

Coach Name: Ed Smith

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Team Name Delcastle Vocational-Technical High School Cougars

City, State Wilmington, Delaware

2007-2008 Record: 23-4 (14-0) - 2009 State Champions

About us this year (2008-2009): This year's defending State Champions return with a core of experienced senior and junior players that are lead by seniors Bianca Parker, Krista Hsu, and Lindsey Hsu. Bianca Parker is a versatile player whose leadership role is a key to this year's team. She is very quick, strong, and will play a forward or guard position. Krista and Lindsey Hsu, better known as the twins, have great floor vision and can shoot the basketball. With the Hsu The players to watch will be Shakera Wooten(Soph.), PeReisha Waters (Jr.), Tasheema Cephas (Sr.), DeShawn Wallace (Jr.) and Amber Lake (Fr.). Their defensive tenacity and pure hustle will turn up the excitement with this year's team.

The Cougars have a new coaching staff consist of Ed Smith (Head Coach), Tracey Howell (Assistant and JV Coach), and Margaret Crumety (Assistant and Freshmen Coach). Coach Smith and Coach Howell have high school and college coaching and playing experience. Ms. Crumety is experiencing her first year coaching basketball; however, she is a very accomplished high school and Division I college track athlete.

SCHOOL:	<b>Delcastle Vo Tech High School (Wilmington, DE)</b>
COACH:	<b>Ed Smith</b>
ASSISTANTS:	<b>Tracy Howell, Margaret Crumety</b>
CONFERENCE:	<b>Blue Hen Flight "A"</b>
NICKNAME:	<b>Cougars</b>
COLORS:	<b>Blue and Silver</b>

(H) num (A)	Player	Hgt	Pos	Grade
2	Lindsey Hsu	5-7	G	12
3	Regine Price	5-4	G	10
10	Tasheema Cephas	5-6	G	12
11	Krista Hsu	5-7	G	12
15	Ariel Morgan	5-6	G/F	12
20	Asia Haile	5-4	G	11
22	Deshawn Wallace	5-9	G/F	9
34	Bianca Parker	5-7	G/F	12
42	Gabriella Spitelli	4-5	G	9
44	Pereisha Waters	5-9	C/F	11
52	Tianna Lassiter	5-8	F	10
55	Brianna Williams	5-5	G	10