

By EARL WATT

- Daily Leader

After an emotional win Friday against No. 11 Northeast Colorado for the Lady Saints, the fear of a letdown against Labette Saturday didn't last long.

Seward jumped out early and continued to improve their inside game in a 71-55 win over a Jayhawk East opponent.

"Our kids played great tonight," Seward coach Toby Wynn said.

"Defensively we had great energy. Every girl off the bench gave us a positive contribution, We talked about playing a solid 40 minutes or finish the semester. I thought we did that."

Seward continued to work on improving the inside game by pushing the ball to Amanda Pierson and Nadia Rosario.



Both were posting up and calling for the ball.

"Our No. 1 key right now is to get Amanda and Nadia dominant inside.

They had to take on that role unless they want to run,” Wynn said.

“At this point they had no option. They had to post up and want the ball. It is an emphasis in practice.”

Rachel Barnes led the Lady Saints with 24 points. LaNell Taylor scored 13 points.

“LaNell came off the bench and hit some threes for us,” Wynn said.

“Other girls came off the bench and gave us a lift. We had a lot of girls contribute tonight.”

The two wins were critical after a tough outing at the Jayhawk Shootout last week. Seward dropped a game to Johnson County, and Wynn was not happy with his team’s defense “For three games in a row we didn’t play well defensively,” he said.

“We concentrated on our defense. That was the biggest thing this weekend. They bought into it and did that. We were able to finish off semester with two wins against quality teams.”

Seward is off until January.