which is really important. The communication was excellent. There wasn’t anything that went on there that wasn’t really comfortable for us to handle. That’s because we are really well prepared, and Russell is in a great frame of mind to do that.”

(On the touchdown play to Baldwin ...) “It’s a great play for us to call, and those guys are good at it. We had no problem, we knew we were going to get our plays in. We just wanted to

make sure we had all the shots available again. We've been in that situation before. We were very composed, and everything was fine, we knew exactly what was going on. We had all the time that we needed."

(On whether they had to call the game after Wilson's ankle injury...) "We looked after him a little bit. We weren't sure what he could do, and we didn't want to tax him too much. We kept him in the pocket more than normal, just to make sure that we didn't force him to go. On the fumble, the exchange, I don't know how it happened, unless he stepped right on his ankle, the same ankle. Whatever happened it did. So, he didn't get back to the exchange point. He made a mistake by trying to flip the ball. He should have just ate it. How could that ever happen, but it did."

(On the play of the offensive line ...) "We're OK. It was a good first outing. That's about as high-powered a bunch of guys as we're going to face, until next week. It was a great start for those guys to get through it. The penalties distracted us, really. It was a total field position game, and they kept us backed up the whole game. I don't know what the starts were, but it had to be inside the 20 for the game, the average. It was a lot of pressure on those guys. Mario is playing, and Cameron is playing on the outside, and Jones, and those guys are good players, man. I'm anxious to see the film. But, for the first game, I liked the way they finished, for sure."

(On the play of Doug Baldwin...) "It just looks like the same old Doug. Just doing his thing, getting open at the crucial times, making a great catch. How about the catch he made on the drive before the half. That was an incredible catch. He's just playing great football."

(On the running game with Christine Michael and Thomas Rawls...) "I liked the way we hit it. We didn't get as much space as we thought we would. That's not the way we expect to run the football. They were fine. They went after it with a lot of intensity. We'll see how it goes, we'll have to take a look at the film, to see what happened. I thought they did fine."

(On the prognosis for Germain Ifedi...) "We'll just open it up next week and see where he is. I can't tell you much. We'll see what it is, I don't know."

(On Wilson's injury...) "Yes, we have to look at it. We're going to look at it. He got in a bad situation there, the way he got kicked. You saw that a bunch of times on the replays. We'll see. It didn't even phase him, not even for an instant was he phased about that. We just talked about what we could do and he was fine with all that, and away we went."

(On getting Wilson back out on the field for the next series after his injury...) “We were ready to go with Boykin, but [Wilson] jumped back out.”

(On the injury to Proise...) “He hurt his wrist, he sprained his wrist. It’s not broken but it is sprained and they put a cast on him and he came back out and he was available for special teams in the second half.”

(On the potential of using Boykin at quarterback...) “We just warmed him up. If Russ couldn’t get up off the bench, he would have gone in. He got up. He mentioned something about Ben during that time, Big Ben coming off the bench with ankles and stuff. He said if he can do it, I can do it.”

(On getting Jimmy Graham back today...) “It was fantastic to get him back, and most of all for him. For him to be able to realize that he made it back. It was such a big injury, such an extraordinary rehab. I never saw him flinch in doubting that he would make it back, but it was a great accomplishment, and it was very emotional. It was very emotional. All of those dark hours, when he’s on his own at home, and he’s a million miles from being able to step properly with his bad leg and all that. Then to work through it at and make it back to this was incredible. I couldn’t be more fired up about him and his courage. And Thomas, too. Both those guys did that within two weeks of each other. It was amazing, a statement about who those guys are.”

(On the challenge of getting the offense into a rhythm...) “We were backed up so much, and we got ourselves in some penalty situations. We had a sack or two that messed us up. It just never got going. We need to run the football better to get our rhythm. It seemed like it wasn’t there, the way we wanted it to be.”

(On whether that was a physical blocking thing...) “I don’t know that.”

(On showing patience with the offense...) “We’re very patient. We’re a patient club, because we know that we can do things and get it done. There’s a belief in here that couldn’t have been more obviously demonstrated. There’s a belief that we can do it, and if we only have 3:37 left and 75 yards, it doesn’t matter. That’s a really powerful thing for a team. We have the experience and we have the leadership and we have the guys that can make plays, obviously. You saw them. That really is a great makeup of a team, to have that sense. You saw it demonstrated for a win today.”

(On the play of Jeremy Lane and DeShawn Shead...) “I thought both played well. They made a lot of plays. Jeremy had a good game, a really active game. They did nice stuff. Most of the stuff, there’s a couple misses that we had, there was a big post route that we messed up on. That’s just something, we just missed it. Other than that, I thought we did a lot of great things in coverage, too.”

