

# Capital High School

## Girls Basketball

### 2022-2023



#### Schedule

|               |                         | <u>Soph</u> | <u>JV</u> | <u>Varsity</u> |
|---------------|-------------------------|-------------|-----------|----------------|
| 11/12         | vs Borah                | 3:00        | 4:30      | 6:00           |
| 11/15         | @ Kuna                  | 4:30        | 6:00      | 7:30           |
| 11/18         | vs Timberline           | 4:30        | 6:00      | 7:30           |
| 11/19         | @ Boise                 | 3:00        | 4:30      | 6:00           |
| 11/26         | vs Ridgevue             | 3:00        | 4:30      | 6:00           |
| 12/2          | @ Nampa                 | 4:30        | 6:00      | 7:30           |
| 12/6          | @ Borah                 | 4:30        | 6:00      | 7:30           |
| 12/15         | vs Centennial           | 4:30        | 6:00      | 7:30           |
| 12/17         | @ Eagle                 | 3:00        | 4:30      | 6:00           |
| 12/22         | vs Kuna                 | 4:30        | 6:00      | 7:30           |
| 12/28, 29, 30 | @ Timberlion Tourney    |             |           | TBD            |
| 12/28, 29, 30 | Capital Classic Tourney |             |           |                |
| 1/04          | @ Timberline            | 4:30        | 6:00      | 7:30           |
| 1/7           | vs Boise                | 3:00        | 4:30      | 6:00           |
| 1/10          | @ Meridian              | 4:30        | 6:00      | 7:30           |
| 1/13          | vs Middleton            | 4:30        | 6:00      | 7:30           |
| 1/19          | @ Mountain View         | 4:30        | 6:00      | 7:30           |
| 1/21          | vs Nampa                | 3:00        | 4:30      | 6:00           |
| 1/24          | @ Owyhee                | 4:30        | 6:00      | 7:30           |
| 1/26          | vs Rocky Mountain       | 4:30        | 6:00      | 7:30           |
| 1/28-2/1      | District Tournament     | TBD         | TBD       |                |
| 1/31 -2/9     | District Tournament     |             |           | TBD            |
| 2/16-2/18     | State Tournament        |             |           | TBD            |



#### 2022-2023 Freshman/Sophomore

| #  | Player                  | Yr | Ht.  | Pos |
|----|-------------------------|----|------|-----|
| 1  | Raha Yazdani            | 10 | 5'0" | G   |
| 2  | Mikaela Cochran-Polotto | 10 | 5'8" | F   |
| 3  | Sofia Sarria            | 10 | 5'9" | F   |
| 5  | Lilly Gaffney           | 10 | 5'5" | G   |
| 10 | Oni Russell             | 10 | 5'4" | G   |
| 11 | Kortney Vaughn          | 10 | 5'5" | G   |
| 13 | Tatiana Fernstrom       | 10 | 5'4" | G   |
| 15 | Lily Sullivan           | 10 | 5'5" | G   |
| 22 | Abigail Kiiza           | 10 | 5'9" | P   |
| 24 | Marseilles Orr          | 10 | 5'7" | F   |
| 25 | Olivya Blandford        | 10 | 5'8" | P   |
| 35 | Safiya Mnongerwa        | 10 | 5'6" | F   |

#### 2022-2023 Varsity

| #  | Player              | Yr | Ht.   | Pos |
|----|---------------------|----|-------|-----|
| 3  | Mikeala Hicks       | 12 | 5'3"  | G   |
| 4  | Carrie Cutler       | 9  | 5'8"  | G   |
| 5  | Eden Francis        | 9  | 5'10" | F   |
| 10 | Hannah Price        | 12 | 5'9"  | G   |
| 11 | Kallie Featherstone | 11 | 5'5"  | G   |
| 14 | Mia Cutler          | 11 | 5'5"  | G   |
| 21 | Savannah Hansen     | 12 | 5'4"  | F   |
| 22 | Hannah Nguyen       | 12 | 5'3"  | G   |
| 23 | Khadija Mnongerwa   | 12 | 5'6"  | F   |
| 24 | Saioa Sarria        | 12 | 6'2"  | P   |
| 30 | Hannah Jolly        | 11 | 5'10" | P   |
| 32 | Paige Edmunds       | 11 | 5'8"  | F   |
| 33 | McKenna Chavez      | 9  | 5'8"  | G   |

|                    |                  |
|--------------------|------------------|
| Head Coach:        | Matt Creech      |
| Asst. Coach:       | Ryan Cutler      |
| Asst. Coach:       | Tanner Singleton |
| JV Head Coach:     | Taylor Andersen  |
| Soph. Head Coach:  | Taylor Spikes    |
| Principal:         | Derek Gardner    |
| Asst. Principal:   | Jeff Hultberg    |
| Asst. Principal:   | Greg Tovey       |
| Asst. Principal:   | Shannen Hickey   |
| Athletic Director: | Jason Willer     |
| Asst. AD:          | Justin Stringer  |
| Head Trainer:      | Pam Arriola      |

#### 2022-2023 JV

| #  | Player           | Yr | Ht.   | Pos |
|----|------------------|----|-------|-----|
| 3  | Emma Bates       | 9  | 5'5"  | G   |
| 4  | Miriam Stafford  | 9  | 5'7"  | G   |
| 10 | Jaelle Stafford  | 9  | 5'8"  | F   |
| 11 | Keira Sinclair   | 11 | 5'4"  | G   |
| 12 | Paisley Cole     | 9  | 5'9"  | F   |
| 13 | Amaya Aranda     | 11 | 5'2"  | F   |
| 21 | Maili Frogley    | 11 | 5'4"  | F   |
| 22 | Elise Gambrell   | 11 | 5'8"  | P   |
| 23 | Kasyn Coats-Wald | 9  | 5'10" | P   |
| 24 | Stella Gray      | 11 | 5'7"  | P   |