



**HEAD COACH BEN HOWLAND**  
**November 11, 2016**  
**Norfolk State vs. Mississippi State**

***Opening Statement...***

“It was a good win for us. They’re obviously a very experienced team with no freshmen or sophomores. I was really impressed with their coach and all the different sets that they ran. They had a good game plan. They played small which hurt us early on. When we had a 15-10 lead, I thought we had settled down, and then they went on a 7-0 run to go up 17-15. It was a hard-fought game. Our freshmen were playing for their first time, and you could see it.”

***On what the team can learn from the season opener...***

“We were playing freshmen, and we played a lot like freshmen especially early on. We had too many turnovers against the [3-2] zone. We had to learn how to pass against their zone. But it starts with our defense, because we were getting driven into way too much. They kept driving and driving, and we have to learn how to back off the pressure to the point where we can still stay in front of the ball. It’s a different level of pressure that each guy is capable of giving. Their junior and redshirt senior guards were very good tonight. They really played well, and we have to give them credit.”

***On the overall performance...***

“I thought that we did a better job of backing off our pick-up point. We did a better job of not getting stretched out beyond the three-point line other than a step or two. Give them credit. They were driving us and then passing off penetration, which is common. We’re going to have to learn how much we can give before we have to back off. We gave up way too much penetration; we got in foul trouble. Mario [Kegler] was in foul trouble. I didn’t feel like he played that many minutes in the first half because he had too many fouls in the first half. And obviously it hurt to not have Q [Weatherspoon] in there down the stretch. He was cramping up, but it was nothing worse than that, thankfully. Schnider [Herard] gave us some good minutes down the stretch there, too.”



## NORFOLK STATE COACH QUOTES

November 11, 2016

Norfolk State vs. Mississippi State

**Norfolk State Head Coach Robert Jones:**

***Opening statement...***

“Today was a hard fought game, we kind of hurt ourselves down the stretch with a couple of questionable plays that led to turnovers and not blocking out in the box. My team is a young team, just like Mississippi State’s team. We aren’t freshmen, but we have eight newcomers as well. We were shorthanded today with only nine guys who suited up. We have three guys out with injuries, including one of our starters and then a guy not playing for another reason. I am proud of my guys that fought and showed resilience. Hopefully, we can bottle that same energy, play like that for the rest of the year and play a little smarter down the stretch.”

***On foul rule change...***

“The new rule is tough and it was also tough on Mississippi State. The new rule is a bad rule in my opinion. It’s kind of hard to play post defense at all now. With some guys being big and strong you have to be able to do something but you can’t really do anything in the post now. Hopefully, they change that rule back. I know coach Howland and his team went through the same issues we did. We are still learning and trying to adjust to the rule, but they probably won’t be the same rules come January. However, for right now the rule is the rule and we have to play through it.”



## MISSISSIPPI STATE PLAYER QUOTES

November 11, 2016

Norfolk State vs. Mississippi State

**F – Aric Holman – So.**

***On his freshman year performance versus this season...***

“I was 100% last year; I just didn’t have my confidence. I didn’t feel right on the court after being out for six to eight months. It just didn’t feel normal.”

***On when he began to feel more like himself...***

“It was this spring. When we got back into the weight room and started doing individual workouts, I started to feel like myself again.”

**G – Quindary Weatherspoon– So.**

***On his muscle cramps in the second half...***

“I cramped up late in the game. I just need to drink more water before the game.”

***On not being on the court as the game became close...***

“I was nervous, to be honest. I knew I couldn’t come out there and help my teammates, but they came out with the win. I was excited about that.”

***On forward Aric Holman’s performance...***

“I can tell his confidence has really built up. He would always tell me last year that his knee didn’t feel right and that he couldn’t wait for his knee to get better. I feel like his knee has gotten a lot better and his confidence is sky-high.”

***On team improvements...***

“Defense and rebounding are the main two things we need to improve on. Coach Howland said we need to be better boxing out and playing defense.”

**G – Tyson Carter– Fr.**

***On his first career game...***

“I wanted to get it going in the second half and help my teammates out so we could come out on top. It was a good team win.”

***On his second half performance...***

“We came out and found open spots in their defense. I felt more comfortable as the game went on.”

***On his first three-point shots...***

“After the first one went in, it calmed my nerves a little; but then the next one felt really good.”

**MISSISSIPPI STATE UNIVERSITY  
Basketball**

Norfolk State at Mississippi State  
Friday, November 11, 2016  
Humphrey Coliseum  
Starkville, Miss.

**Paid Attendance: 4,467**

**Mississippi State Team Notes**

- Mississippi State is now 1-0 against Norfolk State and 9-0 against teams from the MEAC.
- The Bulldogs have now won four-straight season openers.
- All-time, the Bulldogs are now 82-23 in season openers.
- For the second-straight year, MSU had a player score 20-plus points in the season opener.
- Dating back to last season, MSU has now won four-straight games at the Hump.
- Mississippi State drained 11 3-pointers, one shy of its season high from a year ago.

**Mississippi State Individual Notes.**

- Five MSU players made collegiate debuts — Tyson Carter, Mario Kegler, Eli Wright, Lamar Peters and E.J. Datcher.
- Tyson Carter and Mario Kegler earned their first-career starts.
- Quinndary Weatherspoon had a game-high 22 points. Last year, he eclipsed the 20-point mark twice.
- In his collegiate debut, freshman guard Tyson Carter poured in 17 points on 6-of-8 shooting. He also drained 5 3-pointers.
- Sophomore forward Aric Holman recorded his first-career double-double with career highs in points (11) and rebounds (11).
- Aric Holman also had career highs in minutes (26), steals (2) and blocks (5).