

Shelley Klaes-Bawcombe: Well, we're really proud to be sitting here today as winners of this game. Clearly it's the first time that our program gets to make it to the national championship and we really feel like we've earned this from the start of the year. I give credit to UNC as they were a tough team. They never backed down and they fought to the end and that's what great programs do. As far as JMU goes, I think we hit it right out of the gate. I think we really stifled UNC with our energy early and I think that we never looked back from that moment. Total team effort on the offensive end with the team sharing the ball. Haley Warden killed it on the draw today. And our defense just shut them down. Great team effort from JMU.

Question 1: . Rebecca to get the win at home. It was a homecoming for you. What was the entire day like?

Rebecca Tooker: I really tried to stay focused on my teammates and just the energy that we bring to each other. I know looking out in the stands I saw my family, my extended family, my friends from high school. But I really just wanted to stay focused because these are the girls that I've been with for the last four years. And like I said, we are a very special team. So, I just wanted to keep the focus on us the whole day.

Question 2: Haley, you talked earlier this week about sort of this new hunger a new kind of focus you guys had after the Florida win. What was the message after Carolina thinks the first timeout?

Haley Warden: You know I think that after they called that timeout we kind of knew that we had a lot of the momentum on our side. We knew that we just had to keep pushing, don't stop, and just keep continuing what we have been doing. I know that we've been working on getting one stop, one goal, one draw. So I think that having that mentality out of that timeout was what really helped us move forward in the game.

Question 3: With Caroline basically taking Kristen Gaudian out of the game for the first half and face guarding her for all that time. What was I guess your mindset stepping up there. And scoring four goals in the first half?

Haley Warden: I think that we have a lot of offensive threats and I think that on any given day anybody can step up. We knew that Kristen would get us opportunities later in the game. But I think that efforts by Hannah Havan and Katie Kerrigan really helped us when we needed them the most. They kind of helped to build up momentum in that first half when we couldn't get Kristen the ball. So, I think that they were huge assets in the first half.

Question 4: And Kristen what was your mindset heading into the second half after being face guard the first 30 minutes?

Kristen Gaudian: I was confident the whole game but because we do have so many threats on the attacking end. I knew that we would be able to get the goals and the shots off without obviously me taking shots and being face guarded. So going into the second half I was just even more motivated to get the ball and kind of drive a little bit, but throughout the entire game I was really confident in attacking it.

Question 5: Kristen, James Madison University is going to play for a national title. How does that statement sound to you and what are you feeling right now?

Kristen G.: I mean it's so surreal. I it's just an incredible feeling that I've always dreamed about doing. And this year has been just an incredible ride for us seniors. And I think that all of our hard work this whole season has finally been paying off and we're finally making a name for ourselves.

Question 6.: Kristena nd Haley What was the key to success with winning the draws?

Kristen G.: I think that they were making a lot of mistakes on their own. They were going inside the circle before the whistle. They had an early draw and I think we were just capitalizing on those opportunities. And Haley also killed it on the draw, so all of those combined really helped us out.

Haley: We made a lot of in-game adjustments like we decided to switch Kristen to the opposite side of the circle to allow her to run on the ball a bit more because I was getting directions. I think that having that flexibility within the game allowed us to actually compete out there on the circle.

Question 7: Rebecca, What is the key to that zone defense and really limiting their one on one opportunity?

Rebecca: I think the big thing that we pride ourselves on is our communication. The fact that if someone slides down you know someone is coming right next to you sliding to that next girl. So it's really energy driven, communication driven and just really the fact that our difference unit is a very close knit group, especially on the field. So I think we just played really well together as a unit instead of individually.

Question 8: Rebecca what is it like come back to Long Island to play?

Rebecca : I was here a couple of years ago in the stands watching. I think it was like the Northwestern game and I thought to myself wow that would be really cool if it came back and I take a team to this area. Just the fact that I'm still getting chills it's surreal that I'm on Long Island. I'm with my team, I'm with my family, and I'll just put it there...My James Madison team is my family. So I think just bringing those two together really just makes me the happiest person. And having my parents go from driving 14 plus hours in the weekend to see me play James Madison to just driving 30 minutes down the road and really just seeing them happy makes me happy and it gives me a great feeling.

Question 9: Haley, Do you think people are starting to take notice of James Madison now?

Haley: Yeah I think to an extent. But I also think that most people didn't think that we'd come out on top in this last game. You know I think that we still are the underdogs in every situation and we're going to play into that. I mean I think it's a huge asset that we have on our side. And you know just having the ability to want to work hard and want to prove people wrong. I think that that's something that we're going to carry with us in the next game.

Question 10 : Haley, What were your adjustments in the draw going against Marie McCool.

Haley : You know I think that Maria is very very good on the draw. You know I try to get her to think a little bit more about what she's doing on the draw so she wasn't as confident. You know I change it up by point that Elena or Kristen. You know anything I could do to get a stick on like the ball and went straight up kind of just get out of her stick. So I think that she did a very good job of controlling the ball. But I think that we countered that pretty well.

Question: . You guys won ground balls 15-4, what does that say about about this game? You guys had such a dominant advantage in that statistic.

