

IT TAKES ONE TO KNOW ONE

J.J. Redick offers some advice — and encouragement — for Tyler Hansbrough

By Dan Wiederer ■ Staff writer

Perhaps this violates the basic tenets of the Duke-North Carolina rivalry.

Perhaps it's wholly ironic that the one Blue Devil that Tar Heels fans loved to hate has come offering guidance to help UNC's best player accomplish some of the dream goals he's set out to achieve.

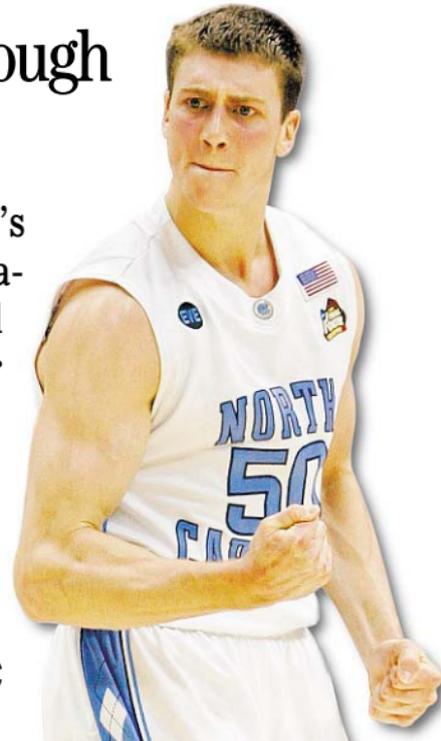
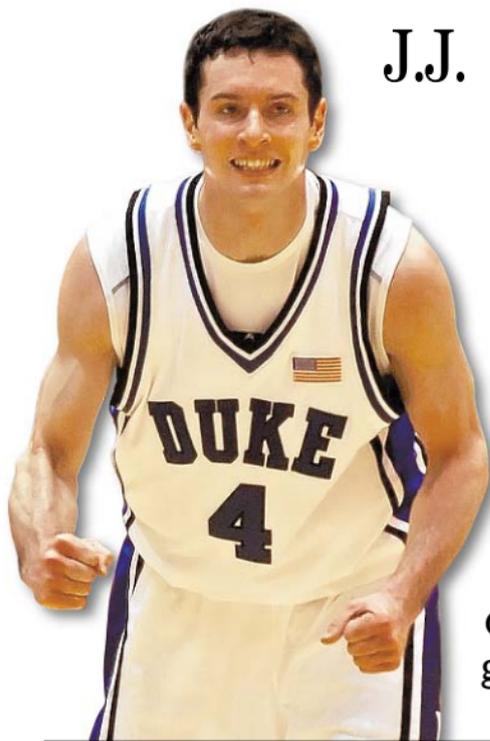
Regardless, J.J. Redick has words of wisdom and reflection for Tyler Hansbrough. And he's putting aside his allegiances for a moment to deliver a cheat sheet on how Psycho T and UNC can attack the rest of their season.

You see, Redick understands the ubiquitous pressure stalking Hansbrough and the top-ranked Tar

Heels right now. He knows what it's like to be the best player on the nation's No. 1 team. He knows all about the passion and the theater on Tobacco Road

And he understands the strange combination of exhilaration and anxiety that comes with chasing a series of prestigious

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Redick

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milestones.

One after another. With the entire college basketball world keeping tabs. Hansbrough's pursuit of his school's all-time scoring record? Redick's been there and done that.

Hansbrough's chase to become the ACC's all-time leading scorer? It's Redick's mark he's in line to break.

Hansbrough's role as the face of college basketball? Redick's been in the front car of that "roller coaster of emotion."

So now that Hansbrough has returned from the shin injury that caused him to miss three of UNC's first four games, he has once again taken center stage as the best player on the nation's best team.

Inevitably, that means his name will come blaring out of announcers' mouths during just about every college basketball game the rest of the winter.

UNC-Michigan State. St. Mary's-Kent State. It doesn't matter.

Hansbrough will be deified by analysts as the clutch senior who embodies college basketball's competitive spirit and youthful ideals. And in the same moment, he will be skewered by opposing fans who find him to be overexposed, overly annoying and totally overrated.

Sound familiar? It's a role Redick has already played.

Self-centered

As crazy as it may sound, here's Redick's paramount piece of advice to help Hansbrough maintain peace of mind this winter.

"Be selfish," Redick said. "I'm serious about that. You have to condition yourself to be a little more selfish than you're used to."

Now, before a 12-page thread of outrage and criticism breaks out on Carolina message boards, consider Redick's rationale. Selfish, he says, doesn't mean taking every shot possible. And it certainly doesn't mean putting individual goals ahead of the team.

But it does mean learning to sacrifice. Social experiences, parts of relationships with family and friends. Sometimes sleep. Sometimes class.

