

5 - RACHEL SEYLER

Height: 6-0
Year: SENIOR
Position: POST

2018-19 OUTLOOK—Unfortunately, Rachel suffered a season ending knee injury in preseason workouts. She continues to be a valued member of the team, even coaching the Lady Dragons in fall league games in September. She is among a select group of players in the history of the Lady Dragon program to be a member of the Varsity all four years at Carroll.

2017-18 (JUNIOR) — played in two games, averaging 5 points per game, before sustaining a season ending knee injury ... scored 8 points, on 4 of 6 shooting, in a 72-35 win over Arlington Sam Houston

2016-17 (SOPHOMORE) — played in 29 games, scoring 98 points (3.4 per game) with 151 rebounds (5.2 per game), 46 assists, 51 steals, and 8 blocked shots ... career high 8 points, 10 rebounds in 41-30 win over Everman ... career high 12 rebounds in season opening 55-35 win over Keller Central ... grabbed 9 rebounds vs. Richland and Lewisville ... career high 6 steals vs. Richland and Hebron

2015-16 (FRESHMAN) — made varsity debut on December 28 vs Brock, playing in the final 12 games of the season ... scored 13 points with 26 rebounds, 14 assists, 9 steals and 2 blocked shots ... scored 4 points in a 44-35 win over Coppell ... grabbed 7 rebounds in a 49-29 win over Haltom ... 71% free throw shooter

RACHEL'S REFLECTIONS

- Born in Orlando, Florida and became a Dragon in Pre-K at Carroll Elementary
- Favorite sports team she ever played for was freshman year “when we only lost one game.”
- Favorite school subject is science — “always been interesting to me”
- Favorite teacher ever — Zach Clapperton, 7th & 8th Grade Animal Science Teacher at Dawson Middle School
- Favorite athletes — USA Softball Player of the Year Rachel Garcia of UCLA and Carroll volleyball player Raven Rolle
- Favorite entertainer — Donald Glover
- Favorite movies — Baby Driver and Ferris Bueller’s Day Off
- Favorite TV show — The Office
- National Honor Society and Success Scholar
- Likes editing/making videos and water polo
- Would like to major in science at UC-San Diego, UC-Davis, University of Colorado, or University of Texas

- Career ambition — “doing research in whatever science field I pick”

12 - CAITLYN DeNICOLA

Height: 5-6
 Year: SENIOR
 Position: GUARD

2018-19 OUTLOOK — The lone senior on the active roster, Caitlyn has earned respect and playing time with a determined work ethic. She is expected to play a key backcourt role on the court, and will provide leadership for her younger teammates.

2017-18 (JUNIOR)—played in 14 varsity games, scoring 20 points with 6 rebounds, 4 assists, and 4 steals...shot 90% (9x10) on free throws and 50% (3x6) on 3-pointers ... scored a career high 4 points on 3 separate occasions, against Saginaw Boswell, Irving, and Arlington Sam Houston.

CAITLYN’S COMMENTARY

- Academic All-District (9th-11th grades), Most Improved Player (2015-16), Most Valuable Player (2016-17), Heart of Texas Showcase All-Tournament (2018)
- Favorite sports team she’s played on was Texas Elite Jones—“I got to connect with girls outside of school and travel to lots of states to compete against high competition.”
- Born in Chicago but raised in Southlake, started attending Carroll ISD in Kindergarten
- Favorite subject is Chemistry—“I actually loved learning about the subject and understood the material.”
- Favorite teacher is Brock Kingsley, 12th grade Dual English Professor—“He lets us express and discuss topics that are important to myself. All about self expression.”
- Favorite athlete is Australian professional basketball player Liz Cambage, WNBA Dallas Wings All Star—“She is a very strong, independent woman and player who is not afraid to be herself. She is unapologetically her.”
- Favorite entertainers are American rock band Panic! at the Disco, singer/songwriter/actor Adam Lambert, Christian pop duo For King and Country, and singer/songwriter Billie Eilish
- Favorite TV shows are The Vampire Diaries, Atypical, Glee, and The Fosters
- Favorite movies are The Great Gatsby, Jurassic Park, and all Marvel movies
- Wants to study sports management at one of three colleges: University of Colorado-Colorado Springs, Chapman University, or Eastern Connecticut State University

- Dream job: WNBA President or the first woman General Manager of an NBA team
- Loves music, worship at church, and weightlifting
- White's Chapel United Methodist Church Student Leader
- Daughter of Michael & Susan DeNicola, brother Brandon is a Carroll graduate studying aerospace engineering at Cornell University, sister Adele is a student at the University of Minnesota Graduate School for Neuroscience, and brother Dylan is a junior at Carroll Senior High.

