

**PANTHERS CB KEN LUCAS**  
**January 18, 2006**

**(Opening...)** “I said I’d probably never come out to Seattle again, but I have no other choice now.”

**(On it being a little special to play Seattle this week...)** “Yes. It’s only natural for someone who played with a former team to get a chance and opportunity to play against his former team. He’s going to be amped up for that game. But it’s going to take more than just me. It’s not about me versus the Seahawks. It the Panthers versus the Seahawks. I don’t want to put too much emphasis on myself. I’m truly a team player. I’m just going to go out there and do my job and help my team get a win.”

**(On Matt Hasselback spending a lot of time with him talking about defense and pass coverage...)** “I think the turning point in my career in the NFL was when two years ago, before last season started, Matt came up to me and told me he had the opportunity to play in his first Pro Bowl and he said that ‘you are just as good as any corner in the Pro Bowl. The only difference between you and them is that they are very smart players.’ I took that to heart and learned from that. I think my career has sky rocked since then. I thank him for that. I have learned a lot from him. He has gotten better as a player also. He truly is one of the best quarterbacks in the league right now.”

**(On knowing Matt Hasselbeck well...)** “It’s not knowing him, it’s knowing their offense. You have to be a student of the game, what they are trying to do with their personnel. They are very good in what they do because they have been doing it for a very long time now. Now you are seeing it coming together on the field. They have one of the best offenses. It is going to be a great challenge for this defense to try and slow them down.”

**(On being familiar with the Seattle receivers...)** “Like I said, as a defensive player, you really don’t try to study just players - you try to study concepts and what they do. Once you can do that, you give yourself a chance on every play. I have much respect for D-Jack (Jackson) and Bobby (Engram). Those guys helped me get better as a player every day in practice. I enjoyed being one of their teammates my first four years.”

**(On if he thought he would come back to Seattle this season...)** “I had a funny feeling my career in Seattle was over with because they had too many other guys to sign. Quite naturally I knew it wasn’t possible to sign all of us. They got the guys they wanted to sign and also have two other good corners that they have on the team with (Kelly) Herndon and Andre Dyson. So everything worked out for both teams. We both here at the same spot trying to go out there on Sunday and reach for the same goal.”

**(On covering Steve Smith in practice every day...)** “It is a challenge. The guy is truly a competitor. He is very fearless, he fears nobody. Talking to does not work at all, that just makes him want to beat you even more on every play. He has made me better and I think

I have done the same thing. I think we have mutual respect for one another. I am just glad to be his teammate.”

**(On his performance this season...)** “I think playing out in Seattle I did some of things I did this year but people just paid more attention to me this year. I just continue to go out there and do what I do and try to be a consistent player every Sunday. My goal is to go out there and get better every week. I am never content with what I have done the week before because there is always room for improvement. That’s my goal, try to improve every week.”

**(On calling former Seahawks teammates...)** “To be honest I haven’t called anyone from Seattle. Floyd Womack called and left a message on my phone and said, ‘Seven days,’ then hung up the phone. I guess he was just watching the rain because I find it kind of funny he did that. I couldn’t do anything but laugh. Seven days then just hang up and not say anything else. It was hilarious.”

**(On talking to Shawn Springs about the Seahawks...)** “Who told you something like that? He told you that. I am about to call Springs up. He can’t put me on glass like that. Actually we help each other out. When we have played a common opponent this year, he’ll call me up and ask how these guys play and I’ll do the same thing. It wasn’t too much though, he didn’t have much to give besides what we both already knew.”

**(On Seattle’s line dictating where he lines up...)** “That is very witty what you’re trying to do. I can’t give away the game plan. We’re just going to go out there and play defense on Sunday like we’ve been doing all year. Whether I match up on somebody or stay on my side, I just have to do my job. That’s all that matters. Everybody has to do their part on the defense and not try to do too much.”

**(On Seattle’s offense not changing much...)** “They are very efficient at what they do and they do it very well. (Shaun) Alexander has had a great year and I am kind of surprised he hasn’t been signed back yet. He is truly one of the best running backs in the league. It is going to be a great challenge to even stop him. That is going to be our primary goal, to stop him first because if you can’t stop the running game then you have no chance in the passing game either. They will be open and do whatever they want to do. If you have to decide on one aspect of their game you have to stop the running game first.”

**(On what held last season’s Seahawks back...)** “It is all about chemistry. Everybody there right now is one year older and one year smarter. They have a bunch of guys on defense now that play together very well. Sometimes it’s not about how much talent you have on the team, it’s about who plays the best together. Those guys have done a great job on the defensive side of the ball of playing together as a team.”

**(On it being similar to the defense they played last year...)** “I haven’t really paid much attention to their defense but from looking at stats and the games and the scores and things they do what they do well. I know Ray Rhodes philosophy was to keep the tempo

up and allow everybody to play fast. Those guys have done a great job of doing that. They have some great rookies in there with (Leroy) Hill and (Lofa) Tatupu. Those are two great young players right there that they picked up. That helps them out a lot.”

**(On difference between playing left cornerback and right cornerback...)** “When you play the left side, that is the hot spot. Most quarterbacks are right handed. Most of the work is going to be throwing to the left side. You have to be really on your p’s and q’s in order to be prepared to play their position. But as far as playing man, if you want to be considered a corner you have to be able to play both sides. Left or right. You can’t just say I am a right corner or left corner. You have to be able to play both sides.”

**(On if he ever felt totally appreciated in Seattle...)** “To be honest, no. No, I didn’t. I think they knew I was a good player but I just feel happy that I am here now. I feel like I am in a place where I am supposed to be. Like I said, I have no regrets about Seattle. I am glad they gave the opportunity to even play in the NFL and I thank them for that. I enjoy my teammates now and I enjoy my family now, my adopted family. I have no regrets no. I am just glad they gave me an opportunity.”