



## **DENVER BRONCOS QUOTES**

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### **DENVER BRONCOS OTA QUOTES (5/30/18)**

#### **DEFENSIVE END ZACH KERR**

##### **On the depth along the defensive line**

"I honestly believe that this is probably the most talented unit that I've been a part of. [NT] Domata [Peko Sr.] going into Year 13, [DE Derek] Wolfe is Wolfe, [DE] Shelby [Harris] played at a high level last year, [DE] Adam Gotsis played at a high level last year. You have [DE] Clinton McDonald in and he's a proven vet. A couple other young guys—[DE] DeMarcus [Walker] is playing really well. It's definitely a lot of competition but that's a good thing. That's the NFL for you. You never really want to have a major fall off from your starter to your backups. I think that's the culture that 'VJ' (Head Coach Vance Joseph) and [President of Football Operations/General Manager John] Elway are trying to bring in."

##### **On if he has seen a difference in Joseph from last year**

"Yeah, I have. There is definitely a sense of urgency. Obviously when you lose double-digit games as we did last year, you have to come in and kind of change something up. You can't do the same things. That's insanity. I definitely notice a sense of urgency. He's definitely on us a lot more now. During OTAs he's definitely been ramping it up a bit."

##### **On how Defensive Coordinator Joe Woods is different this year**

"His attention to detail and his discipline is through the roof right now. As far as us coming in, everybody has to have on Broncos gear. Everybody has to be here at a certain time. Everybody has to ball search at practice. It's just things that we really didn't focus on last year that we're focusing on a lot more this year, and I think it's going to be a good outcome."

##### **On if he trained or prepared any differently this offseason**

"Staying up here in the altitude is one thing I did. I think that's always a plus when you get to stay in the altitude and work out. I changed my diet a little bit and I just started seeing different modality guys, trying to work on my body, get more flexible and stuff like that. Longevity in this game is everything and I feel like doing those things helps with that."

##### **On his diet change**

"I took out a lot of red meat. I felt like red meat was kind of slowing me down. My carb intake kind of went down. I ate a lot of carbs in the morning but throughout the day I did not. A lot of brown rice and a lot of grilled chicken. Every once in a while I cut out all meat and I go vegan for like two weeks or something like that."

##### **On if he visits drive-thru restaurants**

"I haven't eaten fast food in seven years now. Once I found out what they put in it, I couldn't do that anymore. It's like a slow death (laughing)."

##### **On who made him conscious about what he eats**

"My mom was kind of like a health nut as far as holistic stuff. She's always been that way. I tell people all the time that my first time eating red meat is when I went to college. My mom never ate red meat ever in her life. I never ate pork in my life. Never ate

any of those things. I kind of ventured off when I got older. I was like, nah, I'm going to try a steak. That's what I did. My mom has kind of instilled that discipline in me. Every once in a while I'll go out and get a nice steak. I can definitely feel it when I eat it."

**On waiting until college to try red meat**

"Not went crazy. I've always been this size my whole entire life, but when I ate steak, I'm not going to say it helped my figure if that makes any sense (laughing)."

**On whether he has to eat more food because he doesn't eat a lot of red meat**

"I do. I actually eat six times a day now, which to me is a lot. I never ate six times a day in my life. It's just the volumes of the food and the times you have to eat it. I don't really call it breakfast, lunch and dinner. I just call it Meal 1, Meal 2, Meal 3, Meal 4, Meal 5, Meal 6."

**On which meal he is on right now**

"Right now, I've got to go get me Meal 3. I'm hoping that is ready when I get home."

**On if he has to set mobile alerts to tell him when to eat**

"I don't really set an alarm because football kind of helps us with that schedule. I come in—I eat breakfast at home before I come in just to make sure I'm disciplined with it. Once I get here, I'll have like a shake or snack before I go lift. After practice, I'll go home and hopefully my lady has a nice home-cooked meal for me."

**On what he eats when he goes out with teammates**

"If I'm going out with my teammates, that's probably on the weekends most of the time. I see them all day throughout the week. Family time throughout the week. On the weekends, I might see them if I go out for a quick little bite. I have like a cheat day and a half or something like that."

