

Washington Mystics Media Conference

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Georgia Amoore

Media Conference



Q. How is recovery going? Where are you at in that process?

GEORGIA AMOORE: Yeah, it's been going really well. It's been four months, as of I can't remember. But it's been really enjoyable. I'm super excited to keep cracking at it.

Q. Where are you at? Are you getting close to being able to play even just one-on-one? I just want to know where you're at.

GEORGIA AMOORE: I'm at a really good spot right now.

Q. Looking at this season, obviously you were watching it all from the sideline. What do you think as you reflect on this year for the team and where the whole group is at in this process?

GEORGIA AMOORE: Yeah, I think we've had multiple moments of reflection the past couple of days where it's been like, we're just so proud of each other and everything that we've done.

To come in a young team with some moving parts, some trades during the season, it's kind of our first year experiencing all of that, so we're taking it in stride and just being able to adapt.

I think we had a joke when we were in Golden State about what's the best ability to have, and we said adaptability. Just listing off the abilities to have and to develop through the season. And to do that and to win games and to develop individually but as a team and set the foundation for what's to come, that's been probably our most proudest moment, is how we've congealed together and created a culture that is going to continue to carry, and we're getting to be a part of that.

Q. How did you feel like the staff, the leadership group really kept everybody bought in throughout the year? You mentioned the trades, losing games at the end of the season. What did they do to make sure that the

train kept rolling?

GEORGIA AMOORE: Yeah, I think did a really good job at just addressing elephants in the room. Obviously during the trade deadline, okay, first time going through this. Here's what's happen, how we're going to adapt. Especially with my injury, addressing the elephant in the room.

And I think just one of our daily habits we'd take part of is direct communication and honest communication and just to have involved and have genuine relationships where I feel like I can ask questions, I can ask Jamila business questions and she's going to answer, and I feel like I can ask her questions about X's and O's and she's going to answer.

And just inviting those conversations to happen only allows a level of trust and comfort, which allows us to grow, especially as a young team.

Q. We touched on a bunch of this stuff the other day, but as you approach the off-season as part of this young group with Kiki and Sonia and so much unknowns about the off-season, free agency and CBA stuff, where do you view your role as someone -- I don't know, do you want to be active in talking to Jamila about how they're going about building the rest of the roster out for the future? Are you someone who wants to take on a role where you maybe go out and recruit and sell people, hey, you should think about coming and joining us here? What kind of off-season role on that side do you envision or even want to play?

GEORGIA AMOORE: Yeah, you answered it when you asked the question. There's a lot of unknown, so I'm not sure how to attack this. Obviously this is my first time -- I know I'm old, but it's my first time going through a WNBA off-season. So, yeah, there's a lot of unknowns. Whatever pops up is what we'll have to adapt to.

Q. Obviously the injury created a different rookie season for you than you would have expected. However, a lot of time spent with the clipboard and contributing as well. How much of a head start

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mentally has this season provided for you for next year?

GEORGIA AMOORE: Yeah, I think there's a level of comfort of understanding, like understanding Coach and what he wants to run, what plays he might want to go to during the game. Understanding the end ranges of the players on the board is different than some coaches I've had on the past, so it's kind of getting used to that so when I'm able to physically participate, I'm not worried about the mental part of it really.

And I just want to make sure that this year -- even in this off-season, using film as a tool to get used to people's in-game habits, whether it be who I am playing with or against. Just trying to be able to be present and understanding the flow of the game. It's only going to help me next year. I have something else to worry about physically, not worry about but be cautious about or take up a large portion of my brain about.

This year I've been super, super conscious about learning the flow of everything, the vibes, I guess.

Q. You talked a lot about team chemistry, and having Jade on this team as well. What benefit has it brought to you to have her be along your side in your rookie season?

GEORGIA AMOORE: Yeah, she's just a slice of joy. Like everyone in this team is, but I think the one that takes the trophy is Jade. She's just so competitive. She tries her hardest every time she's on the court. I think her energy is contagious, and you feel the impact as soon as she gets on the court.