(On the play of Cassius Marsh...) “He had a great day. It was just a great day of playing football, because it happened in special teams, coverage, it happened blocking the kick, it happened rushing the passer. They were all significant plays in the game. How does the backup guy be able to have that much of a factor. That’s because he’s a terrific player. He really is. He made the very most of his opportunities. He made a mistake in there, too. He got his butt chewed on the sidelines, but other than that, he had a fantastic day.”

QB RUSSELL WILSON

(On how his ankle is feeling...) “It’s a little sore, but I’ll be alright, with a little ice and a little prayer, some treatment. We had to do whatever it takes to win, and we were able to do that. The offensive line did a great job tonight. I think we had three sacks, and I’ll have to look at it, but I think two of them were my trying to get out and run and not get any yards. I thought the line did a great job, they gave me time. The receivers did a phenomenal job, they were on it. It was exciting to see Jimmy Graham get back in there, and make that big time catch when we really, really needed it. He did it just right. That’s why that makes him one of the best tight ends in the game. He just knows what he’s doing. Everybody played at such a high level when we really needed to, and Thomas Rawls got back in there, it was great to see him running the football well. And C-Mike ran the ball really well, too. It was a complete team effort, and the defense was lights out today, as always. We believe in those guys, we trust those guys, they trust us, and that’s what it’s about and that’s what championship teams do. We just take one game at a time, one day at a time and hopefully let it build up and see how far we can go. It’s just one game, but it’s a good thing to win the first one.”

(On his ankle injury...) “I was trying to go down. I was trying to cut inside and go down. It was just a freak accident. I’ll have to look at it on film. It happens. You just keep playing. I kept telling the guys that I’ll play on one leg if I have to. Whatever it takes. The guys did a great job of stepping up and making the plays when we needed to. Man, that’s exciting football.”

(On his confidence in the offense on the final drive...) “I’m very confident, I’m always confident. I always say to you guys, and I say to the team and everybody: Two minutes, give us the ball. We want it. I want it, and that’s for sure. As long as there’s some time on the clock, we believe we can make it happen and we were able to do that today. We were clutch when we needed to. We were precise when we needed to. We were gutsy when we needed to. And ultimately we made the plays when we needed to. That’s the key. The great thing about the huddle, and the two minute situation there, is that everybody is so poised. That’s a testament to the coaches and the practice that we put in. And a lot of the experience we have to, with a lot of those guys, and some not-experienced guys with us, but have played a lot of football. The

line was as calm as could be, we made some great protection calls. We were on it, we were clicking, we were doing our thing. Doug Baldwin comes up with a big time touchdown catch which was exciting to see.”

(On how limited he was...) “I was pretty limited but I was telling Coach Carroll and some of the trainers, when I’m 43, 44, 45 years old and still playing, that’s probably what I’ll look like out there.”

(On whether he ever thought he could not get back in the game...) “No shot. I was going out, no matter what. That’s just my mentality, whatever it takes. We have to find a way to win.”

(On how hard it was to scramble for 4 yards on the final drive...) “When the game’s going on, not difficult at all. You got to be competitive, you got to get as much as you can, be smart. I wasn’t going to run by anybody necessarily as fast as I would hope to. But, just get as much as I can, salvage the play, get a positive play and move on to the next one, just keep playing ball.”

(On how he had to adjust...) “I didn’t really adjust my game too much. When it comes to the passing game, I just trust my reads and do the same drop steps and play ball. Like I always tell you guys, I don’t really want to run unless I have to. For me, it’s throwing to the guys that we have. They’re such talented receivers and tight ends and running backs. Just get them the ball. The line, like I said, they were a solid wall to day. Those two sacks, they were me trying to run, and they made a good play and stopped us right at the line of scrimmage, I think. I thought we did a great job.”

(On the interception...) “We were playing fast, in a good way. I think I had C.J. running down the side and he turned up. I didn’t really see what happened, I thought he was wide open, I thought it was going to be a huge play honestly, so that’s why I let it rip. I have to watch it on film. They made a good play. Always want to make smart decisions, you never want to give the ball up, that’s one thing I hate. I want to put our team in the best position we can possibly be in. You just grow from it, you learn from it. That’s what I love to do. Just watch the film and see what happened.”

