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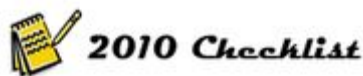
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Stars from adidas Spring Classic-West

By Chris Hansen
HoopGurlz

LAS VEGAS -- Bishop Gorman High School played host to the 32-team adidas Spring Classic-West tournament during the NCAA Certified weekend of action. The tournament wound down with some thrilling finishes led by some major prospects from the adidas circuit.

Our tip sheet looks at a few of the top performers in the first year of regionally-focused spring events for adidas Womanhood Girls Basketball.



[Ariel Marsh](#) of Chino Hills, Calif. is a 5-foot-8 point guard who is a bit unassuming, but she can definitely play. She is crafty and clever with the ball, but doesn't waste a lot of dribbles for show. There are definitely more athletic kids out there, but she has enough athleticism plus great basketball IQ to play at a high level. She can shoot the ball -- from a catch and shoot as well as off the dribble -- and changes speeds well enough to create space for her pull-up jumper. There are bigger names on her team, but she holds her own and makes the players around her better.

It is no wonder that Texas A&M jumped early on College Station's best player in [Karla Gilbert](#). The 6-4 post has all the tools to be a top-notch college post with size, strength, length, good hands, good balance and the ability to finish around the cup. The next evolution seems to be working from the high post, where she does a good job of finding the gaps and calling for the ball. More times than not she's going to attack the rim from there and would be an extremely tough guard, if she can prove herself from the elbow and short corners with her jumper. Defensively, she is capable of being a shutdown defender, if she wants to work at it. All the tools are there.



Karla Gilbert has good hands and is a very good rebounder.

[Brittany Wilson](#) is the next player in the long line of Division I-caliber guards to don a Long Beach Poly uniform. Both she and her twin sister [Ashley Wilson](#) are tremendous competitors. Brittany did everything she could in the championship, including scoring 20 points, to will her team to victory. She's been considered a strong college prospect for several years, but has really elevated her play on both ends of the floor. Her teammates feed off of her and her intangibles are as impressive as her basketball skills.

Gilbert wasn't the only post showing off in Vegas. Minnesota Stars post [Cassie Rochel](#) has really improved her game from a year ago and she was a nice prospect then. She has been much more aggressive and plays through contact against posts of similar size. The 6-4 Lakeville, Minn. native has improved by leaps and bounds in the physicality department. She's not reached bruiser status yet, but with her solid footwork and pivots as a foundation she will be in high demand.

Good things can come in small packages, especially if you covet speed and quickness. **Len'nique Brown** of San Antonio, Texas is bursting at the seams with speed and quicks. She is shifty with the ball and accelerates from stop to full speed as well as anyone. She has a knack for slipping into the smallest seams in the defense and rarely loses her balance, allowing her to keep her eyes on the action and ready to make a play. She has figured out that attacking the defenders' hips allows her to open the defense up on her first move. As a break-down point guard, she is fantastic and her aggressive, feisty play on defense negates a lot of the size issue.

A lot has already been written about Oregon Reign guard [Shoni Schimmel](#). She has the swag and flare that few others have. Last year, it was [Samantha Prahalis](#) who was the resident entertainer and you can ask the Big Ten conference how the Ohio State freshman's game translated to the college level. The catch here is that Schimmel is bigger at 5-10 and has a strong frame. She can create separation from any defender with her creative handle and she has no problem raising up for a jumper from anywhere on the court, once she has created that space. What is holding her back right now is getting into elite athlete level conditioning. She was injured late in her high school season and is still getting that part right. She isn't afraid to take big shots, no matter how well she is shooting prior.

[Meighan Simmons](#) can flat out play. The Cibolo, Texas native is a fierce defender and has no problem carrying her team to the finish line. She plays with an intensity that you can read on her face with her trademark scowl. She does a great job threatening the defense with jab-steps to create space and she elevates high and releases quick on a shot that is good to 20-feet or more. The TeamXpress star may not have prototypical size for a shooting guard at 5-8, but that's not stopping all the big dogs from recruiting her.



