

Capital One Orange Bowl: Florida State vs Michigan

Wednesday, December 28, 2016

Lawrence Dawsey

Florida State Seminoles



Q. All the way back to spring practice, Jimbo was doing a lot of praising of Travis Rudolph. Especially with Bobo not playing in this game, what does it mean to have him playing the way he has?

LAWRENCE DAWSEY: He's been steady, constant guy since his freshman year, came in and started making plays, and he hasn't stopped doing that. I can't say enough for how pleased I am with Travis for being able to continue to do what he's been doing and also lead this group with the young guys, spending time with them, telling them and teaching them what we expect from them to help us to be successful. It's been great being with him, to have a guy like Travis that you know you can count on.

Q. You're familiar with Don Brown and his defenses. Does Michigan's defense look pretty similar to what he had at Boston College?

LAWRENCE DAWSEY: It's partly some of the same similarities, but personnel is real special. They've got real special personnel. He didn't play as much man as he's playing now when he was at Boston College and what he's doing at Michigan. Great defensive coordinator, does a great job, and it's going to be our biggest challenge.

Q. Jabrill stands out to you, Jourdan Lewis obviously?

LAWRENCE DAWSEY: Yeah, they've got a great secondary. The whole defense is really good. You look at the front, the linebackers, we spent more time watching the secondary, but they've got NFL guys. No doubt about it. They've got guys that will be playing on Sunday if they stay healthy. If you look at Lewis, you've got Peppers right there, and these guys get up in your face. They're playing man-to-man. It's not like giving them a chance to get free releases on the zone and just reading the zone. You've got to be able to mix it up with their guys because this is going to be a physical football game.

Q. Harbaugh wants to come into the south and --

LAWRENCE DAWSEY: No doubt.

Q. Is he having success? Is he the kind of guy --

LAWRENCE DAWSEY: Oh, he's going to have success. Harbaugh has had success everywhere he's

been. He came by and did a great job recruiting in this state, even some guys that we wanted. They want to come in here and make a statement and try to get more kids to come there, and we want to stop them.

Q. Tell them it snows.

LAWRENCE DAWSEY: They need to go up there right now in December, go up there in January and see what it's like compared to down where it's 80 degrees. It's lovely, lovely.

Q. Lawrence, there's some advantages obviously to recruiting at Florida State, but what does Jimbo do organizationally or from an evaluation standpoint that you think has helped you guys have success?

LAWRENCE DAWSEY: We preach more family, about the kids. It's not so much football, it's about what we can help you reach, not only on the football field but off the football field. That's reaching your goals, getting a great college education, and being in an atmosphere that guys feel comfortable with, and then when you look at the success we had, putting guys at the next level, that's just been icing on the cake. But the main thing, he's come in and tried to build a family atmosphere with the organization more so than one-on-ones and just making everybody feel comfortable with what he's preaching and what his commitment is to them, as well, is what Florida State's commitment will be.

Q. I know a lot of that has to come from the players when they talk to the recruits.

LAWRENCE DAWSEY: No doubt.

Q. Do you guys coach guys up?

LAWRENCE DAWSEY: We don't coach them, it's just who we are. You go out and you treat guys, and when guys come there and they see what they've been told is going to happen in recruiting and they talk to other guys at other schools like man, I wished I would have did this and that, just make the other guys feel like we made the right choice. You ain't got to really coach them up, you just tell them, hey, we tell them to come and talk to our players. That's why we want them to get on campus and be around our guys because that way you can actually see, because the players ain't going to lie to each other. They may say something good in front of us, but when they get with the kids one-

on-one, they're going to tell the truth, and they're going to go, hey, man, this ain't what it's cut out to be, because we don't have guys that been other places and they'll come and tell our recruits, man, it was totally different. They're talking about this and that, but we don't have a dog and pony show at Florida State. Jimbo said, we ain't good with that. We're going to be who we are, setting our program, and we feel like we got to do all that, this ain't the place for you.