(On a comparison to Ben Roethlisberger...) “I’m trying to think what I said. First of all, when I said the 43, 44, 45 comment to the trainers and coach Carroll, when I’m 43, 44, 45 years old I said this is what you’re going to get, so get used to it. That type of thing. I said something about Big Ben’s toughness and I also made a comment about Leftwich and guys like Tom Brady. They’re not moving that much, but they can still play the game. That’s a respectful comment to them, because I think they’re great quarterbacks, and what they can do. I love watching Tom

Brady and Ben Roethlisberger. Just the toughness that they show, they're great players. Ultimately, like I said to you guys, for me I just want to get the ball to the right guy at the right time and trust the play. The line did a great job. You have to give credit to our defense too, they came up clutch. And that block was huge, too. That was pretty cool. "

(On how different it was for him to say inside the pocket...) "Last year I stayed in the pocket and just hung out there and it worked out pretty well. I don't mind standing in the pocket. That's a good thing. We made great protection calls. We blocked them up really well, I thought. It's a very, very tough defense, but we made our plays. The ultimate competitor in us came out, and rose to the occasion. We made the plays when we needed to, and we believed when we needed to, and we believed in one another. We never doubted, we never wavered and that's an important part of our success that we've had in the past, but the past doesn't mean anything. The only time is right now. The only time is the opportunity that we have in front of us. We just came up huge with that one. We have to clear our heads and get ready for the next one. "

(On how different it was to be limited in what he could do....) "It didn't really change my mindset. I knew that I was going to run it when I needed to. I never play scared. For me, I'm going to run it and I'm going to make the play when I needed to. If it's trying to pick up 4 of 5 yards, get something positive. But also being smart. I'm not going to scramble around and do my spin moves and all that kind of stuff. Just get the ball out, be on time, trust my reads, keep my eyes downfield, make the plays when we needed to. Keep trusting the playmakers that we got, because we've got a lot of them."

(On the fourth-and-4 play on the last drive...) "It came out, and we decided to call time out. We had plenty of time left. I think three was 2 minutes and 5 seconds left on the clock, and I said you know what, let's call time out right here. We have time. I just knew that we could get a first down. So, we discussed the play, we kind of talked some things out, and we came up with a good play. Doug came open, and he did a great job, that's why that makes him one of the best receivers in the National Football League. He got open and made a great play."

(On what the pregame gesture meant to him...) "It meant a lot. Obviously, this country, we've gone through so much. The African-American community, we've gone through a lot. For history, and all of the things that have gone on. Not every police officer is a bad police officer, and not every African-American is a bad person, and vice versa. I think ultimately, when we look at our football team, the people that we have in our locker room, there are so many different guys that come from so many different social-economic statuses, different races, different relationship situations, and all that, and mixed kids, just a lot of different situations.

When we look across the board at our team, we really know how to love one another, we really know how to respect one another, and it comes down to respecting one another. It comes down to appreciating one another, understanding that God made everybody different, made everybody unique in his own image and ultimately being able to go to the idea of love. For me, you guys know my faith, for me I always look at the word. Love is the greatest thing there is. When I think about that, that's the only way we can heal the world, we can all appreciate one another. Coming together, vs. apart. Ultimately, 9-11 was such a crazy moment, obviously. I have family that lives in New York. People that are right around that, friends and all that. That experience just in itself today, to pay tribute to that, too, as well. That was 15 years ago, but it feels like it was yesterday. I still remember the classroom I was sitting in, I remember the moment I was in class, just that whole experience. I'm just grateful for our teammates. We want to be able to show love, we want to be able to show unity, we want to be able to show togetherness in the chaos. Ultimately, if we can come together as a country, and as people, and if we can change Seattle. That's one of the things that we talked about. If we can just try to help heal Seattle in itself, and then move on to the next city, and hopefully heal that city, and move on to the next one and hopefully we can help change the world one city at a time, one person at a time. That's the reality, if we can change the heart of one person, and let that person change somebody else's heart and soul and viewpoint. And understand to respect, and learn more about other people and build that bridge like we talked about. That's what it takes to help the world. And it shouldn't take a tragedy, it shouldn't take catastrophes, it shouldn't take situations to do that. Why do we have to wait to do that? Our team, our goal was to challenge other people to build that bridge with us, not separate but with us. We want this city to come together and be able to do that."

(On what are the plans for his ankle over the next couple of days...) "I don't talk about that kind of stuff. I'm not sure if coach talks about that, but I never talk about anything like that. But, I'll be all right. I'll be ready to roll."

