

# Press Clippings - 3/7/2023

## – Daily Herald –

### **Fox All-Area Girls Basketball Captain: Alyssa Hughes, St. Charles North**

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**By Craig Brueske**

Last summer, St. Charles North girls basketball coach Mike Tomczak installed a new defensive strategy -- a full court pressing and trapping style -- with the hope it would translate into added offensive opportunities.

"We wanted to try something new," said Tomczak.

Alyssa Hughes entered her senior season as the North Stars' most experienced player, having started several games during her freshman campaign in 2019-2020, and leading the team in scoring during a successful 18-13 season a year ago.

"Alyssa had one of the best single seasons in North Star history last year, and we changed everything we were doing," said Tomczak. "It (style) was not what Alyssa had ever played before. But she bought into it -- and her teammates bought into it."

Hughes, who helped lead the North Stars to a school-record 26 victories and their first Class 4A regional championship in 15 years, has been named Captain of the Daily Herald's 2022-2023 Fox All-Area Girls Basketball Team.

The North Stars began the season with 6 consecutive victories, including their title-winning tournament at Burlington Central, where they outscored 4 opponents by a staggering 276-96 margin -- highlighted by an 83-20 win over **Larkin**, and a 68-34

championship triumph over the host Rockets.

To read the full article, click [here](#).