

Soph. Men's Basketball Head Coaches '09

Ross Sferra

By: Danny Bayliss



How has the season gone so far?

"We are currently 1-1. We lost to Princeton in our first game and beat Oak Hills in our second. We aren't to the meat of our schedule yet and are in a stretch of only playing 1 game in 22 days."

What do you think you need to improve on as a team?

"We need to have better discipline on the defensive end. With limited guys we have to stay out of foul trouble but still play in your face defense."

Which players have stood so far this season?

"**JP Faust**, 10 and **Mike Gray**, 10 have led the charge so far. Their presence inside keeps us in the game and helps us on the glass. **Zicheng Zhao**, 10 has become a mainstay in the program and helps out with the grueling season."

What about your team makes you guys good?

"Our hustle and effort. No matter what I can always count on the effort from this team. We have a limited roster so the guys have to play the whole game."

What do you hope to accomplish as the season progresses?

"We need to get past the fact that we're tired. The guys need to play through being tired and have the same discipline both offensively and defensively when tired."

What is your favorite part about coaching?

"Free food during JV/Varsity games....only kidding. I enjoy seeing the guys develop and learn what it takes to get through something when adversity shows itself. Being able to give back to Sycamore athletics after going through the system myself is a plus as well."