

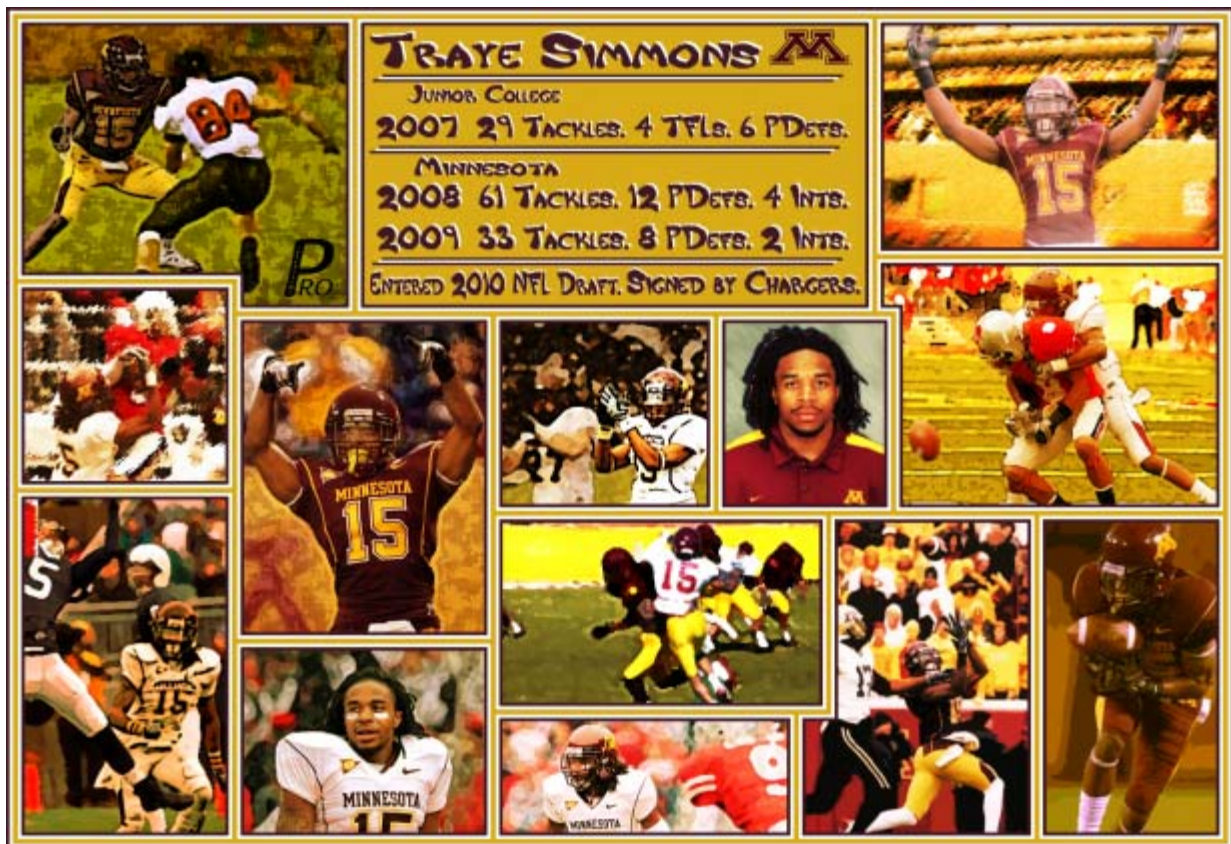
# PRO INTERVIEWS

Real Interviews with Real NFL Players.

## 39 : Player Interview : Traye Simmons

Posted: September 4, 2010 by Max Strauss

Follow Traye Simmons on twitter at <http://twitter.com/trayesimmons>



**Strauss :** So, Traye, why do you make it important to connect to fans?

**Simmons :** It's important because fans give me support and motivation. Sometimes things get hard but the fans can bring my spirits up.

**Strauss :** If you could meet anyone, who would it be and why?

**Simmons : I would want to meet Jesus Christ. I find it very bold and grateful what he did for his people.**

**Strauss : Who was your childhood star? Why?**

**Simmons : Deion Sanders. He's the best there ever was and he made it look easy while looking good.**

**Strauss : What was your favorite NFL team growing up?**

**Simmons : Both the Dallas Cowboys and Atlanta Falcons.**

**Strauss : When did you see your first live NFL game?**

**Simmons : I saw my first NFL game when I was twelve.**

**Strauss : What is your favorite song to listen to before a game? What pumps you up?**

**Simmons : Phil Collins – In the Air Tonight. I don't know why I love this song but it gives me goosebumps.**

**Strauss : What is your favorite movie of all time?**

**Simmons : Friday is my favorite movie. Hilarious!!!**

**Strauss : What is your favorite snack food?**

**Simmons : Life Savor Gummies**

**Strauss : What is your favorite type of pie?**

**Simmons : Apple pie**

**Strauss : What is your favorite Ice cream flavor?**

**Simmons : I love white turtle ice cream.**

**Strauss : What is your favorite TV-Show?**

**Simmons : My favorite TV show is Martin. Martin Lawrence is a fool.**

**Strauss : What is your favorite meal?**

**Simmons : Mac and Cheese. Not out the box either... From scratch.**

**Strauss : What is your favorite video game?**

**Simmons : Madden on PS3.**

**Strauss : Who is your favorite superhero?**

**Simmons : Popeye.**

**Strauss : What is the one thing you can't leave your house without?**

**Simmons : My contact lenses, lol.**

**Strauss : How long have you played football?**

**Simmons : I've played football for seventeen yrs.**

**Strauss : Did you play any other sports in high school?**

**Simmons : I also ran track during high school.**

**Strauss : What has been the hardest thing for you to do since you started playing football?**

**Simmons : Spend time just being a kid or being myself sometimes. This game transforms you and it sometimes makes it hard to do normal things.**

