



## 2015 SEC Football Media Days Auburn Player Quotes Monday, July 13, 2015

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### **Senior Linebacker Kris Frost**

#### *On Biggest Difference With Will Muschamp As Defensive Coordinator*

“Really, it is the intensity that we bring each and every day. It’s a different atmosphere at practice. As far as our defense is concerned, we are all excited. We feel like we have a new breath of life in us. Everything is so positive. I have never seen it so positive before, with everything circling around the team. For the team as a whole, we are extremely excited and pumped up about starting the season off.”

#### *On The Decision To Return For Senior Season*

“It was a combination of everything. I prayed about it a lot. I talked with my family about it a lot. I was excited to have the opportunity to play for Coach Muschamp, anybody would. I love what he brings to the table as far as credentials he has. I feel like that was a major decision to come back. A lot of things played into it, and I definitely feel like I made the right decision. I am extremely excited about this season. I am happy to be back with my guys. The support they give me is great. We feel like it is going to be a special season.”

#### *On Motivation To Make A Name For The Defense Like The Offense*

“Us as a defense, we know what we have to accomplish. We know how much we have to step up to the plate and make a difference. We are ready to do that. We are already better as a defense, and we are ready to excel each and every day. The competition we have at each position allows us to work harder and get better individually. Getting better individually allows you to get better as a team. We are doing a lot of great things. We are extremely excited, and we trust our coaches a lot. We trust Coach Muschamp. We know that we have the opportunity to be a premier defense, and we are ready to do that.”