

Atlantic Coast Conference

Operation Basketball

Wednesday October 28, 2015

Shane Henry

Virginia Tech Hokies



Q. Shane, size was such an issue for you guys last year. You had to play the 5 so much. Having some more big guys this year, how has practice changed, just having some more size to work with and kind of help you out?

SHANE HENRY: Practice has changed a lot. Being that we didn't have a lot of size last year compared to this year, the drills and things that we do, the rebounding drills, just playing. It makes it a lot easier for it to transfer to a game because we have a lot more bodies that we can practice boxing out and just situations that we can use with those big bodies to help us prepare for the games.

Q. Shane, being the senior on the squad, do you feel an obligation of any type?

SHANE HENRY: The obligation I feel is to lead by example and just be a leader, showing the team and newcomers what work is and how much work you have to put in and how dedicated you have to be to the team, to the program, and to -- and just to winning. That's all I have.

Q. I just want to ask you about your hair. I had somebody say they called your hair The Groot. Do you have any name for your hair?

SHANE HENRY: Personally I call it suave. But I welcome Groot. I looked it up and it's kind of similar.

Q. Can you talk about just the difference from last year to this year in terms of the new faces on the floor, how you guys have come together, and where you think that's going to take you guys this year?

SHANE HENRY: The new faces and how everything has come together? Starting from the summer, everybody has been locked in, day-to-day. Our chemistry has gotten really well on and off the floor. We're really comfortable with each other. Nobody has any type of problem with anyone else on the team, and I feel like we've picked up a lot of things a lot faster and a lot well, and our freshmen have picked it up fast, as well. I think they've done a pretty good job doing so.

Q. Describe your coach in one word.

SHANE HENRY: Hmm, one word? I'm pretty sure everybody says energetic, so I'll just go with that.

Q. Obviously winning helps, but what is it about the culture that Coach Williams is bringing to the Hokies program that will encourage more people to come into Cassell on game night?

SHANE HENRY: One of the main things Coach always says is that everything matters, if that's on the floor or if that's off the floor. I believe that everything he says means something, and if not basketball, it means something in life, or they connect with each other. I mean, that's what I have.

Q. Are you seeing those connections, the older you get, the wiser you become, are you seeing that what he says actually does play out?

SHANE HENRY: I see that if you work towards something, if you really want something, that you will be rewarded with that. If not here, in the future. And if you believe that it will happen. But if you do things not the way they should be, it won't follow through.

Q. A couple weeks ago at media day, I know we asked Buzz and he talked about the culture. Just kind of on campus, just kind of walking around. Can you tell a difference with the way people either look at you on campus or kind of just overall feeling with the basketball program as opposed to when you got hereafter a season under Buzz?

SHANE HENRY: After a season under Buzz, honestly, I walk around campus just thinking about the next thing, and that's one thing he always preaches to us is what's next. After practice, what's next? You've got to get to class and so forth and so on throughout our day.

And on campus I feel that everybody has really locked in and really grown to support the basketball team and our program and really noticed what we're doing and how it's impacting each of our lives.

Q. Shane, I know one of Buzz's mottos is get better, and he says it's different for everyone. For you, what does get better mean?

SHANE HENRY: Get better for me means doing more every day, feeling like I've earned the right to go to sleep at night, feeling like I've earned my dinner at night, feeling like I've earned a break just doing everything possible to further myself or to give an example of how to further someone else's experiences and just doing anything possible to improve yourself.