

celebrity

Dishing with DeAngelo

JEZEBEL: DeAngelo, how do you like playing for the Atlanta Falcons?
DeAngelo Hall: I love it. This is my second year coming up now; there's something about the South that's really embracing. It just feels like we're all one big family down here.

JEZ: It certainly does have that quality. Who are your buds on the team?

DH: Michael Jenkins and I both came here together. We both got drafted in the first round; I went eight, he went 29. He's kind of like my go-to guy. If I have something coming up and I can't seem to find anybody to join me, I can always count on Mike.

JEZ: When does training camp start?

DH: To tell you the truth, we haven't had a break. A lot of the coaches want to see us around all of the time, so football has turned into a year-round sport. You always have to condition and lift weights. There is constantly something to do.

JEZ: What's a typical week for you during the season?

DH: I'm up at 6 a.m., meet [the team] for practice at about 6:30 a.m. We're going non-stop until about 4 p.m. To be the best, you never stop when you're supposed to stop. You want to stay in there just a little bit longer, watch a little more film, do a few more reps of what you're doing. Truthfully, we don't get out of there until 6 p.m.. And then when I get home, I'm so tired that I don't want to do anything but watch some TV and just fall asleep. Sundays, game days, are the fun part. As long as you're prepared and know what to do, it's easy to go out there and play.

JEZ: What was it like your first time walking on the field as a Falcon?

DH: It was nice, real nice.

JEZ: (Laughs) Were you nervous?

DH: Yeah, a little bit. I got to play against Randy Moss, who was probably the best receiver in the game then. So I got to go one-on-one against him, and it was a learning experience. It was a pre-season game, so it didn't count, but he took me for about 60, 70 yards for a touchdown. I remember from then on [I swore] I'd never let it happen again.

JEZ: So what are you predicting for the upcoming season?

DH: Hopefully a Super Bowl.

JEZ: That's what we're all hoping for. What was the biggest change going from college to pro?

DH: I think just the business aspect of things. In college, you have a lot of friends around the same age, everybody is hanging out together. When you get to the NFL, everybody's grown, doing their own thing, got their own families to go home to at the end of the day. So it's definitely a business from the standpoint of knowing when to say when as far as contract negotiation. If they have a lot of money invested in you, they're going to put a little bit more time into you developing as a player. If they don't, they don't see a problem with sitting you on the bench and cutting you when it's time to cut you. I was fortunate enough to be one of those guys that they put a little money into so I had a little bit of a learning period, but I went in there like I was one of the other guys and just tried to dominate.

JEZ: What do you think about the good group of people that support Dare to Share?



DH: They're very cool. It's very important when you've got other celebrities and people involved in backing the same cause. More people, more power. When you get so many of us in the same room, people will start listening. When something needs to be addressed, we go out there and put our heads together to address that issue, try to find a solution for it.

JEZ: What was the one lesson you learned that would be helpful for other aspiring players?

DH: Education. That was something I learned because my mom was a school teacher, so she preached to my brothers, sisters and me. I actually have one year left, so I'm going to eventually go back and finish my degree. I was a good student, on the right track, a member of the Dean's List. Don't ever get caught up in the money aspect of things because money comes and goes, but a degree lasts forever.