

# **Guard Courtney Vandersloot**

## **Media Availability**

### **July 11, 2020**



#### **On her favorite part about the bubble**

"My favorite part is being together all over again and this is my first time I think since college like living with teammates. That's been a fun experience. We already have really good chemistry and I think this is just going to bring us a lot closer."

#### **On if living in the bubble has been like college**

"I think it's a little like college. Maybe like summer school college. Or a little bit like a hybrid of AAU times because you run into these teams, everyone's staying in the same area. We're all neighbors. We're not used to seeing each other, it's just walking to and from pretty much everything. So I think a little bit of that. A little college kind of where you would stay in dorm type areas or apartment type areas. It's different, but it's been nice. You know running into people, getting to know people that you probably usually wouldn't. Luckily we have a league full of just amazing women. Easy to be around. So that part has been surprisingly nice."

#### **On the timeline to get ready**

"It's one of those things that we're going to have to wait and see. I feel like we're doing our best and have been doing our best. We've been preparing for this for longer than two weeks. We knew a month ago that this was going to happen so we did our best to be able to be prepared to get here into training camp and be ready to play in two weeks. I don't think that it's ideal by any means, we're not going to be the best that we've ever been. But, our coaches are working hard and the players are working hard to be able to put out the best product we can at that time and I think we'll be ready."

#### **On getting motivated right now**

"I think now that we're here the motivation is just to

be the best that we can for each other. We've always kind of had that attitude going into seasons. This one is special because we kind of had it taken away from us for the first time in a while. We came back really motivated and we missed the game, missed each other. We're going to make the best out of the situation. We have a really positive team. And like I said, we like to be around each other, and [in] times like this, we're going to do that a lot. So, I think just being able to be here together, we all sacrificed to be here. You know time with our families, away from our pets, away from important things that we want to do. And so we're going to make the best of it and we're here to win a championship. I think that's motivation. That's the mentality going forward."

#### **On what she's doing in her downtime**

"I can speak for my house. We play a lot of games. We play a lot of video games. We have a lot of time to just kind of kill. It's actually been nice because I think that we usually are living in such a high-paced life. We're always traveling. Our families are coming to visit. It's always something on our plate. And now for the first time we really have time to kind of just rest our bodies, rest our minds and focus just solely on being here and playing basketball. We spend a lot of time just killing time, kind of like people are doing now that are staying at home. Playing a lot of card games and really just spending quality time."

### **On what she brought with her to the bubble**

“I brought golf clubs because they told us that there’s a golf course here. I brought a bike because I wanted to be able to be active. I’m such an outdoorsy person. I like to be outside, even though I was not prepared for the humidity here. I knew it was humid, but I didn’t really understand it fully. So, I have yet to use those golf clubs, but that was one of the things that was just kind of like be my downtime. Being able to just get out there, enjoy the weather and do something to kind of take my mind off. So that was my big thing.”

### **On if she feels pressure to follow up from last season**

“I think it’s business as usual. If it keeps being brought up or they talk about last season it is something that I put pressure on myself because I think that we had a really good opportunity last year that was maybe cut a little short. But we have so many seasons. Seasons come and go so quick when we’re playing overseas that for me it’s kind of business as usual. I’m always trying to get better as a leader, as a player, every single season, every single time I step on the floor. I’ve been doing this long enough where it kind of just turns into alright it’s go-time. Whatever this team particularly needs for me, that’s what it is. A little bit about of both. Of course, there’s always going to be pressure and I’m going to put that on myself first and foremost, but it’s my 10th year so it’s kind of business as usual at the same time.”

### **On the last few months**

“I think first and foremost I wanted to take the time to mentally rest. I think that’s the hardest part. I’ve been really fortunate with injuries and my body. The physical part of course was nice and it’s always nice to take some time, but I never really had the time to kind of step away from the game, and not be thinking about when’s our next game? When’s the next training camp? And so I really

took time to kind of enjoy life outside of basketball. My family, of course, my wife and we just did a lot of things that we’re not used to having time to do. It was kind of a balance. We’re trying to balance living this life that we have, enjoying this time that we never have. But also knowing that we still do have a season to prepare for. Of course, there was a lot of working out and trying to stay in the best shape as we could. But it was doing it in a way where we can still rest our bodies and still enjoy our time too. I think for the couple of months, it was a really good break for me mentally.”