


NEPSGBA INSIDER

The Official Newsletter of the NEPSAC Girls Basketball Assoc



MARINERS

PLAYER OF THE GAME

Sophie Mahar

17 Points, 5 Rebounds
2 Assists, 2 Steals
4 Deflections, 3 3-Pointers

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NEPSGBA SEEDING SYSTEM EXPLAINED

Written by John Monagan

After many years of 3+ hour seeding meetings, NEPSGBA Board Members, led by John Monagan and Kristen Campopiano, were able to construct a formula that put a numerical value to the many variables that were often discussed at length and sometimes skewed by individual emotions and preferences. Below is an explanation of the NEPSGBA Seeding System which outputs a **Composite Power Index** reflecting each team's: RPI, Saylor's, Head to Head wins v teams in class in contention, Games versus Top 40, and Wins versus Top 40 teams.

Saylor's Ranking System - The Saylor System provides a value to every game, taking into account whether you win or lose, the winnings percentage of the team you play, and what class the team you play is in. This was the system primarily used in years past, but the committee often found it weighed the class of a team too heavily in its calculations. Teams were heavily penalized for playing games in classes below them and were rewarded (sometimes unfairly) for playing teams above them. While there is still value in this system, the committee determined they needed another metric

that included opponents' opponents winning percentage and opponents winning percentage (and that took class out of the equation). Thus, the RPI

RPI Calculations System - RPI weighs winning %, opponents' winning % and opponents' opponents' winning %. It does not take into account the class of any teams. Therefore, teams are not hurt by playing good teams in classes below them nor are they boosted by playing weak teams in higher classes. This RPI calculation is new and takes into account overall record, opponents' win % and opponents' opponents' win %. The top 40 teams are highlighted, as games against those teams are significant for tournament consideration. These standings change with every game result.

SEEDING SYSTEM *cont.*

The Big Picture

Saylors and RPI are then combined with Head to Head wins vs teams in class in contention, games against top 40 teams, and wins against top 40 as outlined below.

- RPI: This number is weighted as is (*1)
- Saylors: Each team's Saylors number is multiplied by .001 to make it a similar format to RPI. This number works really well with RPI, because it takes class into consideration.
- Head to Head: Wins against all "teams in consideration" in class (ie all teams .500 or higher in class or overall) in good standing. This number is multiplied by .8
- Games against top 40 teams in RPI: This number reflects the strength of schedule. The number of games is multiplied *.02
- Wins against teams in top 40 RPI: This number reflects wins against the top 40 teams. The number of wins is multiplied *.04

We will take our first look at standings later this week. Below is an example of what each team's Standings block looks like. It outlines the five key numbers that are calculated to produce the overall **Composite Power Index** used for seeding each class.

Once the seedings are calculated, the Tournament Committee convenes to ensure that the seedings are inline with NEPSAC and NEPSGBA guidelines.

Team Name	Nobles	
RPI	0.6538	0.6538
Saylors	350	0.35
Head to Head wins vs teams in class contention	3	0.24
Games vs Top 40	7	0.14
Wins vs Top 40	7	0.28
Total		1.6638

Data above is for demonstration only

ALUMNI SPOTLIGHT

Written by Ayo Hart

This week, we shine a spotlight on two standout NEPSAC alumnae, Rachel McMenemy, Groton '20, and Alessia Carolo, Millbrook '22, both making waves on the Babson Women's Basketball team.

Q&A With Head Coach "KB" Kate Barnosky

What specific aspects of Rachel and Alessia's game have you worked on together to help them thrive in their roles on the team?

Rachel is a great defender for us and has the ability to guard multiple positions. She has the quickness to contain guards, and strength to limit post players. We have really worked with her on defending without fouling. We want her to stay aggressive defensively, but to do so with discipline. She has done a better and better job of this as the season has gone on.

Alessia's confidence has really grown throughout the season. She consistently shows up to practice ready to compete, and we have talked about her trusting her process and how the hard work she puts into her game each day will pay off. She has

also become more and more comfortable with our offense, and when is best for her to facilitate and when we need her to score for us. With time and continued hard work, the game is starting to really slow down for Less and she is making all the right reads.

How do Rachel and Alessia contribute to the team's overall success?

Rachel is very consistent. She is going to give her all each time she is on the court, and you can always count on great effort, great defense, and great rebounding from her. We know exactly what Rachel is going to bring each day, which has earned her more and more playing time. She is also beloved by her teammates and has a great way of keeping things light and fun while maintaining focus at practice.

Alessia is an incredibly hard worker. She is very coachable. She wants to win and will play any role to help our team win. No matter the score or time left in a game, Less will play with intensity and give you everything she has. It is no surprise that Less continues to improve and improve as the season has gone on, as she never takes a practice or possession off. This drive



Photo Credit; Babson Womens's Basketball

for success is contagious and pushes her teammates to work hard each day as well.

Q&A with Rachel McInenemy, Groton '20 and Alessia Carlo, Millbrook '22

Reflecting on your time at Groton and Millbrook, how did the experience shape you and prepare you for your time at Babson on and off the court?

McMenemy believes Groton basketball prepared her for college basketball by playing in the Independent School League (ISL) and NEPSAC. "I was constantly competing against the best players in New England. Going head-to-head against the best players in the area pushed me to become a better player, improving my game." She says academically, Groton's rigorous academics taught her time management skills, strong work ethic, and a commitment to academic excellence.

