

# INDIANA WOLVERINE

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Streaks of maize and gold flow through the stadium as women, fierce as wolverines play. Michigan's freshman star, Amy Dilk has presented herself as a talented yet humble Big 10 women's basketball player. She is a 6 foot guard proudly wearing the jersey number 1. She attended Carmel High School in Carmel, Indiana at which she made a great appearance on and off the court. Although it has been a short amount of time from her senior year until now, a lot has happened for the better.

Dilk was a senior at Carmel High School in the year of 2017- 2018. She was a starting star for the Carmel Greyhounds and a remarkable leader on and off the court. Averaging around 17.8 points and 6.7 assist per game, she had a phenomenal senior year. Amy says, "My senior year was great. I knew it was my last year in high school so I tried to take advantage of every day. I wanted to live in the moment whether that was school or basketball. I just created a lot of memories that are still with me to this day." Dilk's senior year was incredible, and she managed to end it with a spectacular accomplishment of winning Miss Indiana Basketball. She says, "It was a surreal moment. I still look back on it and am honored. It was great to represent Carmel by winning this. This award really represented all the hard work I put in." All of Dilk's work has shown how great of a person and player she is. She also strongly shows that if you work for it and try your best, you can accomplish your goals.

Quickly following Dilk's senior year, she became a Michigan Wolverine. She is a starting guard for them and is a great leader for the Wolverines. She played her first game this season on November 1st and pulled out a strong win against Findlay. Dilk says, "I remember I was a little nervous but it was another surreal moment. It was something I will never forget, putting on that Michigan uniform for the first time. It really put into reality that I am playing basketball at the University of Michigan, the best university in the world. I am just thankful to be here." Fresh out of Carmel High School, Dilk explains how Michigan and Carmel are very similar environments. Dilk says, "Michigan and Carmel are very similar in that the family atmosphere is really there. That is why I chose Michigan." These similarities are helping Dilk succeed at the collegiate level.

The main reason why Dilk is so talented is because of practice. She says, "It is competitive. Everyone always works so hard because none of the spots here are given, they are earned. We are trying to make each other better each and every day." Dilk and her team are all exceptional players. She concentrates really hard on one main thing in practice. She says, "My main focus is to get better and make my teammates around me better. I try to practice how I play so that it translates over into a game." Her practice technique shows why she will continue to be successful.

Dilk and the Michigan Wolverines have things they do before each game that they stick to. One thing is the way they get pumped up. Dilk says, "We have game day rituals. Before we run out, we do a chant in the tunnel that gets us hyped up. We listen to music. We go in with confidence." The Wolverines have energy when they enter the floor. Another thing Dilk does before games is she thinks positive thoughts. She says, "I feel really confident. I see myself out there making shots, making passes and just what I need to do when I am out there." Thinking through the game and what you can do to get better is fabulous strategy into becoming a better player and acknowledging your mistakes.

Being able to bond with teammates is the only way a team can become a true team. Dilk and her team bond a lot in many different ways. She says, "We see each other every day so we are pretty close. We will go over to someone's apartment or we will go get food together." Not only do they bond but when they do they have lots of fun. Dilk has many fun memories with her teammates." She says, "Just the season so far, learning things as we go. Our upperclassmen are teaching us every day what it means to be a Michigan Wolverine and that has been really helpful." A team can not be a strong team unless they all get along on and off the court.

Dilk has had several astounding coaches. Coach Arico, the women's Michigan coach has helped Dilk grow as a basketball player. Dilk says, "She believes in me, that is the biggest thing. She knows what I am capable of and she pushes me. She doesn't let me settle for anything." Dilk has had exceptional coaches throughout her career and there is one thing she has taken away. She says, "I think just to practice how you play. If you just go through the motions, you are never going to get better. If you don't do it in practice, you can't expect to do it in a game." Coaches have had a huge impact on Dilk's career.

Last but definitely not least, the Big Ten Women's Basketball Tournament has arrived in Indianapolis. Dilk, originally from Carmel, is

returning to Indiana with her Michigan team to participate in the tournament. She and her team have been working really hard in order to succeed in it. Dilk says, "It is in Indy, so I am pretty hyped up about that. This last stretch in February, we have really been putting things together as a team. We need to keep doing that as we head to the tournament." Dilk and her team have not only been working hard, but they also have expectations for the tournament. Dilk says, "We want to win it."

Overall, Dilk has evolved as a player exceptionally throughout her career. She and her team are going into the Big Ten Tournament strong and with confidence this year. Go Wolverines!