



## **DENVER BRONCOS QUOTES**

Patrick Smyth, *Executive Vice President of Public & Community Relations* (patrick.smyth@broncos.nfl.net)

Erich Schubert, *Director of Media Relations* (erich.schubert@broncos.nfl.net)

Seth Medvin, *Strategic Communications Manager* (seth.medvin@broncos.nfl.net)

### **DENVER BRONCOS OTA QUOTES (6/6/18)**

#### **SAFETY JUSTIN SIMMONS**

##### **On how he's enjoying fatherhood**

"No, no sleep. But it's good—she's good. She's sleeping more, which is nice. She's sleeping a little bit more, so that's good."

##### **On how old his daughter is**

"A month on Friday. Yeah, already."

##### **On how he helps with his new daughter**

"I kind of feel useless (laughing). Like I get home around 3:00. I get there and she's already asleep. So, I'm like, 'Do you want me to hold her?' She (his wife) is like, 'Nah, I got everything,' and I'm like 'OK.' Come bed time I'm like 'Do you need me to...?' She's like, 'No, I'm good,' and I'm like 'OK.' I go to work, same thing. It's like on repeat. But it's cool, she's awesome."

##### **On how having a new baby changes his daily schedule**

"For the most part it's been kind of the same. Plus, the baby, I we had great timing because OTAs, time management-wise isn't as demanding. It's been awesome just to get back into the flow of things and not have to stress to much about not being there enough for her and being supportive. Especially because we won't really have anyone helping us or helping her out at home. It's been good though. The shorter days help a lot—less meeting times. Obviously, you're not out there very long anyways, so it's been good."

##### **On the status of the 'No Fly Zone' without Rams CB Aqib Talib and former Broncos S T.J. Ward on the team**

"Obviously Aqib and T.J. were huge catalysts and part of the 'No Fly Zone,' and obviously had that Super Bowl run. Going back to back, number one passing defense, there's no replacing someone like T.J. and Aqib. But [CB] Chris [Harris Jr.], [CB Bradley] Roby an 'Stew' (S Darian Stewart) were also there a part of that run. They know what the standard is to uphold as far as the 'No Fly Zone' goes. Obviously there's been talks about with T.J. and Aqib being gone about the 'No Fly Zone' kind of disbanding and it being gone. I'm not here to say that it's here or it's left, but I know the standard of the 'No Fly Zone' is staying because we expect nothing less than that standard that they have set. You can call it what you want, 'No Fly Zone 2.0,' 'No Fly Zone' or you can call it something totally different. But that standard, that mindset, still stays the same."

##### **On CB Isaac Yiadom's calling him the "The GOAT, the God, and the Perfect Man" from their time together at Boston College**

"I would say all three of those are probably false, especially the last two. But the guys at BC were great. Isaac was great. We just built a brotherhood there. Much like how the guys here have built over the past couple of years. I mean it's awesome that he looks at me in that aspect, and that's cool, but I definitely wouldn't back up those responses saying that they are 100 percent accurate. It's definitely awesome man. Love Ike."

### **On what he has seen from Yiadom during OTAs**

"I think he's doing alright. He's getting a lot of two's and three reps. I haven't—when I come off to the sideline, I'm talking to the other guys about adjustments we need to make and things like that. I haven't seen a bunch. We meet separately, corners and safeties at times, and so I haven't really seen like a lot, a lot. But I've talked to him a few times, asked him how he's doing, how he's picking up the schemes of the defense and things of that nature. All of that is super helpful for him because obviously we have the same lingo coming from BC. He'd be able to adapt easier just asking questions and figuring out from that standpoint. But, as far as I know, he's doing pretty well."

### **On his season-ending injury from last season**

"No celebrating period (laughing). That's definitely taken out of the playbook. But as far as being frustrated goes, it was definitely frustrating. I think the most frustrating part was that I could've played. But due to the circumstances of the season not going the way we wanted it to and just letting other guys get in there and see what we had as far as backups and other guys getting some playing time for the future. That's what it came down to. And so, for me, it was frustrating because after—It was a quick turnaround to go to Indi on that Thursday for the Color Rush game, but I think for sure I could've played. I think it was the next Sunday against Washington, I felt fine. Obviously not 100 percent, but if that was a playoff game, I would've been OK. I would've went in and played. That was the most frustrating part, knowing I could've played. But just due to the circumstances of the season not going to way we wanted it to, we felt it was in my best interest to make sure I healed properly and get ready for year three to do bigger and better things."

### **On why he feels this will be a better year for him**

"There's always room for improvement. That's the cliché saying, but it's so true. Year three, that's really the year that things are supposed to click. I feel comfortable, and once again, I'm not taking a hold of 100 percent of the secondary. I still have Stew, I still have Chris, I still have Roby, so although I am taking a bigger leadership role, I still have those guys to lean on and to ask questions. I still have so much knowledge in that back end that I can attain anytime I want. Those guys make my job easier and playing with guys up front like [OLB] Von [Miller], [OLB Bradley] Chubb, [OLB] Shane [Ray], [OLB] Shaq [Barrett] and [DE Derek] Wolfe. Guys that get after the pass rush make my job easier. This defense is going to be great again. We expect greatness, and we expect to compete for that No. 1 defensive spot and to earn that spot. Like I said, I'm just looking forward to year three. I know I can contribute big time."

### **On how he views OTAs**

"OTAs definitely have different meanings for different players, like you said. I think personally, it still means something. OTAs, you're still out there, you're still making your checks and you're still making the plays. But it's nowhere near the level of emphasis and intensity as like training camp is and especially when you're hosting a team or you're being hosted. Just the level of intensity. You're more comfortable here because you're going against the familiar face every single day. Come time for training camp, you're getting real looks from different teams. You have preseason games, and so things start flying by and you really have to start game planning and adjusting. Like right now you're just out here going through your plays installing. Come time for training camp and stuff like that, it's really when you see when guys either get it or don't. OTAs are great, no knock on OTAs, I mean you can definitely tell when a guy is a player or not in OTAs, but training camp is the real deal."

### **On what he has seen in the offense and QB Case Keenum**

"I always say I'm not a quarterback coach, but just from what I've seen, he looks comfortable. The guys have already rallied around him. I know he talks about how he wanted to come in and earn that leadership spot. I'm not speaking for him or for anyone on the offensive side, but I feel like he is definitely earning it, if not has earned it. Day-by-day already, just in OTAs, he's taken full steam of the offense and has really gotten them going. He looked good. He's starting to look a little comfortable. On top of that and how I feel about our defense, I'm just excited for the season. I can't wait until it gets here."

### **On what has stick out to him about rookie receivers DaeSean Hamilton and Courtland Sutton**

"They both seem really poised as rookies. I think they've been out there a few times with the ones. They just seem poised and they seem like they know their playbook really well. Sutton, he's made a couple of 50/50 balls look easy. He's definitely a special talent, going up and high pointing the football, which is great. I think they're going to contribute big time. Hopefully that continues and they just continue to grow throughout the rest of OTAs and training camp, and then going on into the season."

**On Su'a Cravens**

"Su'a has been awesome. I think bringing in Su'a just gives us another level of our defense that we can totally explore into. I mean he gives us so much more versatility and mobility, both at safety and if we put him at like our dime and nickel packages. He's also another smart safety, too. He's already picking up the defense, knows it well and is making his checks. Su'a already seems like he's been a Day 1 guy. Like he's been here since all last year. So, I'm really excited to have him, and like I said, another part of the defense that just makes us that much better."