



**2014 NCAA Division I Women's Lacrosse SemiFinal #1  
#2 Syracuse vs. #6 Virginia  
May 23, 2014 – Johnny Unitas® Stadium**

**Syracuse Post-Game Quotes**

**Syracuse Head Coach Gary Gait**

***(Opening Remarks)***

"I thought it was a great effort on our part. That was a very good Virginia team that fought hard to the end. I thought our focus was very good from the opening whistle. The execution was exceptional and we stuck to our game plan. We adapted to the way they were playing defense. I thought it was a solid team effort. The stats may show that Kayla and Alyssa scored most of the goals, but it's the way they played defense. It was the first team we've played in a long time that didn't sag or double quickly. When they do that, our big time players stood up and took advantage of it. Our team understood it, took advantage of it and had a great team effort. Hats off to Virginia for getting here and giving us a tough game. We're looking forward to Sunday."

***(How big is it to get Alyssa and Kayla on a roll leading into the National Championship Game?)***

"They're on a roll because that's what [Virginia] gave us today. They decided not to double. They didn't really shut off. They put their two best defenders on them, let them play, play against them and see what happens. Right from the beginning, they gave us those opportunities and we went after it. We were actually surprised that they didn't double or didn't go quickly. We prepped for that. When we realized they weren't doing that, we said, you two, take the ball and get it done."

***(Talk about the team's defensive effort)***

"Holding an opponent to three goals in a half is exceptional. We've done that a few times this year. The energy level that the defense brings, the midfield and the d midfield, they get after you and they put the pressure on. I thought they did an incredible job causing turnovers and getting us opportunities to build a lead. When you score and don't get the draw, but the defense gets it back for you, that's huge. Those are momentum swings that turn into two-goal swings – when you get a turnover and you go down the other end and put it in the back of the net. That happened several times in the first half and in the second half as well."

***(What can you expect on Sunday?)***

"It's been an incredible year. We've played every team that made it to the Elite Eight in the regular season. We are truly a tested team that's played the toughest schedule in the country. Both the teams out there playing (in game two) are exceptional teams. We're just looking forward to either getting a second shot or a third shot. If it's Northwestern, we get a second shot at them. If it's Maryland, hopefully third time will be a charm."

***(What does it mean for your legacy to be able to win a National Championship?)***

"Getting to this point is a culmination of not just the group that's on the field, but it's really the players who came before them that allowed us to recruit these players by being exceptional student-athletes and doing their job when they were at Syracuse. It's really a program that's put this together to provide this opportunity. We're just happy to be here with the group we have. We thank all those who came before and we look forward to the future. We're ready for Sunday."

**Senior attacker Alyssa Murray**

***(What's your reaction to not seeing the double? What's your reaction to getting back to the National Championship Game?)***

"Not having a double team is something we haven't faced in a while. It was something different. Treanor and I work well together when they're not doing that. We know that we can use each other. Girls coming off the stack on the weak side were also there a couple times. I know Amy scored a big goal coming off the stack. Back to the championship, it's a great feeling. This is what we work for all year long. We're here. We really had to focus today to get the job done. Now that we're here, it feels great."

***(How does it feel to get back to the title game?)***

It's just another chance to play the game you love with all your best friends.

***(What can you take from the experience having been in this spot to apply to this?)***

“As seniors and the junior class show, there’s no need to have nerves. We’ve done all the preparation we can do at this point; we only need to execute now. Being there definitely helps, but we’ve played in so many big games from the freshmen to the seniors. We’ve experienced playing against the best teams in the country over and over and over again. We’ve just got to play.”

***(What does it mean for your legacy to be able to get a National Championship?)***

“It has to do with all of our legacies. We want to leave our mark, as a senior class and as a team. We’re never going to have this exact unit together on the field another time other than Sunday. There’s something to be said for that. We’ve had a record year so far. It would be the icing on the cake to end it with a ring.”

***(What’s the difference now going into Sunday’s National Championship Game (from past years?)***

“I think my emotions also have to do with my age. My sophomore year, I was as ready for that game as I thought I could possibly be. As you get older and older, this is the last shot. There’s no other opportunity. I know how horrible that feeling was in my stomach when we lost two years ago and last year for those seniors. Feeling so horribly that we couldn’t get it done for them. We’ve been there before, we’ve felt that way – wanting to get it done for the seniors. Knowing that the upperclassmen want to win so badly for us pushes us because we want to win for each other.”

**Senior attacker Kayla Treanor**

***(How does it feel to play so well today?)***

“It’s a reflection of our offense and the work we put in all year. I think we executed really well today. Our offense played really well and we just finished the ball.”

***(Were you surprised by not seeing the double-team?)***

“We did prepare for double teams and shut-offs because we’ve faced that all year long. We were prepared either way. I think we executed today and took the 1 v 1s. Every player who played offense today really played well, was ready to score and executed.”

**Senior defender Kasey Mock**

***(How does it feel to get back to the title game?)***

“I think it’s really exciting. What team wouldn’t be excited to be back in this position? We’ve been looking forward to this all year. This has been our big goal. It’s nice to soak this moment in and go into the game and play hard.”

***(What were you seeing defensively that worked so well for you guys?)***

“I think this is the best team defense I’ve seen our defense play all year. A lot of players who don’t get recognition, Liz Harbeson making huge plays today, Maddy Huegel making huge plays. We had two backers on the field and that was their first swing at playing backer and I think they did a great job. I think it was definitely a complete team defense and it showed that we were playing as a unit.”