

Atlantic Coast Conference Football Kickoff

Thursday, July 25, 2024

Charlotte, North Carolina, USA

Syracuse Orange

Justin Barron

Press Conference



THE MODERATOR: Questions for Justin.

Q. Syracuse seems like there's a new feeling, a new era for Syracuse football, new head coach, facilities. Do you talk about that? Do you feel you're in on the ground floor of something that could be special?

JUSTIN BARRON: Absolutely. I'm going on my fifth year here now. This is the most support that we've been able to feel from the city, right? Maybe that's because we're doing more for the city than we ever have before, being out in the community.

Being able to feel the energy and support from the city, it makes us more excited to play, go out there and train harder. It makes us more focused, right? There's so much more energy for us.

Q. You've given so much to this team, played with one hand at times. What can you say about what you've learned growing through the program and why you've given your heart and soul for Syracuse?

JUSTIN BARRON: Well, first off, it's what my teammates deserve out of me, right? There's no point in me being on the field if they're not going to get everything I have.

Last year, you're talking about the one hand, all the work we put in in the off-season, in the film room, the endless hours, the blood, sweat and tears, that's all I can give to them. Anything less, it's me not giving them enough.

That's really that for me.

Q. Last year you were named team captain. Describe your leadership style.

JUSTIN BARRON: It's changed over the years, honestly. Last year it was more just lead by example. But now coming in this year with Coach Fran, he's pushed me, encouraged me to be more vocal, call dudes out. Even

with our strength staff, Coach Smith, Coach J.B., all those guys, they've challenged me to be more vocal and really hold guys up to a standard, really just set the tone for all of us. If I'm able to do that, we're going to be in a good spot.

Q. Has that change been difficult for you?

JUSTIN BARRON: Yes and no. Obviously it's leaving my comfort zone, right? I'm used to in high school being able to just lead by example, everyone would follow. Now with a bunch of talented guys, Kyle, LeQuint, leaders, too. You got to find a spot to get in and fit in, right? Being that vocal leader on the defensive side of the ball is important for me.

Q. Both your parents were collegiate athletes. How did they affect your athletic journey?

JUSTIN BARRON: Obviously tell me they would have been cool with whatever I did in my life. There's always that kind of soft push towards sports. My dad played football, my mom played soccer. That's helpful.

Being able to pick their brains on what they see with my mom about how to compete 'cause she's probably the biggest competitor in my family, honestly, with everything we do. She still does CrossFit to this day.

My dad, being able to talk to him about the game, the way he sees it, the experienced he's had, learn from him, that's really important for me.

Q. You're a seasoned defensive back now. How much more fun is the defensive side of the ball?

JUSTIN BARRON: For me, a lot more fun. I don't have to depend on anyone to be able to do my job, right? Offense, it's obviously a lot tougher. Got to depend on a good snap, the linemen holding protection, the quarterback even looking your way, him getting the ball there on time. There's a lot of variables that go into being able to do your job successfully as receiver.

I don't have to rely on what everybody else is doing.

FastScripts by ASAP Sports



