

Penn State Women's Basketball
Student-Athlete Quotes
2019-20 Media Day - October 22, 2019

Siyeh Frazier | Sr./Sr. | Guard

Q: You we're a pretty heavy topic during Coach Kieger's opening statement as one of the big leaders on both offense and defense. How do you think you'll fit into that role?

A: I feel comfortable with everything that she gives us. There's a reason why she sets roles and us in positions where we are. I'm excited for what she has given us in her game plan and how it will play out this season.

Q: What's the first thing that sticks out to you regarding Coach Kieger? What's your first interaction with her?

A: Actually, Coach Kieger recruited me in high school and I got to learn about her coaching philosophies early on. When we got into the same gym here at Penn State, everything remained the same. Her energy, her competitiveness, her will to win. I think all of that has carried over here.

Q: Where does this team have to get better to reach its ceiling for this season?

A: Our biggest challenge this season is going to be our communication and following through with Coach Keiger's process. That's not saying that it is a challenge that is affecting us negatively, but just to follow through is very important to this season with everything being new.

Q: How important do you see culture to the growth of a team, growth of a program, growth of individuals?

A: Our vision is "Lion Pride today, Lion Pride for life." That gives us an opportunity to see small goals in the grand-scale goals. It all allows us to be the person that we want to be whether its on or off the court with community service, with our studies, or by being athletes. It allows us to live out our culture whether we are here or if we have graduated and are on to the next stage of our lives.

Q: Coach Kieger mentioned she wants you to be a defensive captain while also mentioning she has seen a lot of growth in your offensive game. What specifically have you been working on to improve on both ends?

A: Coach Kieger always tells us to "look for your shot first." I think for me specifically, that's something I've been working on is that mentality to score first. [Defensively], I think just maintaining my ability to guard, especially off the ball, and keeping up with the ball and my man. That's something we've been emphasizing to get me better on the defensive end.

Kamaria McDaniel | Jr./Jr. | Guard

Q: How has the transition been with Coach Kieger so far?

A: The transition has been great. Coach Kieger is a great coach – truly a great coach. What you see is what you get. She is really working hard, and she really knows what she's talking about. We've bought in and we're seeing results every day in practice.

Q: What has been the biggest change in culture?

A: Just being competitive. We talk a lot about giving maximum effort and doing our best every single time. Everything we attempt we're trying to be the best that we can be. [Coach Kieger] just doesn't settle. She won't let us settle to be mediocre and that's been the main thing, like we're never trying to be average at anything. We'll keep doing something until you become elite. She uses the word "elite" a lot and it's just instilled a certain level of how we expect to come out and give our best and try to be great at whatever we're doing.

Q: Is there a difference in the offense so far from this year compared to last?

A: It's faster. It's a faster pace. Defensively it's a lot faster as well. We're going to be a lot more aggressive, pressing and doing things like that. Personally, it feels faster and on paper it is faster. We look to score a little bit faster than last year. I think that we're just taking the team that you saw last year and just amping it up basically.

Q: Do you like playing up-tempo? Do you think that works for the whole team in general?

A: Everybody's a threat. We like for our guards, and everybody, to be a threat from three, from pull-up and getting to the basket. We're able to play with that pace because everybody is virtually going to be unstoppable and we're going to create plays for each other and it's going to be fun to play.

Q: Coach Kieger talked a lot about how you improved your game and your strength this summer. Can you elaborate?

A: I just worked on pushing myself to my limits. I feel like I was given a lot of God-given ability and I was running on that for a long time and I made up in my head that that wasn't enough if I wanted to reach my full potential and that's when I started to give everything that I possibly had and just tap into another level of my effort and my focus. I think that's what drove me to see the physical results in my game and actually being open to critiquing and open to seeing what I didn't do as well at so that I can get better at it and just try to be the best that I can be. That's been my focus and I've seen a lot of growth from that.

Q: How do you want to continue being a leader as the season gets going?

A: Well first of all, I want to lead by example. I try to do that every day in practice by just showing the freshmen or underclassmen, just our newcomers, how Coach Kieger wants things and just being the extension of her. I'm just trying to go out and execute that every single day. Wherever I see someone can change something or they're not doing something right I just try to correct them so that we can continue to move in the right direction as a team.

Q: With Jaida Travascio-Green injured and thrown into more of a coaching role, what kind of effect can she have on the team?

A: It's always good to have someone who can see it from our perspective as players. She just has a different insight from the coaches so just getting to collaborate is going to be great, and it has been great in practice.

Alisia Smith | Jr./Jr. | Forward

Q: What is it like to try and make this kind of adjustment in the second half of your career to a new coach and everything? You come into a program that has a lot of history and you have a lot returning, can you plug and play and look to be competitive in the Big Ten or is it going to be a process?

A: I think it going to be very competitive this year. I don't think its going to be much of a process to coach this year. She [Coach Kieger] came in with a lot under her belt and she just basically instilled what she had in the other team into us. So I believe that it's going to be a great and competitive season this year.

Q: What do you look at for yourself this year, where have you worked to get better what do you expect from yourself this season?

A: I expect a lot of getting up and down the court really fast, a lot of great defense. We've been working on defense a lot. She [Coach Kieger] harps on defense a lot and we're getting there. I feel like a lot of rebounding and a lot of great offensive movements, just a lot of motion stuff and just playing within the game and playing basketball.

Q: Where do you see yourself fitting in, where do you see your role in all this?

A: My role will probably be a voice on the team. That's kind of it for me for this year, more of a voice on the team and being more of a defensive coordinator. Being able to direct the offense better and a lot of rebounding and things like that.