

Big 12 Conference Women's Basketball Championship

Sunday, March 5, 2017

Mike Carey Tynice Martin West Virginia

West Virginia - 62

Texas - 59

THE MODERATOR: We are now joined by the West Virginia Mountaineers, Coach Mike Carey and Tynice Martin his student-athlete. Coach, congratulations on the win and your thoughts about today's game?

MIKE CAREY: Give credit to Texas. Man, they come right at us, beginning of the game. We weren't ready for that quickness in the beginning of the game and then we kinda settled down in the second quarter. Then they came right back at us the third quarter and then we settled down a little bit. Give our players a lot of credit, too. They're playing a lot of minutes and that last five minutes we kept talking about you've got to have heart. Who wants it more? Who wants it more? Both teams played hard, and we're really happy to get the win.

Q. Mike, I don't know what your status was entering the weekend as far as the NCAAs go, but I would think two wins here, you're in. Can you say, one, what you thought your status was before the tournament and if you were in and what now?

MIKE CAREY: We felt we had to win a game or maybe two. We didn't know. You never know. We put ourselves in this position during the year, so we knew we was going to have to come and win a game or two in the tournament and fortunate enough we have been able to do that.

Q. Coach, some people might ask how come you guys weren't this good during the regular season?

MIKE CAREY: I would like to ask that, too. Tynice?

TYNICE MARTIN: I don't know, Coach.

MIKE CAREY: That's a good question. I've been trying to figure that out all year. To our girls' credit, they kept battling and we kept struggling, especially the fourth quarter during the season. We would be close and all



at once we would get in foul trouble, and I want to give a lot of credit to Anja Martin the first quarter, came out and gave us quality minutes especially defensively and we got a little bit off our bench. But I don't have that answer. If I knew that answer I probably wouldn't be here.

Q. Coach, to expound on that, today your bench was able to get some things done when you needed them, especially late when you all needed to make defensive stops especially around that last media timeout.

MIKE CAREY: Yeah, they come in -- you know, I tell our players off the bench, you come in and you play defense, don't turn it over. You're going to get a lot of minutes. We're not looking for our bench to come in and get a lot of points, just come in, give some people some rest, the harder you play defensively and don't turn the ball over the more minutes you'll get. I thought they did a good job.

Also down the stretch we was trying to get Teana Muldrow involved in the scoring and she hit a big three and started scoring a little bit. Already if you look, I don't think Lanay, our center, had any points. So we needed to get another score, Tynice, we needed a couple of others to start scoring because she was getting more down a little bit.

Q. Tynice, you've looked completely locked in this whole tournament. What's been the difference for you?

TYNICE MARTIN: Just knowing where we want to go as a team. When we came down here our goal was to win the championship, so we had to take that game by game. And I feel like the energy that we brought to the tournament it led us to today. We've been playing good, especially defensively.

Q. Coach, you guys will now face the Baylor Lady Bears, played them close in Waco at the Ferrell Center. What is it going to take you guys to et go the win tomorrow?

MIKE CAREY: The same effort. The game is going to be won in the paint. We know that, so if we don't defend in the paint, stop dribble penetration and keep them off the offensive boards it's going to be a long game. We understand where the game is going to be won. It's going to be won in the paint. They got great

players. Make no doubt about it, and they just keep coming in with post players. They got a great team. We'll come out, we'll fight and see what happens.

Q. Brooke McCarty, Big 12 Player of the Year, only 12 points tonight, what was your idea going into the game and how to defend?

MIKE CAREY: We was going to gap a lot of the guards and stay out on her. We're up 4 the last person we wanted to take that shot was her. She got two off. That's unbelievable. You want to know why we struggled sometimes during the year? That's the last person we said, do not let her have a look. We gave her two of 'em. I don't know. I got a question, are you the only two from West Virginia here?

Q. We're the only college radio station here.

MIKE CAREY: You know what? This happened to me one other time when we were in the Big East, and I don't want to mention Big East, but I will. Everyone thought we were going to come down here to lose. We had no media. I only brought one suit to be honest with you. So I had to keep washing shirts down there because we won the championship game against Connecticut. Isn't that amazing? We're in the Big 12, and none of the media comes. We appreciate you coming out.

Q. We appreciate you, too, Coach.

Q. Tynice, the shot you took, the 3-pointer right when the clock was going down, did you know where he were and was that just a moment you just said, okay, not so much my time, but somebody has to get something done and we've got to move forward?

TYNICE MARTIN: Of course. Well, you know, the shot clock was running down, so I really had no choice but to shoot it. So I shot it with confidence and luckily it went in.

Q. Mike, did you bring more than one shirt this time? Second, is part of the motivating factor you guys are the farthest school away in the Big 12 and a lot of the conference is concentrated here so sometimes you guys are viewed as outsiders. Does that motivate your team?

MIKE CAREY: I don't think. What motivated us was to get some wins to get to the NCAA. To answer your first question, I only brought two suits. But I did bring three shirts, so at least I don't have to go to the cleaners tonight.

Q. Tynice, I was watching you play tonight and I thought you had the eye of the tiger in you. Every time you made a shot you were just boisterous and trying to get the rest of your team up. Was it a case in your mind that you guys may have wanted

it more because, one, you needed it more and you tell me.

TYNICE MARTIN: That's how we came down here. The first game we had high energy. This game we had high energy. It was a close game all game and we played it down to the wire.

We already knew that in order to win this game we had to get defensive stops, you know, and we had to -- we just had to shut people down and that's what we did. Free throws, I feel like we did everything we needed to win this game.

