

Chick-fil-A Peach Bowl: Ole Miss vs Penn State

Thursday, December 28, 2023

Atlanta, Georgia, USA

Mercedes-Benz Stadium

Penn State Nittany Lions

Adisa Isaac

Quick Quotes

Q. -- on that announcement?

ADISA ISAAC: It definitely was a big relief. A lot of thoughts going on with family, with coaches, and I felt like it was time. I felt like I put the work in from the last time I talked to you guys, and I felt like it was just time for me to make that move.

Q. I think a lot of us, when the regular season ended just assumed that you were moving on. Was this a decision you reached in December, legitimately not making it?

ADISA ISAAC: Yeah. I kind of just finalized it now, but it just was thoughts that were lingering that maybe popped back in and popped back out. Ultimately I came up with the decision to go, and I'm happy with it.

Q. If there were thoughts that said stay in Happy Valley, what were those top thoughts?

ADISA ISAAC: I mean, it don't really matter now.

(Laughter).

I feel like the choice I made now, I feel like I made the right choice this time. I'm just happy, blessed, really appreciative of just all the memories at Penn State, and I just want to close out strong with the guys. I feel like that's only right that I finish out the season, hopefully with a W.

Q. What about the choice you made last January? How much has that paid off? In retrospect, is it one of the biggest decisions of your life?

ADISA ISAAC: Yes. Obviously it was because who knows what would have happened last year if I would have come out. You might not have been able to see this type of season this year if I would have left.



Everything happens for a reason. That's why I kind of just stay even keel and just trust the process and kind of just stick to the gut feeling and kind of just keep moving along in a positive direction and try not to stay too stagnant.

Yeah, everything ended up panning out good for me, and I'm happy.

Q. How would you describe the season that you had this year?

ADISA ISAAC: I feel like it was a good season, definitely one of my best seasons of my life for sure, especially at a big university like this, a top school like this.

I could have never thought I would be in this type of position, but I'm just very humble, humble about everything. Just very humble.

I'm just trying to kind of put a lot of this -- kind of put a lot of my situation in perspective for the younger guys. Obviously they look up to me. I'm a captain. Guys like Jameial, young D-ends in the room, just giving them little tips about things I've seen, what I could have done better, just before I leave. They have something to strive for or even surpass.

Q. When making your decision to go to the NFL, how much was your family at the forefront of your mind when making that decision?

ADISA ISAAC: 100 percent. That's what I do it for. That's my why. Without them, I wouldn't be doing what I'm doing. That definitely was a big factor in moving on.

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