

Golden State Warriors

Media Conference

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Steph Curry

Media Conference



Q. Steph, I don't want to start with anything hugely tricky to answer but just knowing that there's still fluctuation in this roster, when or if Jonathan is coming in, what's the mental talking among is the yourselves? Is it, hey, here's how we have to deal with this right now or so natural that you don't have to have those discussions amongst yourselves?

STEPH CURRY: We talk about it for sure. As leaders on the team you have to acknowledge what's going on and don't make it more than what it is other than a team trying to figure out the situation that's front of us and the challenge that's front of us. Knowing JK's situation, knowing the new faces that we're adding to the roster, we talk about it every year going into a training camp what it's going to take for that particular team to win.

This is a little different because you have a guy that's trying to figure out his situation, and we respect that process. It's going to play out, and when he's here, ready to work, like we expect him to be locked in on doing what he needs to do to help us win.

So all those things you acknowledge and you look forward to doing what we do as players and that's going out there and hooping. That's what it boils down to, no matter how you get there.

Q. In the off-season you went to a couple of Valkyries games. What was that like as far as getting to see the fans in a different perspective, having a sister team to root on?

STEPH CURRY: It was awesome. They probably surprised a lot of people with the way that they played and the level they were winning and making the playoffs in the first year.

But vibe and the atmosphere in here was awesome. I was traveling a little bit more than I thought, so I didn't get to as many games as I wanted to. But it was such an exciting experience for the whole family.

It was definitely a different vibe than normal Chase Center that we're used to when we play, and that's a great thing.

Summertime energy with a different product out there on the floor is great. So hopefully they are going to kick it up another notch next summer.

Q. (No microphone.)

STEPH CURRY: No, I think that's exactly how it's designed, which is perfect.

Q. When you have talked to Jonathan recently, what's the message you're trying to get across to him?

STEPH CURRY: Negotiations are hard, we all know that. The idea of everybody's situations are a little different. Everybody can come up with whatever narrative they want to. That's how business kind of goes. Some things are pretty straightforward. Some things aren't. This is definitely in the "aren't" category.

But when he comes and he's here, he should be a professional and do exactly what he expects to do and take advantage of his opportunities to help us win.

Everybody who is in the locker room, that's what you're committed to do. So I don't have any concerns that he'll approach it that way, and that's what we expect.

Q. You're approaching a decade since your unanimous MVP season and you're still playing at a very high level. How have you been able to evolve your game and sustain that level of production?

STEPH CURRY: The work you put in, love of the game, being around great people in this organization. Still keeping winning as the priority. And blessed to still hopefully be in that situation for a couple more years.

Q. This is your 17th year, I think you've said many times, 16 was the goal because of your dad. What's the significance of that to you? And piggybacking on the previous question, how has your off-season



conditioning evolved as you've gotten into your mid and now sort of late 30s? I read something about it's more data driven. How have you changed the way you've prepared for seasons?

STEPH CURRY: Yeah, the second question, just because it's evolved based on trying to be more efficient with the work that you get in and more intentional about how each day is designed on court, off court.

Probably the first decade was more on court than off court and that's actually flipped now where it's probably 60/40 off court to on court percentage now, and even that is, like I said, data driven on heart rate stuff, foot strikes, how long you are on your feet. All those type of things that help monitor the output that you have over the summer so that you're working smarter and coming into camp fresh knowing that there's still a little bit of building to go. That's what training camp is for but that I'm in pretty good shape where you're not putting your body through any unnecessary stress with that transition from off-season to in-season. That's been kind of fun to figure out on the fly.

Q. Jimmy being here from the start of training camp, obviously much different scenario than what happened last year. Obviously it helps you guys. In what ways does it help? How significant can that be to have him right from the start?

STEPH CURRY: I think first it helps him just as a human being, as a player, to have something that he knows, a situation he knows based on how last year ended and how we do things, what he can help, continue to help us do at a high level, but then just have that clarity coming in where we can have the conversations that we were having in a very short span after the trade last year. And the way that we finished playing, or our record towards the end of the year, it was fun for all of us.

So to kind of carry that momentum into a training camp, I think he's just talking about how happy he is to be in a place where it's just playing basketball and not any noise around him. I think that's refreshing for him, and that should carry over to our prep as a team.

Q. Are you comfortable with how the roster is going to look and the process to get there?

STEPH CURRY: I think with this last little piece that needs to settle, I think I'm extremely happy with different look. We're just trying to carry moment that Tatum that we have from last year, get to go an 82-game season is the challenge for every team but especially a veteran team. But the way that we finished and the record that we had and obviously before I got hurt during second round, like

we were a relevant threat and I think we've gotten better.

