

# BALLIN' BUSINESS

players participate in games leading up to state championship

**1 BALL IN**  
Contemplating her next move, freshman and varsity player Hannah Lach stands on the sidelines. This was the first season Lach played at the high school level and she believed the team was more focused on winning compared to her middle school experience. "I feel like we work harder in practice and try to focus on getting better whereas in middle school it was just about having fun," Lach said. *P. Conway photo*

**2 INTENSE DEFENSE**  
Defending the court, junior and varsity player Bridget Dunn prepares for the next play. Dunn joined the team freshman year with seven years of experience playing basketball. "I think the main reason why I continue to play basketball is because I love it. When I am on the court it feels like a stress free zone where I can just play and that is very appealing to me," Dunn said. *J. Hassan photo*



**3 SHOOTING** Going for a layup, sophomore and junior varsity player Evan Spidel shoots her shot. Spidel loved the supportive atmosphere of the team and how close everyone got this season. "I contribute to the team by always pushing myself and my teammates during practice and always supporting them whether I'm in the game or on the bench," Spidel said. *S. Canaley photo*

# NEW COACH, SAME TEAM

players, coaches reflect on changes the team has gone through this season

The CHS women's basketball team experienced significant changes this season. Most notably, the team was led by new Head Coach Erin Trimpe. Although this was her first year as full-time Head Coach at CHS, Trimpe had five years of experience coaching basketball with a varsity program. In fact, just last year Trimpe served as interim head coach for Carmel in the 2018-2019 season, yet this year marked her first year as the official head coach. Under the leadership of Trimpe and veteran seniors, the team developed great chemistry and grew together throughout the year.

Senior and varsity player Gracie Collins experienced a different feeling with the team this year when compared to past seasons. The sense of community in the team was strong, and she developed great relationships within the team.

"I feel like this season we have a much better culture than other seasons, and I feel that that, as well as our talent, will create a great combination. My favorite part of being on the team is easily the people that I'm surrounded with. These girls have become some of my absolute best friends, and I know that I'll be able to count on them no matter what," Collins said.

The chemistry of the team was noticeable in many different ways. Trimpe believed the extent of this feel was something that made the team different from past years.

"The chemistry of this team is just great. We've got some really good leaders. The girls really genuinely enjoy each other off of the court, and I think that chemistry shows when we're on the court," Trimpe said.

Although this was her first year playing for CHS, freshman and junior varsity player Tori Tomalia witnessed significant change over the course of a single season.

"We're focusing on getting better and developing better skills through practice. We've been having more aggressiveness, and everyone's been playing better and better and hitting a lot of shots. We've been getting better at all these things through our practices and games," Tomalia said.

The improvement of the team throughout the season was no accident. The team was focused specifically on growing together from the start of their time together.

"Our biggest thing is just to keep getting better. Whether we're winning or losing, there's always something to learn from the game that we played or the practices that we had. Our focus is that all we need to do every time is get better and hope to push the girls to be able to do that," Trimpe said.

The community that occurred within the team was created in large part due to the shared competitiveness and determination of its members. The team strove to work together and be selfless throughout the whole season.

"I feel like this team really strives off of wanting to win for each other which is pretty special. We preach the mentality 'we above me' and I feel like this team does this very well," Collins said.

Trimpe enjoys interacting with her players and helping them to grow. Going forward, she will continue to make this a goal for her and the program.

"(The most important thing is) working with the kids and building relationships with them," Trimpe said. "I'm very competitive, so that competitive atmosphere is a huge thing for me, but you know, the most important thing is the kids and helping them get better and helping them experience success."

by Nathan Finley

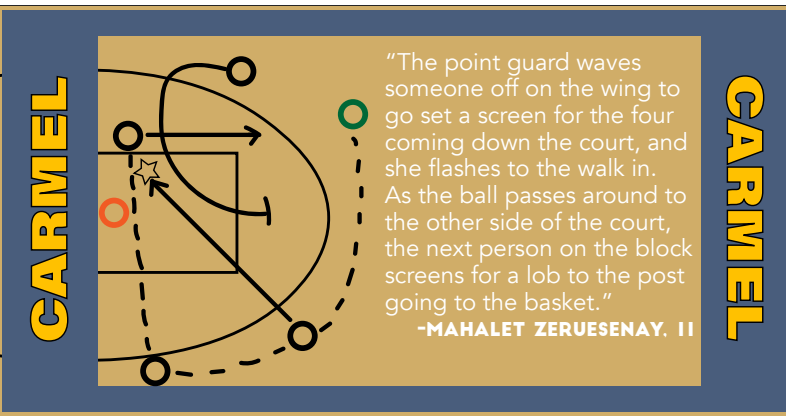


**4 DOWN THE COURT** Shielding the ball, senior and varsity player Fatima Valiente-Marín drives down the court. Valiente-Marín moved to Carmel from Spain at the end of the summer before this year and enjoyed the new experience of playing basketball in the United States. "My favorite thing about being a part of the team is that I get to learn a whole different way on how to play basketball since the rules of the game differ in Spain. I also love making new friends on the team," said Valiente-Marín. *S. Canaley photo*

**5 BUCKETS!** Taking a chance at a free throw, freshman and junior varsity player Jannah King progresses Carmel's lead. King had a very easy transition onto the team and grew close with everyone. "At the beginning of the season we all went axe throwing as a team. There are some weekends where we all hangout at someone's house and we always bond before games," said King. *S. Canaley photo*

# PLAY MAKER

players describe, sketch out their favorite plays of the season



"The point guard waves someone off on the wing to go set a screen for the four coming down the court, and she flashes to the walk in. As the ball passes around to the other side of the court, the next person on the block screens for a lob to the post going to the basket."  
-MAHALET ZERUESENAY, II



"So in this play, it's a play that we run usually to get a quick shot or a 3. So what we do is we start with our shooter on the wing, and we move around a lot and eventually they go to the block and we set a screen for them to get a shot at the top of the key."  
-RILEY PENNINGTON, II

# PREGAME CHECKLIST

sophomore and junior varsity player Lizzie Nichols shares how she prepares for games

## ☐ CLEAR YOUR MIND

"Typically I like to start with my mental state and clear (my head) about... what I've heard."

## ☐ BUILD CONFIDENCE

"I like to think positive thoughts to keep my confidence up."

## ☐ STRETCH

"Then before the game starts, we stretch as a team. I am very tall so I get tight really fast so I take a while to stretch and get a nice warm-up in."

## ☐ LAY UPS AND SHOOT-AROUNDS

"Then we do dynamic stretching to get our bodies moving and twenty minutes before the game we go on the court and we do team layups and shoot-arounds."

## ☐ LISTEN TO MUSIC

"We always meet in the locker room and usually have music playing. It's just a big thing where we are all in there together to get the energy up before the game."

044 sports

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9

44

Even Page

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