

TE JOHN CARLSON
Draft day Teleconference Call
April 26, 2008

(On the his rise in value between the Combine and the Pro Day...) I was sick. I was unhealthy, and I lost a bunch of strength in the process. I had the opportunity to get the strength back, and I performed better at the Pro Day. I don't think it was anything out of the ordinary, I was just healthy again, and things went well.

(On whether he thought about not running at the Combine...) I wanted to go there and compete. I knew that every NFL team would be there, and it was a chance to perform in front of them. The receiving drills went well, and the interview process went well, and I wanted to go down there and compete.

(On what illness he had at the Combine...) It was either a parasite, salmonella or e-coli. It held me back for a while; I lost 17 pounds in 4 days, and I didn't eat normal foods for about 2 weeks. That was a week before the Senior Bowl. That's why I didn't go to the Senior Bowl. 3 or 4 days or so after the Senior Bowl game, I started eating normal foods again, and that was about 2 ½ weeks before the combine. It could have been from some water, or it could have been from when we went to a children's home in Orange County, called Oranewood, and it could have been something from there.

(On whether it was tough to convince teams he was OK...) I think teams understood what happened after the fact. I couldn't use that as an excuse until I ran better at the Pro Day. It showed I really had lost a bunch of strength. Fortunately, things went well at the Pro Day, and I was able to gain my strength back.

(On the difference in 40 yard dash times...) On the Pro Day it was between a 4.67 and a 4.71, is what I heard, and at the Combine a 4.89 was the faster of the two.

(On whether he is more of a blocker or receiver...) At Notre Dame, I had a dual role. That's what I want to be; a tight end that can block and can catch the ball.

(On whether he is familiar about how the tight end is used in Holmgren's offense...) I know very little about the Seahawks and what they do there. I'm just excited to get in there on Thursday and start learning.

(On whether he knew that the Seahawks would trade up...) I had no clue.

(On his draft expectations...) I didn't know what to expect. I was bracing myself, and I thought it could possibly not happen until tomorrow. When I got the phone call, I was relieved, and extremely happy.

(On what he was doing when he was drafted...) I'm not going to call it a party, because I didn't know if it would happen today. I'm with my family. I'm in Litchfield, MN, which is a really small town. It's my immediate family, and some very close family

friends. My fiancée and her parents. It's going to become a party now, when I am done with you guys.

(On the decision to go with football...) I was a 6'5" power forward, and basketball was kind of my first love because I grew up as a coach's kid. My dad has been the head basketball coach at my high school for the past 20 years. As I got older, I realized that my body type was more fit for football. My first year at Notre Dame I was on the basketball team and the football team. But, I never really played in any games, and I knew that wasn't really going to pan out for me. So, I decided to focus on football after that first year.

(On how his basketball skills help him as a football player...) I think a power forward and a tight end have very similar skills. It requires footwork and hand-eye coordination. You have to catch the ball in basketball, you have to catch the ball in football. I think those skills translate pretty well.

(On whether it helps him screen defensive backs as well...) I think it does. When you go up to get a ball in football, it's just like going to get a rebound in basketball. Posting up in basketball is similar to shielding a defender in football. I think the skills definitely translate.

(On how tennis fits in...) I think tennis is a great sport, and it's important to be well rounded, especially as a young athlete. I think it helped me with hand-eye coordination and footwork, and probably, most importantly, tennis allowed me to an opportunity to lift weights really hard in the springtime, and that was really the most important part for me.

(On whether he was on a football scholarship at Notre Dame...) I was a football scholarship, and I redshirted my first year in football, and at Christmas, the basketball team had a couple of injuries in the post, and they called me up and asked me if I wanted to join the team, and I did.

(On his major...) I majored in history, and I minored in anthropology, and I graduated last May.

(On whether he was recruited for basketball...) It was mostly division II schools for basketball; in the Minnesota, North Dakota, Wisconsin area.

(On how much weight he put on to transition at Notre Dame...) I was pretty small, I had the basketball type body, probably weighed around 230. I put 10 pounds on the first year, and another 5 or 10 the second year, and I have been around 250-255 probably the past 2 years.

(On playing with Brady Quinn...) It helped me tremendously. I wouldn't be here at this point if I didn't have that Junior season with Brady Quinn and the other great players that were around me. I owe a lot to Coach Weis for what he taught me about the game, and the way he utilized me in his offense.