

## Quick links:

- Latest Team Rankings
- Free Text Alerts
- Member Services

Shop Mobile Radio RSS [Rivals.com](#) | [Yahoo! Sports](#)



Search

WEB SEARCH

rivals HIGH from YAHOO! SPORTS

[Home](#) [News](#) [Forums](#) [Database](#) [Football](#) [FB Recruiting](#) [Basketball](#) [BB Recruiting](#) [Baseball](#) [Contact](#) [Shop](#) [College Teams](#) [High Schools](#)

July 29, 2013

**Douglas Benton**  
NorCalPreps.com Analyst

Plenty of underclassmen prospects used one of the last evaluation days to showcase themselves, but it was 5-star Mikayla Cowling who owned the day with a big game against the SF Eagles at the Summer in the City. See who else stood out, including 2015 and 2016 players who excelled.

**Mikayla Cowling** 6-foot-1 G St. Mary's-Berkeley (EBX) 2014: Though her AAU career is winding down, Cowling was the star of Sunday's action with a monster game in the quarterfinals against the SF Eagles. While long known as a stat sheet stuffer, Cowling's offensive game is rounding into form. She made numerous mid-range looks off the bounce and in the pick and roll. She can guard a wide array of players, including good success against the Eagles' Sydney Raggio. The Cal commit is a potential All-American and could help St. Mary's-Berkeley become the preseason No. 1 team in NorCal.

**Kian McNair** 5-foot-6 PG Salesian (CA Ballaz I) 2015: After being a solid contributor for the Pride's state title game run, McNair has had good development in her game. She handles it well and provides the Ballaz with good intangibles. Though she is on the smaller size, she is a nice guard prospect in the 2015 class.

**Sydney Raggio** 6-foot-1 F St. Ignatius (SF Eagles Elite) 2015: Raggio showcased her versatile skill set on Sunday as a rising 2015 prospect and one of the younger players in the class. She works well before receiving the ball and has a nice mid-post game with range out to 10-12 feet and good agility with her back to the basket. She plays with a good motor in consistently being around the ball. She can work on developing her off hand and impacting the game more defensively, but Raggio remains in the second tier of the 2015 class.

**Jenna Sparks** 6-foot-0 PF Castro Valley (Club Sport) 2015: A little undersized inside, Sparks has a solid present skill set with room for growth. Offensively, Sparks gets good position and relies on a rolling hook shot from different areas. She moves well, but can add some explosiveness as her career continues. Sparks projects as a mid-to-high 2-star prospect.

**Addison Walters** 5-foot-9 PG St. Ignatius (SF Eagles Elite) 2015: Walters is a heady point guard who should move into the rankings when they are expanded after the summer. She doesn't dribble into trouble often and has good shot selection. She lacks a good burst, but is a tough lead guard to follow.

**Jahnay Anderson** 5-foot-4 PG Mitty (San Jose Cagers Blue) 2016: The small point guard was able to knock down a couple of threes and work well in the half court in a loss to the SF Eagles. She can struggle to create her own offense, which is very important at her current size. Anderson could be leaned on to play crucial point guard minutes this winter.

**Aliceah Hernandez** 5-foot-9 G Sacramento (Cal Sparks NorCal Grey) 2016: At her best with the ball in her hands, Hernandez got to the basket and also knocked down a couple of threes on Sunday. She has good size and is one of the top rising sophomores in the region. Hernandez has shown steady improvement over the last year.

**Evina Westbrook** 6-foot-0 W Houck MS (Team Concept) 2017: While Team Concept doesn't have the same kind of top end talent, Westbrook is a player who could reach that status in the future. She has very good size, can create offense and has a good shooting stroke. She played well in a win over Blythe's Basketball.

**Others who impressed:** Tylore Bell 5-foot-6 PG American (Club Sport) 2015, Janessa Manzano 5-foot-10 G St. Ignatius (SF Eagles Elite) 2015, Taylor Todd 5-foot-11 F Mitty (San Jose Cagers Blue) 2015, Stephanie Moore 5-foot-8 G Modesto Christian (Modesto Magic) 2016, **Alexouis Bruce 5-foot-6 PG Willard MS (CA Ballaz 2017s)** 2017, Lexie Hooper 6-foot-0 PF San Ramon (Orinda Magic Platinum) 2018

Talk about it in the  
[Message Boards](#)



Cal-commit Mikayla Cowling is a potential All-American

## UPGRADE

WANT MORE FROM  
**NorCalPreps.com?**

UPGRADE NOW

## CALIFORNIA NEWS

Latest Headlines: [\[More\]](#)

- [Cowling steals the Show](#)
- [Marquese Chriss clips](#)
- [Wazzu adds Turner](#)
- [Big Day for Bawden](#)
- [Soldiers impress at LVC](#)

Resources:

- [Scoreboard](#)
- [The Ticker](#)
- [Prospect Search](#)
- [Send to a Friend](#)
- [Print This Page](#)

## FEATURED PRODUCT



**Nike Florida State Seminoles (FSU) Team Issue T-shirt - Garnet**

shop now

NATIONAL NEWS FROM RIVALIS.COM [\[More\]](#)

- [AAU Championships and Showcase: What We Learned](#)
- [Johnson plays headliner in Las Vegas](#)
- [Exciting matchup in AAU Gold Super Showcase](#)
- [Rex Pflueger's big dunk](#)
- [Jackson ranks with 2016's top prospects](#)

[Rivals.com Basketball Recruiting](#)