



DENVER BRONCOS QUOTES

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DENVER BRONCOS OTA QUOTES (5/22/18)

OUTSIDE LINEBACKER SHANE RAY

On the status of his previous wrist injury

"It's getting there. It's a daily process, getting healthy and staying on treatment."

On what this offseason has been like for him

"I just looked at it as rebuilding from the ground up. You blow your wrist out, you try to come in and play, but you shouldn't play. It kind of took the fun out of it for me, dealing with an injury. My whole offseason was basically rehab. I'm still recovering from what I did last year, and I just took it as time to physically get back to where I needed to be. Also, get my wrist back to feeling as good as it should feel."

On the Broncos drafting fellow OLB Bradley Chubb

"That's great. We need extra help at pass rush. We need another guy to come in and help me, [OLB] Von [Miller] and [OLB] Shaq [Barrett] out. I was excited. A lot of people tried to correlate my [fifth-year] option [that didn't get picked up] with his pick, but it wasn't that at all. If he's sitting there at five, and you've got the opportunity, why wouldn't you take the best defensive player? He came in here and I'm teaching him everything I know. Trying to coach him up. Like [former OLB] DeMarcus [Ware's] role was with me—try to teach him. I'm excited. He's going to be a great player."

On not having his fifth-year option picked up

"It's business. Unfortunately, my injury happened. Do you invest \$9 million dollars in the guy who had three wrist surgeries the year prior? Maybe not. I can't blame [President of Football Operations/General Manager] John [Elway] for that, and I can't focus on that. That's not something I'm going to allow to mess up my focus or my commitment to the team. I'm going to play as hard as I can and do what I was brought here to do."

On what to expect from him during the 2018 season

"It's been ups and downs with Broncos fans and me. They love one moment, next moment they dislike me. I'll just say this: I'm focusing on being the best player that I can be. I'm focusing on getting back to where I physically feel the best that I can. Obviously, anybody who's watched me in my first two years knows what I'm capable of, and last year I wasn't the same me due to injury. For people holding that against me, it is what it is. I don't care. I'm just going to go out here and do what I can for my team."

On is he is staying 'dark' on social media through the offseason

"I don't plan on doing too much [social] media. It's all negative. You go on social media and you get all these people who don't know what they're talking about, who are looking for an opportunity to say something and I'm not going to feed into it. It's tiring, it's stressful. When you've got all of these other things to worry about in life, then you have other that are trying to bash you every moment they get. I don't have time for it. I've got to focus on being me. I've got to focus on coming out here and having a great season, helping my team and securing my future where ever it is."

On how complicated his wrist injury was

“Everybody thought I had a simple wrist injury. Well, you don’t have three surgeries in the season for a simple wrist injury. I dislocated my entire wrist. I had to get it screwed back together and repair a main tendon in my wrist. I still made the decision to come out and play, and I only had one hand. That’s the heart in me. A lot of people say, ‘Don’t play, take injury reserve.’ Maybe I could’ve done that, but I’m a fighter. It just didn’t feel right for me. Even if I had a little bit in me to sit on the bench. That’s the kind of guy I am, I am going to keep fighting. That’s all I know how to do.”

On his last wrist surgery

“My last surgery was after the Colts game. [I] had the major surgery, then another surgery for screws and another surgery for pins. That’s not fun when you have to go and play outside linebacker in the National Football League. I’m never going to make excuses.”