

**Penn State Basketball
Student-Athletes Postgame Press Conference
vs. Youngstown State – November 10, 2021**

Seth Lundy | F | Jr.

Q: Coach Shrewsberry mentioned how good you were at decision making today. I was just wondering, how do you balance making good decisions with being aggressive?

A: Honestly, Sam [Sessoms] talked to me the whole game. He kept saying, 'You're so good of a scorer that the defense is gonna key in on you.' You just got to make that extra pass and make a good play because all the times they would key in on me, there were other guys open. They know that's what I got to do, just make plays for my teammates.

Q: Could you talk about what it's like to be part of coach Shrews' first win as a head coach and what was the whole vibe like today and after the game.

A: I will say it's special. A lot of people didn't believe in us when everything happened last year. When he first got the job and all the guys transferred, nobody thought we were going to be good. He said we're all we got. Honestly, we're all we need. We just go into practice every single day having just the mentality of just getting better. Just getting 1 percent better, being detailed in every drill we do. It showed tonight. It was definitely special and the energy in the locker room was great.

Sam Sessoms | G | Sr.

Q: What was it like playing in front of everyone again?

A: It was amazing. It was definitely amazing. Just to play in front of the fans, your family. Like I said earlier in the week, that's what we do it for. We want to win. We want to play hard for each other. When you hear the fans scream after you make a layup, get a touch stop, make a stop on defense – you get just a different energy to you. Home-court advantage is a real thing. It was great.

Q: Could you talk about what it's like to be part of coach Shrews' first win as a head coach and what was the whole vibe like today and after the game.

A: I was happy to be a part of it. Coach Shrews is a really good coach. I've played with plenty of coaches, they all were good as well, but in the short amount of time I've spent with Coach Shrews I've learned so much about the game in every aspect. I can feel his presence as a coach improving my game. To be part of the first win, it's a great experience. I truly believe that he's going to make Penn State one of those schools, as far as basketball, and I have all the faith in him and the rest of the team. To be part of that, you can't take that away. So later on this year, a few years after that, when we're winning – we were kind of like the foundation of it. You can't take that away from us.