

## **FSU Preps For NAAs; Looks To Continue Special Season**

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TALLAHASSEE, Fla. -- Ask Florida State women's golf coach Amy Bond about her team's season.

Without hesitation, she'll say this season has been the best she's had during her seven years at the helm, by far. It's certainly been an impressive season, so far. The No. 6 Seminoles have won six events over their fall and spring schedules. They placed third in the NCAA Regional Championships in Columbus and four Seminoles earned All-ACC honors.

Plus, Bond was named ACC Coach of the Year for the first time in her career after the Seminoles placed second in the conference championships, the team's highest finish since 1999.

The season is not over yet. The Seminoles are gearing up for the NCAA championships, which will be held starting Friday at Rich Harvest Farms in Sugar Grove, Ill. FSU is one of 24 teams participating in the finals.

"Special is the right word for it," Bond said about the season. "It's rare where you get six wins in a season, especially six wins in nine events. It's a special group of girls who really motivate each other every single day they come out to practice.

"It's been wonderful as a coaching staff to just kind of watch them grow and grow with each other where they're really building momentum each and every time out."

FSU hasn't finished lower than fourth as a team in any event so far this season.

"You want to just keep it going," she said. "Every week is different. Every field is different. Every course is different. We really just have to go in there, play the golf course, learn the golf course. Typically for us, the more rounds we get on the golf course, the better we get.

"We're just looking to ride that momentum and see what happens."

Bond said winning ACC Coach of the Year was something special to her, but she gave the credit to the team she coaches and the staff she works with.

"The players are making me look really good as a coach," Bond said. "It's very special and exciting to be Coach of the Year because there's a lot of great coaches in the ACC. It's something that I'll cherish forever."

Junior Morgane Metraux, who is ranked No. 23 in the country and was named to the All-ACC team, said at this point, the Seminoles are just trying to keep the magic of this season going.

Seniors Matilda Castren and Lydia Gumm, along with junior Kim Metraux (Morgane's sister) were also named to the All-ACC team.

"We've had six team wins and five individual wins," she said. "That doesn't happen very often so we've cherished every one of them. We give our best every single week to try to get a win. It's worked pretty well for us this year." Castren said the Seminoles are doing their best to not put unnecessary expectations on themselves. Instead, they're just playing and seeing what happens.

Castren said she's enjoying her last few opportunities to play golf as a Seminole.

“It’s been awesome,” she said. “It’s my last year and I really wanted it to be special and my teammates have really helped me do that. We’ve been great as a team. I hope it’s only going to get better.

“We’ve had a long season behind us and we’ve had some pretty good events. Some that haven’t been that good, but we’ve learned from those and we’re really excited to go to Chicago.”