



**Rams TE Brycen Hopkins – Media Availability – September 1, 2020**

**(On reflecting on the last couple weeks and how things have been going)**

"It's been going well. It's definitely a slow process. Just coming in here, new team...Everything has been kind of smooth for me. Just trying to do my best to adapt to the offense and just new people all around, new system, but I think I've been doing my best. Definitely, I've got a good support system, people around me just willing to help out and get me to the place I need to be. So, it's been good preparation so far."

**(On what has been the biggest adjustment being a rookie TE and if the veteran TEs have offered him any advice)**

"I would definitely say attention to detail. That's not something just solely for a tight end, it's just the NFL in general. The attention to detail, for everybody, has to be on par with all the 10 other players on the team, if you're wanting to succeed as best as you can as a defense or an offense. So, whether it's the depth on a route, or a hand placement on a blocking, or leverage – attention to detail is definitely something that I have been having to put a lot of emphasis on and just trying to get to the best place I can be."

**(On what the mood of the TE room is like)**

"It's serious when we've got to be, but whenever football is not on the mind, completely, it's just a bunch of dudes in there just having fun, enjoying each other's company and just building relationships. So, you know, we've got all types of personalities in there, but just a group that works well overall together, really well. I couldn't have been blessed with a better tight end group."

**(On if he has been surprised by anything since coming into the NFL)**

"Honestly, no (laughs). There is not really anything that has surprised me so far. I think that is a testament to the amount of preparation that I put in before I got here – just the mental preparation, as well as just knowing that, OK, this is going to be a new environment, new system. I'm going to have to adapt and you just have to be willing to put the work in. So, I think a lot of mental prep kind of allowed me not to be surprised. Things were definitely different than I had anticipated, I'd say, but different in really good ways. I think just being out here in L.A., is really one of the biggest blessings ever. I could have been anywhere, and I got to come out here. So, nothing has really surprised me, yet. I'm sure there will be surprises along the road, but I'm just waiting on them."

**(On how Head Strength Coach Justin Lovett has been helpful in his transition from Purdue to the NFL)**

"There definitely has been a lot of familiarity with the routine, as far as workouts and (Head Strength) Coach (Justin) Lovett goes. But you know, I wouldn't have it any other way. He did a great job at Purdue. I love to see him out here with his whole family. He's really helping me out as well because you know, just having that past relationship at Purdue, he knows some of the things that I need to work on and just areas of my body that could be a little stronger or just need some more attention. Just having him out here has been a big advantage for me and I look forward to just having him out here on my journey."

**(On the difference he's noticed among the other tight ends)**

"The tight ends, we've got all types of talent in the room. Just with the Rams offense and the versatility that it allows to us as an offense to play with at tight end, there's really everything for us to do. So, whatever the play is or personnel, they're going to find something for a tight end to do that is just an advantage, having one or two or three on the field. So, everybody's got their own talents, but when it all comes down to it,

we've all got to have the same good technique and just discipline when it comes to blocking, catching, just being an all-around dual-threat athlete."

**(On how much of a support system his mom has been during this journey to the NFL)**

"I don't think there's been a bigger support system other than my mom and my dad. My mom has just been here physical as well, just with everything. Helping me move into places, just getting me whatever I needed to – and I'm not saying she's been here the whole time, but she's just helped me with the moving process and just kind of that transition. And then even before that back when I was in college, them just traveling to every game that I had – not every game away, but every home game at least, they were there just to show their support. All of the love that I have from my family has really pushed me to get me to where I am today. So, I thank them for that."

**(On his mom's plans to watch him walk onto the field for the first time in the NFL, what that means to him and if she has discussed plans with him on how she intends to watch his first NFL game)**

"Not yet. I'm sure you might see her sneaking in or hoping a fence or something on gameday, just trying to get in there. But if she doesn't get in, she'll find a nice little spot just to be able to see. Just being in California, where I'm at, and just being able to see me after the game is enough for her. So, I think she'll find some way to be content with however she is watching it."