

Volume 1, Issue 19

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



Full Court Press



Coach William's Wisdoms



We are so excited and thankful for another opportunity to play and have fun at the NCAA's. This year has really shown us how we have taken things for granted for so long. It is unheard of at UNC for us to not to go to NCAA Tournament because it is expected. We have learned some very valuable lessons this year and that is Talent is Never Enough. We are almost finished with the book and it is so true. Our young ladies are so talented and it has taken us all year to work together as a team. What better time to do that then now. Wow! It is apparent that the NCAA Committee knows what kind of potential our team has. Yes we have had some hiccups this year but that part of the season is over and we are about to embark on 3 sessions of a two game mini season. We just have to take one game at a time and just do three things. Play Hard, Smart and Together.

I would like to take the time to thank the founder of Full Court Press, Dr. Deborah Stroman and her faithful and diligent student Antoinette Lecky for taking the time every week to put together another great source of information about women's basketball that you can not find anywhere else. Thank you!

Below is our itinerary for Seattle. Wow! God is good all the time.

NCAA 1st and 2nd Rounds

Thursday, March 18

2:45pm Arrive/Check-in at Hotel:
The Crowne Plaza
1113 Sixth Avenue
Seattle, WA 98101
206/464-1980

Friday, March 19

9:00am Breakfast Buffet in Private Room
10:00am Administrative Meeting (Hatchell, Miller, Law, Hundley)
Noon Film in Private Room
12:30pm Lunch in Private Room
1:40pm Bus leaves for Arena
2:20pm News Conference
3:15-4:15pm Open Practice
4:30pm Bus to Hotel
5:30pm Dinner in Private Room
8:30pm Snack in Private Room
Curfew

Saturday, March 20

8:30am Breakfast Buffet in Restaurant
9:00am Film in Private Room
9:25am Bus leaves for Arena
9:50-10:50am Shoot Around
11:00am Return to Hotel
11:30am Light Lunch in Private Room
3:30pm Pregame Meal in Private Room (Regular Travel party only)
6:15pm Bus Leaves for Arena
7:30pm Beat Gonzaga
10:00pm Bus leaves for hotel
10:30pm Dinner in Private Room
Curfew

Sunday, March 21

9:00am Breakfast Buffet optional in restaurant
11:00am Film in Private Room (Contingent upon winning Game 1)
Noon Lunch in Private Room
1:20pm Bus leaves for Arena
1:40pm Arrive at Arena
2:00pm News Conference
2:40-4:10pm Practice
4:20pm Bus leaves for Hotel
5:00pm Dinner in Private Room (Contingent upon winning Game 1)
8:30pm Snack in Private Room (Contingent upon winning Game 1)
Curfew

Monday, March 22

8:00am Breakfast Buffet optional in restaurant (Contingent upon winning Game 1)
10:30am Film in Private Room (Contingent upon winning Game 1)
10:50am Lunch in Private Room (Contingent upon winning Game 1)

11:30am *Bus leaves for Arena*
Noon-1pm *Practice*
2:30pm *Pre-game Meal in Private Room (Regular Travel party only; Contingent upon winning Game 1)*
4:40pm *Bus leaves for Arena*
5:10pm *Bus Arrives at Arena*
6:30pm *Beat ????????????*
9:30pm *Bus to Airport*
10:00pm *Charter to RDU*

Tuesday, March 23

ALL TIMES FROM HERE IS EASTERN STANDARD TIME

6:30amEST *Arrive at RDU*
6:45am *2 Buses to Chapel Hill*
7:10am *Arrive at Carmichael*

From Doc's Desk

No more talk – it is “do or die” time. The seeding is set and our Heels must execute. It’s been a wonderful year and I have been privileged to work with a super program assisting in marketing and behind the scenes stuff. ☺ As a former assistant coach, I am part of the family; however, that connection and insight still doesn’t diminish the butterflies and concern for performance on and off the court. In fact, I feel a heightened sense of anxiety because all I can do is cheer, pray, and vent through writing! I will close out FCP next week as Ms. Lecky gets focused on the end of the semester commitments and exams. Go Heels! Thanks again for reading. Contact me at dstro@unc.edu and follow me on Twitter at [drstroman/allheels](https://twitter.com/drstroman/allheels). To provide additional timely access to announcements, I have started to give a “headz up” about jobs and internships on my Twitter account. If you know of students interested in sport-related careers, let them know.



Go Heels!

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