

Houston Texans Media Conference

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CJ Stroud

Press Conference



Q. CJ, we were talking with DeMeco about your growth. How do you feel about your growth on and off the field?

CJ STROUD: Yeah, I feel like I've grown a lot just spiritually, physically, mentally. So just grateful to have a coach like DeMeco who promotes that and family and friends who support me and teammates as well.

So feel like I've grown a lot.

Q. What do you expect from yourself in year three?

CJ STROUD: I just want consistent wins, and not just like on the scoreboard or just on the field. Of course that's very important, but just in life. So just consistently winning.

Q. What was different about your offseason?

CJ STROUD: I just kind of knew more. Like knew how much time I actually had or how little time we had and just kind of planned things better. It's only my second offseason, so it's not really like something that you just know what to do.

So still got a lot to learn, but, yeah, feel like I just planned better and spent my time intentionally, if it was training or spending time away. Just being more intentional.

Q. When it comes to this offense, you guys talk like you're getting more -- having more on your plate, especially on the line of scrimmage. Does that give you more ownership of the offense maybe than you would've had in the past, or is this...

CJ STROUD: Yeah, I mean, this is more of a quarterback's offense where you're R'Ding, calling the shots, switching protections if you need. Just me in the center. So that's J-Patt or Juice. Just got to have good communication with those guys and relay to everybody else what's going on.

Nick is doing a great job teaching us that, so is Jerry and

Jerrold. It's a lot more ownership.

Q. When you do have that ownership, does it help you as a leader grow in that role as well?

CJ STROUD: Yeah, I think it's an opportunity to grow there. Every year is a year I can learn a little more. I think that gives me another edge where guys, if you change the play or do something good, okay, we can trust this guy.

That definitely helps leadership.

Q. What did you learn from the vintage Tom Brady, 2203-2004 stuff the team watched? Have you ever talked to Tom, met him before, about what you're doing or Nick Caley or anything like that?

CJ STROUD: Yeah, I mean, those clips are always great to watch, you know, somebody do it and at such a high level. You know, he's not like physically imposing his will but mentally whipping guys play in and play out. That's something I want to get to that.

Like you said, they started back in 2000, 2001, 2003. It's been a long time it's been the same offense. This is my first year. It's not going to be what I watch on film yet; I'm sure that one day it will.

I haven't talked to him, but I'm sure if he did he would have some advice.

Q. You have some additions to the team this year. Is there somebody you're really excited to have on the team?

CJ STROUD: Yeah, I mean, pretty much everybody. I like the two rookies, Jaylin and Jayden. They've come in with a great mindset. Really mature guys, guys who love to work; consistently here at the building or working with me in the off season.

So I'm really excited to see those guys' growth and see them take a step forward each and every day. Not going to be perfect for them, but I think they're going to make a lot of plays and I'm excited to see.



Q. (Regarding wide receiver.)

CJ STROUD: Yeah, just like anything in life, you got to -- if that's time, people, if that's just personal things that you got to invest into it, so I think I'm grateful that we're trying to fix things and get things squared away.

I'm trying to lift those guys up every day. I think it's very important, and I'm excited and happy we did that.

Q. How difficult is it for you as a quarterback? Not only are you in a different offensive, now different offensive linemen, different pieces. How difficult is it for you to have to learn both of those in real time?

CJ STROUD: I don't think it's -- I'm a people person, so I think I'm a plug-and-play guy. I can relate to anybody at any time. I think that helps with me on the field. The new guys, I think I mesh with them pretty well. We've hung out of the field and seen each other out.

I think I'll be fine in that area, and just try to keep building the relationships.

Q. Last year you said you wanted to emphasize controlling what you can control. What are some of those things that you can control?

CJ STROUD: As in like?

Q. Just like you said you wanted to control what you can control. What can you control better this year?

CJ STROUD: My attitude, my play, my communication. I think those are some things I can control. I'll try to do that as best I can.

Q. Did you not like what (indiscernible) did last year?

CJ STROUD: No, I did. I think we won some games and went to the playoffs and did some great things. Everybody is different, different personalities, people. We got to adjust on what people like.

For me, my job is being a servant, so trying to serve others.

Q. (Regarding Nick Caley.)

CJ STROUD: Yeah, Nick is a fiery young coach who loves to yell and run around. I love it. He brings juice to the building every day.

So I'm excited just to work with him every day and try to

build a relationship. He's done a good job relating to the players and always asking us what we want, how we want to do things and making it player owned. I love that of him.

Q. What's the biggest thing you've learned last season that you think will help you be more successful this year?

CJ STROUD: That's a great question. There is a bunch of things, but if I can narrow it down to one, I would say just trust the process. You know, it's not about what people think, who people think you are, what they think you are or when they think you should do it.

It's about your process and how you'll go about it. If God is happy, you're teammates are happy and yourself, then you're good.

I think trusting the process, whatever that is, good or bad during the time. Trusting what the coaches are doing and everybody around me.

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