

Forward Cheyenne Parker

Media Day Availability

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On how she dealt with the pandemic

“Well, it was really difficult. I had my highs or I had my lows. The lows, they sucked. But something that kind of helped me was just having a certain type of people around me and communication with me. I had a really close friend that does personal training and thankfully she was really helpful. She helped me with doing home workouts and just maintaining getting a sweating a sweat in. It’s really hard as athletes, especially basketball players to work themselves out. It’s almost non-existent. It was really a blessing to have someone just kind of push me and help me stay on course in some way. Whether it’s just breaking a sweat or just getting my heart rate up. So I guess that’s how I focused on my goals, on maintaining the goals that I’ve had before all this pandemic started.”

On the role music plays for her

“Music has helped so much. Singing is just like a therapy for me. I like to sing gospel and start songs that are just uplifting and encouraging. And then just making music period. Just freestyling to a beat is also very therapeutic. Music helped a lot throughout this pandemic. It was one of my favorite things to go to.”

On if there’s unfinished business from last season against Las Vegas

“100%, I think we have unfinished business with the league. I’m not going to put it all on that team. I think that L [loss] hurt a lot, the way it happened. Of course, we have a bitter taste towards the [Las] Vegas Aces but I think that taste was there before that shot. So, as far as like that team- they’re never

going to be a favorite of mine. But to be honest, I like playing against them because of the fact that they’re just kind of like a rival of ours. I think that’s a league thing. I don’t think it’s just that team. I think we have something that we got to let the whole league know.”

On the continuity of the team

“That’s the best part of this entire situation is that we’re all here. Unfortunately we’re missing Jantel [Lavender] and Syd[ney] [Colson]. Jantel is out for the season but her voice is still here, her spirit is still here. We all kind of have that togetherness and I think that gives us a big edge, like bigger than we realize. I think it’s kind of crazy because you look around the bubble, you follow a lot of other players and other teams, you don’t see the togetherness that you see with the Sky. I think that’s going to just put us on a different level than other teams.”

On her personal development

“My biggest goal this season was my focus. I struggle with ADHD and attention deficit disorder. It’s slowed me down a lot throughout my career. This year I was actually dedicating it to just getting my mental together. From health to just being able to focus for a long period of time. I think that’ll really change my game from being good to being great. From being inconsistent to being consistent. My expectation is to continue to get better every day on my focus. I’ve started meditations. I’ve never done that before but I think that it’ll really help me in the long run. Just

things like that. Therapy, talking and communicating with who it is I need to communicate with and getting a full understanding of what it is I need to do, what it is that's required of me on the court, when I'm on the court. I think that's going to transform my game. I don't know how much and I don't know exactly where it'll be better, but it will be better."