

Guard Allie Quigley

Media Day Availability

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On the Sky's culture

"I think it's just awesome that we've all been here for multiple years. I think just having been around each other for so many years, it just feels so natural when we get together in the summertime. We just really enjoy being around each other off the court so I think on the court it just helps us gel that much faster, especially in a time like this when we've got only a 22-game season. I don't know, two week training camp just to be able to gel as fast as possible."

On what the team is focusing on heading into the opener

"I would just say playing hard, not dwelling on something that just happened. I think that's tough for any player to do. You make a mistake or you want to talk about it really quick or you want to think about it. But the game moves too fast for that. We've just been focused on next play mentality and I think that's helped us get better the last week or so."

On how she adjusted her game during the pandemic

"I think for the last three months, I kind of switched it up every day. When there was good weather I always tried to be outside, had a little makeshift weight room going on. Found a basketball hoop down the street. I was able to get shots up in that way but just with the wind and whatnot, I did not shoot a lot of threes to be honest. That was like my one concern-I was like, "I don't know if I get in a real gym if I'm going to be a little off on my threes." "But it's just muscle memory. I've been doing it for, you know, 29-30 years, whatever. It came back pretty fast. The one thing that didn't come back fast was game shape. No matter what you do at home and

the workouts you do it's nothing like being in a gym for two and a half, three hours and just running nonstop. That's been the biggest shock, but I think it was good for the body to just work on some things and just do like lighter workouts."

On her mental preparation

"Just kind of taking it day-by-day. Early on, everything changed by the week, by the day. Just trying to take it day-by-day being cautious, trying to do the right things as far as staying six feet, wearing the mask, that kind of thing. Then just when the bubble season got brought up I was just trying to have an open mind. Obviously, it was kind of tough to decide what you want to do but I think in the end I trusted the league that they were doing everything they could to make it as safe as possible. I wanted to play and use this as an opportunity for us to all get together, especially our team individually and do something great for social justice and equality."