

CFP National Championship: Ohio State vs Notre Dame

Saturday, January 18, 2025

Atlanta, Georgia, USA

Mercedes-Benz Stadium

Notre Dame Fighting Irish

Mitch Jeter

Press Conference



**NATIONAL
CHAMPIONSHIP**
ATLANTA 2025

Q. (No microphone.)

MITCH JETER: Yeah, just such a blessing, right? We're going down there, driving a little bit before that actually. We end up punting and get a big time interception there by our defense. What a play to put us in position, and obviously great job by the offense to continue to put me in position to go out there and succeed.

Just a great moment for this team. Coach Freeman talks about team glory, and that's what I want to do every time I step out there, give our team the opportunity to achieve team glory.

Q. (No microphone.)

MITCH JETER: Yeah, so as specialist, myself, Monteforte and my holder are Chris, we work a lot with a sports psychologist as a specialist group. We prepare for moments like that. We talk about there is a lot of emotions that can go into moments like that. We want to handle those emotions after the kick, right?

So handle our business while we're out there, and obviously a great snap by Rino, perfect laces. Chris Salerno doesn't have to do a lot of work with the hold, which at that point when I see the ball down, the ball kicks itself at that point.

Being able to see the ball clean and trusting my process that I've done millions of times all the way back to when I started kicking, just to go out there and execute was awesome.

Q. (No microphone.)

MITCH JETER: Yeah, you come to Notre Dame for big moments like this. That moment meant to me that this team gets to go play for a national championship, which is awesome.

I'm just blessed to be a part of it. I dream of big moments like that. You know, I'm prepared any time I get put in that situation.

Q. (No microphone.)

MITCH JETER: You know, I think the brand that Notre Dame provides you always have a lot of eyes on you. It's a big time brand in college football with a lot of tradition to it. That's why I came here.

Being able to go out there and play for such a big time school that's put in a lot of big time moments and has a lot of eyes on it is what you want as a college football player. That's why I think anybody that has Notre Dame on their mind should chose that school. That's why I came here and a lot of other people chose that as well.

Q. (No microphone.)

MITCH JETER: I grew up playing a lot of golf with a lot of buddies. Those guys all play in college now for golf. I relay a kicker's process to a golfer's. You got a lot of time in between shots or kicks. I love to go out there and pick a target line, pick a spot in the background, take my steps, make sure I'm properly aligned and I am swinging to the spot in the background that I pick.

That's my mental process, very similar to a golfer. You're picking your target line, making sure you're aligned and your swing is going to that spot as well.

Q. (No microphone.)

MITCH JETER: Man, there is many different ones. Back at South Carolina, there are plenty there. Coming to Notre Dame and I think just a lot of moments in the playoff to help the team achieve team glory has been super special.

I don't think there is one that sticks out more than most. I'm just so happy every time I go out there to be able to give this team a chance to win.

Q. (No microphone.)



MITCH JETER: I don't know. I don't really have an answer for that. I think that in the NFL now a lot teams are moving towards the new kickoff rule. I don't know how it would work in college. Maybe moving the kickoff back a little bit would cause a little bit less touchbacks if you're looking for more returns.

Maybe something with the kickoff. I'm not sure.

Q. (No microphone.)

MITCH JETER: I'm not really a spender. More of a saver. I've invested a lot of my NIL money. But, man, just having the freedom to maybe take a trip or two when we get some time in the off-season. We get a lot of the time off in May, so being able to spend some time with some friends and just maybe take a golf trip or something, that's been fun.

Q. (No microphone.)

MITCH JETER: Favorite investment? I got into in NVIDIA. That's something on the come-up. It's been super cool to kind of have the freedom to be able to get into the investment world as a young individual.

Q. (No microphone.)

MITCH JETER: Yeah, we are obviously excited to be here at the national championship. I wouldn't say that it was like a sigh of relief or anything. We're obviously chasing what Coach Freeman talks about, team glory, all the time. Being able to go out there and execute a kick for team glory, for this team, it wasn't about me, it was about my brothers.

