

The Rutgers Way

"(We need) to make sure our younger players understand the Rutgers way. We want to make sure we develop with our team the toughness you need to have in order to be successful," said Tim Eatman, the acting head coach of women's basketball at Rutgers. But, what is the Rutgers way and how does it affect the women on and off the court?

Stephanie Guihon is a shining example of living and embracing the Rutgers way. Guihon is a redshirt senior from Margo, Maryland who formerly attended Longwood. She transferred during her Junior year but she only played for a few games due to NCAA transfer rules. This season she is back on her game working towards the WNBA while winning 2 Big Ten Distinguished Scholars; Academic All-Big Ten in the 2019-2020 season and the 2020-2021 season. She is a striking example of the Rutgers way.

Guihon believes that "The Rutgers way is never giving up. I feel like it is showing up every day and giving it all you got and really just playing like it is, but you never know when it will be" With COVID, this is a key mindset for the players. The uncertainty of the last few seasons has led to many games having been postponed, canceled, and players having to sit out games due to COVID. In spite of this, the Rutgers Women's basketball team fought hard and lived the Rutgers way.

Living the Rutgers way doesn't only apply on the court though. "Rutgers' way is once you have done one thing, you do it in everything." Whether it's academics or simply showing up to class, Guihon believes. Director of Academic Services for Student-Athletes Scott Walker said, "the combination of setting high standards, working hard and utilizing all of the support that Rutgers has to offer" has led Rutgers to record-breaking semesters with a cumulative GPA of 3.12 for student-athletes. Rutgers believes "life after basketball" is just as critical. The Rutgers way is not just about setting up for success in the world of sports. It is about setting up a future after college, whether it is entering into the workforce, or stepping up to play pro.

Future success on the court will be made possible by the Rutgers' way. Stephanie Guihon put it "Every day you have to give it everything that you have got. When your shot is falling or not." The Rutgers way is simply trying your best no matter what and that is exactly what Stephanie Guihon and the Rutgers women's basketball team did in the 2021-2022 season.