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Randy Sanders

Florida State Seminoles



Q. Talk about Dalvin Cook. Does he do things that are hard to describe?

RANDY SANDERS: He definitely does things that are special. You know, I've been fortunate to have been around some really, really good backs through the years, and I've had a lot of people ask me, how do you rank them, where does he rank? They're all different, and they all have their unique skills. But Dalvin has been phenomenally consistent. He's been very tough, very durable. I've always said that a running back has to be genetically superior to hold up because it's the only position on the field that you can clip him, you can chop block him, you can basically do anything but grab his facemask or hit him when he's on the ground. But he's shown up week after week, he has the ability to hit home runs from anywhere, which is really nice. Any time you've got somebody like that that can hit a home run, it's what I call an eraser. He can erase other people's mistakes. It gives you a chance. It gives you a chance to be successful.

Q. Offensively you guys have seemed to find a really nice rhythm the second half of the season. What was the difference? What was the key?

RANDY SANDERS: Well, I think as Auden Tate has come on, I think as Nyqwan Murray has come on and developed for us, Deondre has continued to get better, there's no question, whenever you're playing as many young people as we are, you should continue to improve as the season goes. It's not like these guys have reached their potential yet as players, and they should continue to improve, not only this year but -- but we lose Kareem Are, Freddie, obviously probably going to lose Dalvin -- but other than that, we have most of the team returning, and they should continue to improve. They're still young guys.

But I think they've bought in. We've had some players come on and develop for us and become much more consistent, and it's allowed us to kind of get into a groove as the season has gone on.

Q. Can talk about Peppers a little bit; how good is he, and is there anybody you compare him to?

RANDY SANDERS: Well, his versatility is one of the things that jumps out at you on tape. Not a real big guy, but he's not small, but he plays close to the ball, plays a fairly physical position, and really plays

linebacker. He allows them to essentially play nickel defense all the time, and he's as good as a linebacker, even though he's not typical linebacker size, and obviously he's good as a defensive back. He's able to cover and do a great job that way.

He's hard to fool. He doesn't bite the fakes and things like that. He understands his position.

Q. Anybody you compare him to that comes to mind?

RANDY SANDERS: Honestly I get scared of comparisons sometimes because, I don't know, the last 28 years there's been a lot of good players. But he's unique. He's unique in all the things he's able to do.

Q. Are there things that Don Brown does that -- it seems like over the last couple years, is there something in his scheme that's unique or something he does in terms of play calling?

RANDY SANDERS: Well, I think obviously he has a really good scheme. He understands the scheme. He understands how you're going to attack the things he does, and then he's been doing it long enough he knows the answers to what you're going to counter with. Now, he's done it with pretty good players the last few years, no question about that, and they've got a lot of good football players, but you take a good football coach and give him good football players, and you've got a chance to have the kind of defense they have this year. You look at them statistically and they're top one or two or three at almost everything, and the ones they aren't, they're like 12th or something. It's ridiculous what they've been able to accomplish. But it's also an unusual group to have 10 seniors starting on a defensive side in college football anymore. We don't really have 10 seniors on our team, and they've got 10 seniors starting on defense, and the one guy that isn't is a junior. A lot of experience, a lot of guys that are mature. They have obviously bought into what he's teaching and the scheme that they're putting out there. And they do a great job executing. They're good football coaches, no question about that.

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Travis Rudolph

Florida State Seminoles



Q. A lot of people talk about Jourdan Lewis, Michigan's corner. Have you watched a lot of him on film?

TRAVIS RUDOLPH: Yes.

Q. Are you impressed?

TRAVIS RUDOLPH: Yes, I'm very impressed. Jourdan Lewis is an awesome player. He makes a lot of plays on the ball, and his stats speaks for itself.

Q. I know at times he's more of a linebacker, but what are your thoughts on Peppers?

TRAVIS RUDOLPH: Peppers, I knew about him since high school. Peppers is an awesome player. He definitely deserved to be in that Heisman talk.

