

lsu womens basketball practice

LSU Women's Basketball Practice: Behind the Scenes of a Championship Culture

lsu womens basketball practice sessions are more than just rehearsals on the hardwood; they are a vital part of building one of the nation's most competitive collegiate women's basketball programs. For fans and aspiring athletes alike, understanding what goes into these practices offers a fascinating glimpse into the dedication, strategy, and teamwork that define LSU's Lady Tigers. Whether you're curious about their training routines, coaching philosophies, or player development, exploring LSU women's basketball practice reveals the heartbeat of a program striving for excellence.

Setting the Tone: What LSU Women's Basketball Practice Looks Like

When you think about college basketball practice, images of intense drills, scrimmages, and conditioning might come to mind. LSU women's basketball practice is no different, but it also uniquely reflects the culture and competitive spirit fostered by the coaching staff. Each practice is carefully structured to maximize player growth, team cohesion, and preparation for upcoming games.

Daily Structure and Focus Areas

Typically, an LSU women's basketball practice runs between 2 to 3 hours and is divided into several focused segments:

- **Warm-ups and Conditioning:** Players start with dynamic stretching and cardio drills to enhance flexibility and stamina.
- **Skill Development:** Drills targeting shooting accuracy, ball handling, and defensive footwork sharpen individual abilities.
- **Team Drills:** Emphasis on offensive sets, defensive schemes, and transition play to build chemistry.
- **Scrimmages:** Simulated game scenarios allow players to apply strategies in real-time, fostering quick decision-making.
- **Film Review and Feedback:** Coaches often conclude practice with video sessions or one-on-one feedback to reinforce learning.

This structure ensures that every practice doesn't just build physical skills but also mental toughness and basketball IQ—key factors in Division I competition.

The Role of Coaching in LSU Women's Basketball Practice

No discussion about LSU women's basketball practice is complete without highlighting the influence of the coaching staff. Head Coach Kim Mulkey, a seasoned leader with multiple national championships, brings a wealth of experience and a winning mentality to every session.

Leadership and Philosophy

Coach Mulkey emphasizes a culture of accountability, grit, and relentless effort. Practices are designed not only to improve technique but also to instill confidence and resilience. She encourages players to push beyond their comfort zones, fostering a mindset where challenges become opportunities for growth.

Assistant coaches and support staff also play crucial roles during practice. From strength and conditioning coaches to video analysts, each member contributes to refining the team's performance. This holistic approach ensures that players receive comprehensive development—physical, tactical, and psychological.

Player Development and Individual Growth

One of the standout features of LSU women's basketball practice is the balance between team-oriented drills and individual skill enhancement. Coaches recognize that each athlete brings unique strengths and areas for improvement.

Customized Training Plans

Players often receive personalized workouts to target specific skills, such as perimeter shooting or defensive positioning. These tailored sessions complement team practices, ensuring that athletes continue growing even outside regular team workouts.

Building Basketball IQ

Beyond physical skills, LSU practices dedicate time to understanding game strategy. Players study opponent tendencies, learn situational plays, and work on communication on the court. This intellectual preparation is vital in close games where split-second decisions can change outcomes.

Incorporating Technology and Analytics

Modern basketball programs, including LSU women's basketball, leverage technology to gain a competitive edge. During practice, tools like video playback and statistical analysis help coaches and players identify strengths and weaknesses.

Video Breakdown Sessions

After drills or scrimmages, the team often reviews footage to analyze positioning, shot selection, and defensive rotations. This immediate feedback loop helps players correct mistakes and reinforce successful plays.

Performance Tracking

Wearable devices and analytics software track player movement, heart rate, and workload. Coaches use this data to optimize training intensity, prevent injuries, and tailor conditioning programs—ensuring athletes peak at the right moments during the season.

Team Chemistry and Mental Preparation

A defining element of LSU women's basketball practice is the emphasis on building strong interpersonal bonds and mental resilience within the team.

