

NCAA Men's Lacrosse Championship

May 18, 2025

Navy-Marine Corps Memorial Stadium

Annapolis, Md.



Penn State Postgame Quotes

Penn State Head Coach Jeff Tambroni

"I've been in the game a long time and I'm not sure I have been part of a win like that where we went into halftime and honestly didn't feel anything was going well. Offense, defense, faceoffs ... and to see this group, the seniors to my left, seniors on the field, just never stopped believing in one another. It was just a lot of fun to be part of. Hat's off to Notre Dame. They have set the standard over the last couple of years about what it means to be a champion, and I think that's why this means so much to our program because you know of you go toe to toe with a team like that then you're doing really good things."

On going to a zone

"Watching the games yesterday, we learned a lot. Moving into the third and fourth quarters, everyone was exhausted. I think everyone emotion just gets the best of them even before the game starts. It's a little warmer than typical. I think our guys are comfortable. Sometimes I think it is a mindset when you go to a zone there is a sense you can't cover them. Moving into this, I think it was just to give our guys a breather, force them to have a different look, slow the pace of the game. Down in the defensive end, it allowed Jack to maybe see the ball better from the outside, not the inside. So I think a combination of all of those things and it worked in our favor."

On the change in momentum on offense

"Two things happened. One, their goal had seven saves. We went into halftime and said we had generated a lot of shots and he's had some nice saves but we felt we were pulling the trigger a bit quick and allowing him to see the ball from distance. We just weren't doing a good job of shot selection. And then as the first half went on we weren't committing to dodges, to cuts, to passes, to our shots. You aren't beating a team like Notre Dame if you are going through it halfheartedly."

Matt Traynor

On the mindset when trailing

"We still had a ton of confidence in each other. I was being a bit selfish in the first half. I didn't really have my head up that much. Was kind of just dodging to score and getting tangled up a bit. I took accountability for that at halftime. I knew I was going to change it, and I think we just started moving the ball a lot better in general. We started opening up way more opportunities for dodges and creating more space in general."

On the momentum once the goals started

"After you score a goal, it is easy to start building more confidence, but I think we were just being more intelligent in the offensive end. We were taking what they were giving us, we were moving it and letting our teammates do it."

On getting back to next weekend

"It means everything. I mean, this is why you play the game to get to championship weekend. And I'm just so excited to have another week with the guys' so excited for the coaches."