Q. What did you know about him when he was in high school?

TRAVIS RUDOLPH: We played in the High School All-American game together, and going into the All-American game, you just looked at all the players' highlights and stuff, and when I looked at his highlights, it was just touchdown after touchdown, plays after plays.

Q. Sounds like he hasn't disappointed since.

TRAVIS RUDOLPH: Exactly.

Q. Did you ever think you'd be in a situation playing in the Orange Bowl after that loss to UNC?

TRAVIS RUDOLPH: No, but Coach Fisher always told us just to keep playing, just regardless of the fact of losing, just keep playing.

Q. What changed after that game? Was there a mentality change on the team?

TRAVIS RUDOLPH: No, we just had that drive and that will to push forward and win, so nothing really changed, it's just focusing on the little details, I guess.

Q. Michigan's defense is ranked No. 2 nationally; in general what are you making of their defense overall?

TRAVIS RUDOLPH: Just watching film, they definitely deserve that, that credit, because there's not too many teams that can just run up and down the field, fly around the ball, get around, just make plays. It's a fast defense overall.

Q. Do you feel like you have the athletes, though, that can penetrate that defense?

TRAVIS RUDOLPH: Yes, it's definitely going to be a good match-up I feel like.

Q. Do you see anything on film when you watch them that you can kind of exploit, anything you've picked out?

TRAVIS RUDOLPH: No, nothing specific. Like I said, it's just going to be a really good match-up on both parts, offense and defense.

Q. When you watched Jabrill in high school, did you think he was a better offensive player?

TRAVIS RUDOLPH: That's a tough question. To my eyes, yes, somebody that plays the offense, yeah, you can say that, but he's definitely shown it on defense, as well. He's just an all-around great athlete.

Q. I've seen every episode of you guys' show. What was it like having cameras around constantly? Was it awkward?

TRAVIS RUDOLPH: I wouldn't say that, no. It's just really like open the eyes to all the players I felt like. You've got people watching you all the time, so having all those cameras there, they're more aware of the guys on you.

Q. What was it like to watch it?

TRAVIS RUDOLPH: It just felt like an honor just to watch yourself on TV.

Q. With Michigan's defense, have you guys talked about -- usually Jourdan Lewis get matched up with the other team's best receiver, in this case you. Have you thought about a match-up with him or talked about game planning for that?

TRAVIS RUDOLPH: We don't make it an individual match-up. Just watching film, they both play left, right, corner, so I'm going to go against No. 8, as well, and just the scouting report on them is they're very physical. They're going to put your hands on you, and you've just got to play strong.

Q. How do you think they compare to other teams you guys have played this year?

TRAVIS RUDOLPH: They're more of the elite group,

elite talent group. I feel like they're very similar to Florida. Florida played a lot of man-to-man, so that's what I compare them to.

Q. Freddie is kind of an unsung guy a little bit. What does he bring to the offense, and what makes him a unique player?

TRAVIS RUDOLPH: Oh, man, he brings a lot, just as far as the run game, he actually like helps out Dalvin get that extra boost I would say. He just does a lot of unselfish things. He'll just block. Whatever he's got to do to take the win, he'll do.

Q. Does he ever speak up about getting the ball in his hands a little bit more?

TRAVIS RUDOLPH: No, not at all. That's just how unselfish he is as a player. Just having him being a senior and leading all of us on the team, it just makes him a better person and team player.

Q. Is he an outspoken type of leader for you guys?

TRAVIS RUDOLPH: He's more of a quiet type of leader. He'll just lead by example. He's more that type.

Q. You're going against a program with a very well-known head coach. What's the first thing you think of when you hear the name Jim Harbaugh?

TRAVIS RUDOLPH: An NFL coach that won a Super Bowl and just doing a great job coaching for Michigan, winning record.

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Roderick Johnson

Florida State Seminoles

RODERICK JOHNSON: He's no amateur. He knows what it takes, and going to the bowl game. I haven't seen nothing change as far as his attitude or work ethic. It's always been high, high motor, high motor kind of guy. Always trying to get better, make everybody better around him.