(On winning the game in the way you did...) "Ultimately, we want to win, however it takes, no matter what it takes. I think it's a great thing that we can win a game. It's a very, very tough defense. A very well-coached defense and team. To be able to win at home, in a challenging situation, first game of the year. To have and display such great poise, and toughness and competitive edge, and ultimately clutchness, and guys being able to come up with great plays and great catches and great runs and great blocking. That's a great thing. It only means one thing. We're 1-0 right now, and we have to look forward to the next week, and focus on the next opportunity, and we're playing a very, very tough team in the Rams. So, we have to get ready for that. Nothing else really matters besides getting prepared for the next moment. The story will tell itself, but it's a good thing that we won. We like winning, we love winning. It's an

addiction to win. We want to keep that going, we want to continue to believe in one another, trust one another, and do whatever it takes to win. If we can do that, we're going to have a chance."

(On the touchdown throw to Baldwin, what were you expecting...) "Without saying too much, it was a great route. We have a lot of games left, I don't like saying anything to you guys. The power of social media these days, and everything else. I'm going to keep my mouth shut on that one. But, it was a great route, one-on-one matchup. One of the best receivers in the league gets open. I have two great players over there in Doug and Kearse, so give them a chance and let's see what happens. I had all the confidence in the world, and we came down with it, and it was awesome."

(On getting Jimmy Graham back...) "To get Jimmy back, it's been an emotional time. Jimmy and I are really close. It's been an emotional time, because he came here with such high expectations. I thought he did a great job, when he was playing. He had a decent amount of catches, like 48 catches before he got hurt. We were all really trying to get in the groove, all of us, not just him, but everybody, including myself that first half of the season. To have him get injured, and to have him go through all the things he had to go through to get here. First of all, it's a testament to our trainers and people who were helping, but it's a testament to his heart and soul, and what he really wants to do. He wants to be great. All 11 guys in the huddle, we want to be great. That's always the case. Jimmy Graham always displays that every day. His mentality, his toughness, his edge, his passion for the game, it doesn't get any better than that. You think about guys like Thomas Rawls and Jimmy, those guys have come back from their situation and played at such a high level. Then Jimmy comes up with such a huge catch and run the route just right, just perfect, and boom, he makes the player. He's a great player. To add him to what we have going on from last year, and the successes that we've had, it's a good thing, and it doesn't mean anything yet. But, I have high expectations, and our whole team has high expectations because we work at it. It's not just a hopeful thing. We work at it, we believe in it, we trust in one another, and when you put the work in, you expect great things out of it. So, for Jimmy I know it was his basically his stepmom Tammy's birthday today, too. So, she's in heaven, and we want to wish her a happy birthday. It's an emotional day, to be able to come back from all the injuries, and the injury that he had and to be able to come in his first game and be clutch for us. The situation that he was in, too, and Tammy and all that, it's a special day. It's a special day for our troops, too, the 9-11 thing, so it was an emotional day and a great win, too."

"Build a bridge. Go 'Hawks'".

RT GARRY GILLIAM

(On the last drive) “Personally I think it just shows the character of our team. To be in a situation like that. Convert on two first downs on that last drive and be able to stick it in there for the touchdown and win the game. I think it shows the character of our entire team; Offense, Defense and Special teams. Plays were made on all sides of the ball. Obviously to get that win at home to start the season off the right way with a win is definitely good.

(On what was different about this first game vs. preseason) “You have to make adjustments on the fly. You can game plan against the defense. Every week they’re going to bring out something you weren’t expecting. It’s just a matter of adjusting on the fly, adjusting offense, defense when you’re on the sideline and going out there and performing. It’s about handling your business and going out there and doing what you need to do.”

(On the energy in the huddle the last drive) “Honestly, it was a calm focus. We knew what we had to do. We knew what the situation was. We practice those situations in practice every day. It was the same things just separate the situation from what we’re doing. Go out there and make plays.”

WR DOUG BALDWIN

(On the Seahawks offense) “It goes back to our formula, our mode of operation. It doesn’t matter how you start but how you finish. So yeah, our offense looked ugly in the first half. We weren’t consistent and we weren’t completing drives. However, when the plays count, we know how to finish. We’ve shown that for the past five or six years now, five years, so it shouldn’t be a surprise. For us, obviously we want to start cleaner, we want to do things more consistently, but you can always count on us to execute at a high level when you need to finish things.”

(On Russell Wilson playing through an injured ankle) “He’s a tough dude. It’s not just his mental fortitude, but also his physical prowess and what he brings to the table in every facet. I told him, ‘You need to suck it up,’ and he said, well I can’t repeat what he said, but he let me know it wasn’t going to affect his play, and obviously he showed that.”

(On how it felt being back in the regular season) “Playing football again. We love it. We absolutely love football and couldn’t wait to get back out there and get away from all the distractions, everything that’s been going on, and just play the game that we love. I couldn’t be happier and more proud of my teammates, not only for the things that we’ve done, but obviously how we won the game. It’s just a very proud moment right now.”