23 - ASHLEY STELLING

Height: 5-10
 Year: JUNIOR
 Position: POST

2018-19 OUTLOOK — In her first season on Varsity, Ashley is expected to continue to develop her skills as a 4-5 player. Her positive attitude, determined work ethic and intelligence, make her a respected and valuable teammate. She provides a physical inside presence in the middle of the Lady Dragon defense and on the boards.

ABOUT ASHLEY

- Born in Dallas and has been a Carroll Dragon ever since Kindergarten
- Academic All-District Basketball, Vacation Bible School volunteer
- Favorite sports team she ever played on was the Saints soccer team—“We were the best in our league, and I was surrounded by my friends.”
- Favorite subject is English—“I am a good writer, and I enjoy some of the books/stories.”
- Favorite teacher ever was Senor Timothy Hamilton, Dawson Middle School 8th Grade Spanish Teacher—“He made Spanish fun even though it was very hard.”
- Likes basketball, shopping, hanging with friends and family, and going on social media
- Favorite entertainers are Post Malone, Khalid, and Billie Eilish
- Favorite TV shows are Big Brother, Friends, The Office, and Atypical
- Would like to attend the University of Oklahoma, Arkansas, or Texas A&M and wants to be a teacher or physical therapist
- Brother, Logan Stelling, is a 2018 Carroll graduate and was a National Merit Finalist, starting left guard on a Dragon football team that advanced to the state quarterfinals in 2017

- “I love my dog, Jake.”

21 - CLAIRE REYNOLDS

Height: 6-0
 Year: JUNIOR
 Position: GUARD

2018-19 OUTLOOK—Back for her junior season, Claire will be one of the mainstays of the Lady Dragon program. She possesses leadership qualities, a selfless team-first attitude, and a basketball aptitude that make her one of the most respected members of the team. She’s a scoring threat both inside and from beyond the 3-point line.

2017-18 (SOPHOMORE)—played in 14 non-district varsity games, scoring 55 points (3.9 ppg) with 27 rebounds ... scored a career high 11 points, including three 3-pointers, against Colleyville Heritage ... tallied 8 points on three occasions, vs. Keller Central, South San Antonio, and Grapevine ... grabbed a career high 4 rebounds twice.

2016-17 (FRESHMAN)—played in 26 varsity games, scoring 50 points with 41 rebounds, 15 assists, 12 steals, and 9 blocked shots ... scored a season high 6 points four times ... shot a team high 36% (15-of-42) from 3-point range on the season.

CLAIRE’S CLIPS

- An Academic All District selection and an Honor Roll student in her third year of Varsity Basketball. As a freshman in 2016-17, she had the Lady Dragons highest 3-point shooting percentage (36%).
- A native Texan and Dragon legacy who first started attending Carroll schools in Kindergarten. Her father, Mark Lafavers, played basketball for the Dragons, grabbing a school record 376 rebounds in 1980-81.
- Favorite team she has ever played on is Lady Dragon Basketball. “We are family,” Claire said, “and we have each other’s back when it matters.”
- Math is her favorite subject in school because “if you have the right formulas, you’re guaranteed to get the right answers.”
- Favorite teacher ever is Coach Kristie Mauldin, her 11th grade U.S. History teacher. “She helps me understand history, which was my worst class every year before now.”
- Loves to play basketball, draw, and listen to music. “Friends” is her favorite TV show.
- Would like to follow in her brother and sister’s footsteps and attend Baylor University, where she would like to major in Psychology or Engineering. She says, “I would love to have a career where I can help people.”

- “I want to thank my family for all the support and love they give me.”

32 - JILLIAN SOWELL

Height: 5-10
 Year: JUNIOR
 Position: SHOOTING GUARD

2018-19 OUTLOOK — A third year starter, Jillian is the most experienced player on the roster and should emerge as one of the leaders of the team. She possesses an all-around game that continues to blossom on both ends of the court. Counted on for her tenacious defense, Jillian has the potential to become a cornerstone player.

