

# NBA Finals: Knicks vs. Spurs

Tuesday, June 2, 2026

New York Knicks

Mikal Bridges

Media Day



**Q. I just wonder when you see that [NBA Finals] logo what goes through your mind, knowing that you're here?**

MIKAL BRIDGES: I'm just extremely grateful, extremely blessed and grateful. That's pretty much it. Really surreal. Yeah, just blessed to be here, honestly.

**Q. Let me ask you about Alvarado. What has he meant to this team in such a short time, and was it hard for him to get back engrained so late in the season?**

MIKAL BRIDGES: Yeah, I think just his energy off the jump when he first got here, just his energy on and off the court. I think especially in timeouts where it's really grown a lot, and in key moments where we need a voice, just telling us to keep getting through. Sometimes waking us up if we're starting off sloppy or something like that. But he's been very key for us.

**Q. When you look back at the last couple of years at the challenging times, was it ever difficult for you to keep your own confidence up, and what were some of the keys for you to getting through some of those difficult stretches?**

MIKAL BRIDGES: I just think I always had great people around. That's pretty much it, whether it comes to coaches or teammates. That's really pretty much it. Just having great people around me and trying to get better at whatever it is, but just in basketball trying to get better. But having people around all the time.

**Q. How have you handled outside criticism or expectations? What keeps you grounded through it all, all the way to the Finals now?**

MIKAL BRIDGES: Just not really worry about the outside. That's pretty much always been me for a while. Just worrying about what I'm doing and my team and figuring out sometimes it's tough for the outside to fully understand

what's going on. You can't feed in too much. Just stay who you are, stay level headed and just keep working.

**Q. You guys have had a ton of success throughout this Playoffs playing different offensive styles. You talked about the adaptability. Was that a challenge to get acclimated to the different things Mike wanted you to do early in the season? What did that process look like for you?**

MIKAL BRIDGES: Yeah, I think it's just having a new coach. Things are new. It's going to take a little minute to understand and gravitate to. But I think as the season went on, to the Playoffs now, I think it's the same thing as Coach figuring us out, as well. He's come to a new team. I know he has what he wants and has everything laid out when he accepted the job and everything.

But sometimes you've kind of got to be around your players, be around, see the habits of guys and see what they're more comfortable with. I think it's him personally growing and just kind of understanding us. It's going to take time for us with him and him with us, and it's been great.

**Q. I wanted to ask you about the OGs at the game, if you noticed them --**

MIKAL BRIDGES: Yep.

**Q. I don't know if you picture yourself being there one day.**

MIKAL BRIDGES: Yeah.

**Q. Also just returning back to the Finals for you, if you could reflect on your previous appearance.**

MIKAL BRIDGES: Yeah, I think I appreciate the love from the OGs and them just being at every game and them being in the atmosphere and just loving it and being a fan and knowing that they're being a part of the culture. I know it was great.

Obviously one day, yeah, that would be dope, just like how much I love the city, how much I love the fans, my

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teammates and stuff. Of course you want to be that.

But yeah, I think with that question, I never really gave them that much love because I feel like whenever I'm on the court, I'm kind of really zoned in. I don't really go up to them as much during the game or after the game. I think I'm just so locked in and getting ready, going to the back. But I do appreciate them a lot. It's really cool.

Like I said, just grateful to be here again. It's not easy to be here. It's a lot of work, a lot of tough times. It's a blessing. It's tough to get here once, but to be here a second time, just a blessing, honestly.

**Q. You and the Spurs had such great battles at the NBA Cup final and great games here in San Antonio. I know those games don't mean anything, but are you looking forward to a more competitive battle? Seems like you two are pretty evenly matched.**

MIKAL BRIDGES: Yeah, I think those games matter, those regular-season games matter. But yeah, really well-coached team, really talented team. You can tell how together they are, which is very dope.

But yeah, with all that, they're ready to go out there and fight. They're going to battle. Watching them in the Playoffs, not soft at all. They're going to go out there, compete at a high level. It's great. I feel like we do the same. Just excited.

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