

Mountain West Women's Basketball Championship

Monday, March 9, 2026

Las Vegas, Nevada, USA

Thomas & Mack Center

UNLV Lady Rebels

Coach Lindy LaRocque

Aaliyah Alexander

Postgame Press Conference



Colorado State 66, UNLV 59

THE MODERATOR: For UNLV we have student-athlete Aaliyah Alexander, Coach Lindy La Rocque. Let's start with you with some thoughts on tonight's game?

LINDY LaROCQUE: Our locker room is disappointed in this game, but as I told them, we're sad because the possibility of it being over, but I'm hopeful that it's not. I'm going to try my hardest to make that happen in some postseason play in whatever tournament that is.

Aaliyah Alexander is here next to me because she's a warrior. She's a senior. I feel like I've known her my whole life, and I've only known her two years.

But she's a flat-out warrior, and she left it out there for us tonight and gave us every fighting chance that we had.

I'm just extremely proud of her, and I hope I get to keep coaching her.

THE MODERATOR: Question for the student-athlete.

Q. Aaliyah, me and Coach have talked several times this season about what she asked of you this season and how different it was from what you were used to. What did you learn most about yourself this season?

AALIYAH ALEXANDER: Just to be open-minded and to trust in your coach. If your coach believes in you, you should believe in yourself. I feel like that was the biggest thing.

Like you mentioned, playing the point guard this year, that was new for me, and I accepted it. I trusted in our coaches. I knew that if Lindy believed in me, then I should believe in myself.

Q. This group was dealing with a lot of new pieces coming into this year. What does it say about the morale of that locker room that you guys were able to kind of gel so quickly and put together a 20-win season like this?

AALIYAH ALEXANDER: It started in the offseason. I think our team and our coaches do a good job of trying to do team bonding so we can just gel.

Lindy, she recruits dogs, so we all want to win, we all want to fight hard and fight to the finish. That's how we were able to gel.

Q. Aaliyah, you're key in that starting run, kind of setting the tone for the team with an early advantage. What did you feel like was key in that, and then what did you feel like was the turning point afterward?

AALIYAH ALEXANDER: Yeah, I mean, in the beginning just staying confident and being ready for any and every open shot.

But I mean, turning point they're a good team, so they're not going to give up. They're going to keep fighting back, and that's what good teams do.

Q. I was also curious about Coach Lindy's message at halftime when it was tied up. You came out early out of the locker room and started warming up. Just wondering what she said.

AALIYAH ALEXANDER: It's a 50/50 chance. We have to play like we want it, and to come out and play hard through every possession.

Q. You see and hear Lindy campaigning for postseason play right now. What would playing another game mean to you?

AALIYAH ALEXANDER: I mean, it would mean a whole lot. I honestly don't feel like we're done. I still feel like we got practice tomorrow. That's where my mindset is. I want



to keep playing, and I know our team does too.

So just staying locked in, that would be amazing to play and keep playing the game that I love.

Q. Aaliyah, your Coach called you a warrior. With all Newt faces this year, you know, what can you say about what was so special about this year's team?

AALIYAH ALEXANDER: Yeah, I mean, to your point, I think it was because of all the new faces that we had to do a great job with just gelling and trusting and learning each other.

So once we started to do that, basketball got really fun and just playing with each other and cheering for each other on and off the court. I just have a lot of gratitude to be able to play with this team.

Q. Aaliyah, really been a pleasure to cover you, not only here, but also in Eastern Washington and the Big Sky. You brought that warrior mentality to not only this conference, but the last conference as well. Where do you get that from?

AALIYAH ALEXANDER: I get that from God. I'm a huge believer. He's been my cornerstone.

And then just being blessed to be surrounded by great people, by great mentors, by great coaches. I definitely could not be the person I am without Lindy and the coaching staff. At my previous school with that coaching staff too.

I always have been beyond blessed to be around a great group of people that have encouraged me and just helped me along the way.

THE MODERATOR: We'll let Aaliyah go at this time. Questions for Coach.

Q. Basketball question, Coach. It was a lack of paint production in this particular meeting that didn't really manifest in the first two meetings. Did their paint approach catch you guys off guard? Do you feel like maybe you got punched in the mouth first and didn't respond? What was it?

LINDY LaROCQUE: No. I mean, we had to focus on the start of the game, and I thought we had some good physical presence early. As the game wore on, I think they got tougher and more physical. You know, we had some shots around the basket that typically go down that didn't.

And then I think that caused a little bit of frustration for

some of our players. They're young player, and you try to help them out of it.

But give Colorado State a lot of credit. I think as the game went on they got tougher and got more physical. I think that was the difference.

Q. Earlier this season, maybe in January, you told me that this was already the toughest season in your young head coaching career. We talked about putting up 20-plus wins in a season where you experienced ten losses for the first time. Back-to-back years with a semifinal loss. What are you most proud of that you were able to shake back from this season?

LINDY LaROCQUE: Just sticking with it, honestly. We've got a great group of young women, and together we've been through a lot. Personally it's been a very challenging year for me that you guys don't get to see, but I have a tremendous staff that had my back at all times. I had players that were picking me up on days that I needed it.

So just really proud of just the people, having the right people. That's what makes the journey right. Especially when it's hard. You know, I think you really see people for who they are and then when they show up, it's special.

Q. I know it's probably early to look ahead, but I'm wondering, I guess from where you are sitting now, is there anything that stands out about what you're going to prioritize in the offseason to prepare for next year?

LINDY LaROCQUE: Yeah, you know, we've got a special situation where Keonni Lewis joined our team at the semester, an incoming freshman for next year, a local kid. She was able to join us at the semester, and I grabbed her after the game in the locker room because she's privy to this locker room. The rest of her freshman classmates won't be.

She's a winner. We recruit winners. I'm leaning on her to carry some of this feeling into the next group. But you know, we talked about a lot of new faces this year. We've got six incoming freshmen next year. So there will be a lot of young, new faces, but offseason is always very important. When we're ready to start playing in that, I will.

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