



VIRGINIA POSTGAME PRESS CONFERENCE QUOTES

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Head Coach Steve Swanson

Opening statement ...

"We're happy to be moving on. It was a good result for us. I thought that getting that second goal when we did at the end of the half helped. The second half we kind of, full credit to Texas A&M, I thought they played with a lot of grit and gave us everything we could handle there in that second half. Our goalkeeper made a great save at a critical time, and I thought that was another turning point. So to me, the two turning points were the goal at the end of the first half and that big save that Morgan Sterns made halfway through to make the second half. Congratulations to Texas A&M. I thought that they were fantastic. They were everything we thought they would be. They played with a lot of heart, and I think that their university and community should be really proud of their effort today."

On the goal before the half...

"Well I think the way the game was going in the first half, we would have been disappointed to go into the half 1-1. I felt they scored a really nice goal, don't get me wrong, but I thought for the most part we were in control of that half and we got the first goal and we were settling in. The set piece, she finished a great goal and to come back and get that goal before the half I think gave us a little more confidence coming out in the second half and settle us down a little bit more. It's a different game when you're not chasing the game, especially for us. I think we could spread the field out a little bit more. I didn't think we penetrated or got into attacking territory as much as we would have liked to in the second half, but I think we were trying to keep the ball a little bit more and make them work. Obviously when you're up a goal you can do that."

On advancing to Sunday's final ...

"Obviously, it is great to move on. I think the tournament run has been good for us. Last year was tough. We felt we played well enough to win but we lost to a very good team. Sometimes, I think in these kind of settings goals make a big difference. You get goals and it gives your team a little confidence. I think for us to be moving on it's been really the last two games our goal has been conversion. We haven't generated as many chances as we would have liked, but I think it is the opponents we have been playing but I still think our conversion rate is pretty good. I think that's helped and it feels good to be moving on, that's for sure. We wanted an opportunity to be here and we have an opportunity to be here and it's in our hands now. That's the way we like it."

On his team's style of play...

"I think soccer is such an attractive sport. It is a beautiful game, and I think it was meant to be played on the ground. I am really a fundamental coach. I believe in the fundamentals. I believe in handling the ball well. I like the fluid part of the game where you get a lot of people involved and get a lot of mobility

going. You emphasize the skills and there is a real team aspect to the game. The reason I got into athletics in general, especially team sports, is because I like the relationships. I like the interaction. It's different than individual sport, and so the philosophy we have is built on that. It is built on sharing the ball, moving the ball, getting a lot of mobility between the lines, being difficult to defend. You certainly try to get players that can play in that system and value that system. We are fortunate that we do and especially that they have connected all together here. These four in particular, but I think we have a lot of players that have all that kind of identity and that kind of makeup that are willing to sacrifice for the team and they don't care who gets the credit. It's not who scores, who gets an assist or anything like that. It's about winning and winning games and how can we do that, where can we exploit the strengths that we have as a team."

On Emily Sonnett...

"She's going to start playing the striker position from now on. I said this the other day and I'll say it again, to me she is different than what you see as a defender because of all the things she can do going forward. I think that when we first brought Emily into the program and she first arrived in Virginia, you have this great athlete and player who has all these skills with the ball but you also have a competitor and someone who takes great pride in her defending. She has been fantastic. She has gotten better every year, and I think she has embraced her role this year more than ever in terms of being a leader and we needed that. We don't have the most experienced back line, but we have some really good cogs that can kind of bind it together, Emily being the most important leader for us. I have said this day one since the day Emily started playing the back for us, but I am happy to see her where she can kind of showcase some of her skills on this stage because I think she has extraordinary skills. A lot of our players do."

On the importance of scoring first...

"I think it was very important for us. It settled us down and gave us confidence. It was a nice goal from our perspective because there was some ball movement in there. Mak getting on the end of it I think was good to see and good assist by Mo. I think in those situations, you get a goal like that especially in this environment, it just kind of settles your team in a little bit more and I think that helped us for sure at that time. We obviously knew about A&M. They are always a good starting team. I think they press really hard and for us to go ahead at that point in time was again another critical part of the game."

"I'm just glad Mak got her head on the ball. She has scored some good header goals this year for us. I think we often try to tell our forwards to watch the player on the ball and read the cues you know and Morgan took a little touch, got her head up and I think Mak read that and made a good run in the box. I think Morgan put it right on her head, just a good goal but it was a good build up before that to make it happen. Just the timing of the run, those are things that are instinctual but you work on them but at the end of the day it comes down to the individuals that link together."

On Colaprico switching positions...

"She has played there before throughout her career here and there. I think special players are able to do that. They are able to recognize what the team needs and what their role is. I feel bad at times because it is hard on Danielle. People don't realize how hard it is to change positions because there are little nuances about the game like how you need to position yourself, how you need to be. Particularly in this game, because they had three in the midfield to our two centrally so it is difficult, but Danielle I think has all the tools to handle any situation. She has great skills. She is a competitor. She defends really well. She can handle the ball with both feet. I think for young players I would certainly watch all these players and what they can do in their role because I think their skill has really helped them and Danielle in that position. There were times I thought it was open for her to go, and I am trying to push her, but again it's tough because you're trying to hold things down. She certainly has the capability to get forward."

Emily Sonnett, Defender, Junior

On attacking offensively ...

"I think it really helps that I grew up playing forward and attacking in so going into high school it was just natural. I think that's something that he (Coach Swanson) encourages out of all the backs to try to find gaps and shoot in the gap and go forward. I have learned a lot from that guy (Coach Swanson). Like he said earlier, I think our back line is still coming together and I think him encouraging us to go forward is really helping the team offensively."

On this season as opposed to last season...

"Last year, going out on PKs is obviously not the way anyone wants to go out. I'll say tonight I think our team had a great effort against Texas A&M, they are a tough opponent. I think we stuck to our game plan and scoring three goals I think is all we can really hope for offensively. I think the final whistle brought relief knowing we are moving on to the next game and that's our next focus."

On her goal...

"I think Dani hit a great ball across, and then I think Tina hit it back across and I was just lucky to be in the right spot to hit it in. I was just finishing the run and luckily was at the back post to hit it in."

On her twin sister...

"It would have been fun to go to the same school and share this, but she couldn't come down this weekend because she has some finals and things like that. Having a twin sister growing up who also plays Division I soccer, having a great competitor that lives with you and training and things like that. I wish she could have been here, and I will probably be contacting her after the game."

Danielle Colaprico, Midfielder, Senior

On playing multiple positions...

"I think my role there is kind of just to be a distributor and get the ball and switch the field for us. Sometimes it is difficult to do that, so pretty much move the ball from midfield and keep it for us."

On playing against bigger players ...

"It is definitely sometimes difficult going against taller girls and trying to win header balls, but I learned that it comes down to timing it right in the air. It is not always about who is taller but timing the ball in the air and whoever times it right is going to win the header so that is kind of how I go at it."

Morgan Brian, Midfielder, Senior

On UVA's first goal...

"I think that in the beginning we just kept the ball really well and were really patient on that goal and did more throughout the game. I looked up and we had swung the ball a couple times and Makenzy was

making a run on the opposite shoulder from the defender so I thought if I lobbed it up to her she could put it in. I looked at her and that was kind of it. Her eyes kind of told me what to do.”