

2025 NCAA Women's Volleyball Championship

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Kansas City, Missouri, USA

T-Mobile Center

Texas A&M Aggies

Coach Jamie Morrison

Logan Lednicky

Ifenna Cos-Okpalla

Kyndal Stowers

Semifinal Press Conference



Q. What have the emotions been like coming off of that win, getting back the reception, having to switch back into business mode?

LOGAN LEDNICKY: I'll go.

No, it was so cool. I mean, coming back, like you said, after the Nebraska match, to Reed Arena with I don't know how many hundred people standing there with our fatheads, cheering. Surreal experience. Just kind of rounding out the success of, like, the Sweet 16 weekend and Elite Eight game.

Is a hard page turn. We had that off day. Monday we all got a good reset, did all the recovery we needed to. We knew we had work to get to to prepare for a really good Pitt team.

Got in, had a great practice Tuesday at home. Hopped on a flight here, I think had a really solid practice this morning, just kind of tuning up, like I said, some little things for the game tomorrow.

Q. Logan, you and Olivia Babcock were the only two collegiate players that were on Team USA this past summer. What was that experience like as teammates? Does it add an extra element to this game?

LOGAN LEDNICKY: If anything, I think it makes it more fun. I've talked in some of the press so far. Me and Liv are very close. I love her to death. When we walked in, I saw her in the hallway. We both screamed, gave each other a big hug, so happy to see each other.

If anything, like, Liv is the kind of teammate where it would never be weird no matter the outcome of whatever this game is. She has such a big heart. It's so fun to be around her.

If anything, I'm excited for the battle. She's a stud. We both have a lot of respect for each other. It will be really fun. Just like the experience I think we had this summer kind of bonded us in that way.

THE MODERATOR: We're going here with Texas A&M.

Coach, please begin with an opening statement.

JAMIE MORRISON: Yeah, our team's a good volleyball team. I'm just excited. I said this earlier when I was having a couple other conversations, we're getting to see the product of hard work. I think last year we were playing in that same gym we were just in, came up two points short against Wisconsin. I was in tears, because my team gave me everything they could possibly give me. That's sport.

I think this year to see them see the fruition of that, not just the work this year, but the work over the three years since I took over this volleyball program, and to see it get here, is an amazing thing. It's not going anywhere.

THE MODERATOR: Questions for the student-athletes.

Q. Logan, you're essentially in the driver's seat for a potential national championship. What is the message you've shared with your team to keep that pedal to the floor?

LOGAN LEDNICKY: Yeah, I think not letting all the cool stuff that is this Final Four kind of distract us. We had the media this morning, a lot of cool other things to come. Dinner tonight.

I think Jamie has talked about a lot like we're here to play volleyball, that's our job. So honing in, focusing in in practice, tuning up all the things we need to to get ready for the match tomorrow, then match Sunday.



Q. Go back to three years ago when you found out Jamie was going to be your coach, did you have any knowledge or perceptions of him? What did you think of him getting to the job? Not to where you are now, but then.

IFENNA COS-OKPALLA: For me there's an element of there's fear, there's worry, there's doubt. You don't really know what's going on. Just having basically the entire staff that you know wiped out, just bringing in a new staff. Will he want me? Am I good enough? All these wonders and things.

I know one of the first things he told us was to not worry about that, just play our game. It was really comforting in that aspect. It helped who we are as players to come out and come out so soon.

We've been improving every year since he got here. Our sophomore year, when we first the got here, our first year back in the tournament. Not the outcome we wanted. Our junior year we're back in the tournament again. We keep pushing it to new heights.

LOGAN LEDNICKY: I knew Jamie, he coached at Houston Skyline for a year. When I was there, I would practice with his team sometimes.

I already had a good idea of his coaching style. Even me coming in as a player to help in practice, would push me just as hard as he did with his team (smiling).

Yeah, I knew what he kind of was coming in. If anything, I was really excited for what's to come and knew he could help build in program into what it is today.

Q. Kyndal, your story coming back has captivated everyone. What was the process like coming back? How did you see everyone supporting you?

KYNDAL STOWERS: Obviously it was a long journey. I moved home. Wasn't a student or an athlete last fall. I was at home. My brother plays football, so I was at a lot of his games, traveling, just getting reps in at my old club, working out, doing as much as I could to make sure I still had the touch on the ball.