2017-18 (SOPHOMORE)—played and started all 34 varsity games, scoring 287 points (8.4 ppg) with 133 rebounds (3.9), 33 assists, 31 steals, and 12 blocked shots...shot 76% (47x62) from the free throw line, and 31% (26x83) from 3-point range ... scored a career high 20 points in the season finale February 6 against Flower Mound ... tallied 19 points on 7-of-10 shooting in a 53-38 win over Haslet Eaton on December 29 ... averaged 14 points per game during Carroll’s season high 6-game win streak (Dec 28-Jan 9), including 3 straight 16-point games against Denton Ryan, Hurst Bell, and Hebron ... shot 58% (34x59), including 47% (9x19) from 3-point range, during the 6-game win streak ... scored 15 points, including 7-of-8 from the free throw line, at Colleyville Heritage ... scored in double figures in 14 games ... had a season high 10 rebounds against Lewisville.

2016-17 (FRESHMAN)—played in 30 varsity games, scoring 169 points (5.6 ppg) with 52 rebounds (1.7), 13 assists, 21 steals, and 9 blocked shots ... shot 64% (23x36) from the free throw line, and 27% (6x22) from 3-point range ... scored a season high 15 points in a 55-22 win over Hebron on Feb. 3 ... scored 12 points in 2 games and 11 points on 3 occasions, including in her 1st career game on Nov. 4, a 55-35 win over Keller Central ... scored in double figures in 6 games ... had a season high 5 rebounds against Keller Central.

JILLIAN’S JEWELS

- Born in Florida but made it to Southlake in time for 3rd grade at Johnson Elementary School
- Favorite basketball team she has played on is her AAU team, Texas Elite— “I have so many memories with so many people.”
- Math is her favorite subject— “It is fun and so easy.”
- Favorite teacher ever is Mrs. Susan Anders, her 4th Grade Language Arts Teacher at Johnson Elementary, who happens to be Lady Dragon Head Coach Robyn McCoart’s mother— “I had so much fun every day.”

- Loves shopping, hanging with friends, spending time with family, playing basketball, watching YouTube and Netflix; active in church youth group and Fellowship of Christian Athletes
- Favorite entertainers are Magicians, Migos, Drake, and myself
- Favorite movies/TV shows are Matilda, Spongebob Squarepants, Grey's Anatomy, Meteor Garden, and Glee
- Would like to attend Tulane University (her mother and father's alma mater) or the University of San Diego...interested in a career in sports marketing or accounting.
- Mother, Kim, was a 3-year starter on Tulane University's basketball team, ranking 7th on the school's career rebounding list, averaging 12 points/8 rebounds per game on Tulane's 1st NWIT team in 1994 and 13 points/7 rebounds on the Green Wave's 1st NCAA Tournament team in 1995
- Father, Jerald, played fullback for 10 years in the NFL, spending 9 seasons with the New York Jets where he had 47 receptions in 2004. He amassed 3006 rushing/receiving yards and 14 career TDs at Tulane, holding the school record with a 98 yard TD run in his first college game against Alabama on Sept 4, 1993
- "I'm very funny and a sweet person!!"

14 - SARAH GOODMAN

Height: 6-0
 Year: JUNIOR
 Position: POST

2017-18 OUTLOOK — In her first season on Varsity, Sarah has shown promise as she develops as a 4-5 player. She has a bright future as a Lady Dragon and has already earned the respect and admiration of her coaches and teammates with her intelligence, positive attitude, desire and work ethic.

GOODMAN'S GOODIES

- Born in Grapevine and has attended Carroll schools since Pre-K
- Favorite teams ever are rec softball teams her dad coached
- English is her favorite subject—"I love to write."
- Favorite teacher is Coach Richard Prather at Dawson Middle School—"He taught 8th Grade Health class. We had dance parties in his class."
- Youth Ministry Leadership Team, National Honor Society, ASTRA (Ability, Service, Training, Responsibility, Achievement)

- Favorite athlete is Odell Beckham Jr.—“He has major swag.”
- Favorite entertainers are Harry Styles and Drake
- Favorite TV show is The Office and favorite movie is Napoleon Dynamite
- Wants to be a lawyer or businesswoman and is undecided on which college she would like to attend
- Loves listening to music, spending time with friends and family, church activities, and volunteering
- One brother and two sisters

2 - ALLYSON MEDICI

Height: 5-9
 Year: JUNIOR
 Position: GUARD

2018-19 OUTLOOK — A versatile, all-around athlete, Allyson will fill a valuable role on the team on both ends of the court. A hard worker with a positive attitude, she is an athletic, slashing penetrator with a quick release who can provide instant offense. She is expected to log key minutes at guard.

