



2009
Northeast Conference
Women's Basketball Championship

Presented by esurance

Quarterfinal & Semifinal Rounds

William H. Pitt Center

Fairfield, CT

March 7 & 8

#8 Mount St. Mary's vs. #1 Sacred Heart

POST GAME QUOTES

March 7, 2009 / Quarterfinal One

Sacred Heart Head Coach Ed Swanson

Opening statement...

It was a grind of a game. I think the first game of the conference tournament is the toughest one. MSM has given us fits all year with their dribble penetration, their quickness with the guards. We were fortunate Kaitlin (Sowinski) ended up coming up big. Callan (Taylor) came up big on the boards and (Alisa) Apo controlled the tempo of the game. It's survive and advance.

On the first tourney game...

It feels good to get the first one out of the way. I have to give credit to the kids. Even through the (18-0 league) streak, it's been one game at a time and day by day in terms of trying to get better. I not quite sure we've played our best basketball yet. Today was a grinder game and it called for toughness but I think we're becoming a better defensive unit.

Sacred Heart's Kaitlin Sowinski

On making shots early ...

It's never a good thing to shoot as poorly as I did in the SFNY good. It was good to shoot it well early today.

Sacred Heart's Alisa Apo

On moving the basketball on offense ...

We did a good job of getting the ball to Kaitlin and when we do that, it opens up everything. The last couple of games, we've been getting Kaitlin the ball when she was too high in the

post where she just settled for jump shots. Today she got a lot of layups which loosened up the outside. I think our offense flows better when that happens.

Alisa Apo

On carrying over the regular season to the tournament ...

Doesn't matter who we play tomorrow but we know how fragile each game is. Right now, we're 1-0. This has nothing to do with what happened in the regular season. Some teams have a bunch of seniors who play really well this time of year so we have to play well every time out.

Sacred Heart's Callan Taylor

On her first college tournament game ...

It was a great atmosphere. This could be your last game of the season so you have to put it all on the line.

Mount St. Mary's Head Coach Bryan Whitten

Opening statement...

I'm very proud of my team. I'm very proud to be their coach. I love the way they compete. We didn't quit at all today. We just didn't have an answer for (SHU's Kaitlin) Sowinski.

Sowinski is a super player. She got position on us and some angles and made shots. We probably didn't have as good of help defense as we needed to have early on.

On keying in on any of the Sacred Heart scorers ...

We're not that big inside. I thought we needed to limit Apo a little bit. I thought Sowinski was going to get her (points) but I just didn't think she would get 33. I think their five starters are their top five scorers. If we could have gotten that third foul on Taylor or Sowinski a little earlier, you never know.

On The Mount offense ...

Our ball screens worked every time but we just didn't make enough shots. The first five times we got the ball, we got it in the paint and we got shots, we just didn't make baskets.