

PANTHERS HEAD COACH JOHN FOX

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(On Seattle's offensive line...) "They are definitely up there. I don't think you have the success they have had on offense this season without a very good offensive line. It all starts with blocking whether you are trying to run it or throw it. When you are the number two offense in the National Football League and have the number one rusher in the National Football League and have the offensive fire power they did, you don't do that without an outstanding o-line."

(On giving up eight sacks during the season and only one in the playoffs to Chicago...) "I think in this league you lay an egg every once in awhile. I think that game in Chicago during the regular season was our egg. We didn't play very and we felt like we were capable of much better."

(On rallying around a road warrior mentality...) "We don't have much choice. We kind of made this bed so that's what we have to do."

(On what makes this road trip different...) "I am hoping not much. In all seriousness, they are all tough. They have a very loud stadium and a hostile environment. When you're playing on this big a stage and in this kind of game it is going to be tough duty no doubt."

(On the difference between this year's team and the one on 2003...) "I think we are kind of almost opposite. I felt going into those playoffs in '03 we hadn't thrown the ball very well and for us to make a run we had to throw the ball better. This year coming into it I think it was reversed. We had thrown the ball much better but we had to run the ball more efficiently. When you go into these things you have to be going on all cylinders. That is what I think the major difference is on offense. I think defensively we are just better."

(On it being interesting to see how opposing defenses approach Steve Smith...) "Oh yeah, I know one thing, there is not going to be anything we haven't seen."

(On nothing being effective against Smith...) "Everything has been tried. The thing in this game is, you can take somebody away but you open up some other holes."

(On Ken Lucas this season...) "He has been outstanding for us. When we went into free agency an area we wanted to improve was our secondary. Our feeling about him was he was young and productive. He was a physical guy, both in the pass and the run. He fits our style."

(On Lucas' knowledge of the Seahawks helping them or the Seahawks knowledge of Lucas hurting them...) "A lot is made of that and I don't think it really matters. When guys come in new they are more concerned about the systems they are in currently. A lot is made of that, sometimes I think too much."

(On what they learned from their 2003 Super Bowl trip...) “Not getting caught up in the hoopla. Staying focused on the preparation. It is the same stage but there are just a lot more people watching.”

(On his keys to winning at this stage in the season...) “It is all important. Turnovers are huge. Ball security is probably one of the key things.”

(On Jake Delhomme’s progression over the last few years...) “A bunch. I can remember when we were getting ready to play the Dallas Cowboys in our first playoff game, that was Jake’s first season and he really kind of came in at halftime of our very first game. Just watching a guy who really just got his first opportunity, grow. Watching him take off in that playoff run and really just watching his growth.”

(On Julius Peppers’ health...) “We have him listed right now as questionable. He did not practice today. We’ll see what it brings tomorrow.”

(On injuries affecting their ability to capitalize on Seattle’s adjustments...) “No, we’ll be the same team.”

(On the changes the offensive line has to make to compensate for changes at running back...) “Not much. Nick (Goings) is not a stranger to the o-line or the o-line to Nick Goings. He had five 100-yard games a year ago and he has been productive this year. Our guys have all the confidence in the world in him and there is a lot of evidence of him on tape.”

(On where they’d be without Goings...) “Well, we have Jamal Robertson, Rod Smart and Brad Hoover. Same thing we did last year.”