

2026 SAN FRANCISCO 49ERS DRAFT PICKS

ROUND	OVERALL PICK		PLAYER	POS	COLLEGE	NOTES
1	27th	Own Pick				Traded pick and 2026 4th round compensatory (138th) pick to Miami for 2026 1st round (30th) and 2026 3rd round (90th) picks
1	30th	From Miami via trade				Traded pick to New York Jets for 2026 2nd round (33rd) and 2026 5th round (179th) picks
2	33rd	From New York Jets via trade	De'Zhaun Stribling	WR	Mississippi	6-2, 207
2	58th	Own Pick				Traded pick and 2026 5th round (152nd from Dallas) pick to Cleveland for 2026 3rd round (70th) and 2026 4th round (107th) picks
3	70th	From Cleveland via trade	Romello Height	DL	Texas Tech	6-3, 239
3	90th	From Miami via trade	Kaelon Black	RB	Indiana	5-10, 208
3	92nd	Own Pick				Traded pick to Dallas for DL Osa Odighizuwa
4	107th	From Cleveland via trade	Gracen Halton	DL	Oklahoma	6-3, 293
4	127th	Own Pick	Carver Willis	OL	Washington	6-5, 303
4	133rd	Compensatory				Traded pick to Baltimore for 2026 5th round (154th) and 2027 6th round picks
4	138th	Compensatory				Traded pick and 2026 1st round (30th) pick to Miami for 2026 1st round (30th) and 2026 3rd round (90th) picks
4	139th	Compensatory	Ephesians Prysock	CB	Washington	6-3, 196
5	152nd	From Dallas via trade				Traded pick and 2026 2nd round (58th from Dallas) pick to Cleveland for 2026 3rd round (70th) and 2026 4th round (107th) picks
5	154th	From Baltimore via trade	Jaden Dugger	LB	Louisiana	6-5, 242
5	166th	Own Pick				Traded pick to Philadelphia for DL Bryce Huff
5	179th	From New York Jets via trade	Enrique Cruz Jr.	OL	Kansas	6-5, 313
6	198th	From Minnesota via trade				Traded pick to New England for DL Keion White
6	209th	Own Pick				Traded pick to Washington for RB Brian Robinson Jr.
7	243rd	Own Pick				Traded pick to Houston for DL Khalil Davis



GRACEN HALTON

DL × OKLAHOMA

6-3 × 293 × 1.27.04 × SAN DIEGO, CA × ROOKIE × ACQUIRED D-4A IN '26

COLLEGE

- Appeared in 47 games (10 starts) over 4 seasons at Oklahoma (2022-25) and finished with 84 tackles, 17.5 TFLs, 8.5 sacks, 3 FFs and 2 PDs. In 2025, appeared in 13 games (7 starts) and tallied 33 tackles, 7.0 TFLs, 3.5 sacks, 2 PDs and 1 FF, which he returned for a TD, earning Second-Team All-SEC honors. In 2024, appeared in 13 games (3 starts) and recorded 30 tackles, 6.0 TFLs, 5.0 sacks and 2 FFs. In 2023, appeared in 11 games and tallied 11 tackles and 3.5 TFLs. As a true freshman in 2022, appeared in 10 games and recorded 10 tackles and 1.0 TFL.



HALTON'S GOLDEN NUGGETS

- His father, Buford, founded the Always Give Back Sports Foundation, which helps youth in his community develop through sports.
- Started playing football in elementary school as a running back for the Bonita Bucs in San Diego, CA.

PERSONAL

- Attended St. Augustine (San Diego, CA) High School.
- Born Gracen Buford Halton (1/27/04) in San Diego, CA, to Buford Halton and Kim Dungy.

HALTON'S TRANSACTIONS

Originally the first of three 4th-round (107th overall) draft choices by SF in 2026.



CARVER WILLIS

OL x WASHINGTON

6-5 x 303 x 4.20.02 x DURANGO, CO x ROOKIE x ACQUIRED D-4B IN '26

COLLEGE

- Appeared in 45 games (28 starts) over 6 seasons at Washington (2025) and Kansas State (2020-24). In 2025 at Washington, started all 10 games he appeared in, earning Honorable Mention All-Big Ten honors. In 2024 at Kansas State, started all 11 games he appeared in. In 2023, appeared in 13 games (7 starts), earning Honorable Mention All-Big 12 honors. In 2022 at Kansas State, appeared in 7 games. Missed the entire 2021 season. Redshirted in 2020 after appearing in 4 games.



