



LOS ANGELES RAMS

Rams Head Coach Sean McVay – Media Availability – November 8, 2018

(Opening remarks)

"Just want to start by saying that our organization's thoughts and prayers are with the families and the victims that were affected by this terrible act that took place in our area. It always gives you a perspective on – sometimes I know, me personally, you get upset about losing a game or whatever and it kind of brings you back down and you really realize what's important in life and sometimes you take some of these things for granted. We just can't wish anything but our thoughts, our prayers, our condolences for this terrible act that occurred. It's just amazing that one person's act can affect so many people in a negative way. What's encouraging about the character on our football team and a lot of the players is, (T) Andrew Whitworth, some of our leaders and Jacques McClendon - our director of player engagement – are going to proactively pursue doing something to use the platform that we do have to support the people that were affected by this in a positive way. All we can do is just try to wish them our thoughts and prayers. It's just, it's amazing."

(On if players handled the tragedy on their own and how he approached it)

"Yeah, any time something like this occurs, we had a team meeting. It's always kind of an open dialogue deal, but Andrew got up and addressed, a lot of the players and talked about some of the things that we want to be able to do in a positive way to try to make this unfortunate circumstance and situation - use this in a way that you can try to help support the people that were affected by this. We've got the guys - you talk about just empathetic people that want to do good and that's what we feel like we have in our building. That's kind of the approach that we're going to take moving forward."

(On if he lets Whitworth take the lead to speak on everything about the tragedy or if he addresses the tragedy at all)

"Yeah, we address it, kind of talked about it. Andrew and I had spoken earlier in the day. He had met with some of the players as well about what are some things that we can get the ball in motion as far as just doing some things to try to help this situation and be a positive influence on it. I think it's really powerful when you have guys like him that kind of can take that ownership. So, you kind of start off and then you allow him to have the forum to be able to talk and address and then we kind of answer questions accordingly."

(On if he's up in front of the room and addresses the tragedy in any way)

"Oh yeah, absolutely. That's the first thing that we do. You see if first and foremost, if any of our players were directly affected by this or their families or friends. Making sure that they understand that if they were, make sure to utilize the resources – come talk to me or anybody in our organization and know that they're supported and then we kind of go on to saying what we want to do to try to help that out. But yeah, I started out addressing the situation."

(On if the organization has discussed about doing anything during the game on Sunday to acknowledge what happened)

"I think that we're going to have a moment of silence. That's as far as, I know right now, I know that there might be some things moving forward. But, as far as I know, we'll have a moment of silence."

(On if he knows if anyone in the organization was directly affected by the tragedy)

"Not that I know of. We asked that and nobody's come forward with that. That's kind of where we're at with that."

(On how you make that transition from this morning to now prepping for practice and the game)

"The biggest thing is I think you address the situation, you don't run away from it. We got players that are empathetic and sympathetic to the situation in terms of what's going on. Then with what you can control, I think we got a lot of guys that feel like it's in their heart to try to help out and whatever we end up doing moving forward. As far as what we can do other than that then you have to go about your day in what our normal weekly rhythm would be. But it's still, it's something that makes you take a step back and gives you a perspective. I know me personally, I'm very guilty of losing perspective because you're almost, kind of just, in your little own world and it's all football all the time. Then you have things like this that occur that kind of re-gather your priorities and the perspective on what's really important, and not to get bent out of shape on some of the things that maybe I tend to do, just being the role that I'm in."

(On when he was putting together his offensive philosophies as a coach how much did he look back on Rams Hall of Famer Kurt Warner's teams and what are some of things he incorporated)

"I think really just being such a fan of the game, you're a produce of the experiences and the people that you're around. I've said this before, I've been so fortunate to be exposed to some great coaches, some great players. I think as you gain that experience with the people that you're around you start to formulate that offensive philosophy, but it always starts with your players. You look at those former offenses, whether it be the Rams or some other teams, that have had success for a handful of years as good as examples to say, 'What made them different? How did they maximize their players strengths, put those guys in position to have success? And, what were the types of traits and characteristics that those specific players, specific to the positions have, that fit into the mold of doing some of the things with a (former Rams Head Coach) Coach (Mike) Martz led offense with the timing, the rhythm, the anticipation, throwing to windows and trusting that guys are going to be where their supposed to be, when they're supposed to be there.' So, there's some elements that definitely you take from that. But once you figure out your players, I think the biggest thing for our coaching staff that has helped us out going into year two is you have a much better familiarity with your players, because it always starts with them. What do they do best? We got really good players that can do a lot of things, but there's certain things that you want to accentuate. Once you're able to do that then I think you can start to tailor in and have an identity for what our Rams offense is under this coaching staff and these players and that's the most important thing for us."

(On if this team reminds him of the Rams' 1999 team)

"Well, I think those guys did it for so long. I think there's some similar players and some abilities and some different things that get you excited. But the sustainability and the consistency are the things that's most important. They did it for such a long period time that if that's the case where a few years from now we're able to make those comparisons that means things have gone pretty well."

(On if he's noticed a difference in focus from the team coming off a loss)

"I think it's pretty consistent. That's what you appreciate so much about our players is that they truly just focus on, all right, coming in on Monday let's clean up the game whether you win or whether you lose; look at ourselves critically and then we move forward and do the best job that we can preparing for the Seattle Seahawks. I think that naturally you want to be consistent in all that you do, and say that you have the same focus and concentration every single week. I know personally there is an element of you get woken up a little bit and humbled if you will, when you don't get the result that you want. I think that naturally, human nature, that creates a sense of urgency, but we try to be consistent. I think our players approach has been that and I think that is consistent throughout the building as a result of our players and our coaching staff and that's what we want. Certainly, coming off that loss, getting a feel for what that feels like does create a sense of urgency that gets you excited about preparing moving forward and hopefully trying to get a big time win against a tough division opponent this weekend."