December comes around and I got in the portal, decided I wanted to keep playing obviously at that point. Yeah, Jamie ended up calling one of my club coaches. I hadn't heard from him personally yet, though. I texted him. I was like, Hey, I know you reached out. Is this a possibility?

He was super excited about that. I planned a visit to go

down two days later. Saw everything and fell in love. My brother used to play football at Texas A&M. Already knew a little bit about the culture and all that stuff. Obviously meeting the volleyball staff, seeing what they were about in their program meant a lot. Fell in love with it, committed two days later.

Yeah, coming in, it was a warm welcome for sure. I felt at home the second I got there, not just the girls but also the staff. Also the 12th man as a whole. I was there for about a week and people already knew me because of my brother. We're so excited to have you, we love you, blah, blah, blah.

Literally every single person in the city of College Station, Brian, everywhere around, was so excited to have me. It was really just a warm welcome.

On the court these girls have a lot of experience, been to the Sweet 16, went to play with USA. They definitely helped me out with -- I feel like it didn't take too long, but kind of getting back into the swing of things of being a college athlete.

Q. Ifenna, one of things I've noticed about you, after you get a block, you walk away like nothing ever happened, just another day at the office. How much joy do you take in your defensive course, being one of the lead middle blockers in the country?

IFENNA COS-OKPALLA: I will say now it is really fun. It's a momentum turner just getting a block.

I will say my blocking game is one of the things I've been working on for the longest. I remember two, three years ago, I used to hate blocking. Blocking drills would come up. I'd suck my teeth, roll my eyes.

As I've gotten better at it, it is more fun. Of course, being able to have strong pins to close to, they make my job easier. In turn, the defense behind us makes everybody's job easier. That's why we flow so well.

Blocking is so much fun. I would say not that I'm kind of used to it by now, but now there's a high standard that I set for myself defensively that I should be doing these things.

I'm glad that they bring momentum for my team, it gets us going. For me it's like, Okay, should have been doing this anyway, yeah.

Q. What do you think the rise of this program and this tournament run has done for the growth the sport of volleyball, especially in Texas?

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LOGAN LEDNICKY: I think it's huge. Especially with how much the 12th man in College Station, they love athletics. I think having that pedestal already for volleyball, like, has helped grow it even more outside the eyes of A&M, if that makes sense, reaching to other people.

No, I mean, I'm happy. It's a blessing to be a part of this. Hopefully after we're gone with our team at Texas A&M, it can just keep growing.

IFENNA COS-OKPALLA: To second that, our Nebraska match, really big game, I think I was even seeing us on my Instagram Explore page, it reached how many million people? It was just a lot. So seeing that, that's like the work and stuff that we put in as players, the staff puts into us. We're just able to, like Jamie says, let it out to the world, show the world who we are. For them to be able to enjoy it, be so engaged in our games, watch great volleyball, it means a lot.

Q. Kyndal, you touched on this a little bit. When you said you were sitting at home, were you playing much volleyball a year ago? What was your decision process to get back in? To be here one year later, what does that realization like?

KYNDAL STOWERS: So when I was at home, it was weird because obviously I can't play with any colleges. I couldn't play at Baylor because I was medically retired. Can't go play anywhere else because that's just not legal obviously.

The option is high school. So I was practicing -- I wasn't really practicing with them, but going in the gym at my old high school. My old high school coach is now coaching at Southlake. So I would sometimes go down there. And then was at my club, TAV. Jonny, literally any of the coaches at TAV were so, so amazing then. Getting in with lessons, making sure I got touches.

The one thing I really wasn't able to do too much was play sixes. That was the learning curve that took me a little bit coming back in in the spring.

But I was playing as much as I could. It's kind of hard because everyone's in season. Sometimes it was literally just me alone in the gym serving or self-toss hitting, out-of-system setting. Only so much I could do. Making sure I kept touch on the ball.

The decision took a lot of time. Wasn't an easy one. An initial thought that maybe I should just be done with this. It was a crazy series of events. I went back and forth on it a lot. A difficult decision to make.

When I was home, I was with my family a lot. Everyone encouraged me to keep praying about it because the Lord ultimately has a plan. Kind of had this stir in my heart that I just knew I had to keep playing. Anytime I thought I wanted to stop, it was like I was trying to convince myself to stop. I knew deep down I wanted to keep going.

I stuck with that. I knew it wasn't going to be easy. That fall was really hard. But also I think the family time and everything, also honestly having a little break from volleyball. My family is a sports family. I played sports since I was three. That was the only time I haven't done anything. It was a really good reset, made me fall in love with volleyball.

