



Rams WR Van Jefferson – Media Availability – August 23, 2020

(On how it feels to be around his teammates in training camp so far)

“It’s been good so far. Just enjoying the process. Just learning every day, trying to get better every day, learn from these guys and like I said, just be great every day and be one percent better.”

(On what he has learned from WR’s Robert Woods and Cooper Kupp and what pointers have they given him to help his development)

“It’s helped me out a lot. Those guys have been great. (WR) Cooper (Kupp), (WR) Robert (Woods), (WR) Josh (Reynolds), they’ve all been helpful. They all been helping me out with the playbook and just understanding the game, understanding the offense. So, those guys have been very helpful. We met up before training camp and got some throws in with (QB) Jared (Goff) during the offseason, so they been really helpful.”

(On how it felt to finally play in SoFi Stadium for the first time)

“Oh it felt great man. Just being in there and being there with my teammates, it was some people’s first time in there, so it was a great feeling.”

(On what it was like to compete with the starters in the scrimmage game and how he felt he did)

“I feel like for the most part I did ok. It was some things I can correct, some things I can do better on. I’m still learning, still doing what I can to be better. Whenever they throw me in there, I go in. So, I just try to be better every day, just try to learn every day and study a lot more and just be a good football player.”

(On if playing with the starters give him more confidence within his game or if it creates more pressure)

“I’m always confident in myself whether that’s any rotation I’m going with. I just focus on my fundamentals, focus on my assignments and focus on what I need to do. I just feel like I just go out there and just play my game. Mistakes are going to happen, so just as long as you correct them and come back from them, you’ll be fine.”

(Clarification on if he ever looked toward being a meteorologist as a career before playing football)

“Yes ma’am, I did.”

(On what inspired him to pursue being a meteorologist)

“I think my mom would always have the news channel on when we were growing up. I would always see the weatherman on television, so I just said one day to my mom, mom I want to do that. I always had an interest in that.”

(Clarification on if him and CB Jalen Ramsey are from the same area)

“Yes ma’am.”

(On if him and Ramsey ever had any knowledge of each other and if he ever worked with him and his dad)

“No ma’am. I really didn’t know (CB) Jalen Ramsey until, I think when I was in high school, he was probably already at Florida State, but I knew him when he was at Brentwood Academy. I heard about him, so when I got drafted, he reached out to me and we talked. We’ve been talking since I’ve been here. He’s been

helping me out. So, he's a great teammate, man. I'm just trying to learn from him. He's one of the best, so I know if I go up against him every day, I'll get better."

(On if he noticed the difference in speed on the pro level versus the college level)

"Well I feel like, yeah the speed is kind of different. Of course, it's better players in the NFL than it was in college, so that's just some adjusting that you got to get used to. You just learn as you go and like I said, I just been trying to go out here in camp just trying to learn and do my best."

(On his reaction to playing inside the stadium on the turf)

"It was great, man. It felt like we were moving out there. We went fast on the turf. So, it was a good feeling to be out there on the field. It's a great stadium and it was fun being in SoFi yesterday."

(On how he would describe the weather in Southern California at the moment)

"Well, today it's like sunny out there today. So, I mean it's always sunny in Southern California, so what else can you say, you know."

(On what was going through his head when catching a touchdown pass in the endzone of the scrimmage game and how did it unfold)

"Yeah. I mean, it was just a good route in the back of the end zone. (QB) John (Wolford) did a great job putting the ball there. I just ran a route, and he did the great work of putting the ball there. I just caught it and tried to drag my feet. It was a great effort by everybody on the team – the offensive line, the running backs, to the receivers. So, it was an all-around effort, but it was a good pass by John, and it was a good touchdown."

(On if he adopts the mindset of knowing every position on the field)

"Yeah. I try to learn every position. I'm taking it day by day. I'm taking it by one position at a time. I think when I came in, all those guys just told me, learn all the positions so that they can just throw you in at any position when they need you. So, just paying attention to those guys and learning from those guys, man they been very helpful towards me. So, I'm just trying to learn everything and when they call my name I just go in there and do what I got to do."