2017-18 (SOPHOMORE)—played in 2 varsity games, scoring 10 points (5.0 ppg) with 3 assists, 1 rebound, and 1 steal...shot 71% (5x7) from 2-point range ... scored a career high 8 points on 4-for-6 shooting in a 72-35 win over Arlington Sam Houston on December 28, 2017.

MEDICI'S MUSINGS

- Born in Massachusetts but arrived in Texas in time to be a Carroll Dragon in Kindergarten ... first started playing basketball in 2nd grade
- Favorite sports team she ever played on was the rec league basketball team her father coached— “I loved having my dad there supporting me.”
- National Honor Society
- Math is her favorite subject— “I love math and have always been pretty good at it.”
- Favorite teacher was Shatina Lewis, currently Assistant Principal at Dawson Middle School— “She wasn’t my personal teacher but she was my coach freshman and sophomore years. She was always there for me on and off the court.”
- Favorite athlete is former Lady Dragon Kennedy Leonard, a 2-time All-Pac 12 guard at the University of Colorado, because “she went to Carroll and is a hard worker.”
- Favorite movies are the Harry Potter series and The Sound of Music

- BIG part of her life is her church youth group at Southlake Baptist Church— “I like hanging with friends, being a part of my church youth group, playing basketball, and spending time with my family.”
- Wants to study Civil Engineering at Clemson University, her father’s alma mater, and eventually wants to work with him
- Father, Jeffrey Medici, is a real estate developer, and mother, Pamela Medici, is a dentist. Sister, Anna Medici, is 14 years old and also plays basketball—“my best friend”
- Loves Pizza!

4 - BRITTNEY FLEXER

Height: 5-9
 Year: SOPHOMORE
 Position: POINT GUARD

2018-19 OUTLOOK—After making her varsity debut one month into her freshman season, Brittney is expected to earn starting duties at point guard her sophomore season. A heady playmaker with a high basketball IQ, she should quickly emerge as a team leader, gritty competitor and key distributor of the basketball.

2017-18 (FRESHMAN)—played in 17 varsity games, scoring 62 points with 31 rebounds, 23 assists, 20 steals, and 3 blocked shots ... shot 62% from the free throw line (13x21) ... scored a career high 12 points in a 72-35 win over Arlington Sam Houston ... made her varsity debut on December 8, 2017, scoring 9 points in a 46-43 win over Euleless Trinity.

BRITTNEY’S BIO

- Born in Colorado but got to Texas as quickly as she could, attending Kindergarten at Johnson Elementary School
- Favorite sports team ever was The Hoopsters—“I had the opportunity to play for my dad and with my two older sisters,” Brittney said. “This was the first basketball team I had ever been a part of.”
- Loves teaching Sunday School at White’s Chapel United Methodist Church and listening to music
- Favorite entertainer is country music singer/songwriter Thomas Rhett, and “Friends” is her favorite TV show.
- Inspired by her mom, she would like to pursue a career in nursing— “My favorite subject is biology. I would love to be a nurse when I’m older, and I enjoy learning about the human body.”
- Brittney’s dream is to play at Ohio University, where her dad was a football player.

11 - KAELYN RILEY

Height: 5-7
Year: SOPHOMORE
Position: GUARD

2018-19 OUTLOOK

A versatile, energetic two-sport athlete, Kaelyn is expected to emerge as a valuable asset in all phases of the game. Her quickness, athleticism, determined attitude, work ethic and selfless approach will serve the Lady Dragons well in her first season on varsity.

