Learning more about freshman forward Caya Williams

Mt. Juliet native recaps her experience at MT so far

October 10, 2012 · @MTAthletics

GoBlueRaiders.com will feature question and answer sessions with members of the 2012-13 Middle Tennessee Women's Basketball team throughout the season.

In Wednesday's edition, GoBlueRaiders.com visited with freshman forward Caya Williams from Mt. Juliet.

As a Lady Bear, Williams averaged 20.3 points and 8.3 rebounds a game, while collecting 57 percent of her field goals. According to ESPN Hoopgurlz, she was ranked No. 31 nationally at her position.
Williams talked to GoBlueRaiders.com about her MT experience so far and what she expects to gain over the next few years.

Q: How has the transition from high school to college been for you?

A: It's hard transitioning from high school to college. It's basically all new. I have to get used to waking up earlier than normal.

Q: Why did you decide to attend Middle Tennessee?

A: I like that it's close to home (Mt. Juliet). I also love Coach Insell's approach to the game.

Q: You are from the same town as former MT student-athlete Alysha Clark. How has her career helped motivate you?

A: I have followed her career ever since she was Mt Juliet. I try to imitate everything she has done. While I am here at Middle Tennessee, I hope I can continue to emulate her success.

Q: What are your goals over the next few weeks?

A: I plan to continue to adapt and get stronger and hope that Coach Insell gets the best out of me.

Q: What do you like to do in your spare time?

A: I love hanging out with my family and play tennis.

Q: What is something you can't do without?

A: My Bible. I look at John 3:16 when I need inspiration.

Q: Who has motivated to you be successful?

A: My grandmother really helped me get to this point. She helped during my entire life to get me to where I am now.

Printed on March 12, 2014
Original URL: http://www.goblueraiders.com/content.cfm/id/63271