

## **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 there 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'".