

# Carolina Panthers Media Conference

Sunday, November 30, 2025  
Charlotte, North Carolina, USA

## Bryce Young

### Postgame Press Conference



Carolina Panthers 31, Los Angeles Rams 28

**Q. Big win for you guys. Like I told Coach not a lot of people outside this building gave you guys a chance. Just with the short week and with all the injuries, just talk about the resilience of this team and the message that you guys have conveyed through this week's practice and holidays. There are so many distractions and so many things that would detract from this game today.**

BRYCE YOUNG: Yeah, I'm so proud of this group. Just like you said, the resilience. For us, we always lean on even each other. We always have belief. We know we have what it takes in this building. We don't worry about the outside opinions so for all of us, like you said, short week, holidays, all that, everyone was super locked in all week.

There's a lot of focus. Everyone was excited for the moment, excited to go out there and play. We were excited just as Coach says because it was the next game. We were just as excited for the opportunity and I'm so proud of this team, how they pulled it off, the way we won. Both sides of the ball, all three phases. It's a great win, so super proud.

**Q. What was those conversations like going into fourth downs when you go long to Jalen and T-Mac in that situation?**

BRYCE YOUNG: Yeah, I just trust my guys. There's no big conversation. No big hoorah. Again, for me, I'm super grateful to have guys down the perimeter that I trust and need to have in situations, fourth downs. Trust them to win one-on-ones. Trust them with 50-50 balls. Trust them if they're open. Whatever it may be. We have a ton of competitors. They did a great job of going and getting those balls and putting themselves in those situations on those fourth downs, so, again, it's not a big speech. I know those guys are always ready.

**Q. How do you continue to have that trust when a game went the way last week's game went?**

BRYCE YOUNG: It never wavers. Again, it's a competitive league. There's going to be ups and downs. I know my guys. I know how they work. I know who they are. I know the competitors they are. No matter what, I always have confidence in them, so that'll never change.

**Q. Out there today it felt like going into the fourth especially with the Chuba chants and the ovation for the offense. We looked up in the press box, and it was pretty cool to just look around. Did you feel that on the field?**

BRYCE YOUNG: For sure. For sure. That means a ton for the Carolinas to come and support us, we take a lot in protecting the Bank and for us to get that. It's a huge advantage. It means a lot. It affects the game. We're super grateful for the fan base. It was definitely felt, like normal. So, yeah, we're all super grateful for that.

**Q. Bryce, you guys haven't lost back-to-back games since the 0-2 start and Coach Canales said it's the high mill thank you of this group that stands out. Where do you see humility on this roster?**

BRYCE YOUNG: Just our willingness to chase our best, to want to get better. Coach challenges us with that early on in the week and throughout the week just try to find our best. Good game, bad game, whatever it may be. We have a bunch of guys that come in and focus on the work. They want to be better. They want to grow and watch and see how we can grow as a unit, as a team and so it's all individuals and it's part of the culture. So, again, I'm super grateful to be part of that.

**Q. Does that reveal itself more on the practice field or in film rooms?**

BRYCE YOUNG: A combination of both. Again, today or this week we weren't able to get a ton of full speed reps because it was a short week but still without doing that, the willingness to go on the side and get extra stuff, still the willingness to have extra attention to detail, all that stuff.



Film room same. You have to go in with an open mind, be willing to grow, be willing to learn. Watch the stuff that's tough to watch. Everyone does that and takes that challenge. So, yeah, I'm super grateful to be part of this group.

**Q. Bryce, to be able to run the ball the way you did today, you talk about having trust in your guys. It's been a while since we have seen Chuba and Rico do that. What's that like for you to see that come alive as Dave says?**

BRYCE YOUNG: Yeah, it's great. For us, we want to be balanced. We have all the confidence in the world and the O-line and those guys, to see them not do anything that was surprising to me or anyone in this building but to be themselves. Go out there, be special, be dynamic. The O-line doing a great job of taking pride.

We have a ton of respect for them as a team and as a unit. That's a really good unit out there. A really good front and for everyone no take that challenge, to step up and want to find our best, again, that means a lot.

**Q. You guys are half a game out of the division. I know you have several to go but the bye week is coming up next. I'm sure you would like to play every week and you focus on one game at a time but to be 7-6 with that win and now with a week to get healthy before you have a bunch of divisional games own the stretch, how important is that?**

BRYCE YOUNG: Yeah, it's huge. Being able to go into this last stretch, we want to take it one game at a time. There's stuff we can't control, stuff that we can't look too far ahead but we know that there's stuff at stake. For us, it's being consistent with our process. That's the thing about the team. It's never needing motivation or needing incentive to go and chase greatness. For us, we'll have a week to reset and then we'll come back and take it week-to-week.

**Q. What's that room line today?**

BRYCE YOUNG: It's fun. It's fun after a win. It's tough to win in this league. We have a ton of respect for our opponents and just for this league in general. You have to celebrate those wins. You celebrate the success.

It's great because as we talked about before, it's a group that's naturally humble. It's not guys after a win that now you got to reel them back on Monday or reel them back during the week. Everyone can keep it as it is. A normal week you have that 24-hour rule where you can enjoy it

and then you come back and I'm pretty sure we're back tomorrow. Watch the film and still learn and grow. You got to celebrate the success.

**Q. I asked Dave about this, but I'll ask you to. Ten different offensive line starting combinations today for this group. They always just continue to get the job done. I know you're focused on your job. Working with a bunch of different guys out there, what do you have to say about those guys continually churning good bodies out there?**

BRYCE YOUNG: Couldn't be more proud, more grateful for that unit. Just the resilience they show. Like you said, so much change, so much in and out. So much uncertainty week-to-week, just with how much movement there's been and like you said, there hasn't been drop off. Every week they step up to the plate. We have played some really good units. This is a really good unit we played and for them to play as they did, the cohesiveness they have, it speaks to the culture they have in that room, the coaching. I'm super proud, super grateful for that unit.

FastScripts by ASAP Sports...