(On executing a late in the game touchdown) “Well first of all I have to give a lot of credit to Russell Wilson, because that was not the play call. We had discussions before about what we were going to do if we had certain matchups that we liked, and it was actually not on that play. He saw the situation that there was a matchup that he liked. He switched the play and fortunately enough, Jermaine [Kearse] and myself were able to execute it at a high level. Russell did an excellent job of reading the defense and

putting us in the best situation, making the call, and then obviously delivering the ball so we could win the game.”

(On the fourth down play prior to the touchdown) “That goes to giving credit to our OC [Offensive Coordinator] Darrell Bevell. He had a lot of trust in us, the receivers, Russell [Wilson], he gave us trust and he was confident in us that we were going to make the play. It was the play that we practice all the time, we love to have in those situations, especially with teams that like to go man-to-man, and he gave us the opportunity to win. Fortunately enough, again, it worked out for us.”

(On when they were lining up for the final touchdown play) “Honestly, [Russell Wilson] has never changed the play to that play before. In that moment, I’m thinking what is he doing, but he has shown the propensity to do miraculous things and that play was no different. He put us in the best possible situation. My hat’s off to him, I have to give him a lot of credit, because he wouldn’t have done that in the past.”

(On the inconsistency in their offense) “You’ve got to give a lot of credit to Miami. Those guys get paid over there to do what they do, as well. They showed us some things we didn’t see on tape, and that’s to be expected. Obviously they’re going to put some defenses in to try to surprise us, and they did a great job of doing that. Fortunately enough, the mental fortitude of the guys that we have on our team are capable of taking those clues and hints that they give us each down and formulating a plan. When we came out at halftime, we had a plan to go forward to make sure that we were taking advantage of those opportunities.”

(On how limited Russell Wilson seemed to be with his ankle) “You could tell it was bothering him, but you could just see the process in his head. The mental process that you have to go to in order to push out the pain. You could see that going on, through his body language, and fortunately enough for us he was able to do it.”

(On how they prepare for being a ‘clutch’ team) “You treat every situation like a clutch situation. We talk about it all the time, it’s not how you start, it’s how you finish. We want to finish just like we finished. We try to emulate starting that way, as well. Also on the front that we treat every game like a championship opportunity. It doesn’t matter if it’s a preseason game, the first regular season game, or the Super Bowl. We’re going to treat it like a championship opportunity, so in our minds, being clutch is just what we are, it’s what we do.”

(On what he thought when Russell Wilson was scrambling for yards after his ankle injury) “Get down. When I looked at him and saw him running, all I could think was for him to get down.”

(On how much dialogue on adjusting plays happens during the game) “Let’s not get it confused. We have a game plan, the plan that we’re going with. However, there’s a lot of things that happen on the fly, that we have to adjust to. The guys that we have on this team, they’re intelligent human beings. We can dissect a defense and say, ‘Hey, they’re not doing what we thought they were doing, let’s adjust on the fly and do something we know we can win with.’ Again, I have to give credit to our head coach, our offensive coordinator, the D-line coach, the running backs coach, the receivers coach. They trust us so

much that they listen to what we have to say. In any relationship, communication is key. Since we have that healthy communication, we're able to do those things, and it worked out for us."

(On why they chose to cross arms during the National Anthem) "It was on a unified front. We wanted to do something together as a team. The statement that we're making, is obviously we want to honor those lives that have been lost 15 years ago on this tragic day, and also honor those who have sacrificed their lives for the freedom that we cherish. At the same time, we're standing for those lives that are fought for that freedom. We want to ensure that freedom and the security of justice for all people. It's a situation for us where you've heard us. The message is very clear, you've heard us. Now we're asking you to listen to our message. It's as simple as that."

(Whether their message is the same as Colin Kaepernick's message) "It is. Let me clarify that for you. The message that we're sending is, yes, there are things in our country that need to be changed. But that's why our country is so great. We're never afraid to face those challenges head on and make those changes. We're never afraid to make the uncomfortable the norm, and that's why we're so great. To us, in this locker room of 53 guys, we believe that as a team, the only way we're going to win the Super Bowl is if we do it together. That's where we arrived, that if we're going to do this, we have to do it together. Of course like I said, there's a lot of things that need to happen, need to change, and fortunately enough, we're in the greatest country that's capable of doing it. We've come so far, you can't take that for granted. We've come so far, but that doesn't mean that we rest on the world when we have so far to go."

