

Big 12 Conference Women's Basketball Championship

Wednesday, March 5, 2025

Kansas City, Missouri, USA

T-Mobile Center

UCF Knights

Coach Sytia Messer

Kaitlin Peterson

Khyala Ngodu

Postgame Press Conference



Honorable Mention All-Big 12. I think she has done a lot for us as a university and as a team.

I could tell at breakfast, I knew she was ready. I reached over to get some salt to put on my omelet, and she said, "Coach, you don't need any salt." And I said, "For three years I've been eating it, now you tell me I don't need it." I could tell that her mind-set was ready by the way she warmed up and her mind-set today. So whenever she is leading and she is aggressive, it frees up other people.

This is the first game this season that we suited up healthy, the entire season. Now that we are healthy and we are getting some rhythm, I expect our team to be better. So great question.

Q. Kaitlin, how good does it feel to get that first Big 12 Tournament win out of the way?

KAITLIN PETERSON: It feels great. Last year we lost the first game. So being able to win this one feels really amazing.

SYTIA MESSER: I would like to add something, too. I'm very proud of our players, specifically the bigs. If you can look at our last four games, our bigs have stepped up. Khyala, 12 points and playing in foul trouble and getting key rebounds. We could not play without her. And what she has done and collectively our bigs, we're very proud of our guys.

THE MODERATOR: Thank you. Congratulations.

FastScripts by ASAP Sports

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THE MODERATOR: We are joined by UCF Head Coach Sytia Messer, student-athletes Kaitlin Peterson and Khyala Ngodu. Coach, if you could open with a statement, and then we will open questions.

SYTIA MESSER: Proud of the way that our players played today. We were very focused and collective as a team. And we know that we have a big game tomorrow, we're getting ready for Kansas State. Thank you.

Q. Coach, what do you think changed that allowed you to pull away in the third quarter?

SYTIA MESSER: I think we locked down on some defensive stops, and in transition offense we were able to finish. I know this young lady, back-to-back baskets in transition in the 4th quarter, that was key for us. I feel like that separated us with key stops.

Q. Kaitlin, obviously you took over in the third and 4th quarter. What changed mentality-wise that allowed you to take over that game?

KAITLIN PETERSON: Just knowing that this game could have been my last game so just going hard every possession and just, you know, not giving up.

Q. As a team what does Kaitlin's 30-point performance mean going into tomorrow and the rest of the tournament?

SYTIA MESSER: I think as a university, let's think about Kaitlin. Okay? We go to the Big 12, she comes in and leads the Big 12 in scoring last year. This year she was