



2007 PHILLIPS 66 BIG 12 CHAMPIONSHIP

Ford Center – Oklahoma City, Oklahoma

University of Oklahoma

Practice Day Quotes **Wednesday, March 7**

OKLAHOMA COACH JEFF CAPEL

On the championship:

"We're excited to be here and we're excited about the tournament being here in Oklahoma City. Our team is excited to play against Iowa State. We hope to come out and have a good performance and do what it takes to win the basketball game."

On the team:

"Our staff has been working to try to help us get better everyday. There are some days when we've seen improvement and there are some when we haven't. I think our guys have fought. I think we've competed and I think we've been in just about every game. Is that satisfying to me? No. I didn't come to Oklahoma to compete or come close. But we have to understand who we are. We've had opportunities, we just haven't taken advantage of them."

On the importance of the game against Iowa State :

"We have to get off to a better start. We have to play with more energy. I told our guys, 'This is it. Some of you guys, this could be the last two days of your basketball career.' Hopefully that creates a sense of urgency in us where this is it. If we lose, this is the end of our season. If we want to continue to win and continue to play we need to do some things at a very high level. We've shown we can compete and stay in the game with everyone. We haven't shown that we can beat everyone."

SENIOR GUARD MICHAEL NEAL

On the championship:

"It's a new season. We're coming in the same and our record is 0-0. Our approach is that we have to get this win. It's all or nothing now. We are going to play like our lives depend on it."

On playing Iowa State:

"We want to start out by playing good defense so things on the offensive end can get come a little easier. Maybe get some transition buckets and get our rhythm going a little bit and playing inside out. We had a lot of success going inside. When those guys do well inside, it helps everything out on the outside."

(OVER)

On playing the championship in Oklahoma City:

"Hopefully (the crowd helps). At the same time, we just have to go out and do the things we know we're supposed to do like execute and play defense. Maybe we can use the crowd to our advantage a little bit and try to make a run with that."

SENIOR FORWARD NATE CARTER

On the last meeting with Iowa State:

"We didn't come out aggressive. We wanted to go outside and we did, but the post players weren't aggressive. This game, we are going to be more aggressive."

On playing Iowa State:

"We want our defense to produce offense for us and come out and play hard. (We need to) start the game real strong. We haven't been starting the game out well at all."

On the pressure to extend the post-season streak:

"We're just worried about this game coming up. We're not looking too far ahead and we're going to take each game a game at a time. Right now it's Iowa State."