

# NBA Finals: Knicks vs. Spurs

Tuesday, June 2, 2026

San Antonio Spurs

Victor Wembanyama

Media Day



**Q. Victor, the other night you mentioned the Larry O'Brien Trophy. How old were you when you first became aware of it, why it became so important to you? In a broader question, what made you fall in love with basketball?**

VICTOR WEMBANYAMA: Falling in love with basketball happened really early on in my life. I mean, I have pictures of myself with a basketball at an age where I was not even old enough to have memories.

The Larry O'Brien, I don't remember. It really goes too far back. Basketball's really been there for so long for me. But I guess all kids love trophies and medals.

**Q. You saw the five banners the first time you walked in here. You have a connection to Pop, to Tim [Duncan], all the guys from the past. How do you thread the needle between connecting to that and wanting to start something new?**

VICTOR WEMBANYAMA: It's an interesting question.

We're really being put in the best settings to do that. So it's not really an effort I have to make because there are all these guys that you mentioned. I mean, it's like they're carrying us, you know? They're guiding us in the right direction.

**Q. You guys played the Knicks three times this year. What do you think about the matchup going into this NBA Finals series against them?**

VICTOR WEMBANYAMA: It's a great team, you know? It's a great team of experienced guys who are not here by chance, but by relentless effort over the years. Very different career paths for all of them.

They're right where they're supposed to be, in my opinion. All of them are going to be super hungry in their own way.

**Q. This is going to be a gigantic audience you're**

**playing in front of. How do you feel about the fact that a lot of the world is going to be watching the series? How does that spotlight motivate you and how could you feel comfortable in that spotlight?**

VICTOR WEMBANYAMA: It doesn't motivate me. At the end of the day only 20,000 people fit in the arena. Doesn't really make a difference.

**Q. Going back to the other night, did you get the chance to have your conversation with Pop? There was so much emotion after the game. What was the process like for you of coming down off all that, recentering, getting locked in on this?**

VICTOR WEMBANYAMA: So for your first question, yes, of course, I saw Pop right away when we landed. The emotion was really something I haven't felt in a while. I don't even know since when.

Coming back down from this is a challenge. It's not done yet. We still need to really come back down to earth and realize we haven't done the hardest yet. The job isn't done at all. So we still got about, I don't know, what time is it, like 30-plus hours to recenter.

**Q. We know you spent years doing very specific training, like paying close attention to your nutrition since you were a kid, working on your stability, mobility. This summer you also spent time working on the mental side of the game. Can you tell us how important are these little things to reach the NBA Finals?**

VICTOR WEMBANYAMA: I would say linking those things directly to the NBA Finals would be a shortcut.

Details are the difference makers. That's what I would say. It is more important in an individual's career because it's from eating the right stuff at the right time to reaching the NBA Finals, there's many, many steps in between.

**Q. You've had unique involvement and unique vision for the Jackals. What do you think of the way that group has brought your vision to life?**



VICTOR WEMBANYAMA: With tremendous effort and results. They dominated the away court, Game 7. I mean, I've known for years that the Spurs community had this strength in them. Now to finally see it being channeled into something organized and efficient, effective, it's a great joy.

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