Q. Obviously the past two years things have taken off for him and the whole D-line. From your perspective, what are they better at now?

RODERICK JOHNSON: I think they're really better in their technique, I mean, they're having fun with it most of all, but they're out there flying around and getting after it and having fun.

Q. Some of the guys were saying he's very good at coaching individual guys. Have you noticed guys figuring out their style a little bit against you?

RODERICK JOHNSON: I have seen him pull guys to that side and help him tweak their things, and then they go and be victorious, and that shows that he knows what he's talking about because he watches so much film and he knows what fits for the guys, so he's pretty good at what he does.

Q. Does playing in Miami give you guys a certain comfort level, been here before, not too far from home?

RODERICK JOHNSON: Yeah, of course. And then we have a lot of fans in South Florida, great fans, awesome fans, and just to be here in Florida, just to play, again, is pretty good for us.

Q. Has that shown up this week, feeling comfortable in knowing your way around here and that type of thing?

RODERICK JOHNSON: Yes, sir, it is.

Q. Anything specific come to mind in that regard?

RODERICK JOHNSON: No, nothing real specific, just being in Florida is pretty good for us.

Q. What have you seen in terms of Michigan's defensive line? It looks like they have a unique situation because they've got so many guys. For you specifically.

RODERICK JOHNSON: Just how big and physical they are. I mean, not only do they got physical players, but



they've got a lot of seniors and leadership and experience on their defense, how physical they play and how big they stand out on film is pretty big for us.

Q. Who have you faced that's been -- Wormley maybe or Taco?

RODERICK JOHNSON: Wormley mostly.

Q. He's a unique guy being that big that can move like that, right?

RODERICK JOHNSON: I mean, I seen on film how pretty big and thick he is. And the way -- he's very athletic and he knows how to hold the point. He's got to have my work cut out for me.

Q. Who's on Taco on the other side? Have you seen something unique from him? It seems like his game has kind of changed?

RODERICK JOHNSON: Both the ends, Taco, he's pretty fast with the ball. He's got a good first step and things like that. He's also good with his hands and good in space. The D-ends, they're pretty good and talented, and I can't wait to play against them.

Q. Freddie is a pretty serious guy. Is he always the same kind of guy he is when we talk to him in interviews or does he loosen up a little bit?

RODERICK JOHNSON: He loosens up. He's a joker. There's a face behind that face he got on there. I'll tell you that.

Q. What does he hide that maybe we don't see, that people don't know about him as the unsung guy who's helped this offense a lot?

RODERICK JOHNSON: He's not only just -- he kind of brings the juice to practice. He does his job. He stays under the radar, and then when it's time to take the pads off, he knows how to make you laugh.

Q. Does he kind of get an honorary offensive lineman role being a guy who blocks all the time?

RODERICK JOHNSON: Of course not. The offensive line doesn't open up holes, but Freddie does just as much work as we do, and sometimes he scores a touchdown, so he's the man with the plan.

Q. Going back to the Michigan D-line, whenever anyone talks about the Michigan defense that's the

first thing they point to. In the last three days of practice, how do you feel about going up against them right now?

RODERICK JOHNSON: I feel pretty good. I think we had a very good bowl prep practice and things like that. We finished the week just fine tuning things and making less mistakes. That's always our goal, making less mistakes than we have, but I like ourselves going into the game.

Q. You're going against a coach who's pretty much become the face of the Michigan football program, brought the team a lot of success. What was your first thought when you hear the name Jim Harbaugh?

RODERICK JOHNSON: Very great coach, very well-experienced and things like that. I mean, not only just playing against Michigan is going to be fun, but to get to play against Coach Harbaugh, that's going to be a great experience for myself, just to know the background and experience he has is going to be pretty big for them. But it's going to be like an honor just to go across and shake his hand, as well.

Q. What kind of personality does he have, and is it good for college football?

RODERICK JOHNSON: I think it'll be pretty good. You can see the success that Michigan has, that Coach Harbaugh knows what he's doing with his team and he's fine tuning them and making them greater football players, and things have been working out for them.

