

University of Iowa Basketball Player Quotes, Media Day, Oct. 11, 2008

Cyrus Tate:

On Coach Lickliter's team philosophy:

"He emphasizes the team over the individual. There's no such thing as an individual player and Coach is really focusing on that with us. It's a good thing for our team because there is no one individual."

On the possible clean slate:

"I'm eager for the season to start. I think we worked really hard this summer and now we just have to come together. When Friday comes (practice starts), I think we should be ready."

On the possibilities for this year's team:

"I think our possibilities are good. We're still the same team from last year, only with a new coach. We have to focus on our offense, on our defense and what Coach Lickliter really wants us to do."

On Coach Lickliter's expectations:

"He really wants us to defend and to be one of the best defending teams in the nation. That starts from within and we really have to focus on what he wants us to do."

On incoming freshmen:

"It should be everybody on our team contributing, and I think everyone can make an impact. Everybody knows their role, what they should be doing. Coach told us to be confident if there's an area of our game that we're not good at; and that is something that our team is learning to do."

Justin Johnson

On Coach Lickliter's team philosophy:

"He tells us every day that it's all about the team, all about the fist. He points to his fist and tells us how we have to come together. He doesn't point anybody out. He just tells it like it is."

On the transition to a different coach:

"I'm really happy about what's going on. Everything is going smooth. We just have to work harder and do things better."

On his impressions of Coach Lickliter:

"He's impressed me since day one, since he's been here. He's just one of those smooth guys that is easy to get along with. You can walk into his office and just talk, and that goes the same with all the coaches."

Seth Gorney

Adjusting to new coaching staff:

"I would say it hasn't been either, it's just different. Trying to learn a new system and everything; just trying to get acquainted with who the coaches are and how they run things. It's been a challenge, but it's been fun."

How things have changed:

“We haven’t really done too much yet. We’re learning a lot about defense, how to play his style and everything. That’s been the biggest change I think so far.”

On watching Butler:

“I watched them last year when they played down in Disney World, and they won the tournament and it kind of caught me off guard. Ever since then I’ve followed them when they were on TV. Just from last year, they didn’t have a guy over 6-7, so he’s kind of changed it to adjust to us as well and trying to get us involved and keeping us inside and letting us come out and shoot as well.

The defense he has given us this year is how to play certain situations. Like if a ball-screen comes, how to defend it; if a down-screen comes, how to defend it. If your off the screen and help-side and how to help defend that and what to look for. It’s more like every situation we’re going to cover, rather than just certain aspects.”

Tony Freeman, Guard

On Coach Lickliter’s coaching style:

“Coach will tell you what to do and show you how to do it. It’s up to you to receive that message as an individual and get better.

That’s the best part of the game to me, making people miss and deflecting the ball on defense. On offense, from what I see, it’s structured, but once that structure breaks down its pretty much freelance, what kind of skill you physically possess and develop as an individual. I’m real excited for this year definitely.

Success this year, in my mind, is not losing at home. Top three in the Big Ten is a goal. I know you guys probably look at it and say that’s not going to happen. But, in my mind and the team, I see from last year to this year, everybody’s focused. With the personnel that we have and Coach Lickliter, it is very possible for this year’s team.”