



**From *Post* staff reports**

Mt. Juliet High post player Caya Williams has signed a National Letter of Intent to attend Middle Tennessee. The 6-1 forward plays for head coach Chris Fryer at Mt. Juliet High School and also sees action with the Tennessee Flight Silver AAU program.

“We are excited about Caya coming on board with us,” MT head coach Rick Insell said. “We felt there were two kids in the state of Tennessee at the post position that we were interested in. Tennessee got one, and we got the other in Williams. We felt by getting her we have added another solid person to our program that we needed.

“She comes from a great high school program and I think Chris Fryer is one of the best high school coaches in the nation. They put a lot of emphasis on the post game, including sealing, facing the ball and finishing with the ball. Those are some things that we usually have to work on with our kids once they get here. It will be some things that we won’t have to work on as much with her since she already has that skill set.

“She is a winner, no ifs, ands or buts about it. I have seen her play the last two years against some of the toughest competition in America during summer ball and she has held her own. There have been times where she has been very, very dominant.”

Williams has earned an 87 scouts grade thus far by ESPN HoopGurlz, rising to a No. 31 rank at her position by the national organization. She led the Lady Bears to a 29-3 record as a junior and No. 2 state ranking, and was selected as an all-state honoree for 3A by the Tennessee Sports Writers Association. She was voted the District 9-AAA Player of the Year, as well as a

member of the all-district team, and was the runner-up for the Miss Basketball award.

As a junior, she shot 57.3 percent from the floor on her way to averaging 20.3 points per game. Williams also hauled in 8.3 rebounds per game and was a 75.0 percent shooter from the foul line.

As a sophomore, she netted a game-high 27 points as she earned district MVP accolades as Mt. Juliet claimed the district title with a win over Station Camp High. She poured in 29 points and added 10 rebounds as the Lady Bears finished the district season unbeaten at 14-0.

Williams has also been tabbed as one of the Top 12 rising prospects in the state by Rick Bolus this past June and was an Honorable Mention choice for Tennessee on the 2011 All-Southern Team by the Orlando Sentinel.