Q. Do you follow him on Twitter?

RODERICK JOHNSON: I don't follow him on Twitter.

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Freddie Stevenson

Florida State Seminoles



Q. Who does the best Jimbo Fisher impression on your team?

FREDDIE STEVENSON: I don't know. I think a lot of guys can do it pretty well.

Q. Now you're facing a team that has one of the highest profile coaches in the nation in Jim Harbaugh. He has a lot of followers on Twitter. What's your first thought when you think of Jim Harbaugh?

FREDDIE STEVENSON: I mean, I just think of him when he was with the 49ers, good coach, gets his players prepared. He's going to have his guys ready.

Q. What's going to be the biggest challenge your team faces against Michigan's defense?

FREDDIE STEVENSON: They've got pretty good defensive front. The guys are pretty big, so we've got to control those guys, keep them in check. I know they're going to try to knock the ball down and things like that, and we've got to be physical in the run game because I know that's what they want to come out and do and be physical, so we've got to dominate that part of the game.

Q. Talk about the ratios of touches to touchdowns you have. Do you feel like you've found a knack for getting across the goal line?

FREDDIE STEVENSON: Yeah, because I don't -- me personally, I think about it like I don't know how many more touches I'm going to get, so every time I get the ball, I'm trying to score.

Q. Is it kind of like I've got to strike when I've got the opportunity?

FREDDIE STEVENSON: Yeah, and if I do that, more touches will come. But this year I had a lot more touches than I had in the past, just because I'm taking advantage of opportunities. I know in the past years they would give me opportunities and I wouldn't take advantage of them, so that's what my touches were all about.

Q. Has it opened up because of that a little bit more you?

FREDDIE STEVENSON: Uh-huh.

Q. Coach was saying that it's hard to figure out

what a defense can do with you because like we were talking about yesterday, not many teams use fullbacks these days. Does it make it difficult to know how you're going to get played when you don't watch the film and you don't get to see a whole lot of plays like the things you're going to be running?

FREDDIE STEVENSON: Sometimes, but I know some teams they play and use the fullback, but they just use him as blocking and things like that, so I don't know how they'll play me in different aspects just because I'm so versatile at the position, so it was kind of unpredictable.

Q. Is that a disadvantage or an advantage?

FREDDIE STEVENSON: That's an advantage I feel like because a lot of teams don't know how to account for the fullback. When you're able to make plays at the fullback position, that really can help your offense.

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Deondre Francois

Florida State Seminoles

DEONDRE FRANCOIS: I really don't think about it, but when I'm in the game I just play football. If I do get hit and I can get up, I'm just going to get up and continue to play. I feel like the most important play in football is the next play and that's what Coach Fisher harps on and that's what we do as a team.

Q. Going back to when you were in high school, what was it like to get hit there, versus now being hit by larger, faster linemen? I'm sure it's a difference, or is it a difference, and what is that difference like?

DEONDRE FRANCOIS: It's harder. Guys are bigger, faster. But I try to during the off-season get bigger and faster, also, so it'll be equivalent to when I was in high school coming to college. It's a part of the game, and I feel like if you can't take hits, you shouldn't play the game.

Q. You talked about preparing for this Michigan defense; how much is there that you can prepare for and kind of anticipate, and how much can you not really understand until you get in the game and start playing?

DEONDRE FRANCOIS: You know, they're a very disciplined team. But we can just watch as much film as we can, and I feel like Coach Fisher and Coach Sanders really do their best to prepare me to play well. But at the end of the day, we have to go out and react to whatever they're going to do.

Q. What was the season like for you?

DEONDRE FRANCOIS: It was great, a great experience. Having a guy like Dalvin beside me was just a blessing. I feel like any quarterback in the nation would love to have a running back like that. The most important thing he taught me is leadership, consistency.

Q. (Inaudible.)

DEONDRE FRANCOIS: Not really. I don't know what Dalvin is going to do. We're just focused on the ballgame, focused on this last game during the season. It's not about Dalvin, it's about the Florida State Seminoles, so that's what we harp on.

