



2009
Northeast Conference
Women's Basketball Championship

Presented by esurance

Semifinal Rounds
William H. Pitt Center
Fairfield, CT
March 8

#1 Sacred Heart 64, #5 Monmouth 54

POST GAME QUOTES

March 8, 2009 / Semifinal One

Sacred Heart Head Coach Ed Swanson

Opening statement...

My hats got to go off Monmouth. We were expecting that type of game. It tough to see great players leave the conference and Jennifer Bender is a great player. She came to Monmouth as a walk-on and turned into a first team all league player.

It was a grind out type of battle and we wanted to prove that we're one of the better defensive teams in the league. We really concentrated on the defense and the rebounding coming into the game but at different types throughout the year, these three have stepped up. (Alisa) Apo made great plays. Callan (Taylor) and Kaitlin (Sowinski) made big shots so I'm proud of the win.

On getting off to a fast start before cooling off ...

I thought that if we made just two shots, just two shots in that eight minute span, the game could have been different. Both teams were gassed during that eight minute stretch. Playing yesterday and the physical contests both teams played in were playoff type games so maybe the legs weren't there. We subbed a bit and the kids were able to settle down. Monmouth is a tough, tough team.

Sacred Heart's Kaitlin Sowinski

On being in the finals ...

We'll draw on the experience of just being here before. It's really just going out there to play for 40 minutes.

Sacred Heart's Alisa Apo

On being in the finals ...

I'm excited and the excited for the atmosphere and just hoping for a win.

Sacred Heart's Callan Taylor

On being in the finals as a freshman ...

I'm excited. It could be the perfect ending to a perfect season.

Monmouth State Head Coach Stephanie Gaitley

Opening statement ...

Hats go off to Sacred Heart. Thanks to Sacred Heart and the NEC for an outstanding tournament. The better team won today. We gave it everything we had and I couldn't be more proud of my team. I think we maximized everything we had individually and collectively. This is the fourth program I have taken over and this has been the smoothest transition and that's a credit to this senior class. They were leaders by committee. They are laying the foundation for the future and as they graduate and we transition to the Multi-Purpose Athletic Center (MAC) next year, they're foundation is a great foundation.

On Sacred Heart's balance ...

We wanted to keep the game in the 50's to limit their chances and touches. We got a slow start but we were right where we wanted to be at halftime (down 21-19). I think this is the most balanced Sacred Heart team that Ed (Swanson) has had. They were very hard to matchup with but their balance was their strength.

On being physical with Kaitlin Sowinski ...

We were trying to make it hard on her. We tried to faceguard her. They had a size advantage over us so we made an adjustment. We didn't want to get Jennifer Bender in foul trouble but Sowinski is a polished post balance.

Monmouth's Jennifer Bender

On disrupting Sowinski midway through the first half ...

I was just trying to push her out but I was so tired. But I was just trying to be physical. I think she gets frustrated when you get physical with her.

On Sacred Heart's defense...

They're real good at dropping down when I got the ball in the post. They're good at taking stuff away. If you not hitting shots, it's hard to counteract it.

Monmouth's LaKia Barber

On end of the year frustration ...

It's really frustrating because this was my last chance to go at them but hopefully next year my teammates can get them.