Communication Drills

Effective communication on the court can make the difference between a turnover and a successful play. Practices include exercises that encourage clear, loud, and confident interaction among teammates.

Mental Toughness Training

Basketball is as much a mental game as a physical one. LSU incorporates mindfulness techniques, visualization, and motivational talks to prepare players for high-pressure situations. This mental preparation is critical during intense moments in conference tournaments and the NCAA postseason.

Tips for Aspiring Players Inspired by LSU Women's Basketball Practice

If you're dreaming of playing at a high level like the Lady Tigers, there are valuable lessons to glean from their practice ethos:

1. **Consistency is Key:** Regular, focused practice builds skills over time.
2. **Embrace Feedback:** Constructive criticism from coaches can accelerate improvement.
3. **Work on Both Sides of the Ball:** Balance offensive skill development with defensive prowess.
4. **Stay Mentally Engaged:** Study the game, watch film, and understand basketball concepts.
5. **Prioritize Physical Conditioning:** Endurance and strength impact performance significantly.
6. **Build Team Chemistry:** Basketball is a team sport—trust and communication are essential.

These principles, deeply embedded in LSU women's basketball practice routines, can help players at all levels elevate their game.

Community and Fan Engagement During Practice

LSU's women's basketball program also values transparency and connection with its supporters. While some practices are closed, the team occasionally invites fans, high school coaches, and local media to observe sessions. This openness helps build excitement and support around the program.

Moreover, players often participate in community events and youth clinics, translating lessons from practice into mentorship for aspiring young athletes. This cycle of learning and giving back strengthens the

bond between the team and the Baton Rouge community.

Watching or learning about LSU women's basketball practice offers a window into the hard work and passion fueling one of the SEC's premier women's basketball teams. From rigorous training drills to strategic film sessions, every element is designed to prepare the Lady Tigers for success on and off the court. For fans, players, and basketball enthusiasts, appreciating these behind-the-scenes moments deepens the respect for what it takes to compete at the highest collegiate level.

Frequently Asked Questions

When does LSU women's basketball practice typically start each season?

LSU women's basketball practice usually begins in early October, ahead of the NCAA basketball season.

Who is the head coach of the LSU women's basketball team during practice sessions?

As of 2024, Kim Mulkey is the head coach leading the LSU women's basketball practices.

What are some key focus areas during LSU women's basketball practices?

Practices focus on conditioning, offensive and defensive drills, team strategy, and skill development.

Are LSU women's basketball practices open to the public or fans?

LSU women's basketball practices are generally closed to the public, but some may be open during preseason or special events.

How often does the LSU women's basketball team practice during the season?

The team typically practices 5-6 days per week during the season, balancing drills, film study, and recovery.

What facilities does LSU use for women's basketball practice?

The LSU women's basketball team practices at the LSU Basketball Practice Facility, equipped with courts, weight rooms, and training areas.

How has LSU women's basketball practice changed under Coach Kim Mulkey?

Coach Mulkey emphasizes high intensity, discipline, and accountability during practices, focusing on defense and teamwork.

Do LSU women's basketball players have individual practice sessions outside of team practices?

Yes, players often have individual skill sessions and conditioning workouts to improve specific aspects of their game.

How do LSU women's basketball practices prepare the team for SEC competition?

Practices simulate game scenarios, focus on physicality and strategy, and build team chemistry to compete effectively in the SEC.

Are there any notable drills or routines unique to LSU women's basketball practice?

LSU incorporates aggressive defensive drills and fast-paced transition offense routines to align with Coach Mulkey's coaching style.