Q. This will be the first bowl game since the 2013 title game. How important is that?



DEONDRE FRANCOIS: Very important. We want to go out the season with a bang, let the seniors leave with a gold legacy, set the standards for next year, next season.

Q. How much interaction did you have with Jim Harbaugh when he was recruiting you?

DEONDRE FRANCOIS: I really don't remember. I remember meeting him, him being a great guy, strong grip handshake type of guy. I know he's a great coach, but I don't remember him coming and sitting down with me.

Q. It wasn't a big impression on you?

DEONDRE FRANCOIS: Yeah, signing day was a few days, and I feel like he had just got the Michigan job, so it was late in the process.

Q. You talked about next year. Have you thought about what it means in terms of a changing of the guard? What does that leadership role mean to you?

DEONDRE FRANCOIS: I feel like it won't be any different. Coming in as a redshirt freshman quarterback this year I was held to a high standard to lead, and I feel like next year I'll be held to the same standard to lead. It won't be any difference. We're just going to go into the off-season with the mindset to work hard and stay consistent.

Q. What would you say are the things you learned this year in terms of being a leader that maybe you didn't learn in high school that have made you a better leader?

DEONDRE FRANCOIS: You know, I learned how to be a follower, follow other guys like Dalvin, Dalvin and Rod and some of the other guys on the team that has been there. That helped me become a better leader, seeing how those guys lead, taking in the accolades of how they do things just helped me become a better leader.

Q. Seems like a lot of mutual respect for both teams. When you look at both sides, is this kind of an ideal match-up for you?

DEONDRE FRANCOIS: I'm not sure. Whoever they told us to play, that's who we were going to prepare to play. Their defense is very stout. That's what I know. Very experienced team, well-coached, and I know they're going to come to play, so we have to, also.

Q. (Inaudible.)

DEONDRE FRANCOIS: I haven't thought about that. I'm just going to stick to our game plan, not try to do too much, do whatever Coach Sanders or Coach Jimbo ask me to do.

Q. We've talked to a bunch of South Florida guys about what this means, but not many people knew you kind of grew up in Miramar a little bit with your grandmother and your two uncles. Have you put much thought in that?

DEONDRE FRANCOIS: Yeah, I'm just blessed to be here. My grandmother, she's very excited because she lives 10 minutes away from the stadium, so it's a blessing for me to be in Miami playing in front of my grandmother and my grandfather and aunts and uncles and everyone.

Q. Do you think about this as like a dream come true?

DEONDRE FRANCOIS: Yeah, I think about that sometimes. It's just a blessing to be here. I never thought I'd make it this far, but now that I'm here I'm trying to soak in every moment of it, try to have fun. Most important thing is to have fun and create memories with my teammates like Dalvin, Tate, those guys. Great memories of the Orange Bowl. A lot of guys want to be in our shoes right now. We're just blessed to be here.

Q. What are your impressions of Peppers?

DEONDRE FRANCOIS: Great guy, great athlete, very strong. His best attribute to me is just having a knack for the football, being smart. I know he has a lot of athletic attributes. He's fast, physical, but he seems like a real smart player on the field from the film I've watched.

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Dalvin Cook

Florida State Seminoles

Q. A couple days away from the game, what do you need to do to get ready?

DALVIN COOK: We're just focusing on details. We had a couple days off for break, so it's really just cleaning up details and just making sure we're all on one accord, so we go into the game and we've got the same game plan going into the game.

Q. As far as just kind of the last-minute preparations and things like that, how do you guys feel kind of going into it knowing this is the last game of the year, building something for next year?

DALVIN COOK: We always go into every game with the same mindset. That's what we're doing for this game, treating it like it's another game. We treat all our opponents the same way, no matter what team it is, and we're going to treat this game like it's another game, and we're going to treat it like another big game because everybody will come play us tough, and we know that. We come in here like it's a big game and we know it's a big game, so we're going to prepare well, and we're going to be ready to play.