I'm just so excited that I played a small part in this opportunity to be able to play in the national championship. I talk a lot about we're driving a little bit before that and we end up punting and the defense makes a big time play for us to be put in position. The offense makes a drive to get me into position to go out there and execute with my long snapper, Rino Monteforte and my holder Chris Salerno and the whole field goal unit. I could talk about those guys for days about how detailed they are.

But the opportunity to be able to play in this national championship is such a special thing for this program and this team.

Q. (No microphone.)

MITCH JETER: Yeah, coming from an SEC school before I got to Notre Dame I played against Georgia every single year of my career. We knew -- Coach Freeman talked about whole week that that game was going to be a

four-quarter battle. You say the tide change a little bit before the half, but we knew that game was going to be a battle for all four quarters.

Going out there, getting the kickoff to return at the beginning of the second half, that obviously was a big momentum swing for us. We still were locked in the whole time of these guys are known to come back throughout games. We knew that we just had to continue to go out there and handle business and control the game from that standpoint.

Q. (No microphone.)

MITCH JETER: My favorite moment in Notre Dame? I wouldn't would say it's been on the football field. I would say that connections at Notre Dame that I've made here through the Mendoza College of Business and other places like that I have been getting my degree in have been substantial. I have been doing a lot of networking, a lot of stuff like with this Notre Dame network.

Only being here for a year I don't have as much time as some of the guys that maybe come here for four to five years, but being able to make those connections with such a special network that this place has been probably my favorite moment and something I'll cherish the rest of my life.

Q. (No microphone.)

MITCH JETER: Yeah, my dad has been a big part of my athletic career. I would say both my parents have been. My mom, obviously she's there any time I'm up or down. I call her every day to talk to her. She's been a super big part of that as well.

My dad, obviously when I got injured was a big part of that. He would be coming up for games a couple days early to help me in my process to get right. I'm super thankful for him to accelerate that healing process. Chiropractic is about aligning the body and he helped myself become aligned again, which allowed the muscles around my body to heal faster.

Super thankful for him. He's been a big part of my life and everything I've done so far this season, and I'm super thankful.

Q. (No microphone.)

MITCH JETER: Yeah, I wouldn't say that mentally it was much different of I changed my mindset or anything. It was just how does my body feel, and he helped me get my body feeling right again, getting stronger.



Mentally I would say just the confidence that I have to go out there, and when my body feels good I feel like I can go out there and execute every time. I guess getting my body 100% was the first thing I felt.

Q. (No microphone.)

MITCH JETER: Yep.

Q. (No microphone.)

MITCH JETER: Yeah, it's surreal this moment just being full circle. I guess the first game that I was injured was the Georgia Tech game here in the Benz, so being able to come back and play in the national championship in this moment, I had never played in this stadium. I've played in other indoor stadiums. But I have talked to a lot of other kickers that have played in this stadium, including Zach.

He has a great mindset of going out there and trying to execute every time. We were in communication a lot of the time when I was injured, what does his mindset look like, what could I give him to help. You know, maybe something as a new kicker playing in games, trying to accelerate that process a little bit.

But being in this opportunity, Mercedes Benz Superdome for the national championship is a great opportunity.

Q. (No microphone.)

MITCH JETER: Yeah. He's a guy that's just been so locked in spiritually and has helped me as well. Just being so in the moment of trusting God and making sure he's got a plan the whole time. Obviously he's got a lot of stuff going on in his life too. I'm super thankful he comes in every day and gives everything to this place and Notre Dame.

He's got such a history here with his family, and I am just so happy he's a part of this team.

Q. (No microphone.)

MITCH JETER: Absolutely. Being in the SEC, close to Atlanta, I'm from around Charlotte, so it's not too far. Got a lot of the family coming down to this one. It's definitely the closest game to home, so that's a good feeling.

Q. (No microphone.)

MITCH JETER: Eight I think? Yeah.

Q. (No microphone.)

MITCH JETER: Yeah. You know, all I hear coming from the last couple games is, hey, I think your dad had more screen time than you did. I really appreciate that from the ESPN staff and you guys for giving him that opportunity.

