



Rams OL Rob Havenstein – Media Availability – August 31, 2020

(On how it feels to be back on the practice field for training camp and how it's going)

"It's going well. I think, me personally, got a lot of good work in. I feel good. I put my best foot forward, but it is definitely good to be back out there. Coming off an injury, it's never the easiest thing. You know, when we first started this thing, it's been a minute since I've really been out there and playing good football. So, it's good to be back. Taking it one practice at a time. Trying to be the best that I can."

(On what it means to be one of the few guys from St. Louis who are now playing in SoFi Stadium)

"It's awesome. Honestly, when we had that first meeting it seemed like — when we first moved out here from St. Louis — it seemed like forever until this point would come, but low and behold it's here. Just to have the opportunity to play a couple scrimmages in it, it's a world class stadium. I mean, its breathtaking, it's awesome, it's really good to still be a part of this thing and still be playing for the Rams."

(On everything he remembers about the first meeting learning about SoFi Stadium)

"Obviously, we didn't know much. When they made the announcement, nothing was really set in stone. It was just a couple months of waiting and figuring out where we were going and everything like that. Then you see as things kind of went along, we found out what area we were kind of going to be in, then we saw drawings, and rendering and everything like that. Then you go out and finally have the meeting and you're in LA and you take a flight out and a flight back. It's like, 'Okay, is this thing ever going to get real?' Flash forward and this thing is real, and we are ready to go."

(On what went into his decision to workout with OL Andrew Whitworth this summer)

"Obviously, COVID changed a lot of things. You know, gyms shut down, we shut down here for a while. I was here getting rehab and had to kind of get it on my own and then it was like you still have to go and get your good work. I couldn't afford to take a couple weeks, or a month, or however long things were shut down for. Anytime you get to really work with the guys that you're going to be playing with, especially as an offensive line, to see and kind of push each other and to know like, 'Hey, I know he's put the work in and he knows I've put my work in.' I'm not at home half-assing a workout, halfway between chips and the couch. I'm getting out there and putting my best foot forward, I'm getting after it. 'Whit' (OL Andrew Whitworth) is pushing guys, I'm trying to push guys, they're pushing me. It was a really good environment and the work had to get done. You wouldn't want to do it with anyone else."

(On how the season ended for him and what he was dealing with)

"It was the same injury. It was kind of one of those things where — not to go into too much detail, tried to play through it, get through it, but I couldn't play good ball with the injury I'd sustained. So, we had to make the choice, having to fix it. Then it's getting as healthy as possible, getting strong, and getting my body back right."

(On what are some things that need to be known about the value of the offensive line getting a certain number of reps and sustaining technique through time)

"I mean, in terms of the lay person looking at the offensive line, I still want it to be, they don't notice us, ever. Because then, no one is calling our name over the loudspeaker. But in terms of offensive line play, obviously, you want to have a cohesive group, especially with the guy you're playing next too. You want to know how he plays, he wants to know how you play, because it's different from guy to guy. Obviously, the technique and the fundamentals are going to be taught about the same, but some guys move differently,

some guys bend differently, so it's kind of understanding the person next to you and what makes them successful, what makes you successful, which in turn makes the line successful, which in turn makes this offensive successful. It just comes with a lot of reps. Obviously, we didn't have OTAs, but I think a lot of guys did a lot of good parts. Whether it was just talking, or getting in on their own time, being smart, obviously with COVID regulations and everything like that, talking through some technique, and talking through some, I guess, philosophies and everything like that."

(On how many reps the offensive line comes into training camp with if everyone stays healthy during the spring)

"A lot (laughs). I mean, obviously, (Run Game Coordinator) Coach (Aaron) Kromer does a great job kind of cross training guys, and guys taking different reps here and there so you're playing with a lot of different people next to you. So, to put a number on it, I'd just be pulling one out of the hat, so I couldn't tell you, but obviously the more time that you get with a person you're going to be playing with, or the couple of people you're going to be playing with, you're going to have more success."

(On if he had a knee injury and surgery)

"Yes."

(On how the offensive will look different without Falcons RB Todd Gurley II and Texans WR Brandin Cooks)

"(Texans WR) Brandin (Cooks) and (Falcons RB) Todd (Gurley II) are awesome players, better guys. They are awesome teammates, you know, it sucks not having them here, but that's the nature of the business. The ball doesn't stop when some guy leaves. We're still going to put our best foot forward and this offense is going to be, obviously, different because each guy brings his own flavor to things, especially when they are handling the ball, which Todd and Brandin did a lot. But that just creates another opportunity for guys to come in, step up and show what they got with their own sprinkle and kind of what they can do, how they succeed and everything like that. So, it's going to be a little flavor of difference, but we're still going to be the Los Angeles Rams."

(On what he has seen in this training camp from QB Jared Goff that is different from the first few years)

"All I'm going to speak on with (QB) Jared (Goff) is this year. What you saw with Jared in the offseason or early in training camp, since we didn't have much of an offseason, he's very focused. He's taken things, he takes everything super serious, but you can see that there is a different gear with the way he's preparing, the way he's thinking about things. I mean, shoot, he even has he own diet going on, get that body right and he's very focused. I think he's bringing as much leadership as he has in the past and he has just amped that up one more. Where he's coming into the huddle and guys are feeling that presence of like, 'All right, we're all in this sucker together, we're going to get it done.'"

(On impressions of OLB Leonard Floyd)

"Well, he runs long. I mean he's a big body, and he chews up yards when he runs. Obviously, he's a very talented individual. For one thing I can say, he definitely works his buns off. That's really good to see, because that's good competition for me, especially, seeing an opposing guy like that and get out, you know, to have a good battle."

(On what has he learned about Head Coach Sean McVay's ecosystem)

"I mean, obviously, it's everyone's ecosystem. It's guys taking these regulations and everything that's going on super seriously. If you're not, this thing doesn't happen this far, this thing may not happen. I think it's guys being smart and realizing what you have to do to go ahead and have a season. I think we've done a great job of it so far. Guys have been really smart. I can't say anything else, everyone's doing what they are supposed to, getting tested, being smart on their off days, while still coming in and focusing on football, getting the work in that we need to."

(On the importance of nonverbal communication on an offensive line)

"It takes time, it takes practice, it takes reps. I think it takes guys being very diligent and trying to get as much work in as you can with the short amount of reps we do get or however much it is. It's going back, it's

while the plays going on, maybe, you have that non-verbal communications, but it's after voicing, 'Hey, this is what I felt. What did you feel?' type thing and 'Okay, how is the defender playing this and how does it vary from guy to guy and how do we want to attack this?' It's kind of knowing your plan of attack, and obviously, I'm not just going to know what he's thinking and he's not just going to know what I'm thinking, but it's because we've put in the work and put in the communication before the snap, after the snap, before the meetings, at home, on the off day, of like, 'Hey, this is how are going to attack, this is how you want to do it, where is the common ground that still fits into our fundamentals and technique that we were speaking on earlier.'"