WILLIS' GOLDEN NUGGETS

- Credits his older sister, Kayla, for introducing him to football. She played left guard and middle linebacker from 4th grade to sophomore year of high school.
- Willis was a multi-sport athlete growing up and competed in competitive cycling.

PERSONAL

- Attended Durango (CO) High School.
- Has two older sisters, Kenna and Kayla.
- Born Carver Willis (4/20/02) in Llano, TX, to Brett and Gretchen Willis.

WILLIS' TRANSACTIONS

Originally the second of three 4th-round (127th overall) draft choices by SF in 2026.



EPHESIANS PRYSOCK

CB x WASHINGTON

6-3 x 196 x 2.28.03 x CANYON COUNTY, CA x ROOKIE x ACQUIRED D-4C IN '26

COLLEGE

- Appeared in 49 games (42 starts) over 4 seasons at Washington (2024-25) and Arizona (2022-23) and finished with 170 tackles, 21 PDs, 2 INTs and 1 FF. In 2025 at Washington, started all 13 games he appeared in and tallied 48 tackles, 8 PDs and 1 INT. In 2024, started all 13 games he appeared in and recorded 45 tackles, 6 PDs and 1 FF. In 2023 at Arizona, started all 13 games he appeared in and tallied 61 tackles, 7 PDs and 1 INT, earning Honorable Mention All-Pac-12 honors. As a true freshman in 2022, appeared in 10 games (3 starts) and recorded 16 tackles.



PRYSOCK'S GOLDEN NUGGETS

- First name is pronounced ih-FEE-zhunz.
- Has 7 siblings, including a twin sister (Success) who plays on the Morgan State basketball team.

PERSONAL

- Attended Bishop Alemany (Mission Hills, CA) High School.
- Born Ephesians Prysock (2/28/03) in Canyon County, CA, to Sean Prysock and Lanai Ramirez.

PRYSOCK'S TRANSACTIONS

Originally the third of three 4th-round (139th overall) draft choices by SF in 2026.



JADEN DUGGER

LB x LOUISIANA

6-5 x 242 x 2.26.04 x PITTSBURGH, PA x ROOKIE x ACQUIRED D-5A IN '26

COLLEGE

- Appeared in 48 games (31 starts) over 4 seasons at Louisiana (2024-25) and Georgetown (2022-23) and finished with 225 tackles, 21.0 TFLs, 8.0 sacks, 16 PDs, 2 INTs and 3 FFs. In 2025 at Louisiana, started all 13 games he appeared in and tallied 125 tackles, 13.0 TFLs, 4.0 sacks, 4 PDs, 1 INT and 1 FF, earning First-Team All-SBC honors. In 2024, appeared in 14 games (3 starts) and recorded 37 tackles, 4.0 TFLs, 1.0 sack, 2 PDs and 1 FF. In 2023 at Georgetown, started all 11 games he appeared in and tallied 41 tackles, 4.0 TFLs, 3.0 sacks, 7 PDs, 1 INT and 1 FF, earning Second-Team All-Patriot League honors. As a true freshman in 2022, appeared in 10 games (4 starts) and recorded 22 tackles and 3 PDs.



DUGGER'S GOLDEN NUGGET

- **Began his collegiate career as a safety for two seasons (2022-23) and moved to linebacker/edge for his final two seasons (2024-25).**

PERSONAL

- Attended Penn Hills (Pittsburgh, PA) High School.
- Born Jaden Dugger (2/26/04) in Pittsburgh, PA, to Lance and Tanisha Dugger.

DUGGER'S TRANSACTIONS

Originally the first of two 5th-round (154th overall) draft choices by SF in 2026.



ENRIQUE CRUZ JR.

OL x KANSAS

6-5 x 313 x 8.4.03 x CHICAGO, IL x ROOKIE x ACQUIRED D-5B IN '26

COLLEGE

- Appeared in 36 games (30 starts) over 5 seasons at Kansas (2025) and Syracuse (2021-24). In 2025 at Kansas, started all 12 games he appeared in, earning Honorable Mention All-Big 12 honors. In 2024 at Syracuse, appeared in 3 games. In 2023, started all 13 games he appeared in. In 2022, appeared in 8 games (5 starts). Redshirted in 2021 at Syracuse.



CRUZ JR.'S GOLDEN NUGGET

- Began playing football in the 5th grade but had to play up with 8th graders due to his size, which led him to focus on basketball until he joined his high school football team.

