



SAN DIEGO STATE AZTECS MEDIA RELATIONS

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San Diego State Head Coach Brian Dutcher

Opening Statement:

"Happy New Year everyone. We're getting ready to go to elevation and play Wyoming. And you know, they're struggling with injuries, things that you can't anticipate. We were picked one and two in the preseason polls, and now they're struggling because they're missing (Graham) Ike and they're missing some (other) players, but you never know when they're going to be healthy. So, we're preparing for any scenario. When we go to Wyoming, we know it's a tough place to play. But we will be ready to go, and we will get there and compete hard tomorrow and see if we can come away with a road victory."

On what the team is doing specifically to get ready to play at altitude:

"We're drinking beet juice. There've been studies that beet juice can help you at altitude. I'm not sure what the exact formula is. It's mental and it's physical. So, if they think it's helping them, I'm all for it. I know it probably doesn't taste real good. Sergio, our trainer, brews it up with a little apple, a little carrot, and little beet. And trust me, I'm not drinking any, but I'm not out there playing either. Elevation is always a concern. And the thing is, it affects everybody differently. You know, I remember Kawhi Leonard always struggled in altitude. One time we went to Laramie to play, and Jeremy Hemsley didn't play because he had such a bad headache. So, we'll see what it is when we get there, but I anticipate that we will have all hands on-deck and ready to go."

San Diego State Senior Guard Matt Bradley

On what has been the difference for the team to open Mountain West play:

"When the ball is going the hole for me, not only does it make it easier for everybody else, because I'm able to find people. And when the shots going in, you know, everybody's able to lock in on the defensive end and be playmakers and shooters and really fill their role. So, Darrion (Trammell), and Micah (Parrish), and really everybody on the team, when they're doing what they do best, and it makes it easier for everybody. So, I just got to do what I do best."

San Diego State Senior Guard Adam Seiko

On if Laramie is the most difficult place to play in the Mountain West:

"Yeah, I would say it's most challenging place to play because of the altitude. Every time we go for shootaround there you are losing your breath; like in five minutes, you're out of breath. But over the past few years, we've been good at keeping our

nutrition the right way. Our trainer, Sergio (Ibarra), you know, gives us beet juice, you know, to keep our lungs able to go out there and compete at a high level. And (Wyoming is a) good team. You know, the record doesn't really show how good they are, but we know we always want to go in there competing to win the game."

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