"Be selfish with your time," Redick said. "Be selfish with your emotions. You can only give so much to other people."

Rest, both physically and mentally, has to become a top priority.

"The biggest stress on me was probably tickets," Redick said. "We'd get four tickets to every home game, sometimes two or three for every road game. Well, I've got eight people in my family. I have relatives, I had friends who wanted to come. At some point, I just said 'Mom, you choose who comes to the games. I'll see whoever's there.' Simple as that."

Low and behold

Assuming the college basketball experience hasn't changed dramatically in the past three years, this is what Hansbrough has to look forward to from now until April: "Consistently amazing highs," Redick says, mixed with "the total emotional fatigue of it all."

Having only crossed paths with Hansbrough twice — in a pair of ACC games in February and March of 2006 — Redick admits he knows very little about North Carolina's star. But he does know a lot about what Hansbrough will experience.

There will be those unforgettable days. For Redick there was that glorious Saturday afternoon in December 2005 when, in an early season showdown of No. 1 vs. No. 2, he exploded for nine 3-pointers and a career-high 41 points in a 97-66 blowout of Texas.

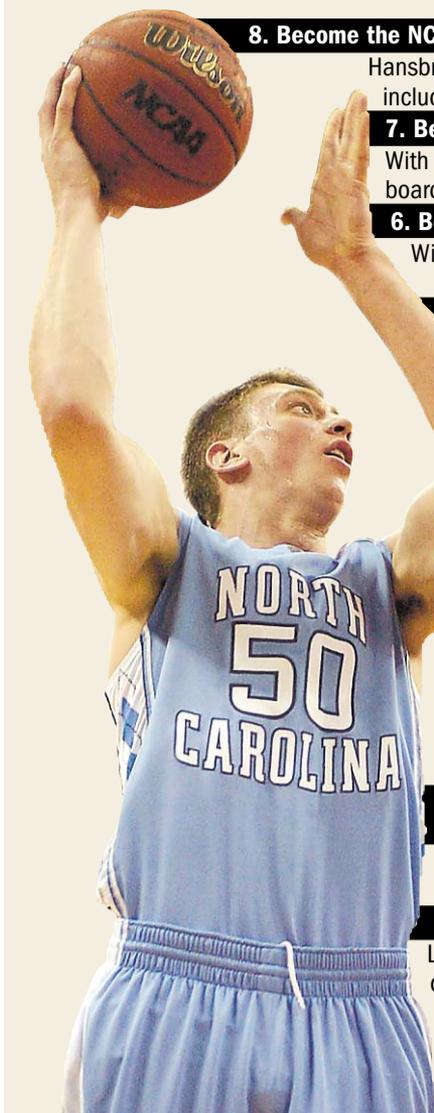
There was the night in Durham that Sean Dockery hit a half-court buzzer-beater to stun Virginia Tech, causing Cameron Indoor Stadium to explode like a ruptured pinata.

There was the night he passed Johnny Dawkins to become Duke's all-time leading scorer.

But...

RECORD PLAYER

Now that he has returned to the lineup, North Carolina senior Tyler Hansbrough has a checklist of records to break and goals to accomplish this season. Here are eight worth tracking...



8. Become the NCAA's career leader in free throws made

Hansbrough's made 761 so far and has nine players left to leapfrog, including NCAA record-holder Dickie Hemric (907).

7. Become North Carolina's all-time leading rebounder

With 41 more rebounds, Hansbrough will top 1,000. He needs 208 boards to steal the career rebounding crown from Sam Perkins.

6. Become North Carolina's all-time leading scorer

With 2,231 career points, Hansbrough is now only 59 points behind Phil Ford.

5. Become the winningest player in Carolina history

Hansbrough has already participated in 93 Tar Heels victories. The most wins UNC has piled up in a four-year span is 118.

4. Become the ACC's all-time leading scorer

Currently 13th all-time, he needs 538 points to pass Duke's J.J. Redick (2,769).

3. Become the first four-time first-team All-American in ACC history

Only six other ACC players share the distinction of being named a first-team All-American three times. With another Hansbrough-esque season, Hansbrough will one-up N.C. State's David Thompson (1973-75), Virginia's Ralph Sampson (1981-83) and former Tar Heel greats Jack Cobb (1924-26), Phil Ford (1976-78), Mike O'Koren (1978-80) and Sam Perkins (1982-84).

2. Win back-to-back Naismith Awards as the National Player of the Year

Only two players in history — UCLA's Bill Walton from 1972-74 and Sampson (1981-83) — have accomplished that feat.

1. Win a national title

Let's see. An overall record of 93-18, two ACC regular-season championships, two ACC tournament championships, one trip to the Final Four. From a winning standpoint, there's only one thing Hansbrough has yet to do.