PERSONAL

- Attended Willowbrook (Chicago, IL) High School.
- Graduated with a degree in communications from Syracuse and earned a certificate in project management from Kansas.
- Born Enrique Antonio Cruz Jr. (8/4/03) in Chicago, IL, to Vanessa Garcia.

CRUZ JR.'S TRANSACTIONS

Originally the second of two 5th-round (179th overall) draft choices by SF in 2026.



Transcriptions

**President of Football Operations and General Manager John Lynch
and Head Coach Kyle Shanahan
Press Conference – April 25, 2026
San Francisco 49ers**

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Opening comment:

President of Football Operations and General Manager John Lynch: “I do want to thank I want to thank the entire crew. I want to make a couple shout outs. [Player personnel coordinator] Jessi Seumalo, she does the logistics on all the travel of all these guys as they come in and out. The Stribling family was here today, and it just made me remember that. I also want to thank [senior personnel executive] Kwesi [Adofo-Mensah], [assistant general manager] Brian Hampton and [president of 49ers enterprises and EVP of football operations] Paraag [Marathe]. You know, we made a few trades in this thing, I think five in total, and those guys were awesome, kind of working their way around the league, allowing us to go back, come up and make a lot of calls to explore other opportunities. And start with that and then open for questions.”

Let me ask about one of the guys that you drafted today. LB Jaden Dugger seems to bear a lot of resemblance physically to his linebacker's coach now. Yeah. I mean, was that kind of discussed when you were talking about him, and what is your vision for where he might end up playing?

JL: “I actually was looking through my phone after we drafted him, I saw something. I said, [head coach] ‘Kyle [Shanahan], Barrows is pretty perceptive because I remember a draft meeting where [linebackers coach] K.J. [Wright] was becoming extremely convicted on the young man.’ And I said, ‘wait just a second, throw up K.J.'s card.’ We got this cool tale of the tape. And I said, ‘you're trying to draft yourself [laughs].’ And I think he was, and if we come anywhere close to that, it'd be a really good thing. Dugger was a cool prospect, interesting story. Went to Georgetown as a safety after two years, goes to Lafayette and is playing kind of an edge this year, they moved him to linebacker, plays some over the slot. So, 84-and-a-half-inch wingspan, 35-inch arms. Really intriguing dude. We just want to get him in the building. I think there's impact he can make right away, but then development that we really believe he can be a really fun player to work with and a really impactful player for our team.”

Do you see him on the strong side? He mentioned MIKE.

JL: “Yeah, he can play some MIKE. I think he has the aptitude to do that. I think long term; the length allows him a lot of different avenues to contribute both at the WILL and the SAM. I mean, it's just kind of a lot of versatility that he brings to the table.”

You guys did not draft a safety. Is that a vote of confidence for the guys you have? And how do you see that room right now?

JL: As for not drafting a safety, there were some guys that came off and, look this thing's still going on, we've got some free agents and all that. We've got a group that we really do like. But kind of the way the board fell, it just didn't work out. And love what we were able to add. The work's not over."

How do you see OL Carver Willis fitting in? I know he played a lot of tackle in college. Do you see the traits that could move him inside? And would he be in the mix now for that left guard spot?

Head Coach Kyle Shanahan: "Yeah, we'll start him off inside. See if he can do it there and give him a chance to try to earn that spot."

Can I ask the dreaded question of any WR Brandon Aiyuk updates now that the Draft's about done and what your plans are with him?

JL: "No new update right now. We're available. Give us a call. And like I said earlier, I think it's the prudent thing to do. He's an extremely talented player. He's been an extremely effective player in our league; situation didn't work itself out here. That's not to say that it can't be rekindled somewhere else. And we'd be happy to do something with anyone if the opportunity presented itself."

But you're not planning on releasing him?

JL: "Not anytime soon."

Your draft board seems to deviate quite a bit from the consensus. Why are you confident with that given your track record drafting the last few years? It seems like it leads to you making reaches.

JL: "Well, I appreciate that you think that, depends on whose consensus. We got consensus in this building. That's the that's the consensus I care about."

You mentioned Kwesi. Can you kind of illuminate what his role was in this draft process? And I think you had mentioned that after the draft you could settle on a title or what would be next for him? Is there anything there in terms of that?

JL: "I mean, Kwesi's a guy, I think I'd put it in the same vein as [personnel executive] Ethan Waugh. Both were here, both valuable members of our front office, both guys that Kyle and I and everybody here valued. And so, they went elsewhere in different roles. Those opportunities came to an end, and we were presented with an opportunity to bring them back and we jumped at the opportunity to do both. So, both those guys will settle in, be a part of us going forward, and we're really happy for that."

