



MD16

2016 SEC Football Media Days

Alabama Player Quotes

Wednesday, July 13, 2016

Senior Defensive Lineman Jonathan Allen

On his shoulder rehabilitation

“The shoulder feels great. Our rehab staff is amazing, and I’ve been doing rehab every day. I’m actually three weeks ahead of schedule. Obviously it was a little frustrating to miss a lot of the spring practices, but I have to recognize the bigger picture and focus on accomplishing the ultimate goal [of winning a championship].”

On whether he feels like the voice of the defense

“I wouldn’t say that I’m the voice of the defense. Obviously I’m one of the voices but honestly there are a lot of leaders on the team, such as Eddie Jackson, Reuben Foster and Dalvin Tomlinson. So I wouldn’t say that I’m the only voice.”

On the ability to stop Leonard Fournette last season

“I think it was a combination of many things. Having that extra week of preparation definitely did help some of the guys get healthy, but it was ultimately a pride thing. The coaches didn’t really run a lot of different [defensive] calls, it was just mono a mono. You have to take pride in what you do and have the ability to dominate your opponent, and I think we did a good job of recognizing the standard of excellence we needed to meet.”

On the team’s hunger this season following a national championship

“I’ve seen a lot of hunger in this team. The biggest thing at Alabama is that if you don’t have hunger then you’re not going to start this year. Coach Saban is not going to do anything that is a detriment to the team so you have to come with intensity every day and prove why you deserve to play. So I really haven’t seen any complacency so far this year.”

On new defensive line coach Karl Dunbar

“I think he has done a really good job both on and off the field with picking up the defense and helping guys understand what his policies and procedures are, along with what he expects from us on the defensive line.”



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Senior Tight End O.J. Howard

On the quarterback competition

“I think each quarterback is doing a great job right now. They’re running the plays. They’re being great leaders. There’s not one guy that stands out more than the other, but right now we’re not doing as much.”

On growing as a player

“My sophomore year, I didn’t do a lot of blocking in the offseason, so that’s something I worked on with my coaches. For my junior year, we worked more on the running game. This season I’m continuing to be a tight end. The position has been about progression.”

On remaining hungry after winning a national championship

“I think our team knows that’s last year. This team hasn’t done anything yet. We’re a new team. We have to establish ourselves. Everyone is working hard and no one is complacent. New players have bought into ‘The Process’ already. The older guys are doing the right things. I think we’ll be fine this season.”

On Nick Saban not being complacent

“With us being competitors and being close as a team, we know what it takes. Coaches will be there to coach us up and to give us the speeches that we need. If you don’t want to win, I don’t think you’re a competitor. He doesn’t have to say much to keep us motivated.”

On tight end coach Mario Cristobal

“Coach Cristobal is a great coach. When he coached the O-line, he brought enthusiasm. Our tight ends are going to be second to none. He’s teaching us great techniques in the off-season. Like I said, he’s a great coach.”

On Alabama fans

“Our fans arrived in the morning. That’s just an example of how they’re going to be in the fall when the season comes around. The fans are always traveling with us. They show great support. This isn’t even half of our fans. I can only imagine what it’s like when fall rolls around. It was kind of like ‘wow, these fans are just here for Media Days. Imagine what they do for an actual game.’ It wasn’t nerve-racking. It was just shock seeing all the people coming for Media Days.”



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Senior Safety Eddie Jackson

On his thoughts when he moved from corner to safety...

“It was real frustrating making that change, basically coming in as a freshman all over again; you have to learn different plays, and everything. Different guys on the other side, you were giving the calls. Now I’m taking the calls from corners and linebackers. It was pretty difficult, but I got comfortable over time. The comfort from my coaches and my teammates really helped me out a lot.”

On Jonathan Allen...

“He is one of those guys who comes in and works hard. His game speaks for himself, and you kind of expect that from him. He is a real savage out there; he plays like a bullet. Anybody that lines up in front of him, he’s going to give him his best.”

On his past and current coaches...

“Coach Kirby is a good coach, and Coach Pruitt is a great coach. We love Coach Pruitt. He’s the type of guy who is going to get on top of you. If you’re doing something wrong, he’s not going to kiss your butt, he is going to let you know. But he also is going to let you know when you are doing something good, the things you can fix to become a better player. And Coach Ansley, I like him. He came in, in full force, right away. He let us know what it was, and how it’s going to be, pushing us to the limit and showing us that the little things really matter on and off the field.”

On the loss of Coach Dillman...

“Coach Dillman is a lot like Coach Cochran. Coach Cochran is the kind of guy that is going to be going, from the time you wake up to the time you go to sleep, he’s going to motivate you. He’s not going to tear you down. They are pretty much the same.”

On Dashawn Watson...

“Dashawn Watson is a great player. He is one of the best athletes that we faced all year. He’s a big guy, and you try to contain him. He’s athletic ability did some things that we couldn’t stop. He’s a good player and we tried to contain him to the best of our ability. He had some great plays.”