

New York Giants Media Conference

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Andrew Thomas

Press Conference



Q. How different in a positive way has this off-season been for you given you spent the two previous undergoing surgeries, getting where yourself right physically? Is it a refreshing off-season now for you to go into this healthy and how is that impacting you positively?

ANDREW THOMAS: Yeah, the first part of the off-season, being able to run and jump is not something I've been able to do after the first two seasons so hopefully that translates well during the season.

Q. Now that you've been through this distance before, going into the off-season program, have you changed your approach at all? I know obviously you just mentioned you're rehabbing last two years, but what do you need to get out of your off-season right now to be ready for the summer and how has that changed for you this point in your career?

ANDREW THOMAS: Yeah, I would say the biggest thing in off-season, just working on strength, especially upper body strength, just being able to sit down -- more rushes. Sometimes you get opposition and you need boot strength to sit down and just stay on top of ankle mobility, hip mobility, stuff like that to keep mobile.

Q. Given where the offense was last year, it surprised a lot of people. I know it's early but what are your expectations for the offense and particularly the offensive line and yourself?

ANDREW THOMAS: Yeah, this is going to be a new combination of the group every year so the first thing, just getting out the playbook, making sure our communication is top-notch, everyone needs to know the play and what to do and where to go and then just build the camaraderie as a unit and getting ready for mini-camp and things coming up in the season.

Q. You mentioned a new combination, that includes a new starting center. Does that have much of an effect

on you, since you're a couple guys down from the center, or can you talk about what effect having a new center in there does?

ANDREW THOMAS: Yeah, whoever takes that position, the leader of the offensive line, they make all the calls, things like that, so it's going to be a big open field and hopefully -- going to come in, prepare. But Coach Johnson trains us to support everyone to know the position and know where to go so we can help each other out.

Q. You obviously made a big leap from year one to year two. Why do you think that was, and how do you think you can use your experience to help Evan and his attempt to make a big jump from year one to year two?

ANDREW THOMAS: I think just taking it one day at a time and not focusing so much on the results but focusing on process. Even like you said, I had a good year last year but there are some things I want to get better at a player, and continuing that mindset is how you get better, and like I said, I'll just do my best to relay that to Evan and continue to work together because he's talented enough to be really good in this league.

Q. And has he -- do you guys communicate at all in the off-season? Does he talk to you about, hey -- that's part of the process, but what can I do on a daily basis to get better? Have you guys communicated about that during the off-season?

ANDREW THOMAS: Yeah, we talked about it a little bit. We are in different places but he sent a text message to talk about different like players I watch and things like that and then the coaches I might use sometimes to critique technique and stuff like that.

Q. You have a string thing of where you're rated one of the top offensive tackles in the league but the offensive line as a whole, obviously somewhat subjective, has never really been rated very high. How much does it bother you that the offensive line as a whole has not yet come up to where your level of play is and how do you feel about the ratings that there

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from last year?

ANDREW THOMAS: Obviously we want to be able to -- the offense and that starts with me. I think if the whole unit is not playing well then what I'm doing doesn't matter. We have to be good as a unit if we want to win and go deep into the playoffs, so the approach this year is just getting better as a unit and making sure everybody is on the same page.

Q. You've been in the league a few years now obviously. How long ago does it seem you were involved in this draft process that's going to be coming down next two weeks?

ANDREW THOMAS: Yeah, it's a lot, it really flew by. I'm happy for the guys getting the opportunity. I remember those days, and obviously ours wasn't as great just because of COVID experience but definitely was happy to be a part of the Giants when they picked me.

Q. When you see these guys coming in the last few years and you'll see them again in a few weeks, do you look to yourself and nod and say, I remember that, not knowing where I was going and what I was doing. Do you feel like an older guy? Younger guy? What do you feel like now?

ANDREW THOMAS: Definitely starting to transition to the vet mindset. I think I've done a good job of handling my business but the next step is being more vocal and bringing more guys with me.

Q. A year ago, you were really just getting started with this new coaching staff and everything else, to be in year two now and with what your team did accomplish last season, how does this year feel maybe more normal, I don't want to put a word in your mouth but how does this year feel now convening for the conditioning?

ANDREW THOMAS: It definitely helps, seeing familiar faces and then the scheme, the language and stuff like that, you're not learning a whole new system. But it's still a new team a new group of guys that are going to be out there and that's just how it is in the NFL and it changes every year, without doing all that team camaraderie and stuff like that -- for a new team, because we are.

Q. How much do guys take notice when guys like Saquon and Dexter are not there as they deal with their contract situations?

ANDREW THOMAS: Yeah, honestly, that's a business thing so personally I don't take too much account into it. I

just focus on getting better every day and focusing on controlling what I can control.

Q. Do you think those things have any effect on the locker room while you guys deal with on the field stuff?

ANDREW THOMAS: I don't think so. This is my first time being a part of something like this, so we'll just see how it goes. Like I said, just focusing on getting read each day, and those guys will get here when they get here.

Q. Being a captain and having grown into a team leader, do you monitor that kind of situation with Saquon and Dex, since they are two of your best players, do you monitor that from a captain standpoint of trying to make sure you take the pulse of the team and feeling like at some point maybe you have to say something? Is that something you consider or have your mind on?

ANDREW THOMAS: No, it's just the first day today, so just getting back, meeting everybody. Coach Daboll has already addressed the team so we are just focused on getting better each day, and like I said, those things will handle themselves.

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