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Owego's Marhefka makes points as Athlete of the Week

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ALICIA MARHEFKA

* School: Owego

* Year in school: Senior

* Sport: Girls Basketball

* Notable achievement: In Owego's current four-game winning streak, Marhefka, a 5-foot-11 forward, averaged 16.5 points per game. Marhefka had 17 points, 16 rebounds, and five assists last Thursday at Johnson City. Overall, she ranks fifth in the Southern Tier Athletic Conference with a 15.7 scoring average.

* Athlete's perspective: "I trained with the BX Player Development program run by Rob Baxter," Marhefka said. "It's pretty intense, I worked with them in the summer and fall and I got stronger and I improved my conditioning, agility and basketball skills."

"I'm more of a post player than a perimeter player. My favorite move is the up-and-under. Defenders usually go up with the fake and foul me. Sometimes I get a (three-point play).

"We should do well in the sectionals. Hopefully we'll have a home court advantage. Before at the end of games we'd struggle, now the end of games is our strength. I really wanted to end my senior season with a winning record and so far (9-5 overall, 7-4 STAC) we've done that.

* Coach's perspective: "She's been stepping up in all dimensions of the game," Owego coach Scott Snyder said. "She's scoring more and setting up her teammates more. She has really developed an impressive all-around game."

"One of her biggest strengths is her versatility. On offense, she can play the guard or forward spot. On defense, she can defend girls that are bigger than her. She was working hard on her conditioning so that now she can guard quicker players."

"She gets most of her points in the interior. She has an array of low-post moves and she can break anybody down off the dribble. She's working on her perimeter shooting, she's improving by the day."

* Opposing coach's perspective: "She's relentless," Maine-Endwell coach Sonny Spera said of Marhefka. "She keeps coming at you and coming at you. She competes every second. If there is a rebound up in the air, she'll



Marhefka

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compete for that rebound. She gets up and down the court well and she makes players around her better.

"She doesn't have a weakness."

* Outside of sports: Loves comedy movies and listens to music. Her favorite musicians are Lupe Fiasco and Relient K.

* Immediate goal: To decide on what school to play college basketball.

* Long-term goal: Wants to go to medical school and become a child psychiatrist.

-- Robert B. Bonaparte





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