Obviously he played a huge part of me getting back on the field healthy, so I am super thankful for that. With his business I know he's been busy all the time, but he's definitely had a lot more people come in talking about my injury and the process to get back, so we're super appreciative for that.

Q. (No microphone.)

MITCH JETER: I have, yeah. (Laughter.) He's been recording me for a long time. Every since I was a soccer player back in high school coming up through my football days. He's always been the kind of guy to when I was playing soccer in high school record me, hopefully to get that film out to colleges. He's been doing that ever since. Being on the big stage in college you don't have to do that, but that's his thing. That is what he likes to do.

The calmness is definitely something that he's done a great job with. I don't know if that was my kid in that moment, I don't know if I would've been that calm.

Q. (No microphone.)

MITCH JETER: I think he just keeps it to maybe to re-watch himself, show some friends. He's not very technical savvy I would say, so doesn't always know to oh, I can go get this off the internet. He has it right there on his phone, so anybody that asks, grandparents, family, any of friends that want to see that moment, he has it for them.

Q. (No microphone.)

MITCH JETER: Yeah. You know, we treat it as a team just like another opportunity. We have a very finite schedule we pretty much keep the same throughout the season. That's what we're doing this week as well, having the same practice schedule, meeting schedule.

I would say mentally you go out there and just try to execute every time. The practice reps you get, every rep you've done throughout your career leads to this moment. We're super excited and ready for this opportunity.

Q. (No microphone.)

MITCH JETER: Yeah, I'm not very active on social media leading up to games. Just trying to take in my own moment and process, kind of talk about all the emotions

that come after that fact so we can deal with after.

So I try to stay away from that stuff.

Q. (No microphone.)

MITCH JETER: Yeah, you know, a lot of guys here at Notre Dame have the ultimate dream of goal of playing in the NFL. That is what the NFL season is like, right? So being able to kind of treat that from a body perspective, from a mental perspective, you know, how do you go for 18 to 20 weeks? How do you keep your body healthy for that long? He's been eye opening for those guys here that have goals of playing in the NFL.

That's how the NFL season will be, right? With this season for us, it's just been staying on top of it. We got a great strength staff, guys that keep us fresh and healthy and super thankful for that.

Q. (No microphone.)

MITCH JETER: Yeah, it's definitely been a long season. It's been a rollercoaster of emotions starting at Texas A&M all the way through the mid-season where you get injured and being able to have the opportunity to play for a national championship, it's been such a surreal experience. It's why I came to Notre Dame. It was to compete for a national championship, and just so thankful for that regardless of anything that's happened this season.

Q. (No microphone.)

MITCH JETER: Yeah, I guess when we first figured out we were in the College Football Playoff playing Indiana at home. We've got one opportunity to get one more. We had another opportunity to get one more. Now that we're in the national championship we have one guaranteed opportunity. This is the last ride with a lot of this team. We want to make it a great one. We're just excited about that.

Q. (No microphone.)

MITCH JETER: Yeah, I appreciate that. This season has been a crazy one, getting injured in the middle of the season. I've been doing this for a long time. To be able to have the opportunity to come back and help this team be successful is truly a moment where I thank God.

As you always say it's free motion out there. We got to get that going as well. It's such a great opportunity for this team.

Q. (No microphone.)

MITCH JETER: I mean, I've been at podiums answering questions before. In this stage...

Q. (No microphone.)

MITCH JETER: No, no. I did not think that, but I'm so grateful for this opportunity.

Q. (No microphone.)

MITCH JETER: What's felt right about the CFP? Yeah, the body being right is definitely the biggest factor. Just the opportunity to achieve team glory for this team, go out there and help this team try to achieve a national championship has been a big time part of it. That's why you come to Notre Dame.

Q. (No microphone.)

MITCH JETER: Yeah, I would say walk off, yes. I've had some moments where it's been go ahead kind of things, but nothing where it's been game winner kind of scenario.

Q. (No microphone.)

MITCH JETER: I had one at South Carolina against Clemson. I had one against Mississippi State as well. Those are the two that come to mind.