Fast-forward a year, a year ago today I was sitting on my couch watching the Final Four being played. Now here I am playing in it. That is so insane to me. I really don't have any words for it other than I feel like that just proves how faithful the Lord is. I couldn't have done that myself -- one, put myself in that position; two, come back and now have this amazing season, go beat Nebraska in their house, now go play in the Final Four. It's just surreal.

Q. Logan, back to your connection with Olivia, how do you feel like you pushed each other to become better players?

LOGAN LEDNICKY: Yeah, I mean, obviously that's really tough being the youngest player in such an elite gym surrounded by Olympians and just amazing volleyball players.

It was really good having her there from like a balance perspective, kind of some grounding sometimes. Rough day at the gym, just being able to bounce ideas off of her, just being able to kind of vent, whatever you need in the moment.

Traveling, too, getting to experience Rio and Serbia with her was such an amazing, fun experience, too. She's such a good teammate. We're both opposites. Technically we are competing. It was never, like, bad blood, anything like that. If anything, it was more helpful. She saw something that I needed, I saw something that she needed. That was our relationship in the gym, which I thought was really cool. That doesn't always happen, especially being the same age competing, all that stuff.

No, it was a really special kind of teammate bond I feel like that we had.

Q. The last match against Nebraska seemed like it was a very balanced attack. All of the team was contributing. Talk about bringing that balance into the



Final Four?

LOGAN LEDNICKY: Yeah, I think honestly that's the best thing about our team, is that we have the balance, we have the depth. 'Cause, I mean, as we go deeper into this tournament, you need the balance. One person might be off, one person might be on. Any given night, anyone can go off. Even within a match.

I feel like I started out a little slow in the Nebraska match, gained momentum towards the end, ebbs and flows throughout the match. I think Maddie does such an amazing job putting the balls up and creating splits for us in the block.

Yeah, I mean, it's huge, being able to have that balance going this far in the tournament.

IFENNA COS-OKPALLA: Yeah, I would have just said the same thing and given Maddie props since she's not here. She does a great job running our offense. Like she said, just keeping all of our shoulders warm, finding splits in the block for us. She's a great setter honestly, elite setter.

Q. Kyndal, you're not a doctor, but it's been talked about so much. The thing you wear around your neck, looks weird. Can you talk about that.

KYNDAL STOWERS: This is really funny. I like telling this story.

Multiple people obviously have asked me that. It's starting to become a little bit more normal in volleyball. It's mainly in football. So many pads you can't see them. Someone said once, I thought it was like music.

I was like, Okay. That would be dope.

It's literally basically like a piece of rubber, but kind of fitted to your neck. You measure it to make sure it fits to a precise amount of pressure that it's putting on your jugular veins that run right there in the middle of your neck.

It basically puts the perfect amount of pressure on it to where it increases the blood pressure around your brain, like in your skull cavity, so if you do get hit, that blood pressure is basically giving your brain a little bit of a pillow. It's putting a pillow between your brain and your skull. If you do get hit, there's not as much impact.

Honestly, I've been wearing it for about a year and a half. I've obviously been perfectly fine since then. It's a crazy thing that they have invented.

Q. Do you wear it when you're not playing?

KYNDAL STOWERS: No. Just when I'm playing.

Q. Do you have any repercussions from the concussions and stuff still?

KYNDAL STOWERS: Yeah, no, I did for a little bit. When I was off, it was a year and a half ago in summer. Someone told me to go see a neuropsychologist. Basically they do a lot of therapy. It's like VOMS stuff, eye tracking, all these different things.

I don't know all of the research to it. Yes, literally that. I don't know the research behind it. You basically keep doing it until all of those symptoms are reversed. I have zero symptoms left after everything. I know other stories of people that have had pretty bad trauma, they're stuck with migraines, dizziness, all this stuff. That treatment has literally gotten rid of all of it, so...

Q. I saw your practice this morning where you all jumped onto the court together. Can you talk about the mentality behind that, any other game-day superstitions or routines you do to get ready?

LOGAN LEDNICKY: Honestly, I think it just started as a joke. Like, in Nebraska, yeah.

JAMIE MORRISON: Might have been at home.

LOGAN LEDNICKY: I think it was in Nebraska. The Louisville game, right? Whatever. I think it's more just like a funny thing. I feel like our team is very silly, for lack of better terms. Obviously we're very serious about what we do, but also don't take a lot of other things serious.