Additional Resources

LSU Women's Basketball Practice: Inside the Tigers' Preparation and Training Regimen

lsu womens basketball practice sessions offer a revealing glimpse into how one of the Southeastern Conference's (SEC) premier collegiate teams prepares for the rigors of competitive play. Behind the scenes, these practices are a blend of rigorous physical conditioning, strategic planning, skill development, and team cohesion exercises — all designed to elevate the LSU Tigers women's basketball program to national prominence. Understanding the intricacies of these training sessions provides valuable insight into the methods that contribute to the team's successes and challenges throughout the season.

Comprehensive Breakdown of LSU Women's Basketball Practice

Structure

The structure of LSU women's basketball practice is a carefully orchestrated balance of multiple components. Typically organized by Head Coach Kim Mulkey, known for her disciplined coaching style and championship pedigree, practices focus on both individual skill refinement and team-oriented drills. The sessions usually last between two to three hours, varying depending on the time of year—offseason workouts differ markedly from in-season preparations.

Physical Conditioning and Strength Training

One of the foundational elements of LSU women's basketball practice is physical conditioning. Strength and endurance are critical in the fast-paced environment of collegiate basketball, especially in the SEC, where athleticism is a defining feature. The team's regimen often includes:

- Cardiovascular drills – sprint intervals, agility ladders, and endurance runs
- Strength training – free weights, resistance bands, and bodyweight exercises tailored to basketball-specific movements
- Flexibility and injury prevention – dynamic stretches and mobility exercises to reduce downtime

These components not only enhance performance but also mitigate common injuries, ensuring player longevity throughout the demanding season.

Skill Development and Tactical Execution

Beyond physicality, LSU women's basketball practice emphasizes the refinement of fundamental basketball skills such as shooting, passing, dribbling, and defensive positioning. Coaches employ a variety of drills to simulate game scenarios, including:

- One-on-one and two-on-two drills to sharpen offensive and defensive reactions
- Set plays and offensive schemes designed to exploit opponent weaknesses
- Defensive rotations and communication drills to foster cohesive team defense

Coach Mulkey's experience is evident in how these practices are tailored to leverage the strengths of individual players while building a unified team strategy.

Comparative Insights: LSU Women's Basketball Practice vs. Peer Programs

When comparing LSU women's basketball practice to other SEC programs and nationally ranked teams, several distinctive aspects emerge. LSU's practice approach integrates a high-intensity, disciplined framework similar to powerhouses like South Carolina and Tennessee, but with a notable emphasis on adaptability and player empowerment.

Unlike some programs that focus heavily on rigid playbooks, LSU encourages players to develop basketball IQ and make real-time decisions during scrimmages. This practice philosophy aligns with modern basketball trends that prioritize versatility and creativity on the court.

Furthermore, LSU's investment in sports science and analytics has grown in recent years. The use of video analysis and performance tracking during practice enables coaches to provide targeted feedback and tailor individual development plans.

Technology and Analytics Integration

LSU women's basketball practice sessions increasingly incorporate technology, including video breakdowns and wearable performance trackers. These tools help in:

- Analyzing shooting mechanics and identifying areas for improvement
- Monitoring player workload to prevent overtraining and injuries
- Strategizing based on opponent tendencies gathered from game footage

This data-driven approach complements traditional coaching methods and reflects a broader trend in collegiate basketball towards evidence-based training.

Challenges and Adaptations in LSU Women's Basketball Practice

No practice regimen is without its challenges, and LSU women's basketball is no exception. The team must balance intense training with academic commitments and recovery needs. Additionally, roster changes, including transfers and injuries, require constant adjustments in practice focus and lineup experimentation.

A notable challenge is maintaining player motivation and focus throughout long practice hours. To address this, coaches integrate varied drills and competitive scrimmages that keep engagement high. Leadership development also plays a role, as veteran players often mentor newcomers during practice.

Balancing Intensity with Recovery

Physical and mental fatigue can compromise performance if not managed effectively. LSU's staff prioritize recovery protocols such as:

- Scheduled rest days and active recovery sessions
- Nutrition plans aligned with training demands
- Mental health resources and team-building activities

These measures ensure that players remain resilient across the season's challenges.

