



Pitt Men's Basketball Quotes

Pitt vs. Florida State • Monday, January 14, 2019

Petersen Events Center • Pittsburgh, Pa.



Pitt Head Coach Jeff Capel

Opening Statement:

"First and foremost, I am really proud of our team. We beat a heck of a basketball team this evening. We fought. We were together. We showed toughness. It was a big-time win for us. The second thing, our crowd was incredible. The energy they gave us and how they cheered. They helped us. They are a big part of our team. I have said this from the beginning. I love the connection that we are starting to develop together. Our team. The crowd is a big part of that. I thought we were aggressive. Florida State has an identity of toughness. Coach Hamilton has done an amazing job during his time there of creating that culture. And we are trying to create our own identity here, and I thought we showed that today. For our guys to respond from such an emotional loss on Saturday with one day of preparation and to come back and respond like this is big time. I thought everyone that stepped on that court for us gave us positive minutes. We are in the fight together. I thought we executed a gameplan. We felt like in studying them, they had a couple of guys percentage-wise that did not shoot the ball very well. We wanted to shrink the court and clog driving lanes. They like a lot of paint touches. They like to drive it. I think we did a better job of rebounding today. Gang rebounding. Again, big-time win for us. McGowens was amazing again. For us to get to the line, I thought we did a great job of attacking, jumping into their bodies, drawing contact. I thought we did a great job in stepping up and making free throws. Really proud of our team. We get a chance to rest at the end of a very tough schedule as far as back-to-back games. Wednesday, Saturday and Monday. We get a chance to have a break and get prepared for a different style than we have seen in Syracuse's 2-3 zone."

On extending the lead today after failing to do so against NC State:

"We didn't for a little bit. It was kind of like déjà vu for a little bit. The difference was that we continued to get stops that kept us ahead. Then Xavier [Johnson] hit a big shot that extended it and that kind of opened it up for us. I thought we had a little bit more poise in that situation. I thought the energy from the crowd helped us, and we were able to make a couple of plays."

On the confidence of his freshmen players:

"That is who they are—all three of them. One of the things I loved about them as we got to know them during the recruiting process, and I have said this from the beginning, is that all three of them are competitive. You don't find that a lot. They are very competitive, which means that they have a toughness about them. And they aren't afraid. Not one time this year have they been afraid—I don't think my team has been afraid. We are trying to develop that and make that the culture of this program—toughness, togetherness and fighting every second you are out there. Today was a big step, to beat a team that already has an established culture like [Florida State]."

On Trey McGowens' improvement throughout the season:

"He has just gotten better. He has continued to work, continued to learn, continued to adapt to college basketball and figured some things out. We feel like he has speed where he can get by people, and then he has athleticism and he has fearlessness where he is not afraid to throw his body around. He took a very hard fall in the first half but still continued to throw his body around like that. He is a guy, where if you really look, during the season he has gotten to the free-throw line, and he did a heck of job of it tonight."

Freshman Guard Trey McGowens

On going up against a 7-foot-4 center:

"It was a big adjustment. We had to work a lot to get in the lane. We really just had to bring him away from the basket."

On consistently getting to the free-throw line:

"We feel like we can get to the free-throw line against anybody. Our guard play is really good and our bigs stepped up big, so really we were just feeding off of them. We're stepping up too."

On driving to the basket:

"I'm fearless, I guess. No matter how big, I'm just going to compete and we're just going to have to make a great play. That's what coach says: 'make them make a better play.' That's really what we've tried to do."

Sophomore Forward Terrell Brown

On going up against a 7-foot-4 center:

"It was new. I felt small for the first time. I just had to get the early position and just had to box him out."

On potentially beating every team they play:

"It's 0-0 to start the game—just because they're ranked doesn't mean that they're a better team. They still have to show up like we do. That's the way we look at it."

On the difference since last year:

"We just fight—10 rounds—that's all it is."

On the difference between Saturday's game:

"The energy. The Zoo was alive."

On the difference between Louisville win:

"It felt the same. A dub's a dub. They may be ranked, but we still got the dub. We came out on top and now we enjoy this moment."

On listening to the "We want Duke" chant:

"I loved that. We want every team. They all doubted us. Nobody thought we were going to get a win and we have two now. We have more to get."

Freshman Guard/Forward Au'Diese Toney

On his rebounding contribution:

"Boxing out—that's the key. Boxing out and getting lower than they are. Boxing out, you get a rebound."

On watching Trey McGowens play:

"You can't tell what he's gonna do, but I just know it's going to be the right play. You never know what he's gonna do."



Men's Basketball Opponent Quotes

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Florida State Head Coach Leonard Hamilton

Opening statement:

"I thought Pittsburgh did a great job in their game plan. We've had times this year where we had problems containing the dribble, not as much as we did tonight. They played with a lot more aggressiveness offensively than we did defensively. I think the referees were correct, we did put our bodies and hands on them quite a bit and they forced us in that situation and we gave them a lot of fouls. If you would have told us that we would hold a team to 44 percent shooting and 29 percent from three - that you'd lose, but that's life in the ACC. I thought that Pitt did a great job at maintaining their composure - sticking with their game plan all night. I thought that our guys did a poor job at containing the dribble and they got to the foul line. We missed 20 threes in a row after shooting the ball as well as we did over the weekend. This says a lot about the quality of this league. If you're not mentally ready to be at your very best in our league, you're more than likely going to lose the game. But tonight, I thought Pitt was so much more ready than we were. They stuck with their game plan. They made their free throws, they moved the ball, made the extra pass and created a lot of indecisions defensively on our part. You have to give them credit, they deserve this win and my hat goes off to them."

On if their loss to Duke had any impact on this game:

"As a coach you never really want to accept that that was an emotional loss for us. But that's part of what you have to prepare yourself for in the ACC. There's no doubt we were extremely disappointed, but Pitt lost their game Saturday too - so they bounced back and we didn't. They were a resilient young team. With as many young freshmen that they have on their team, for them to be as focused as they are says a lot about the coaching staff and how hard they're working with them to give them a level of confidence that it takes to go out and compete the way they did tonight. I think the people in Pittsburgh should be very happy that they have a guy who's come in and kind of brought that swagger back that Pitt's been accustomed to for over a number of years. We all know that The Zoo has always been a difficult place for people to come in and play against, and tonight we just got a little taste of that."

On the size difference:

"Size doesn't have as much to do in basketball as you might think. They did a really outstanding job of utilizing their talents and attacking us off the dribble and getting to the foul line."