

Q & A With Carol Schroeder

Carol Schroeder played varsity high school basketball at Bonita Vista high school all four years of high school. She was named Max Preps Player of the year all four years for the Lady Barons averaging 14.5 points and 10.6 rebounds a game. She was named 1st Team All-Mesa and an All State nominee her junior season. Carol just finished up her Junior year at Point Loma Nazarene University where she has been a key contributor in the success of two conference championship games as well as an NCAA tournament appearance her Freshman year. This season Carol averaged almost 10 points and 6 rebounds per game including 6 double doubles. We had a chance to catch up with Carol and ask her a few questions.

Sol: How long did you play for Sol?

Carol: I started in 5th grade and continued to play until my last summer available

Sol: Which coaches did you play for?

Carol: I started with Mrs. Coach Harris, and then I played for Mr. Coach Harris

Sol: Did you utilize any of the other classes Sol offers?

Carol: It was a bit of a commute from where I lived, so I did not get to do as much. I did go to skills and conditioning every once in a while and some individual lessons with Coach Turpin and Coach Harris. They were very helpful.

Sol: What was your first impression of Sol and did you enjoy it?

Carol: It was always really fun! I always felt like I was almost a part of their family as I played. They treat me just as if I was one of their own kids and not just a player. From the top down, the leadership was great on every team.



Sol: How did Sol help prepare you for the next level?

Carol: The system they have in place allowed me to be a very free player. I would have different teammates on each team, but I could still just be myself as a player. I was never forced to play any specific spot. Even now, I have specific jobs on my current college team but I play better when I have the freedom to just be me.

Sol: So obviously you chose Point Loma as your college. Did you have other options/offers you were thinking about?

Carol: Yes, I really liked the Masters College coach. It was between PLNU and Masters in the very end. Masters is more of a one church school though and Point Loma had other churches incorporated into the school. That was very important to me, which really helped my decision.

Sol: How did Sol help you with this decision?

Carol: I actually wanted to keep the recruiting process within my family, so I did not reach out for much help. I really wish I did though because I actually lost offers because of this. It is such a demanding process and I did not know much about it. It was so overwhelming being a 16/17 year old and having to almost be a businessperson. If I would have reached out for help, I think it would have made things so much easier for me.



Sol: Do you have any final statements you would like to make?

Carol: Sol is a fantastic program not just because of the basketball, but also because of the people there. Everyone within the program wants you to succeed not just as a basketball player, but also as a person in general. You and I both know that very few high school players make it to college. The character built within the program is so important and such a huge part of why I loved Sol. People seem to forget that this is not all about basketball and getting recruited. It is a way to build great people in this world with high character.

Sol: I couldn't agree with you more. Thanks so much for your time and good luck!