

Penn State Basketball
Student-Athlete Postgame Press Conference
vs. Michigan State – February 15, 2022

John Harrar | F | Sr.+

Q: Can you guys talk about what this one means to you, given everything that you've gone through the last few games, how close things kind of were and you just didn't quite get it?

A: Yeah, we put ourselves in position every one of the last couple games we played, and Coach was saying in the locker room we earned this one, we deserve this one. Just put yourself in position and then go out and make big plays. Seth Lundy [made a] huge play, put us up one I think. [Just] go out there and trust your teammates and go finish the game.

Q: John, big performance from you. I think 16 [points] and 16 [rebounds]. What did this feel like for you? Considering everything that's happened [during] the off-season, what was tonight like for you to have a performance like that?

A: Yeah, it was awesome. I was talking to the guys, and I was saying I think every year I've been here we beat a ranked team. So I was telling them like let's go get one tonight. I can't leave this program until I get one this year. So that means the world and just the buy-in, like we're all following Coach Shrewsbury. Like we're following him, we're showing up every day and just trying to fight with them. Congratulations, Coach, on the first tech, big time. But yeah, we just responded to that and we're following his lead, his leadership, his 'gritty not pretty' [mentality]. I try to buy into that to the 'T'. Gritty not pretty, that's what is going to win games in the Big Ten.

Seth Lundy | F | Jr.

Q: Can you guys talk about what this one means to you, given everything that you've gone through the last few games, how close things kind of were and you just didn't quite get it?

A: Yeah, exactly. I felt like all five guys on the court, no matter who was on the court at the time, everybody sacrificed for the better of the team. We just kept fighting, that's what we do every single game, like we lost a couple of games at the end of the game from a little mental mistakes. And today, we just dug deep, and jut fought this one out.

Q: Seth, a lot of what you did offensively tonight was off the catch rather than off the dribble. Does it take a certain level of buy-in like it does defensively for you to get to that point where you don't have the ball in your hands that much?

A: Absolutely. I'll talk to my coaches all the time about you know different ways of scoring the ball and they always say I'm most effective when I catch and shoot. A lot of times when John [Harrar] [is] rolling, whoever is guarding me would tag on John because obviously he's a threat down there. So that quick little second when I'm open, the guards got to make that read. They tell me to shoot the ball every single time. They say just let it come to you. A lot of times I just tried to drive and stuff like that. But they said let the game come to you, catch and shoot every single time, and that's what I did tonight.

Q: Seth, you hit timely shot after timely shot throughout the game today. How has your confidence level risen since returning to action after the injury?

A: Honestly, because I was saying my ankle was really hurting so I couldn't really attack during the workouts that I was having. Our managers would just tell me to shoot, shoot, shoot. And going into games I had the same mentality. You know just sagging off of closeouts if they do come up too high. But you know, any little space and their hands are down, just shoot the ball. I mean it just has been paying off, all the hard work has been paying off too.