

New York Giants Media Conference

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Evan Engram

Press Conference



Q. Evan, when you look back on last season for yourself, just how do you assess it?

EVAN ENGRAM: Personally, yeah, the season last year, obviously last year, and self-assessment, there were a lot of things I feel like could I have done better. There were a lot of things did I well and there are things that I can build on. Definitely throwing last year away, there was a lot of things to learn from but I'm looking forward to this next season and improving every day out here in OTAs.

Q. When you say there are things you can improve, in this case you can identify that you're focused on this off-season?

EVAN ENGRAM: Really everything from ball security, from blocking techniques from routes, getting in and out of breaks, really everything that goes in doing my job every single day I put an emphasis on to improve.

Q. How much is the whole vaccination issue something you guys talk about as players and what have you sensed is the approach that most players are taking on it inside the locker room?

EVAN ENGRAM: There really hasn't been a lot of conversation. Definitely there's not many medical experts in our locker room. There's some in the training room. So we don't really talk about it that much. Everybody kind of is in their own lane with that. Everything is kind of their business and the vaccine obviously you want to get as much information as possible but not a lot of conversation going on about that. Really just focusing on getting better each and every day out here.

Q. Obviously this is a contract year for you. You know that obviously. What is sort of your mindset in that regard? This is a big year for potentially a life-changing opportunity for you to make enormous money next year. How much of a motivating factor is that?

EVAN ENGRAM: Honestly my motivation is in the moment right now. All that stuff is in the future. I have no control over that. I have control of what I do today on the field, what I do in these meetings to end the day, and as long as I work hard every single day, improve and do my job for my team, all that stuff will take care of itself.

Q. How are you feeling physically? Obviously last year you were able to move past some of those injury things that had been frustrating for you. What do you credit that to, being able to stay healthy and how are you doing that?

EVAN ENGRAM: You know, I give a lot of credit to a lot of things. Our training staff has been with me from day one through all the training, through all the injuries, and definitely Judge's approach to every day work. Last year was probably the hardest I've ever worked on the field during the season and through training camp, and I think when you work hard every single day, you push your limit, you build like calluses on your body, like you say, and you're able to be more durable. You're able to withstand a lot more. Give a credit a lot to myself and discipline, taking care of myself but also trainers and the work that Judge implements for us every single day.

Q. Are you in even better shape possibly than I've ever seen you in? I've never thought of you in any way, shape or form being out of shape but these couple of OTAs I've been fortunate enough to attend, you just look like you're in as good of shape as I've seen, and you can feel free to tell me if I'm off base there but I feel like I know what I'm seeing there?

EVAN ENGRAM: No, I appreciate that, I took that as a compliment. Definitely I've been grinding with my team back home. My trainers in Atlanta, we have been going hard and they put me through so much and they had such a great plan for me with speed and agility, through weight training, football work. I just really give a lot of credit to them. They kind of invest a lot in me down at Pentacle in Atlanta and I give them credit for how I look right now. Definitely after OTAs, anxious to get down there and get another month in before camp. I appreciate that, though.