With OL Enrique Cruz Jr. obviously later round offensive tackles don't generally project to be eventual starters necessarily. What qualities does he have that would suggest that he could maybe develop into something?

JL: "Yeah, Cruz, is a guy that throughout the process we became very intrigued with. [Assistant head coach/offensive line] Chris Foerster went out, worked him out, and I think that was a big step for us. You're looking at a guy that amongst all the offensive linemen,

had the fastest 20 time, that has the highest vertical jump, the highest speed of any of the offensive tackles in a game. Now, is that all valuable for an offensive tackle? We'll see, but it speaks to the type of athlete he is. And we had a good feel on him. We did more work and got to a point where we think he's a tackle. We think he may have guard flex, but we're excited to add him to the to the offensive line group to add some competition."

What'd you guys see in DL Gracen Halton?

JL: "Plays the style that we like to play. Plays in the opposing offenses' backfield, attacking style, team captain, really impactful player. And you talk to the people at Oklahoma; they rave about him. We're really surprised he lasted that long and really thrilled to pounce on him when he got there."

Now that you have these eight picks, they're the responsibility of the coaching staff. When you look at these players, what's realistic to expect from this Draft class as rookies as far as starters, key contributors on that 53-man roster?

KS: "I'm always hoping that we got a chance that all these guys make the team. That's kind of the goal with all your draft picks. You go in with six and you can find a way to get eight. If we can find eight guys to make our 53, you get a lot better. Now, I think starting with free agency, how free agency went, I think that's going to be a huge challenge. That's why you get in some spots and you're like, 'man, I really want to take this position.' But the best available here, I don't think could beat out who we have. Whether you want to get better or not at the position. It doesn't always show that way. And I think we really did good in free agency. So, I think it'll be a challenge for all eight of these guys to make our team. I think we have a chance for a couple guys possibly to start or have a chance to start. And I think a number of these guys can be a big part or have a chance to start two years from now when you have some unrestricted free agents that we lose. So overall I hope all eight guys just contribute."

I think you guys picked up one pick for next year with one of these trades. How much did the 2027 Draft, it's already got a reputation as being a really good draft. Did that play into your process when you were doing your board this year and going through the draft this year? Was it a point to try to pick up picks for '27?

JL: "Yeah, there's a lot of indications that next year's draft is going to be strong. I think certainly at the quarterback position which often can kind of push a lot of players back. And so, we'll see. I think there was thought early this year that that would be the case. And so, these things are kind of always fluid. But the opportunity to add a pick for next year presented itself at some point. It did on a couple other occasions. We took the one opportunity and that's nice to have. We're happy to have added that and just kind of made decisions as they came. In most instances we were happy with the players we had, and we decided to stay and pick."

KS: "I think that was one of the coolest things with this draft, just so you don't reach on somebody. If there's somebody you know you're going to take at that spot and your consensus or what all your homework from around the league, not necessarily like Twitter or media stuff, just like the things you investigate and when people are going to go. And if you're going to take someone who your think's the best player but you don't think they're

going to go until like 15 picks later, 20 picks later, it's always a huge risk because you never find out when they're going to go if you take them there. But times that we did feel that way, at 27, at 30 and you're able to move back and create stuff later. I forget what it was, but we got a sixth-round pick for next year and we don't have a sixth-round pick for next year. And we were able to still get our guy, I forget what we moved back to, whatever that was, but the guy we would've taken, we got 15 picks later, and you pick up a six for next year where we had a hole or the guy we would've taken at seven, you moved to 30, to move to 33. And so, all that stuff was really cool to get the guys that you want but also find a way to get eight players when you only had six bullets. And also, to gain a draft pick for next year, which sometimes you trade before the trade deadline, I think we have in the last couple years. And to get these guys that we had, it was really neat."

I want to get your opinion on 49ers RB Kaelon Black and what you saw from him and how you can picture him in your offense.

KS: "It always starts with me with just who's the most natural running back. I love third down backs, all the pass game stuff that people can bring, but when it just comes to running the ball, you need to have more than one starter. We've gone through a number of years here where we've been through at least four backs. Last year was one of the abnormal years where, and it was awesome, but our starting back was able to stay healthy. Usually, it happens a lot, where it's not just the one, it's the two. We've gone through four a number of times, and so, what he could do as a true starting running back is what I liked. If you ever had to give him more carries, could he hit the right hole? Can he move the chains when you only block it for three, can he get five? The physicality he ran with, how he broke tackles when he did get into open space, how he didn't sit there and stutter his feet, he just broke to open spots and got yards. And then what he did at his pro day. When you see a tough, hard-nosed runner who ends up running the 40 that he did, to know what else is in his body for more explosiveness and stuff like that. You know, they didn't throw him the ball a lot, but when you watch his Senior Bowl, you watch his older tape from his other school, you see that he has that skillset that you can really develop and you got a guy you can win with."

