

Golden State Warriors

Media Conference

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San Francisco, California, USA

Quinten Post

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Q. I know you didn't play Summer League. How are you feeling health-wise, how was your summer? How much were you able to play?

QUINTEN POST: Yeah, started the summer was a little slow because of my arcual. That's why I didn't play in the summer league. But I already felt really good during that Summer League time. Managed to work out in Vegas and I've been back out on the court ever since. Feel like I had a good summer. I feel like I got stronger. Yeah, just excited for next year.

Q. What was the injury?

QUINTEN POST: Something towards the last ten games of the regular season. I mean, everybody is playing through bumps and bruises and we just had to check that after the season and figured out it was best to stay off it for a little bit, hence why I sat out Summer League.

Q. Just coming back into the season, what why are your focal points? What other things did you focus?

QUINTEN POST: Defensively, not fouling, watching a lot of tape on myself and other bigs, trying to be an effective defender. And then keep shooting the ball. I know that it was one of my stronger points last year but don't shy away from it. Like don't just focus on things that I want to improve on, but also keep working on that and try to take that to a next-level shooting of movement, those type of things. I feel like those are some of the bigger things I worked on.

Q. At some point, Al Horford is expected to be here on the team, signed, official, all that. What can you learn from a big man like him who is a great shooter and great facilitator in running offense and passing?

QUINTEN POST: I think until anybody really signed, I'm not allowed to comment on any new players signing.

Q. I don't know if you went to San Diego for Jimmy

having everyone together.

QUINTEN POST: If I did? I was there, yes.

Q. What was that like? Did you just get some scrimmaging in? Team bonding sessions?

QUINTEN POST: Yeah, it was a really cool. It wasn't a weekend. It was a few days during the week. Saw Jimmy's house. Pretty impressive. That's some years in the NBA for you.

Yeah, we got together as a team, spent some time and yeah, we scrimmaged one day for a few hours. It was really good. But it was more so really focused on having a team dinner, sitting together, getting ready as a unit for the next season.

Q. What was the chatter been like within the team, the chatter? It's Media Day, and you still don't have a full team yet.

QUINTEN POST: Within the team I haven't heard any chatter about it. I mean, we have a full trust in our front office to get things done, and we all figured that before the season will start, we will have it all figured out. We'll have a full roster ready to go.

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