

"Good afternoon, I'm here with Coach Prashant from Syracuse Women's Lacrosse following what was an impressive 2024 season. Coach, congratulations on finishing 16-6 overall and 8-1 in conference play. How do you reflect on this season?"

"Thank you. I'm incredibly proud of this team. To finish 16-6 overall and have such a strong conference record of 8-1 really speaks to the character and dedication of these young women. When you look at our numbers - averaging over 15 goals per game while holding opponents to under 10 - that's the kind of balanced team we've been building."

"Let's talk about your offensive powerhouse. Emma Tyrrell led the team with 70 goals, and you had three players score over 40 goals each. What made this offense so explosive?"

"Emma Tyrrell has been absolutely phenomenal - 70 goals and 22 assists for 92 points. But what I love is how balanced we were. Olivia Adamson with 58 goals, Emma Ward with 44 goals and 37 assists - we had multiple weapons. When you can put up 335 goals as a team and shoot nearly 47% from the field, that's special. Our free position success rate of 48% also shows we were clinical when we had our opportunities."

"Your defense was equally impressive. You held opponents to just 9.68 goals per game compared to your 15.23. What was the key to that defensive success?"

"It starts with our ground ball battle - we were competitive there, and our draw control dominance was huge. We won 384 draw controls compared to opponents' 234. When you control possession like that, you're dictating the tempo. Our caused turnovers - 210 compared to giving up 170 - that shows an aggressive, smart defensive mindset."

"You had some tough losses though - three games to Boston College, including in what appeared to be the NCAA tournament. How do you process those setbacks?"

"Boston College was our kryptonite this year, no question. Losing to them three times, including that final 7-10 game, stings. But you know what? That 10-11 overtime loss during the regular season showed we could compete with anyone. Sometimes the margins are thin at this level. Those losses fuel us for next season."

"Speaking of next season, what areas are you focusing on for improvement?"

"Well, our clear percentage was actually lower than our opponents' - 91% versus 93.2%. That might seem small, but those possessions matter in tight games. We also gave up more turnovers than we forced overall. But the foundation is there - look at players like Natalie Smith with 44 goals, or our depth players stepping up. We had great attendance averaging over 1,500 fans at home games, which shows this community believes in what we're building."

"Any final thoughts on this season and what it means for Syracuse lacrosse?"

"This team proved we belong with the elite programs. We beat Duke 15-8, dominated North Carolina 20-5, and had that incredible comeback win at Virginia 15-14. These young women have set a standard. With players like Emma Ward distributing 37 assists and our depth across the roster, the future is bright. We're not satisfied with 16 wins - we want more."

"Coach Prashant, thank you for your time and congratulations again on a tremendous season."

"Thank you. Go Orange!"