

CFP Quarterfinal at the Capital One Orange Bowl: Oregon vs Texas Tech

Tuesday, December 30, 2025

Miami Gardens, Florida, USA

Hard Rock Stadium

Oregon Ducks

Noah Whittington

Press Conference

Q. What is the motivation that you have?

NOAH WHITTINGTON: I would say it is a little bit of motivation, but honestly, I play football because I love it. I feel like I'm motivated just because of the love of the sport.

Q. What did you guys learn the most from last year's preparation for the Rose Bowl that you guys applied this year?

NOAH WHITTINGTON: I feel like we learned mostly about us as a team. Last year we just practiced, practiced, practiced, and I feel like this year Coach did a very good job of taking care of us physically.

I feel like last year he did, but this year was kind of different. We've had more time to rest, and I feel like that's also boosted morale of the team. When we come back to practice and we've had those days -- last year I feel like we just practiced every day nonstop. I feel like the guys were kind of worn out a little bit.

Everybody is growing, and that's one thing I like about Coach Lanning is he's always looking for new ways to grow. I feel like going into this year, he definitely changed the schedule. I feel like at this part of the season, our team is the healthiest it's been, and I feel like the way he's planning the schedule has a lot to do with that.

Q. Last year was it more physically grueling or mentally grueling?

NOAH WHITTINGTON: Both, because we are a hard -- it's a hard program. It's a program full of guys that want it. We want it like that, where we're practicing, practicing every day, meeting before practice and then meeting after practice. It's always football, football, football, football. It weighs heavily on both sides, physically and mentally.



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Going into this year, getting into the postseason now, we still meet like how we used to meet, but some days our practices will be lighter. Honestly, guys just look fresh. They look like they feel good and are ready to play. Everybody said last year at the Rose Bowl, we lost real bad last year, but it was almost like a sign of relief last year. I feel like players was like, thank God; know what I mean?

Q. Really?

NOAH WHITTINGTON: Yeah. I was a little disappointed on the bus ride back, but guys are tired. Guys are hurt, beat.

Q. Not happy you lost but also not unhappy that there won't be another practice?

NOAH WHITTINGTON: Yeah, no more practicing. You get to go home.

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