The Impact of Practice on Season Performance

The rigorous and multifaceted nature of LSU women's basketball practice translates directly to on-court performance. The Tigers have shown marked improvements in defensive efficiency and offensive fluidity in recent seasons, often credited to the foundational work laid during practice sessions.

Consistency in practice intensity and strategic innovation has helped LSU compete at a high level within the SEC and make deeper runs in the NCAA tournament. The program's emphasis on adaptability, skill development, and conditioning positions it well for sustained success.

In summary, LSU women's basketball practice represents a holistic approach to athlete development and team preparation. It combines time-tested coaching philosophies with modern technological advancements, fostering an environment where players can excel individually and collectively. Observing these practices

offers valuable lessons in how collegiate programs can evolve to meet the demands of contemporary basketball competition.

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lsu womens basketball practice: Improving Practice and Performance in Basketball

Aaron T. Scanlan, Vincent J. Dalbo, 2019-11-18 Despite being one of the most popular sports worldwide, basketball has received limited research attention compared to other team sports. Establishing a strong evidence base with high-quality and impactful research is essential in enhancing decision-making processes to optimize player performance for basketball professionals. Consequently, the book entitled *Improving Performance and Practice in Basketball* provides a collection of novel research studies to increase the available evidence on various topics with strong translation to practice in basketball. The book includes work by 40 researchers from 16 institutions or professional organizations from 9 countries. In keeping with notable topics in basketball research, the book contains 2 reviews focused on monitoring strategies to detect player fatigue and considerations for travel in National Basketball Association players. In addition, 8 applied studies are also included in the book, focused on workload monitoring, game-related statistics, and the measurement of physical and skill attributes in basketball players. This book also has a strong focus on increasing the evidence available for female basketball players, who have traditionally been under-represented in the literature. The outcomes generated from this book should provide new insights to inform practice in many areas for professionals working in various roles with basketball teams.

lsu womens basketball practice: *Sociology of Sexualities* Kathleen J. Fitzgerald, Kandice L.

Grossman, 2024-09-04 *Sociology of Sexualities* is an insightful exploration of sexuality through a sociological lens, offering a comprehensive understanding of sexualities and gender identities. The Third Edition brings to light the current societal challenges faced by LGBTQ+ and reproductive rights, the influence of technology on sexuality, and the impact of the COVID-19 pandemic on sexual behaviors.

lsu womens basketball practice: Media, Women, and the Transformation of Sport

Pamela J. Creedon, Laura A. Wackwitz, 2024-12-20 This edited collection provides a singular look at contemporary mediated coverage of women athletes and sports from Title IX to the present day. Through personal perspectives, contributors provide a valuable overview of common patterns in women's sports media coverage, exploring issues of diversity, ethnicity, and inclusion. Chapters examine Title IX discourse, NIL brand creation, and marketing among female college athletes through platforms such as TikTok, Instagram, and Twitter (X), the recent surge in what appears to be empowering gender discourse and contemporary public debates, legislative attacks on the participation of trans and nonbinary athletes, differential treatment of women's athletic injuries as compared to men's injuries, and the role of women working in sports media both on the field and on the sidelines. The book includes a review of changes in the media coverage of women in sport, offering an overall assessment of the status of women athletes in the half-century after Title IX. It concludes with an examination of the power of coaching and the imperative to protect athletes from abuses of that power. This book will be of interest to students and scholars of media, communication, journalism, and beyond that are examining the topic of women, media, and sport.

lsu womens basketball practice: A History of LSU School of Medicine New Orleans Russell C.

