



# North Douglas Girls Basketball



## Team Rundown:

Since the North Douglas girls basketball team moved down to the 1A classification at the start of the 2013 school year, the lowest the Warriors have been ranked at the end of the regular season is third. But after losing four seniors from last year's team, including the 6'2 post presence of Jhana Lane, the Warriors are facing their biggest challenge to stay at the top.

"That's the neat thing about high school athletics in the four-year plan that it cycles. When we lose kids and miss the heck out of them they meant a lot to us, it's an opportunity for that next group," said head coach Jeff Davis.

This is not the first time this year that the Warriors are adjusting to losing players and experiencing low-

er expectations. The North Douglas volleyball team – that features eight girls from the basketball team – was in the boat this past season. The volleyball team ended up with the top seed in the state and took fourth place at the state tournament.

"Oh I think the fact that, and it was true in volleyball, too that people have written us off because we lost some talent," said Davis.

For this year's basketball team, not only will there be a personnel change but how the Warriors execute is going to be different as well. Now that the tallest player on the team is 5'9 (Abby Whipple and Ashley Powers) the Warriors will be relying on their speed when they take the court.

"We're not 6'2," said Davis. "We're 5'5 and quick so there's some obvious changes there."

## Team Perspective with Abby and Amy:

*On how practices are going so far:*

Amy Dooley: We've been putting in a lot of hard work and learning a lot more about some new stuff for the program. And we're using it well.

Abby Whipple: We've been really disciplined with our orders and following through.

*On how to get back to where they were last season:*

Abby Whipple: I think our level is going to get to be the same eventually but it's just going to be a very different game. We're going to be a lot faster and push the ball more than we did last year.

Amy Dooley: This year it's a longer journey to get to that experience level and that level of play that you can

play up with all those bigger teams that are better and we have a longer journey and it doesn't make it any less easy to get to.

*What they are excited for this season:*

Abby Whipple: I think I'm more excited for our underclassmen like the sophomores this year because they're going to get a lot more playing time and a lot more experience this year.

Amy Dooley: I'm excited for our defense. I think we're really going to ramp it up and use some of the speed we have this year to push and go hard.

*On if they prefer volleyball or basketball more:*

Abby Whipple: I'm more of a basketball girl.

Amy Dooley: I like air hockey, so...



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