It's tough to lose Loon, that's a big deal, knowing what he meant to our franchise. But we have a lot of pieces that are going to have that opportunity to take that next step. You know, like every NBA season, I said the same thing last year, probably at the podium right here, started 12-3 and all hell broke loose for a good couple months. You can only do what you can to control your mentality going into the year. I think it's really optimistic and positive around here, and that's how it should be.

Q. I know you mentioned once Kuminga gets here you expect him to be kind of locked in but this obviously has already been a big off-season distraction and there's an inevitability that it's going to bleed in once he gets back. How concerned are you about the overall distraction situation?

STEPH CURRY: I don't frame it like that. I think he's going to get asked questions, to your point you're asking questions. Everybody is going to ask questions about it. But what happens when I leave this microphone and go in the locker room and us players talk, that's going to be the make or break of how we move into the year with the right frame of mind.

So good news is you've been around long enough. Me, Draymond, Jimmy, we've all been around long enough to know how to separate the business of it to the basketball of it. Those are two totally different areas. So our job is to focus on the basketball part and not let it become something that gets in the way of how we approach every day.

Q. With that said, how unique of an off-season has this been, just that whole situation? I'm sure you've been through many a teammates trying to get paid but I don't think we've ever been in anything like this. Does this feel like a unique situation?

STEPH CURRY: I think everything we do around here is unique for sure. So it kind of adds to that journey.

Us being realistically championship relevant for this long is unique. Us trying to maintain that for as long as we have is unique, and JK's situation is unique. Me being in my position where I'm at in my stage of my career is unique. Like the whole deal is just -- you've got to take the good with the chaos, as well, of it because it is kind of unprecedented.

Keeps me going because it keeps everything kind of front and center on trying to, again, focus on winning. Like we've done a really good job of that over the years and



want to keep doing it.

Q. Some of us have talked a lot about the age of the top guys, but especially with how last year ended, how cognizant or worried are you about you guys having to play a really heavy load to get to the postseason and then do the postseason thing? Is this something that you have to manage or pay attention to considering you guys are Nick Friedell's age?

STEPH CURRY: You've got to pay attention to it for sure. Acknowledge what makes your team, you know, the character, to have the expectation that we are going to be capable of beating anybody and everybody on any given night. But to your point, the endurance of 82. I think last year was the biggest thing is we don't want to be in a position where you're chasing down the stretch of the season. If you can all be in control of that, where the last two months, even though we had a great record, it felt like every game was a playoff game for two straight months and then you transition into a very tough seven-game series and then you're 48 hours from a round two, game 1. It was a very condensed high level of basketball.

So we want to be able to try to get through the 82 with a little bit more of ability to kind of control the ebbs and flows of it. How we get there, like we'll figure it out.

Q. So this summer is your first time bringing the Curry Camp to China and a lot of young players from Korea, Japan and China. What potential did you see in those young kids?

STEPH CURRY: More than like specific potential of specific kids, just the idea of basketball at a high level around the world has continued to grow. The skill level and the excitement around the game is really special and I was happy to kind of experience that in Chongqing this year and have something that I've done here in the states for a very long time with the Curry Camp and bring it over there.

Basketball is at an all-time high, not only from an awareness and fandom perspective but kids who are playing and really taking it seriously and working on their game. So it is great to see.

Q. In terms of your off-season, you talked about the high-level condensed basketball you played. How long did it take for the frustration of the way it ended to kind of go away for you? And also, how was this off-season? Last summer, you played a lot of very intense basketball. Was this a more rejuvenating or relaxing off-season after that disappointment?

STEPH CURRY: I don't think I'm over that disappointment because you always wonder, what if, like had I not gotten hurt, had we won one more game in that second round and give me a chance to come back, had we not been chasing the last two months. As a player, you always think about that type of stuff. It motivates you to understand what you can do this year to put yourself in a better position.

I think I'm still carrying that, which is I think healthy and a good thing. This summer, there's always chaos around my schedule and all that but it was really fun and rejuvenating to be able to work in a game and do the stuff that I wanted to do and needed to do off the court. Have four kids running around, so it's crazy.

Just enjoying myself but also looking forward to today and this new year because I know I don't have many more in front of me in that respect. So I'm excited to give everything I've got to what's in front of me this year.

Q. Going back to the idea of separating basketball and business, that is something that's pretty relevant to Jonathan right now. When his agent comes out and says, if we get the contract we want, we'll be committed to doing everything we can to win a championship, what is your reaction to something like that and the idea of conditional commitment?

STEPH CURRY: I only listen to my teammate. I don't listen to agents or anybody speaking on behalf. I hear that from JK.

Q. What have you heard from JK?

STEPH CURRY: That he'll be committed when he gets here. I just know from man to man, he didn't want to have to be in the way of anything. Let that situation play out. He can speak for himself.

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