

Shaun Alexander
January 16, 2006

(On if he feels as good as he looks...) “No, I wish. I feel okay. It is one of those things where I tell everybody, thanks for praying for me after I got hit. For like 20 minutes there I didn’t know if I was me or if I was about to go back into the game or if I was playing against the Auburn Tigers but the healing went fast. I would say probably by the second quarter I felt, at least I knew what was going on. I was able to talk to Mo (Morris) and suggest to Mike plays I thought we should run. Prayer does work. I was able to talk to people and know what was going on. I thank everybody that prayed for me.”

(On being proud of the way Morris played...) “I am proud of Mo and this whole team. I have been telling everybody for the last couple years that we were close to being a championship team and I was proud of the guys this year for always accepting challenges. This was just another challenge. You lose a player and guys just step up. You saw guys just jelling together and Darrell came back and had a great, great game. Mo made some great third-down runs. That’s what teams do.”

(On asking to come back into the game...) “No, they told me no. I was probably out for about 20 minutes and you don’t go back in after you’ve been out that long. They already told me it wasn’t going to happen. I don’t try to fight stuff like that. It is a little more serious than football, the fun game we’re playing. When you miss 20 minutes of your life that’s when you take it a little more seriously and just listen to what the doctor says.”

(On any symptoms after the game...) “No, that’s what’s weird, I haven’t had any symptoms. I would just like to thank everyone for praying. I had no headaches, even when the game was going on. I had no blurred vision. I had no black spots. Nothing.”

(On having a concussion before...) “No, not in a game. I think I had one once a long time ago where I didn’t put air in my helmet in a scrimmage or a practice and I got hit and the bells kind of went off. I never had one that was serious like that.”

(On taking tests...) “Oh yeah. I took all the tests and realized the guy knocked some sense into me. I am actually smarter than I was before.”

(On his practice schedule this week...) “Oh, I don’t know. We are just going to take it one step at a time. The better I get the closer I’ll get to getting on the field.”

(On having watched the play...) “Oh yeah. Matt (Hasselbeck) thinks it happened to me a couple plays before when I got hit pretty good on a draw. But that last play was kind of the finisher. It was one of those plays where you’re not sure whether it was a shoulder or a knee. I just got hit in the right spot. That’s the thing about football; it is a game of inches.”

(On Washington celebrating knocking him out of the game...) “He was dancing because he probably felt like he did a good job but like I tell everybody, we have a team.

We have a really good team and people are going to have to beat our team the rest of the way. We have a bunch of guys who are willing to step in and do what it takes for our team to get better and win. I was just proud. I got to watch the whole game over again today and I am just proud how everyone handled it. Of course you're going to be shaky when one of your top guys goes down but after that they caught their breath and everybody took steps forward to win it and that's what they did."

(On watching the game today as opposed to Saturday on the sideline...) "A lot more at peace. Probably in about the third quarter when I felt a lot better and could say things to guys and knew what was going on in the game. You're still hoping that someone makes the play and we get the big lead. Today was a lot more fun knowing what the outcome was going to be."

(On what the doctors told him...) "We have to wait and see but it looks pretty good."

(On changing some padding in his helmet or anything...) "I doubt it. Whenever you have a concussion it just is what it is. We play a violent sport. If everybody had better helmets they probably would have been wearing them from the beginning. That's just the way it goes."

(On the kind of helmet he wears...) "You know I have tried all of them and I wear the one everybody wears now with the metal face mask. I don't wear the new one that is supposed to be better. But, where I got hit it would not have mattered what I was wearing. I got hit in the back of the neck."

(On feeling symptoms of an earlier hit...) "No, no. That's just part of football, the first play was big and on the side but I didn't really feel anything different on that one."

(On Mack busting the 32-yard run...) "Mack is just amazing. To have the greatest carry of his career put us in the NFC Championship in Seattle. If somehow we beat Carolina, somehow win the Super Bowl and Mack wins MVP, you couldn't ask for anything greater to happen to that guy. He just plays with his heart every single game and it is exciting when good things happen for him."

(On being surprised Hasselbeck called that play for Mack...) "I was shocked. When he was calling it, I was like he is audibling to a running play and then I looked over and I was like wait a minute, I'm saying this to Mo, which means Mack is out there. There was a guy unblocked in the hole and Mack stiff-armed him, I was like this is crazy. I was just excited."

(On what it means to him that they're in the NFC Championship...) "It is exciting. I told someone it is like a dream and we don't want to wake up or a ride we don't want to stop. It is just awesome to be in this situation. We play another great team with probably a better defense, better skill players. Who knows what happens."