Q. As far as this game is concerned, it's another game where you as an older guy, it's another example for you to set for the younger guys.

Would you say this game is almost like a changing of the guard?

DALVIN COOK: They accepted that early in the season when we faced a couple of losses and we just kept battling back. They know the roles they're going to have to play next year, and I believe it's starting right now. It's showing in practice. Deondre is taking that step, you've got a defensive guy like Tarvarus, offensive guys like Tate and all those guys, they're stepping up and being more vocal and just really playing more football and better football out there.

Q. Their defensive line has been pretty good against the rush the past couple years. What are your impressions of Michigan's D-line?

DALVIN COOK: Athletic, physical. They do a lot of things because they're so long and athletic to where they do a lot of twisting, and they really just get a lot of guys free, and that's their linebackers. They do a great job of rushing the passer and getting into the backfield. We've just got to control the line of scrimmage.



Q. Jabrill has always been the most athletic player. Assuming he'll be tagged on to you. What do you think about him?

DALVIN COOK: Great player, plays a lot of positions, well conditioned, a great athlete. He treats every game like it's the same, which is a big game, just like we do. He's a great player, and we know he's going to come to play in that game, so we've just got to match that intensity.

Q. Are you anticipating kind of a one-on-one versus him? Have you thought about that?

DALVIN COOK: I doubt it'll be a one-on-one. I'm a running back, I ain't a receiver.

Q. He's a linebacker, he'll cover running backs.

DALVIN COOK: I'm fine, but I'm not anticipating that. I'm not going to get caught up in that. I'm going to go out there and play my football game.

Q. (Inaudible.)

DALVIN COOK: It's been great being home, being by the water, being by the beach. We don't get that in Tallahassee at all. Just as well, just getting that sun and that breeze, it's been a great experience, and it's just been a blessed moment.

Q. Talk about playing in Miami.

DALVIN COOK: We call it Doak South. That's Doak South. You know, being in that stadium in front of my family, I always get that extra boost to go play, being in front of my family, being in front of my friends, being in my hometown. There's no better feeling than that.

Q. Have you thought about your family members (inaudible).

DALVIN COOK: No, everybody already got their ticket early so I don't get caught up in that. I just give my six tickets away, and I just go play football.

Q. (Inaudible.)

DALVIN COOK: Everybody is happy for me because they ain't really got to travel nowhere at all. It's kind of like a burden off their shoulders for them to just stand out here and watch me play. They're very happy for me, and they're going to be right there supporting.

Q. Have you accomplished everything you want to accomplish as far as being a player?

DALVIN COOK: Yeah. You know, there's still stuff I've got to learn as a player on and off the field, really, so I'm progressing every day, on and off the field. You know, I accomplished a lot of things on the field and off the field, so there's still stuff I can build on.

Q. (Inaudible.)

DALVIN COOK: Just creating that havoc. That's coming in with the right mindset and doing everything right on and off the field, so when it comes game day or when it comes to off the field, the havoc rocks the surface, and it'll be clockwork for you.

Q. You're someone who knows the physical grind of a college football season. We saw Deondre go through it this season. Talk about how he works through it to be well for the upcoming game week after week.

DALVIN COOK: Just treating your body, taking care of your body. Your body is your temple really, so you've got to take care of that first and you've got to take care of it like it's a precious car or whatever you cherish. It's going to get you through these normal seasons. You've got to lift during the week, you've got to go in and get treatment during the day, and you've just got to really take care of your body and hone in on that. That's something I had to learn as I got older as a college player. I think I've been doing a great job of that.

Q. Does that involve other things like changing your dietary habits and maybe resting a little bit more than you did in high school or is it really just the lifting and going to treatment?

DALVIN COOK: It's all that in one. I'm still trying to get the eating habit down, but the sleeping part, I got that down. I wasn't really a fan of that, but it actually enhances your performance way better as you're getting that sleep more. I've been doing a great job of getting my sleep more, lifting, going in the training room. Still getting the eating part down, but it do take a big part of your game.