

Washington Mystics Media Conference

Monday, April 28, 2025

Washington, DC, USA

Ashten Prechtel

Zaay Green

Media Conference



Q. This is for both of you, what has been the biggest adjustment that you have felt physically and mentally so far here in.

ZAAY GREEN: I believe the biggest adjustment I have felt physically is probably how physical the play is. Just the style of playing. How we go up and down. How you're able to touch. Like in college you couldn't touch. Here you can touch and I honestly appreciate that.

And mentally just, you know, waking yourself up wanting to be a pro every day.

ASHTEN PRECHTEL: No, for sure. The pace out here is super quick, but it's been really fun to get reps in at a high level.

Yeah, mentally we're just going at it, learning new stuff every day. It's just a matter of knowing what we're doing as a team and executing that.

Q. Emily came in here earlier and alluded to everybody having a role on the team. What do you all believe you bring to this Mystics team this season?

ZAAY GREEN: I believe that I can bring my defense ability, just being able to field the ball, pick up early, and just knock down open shots whenever I'm open.

ASHTEN PRECHTEL: For sure. I think I bring defense, rebounding, and then also consistency on offense. That is what I'm looking to do when I'm on the court.

Q. For both of you, in this early portion of training camp, you're trying to show coaches, these new coaches that you haven't spent a whole lot time with your game and what you can do. At the same time, it's always a tricky balance of not trying to do too much, and, you know, get wonky in that way. How have you guys tried to balance that and what have you really

wanted to show, but doing it within the scheme and not getting -- not trying to do too much?

ZAAY GREEN: Just the ability to execute and definitely listen to what the coaches say. Like pay attention to little details on defense and offense. Just doing it right the first time. That's all I be wanting to show, is I got it right the first time.

ASHTEN PRECHTEL: Yeah, I agree with Zaay. Doing what the coaches want and finding ways to make open shots within like our offense and the system and not doing too much outside of that.

Yeah, that's been the main focus for sure.

Q. Just curious, in practices so far in the beginning of camp, who is someone you've been able to ask questions of or learn from in particular? I know there are probably a lot of folks willing to be helpful. Is there someone who has been particularly helpful or taken you under their wing so far?

ASHTEN PRECHTEL: Yeah, definitely all the vets have been great. For me Stef Dolson has been huge, and also Emily has been great to ask from. And both of them, they know what they're talking about. Like they give great advice so they've been really good to learn from and get adjusted to everything.

ZAAY GREEN: Yeah, definitely all the vets are welcoming and easy to approach and talk to, but right now I think my go-to is really Slim and Shug, but mostly they're guards; Ash is a post. I'm really able to talk to them and they help me out a lot, defense and offense.

Q. Zaay, for you, I want to know going from two SEC schools to an HBCU what was that experience like for you? And you also played at Pine Bluff. How do you think that prepared you for your journey here?

ZAAY GREEN: Yeah, I'm not trying to be rude or correct you, but I went to three SEC schools. Yeah, uh-huh, so, yeah, it's definitely been a journey, but I think like it's just helped me a lot throughout this process.

ASAP . . . when all is said, we're done.®
sports

Just being in type of environment, being a able to play for all different type of coaches, styles of play, and being around all different type of players, too.

I met so many people throughout this time and even now it's like a full circle. I'm getting to go see Shakira and Emily and I was at (indiscernible) with them.

It's a full circle moment like Zaay said. Seeing everybody and playing against Georgia this past year, that was a great experience.

Yeah, it's just a blessing to be able to just be like experience that. Even though I had like some highs and lows throughout that, it was still worth it.

Q. Zaay -- and you're welcome to answer too, Ash -- what has this experience been like in terms of expectations you had coming into camp? And then like what hasn't lived up to expectations or what maybe surprised you in different ways you didn't anticipate?

ZAAY GREEN: That's a good question. Yeah, I definitely expected the league, the W to be this, like an upgrade from college, because it is a professional league.

Now, I didn't expect it to be this amazing. Like it's really nice. How they treat us, take care of us, the hospitality, everything is just amazing.

Just really treat us like professionals and I really respect that a lot.

ASHTEN PRECHTEL: Absolutely. The Mystics have been great and the facilities and everything are super high level, so it helps us to like come in and playing at a high level I feel like. So it's been great, yeah.

Q. My question is for Ashten. As you've gone through your college career at Stanford and then being drafted by the Sun, now that the Mystics have taken a chance on you, how do you feel that you can be in their roster, system to succeed and help them this season?

ASHTEN PRECHTEL: Yeah, for me it's like we were talking about earlier, it's just being ready at every time or whenever my name is called and also doing things correctly. That starts in training camp and in practices.

We're learning a new system with new coaches and everyone is learning this. So just figuring things out as we're going and being consistent with that.

Q. This is for both of ladies. What are your goals for the upcoming season and how do you -- and what role do you see yourselves playing on the team this year?

ZAAY GREEN: Yeah, the goals for the season is definitely execute our offense and win, take contested threes, and get rim layup finishes.

Yeah, just winning and defending. And then my role is like Ash, come in and do my job, defend, execute the offense, and knock down open shots.

ASHTEN PRECHTEL: For me, my goals this season are just to improve and become a better, more consistent player any way I can.

Even the couple days in training camp I already feel like that's the case, so just want to keep that going as long as I can.

FastScripts by ASAP Sports