Shoni Schimmel has a great handle and isn't afraid to take the big shot.



2011 Checklist

If you covet athleticism, then you need to see FBC's [Karina Alofaituli](#). The 6-foot wing forward from Newbury Park, Calif. has a great basketball body with strong shoulders and a strong lower body, which fuels her attacking style of play. She loves contact and isn't afraid to catch an elbow or two to get to a loose ball or rebound. She elevates well off one foot or two. She possesses strong change-of-direction moves and once she beats a defender she attacks their body to continue the punishment.

[Keiana Vines](#) stands 6-4 and eats up a lot of space in the paint. The Oxnard, Calif. resident has soft hands and touch on her finishes. She dominates smaller opponents and needs to take that attitude to the floor with her when she plays against other elite posts. The OC Elite post has a ton of upside and can be as good as she wants to be.

[Krystal Forthan](#) might be the best athlete in the country. The Oregonian is 6-4 and plays the game above the rim. She poses so many matchup problems opposing coaches probably lose sleep. She has yet to really push herself to be as great as she could be, but she's just a sophomore. She is shooting the 3-ball now and though her form ends with a relatively low release and trajectory, she makes a decent amount of those shots. She is a handful attacking the rim, especially from the high post and she can finish off-balance shots, sometimes at a higher percentage than shots when she is squared up.

[Jude Schimmel](#) doesn't get the hype her sister does. She's five inches shorter, but if you overlook her she'll do exactly what she did this weekend by hitting clutch, game-winning shots. The feisty combo guard has a lot of confidence and quickness to break down defenders. Much like her sister, she doesn't let a couple of misses stop her from taking open shots. Her strength may be her limiting factor in terms of what level of college ball she can play. She's fearless so adding that extra strength will allow her to convert on a higher percentage of her dribble-drives into the heart of the defense.

Houston Elite's [Rachel Mitchell](#) ought to be on USA Basketball's list of invitees for the U16 trials next month. She is listed at 6-6 and her arms seemingly go on for miles. She has a lean build with good agility and her potential as a defensive impact player alone should have scouts very excited about this Texan. Having played with and against [Kelsey Bone](#) and Gilbert she has been tested early in her career.

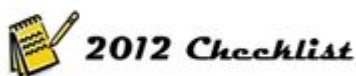
At 5-11, [Emily Ben-Jumbo](#) of the Oregon Reign isn't your average forward. This kid is a workhorse on the court, using heart and passion to play with players several inches taller. She is a tough rebounder and a passionate defender. She gets a lot of her offense on second-chance buckets and hustle plays, which is perfect for a team with two bona fide super stars. Ben-Jumbo is the glue that turns a talented bunch into a winning bunch.



Karina Alofaituli isn't afraid of contact.



Rachael Mitchell has tremendous upside on defense.



In the modern game, a point guard with good size is anywhere from 5-8 to 5-10. So how excited are recruiters to see 6-foot [Courtney Williams](#) running the point for Houston Elite? Ecstatic may be the accurate

description. Her ground-breaking size doesn't stop with height because this youngster has a college-ready frame already. What's most impressive about this Houstonian is that her size doesn't go to waste. She wastes no time bodying up a smaller defender and has no problem walking an overmatched defender all the way down to the paint to score it. She has some shake to her handle and good quickness, which is scary given her size and physicality. She's going to need to prove herself from the 3-point arc and cut down on the turnovers, but nobody is going to pass on this kid.

Discuss this on our [Message Board](#)

Chris Hansen is the National Director of Prospects for ESPN HoopGurlz and covers girls' basketball and women's college-basketball prospects nationally for ESPN.com. A graduate of the University of Washington with a Communications degree, he has been involved in the women's basketball community since 1998 as a high-school and club coach, trainer, evaluator and reporter. Hansen can be reached at chris.hansen@espn3.com

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