With DL Gracen Halton, he's a guy that transitioned from end to inside early in his time in Oklahoma. How much did his get-off quickness from that background being outside, jump off the tape playing inside?

JL: "Yeah, it's a good point. That's really what you see with him, an extremely explosive player. And I think it goes to, like, you look at everything in the process, most of all the film, but then you look at his testing. He's over 36 inches in the vertical jump, and that translates to the film that you watch. Boom, he's off the ball. He's in the opposing team's backfield. That's just who we kind of want to be, and so it really translated well. And so, I don't know where it came from but we're glad he has it, and it fits really well with what we do. We think he's going to be a great addition."

All eight picks seemed to make a favorable first impression when they talk to us in the press room. As you've gotten into this longer and longer, is personality and character something that maybe you guys lean into a little bit more than you even have in the past?

JL: "I think the longer you do it, you look at the data, you look at the background and our history, the history throughout football, and there's no absolutes. It's one thing Kyle always says that I really believe in. But those things matter. The NFL's hard. It's tough. It's long. It's tiresome. You're going to be challenged and who has the mental fortitude, the mental toughness to fight through that? The way we do things is tough. We're going to have a lot of fun, but we're going to work really hard. And so, I think what translates is guys who have those qualities, and that's something I think we've always coveted. You're right, probably over time, you covet it even more."

As far as the Dallas Cowboys LB Dee Winters trade, does that speak to LB Nick Martin at all and his readiness? Do you expect him to be part of the offseason program and OTAs and things like that?

JL: "I think it speaks to that whole room. We had gotten up there in numbers. We had a team who was very interested in a player. They were kind of, I won't say aggressive, but they just stayed on it. And it makes you kind of look at things. Dee was going to be a free agent after this season. We liked our numbers. We thought we would likely draft a player in this draft, and we wanted to have the opportunity to do that. And Dee got a great opportunity with the Cowboys. And so, when all those things matched up and the compensation was right, we made that move."

And has Nick been taking part in all the activities?

JL: "Yeah. Nick's here and he's working hard and working great."



Transcriptions



DL Gracen Halton
Press Conference – April 25, 2026
San Francisco 49ers
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Where are you right now?

“I’m out here in San Diego, California.”

What's your background as far as which teams you rooted for growing up?

“Yeah. I was a Cowboys fan, with my dad and then, right when I got to high school and stuff, I really just didn’t have a team and, was just watching the NFL.”

Did you have a sense that the 49ers were circling you in the run up to the draft?

“No, I didn’t. I didn’t expect the 49ers, but it’s a blessing just getting the call. Knowing that I’m going somewhere, having somebody that believes in me, so I’m ready to get to work.”

What was your experience with Oklahoma like, how would you summarize it? How you developed as a player?

“Yeah, it was great. Going in freshman year to senior year, had a lot of things to overcome. I did it. I’m glad. I was at the right school to do what I needed to do. And I had a great experience.”

So many players now are transferring. What does it say about you that you stayed four years at the same spot?

“Yeah, man, just talks about my heart, my mindset what it’s like when things get hard, you got to overcome. When adversity hits you, you got to find another way to overcome what you need to do. So, you know things got harder in Oklahoma, I just kept on going, had the horse blinders on and kept on moving forward.”

You're talking about adversity. Can you share with us what you're talking about?

“Yeah, just like not playing my freshman, sophomore year. Going in from high school, wanting to play right away. I moved from D-tackle, so I had to learn all the techniques, everything else to get on the field, and I just worked at it, worked at my game. I got on the field and did what I do.”

Why was it important for you to be a team captain?

“It was very important, just preaching what my head coach is saying in the locker room. Having guys that believe in you and that you can lead a team knowing you have guys that are watching you from behind and you’re making the right moves, just guiding the team to where you want to go.”

Do you recall having much interaction with the 49ers during the Draft process?

“No, not at all. No, I probably talked to them once or twice. We had the Senior Bowl and the Combine, so in between there for sure.”

Do you remember anything about that meeting?

“No.”

What do you think about their defense and their defensive style?

“I know that they attack, they're hungry, got some hungry guys on the side of the ball that's ready to go make plays. They just added one more.”

