



2012

# TEXAS TECH TRACK AND FIELD

MEET QUOTES • JAN. 21 • TEXAS TECH OPEN - LUBBOCK, TEXAS

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## HEAD COACH WES KITTLEY

### ***On the team's overall performance over the weekend***

I thought we saw a lot of kids that got the jitters out from last week and to name a few people, Katie Grimes had another solid two races in the hurdles. Shane Brathwaite had a good performance, and Jamele Mason had a real breakthrough and ran a tremendous race. Those were really good hurdle races for those two kids.

### ***On Katie Grimes' performance***

The most important thing that I am seeing now is that she is getting consistent. She would have a flash and then kind of revert back, but now she is getting more consistent. She is a veteran. That is the most important thing.

### ***On opening the season with two home meets before traveling to Texas A&M***

It's really important because we wanted to give them some confidence before we go to Texas A&M. There are going to be a lot of great teams there. It is going to be a great meet, and I think our kids are ready.

## ASSOCIATE HEAD COACH ROCK LIGHT

### ***On his impression of the team's performance***

When you look at the past two weeks together as a whole I think it was really good. What I see, I see a lot of really good things out of this team. I see this team beginning to form an identity on both sides. I'm very pleased overall with everything that I see so far.

### ***On having the first two meets at home***

We love it. We love being here at home, we love opening at home. It is just good because it is a dress rehearsal before we get on the road.

## ASSISTANT COACH DION MILLER

### ***On the team's performance this weekend***

We look at these two home meets as exhibition styles. When I look at the team, I can see some things coming together. I can see the kids start to get the feel of being in season. The thing that I am looking forward to is how well we do later on down the road. For that, these meets are great indicators. Bryce Lamb is a stud, Katie Grimes is slowly starting to push herself into the position where she can be an All-American in the indoors. Those are great signs. It's not a surprise to me that you are seeing some these performances.

### ***On whether these meets have been what they wanted them to be***

They have been what I wanted them to be as far as what we are doing. We try our best to use the first two meets to train and apply what we do in practice. Once we get to the end of January we know in February it's time to perform. Once we get to March, at the NCAA meet, it's time to produce.

### ***On Katie Grimes' first place finish***

It's special because she made a great transition from her freshman and sophomore year. This being her junior year, she is trying to be consistent. She is trying to process things that we are trying to do in practice. What you saw today, was the fact that she had more competition around her. For her, she was able to feel that. We were wanting a little bit faster, but I think with the competition around her, she handled it pretty well. I'm really looking forward to next weekend (at the Texas A&M Challenge) and how she processes that atmosphere.

### ***On finishing with the top two times in school history in back-to-back weekends.***

I'm not surprised because she has been working very, very hard. I preach to the kids all the time that it is all about the work you do in practice. When you get into a situation where you have got to perform, you have to rely on that, and that only.

### ***On the key to her continuing that success***

The key is to try her best to get enough races under her belt to where she can look towards the big picture. She broke the school record last week and I told her that she has to understand that her intensity has to match the demand. For her she understand that she is right in the middle of the road, she is doing pretty well, she has definitely made a jump from last year, but she had got a long road ahead of her .

## **JUNIOR KATIE GRIMES**

### ***On her fast start to the season***

It's been a lot of fun, I have had good teammates who are good people to run against in practice. The first meet I was very nervous and it was just pure adrenaline. This meet was just maintaining what I have had and what I had been doing in practice.

### ***On her transition from her freshman and sophomore year into this season***

I have definitely grown up. Coach [Dion] Miller had just been on me for that past three years trying to get me to be aggressive and just really pushing me to my limit and getting me out of my comfort zone. He has done a really good job with that, along with my teammates.

### ***On whether her fast start has surprised her***

Last year I was training for the indoor pentathlon so I wasn't really focused on my 55m hurdle time. I didn't know what I had done last week until he said I broke the record. He said he wasn't surprised , I was kind of oblivious to it all. After running a 7.77 this week I was happy with it. Of course I wanted to break the record again.

## **SOPHOMORE KYAL MEYERS**

### ***On the team's performance through two meets***

The team looks really good right now. It's really good to see everyone improving. I think we are ready for a traveling meet and the good competition at [Texas] A&M next week. I think we will be ready for them.

### ***On having the first two meets at home***

It helps a lot. It's a lot easier to keep your composure at home. You train here every day and you know the facility. It just really helps being in this environment and keeping you focus.