

## **Anthony Polite: A Recipe For Success**

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TALLAHASSEE, Fla. (seminoles.com) – For Anthony Polite, cooking up a meal for his teammates is like cooking up a game plan for an ACC opponent. Once you've decided on the meal you want to enjoy, you then create a plan to create your culinary vision.

You choose your recipe, gather your ingredients, add a dash of spice and a pinch of your favorite seasoning, cook for the required amount of time, and enjoy.

Cooking is a hobby Polite took up when he was young and living with his family in his native Switzerland. He continued his love for cooking when he moved to the United States as a freshman in high school. To this day, he fancies himself the best cook among his Seminole teammates.

Polite and the Seminoles begin their two-game exhibition season on Thursday night against Mississippi College at the Donald L. Tucker Center at 7:00 p.m. Florida State will play host to Florida College on Nov. 3 at 6:00 p.m. in its second exhibition and will open the regular season at home against Penn on Nov. 10 at 9:00 p.m.

"I began cooking with my grandmother and my mom in the kitchen when I was really young," said Polite. "They were making some of my favorite dishes and I wanted to help. I started by cracking eggs, putting them in a bowl and mixing them up. That's where my love of cooking began."

It was about that time that his love of playing competitive sports began, also.

Polite was born and raised in Lugano, Switzerland, while his father, Michael, played professional basketball following his standout career (1988-91) as a Seminole. As a Florida State star, Michael Polite played on two NCAA Tournament teams while averaging 10.8 points and 6.8 rebounds in 99 career games.

Anthony was a soccer star before turning his attention to the basketball court. After four years on the soccer field, he decided his future was going to come dribbling a ball with his hands rather than his feet.

Anthony and Michael moved to the United States when he was 15 to allow the younger Polite to build on his basketball skills and earn the chance to play college basketball.

While his sport of choice changed, his love of cooking did not.

"One of my favorite dishes to cook is Pasta Al Forno," said Anthony. "That's a dish that I enjoy and love making myself. It's a pasta dish with special sauce that you bake in the oven. It's best cooked with a thin layer of pasta and provolone and mozzarella cheese and sprinkled with Parmesan cheese."

When he's not cooking, Anthony is busy preparing for his redshirt senior season as a Seminole.

He's already earned his degree from Florida State (in Finance in April of 2021), and he's working on a Master's Degree in Athletic Coaching.

Anthony was recently named as one of the top 10 players in the ACC by 247 Sports and was Florida State's leading scorer last season. His play throughout his career – and specifically in the last two seasons – has pushed him to the top of the ACC mountain of outstanding players.

He was at his best on the nation's grandest stage in the 2021 NCAA Tournament in Florida State's victory over Colorado. He totaled 22 points, five rebounds, four assists and four steals in one of the greatest NCAA Tournament performances in school history to lead the Seminoles over the Buffaloes by a 71-53 margin.

Anthony played his best basketball during the 2020-21 season. He averaged career-highs for points (10.1 ppg), rebounds (4.5 rpg), steals (1.4 spg) and assists (1.8 apg) while making a career-high tying 34 3-point shots. He helped lead the Seminoles to an 18-7 record and an 11-4 mark in ACC play.

While the Seminoles are ranked in the preseason top 25 for the third year in the last four, and picked to finish in second place in the ACC standings, Anthony knows his teammates will judge him for his work around the stove as well as around the basket.

"I really enjoy cooking for my teammates, and whenever I do, I let them know that there are always extra plates in the kitchen."

Fellow senior Malik Osborne is definitely a big fan of Anthony's cooking abilities.

"When I first tasted his pasta dish, I had the sensation of standing in the middle of the town square of Lugano – enjoying the mix of the cheese and pasta as it hit my taste buds. It was truly an extraordinary flavor-filled eating experience."

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