(On his emotions during the National Anthem) "I don't know how to describe it, honestly. When they're rolling out the flag and you hear the whole stadium chanting, 'Seahawks,' it's a very proud moment. Again, it's unifying our team but it's also unifying our stadium, it's unifying our communities, it's unifying our state, and hopefully it's going to unify our country to where there's a message that needs to be heard. You heard us, now listen to us. That emotion that I had at that time was one of being proud in that moment. Like I said, we've got so far to go, and we've come so far."

(On what change and progress looks like to him) "I don't know. We know that there has to be change and progress. Change is inevitable, change will always happen, but you have to apply direction to change, and that's when it's progress. Right now what we're doing as a team, we have a follow through. The difference between a mob and a movement is a follow through. That's what Harry Edwards told us when he came and talked to us for three hours about the situation that's going on in our country right now. He said the difference between a mob and a movement is a follow through. So our team is united together to have a follow through. At this very moment, we're scheduling meeting with the mayor of Seattle, with police chiefs across the country, across the state I should say, and we're discussing ways to just start discussion. That's the first step, is to have communication. We need to know the perspective of other people. The greatest tragedy for any human being is going through their entire lives believing the only perspective that matters is their own. We need to break down those walls and barriers and get people to see that there's perspectives outside of their own eyes."

(On whether they will cross arms again during the National Anthem next week) "Tune in."

(On what he plans on doing in the meetings with police chiefs) “Just have a discussion, just talk. We want to know from their perspective. We’re normal human beings just like anybody else, and we don’t know what we don’t know. The easiest way for us to start moving in the right direction is for us to get as much knowledge as we can, to listen. Like I said, you hear our message so listen, and we’re going to do the same thing on our front, listen.”

(On whether everybody is on the same page) “Yeah, it’s not just myself. Like I said, we have a bunch of guys on our team who have intellectual minds who are hungry for change, hungry to help progress, hungry to help the guy next to him because that’s what we do as a team. We want to emulate that not only in our locker room but also in our communities.”

WR TYLER LOCKETT

(On him dropping the ball) “No, I just dropped it. You can’t do anything about that. You know where you are whenever bad things happen; you get to see where you’re at. When good things happen to you all the time, you need something to get you going even more. For me it’s just back to the drawing board nothing changes. I’ll just spend more time on the jugs and stuff. Like I said it’s a mental thing and even when you drop it you let that play go. You keep on playing and that’s exactly what I did.”

(On did the drop fuel you on the return that help set up the game winning drive.) “Yeah, like I said any opportunity. Whether it’s throwing the ball or whether it’s our return game. We didn’t really get to many returns as far as kickoff return. But we we’re able to get something going on punt return and we thought we we’re going to be able to break that one. I’m eager to see what happens.”

(On who took the lead in the fourth quarter comeback) “I think everybody did. I think Russell [Wilson] did. I think Doug [Baldwin] did, Jermaine [Kearse] did. We practice this every single day. As far as our walk through, two minute drill, we have different situations. I think we went out there and we really got it done. We had two fourth downs that we needed to get. We definitely got them, Doug [Baldwin] made a big play on that fourth down and he made a big play on that touchdown. Like I said it looked just like walk through.”

RB THOMAS RAWLS

(On how the team finds a way to dial things up when there’s urgency) “Not leaning on one person and leaning on each other. The love in this locker room, the passion in this locker room, the leadership in this locker room. When you got that all intertwined, oh my God it’s something special as the world can see.”

(On figuring out their continuity) “We’re very close and we can only get better and improve with each other. That’s one thing about us we look for those challenges. We look—when guys make mistakes for them to fix it or we make it right for them. That’s what teammates do and that’s one thing that we really pride ourselves on. “

(On what it was like to be a part of the pre game ceremony) “Most definitely, it was very special. I think it’s a huge message just building a bridge of unity. Good people, good people it doesn’t matter the skin

color or anything like that its just good people. Loving one another and hopefully that bridge can expand and a lot of people can join.”

T BRADLEY SOWELL

(On the early quick passes...) “I’m not sure, I just took the first couple of plays and rolled with it. I don’t know what the actual plan was, I guess just to move them a little bit. But we started the game out a little slow.”

(On finding the offensive rhythm in the second half...) “I felt like every time we started to get a rhythm, we got a penalty somewhere. I had a couple of holding penalties but we stayed on schedule for the most part. We need to make more plays and we need to put more points on the board. We had too many first downs and not enough points.”

(On getting back into regular season games...) “I wish we would’ve come out a little bit sharper and done a little bit more today. We need to clean some stuff up and it’s a lot easier to fix stuff after a win rather than after a loss.”

