

2025 Southern Conference Women's Basketball Tournament
Game 5 – Wofford vs. UNCG

UNCG

Head coach Trina Patterson – What may be a surprise to others is not to us. This team has grit. This team has mental toughness – probably the most mentally tough team that I've ever coached. They just do not get rattled. They understand the mission, and what they did today was pretty incredible. I think that when things aren't going right, they know how to make things go right. Today, Jayde Gamble made things go. ... Our defense was, as always, very good. ... We have one of the highest scoring benches in the NCAA. We play a tag team approach, and we had key players make the difference today.

Student-athlete Jayde Gamble – I would say that's where we thrive. The majority of the time of coming back into games is in the fourth quarter or halfway through the third and we kind of takeoff from there. It's kind of like go time when we see the score like that. I think our culture always preaches defense wins championships, and we won one this year. I think that was honestly a testament to all our defense.

Student-athlete Nia Howard – We practice a lot of situations where we have adversity. So say we're down by three points, and we need a three or we're down by five points and we need, like, a few plays. We practice that a lot. We talk about staying together in the hard times. ... I think a lot of people know when they come here you're not just here to play offense, you're coming here to play defense. So we talk a lot about controlling the controllable. So in my opinion, I feel like we all think that defense is controllable. Our shots may not fall. We might have off nights, but we can control how aggressively our defense is and how we can get these stops.

Wofford

Head coach Jimmy Garrity – I want to congratulate UNCG. Coach Patterson and her staff do a wonderful job and we've got much respect for how they run their program. I thought it was two evenly-matched teams. A hard fought game and points were tough to come by. ... I thought the difference was the free throw line. They got there 22 times to our five and that turned out to hurt us. It was hard to make that up. But I thought this team, going into this tournament, they believed. They believed all season long. They never made excuses. .. To talk briefly about Helen (Matthews). I mean, she basically played one handed with her elbow and she scores 20 points yesterday, 13 (points) and eight rebounds today. She's just been tremendous on and off the court.

Student-athlete Helen Matthews – We talk about being together, being great teammates, and I think this team really embodied that. We're all such good friends, and we play for each other. And I like to think that maybe I had a part in setting that culture and that that can continue.

Student-athlete Evangelia Paulk – The leadership ever since I was a freshman coming in has been so important to me, to my teammates, to our coaches, because (the senior's) leadership – they're an extension of the coaching staff. We talk about that all the time. They tell us and show us, on and off the court, what is acceptable and what's not acceptable.