

WNBA Draft

Monday, April 13, 2026

New York City

Washington Mystics

Lauren Betts



Q. Who is a player in the league you're most excited to learn from?

LAUREN BETTS: Honestly, probably Kiki (Iriafen). She had an amazing year at D.C., and you know she's someone I look up to. I've looked up to her for a really long time. I had my freshman year with her at Stanford. This is an amazing opportunity. I know she's going to help me a lot. So just really excited.

Q. Your fit in D.C., obviously there's some clear young pieces that would seem to make a lot of sense on the court, but just take me through kind of what you know what you see there and how you feel that you best fit on the court there?

LAUREN BETTS: Yeah, obviously I really want to bring a really big interior presence for them. Any way that I can help out the team, honestly, I'm going in there, you know, not trying to set the expectations too high for myself but just wanting to really learn from everybody and help the team win games in any way that I can.

I'm just really excited to learn from all the vets on the team. I know they're amazing people, amazing players. So just really looking forward to learning from everybody.

Q. It went three straight UCLA players. I don't know if you got to see them as they were on stage.

LAUREN BETTS: I did.

Q. What does that mean? There'll be more drafted later, but having the back-to-back-to-back with you, Gabriela and Kiki?

LAUREN BETTS: I mean, I want to say I'm surprised, but I'm not because I just know how talented all my teammates are, and they deserve every single bit of this night. They've worked so hard and I've seen their journeys. These are like my sisters, and getting to watch your family do something like that is amazing.

But I mean, this team is just so special. We knew the type

of players that we had on the team, and to really just have this night really showcase all of the things that we've worked on all season is just amazing. So just really happy.

Q. What does it mean to have your sister here watching you get drafted?

LAUREN BETTS: It's pretty surreal. I'm just so happy she's here. I'm happy all my family's here. But Sienna, this is something that we've talked about for so long. I remember watching the last drafts with her on TV. I think to finally be here and experience it with her, it's crazy. I can't really put it into words.

Q. Just about an hour or two ago, Shakira Austin re-signs with the Mystics. That's going to create some really good battles in the post during Washington practice. How is your unique skill set going to mesh with hers as you guys press forward on the road ahead?

LAUREN BETTS: I'm excited. You know what, every single practice is definitely going to be great competition. I feel like we're truly just going to make each other better, and I'm excited to learn from her. She's established. She's an amazing player, amazing person, and I know that I'm going to learn so much from her.

I'm really looking forward to seeing how we're able to play each other and how we're able to connect and just continue to make each other better. It's going to be really fun.

Q. What's the one part of your game you think WNBA scouts, players are sleeping on when it comes to you?

LAUREN BETTS: I think defensively, being able to switch out on guards, that's something I take a lot of pride in. I've worked really hard all preseason long to be able to move my feet on the perimeter. I think that's going to be really helpful for me moving forward, especially with the amazing guards that the W has. I'm just going to continue to keep getting better in that aspect.



Q. Kiki and Sonia had so much success as rookies last year. How excited are you to have that opportunity to learn from them, get in there and have success yourself and be a part of what the Mystics are building there?

LAUREN BETTS: Honestly, those are my two friends that I've known for so long. I'm really excited just to catch up with them, first and foremost, but as well as also playing with them and learning from them.

And, yeah, they've had two amazing seasons, both of them. So proud of them. I know they're going to help me so much. I'm going to ask them all the questions, probably get on their nerves. But just really excited. Can't wait to see how we play together. Really looking forward to it.

Q. You had a dominant run in the NCAA Tournament, averaging 21 points and nine rebounds and almost three blocks. How will your training going into this W season change to help you adapt to the increased physicality of the W?

LAUREN BETTS: Yeah, I think especially going into that tournament playing a lot of really physical posts and aggressive teams, I think that was the biggest difference for me. That's when I noticed that, yeah, I'm capable of playing against really amazing posts. I think that just showcased what I'm capable of.

I take a lot of pride in the fact that regardless of who I'm playing against, I find a way to score. I find a way to play good defense. Just sticking to my principles and who I am as a player. I'm just going to continue to get stronger, keep working on that, just continue to get better.

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