



Rams S Taylor Rapp – Media Availability – September 2, 2020

(On how it feels to get back on the field with pads)

"It felt great. Obviously, I have been out for a few weeks. So, I was eager to get back and perfect day, full pads. It was awesome to be out there with the rest of the guys."

(On if his knee injury was new or something that was lingering from the offseason)

"It was just a little issue that we found like the second week into the acclimation period."

(On his 10,000-calorie diet and if he thinks that had any adverse effect on him physically)

"No, it definitely didn't have any effect. There's light impact on the knee, bicycling. I mostly did the whole day kind of biking. But it was a cool thing that I did back in, I think, May. My older brother, he's really big into the mountain biking and cycling and stuff, and he has a lot of pro mountain biker friends that they were doing it too. So, my brother was doing it as well and so I decided to take part in it. It was a long day, that's for sure (laughs)."

(On if he has convinced any of his teammates to join him in the challenge next year)

"Yeah, there's a few guys. 'Coop' (WR Cooper Kupp) for sure, he said he's going to take part in it, him and his wife actually. So, hopefully I can get some other guys going next year as well and make it a yearly thing."

(On if there's any parallel between his offseason challenge and a football game)

"I mean, yeah. Really, obviously, it involves a lot of mental toughness. A lot of the reason that I wanted to take part in it, (is) because I wanted to stretch my mental toughness and see if I could push through it. It was a great thing, so I can see that it definitely correlates to the game and even life, really."

(On getting to know Defensive Coordinator Brandon Staley)

"I love him. He's very interactive with us. Always coaching us up. I love his passion for the game. I love his energy. So, it's definitely a great thing to have him in addition."

(On how difficult it has been learning the defense without physical reps)

"It's tough. Going back to when you guys asked me how it felt being out there, I was so eager to get on the field because before I had to shut it down for a few weeks, we never really got into live practice. So, I never really put on the helmet or even went against our offense. We were doing jog-thrus and walk-thrus or whatever, but I never really got to strap on my pads or my helmet. It felt great being out there, definitely."

(On if he has to get one good hit in before he feels like he's really back)

"Yeah, I mean, it kind of depends on the person. I'm kind of like that. I like to get my pads popping a little bit. Whether that's studding up a running back, obviously keeping them up, being safe, or whether that's taking on a receiver...making your presence felt and stuff like that. So, you know, just getting that first little thud definitely feels good once you're back in pads."

(On what has he seen from S John Johnson III in his leadership and growth)

"I knew right away how special of a player (S) John (Johnson III) was. When I got here as a rookie last year, obviously, I had a different role and his season got cut short. But I could see right away how special of a player he is, how special of a person he is. I love his energy and his passion for the game as well. I think

he's really grown into his role incredibly well. He's really taken on that leadership role and kind of taken helm of the defensive room as well. I love the guy. I can't wait to be out there September 13th with him."

(On balancing the need to move on from the San Francisco game last season and needing to grow from it)

"Obviously, that's not how anyone wants to end the game or anything like that. I definitely could have played better technique and stuff like that. It is what it is, it happened. So obviously, all you can really do is you can't worry about it, it's in the past. Obviously, you can just use it as fuel going forward to motivate you and keep you going. Obviously, don't let it happen again and stuff like that, but you know, you don't let it hurt you, but you use it for motivation and fuel and positive going forward."