I think that's what makes it so fun, is doing stupid stuff like that with each other and laughing about it.

It's kind of become a routine because obviously we've kept winning.

KYNDAL STOWERS: We started it in the tournament because in the tournament there's a lot of, like, things of when you have to start your practice, down to the second. We have to do our warm-up on the outside of the court.

Once that timer hit zero, we were like, Okay, we can step on. One day we held hands and jumped together. We've done it ever since. It's a fun thing. Practice, we don't have too many superstitions. We have our hype thing we do in the locker room before we run out.

Everyone has their own random stuff. I used to do a lot. Everyone started making fun of me for being superstitious.



I got rid of all of them the day before we played Nebraska. I know it's crazy. I didn't do anything before we played Nebraska. I'm just going to get rid of them (smiling).

Q. I know throughout volleyball there's plenty of Black girls coming up through the ranks. There's been more especially outside hitters the past few years. Is that something that y'all keep track of and encourage young Black girls to do when you see them?

IFENNA COS-OKPALLA: Yeah, I know whenever I get the chance, whenever they want to take pictures or ask me how I started, anything about my journey, I'm so eager to tell them. Just instilling in them, like, really young that what we're doing, we all were like you at one point. We were young with big dreams of, like, doing exactly what we're doing now. Instilling in them that have fun, work hard. What you're seeing now is very possible. In a couple years you could be sitting where I'm sitting right now.

Just making sure they know that their dreams are not too big. No dreams are too big, so...

KYNDAL STOWERS: Yeah, I couldn't have said it better myself.

THE MODERATOR: We'll let you three go. Thank you for your time.

We'll continue with questions for coach.

Q. Jamie, could you walk through the steps you had to take to make sure that Kyndal was ready to play, medically cleared? For clarification, she was involuntarily medically retired just at Baylor, not something she had to go through the NCAA?

JAMIE MORRISON: No, it wasn't the NCAA. It was just at Baylor.

I've said this publicly, I think, how much I respect our medical team and the amount of work they put into this. It's twofold. One, to give her back the thing that she loves, the ability to play this game. The second piece is to make sure she's safe.

They pored through everything. Every single test, every single objective, subjective measure that went through there, whether it's a doctor's note, objective test that happened. Basically came back and said, I don't know, I'm just going to go with this, that she is safe to go play.

They did it over the course of four nights. I'm going to guess it was about 60 hours of poring through, imagine every single note a doctor had made, to come back to the

point where she's cleared to play. That was really the process.

What was the second piece of the question?

Q. Was wearing the Q-Collar part of it?

JAMIE MORRISON: Yeah. To what you said, the other piece was a very honest conversation between her and I. Her life is in my hands. If you have a symptom, I can't not know about it. It has to be that.

I do a lot of research. I'll do more research if it has to do with the health and safety of the people I love and care about.

I looked into it. Talked to Sheri Walters, who is in charge of our sports medicine department. I educated myself a lot on concussions. The two most beneficial things -- I'm happy, I think this is raising awareness of the Q-Collar, but the two things that came back are creatine use and Q-Collar. I said you have to do these things religiously. Your life is in my hands of saying yes to this.

And, again, part of it also, when I went to our sports medicine department, it was -- and the recruiting process and that phase is so quick, but you just get feelings and gut reactions about people. I told them I have a feeling that this is the type of person that's going to treat this seriously, going to take care of it, this is not a joke. She's absolutely lived up to that.

Q. I know Triple Crown is in Kansas City every year. Where on the totem pole is the Kansas City area in terms of recruiting?

JAMIE MORRISON: A lot. There's a lot of good club volleyball here. There's a lot of good athletes here. We're here a lot.

Obviously Triple Crown is the event that kicks everything off at the beginning of the year. The recruiting calendar used to start right there. I think every elite team is here. It obviously starts there, but then there's a lot of talent.

You have these hotbeds around the country. This is for sure one of them. Again, it's a metropolis, but you have a lot of clubs on different sides of the city that are producing a lot of talent.

I was up here probably six times last year would be my guess.

Q. You mentioned being close to Dan. How did that relationship start? What does it mean to coach

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against him on a big stage like this?

JAMIE MORRISON: Yeah, first it sucks (laughter). I think everyone kind of sees what happens out there. I don't pay attention to the human element. One, they're student-athletes, just finished finals on Tuesday. What we do is really hard. Three, we have to go up and play against friends. We have to turn off all emotions and go battle for two and a half hours, then give a hug: I'm sorry I knocked you out of this tournament. That's happened up until this point of this.

