



2015 SEC Football Media Days Alabama Player Quotes Wednesday, July 15, 2015

Senior Linebacker Reggie Ragland

On his involvement with military veterans

"[With volunteering] I've learned to be more appreciative of life. I haven't had to go through things that they have been through. They protect our country and I'm very thankful for those people. I was talking to someone who was in D-Day. It was a very humbling experience. I'm just very thankful to live the type of life that I'm living."

On the expectations of playing for Alabama

"We're not allowed to have a bad season, because the fans will let you know when you're playing badly. We have to have the right mindset at all times, because the players that came before us instilled something that we have to keep finishing and keep going on. We've had Dont'a Hightower, Rolando McClain and Javier Arenas. Those guys paved the way for how we are in the weight room and the locker room."

On the parity of the SEC

"Every game in the SEC West is tough. Everyone can be beat everyone. Tennessee picked up my brother, Alvin Kamara. That was a good pickup by them. He will do good things for Tennessee. The SEC East is very tough as well. We have to go in each week with the right mindset week-in and week-out, because we can be beat. We have to be mentally tough."