

ACC Women's Basketball Championship
Greensboro, NC
#1 North Carolina 82, #9 Virginia 56
March 3, 2006

VIRGINIA CAVALIERS

COACH DEBBIE RYAN: I thought that we had a pretty good start today. Even though we got down a little bit we still made a little run to come back. I thought we played a pretty good first half.

Q. Can you talk about the two bench players in the first half, the starters combined to go 5 for 25, but Denesha (Kenion) and Lyndra (Littles) both stepped up?

COACH DEBBIE RYAN: Yes, I thought Denesha and Lyndra both stepped up and played very strong showed a lot of character and courage in the first half. Being able to match them point for point. We started off very out matched on the boards and then we tied it up.

In the second half we came out with a lot of energy, got within one on a couple of occasions. And about the 11-minute mark is when I think we just seem to either get tired, or I don't know really know what happened to us but the doors blew off and Carolina exposed about everything that was wrong about our team in that one stretch there. Then that all she wrote.

I thought Denesha had a great first half. I think she was 5 for 7 or 4 for 6. But she played a very strong first half and really gave us some energy off the bench and just was able to put the ball in the basket. She was playing at their pace and at their level that really did help a lot in the first half just to keep us in the game.

And, of course, Lyndra gave us summary rebounding, I don't remember the first half statistics on Lyndra, but there was some real bright spots with her as well.

Q. Coach, coming off the loss to the Tar Heels at U-hall how did you change your game plan coming in today and how effective was it in the game?

COACH DEBBIE RYAN: Well, we didn't change it much because we really played fairly well against them at University Hall. We knew the game plan was good. It was being able to stay with them over time. That's what makes them No. 1 and separate them from us right now is there ability to play 40 minutes and put 11 people on the court that can stay at a very high level at all times which makes it a little more difficult for 7 people who just played a game last night. We didn't change it much at all. But we executed what we did very well in the first half and for the first five to seven minutes of the second half and then we didn't execute it well at all from that point on.

Q. What are your thoughts on chances to making the tournament?

COACH DEBBIE RYAN: You know, I really don't know. I hope that we're in. I would think that last night's win helped us dramatically in the RPI. And tonight, even losing to North Carolina, is going to help us,

it's going to give us extra points. So we have a good record. We've beaten some people now and, you know, I think that we probably have made a pretty big case. We just have to pray that nobody gets a lot of upsets in the next couple of days in tournaments.

TIFFANY SARDIN: Like Coach said, I just hope and pray that my season doesn't end here and for it to continue on wherever we're picked to go.