(On the offensive line holding up while needing to convert fourth downs...) “We were out there battling. In that situation in the NFL you have to protect him and you have to give it your all. We were hanging on as hard as we could since they were pinning their ears back. We knew who we had back there and he was able to make the plays we needed to make.”

(On the Seahawks winning close games like this...) “I don’t know anything about losing. I’m used to winning and I feel pretty comfortable in that situation, I’m not going to lie.”

C JUSTIN BRITT

(On the offensive line play...) “We were going out there and being aggressive and doing what we always do. We were doing our job and communicating well. We communicated well all game and we need to get in there and see what the film says.”

(On playing with this offensive line unit in the first regular season game...) “All of us have built a really good relationship and J’Marcus [Webb] is one of them. He’s been switching over at right tackle and left tackle and he played guard all last year so it’s not new to him. The only thing new is the system. He’s done really well and he’s learned it. As long as we can communicate and be on the same page, it’ll only make us stronger.”

(On if the offensive linemen were on the same page today...) “Yeah I think we were for the most part. There’s always going to be some game time adjustments where they do some things that you didn’t

expect. For the most part we were right on it and it really comes down to technique and doing your job.”

(On what the win does for the team...) “We come into every week expecting to win. It’s hard to win in this league and you hear that a lot but this is a great boost. We have a great test next week in St. Louis and we’ll get prepared for that but we’ll enjoy this one. It’s a quick turnaround and we need to get ready to go.”

CB RICHARD SHERMAN

(On how he felt about the Legion of Boom) “We’re feeling pretty good. We played well today. We gave them some trash at the end but overall we played a great game and we did what we’re supposed to do.”

(On their goals for this season) “Our standards are always high. We always have a high standard for our defense in general and our secondary. That’s what we’re trying to live up to. We don’t think about the outside world or the outside expectations. We keep our stuff in house and continue to strive for greatness.”

DE CASSIUS MARSH

(On his play today...) “I just felt good. I felt good today, just starting off the day. I had put in the preparation to be ready for the game, we all did. I was just going out there and trying to take advantage of every opportunity I had on every play. I was able to make some big plays for the team.”

(On what happened on the field goal block...) “We talked about it on the sidelines that on that certain play it was open for the block. We went out there and executed. Mike Morgan had good [penetration] and the guys inside were killing the tackle and guard. They made them jump and I was just able to get through and get the block.”

(On the strip sack at the end of the game...) “Me and Frank [Clark] ran a ‘Tex’, Frank killed it and it opened it wide open for me. [Ryan] Tannehill tried to get out. He’s athletic obviously. I was able to chase him down and get the ball. He put the ball behind him and I was able to go get it.”

(On if his special teams’ mindset has carried over to his defensive stops...) “That’s everything in this game. You’ve got to take advantage of every rep that’s given. You never know when it’s going to be your last one so you’ve got to take full advantage of every opportunity you get and I was able to do that today.”

DE CLIFF AVRIL

(On how the team came to the decision for the pregame demonstration...) “I mean we just wanted to do something as a team. That was the agreement we came about. Just bringing some light to it. For me

personally that's what it's all about, just getting the conversation started. With all of the things that are going on, a lot of people are acting naive to. Just to get that conversation going is huge."

(On the conversation shifting from protest to demonstration...) "I mean what exactly is protesting? You can call locking arms protesting, I don't know. For us, we were just trying to figure out what we wanted to do as a team and that's what we came up with as a team. Hopefully people continue to talk about it because that's the big thing for me, to get the conversation going."

(On where does he things the conversation will be in a month from now...) "Continue doing the same thing. I know for me it is. I think we're going to keep it going. That's the problem with the society we live in now. Everything is changing week to week. It's great [that] a lot of guys throughout the league are doing some things and hopefully we continue to do it for the next 16 to 17 weeks."

(On if the team plans to lock arms every week...) "We plan on doing something every week."

DE FRANK CLARK

(On the team and finishing at the end...) "Our philosophy is about having each other's back. Everyone has one another's back. When we say that, you come in the locker room and the offense tells you 'I got your back.' We let them know that we've got their back no matter what. No matter how the game is going. Good or bad you've got to stick in there and fight it out."

(On getting a sack in the first game...) "Yeah, I got one. I wish I would've got two or three. At the end of the day we had four in total so I think that was a plus. We rushed good as a unit and we've just got to keep getting better."

(On if it was a tough physical battle...) "It was tough. When you have a defense like we have, it's going to be tough. We're going to make it tough regardless. Any team that comes in here, this is our turf and you've got to come with it or you'll get sent home packing. This is our field and one thing that we have is a lot of pride. We play with that, especially here for our 12s."