For Carlo, boarding at Millbrook was an excellent opportunity for her to get a sense of what college was going to be like. She says, "Although life at Babson is a totally different level, prep school set an excellent foundation that allowed me to get a jump start on the pace and demand of being at a competitive college. My time at Millbrook prepared me for life as a student-athlete by strengthening my independence and accountability, teaching me a higher level of time management and self-discipline, and introducing me to a deeper competitive spirit both in the classroom and on the court."

Babson is known for its world class business education and has made deep runs in the NCAA tournament the past few years. This is Coach KB's first year at the helm, and she comes directly from a Div I program. How has the team culture and coaching staff contributed to your growth as a player this year?

ALUMNI SPOTLIGHT

cont.

Both McMenemy and Carlo feel Coach KB has prioritized a positive team culture that supports a strong bond among teammates. This has created an environment built on trust, while fostering strong relationships off the basketball court. For Carlo, "a pre-season exercise in goal setting has helped me focus on an end result. Having set tough targets has helped create a clear roadmap with a daily purpose. I am no longer just showing up to something on my calendar. I have an expectation of myself and in the end, I will be held accountable in reaching those targets. I am finding different ways to use this tool in other areas of my life, and I am starting to see the benefits. It is not only about being a good basketball player, but the person you become and the character you build in the process."

What advice do you have for other NEPSAC student-athletes aspiring to play at the collegiate level, especially in terms of balancing academics and athletics?

Carlo says, "Academics come first. Success on the court is important, but student-athletes who demonstrate a strong dedication to their studies will always be the priority at a place like Babson College. Developing strong time management skills to juggle the demand of both academics and athletics while creating a support system among coaches, teachers, and teammates will help you navigate your success in both places. I've chosen DIII for that balance so embrace the challenge. Utilize the resources your school provides, such as study groups, tutoring, and counseling. Don't be afraid to ask for help. Your teammates have all gone through this before you. The system is in place to help student-athletes succeed, so take advantage and plan as the year goes on. Find ways to have fun too. Take the time to breathe and enjoy it all." McMenemy adds, "Stay on top of your academics and even try to get ahead with your classwork. College visits, reaching out to schools and talking to coaches takes a lot of time. By staying ahead you'll be less stressed out with school and have more time for your recruiting process."



Photo Credit; Babson Womens's Basketball



SAVE
THE
DATE

SUNDAY,
MARCH 3, 2024



WEEK NINE IN NEPSAC

UPCOMING GAMES SAT 1/27

- 12:00 Cheshire @ Greenwich Academy
- 1:00 Austin Prep @ Tilton
- 1:00 Thayer @ Exeter
- 1:30 Nobles @ New Hampton
- 2:00 Marianapolis @ Winchendon
- 2:00 St. Mark's @ Kingswood Oxford
- 3:15 Tabor @ Groton
- 3:30 Taft @ Sacred Heart
- 3:30 Suffield @ Choate
- 4:30 Berkshire @ Ethel Walker

SUPER SUNDAY 2024

NEPSAC CHAMPIONSHIPS AND ALL-STAR GAMES

A LOOK BACK AT RECENT GAMES

New Hampton 62
Thayer 50

Austin Prep 70
Milton Academy 64

Thayer - Cassidy Mullin '26, 19pts
Jasmine James '25, 10pts
Elle Grant '25, 7pts
Colleen Clooman '24, 5pts

Austin Prep - Tiffany Burns: 24pts, 9ast
Fope Ayo: 23pts, 7rb, 4 bl
Ruby Thompson: 9pts, 8ast, 7rb
Bella Strong: 6pts, 2stl
Eliana Axelrod: 5pts, 7rbs

Rocky Hill 81
Portsmouth Abbey 36

Marianapolis 79
Rivers 66

Rocky Hill: Sophie Mahar - 19p; 6a; 6s
Dariia Serednytska - 13p; 17r; 5a; 3b
Addie Mahar - 1r; 7a; 6s
Lily Sokol - 17p; 7/7fg
Aliona Nikulina - 14p; 2b

Marianapolis - Maeve Early '27: 22pts, 9r, 2a, 1s, 1b
Alanna Phillipo '24: 14pts, 10r, 6 a, 6s
Aryanna Sheehan '26: 14pts, 5r, 4a
Grace Solari '27: 11pts, 4r, 1a
Baileigh Kimball '27: 10pts, 2r, 2a
Olivia Kowalski '24: 8pts, 3r

Sacred Heart 43
Choate - 28

Rivers - Grace O'Sullivan '25: 25pts, 3r, 2a, 4s, 1b
Payton Richard '24: 12pts, 10r, 3a, 2b
Narissa Smith '25: 11pts, 7r, 7a, 2s
Chase Anderson '25: 8pts, 8r, 2a, 3b

Sacred Heart - Payton Sfredo: 24pt, 5r, 3a
Lucianna Parrotta '27: 10pts, 6r
Ava Curto '26: 8r, 4pt, 3s
Madison Hart '24: 9r, 3s, 3pt
Jadamarie Henry '25: 3s

Tabor 72
Brooks 41

WMA 55
Brewster 50