

Oklahoma City Thunder Media Conference

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Oklahoma City, Oklahoma, USA

Jeremiah Robinson-Earl

Press Conference



you thought, okay, I could have done this differently, that differently? What specific things did you work on this off-season?

Q. Last week Sam in his preseason press conference mentioned that you've just lived in the gym this year. What are some of the things you've been working on? What was your off-season regimen like?

JEREMIAH ROBINSON-EARL: Yeah, so I think first half of the summer, just kind of getting my mind and my body feeling good, and then towards the end really just taking it up another level, just wanting to put myself in a position to be comfortable being uncomfortable because the season brings a lot of different ebbs and flows, so just being able to be as prepared as possible for anything to happen during the year.

Q. With the way last season went as far as health-wise, performance-wise, are you looking forward to kind of a fresh start going into this year?

JEREMIAH ROBINSON-EARL: Yeah, absolutely. I think no matter how I handled this last year, whether if it was the best way to handle it or the worst way to handle it, I think it's put me exactly where I want to be going into this season, so I think I'm just grateful for every opportunity and just really excited to get this season going.

Q. Are you feeling like back to 100 percent health?

JEREMIAH ROBINSON-EARL: Yeah, absolutely.

Q. You and Kenrich have been known for a long time as leaders on this team. Have you seen anybody else step up in that sense over the last year or so?

JEREMIAH ROBINSON-EARL: Yeah, I think our ages are just so young, we just gel so well because of that. I think everybody has their own way of being a leader. I think leader for us is whoever is doing the right thing at the right moment, so it can be anybody at any given time, so we have guys that speak up and talk for us, but I think in every moment it's somebody different.

Q. When you dissect last season, looking back on it, what did you specifically work on this off-season that

JEREMIAH ROBINSON-EARL: Yeah, I think just being able to continue doing the things that I do well at for the team and myself, and just I think from a mental aspect, it was really important for me just to be as mentally durable as possible for anything that comes with the season, so I think just being able to work on my mental side, my physical side, just so I can be as healthy and mentally stable as possible.

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