



## **DENVER BRONCOS QUOTES**

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### **DENVER BRONCOS QUOTES (4/25/17)**

#### **RUNNING BACK C.J. ANDERSON**

##### **On how he felt today at practice**

“It definitely feels good to be back. Everything feels good. Everything is going according to plan. I’m excited about that.”

##### **On differences in offensive styles**

“There is a lot of cross over. A lot of similar things. Definitely some different tweaks. Me and him (Offensive Coordinator Mike McCoy) had a conversation today about some things—the difference between why he does certain things and why ‘Goose’ (Miami Dolphins Head Coach Adam Gase) did it another way. It’s just good to hear his philosophy and it’s fun and I’m excited.”

##### **On the status of his knee**

“It’s close. It’s really, really close. I’m out here running around full-speed as much as I can. It’s something that I wasn’t able to do since October. It’s really close and I’m excited with the progress that ‘Greek’ (Director of Sports Medicine Steve Antonopoulos) and them guys—[Assistant Athletic Trainer / DPT] Billy [Voltaire], [Head Athletic Trainer] Vince [Garcia], [Dir. of Rehabilitation / Asst. Athletic Trainer / DPT] Dustin [Little] and [Assistant Athletic Trainer] Mike [Sundeen]—there’s plenty of them in there. [Athletic Training Intern] Ryan [Ross], give it up to them. I’ve been pushing myself to try and get back.”

##### **On whether he will wear a brace on knee**

“No brace. I made sure I worked hard enough to not put a brace on. I do not want to be walking around like a robot.”

##### **On his personal timeline of recovery**

“I want to be full-go when I’m ready. As soon as I’m ready to full-go, that’s where I want to be. I don’t want to set a target of where I want to be or where I need to be. The goal is to be full-go the next day. Just be better the next day than what I was. Be better tomorrow than what I was today. So hopefully, tomorrow I’m doing a little bit more than what I was today.”

##### **On frustrations of sitting out during second half of the season**

“It was just frustrating as a player. This is my fifth year, going into my fifth year—I didn’t play my rookie year. I played half the season my second year. The other two years, I’ve been nicked up. I make a routine cut, the same cut I’m going to make a thousand times, the same cut I made a thousand times before I got hurt. It was just a routine cut, and that’s the frustrating part about it. When it’s something that you do every day that routine, you try to just figure out what to change, the little things, but you still don’t change everything. Everything happens for a reason and it happened to me and I’m learning from it.”

##### **On his patience during recovery**

“I’m patient to a point. I’ve done some things in the past, and I’m not going to give them up, but I’ve done some things in the past where I’ve tweaked it. It wasn’t a setback though, but I tweaked it. That’s just me not listening. I’m patient enough. You’re so close that you just want to go. But, these guys have been doing it for a very long time. ‘Greek’ has been doing it forever. I’d be an idiot not to listen to him.”

**On what he was doing today during practice**

"I was having some fun out there. Just a tad bit. I been cutting for a while now. We've just been building it up slowly. This part of the process is just football. It's all reaction. Telling me where to cut or go to that cone and cut or go to that bag and cut, I believe I can do that to the best of my ability. Now, it's just reaction. It's just reading things."

**On any mental holdbacks during recovery**

"No, not at all. As long as you're playing football, with our new system, everything comes back. As long as you're playing football, once you hear the call, just go play football."

**On his weight**

"It happens. If you sit down for five months with a crutches and brace—let's see what you look like after five months. That's how I look at it. I've been boxing. That's something I've been doing to stay in shape since I wasn't really running. Now I'm back into running. I came back 223, so I'm happy about that. I play anywhere between 218 and 222, so I'm not upset."

**On his goal weight during the season**

"That's how I feel. I play my best when I'm there. The best thing is conditioning. You learn it every year. Instead of going three or four plays in a row, go five or six plays in a row. Then eventually, go six or eight in a row. Just try to get as many plays as possible before you tap yourself out and need a break, because, you will need a break in this game. That's just the truth."

**On adding boxing to his workout regimen**

"I've done it before. I did it in 2014 with [WR Demaryius Thomas] D.T. and [former Broncos WR Andre Caldwell] Bubba when Bubba was here with a guy. I've done it before and now I'm getting back into it. I just thought it would be something that works really well for me. The fact that I wasn't running at the full speed that I would like to at the time—I'm still doing it now. I'm going to miss this week of course because of mini camp and we're out here a little later, but I'll get back on it. It definitely makes you think when you're tired. That's the good thing about it."

**On his top scores in bowling this offseason**

"I just went to Arkansas and I came back from Arkansas and took second there in the doubles with me and my man Brett Cooper. It was a little doubles tournament. Other than that, probably my highest score during the offseason was about 270. I've made some tournaments. I missed some cuts, really, really close by two or three pins. Those PBA guys are really, really good. I'll find my way in there. My goal is to make my first PBA cut. I'm on my way of pursuing that. I've got about two or three more tournaments before I put the balls down for good. Hopefully I can make it."

**On conversations with Marshawn Lynch**

"My man 'Money' good. We kicked it a little bit this offseason. He looks really good and in shape."

**On how Lynch is doing**

"When your name is Beast Mode, everything goes good when you're name is Beast Mode. He's still going to be Beast Mode. That is one thing I do know. He loves the game. He definitely misses it. Whether he comes back or not, that's up to him. I'm not going to tell y'all. Good luck to my guy."

**On whether it would be weird facing Lynch twice per year**

"No, it won't. We're tight. It's funny how you said that. To be honest, I told him you want to come back because he has his Beast Mode store in Oakland that will just run up the streets in Oakland. It's a great endorsement and marketing deal for him if he can make that happen. If he can find a way to get that in Vegas, then he's really putting his investments in the right places."

**On how he looks at draft week**

"Every kid doesn't get an opportunity. When you get your opportunity, make the most of it. You're going to have some people in your position that were drafted higher than you. They'll get 10 reps and you'll get one rep. If you do one rep wrong, that's why you are undrafted. If they do nine reps wrong and one right, one perfect, that is why they were drafted. That is how I look at it."

**On whether he wishes he had been drafted**

“I wouldn’t change it. It happened for a reason. Of course every kid wants to hear their name on draft day. You grow up watching the NFL Draft and you get a chance to shake the commissioner’s hand and all those good things that I didn’t get to do. It’s fine. I’m five years in the league now. I’ve got some accomplishments under my belt. I’m just trying to continue to get better every day and I’m proud of where I’m at. I just want to keep pushing.”

**On differences he’s noticed in QB Paxton Lynch**

“You can definitely see he is more comfortable. Even with [RB Devontae] Booker, you can see that they are more comfortable and that they’re not trying to adapt to the NFL and the pro style life with the ins and outs and what they have to do everyday to be a pro. You can definitely see that when they come back. He looked good out here today, both of them did. It’s good to have those young guys in our arsenal, whether it is Paxton or Trevor it doesn’t matter. We’re going to ride with them both. As far as the backfield, who doesn’t battle back there? Our whole goal and our whole mindset is we don’t want to miss a beat no matter who it is.”