**Strauss : What is a favorite memory with a sport other than football?**

**Simmons : Winning the 10 and under 4x400 meter relay in Nationals in 1997.**

**Strauss : Could you have predicted how far football was going to carry you? Why?**

**Simmons : Not really, but I've always dreamed big since I was a little kid.**

**Strauss : When did you realize that you were going to play football in college and in the NFL?**

**Simmons : I knew I was going to play college and in the NFL when I was 16 years old.**

**Strauss : If you weren't playing in the NFL, what would you want to do?**

**Simmons : I'd be helping kids. I love helping kids maximize their potential.**

**Strauss : What impact did your high school coach have on your career?**

**Simmons : My high school coach James "Friday" Richards taught me how to work hard to get what I wanted and that's something I've carried with me throughout college and the NFL.**

**Strauss : Describe the hardest change between the jump from high school to college.**

**Simmons : Weight lifting. Lifting killed me at times.**

**Strauss : How did the number process work out at Minnesota? Why? What happened?**

**Simmons : Well #15 was my number in Junior College also so I just kept it although I really don't like #15.**

**Strauss : How had your game improved from throughout Minnesota?**

**Simmons : Just being a student of the game help me out and I progressed and got better.**

**Strauss : What did you learn from playing football at Minnesota?**

**Simmons : People still play football when its negative degrees outside.**

**Strauss : Who was the hardest player compete with in college?**

**Simmons : Arrellious Benn. That guy is a beast. He's fast, strong, and runs great routes.**

**Strauss : What is your favorite memory from Minnesota?**

**Simmons : My favorite memory while attending the University of Minnesota is when I got an interception and returned it for a touchdown against Northwestern my junior year. It was special because I called it out before that drive happened. The best feeling in the world is making a play before it happens so when it finally happens, it's like you knew it was going to happen all alone.**

**Strauss : What impact did your college coach have on your professional career?**

**Simmons : He let me know that football is a business at this level.**

**Strauss : What was the combine like?**

**Simmons : It was cool being around such great players you always see and hear about.**

**Strauss : What was your draft day experience like?**

**Simmons : I was expecting to get drafted in the 5-7 round. Unfortunately I didn't get drafted. That made me mad actually and I'm here to prove that ALL the 32 teams missed a great CB in the draft. I'm blessed that San Diego picked me up. I feel both of us are getting a great deal out of the situation.**

**Strauss : What was going through your mind when you signed with the Chargers?**

**Simmons : Get me on a plane ASAP. I love San Diego!**

**Strauss : What number are you in the NFL? Why?**

**Simmons : #37. I don't know why SD gave me that number, but I don't care what number it is as long as I have a job, the number doesn't phase me.**

**Strauss : What have you learned from your teammates? Who is your favorite Charger?**

**Simmons : I've learned from my teammates that all of us are here to win and be the best. My favorite Charger would have to be Paul Oliver. I grew up idolizing this guy when I was younger and now I'm playing alongside of him. He's shown me the ropes and what I need to know to be successful.**

**Strauss : What is training camp like as a Charger?**

**Simmons : Charger camp is cool. I love the competing and we're working hard to complete our goals. When I picked off my first pass I was like "Here we go baby! Just like the good ol' days". The best part is breaking on a ball and closing on it. No one really knows what is going to happen then I step in front of it and start racing down the field. What a rush!**

**Strauss : What do you look for when you watch film? How important has film been to your development?**

**Simmons : I study and critique myself. I study my opponents and watch others mistakes that plays my position. I think it's bad to make the same mistake as my peers especially if the coach corrects my teammates. That would mean that I'm not listening.**

**Film can make a average player good. It can make a good player great. When I see myself on film I'm able to see what I'm doing fine and what I need to do to improve.**

**Strauss : Do you have a nickname? What is it? How'd you get it? What's the whole story behind it?**

**Simmons : "Big Play" Traye is my nickname. It was given to me in high school then it carried on to JuCo and Minnesota. I got it for making big plays (ints, breakups) or setting up my teammates for big plays.**

**Strauss : What is your favorite charity? Why? Why do you donate? Why should people donate?**

**Simmons : I like the Hope Kids foundation. I love to have fun with these courageous kids that has dealt with life threatening illnesses but it doesn't affect their attitudes. That shows a lot of character. People should donate because it could happen to anyone and we should all help one another when times gets hard. I feel that if you're a blessing to others, you will receive a lot of blessings.**

**Strauss : What's the best thing that has ever happened to you?**

**Simmons : Me having to go to JUCO. It made me hungry and I learned not to take anything for granted.**

**Strauss : What is an experience you have had that changed your life?**

**Simmons : My parents being together for twenty-two yrs. They have should me how to manage my family and how to love my children.**

**Strauss : What is your favorite quote?**

**Simmons : "Detour doesn't mean denial" – Mom**

**Strauss : For someone aspiring to play football in the NFL, what's the best advice you can give?**

**Simmons : Work hard. It really pays off.**

**Strauss : Is there anything you want to tell your fans that I have not asked?**

**Simmons : I LOVE YOU GUYS!!! I won't let you down.**

**Strauss : Thank you so much for your time.**

**Simmons : Thank you. Go CHARGERS!**