



DENVER BRONCOS QUOTES

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CENTER MATT PARADIS

On if he is the Broncos' NFLPA representative

"Yeah, [CB] Chris [Harris Jr.] and I are co-reps."

On the NFL anthem policy

"I can speak for myself. Personally, I'll be out there standing for the anthem. When it comes to the team policy, that's something that—we as a team—we'll have to get into that. And the union, same thing. We'll have to consult with them. The owners, they are the employers. So if they want to create a stipulation then we'll go from there."

On what he thinks about the union not being consulted

"I'm a pretty fresh union rep so I really couldn't tell you what the process has been in the past as far as how that goes. I'm sure we would like to be a part of those talks but I'm sure we'll get something in the works. I don't really know, honestly."

On his health after past hip injuries

"It's great, thanks for changing the topic (laughing). I'm doing great. It's been an exciting offseason because I haven't been able to work out to build strength since like my sophomore year of college. It's been a very exciting offseason to squat again—I haven't done that in forever. It's been a lot of fun."

On how the surgeries have helped him

"The entire quality of life is better so it's pretty exciting. That surgery can be kind of a temperamental surgery. Not everyone that gets it, recovers. I think the doctor I went to are phenomenal. I think they have a very high percentage rate of success. I've dealt with this since my sophomore year of college. So, every time I talk to a doctor they just go, 'Well, only about 60 percent of people get pain recovery from it.' You just kind of delay it and delay it until you can't play anymore. Luckily we delayed it long enough to where they could send me up the mountain to the world's best surgeons."

On the decision to have the surgery

"It was do or consider retiring. It was bad. That last year (2016) was bad. There wasn't a choice to not do it at that point."

On the anxiety that came with his injury and surgery

"I can't speak for every football player, but I came into professional sports with the mindset that every day can be your last day. So, I was like, 'If they don't fix me, then I'll lose 70 pounds and we'll try to preserve my quality for the rest of my life.' But luckily, I can't speak enough of those doctors up there in Vail and the training staff here. They really improved my life."

On whether he was able to sleep before his surgeries

"For the most part. Not after games (laughing)."

On playing every game in 2016 (and in each of the last three seasons total)

“Yeah, because they took care of me. If you remember, I wasn’t practicing that year. I would take about five snaps on Friday and that was it.”

On if he’s looked at the possibility of life without football

“I think everyone should, honestly. Even if you have a Peyton Manning career, What is he, 40? You don’t retire at 40. You’ve still got a lot of life left to live. It’s not realistic to consider making so much money that you are never going to have to work for the rest of your life when the career average is 2.7 years. It’s just not realistic. I think it’s important for all football players—while you do need to be bought in on football—you have to have in your mind that if something goes wrong tomorrow, what’s next? And if you don’t have an answer for that as a professional athlete, then you probably really need to do some soul searching.”

On what he expects from himself in 2018 after having a full offseason to train and build strength

“I’m looking to improve. I thought I improved in certain areas last year but it was so hard. It wasn’t just hard for me, but as an O-Line, we have to come together. It takes all those reps playing against each other to get that unity and the cohesiveness so you’re not tripping over each other’s feet. I wasn’t able to do that. Just for the O-Line, it’s been nice and then personally, I’m always looking to improve. I got a lot of things I can improve on. So, it’s going in that direction.”

On when the offensive line needs to become a unit

“I can’t give you a concrete answer there. You can still rotate. Every year I’ve started we’ve rotated players. Even if I have a guard that’s rotating every series or something, I’ve still played with that guard a ton. It’s more like if we’re throwing in random guards all the time, that’s really when it starts to get more iffy.”

On having a starting quarterback set going into OTAs

“I think it makes things easier for the team. The line is focused on our job, and quarterbacks can absolutely help that. But if we call a run play to the right, I’m not worried about who I’m snapping the ball to. I think it does help. It helps the team and the mental aspect.”

On if the Broncos have had contract negotiations with him

“No, we have not. Not to my knowledge. I think we’re looking to do that at some point. I would absolutely like that, but I’m pretty focused on the team, myself and playing football.”