

Interview with Head JV Coach Jeff Benjamin

Coach Jeff Benjamin is in his 7th season at PVI. Coach Benjamin served as an assistant JV/Varsity coach for his first 3 seasons, then took over as head JV coach in 2008. In his first season, the JV team won the initial WCAC JV tournament.

Coach Benjamin has been coaching in the area for 20 years now. He started with the Vienna county select team that plays in the FCYBL. He also coaches with the Vogues AAU program and has had a tremendous amount of success there. He has coached some of the top AAU teams in the country over the years.

Where are you from: McLean, VA
Favorite place to visit: Cancun, Mexico
Favorite Food: Steak
Favorite Team: Virginia Tech
Favorite Music: Pop and Country

1. What is the first memory that comes to your mind about any PVI basketball games in the last 10 years?
 - As for a JV game, it was last season's game at Good Counsel. My father was in town and he doesn't get to see many of my games as he lives in New Mexico. It was a back and forth game that we pulled out in the last few seconds. For Varsity, it was 2 years ago in the quarterfinals of the WCAC tournament at Holy Cross. Devan Fitzsimmons hit the game winning shot in the final seconds to send us to the semi finals. That was the year we had all the snow so we ended up playing almost every day between the WCAC playoffs and the VIS tournament.
2. What is your most memorable win at PVI?
 - For JV, it was the first year we started the playoffs for the JV league. We were able to beat O'Connell to win the initial JV tournament. For varsity I would say it was last year's State Tournament final when Ariana Freeman had to hit 2 free throws to tie the game and send it to overtime after getting fouled as time expired. She was able to do so and we were able to win our 5th consecutive State title in overtime.
3. What is your evaluation of this year's team?
 - This year's JV team is very young. We have 8 freshmen on the team with only 4 sophomores. Only one of those sophomores was with the JV team last year so it has been a big learning process. The team has really played well this season though despite their youth. So far this season we have beat every team in the conference at least once with the exception of one team that we play later in the season again. With youth comes some inconsistent play, but when the kids are at their best, they are tough to beat.