J.J. AND TYLER: HEAD TO HEAD

	REDICK	HANSBROUGH
Career points.....	2,769	2,231
Scoring average.....	19.9	20.1
Overall record (winning pct.).....	116-23 (.834)	93-18 (.837)
ACC record (winning pct.).....	49-15 (.766)	37-11 (.771)
ACC regular season titles.....	2	2
ACC tournament titles.....	3	2

"As great as the highs were," Redick said, "I remember the lows. I still replay the lows in my mind. Over and over."

Fierce competitors are like that. And so it is with equal emotion that Redick revisits those valleys. The 87-84 loss at Georgetown that halted the Blue Devils' 17-game winning streak. Or that demoralizing Senior Night loss to a Hansbrough-led UNC team. And of course, that 3-for-18 shooting disaster in a career-ending Sweet 16 loss to LSU.

That one still cuts into Redick like a hunting knife.

Three years later and he still hasn't watched one second of that defeat.

"But I have replayed shots in my mind."

Duke was the NCAA tournament's top overall seed, just as UNC is likely to be three months from now. The Devils seemed to have all the pieces to win it all.

Yet when their season ended abruptly that night in Atlanta, Redick felt a sting sharper than any other. To this day, he acknowledges the scars and the emptiness that loss left him with.

It's not regret.

"There's a difference between regret and wishing something had happened," Redick said. "And it still bugs me that I was never a part of a national championship team."

As if Hansbrough didn't have enough pressure on him without bringing that possibility to the forefront.

Support group

It seems crazy now to think of all the dynamics. It seems surreal to Redick, a total sports freak, to think that in the final months of his illustrious college career he stopped watching ESPN altogether.

He had tired of all the praise being extolled on him. And he was fried by the microscope that searched for every little flaw in his game and in his team.

"When you first get to college, seeing yourself on ESPN is cool," Redick said. "My freshman year I'd always rush home and try to catch the highlights on SportsCenter. But the novelty of that wears off pretty quickly — especially when you play at a place like Duke. My senior year, so much of me was invested

emotionally into basketball and what I was trying to do as a player and as a teammate, that when I got back to my apartment or if I was at a restaurant, I wanted to escape for a few hours. I didn't want to then hear Digger Phelps talk about why Duke might be vulnerable against Georgia Tech."

Redick had a great relationship with the media and was more introspective and colorful than Hansbrough's ever been. Still, all the press conferences and one-on-one interviews took their toll.

So too did the chase to become Duke's all-time leading scorer and the NCAA's all-time leading scorer and 3-point marksman

After breaking Dawkins' Blue Devils record in a mid-February blowout of Miami in 2006, Redick exhaled and suddenly went into a shooting funk, making just 33.3 percent of his field goal attempts over his next six games.

Duke coach Mike Krzyzewski believes the pressure and the spotlight will be less intense on Hansbrough than it was on Redick three years ago.

The biggest reason? Krzyzewski thinks UNC's supporting cast will help lighten the load — on the court and off.

With guys like Ty Lawson, Wayne Ellington and Danny Green delivering significant production on game night and attracting their fair share of attention from the media, Hansbrough will have a little more room to breathe.

"J.J. did not have that," Krzyzewski said. "He had Shelden (Williams). But for us, it was more of a two-prong attack."

That said, Krzyzewski figures Hansbrough will break Redick's conference scoring record. And it's a milestone the Duke coach will celebrate.

"If anybody's going to break that kind of record, you hope it's a kid worthy of it," he said. "Tyler's worthy of it. He deserves it. But, if his supporting cast stays healthy, I don't think it'll take the toll on him because then he'll just have to go about his business and the records are just going to go away."

"For J.J. it took its toll because he was carrying our team. And for a shooter to carry a team, that's not the best way of doing it."

Best wishes

If Tyler Hansbrough is anything like J.J. Redick, then perhaps three years from now he'll look back on his college career with the same combination of appreciation and perspective

that Redick now does.

If Hansbrough is anything like Redick, he'll embrace these final 15-18 weeks on Tobacco Road, then move forward with a profound perspective.

"People always ask me, 'Do you wish you still played for Duke?'" Redick said. "And my immediate answer is 'No.' Look, I played there for four years and it was one of the greatest experiences of my life. But there comes a time to move on. The minute the season was over, I was ready to move on."

From Orlando, where he has averaged just 5 points per game in his three NBA seasons with the Magic, Redick says he will appreciate Hansbrough's final college season and he hopes the UNC star can embrace every moment.

"As weird as this may sound to ACC fans, I hope Tyler has a fantastic senior year," Redick said. "I can't think of a better guy to hold the ACC scoring record. He's always played the game the right way. He invests himself in what he does. He competes. I have a lot of respect for what he's been able to accomplish."

Is this really happening? Is the best player to play at Duke this century suddenly going soft and praising UNC?

"Obviously I'm not hoping Carolina wins a national title," Redick said. "I will never hope that. But I hope Tyler has a great year."

If Hansbrough is anything like Redick, that's likely a given.

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