

THE WINTER SPORTS MEDIA DAY

On December 6, 2021, Winter Sports Media Day was held in the Carlin Commons. Three Inside SI journalists—Philip Luongo III '23, Jack Stecher '23, and Winston Zapet '23—asked varsity captains and the coaches of the winter sports questions about their teams and upcoming seasons.

MEDIA DAY IN PHOTOS





Do you have any personal or team goals?

"Last year we obviously didn't get the result in the end... We want have a good result in the end of the season"

- Ryan Steinberg '22

"The past season was, as he said, it was too short to really know the goals of the team. It's a process. Last year was very rushed. I didn't really get a pulse of the team. This year we are really going to count preseason and we're really gonna turn it into a great season."

- Coach Alan Downey

What's your favorite part about being on this team?

"I think just going to practice everyday is probably the best part."

- Ryan Steinberg '22

"The best part of being on the team is the energy. We got a great team and it's been a lot of fun so far so looking forward to the rest of the season."

- Ben Corvi '22

"Yeah what he said, the energy the competition great practice a lot of hard work its great. The team is great."

- Junior Cifuentes '23





Women's Basketball



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What's your favorite way to build chemistry with your teammates?

"I think honestly it comes naturally, we see each other almost every hour of the day at school, but I mean just hanging outside of basketball is what we do a lot."

- Claire Untalan '22

"As a coach you plan some team building activities with each other and really work on communication. We do things like trust fall and talking to each other and really trying to build positive communication, that's how we build team chemistry in that way. On the court we are constantly communicating and working. When one person says something and we all kind of echo that so just tells us, helps get us all on the same page."

- Coach Maya Fok '98

What does it mean to be part of the first women's basketball team to play for the Bruce-Mahoney trophy?

"It means everything, I graduated here in 1998, and that game is everything... And it's at USF again! I think we're gonna be the team to kind of solidify the Bruce Mahoney coming back to SI."

- Coach Maya Fok '98

"Honestly it's really exciting to finally be a part of this tradition. Growing up I've gone to a bunch of games and I see the girls play, they've always been really competitive, but knowing that our contribution counts this year makes this year more special."

- Jackie Acosta '22

"I'm really hyped about the Bruce this year. I think it's really special that we get to start a legacy for girls basketball program and I really hope that we show what we're made of."

- Soon Ja Elzey '22

"Looking forward to solidifying the way they bring the Bruce Mahoney trophy back to SI. Keeping it here, keeping it at SI, where it belongs!"

- Sabrina Ma '22





Women's Soccer



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Can you describe a game or event that you are looking forward to this year?

"I think I'm most excited about participating in the Mitty game just because we have a chance to come back this year because it was a tough game against them in the playoffs last year."

- Claire Tunney '22

"I am personally excited for the senior game where we show all of our appreciation for the seniors and we show them who's boss!"

- Mia Gale '22

"Same as Claire, I am very excited to see everyone play against Mitty. We are playing them twice so hopefully we can get two wins this year."

- Shanon Williamson '22

What are some expectations you have for yourselves and your coaches?

"My goal is, as we start the season, to learn how to communicate with each other which will help us progress throughout the season and learning what our strength and weaknesses are so we can improve each other."

- Mia Gale '22

"I think that it's good that we get to know each other better as well as try to be good sports about the outcomes of the games."

- Claire Tunney '22





What is one new skill or lesson that you have learned since last season?

"I'd say from last season, as a team, we've all kind of been better with our mental toughness, not getting too high or too low. Earlier this week we had a big win but still as a team we're not satisfied, we want more and we need to keep putting and keep improving with every game as well."

- GianCarlo Toledo Rivera '22

"I would say that one strength that, as a team we've gained and learned, is bringing our own energy. Last year without fans we had to bring a lot of energy which we lacked so I think our team has improved with that and the cohesiveness we have just being on the court."

- Rory Kenneally '22

"We came short from last season and our team is hungry. We have the same team. We're missing a couple players, but we're competing."

- Ryan Conroy '22

How are you going to keep up the intensity in close games?

"Back to what I said earlier, making sure we have that mental toughness, not getting too high or too low, being able to face adversity in games as a team. I feel like if we face that together we'll be able to overcome any obstacle better late in games and if we can overcome that obstacle we'll be fine"

- GianCarlo Toledo Rivera '22

