

■ **Who she is:** Lindsey Lyons, senior, Pennridge basketball

■ **What she's done:** Lyons scored a game-high 12 points last Friday as the visiting Rams defeated Souderton 43-34.

Lyons collected nine of her points during the first half and finished with two three-pointers for the Rams, who put an end to a five-game losing streak with the victory over the Indians.

■ **What's next:** Pennridge hosts Central Bucks West in a Suburban One League Continental Conference affair 7 p.m. Friday. The Rams then welcome Pennsbury to Perkasie 4 p.m. Saturday.

■ **What she said:** "We had a rough patch there for a while, but this is some big news for us, "It gets our confidence back up. I think we really needed this. It shows what we can do and how we can compete with the other teams in our league."

■ **What Pennridge coach Brooke Martin said:** "Lindsey Lyons played a great defensive game in the zone. She's got long arms and they're kind of deceiving. You don't realize how long they are until you try to make a pass. She can get a lot of steals that way."

■ **Honorable Mention:** Shelby Rinker (North Penn swimming); Kait Seelig (Christopher Dock basketball); Becky Gilpin (Wissahickon swimming).



LINDSEY LYONS