



## 2018 Saratoga Sparks Coaches

### 4 Orange & 7 Orange:

**George Pearson** is entering his 8th season as a coach for the Saratoga Sparks. He has also coached for South Colonie in their CDGBL program for the past 8 years. His focus on player development while keeping it fun for the girls has provided a positive experience for the players he has coached. He's excited to have the opportunity to coach this year's 2018 Saratoga Sparks 4th and 7th Grade Orange teams.

### 5 Orange:

**Sam Clifford** is an avid basketball fan having started his basketball career in the 6th grade where he continued playing the sport up until high school. He played through college at the intramural and collegiate rec level while focusing on his studies; upon graduation (and thrust into the "real world"), he always sought out leagues or other community programs to maintain his involvement with the sport. Sam always wanted to be a coach and when his daughters turned of age he jumped right in. His first team was at the Clifton Park Rec level where he coached 3rd & 4th grade girls' basketball for 2 years. After a successful run at the rec level he graduated to the CDGBL where he helped coached the Clifton Park 4th grade and 5th/6th grade Bidy B travel teams. During the off season, Sam was also heavily involved in the AAU circuit while becoming the head coach of the 4th grade (A team) for the Saratoga Sparks. He is currently finishing the 2017-2018 CDGBL season with the 5th/6th grade Bidy B team as he prepares to return as head coach for Saratoga Sparks' 2018 5th grade (A Team).

Sam has three active children and is very active in Clifton Park youth sports while having substantial coaching experience in soccer, softball, baseball, football, and basketball. He also holds a 2nd degree black belt in Tae Kwon Do and instills discipline, perseverance, and self confidence in all of his players.



## **5 Blue:**

### **Jaelyn Welch:**

#### **Education:**

Barton College, Bachelor of Liberal Studies- Sport Management and Health Education (December 2017)

#### **Playing Experience:**

Barton College Bulldogs, Wilson, NC

- Captain of team for senior season

Niagara County Community College Thunderwolves, Sanborn, NY

- Two-year team captain
- Second team All-American, First team All-Region, Conference leading scorer, and Freshman Player of Year

Colonie High School Raiders

- Four year varsity starter
- Team captain for senior season

#### **Coaching Experience:**

Assistant Coach- 7<sup>th</sup>-8<sup>th</sup> Grade Girls Colonie Youth Basketball, 2017-2018 Season

- Assists head coach in practice and game time situations



### **6 Orange:**

**Bobby Mesick**

### **6 Blue:**

**Denis Kelly** returns to Sparks for a second year after coaching the 5th grade Blue team last season. He has five years coaching experience which includes girls AAU, CYO basketball, skills and drills lessons and summer and fall leagues.



**6 White:**

**KATHLEEN (KATIE) MCGEE**

**HIGH SCHOOL (2004-2008)**

Nazareth Academy High School, Philadelphia, PA 19114

4-year Varsity Player, 3-year starter, 2-year Captain

**COLLEGE (2008-2012)**

Utica College of Syracuse University, Utica, New York 13502

4-year starter

3 Conference Playoff Appearances

1 NCAA Tournament Appearance (2<sup>nd</sup> Round)

2009-2010 Empire 8 Champions

*Career Statistics (97 Games)*

**MPG: 34.3, FG%: 40%, 3-PT.%: 40%, FT%: 80%, PTs/Game: 10.0,**

**Assists/Game: 4.1; Rebounds/Game: 3.5; Total Points: 910, Total Assists: 394,**

**Total Steals: 174**

**3<sup>rd</sup> All-time, Assists**

**5<sup>TH</sup> All-time, 3 Pointers made**

**VOLUNTEER ASSISTANT COACH**

Utica College Women's Basketball Team (2012-2013)

**JUNIOR VARSITY HEAD COACH/VARSITY ASSISTANT COACH**

St. Hubert's Catholic High School for Girls (2013-2014)

**CO-ED BASKETBALL LEAGUE COMMISSIONER**

Albany Law School of Union University (2015-2017)



**6 White:**

**ALYSSA M. FILKINS**

**HIGH SCHOOL (2005-2009)**

Maple Hill High School, Castleton, NY 12033

4-year starter, 2-year Captain

Best Defensive Player (2008, 2009)

**COLLEGE (2010-2013)**

Utica College of Syracuse University, Utica, NY 13502

3-year starter

2 Conference Playoff Appearances

MVP (2013)

Best Defensive Player (2013)

Career Statistics (72 Games)

**MPG: 30.4, Assists/Game: 3, Steals/Game: 1.5, Assist-Turnover Ratio: 1.2,**

**10<sup>th</sup> All time, Assists**

**15<sup>th</sup> All time, 3 Pointers Made**

**MAPLE HILL SPORTS ACADEMY**

Soccer Coach/Counselor (2009-2012)