Klein MD, Victoria Barreto Harkin Ma, 2010-08

lsu womens basketball practice: *Women of Color in Higher Education* Gaëtane

Jean-Marie, Brenda Lloyd-Jones, 2011-08-31 Focuses on African American, Hispanic American,

Native American, and Asian-Pacific American women whose increased presence in senior level administrative and academic positions in higher education is transforming the political climate to be more inclusive of women of color.

lsu womens basketball practice: *The Times-picayune Index* , 2000

lsu womens basketball practice: Sport and the Media Merryn Sherwood, Anthony Kerr, Ashleigh-Jane Thompson, Matthew Nicholson, 2025-05-26 Now in a fully revised and updated third edition, *Sport and the Media: Managing the Nexus* combines in-depth analysis of the rapidly developing sport media industry with a clear and straightforward guide to practical sport media management skills. The book explains how the media works, as well as the practical skills necessary to manage the communication process. It explores the commercial relationships that exist between media and sport organisations, as well as the shift towards in-house media production, and explains how to apply a range of tools and strategies to promote the message, brand and achievements of sport organisations. This updated edition includes three completely new chapters introducing the fundamentals of storytelling, the growing significance of social issues, and the diversity of job roles and careers in sport media. It also features expanded coverage of digital technologies and social media, as well as profiles of industry professionals. This is an essential textbook for any degree level course on sport and the media, sport media management or sport communication, and invaluable reading for any sport media or sport management practitioner looking to improve their professional skills. Additional resources include case diagnostics, tutorial plans, test bank, additional readings, and links to useful websites and videos.

lsu womens basketball practice: Why She Plays Christine A. Baker, 2008-12-01 An exploration of women in basketball.

lsu womens basketball practice: Sports and Recreational Activities for Men and Women Dale Mood, Judith Rink, 1991

lsu womens basketball practice: *Sylvia Hatchell* Roberta Teague Herrin, Sheila Quinn Oliver, 2021-07-07 As a young girl, Sylvia Hatchell longed to play little league baseball and, later, high-school basketball, but both were closed to her because she was a girl. In college, her world shifted when she discovered a passion for coaching that would lead her to become a Naismith Hall of Fame coach of women's basketball at the University of North Carolina at Chapel Hill. In this book, Coach Hatchell's life story unfolds against the backdrop of Title IX and women's struggle for equal opportunities in athletics. She celebrates triumphs (such as winning the 1994 NCAA Division I Women's Basketball Tournament) and weathers sadness and failure (such as the loss of her parents, surviving cancer, and being forced to resign from her dream job in 2019).

lsu womens basketball practice: LSU Law W. Lee Hargrave, 2023-07-26 From its founding in 1906, the Louisiana State University Law School has offered its students a truly distinctive legal education. Integrated programs in Louisiana's unique civil law, in Anglo-American common law and federal law, and in international and comparative law create a global law curriculum recognized for both its academic excellence and its outstanding teaching, research, and public service faculty. In *LSU Law*, alumnus and professor W. Lee Hargrave chronicles the first seventy years of this institution—from its opening classes to the death of its longtime dean, Paul M. Hebert, and its transformation into an autonomous Law Center. He reveals the faces and forces that have helped to create the special mystique surrounding the school and the significance attached to a law degree from LSU. After an initial discussion of the legal profession in Louisiana before the establishment of formal academic instruction, Hargrave maps the school's growth and development. He charts the organizational difficulties of the early years, reputation building in the twenties, politically influenced extravagance in the thirties, wartime challenges in the forties, return to normalcy in the fifties, steady growth in the sixties, and overcrowding in the seventies. Throughout, he explores all aspects of the school—its administrators and faculty, student body, shifting admission requirements, curriculum, grading system debates, influence on Louisiana's legal community and state government, and much more. He also describes how students lived and learned during each era and discusses the effects of outside people and events—including Huey P. Long, World War II, and the

civil rights movement—on the school. Hargrave tells the history of the LSU Law School in the context of changes that occurred in legal education throughout the United States, making his work of interest to legal historians and the national law school community. Alumni will also appreciate this detailed study of what has become a Louisiana institution.