But she's exactly the same off the court. I could be rehabbing at 8:15 a.m. and she comes busting through the door and it's just an immediate sparkle. So her energy is infectious on court and off, and just how someone that has been through -- we've played with each other, against each other maybe since we were like 12. Like we've legit known each other. I think you all think Australia is tiny and I know everyone, but Jade is someone that I've legit known and I've been with for a minute.

So she's just amazing to have along with me on this journey, and I am super proud of the way she's handled everything this year as well.

Q. I just want to ask really quick, having spent a season as an honorary behind-the-bench coach, 20 years down the line do you think post-playing career we could see you as an assistant coach, video coordinator or whatever, or have you had your fair

share of that?

GEORGIA AMOORE: No, I've definitely had a taste of what I thought I would want to do. It's kind of given me the opportunity to dip my toe in, see what it's all about. Like you said, I still have plenty of years playing ahead of me. I obviously want to use all those up because I love it, but eventually, yeah, I want to for sure get into coaching.

Q. What's the off-season look like for you going back to Australia? I know you obviously have to do rehab, but I'm curious where you're going to be at.

GEORGIA AMOORE: No, I'll be here. Most of my goals right now is literally rehab and get as ready as I can going into next year. I'm just one that wants to crush it on the front end and stay consistent with it.

Obviously I'll have situations where I can go and refresh my mind elsewhere. I think that's healthy. As humans and athletes, we need that, but I'm ready to stay here and stick at it.

Q. Just a couple of quick ones. Having observed you collegiately at both Virginia Tech and Kentucky, how Kenny Brooks who was the coach at both schools with you, how he described you as a savant and your understanding of the game; what are a couple of nuggets that you can take into next season that not only you gleaned from the Mystics team and the philosophies and the X's and O's, schematics and all of the things, but what overall in the WNBA have you learned from and where you want to grow and where you see yourself fitting in at the pro level next season?

GEORGIA AMOORE: Yeah, I think there's always room for leadership, being that vocal asset, and obviously being a point guard actually that's what I have to do, be that extension. I know it's cliché but it's legit, and I think watching a bunch of teams this year and just watching the teams like Minnesota and New York who have been in Finals who have been in those situations and the way their lead guards are so vocal and know where everyone is supposed to be at all times. That's something that going forward that I had in college, but it's like, my job doesn't change now I'm in the pros.

One unique one, I guess, it's kind of watching the W and obviously the shot clock is different, like the defensive three seconds and all of those things, especially with my injury, is like efficiency of movement. They're just the steps and the contact they make before a shot, after a shot, is just these players are so efficient with their moves, and that's why it looks quick. You're one step ahead physically, whether you're passing the ball, dribbling the ball, shooting



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it.

So yeah, that's definitely a big takeaway is these women are very efficient with what they do.

Q. In terms of your character and the grace that you have given yourself on a daily basis to get 1 percent stronger, better, every single day, that's always going to be something that I know lives in athletes and their mentality for that. What have you learned about yourself in that daily growth and strength and courage?

GEORGIA AMOORE: Yeah, I think a huge thing for me is always to just be present and where you're at. Like you said, like it's literally brick by brick. But I think I shared this a couple of days ago with someone. I remember being in college and striving for the W and striving for everything bigger and greater, wanting to be the best, and I just remember having a thought, like if I was injured, I don't know what I would do with myself.

Just having that identity as an athlete and putting everything into that, sometimes you can get carried away with that, and now I'm four months into an ACL injury and I'm like, it's not so bad. Just learning patience and resiliency. It's been new for me.

I've always been on the go, what's next, what's next, and I think that's why this year, being so present and patient and just literally, like structurally from a knee standpoint, from walking to jogging to jumping day by day, I have to approach it as a brand new slate. Because what I've learnt is maybe my knee ached a little bit yesterday when I ^ juked for the first time, but today I actually feel pretty good and I can actually go a little faster.

That doesn't mean tomorrow I'm doing the same thing, but it's just like every single day brings something new, and I think that's like the biggest takeaway for sure.

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