He's close. Probably through USA, if I remember correctly, I invited them over to my house when I was coaching with USA as an assistant, they were coaching a U19 team or something like that, is the first time we met, if I'm remembering correctly.

Kind of a friendship that's grown. My wife, Kim, went to Pitt, was a volunteer assistant there. When I came back from The Netherlands, I was actually out there for two months, so we talked volleyball a lot, we talked leadership. It was nice, I think, for him to have someone that sat in his chair. As a head coach, it gets really lonely sometimes 'cause you're the one having to hold everybody accountable to everything. That's a lonely place to be.

To be able to close the door and have a conversation with someone who understands it I think is huge. That's been a friendship that's lasted I don't know how many years. Probably going on 10, 12, 15, something like that.

And we're going to battle. That's who we are. It's the way we teach our teams to do it, too. It was the same for me last weekend playing against everybody that played. I was really close with all four coaches that were in that quad. The Nebraska team, I was close with half the team. But you've got to turn that off for two hours, have enough respect to go after it, and afterwards give some hugs, which I did at that time, too.

Q. You always have seemed like a nice guy.

JAMIE MORRISON: I appreciate that.

Q. Jamie Morrison, he can coach. He's like a guru. Nobody would hire you. You were a finalist, didn't get jobs. Went on for a long time.

JAMIE MORRISON: Yep.

Q. Why? What do you think about that now?

JAMIE MORRISON: I'll answer the first question.

It fuels me every day. It's in the back of my head. My wife and I talked about it when we qualified for the Final Four. Again, that fuel is something that I think has gotten me here.

The why piece. I don't know coaching is valued enough in coaching anymore. That's a silly thing. I don't think anybody values that. At the time I was told I wouldn't be able to recruit. At the end of the day, I came in with this nervousness that I wasn't going to be able to recruit, but it turns out recruiting is about creating relationships, which happens to be one of my specialties.

I love that process. There's so many recruits that we've gone through this with that I got really connected with. Some of them have said yes, some have said no. The ones that said no, I still want to be connected with.

The thing that I hate about this job -- not hate, I understand the rules, it's not like I'm going against these, but you go play professionally, and you're playing all these people that you can still be friends with, that you can have conversations with, joke with, banter with.

You go into college, get to know these athletes throughout the recruiting process, you have to shut that off completely. If they have something that happens in their life -- I've had players with the U19 team that have lost a parent, I'm not allowed to reach out. That's really, really hard.

The relationship piece I turned out to be pretty good at. Again, to go back, it fuels me to prove people wrong, make sure I'm doing everything that I can every single day to make sure that I'm hopefully proving I'm one of the best at what I do.

Q. Being friends with Dan, what has it been like watching him take this Pitt program to five straight Final Fours?

JAMIE MORRISON: Yeah, I was there the last time they weren't in the Final Four. I gave him a hug and said: You're really good at what you do. You're going to get past the second round at that point. I know that was the roadblock.

It was not a surprise to me. He's good at what he does. He's a good dude, good human being, treats his athletes well. It's no shock. It's been fun.

Our sport gets very closed off sometimes where everyone thinks that what they have is the magic fairy dust that's going to make people good. When you coach internationally, there's a lot of sharing of information. A lot of sitting down, having a drink, talking about volleyball.



For Dan and I, it's stayed that way. Hopefully I don't regret that now that we're playing him here.

It's been kind of an open dialogue talking about the game. I think that's been lost in this. It's okay for us to be friends, for us to share, for us to love the game that we love and have conversations with other people that love the game that we love.

I think there's a select few of us that we're kind of open about things, that we have conversation, we let people into our gyms. We'll sit down and talk shop or talk life. I think Dan and I probably four or five times throughout the season have called each other, How are you doing? Mid-season check-in. What we do is hard. I have a group of people that have all done that for each other throughout the season.

Q. Some Aggie fans are traveling from near and far. What does it mean to you?

JAMIE MORRISON: Everything. I chose Texas A&M because the potential of what I thought it could be. I think there's some people that raised their eyebrows. I saw where college athletics was going in terms of resources.

I wanted to be in a place that could fall in love with the game the way that I've seen, for example, where I was in Nebraska just now. We're building that. Our attendance was fifth in the country this year. People are clamoring for season tickets right now. I am probably going to push our administration to open those up earlier so we can take advantage of this right now.

