

Seattle Seahawks Media Conference

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Seattle, Washington, USA

Charles Cross

Weekday Press Conference



CHARLES CROSS: How ya'll doing?

Q. Good. Not as well as you. Congrats. What does it mean that you're sticking around here for a long time?

CHARLES CROSS: It means a lot to me. This team, this organization, I wouldn't want to be anywhere else. This place is definitely special, and I believe that and in everyone in this building.

Q. And since training camp that was what you wanted to see play out in your whole situation. To get it done, what was that moment like when you ultimately knew you had the extension kind of sealed away?

CHARLES CROSS: I feel great just being in Seattle, being around my team mates, the organization here. Like I said before, like I wouldn't want to be anywhere else. It's real special to me.

Q. Why is it special?

CHARLES CROSS: I was drafted here. The teammates, the team, the camaraderie that we have, the relationships. Means the world me.

Q. What's it been like having to sit out the last few weeks as the team is finishing the season?

CHARLES CROSS: It's been interesting. The past couple weeks has been big games that I've wanted to play in, but just being smart about the situation and moving forward accordingly.

Q. ...a Colt jumped on you and was trying to block the field goal?

CHARLES CROSS: It was the last field goal of the Colts game, yes.

Q. Somebody landed on you?

CHARLES CROSS: Yes.

Q. At the time did you fear you might not be able to come back this year?

CHARLES CROSS: I didn't have a fear of not being able to come back. I believe in myself. I believe in the training staff and doing everything I can to come back and help the team.

Q. Mike Macdonald told us Friday that if you guys were playing this week you probably would've been able to play. How much is the bye week really going to help you?

CHARLES CROSS: I feel like it'll help me a lot just being able to recover and get the reps, get more reps in and refine what I've been working on.

Q. Charles, you've seen a number of changing pieces on the line since you've been here. Abe signed earlier this year; you're done now; Grey, Anthony, Jalen they're all under correct. How excited are you about the continuity that you'll have as a unit for the next couple years at least?

CHARLES CROSS: I'm very excited about it. Just the O-line room, the guys in there, like they're great guys. I feel like everyone -- we have a great rapport. We're just one big brotherhood. So just continue to grow and get better from week to week and go on from year to year.

Q. Have you seen that chemistry show up more on the field this year where you're starting to see a little bit more come out of it?

CHARLES CROSS: Yeah, I definitely see that. You know, just practice each week and continue to get better from the first game to now at this point of the season. So like the progress and the guys have been great; continuing to keep moving forward.

Q. Now that you spent a whole year playing with Grey, what stands out the most about him as a rookie coming in here?

CHARLES CROSS: His IQ of the game, his willingness to learn. He's a great guy, man. He plays great football.



He's a great person outside of football.

I feel like personally he's going to be one of my lifelong friends.

Q. Were you expecting the contract to happen now or was there something that happened?

CHARLES CROSS: I just let my agent do his job and this is where we're at.

Q. Mike Macdonald said that you guys started to try to intentionally get better at screening plays. Do you remember when that happened, that you guys started working on that more, and what is involved for an offensive lineman to help a screen play be successful?

CHARLES CROSS: I definitely feel like we been more intentional as far as working on screen plays. Just the timing and the landmarks, everyone moving together as one. Especially with the play-action screens, the receiver screens, like just the timing, landmarks, everything works together as one.

Q. How about the run game? That seems to have come alive the last three games. What have you seen from the side?

CHARLES CROSS: Just everyone straining. Like the run game is everyone doing their job. O-line, tight end, receivers, everyone straining to get that extra block, to keep their man held off for an extra quick second. It's a group effort.

Q. A common theme in this team all season has been guys stepping up when they get their opportunity. What did you think of Josh?

CHARLES CROSS: I feel like Josh has done a great job coming in and playing week in and week out. He played great like in the games he played in in my opinion.

I mean, what more could you ask for from Josh? I'm happy for him and proud of him. He's done everything he needs to do.

Q. What did you think of the game on Saturday?

CHARLES CROSS: The 49ers game?

Q. Yeah.

CHARLES CROSS: It was a great game. I felt like we left a little bit on the ball, but just continue to work each week, each practice, and continue to get better.

Q. Did you like practicing in the rain today?

CHARLES CROSS: For me personally I was happy to be back at practice.

Q. You guys played in the playoffs in 2022. Did it feel different? Did the game feel different than a regular season game?

CHARLES CROSS: It's different because it's one and done. For me like I try to keep the moment the same, not too high, not too low; keep consistent. That's how I think about it as far as my preparation and how I'm building up for the week getting ready for the game.

Q. How do you spend this weekend? Do you watch other games to see who you might play, or do you unplug, ready to work Monday?

CHARLES CROSS: I'm going to watch some football this weekend for sure. You know, just look at different teams and watch their players and see their games. I just love watching football.

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