

Houston Texans Media Conference

Sunday, August 7, 2022

Houston, Texas, USA

Garrett Wallow

Press Conference



GARRETT WALLOW: Just reading things-lot quicker and that comes with being in the system for a second year, and work with Mike the whole changed my body around and just help me get in better shape for year.

Q. What do you feel like y'all accomplished in training camp?

GARRETT WALLOW: I feel like it started since the OTAs. I felt like a lot of chemistry is being built. I felt like there's a lot of enthusiasm in the building now and on the field. Everybody has that locked in mindset and wants to do their job, run it the football, things like that. I just think there's a lot of great energy and a lot of great things are happening on the field right now.

Q. How did you develop your instincts to go find the ball?

GARRETT WALLOW: A lot of that comes from playing football for system years since I was younger. It's the kind of thing that you're naturally born with it or you can definitely learn from it. But a lot of it, just studying film, understanding formations and understanding personnel and understanding who is on the field and why, what's the down and distance, things like that.

So much goes into thinking but a lot of it is reacting, too.

Q. Competition for the starting job, what do you think your role is?

GARRETT WALLOW: That's a lot of great guys in the room, great competition going on right now. The main thing is just coming in every day for everybody and just being consistent and just let everything take care of itself.

Q. The Louisiana presence now, keep adding more guys like yourself.

GARRETT WALLOW: Yeah, it's always a good thing to see a lot of people from Louisiana come together. The personalities I see within those guys reminds me a lot

about myself. So it's always good to have that hometown reminder.

Q. The linebacker core --

GARRETT WALLOW: Very smart, intelligent, as a young guy, we are always having talks. It's crazy because sometimes he leans on me for advice and I'm like, man, that was the same last year, right and I'm still the same. I'm always trying to learn from somebody but he's also trying to learn from me now. Just being able to help him any way I can is important.

Q. What is that like going from being a rookie last year to now --

GARRETT WALLOW: Feels like yesterday I was a rookie. Time flies really fast. Time doesn't wait for anybody and I tell everybody that all the time. But it feels good, knowing what to expect and being able to attack it from a different mindset ask different mentality, it's definitely been a blessing.

Q. Lovie mentioned Pitre and Pierce as a couple rookies that stood out. What stood out to you about those two players specifically?

GARRETT WALLOW: Pitre, he's a ballplayer. He's a ball hog. He knows; he has a knack for the football and I've known that from playing him when he was at Baylor. He was a great player there, too.

Dameon Pierce, man, great running back, quick, shifty, fast. They are both going to be great players and that goes for all the rookies.

Q. You got engaged in the off-season, congratulations.

GARRETT WALLOW: Thank you.

Q. Taking that step, growing both on and off the field?

GARRETT WALLOW: It's been huge. Me and my fiancée are excited about it. We finally got a date for the wedding.



That's exciting. Just being able to kind of move forward off the field has been exciting for me. I've seen a lot of growth over the past coming years and taking it a day at a time is the main goal for me.

Q. What are your expectations?

GARRETT WALLOW: Main thing is just be a factor for the team, right. You always want to be a factor, make plays for the team and do whatever you can for the team, right and another thing is just be consistent every day, good day, bad day, be consistent and bring that same enthusiasm and energy every day.

DraftScripts by ASAP Sports ...