THE MODERATOR: Congratulations on the win. Thank you.

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Karen Aston
Ariel Atkins
Kelsey Lang
Texas

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THE MODERATOR: We are now joined by the Texas Longhorns, Coach Karen Aston and her two student-athletes, Ariel Atkins and Kelsey Lang. Coach, your thoughts about this evening's game?

KAREN ASTON: I think first of all you have to, as disappointed as I am, I don't want to discredit how hungry West Virginia played tonight. They, I thought, played incredibly well yesterday. Looked like a team that probably was on the bubble and was really, really hungry to prove themselves in a lot of ways. I thought they played tremendous yesterday and played a lot tougher than we did today.

It was a struggle for both teams offensively, and when it got right down to it, I thought in a lot of ways they outcompeted us and that's disappointing for us, disappointing just in the sense of you never want to look at a situation and say that you got outcompeted, and I thought we did today. I thought when it came down to loose balls, getting stops, being mentally tough enough to finish shots when you need to finish 'em. We didn't do that and they did. So, again, lots of credit to them on their performance.

Q. Coach, after the second quarter it looked like very low energy out there, second quarter. Adjustments at halftime were they more X's and O's or were they more mental, emotional, get up and get at 'em?

KAREN ASTON: It was a little bit of both. Statistically uncharacteristic of the way that we normally play. We had one assist and 10 turn overs. That's the sign of a team that's trying to do too much individually, not much of a team. And that's more of what we talked about at half was just try to get back to sharing the basketball, reversing it, trying to break their defense down by



reversing it. I thought we did a better job of that in the second half.

But you're absolutely right in bringing up the second quarter and the first half in particular. I thought after the first 6 minutes of the first half we completely got out of who we are. That's a problem. That's a problem that we need to address.

Q. Coach, today you made some adjustments in game situations of attempting to get your bench more involved. Were you happy, satisfied? What transpired with that situation today?

KAREN ASTON: I thought our bench was probably the difference in the game yesterday. I mean, we just -- I don't want to say they were nonproductive or productive, not too many people were productive today, including myself. So it wasn't really a bench problem. We got in some foul trouble, but we were 0-10 in the paint in the first half. We missed a lot of chippies in the second half down the stretch.

So a lot of focus I think more than anything, mental toughness of finishing a round when you are in traffic, loose balls, those kinds of things. I wouldn't point out the bench being significant negatively or positively tonight. They were positive last night, but I thought Audrey was pretty good off the bench and that was about it.

Q. Ariel, when you hear "outcompeted" I know how big of a competitor you are, how badly does that make you feel that you may have lost a game because you were outcompeted?

ARIEL ATKINS: Terrible and disappointed. It was my job as one of the leaders of this team to make sure we show up every day, so I'll take that.

Q. Kelsey, same question.

KELSEY LANG: I agree with Ariel. Being a leader of the team I think that falls on us first, and, you know, we set the example not only in the games but in practice; and I think that we didn't do that today.

Q. Coach, where do you think you stand next week?

KAREN ASTON: Well, I said before the tournament started that I thought that our body of work was good enough that we had put ourselves in a position to host,

and I do still feel that way. I didn't think that there would be a whole lot that would change our seeding, other than if we didn't win yesterday. I think that might have hurt us. I think West Virginia is clearly an NCAA Tournament team. They've proven that this week. We need to get home and regroup a little bit, catch our breath in a sense and refocus on how we prepared and what we did in the stretch that we won 19 games in a row. That would be my message to our team right now, not negatively.

But what did you do? What did we look like when we won 19 games in a row? And what have we looked like the last two weeks, and how can we change that? I think that's a challenge for our team in the next however many days, 10 days or so before we get ready for the NCAA Tournament. I mean, I'm proud of this team. I don't want to act like I'm not. You always feel bad when you feel like you got outcompeted and when you just didn't feel like you did your job as a coach or as a player, I know it is disappointing.

But as these two said, we have a young basketball team and some of the peaks and the valleys of this season has been from our immaturity, and it's up to the mature players and the mature coaches to lead better, and that ultimately falls on me. We will be ready and be better for the tournament when it gets going.

Q. Coach, talk about two things: One, the 19-game run. Also the conference's chances of getting multiple teams into the tournament; and, if you can, how many?

KAREN ASTON: Regarding the 19-game run, I mean I -- it's been a terrific season just from the standpoint of watching this team grow. I said it probably the first day I saw them practice that I really enjoy them. They're a fun-loving team, but they do stay on a roller coaster a bit with how they prepare and how serious they are about what they're doing and we have to grow up a little bit and continue to grow. During that 19-game win streak I thought that they were real locked into listening to the leaders and trying to get better every day in practice.

That's kinda what I remember about that process of that win streak was just that every day they took one day at a time and they didn't look ahead to anything and I think that late in the season we've gotten caught looking ahead. That's the best way I can describe it.

As far as our league is concerned I think I said it way back probably a month ago that I thought our league was better than people were giving it credit for. I do think that we should get six teams in. I do think West Virginia should get in. I think Iowa State has proven themselves late in the year, and I think there's the rest of us that think we're in. But obviously that's up to the

committee. But that's what I think about the league.

It's really challenging and it's competitive and I think that all the teams that I've mentioned deserve a spot in the NCAA Tournament, absolutely.

THE MODERATOR: Coach, congratulations on a great season. Ladies, good luck in the NCAAs.