Q. (No microphone.)

MITCH JETER: It was, yeah.

Q. (No microphone.)

MITCH JETER: Yeah, so I had a groin strain and that's a muscle that absorbs a lot of force when you're kicking the football. When that muscle not 100% there is a lot of impact that it takes when you are kicking a football. I guess the strength I had to rebuild from that was what I was trying to get back. That took a little longer than I expected.

Q. (No microphone.)

MITCH JETER: Yeah, I would say there was definitely a little bit of pain there. Kind of that was where I felt it the most, contacting the football.

Q. (No microphone.)

MITCH JETER: I would just say it was getting that muscle fully strong again, being able to exert the force I need to get into a football on field goals and on kickoffs. Just being able to get the strength back was probably the biggest

thing.

Q. (No microphone.)

MITCH JETER: Yeah, I don't know if there was any doubt. I would say it's more trust, trust of going out there and completely trusting my body that I can do my process without any thought of thinking about my body at that point.

Q. (No microphone.)

MITCH JETER: Yeah, I definitely would say my body was not at 100% so it was harder to trust my body to be able to go out there and do something I have to do at a high level.

As a specialist it provides so much force you have to exert on your body that you need to be at 100% or close to it.

Q. (No microphone.)

MITCH JETER: Yeah, in the highs and lows you try not to listen to any of that stuff. I say this a lot, I treat my process a lot like a golfer would. I go out there and try to execute each shot or kick at a different time with a different mindset every time of every kick is different. No matter what the last one was, miss or make, you go out there and execute your same process every single time.

Q. (No microphone.)

MITCH JETER: Absolutely, yeah. You come to Notre Dame and obviously a lot of eyes on you. Whether you're performing or not performing, you're going to hear about it. So being able to come to Notre Dame, and you want to be in the spotlight, so that's why a lot of players and everybody else comes here.

Q. (No microphone.)

MITCH JETER: The weather. The weather is the biggest difference. Being able to come up here and you're playing in a game like Indiana where it's 20 degrees, whereas in the SEC you're playing in a lot of mild to very nice environments throughout the season.

Q. More about the body or the ball?

MITCH JETER: You know, I would say it's a little bit of both. The ball doesn't travel as far when it's cold. Air is denser. Ball doesn't fly as far, whether that's kickoff or field goal. That's the biggest difference. At least later in the season gets a little colder.

Q. (No microphone.)

MITCH JETER: Yeah, yeah. You know, anywhere you go you're going to have to deal with weather up in the north and midwest. So being able to advertise yourself that you can kick in the cold is something that I felt like I needed to do as well.

Q. (No microphone.)

MITCH JETER: Yeah, so I actually didn't get to play in that game when we played against Georgia Tech. That was the first game I was injured.

Q. (No microphone.)

MITCH JETER: Yeah, it was. It was. With Buchner. Yeah, but I played in a lot of grass when I was in the SEC. Some games you have turf and here in Notre Dame you play a lot more on turf, artificial grass. This stadium is very similar to the Superdome in New Orleans. The turf, being indoors, I would say it's a very similar environment to that.

Q. (No microphone.)

MITCH JETER: Yeah, I'm a big time form-focus kicker. I work a lot with a coach in Charlotte since high school Dan Orner (phonetic.) He's helped me develop my form to stay really contact focused and really form focused where a lot my swing is really streamlined and really aligned towards the target which is what I think can help me be successful.

Q. (No microphone.)

MITCH JETER: Yeah, you know, I think the brand that Notre Dame has and the tradition this program gives off is why you come here. You know, I wouldn't necessarily say we think as a team, oh, we're not in a conference; this is so much different, better or worse for us to be here. We just know we're a high caliber football team and we can go out there and perform.

Q. (No microphone.)

MITCH JETER: Not necessarily, but that's not really my focus. I think the opportunity to go out and win a national championship has been my focus. Being able to do it for this team, all the outside stuff, that can come after the fact.

You know, that's obviously a blessing if I get those opportunities to be able to represent, whether that's companies or organizations. But what I really want to represent is this team and school to hopefully get a chance to win a national championship.

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