



## FOOTBALL CANADA INTERVIEW WITH FORMER CIS AND CURRENT CANADIAN RECEIVER ON THE INDIANAPOLIS COLTS

### SAM GIGUERE



Football Canada sits down with Indianapolis Colts and Canadian receiver, Sam Giguere, for a Q&A before heading to Miami for Super Bowl XLIV

#### Q&A Segment (Part 1 of 2)

**FC – Playing in the NFL, how has it impacted your life and work ethic as a football player?**

*Sam* – In order to reach the NFL, your work ethic has to be significant. I guess it's a prerequisite for the job... Now that playing football is what I do to earn a living and that I don't have to go to school fulltime, I can devote more time to it. So in that sense my life does revolve around football more than it used to before I was playing professionally.

**FC – What has been the most enjoyable moment for you so far?**

*Sam* – Playing in my first regular season game in Buffalo this season was a great moment in my professional life. Also winning the AFC Championship was an amazing experience.

**FC – What is the biggest challenge you have faced?**

*Sam* – The biggest challenge for me has been to learn the team's offensive playbook which is very complex. The playbook also evolves from week-to-week during the season so staying up to par with all the adjustments and changes require a lot of studying.

**FC – I'm sure everyone wants to know this next question, what is it like playing with Colts Quarterback Peyton Manning?**

*Sam* – It is awesome. Peyton is one of the greatest athletes in any sport and is by far the hardest worker I have ever met. He puts in an uncountable number of hours every week, studying our opponents and getting the offense ready. Although he has been in the league for 12 years now, he still works on his QB fundamentals and techniques every day. His work ethic truly is off the chart.

**FC – What has been the biggest wake-up call for you playing in the NFL?**



*Sam* – At the end of my college career I thought I was close to being the best I could be on the gridiron. When I joined the Colts in 2008 I realized I still had ways to go before I reached my full potential and before I could contribute on the field. It is a huge step from CIS to the NFL. A step I am still trying to take every day in practice, working to get better.

**FC – Your greatest strength?**

*Sam* – I think my greatest strength is perseverance. There is a quote I read a couple years ago which gives me motivation: “There is no telling how many miles you will have to run while chasing a dream.”

**FC – Can you describe to us what it was like dressing in your first NFL regular season game (Week 17 vs. Buffalo Bills)?**

*Sam* – It was an amazing experience. It was very cold and snowing a lot but it was great. It was also a chance for me to see where I stand in regards to competing against NFL starters. I was encouraged by the results but obviously I still have a lot of work to do in order to contribute to the team’s success on the field.

**FC – How did you feel when you got injured?**

*Sam* – Breaking my fibula last June was hard to accept. It was the first time I had gotten injured on the field and it was a tough process to go through surgery and rehab. It was hard for me to take it slow and give my leg time to heal. Missing training camp slowed my progression a lot, but I kept working on getting healthy and I was finally able to come back halfway into the season. It was a big obstacle to overcome and I am glad it’s all behind me now.

**FC – What was the key factor for you in making a speedy and successful recovery from your injury?**

*Sam* – Actually, it was not a speedy recovery. It took five months for my leg to heal fully, which was far longer than what the doctors had predicted. Seeing the slow progress I was making, it was hard to keep focused, to keep on studying the playbook and keep with the rehab, but I did and I finally came through.

**FC – Can you talk a little about the Colts receiving group? And what are your thoughts on Pierre Garcon and Austin Collie with the exceptional seasons they had this year as a young pair?**

*Sam* – Pierre and Austin both have a strong work ethic and a great passion for football. They worked very hard from the offseason training in April, to training camp, and through the season all the way to the Super Bowl. Hard work is always rewarded with success, and it’s great to see them having so much success on the field.

**FC – What does it mean to have been coached by both, Tony Dungy and Jim Caldwell (how do they differ)?**

*Sam* – Both coach Dungy and coach Caldwell are exceptional leaders. I consider myself very lucky to have been part of their teams. This year is especially special considering we will be playing in the Super Bowl. Coach Caldwell has done a fantastic job preparing and leading the team this season, keeping us focused on the task at hand. For us, the task at hand has always been winning the next game.

**FC – Which player do you work most with in regards to training?**

*Sam* – I work most with Pierre Garcon (Receiver) and Taj Smith (Receiver), lifting, running, doing ball drills and cone drills. We all like to work hard so it’s a great environment for us to get better.

**FC – Most dominate player(s) you’ve seen so far?**



*Sam* – Most dominant players I have seen on the field play for the Colts: Peyton Manning, Reggie Wayne, Dallas Clark, Dwight Freeney, Robert Mathis, and Gary Brackett.... On other teams, I would say Ed Reed (Ravens), Brandon Marshall (Broncos), and Chris Johnson (Titans).

**FC – What is it like to know your team will be playing in the Super Bowl?**

*Sam* – It is exceptional. We had a very successful season so far, it is amazing to earn a chance to compete for the Super Bowl. I feel blessed to be part of such a great organization like the Colts.

**FC – How will you prepare the next two weeks leading up to the game against the Saints?**

*Sam* – The team will prepare the same way we have all season long, trying to stick to the same winning formula. Most of our preparation will be done during the first week because we will be in Miami for the second week. Down there the distractions are many with the media and all that surrounds the Super Bowl weekend. So when we fly to Florida on Monday we will have most of our game plan ready.

**FC – What will it mean to win Super Bowl XLIV?**

*Sam* – It would be amazing. It would probably feel surreal. Hopefully I can tell you in two weeks.