

Dontari Poe
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On how camp has been going so far: So far so good, it's camp time, football season, so I'm loving it all I'm taking it all in.

On his personal goals for training camp: Just play, be consistent, be focused, be healthy, and help this team get the ultimate goal and that's the Super Bowl.

On if he came into camp at the weight he wanted to be at: Yea, I'm good, we out here practicing so that's the only thing I'm focused on.

On how easy or difficult the Panthers defensive scheme is to pick up: I mean it's pretty cool, we have good coaches so they make it kind of easy on us. They give us the right tips and clues that we need and we just go out here and play.

On if there's any offensive line he faces that are bigger than him: I don't know, I don't really check weights and sizes too much, but I'm pretty sure there's some big dudes. There's some pretty strong guys, but at the same time it's all football, so I play it all the time.

On if the offense has put any pass plays in for him: Not yet, we will see though.

On how he is getting along with the rest of the defensive line: Good, they're all good dudes, KK [Kawann Short], K Love [Kyle Love], Vern [Vernon Butler], they're all good dudes and all welcoming me in teaching me the defense, so I'm appreciating it all.

On if he's used to a system like the Panthers that rotate a lot on the defensive front: I'll get used to it, that's a good thing in keeping the lineman fresh so we can go out there and play balls to the wall, but I'll get used to it real quick.

On why he chose the Panthers: I just like it, I like the team, I like the defense, I like the scheme, and I feel like we have a chance to win right now and that's what I want to do.

On being out on the practice fields with Cam Newton for the first time: I mean he's him, he's him, you can't knock a guy for being them, having fun, and competing, so more power to the dude.

On what his biggest strengths are on the football field: I don't know, I feel like I just go out there and make plays. I let everyone else figure out what's best and what's not, but I just go out there and play.

On what it feels like being a teammate of Julius Peppers: It's good it's good, it's repetition for the season to know what type of new defensive ends you're going to have and be able to see the guys you're going to play with every week, it's good to see it's good to be around.

On if starting his Panther career with a first year defensive coordinator makes the transition easier: Kind of, but at the same time he's been here so he's not too new or nothing. He's a really smart dude, he's a really good defensive coordinator, and he's a D-line guy so it makes it pretty smooth for me.

On what he wants to show his new coaches and teammates at training camp being a newcomer to the team: Just play, it's all work, it's all grind, and I'm a part of it, I'm a part of it to win.

On if this team has enough talent to win a Super Bowl: Definitely, why not? We got all the pieces, so that's what we do we come out here to work, and play, and get there.