Rebecca: I think it shows how fierce and competitive we are. We always say that groundball does win games but defense does win championships so we think going back to the working together someone gets a check off but then another girl is right behind her getting that crumble. It's all about working together in this type of defense and I think we are really on top of the world right now with their defense. We played together we win together.

Question: I guess I'll just say Haly Warden Led the war.

Coach Shelley: Well I think all the adjustments that you know we were just discussing here all were led by Haley. You know she is a coach and she's going to be a great coach but she's right now still a player and we're taking full advantage of that. We trust her. We appreciate her insight. We rely on her. She's got a great feel for the game and she thinks for us. I wasn't even aware of some of those adjustments she just made it happened through communication with her team and I think that's again why we're heading into the national championship game. But she puts in the work you know she's out there on her own working on her skill set every day and I think that's why she's here today.

Question: Before the season JMU was ranked number 17 in the poll I don't think anyone in the lacrosse world expected you guys to be playing the title game this Sunday. How satisfying is it to prove other people wrong and to bring this problem to a place that's never been before?

Shelley: Yeah I'm not even sure exactly. I'm still taking it in and to be honest with you. But I think that's the reality of our sport. You know most sports for that matter you know when you have power five conferences out there people trust that they're just going to get it done. And I think in our sport sometimes we have a little bit of amnesia. You know this program is a program that over the last 20 years we have 100 percent graduation rate of NCAA participants and conference champions 100 percent over 20 years. You know we've been ranked in the top 10 half of those years. But people just don't remember JMU because it's easy to forget. And I think that you know credit to our program for continuing to fight and continuing to be willing to do the work to prove it. You know we don't whine about it we don't complain about it. We understand that rankings are our opinions and we can't change people's opinions without having results. So this team really understood that you know we've made a lot of huge efforts. We had some big wins over the last four years but we've also had some hiccups and some slip ups along the way. And if we really want to truly know make James Madison a household name in the lacrosse world then we need to be consistent because it's easy to just let us go when you have all these Power Five conferences that people are very comfortable with in this sport of Lacrosse.

Question: Coach I'm going to go back to something you said a couple weeks ago shaking off the lacrosse world you beat Virginia. What do you think you've done to shake up the lacrosse world now that you're going to play for a national championship.

Shelley: Yeah I mean it's really fun. You know I think Navy showed us last year that you know anybody can do it and that just gave our program tremendous boost of confidence. And here we are today showing that you know we have what it takes. We have the athletes and we have the support staff. We have the recruiting ability we have the academics we have everything that we need as an institution to win big in the sport lacrosse.

Question: Are you guys going to go back in the stadium and watch the second semi final coach over here.

Shelley: Yes

Question: You've spent some time on the Long Island. So I mean you've been here before. What's it like to be here.

Shelley: Yeah I agree with Rebecca. I mean this is really surreal for me 19 years ago I started my career at Hofstra University and had 8 amazing years there 3 as an assistant coach and five as a head coach and I can remember being at this and at this venue watching Hofstra men's lacrosse playing the final four you know watching the women's programs be here and just wanting that so bad. You know I've been to the Elite Eight five times. This year was able to finally make it to the Final Four and here we are making it to the championship game. So you know I put a lot of faith in the work that I did at Hofstra had a great experience there made some great connections on Long Island and I'm using them today to build my JMU program.

Question: . Molly with 9 saves. What did you see out of her tonight.

Shelley: Just solid play. You know she made some really great saves she had great positioning and we love her size and she's just mature beyond her years. I mean she's a red shirt freshman and she's telling the defense to calm down. You know she's making great decisions off of saves and came up big on some eight meter saves. And I remember one against Maria McCool. I you know that was low. That was so necessary for us to stop the run. So just really really proud of her really really proud of Ellie either for managing her role this year. And again I think that this team shows that you know we don't really care who gets the credit. Everyone's willing to do the work and establish their role.

Question: What was Molly like after the Virginia game?

Shelley: Yeah we just keep that. I mean she's young. You know we're just trying to mold her we just keep. Every time I look at I say it's not about you Molly it's not about you. You know and I think she's really into that. You know I think it's hard she's the last line of defense. So a lot of times goalie's put the pressure on themselves. But it has to be 11 people to get to you it's not about you Molly. We just need to make one save here there. Help us stay in the game.

Question: Did You guys make a few adjustments with UNC face guarding K.G. in the second half?

Shelley: I mean the adjustment was to have other people go to goal for them to recognize that you can't just take out one player to beat JMU know they tried to face guard Katie K. she's sent and picks on ball that's how we got our first goal of the game with Hannah Haven. You know then they went and tried to face guard K.G.. And we're having Haley to go around her. You know they're not going to slide then we're going to take it to a goal and really demand some respect and double teams so that we can move the bong attacked the backside.

Question: Going to the National Championship game with your Alma Mater.

Shelley: I mean is everything. You know it's a long time coming. Twenty years of really hard work to establish myself to be able to even get back to you. It's a great program. I had to get myself to a level

that they respected and even in order to even be hired I didn't even get it in my first attempt I got at my second attempt. And so I'm just really proud of everything that comes along with it. You know I've always wanted to win championships and it means so much more for me to be doing it. James Madison and really bring that game to nation along.