**VOLUNTEER COACH**

Sacred Heart of Castleton CYO (2007-2009)



## 7 Blue:

**Madison Rowland** played professional basketball in Portugal, Prior to that she earned a basketball scholarship at Queens College and was selected as the 2017 NCAA Division II Conference Commissioners Association (D2CCA) Ron Lenz National Player of the Year 2017. Named East Coast Conference (ECC) Player of the Year and D2CCA East Region Player of the Year, as well as earning the NCAA East Regional Most Outstanding Player Award, and named the most outstanding player of the East Region tournament. She also earned a spot on the D2CCA All-America First Team, becoming a three-time All-American. Lead Division II with 4.7 steals per game and was fifth in the nation in scoring average at 21.9 points per game. She lead the country in steals per game for all four years of her college career. She was second in the ECC with a field goal percentage of 51.2, and she was in the conference with 10.3 rebounds per game. Rowland averaged 4.0 assists and 1.4 blocks per game as well. Lead the country in field goals made in 2017. She is the only player in NCAA history to officially record career totals of 2,000 points, 1,000 rebounds, 400 steals, 400 assists and 100 blocks. Additionally, she became the career leader in points and steals for both Queens and the ECC her last season. Rowland is currently in the top 20 in DII history with 2,356 career points and is among the top 5 in career steals with 497. She also became the first player in program history with 2,000+ points and 1,000+ rebounds for her career. Honorable mention-WBCA All American. Was the Met Writers player of the year for two of her four collegiate years, and made the first team all four years. Named WDIIB Preseason Top 25 players Poll, named to the Super 16 All-American Team, representing the East region. Prior to playing college basketball, she played AAU for the Saratoga Sparks.



## 8 Orange:

**Jim Shields** played collegiately at the University of Richmond where we averaged 20+ wins a season and made it to four post-season tournaments (2x NCAA, 2x NIT). Continued my playing career for 12 seasons spent between the NBA Development league and Europe – Germany, Greece, and Turkey. Coached in the top German men’s division for one season, and have been coaching youth girls basketball at the travel, CYO, and AAU levels for the past 10 years. Current board member of the Saratoga Sparks and also serves as the Director of Player Development.



**8 Blue:**  
**Brianna O'Dell**

## **EXPERIENCE**

**Clifton Park Girls Basketball, Clifton Park**— *Assistant Coach*

October 2013-January 2015

Helped coach the Bidy and Junior teams

**Saratoga Sparks , Saratoga Springs** — *Head/Assistant Coach*

May 2014-August 2016

Coached the 8th grade and helped coach the 6th grade teams alongside Rita and Coach Curtin

## **EDUCATION**

**Shenendehowa High, Clifton Park** — *HS*  
September 2003-June 2007

**RIT, Rochester** — *BS Marketing*  
August 2007-May 2010

## **PROJECTS**

**Individual Shooting Clinic**— *Form/Technique*

## **SKILLS**

Played the game of Basketball for over 20+ years

Coached the game of Basketball for 5 years

Held private clinics to help players with fundamentals

## **AWARDS**

**News Channel 13 All-Star**

**Suburban Council  
Exceptional Senior**

**Knights of Columbus Free  
Throw Champ 15U**

**Suburban Council All-Star**

**Empire 8 Second Team**

**Empire 8 Rookie of the Year**





## **8 Blue:**

### **J'Neil Sharpe:**

I began playing basketball around the age of 6 at the YMCA in Medina, NY where I fell in love with the game. I played Varsity basketball in 7<sup>th</sup> and 8<sup>th</sup> grade in Medina before moving to Elmira, NY where I played varsity basketball for Notre Dame High School and played AAU for the Crystal City Stars. After graduating from Notre Dame I played both soccer and basketball for Corning Community College where I was named to the National Junior College Athletic Association Region III All-Region Team and the Mid-State Athletic conference All Conference Team my freshman and sophomore years. I transferred from Corning Community College to the University at Albany and graduated with a BA in Psychology. I have coached in recreation leagues and most recently was an assistant coach with the i90 Elite AAU program based out of Syracuse, NY. I consider myself to be a mentor, coach and advocate for young athletes. I am happy to be joining the Saratoga Sparks family as an assistant coach to the 8<sup>th</sup> grade team as I feel this is the greatest age group to coach. 8<sup>th</sup> graders are at an age where we can make the biggest impact i.e. building their self-esteem, teaching the technical skills needed and fostering the work ethic they will need to set themselves apart from their peers as they enter high school and beyond.