RILEY RAMBLINGS

- Born in Texas and started attending Old Union Elementary School in Kindergarten
- Church volunteer and participated in SASO (Scholar Athletes Serving Others)
- Favorite sports team ever is her club soccer team—"I have lots of friends on the team with me."
- Algebra is her favorite subject—"It's easy to understand, and I am good at it."
- Favorite teacher ever was Mrs. Mary Grice, her 4th Grade Math Teacher at Old Union—"She was always nice, positive, and very motivating."
- Favorite athlete is US National Soccer Team Co-Captain Alex Morgan—"She is nice and very good at soccer."
- Favorite entertainers are magicians—"They are funny and mysterious."
- Favorite TV shows are on Food Network—"I love the cooking competitions and I like to cook."
- Plays soccer and basketball and enjoy art such as painting and drawing
- Interested in a career in nursing or interior or exterior design but haven't decided on a college
- Sister is a dancer and a cheerleader
- Dog named Georgia

24 — KALILA FAMBRO

Height: 5-10
Year: SOPHOMORE
Position: POST

2018-19 OUTLOOK—In her first season on varsity, Kalila is expected to bring support minutes to the forward positions. An intelligent, athletic hard worker with loads of potential, she has an exciting future as an integral part of the Lady Dragon program.

THE FAMBRO FILE

- Born in Dallas and moved to Southlake in 3rd grade
- Favorite sports team ever is Pro Skills Basketball—“The culture and skills are great.”
- Math is her favorite subject—“I have always been good at it.”
- Favorite teacher ever was Mrs. Holland, Eubanks Intermediate School 6th Grade History Teacher
- Interested in interior design and aspires to have a career in architecture
- Favorite athlete is Serena Williams
- Favorite entertainers are singers—“I like music.”
- Favorite movie is Jurassic Park and likes Food Network
- Church Volunteer
- Father, Kenneth Fambro, Vice President of Integrated Real Estate Group, was a track star at the University of Alabama, earning All America honors in the 110 meter hurdles (13.74) at the 2000 NCAA Outdoor National Championships and in the 60 meter hurdles (7.96) at the 1999 NCAA Indoor National Championships
- Mother, Irimi Fambro, an ordained pastor, interior designer and author of the book Made For More, ran track in high school
- Younger brother, Kenneth, plays golf

33 - JORDYN SOWELL

Height: 5-8
Year: SOPHOMORE
Position: FORWARD

2018-19 OUTLOOK — Coming off a stellar freshman season on varsity, Jordyn has a very bright future as a Lady Dragon. A fearless, rugged competitor with a sunny disposition, she is expected to play a vital role on offense, defense and rebounding.

2017-18 (FRESHMAN) — Played in all 34 varsity games, scoring 107 points (3.1 ppg), with 121 rebounds (3.6), 40 assists, 33 steals, and 7 blocked shots...shot 70% (33x47) from the charity stripe ... scored a career high 12 points, on 6-of-8 shooting, and grabbed a career high 9 rebounds in a 55-51 win over

South San Antonio in just her second career game in the Colleyville Heritage Tournament ... scored 9 points, hitting 5-of-6 clutch free throws down the stretch, in a key 50-47 district win over Lewisville ... nabbed 5 or more rebounds in 12 games ... a stalwart defender, Jordyn made 5 steals in a 72-35 win over Arlington Sam Houston ... came up with 3 steals in two other games, a 39-29 win over Nolan Catholic and a 46-43 win over Euless Trinity.

JORDYN'S JOURNAL

- Born in Florida and moved to Texas in time for 2nd grade at Johnson Elementary School
- Favorite sports team ever is her AAU team, Texas Elite—"We were ranked."
- Likes her dance class—"I am the best in the class."
- Favorite teacher ever was Coach Van—"He made 7th grade History so much fun."
- Favorite athlete is Michael Jordan—"We have Jordan in our name, and we are both awesome."
- Favorite entertainer is Jordyn Sowell—"Because I am very funny with my jokes."
- Favorite movies are Flushed Away and All The Spy Kids ... favorite TV shows are Meteor Garden, Impractical Jokers, Greenleaf, Amazing World of Gumball, Regular Show, and Glee
- Would like to go to any college who offers a scholarship and wants to study business—"I'm just going with the flow for now."
- Mother, Kim, was a 3-year starter on Tulane University's basketball team, ranking 7th on the school's career rebounding list, averaging 12 points/8 rebounds per game on Tulane's 1st NWIT team in 1994 and 13 points/7 rebounds on the Green Wave's 1st NCAA Tournament team in 1995
- Father, Jerald, played fullback for 10 years in the NFL, spending 9 seasons with the New York Jets where he had 47 receptions in 2004. He amassed 3006 rushing/receiving yards and 14 career TDs at Tulane, holding the school record with a 98 yard TD run in his first college game against Alabama on Sept 4, 1993