



**UCLA vs. FSU – November 29, 2019
Post-Game Press Conference**

Head Coach Amanda Cromwell's Opening Statement:

"It was obviously a great win, to come here and play a fantastic Florida State team- so well coached and organized. We knew from playing them earlier in the season that it was going to be a good tactical battle- a bit of a chess match. I think from that game to now you can see how much we have progressed. We were actually playing a different formation and I think they prepared for that and changed up some stuff they were doing. It was a fun game for us to watch our players adjust to some things Florida State was doing, we didn't prepare them for. And scoring early is huge. It helps so much because then the other team has to chase the game a bit and maybe get out of some of the tactical ideas that they want to do and go a little bit more direct at times. I think we defended really well, limiting them to two corners on the game. We limited their shots and I'm just really proud of the two next to me and the rest in the locker room."

On the significance of the three goal lead at the half:

"I would say the two goal lead is the scariest in soccer because a team with two goals tends to relax a little bit, and then a team gets one back. It was such a team effort to defend really well and stifle some of the ideas and some of the playmaking options. I think we took Zhao out of the game a little bit, Deyna out of the game a little bit. We limited their touches on the ball and any time those quality players don't have the ball it's good for us."

On being the first visiting team to win in Tallahassee in the NCAA Tournament in over a decade, and just the second team ever:

"Wow I didn't realize that. Wow second time ever. That is crazy. That speaks to the history here at Florida State and what a tremendous job Mark has done. That's huge. I didn't even tell that to the team after the game I will now. That's a great accomplishment. You know, coming across the country is tough. We were all about recovering and getting their massages and hydrating. Obviously this isn't- I lived in Florida for many years so I know a hot Florida day and this wasn't it but still, the sun is beating down on you a little differently here than California. I think it was hot for both teams but hotter for them as the goals went in. It's tough to find the energy when you're down three, four to nothing. Wow even more credit to our team to come in here and win that postseason game, and to go to the final four. Elite Eight games- I mean anyone at this point can win it all and I think we showed we are on the right track."

On the credit to the team for dominating a talented Florida State team:

Redshirt Senior Forward Chloe Castaneda:

"I think kind of speaking to that early goal that that really set the tone and I think our preparation for the game really prepared us well."

Freshman Midfielder Mia Fischel:

"I think as a team, even before the game, even before our flight, we were all in to the game and right when the whistle blew, we were all in."

Chloe Castaneda on what it means to be back in the college cup in her final season:

"Amazing. Especially playing Florida State, I think two years ago we played them and the score was 4-1 so it's amazing getting that shutout against them and coming back to the college cup especially in our home state. It is really, really, awesome."