Does that suit you, their full speed ahead style from the inside?

“Yes, sir. Yes, sir. Get off that rock. Go make a play.”

Is 49ers DL Osa Odighizuwa a player you watched the last few years? How familiar are you with him?

“Yeah, just one of the guys that adds equity, so, been watching him for quite a while. He's explosive and can get off the ball to make plays.”

Is there a defensive tackle in the league today that you kind of pattern yourself after or see a lot of yourself in?

“No, sir. Myself, Gracen Halton.”

Well, tell us about Gracen Halton. What do you bring to the table?

“Yeah, explosive, hunger mindset, wanting to go make a play and just having fun. Really explosive, having that mindset where it's a dog-eat-dog world. You know, dogs prevail, you have to go make it, have to go get off that play.”

You're described in the draft writeup as a fan favorite at Oklahoma because of your energy and your enthusiasm. Where does that come from and is that something that you sort of feasted off of from the crowds and fans?

“Yeah, no, I'm just having fun. That's football. It's fun to me. I'm going out there, doing what I love, so that's just what comes with it, having fun with the game.”

What was the biggest learning curve for you, moving from defensive end to D-tackle? Is there any part of your skillset that you think benefits you, even in that transition to inside?

“Yeah, really just learning the different techniques. I feel like it's given me a better way to, come from being a defensive tackle, just knowing two positions. Just knowing that I can rush from a five, can rush from a three, can rush from a two, can rush from a zero. I can rush from anywhere. I make plays anywhere on the line.”



Transcriptions

OL Carver Willis
Press Conference – April 25, 2026
San Francisco 49ers

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Did you did you have any inkling that the 49ers were about ready to take you, or you were on their radar this year?

"I knew I was on their radar, but no, I had no idea that they were about to take me. So, it was a pretty big surprise here at my place. So, just fired up to be a part of it."

How much interaction did you have with them leading up to the Draft?

"Yeah, I did an informal at the Senior Bowl and then a formal at the Combine. I've met with their o-line coach a couple of times when he actually came up to Washington as part of the coaching clinic. A lot of the coaches at Washington have deep relationships with the 49ers, and they model a lot of what we did at Washington off of the 49ers. So, kind of some interesting communication, but it was good."

What's your background at Guard or Center? Is that something that any teams talk to you about moving to those positions in the NFL?

"Yeah, that's something every team talked to me about. So yeah, I'm happy to do it no matter where they need me on the line. I've kind of said this whole time. I just want a shot in a playbook, and anywhere they need me on the line, I'm game. But every team talked about interior."

As you approached the draft and your background at both Tackle spots, what do you envision being the biggest challenge if you were to slide inside?

"It's a different game inside in little ways. Things get on you quicker. Guys are a little bit bigger, so that adjustment I think will be interesting. Then at Center, there's a Center I train with that talked to me, has helped me a lot throughout this process. His name is [Denver Broncos C] Alex Forsyth, and he's been huge. He told me Center is the hardest pre-snap position, but one of the easier post snap positions on the o-line. So, for me, the adjustment to Center will be a lot more pre-snap communication than I'm used to, making the calls and doing all that. That'll be an adjustment, but one I think I'm very capable of doing."

What was the biggest adjustment you made from Kansas State to Washington?

"Yeah, part of it was weight. I put on a good amount of weight trying to stay above that 300 number. That, and then Washington's offense really just freed you up to play fast and play physical. And thankfully, it's the same exact offense that the 49ers run, so I'm very grateful for that. But yeah, it was a more fast-paced, more fun offense, and I think I fit that scheme really well, so I'm very grateful to be a part of that same offense going forward."

Is it a challenge to stay above 300? And if so, what have you learned? What are some of your tricks to doing that?

"For starters, eat. Eat all the time, especially when you're not hungry, that's when you have to keep the calories on. But it was more of a challenge to get there. It hasn't been a challenge to

stay above it, just because once you get there, you kind of know what it takes. So, for me, it's really not that hard to stay above it. I have very scheduled food, and then I stick to it."

What was your Senior Bowl experience like in terms of on the field? Where did you line up and how did you fare?

"Yeah, that was cool. Obviously, that was the first time I really ever played Guard, so it was really fun stepping into that and doing all that. I enjoyed it a lot. I thought I got better as the week went on, which is really all I could have asked for from that experience. That, and getting coached up by some high-quality coaches at the Senior Bowl was huge, so that experience was super beneficial and one I'm very grateful for."

