



PAC-12 WOMEN'S BASKETBALL MEDIA DAY COACH CYNTHIA COOPER-DYKE + ALEXYZ VAIOLETAMA // USC

Opening Statement:

CCD: "Thank you for being here, I'm excited, we've been working very hard. We're excited about the strength of Pac-12 and excited to get started."

On what Vaioletama got out of last season...

AV: "I knew what I was getting into; Coach Cynthia installed hard work, putting in extra time on and off the court, with academics and on the court as well. It's about getting just a little better every day, whether it's sitting in a defensive stance for five more seconds, etc.. it's just the small things. It's the small things that helped us last year and got us to a championship. It's about holding yourself to a higher standard."

On changes to finish the year...

CCD: "I'm all about getting better, and I expect that from my players and staff. I've only been coaching for ten years, and you don't know what you don't know. But I do know where to find it and I found it in Beth Burnes. She likes defense and I like offense, and I learned from her that I have a long way to go as far as energy."

On players that will step up and fill void left by departing players...

CCD: "Alexys, X, Kanisha Horn, Brianna Berrett. I'm looking for Jordan Adams to wake up and step up to the plate. She's as anxious as anyone to erase what happened last year and step up. Everyone is going to have an opportunity to make their mark. As a Trojan it's about fighting on when you have adversity and learning how to confront adversity."

On what Wiese worked on in off season...

SW: "I worked on my mid-range game and my mid-range jumper. I want to be a multifaceted player, I want to be more than just a shooter. I (also) worked on having an explosive first step, and spent more time in the weight room. I want to hold my own against competitors, so I put in those extra leg reps and time in the weight room."

On the Conference...

CCD: "I learned about the Pac-12 conference and how strong it is. I want USC to be a part of the upper levels of Pac-12. I want our team to experience the NCAA tournament every year. That's something we should strive for when we have

summer access. That should be the mentality and the standard. I love winning, and I have fun with my kids, we balance being very intense on court with being human and having an open door policy off court.”

On improving over summer...

AV: “I worked extremely hard over summer. I did my individual workouts but it was more of a mentality thing. Stepping up as a leader, setting and example on and off court. For me it was about being the go-to person.”

On building the team...

AV: “We set a good foundation down. We have high standards for every single person on this team, whether it’s a teammate or Coach Cooper. We learned that if we’re the only people that believe that we can win a championship, that’s enough. That’s our biggest growth, believing in ourselves and not caring about what other people think or say. It’s also about trust, trusting ourselves and our coaching staff, and really listening to what each other has to say.”