lsu womens basketball practice: Same Players, Different Game John C. Barnes, 2025-04-15
2020 Foreword INDIES Book of the Year Awards Finalist for Adventure, Sports & Recreation In this thought-provoking new book, John C. Barnes examines the contemporary state of commercial college athletics as a guide for current and potential administrators, coaches, regents, and others involved in collegiate athletic operations and decision-making. Each chapter provides an overview of an industry shaped by such current realities as Title IX requirements, commercial investments, student testing, and television contracts. Barnes provides an accessible outline of the historical background and potential future of the commercial college athletics industry from a nonjudgmental perspective. Same Players, Different Game not only serves as a text and guide for governance and leadership but also as a primer for the economic and political realities of modern college athletics that students and sports fans will find fascinating.

lsu womens basketball practice: Illinois Media Guide, Women's Basketball , 2005

lsu womens basketball practice: Insiders' Guide® to Baton Rouge Cynthia Campbell, 2010-05-18 A first edition, Insiders' Guide to Baton Rouge is the essential source for in-depth travel and relocation information to the Louisiana's capital city. Written by a local (and true insider), this guide offers a personal and practical perspective of Baton Rouge and its surrounding environs.

lsu womens basketball practice: Longhorn Hoops Richard Pennington, Denton A. Cooley, 1998-01-01 Longhorn Hoops documents the history of basketball at the University of Texas. For men's basketball, Richard Pennington goes season by season, describing every game the Longhorns have ever played from 1906 to 1998. He does the same for women's basketball, except for the first two chapters, which cover longer spans of time leading up to the establishment of basketball as a varsity sport for women in 1974. Pennington demonstrates that Texas basketball, while always secondary to King Football, actually has a long and colorful history. Beside stories of games won or lost, points scored, and rebounds collected, Pennington recalls the orange-and-white stars of yesteryear--from Clyde Littlefield to Reggie Freeman--and brings the greatest teams to life, including the unbeaten Steers of 1924, the Final Four team of 1947, Harold Bradley's 1963 team, Abe Lemons' 1978 NIT champions, and Tom Penders' 1990 Longhorns. Perhaps the most interesting story in Longhorn Hoops is how Anna Hiss, director of women's physical education at Texas from 1921 to 1957, helped lead a nationwide movement against intercollegiate competition for women, which shut down UT women's basketball for several decades and made progress in the 1960s and 1970s much more difficult. Some determined co-eds got it going again, and, with the energy and direction of women's athletic director Donna Lopiano and coach Jody Conradt (whose teams have won more than 700 games), the Longhorns built a powerhouse program that reached its apex with an undefeated team in 1986, winning the NCAA championship with the heroics of freshman star Clarissa Davis. Basketball, as Pennington notes in his preface, is the most beautiful sport of all, and its history at the University of Texas has now been told. This comprehensive book features a foreword by Dr. Denton Cooley, the world-famous heart surgeon who helped the Longhorns win an SWC title in 1939.

lsu womens basketball practice: Museum Flack Steve Lott, 2025-09-04 In recent years, museums have found themselves on the front pages for all the wrong reasons. News coverage, once reserved for exciting exhibits or landmark donations, now shines a harsh spotlight on controversies-leadership disputes, funding flaws, political orders and an array of reputational crises. Two-thirds of museum leaders report feeling unprepared when facing journalists, with many describing their first media crisis as overwhelming and damaging. These stories, broadcast to national audiences, shape public perceptions in minutes, sometimes undoing years of careful work. The heart of the issue lies in a critical-and often overlooked-gap: while museum directors typically master museum administration, curatorial or educational work, few possess the training or

experience needed to respond to relentless media scrutiny. Nearly every museum, from the largest institution to local history centers, struggles with limited resources. This gap has led to missed opportunities for positive news coverage and, in some cases, public misunderstandings that have hurt careers and endangered institutional trust. Museum Flack arrives at this moment to fill the void—an essential guide for everyone from students entering the field to seasoned executives and board members. Drawing from lessons earned in high-stakes media campaigns in aerospace and technology, and enriched by illuminating museum-specific case studies, this book lays out exactly how museum professionals can:

