

**ACC Women's Basketball Championship
Greensboro, NC
#4 Virginia 65, #1 North Carolina 80**

March 8, 2008

VIRGINIA CAVALIERS

COACH DEBBIE RYAN: I think that all of the credit goes to Carolina today. They came out very aggressive, very focused and I think we were focused to start the game. I felt like we battled after getting down a little early. We came back and tied it and went ahead by one. But it just seemed like we could not stay with them on the boards. And that was just a fundamental problem throughout the entire game. We also turned the ball over way too much just trying to make plays that weren't there. And that is really the tail of the game. Usually the team that fouls the least wins the game and that is what happened today.

Q Coach, your thoughts of what Rashanda did in the first half and her injuring her ankle. And doesn't seem to miss a beat after she comes back?

COACH DEBBIE RYAN: Coach, she really hurt us today. In Charlottetown we got in foul trouble. She is the X factor. You know Larkins and Pringle are going to bring the same thing every day and they have double doubles the same game. And you have them coming off the bench for 15. And that, you know, you have to defend. McCants was outstanding today. And every time we thought she had the ball she would come from nowhere and take it away from us. She is really a great player.

Q Coach, 10-and-4 in the ACC you didn't get the win today. Can you tell us what the team did in the ACC this season?

COACH DEBBIE RYAN: This team has done extremely well this year and played really almost every single night to it's capabilities. I didn't feel like we put our best foot forward. I felt this was not our best effort. I have not felt that way at all about this team. I think that we had more energy to give and I think that we for some reason didn't get a fundamental part of the game done that we could have done better. I do think we have had a good year so far and have a long way to go and we'll have to reel them back in and get back to working on some of the things that we have to work on and be able to start the NCAA Tournament hopefully.

Q You kind of touched on it a little bit is there a different feeling knowing that this year you are not going back to JPJ to play in the WNIT that you will look forward to playing in the NCAA Tournament?

COACH DEBBIE RYAN: Not yet. I think at the moment we're just concerned about the game today and the loss today. I think it's great that you think you have that in your back pocket, but that is not a guarantee. You have to be selected by the NCAA. And we feel strongly we will be. But I am not really focused on that yet.

Q Monica, it seemed early on in the game you weren't much of a factor, but midway through the first half you started scoring a bunch of points. Did anyone say anything to you or did you all of a sudden get involved in the game midway?

MONICA WRIGHT: Starting off the game Coach talked to me and she just was like, slow down a little bit, take your time, and it will come to you. And as soon as I got back in I was more relaxed and I was able to get into a rhythm.

Q Coach, if you could talk about that encouraging her sometimes maybe to shoot more, I mean she gets her career high today, and didn't feel like she overshot.

COACH DEBBIE RYAN: I never feel like she overshoots. I feel like she makes great decisions. When I was watching the game I felt like she was going too fast sometimes and you know, really most of the time I wanted her to go fast. She had an incredible speed and I wanted her to go fast. When we're in the half court I thought maybe she needed to dial it down a little bit and really focus on being as purposeful as possible. And I think those are were the words that I used with her. Just to not slow down in the full court I wanted her to go like the wind in the full court, but I wanted her to slow down on the half court and have some purpose with what she was doing.

Q Sharnee, can you talk about the pace of the game? Was it faster than what you guys wanted to play up?

SHARNEE ZOLL: I think at some point it was faster than what we wanted to play. In the first half and second half also there were a couple of spurts where we had three or four turn-overs in a row. We got the stops we needed to get and we turned the ball over because we were playing too fast in the offensive end. I feel like we're a transition team. That is what we would like to do, we want to push the ball. At times I don't think we pushed the ball enough. I think the tempo slowed down with them being able to get so many offensive boards and not being able to rebound the board, and not get the stops we normally get. We played a defense of 28 seconds and it gave them 5 offensive rebounds, and that is deflating to your energy a little bit when you play that hard on defense and then give them an easy lay up after working so hard. But I think the pace was okay for most of the game until we turned the ball over.

Q Coach, what does playing this tournament having less than 24 hours to get ready for a new opponent get you ready for the NCAA, where you will at least have a 48-hour window.

COACH DEBBIE RYAN: I think it helps to have the day between. We have been prepared to do this. We played in Hawaii and we had to do this and we had to save legs a little bit and walk through and be ready to play. I just don't think that it was -- the turn around was no problem. I don't think that was an issue at all. I think our players even though they played a lot of minutes the day before were able to play at a high level. I don't think that was an issue.

Q Can you talk about the balance of North Carolina inside and outside trying to defend their post players?

COACH DEBBIE RYAN: Their depth is incredible. Their size coming off the bench. The kids coming off the bench are very, very good and I'm using Jessica Breland as an

example. Jessica Breland starts anywhere in the country other than Carolina. Let's face facts. She is a very, very strong. And she is a sophomore already, and a very strong player and she was the 6th man of the year in the ACC. She is just a tough kid to defend. When you substitute you are hoping that you will get someone that is not as good. You are hoping you get an advantage. They are long and lanky and they are very athletic and it's hard to match up. We don't come off the bench with the same type of players yet. And the post player we brought off the bench was a freshman and she played well today and did a good job. Kelly Hartig will be somebody that by the time she is as old as Erlana Larkins will be able to bring that same type of player off the bench. That gives them a chance to rest their starters whereas we can't. And they get a chance to bring players in that can hold the fort and, you know, we're doing the best we can with what we have got.

Q This question is for Lyndra and Coach Ryan. I want to know about your defensive strategy against Larkins and Pringle because it seemed like you came out in the first half really aggressive and physical.

ERLANA LARKINS: We played two men and it was good. We rotated and talked, and basically keep her off the boards and keep her off the block, don't let her get too deep. Once she gets too deep we see her foul or score, and our focus was keeping her off the block. I think that the post-game did a great job in the first half of neutralizing those two in particular. And I actually think both players had two fouls or maybe one player had two fouls and one had one going into half time. And I just think that you know that was our focus. Unfortunately McCants really came to play today, she didn't play much against us in Charlottesville. And she was the X factor.