

# Carolina Panthers Media Conference

Sunday, January 7, 2024  
Charlotte, North Carolina, USA

## Quarterback Bryce Young Postgame Press Conference



Tampa Bay Buccaneers 9, Carolina Panthers 0

**Q. Bryce, how tough was it to bounce back from each of the plays taken off the board?**

BRYCE YOUNG: Obviously it's not ideal but that's part of the game, you know. You got to be able to -- you have to have that next play mentality, whether it's good or bad and we understand that that's part of the game, so, yeah, it's not an ideal situation but we still have to be able to turn the page, go back. Whatever it is, now it's second and 10 or whatever it was. You just got to regroup. It's tough but that's part of the game. That's not just -- we all knew that.

**Q. Bryce, I know it's probably not the time for self-reflection or anything like that, but initially just what can you take from this season?**

BRYCE YOUNG: Yeah, um, you know, right now like you said it's tough. There hasn't really been a sit-down or anything about big picture, reflect, we just got off the field not too long ago, so really I don't want to just tell you something just to say it and not be true.

So, you know, really we've just been focused week-to-week. We still have that, obviously. Things are just winding down.

**Q. Now that the season is over, are there areas to your game you know you want to sharpen up in terms of fundamentals, in terms of technique?**

BRYCE YOUNG: Just, yeah, as a competitor, just wanting to grow. Of course, there's going to be things that are better, but there's the process of not just, hey, I want to be better. You got to get the specifics and that comes with, again, there's going to be a time after this to self-reflect and watch the film, do a self-scout, figure out, you know, the things to start putting a plan together but that hasn't happened yet.

**Q. Bryce, I know it's been a really tough season. What do you feel you've learned from what you've gone**

**through this year?**

BRYCE YOUNG: Obviously just dealing with adversity. You're not entitled to anything. You're not entitled to any sort of success and just that you got to keep showing up. Keep making sure you're pushing yourself. You can't lean on success to be your motivator. You have to be internally motivated and that's something that, you know, obviously got put to the test throughout the year. So, I think that's definitely a learning lesson for me.

**Q. What do the next few days or next few weeks look back for you? Do you take a step back and kind of just take a break away from the game?**

BRYCE YOUNG: Probably. Full transparency, I haven't mapped out factually what it's going to look like, what it's going to be, but, yeah, just talking to the vets around here, people that have -- my first offseason, so people have been there. Everyone said obviously just take some time and take a step back, so now that the season is over, I'll sit down and figure out what that looks like.

**Q. Bryce, Coach Tabor talked about his message to you being that you'll have brighter days ahead in the league and I know other coaches and teammates have shared that with you. Is it tough to receive that message in times like this?**

BRYCE YOUNG: Um, you know, it's just the competitor in me and not just me, everyone in the locker room. It's tough. Obviously this is a tough year. This was a tough day. I appreciate, you know, the encouragement from coach, from other people who said it. It is appreciated for sure, but also it's hard when you're in the moment. We all put our everything in day in and day out and we kind of live in those moments, and then ultimately when we move past it and get time to reflect and be able to grow, you know, it'll probably play more of a factor. You know, it's appreciated, it's just as a competitor, full transparency, we're all in the moment right now at least.

**Q. Is there any football experience in your life prior that you can compare to how hard this has been on you?**



BRYCE YOUNG: Obviously this is a different level. There's not really much I can compare about stuff from my past, good or bad. This is a different level; different league. Yeah, it presents unique challenges for sure, but ultimately, things are what they are. It's an opportunity for me to grow, figuring out just ways to push myself to be better, again, we all have that mindset so that's the approach towards it.

MODERATOR: Scott Fowler and then we'll take Sheena and then we'll wrap it up.

**Q. Bryce, I was just going to ask you, did you think it was even conceivable that this offense would be shut out two weeks in a row at the beginning of the season?**

BRYCE YOUNG: That's not a way that we have thought.

**Q. During training camp, Aaron Rodgers shared that the advice he gave to you is to show yourself grace. How often during this season, which has been a tough one, have you kind of relegated back to those words, not just from him, but advice that other vets gave you coming into your rookie season?**

BRYCE YOUNG: Yeah, you know, that advice and like you said, advice from a lot of vets, again, it's very appreciated and it's just kind of just been that trying to find that balancing act of, like you said, giving yourself grace and giving yourself the ability to move on, but also not being complacent and understanding that you're not entitled to things. You're not entitled to better just because you're not in the best. So, it's a balancing act, it's definitely something that's been in mind and it's appreciated and is part of it, but just trying to find that healthy balance. Appreciate you guys.

FastScripts by ASAP Sports