**On DeMarcus Ware being at practice today**

"It was cool. I'm a fan of football. I've been a fan of DeMarcus Ware when he was a Cowboy even though I grew up a Redskins fan. I always knew about DeMarcus Ware. It was cool having him at practice. He taught us a lot of things in the short time that he was here. I enjoyed it. He kind of told us how to really work some pass-rush moves without having football pads on because it's kind of hard to really work what you want to do with just having a jersey on. You don't want to really get anybody hurt or dip your head and put your helmet into somebody's chest. It was cool for him to be here to kind of show us some of the finesse moves and power moves from the inside when we do put the pads on."

**On whether he was able to appreciate Ware's craft growing up a Redskins fan**

"I wasn't mad at him. I can appreciate his craft. I was born into it. I could care less about the Redskins honestly. I was just born into it. That was my household. They watched the Redskins, so I watched the Redskins."

**On if he looks at what pundits are saying about the AFC West**

"That's the NFL. I'm trying to think, even before I was a Bronco, I'm pretty sure the Broncos weren't picked to finish first a lot of years. I think the year they went to the Super Bowl—it's the NFL, once you get in, all you have to do it win one every week. I could care less about the rankings and about any of that stuff or who's division they're saying it is. Last year, who's division was it supposed to be last year? (reporter: Kansas City) Did they win it? (reporter: yep) OK, than (laughing)."

**On the Chargers being considered a favorite for the division**

"We'll see when September comes around. Right now we're so far from it. Anything can happen. A guy can go down and then next thing you know it's like, 'What are we going to do now?' It is what it is. You've got put the pads on and you've got to play ball."

**On what he's seen from the young Gotsis and Walker**

"A lot of improvement. I don't really consider them as young guys because once you play a season in the NFL—once you start an entire season like Adam Gotsis did, you're not young anymore. DeMarcus, I've definitely seen a lot of improvement. He's put some weight on. He's definitely rushing the passer. That's what he can do. That's what we all know that he can do. I'm impressed with that. I'm impressed with a lot of guys, even guys that aren't at my position. A lot of rookies that are making some outstanding plays in OTAs."

**On whether he uses Twitter or uses a 'burner' account**

"I actually don't have a 'burner' account, but I do have a Twitter account. I'm just never on it. I just made it like a couple months ago."

**On if his rarely used Twitter account is his 'burner' account**

"No, it's verified, so it's not a 'burner' account. So it's me (laughing)."

**On how many players in the NFL does he think maintain fake social media accounts**

"I'm not going to lie to you, I can't be the snitch and say people got fake accounts (laughing). I'm not going to be the guy that tells you if people have 'burner' accounts. I'm pretty sure somebody does. I don't think you need a 'burner' account nowadays. I think you can just search your name—that's what I would do when I didn't have a Twitter account to see who was talking trash. You need a little bit of motivation some times."

**On what he does to keep his body in shape in the offseason**

"I learned that the most important thing is eating right, honestly. If you put the right things in your body, it's going to be hard for your body to workout. It's kind of like a car. You put regular gas in a Porsche, the Porsche is not going to run the way it's supposed to run. Trust me. You've got to put the right things in your body. You have to fuel your body the right way. I really think that's the number one thing with injury. You can eat a bunch of B.S. and the next day you wake up feeling like a slob because your body is all inflamed, you have aches here and aches there. What did I do? Well, you just ate a half pound of wings and a couple of cheeseburgers. It's going to do that to you. I definitely try to hone in on that and I really pay attention to that. Even if I do have a cheat day, I really pay attention to how my body feels after I eat on my cheat meal. I really believe that is one of the main things. Obviously getting stretched, massages, chiropractors, Normatec, ice tub, cold tub, all of that stuff, it works. I really believe the main factor is what you put in your body."

**On what kind of car he is like**

"You ever seen those Lamborghini Urus? The new one? Kind of like a big fast truck (laughing)."