



(Left) Sofia Alcantar warms up with a dribbling drill at practice. (Right) Nicki Derrick practices her footwork.

Head coach: Jody Cyr

Asst. coaches: Rocky Rodgers, Sabrina MacDowell, Scott Yakovich

2018-19 record: 22-5 overall, 11-1 league (1st in Skyline)

Final OSAA rank: #7

Playoff result: L in R16 to Damascus Chris., 36-25

A chat with first-year head coach Jody Cyr

As a first-year head coach at a program that's had recent success, do you feel any pressure?

No. I've coached a lot, 20 years essentially. I worked for Jeff [Davis] for years and I have more respect for [him] than I have for 99.9 percent of coaches. I think I bring a little different approach to basketball. I'm just a different pace and tempo, but I don't feel like I have any pressure. It's a really top heavy group with a great freshman class so we have a chance to build on what's already here, yet develop our own stuff too.

What's your team's identity?

I think back to my time as a player and all the things I hated as a player: people up in your face, lack of space

and time, hedging and trapping everything where you can't take a possession off. It's those little things that make everything difficult. That's what we do ... you control the tempo, you control the game, essentially, on the defensive end. Past North Douglas teams have played great defense. They've also played extremely patient on offense. I would like to get a lot of our points just in transition off of defense.

After watching your practice, is it fair to say you focus on defense?

Everyone talks like they wanna play defense, but there are few teams that really do play defense. There are teams that like to play defense two arm-lengths away, but you can run anything you want on that! I like to dictate what other teams do by what we're doing to them.

One-on-one with senior guard Sofia Alcantar

What are your personal goals for this season?

Probably just shoot the ball more, honestly.

What are your team goals?

I want to make it to Baker this year. It's my senior year, it's a bunch of the other girls' senior years and I just want

Team Schedule

Date	Location	Time
12/4/19	Alsea	6 p.m.
12/6/19	vs. Tri. Lake @Elkton	3 p.m.
12/7/19	vs. Hos. Chr. @Elkton	1 p.m.
12/11/19	Oakland	6 p.m.
12/13/19	Lowell (ND Inv.)	6 p.m.
12/14/19	Reedsport (ND Inv.)	4 p.m.
12/20/19	@Lowell	6 p.m.
12/21/19	@Crosshill Christian	4:30 p.m.
12/30/19	@Reedsport	6 p.m.
1/4/20	Umpqua Valley	6 p.m.
1/7/20	@Days Creek	6 p.m.
1/10/20	Perrydale	6 p.m.
1/11/20	@New Hope	6 p.m.
1/14/20	Camas Valley	6 p.m.
1/17/20	@Yoncalla	6 p.m.
1/18/20	Elkton	6 p.m.
1/24/20	@Umpqua Valley	6 p.m.
1/25/20	Days Creek	6 p.m.
1/31/20	Yoncalla	6 p.m.
2/1/20	@Elkton	6 p.m.
2/5/20	Coquille	6 p.m.
2/7/20	Pacific/Powers	6 p.m.
2/8/20	Glendale	6 p.m.
2/14/20	@Riddle	6 p.m.

to make it a good year for all of us. With all the underclassmen on the team, I just want them all to have fun this year, especially with the long season.

This is a team that's had success, but is still waiting on a big breakthrough in the state playoffs. Do you have expectations for the team in that regard?

Yeah, definitely make it farther in state, but I'm excited for the season. Just take things game by game, keep our attitude up, like a positive attitude, just wanting to be here.

Can you tell me something about yourself outside of basketball?

Um, I usually just sleep. And Snapchat, yeah.

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