What are your thoughts on sharing a meeting room with T Trent Williams?

"It's pretty cool. He's one of those guys that is an all-time great. He is a legend. Any way I can learn from him, or any part of his game I can learn from, or his process, I'm excited for it. One of the first things I said when I got drafted to my family was, I can learn from Trent. I'm excited about the ability to go and do that."

I'm sure you have some affinity for offensive tackle. When you initially start hearing from the NFL about moving inside, do you initially take any sort of offense to it? Or do you just understand that because of your measurements it is probably going to be happen?

"Yeah, I knew it was probably going to happen. I didn't take any offense by it. There's a lot of guys that have done it before me. You look at [former Dallas Cowboys OL] Zack Martin. Zack Martin is like, probably the best to ever do it. He played Tackle in college. So, I don't think there's anything to be offended by. I'm not a guy that's going to sit there and be like; I'm a Tackle and have a huge ego about it. I like playing offensive line. Where that is on the offensive line, I don't really care. I like playing offensive line, and I like competing, so for me, anywhere along the five is good with me. I'm not particular to Tackle, Guard or Center. Just tell me what to do and I'll go get it done."

Where's home for you? Where are you at right now?

"Right now, I'm down in Chandler, Arizona, which is where my training facility is at. But home is actually Durango, Colorado. It's a small town in southwest Colorado."

What were your conversations with assistant head coach/offensive line Chris Foerster like when you were at the coach's clinic?

"They were good. That's before I really dove into how the 49ers run wide zone. I was kind of still doing it from my old team, if that makes sense, from the team I came from before I went to Washington, and they ran it a little bit differently. So, it was fun talking to him, and we even talked about the Combine. He said it was fun to see you change your philosophy and really buy into how you all run wide zone and that kind of run scheme. So, it was cool talking to him, talking and saying he noticed a huge difference, and he was really fired up to see the difference. So, it was great talking to him."



Transcriptions



**CB Ephesians Prysock
Press Conference – April 25, 2026
San Francisco 49ers**
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Did you have an idea that the 49ers were trailing you and getting ready to pick you?

“First of all, I want to thank you guys for having me on here. To be honest, I had a Zoom call with the 49ers and that was about it. I had plenty Zoom calls with other teams, and I don't know to be honest.”

What does it mean to you to get that phone call from any team, but the 49ers?

“It means everything to me. It's been a lifelong dream since I was a kid. They could have called me at any point. But yeah, it means everything to me and my family. It's just a blessing. Blessed to be here.”

How would you describe your style of play and how do you see your career unfolding?

“I feel like I'm a long, versatile guy that can get in and out of breaks and transitions and that has the skillset to be one of the greatest corners.”

Did you just see that OL Carver Willis was drafted to the 49ers as well, so you have somewhat of a familiar face in the locker room?

“Yeah, I did see that. That's my guy.”

Did you go up against Cleveland Browns WR Denzel Boston a lot in practice, and if so, how did that kind of help you develop?

“Yeah, I went against Denzel Boston almost every day if not every day. But, it helped me just do different things because he's a really good receiver off the line with his route running at the catchpoint. So, it took my game to another level, just coming out there and competing each and every day.”

A lot of people would see your size and wonder if he has a future at safety, but you made it quite clear you're a cornerback. Has that talk ever been made about your versatility, being able to play both corner and safety?

“Well in college, a little bit. I played a little bit of nickel. I got my first pick, it was in an unbalanced formation. I was at safety and then I kind of rolled over, like toward a half of the field and picked the ball off.”

The Niners play a little bit more zone than man. What do you think is your biggest strength?

“Like I said, I feel like I'm a versatile guy and I can do it all. I feel like if it's press-man, or even off in zone coverage, cover-two, cover-three, cover-four, I feel like I can play everything.”

You mentioned earlier it's a big day for you and your family. What was draft day like there? Where are you and tell me about the atmosphere in there as your family is waiting to hear your name called?

“Oh man, like I said, it's a blessing to be here just to celebrate things like this and cherish these moments. It's a once in a lifetime opportunity, so I'm just blessed. Can't really explain the feeling, but it's great to have these people around me and these people that support me each and every day.”

And where are you?

“I'm in California, Hollywood area.”

What was the feedback throughout the pre-Draft process that stood out the most to you?

“The feedback, like what I was getting from teams?”

Yeah, like how they saw you fit, your strengths, things that you might have to focus on as you transition to the NFL, anything like that?

“I've heard a lot of great things. Good press-man corner, good zone cover, could go down in cover-two and blow up some plays. Real physical. So yeah, I've heard a lot and it meant a lot to me.”

