

## AMARI WHITING | BYU BASKETBALL

I'm Amari Whiting I play women's basketball at BYU Uh some things I worked on in high school that I feel helped me in college was extending my range um and just finishing different um around the rim when you get in college um there's bigger faster stronger girls Um So everything you do you have to take it to the next level Um So all my workouts are just um high intensity um and every rep um had a meaning So some advice that I have kept with me throughout my career is um to stay on the court you gotta play defense Um I kind of have taken upon that um and made it who I am Um I'm very focused on defense Um and I feel like that kind of sets me apart from the other girls Um that and I would also say um never take it for granted Um I did get hurt and was out a full year um because of my injury and was able to kind of watch from the sidelines and did notice um how much I missed it how much I took it for granted Um And so I just enjoyed the game a little bit more Some challenges I faced were a lot of hate and a lot of pressure Um I felt like you really had to find your inner circle Um through that time that I had um I was able to really focus on my faith and my religion Um And I became confident in who I was Um And the pressure just kind of disappeared as I trusted my teammates I trust my coaches Um I realized that I just played the game because I love it Um And not for anything else So that's why challenges I overcame My recruitment process was pretty stressful Um I got my first offer in the summer after my eighth grade year So it started pretty early um and just kept building on from then Um I had a breakout summer after my sophomore year and uh got a lot of bigger school um scholarship offers um and just didn't really know where I was gonna go what I was gonna do Um I took some visits um to my top six schools that I had narrowed it down to and ultimately had chose Oregon Um And then bef after that um my mom got the head coaching job at BYU and I took some time to think about it and ultimately decided that it would be the best decision for me and for my family If I joined the Cougars and joined my mom at BYU I feel like I stood out on the court by just being defensively a dog Um I was making sure I was picking up the best player every possession um locking them down and just making sure I took that personal Um Also just my energy being a leader on the court Um and how I was able to get to the free throw line so much um score in all ways I just I just wanted to win I played to win Um I didn't really care if I scored zero points or if I scored 30 points I just wanted to win Um I hated the feeling of losing So I think that is what

helped me stand out on the court Um What helped me stand up stand off on the or sorry what helped me stand out off the court was probably just my energy Um I feel like I'm a pretty happy genuine person Um I like to make genuine relationships and so talking with coaches um take my visits I feel like I just was genuinely myself um to show them you know who I am Um and just not uh be sorry for who I was Um I think that is what helped them to fall in love with me and me fall in love with them Um is that they were accepting and so yeah besides my mom being the coach at BYU I ultimately chose BYU because they were going into the big 12 in the big 12 It has high competition and we would be playing some of the best teams every night Um And also academically I knew that they would give me a great education and just the culture and uh community that BYU has I know that I would always be able to have connections back to BYU that could help me later on as well as help me grow as just a woman Um Some advice I would give uh a young player on deciding where to choose would be to really choose somewhere that fits your playing style Um Don't look at the nil the gear all that stuff just really look at the people and how they play basketball Um These are gonna be your sisters for the next four years while you're there and your second family as well as if you want to be successful on the court You have to know if the coaches will put you in positions to be successful Um And so you're never disappointed you know what you're getting into I would say some things that I have learned through my first season of playing is just giving it 100 and 10% while you're out there Um I was fortunate enough to be able to play some big minutes Um And it the whole time I was out there I was making sure I was stopping the girl in front of me um getting the good better best shot um and just making sure that I was giving 100 and 10% so that the coaches could tell that I wanted to win Uh My teammates could tell I wanted to win and we could all come together uh to be able to pull out the win So um I would say having a good following on social media does give me confidence of just knowing that I'm building my brand and that I get to choose what I put out there Um And what I want uh my followers to know about me or see um I would give or some advice I would give is to be real and genuine I put a lot of things about my faith Um A lot of happy moments with my friends my family um always shouting out my girls my teammates sharing about BYU um and just how great this program is and where I am at Um I would just say that you always want to be authentically yourself Um I never worry about posting oh hey I got this Hey I got that Um It's more so just posting you know my life and sharing my story and I fill a Instagram or

whatever is tiktok Twitter is the way to go Um So that people can see what I'm doing People can see my story then I'm all for it Some advice I would give to a young player who's trying to chase some division one scholarships is to just put yourself out there I went to a lot of camps Um I played on the Adidas circuit so just playing a U uh yeah sending your film out um doing really anything you can to be able to be seen Um and also as well as social media making sure that you're not posting you know lots of silly things or you know things that might not look great to a college coach Um just keeping yourself ready and prepared for the for when the time comes Um and just trusting God's plan that it will all work out I wish I would have known back then just how fast this goes I think a lot of people always say that oh hey it flies by fast But um just transitioning from eighth grade getting my first offer to being here finishing my first season of college basketball Um a lot has changed and a lot of things have worked out in ways I didn't think think that they would Um so I would just say enjoy the journey Um um don't take it for granted Um I think every day is a great opportunity to get better Um and to put yourself in a good position to be successful Um And so that's something that I wish I would have known is to just enjoy it I think I was too caught up in holy crap Where am I going Like a lot can change by the time I hit college instead of just you know enjoying it day by day being thankful and grateful to be in that position of just having an offer in eighth grade and just being able to play basketball with all my friends some memorable moments from having nil in my basketball career Um I've got to work with a brand called Nutro and also a brand called Perk and I've had a great experience Um those are the only two companies I collaborated with Um and they're just such good genuine people and I think that's what made me choose them Um I think a lot of times we can you know get caught up in the dollar signs and whatnot But I think at the end of the day it's really important of who the people are and who you are choosing Um And so that's what I believed and I followed my heart by choosing them and I have never regretted it