- * Shape compelling narratives for the media
- * Turn crisis moments into opportunities for trust-building
- * Secure positive, national news coverage with thoughtful planning—not enormous budgets
- * Confidently navigate the modern media landscape, from newspapers to TikTok

Museum Flack unpacks the techniques behind headlines and empowers any museum professional to advocate for their institution, safeguard its reputation, and seize the media spotlight for all the right reasons. Every chapter offers step-by-step tactics and real-world examples, transforming complex communications challenges into clear, actionable strategies. The time to master museum public relations is now. Readers who embrace these lessons will champion their institutions, protect their legacies, and help museums thrive, even under the sharpest media lens.

Isu womens basketball practice: Dissertation Abstracts International, 1970

Isu womens basketball practice: *New York Court of Appeals. Records and Briefs.* New York (State).,

Isu womens basketball practice: The Big Dance Barry Wilner, Ken Rappoport, 2012-02-16 Covered by four networks, allowing every game to be televised, “March Madness” has become an American phenomenon. This is the story of the tournament, from its beginnings seventy-three years ago as an eight-team bracket to today's sixty-eight-team format—from Cinderella teams, to perennial powerhouses, to buzzer-beaters, upsets, and dynasties.

Isu womens basketball practice: Raise the Roof Pat Summitt, Sally Jenkins, 1999-10-05 It wasn't a team. It was a tent revival. So says Pat Summitt, the legendary coach whose Tennessee Lady Vols entered the 1997-98 season aiming for an almost unprecedented three-peat of NCAA championships. *Raise the Roof* takes you right inside the locker room of her amazing team, whose inspired mixture of gifted freshmen and seasoned stars produced a standard of play that would change the game of women's basketball forever. The 1997-98 season started innocently enough. One Saturday in August, four young freshmen--Semeka Randall, Tamika Catchings, Ace Clement and Teresa Geter--arrived on the Tennessee campus to begin their college careers. Welcoming them were a number of players from the previous year, including Chamique Holdsclaw and Kellie Jolly. But that night, in a sign of things to come, a simple pickup game turned into an amazing display of basketball brilliance--freshmen against established players, and with barely a shot missed by either side. Suddenly Pat Summitt glimpsed the future: fast, aggressive and hugely talented. This might be the team she'd worked her whole career to coach. As the season got under way, other dramas unfolded. After one emotional team meeting, Summitt realized that many on the team were playing for something more than just the glory of the game: all four freshmen, for example, came from single-parent homes, and the tough circumstances of the majority of the other players seemed to add an extra edge to their desire to win it all. Further, Chamique Holdsclaw, widely regarded as the greatest female player ever, was being dogged by questions about turning pro--and she seemed reluctant to rule it out. Meanwhile, another member of the team began to notice the unwelcome attentions of a fan, who soon turned out to be a full-fledged stalker. All this was behind the scenes; out on the court, the win column was swelling with every game: 8-0, 15-0, 21-0. As 1997 turned into 1998, Pat Summitt began privately to admit that this team had changed her: these kids were so lovable, funny and eager to please that she simply had to let them into her heart. Along the way, the Lady Vols were redefining what women were capable of, trading in old definitions of femininity for new ones--in short, they were keeping score. And by the time they entered the NCAA Final Four tournament in Kansas City, Summitt found herself believing the impossible: despite all the distractions, the 1997-98 Lady Vols could go undefeated, and, in doing so, raise the roof off the sport

of women's basketball. Packed with the excitement of a season on the brink of perfection and filled with the comedy and tragedy of one year in the life of a basketball team, Raise the Roof will have readers cheering from the bench for a team of all-conquering players and their astonishing coach.

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