You're in Los Angeles. DB Deommodore Lenoir is down from L.A. too. Are you familiar with his play?

“Yeah, actually my two older brothers played in high school with him, so I know him a little bit. I'm pretty familiar with him.”



Transcriptions



LB Jaden Dugger
Press Conference – April 25, 2026
San Francisco 49ers
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What has the pre-draft process been like for you? Did you have a lot of contact with the 49ers?

“I had a few early Zoom meetings with them, but besides that, I knew they were in touch with the agent a little bit. But outside of that, not really. I kind of know how this process works. They try to keep it quiet so a lot of teams will get onto you. I was kind of aware of it, but I was surprised when I saw the area code pop up on my phone. For sure.”

You have an interesting background, having played safety and your height. Do you think that that's a strength of yours, playing coverage and kind of dropping back in the passing game?

“For sure. I feel like just that background helped me, and I'm more comfortable in those situations along with my size. So, a lot of people my size wouldn't be comfortable in those situations, but I am. I feel like those experiences prepared me for this.”

Obviously, LB Fred Warner's got a background where he started off in the defensive backfield at BYU and then was moved to linebacker. Are you looking forward to picking his brain?

“Of course. I mean, not just that. I mean, he's one of the best linebackers in the league, if not the best. And then I've got a lot of other vets in the room as well and I'm happy to learn from. I know how important it is for rookies to come in and learn so they're not overwhelmed with the process. So, I'm happy I get to do it and learn from the best.”

Did the 49ers at all discuss how they potentially could use you on the field?

“We didn't really talk about that too much, but my 49ers meeting was so early in the process, so it was a while ago. I'm not really sure what we really talked about. I've been on so many different visits now, but I'm pretty sure it'll be ironed out soon, like when I talk to them. So, I'm just excited.”

Where are you right now?

“I'm back home in Pittsburgh.”

As the Draft was unfolding, were you getting anxious? Were you getting frustrated? What was the experience for you to just wait for this?

“The thing is, I was kind of getting anxious. My agent kind of told me to expect like fourth to fifth. So, like I knew it was in that range where I could possibly be picked, but I know how things can go. You might not get picked where you're expected to. So, I was getting

kind of antsy. I just told my mom that like I was getting impatient. I was like, 'am I going to get picked?' And I promise you, as soon as I thought that I looked down at my phone and it was ringing. So, I mean, it was crazy. Just blessed."

Do you see yourself as a MIKE linebacker or a SAM linebacker who can cover tight ends and taller guys out of that position?

"I mean, I feel like that's part of my strong suit. I could do both. I could pretty much do anything. I feel like depending on how teams use me in schemes, I could fit into anything. So, I feel like whatever they ask me to do, I'm going to be able to do it. So, I'm ready for it."



Transcriptions

**OL Enrique Cruz Jr.
Press Conference – April 25, 2026
San Francisco 49ers**

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Talk about your contact with the Niners during your pre-Draft process.

“We had some contact throughout the whole Draft situation. There was some contact at the American Bowl a lot of scouts and the coaches came out here, flew out to Chicago and I did a workout for them.”

Were you surprised by the phone call from the 415-area code?

“I was and I wasn’t at the same time coach. [Assistant head coach/offensive line] Chris Foerster, he liked me a lot and stuff, so I was just waiting for the phone call. I didn’t know when it was going to come. Waiting for the phone call all day.”

Can you describe your style and attitude as a lineman, and how you see it fitting in the NFL?

“Oh, my style and attitude. My style is I’m a great guy. I do what I have to do. I hustle all the time. With everything I do, I’m always trying to finish the play and I’m going to do whatever it takes to finish the play.”

Where are you right now and who are you celebrating the Draft with?

“Oh, I’m with my whole family right now. I’m back at home in Chicago. I got a whole bunch of people right here. I’m trying to tell them to be quiet for a little bit.”

Which NFL tackles have you watched the most film of and model your game off of?

“Oh, I definitely watched a lot of [T] Trent Williams, but another guy I model my game off of and watch a lot of is [Tampa Bay Buccaneers T] Tristan Wirfs. I was there at the Iowa Junior Day when he got drafted. Ever since then, he’s been a really good tackle, and he’s a guy that I like to watch a lot and idolize.”

How much do you know about Trent Williams and his play at Tackle?

“Oh, he’s one of the best tackles ever. He is one of the greatest ever. I’m just so excited to meet him and be able to learn a lot from him.”