

Chicago Bears Media Conference

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Nick Foles

Press Conference



Q. The last time we talked to you, you talked about how this is a process and you've had to accept just sort of letting the process play out. Where are you at right now in sort of the developmental process within this offense? And along with that, a day like today that's all scripted, what's the challenge for a quarterback of developing a rhythm when you don't necessarily have the true football rhythm to the day?

NICK FOLES: I'd say each and every day I'm getting more and more comfortable, the more we rep plays, the more we talk through them and just the more I get comfortable with the guys out there. I'd say that's happening every single day.

Pertaining to today and the scrimmage, it's definitely different when it's a scripted scrimmage. You might have a big gain that takes you 40 yards downfield but then it's 3rd and 12, and you have to play the 3rd and 12 out. So your mind is like trying to go to the game but then you have to come back to the realization of the script and the scrimmage. It's almost like a double battle, you're trying to play the game but then you're playing the script. I felt like today we got a lot of good work in in gametime situations, being in Soldier Field, wearing our jerseys, being in a different environment, busting downs, sort of getting a little feel of it all, seeing what the locker room is like. It's my first time in the home locker room, so I felt like today was really a good work day for us.

Q. Now that you've been in this competition since the start of training camp, just curious how you think it's going, and do you feel like it's going to be beneficial for the team? Do you think the Bears are getting out of this what they expect and do you think you're getting something out of it or what you expected to get out of it?

NICK FOLES: Yeah, I mean, I feel like we as quarterbacks have come to work every single day and pushed each other to get better and better and better while installing this offense. I've really enjoyed the process. As it pertains to a

lot of those questions, that's for the Bears' organization to handle. All I know for right now is I feel like as a QB room we've continued to improve and work every single day to take this offense to higher levels, which we're excited about. But I feel like thus far throughout training camp we've put in a lot of good work in the QB room and I know we have a lot of good work ahead coming this week.

Q. What more do you perhaps need to do to kind of show Coach Nagy and his assistants that you're the guy for the job with the number of days for them to make a decision sort of dwindling here?

NICK FOLES: There's no answer to that question. I've got to just be myself and go out there and play. When we go out there and practice, when he calls a play or whatever plays during that period, I need to execute that play, and if for some reason the defense covers it, I need to be smart and move around, and then there was a couple times just throwing the ball away. I know they're looking at all our decision making because it's a team sport, but as for right now I've just got to be myself. I know everyone wants an answer to what it takes, but it just takes being myself and going out there and playing and letting them decide who's the best to lead the team, and no matter what happens we're all a part of the Chicago Bears.

Q. As these practices have kept going, I'm curious, how unique has this felt for you? It's so condensed already and they've got this competition going; how unique has this felt for you? And what's been the most challenging aspect for you given previous games?

NICK FOLES: Yeah, I mean, it's been a really unique situation with everything going on in the world and this year and not having OTAs and getting here and everything is expedited, not only are you trying to play football and learn this new offense, which has similarities to what I've done before, but there's still a ton of new. You're also meeting a lot of new people and trying to build those relationships and learn their names while also learning the area. All that pulls from your energy. It's not the first time I've done it but it's the most expedited I would say.

Yeah, I'd just say it's been different, but I'm enjoying it and just sort of leaning in and embracing it because that's the time and that's where we're at, and the tough part is just



you're trying to expedite building these relationships, which isn't always easy, but like I said, that's the situation we're in, so I'm doing my best to lean in and embrace that.

Q. With two weeks until the regular season starts, this quarterback battle has seemed fairly even, at least to our eyes. Are you confident there's going to be a winner revealed before the kickoff to the opener?

NICK FOLES: You know what, that's a Coach Nagy question, a hundred percent Coach Nagy question. All I can control is going out there and executing plays and building relationships with my teammates. That's something that he'll have to answer. We just have to go out there as quarterbacks and do what we can to help this team.

Q. Nick, rewinding back to Thursday, could you walk us through the timeline of what the morning was like for you? And what was the most impactful thing for you about the entire day and all the conversations you guys had?

NICK FOLES: Yeah, I think Thursday was really just about our brotherhood in the locker room and talking through different things, and it was an extremely beneficial day when it came to conversations and spending time and taking a moment and talking through different things. What happens in that locker room really stays in the locker room. I will say it's a great brotherhood that's continuing to grow, and the main thing that we want out of it is we want change and we want to create an impact, so that's something we talked through as players is how can we impact in our sphere of influence, which is the Chicago area, while using this platform and playing in the NFL for the Chicago Bears. The conversations have continued onward and how we can help our communities and help what's going on in the world as men and women of the Chicago Bears.

Q. If hypothetically speaking you get named as the starter you're going to face the Lions. What's your level of experience with them? Have you played them before, and how would you prepare for a team that you didn't get to see in the preseason?

NICK FOLES: I mean, this Lions team I haven't played. Coach Patricia was with the New England Patriots when I played them in the Super Bowl. That was really the last time I faced his defense. That would be my only familiarity with this certain team. Other than that, I'd have to look back, but I think the snow game in Philly in 2013 would be the last time I played the Lions unless I'm mistaken, but Coach Patricia last time was 2018 in February.

Q. I'm very much interested in leadership in NFL

locker rooms, and I'm curious how much easier is it to command respect from a locker room as a quarterback after you win Super Bowl MVP?

NICK FOLES: I'd say -- I don't know. I mean, people definitely look at that, but I'd say it really only takes you a little bit because at the end of the day it's what you do day in and day out and how you genuinely want to care for people and want to get to know them that matters. You might have that in your resume, but it'll only give you a tiny, tiny bit. The day in, day out conversations and the way a quarterback prepares and goes out to practice and spends time at the facility is the most important, and that's just what I've learned throughout my career is your resume will only get you so far. It's what you do every single day that matters.

Q. The coaches promised coming into camp that they were going to be brutally honest with the evaluation of the quarterback competition, and I'm curious how you've felt the feedback process has gone at this point, and even though you won't reveal it publicly, do you guys know where you stand in this competition at this point?

NICK FOLES: Honestly I haven't asked for any feedback. It doesn't really -- in a most respectful way, it just doesn't matter to me. I just want to go out there and help this team and play out there and go execute these plays and help this offense and help this team, and whatever role that may be. My focus is that, not -- I told you all from the beginning when you all asked me, you all asked me how I'm going to win it. I'm not even thinking about it, I'm just thinking about being the best player I can be for this team, whatever that may be.

With that, that's where the coaches know I stand. That's how I've been. That's how I've been throughout my career, so why would I change right now and all of a sudden let this thing overtake me. I'm going to go out there and be myself, I'm going to play my game, I'm going to love my teammates, I'm going to trust them and do what I can to help this team in any way possible. That's what I focus on, and as long as I play the game, it'll be that simple.

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