



LOS ANGELES RAMS

Rams Guard Rodger Saffold III – Media Availability – January 18, 2019

(On this week's preparation and team's mood going into this game)

"I think we're treating it the same. I think we treat every week the same. Just from a mental standpoint of being able to be focused, but not let how big and special the event is get us out of position of just being too emotional. We want to be level headed, we want to be the same guys that we are week-in and week-out so that we can perform efficiently."

(On if there were moments in his career that he doubted he would ever be this close to a Super Bowl)

"There was a lot of frustration in the past. One thing I really did hang on to was hope. I always had a lot of confidence in my team, no matter what the team was. I tried to use that to the best of my ability to go out and perform as best as I could and just let the season play out for me the way that it has. The good thing about me is I like to bring a lot of positive energy to the O-line. You're going to still see me with a smile on my face, no matter what the circumstance. That's kind of how I've been treating it every season of my career."

(On the loss of Saints DT Sheldon Rankins and what that means for their run defense)

"We have a lot of respect for (Saints DT) Sheldon Rankins. It is tough not seeing him in there because you want to continue to compete and perform with a team at its best, so we can see who's going to be the better team that week. At the end of the day, we have to prepare for this game. Although Sheldon is a big part of that defense, there are a lot of other guys on that defense that we really need to look out for, we need to prepare for. If we're going to be as efficient as I know we can be, we're going to need to take advantage of that inside."

(On the perspective of being the longest-tenured Rams player and how it feels being this close to the NFC Championship game)

"The one thing I keep saying is how surreal it is. Sometimes it's hard to just take the gravity of the situation because, like I said, guys are the same week-in and week-out. Although there's a lot of excitement, I think that the focus has more taken over. It's one of those things, you're going to have to really feel it at the beginning of the game. When the National Anthem is going, I think that's when you really take in the gravity of the situation. Then, you have a little bit of a self-check so that you can get ready for the game."

(On how noisy the Superdome is and how useful it is to have the continuity on the offensive line for dealing with the noise)

"I think that chemistry is a big part of the O-line. We've been doing that week-in and week-out. It's been great to see guys step up in many different games, different weeks and now that we're all jelling together, we're firing on all five cylinders – because five linemen. I think that it's just great that we've been together this whole time and it makes it easier to be able to play in the noise, when you know exactly what your guy does and how he thinks."