

Forward Ruthy Hebard

Media Availability

July 16, 2020



On her first WNBA training camp experience

"It's been pretty fun so far. I mean I have a great team and they're all super nice and understanding that I'm a rookie, so it's been really fun."

On how she feels about understanding the schemes

"At first I think I was overthinking and coach [James Wade], Courtney [Vandersloot] and Stef[anie] [Dolson]. But they're just like, 'Just don't think so much. Just play, you're a great player. Just play.' I think every day I've gotten better at just playing, understanding the offense and defense and I know once I just start to play my game it's been way smoother."

On if there's one aspect of her game she's focusing on

"I think I'll be focused on just getting rebounds as much as I can. Helping out in the little ways. It's definitely different than college. The girls are better rebounders, stronger rebounders. So I definitely want to work on that and make that a strong suit in this season."

On the atypical transition from college to the WNBA

"Yeah, I mean getting thrown in it's kind of so far, so good. No one's really used to this atmosphere so everyone's still trying to learn how to act and what to do. Stefanie [Dolson] has been a huge help for me on and off the court and so has Diamond [DeShields]. Diamonds' just a great person and she's like since day one, since I've gotten to Chicago she's been nice. She's been looking out. She's been helping me, picking me up. So I'm really happy I'm her teammate."

On life in the bubble

"Yeah, I mean most of us are in hotels or villas and we see everyone at lunch or breakfast. We all have masks on all the time. So I'm walking around and I'm like, 'Oh, is that her? Is that her?' Because of the masks. I think it's been as best as it could be in the bubble. It's been fun."

On the biggest hurdle she's had in getting ready

"Just the pace and the strength of all these women out here. They're super strong and they go super fast so I'm just trying to keep in pace with them, know the plays. Like I said earlier, not think so much and just play my game. I think that'll be the hardest hurdle to get over but also I feel happy once I get over that hurdle, it'll be way easier."

On her reunion with Sabrina Ionescu and Satou Sabally

"I mean it's always nice to see your old teammates. We just got together because we can't do much in the bubble. So seeing old friends and stuff is nice and I think she's [Ionescu] happy where she is and excited to get to play like all of us."

On Sabrina Ionescu's leadership

"She's just a great player so I think she can be serious and focus but also be a great friend, great teammate, on off the court. I think she's going to be a huge asset to New York [Liberty] and lead the

rookies and also have a lot to teach the older players as well. I'm just excited to see what she does and how she transforms this young team of hers."

On her relationship with Courtney Vandersloot

"It's nice to have Courtney to talk to. She talks about plays and what coach [James Wade] craves. We talk back and forth about that. She's like one of the best point guards I've played with. It's fun to do the pick and roll with her. It's fun to see her pass the ball to any of her teammates because she's just so court wise and court smart. So, it's super fun to play with her and easy to play with her. It's kind of like a good flow."

On her hockey background

"My dad played college hockey and we all played hockey growing up off and on. I don't play it as much but I definitely like watching it. So if basketball doesn't work out, maybe the [Chicago] Blackhawks could draft me or something, I don't know."

On how her leadership style compares to her collegiate teammate Satou Sabally

"I think she's definitely an awesome player and a great leader as well. She's vocal, she talks. I think I'm more of a lead by example, like follow me, do what I do and she definitely talks more. I think those worked out at Oregon as well because you have vocal people, people who just lead by example and that's what made us so successful at Oregon."

On what she needs to improve on

"I'm improving on more low post moves, being patient with the ball. Up and unders, pivoting, shimmy, stuff like that is something I need to work on at this level because the girls are so smart and so big and strong. He's an amazing coach [James Wade]. I mean every day it's fun to come in and see him. He's so smart and has a great personality so it's fun to be able to go out and have a coach that you know cares about you and also is so like

intense and focused on the biggest goal is which is winning this whole thing."

On the team's hunger

"I think everyone is super focused and determined. I think every single player on the Sky is an athlete and also a competitor. So, coming into a competitive atmosphere makes you want to be better-makes you hungry for winning the scrimmage-winning the practice-winning the whole thing. It's definitely fun to be on a team that cares about you, loves you from the start and also is competitive and wants you to be a part of the success we're about to have."

On running a pick and roll with Courtney Vandersloot

"It's awesome. I mean it's just so fluid, being able to pick in sometimes just like Serena [Ionescu] is. Like, 'Oh yeah here comes the ball!' It's great to watch her with other post players do the pick and roll as well. Just her passing and her timing is just so impeccable. It's cool to see and to be a part of."

On her personal goals

"I think I just want to go in and be the best I can be at whatever they need me to do. I want to make an impact. I'm hoping I can make an impact and hoping to do the little things that will give better veterans chances. Like second chances on rebounds or blocking out and stuff like that to get us you know moving and get us to get more and more chances to win and score."

On the one item she had to bring to the bubble

“Definitely my baby blanket. Anyone from Oregon can say I always have that with me wherever I travel so it’s with me.”

On Satou Sabally joining the WNBA Social Justice Council

“Yeah, she’s definitely passionate about a lot of things. I think it’s just so cool that she has an opportunity to use her voice and be a part of something super big and something that’s super important in our world right now.”

