

**The Inside Scoop with UNC's Women's  
Basketball Team**



# Full Court Press

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## Martina Wood's Words



Coach was gracious enough to grant the team a fall break. We were off last week for 3 straight days. Thanks Coach! We came back and started off with practice on Sunday and the following day we had our first scrimmage versus the practice squad. We covered the fundamentals all week long. From jump stopping to passing to dribbling. As the week progressed it got down to the nitty-gritty. We added portions to our offense and defense. It's really fascinating to look at the freshmen as their making their transition. I see myself in them when I was just a freshman. The years went by so fast.

The coaches have really been on us this week about everything. But what coach isn't? Right? One of the things that I admire about our coaching staff is that their relentless. At times during practice I want to tell them to calm down before they have a heart attack but they just keeps going and going and going. It truly is blessing to play for coach Hatchell and her staff. Nevertheless, we all have just been grinding on the court trying to get better each day. We have an exhibition game on next Thursday at the Smith Center. But before then we have an open scrimmage Sunday night. Come out and support us if you can. It's ALWAYS great to look out in the stands and see faces.

Last but not least, this week was a special week for our teammate Jessica Breland. Wednesday night we celebrated her finishing her last kimo treatment. Congratulations Jessica! We are so thrilled with what you have accomplished through this difficult and demanding time. We LOVE you and wish you the best.

## Coach William's Wisdoms



Great News! Jessica Breland just completed her final chemo treatment and she is Cancer Free! Jessica is such an inspiration to us all. Through her six month bout with Chemo treatments, Jessica has had a winners spirit and has kept her head high. Just last night she was at practice encouraging her teammates during our scrimmage with our male practice team. By the way, the team looked really good at times and other times they just reminded us of why we practice. We have our next scrimmage with our male practice players Sunday, Nov. 1 at 7:00 p.m. Special thought: Philippians 4:13 "I can do all things through Christ who strengthens me."

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## Freshman Fifteen

Since we're definitely NOT expecting any of our freshman players to gain the "freshman fifteen" pounds most first year student do, we decided to just ask them fifteen questions about themselves and Carolina. The first player we interviewed was Krista Gross #21.



1. Where are you from? *Charlotte, NC, home state girl*
2. When did you start playing basketball? *I played at the YMCA with my sister at the age of 7*
3. What high school did you attend? Are there any cool facts about your school? *I attended the Cannon School. My best game was a triple double, 47 points, 11 blocks, and 21 rebounds.*
4. How did your family affect/support your playing? *My parents support me 100%. My dad coached me for the longest time. My parents haven't missed a game yet, and they plan on coming to every game, even ones they have to travel for. They are just really excited, and so is my sister.*
5. What made you choose Carolina? *The overall atmosphere, the staff, the school, how big basketball is here, the education, it's close to home, and of course, THE TEAM!*
6. How did you feel the first time you met the coaches and other players? *I can't really remember exactly, but it couldn't have been bad because I'm here. I do remember when we all started working out together, everyone was nice and it was really fun. There are some fools on our team.*
7. Did you enjoy Late Night with Roy? *Loved it! We were just jumping around in the tunnel waiting to come out especially the freshman. We were waiting for the lights to go down, because we couldn't really hear anything, but we knew that would be our cue.*
8. How was the first team practice? *It was really good, fun. I learned a lot, and it was clear cut.*
9. How are you adjusting to campus-life? *Fine. Being away from home isn't bad, nor are classes. But those 8am classes (shaking head)? It sucks when you hear people saying they skipped class, because we definitely cannot miss class.*
10. Are you really pumped for the first game? *I am really excited. I cannot wait, been counting down for a while. In August, the first game seemed so far away, but now, I can't believe it's next week.*
11. Did anyone, in particular, step out and step in to help you adjust to school, practice, etc.? *The coaching staff. Coach Charlotte and Coach Tracy helped us during the first days of summer school. They came to eat lunch with us, and told us where things were. They didn't baby us though, they gave us a map with the buildings for our classes highlighted, and we were left on our own. They definitely gave us independence.*
12. Are there any games you are really excited about? *The Duke game, of course, who wouldn't be excited about it! The game against UCONN, especially because of last year's game.*
13. If you could run practice for a day, what you would run differently? *I probably wouldn't change anything, because everything is covered.*

14. How fun is the team? Does anyone pick on you? Do you all have inside jokes? *Over the summer, we would take someone's IPOD and play it, and have random people just start dancing. You know there's always that one person on the team that you are close to, so those people always make jokes on each other.*

15. Is there any player, current or former, college or pro, which you compare yourself to, would love to play with, or against? *I would love to play with Kobe, just to see it live on court. Definitely play against Duke (with a huge laugh)!*

### Nothing but 'Nette

The Carolina Sports Business Club on campus hosted an Advisor Networking Night on October 27, where students were able to meet prominent people in the sports industry, from financial representatives to community relations managers. The person who stuck out to me was John Spencer, CEO and Founder of 540SE Sports & Entertainment, LLC. He is the agent, or as he says "facilitator of relationships" for UNC's very own Ivory Latta, Latoya Pringle, and Erlana Larkins. He made a point to say that "female athletes not making money is a MYTH!" He said that his five female players make more money than twenty of his male players. WOW!



### From Doc's Desk



And they are off and running! I had the opportunity to stop by the Season Ticket Holder Appreciation practice on Sunday night and witnessed a very energetic and talented team prepare for their first game. Their spirits are high regarding the potential to have another successful season. Carmichael is scheduled to open in late December so there is now a target for all fans to embrace. Please consider becoming a season ticket holder to show your support! If you enjoy the student's comments and insight in Full Court Press, please let them know early and often. Just like the tar on those ol' North Carolina soldiers' boots, we hope this offering *sticks* with you all year! Thanks for reading. [dstro@unc.edu](mailto:dstro@unc.edu)

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## Go Heels!

Full Court Press Editor, Antoinette M. Lecky ([lecky@email.unc.edu](mailto:lecky@email.unc.edu)). Let me hear from you this season!