(On the pregame message about unity...) "Just being a unit. At the end of the day you've got guys on this team with different emotions and different feelings. This shows that when you're coming together for one cause, when you're coming together for something that is good and something that you think is right as a whole, it shows. It showed out there. If I can remember, it wasn't one guy out there that wasn't with the team on that. That's one thing we dedicated to each other. To be together no matter what the situation was and that's what we made happen."

DE MICHAEL BENNETT

(On how were the emotions on the field) "I mean it's always emotional when you're down in a tight game. You just want to get that opportunity to be out there to win the game. With the game being put in the s hands, you try to make a big stop. Cassius [Marsh] made a lot of big plays. [As well as] Jarran

Reed, Cliff Avril and Tony McDaniel. We had a defensive line game today where we held them a lot to short yardage.”

(On how he saw Ryan Tannehill try to adjust) “They just tried to mix it up with a lot of quick passes and a lot of short passes. Quick passes are considered runs for them because they try to get the ball out really quick and it was only a couple times that they really held the ball because we were back there a lot today.”

(On the offensive line) “Right, those guys are doing a tremendous job this year, those guys are giving their running backs five and six yards before we even get touched. Guys are hungry, a young group of guys and those guys get the job done, those guys like playing.”

(On if he has ever seen Russell Wilson physically compromised before) “Compromised? You can’t really be compromised when you win the game. Obviously he was great if you watched the game because when it came to the defining moment of the game, he did what he did. That’s what you do under pressure. That’s why I define him as one of the best quarterbacks in the NFL because the great ones play good under pressure, the bad ones they get [stuck] in their mind. He never got rattled. Physically he was still great.”

(On what the pregame demonstration meant) “Technically we just wanted to say that collaboration is one of the greatest things that a human being can do. To realize that people are different but we can still work together. In the community it’s going to take everybody to build a bridge to build something great. Of course there’s social injustice all along the NFL, all along the United States and we understand that. But we understand that that should be open dialogue and people have to be able to listen, to be able to see what the change is. For us, we want to be able to build that bridge. The things that we already do in the community. It’s not like we just started doing this. A lot of us have foundations. A lot of us are working in the community. But what we want to do is work well with the people around. We need everybody to realize that just because somebody is different, it doesn’t make you better than them. They’re still a human being and you’ve got to respect them and learn about them. Take the time to get to know somebody. Know their culture because when you know their culture, you understand that they’re different and you respect that.”

(On if the unity shown during the national anthem is something they plan to do for the rest of the season) “I think we plan on doing it every game. I think we plan on really showing people how to bridge the gap. I think there’s a big gap in America. Obviously a lot to do with the education system, a lot of social injustice going around. All we can do is use our platform to make sure we keep the kids in the community. We want them to give back. We want to create an idea of sustainability where the kids love their community and want to give back to it.”

SS KAM CHANCELLOR

(On how the team handles adversity so easily) “We’re connected together. We all believe something’s going to happen, offense making a play, defense or special teams. Somebody on the squad is going to make difference and turn things around. I think we all have that mindset. We’re all connected on that level. We all believe that so it keeps us poise when adversity comes.”

(On Cassius Marsh and the young guy’s performance) “A lot of the young guys came out there and balled man. It was expected from them, they had a great training camp. They had a great preseason, I saw them make a lot of plays. We’re all connected, we all contributed to making plays when it counts and they stepped up.”

(On what was it like to watch Russell Wilson and the offense march down the field knowing he was hurt) “Looked pretty normal to me. It doesn’t matter; guys always get nicked up during the game. But they finish playing because they care that much about their brothers. They want to be apart of the victory and make a difference. It just shows how strong you are as a man, as a character and as a teammate to stand in there and march down there and get the score.”

LB BOBBY WAGNER

(Open) “These games are hard to come by and we appreciate the wins. It’s our first game and we’ve got a lot of things to look back at and fix but we’re excited with where we’re at.”

(On last year things went the opposite early in the season) “Yeah a little different like you said. We’ve got a lot of comradery right now. We’re really together right now. I think we’re good, we’ve just got a few things we need to clean up. I’m excited with where we’re at.”

(On what a close game does for his mentality being that he’s been in them before) “Just knowing that we can pull these games out if we just keep believing and keep fighting. There were a lot of times where we could’ve gave up. Even when they got that score at the end we could’ve gave up but we showed grit. We can just keep building on this win.”

(On if they knew what they had to do during that last defensive drive to win) “There’s not too many teams that can drive on us from their 20 or something like that. They were going to have to do something impressive. We knew all we had to do was stay on top and keep everything in front of us and make plays.”