(On how he dealt with the dynamic of being a coach's son growing up)

"Yeah, well my dad was very hard on me as a young age. He always pushed me man to be the best. Always pushed me to be the best person, be a good football player, be a good role model. So, my dad was always on me man. He was always harping, 'stay ready so you don't have to get ready.' So, of course it was times where I was like 'man I don't feel like going back to the facility. I don't feel like going out and running routes,' but now that I'm here, I look back on those things man. My dad was a pivotal piece. Part of my success. He's a great dad, a great person, a great human-being, man he's hard working. So, a big piece of why I'm here is because of him. Of course, we had those days where you know, we'll go back and forth with each other, but man that's my dad, man. I love him and he did a great job, so he's like my role model."

(On if he ever told his dad he wanted to be a meteorologist)

"I told him, but he was like 'nah, you're going to be a football player.'"

(On how his knowledge at three positions will help him later down the road)

"You know, I think first I just need to pay attention to those guys that go in front of me. Pay attention to what they do, and just mimic what they do. Of course, that comes with studying and just being a nerd and just studying my playbook man, being in course with that. So, I think just me doing that and me running behind those guys, and I have three guys that are great role models that I can look up to see there. So, I think that where it starts."

(On the last time he played on special teams)

"I have never played on that before, but (Special teams coordinator) Coach Bonamego wants me doing it, so I'm going to do my best job at it. I'm going to go 100 percent and give it all I got."

(On if he feels he is ahead of the learning curve for a rookie)

“Nah, I just came in and really just, came in and put my head down and came to work. I just studied my tail off during this whole virtual meeting thing from the time I got drafted to now. I just was studying. Studying with (Assistant Wide Receivers) Coach (Zac) Robinson. So, I just think it’s a time and effort that you put into it depending on how much you want to do and how great you want to be at it. So, I just decided to take it upon myself to really learn as much as I can until I got here. So, I think I’ve done a good job of it, but of course there’s stuff I need to learn, stuff I still need to get better at and I’m trying to get better every day.”

(On what playing alongside D.K. Metcalf, A.J. Brown and Evan Engram did for him)

“Yeah, (WR) D.K. (Metcalf) and (WR) A.J. (Brown) and (TE) Evan (Engram), they are three good players, especially D.K. and A.J. All those guys are great players. So, just being around them and learning from them and compete with them every day, you just see we all push each other to be better. So, those guys are having successful careers right now, so just being around them, it was good and now just try to focus on me and focus on being a better football player.”

(On who he looks up to and tries to imitate on the pro level)

“I don’t think I ever grew up saying I wanted to be like somebody. I think there’s guys that I take different pieces from their games. I think (Miami Dolphins Receiver) Keenan Allen is a great receiver. I think (Atlanta Falcons Receiver) Calvin Ridley is a great receiver, (Bengals Wide Receiver) A.J. Green. Those guys that I look at and try to implement. In high school man, I use to look at (WR) Robert woods all the time, so he was the reason I wore No. 2 in high school. He was a guy I always looked at, but I think, it wasn’t a certain guy I tried to be like. I just try to be myself. Just be Van and add my own little flavor to it. So, I think I take a lot of different things from different people’s game, but at the same time man, I just want to be me.”

(On if he told WR Robert Woods that he watched him throughout his career)

“Yeah he knew. We were just talking about it yesterday at SoFi, when I told him that I wore No. 2, and he was just like that’s his swag number. I was like, I wore that number because of you in high school, man. So, it was a good convo, man. He’s somebody that I always looked up to since I was in high school, so it’s good to be on the same team as him.”

(How was it watching WR Robert Woods in college)

“I remember him and (New England Patriots WR) Marqise Lee were on the same team. So I always had a...and then he was with, I think Matt Barkley was his quarterback. So I know they were like the No. 1 ranked team at one point, so everybody’s going to watch the No. 1 ranked team. So, I just remember throughout that whole season, I just kept watching Robert Woods and Marqise Lee. I was looking at routes, and was like dang, his routes are crispy. So, I always use to look at him and you know, try to mimic what he does.”

(On if Woods felt old once Jefferson told him he watched him growing up)

“Nah, he didn’t mention that.”