We're building this hunger for the game, and I think with that becomes a fan base that is very, very passionate and will travel. I think we're seeing the beginning of it.

It means the world that they're here. I think it is just the beginning. I'm going to say this, I'm such a fan of our game. I think it's the most beautiful game in the world. Mix of power, strength, grace, technique. You have all these pivotal moments. Usually at 25, we decided to go to 37.

You get all of these amazing opportunities for people to experience emotion throughout it. You get breaks of 15 seconds for people to come together. It's such a team sport.

I wanted to be part of a fan base that loves athletics. And the 12th man does. Now they're starting to love volleyball. The fact that they are traveling here and spending their well-earned money, to come here and be loud the way that they are.

I can talk about numbers and attendance, but I don't think there's a more vocal group in the country that is going to be rooting us on, trying to impact the game in a positive way for their Aggies.

Q. Speaking of attendance and fans, a lot of people from Nebraska had tickets this weekend, too. What case would you make why they should root for you?

JAMIE MORRISON: I mean, first off, you always want the team that beat you to go to the end. There's logic.

I would say this. These girls are easy to cheer for. They're connected. They love one another. They work hard. They play an exciting brand of volleyball. They connect with people off the court not just because they have to. Every Sunday we have kids come down and get autographs. They'll spend extra time out there. They're amazing human beings before they're amazing volleyball players. It turns out they're also really entertaining to watch.

So yeah... That's my answer.

Q. Beating Nebraska on Sunday, beyond making the history of making a Final Four, from a public scope, what did it do for Texas A&M? Do you think Nebraska can look at you guys as a great story, somebody to cheer for?

JAMIE MORRISON: I don't know the answer on the second one. Actually I do know the answer. The thing I've always respected about Nebraska fans is they appreciate good volleyball. It hasn't always been about being violent towards the other team. If you make a good play, they are going to cheer for you.

I think they can appreciate what we did. Going back, I watched that match. I was looking forward to it. In the middle of the fourth set, I was like I can't wait to watch this back on TV. I don't care if we win or lose, it's entertaining. I think they're going to go back and look at that.

Q. Public scope?

JAMIE MORRISON: It's funny because my team, I always start out practice with, we are here as in we're here to go meet. We're here. We're on the public landscape. We're going to be a program that's going to be a contender for a long time to come. I came here to build this into this.

This isn't be here at the Final Four one time, but build this as a common household name within the game of volleyball. I think it's just that. People are seeing we can develop athletes. We have athletes that were here from

the beginning of this that weren't the most highly recruited at the time, but we built them into All-Americans and Final Four contenders.

Our administration is pumping resources into our program. That's why I came. We have a fan base that's going to show up. People want to be around a program where people care, where it matters, where people know your name, they're going to be vocal at matches. I think we have all of it now.

If I were to answer that question, we are here.

Q. Obviously you have a good coaching staff. Specifically bringing in Lindsey Gray-Walton, what she did at Kentucky, head coach, what has she brought to the table?

JAMIE MORRISON: Yeah, I got to say the whole thing. You're a product of good people around you. The only reason why I'm sitting here right now is them and the fact that I think as a leader I give autonomy to the people around me. I put them in places they're going to be really good and let them go.

One of the things I was sure of when I took this job, back to what I talked about earlier, is I wanted someone that sat in my seat, that understands the pressures that comes along with it, how hard it is to have a conversation about my relationship at times, how this causes struggles there. She's been that person for me from the very beginning.

She's a rockstar of a volleyball coach. Her ability to connect with people recruiting. She's the perfect yin and yang. We are perfect around each other. We can connect in two completely different ways. It makes people feel completely connected to our program.

It doesn't stop there. My entire staff all the way down. I'll give public praise. The people that don't get as much credit at the Final Four, I'm going to throw this out, Kaitlyn Corbett, our director of operations. Turning around from a Sunday at a 2 o'clock match to getting 109 people here, checked into a hotel, everything that comes along with it.

I would say with my entire staff, I trust them to have an open door with any of our athletes, close the door, have a conversation, be able to tell me this is what you need to know, or be there as a shoulder to lean on when somebody needs it.

My staff is everything. Lindsey is a piece of it. I want to make sure I give them all props, too.

THE MODERATOR: Coach, thank you.

JAMIE MORRISON: Thank you, guys. Sorry. Thank, y'all (smiling). For reference, my 'y'all' is from California and acquired.

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